

Yardarm



HMCS Prince Robert



2021 Spring Edition

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 Prince Robert



HMCS Prince Robert—the first of three refrigerated passenger and cargo ships constructed at Birkenhead for CN for operations along the BC Coast during the 1930s. The RCN acquired the vessel for use as an armed merchant cruiser for protection of the western coast of Canada. Upon completion, Prince Robert and her sister ships were the most powerful ships operated by the Canadian Navy until the arrival of larger cruisers later in the war. For more info 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>RCNA News</i>	5
<i>Veteran News</i>	7
<i>ALS Canada</i>	10
<i>Naval History</i>	12
<i>WWII Veterans</i>	13
<i>Korea Veterans</i>	14
<i>MAL Profile</i>	15
<i>Funny Page</i>	16
<i>Items of Interest</i>	17
<i>Healthy Eating</i>	18
<i>Healthy Aging</i>	19
<i>Financial Issues</i>	20
<i>RCNA Executive</i>	19
<i>Chaplain's Corner</i>	22
<i>Crossed the Bar</i>	21
<i>Executive 2020</i>	23
<i>The Last Word</i>	24





National President

From the Helm:

‘What Lies Behind Us and What Lies Before Us are Tiny Matters Compared to What Lies Within Us.’

Over the years our association and its members have rode the crests of the waves, very often through stormy seas. And like every other veterans based group we’ve had our share of attrition. Time and age have cost us members and clubs. But shipmates we remain a strong nation-wide organization. Because of the Pandemic we cannot meet and our club facilities have been shut down.

To fight back we are using Zoom, email, snail mail and phones. Soon we will boast a new website and a Facebook page. We’re still above water and with spring new hope and courage grows. The difficulties that clubs with facilities are facing can be crushing. Monthly bills with no revenue spells disaster. We are doing everything we can at the National Level to assist them but our options are limited. We can only pray that they all survive these turbulent times. Let’s hope that our clubs are able to withstand this latest tempest with the same tenacity as they’ve shown throughout our history.

The Battle of the Atlantic:

Taken from the website ‘National Defense’: “The cost of winning the Battle of the Atlantic was high, with the Royal Canadian Navy losing nearly 2,000 sailors and 33 ships, the Royal Canadian Air Force losing more than 900 aircrew members, and the Merchant Navy losing nearly 1600 Canadians and Newfoundlanders, and approximately another 70 ships”. We will remember them. If we cannot salute them in person we can do so in our hearts and in the collective heart of the Royal Canadian Naval Association. Remember shipmates, we received our Royal Charter directly from Her Majesty the Queen. We can be truly proud of what lies behind us, what lies ahead of us and most especially, what lies within us. **Jack Chapelle, Royal Canadian Naval Association, National President.**



Quarantine Act:

The Government of Canada is implementing an Emergency Order under the Quarantine Act that requires persons entering Canada—whether by air, sea or land—to isolate for 14 days if they have symptoms of COVID-19, in order to limit its introduction and spread. The 14-day period begins on the day the person enters Canada .

If you are staying in a hotel, do not leave your room. You should not use shared spaces such as lobbies, courtyards, restaurants, gyms or pools.

We can all do our part in preventing the spread of COVID-19. For more information, visit Canada.ca/coronavirus or contact 1-833-784-4397. **Source Health Canada.**





National Secretary

Effective Communications:

Shipmates, as I write this it is -27C here in Southern Alberta. It has been so cold that the lawyers have their hands in their own pockets.

Getting serious though, RCNA National is well aware of the trying times our member Clubs are going through due to the COVID – 19 Pandemic. Many Clubs that own or rent a facility are suffering financially because of the lost revenue of not being able to have those facilities open. We have forwarded information on Grants and financial assistance available in each Province with information on where and how to apply for the Grants and Financial Assistance. If you have need of financial assistance and have not yet applied and/or need the contact information, please do not hesitate to contact me and I will make sure you receive same.



“Effective communication is a building block of successful organizations.”



In other words, communication acts as it's organizational blood. With that in mind, RCNA National arranged for a ZOOM Online Town Hall Meeting for all RCNA Clubs and Shipmates on Saturday 27 March 2021 at 1:30pm EDT. It may already have taken place by the time this is published. Your Club RCNA Directors received the information to pass on to their membership on how they would be able to attend.

We are looking into ideas for having a membership drive across the Country for when the Pandemic is over. If you have any ideas that you think we should consider, please let me know. We would be happy to include them in our drive.

Please do not hesitate to contact me at your convenience if you have any questions; concerns; etc., I am at home most of the time due to the Pandemic. In the last several months my garbage has gone out more than I have.

Shipmates stay safe and well and I am sure we will weather this COVID Storm.

Contact Information: Phone—403.625.4843, Email—vernelunan@yahoo.ca

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

X-CF Members—Please Note:

Medal Petition for an "inclusive" medal—for CF members completing 547 days of uninterrupted honorable service—has been approved and is available on-line for signatures. Click on the link to sign-up.



<https://petitions.ourcommons.ca/en/Petition/Sign/e-3224>

IMPORTANT: You will get an email asking you to confirm; Click on the link in the email to complete the signing process.



RCNA News

Supply Officer—Rick Simons:

Rick has contacted all the Clubs asking them what they are going to require for supplies. The only Club that responded so far was Admiral Hose . The RCNA needs to place an order for kit items. The higher the number ordered the less per unit cost. Some items have a minimum quantity that may be ordered.

It was decided to ask all the Clubs if they would forward to the Supply Officer the names and contact information of any suppliers, they have used to widen our source of supply. He will also ask the Clubs two or three times a year for their kit supply needs so larger orders may be placed and subsequently keep the item costs down. He may also want to organize a ZOOM meeting for Clubs to discuss their Kit needs.

VP Membership—June Greig:

In the midst of our Pandemic, and with difficulty all 19 Clubs are working hard to keep up with current members and paying dues .

Numbers as of the above date are as follows:

- 12 Clubs have paid their 2020 National Dues
- Membership from the 12 Clubs, total 754 members
- Members-At-Large – 13

I encourage all current clubs and Members at Large – if you know someone that is interested in receiving the Yardarm (A very well put together book of Navy activities) Send their name and address to the Membership Chair and an application and a copy of the Yardarm will be sent to them.

Above information from the RCNA AGM Zoom Meeting, 26 September 2020.

Looking Back:

In 2009, Shipmates of the Admiral Desmond Peirs Naval Association march into the Officers Mess at HMCS Stadacona to participate in their Battle of the Atlantic “Candlelight Commemorative Service for the ships and men of the Royal Canadian Navy (Regular and Reserve Forces) and the Canadian Merchant Service, lost during the Second World War.” Pictured are Shipmates Verne Lunan; Frank Wells; Harvey Girardin and Richard “Doc” Halliday. ***Submitted by Jack Chapelle and Verne Lunan.***





RCNA News

Parliamentary & Veterans Affairs:



Greetings Shipmates: - 28 February 2021 marked the 30th anniversary of the end of the Gulf War. After Iraq invaded Kuwait, Canada joined a coalition of more than 35 countries to help liberate the small gulf nation, more than

4,000 Canadians served in the Gulf War.

If any club needs information dealing with provincial Grants as each province has their own grant system. British Columbia, Alberta, Ontario and Nova Scotia. Please call me or email:

bryan.morley.chapelle@gmail.com or call 705-690-1551.

The Battle of the Atlantic is the first Sunday in May. It was longest continuous battle of the Second World War and one which Canada played a central role. The Battle began on the opening day of the War in September 1939 and ended almost six years later with Germany's surrender in May 1945.

Hopping all is well for you and your families as we all fight this pandemic. The vaccine is on the horizon and maybe we can get back to normal.

Bryan Chapelle, Parliamentary & Veterans Affairs.

RCNA President's Note:

Don Garvey has agreed to once again be our webmaster. He will begin the basics to create a website for our association soon. There are some yearly costs but they are not large and they do provide us with a nationwide port-hole. Vice President Terri-Leigh Saunders is working on our Facebook page and should have it done by March 27th.

We will want to fund raise and membership drive after the pandemic. Websites and Facebook pages are important parts of such efforts.

We are holding our own. And whatever we can do to help our clubs we must do. Sarnia has offered to host the 2021 AGM. Let's hope the club makes it through and can host our AGM third week of September. ***RCNA President.***

Temporary Waiver—RCNA Charter:

After some discussion on the subject it was moved by S/M Verne Lunan and Seconded by S/M Dick Fletcher – until the end of the COVID-19 Pandemic, any Club whose membership falls below the required 25 members may retain their Charter by paying RCNA National dues for 25 members and any Club with 25 or more members continue to pay the per member dues to National.

COVID Advisory—Arrival Testing at the Border:

Travellers entering Canada at the land border will be provided two COVID-19 At Home Specimen Collection Kits: one to use on the day they arrive in Canada and another to use on day 10 of their 14-day quarantine.

Travellers will be provided instructions within the kits on how to collect a nasal swab and send the sample for testing. Some ports of entry offer on-site services to help you with your specimen collection kit. At these locations, you will be guided through specimen collection, including how to take a nasal swab yourself and how to package the specimen for testing.



Veteran News

Exceptional Incapacity Allowance:

The Exceptional Incapacity Allowance is a tax-free monthly payment that recognizes that your serious illness or injury has a significant effect on your quality of life.

- ♦ Veterans who receive this allowance usually experience one or more of the following to an exceptional degree or scope:
- ♦ dependence,
- ♦ continuing pain and discomfort,
- ♦ loss of enjoyment of life,
- ♦ shortened lifespan.

The amount of your allowance will be based on a grade that reflects the nature of your disability.

Notes:

If you are not satisfied with a decision you may apply in writing for a review. Learn more about your review and appeal options. See contact info on right.

If the Veteran was receiving the allowance at the time of their death, eligible survivors can receive the allowance for a period of one year.

Visit the VAC site to read more about the Exceptional Incapacity Allowance policies.

Veterans Independence Program:

Payments for home and healthcare services to help you remain independent and self-sufficient in your home and your community.

Some examples of what this program may cover:

- ♦ grounds keeping
- ♦ help with errands (e.g. grocery shopping)
- ♦ housekeeping
- ♦ installation of ramps or railings
- ♦ meal preparation or delivery
- ♦ personal care
- ♦ snow removal.

For more information on these and other programs contact the VAC Assistance Service provides free and confidential psychological support that is available 24 hours a day, 365 days a year. **Toll-free: 1-800-268-7708 | TDD/TTY 1-800-567-5803**

Mission to Seafarers - Neptune Declaration:

In response to the COVID-19 crisis, the Neptune Declaration has been instigated, a global call to action to address the seafarer crisis. It was formed by Maritime Industry Crew Change Taskforce following initial discussions at the Global Maritime Forum's Virtual High-Level Meeting in 2020.

The Mission to Seafarers has signed The Neptune Declaration on Seafarer Wellbeing and Crew Change, alongside many others, to support this cause. Read more about the Neptune Declaration at:
www.missiontoseafarers.org

Submitted by Dr. Gord Simmons.

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



Veteran News

DND, Chaos at the Top:

Since taking power some five years ago, the major News Networks have been regularly reporting on the feds inability to properly screen candidates for senior positions. It seems optics instead of qualifications always wins the day with this government. Its has become increasingly evident to the general public with the ongoing firings and resignations at all levels during the past five years—especially at the top ranks of the military. A short and recent recap:

Governor General of Canada—Julie Payette was appointed to that position by Trudeau in 2017 with virtually no vetting. She was forced to resign in January 2021 when the CBC aired reports alleging harassment by her, and her partner, toward their staff at Rideau Hall. Apparently, Payette had been accused of similar abusive behavior in the past.

Minister of National Defence—Harjit Sajjan, another Trudeau optic-correct appointee who is not performing well. As a retired reservists, he is considered by many to be completely unqualified and ineffective. He is currently under scrutiny for not taking action against the CDS (Vance) when misconduct allegations were first brought to his attention in 2018.

CDS#1—General Vance served as CDS from 2015 to 2020. Originally appointed by the Harper government, he was asked to carry on as CDS with the full confidence and support of the PM and MND.

Proper vetting would have uncovered misconduct against Vance going back decades. He retired from the CF in July 2020 and is currently under investigation for sexual misconduct.

CDS#2—Vice Admiral McDonald was appointed less than a month later on 23 December 2021. Without vetting, the PM and MND announced their full support and confidence in the new CDS. Less than a month later, McDonald had to step down and is currently under investigation for sexual misconduct.

CDS#3—Lieutenant General (LGen) Wayne Eyre was appointed Acting Chief of Staff and Lieutenant General Frances J. Allen as Deputy CDS in February 2021—without much vetting— and with the full support and confidence of the PM and MND. We wish both members lots of luck.

NATO/HR—In 2020 LGen Chris Coates resigned from the a top NATO job due to alleged sexual misconduct.

In March 2021, Vice-Admiral Haydn Edmundson, head of HR, had to resign, once again because of alleged sexual misconduct.

Stay tuned.

Photos and data from various news outlets in the public domain—edited and submitted by the Editor.

Left to Right: Payette, Sajjan, Vance, McDonald, Coates, and Edmundson.





Veteran News

The future of remembrance in Canada:

We (Veteran Affairs) are working on a 10-year strategic plan outlining a new approach to commemorating Canadians who have served our country, at home and abroad.



You can learn more about the strategic plan in this document (PDF).

The plan will explain how we will tell the story of all who have served Canada. This includes our international security, peace support and hu-

manitarian efforts around the world, and domestic operations, since the end of the Korean War.

“Canadians understand and appreciate the contributions and sacrifices made by those in uniform. All Veterans and family members feel recognized.

Source Veteran Affairs Canada.

ZOOM Town Hall Meeting for All RCNA Members:

The Meeting will be held on Saturday 27 March 2021 at 1:30pm EDT. That will be 2:30PM ADT; 11:30 MDT and 10:30pm PDT. An invitation will be sent out to your Clubs in late February with a follow up reminder in mid-March.

In order to participate you must go to ZOOM and download their FREE site. We are limited to 100 participants so unfortunately; we may not be able to accommodate everyone who may be interested in attending.

If you require any additional Information, please do not hesitate to contact me:

vernehunan@yahoo.ca

Ocean War Graves—Update:

REGULATIONS NOT READY—Input not yet requested – MAY 2018- 2021.

The *Wrecked, Abandoned and Hazardous Vessels Act* provides that: the Minister of Transport and the Minister responsible for Parks Canada (Minister of Environment and Climate Change) have joint authority to make regulations for the protection of heritage wrecks, including ocean war graves.

Parks Canada will be lead agency including working together with Transport Canada, Veterans Affairs, the Department of National Defence amongst others, and engaging with other interested parties Regulations would include seeking input on the content, including what might be included in a definition of an “ocean war grave”. Coastal regulations will come first and later International waters based on these regulations.

If you wish to be an interested party for regulations Coastal or International or have connection to Wartime ships or persons lost at sea –you may wish to add your interested party status to: Mary Lou Doyle: Parks Canada
marylou.doyle@canada.ca /Phone: 819.420.9070.

If you wish more information on this topic please read the “Canada’s Ocean War Graves 23 Report May 2018: Transport Infrastructure and Communities “ available on the Transport Canada Website: *www.tc.canada.ca.*

Info provided to Joan Balch—Feb 12/2021 edited.





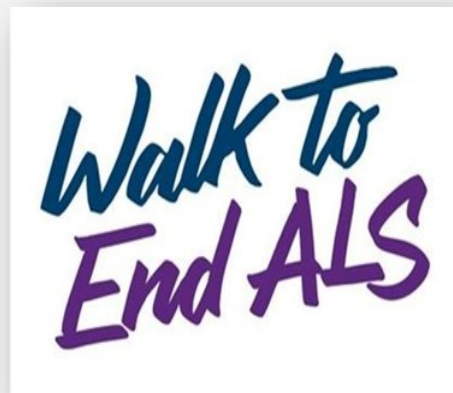
ALS Canada

Walk to End ALS Returns for 2021:

ALS Societies across the country are once again holding Walk to End ALS events during this year's ALS Awareness Month in June! We saw how communities rallied last year to make the event a success and are excited to build on this momentum.

The Walk to End ALS is more than just a fundraiser; it is a community builder and a place to connect. While we'll miss coming together physically, we will come together virtually to celebrate, remember, and support each other, demonstrating just how strong we are as a community. Our partnership with Brain Canada to double the impact of donations will continue, meaning that like last year, 40% of all funds raised through the event will be matched up to \$1 million!

We encourage you and your family and friends to join us again this June ALS Awareness Month. For more details about your local walk, including the event dates, visit www.WalkToEndALS.ca.



ALS Doesn't Stop—So Neither Can Research Investment—\$1.65 Million Invested in ALS Research:

Sustained investment in transformative research is vital to unlocking the mysteries around the causes and progression of ALS. Thanks to the support of donors and partners, the ALS Canada Research Program was able to invest \$1.65 million in leading-edge ALS research during a time when health research funding is challenged due to the COVID-19 pandemic.

In partnership with Fondation Vincent Bourque and Mitsubishi Tanabe Pharma Canada, \$650,000 was invested in three initiatives that are enhancing the ALS research community's knowledge base needed to develop treatments. And thanks to matched funds from the Brain Canada Foundation*, \$1 million was invested through the 2020 Discovery Grant Program toward eight leading-edge multidisciplinary projects that will one day have a positive impact on people living with ALS and their families, bringing hope for a future without the disease.

All projects are also supported by the generosity of provincial ALS Societies, ALS Canada donors, and community-based fundraising efforts, including 40 per cent of net proceeds from the Walk to End ALS.

Learn more here: <https://www.als.ca/media-room>

* The Canada Brain Research Fund is an innovative partnership between the Government of Canada (through Health Canada) and Brain Canada.

Submitted by Ryan Fedurco, Public Affairs and Communications Coordinator. ALS Society of Canada, www.als.ca.



Naval History

HMCS PRINCE ROBERT (F56), Armed Merchant Cruiser:

HMCS PRINCE ROBERT was a Canadian National passenger/cargo ship. With the onset of the Second World War, the RCN acquired the vessel for use as an armed merchant cruiser for protection of the west coast of Canada. Upon completion of the conversion to a naval ship, PRINCE ROBERT resembled the British Hawker-class cruisers and was one of the most powerful ships in the RCN until the arrival of larger cruisers later in the war.

The conversion included the installation of four 6-inch guns (originally part of the armament of the King Edward VII-class battleships), two 3-inch guns and light anti-aircraft (AA) guns. She had a speed of 22 knots and had a complement of 241 officers and sailors.



Commissioned in July 1940, PRINCE ROBERT sailed south to reinforce the Allied blockade of German cargo ships in South American ports. In September, she intercepted and seized the German merchant vessel SS Weser (carrying supplies for the German cruiser Orion) and escorted the ship to Esquimalt. In February 1941 PRINCE ROBERT was directed to escort Australian troop convoys across the Pacific. In November, she escorted a troop transport that carried the Canadian contingent for the ill-fated garrison of Hong Kong. After disembarking the troops, she sailed for home, stopping at Pearl Harbor, Hawaii before leaving for Esquimalt on 4 December 1941. On 7 December, a US Army

Transport was sunk near PRINCE ROBERT's location, she was ordered to search the area but found nothing. She arrived at Esquimalt on 10 December. Rumors that PRINCE ROBERT had spotted the Japanese fleet that attacked Pearl Harbor on 7 December, were denied and proven to be false. After returning to Canada, she resumed patrols along the coastal shipping lanes as part of Esquimalt Force. She was placed under Royal Navy command and assigned to the New Zealand Station. In August 1941, the US requested Canadian naval support for the Aleutian Islands Campaign, and PRINCE ROBERT along with her two sister ships and two Flower-class corvettes deployed to escort convoys between Kodiak and Dutch Harbor.

As the war progressed, deficiencies as an armed merchant cruiser and the need for newer ship types led to her conversion to an auxiliary AA cruiser for use in air defense for convoys. The ship's armament was completely changed. The cruiser's main armament consisted of ten quick-firing 4-inch guns in five twin turrets; eight 44 mm "pom-poms"; and twelve 20 mm Oerlikon cannon as well as four depth charge throwers. With the conversion, she became one of the more powerful AA ships in the war.

In October 1943, she joined the Mediterranean Fleet as an AA escort for convoys operating between the UK and the Mediterranean Sea, coming under German Luftwaffe attack on several occasions. In January 1944 she was transferred to Plymouth Command and after escorting 17 convoys, was withdrawn from European waters and transferred to the Pacific.

PRINCE ROBERT sailed to Australia in July 1945 and joined the British Pacific Fleet. On 15 August, Japan surrendered, PRINCE ROBERT was part of the Task Group sent to secure Hong Kong from Japanese control. She represented Canada at the formal surrender of Hong Kong. Canadian prisoners of war from units escorted to Hong Kong in 1941 by PRINCE ROBERT were brought aboard the ship to be transported back to Canada. The ship detached from the British Pacific Fleet and sailed for Esquimalt arriving in October and was paid off in December 1945. ***Submitted by Ron Sitarz.***

WWII Veterans

Robert Henry Lee Turnbull:

My father Robert Henry Lee Turnbull (pictured below) was born in Two Creeks, Manitoba in 1912. He was a professional boxer in the US and Canada in the 1930's, then a longshoreman and mill hand at the Powell River paper mill in BC. In July 1940 he volunteered to serve in the Royal Canadian Navy, enlisting at Esquimalt as a probationary Able Seaman, with his younger brother Harold.

His initial training was at Naden, BC before being sent to patrol the East Coast on HMCS MacDonald out of Halifax, NS, then returning to HMCS Malaspina for patrol and examination duties near West Coast ports. After gunnery training on the machine/Lewis guns at Naden he was assigned to HMCS Prince Robert in 1941. During his time on the high seas he continued his gunnery training and enjoyed the camaraderie with his mates, especially the boxing matches. It was at this time that he composed his poem "A Sailor's Spirit".

When the Prince Robert returned to Esquimalt he married my Mom Edith at St. Andrews Cathedral in Victoria BC in 1941. The following years were difficult. Dad spent a month in RCNH Esquimalt having surgery for a bad shoulder injury and also received the terrible news that Harold had been killed. He remained in the Navy working at Naden and the naval training facility at Comox, BC doing quartermaster and guard duty. In 1943 he was cleaning rifles. Someone had left a bullet in the chamber. The gun fired and Dad lost his left thumb. He served with his injuries until July 1945 as coxswain of the Liberty boat in Comox. One of the defining qualities throughout his life was how he just carried on with what was necessary.

In recognition of his military service he was awarded the Canadian Volunteer Service Medal and Clasp, the War Medal 1945 and the 1939-1945 Star. As the war ended he returned to longshoring until he retired in 1972. He always felt a kinship with the sea. He spent many hours on his retired commercial fishing vessel the LindaJo, (named after his daughters Linda and Joanne). It was moored in the Inner Harbour in Victoria across from the Empress Hotel. He died at the Veterans Hospital in Victoria in 1994. ***Photos and article by Linda Harvey.***



A SAILORS SPIRIT

My mess mates have mostly gone away
But maybe we'll meet above someday
If the enemy makes a perfect hit
Well I know my chums have done their bit

But doesn't scare us sailor boys
For we have fully outgrown our childish joys
We'll fight them each and every one
And see that there is Justice done

..We'll blast them out of the open sea
So all good Briton shall be free
We'll make them pay for the lines they took
And mark them X in the Judgment Book

They may think they're big, they may think they're strong
But whatever they think we know they're wrong
And maybe someday they'll understand
That our navy guns are bravely manned

So God give us strength to fight these duels
More guns and shells to be our tools
For we are the men in Navy Blue
To King and Country we'll all be true

By
Bobby Turnbull
H. M. S Prince Robert



Left to right: CVSM, War Medal 1939-45, and Star 1939-45.



Korea Veterans, Unit 26, Hamilton

Remembrance Day Ceremony Despite COVID-19:

In 2020, we commemorated the “70th Anniversary of the Out-break of the Korean War”. Unfortunately, due to the Covid-19 pandemic, most Korean War Veteran events were either cancelled or reduced in capacity including our annual KVA Unit 26 Korean War Veterans Appreciation luncheon. The Korean government had many commemorative events planned to honour and remember the Korean War Veterans from the 16 UN member-states, including Canada. Instead of the cancelled events, Korea shipped 2 million Korean “KF-94” face masks to Korean War Veterans worldwide to help protect them from the virus.

The pandemic also caused many “Remembrance Day” ceremonies to be cancelled or reduced to a small group, including the ceremony at the Canadian Warplane Heritage Museum (CWHM) in Mount Hope, Ontario. This is the largest indoor Remembrance Day event in Canada and normally hosts over 2,500 people annually. Luckily my husband, Major (Ret’d) Don Kennedy, and I were invited to the RCL Branch 163, Hamilton Mountain (Don is a 43-year member), to participate in the “Remembrance Day” ceremony.



A limited number of people (just 50) were invited to attend the ceremony at the legion. Our dear friend, Rev Francis Chisholm, a WWII Veteran (95 years old), and Melanie Aitchison, President of RCL Branch 163, conducted the wonderful service. Scott Duvall, MP, Hamilton Mountain, Monique Taylor, MPP, Tom Jackson, City Councilor also attended the ceremony. We honoured the many Veterans who made the supreme sacrifice in WWI, WWII, the Korean War, UN Peace Keeping Missions and the Afghanistan War. We also remembered the 516 Canadians, including 9 sailors, who were killed or lost at sea during the Korean War. During the war, 8 Canadian destroyers (HMCS Athabaskan, HMCS Cayuga, HMCS Sioux, HMCS Crusader, HMCS Nootka, HMCS Huron, HMCS Iroquois and HMCS Haida) and 3,621 crew members fought for Korea’s peace and freedom.

At the ceremony, the Rev Francis Chisholm read three great poems—Army, Navy, Airforce. At the end of the ceremony, he delivered his Celtic blessing with his soft Scottish accent. We all needed his blessing during these difficult times. We also laid a wreath on behalf of the KVA Unit 26 Monument at the RCL 163 Cenotaph. Outside we found a little stone painted “Poppy” on each of our cars in the parking lot. Some kind person(s) had painted and left these stones on the Veterans’ licensed plates.

That evening, we attended the Northwall Riders Association of Hamilton’s “Candle Light Vigil” at the CWHM. Their padre, Rev Chisholm, conducted the out-door service on what was a cold and windy day. Over 30 bikers (some rode 4 hours) and over 70 people attended to remember the brave fallen soldiers. They are not forgotten and WE WILL REMEMBER THEM.

Above photo, left to right: Tom Jackson Councilor; Don Varlow; Scott Duvall MP; Maj (Ret’d) Don Kennedy; Monique Taylor MPP; Melanie Aitchison; and Rev Francis Chisholm.

Photo and article by HooJung Jones Kennedy.

RCNA MAL Profile



CAPTAIN (N) (ret) EDWARD BROWNFIELD OMM, CD, FD, MSc:

Born in Perth, Western Australia, Ed joined the RAN College in January 1951, as one of the last groups of 13 year old Cadet Midshipman. He graduated in 1955 and proceeded to the UK for further training at sea and ashore. He returned to Australia at the end of 1957 and transferred to the Naval Reserve as a SLt.

He served first in Canberra (attach posted for annual training and Sub's courses), then in various training and divisional posts in the Melbourne and Sydney Reserve Units. Also at sea, during which time he obtained his BWK and Ocean Navigation Certificates. Promoted to Lt. in 1963, in 1968 he obtained his command certificate and commanded Attack Class Patrol Boats and other Minor War vessels. Promoted in 1971 to LCdr. Final appointment in the Sydney Reserve Unit was as Sea Training Officer and unit Navigating Officer.

In December 1975 moved to Canada and commenced service in March 1976 at HMCS Nonsuch, Edmonton. He held most senior officer appointments including XO. He exercised sea command on East Coast for summer training and West coast for weekend and weekly events, in all 5 Gate vessels and other MVV's. Promoted in 1984 to Commander.

Ed acted as DS at Staff College-Reserve and MCD Pacific during the 1980s. He was promoted to Captain (N) in January 1988 and assumed Command of HMCS Nonsuch on 01 August 1988. Nonsuch recognized as best Reserve Unit in Canada 1989 and 1990. He handed over command on 30 June 1991. A member of the Naval Reserve Council from 1988 to 1992.

In 1990 Captain Brownfield designed and co-conducted the first total force MWV Command Preparation Course at CFFS (H) and conducted later courses. Appointed an Officer of the Order of Military Merit on April 23, 1992 and retired July 01, 1992 after completing 42 years of full time and Reserve Service.

Sole owner/Principal of a Management Consulting firm and session Lecturer and Adjunct Professor (Management). Holds an MSc degree from Peppperdine University. Past President of Human Resources Management Association of Edmonton and a member of Human Resources Institute of Alberta (CPHR Ret'd). Member and Past President of the Naval Association of Edmonton.

Ed is a member of the RCNA Edmonton Branch, Past Chair Northern Alberta, NWT and Nunavut Division, Commissionaires Canada. He is also a Master Mariner (foreign-going).

Has two Sons, Samuel, Operations Director for Oilfield Services Firm, and Maxwell, a Canadian Army Officer. ***Submitted by June Greig.***

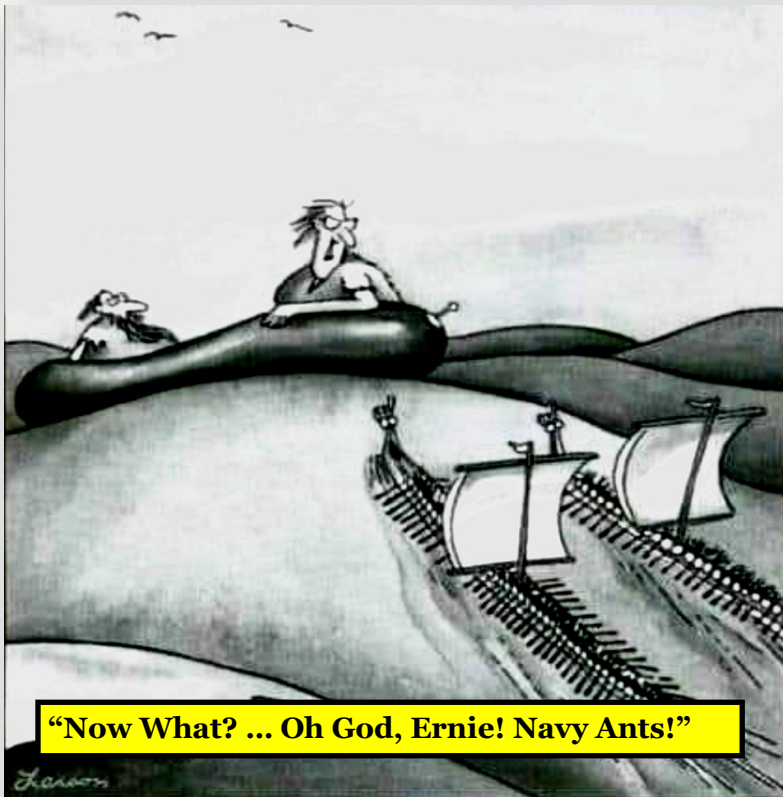


Ed Brownfield

Members at Large (MAL) Wanted:

The Royal Canadian Naval Association (RCNA) is reaching out to ex-military and associated members of the public who wish to join our origination (RCNA) , but are not located near one of our Branches. If interested, please contact the National VP of Membership, June Greig—email: junegreig@shaw.ca. ***Editor.***

The Funny Page



A teacher asked her class, "What is sex?" Johnny got up and said, "Sex is a temptation caused by a sensation where a boy sticks his location into a girl's destination to increase the population of the next generation. "Did you get my explanation, or do you need a demonstration?"



A Lazy Sailor:

A senior chief, when addressing his 25 sailors, says, "I have an easy job for the laziest man here. Put your hand up if you are indeed the laziest." Almost immediately, 24 men raise their hands. The senior chief asks the other man, "why didn't you raise your hand?" The sailor replies, "because it was too much trouble, senior chief."





Items of Interest

The COVID-19 Times:

Would we have thought last year at this time we would have been sheltering in place, self distancing and wearing masks and most of us unvaccinated in 2021.

It is somewhat like being in a war, but the opposition is unseen and sneaky. It is a real foe... an invisible one. I wonder how much trauma wars caused. The only difference in war you were allowed out when you or your area was not in conflict.

Those in wars today must think we are all too sissified... with our so-called daily upheavals with daily changes... and governments going haywire. To stay inside and be warm, with food, and the amenities seems a bit odd to grumble about.

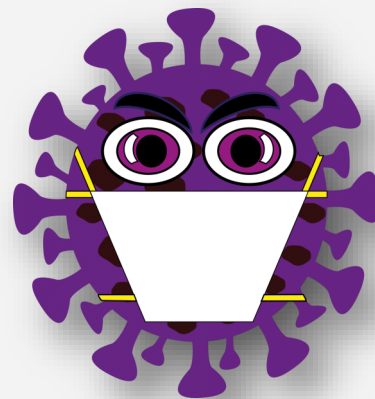
I am happy that the infrastructure has held such as water, sewage, electricity, gas, street ploughing, garbage collection, telephone, and internet. I am pleased that Health care and emergency response, fire, and police still continued their jobs: and I am grateful to the health care supporters, the grocery, services and pharmacy delivery in fact anyone who serves for the duration. I am pleased to have a telephone to get or receive calls... and that the Post is delivered to my front door.

Thank you to the unsung persons in restaurants—doing reduced service or stores with limited services: and to those who continued to work. I am sad that the restaurant sector has been devastated, and the small stores, and pop in shops are closed.

We must remember that not everyone has internet connections or telephone, or credit cards to buy online nor does want to do so.

What I miss is a face-to-face talk with real persons and a great big Hello!

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



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



Healthy Eating

Bologna Cubes in Balsamic Vinegar:

Makes 8 servings:

Ingredients:

- * 1 lb bolonie (1" cubed)
- * 2 tbsp olive oil
- * 4 tbsp balsamic vinegar
- * 1 tbsp dried parsley
- * Toothpicks

Method:

In a skillet, med-high heat, sauté bologna in olive oil until all sides are lightly brown. Add balsamic vinegar and parsley. Cook for 1 minute and remove from heat.

Toss bologna until fully coated in balsamic vinegar. Secure bits with toothpicks and place on a serving plate. ***Submitted by Kevin Phillips.***



kjp-A001



Port Harmon NL

Port Harmon

Stephenville NL. Photo
taken in the early evening of
19 December 2020.

Photo by:
Meline Felix-Foley.





Healthy Aging

COVID 19 and the Vaccine:

The first case of coronavirus in Canada was confirmed on Jan 27, 2020 and it has been almost a year since a state of emergency was initially declared across our provinces and territories. There have been over 880,000 documented cases across Canada and over 22,000 deaths caused by COVID 19 to date*. Despite these numbers, there is hope. Vaccination rollout is well underway with an initial focus on higher risk populations and eventually to the general population^.

There are a few approved COVID 19 vaccines that are currently being administered in Canada (Pfizer, Moderna and Astrazeneca). Which vaccine an individual will receive depends on a number of factors, including availability and storage facility. Although there is no long-term safety data on these vaccines, the safety and effectiveness continue to be monitored by Health Canada and the Public Health Agency of Canada. Regardless of which coronavirus vaccine you receive, they are safe.

As a family physician, I am often asked questions regarding the coronavirus vaccine. Here are some of the more common questions:

When can my children/grandchildren get vaccinated?

Clinical trials are underway for children aged 12-15 and under 12. It is currently only approved for people 16 years and older.

What does the shot feel like?

It feels similar to receiving the flu shot. If you have never had a flu shot, then it hurts less than a tetanus or hepatitis shot. Your arm will likely be stiff and sore for a few days. You may also experience pain and swelling where you were given your shot.

What are the less common side effects?

Some people may experience a fever, chills, headache, and/or tiredness for a few days. These were most often associated with the second shot.

Can I have the shot if I have allergies or experienced an anaphylactic reaction? The short answer is yes. Only people who have had an anaphylactic reaction to the first dose should not receive a second dose, or anyone who is allergic to any of the vaccine components.

When am I protected after I get vaccinated?

It takes 10-14 days to develop an immune response after your initial shot. For a two-dose regime, maximum immunity will occur after your second dose.

How soon will life get back to normal now that the vaccines are here?

Hopefully soon, but it is still uncertain. Until a significant decline is seen, continue with COVID 19 precautions: hand washing, social distancing and mask wearing.

Should you have any questions or concerns about your risk level, eligibility, or general safety, please contact your physician. More information may also be obtained at: **www.canada.ca -> COVID 19. Submitted by Dr. Shauna Phillips.**



* These numbers are reflective as of March 7, 2021.

^ Please refer to your provincial/local health network for more information about eligibility and timelines.



Financial Issues

Financial Gifts to Children or Spouses:

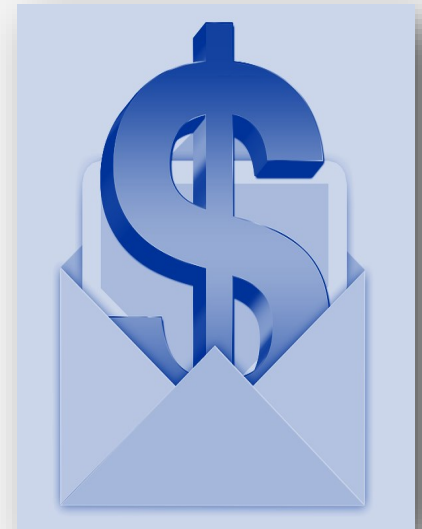
In Canada, there are generally no rules limiting how much you can give in your lifetime, or upon death. There are two types of financial gifts. One is an “inter-vivos” gift, and the other is a “testamentary” gift. The former is done while the gift giver is alive, and the latter are gifts given upon death. It should be noted if giving an inter-vivos gift you should only give what you can afford, and not to give away anything that you will need to support yourself financially in the future.

While gifts are received tax free, there can be tax implications for the person giving the gift. For example, if real estate or securities are given “in kind,” any appreciation will be taxed just as if you sold those assets at fair value. You will pay tax on 50% of the capital gains.

According to Jamie Golombek at CIBC there are some exceptions to this rule. There’s an automatic rollover at the property’s tax cost or adjusted cost base if you make an in kind gift to a spouse or common-law partner. This will provide a deferral of tax on any accrued capital gain to the date of the gift. However, you will pay tax on any capital gain when the property is ultimately sold by your spouse or partner. You’ll also have to pay tax on any future income earned on the property.

By giving gifts prior to death, the assets will not be subject to probate fees. They are not part of your estate. Another benefit of giving prior to death is you get to see the benefits of your gifts.

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

RCNA National Executive

2021



Jack Chapelle - RCNA National President



Blain Barker CD
Past President
bbarker41@bell.net



Terri-Leigh Saunders CD
Executive Vice President
tls@hotmail.ca



Verne Lunan
National Secretary
vernlunan@yahoo.ca



Chuck Johnston
National Treasurer
sumitup@cogeco.ca



June Greig
VP Membership
junegreig@shaw.ca



Bryan Chapelle
RCNA Veteran Affairs
bryan.morley.chapelle@persona.ca



Rick Simmons
National Supply Officer
rick.simmons@sympatico.ca



Pat Cornect CD2
Yardarm Editor
pat@cornect.com





Padre's Corner

As I write this at the beginning of the second year of the pandemic that has brought the world to its knees, I pray to God that you have survived in relatively good shape and that the vaccinations have begun in your area and that a semblance of normalcy will soon return.

The current situation does not foresee a return to normalcy for a while and the pandemic is affecting all elements of our Canadian Armed Forces. Due to the Covid 19 the Defense Staff have reported a shortage of trainees and a shortage of personnel to carry out regular duties. Some of the personnel have been deployed to support civilian staff in long term care facilities and remote fly in communities. Several of my colleagues who are military chaplains have served on these deployments. As a board member of a facility that has experienced 2 outbreaks and a number of deaths, I can only voice my praise for the sacrifices and the dedication of those working at these times.



The navy has always had the job of protecting our coasts and our merchant navy. The reality for most people is that they do not recognize the fact that 90% of the world's trade is transported by ship and that the crews on board these ships are often sailing on 10-month contracts. They are unaware that during the present pandemic many of these seafarers have not been able to enjoy shore leave or to be repatriated home. Our navy personnel have been able to return to their homes and families only after serving out quarantine while merchant mariners have been confined to their ships unable to even a semblance of life ashore.

The situation has resulted in a number of merchant mariners being aboard ship for as long as 18 months or more and the shipping industry trying to work with governments to relax or to at least adjust regulations so that the seafarers may return to their homes and families. The problem is exasperated in some situations where the ship owner has declared bankruptcy and abandoned the ship and crew.

In the February issue of the Mission to Seafarer's newsletter the General Secretary reported on an abandoned ship in Dubai where 5 sailors had been stranded without pay for 32 months. The mission supplied fuel and water during that time and was able to finally negotiate repatriation and a pay 70% of what was owed the crew. The local chaplain Tony Bowerman was recently interviewed on the CBC here in Canada and ABC in Australia. He usually has to deal with 60 or 70 such cases but during this current crisis is dealing with double the number.

In 2020, 30576 ship visits were made worldwide and 46,063 crew were transported, and 144,612 PPE were distributed. These figures come from the newsletter and from the regular reports to International Seafarers Welfare and Assistance Network as well as other agencies. As an international body whose many volunteers and chaplains have a naval background or mariner connection the work is vital. The Rev. Ed Swayze of Thunder Bay the mission chaplain there has just retired as a Lt. Commander in the RCN and will be greatly missed but others will continue to serve.

Lord God, we depend on you for life itself. We depend on seafarers for many of our daily needs. Watch over them, keep them from danger, befriend them in loneliness and bring them safely home to those they love. Amen. **Submitted by Dr. Gordon Simmons, Padre & Director RCNA Sarnia.**



Crossed the Bar



Barbarino, Vincent (Vinnie). 9 January 2021. Vinnie was a member of the RCNA Niagara Region.

Bogdanski, Chester M. 25 February 2020. Chester was a member of the RCNA Niagara Region.

Gabany, Alexander (Alex). 2 March 2020. Alex was a member of the RCNA Niagara Region.

Hanna, Burt. 2021 age 99. Born in 1922, Burt was a member of the RCNA Niagara Branch.

Ingham, Thomas (Tom). 11 February 2020. Tom was a member of the RCNA Niagara Region.

Page, Clinton G. (Clint). 10 January 2021. Clint was a member of the RCNA Niagara Region.

Shavalier, Madeline. 21 November 2020. Madeline was a member of the RCNA Niagara Region.

Shaw, Harold. 1939 age 82. Harold was a member of the RCNA Niagara Branch.

Sutherland, Beatrice (Bea). 4 May 2020. Bea was a member of the RCNA Niagara Region.

Viles, Harald. 13 February 2020 at the age of 91. Born in Manchester, England, Harald was a WWII Naval Veteran and Lifetime Member of the Calgary Naval Association.

Whitman, Melissa. 21 August 2020. Melissa was a member of the RCNA Niagara Region.

Yrcha, Bob. 5 February 2021. Bod served as a Pay Writer in the military. He was a Past Director of the Navy League of Canada - National/Provincial—and a Past President of the NLC Branch - Sudbury.

Last Name	First Name	Maiden Name	City	DoD	Service
Case	Mary	McKee	Winnipeg, MB	2-Feb-21	WWII - W3386
Deleplante	Blanche Anne	Reynolds	Dartmouth, N.S	14-Aug-20	WWII - W46435
Jenson	Alma Lorraine	Bradbrook	Halifax, NS	24-Jan-21	
Adamson	Eula Victoria	Vibert	Cobourg, ON	9-Sep-20	WWII
DeBustin	Joan Christian	Watson	Barrie, ON	23-Sep-20	WWII - W5010
Francis	Dorothy Lynn Evelyn	Hammett	Winnipeg, MB	11-Oct-20	WWII W1355
La Prairie	Vicki	Wickham	Ottawa, ON	14-Nov-20	WWII
Lavoy	Shirley Ann		Victoria, BC	1-Oct-20	WWII
Lewis	Joan A.	Stranger	Portland, Maine	2-Nov-20	WWII
MacKinnon	Elizabeth	Smith	Ottawa, ON	13-Nov-20	WWII - W3370
Mosley	Margaret		Vancouver, BC	23-Jan-21	WWII
Porter	Lise M.	Denis	Dartmouth, N.S	3-Oct-21	Post War
Ratcliffe	Vivan R	Hardy	Davenport Iowa US	1-Apr-20	WWII -
Sanders	Evelyn	Dorcas	London, On	4-Dec-20	WWII

Submitted by Donna Murakami, LCdr (Ret'd).

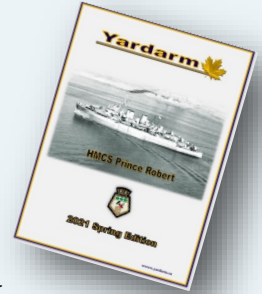


The Last Word

Thank You:

The Spring 2021 Edition of the Yardarm is number 17 since I took over as Editor in 2013. Unfortunately, with COVID-19 still out of control most of our Branches are unable to open their doors—some have folded—others are on the brink.

Hopefully, this edition will help bring our members together—please feel free to pass it on to as many contacts as possible and also visit our website (www.yardarm.ca) for back issues. Many thanks once again to my strong team of dedicated contributors who keep providing great material for each edition. Thank You very much for your continued support.



Info to Sponsors:

Once again because of ongoing COVID-19 shutdowns, we I have decided to not request payment for advertising until the Fall 2021 Edition. Those Branches who paid for 2019/2020 will still have their business cards included in this edition and the website (www.yardarm.ca) until that time.

In September the rates will remain the same; \$50.00 for Branches/members; and \$100.00 for other agencies/non-members—per year. Your advert will be featured for one year on the website and one year (two editions) in the magazine. All 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 N0N 1R0.

Korea Donates PPE to Cdn Veterans:

As the son of a Korean War Veteran, I would like to extend our sincere gratitude and heartfelt thanks to the Republic of Korea for the generous donation of 35,000 KF94 masks to Canadian Veterans who served in the Korean War. It was a sincere and well meant gesture. Realizing these masks were extremely scarce in Canada, Korea wanted to help these CF members – average age 88—who had fought for their country. Ambassador Yun Je Lee told CBC News that he knew “how difficult it is to obtain this personal protective gear in Canada at this moment.”



At that time, May 2020, the Canadian government was completely unprepared for the Pandemic and procurement/distribution of PPE was in disarray. Desperate for PPE, at one point officials wanted to divert the donated masks to front line workers. Worried about the optics—it was decided to advise Veterans Affairs to “downplay the announcement” and a news release thanking Korea was scrapped – instead a thank you was relayed via a Zoom Call. Embarrassing to say the least.

Thanks again to the Korean government for sticking to its guns and getting those masks to our War Veterans. Thank You. **Sourced from various News casts, edited by the Editor.**



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