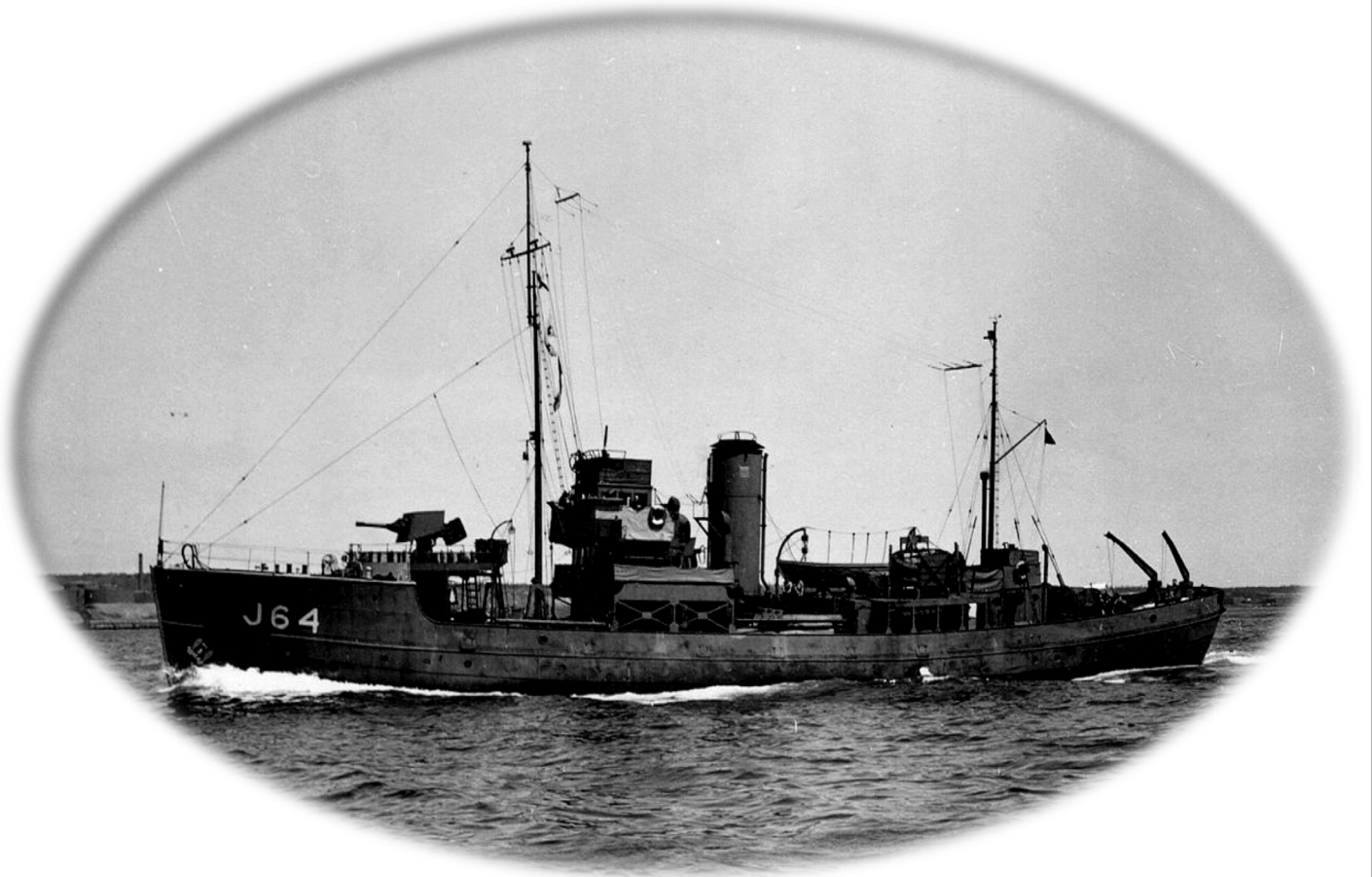


The Yardarm



HMCS Comox



2020 Fall Edition



Fall 2020 - Yardarm

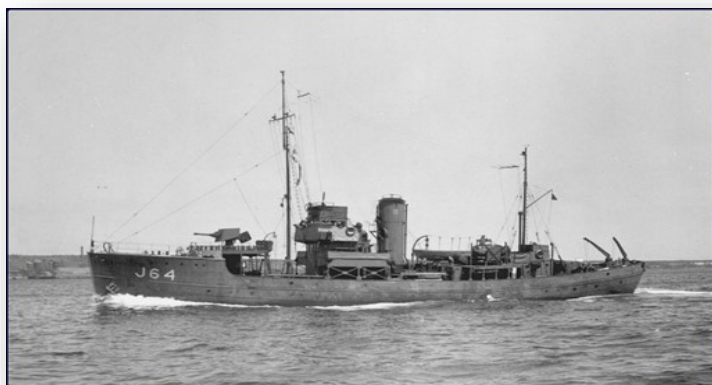


The Yardarm:

The Yardarm is published in the Spring (End March) and the Fall (End-September). The editor, LCdr (Ret) MP (Pat) Cornect, volunteers as editor and producer on behalf of the Royal Canadian Naval Association (RCNA - incorporated in 1959). The Yardarm is non-profit and provided free to all RCNA Branches and related associations. For more information and 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.**

Cover Photo—HMCS Comox



The HMCS Comox—was a *Fundy-class* minesweeper that served in the Royal Canadian Navy (RCN) from 1938-1945. She served during the Second World War as a local patrol craft for Esquimalt, British Columbia before transferring to Halifax, Nova Scotia performing general minesweeping duties. For more information see Ron Sitarz's article in this edition.

Source: Wikipedia.

Inside this Issue

<i>The Yardarm</i>	2
<i>National President</i>	3
<i>National Secretary</i>	4
<i>National Treasurer</i>	5
<i>Supply Officer</i>	6
<i>RCNA News</i>	7
<i>Naval History</i>	11
<i>ALS Awareness</i>	12
<i>Funny Page</i>	13
<i>Items of Interest</i>	14
<i>Korea Veterans</i>	15
<i>Healthy Eating</i>	16
<i>Healthy Aging</i>	17
<i>Financial Issues</i>	18
<i>Contributors</i>	19
<i>Chaplain's Corner</i>	20
<i>Crossed the Bar</i>	21
<i>Executive 2020</i>	22
<i>The Last Word</i>	23





National President



From the Helm:



Shipmates – Congratulations to all of you. Somehow we've managed to weather the storm of this pandemic and stay together as one unit from the Atlantic to the Pacific. The number of monthly bulletins received have fallen off but that was expected and is fully understandable. So many clubs have been in standby mode. We've had phone calls and emails to almost all and know they are out there and know that the pulse of the association is strong and steady. To the one's who managed to get reports out – thank you. Knowing what is happening with our shipmates and their clubs is vitally important to me and to us all.

Pleasantly but unexpectedly the Corona Virus Pandemic seems to have awakened or perhaps re-awakened ideas and thoughts that were hitherto not offered. For example, but not limited to, the use of Zoom for meetings. As you are aware the 2020 Biennial Meeting of the RCNA will be held via Zoom on September 26, 2020. Because of the technology we are able to expand the attendance to include Divisional Vice Presidents and National Directors. National Directors are invited as sit-in observers. If time permits they will be granted an opportunity to share thoughts.

I write this piece on August 31, 2020 and think of Merchant Navy Day coming on the 3rd day of September each year. 'We will remember them'. Congratulations to Shipmate Ron Sitarz for his excellent article on Canada's Merchant Navy and their contributions during WW11. And thank you to Admiral Desmond Piers for their Winter 2020 Admiral's Log, a great read and a great mile stone: thirty-fifth Anniversary Congratulations! An active and remarkable Club. Our heartfelt thanks.



Clubs with facilities in Southern Ontario, please think of the 2021 full Annual General Meeting of the Royal Canadian Naval Association. A good chance for a club to recoup some of its losses during 2020. "I can't control the wind but I can adjust the sail" Take care of yourself; stay safe, stay healthy, till we meet again. **Aye, President Jack Chapelle.**



National Secretary



Greetings Shipmates:

I hope you are weathering the COVID Pandemic and keeping safe and well. As most provinces have started to make moves to start the recovery, as much as possible to what was the "Old Norm", I want to bring to your attention the importance of keeping good communications within your Clubs.

Communication is often an overlooked function within many clubs and associations. Effective communication ensures the flowing of information between all relevant parties, reducing the potential for misunderstanding, dissatisfaction, and lack of trust. Without clear and informative communication, you risk causing member confusion, angering them, and possibly losing some members.

Have you ever experienced the feeling that you are out of the loop; information on your Club is not reaching you; you don't seem to matter?

If this is happening, then maybe your club needs to overhaul how they are communicating with their membership. It is maybe necessary to have one or two volunteers that do nothing but communicate within your membership. In the ADPNA, we had a recall list of the membership that was divided amongst the Executive Committee. They were responsible for contacting the membership and keeping them up to date on new events; meeting changes; etc. "Effective communication is a building block of successful organizations". In other words, communication acts as organizational blood.

If I may be of any service to you or your Clubs, please do not hesitate to contact me at your convenience. Fair Winds and Following Seas.

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



Communications

"If people had the right skills and intention to communicate well, there would be no conflict. The better we are at communicating, the better our lives will be."

Yama Mubtaker



K-W NAVAL ASSOCIATION
315 WEBER STREET NORTH
WATERLOO, ONTARIO N2J 3H8
(519) 884-8731 KRNA@GOLDEN.NET

***Proudly serving the Region of Waterloo
for over 50 years!***

*Open 7 days a week – 364 days a year
Monday to Saturday 11 am 'till 11 pm
Sunday 11am 'till 7pm*



National Treasurer



New Accommodations– RCNA Niagara:

I am writing to you all not as the treasurer but as a member of this organization and the President of the RCNA Niagara. For over 30 years the Royal Canadian Naval Association Niagara has been stationed at the Royal Canadian Legion Br 479 Niagara Falls Ontario. This past week we were evicted from this location, they are using the excuse that a government group was coming in, (not sure at this time which one), we were not the only tenants to be turfed. The Niagara Regional Police Pipe Band was tossed to the curb also.

Unfortunate as this seems I am please to announce that the Niagara Military Museum of Niagara Falls has stepped up to the plate and have taken both groups in and offered space at no cost to either group. In exchange they are asking all groups for sweat equity (helping with painting, repairs and upkeep as needed for the building). What a nice surprise.

The Niagara Military Museum seeks to enrich the lives of Niagara residents, students and visitors by sharing the experiences of regionally based individuals in the Canadian military (air, land and sea) emphasizing service in the 20th century.

This will be a great fit for us as not only does it house history of the forces and open for the public to tour but beside our group it also now is home to the St Catharines Police Pipe Band, The Army Cadets, and a Boy Scout Group all who have Military connections. Besides housing the groups it has the facilities within to house a AGM Meeting possibly in the future as it has a mess hall, parade square, bar and a room dedicated to the navy. So today I am a happy President of the Royal Canadian Naval Association Niagara Region.

Housed in the historic Niagara Falls Armoury (1911-1999), the Museum fulfills its mission by preserving the Armoury for guided public tours, by collecting and exhibiting artefacts, and by communicating stories of Canada's military heritage.

PS: Our new address is 5049 Victoria Ave. Niagara Falls Ontario, L2E 4E2.

God Bless, Chuck Johnston, RCNA National Treasurer.



REOPENING WED.

Welcome Back | June 24 | 11 AM - 4 PM

We've made changes: During closure exhibits rooms were redesigned with many new features and items to view as well as adapting procedures to ensure a safe visit.



Supply Officer



Supplies RCNA National:

Inventory List	In Stock	Price Each
Berets Medium	11	12.00
Berets Small	27	12.00
RCNA Beret Badges	60	10.00
Past President Metals	36	28.50
RCNA Branch Metals	22	28.50
RCNA Ready Knot Ties	4	20.50
RCNA Regular Ties	90	20.50
RCNA Belt Buckles	2	10.75
RCNA Web Belts White	4	6.00
RCNA Web Belts Black	2	6.00
Brass Buttons Large	32	1.00
Brass Button Small	5	0.75
Lapel Anchors (L&R) Large	5	25.00
Lapel Anchors (L&R) Small	4	24.75
White Gloves	6	7.25
Life Membership Badges	34	8.00
Services Bars	76	4.00
RCNA Blazer Badges	23	12.50
RCNA Colour Guard Badge	22	8.00
White Shirts	8	25.00
Windsor Decals	30	
Brooches Gold	16	17.00
Brooches Silver	10	17.00

Note: There are items that are not in stock and once the September zoom meeting has taken place and the executive has had time to talk about the amounts, we need to order orders will be requested.

One more item of interest, I will not be ordering white shirts or berets or other slow-moving articles. My mailing address is 215 Dubois PO. BX. 322, Emeryville ON N0R 1C0, 519-727-4150.

Submitted by Rick Simons, Supply officer, National.



RCNA News



COVID-19 Support—In recognition of the extraordinary expenses faced by persons with disabilities during the COVID-19 pandemic, the Government of Canada is providing a one-time payment of up to \$600 through Employment and Social Development Canada to persons eligible for certain disability support programs (Canadian Pension Plan Disability benefit, Disability Tax Credit, Quebec Pension Plan Disability benefit and Veterans in receipt of disability supports provided by Veterans Affairs Canada) as of 1 July 2020.

Long-Term Care—All health systems in Canada provide some level of long-term care support in provincially licensed or regulated facilities.

Financial support from Veterans Affairs Canada may be available when you have been admitted to 24-hour care in a community bed (available to any provincial resident) or contract bed (only available to Second World War or Korean War Veterans).

The assessment process and admission to long-term care facilities is managed by your provincial, regional, or local health authority. Please contact the agency responsible for long-term care in your province or territory.

Before you apply for financial assistance from Veterans Affairs Canada, you must first be admitted to a long-term care facility.

If you are registered for My VAC Account, you can submit your application for this benefit online. If you aren't registered, you can register now.

<https://www.veterans.gc.ca/>

Non-Profit Organizations:

Greetings Shipmates: I hope that all is well for you and your families as we continue to fight this pandemic. The premier of Ontario has promised eighty three million for Legions and non profit organizations.

The final cut off date is December 2, 2020 to apply for a grant. A club can apply for 5,000.00 dollars to 150,000.00. Please make sure you apply for enough money to last your club over the coming months. Clubs apply to the Trillium Foundation and fill out the application provided as you can apply online.

It would be a very good idea if you find out who is the representative for the Trillium in your area. They should be online and can help you fill out your application.

All Navy Clubs can apply. Please call me if you need more information at 705-690-1551 or email: bryan.morley.chapelle@gmail.com

Submitted by Bryan Chapelle, Parliamentary & Veterans Affairs.

Trillium Foundation - Contact

800 Bay Street, 5th Floor
Toronto, ON M5S 3A9

Telephone: 416.963.4927

TTY: 416.963.7905

Toll-free: 1.800.263.2887

Fax: 416.963.8781

otf@otf.ca

Mon-Fri: 8:30 a.m. - 5:00 p.m.



RCNA News



RCNA Membership as of 1 September 2020:

We currently have 19 Clubs active in Canada at this time. Three clubs have closed in the past two years - the Sunshine Coast Naval Veterans Association, Winnipeg White Ensign Naval Club and Thunder Bay RCNA. We will certainly miss their involvement with the RCNA. I have received the names and addresses from Thunder Bay Club and I am sending "Members at Large" applications to each of their members.

Our Membership as of December 2019:

Regular members	1,198
Life members	37
Associate members	385
Social members	335
Honorary members	11
Total membership	1,966
2018 membership	2,055



Thank you to all the clubs that provided information.

Members-at-Large	07
------------------	----

If you have any members that have moved out of your area, I would appreciate receiving their name, address and email address to contact them regarding membership as a "Member-at-Large". Membership is only \$16.00 annually and they receive copies of both the spring and fall "Yardarm".

A letter of request for your 2020 annual dues will be forwarded to you in early December. I know most clubs have not met since early March and little or no membership fees have been paid this year. Hopeful most of the clubs will be able to pay their share of National dues from their reserve funds. As we know the National relies on our funds to continue to operate and keep in touch with Veteran's Affairs and other Government Departments to ensure Veterans are receiving the help they require.

Like you, I too am hoping a vaccine is found soon and our meetings will begin again and we will all be able to celebrate each other.

Best wishes for a successful year in 2021.

Submitted by June Greig, VP Membership, email: junegreig@shaw.ca



RCNA News



RCN adopts gender-neutral titles:

The Royal Canadian Navy is changing the titles of its junior ranks to be more inclusive.

Junior sailors have been referred to as 'seamen' for decades. Now, the Royal Canadian Navy is replacing that term with 'sailor.' (Andrew Vaughan/The Canadian Press)

The references to "seaman" in the English-language designations — ordinary, able, leading and master — will be replaced with more gender-neutral terms that also better align with the existing names of the ranks in French.

The ranks will now be known as sailor third class, sailor second class, sailor first class and master sailor.

The move comes as the navy, which is short hundreds of sailors, aims to become more diverse and inclusive and help everyone feel safe and proud of their jobs.

News of the possible change received criticism online this summer, as some decried what they saw as too much political correctness, or a loss of tradition.

That prompted the Royal Canadian Navy's deputy commander, Rear Admiral Chris Sutherland, to warn there is no place in the force for sailors who subscribe to "hateful, misogynistic and racist beliefs."

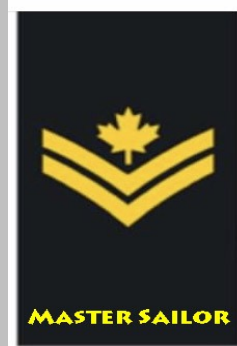
Source: CBC News • Posted: Aug 27, 2020.

Oshawa Naval Veterans' Club

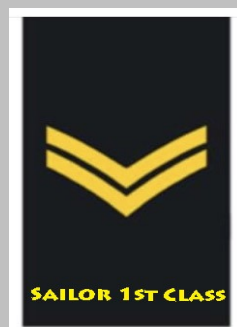
320 Viola Avenue
Oshawa, Ontario
L1H 3A8



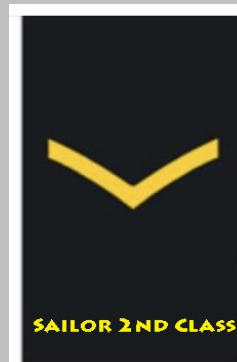
Phone: (905) 723-0871
Email: oshawa.navy.club@hotmail.com
Web: www.onvc.tripod.com



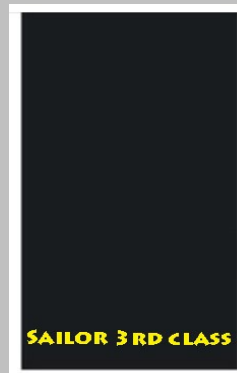
MASTER SAILOR



SAILOR 1ST CLASS



SAILOR 2ND CLASS



SAILOR 3RD CLASS



RCNA News



WWII Veteran Profiles:

LS Turner, Keith A. and Wren Godson, Florence Annie Helen, pictured below, were both from Southwestern Ontario.

Keith was born 30 August 1919 in Scotland, Ontario. After high school he worked with his father on the Turner farm in Dawn Township. He joined the Royal Canadian Naval Reserves (RCNVR) at HMCS Hunter in May 1941. Keith went on to qualify as a Leading Signalman (LS). He subsequently served at sea on HMCS Givenchy, HMCS Courtenay and the HMCS Swansea in 1943, and then on to various land units. He took his release in May 1945 to return home to look after his mother and sister because of his father's death. Keith soon realized that he would need to work off the farm to support a family, hence he applied to a veterans training programme where he received his stationary engineer training.

Florence was born 8 August 1924 in London, Ontario. She joined the Canadian Navy in April 1943. After basic training she qualified as a Wren Coder. As such, Florence was responsible for despatching messages to various departments—coding and decoding. She spent most of her service in Prince Rupert, BC, and was also posted to Washington, DC. Florence took her release from the Navy in October 1944 and went on to work as an executive secretary for Labatts Brewery.

Keith and Florence met at a dance in Bright's Grove (Kenwick on the Lake), and were married in June 1952. They settled on the Turner family farm where they raised 4 children; Jane, Nancy, Janet and Ian.

In recognition of their military service during WWII, Keith and Florence both received the CVSM with Clasps and the WWII War Medal.

Article by Pat Cornect. Source Material from Jane Regnier.



Left, the Canadian Volunteer Service Medal (CVSM) - right, the War Medal 1939-45.



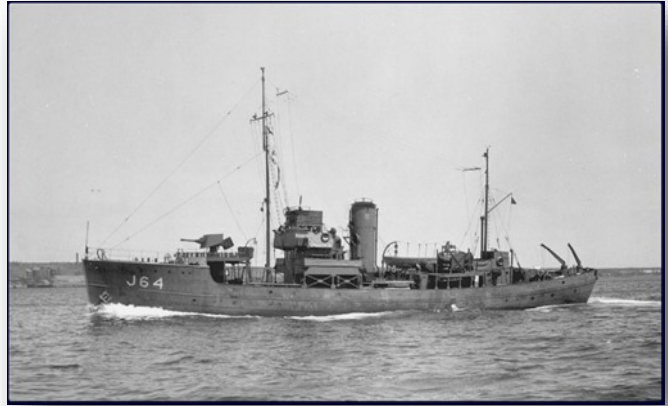
Naval History



HMCS COMOX:

The Comox was a Fundy-class minesweeper that served in the Royal Canadian Navy (RCN) from 1938-1945. She served during the Second World War as a local patrol craft for Esquimalt, British Columbia before transferring to Halifax, Nova Scotia, performing general mine-sweeping duties.

Design and description— In 1936, new minesweepers were ordered for the RCN. Based on the British Basset-class, those built on the west coast of Canada would cost \$403,000 per vessel. At the outbreak of the Second World War, the RCN considered constructing more, but chose to build Bangor-class minesweepers instead upon learning of that design and their oil-burning engines.



The Fundy-class, named after the lead ship, displaced 460 long tons (470 t; 520 short tons). They were 163 ft (49.7 M) long, with a beam of 27.5 ft (8.4 m) and a draught of 14.5 ft (4.4 m). They had a complement of 3 officers and 35 ratings.

The ships were armed with one QF 4-inch (102 mm) Mk IV gun mounted forward on a raised platform. The minesweepers were also armed with two 20 mm Oerlikon anti-aircraft cannons. They were later equipped with 25 depth charges.

Service history—Comox was ordered on 23 August 1937. The ship was laid down on 5 February 1938 by Burrard Dry Dock Co. Ltd. at Vancouver, BC with the yard number 117 and launched on 9 August later that year. She was commissioned into the RCN on 23 November 1938.

Comox was initially assigned to the west coast. At the onset of the Second World War, she remained at Esquimalt carrying out local patrol duties. In March 1940 Comox and her sister ship HMCS Nootka**were reassigned to the east coast. Arriving in April 1940, Comox spent the rest of the war performing minesweeping duties for Halifax Harbour. On 15 January 1945, Comox with HMCS Fundy, rescued survivors from the United States liberty ship Martin van Buren, torpedoed off Halifax.

Comox was paid off on 27 July 1945. The vessel was sold in 1946 for commercial service to Ming Sung Industrial Co. Ltd. and converted to the tugboat Sung Ming. The ship was deleted in 1993.

Source: Wikipedia. Submitted by Ron Sitarz.



ALS Awareness



ALS Awareness Month in Canada and the virtual Walk to End ALS:

This past June, ALS Awareness Month was all about bringing the ALS community together online to engage with one another and create visibility for our shared cause.

Throughout the month, the ALS Society of Canada's social media channels were filled with activity: elected officials shared video messages of support, people and families took part in our "21 days to make a difference" campaign, and landmarks like Toronto's CN Tower were lit in purple.

Due to the COVID-19 pandemic, all Ontario Walk to End ALS events were transitioned into a single Virtual Walk to End on June 21 – Global ALS Awareness Day – which raised more than \$1.1 million. The Virtual Walk is archived on ALS Canada's Facebook page and you can read about the event [on our blog](#).



Evolving Community Supports During the COVID-19 Pandemic:

Our number one priority remains the safety of the ALS community, and in the wake of the COVID-19 pandemic, we have pivoted our service model to include more virtual and remote support services to Ontarians living with ALS. This includes communicating with people and families living with ALS through videoconferencing and other technologies, facilitating virtual support groups, and working with our vendors to use practices informed by public health experts when delivering mobility and accessibility equipment.

[Read more in our blog post here.](#)

Submitted by Ryan Fedurco, Public Affairs and Communications Coordinator.

Get Involved—Whatever your reason for caring about ALS as a cause, you are joining a passionate group that wants to make change happen. Your involvement with ALS Canada means that people living with ALS today can benefit from services and support – and makes possible the effective treatments of tomorrow through research investment.

There is no better time to get involved with ALS Canada and make a real difference.



The Funny Page



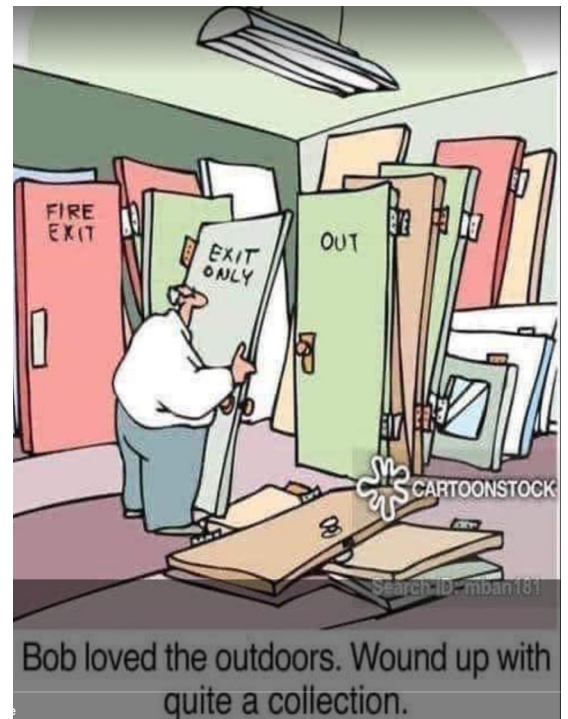
De Nize Hunt

whyatt



© 2009 sardonic sa

SAMUEL MORSE GOES ON A DATE.



CARTOONSTOCK

Search ID: mban181

Bob loved the outdoors. Wound up with quite a collection.



Items of Interest



Ocean War Graves (OWG) Update Fall 2020:

Wrecked Abandoned or Hazardous Vessels Act' regarding OWG rules and regulations.

Authority to Act: Parks Canada and Transport Canada with joint regulatory making authority to protect heritage vessels-including ocean war graves in Canadian waters. For development and implementation of rules regulations and Management control measures pertaining to wrecks designated of heritage value: particularly those that contain war graves. Parks Canada intends to begin consultations on draft interim regulations in 2021 (delayed from 2020 due to COVID).

No Action: Despite Project Naval Distinction and Captain Bender's appearance before the House of Commons and Senate committees in 2018, and the government agreeing to amend the Wrecked, Abandoned and Hazardous Vessels Act to include interim protection for Canadian OWG in 2018, there are still no laws and no regulations and we're almost 2 years later.

Designated waters: The Act can only apply to domestic waters. Legal protection is dependent upon new legislation re other countries, state and International waters requiring that the Government of Canada issues a formal request for this protection.

Global Affairs Canada (GAC): As the department responsible for issuing such requests, GAC began diplomatic outreach June 2019 to the United Kingdom for protection of Canadian Ocean War Graves in UK waters. Namely three Royal Canadian Navy frigates HMCS Alberni, HMCS Trentonian and HMCS Regina. GAC is awaiting a response.

More action required: While these efforts are appreciated, the length of time required to get to this point demonstrates the need specific attention on this file as the final resting places of our sailors and merchant mariners are at greater risk without greater legal protections.

Paraphrased and submitted by Joan Balch.



RCNA Sarnia Branch

1420 Lougar Ave, Sarnia ON N7S 5N4

Hall Rentals for all Occasions



Kitchen facilities, Bar service and Free Parking

Call: 519-344-0331

www.rcnasarnia.com - Email: rcnastaff@hotmail.ca

War Dead:

To be considered War Dead one must have died during the designated war years in service or of causes attributable to service. The war years are considered to be 4 August 1914 to 31 August 1921 (First World War) and 3 September 1939 to 31 December 1947 (Second World War).

Source:

Commonwealth War Graves Commission.



Korea Veterans Unit 26, Hamilton



Honouring WWII and Korean War Veterans:

In 2017, our battlefield tour included Dieppe, Dunkirk, Passendale, Vimy and other Canadian cemeteries in France and Belgium with serving Royal Hamilton Light Infantry members and Dieppe Veterans' family members. On Aug 19 2020, we commemorated the "78th Anniversary of the Dieppe Raid" to remember the 4,963 brave Canadians who fought on the land, on the sea and in the air to help secure Freedom and Peace in France. Among them 3,367 were wounded, 1,946 became the Prisoners of War and 916 Canadians who made the supreme sacrifice. To honour the Dieppe Veterans, it was my pleasure and honour to nominate a WWII Veteran Doug Ross Rickard for the "French Legion of Honour Medal" on July 12 to the French Embassy and they indicated that it will be expedited. Mr. Rickard served with the RCCS (Royal Canadian Corps of Signals) as a Signaller on the Dieppe Raid on Aug 19, 1942 in France.

Mr. Rickard is now 102 years old and he lives in Burlington, Ontario and he is one of the few living survivors of the Dieppe Raid. He lost many of his comrades at Dieppe and he remembered the Dieppe Raid vividly even after 78 years in an interview with my associate Bob Ankrett, a Director of the Royal Canadian Legion Branch 60 Burlington. In our research, we found that there were 78 members of the Royal Canadian Corps of Signals on the Dieppe Raid of whom 8 were Killed in Action, 1 Died of Wounds, 12 were Wounded and 18 were the Prisoners of War.

This year, we also commemorated the "70 Anniversary of the outbreak of the Korean War" to remember 26,791 Canadians of whom 1,558 were wounded and 516 who died during the Korean War. On Sept 11 2020, it was my honour to present the Ambassador for Peace Medal and a certificate to James Lee, a Korean War Veteran on behalf of the Republic of Korea Government at the Royal Canadian Legion Branch 624 Wilberforce. Our dear friend, Dann Oliver, Commander of the RCL Post 144 Pinellas County, delivered the "Act of Remembrance" and Major (Ret'd) Don Kennedy played the Last Post on the bugle. Jamie Schmale, Member of Parliament presented "Appreciation Certificates" to James Lee (92 years old) who served with the Service Battalion attached to the Princess Patricia's Light Infantry 1st Battalion and Chuck Viner who was attached to the Royal Canadian Horse Artillery as a gunner during the Korean War. I also presented a copy of the Bill 213- S "Korean War Veterans Day" to them on behalf of Hon. Senator Yonah Martin who introduced the bill in 2013. It was a moving ceremony even with the wearing of masks and seating with social distance. The Korean Government sent over 1 million KF 94 Korean masks to the Korean War Veterans in 22 countries including Canada to honour the Korean War Veterans. Sadly, many Korean War Veterans have been passed this year including Dan Ward a beloved Korean War Naval Veteran. We will remember them.



Submitted by HooJung Jones Kennedy.



Healthy Eating



Salmon Medallions:

A simple and elegant recipe, easy to prepare and delicious. **Makes 3–4 servings.**

Ingredients:

1 lb salmon fillets

2 tbsp olive oil

Season with salt & pepper

Method:

Rinse salmon under cold water. Dry thoroughly with paper towels. Using a cookie cutter or sharp knife, cut out salmon medallions (1½"). Season to taste. In a skillet, med-high heat, sauté salmon in oil (ensure oil is hot) for approx 1 minute on one side and 45 seconds on the other (both sides should have a golden crust). Centre of salmon should be opaque. Serve with an orange ginger sauce. Garnish with spinach and lemon.

Tips: Don't let medallions touch each other—Cook in small batches (don't over crowd).

NL Slang: *Whore's eggs – sea urchins.*

Submitted by Kevin Phillips.



Retired:

This photo was taken at Port Harmon, Stephenville, NL, 24 June 2020.

Photo by:

Meline Felix-Foley.





Healthy Aging



Pandemics: Staying Healthy at Home:

Covid-19 is still here and it has certainly taken its toll community-wide and individually. It has impacted multiple areas including financial, physical, social and on mental health. Adapting to this new reality and making changes to our everyday lives have presented its own unique challenges. A major challenge has been social isolation and its effect on mental health. Fortunately, there are many things we can do to protect our mental health, as well as helping others who may need extra support.

Helpful tips to stay healthy:

- **Have a routine** – keep up your daily routine or make a new one that fits your circumstances. Include getting up and going to bed at similar times every day, eat healthy food regularly, maintain personal hygiene, etc
- **Create balance** – allocate time for working, resting, exercising and for other things that you enjoy
- **Minimize media** – reduce the amount of news media you read/watch/listen to, especially if it causes anxiety. There are many conspiracy theories and misinformation. Choose reputable sources and engage 1-2 times/day.
- **Maintain social contact** – with face-to-face interaction still reduced, try to stay in regular contact via phone, internet, etc. If you are face-to-face, remember to maintain social distancing (6feet or 2meters) and/or wear a mask.
- **Minimize alcohol and drug use** – there is no evidence that drinking alcohol will protect you from getting sick. In fact, overuse is associated with an increased risk of infection (in general) and poorer treatment response.
- **Screen time** – it is easy to lose track of time in front of the tv, scrolling social media, and playing video games. Take regular breaks!
- **Support system** – don't be afraid to ask family/friends/neighbours for help. Groceries can be delivered and it's recommended to have at least 1 month or more of your medication handy.



On a final note, Be Kind! Be kind to yourself and others. Mental health issues during a lock-down/pandemic are especially hard. If you need help, please contact your doctor or reach out to Crisis Services Canada, a 24hr helpline at 833-456-4566. You are not alone.

Submitted by Dr. Shauna Phillips.



Financial Issues



The Stock Market is Not the Economy:

In my last post back in March I wrote about how trying to time the market leads to sub optimal long term returns. As a long term investor the best strategy when the market crashes, as it did in March, is to do nothing. Since March, the S&P 500 has roared back to an all-time high. Had you sold in March, you would have locked in a loss. This is not a conducive strategy for building wealth. If you did nothing, your portfolio should be higher than it was in March.

With the S&P 500 at an all-time high, it might seem that there is a disconnect between the stock market and the economy. Unemployment is in the double digits. Small businesses are closing. The number of people using food banks has surged. How could the stock market be doing so well? According to Ben Carlson's blog, A Wealth of Common Sense, there are almost 600,000 companies in America that employ 20 or more people. Only 3600 of those are publicly traded. In other words, the stock market represents less than 1% of the total number of businesses in the US. And even fewer of those 3600 are driving market returns. Namely the big tech companies like Amazon, Facebook, Apple, and Google. These companies for the most part have benefited from the pandemic.

It must be remembered that the stock market is not the economy. Economic data is backward looking. The stock market is forward looking. In other words, the market is saying that the future will be better than the present. Let's hope that comes true.



Submitted by Shawn Russell.



THE ROYAL CANADIAN NAVAL ASSOCIATION (Edmonton Branch)

*Meets Second Tuesday of the Month
September - June
c/o HMCS Nonsuch
11807 Kingsway
Phone: 780.973.4011 Ext. 7135*

Dave Pagee, President
Phone: 780.721.1812
Email: dlpagee@telus.net

June Greig, Secretary/Treasurer
Phone: 780.469.0733
Email: junegreig@shaw.ca

THE ROYAL CANADIAN NAVAL ASSOCIATION

Admiral Hose Branch



Ron Sitarz, CD
President

Home Address:
2298 Luxury Ave.
Windsor, Ontario
N8P 1W9

2090 Brant Street
Windsor, Ontario
N8Y 1C6

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



Regular Contributors



Jack Chapelle
National President
From the Helm



Verne Lunan
National Secretary



Chuck Johnston
National Treasurer



June Greig
VP Membership



Bryan Chapelle
Veterans Affairs



Ron Sitarz
Naval History



Joan Balch
Items of Interest



Dr. Shauna Phillips
Healthy Aging



HooJung Jones Kennedy
Korea Veterans
Unit 26, Hamilton



Dr. Gordon Simmons
Padre Dir RCNA Samia
Padre's Corner



Shawn Russell
Commodities Broker
Personal Finance



Kevin Phillips, CD2
Personal Chef, Oakville
Healthy Eating



Pat Cornect, CD2
RCNA Samia Director
Yardarm Editor



Chaplain's Corner



Navy Chaplains (continued):

In the beginning, as noted previously, navy chaplains were rated with ordinary seamen for pay purposes but in 1629 they were raised and the secretary of the Navy stated that they should be appointed by warrant and thus become a "warrant officer". The 1812 Order in Council granted them a yearly salary of 150 pounds a year with no change in rank status. In 1843, chaplains together with masters, paymasters, surgeons and instructors were raised to commissioned status, but unlike other officers they were not granted rank. This was because their parishioners might range from a young cabin boy to the admiral. History of Chaplains Torpedo Bay Naval Museum, New Zealand.

In 1910, when the Royal Canadian Navy was established there was interest among the churches for a chaplaincy service. As before the establishment of the R.C.N. sailors attended church ashore and certain churches were designated as "naval churches". It was not until the 1950's that chapels were built on shore.

When war broke out in 1939 there was still no navy chaplaincy, the Rt. Rev. George Wells a seasoned W.W.1 Canadian Chaplain Service veteran and Archbishop Charles Nelligan were appointed Principal Chaplains (P) and (R.C.) respectively to rebuild the Chaplaincy Services for the Army, Navy and Air Force. In September 1940 discussions were begun for a Naval chaplaincy and as of January 1, 1941, a distinctive Naval chaplaincy was in place. As in the Royal Navy, the R.C.N., chaplains had carried

no rank, but that now changed, and Navy chaplains would carry ranks equivalent to lieutenant to captain.

Senior Chaplains were appointed for both Atlantic and Pacific and billets were available on larger vessels. Chaplains were appointed for escort groups and for minesweeper and motor torpedo boat flotillas. There were now senior chaplains in London, Greenock, Londonderry and St John's. New chaplains were now sent to the Officer's Training Centre at HMCS Cornwallis and by January 1944, there were 48 full time and 18 part time chaplains in the service.

Padres were kept busy leading religious services at home and on land and sea. Often times they made use of whatever space was available. They helped find suitable accommodations for sailors and their families, provided religious education for their children and dependents. They cared for the sick and the wounded, buried the dead, consoled the grieving and counselled the troubled ashore and afloat. As well as the other duties of censoring the mail, taking part in disciplinary hearings, and recreation there were the usual marriages, baptisms and confirmations. On land or sea, the chaplain was constantly moving around and for those at sea it was particularly perilous, but by example they represented Christ and his Church instilling hope and peace wherever they could. **Source: A History of Naval Chaplaincy; Rear Admiral H.F. Pullen, R.C.N.**

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





Crossed the Bar



Dengel, John. Crossed the Bar 26 August 2020. John served in the RCN during WWII as a PO, and was a veteran of the Battle of the Atlantic. He joined the Essex Kent Naval Veterans Association in 1963, as a founding member of the association, which would become the RCNA.

Larsen, Robert (Red), CPO1 CD. Born 2 July 1933, Red Crossed the Bar 23 April 2020. He served in the RCN 1951–1980. on HMCS Ships Crescent, Athabaskan, Diving Unit Esquimalt & Halifax, and DCIEM Toronto. He was a member of RCNA London.

Lachance, Norm. Crossed the Bar 20 August 2020. Norm served in the RCN - HMCS Cornwallis, HMCS Shearwater and HMCS Bonaventure. He was a member of the Manitoulin North Shore Veterans Association.

Proulx, Daniel James. Born 13 November 1936, Daniel Crossed the Bar 27 February 2020. He served in the RCN 1958 to 1963 on HMC Ships Carlton, Cornwallis, Shearwater, Lauzon, Stadacona, Haida, Inch Arron. A member of the RCNA Kelowna, he was the current President when he Crossed the Bar.

Graham, Bob. Crossed the Bar July 2020. Bob served in the RCN during the Korean War. He was a member and a Past-President of the RCNA Sarnia Branch.

Book of Remembrance - Submitted by Donna Murakami, LCdr (Ret'd).

Last	First	Maiden	City	DoD	Service
Burd	Penelope Anne	Runkle	Toronto, ON	29-Mar-20	W1431 Post War
Burwash	Margaret Jane (Madge)	Chapman	Winnipeg, MB	16-Apr-20	WWII
Carson	Rena Gwendolyn	Ware	Brighton, ON	7 MY 2020	WWII - W1420
D'Argis	Theresa (Terry)	McCraw	Victoria, BC	14-May-20	WWII
Drew	Dorothy Ellen	Roberts	Victoria, NC	7-Apr-20	W3087 Post War
Edwards	Nancy Christine	Whitehead	Toronto, ON	20-Jan-20	WWII
Greer	Rosamond Mildread	Fiddes	Vancouver, BC	1-Jan-20	WWII
Harrison	Isabel (Ibby)	Hay-Roe	Pointe Claire, QC	4-Jan-20	WWII
Henault	Sulvia	Piner	Winnipeg, MB	13-Mar-20	WWII
Kendall	Dorothy		Montreal, QC	12-Jan-20	WWII Dental Asst
MacKenzie	Mary Elizabeth		Liverpool, N.S.	9-Mar-20	Post War
McKelvey	Margaret Elizabeth	Never Married	Toronto, ON	20-Jan-20	WWII
Pearson	Jessie			10-Jan-10	WWII
Porter	Jessie	Pearson	Vancouver, BC	10-Jan-20	WWII
Ratcliffe	Vivan R	Hardy	Daveport Iowa USA	01-Apr-20	WWII -
Savard	Margo Jean	Thornton	Toronto, ON	20-Aug-10	WWII
Tate	Cynthia	McCruer/Hunt	Ottawa, ON	27-Apr-20	WWII
Wallace	Jean		Toronto, ON	4-Jan-20	WWII - British WREN
Wasson	Eileen	O'Bryne	Victoria, BC	29-Apr-20	WWII

2020 National Executive

National President

Jack Chapelle

Phone: 647.210.2977, **Email:** happyrhodes@yahoo.ca



Executive Vice President

Terri-Leigh Saunders CD

Phone: 519.240.6724, **Email:** tls@hotmail.ca



Executive Secretary

Verne Lunan

Phone: 403.625.4893, **Email:** vernelunan@yahoo.ca



Vice President (Membership)

June Greig

Phone: 780-469-0733 **Email:** junegreig@shaw.ca



Executive Treasurer

Charles (Chuck) Johnston

Phone: 905.646.5099, **Email:** sumitup@cogeco.ca



Supply Officer

Rick Simons

Phone: 519-727-4150, **Email:** rick.simons@sympatico.ca



Parliamentary & Veterans Affairs

Bryan Chapelle

Phone: 705.690.1551 **email:** chapelle@persona.ca



Yardarm Editor

Pat Cornect, CD2

Phone: 519-882-0484, **Email:** pat@cornect.com





The Last Word



Thank You:

This is the Fall 2020 Edition of the Yardarm. With COVID-19 causing havoc, not only in Canada but worldwide, I sincerely wish everyone a safe passage and heart felt condolences to all who lost family and friends. Thanks again to my strong team of dedicated contributors who always manage to provide interesting material for every edition.



Well Done and Thank You all for your continued support. Editor.

Info to Sponsors:

Due to COVID-19 forcing most of our Branches to remain closed, I have decided to not request payment for advertising until the Spring 2021 Edition. Those Branches who paid for 2019/2020 will remain in this edition.

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

549 First Ave, Petrolia ON NoN 1Ro.

The Dark Maple Leaf:

You may have noticed in this edition I decided to darken our normally very colourful and vibrant Maple Leaf.

This small gesture is meant, not only to remember all our comrades who have Crossed the Bar, but to also as a sign of respect for all our family and friends who have lost loved ones during this terrible COVID-19 Pandemic. God Bless You All!
Editor.



CPO1 Bos'n 2009 - 2020:

RCNA's only Service Dog K9 member passed away Sept 08/20 age 11. CPO 1 Bos'n was sworn in at the Cornwallis Reunion. Bos'n was also a member of RCNA London. Pictured above Bos'n and his owner Allan Brunsden.

Submitted by Gerry Coulter.



CONTEMPORARY
PRINTING SERVICES INC. SERVICE D'IMPRIMERIE

making great impressions since 1975

Contemporary Printing Services Inc. 185 Dumoulin Street, Winnipeg, Manitoba R2H 0E4
Telephone (204) 233-7360 www.contemporaryprinting.com