

# The Yardarm



HMCS Assiniboine



Fall 2023 Yardarm

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## **The Fall Yardarm:**

The Yardarm is published twice each year at the end of March and the end of 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 members and related associations. For more information and to view back issues, please visit our website [www.rcnayardarm.com](http://www.rcnayardarm.com) or contact the editor directly at [cornect@gmail.com](mailto: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 used in the editions is also available in the public domain. If we missed something, please let us know— remember this is a free service to our veterans.



## **Fall 2023 Cover:**

The HMCS Assiniboine, DD-234, is featured on the cover of this edition. The second Warship with the same name to be commissioned into the Royal Canadian Navy - the vessel served from 1956 to 1988.

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

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# National President



## **From the Helm:**

My good Shipmates; Once again I have the honour and privilege of addressing you as your National President. The picture you are seeing was taken at Kelowna British Columbia in the fall of 2022 at the Veterans Dinner in Branch 26 of the Royal Canadian Legion Kelowna. The picture was taken by Legion member Darlene McCaffery who made us feel so welcome. Thank you to the Kelowna RCNA and its President Dick Fletcher and National Director Mike Henderson for their help. We met with representatives of Penticton and Vancouver as well. Thank you all.

On my right sits our greatly missed Executive Treasurer Charles (Chuck) Johnston. A man of extraordinary talent and community esteem. We miss him as a comrade, colleague and friend. When he and I were first elected four years ago at Brant NVA one of the first things he said to me was “We should bring the executive to the west and to the east at least once each”. So far we’ve managed the western portion, hence the picture. Our Vice President S/M Terri-Leigh Saunders attended Chuck’s funeral and presented flowers and condolences on behalf of the Royal Canadian Naval Association. Thank you S/M Terri-Leigh. We grieve for every shipmate who has passed, there have been too many. We remember them and hold them in our hearts.



Shipmates we haven’t done too badly over the past four years. By the most part our clubs are strong some stronger than others but a gradual growth will be seen. With the brilliant participation of Executive Secretary Verne Lunan, Editor Pat Cornect and Vice President Terri-Leigh Saunders we have established a website [www.rcnayardarm.com](http://www.rcnayardarm.com), Facebook Pages ‘public and private’, an on-line Zoom program for meetings held by clubs, areas and nationally. And of course we have the Yardarm. These are tools that we have used and will use to our advantage in membership drives and fund raising. Stay tuned we have just begun.

May I say in closing “God Save the King”.  
***Submitted by Jack Chapelle, National President***



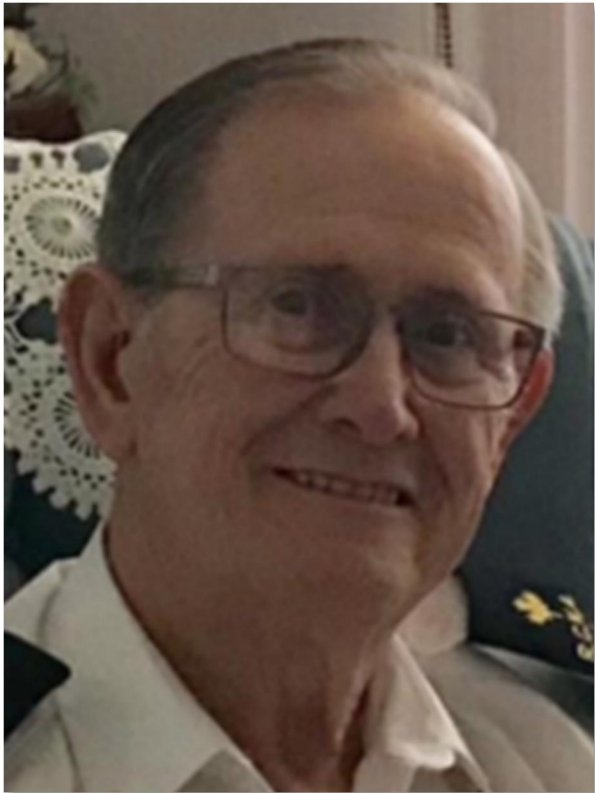


# National Secretary



## Shipmates:

As you know the RCNA suffered a great loss with the passing of our National Treasurer Charles "Chuck" Johnston - photo below. Chuck and I joined the National Executive together four years ago and he was always there when I needed him. He was a true Mess Mate. We shared a room together in Kelowna last fall and I only kept awake one night with my snoring. He forgave me for it as he was such an understanding and caring person. My condolences and prayers to his wife, family and Shipmates in the Niagara Region RCNA. I and the RCNA will miss you old buddy.



By the time you read this we will have completed our 2023 Annual General Meeting, hosted by the Brant Naval Veterans Association in Brantford, ON. I want to thank Shipmate Fred Beale and all the members of his Club for taking on this AGM and working with RCNA National to put it on. Bravo Zulu Brant.

Some of the things discussed at this AGM will have been membership recruitment; better use of our ZOOM; more Club activity in their community; Holding more than one office for National Executive, VP or Club Director; better use of Pat's Yardarm and Online site; etc.

What it boils down too, is that it is up to you Shipmates, the members of this Association, to make sure this Association's ship is ready for its voyage and is fully supplied with what it needs to make it a viable, successful entity. Many people are involved in the Association but what we need now are people who are committed to help clear the rough seas that COVID has had us in. Involvement and commitment can be

summed up in the old axiom of "Bacon and Eggs" – the chicken was involved but the pig was committed.

Now, more than ever, we need our members to step forward in their Clubs; their Areas and with National to take command and make sure that the RCNA stays its course and provides the vessel that has been built over these many years for our Shipmates. Many hands make for lighter work. Don't be the chicken who lays the egg and walks away not knowing what is going to happen to it but instead become a purveyor of Bacon and make this Association what we all know it is and can continue to be.

I wish you calm seas and following winds!

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





# Veterans Affairs



## **Remembrance Day 2023:**

On Remembrance Day, Canadians pause to honour the men and women who have served and continue to serve Canada during times of war, conflict, and peace. More than 2,300,000 Canadians have served and more than 118,000 made the ultimate sacrifice.

The poppy is the symbol of Remembrance Day, replica poppies are sold by the Royal Canadian Legion to provide assistance to veterans. The reason that the poppy is worn for Remembrance Day is due to a Canadian physician and poet who noticed how quickly poppies had grown over the graves of soldiers who had died during the Battle of Ypres. This symbolism of the blood-red flowers was beautifully captured by Lieutenant Colonel John McCrae in his 1915 poem "In Flanders Fields." The poem was apparently discarded by McCrae but was found by soldiers who sent it to a London-based magazine named Punch.

In 1921, people began wearing the poppy three years after the war ended. For the centennial observance of Remembrance Day in 2021, the Royal Canadian Legion released a commemorative replica of the original fabric pin from 1921.




After the end of the war in 1918, it didn't take long before the signing of the armistice was adopted as a suitable time and date for countries involved in the war to mark the sacrifice of their soldiers, with official remembrance services taking place in Canada, UK and USA in 1919.

The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony. It is also attended by the Prime Minister, other government officials, representatives of veterans' organizations, diplomatic representatives, other dignitaries, Veterans as well as the general public.

**Submitted by Bryan Chapelle, Parliamentary & Veterans Affairs.**

**Jack Angus Chapelle**  
National President

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**Royal Canadian Naval Association**

**THE ROYAL CANADIAN NAVAL ASSOCIATION**  
Admiral Hose Branch Windsor



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Home: 519-956-9459  
Email: rsitarz@cogeco.ca



# National Executive



**Jack Chapelle - RCNA National President**



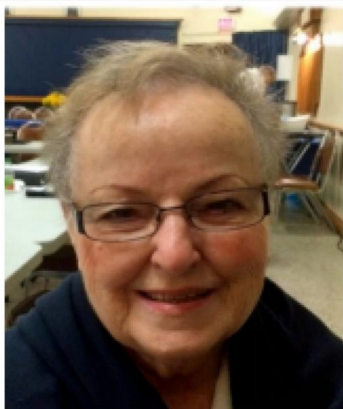
**Blaine Barker CD  
Past President/Treasurer**



**Terri-Leigh Saunders CD  
Executive Vice President**



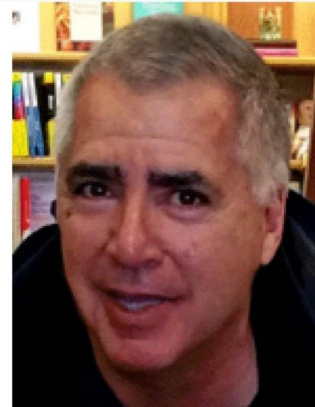
**Verne Lunan  
National Secretary/Supply**



**June Greig  
VP Membership**



**Bryan Chapelle  
RCNA Veteran Affairs**



**Pat Cornect CD2  
Yardarm Editor**



## "Ambassador for Peace Medal"

The embassy of the Republic of Korea seeks Korean War veterans to honour with the Ambassador for Peace Medal.

### *Are there any Korean War Veterans out there?*

If you served in Korean War, you may be eligible for the Korean Ambassador for Peace Medal. This commemorative medal is an expression of appreciation from the Korean government to Canadian service men and women who served in the Korean War. The Ambassador for Peace Medal began to be presented to veterans as a special memento for those of who returned to South Korea through the "Revisit Program". The honour has since expanded to veterans who cannot travel the long journey to Korea.

If the Korean War Veteran is deceased, the family member could apply and receive the medal (one medal per Veteran).

For more information contact HooJung Jones at [hjjones@bell.net](mailto:hjjones@bell.net) for the medal.

Also visit the Korean War Veteran Advocates website:  
[www.koreanwarveteransadvocates.com](http://www.koreanwarveteransadvocates.com)

*Submitted by HooJung Jones Kennedy.*

## VP Membership Report:

Hello All RCNA Members:

Welcome to all - we are into another year and new executive in some Clubs. It has been a difficult year for everyone and me too.

The RCNA in Canada has 18 open Clubs, 13 clubs have paid dues for 2022 as Follows:

- Members are 1282 paid at \$8.00 per member
  - Total monies received up to June 01, 2023 - \$10,256.00
  - 5 Clubs have not –paid 2022
- Blaine Barker is filling in as National Treasurer.

4 Clubs have contacted me and will pay their dues when we meet at the AGM  
1 Club advised they paid directly to the National Treasurer – this is being looked into. A large donation was received from one Club in the amount of \$2,968.00

Currently we have 26 Members@Large  
The dues for MALs still \$16.00 per year – this includes a copy of both Spring and Fall Yardarms. A number of these Members send me notes on how much they enjoy the Yardarm and feel in some way it keeps them connected with the Navy they once served.  
*Best Wishes to All.*

***Submitted by June Greig, VP Membership.***





## 2023 HMCS KOOTENAY Commemoration:

Hello Kootenay family, Steve Rowland and I are planning the HMCS Kootenay Commemoration with the RCN/CAF this year as Dinger Bell has stepped away from the organizing responsibilities.

Planning is underway for the 54th anniversary of the October 23, 1969 HMCS Kootenay tragedy.

Venues, dates and times have not yet been confirmed, but what we are planning is similar to previous years and are as follows:

Sunday October 22 – 4:00 to 6:00 - Meet & Greet at Parkside Pub

Monday October 23 – 10:30 to 11:30 - Ceremony at Point Pleasant Park

Tuesday October 24 – 10:30 to 12:00 - Brunch at Parkside Pub.

If you are planning to attend this year, please let us know. When the venues, dates and times have been confirmed, an invitation will be sent out electronically. [hmskootenay@ns.sympatico.ca](mailto:hmskootenay@ns.sympatico.ca)



Peregrine Battle of the Atlantic Up Spirits (Tot Time) - First Sunday in May 2023.

*Submitted by Lorna D'Orsay.*



Commander Matthew Dalzell receives a certificate of recognition at the Saskatchewan gallery during a ceremony where the Government of Saskatchewan is proclaiming 2023 as the Centennial of the Royal Canadian Naval Reserve at the Saskatchewan Provincial Legislative building on Tuesday, April 25, 2023. PHOTO BY KAYLE NEIS /Regina Leader-Post •

We Don't Know Them All,  
But We Owe Them All.



**R.E.D. FRIDAY**  
Remember Everyone Deployed

**Get Your RED On!**

🇨🇦 Honour Our Veterans Initiative 🇨🇦



## Arctic and offshore patrol ships:

**These vessels will** - conduct armed sea-borne surveillance in Canada's waters, including in the Arctic enforce Canadian sovereignty in cooperation with Canadian Armed Forces partners and other government departments enhance our ability to assert Canadian sovereignty.

### Project at a glance

Shipyard - Irving Shipbuilding Inc. (Halifax, Nova Scotia)

Project status - Construction in progress

Number of vessels to be built - 6

Project budget - \$4.98 billion

### Current status

The first Arctic and offshore patrol ship (AOPS), His Majesty's Canadian Ship (HMCS) Harry DeWolf, was delivered to the Royal Canadian Navy on July 31, 2020. This is the first large vessel delivered to the Royal Canadian Navy under the National Shipbuilding Strategy.

HMCS Margaret Brooke, was delivered to the Royal Canadian Navy on July 15, 2021.

The third AOPS, HMCS Max Bernays, was delivered to the Royal Canadian Navy on September 2, 2022.

### The year ahead

- Work continues on AOPS 4, 5 and 6.
- AOPS 4 is expected to be delivered in 2023.

Source, [www.canada.ca](http://www.canada.ca)

**FACT SHEET**

## HARRY DEWOLF-CLASS ARCTIC/OFFSHORE PATROL SHIP

The Arctic/Offshore Patrol Ship (AOPS) project will deliver six ice-capable ships, designated as the Harry DeWolf Class, after Canadian wartime naval hero Vice-Admiral Harry DeWolf. The AOPS will be capable of:

- armed sea-borne surveillance of Canada's waters, including the Arctic
- providing government situational awareness of activities and events in these regions
- cooperating with other partners in the Canadian Armed Forces and other government departments to assert and enforce Canadian sovereignty, when and where necessary.

Construction of the first AOPS will begin in September 2015, with HMCS Harry DeWolf scheduled for delivery in 2018.

AOPS SPECIFICATIONS:	
Length:	103 metres
Beam:	19 metres
Complement:	65

**Halfax-class Canadian Patrol Frigate**  
Displacement: 4,770 tonnes

**Harry DeWolf-class Arctic/Offshore Patrol Ship**  
Displacement: 6,460 tonnes

**Kingston-class Maritime Coastal Defence Vessel**  
Displacement: 970 tonnes

To scale

**INTEGRATED BRIDGE NAVIGATION SYSTEM**  
Modern integrated bridge, from which control of navigation, machinery, and damage control systems can be performed.

**MULTI-PURPOSE OPERATIONAL SPACE**  
Where operational planning and mission execution will be coordinated.

**HELICOPTER CAPABILITY**  
Depending on the mission, the embarked helicopter could range from a small utility aircraft right up to the new CH-148 maritime helicopter.

**BAE MK 38 GUN**  
Remote controlled 25 mm gun to support domestic constabulary role.

**CARGO/PAYLOADS**  
Multiple payload options such as shipping containers, under-water survey equipment, or a landing craft. Ship has a 20-tonne crane to self-load/unload.

**ENCLOSED FOCSLE/ CABLE DECK**  
Protects foredeck machinery and workspace from harsh Arctic environment.

**VEHICLE BAY**  
For rapid mobility over land or ice, the ship can carry vehicles such as pickup trucks, ATVs, and snowmobiles.

**BOW THRUSTER**  
To enable manoeuvring or berthing without tug assistance.

**DIESEL/ELECTRIC PROPULSION**  
Propulsion: Two 4.5 megawatt main propulsion engines, four 3.6 megawatt generators.

**MULTI-ROLE RESCUE BOATS**  
Top speed of 35+ knots, 8.5 metres long. Will support rescues, personnel transfers, or boarding operations.

**RETRACTABLE ACTIVE FIN STABILIZERS**  
Deployed to reduce ship roll for open ocean operations, retracted for operations in ice.

Royal Canadian Navy  
Public Affairs - January 2015  
[www.rcnavy.gc.ca](http://www.rcnavy.gc.ca)





# A Few Photos



CNVA Bill Bethel with Blake Richards MP. Bill - one of the few remaining WWII Veterans.

*Photo by  
Kathy Olinskie-Stacey*



Dave and Ken Madrick.  
1 July 2023. CNVA annual Stampede Breakfast.  
Members and guests enjoying the CNVA annual Stampede Breakfast. 1 July 2023.

*Photos by Kathy Olinskie-Stacey*



HooJung Jones Kennedy, co-chair of the Korean War Veterans Advocates of Canada with Prime Minister Justin Trudeau, presented the "70<sup>th</sup> Anniversary of the Korean War Armistice - Canada Salutes Korean War Veterans" commemorative book on July 31, 2023.

*Photo by Mark Newman, Reporter  
Hamilton Mountain News.*



Amazing Race Canada host Jon Montgomery takes a selfie with locals Tracey Frena and her daughter Rachel, both huge fans of the show.

*Source, Niagara-on-the-Lake Local.  
Submitted by Robert Coles.*



## Korean War Veterans of Canada Unit 26, Hamilton

### 70th Anniversary of the Korean War Armistice – Legacy of Korean War Veterans:

As co-chairs of the Korean War Veterans Advocates of Canada, it was our honour to organize the "70th Anniversary of the Korean War Armistice - Legacy of the Korean War Veterans and Reception" at the Royal Canadian Legion (RCL) Br. 26 Col Moore in Banff, Alberta, Canada on July 9th.

Over 100 guests attended including; Korean War Veterans and their families, Hon Yonah Martin Senator, Hon Karen Sorensen Senator, MP Blake Richards (Airdrie and Banff), and Shadow Minister of the Veterans Affairs Canada, His Excellency Ambassador Woong Soon Lim, MLA Sarah Elmeligi, Corrie DiManno, Mayor of Town of Banff, Councillor Hugh Pettigrew, Bryan Gerrie, President of the Royal Canadian Legion Br. 26, Col Moore, Dann Oliver, Commander of the RCL Post 144 Pinellas County, and Defence Attaché Col Don Won Lee.

At the ceremony, His Excellency Ambassador Woong Soon Lim and Col Dong Won Lee, presented Ambassador for Peace Medals to three Korean War Veterans:

1. James Albert Santa Lucia served with PPCLI, 2nd Battalion and is a past president RCL Br. 26 Col Moore in Banff (3 terms president and a life member).
2. David Marsh served with the RCN onboard HMCS Sioux.
3. William Ezra Waddell served with 3 Field Ambulance. Since he has passed, his daughter June Greig received the Ambassador for Peace Medal - she is the current RCNA VP-Membership.

Please read the Rocky Mountain Outlook Newspaper Article written by Jessica Lee and photos by Jungmin Ham.  
[www.rmoutlook.com/banff/banff-veteran-awarded-peace-medal-on-70th-anniversary-of-korean-war-armistice-7263214](http://www.rmoutlook.com/banff/banff-veteran-awarded-peace-medal-on-70th-anniversary-of-korean-war-armistice-7263214)

Also, please view the video  
<https://youtu.be/2chASOoyPq4> produced by Tommy (Minsik) Kim, Reporter and publisher of the #1 Korean Newspaper in Calgary, Alberta.

We send our special thanks to Korean War Veterans and we will remember the 516 fallen Canadians.

**Submitted by HooJung Jones Kennedy.**



**Top** - His Excellency Ambassador Woong Soon Lim with David Marsh.  
**Middle** - Ambassador Woong Soon Lim with James Santa Lucia.  
**Bottom** - Ambassador Woong Soon Lim with June Greig.

**Photos Credit: The Embassy of the Republic of Korea in Ottawa.**



# Canadian Veterans



## **LT(N) Judith (Judy) Marie Krupp, CD1:**

Born in Cut Knife, Saskatchewan, Judy was raised on a farm near Chauvin, Alberta. After finishing high school, she worked for Alberta Public Affairs, retiring in 1993.

Judy commanded the Wrenettes Corps in Edmonton for six years prior to the amalgamation of the Wrenettes and Sea Cadets in 1974. Her last appointment was as Executive Officer of RCSCC Warrior. Her CD and Bar recognizes her 22 years of service.

After retirement, Judy spent many years at sea on various yachts in three oceans, the Caribbean, and the Mediterranean. She travelled over 22,000 nautical miles in a decade of ocean adventure. Judy was also very active with local charities, including the Edmonton Symphony, and most importantly, the Friends of the Glenrose Hospital.

She died in April, aged 82. You may rest assured that she enjoyed -- and packed a lot into - those 82 years.

***Submitted by Glen Power.***



## **CPO1 Donald Robert Stewart:**

Don was born and raised in Grande Prairie, Alberta (another prairie sailor). After High School Don joined the Navy. He sailed on the HMCS Bonaventure during the opening of the St. Lawrence Seaway and the HMCS Restgouche for the Queens Silver Jubilee.

After his time in the regular force, he joined the reserves (just before the government closed the reserve units). Don then went overseas for 5 years working in the Sahara and then the North Sea. They returned in time for the recommissioning of HMCS Nonsuch in 1975. Don spent 20 years in the reserves in many different positions.

After retiring he was on the Edmonton Salutes Committee which helped integrate the military into the city. Don was a great deal of help to the Wrens Association and the RCNA. Don received a Veterans Affairs commendation for his work.

Don passed away in March age 82.  
***Submitted by Faye Stewart.***



# Canadian Veterans



## WWII Dog Tag Returns Home Winnipeg, Manitoba:

It began with e-mails from my cousins Jim, Rob and John with a picture of a WWII dog tag and “I think this is your Dad?” I compared the service number with the record of my Dad’s “Statement of Service” from Public Archives, Canada. Sure enough, it was my Dad’s dog tag!

The horror happened August 8, 1944 when the corvette HMCS Regina was torpedoed and sunk by U-667 eight nautical miles (15 km) north of Trevoze Head on the coast of Cornwall while rescuing survivors of the American merchant Liberty Ship Ezra Weston. It sank in 28 seconds. My Dad, stoker P.O. J. Yankoski survived. The dog tag was found in what is now St. Petroc’s Hotel & Bistro, Cornwall.

Linda H. said her mother Mary found it when clearing out a room in the 1980s. Linda brought the dog tag to the museum in Padstow. Museum Director John Buckingham had two thoughts—put it in an archive box or try to contact a living relative.

Through his efforts, we are now in possession of this precious keepsake. It gives me goose bumps thinking of this dog tag around my father’s neck.

As John Buckingham wrote: “Somehow, I feel these were meant to survive if only to remind us of the sacrifices made in war time.”

My eternal gratitude to Linda H., her mom and especially John Buckingham for his effort in taking us on this journey and bringing home this tangible memory of STOKER P.O. JULIAN JAMES YANKOSKI, 21679.

His children: Betty, Vicki, Joe, Phyllis (deceased). *Submitted by Robert Yankoski.*



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## Canada in WWII

The Second World War was a defining event in Canadian history, transforming a quiet country on the fringes of global affairs into a critical player in the 20th century's most important struggle. Canada carried out a vital role in the Battle of the Atlantic and the air war over Germany and contributed forces to the campaigns of western Europe beyond what might be expected of a small nation of then only 11 million people.

Between 1939 and 1945 more than one million Canadian men and women served full-time in the armed services. More than 43,000 were killed. Despite the bloodshed, the war against Germany and the Axis powers reinvigorated Canada's industrial base, elevated the role of women in the economy, paved the way for Canada's membership in NATO, and left Canadians with a legacy of proud service and sacrifice embodied in names such as Dieppe, Hong Kong, Ortona and Juno Beach. *Source, Canadian Encyclopedia.*



# Canadian Veterans



**Honouring the Yankoski brothers,  
valiant in the service to our country.**



**ANTHONY YANKOSKI**  
Flight Sargeant W. Op. Enlisted  
1940 (KIA -1942)  
Nov. 5,1915 to Jun. 25,1942



**MURRAY YANKOSKI**  
Petty Officer  
Enlisted 1940  
Feb. 2,1917 to Apr. 5, 2014



**JULIAN YANKOSKI**  
Stoker 1st Class  
Enlisted 1940  
Feb.15,1919 to Mar. 22,1961



**FRANK YANKOSKI**  
Private  
Enlisted 1941  
Mar. 11, 1921 to Feb.17,1995



**STANLEY YANKOSKI**  
Leading Seaman  
Enlisted 1942  
Nov. 15, 1922 to Dec. 9, 2020



**EDWARD YANKOSKI**  
Private  
Enlisted 1943  
Jun. 14, 1924 to Feb. 25, 2021

*Submitted by Robert Yankoski.*



# Financial Advice



## **Survivor's Pension/Continuation Disability Pension:**

If you are the survivor of a disability pensioner you may qualify to receive a survivor's pension. To provide financial stability, you will continue to receive your spouse's disability pension for a full year following their death.

### **Continuation of Disability Pension**

When a disability pensioner dies, you will continue to receive their pension for one full year. If they also received Prisoner of War Compensation, Exceptional Incapacity Allowance or Attendance Allowance you will also receive the full amounts for each of those benefits. In the following year, you will automatically receive the survivor's pension.



### **Survivor's Pension**

The amount you receive through a survivor's pension depends on the assessed level of your spouse's disability pension. If their pension was assessed at 48 percent or greater, you will receive a full survivor's pension (see maximum rate in Table B of the disability pension rate table). If their pension was assessed between 5 and 47 percent, your survivor's pension will be one-half the amount they were receiving.

## **Do You Qualify**

### **Continuation of Disability Pension**

If your spouse's Disability Pension was 5% or more, you will continue to receive your spouse's disability pension for one year as well as any amounts they received through:

- Prisoner of War compensation,
- Attendance Allowance, and
- Exceptional Incapacity Allowance.

### **Survivor's pension**

If you receive the continuation of their disability pension, after one year you will automatically receive a survivor's pension.

If the Veteran had a disability assessment of 5% or less, they were paid that as a lump-sum. As a result, it is not possible to provide any amount to their survivor. However, if you believe that your spouse had a disability related to their military service that would have exceeded the 5% assessment, you can make a posthumous claim for a disability benefit.

Contact us if you believe that you are eligible for this benefit but are not receiving it. [Click Here.](#)

**Source the VAC website - Editor.**



**RCNA Sarnia (Navy Club)**  
**1420 Lougar Ave, Sarnia ON N7S 5N4**  
**Ph: 519 344-0331, Email:**  
[\*\*rcnastaff@hotmail.ca\*\*](mailto:rcnastaff@hotmail.ca)



**Bookings available for all occasions.**  
**Large Hall, Bar Service, Kitchen Service,**  
**Free Parking!**



# Healthy Eating



## Cooking Lobster (Boiling Method):

- ✓ Fill a large pot with fresh water (3 liters per lobster). Add salt according to taste.
- ✓ Bring water to hard-boil.
- ✓ Place lobster one at a time (do not over-crowd the pot and cover).
- ✓ Start time-clock once the water starts to re-boil and cover pot (takes 20 minutes to cook).
- ✓ Lobster is bright red or orange when done (check below for tricks to the trade).
- ✓ Immerse cooked lobster in ice cold water or let stand for 5 minutes.



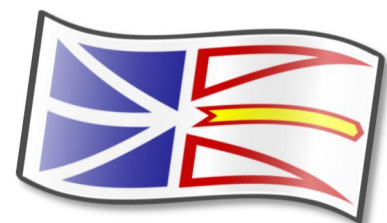
## Cooking Lobster (Steam Method):

- ✓ Place 2 inches of water in large pot.
- ✓ Add salt according to recipe above (optional).
- ✓ Bring water to hard-boil.
- ✓ Place lobster in pot one at a time (do not over-crowd) and cover.
- ✓ Start time clock once the water starts re-boil and cover pot (takes about 20 minutes to cook).
- ✓ Lobster is bright red/orange when done or when paws (legs) detach (by pulling) from body easily.
- ✓ Immerse cooked lobster in ice cold water or let stand for 5 minutes.

## Tricks to the Trade:

- Boiling is preferable to steaming lobsters - meat is more easily removed from shell.
- Use 3 liters of water per lobster.
- Remove elastic bands from claws prior to placing in boiling water.
- Do not over-crowd the pot.
- Although it's recommended to cook lobster in an uncovered pot, I recommend covering the pot (it keeps the heat in). Boiling lobster uncovered would be recommended if using a gas stove.
- Although cooking guide says between 10 to 15 minutes, it takes approx 20 minutes to cook.
- Only start timing after the lobster is submersed in boiling water and starts to boil.
- Check lobster after 15 minutes.
- Check lobster by pulling on a paw (leg), it should break away from the body easily.
- Once cooked, immediately immerse in ice cold water to prevent lobster from over-cooking.
- To clean lobster knuckles, use a sharp scissors - insert in knuckle cavity and cut through.

***Submitted by K.J. Phillips.***







# Healthy Aging

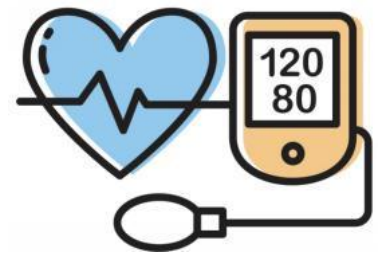


## Hypertension: A Silent Killer

Hypertension or high blood pressure is the number one risk factor for having a stroke and developing heart disease. Blood pressure (BP) itself is the force of your blood against your blood vessels. You will often hear the target BP is below 120/80. The 120 is called your systolic BP and measures the force of blood against your vessels when the heart is pumping, while the 80 is your diastolic BP, which measures the force when your heart is relaxing. A high BP causes your heart to work harder to pump the blood through your body. Symptoms may include severe headaches, chest pain, dizziness, blurred vision, nausea and/or vomiting. Hypertension is known as the silent killer because it often has no symptoms.

Hypertension can be caused by many factors. Some of these factors you have no control over, such as age, ethnicity and sex at birth. Other factors may be modified through lifestyle changes:

- 1) High salt diet – highly processed foods (deli meats, canned soup, frozen meals, etc) often contain high amounts of salt. Less than 2000mg/day of salt is recommended
- 2) Being sedentary – it is recommended to have at least 150min of vigorous activity/week. Vigorous activity means a level of activity where you can still reasonably talk, but be too out of breath to sing
- 3) Smoking – it is advised to quit smoking and/or minimize exposure to second hand smoke
- 4) Alcohol – new 2023 guidelines state more than 7 standard drinks/week increases your risk of heart attack and stroke
- 5) Stress – stress itself can increase your BP, as well as how you manage it. Stress reduction via physical activity, healthy eating, laughter with friends, mindfulness, etc are healthy options



Since the pandemic, more people have been monitoring their BP's at home. Here are few tips to help get an accurate measurement:

- Avoid caffeine or smoking 30 minutes prior to checking your BP. \*\*Pain or being upset can cause your BP to rise
- Sit and rest 5-10 min before taking your BP
- Proper position: back against the chair and uncross your knees/ankles, so both feet are on the floor. Your arm should be heart level or at least resting on a table
- The cuff should fit snugly on your BARE upper arm
- No talking or watching TV while measuring your BP
- Take 3 readings with 1-2 minutes between each reading
- If your BP is being monitored or treated, please log ALL the readings. Your doctor will appreciate seeing the trend – not just the average

What should my goal BP be?

Systolic BP	Diastolic BP	
Less than 140	Less than 90	Target for most people
Less than 130	Less than 80	Target for those with diabetes
Less than 120	Less than 80	Target for those at high risk of heart disease (speak with your physician)

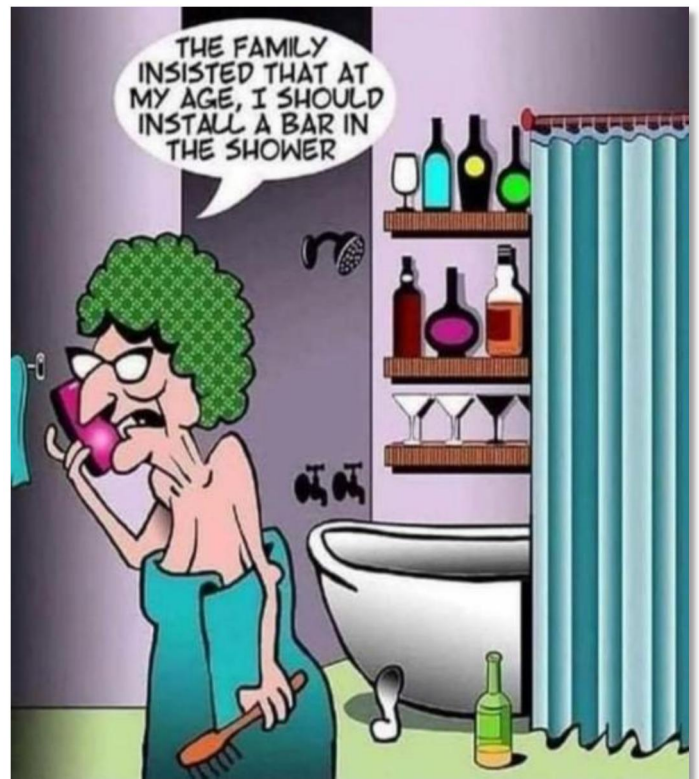
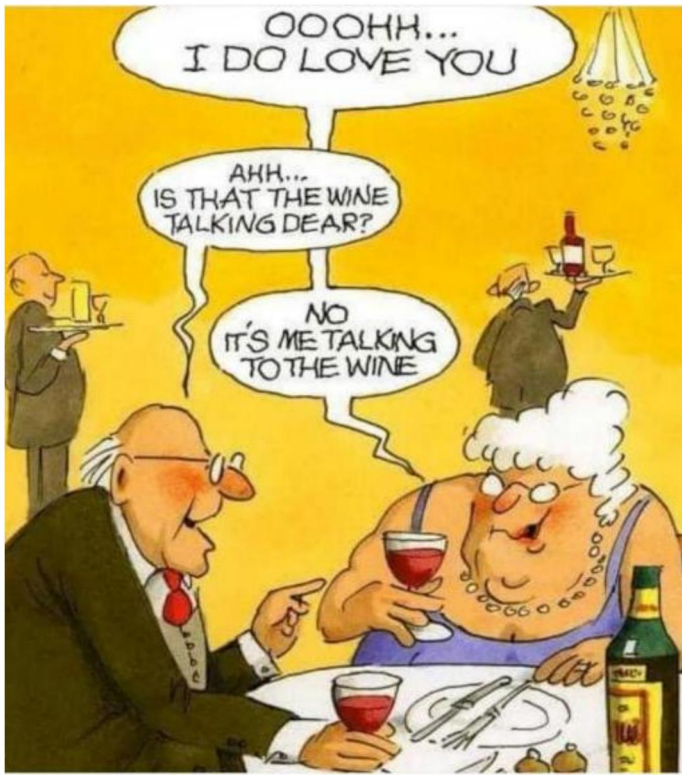
If your BP is consistently over 140/90, you should see your physician. If your BP is over 180/120, this is a hypertensive crisis. Sit down and relax for 10-15 min, then recheck your BP another 3 times. Even if you have no symptoms, if your BP remains above 180/120, call 911.

Hypertension often goes undiagnosed, so it is important that your BP be checked regularly. How regularly depends on your own personal health and circumstances in discussion with your physician. A great source of information can be found at Hypertension Canada ([hypertension.ca](http://hypertension.ca)).

**Submitted by Dr. Shama Phillips**



# The Funny Page





# Naval History



## HMCS ASSINIBOINE (DDH 234)

**HMCS ASSINIBOINE** was a St. Laurent-class destroyer that served in the Royal Canadian Navy from 1956 to 1988. She was the second ship to bear the name. Entering service in 1956, as a destroyer escort (DDE), she underwent conversion to a destroyer helicopter escort (DDH) in 1962. She was officially reclassified with Pennant DDH 234 on 28 June 1963.

Following successful trials aboard the frigate BUCKINGHAM and sister ship OTTAWA, plans to convert the St. Laurent-class to DDH took place. The development of the beartrap, installed in ASSINIBOINE during her 1962-63 conversion, finalized the concept. By keeping the aircraft secure, the beartrap eliminated the need for deck handling from landing to the hangar, or from hangar to takeoff.

In the conversion to a helicopter-carrying ship, ASSINIBOINE was gutted except for machinery and some forward spaces. The hull was strengthened, fueling facilities for the helicopter, and activated fin stabilizers were installed. The fin stabilizers were to reduce roll in rough weather during helicopter operations. All seven St. Laurents were fitted with helicopter platforms and SQS 504 Variable Depth Sonar (VDS). The single funnel was altered to twin stepped funnels to permit the forward extension of the helicopter hangar. To make room for the helicopter deck, the aft 3-inch gun mount and one of the Limbos were removed. The two 40 mm guns were also removed.

**Operational History** – After commissioning, ASSINIBOINE was assigned to the east coast as part of Third Canadian Escort Squadron. In late 1956, she sailed with the First Canadian Escort Squadron to northern Europe, making a series of port visits. In 1959, she transferred to the west coast and in July carried Queen Elizabeth II and Prince Philip to Nanaimo. ASSINIBOINE was attached to the Second Canadian Escort Squadron based out of Esquimalt. After returning from her conversion to a helicopter carrying destroyer, she was assigned once again to the east coast. The ship was used for trials of the beartrap haul down system and spent the following two years finding inclement weather conditions to test the system.



**ASSINIBOINE** was selected by the Canadian Forces for the Destroyer Life Extension (DELEX) program in 1979 and the refit was completed by year end. On 2 July 1981, ASSINIBOINE ran aground in Halifax Harbour in heavy fog, requiring aid from several tugboats to get free. She had been scheduled to take part in a NATO exercise but was removed after the ship was required to undergo damage inspection. In July 1984, the ship returned to Halifax with fractures in the plating of her upper deck. ASSINIBOINE was sent to MIL Davie at Sorel for a 17-month refit.

She was decommissioned from active service in the Canadian Forces on 14 December 1988 and was used as a harbour training ship at CFB Halifax beginning on 3 January 1989. *HMCS ASSINIBOINE* was sold for scrap in January 1995 and sank in the Caribbean Sea while under tow.  
**Submitted by Ron Sitarz CD.**



# Items of Interest



## End of an ERA:

With the waning of Covid-19 and some semblance of Normal it is difficult to tell just what is normal these days.

- Is it normal to have changed the Ministers of the Government for convenience – not for the betterment of say the persons using the Ministries?
- Is it normal to say that all the unhoused Veterans are accounted for –and then not provide any action to house?
- Is it normal to have long wait times for Long Term Care and say it is being fixed then not to provide City Town Province or Federal funded homes at reasonable costs?
- Is it normal to have Stone Frigates and there is no mention what they are doing and if they are recruiting?
- Is it normal to have Veterans Hospital and Care Stations then put obstacles in the way to allow access and require so much paper work that one needs a Degree in Filling out Forms?



If we as a people ask for others to serve in our place should we not do the best for them when they do? And the main thing is-is Normal to just say ho hum and let it go on this way?

*Old NAVY never fades away it just dwindles then VANISHES!!!!*

***Submitted by Joan Balch.***



## Community News and Media

ALS Canada is a source of accurate, up-to-date information about ALS and a point of contact for members of the media looking to inform the public about ALS, including the experiences of people living with the disease and the latest research developments with the potential to make ALS a treatable, not terminal disease.

Please review our recent news releases for the most up-to-date information about ALS research, awareness, and more.

For more information or to request an interview with an ALS Canada spokesperson, please contact [media@als.ca](mailto:media@als.ca).



# PADRE'S CORNER

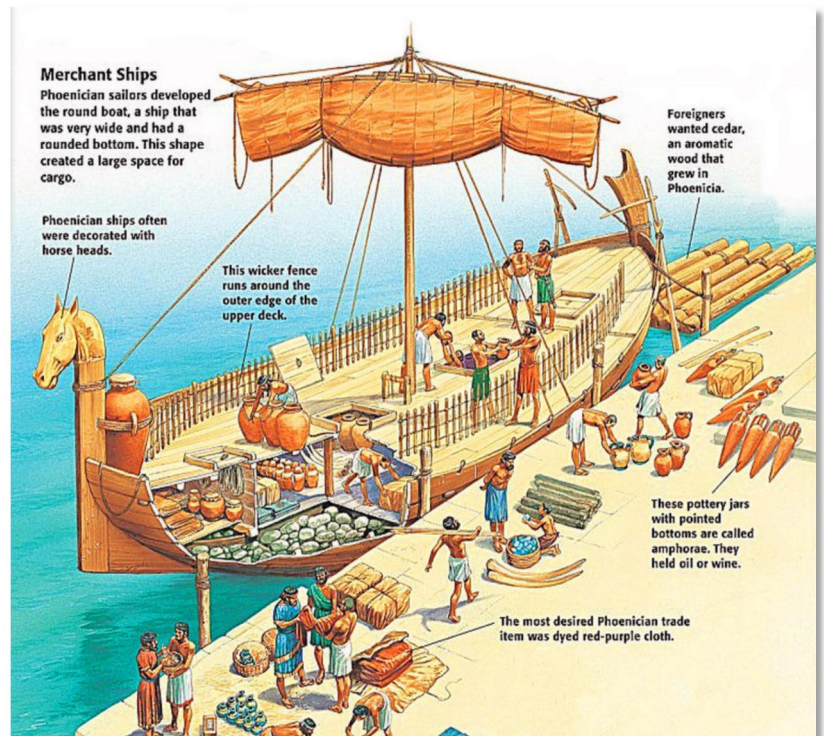


**“Others went down to the sea in ships.” Psalm 107 v.23 a. N.I.V.**

In the First Book of Kings, the story is told of how King Solomon and Hiram King of Tyre built a fleet of ships to transport wood, metal goods, spices, cloth, etc. for trade and for the construction of the temple. Solomon and Hiram were noted for their fleet and their trade. In the Book of Acts, Paul recounts several voyages that he took on board ships throughout the Mediterranean and Aegean Seas. The last voyage to Rome recounts the ports where he stopped and of course the famous ship wreck in which the ship was destroyed but crew and passengers survived.

The gospels tell of the storms on the Sea of Galilee and how Jesus calmed the storm when the disciples were terrified of dying. In the storms of life, like the disciples, we often turn without thinking to prayer. The infantryman in his fox hole, the aircrew in their damaged plane all do so without thinking.

An old friend, a tail gunner, often told the story of how one night on a raid, he was so scared that he prayed like he had never prayed before, and how a calm had come over him. In today's world where many have turned away from religion, there is a need to accept the innate present of the spiritual in all facets of life. Seafarers in particular appear to be more aware, perhaps because they are often away from loved ones and more aware of the dangers that await them on their voyages.



**King Hiram's ships brought gold, juniper wood, and jewels from the country of Ophir. Solomon used the wood to make steps for the temple and palace, and harps and other stringed instruments for the musicians. It was the best juniper wood anyone in Israel had ever seen".**

**I Kings 10:13**

In Psalm 107 and in Paul's description of the ship wreck the descriptions of the fear that grips a person during a storm at sea can be easily recognized by individuals encountering the storms of life. A diagnosis of cancer, ALS, Parkinson's disease etc. can easily affect one's mental as well as physical health. A crew that works to fight a storm can often survive to win the battle. With God's help let us support the battles that affect to many of our family and friends. The battles of WW2 were won by people that never gave up, but strived to defeat the enemy, be it the weather, the sea, or humankind. With God's help, treatments and cures can be found; keep the faith!

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

***Photo source - Public Domain.***



# Crossed the Bar



**Allison, Johnnie.** 18 March 2023. Petty Officer 2<sup>nd</sup> Class (Ret'd) Allison CD served in the RCN for 22 years as a Naval Acoustic Operator. Johnnie was a member of the RCNA Admiral Hose Branch Windsor.

**Buckingham, Robert (Bob).** 16 September 2022 at the age of 94. He was a member of the Royal Canadian Legion, Branch #62, and the RCNA Sarnia Branch where he often volunteered at various events. Bob left a generous donation to the RCNA.

**Gagnon, Claude.** 26 October 2022. Claude served in the RCN and was a member of the RCNA Admiral Hose Branch Windsor.

**Goatbe, Lynda.** 19 March 2023. Petty Officer 2<sup>nd</sup> Class (Ret'd) Goatbe CD served in the RCNR for 18 years. She was a member of the RCNA Admiral Hose Branch Windsor and the Chiefs and Petty Officers Mess in HMCS Hunter.

**Johnston, Charles (Chuck).** 18 June 2023. Chuck served with the RCNA for years - recently as the Nation Treasurer. He was a member of the RCNA Niagara Club.

**Noah, Gail.** 26 April 2023. Warrant Officer (Ret'd) Noah CD served in the Canadian Army, Windsor Regiment for 36 years. Gail was a member of the RCNA Admiral Hose Branch Windsor and served on the Executive Committee. She was a member of the Chiefs and Petty Officers Mess in HMCS Hunter and Legion Branch 644.

**Simons, Barbara.** 30 May 2023. Barbara was a life member of the RCNA Admiral Hose Branch Windsor, the RCNA Windsor Ladies Auxiliary and Royal Canadian Legion Branch 201.

**Tuck, Tony.** 2023. Tony was a long-time member of RCNA Sarnia. He often joined the various card leagues hosted at the Club.

**Willett, John.** 25 August 2022. Corporal (Ret'd) Willett served in the Canadian Army and was a member of the RCNA Admiral Hose Branch Windsor.



## Departed WRCNS

**Alice Elizabeth [Rutherford] Adams, PO, WO241, Victoria BC, August 11, 2023 [Bletchley Badge].**



# The Last Word



I hope you had a great summer and you are doing well. Its hard to believe its been 10 years since I was “volunteered” to take over as Editor for the Yardarm. Twenty Editions later, and thanks for the excellent support from all who contribute material - especially my regular contributors - the Yardarm is still getting out there.



So, once again, I wish to thank everyone who provided input over the past 10 years and to this Edition - a special *Thank You* to my regular contributors and our proofreader.

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.

Our new website is up and running - providing information from RCNA HQ as well as back issues of the Yardarm - you can visit the site at [www.rcnayardarm.com](http://www.rcnayardarm.com).



### HMCS Assiniboine:

I would also like to mention my two Uncles, Donald Cornect (left) and Finton Benoit (right). Both served in the Royal Canadian Navy during the 1950s and 1960s. At one point they were both posted on the HMCS Assiniboine at the same time. Donald Crossed-the-Bar a few years back - Finton lives in Nova Scotia.

**Thank you for your service.  
Family photos - Editor.**

### Info to Sponsors:

The Yardarm is looking for Sponsors to help offset the costs associated with providing printed copies of the Yardarm for Members at Large (MALs). All paid sponsors will have their business card or like-sized advertisement displayed in both the Spring and Fall Editions of the Yardarm. As well, the advertisement will be posted on the RCNA Yardarm website ([www.rcnayardarm.com](http://www.rcnayardarm.com) – Our Sponsors) for an entire year. Rates are as follows:

- Business Card size advert - \$50.00 for Branches/members, and \$100.00 for other agencies/non-members.
- Half-Page advert - \$200
- Full-Page advert - \$400



Cheques and Business cards must be received by 7 March of each year for inclusion in the Spring and Fall Yardarm editions and positing on the website. Please make your payment payable to RCNA National and forward the payment along with a copy of the Business Card/Advert to the following address:

**M.P Cornect – 549 First Ave, Petrol ON N0N 1R0**

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**Thank You for your support - Editor.**



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