

Yardarm



HMCS Haida



2021 Fall Edition

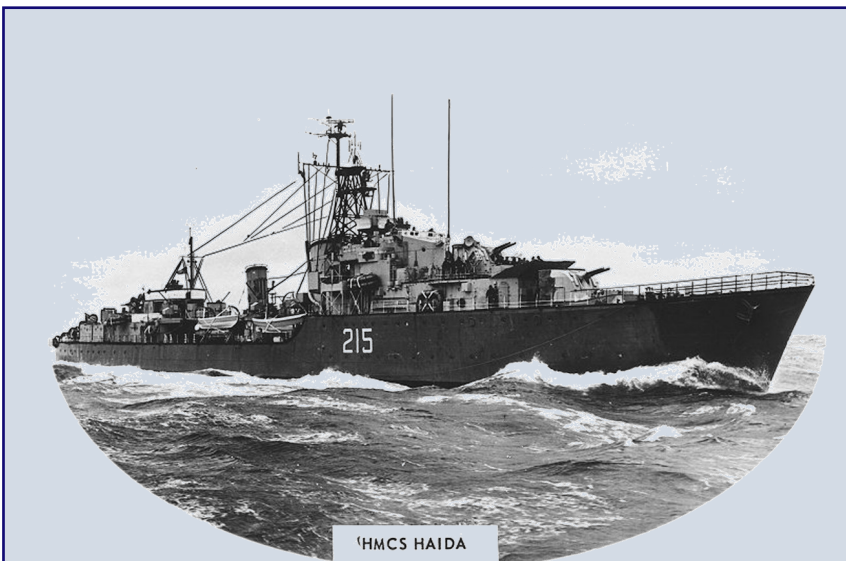
www.yardarm.ca

Yardarm Fall 2021

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 Haida

The HMCS Haida— Canada's "fightingest ship" served in WWII and the Korean War.

As a note, my Dad—Eugene Cornect—served on the Haida during the Korean War. May he R.I.P.

For more info on the HMCS Haida see

Ron Sitarz's article in this edition.

Photo—Wikipedia.

Inside this Edition

<i>The Yardarm</i>	2
<i>National President</i>	3
<i>National Secretary</i>	4
<i>Executive Treasurer</i>	5
<i>RCNA News</i>	6
<i>Veteran News</i>	7
<i>ALS Canada</i>	9
<i>Naval History</i>	10
<i>War Veterans</i>	12
<i>Korea Veterans</i>	13
<i>Funny Page</i>	14
<i>Items of Interest</i>	15
<i>Healthy Eating</i>	16
<i>Healthy Aging</i>	17
<i>Financial Issues</i>	18
<i>Padre's Corner</i>	19
<i>Crossed the Bar</i>	20
<i>Supply Officer</i>	21
<i>Our Sponsors</i>	22
<i>The Last Word</i>	23





National President

CANADA'S BATTLE OF THE ATLANTIC

AND

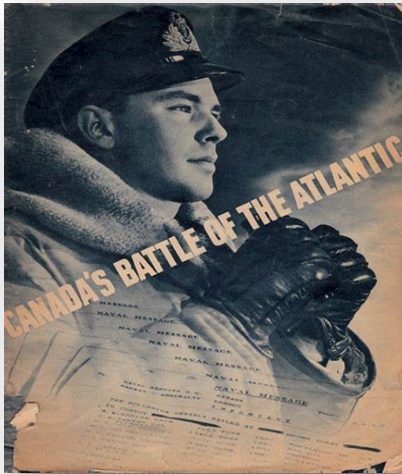
THE ROYAL CANADIAN NAVAL ASSOCIATION

1954: FORMED AS CANADIAN NAVAL ASSOCIATION

1963: RECEIVED ROYAL PATRONAGE FROM HER MAJESTY

Shipmates, we have an internationally known and highly respected symbol that we can, along with others lay claim to. There is no doubt about what it stands for and no doubt that we are proud to show it off. The Anchor speaks to the heroism of Canadian Naval personnel in our country's wars, peacetime and in Peace Keeping Missions around the world.

In our time every association of every type is slowly losing their membership. Recently I saw a Legion Advertisement on television stating "Everyone Can Join". Fraternal organizations everywhere whether military based or not are stepping up recruitment. We can be no different. And you know what shipmates? Recruitment campaigns are a lot of fun.



Soon your executive will present you with an initiative focused on the Battle of the Atlantic and aimed at enhancing our public, military and government image. It will set us apart from other Veteran and Naval based associations and will no doubt attract new members and much needed funds.

We will launch an Anchor Campaign sometimes referred to as Anchor Day. There is a poppy day, a yellow daffodil day and now leading up to the Battle of the Atlantic there will be an anchor day. We will stand front and center in honouring the role Canada played during the Battle and in admiration for the gallantry and bravery of her Naval Personnel.



Not to worry, we know the value of taking one step at a time, of working together and letting something grow and develop naturally so do not be alarmed, this will not be difficult to put into motion. And we have until next spring to prepare for it. So don't get off the ladder too soon. The rewards are there, we just need to reach out for them. Your executive will help all the way. It will be as easy as pie and a lot of fun. You can bet your anchor on that!

Shipmates, our association is made up of veterans, their associates and likeminded people from coast to coast. People whose moral fibre and intrinsic values match those of our navy and country. We carry the name Royal granted to us by Her Majesty in recognition of Canada's and our naval veterans contributions in the great wars of our times. We can be proud of our heritage and proud to wear our berets and proud to embrace the anchor as a symbol of our shared history, comradeship, commitments and values. And collectively stand proud of our navy's role in the Battle of the Atlantic.

My prayers and hopes are that you will all be safe and healthy. We are a fraternity of good Canadian citizens who care about our nation and each other.

Submitted by Jack Angus Chapelle, RCNA National President.



National Secretary

Getting Back on Course

Shipmates—Just when we thought the stormy seas of COVID-19 were behind us we have been hit by another wave of the same. Luckily many of us have had our shots for dealing with this climate we are sailing into and should have very little trouble riding out this storm.

The biggest problems are moral, and apathy brought on by our being pretty much confined to quarters and not being able to carry out the operations we as an organization have been used to. Now is not the time to throw in the towel or to swallow the anchor and payoff of our Clubs and the RCNA. Now is the time to take command of the situation and take positive action in starting to plan our strategies on how we are going to get our Club back on course; find new members for our ship's companies; and raise some funds to keep us operational.

We, as an Executive of RCNA National, are already working on these ideas to help our member Clubs get back on an even keel and running smoothly. We are working on ideas for a nation-wide membership recruitment drive; a National Fund-raising campaign; and promoting our Organization and make it better known to the General Public. If you have any ideas or suggestions, please do not hesitate to forward them to me for consideration.

These ideas will all be discussed at our upcoming AGM in Sarnia on October 22, 23 & 24. Your Club National Directors and Area VP's will be there and will be bringing you back the results of our discussions and decisions on how we will move forward on these proposals. As Executive Secretary, I will be sending out a report to all of our Clubs on it as well.



Yes, it has been a tough year and a half our Clubs and Organization has gone through. It would be extremely easy to throw up our hands and call it quits. That is not who we are though. We are an Organization of people who signed on to protect our Country; ideals and its people. We wrote a blank cheque for up to and including our lives to perform our duties. We are now faced with the decision of keep our Clubs and Organization alive and viable. Let us not falter in these trying times and see our RCNA ship through the storm to a safe harbour. ***I wish you calm seas and a following wind, Ready Aye.***

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



Executive Treasurer

Treasurer's Report

Ahoy shipmates as your treasurer I need to remind you that for this great organization to survive, we need members and unfortunately money. We are far from being rich and your President has informed us that we need to be as frugal as we can be. We need to invest our monies wisely, but the banks are not helping us with them making huge profits and yet paying out small dividends on the funds that we invest.



At the time of writing this report our chequing account balance stands at \$67,783.99. Total money invested is \$80,120.82. This includes the Mutual Fund (Valued at \$12,336.83 but this one can go up and down as the stock market moves up or down and includes a redeemable GIC valued at \$67,783.99.

A year ago, we combined two of our low GICs that matured into one Redeemable GIC (this is to give us the flexibility of re-investing at a higher rate if the rates go up) with an opening balance of \$67,783.99, this is a one-year cashable GIC which pays interest of .20% which comes due Oct. 2021

NOTE: all interest rates are at an unprecedented low due to the banks response to the COVID-19 Pandemic.

The above sounds like a lot of money but, we would run out of funds in a few short years if we don't raise funds to replenish what we need to spend to operate. As I mentioned President Jack has us on a tight rein, but he can only hold them so long without your help.

During the Pandemic we held a virtual town hall meeting by zoom and the Executive Interim Meeting was also held via zoom. Using zoom to hold the off-year meeting saved us money but this was due to covid, we had no choice. However, we need to discuss the possibility of using zoom to help keep costs down. The National at this time has no way to raise funds, but with your help in the coming months and the AGM members getting together to discuss how we can raise funds we can keep this great organization alive for many a year. Finding Members at Large and convincing members to join will help your clubs to carry on and if we can get your clubs healthy and we can raise a few funds for National we will prevail. Yours in Comradeship.

Submitted by Chuck Johnston Executive Treasurer.

Contact Veterans Affairs

Email: information@veterans.gc.ca

Please do not e-mail personal or confidential information



RCNA News

The Red Poppy

Today's Canadian Armed Forces continue to protect the freedom we enjoy, as did hundred of thousands of brave Canadians in uniform since the First World War. Every November, from the fifth to the eleventh, we remember their service and sacrifice.

The poppy is used for Remembrance Day as a symbol of the blood spilled in the war. The poppies became a symbol for Remembrance Day following the



famous poem in Flanders Fields, written by John McCrae during the First World War.

The poppies grew over the graves of soldiers in Flanders Field in World War One.

Battle of Passchendaele: Canadians have a proud history of bravely serving in the cause of peace and freedom over the years. A name from Canada's First World War military heritage that still stirs emotion is "Passchendaele." On a muddy battlefield in north-west Belgium, Canadians overcame almost unimaginable hardships to win an impressive victory in the fall of 1917.

Please wear a poppy.

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

Resignation—DVP Gerry Coulter

After 26 years as President of the RCNA London Branch and many years as DVP

SW Ontario, Gerry Coulter has informed the National President that he is resigning from all positions with the RCNA. Thanks for your service Gerry. **Editor.**

Unfortunately, the RCNA London Branch will be closed in December 2021.

AGM 2021

The RCNA Sarnia Branch will be hosting the 2021 AGM at the Branch Hall in Sarnia on 22-24 October 2021.

Due to Government of Ontario COVID-19 regulations, all attendees must have proof of vaccination and a valid ID. For more info visit this site—[Proof of Vaccination for Businesses.](#)

RCNA Branches have been mailed information pages with application forms. This information is also available on the Yardarm website www.yardarm.ca—follow the link in the top





Easier to stay Together

The Nova Scotia government has introduced legislation aimed at making it easier for couples to stay together when they are in long-term care.

Health and Wellness Minister Randy Delorey says couples should be able to be together even if one person may need a different level of care.

Under the current law, if partners need different levels of long-term care, they are often separated.

The new legislation would allow couples to be placed together at the highest care level required, meaning in cases where one spouse requires nursing home care and one requires residential care, the couple would be placed in a nursing home.

Source: Global News.



The Royal Canadian Service of Canada was founded in 1910 and received Royal sanction in 1911.

Ontario has reinstated renewal deadlines for driver's licences and Ontario health cards.

If you have not renewed your driver's licence since March 1, 2020, you can renew your driver's licence and health card together online at www.Ontario.ca/renew.

**Attention all drivers:
Time to renew your driver's licence.**





Veteran News

Disability Benefit

To qualify for a disability benefit you must be one of the following:

- Canadian Armed Forces member or Veteran,
- a current or former member of the Royal Canadian Mounted Police (RCMP),
- Second World War or Korean War Veteran (includes Merchant Navy), or
- certain civilians who served in the Second World War.
- You should apply for a disability benefit if you:
 - have a diagnosed medical condition or disability; and
 - are able to show that the condition is related to your service.
- If you qualify for a disability benefit, you will receive either a:
 - Pain and suffering compensation * – a life-time monthly benefit or lump sum benefit – the choice is yours.

View the pain and suffering compensation rates.

View all Pain and Suffering Compensation FAQs. or

Disability pension ** - a life-time monthly benefit. If you have any dependents (e.g. spouse, common-law partner and/or children), your monthly amount will be increased. View the disability pension rates.

* If you have a pending application for a disability benefit and were expecting to receive a disability award, you do not need to re-apply. Your application for a disability benefit will now be processed as Pain and Suffering Compensation. **Source: Veteran Affairs.**



Veterans Affairs
Canada

Anciens Combattants
Canada

Order Number: **2021259205121642**

Thank you for requesting a My VAC Book from Veterans Affairs Canada. We hope you find it to be a convenient and useful introduction to our services and benefits.

Please visit our web site <http://www.veterans.gc.ca> for more information about programs and services.

Sincerely,
Communications Division
Veterans Affairs Canada

Canada



ALS Canada

September 2021—ALS Awareness Month in Canada

June was ALS Awareness Month in Canada and throughout the month, the ALS community came together in support of a future without ALS. The month kicked off with Major League Baseball (MLB)'s Lou Gehrig Day on June 2, which honoured the former New York Yankee player who was diagnosed with ALS in 1939 and died in 1941. Throughout the day, Canadians rallied around the inaugural initiative as Toronto Blue Jays team President & CEO Mark Shapiro delivered a virtual message of support, community members joined the virtual "Fan Cutout Crew" at the Jays game that evening, and significant engagement on social media including a partnership between ALS Canada and Baseball Canada helped to raise visibility for the ALS cause.

In Ontario, the virtual Walk to End ALS took place on June 20 – raising more than \$1.5 million. It was a chance for people to honour those they have loved and lost and to celebrate hope for a future without this devastating disease. The [virtual start line](#) and virtual [finish line](#) events are archived on ALS Canada's YouTube channel.



The Time is Now !

To accelerate Canadians' access to new ALS therapies, ALS Canada published a [position paper](#) and launched an e-advocacy campaign, named [The Time is Now](#), that calls on the government to get new Health Canada-approved therapies to Canadians living with ALS more quickly. As of September 10, 2021, more than 6,500 Canadians have participated and sent a letter telling their elected officials that it's unacceptable to make Canadians with ALS wait years to access new treatments after they've been approved by Health Canada.

Radicava – the second approved ALS therapy in Canada – was approved for use in Canada more than three years ago and is still not available in all parts of the country. In the time it's taken for this therapy to be fully funded by most provinces and territories, approximately 3,000 Canadians living with ALS have died. To learn more and join the thousands of Canadians in participating in the e-advocacy campaign, visit www.als.ca/thetimeisnow.

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



Naval History

RCN Flagship: HMCS HAIDA, Canada's "fightingest ship"

HMCS HAIDA is a Tribal-class destroyer that served in the Royal Canadian Navy (RCN) from 1943 to 1963, participating in the Second World War and the Korean War. She was named for the Haida people.

The only surviving Tribal-class destroyer out of 27 ships constructed for the RCN (8), the Royal Navy (16), and the Royal Australian Navy (3), between 1937 and 1945, HAIDA sank more enemy surface tonnage than any other Canadian warship during the Second World War and as such is commonly referred to as the "*Fightingest Ship in the Royal Canadian Navy*". She later joined the "Trainbusters Club" during the Korean War. HAIDA's legacy is steeped in Battle Honours: The Arctic between 1943 and 1945; English Channel, Normandy, and Biscay in 1944; and Korea from 1952 to 1953.

Designated a National Historic Site of Canada in 1984, she now serves as a museum ship berthed next to HMCS STAR, an active Royal Canadian Naval Reserve Division, in Hamilton, Ontario. On 26 May 2018, HMCS HAIDA was designated flagship of the Royal Canadian Navy to honour the courageous spirit of the legendary destroyer and all those who proudly served in her.

The Tribals were designed to fight heavily armed destroyers of other navies. Canada chose the design based on the armament, with the size and power of the Tribal class, allowing them to act more like small cruisers than fleet destroyers. HAIDA was among the first batch of Tribal-class destroyers ordered by the RCN in 1940-1941. As built, she was fitted with six quick firing 4.7-inch Mk XII guns placed in three twin turrets, designated A, B and Y from bow to stern. The ship also had one twin turret of QF 4-inch MK XVI guns in the X position. For secondary anti-aircraft armament, the destroyer was equipped with four single-mounted 2-pounder "pom-pom" guns. She was also fitted with four 21-inch torpedo tubes for MK IX torpedoes.

HAIDA was commissioned into RCN service on 30 August 1943 under her first commanding officer Commander Harry DeWolf ("Hard-Over-Harry") and joined the Royal Navy's Home Fleet at Scapa Flow. In November, HAIDA was among the destroyer escort for a Russian convoy that was attacked by the German battleship SCHARNHORST. HAIDA and the other escorts protected the convoy while the cruisers escorting the convoy engaged and sunk the battleship. HAIDA is credited with the sinking of 14 enemy vessels during the war. During an engagement with enemy ships in April 1944, her sister-ship HMCS ATHABASKAN was torpedoed and sunk. HAIDA, effected a dangerous high-risk recovery of 44 survivors. (128 crew were lost and 83 survivors became prisoners of war).

The opening of the Korean War in 1950, saw HAIDA once again activated for war duty. She was converted to a destroyer escort and recommissioned in 1952 and carried pennant DDE 215. She participated in the Korean War, bombarded enemy coastlines, and attacking coastal trains becoming a member of the "Trainbusters Club" Following the Korean operations, HAIDA embarked on Cold War anti-submarine warfare duties with other NATO navies in the North Atlantic and West Indies. HAIDA was decommissioned on 11 October 1963, later becoming a museum ship. ***Submitted by Ron Sitarz.***



A special ceremony, co-hosted by the Royal Canadian Navy and Parks Canada on 26 May 2018, saw HMCS HAIDA commissioned as flagship of the RCN. HMCS HAIDA is moored next to HMCS STAR, in Hamilton, Ontario as a museum ship.

Naval History

THE “FIGHTINGEST” SHIP IN THE ROYAL CANADIAN NAVY

HMCS *Haida*

is Canada's most famous warship. The ship was designated flagship of the Royal Canadian Navy (RCN) and a

national historic site for her role in naval combat and for the fact that it is the last of the 27 Tribal class destroyers that were built during the Second World War. It is not by accident that *Haida* is known as “*Canada's Fightingest Ship*” as it earned an impressive war record. Commissioned in August 1943 under the command of Commander Harry DeWolf, *Haida* began its career taking part in escort duty on the famous Murmansk convoys.

Honours and awards:

Arctic 1943–1945
English Channel 1944
Normandy 1944
Biscay 1944
Korea 1952–1953



National
Defence

Défense
nationale

ROYAL CANADIAN
NAVY



MARINE
ROYALE CANADIENNE

Canada



War Veterans

L/Cpl (Ret'd) Doug Rickard

Last year, it was our honour and pleasure to nominate Mr. Doug Rickard for the “French Legion of Honour Medal” to the French Embassy. On June 6th, 2021, our associate, Col. Roger Vandomme presented the “French Legion of Honour Medal” to Mr. Doug Rickard at The Royal Canadian Legion Branch 60 Burlington.

L/Cpl (Ret'd) Doug Rickard served with the RCCS (Royal Canadian Corps of Signals) as a Signaller on the Dieppe Raid on Aug 19, 1942 in France. There were 78 members of the Royal Canadian Corps of Signals on the Dieppe Raid. 8 were Killed in Action, 1 Died of Wounds, 12 were Wounded and 18 were Prisoners of War. Mr. Rickard is one of the few living survivors of the Dieppe Raid and he is now 103 years old.

Photo by Ryan Ladner

(Left to Right: Col. Roger Vandomme, Deputy Defence Attaché of the French Embassy, Paul Miller, MPP, Doug Rickard a WWII Dieppe Veteran and Sandy Shaw, MPP).

Submitted by HooJung Jones Kennedy.



Dieppe Raid

Operation Jubilee August 19, 1942, Dieppe, France.

Total of 6,100 Troops:

4,963 Canadians

1,075 British

Nos. 3 and 4 Commando of the British Army

Royal Marine A Commando

18 inter-allied French Commandos

50 American Rangers

Sea -237 Ships 8 Destroyers

Air -74 Allied Air

8 Royal Canadian Air Force (RCAF) Squadrons.





Korea Veterans, Unit 26, Hamilton

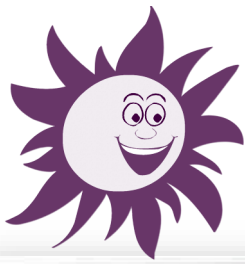
70th Anniversary of the Battle of Kapyong

On April 23, 2021, the “United Nations 70th Anniversary of the Battle of Kapyong” ceremony was held at the Korean War Monument, City of Lake Alfred, Florida to honour and remember Korean War Veterans. My husband Major (Ret’d) Don Kennedy, and I were honoured to organize the special event with the Korean War Veterans Association Chapter 159 Sunshine State, The Royal Canadian Legion Post 144 Pinellas County and VFW Post 4289 Winter Haven. 4-Star General James Van Fleet (WWI, WWII and the Korean War Veteran) of the UN Forces during the Korean War presented the “Distinguished Unit Citation” to the PPCLI, 2nd Battalion (Canada), the 72nd Heavy Tank Battalion A Company (U.S) and RAR 3rd Battalion (Australia) for their gallant bravery during the Battle of Kapyong/Gapyeong. The “Distinguished Unit Citation” later changed to the “United States Presidential Unit Citation”. A “Korean War Veterans Appreciation Dinner” was held at the VFW 4289 Winter Haven. FOX13News <https://www.fox13news.com/video/925480> His son, Capt James Van Fleet Jr. flew a B-26 bomber during the Korean War and he was Missing in Action presumed dead. His name is listed on the Korean War Monument in Lake Alfred.



On July 27, the “68th Anniversary of the Korean War Armistice Day” and the unveiling of the “Battle of Kapyong Monument” ceremonies were held at the Korean War Veterans National Wall of Remembrance in Brampton, Ontario. Despite heavy rain, over 150 guests attended including over 25 Korean War Veterans and dignitaries, Korean-Canadian Community and Queens Own Rifles serving members and retired Veterans. Lt-Governor General Elizabeth Dowdeswell, Hon. Yonah Martin Senator, Hon. Raymond Choi, Minister of Seniors and Accessibility, Consul General Kim Dueck Hwan, Mayor Patrick Brown, City of Brampton, delivered their heart-felt messages. Last year, Peter Song, President of Korea Veterans Association of Canada Eastern Chapter and Hong-jin Chang Vice President invited me to serve on the Battle of Kapyong/Gapyeong monument committee. Our committee worked with the City of Gapyeong and Meadowdale cemetery to design the monument, fundraising to purchase the land and installation and commemorative booklet and stamps. As a member of the Fundraising Committee (Monument Project Director of Government Grants), I would like to send my special thanks to Gapyeong Mayor Sung Ki Kim and their 64,000 citizens, David Suh, Special Assistant, Michael Chang, Ambassador for City of Gapyeong for donating the monument and major donors who helped to fund the monument. The heroes of PPCLI, 2nd Battalion Battle of Kapyong/Gapyeong and the 10 fallen 2PPCLI soldiers will be remembered forever (Private Maurice Sherman Carr, Corporal Gerald Robert Evans, Private Leslie Thomas Fielding, Private Curtis Archie Hayes, Private Joseph Marcel Leo Lessard, Private Bruce Merlin MacDonald, Private Walter John Marshall, Private Robert Herbert George Tolver, Private Robert Leroy Walker, Private Thomas Barry Wotton). Their names are inscribed on the monument Bronze Plaque. 2PPCLI received the “United States Presidential Unit Citation” for their gallant bravery fighting overwhelming enemy odds at Hill 677 on April 23-25, 1951 in Kapyong, Korea even calling artillery on their own position.

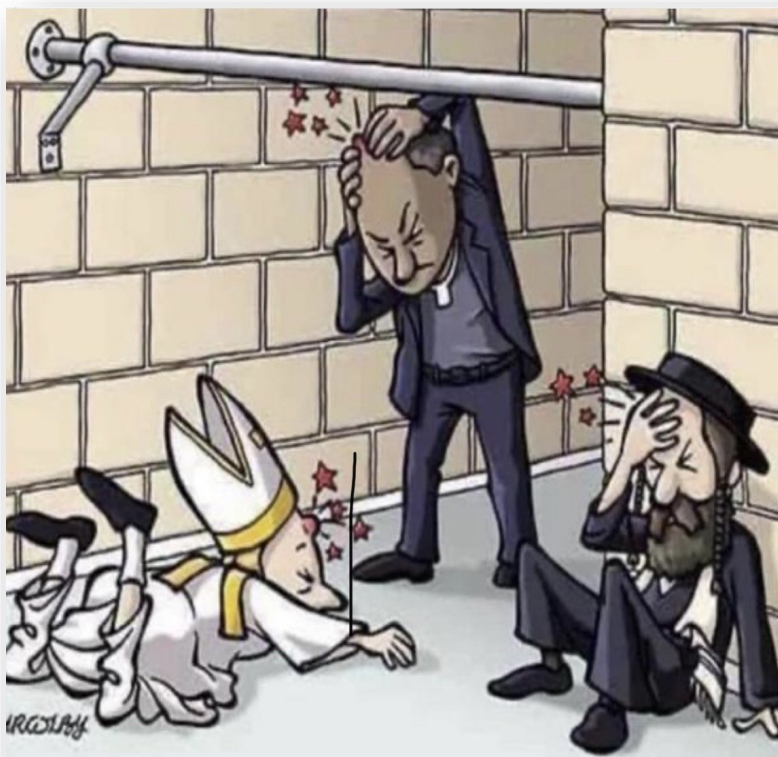
July 27th is also the “Korean War Veterans Day” and “UN Allied Participation Day” It is fitting to say “Thank you very much” to all Korean War Veterans and their family members of the United Nations who saved many innocent lives including my parents during the Korean War. “We Will Remember Them” and God bless them all. **Photo by Elizabeth Daley—article by HooJung Jones Kennedy.**



The Funny Page



"It can't be healthy for them to be sitting in front of this new technology all day."



A PASTOR, A PRIEST AND A RABBI WALK INTO A BAR....





Items of Interest

'ROLL CALL' REGISTER 2022

80th ANNIVERSARY OF FOUNDING OF WRCNS : JULY 31 1942

Form on web site; WWW.THEWRENS.CA

Or email: NavyLady@thewrens.ca

Or Mail to WREN ASSOCIATION OF TORONTO,

1-2288 The Collegeway, Mississauga, ON L5L 3Z5

The Women's Royal Canadian Naval Service was founded as part of the Royal Canadian Navy in 1942.

It is time to take a final Roll Call of all those women who served in the WRENS during the Second World War. These few are the connection with our history of Women during wartime: what they did: where they went: and what happened to them when they finished serving and got on with their lives.

If you are aware of any **living** wartime WRCNS and have contact with them the Wren Association of Toronto would like to have this information and contact. Please see the web site re ROLL CALL REGISTER 2022 form.

Any information, diaries, stories and family remembrances of Wren mothers, daughters, sisters, aunts, cousins and wren friends would be welcome. Plus Additional information on those Wrens who have long departed and would enhance the History of the Wrens. We can provide donation locations for memorabilia.

If you wish to add a departed Wrens name please fill out the Book of Remembrance Form PAGE on the web site. **Thank you.**

The Toast : To the Wrens-God bless them!

Submitted by Joan Balch.

***Veterans Affairs latest estimate of All Women of Wartime Service [living]
= 2156 persons.***





Healthy Eating

Fish Cakes

Prep: 30 min - cook: 60 min—Makes 12 servings
(4 oz ea)

- 1 lb salt cod, pieces or boned
- 2 lb potatoes
- Salt & pepper
- 1 tsp summer savory (optional)
- Vegetable oil (for frying)
- All-purpose flour for dusting

Method:

Soak cod in cold water for 6-8 hours, drain and set aside. In a pot of cold water, bring potatoes to a boil and simmer for 20 minutes. Add fish and cook for another 15 to 20 minutes or until potatoes are tender. Remove from heat and drain. Cool to room temperature. In a large bowl, mash flaked cod and potatoes. Season to taste.



Form into rounded cakes. Dust fish cakes lightly with flour, shaking off excess.

In a skillet on medium to high heat, fry fish cakes in hot olive oil on both sides until golden brown.

Submitted by K.J. Phillips



Fox Island River

Sunset

22 August 2021

Photo by:

Meline Felix-Foley.





Healthy Aging

Sciatica – A Pain in Your Butt (and Leg)

Low back pain is a very common complaint. When this pain travels into your buttocks, hips and sometimes down your leg, it is called sciatica. Up to 40% of adults will experience this sharp and shooting pain. It is caused by the pinching or irritation of the sciatic nerve - the longest nerve in your body starting at your spine, ending at the knee, and then branching into smaller nerves that reach your toes.

The pain is often described as burning, electric shocks, or sharp and stabbing. Onset of symptoms can be quick or gradual. It can range from mild to severe and can be accompanied by muscle weakness, uncomfortable tingling and/or numbness in your leg and foot. Although it often affects only one leg, you can experience symptoms on both sides.

Causes:

- Herniated or slipped disk (most common cause)
- Spinal stenosis (narrowing of the spinal cord)
- Spondylolisthesis (where one vertebrae slips out of line with another causing a pinched nerve as it exits the spinal cord)
- Trauma or tumours
- Piriformis syndrome (the piriformis muscle spasms or becomes tight, putting pressure on or irritating the sciatic nerve)

Risk Factors:

- Injury to your low back or spine
- Overweight
- Weak core muscles
- Frequent heavy lifting, especially with improper posture
- Diabetes
- Smoking
- Pregnancy (weight increase and loosening of ligaments cause by hormonal changes)

Diagnosis is done with a thorough medical history and physical exam. Imaging (Xray, MRI, etc) may be ordered to rule out other conditions that may be causing your symptoms if needed.

Treatment for sciatica may include a number of things:

- Applying ice or heat (which ever best provides relief)
- Physiotherapy (there are a number of exercises and stretches that can help), acupuncture, bio-feedback, and massage
- Medications like acetaminophen and ibuprofen
- Prescription medication**
- Spinal injections**
- Surgery (most cases of sciatica do not require surgery)**

** If your symptoms are not improving after 6-8 weeks of this more conservative treatment then more interventional treatments may be considered. Not all pain moving from the buttocks down the leg is sciatic pain. If your symptoms are worsening, please seek medical attention.

Submitted by Dr. Shauna Phillips.





Financial Issues

Advisor Compensation Models

There are a few different ways to pay for financial advice. Some financial advisors are paid from the products they sell. For example if you buy a mutual fund from a bank or investment firm, the advisor is paid by the mutual fund company. A good advisor will have a fiduciary duty to work in the best interests of their clients. This type of advisor compensation model could and often does lead to a conflict of interest.

A second way to pay for financial advice is through an Assets Under Management (AUM) model. The investment firm charges a percentage of your assets as a fee. This fee typically ranges between 1 and 2%. For this fee you should also receive financial planning, tax and estate planning, cash flow and budget planning and investment management. For example, if you have a \$750,000 portfolio, a 1.5% AUM fee is \$11,250 a year. This model should allow the advisor to work in the best interests of the client. But the fee is steep. You have to ask yourself are you getting value for the \$11,500? Often, the answer is no.



A third compensation model is a fee for service model where you pay a financial planner a fee to prepare a financial plan. This can be either a one-time flat fee, or could be ongoing and by the hour. This will include budget and cash flow projections, tax and estate planning, insurance, and financial planning. Depending on their credentials and licensing, they may not be able to offer advice on investments. If you are willing to manage your own money through, simple low cost, evidence based broad market index strategy would work well here. Because the planner does not receive compensation from selling investments, there is no conflict of interest. You will receive unbiased advice.

Submitted by Shawn Russell.

CF-ONE Membership

CF-One members enjoy access to CF Appreciation and many other services designed to help you realize your mental, social, physical and financial goals. Discover discounts on products and services in your neighborhood and around the world. For more information, follow this link: [CF Appreciation](#).





Padre's Corner

Post Traumatic Stress Syndrome

As I write this the country is entering or is already in the fourth phase of Covid-19. Increasingly the media and professional bodies are reporting cases of "burnout", Post Traumatic Stress Syndrome (PTSD), and resignations amongst healthcare workers. Suicides amongst doctors, nurses, paramedics have increased.

The term PTSD was not often used twenty years ago but increasingly it is being heard more often

as the devastation it causes to individuals, families and society in general have finally been acknowledged by society, the

health profession, civil and military bodies alike. Something that was hidden, denied, or covered up is finally being given the attention, support and treatment required.

My youngest brother, a paramedic died from cancer at the beginning of this year, but he had PTSD, and when he died, we dedicated memorial donations to the Wounded Warrior Fund, and my niece and nephew designed a T-shirt with ten dollars from every sale going to the fund. This summer a cousin received a Wounded Warrior blanket, as he has PTSD resulting from his service in the Middle East as a Blue Beret with the Canadian Forces. A friend of mine, a retired RCMP member has PTSD which is believed to result from an incident many years ago when he was a recovery diver on the east coast.



I could go on about other family members and friends who have suffered, or suffer from PTSD, but the unknown heroes are the families and friends who suffer quietly alongside them. The important thing is that the rest of us need to be aware of the symptoms and be ready to offer support to the sufferer and the family. It means listening to them supporting them as they seek professional help.

As a board member of a suicide prevention foundation which has undertaken to support PTSD victims through mental health education and suicide prevention in conjunction with the Canadian Mental Health Association, I encourage people to learn how to listen and how to support without being judgmental or self-righteous. The foundation has supported an initiative by local police forces and mental health agencies to work together to de-escalate mental crises and to support the client. Padres, social workers and each of us can together help those who suffer by listening, caring and being there when someone exhibits signs of distress. The scriptures tell us to "love your neighbour" and not to judge, please support your local mental health crisis teams.

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





Crossed the Bar



Bell, Gary, MWO, CD. 7 May 2021. Gary served in the Canadian Army from 1960 to 1963 and the Essex and Kent Scottish Regiment from 1970 to 1995. He was a member of RCNA Windsor for 23 years and an active member of the Colour Guard/Firing Party.

Bergeron, Janet. 6 February 2021. Janet was the regional manager for Quilts of Valour Canada. Janet ensured veterans in Windsor/Essex County received the Quilt of Valour, including 45 members of RCNA Windsor. Janet was a member of the RCNA Windsor Branch.

Juchli, Hazel-Minnie (Nee Campbell). 16 March 2020 at the age of 95. Hazel served as a Wren during WWII and was President of the Edmonton Wrens Association. She was a proud member of the RCNA Edmonton Branch.

Kirkwood, Mike. 26 August 2020 at age 94. Born in London UK in 1926, Mike served as a gunner in WWII and on light cruisers "HMS SCYLLA" and "HMS CLEOPATRA" at Normandy D-Day and the East Indies Fleets. Mike was a Life Member of the CVRCNA.

Marles, John-Donald. 9 January 2021. Born in 1922 he was 98. John served in the Army Reserves, and his wife Ruby was a WWII Wren, they both supported the RCNA Calgary Branch.

May, Fran. 13 June 2021. Born in 1945, Frank was a CIL Officer and an active leader in the Navy League at HMCS Quadra in Comox for many years.

McNeill, Janet. 27 July 2021, at the age of 86. Janet was a keen supporter and a long time member of the RCNA Sarnia Branch. She often volunteered at events and will be missed by everyone who knew her.

Myers, Stanley-Murray. 27 December 2020, at age 95 from COVID-19. He joined the RCNVR in 1944 and went on to serve on several ships during WWII. Stan held many positions in the Branch and very active in the Kingsway Legion.

Prentice, Edwin, Private. 29 April 2021. Ed served in the Canadian Army, Essex and Kent Regiment 1958 to 1962. Ed was a member of RCNA Windsor for 29 years.

Shortt, Wayne. 1 August 2021. Wayne was born in Oil Springs, Ontario, and was a long time member of the RCNA Sarnia Branch.

Last Name	First Name	Maiden Name	City	Date of Death	Service
Belland	Leslie		Pugwash, NS	10-Jun-21	Post War
Best	Kathleen	McCormick	Toronto, ON	27-Aug-21	WWII 386
Brownlee	Ruth Elizabeth	Trivett	Toronto, ON	19-Apr-21	WWII - W5589
Case	Mary	McKee	Winnipeg, MB	2-Feb-21	WWII - W3386
Christie	Magaret (Peg) Sacheverell	Gisborne	Toronto, ON	3-Aug-21	W279 - Lt(N) 27330
Cogdon	Joan		Halifax, NS	3-May-21	WWII - W1461
Drew-Brook	Ann		Toronto, ON	25-Aug-21	W4815
Jenson	Alma Lorraine	Bradbrook	Halifax, NS	24-Jan-21	
McGibbon	Elizabeth Finley	Schen	Salt Spring Island, BC	7-Mar-21	WWII
McIntyre	Bernice (Bunny)	Neill	Dartmouth, NS	16-Mar-21	WWII
McKelvey	Margaret Elizabeth	Never Married	Toronto, ON	21-Jan-21	WWII
Severn	Ethel Joan	Michley	Mississauga, ON	28-Jan-21	WWII
Spenser	Doris		Toronto, ON	24-May-21	WWII
Stanley	Wilma Fern		London, ON	22-Feb-21	WWII - 2298
Thomas	Edith Margaret	Wood	Toronto, ON	19-May-21	?

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



Supply Officer

Supplies RCNA National

Inventory List	In Stock	Selling	Total
Berets XL	None in stock		
Berets Large	0	12.00	0
Medium	1	12.00	12.00
Small	20	12.00	240.00
RCNA Epaulettes	10	18.80	188.00
RCNA Berets Badges	41	10.00	410.00
Past President Metals	36	28.50	1026.00
RCNA Branch Metals	15	28.50	1026.00
RCNA Ready knot Ties	0	0	0
RCNA Regular Ties	0	5.00	450.00
RCNA lapel Pins Large	60	8.25	495.00
RCNA Lapel Pins Small	5	4.00	20.00
RCNA Belt Buckles plain	2	15.00	30.00
RCNA Belt Buckles	10	20.00	200.00
RCNA Web Belts White	4	6.00	24.00
RCNA Web Belts Black	7	6.00	36.00
Brass Buttons Large	32	1.00	32.00
Brass Button small	5	.75	3.75
Lapel Anchors (L&R) Large	25	25.00	625.00
Lapel Anchors (L&R) Small	30	24.75	750.00
White Gloves	3	6.00	18.00
Life Membership Badge	36	5.00	180.00
Services Bars	150	.50	75.00
RCNA Elazer Badges	14	12.50	175.00
RCNA Color Guard Badge	22	8.00	176.00
White Shirts	8	10.00	80.00
Broches Gold	8	17.00	136.00
Broches Silver	13	17.00	221.0
Color Guard badge	4	5.00	20.00

Submitted by Rick Simons, RCNA National Supply Officer.

Address is 215 Dubois PO. BX. 322, Emeryville ON, NoR 1Co, 519-727-4150



To Our Sponsors

Info to Sponsors

Once again because of ongoing COVID-19 shut-downs, we have decided to not request payment for advertising until the Spring 2022 Edition.

Those Branches that paid before the pandemic are listed on this page. Their business cards will also be displayed on the website (www.yardarm.ca). Next year you will be asked to pay the fee. But, if you wish to contribute now—please do.

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 NoN 1Ro.



making great impressions since 1975

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

THE ROYAL CANADIAN NAVAL ASSOCIATION
Admiral Hose Branch




Ron Sitarz, CD
President

Home Address:
2298 Luxury Ave.
Windsor, Ontario
N8P 1W9
Home: 519-956-9459
rsitarz@cogeco.ca

2090 Brant Street
Windsor, Ontario
N8Y 1C6

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

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



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



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

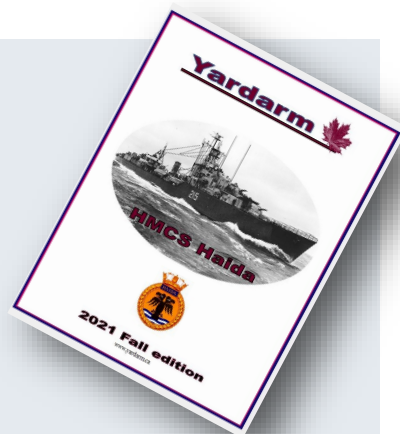


The Last Word

Thank You—Once Again

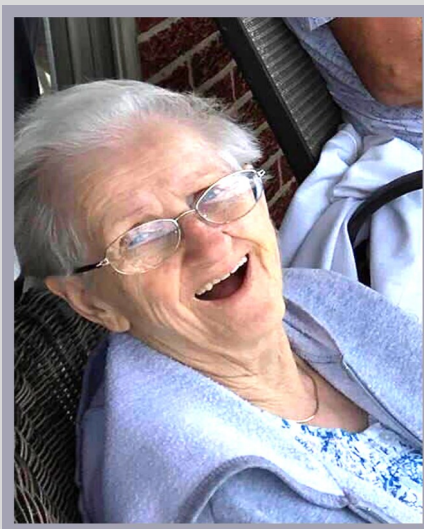
With the Pandemic still in full swing and most of the RCNA Branches struggling to get into full operational mode, it was touch-and-go whether or not the Fall 2021 Edition of the Yardarm would be published—yet here it is.

Once again, feel free to make copies or pass on the electronic version 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, we appreciate your continued support. **Editor.**



Janet McNeill R.I.P.

The RCNA Sarnia Branch lost a great soul earli-



er this year. It was with much sadness when Janet McNeill Crossed-the-Bar on 27 July 2021, at the age of 86. Janet was a personal friend of my wife and I. She always had a bright smile and a friendly word—not to mention the excellent shortbread. Janet was a long time member of the RCNA Sarnia Branch and she will be missed by all who knew her. Our sincere condolences to Duncan and family and to all of Janet's many friends. R.I.P. **Editor.**

Funding During the Pandemic

Like most Service Clubs and Non-Profits, the RCNA Sarnia Branch struggled to keep afloat during 18 months of COVID-19. Although completely closed down, with no source of revenue, bills (insurance, power, water, gas, etc...) still had to be paid. It did not take long to go through what little savings the Club had put away.

Desperate for funding, we contacted the Federal Government for one of their Support Grants—lots of paperwork later and the request was denied. No explanation to the Branch—although the National President requested and received a response from the office concerned...sort of.

With support from the National President—Jack Chapelle, and the RCNA Parliamentary Secretary—Bryan Chapelle, the Branch President—Cindy Vandenberghe and I decided to reach out to the Provincial Government who had a similar program. Our local MPP Bob Bailey and his staff stepped forward and offered their assistance with our request—this time around we had a positive result.

Thanks to MPP Bob Bailey and staff—in particular Sarnia, his Executive Assistant—Michelle Roe; and Toronto his Senior Advisor Dino Alic—Thank You!

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