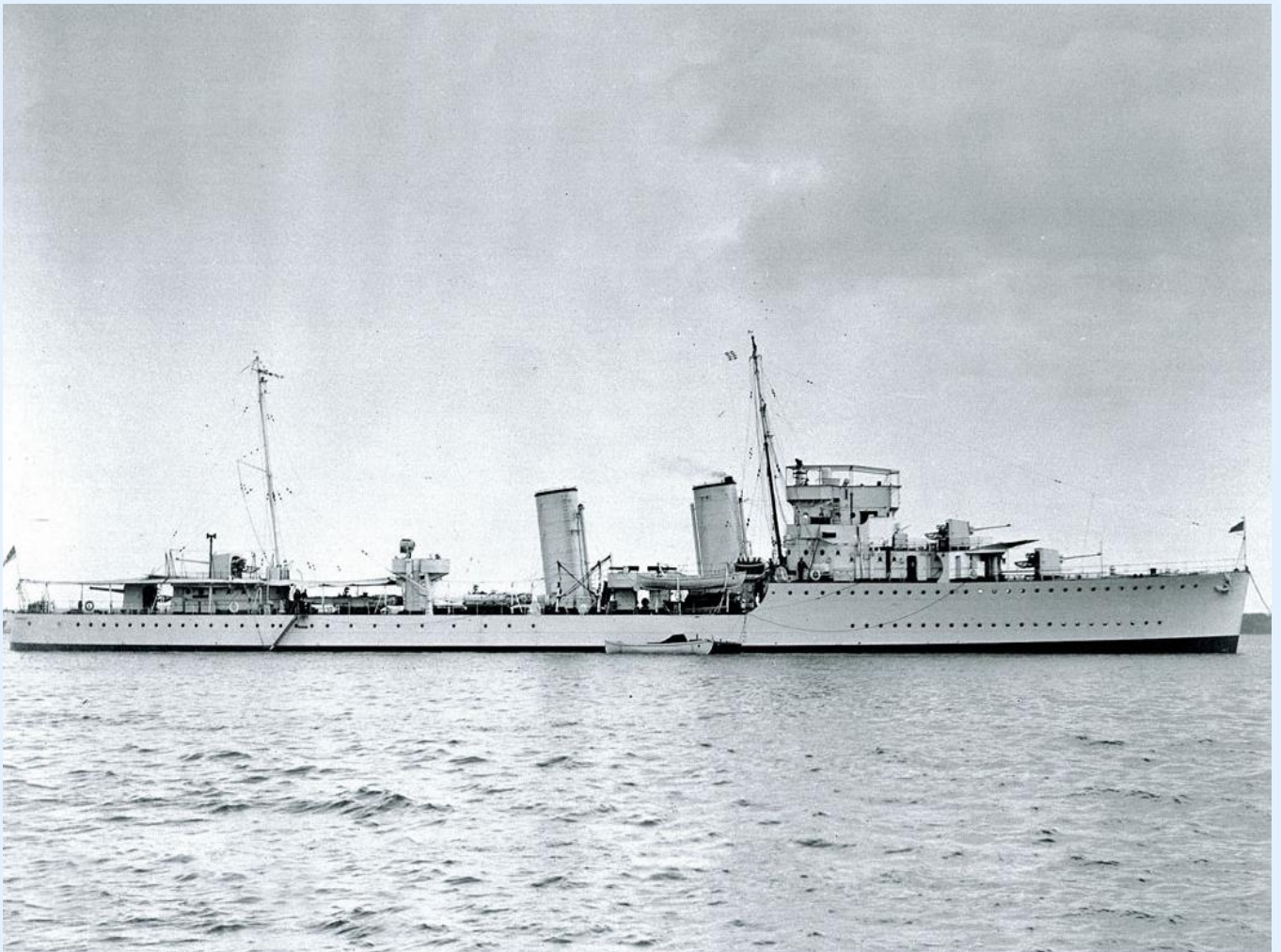


THE YARDARM

Spring 2025



HMCS Saguenay



THE YARDARM – SPRING 2025

About this edition -

The Yardarm is published twice each year – the Spring Edition at the end of March and the Fall Edition end of September.

LCdr (Ret) MP (Pat) Cornect volunteers as editor and producer on behalf of the Royal Canadian Naval Association (RCNA - incorporated in 1959). The Yardarm magazine is provided free to all RCNA members and related associations.

For more information and to view back issues, please visit the RCNA/Yardarm website at www.rcnayardarm.com or contact the editor directly at cornect@gmail.com.

Sourcing: The material in the Yardarm and on the website has been submitted and sourced by our members, most if not all material used in the editions is also available in the public domain. If we missed sourcing something, please let us know, and remember this is a free service to our veterans.

Editor.



Spring 2025 Cover – HMCS Saguenay D79 –

The warship was a Saguenay-class destroyer, commissioned 22 May 1931, at Portsmouth. She made her maiden voyage to Halifax on 3 July 1931, and was PAID-OFF in 1945.

For more information on HMCS Saguenay see Ron Sitarz's article under *Naval History* page in this edition.

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NATIONAL PRESIDENT



APPROACHING RECRUITMENT IN PATRIOTIC TIMES -

My good Shipmates all – these are precarious times. Uncertainty has engulfed our home, our nation, our Canada. Our loyalties and our intense love and deep regard for this country have been awakened. From coast to coast-to-coast patriotism has been ignited. Perhaps this nation-wide feeling of unity can help us in our quest to attract new members. After-all, our affinity to the Royal Canadian Navy, the Crown and long histories of service by our members and our association speaks loudly of King and Country.

Your National Executive have been working on creating brochures and posters aimed at membership enticement. Time lines are narrowing, but attention to detail is vital and so of course are costs. We are doing our level best to get the material out and distributed as soon as possible. Stay tuned.

On a national level our clubs fall into four distinct categories. Clubs with facilities of their own such as Oshawa, Sarnia and others. Clubs that use facilities in Legions, armories or other such buildings and still there are clubs that meet in libraries or coffee shops. Of course, we have our cherished Members At Large. Having a permanent or semi-permanent place to meet is important so we encourage clubs who are orphaned to try and find a facility where they can keep some regalia, records, photos and the like. Maybe National can help. If we can we will.

No matter the physical situation of a club, recruitment always begins with an invitation. We'll speak more about this but on a very basic level recruitment always begins with an invite to join. Look around and take advantage of what's in your backyard. Most areas have Navy League Associations, Sea Cadet Corps and Navy League Corps as well. Some areas host the Canadian Coast Guard and/or Naval Reserve Bases even Police Marine Units. Their officers and personnel are attractive in terms of recruitment. Military Transitional Offices are good sources as well.

Take note that our esteemed Executive Secretary and our equally esteemed Yardarm Editor both have media experience. You can count on them assisting nationwide. This is the time; this is our moment. The year 2025 is the 'Year of Recruitment'. And we need your ideas so please share. My best wishes and gratitude to all of you. Thank you.

Submitted by Jack Angus Chapelle, RCNA National President.

**Jack Angus Chapelle
National President**

**1503-130 Eglinton Ave. E
Toronto, Ontario
M4P 2X9
Email:
happyrhodes@yahoo.ca
Phone: 647-210-2977**



**Royal Canadian Naval
Association**



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



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



NATIONAL SECRETARY



***To paraphrase Mark Twain...
“The Reports of our Death have been Greatly Exaggerated.”***

The Royal Canadian Naval Association is not a Dead Association. An aging one – Yes. It is imperative that we get our recruiting going full steam and bring in some new blood – hopefully, younger blood.

Are ready to take on all the challenges that will face us in rebuilding our Association back to the RCNA of bygone years? With your support, the RCNA Executive is ready to get things going.

We are putting together support materials - brochure(s) and poster(s) that can be used to support our recruiting drive in Reserve Bases; CF Transition Centers; Cadet Corp Officer Cadre and Alumni; Royal Canadian Legions and other Veteran Clubs. Reach out to you members families and friends and anyone with an interest in RCN History, traditions, and/or current Naval Affairs.



Some of our shipmates left us because of the inactivity forced on us by COVID. Hunt up their names and contact information; call them up and get them to sign on again as part of your ships company.

When I was in sales and marketing, I used the Three Foot Rule to promote my business. In short, anyone I was within Three Feet of, I let them know what my business did and what it had to offer. You would be surprised at the number of people out there that may be interested in joining your Club, but no one has ever talked to them about it. The most someone can say is no, but you might be surprised by the number that may say yes or want more information.

Communication will play a leading role in our Organization's future. This means communication at all levels of the RCNA. It is up to us to get the message out to prospective of members in our communities and inform them as to why they should become members of the RCNA. We must let them know what our Organization is; what it stands for; and what is in it for them and what are the advantages of joining. *“We must sell the Sizzle as well as the Bacon.”*

They can be a part of something that will always be a part of them.

*Our President S/M Jack Chapelle has designated 2025 as
“The Year of Recruitment”*

Let us get out there and “Make It So”

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



VETERANS AFFAIRS

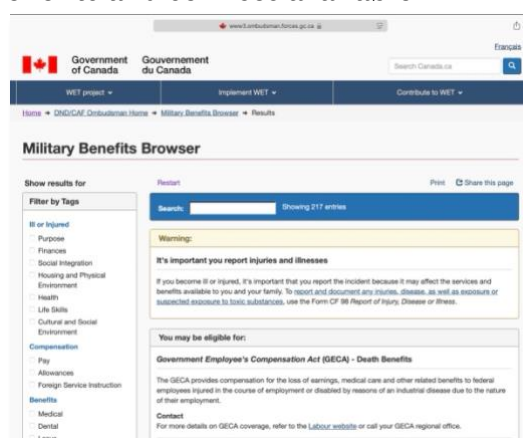


Joint Statement from the Chief of the Defence Staff and Office of the National Defence and Canadian Armed Forces Ombud -

November 28, 2024 – Ottawa – General Jennie Carignan, the Chief of the Defence Staff, and Robyn Hynes, Interim Ombud, are pleased to announce an exciting new collaboration between the Office of the DND/CAF Ombudsman and the Canadian Armed Forces.

Together, they introduce the newly expanded [Military Benefits Browser](#) that now incorporates the [CAF Offer](#). This interactive tool provides CAF members and their families with easy, 24/7, comprehensive access to information about their benefits and services available throughout their careers, from recruitment to release, and their transition into civilian life.

“We are pleased to announce that this partnership has resulted in the creation of an innovative, user-friendly online tool designed to better support CAF members, their families, and those who are considering a career in the CAF. This tool will provide a tailored list of programs that’s available to users depending on their career status, service type, medical status and more. It is convenient and informative to our members who are serving, retired, or supporting.”



The expanded Military Benefits Browser, available on both the CAF Offer and Ombud’s websites, has been carefully designed to:

- Help individuals better understand the programs and services they may be entitled to at every stage of their military career.
- Empower CAF members and their families to make more informed decisions about their future.
- Serve as a valuable resource for anyone considering a career in the Armed Forces.

“This initiative reflects our shared commitment to enhancing the well-being and success of the Defence Community. More information on how to access and use the portal will follow in the coming weeks.”

Contact info:

Media Relations Office

Department of National Defence –

Tel: 613-904-3333 - Email: mlo-blm@forces.gc.ca

Source: National Defence. Submitted by Bryan Chapelle, Parliamentary & Veterans Affairs.



VP Membership



Dorothy Rose Ritchie (Merritt) -

Dorothy was born in Willow Bunch, Saskatchewan, 15 September 1925 – deceased in Edmonton, 11 December 2024.

She was the eldest of six children, and they were a very close family until her passing.

Dorothy was very proud to serve in the Women's Royal Canadian Naval Service (WRCNS). She joined the Navy at 19 years of age on 7 July 1944 and was posted to Halifax until demobilized on 17 July 1946 - as a Leading Wren.



She later moved to Ottawa - then Edmonton - and worked many years for the Alberta Government. Dorothy joined the Wrens Association in Edmonton and was an active member until it closed 12 April 2005 – when she immediately joined the Edmonton RCNA.

Dorothy was known to many with her quick wit and as a social butterfly as she loved to meet new people at meetings and social events. She enjoyed card games, music and greeting our members with a smile and a hug.

Dorothy was special to all of us.

Photos and article submitted by RCNA Edmonton.



The Royal Canadian Naval Association Edmonton Branch

Meets Second Tuesday of the Month,
September – June
c/o HMCS Nonsuch, 11607 Kingsway
Ph: 740.073.4011 Ext 7135



Congratulations –

Congratulations and well deserved to the following RCNA members on receiving the **King Charles III Coronation Medal**:

- Lt.(N) (ret) Blaine D. Barker CD - North Bay RCNA,
- S/M Bryan G. Chapelle – Sudbury RCNA,
- S/M Jack A. Chapelle - Sudbury RCNA,
- PO2 (ret) Alain Chatigny CD - Comox Valley RCNA,
- LCdr (ret) Patrick Cornect CD2 - Sarnia RCNA,
- PO2/SSgt (ret) June Greig - Edmonton RCNA,
- ABFC2 (ret) L.R. Verne Lunan - Adm. Desmond Piers NA,
- CPO 1 (ret) David R. Porter CD - Peregrine RCNA,
- S/M William A. Ranich - Sudbury RCNA,
- Lt. (N) Terri-Leigh Saunders - Kitchener-Waterloo NA,
- Rev. Morley A. Shaw - Adm. Murray RCNA; and
- PO2 (ret) Ron Sitarz CD - Adm. Hose RCNA.



ALS –

Amyotrophic Lateral Sclerosis (also known as ALS, Lou Gehrig's disease, or motor neuron disease) is a disease that progressively paralyzes people.

This occurs because the brain is no longer able to communicate with the muscles of the body that we are typically able to move at will. Over time, as the muscles of the body break down, someone living with ALS will lose the ability to walk, talk, eat, swallow, and eventually breathe.

ALS Society of Canada Address:

180 Bloor Street West, Suite 500
Toronto, ON M5S 2V6

Contact

Toll Free: 1-800-267-4257

Telephone: 416-497-2267

Fax: **416-497-8545 or 1-888-490-1232**





The Battle of the Atlantic -

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

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

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

Today, our sailors continue to proudly represent Canadians at home and on the world stage. The Royal Canadian Navy has become the country's force of first resort in response to world crises. As a result of its performance during the Battle of the Atlantic, the RCN has been deployed into harm's way as a vanguard Canadian military response since 1945. It was deployed in the Korean War.

Veterans want Canadians to understand the price of freedom. They are passing the torch to the people of Canada, so the memory of their sacrifices will continue and the values they fought for will live on in all of us.

The Battle of the Atlantic: The first Sunday in May at 11: A.M.

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





**The Royal Canadian
Naval Association**

Bryan Chapelle

Parliamentary &
Veterans Affairs

PH 705-690-1551

Email : bryan.morley.chapelle@gmail.com



RCNA NEWS



Presentations – RCNA Peregrine - Top, David Porter (left) being presented with the “King Charles Coronation Medal” by the William Factor.

Bottom left, Keith Estabrooks - Regional Rep - presenting Patrick Lawlor - the Branch President - with “Club of the Year”.

Bottom right, William (Max) Factor - 1st Vice President - receiving the “Shipmate of the Year” from the Branch President.

Submitted by RCNA Peregrine.



**Royal Canadian Naval
Association
Peregrine Branch**

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Halifax, NS B3K 0A5
Phone: 902-454-4385

Website: www.rcnaperegrine.com Facebook: rcnaperegrine
Hours: Tues-Thurs 1-4pm; Fri 1-730 pm; Sat 1-4 pm; Closed Sun & Mon





Quick Facts

Homeless Veterans –

Ontario is home to approximately 149,000 veterans and this number is growing. Each year, approximately 8,000 to 9,000 Canadian Armed Forces members are released from military service. **Source: News Ontario.**

Canadian Naval Encyclopedia –

The Naval Association of Canada @navalassn 5 Mar posted: The Naval Association of Canada has recently published the Canadian Naval Encyclopedia. For more information, please visit the site: <https://navalassoc.ca>.



3 River-Class Destroyers for Royal Canadian Navy -

Irving Shipbuilding Awarded \$8 Billion Initial Contract To Build 3 River-Class Destroyers for Royal Canadian Navy.

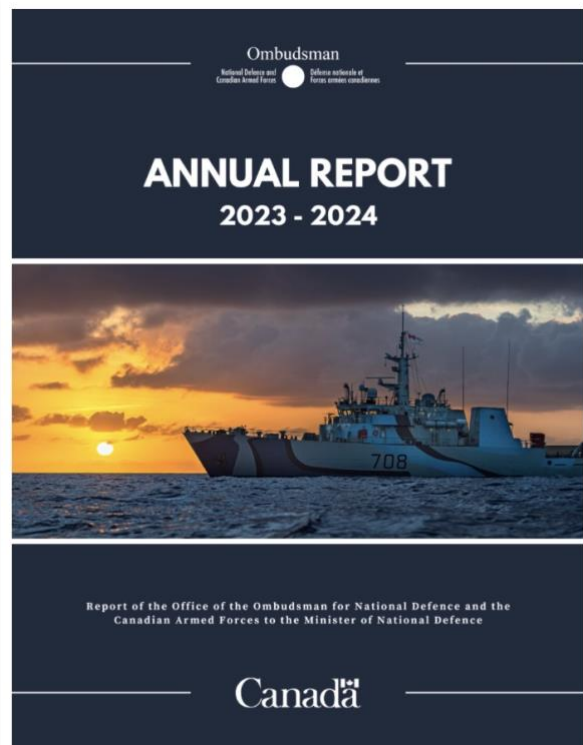
The Honourable Bill Blair, Minister of National Defence, the Honourable Jean-Yves Duclos, Minister of Public Services and Procurement and Quebec Lieutenant, and the Honourable Darren Fisher, Minister of Veterans Affairs and Associate Minister of National Defence, announced the implementation contract award to Irving Shipbuilding Inc. (ISI) for the construction of the [River-Class destroyers \(RCD\)](#). **Source: CDR.**



King Charles wore Canadian military honours amid annexation threats from Trump. Is this a show of support?

“It’s quite significant to see King Charles III wearing these decorations in a British context right after meeting with Prime Minister Justin Trudeau,” a royal expert told the Star.

Source: Toronto Star.



Click Above for Editions.



February 7, 2025 – Ottawa, ON -

The Royal Canadian Navy today issued the following statement regarding the removal of the Commanding Officer of HMCS Ottawa:

“Vice-Admiral Angus Topshee, Commander Royal Canadian Navy, has relieved Commander Adriano Lozer of his duties as Commanding Officer of HMCS Ottawa, currently deployed on Operation HORIZON, due to loss of confidence. “This measure was deemed necessary to ensure effective leadership in HMCS Ottawa as it continues its deployment in the Indo-Pacific region. The incidents that gave rise to this decision do not concern any form of misconduct.”

Source: Toronto Star.

Vessels in this Class include -

HMCS Harry DeWolf - 15 September 2018

HMCS Margaret Brooke - 10 November 2019

HMCS Max Bernays – 23 October 2021

HMCS William Hall - 27 November 2022



HMCS Max Bernays AOPV 432 -



The Max Bernays is the third Harry DeWolf-class offshore patrol vessel for the Royal Canadian Navy. The class was derived from the Arctic Offshore Patrol Ship project as part of the National Shipbuilding Procurement Strategy and is primarily designed for the patrol and support of Canada's Arctic regions.

Builder: Irving, Halifax NS

Laid Down: 5 December 2018

Launched: 23 October 2021

Commissioned: 3 May 2024

Homeport: CFB Esquimalt

Source: Wikipedia, the free encyclopedia.





Effective Date: January 1, 2025

Maximum Rates for the Veterans Independence Program¹

Veterans and Primary Caregivers ²	Service	Maximum Rates (per year)
Home Care Services	Housekeeping ³	<i>*up to Home Care Services total amount</i>
	Grounds Maintenance	\$1,885.02
	Access to Nutrition	\$10.92 per meal
	Health and Support ³	<i>*up to Home Care Services total amount</i>
	Personal Care	For recipients of Attendance Allowance, the amount is not to exceed the cost of service for up to 59 days per year.
Total amount of financial assistance for the five Home Care services listed above cannot exceed \$13,509.44 per year.		
	Ambulatory Health Care	\$1,570.87
	Transportation	\$1,885.02
	Home Adaptations (for principle residence)	\$7,729.20
Survivors	Service	Maximum Rates (per year)
	Housekeeping	<i>*up to Survivor total amount</i>
	Grounds Maintenance	\$1,885.02
Total amount of financial assistance for Survivors cannot exceed \$3,649.09 per year		

Maximum Rates for Long Term Care

Service	Maximum Rates (per day)
Intermediate care	\$189.26
Chronic care in a community facility	\$317.59

¹ Rates are adjusted annually based on the Consumer Price Index or Public Service Wage rates in accordance with Section 75(1)(3) of the *Pension Act*.

² Primary Caregivers are eligible for Housekeeping and Grounds Maintenance benefits only.

³ There are no individual maximums for Housekeeping or Health and Support Services; however, the total amount of financial support cannot exceed the maximum for homecare services.



ITEMS of INTEREST



HMCS Margaret Brooke - Antarctica and Canadian Scientists -

According to ND- News release: January 10, 2025 – Halifax, NS
National Defence/Canadian Armed Forces.

HMCS Margaret Brooke is now located in the South American and Antarctic regions for Operation PROJECTION 2025.

The first circumnavigation of South America and visit to Antarctica by an RCN vessel. HMCS Margaret Brooke supporting Canada's Antarctic scientific research aiding scientists. The vessel will demonstrate proven Arctic operational capabilities in the Antarctic.



According to Rear-Admiral Josée Kurtz, Commander Maritime Forces Atlantic and Commander Joint Task Force Atlantic, "...as professional sailors capable of operating in a wide spectrum of challenging environments, I have no doubt that they will be successful on their new mission."

"The crew of His Majesty's Canadian Ship (HMCS) Margaret Brooke departs today on a 'once in a career mission.'" Cmdr. Teri Share, Commanding Officer, HMCS Margaret Brooke.

HMCS Margaret Brooke is a Harry DeWolf-class Arctic and Offshore Patrol Vessel (AOPV) - AOPV crews bring specialized expertise and experience when operating in extreme climates.

Source: Department of National Defence.

COMMEMORATION - SPRING FLOWERS AND ROSE BUSHES -

Spring planting 2025 Rose Bush, 1910-2010 Canadian Naval Centennial Rose Bush i.e. Navy Lady. A REMEMBRANCE = of all the gallant Naval men and women who served or are serving. J C Bakker and Sons Limited, of St. Catharines, Ontario, Wholesale Grower, has indicated that there will be Navy Lady rose bush plants available across Canada in this the 80th anniversary year marking the end of the Second World War.

You can contact your local Retail Grower to see if they are available. Or for location: Contact nursery@jcbakker.com.



**JC Bakker and Sons
Ltd photo.**

Canadian Military Heritage Museum, Brantford Ontario -

NAVAL WOMEN HIGH TEA and Speaker: highlighting the Women's Royal Canadian Naval Service (WRCNS) and Naval Women - Saturday May 10, 2025. Exhibit opens 11am and High Tea at 12 noon. The HIGH TEA will take place at the Museum, 347 Greenwich St, Brantford, Ontario. Reservations required: email cmhmbrant@gmail.com or see website or Phone 519 759 1313
Second World War: WRCNS-WRENS numbered about 6700 persons.

Submitted by Joan Balch.



REFLECTIONS on the 80th



80th Anniversary end of World War - May VE and September VJ 1945 -

Not being a wartime Wren my connection to the Second World War is via family. My Grandfather, and two Great Uncles served in World War 1 all returning home. Another Great Uncle and a Cousin did not return remaining where they fell. Twenty years plus later the next generation went off to another bloody war.

Dad joined the RCNVR 'for the duration' in May 1942 aged 29 serving as PO/CPO at Home, at Sea and at D Day onboard HMCS Minas. In this war-two Uncles joined the Army as did 2 Cousins, one Cousin in Airforce plus one Uncle and one Cousin in Navy.

We were 3 children from 7-2 with one on the way. Mom also served at home: 'for the duration' through Measles, Mumps, Chicken pox, Whooping cough, Tonsils, schoolwork and home making.

At the end of the war either VE or VJ day I was sent to the grocery store to pay a bill for my mother a 10/11 year old clutching a few dollars. It was a warm day. I sat down on the flight of steps in front of the grocers when activity started with people out and rushing by.

"The war is over, the war is over."

I ran home thinking my Dad would be coming home *soon*. Not even understanding that he was either provinces or oceans away. He had come only once and gone the remaining time. We waited. He returned in the fall of 1945 arriving in uniform at the London Train Station. Grandpa drove, and we all went to welcome him home. I did not recognize my dad and he had to be pointed out to me.

He came home to a small two-bedroom bungalow, a wife and four children who made lots of noise and confusion. There had been little decompression time from war end to return home. *There were many families just like ours in 1945.*



Submitted by Joan Balch.



Korean War Veterans of Canada, Unit 26, Hamilton



23rd Anniversary - It was our honour to organize the "23rd Anniversary of the Korean War Veterans Appreciation Dinner and the 100th Anniversary of the RCAF" on Aboriginal Veterans Day – 8 November 2024 - at the Canadian Warplane Heritage Museum.

Over 215 guests attended the event including Lisa Hepfner - MP Hamilton Mountain, Tae Hwan Kwon - Acting Consul General, Hon. Raymond Cho - Minister of Seniors and Accessibility, Andrea Horwath – Hamilton Mayor, Mark Tadeson - Councillor, Tom Jackson - Councillor, Brenda Johnson - Former Councillor, 9 Korean War Veterans (Ron Zabrok, Romeo Daley, Andy Barber, Peter Patry, George Charles, Herbert Johnson, Sam Carr, Paul Rochon, Ed Larporte), Hon. Chief Glenn Miller - Hon. Chief Blood Tribe, and 66 Army, Navy, Air Force and Aboriginal Veterans. We also invited special guests from Korea, Brigadier General (Ret'd) Kwang Woo Kim, Director of the UN Peace Memorial, Taeun Kim - Manager and Juha Kim - Assistant Manager.



Romeo Daley, Korean War Veteran, HooJung Jones Kennedy, BGen (Ret'd) Kwang Woo Kim

Mike Curley, Six Nations RCAF Veteran provided the "Land Acknowledgement". Tae Hwan Kwon, Acting Consul General presented the "Ambassador for Peace Medal" to 3 family members of deceased Korean War Veterans - James Victor McDonald, Joseph Jean-Guy Narbonne, and Douglas Frederick Eveleigh. It was our pleasure to nominate 9 Veterans for the UPF Canada's "Ambassador for Peace Appreciation Medal" for their outstanding contribution during the Korean War, UN Peace Keeping Missions and the Veterans community.

Dr. Moonshik Kim, Chairman of UPF Canada Presented medals to 2 Korean War Veterans - Andy Barber and Paul Rochon, 3 Air Force Veterans – Major (Ret'd) David Rohrer, Captain (Ret'd) Terry Lebel and Captain Jonathan Szozda, 3 Army Veterans - Pipe Major (Ret'd) Scott Balinson, Sgt (Ret'd) Megan Cassell and Corporal (Ret'd) Lyn McBride, and 1 Naval Veteran - Lt. Terry-Leigh Saunders.

The F-86 Sabre that fought during the Korean War was displayed at the event. Bill McBride, a dedicated volunteer of the Canadian War plane Heritage Museum, provided the history of the aircraft. The Co-Chairs, HooJung Jones Kennedy and Major (Ret'd) Don Kennedy - donated RCN Uniforms, and a HMCS Haida Hat, along with a book and Korean War photos to the UN Peace Memorial to help preserve the Legacy of the Canadian Korean War Veterans.

Grace K- Music Assemble played beautiful music by Haegum (Korean Traditional Violin), Piano, and Korean drums. The Devil's Brigade, one of the best Celtic Bands, played for an hour and all present enjoyed their amazing music. The HMCS Star Brass Quintet also played the National Anthem, God Save the King and related music. The Chicken and Roast Beef dinners were delicious and everyone attending the event enjoyed the evening.

We send our special thanks to the Consulate General of the Republic of Korea, Veterans Affairs Canada, other sponsors/supporters including RCNA, and all our volunteers.

Please view our event coverage on YouTube (video produced by the Korea Times)
<https://www.youtube.com/watch?v=9pgCotTuaJM>

We will remember the Korean War Veterans. Thank you.

Submitted by HooJung Jones Kennedy - Co-Chair - the Korean War Veterans Advocates of Canada.



NAVAL HISTORY



HMCS SAGUENAY D79 - a Saguenay-class destroyer, and her sister, SKEENA, were the first ships built for the RCN. Her hull was strengthened to withstand ice pressure which made her ideal for deployment in Newfoundland waters. She was commissioned on 22 May 1931, at Portsmouth and made her maiden voyage to Halifax on 3 July 1931. In January 1938, SAGUENAY sailed south on a Spring Cruise with port visits in Bermuda; Puerto Culebra, Costa Rica; Talara, Peru; Acapulco, Mexico; Panama and San Diego, California. With the outbreak of the Second World War, she escorted local convoys until late September 1939, when she was assigned to the America and West Indies Station, and based in Kingston, Jamaica.



On 23 October 1939, in the Yucatan Channel, she intercepted the German tanker Emmy Friederich, which scuttled herself. SAGUENAY returned to Halifax in mid-December 1939 to resume local escort duty until 16 October 1940, when she sailed for the U.K. to join EG 10, Greenock.

On 1 December 1940, while escorting convoy HG-47, she was torpedoed by the Italian submarine Argo, 300 miles west of Ireland. With her bow wrecked and 21 dead, SAGUENAY made Barrow-in-Furness largely under her own power and was under repair until 22 May 1941. She left Greenock on 23 May 1941, and arrived on 7 June 1941 at St. John's, where she joined NEF, which was then forming. From June 1941 to January 1942, she escorted convoys to Iceland. From January 1942 to June 1942, she was assigned to WS convoys.

From 19 April 1942 to 2 November 1942, she was assigned to the Newfie – Derry run (convoys) from St. John's Newfoundland to Londonderry, Ireland. During the months of September to November 1942, U-boat activity increased off Newfoundland. On 4 September 1942, a U-boat sank two ore carriers at their loading docks at Wabana. On 14 October 1942, the ferry Caribou was sunk with the loss of 137 lives. On 2 November 1942 (in broad daylight) two more ore carriers were sunk at the moorings at Bell Island and the ore carrier PML27 was torpedoed shortly after leaving Bell Island. With the increase in sinkings, an increase in escort vessels was made to the WB convoys and SAGUENAY was re-assigned to the WB convoys.

On 15 November 1942, SAGUENAY was escorting convoy WB13. At approximately 12 miles South of St. John's and 50 miles Southeast of Cape Spear, HMCS SAGUENAY was struck in the stern by the freighter SS Azara. Depth charges from SAGUENAY were dislodged overboard and exploded beneath both ships. SAGUENAY had her stern blown off and the Azar her bow. Damage to the Azar was sufficient to cause her to sink at the site. SAGUENAY stayed afloat and took Azar's crew members aboard. The collision occurred within sight of Cape Spear near the entrance to St. John's Harbour and the naval



command center at HMCS AVALON dispatched an RCN Tug to tow the damaged SAGUENAY to the graving dock in St. John's Harbour. Once in the graving dock, the stern was sealed to enable the ship to be towed to the shipyards at Saint John, N.B. After further repairs at Saint John, she was taken to Cornwallis in October 1943, to serve as a training ship.

Paid off 30 July 1945, she was sold for scrap in 1945 to International Iron and Metal in Hamilton, Ontario and was broken up in 1946. *Battle Honours and Awards: Atlantic 1939-1945.*

Submitted by Ron Sitarz.



FINANCIAL ADVICE



Ontario making GO Transit free for veterans, members of Canadian Armed Forces -

Transit relief program to start next March.

Veterans and active full-time members of the Canadian Armed Forces will be able to travel for free year-round on GO Transit beginning March 1, 2025, the Ontario government announced Tuesday. (Tara Walton/The Canadian Press) full-time members of the Canadian Armed Forces will soon be able to ride GO Transit for free.

Ontario's minister of children, community and social services made the announcement Tuesday, saying the province is introducing a transit relief program for them that will begin March 1, 2025. Michael Parsa says there are also plans to extend the free fares to UP Express in the future.



Parsa also says the government is increasing the amount that eligible veterans and their family members can receive each year through the Soldiers' Aid Commission from \$2,000 to \$3,000. The money covers costs such as health-related expenses, home repairs and moving costs, as well as personal items such as clothing for those in financial need. Parsa says veterans have made tremendous sacrifices to make Canada and Ontario what they are today, and they deserve the government's unwavering commitment to their well-being. **Source: The Canadian Press · Posted: Nov 05, 2024.**

Contact the Veterans Ombudsman -

You have the right to be treated with respect, dignity, fairness and courtesy by Veterans Affairs Canada. If you feel that any of your rights have not been upheld or a decision is unfair, you have the right to make a complaint to the Veterans Ombud.

THE ROYAL CANADIAN NAVAL ASSOCIATION
Admiral Hose Branch



Ron Sitarz, CD
President

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Oxford County Naval Veterans Association

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HEALTHY EATING



Purée Leek and Potato Soup -

Prep: 10 min | Cooking: 35 min | Makes: 4 to 6 servings.

Ingredients:

- 2 tbsp butter or olive oil
- 3 large leeks (white and light green parts only), thinly sliced
- 2 cloves garlic, minced
- 4 med potatoes, peeled and diced
- 4 cups chicken or vegetable stock
- 1 cup milk
- Salt and pepper, to taste
- Parsley for garnish



Instructions:

1. Melt butter in a large pot over medium heat. Add sliced leeks and garlic and cook gently for 8 to 10 minutes until softened but not browned.
2. Stir in diced potatoes and pour in stock. Bring to a gentle boil, then reduce heat to a simmer. Cover and cook for 20 to 25 minutes, or until potatoes are soft.
3. Use an immersion blender to purée soup until smooth or transfer it in batches to a blender. If you prefer a chunkier texture, blend only a portion of the soup.
4. Return soup to the pot and stir in milk. Season with salt and pepper to taste. Heat gently, being careful not to let it boil.
5. Ladle soup into bowls, garnish with parsley, and serve with crusty bread.

From the Chef –

PS: I have made this recipe many times and it's delicious. I always make it with milk instead of cream, with milk it's lighter.

Submitted by K.J. Phillips.



Norovirus: The Stomach Flu That Walks-The-Walk -

Norovirus, also known as Norwalk, is one of the most contagious viruses that causes inflammation in the stomach and intestine leading to severe vomiting and diarrhea. While it's also commonly referred to as the stomach flu, it is not "the flu", which is a respiratory illness caused by the influenza virus. Symptoms will typically start within 48 hours of being infected. Common symptoms include:

- Diarrhea
- Vomiting
- Nausea
- Stomach pain
- Less common symptoms: fever, headache and body aches

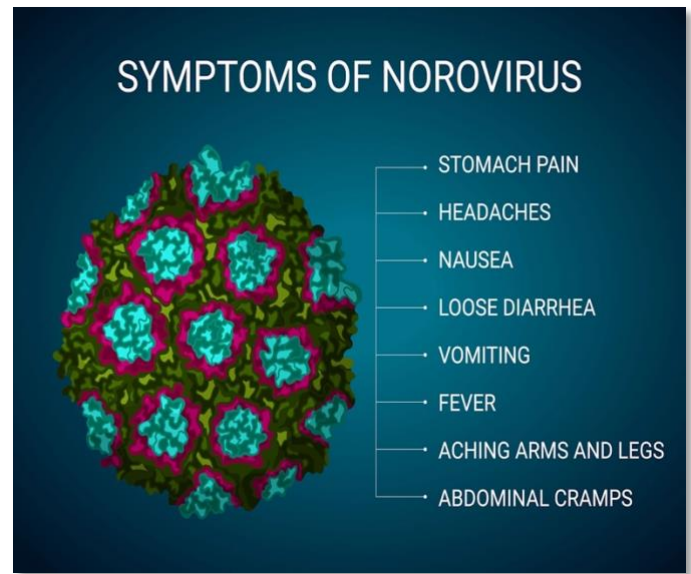
Norovirus can affect everyone, especially those who are immunocompromised. Unfortunately, getting it does not protect you from getting re-infected. Symptoms often last 1-3 days and resolve on their own. During this time, you may experience multiple episodes of diarrhea and vomiting. This can cause dehydration or a loss of body fluids. Young children and older adults are at a higher risk of dehydration. Signs of dehydrations include:

- Decreased urine
- Lightheaded/dizzy with standing up
- Dry mouth
- Often in children: crying with few tears and/or unusual sleepiness or irritability

Norovirus can spread very quickly and easily through direct contact with someone who is infected. This is often done by caring for someone who has norovirus, sharing their food or eating food prepared by someone who is infected. The most effective way to prevent infection is to wash your hands, avoid putting your hands in your mouth and disinfecting contaminated surfaces. Even though the virus can stay in your body up to 2 weeks, you are no longer considered contagious after 48 hours of being symptom-free.

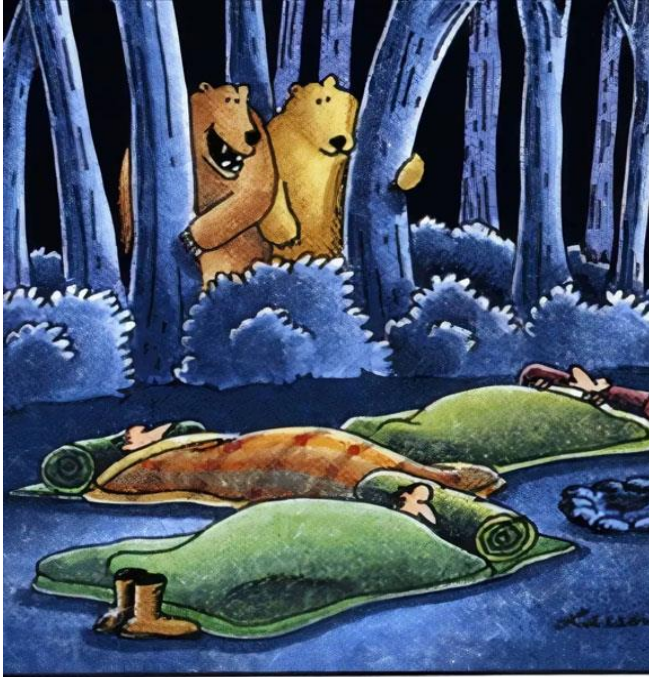
Diagnosis is often done clinically, but stool and vomit can be collected and tested in the laboratory. Treatment includes rest and hydration, hydration and more hydration. The inflammation in your gut will make eating and drinking difficult, but take frequent small sips and eat bland food. Drinks like Gatorade and other over-the-counter electrolyte drinks can help prevent dehydration. Avoid dairy until you are no longer having diarrhea, then slowly re-introduce it. It is important to note that Norovirus is a virus, and antibiotics will NOT treat it. If your symptoms in general are lasting longer than the typical 1-3 days, please speak with your health care provider. Should you exhibit signs of worsening dehydration, you may need IV hydration, so it would be very appropriate to go to your nearest Emergency Hospital.

Submitted by Dr Shauna Phillips.

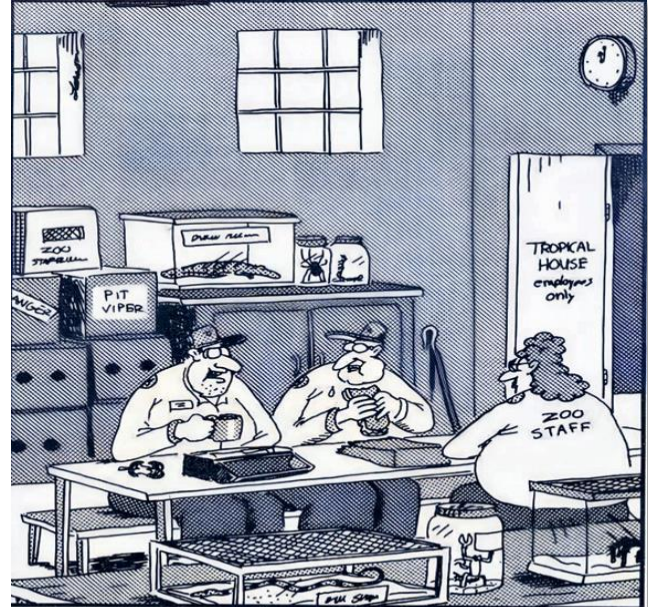




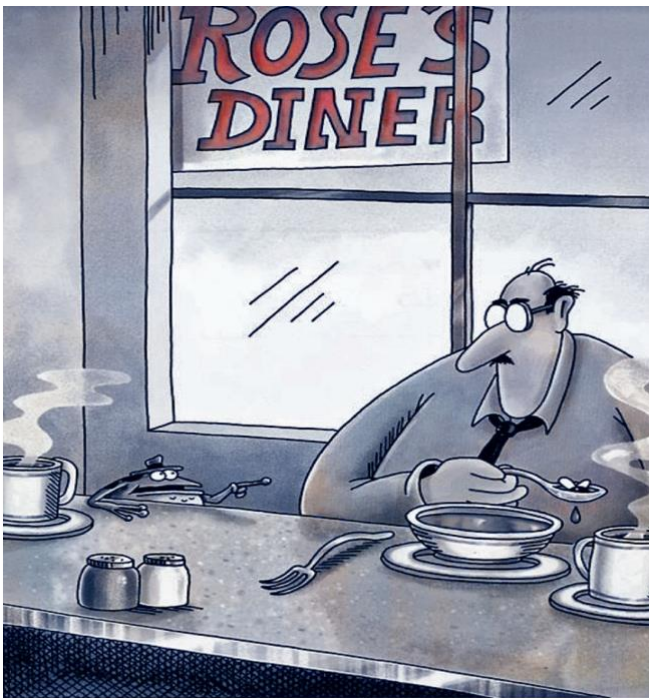
THE FUNNY PAGE



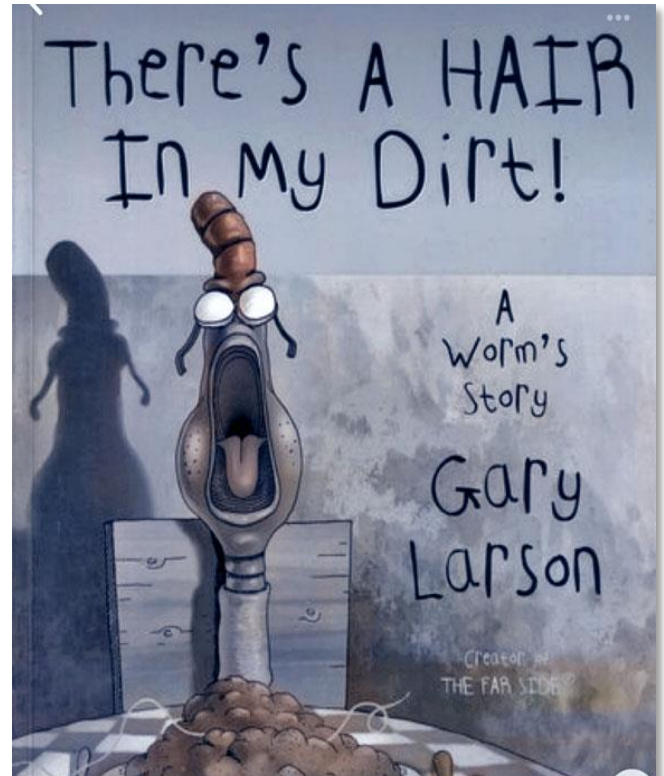
"Sandwiches!"



"OK, here's one, Marv: What's got 12 legs, six eyes, a hairy thorax, was found dead in its display case this morning, and goes 'crunch' inside a submarine sandwich?"



"I beg your pardon, but you're not planning just to throw that fly away, are you?"



LOL - A Sailor sent an e-mail to his wife, informing her that his ship would be returning from deployment a day early. Arriving home, he found his wife with another man. Upset, he stormed off and got a room at the Navy Lodge to decide what to do next. His thoughts were interrupted by a call from his mother-in-law. "Bill" she said, "I checked with my daughter and, as I expected, there is a perfectly good explanation for this whole episode." "This I've got to hear," the Sailor said. "It was an honest mistake," the mother-in-law said. "She never got your e-mail!" **Source: Public Domain.**



CHAPLAIN'S CORNER



80th Anniversary -

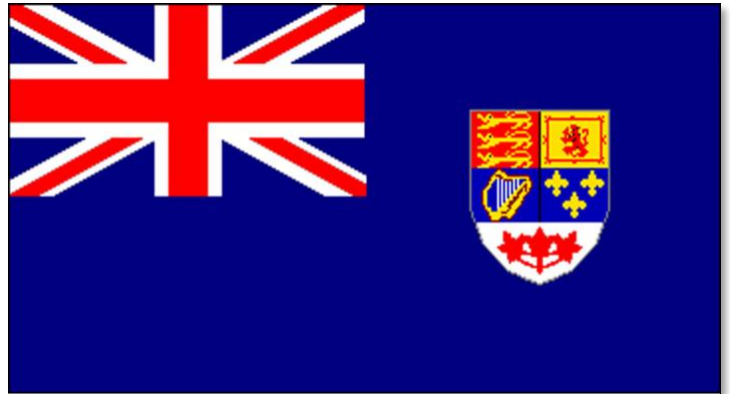
This year marks the 80th anniversary of the ending of WW2. By this time only a handful of the veterans survive and, unfortunately, their sacrifices and heroism are often forgotten. The lessons of history too are either forgotten or played down to the detriment of the present generation, and history begins to repeat itself. In Ecclesiasticus, or the Son of Sirach, 44:1-15, the writer speaks of famous men whose deeds are forgotten, but whose memories live on in their descendants.

I believe that we need to pass on the memories, and to share the stories lest the mistakes of the past are repeated. In 1939, Canada with a population of approximately 11 million people had a small army, air force, and navy. At the end of WW2, it had the 2nd largest air force, and the 3rd largest navy in the world. It was responsible for protecting the North Atlantic Sea routes as well as its own coasts.

I suspect that very few Canadians remember that during WW2, there was fighting in the St Lawrence River, and along the east Coast.

HMCS Esquimalt was the last Canadian naval vessel sunk in WW2, 80 years ago on April 15, 1945, in the approaches to Halifax Harbour. The crew was rescued by HMCS Sarnia, which was to replace her on the watch.

Source: canada.ca.navy. Over the past 80 years, successive governments have failed to learn the lessons that should have been learned in the 1920's and the 1930's.



RCN Blue Ensign from 1921 to 1957.

Source: Public Domain.

The men and women who continue to serve in our armed forces have served, and continue to serve, with the courage and the pride of the heroes of yester year. Their skill and dedication have enabled them to keep aging equipment in service long beyond the usual end date. In many ways Canada is in the same straits that it was in 1939, as it lacks the necessary resources to defend its territory. It has the dedicated will, the intelligence, but due to a lack of willingness on the political front, the equipment.

In the Book of the Prophet Judah, chapter 30, the prophet warns the people of Israel that their rulers are doomed because they have made a treaty with Egypt for their protection, Good News Bible, He warns them that they cannot rely on an unreliable nation. Canada has for too long looked to its neighbour for protection, forgetting that in 1939 it did not have that same protection; it had to build up its own defences and provide materiel for the UK and later, following December 6, 1941, the USA.

In Proverbs 29:26, The author says "The fear of others lays a snare, but one who trusts in the Lord is secure." (NRSV) Remember the past, live in the present, and prepare for the future. May God grant us peace.

Submitted by Dr. Gord Simmons, Padre and Director RCNA Sarnia.



CROSSED the BAR



Bailey, Audrey (Barcroft). 3 May 2024. Audrey served with the WRCNS in the UK during WWII. She moved to Canada in 1957, and while in Brantford, she was helpful with the Canadian Military Heritage Museum - Wren displays and contacts. Audrey was also an active member Wren Association of Toronto.

Farrow (Fairbairn), Margaret "Peggy". 30 October 2016 in Kelowna BC. Peggy was born in Drumheller AB and went on to serve in the RCN - WRCNS, 1943-46, W 1047. As a Petty Officer - Postal Clerk, she served in Fleet Mail Offices at Halifax NS, St John's NL, and Ottawa ON.

Kettle, Kathleen (Kay). 21 February 2025, at Vision Nursing Home in Sarnia, at the age of 86. She was an active member of the RCNA Sarnia Branch. Kay was the beloved wife of Bob for 68 years.

Kettle, Robert (Bob). 10 March 2025. Bob was a RCN veteran and a long time member, frequent volunteer and Active Director at the RCNA Sarnia Branch. He was married to Kay for 68 years.

Ritchie (Merritt), Dorothy Rose. 11 December 2024. Dorothy was born in Willow Bunch, Saskatchewan, 15 September 1925, and joined the RCN on 7 July 1944. She served until demobilized in 1946 - as a Leading Wren. Dorothy was an active member of the Wrens Association in Edmonton until it closed in 2005 - when she immediately joined the Edmonton RCNA.

Taylor, Ron. 16 February 2024. Ron was born 30 May 1930, he was long time volunteer and member of the RCNA Sarnia Branch.



A Few Notes -

- The Wren Association of Toronto "Book of Remembrance" received information on Crossed the Bar Wrens before the demise of the Organization. Consequently, we may consolidate the out of year or late arrivals for printing in Fall Yardarm.
- UPDATE: Ocean War Graves Project: This project is stalled in Parks and Transport and is supposed to have had a 5-year review as of April 2024. No protected list is available. No further information.
- Upcoming Alert: Some indications that NAC/HMCS Prevost will dedicate a Wall of Names All Lost at Sea Wartime RCN, RCNR and Merchant Marine sometime in May 2025. No date nor time available. Location grounds of HMCS Prevost, London Ontario.
- Homes for Heroes Foundation has an application in early planning stages re compliance for location and services (Parkwood Hospital Grounds) to build 20-unit Veterans tiny homes: to help those Veterans experiencing homelessness, trauma, or medical problems. For more information visit their site: <https://homesforheroesfoundation.ca>.

Submitted by Joan Balch.



THE LAST WORD

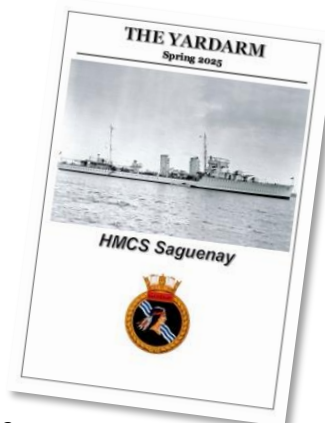


A FEW WORDS OF THANKS -

Another interesting summer weather wise. I hope you are all doing well. I always send a request for input for the Spring Edition of the Yardarm in early February – the cutoff is always mid-March - with a distribution target NLT end-March. Many thanks to all of you who contributed material – especially the early returns. I'm always looking for material suitable for our target readers – at the national level. Once again, thanks to the excellent support from all RCNA members and especially my regular contributors/proofreader.

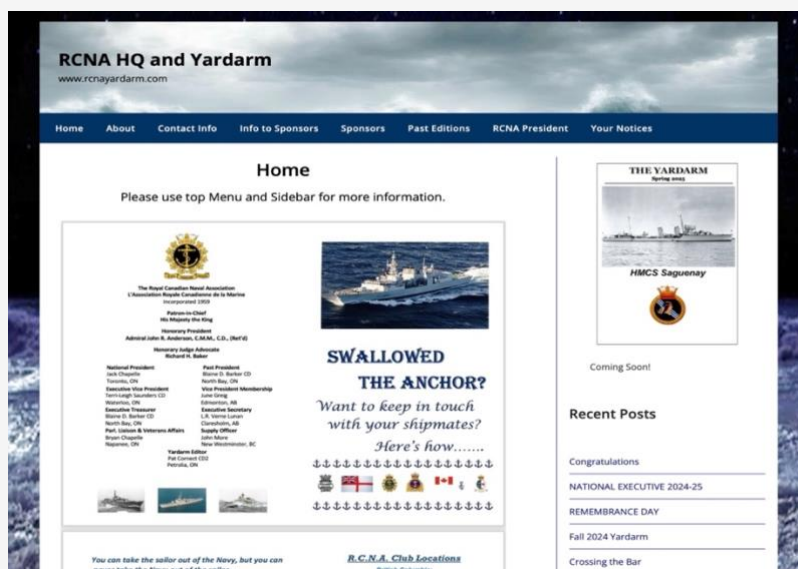
Remember to visit our website – www.rcnayardarm.com – to read or download this issue or past issues of the Yardarm.

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



Remember –

*If you wish to place your
Business Card in the Yardarm
– its only \$50
for two editions and one
full year on our website
www.rcnayardarm.com
All funds go to RCNA
National – for more info
Visit the above website, or
email:
cornect@gmail.com*



We Were Hacked –

Our website - www.rcnayardarm.com - was hacked in mid-January. You must wonder who would take the time-effort-cash to do something like that to a non-profit association providing free services and information to seniors and veterans. Makes you wonder.

On the bright side, after much work and a few dollars, we are back up and running. I took the opportunity to give the site a bit of a face lift and added a page “Your Notices”, where you are all welcome to submit input – anything with a national reflection. I promise to have any suitable input uploaded within a day or two. Just email and TAG it as “website”, and I will get back to you - feel free to contact me at – cornect@gmail.com – if you have any questions.

