



Spring 2024 Yardarm



HMCS Huron G24





Spring 2024 Yardarm



The Spring 2024 Yardarm:

The Yardarm is published twice each year at the end of March and the end of September. The editor, LCdr (Ret) MP (Pat) Cornect, volunteers as editor and producer on behalf of the Royal Canadian Naval Association (RCNA - incorporated in 1959). The Yardarm is non-profit and provided free to all RCNA members and related associations. For more information and to view back issues, please visit our website www.rcnayardarm.com 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 of the material used in the editions is also available in the public domain. If we missed something, please let us know— remember this is a free service to our veterans.



Spring 2024 Cover:

The HMCS HURON G24 is featured on the cover of the Spring 2024 edition. The first Warship with that name to be commissioned into the Royal Canadian Navy. She was a Tribal Class destroyer and served from 1943-46, and again from 1950-63.

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

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National President



THE TRAVELLING TROUBADOR:

In the twelfth and thirteenth centuries troubadours travelled to royal courts to speak to royal households. The similarities to the Royal Canadian Naval Association are evident. Our association is privileged to boast the word 'Royal' and our connections with the Royal Family are iron clad. Now your National President will be a troubadour travelling to each and every RCNA Club in Ontario. Of course he will make arrangements through the Club's National Director and would wish to be an observer during a club meeting. He'll only speak if asked to do so. He knows it's a distinct honour and pleasure to play a part in your ongoing service to your community and your nation. Costs to visit clubs outside of Ontario are prohibitive. He'd very much like to be there to see you all but expenses are a burden not easily overcome.

Make no mistake my friends, you continue to serve. 'Tradition'; nothing can be stronger than tradition. The ancient Greeks had a saying "your past lies in front of you". It was true then and it is true now. Every time you are seen in uniform, every time an article is in the paper or on the news about you and your RCNA club you enhance and promote the traditions of the Royal Canadian Navy in particular and Canada's defence forces in general. No better tool for recruitment in our association and in our Navy than proud RCNA members in full uniform participating in club and community events.

We hear the laments and we hear them often: "Where has discipline gone? Where are ethics and morals gone? Where has honesty and decency gone? Folks, they didn't go anywhere, they are alive and well within you and your comrades. Make yourself known in your communities, help aid organizations, health organizations, be visible. Your presence, your dignity and your determination will rub off and shine like beacons. You become examples of all the virtues admired and cherished. You and your comrades are great representatives for our Navy and our hopes for its future. Over dramatic you may say? Not so I say, every spark of honour and love of country illuminates the vital role that tradition makes, it provides role models for Canada's youth. They need to know there is a part for them to play and a role waiting to be filled.

Our past lies in front of us BUT only if we make our past known and loved as we have loved it and our comrades before us have done. So wear your badge with pride my fellow shipmates. You are the past BUT you are also the future. With the void in visible recruitment nationally for our armed forces and especially our Navy its even more important that we become more and more visible.

The Royal Canadian Naval Association, Jack Angus Chapelle, National President.





National Secretary



Shipmates:

Well, we are into 2024 and I am sure most of us hope it will be a better year than the preceding few we have had.

Most of the RCNA Clubs have weathered the storm but we have lost a couple unfortunately. London, Penticton and the Admiral Desmond Piers (ADPNA) Clubs have unfurled their paying off pennants and have left the Fleet. We are contacting the members and inviting them to become Members-at-Large (MAL). I will be joining that group as I was a Life Member of the ADPNA.

It seems that the age of our current members along with what seems to be a disinterest of many of those that have served since Unification are the major factors in our membership decline. What are we going to do about it?

RCNA National will be starting a number of ways to attract new members using posters; brochures; contacting reserve and cadet units, career transition centres, etc. This will require the participation of our existing Clubs and shipmates to get out into their communities and start actively recruiting new members for their Clubs.

DON'T WAIT FOR THE NEW MEMBERSHIP TO COME IN! Go out and meet it.

Get out in your communities and show them that the RCNA is a viable, active part of the community. Get involved with the community events and activities. Do not just look for ex-RCN personnel for members; ask their relative and/or friends that have the same interest in continuing our ideals to join. Make them Associate members and get them active in your Clubs activities and events. Make better use of your social media avenues as well. Submit information on upcoming event/activities for posting on RCNA National's social online media. Send pictures and short write ups after they are completed.

Nothing happens til you make the call! Use the "three-foot rule" – tell everyone you are within three feet of about the RCNA and your Club. The most they can say is no, but you might be surprised that some are interested and might join. Remember that the membership recruitment sale does not begin until you make the call. I know you can do it so good hunting and fair weather.

***L. R. Verne Lunan, Executive Secretary,
vernelunan@yahoo.ca - RCNA National.***





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



Veterans Affairs



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 the 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.

Submitted by Bryan Chapelle, Parliamentary & Veterans Affairs.



Jack Angus Chapelle
National President

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Phone: 647-210-2977



**Royal Canadian Naval
Association**

THE ROYAL CANADIAN NAVAL ASSOCIATION
Admiral Hose Branch Windsor



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Windsor, Ontario
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Email: rsitarz@cogeco.ca





RCNA News



VP Membership's Report:

Hello Members:

We are again into a busy season for recruiting, Elections, collection dues and arranging events that help keep our Clubs' valid and strong.

First I would like to remind the Clubs that your National dues were payable By January 31st, 2024. If you are the person responsible and dues have not been paid, the National dues remain at \$8.00 per registered member for the period of January 01, 2023 to December 31, 2023. Your cheque made payable to "RCNA NATIONAL" and mailed to me at the address below.

Now I am pleased to provide the finance details for January 01, 2022 to December 31, 2022.

- ◆ Total monies received - \$13,715.00
- ◆ Number of members - 1,689
- ◆ This covers all clubs - 18



The amount does not work out evenly – as Penticton Naval Association has closed and they donated the balance of their Bank account to RCNA National, WHICH IS VERY MUCH APPRECIATED.

MEMBERS AT LARGE:

Dues remain at \$16.00 per year for 2024 . This includes the Spring and Fall Yardarms plus other emails and videos received from National Office as well as items of interest from other organizations.

We need your dues on time to prepare the budget for the year ahead. Also, if any club or individual is in a position to send a donation to National – you will receive an official tax receipt from the National office.

ADDRESS TO SEND NATIONAL DUES:

Cheque PAYABLE to "RCNA NATIONAL"

H. June Greig, VP Membership

#212 – 6303 – 104 Avenue NW

Edmonton, AB T6A 0X9

Thank you, Submitted by June Greig, Navy 1951 – 1956, Army 1957 – 1964.

MANITOULIN NORTHSHORE NAVAL VETERANS ASSOCIATION (MNSNVA)

ALGOMA / MANITOULIN - NORTHSHORE /SUDBURY DISTRICTS
est. 1984 Manitoulin Island as MNVA

c/o 190 Hyland Dr.
Sudbury, Ontario P3E 1R8
bill.ranich@persona.ca
National Director

No physical Club location. Meeting s held on both Island and mainland as required.

ARMY NAVY AIRFORCE VETERANS ASSOCIATION (ANAVETS)

UNIT # 176 MANITOULIN & UNIT# 469 SUDBURY

C/o, Wayne R. Golden
Unit Director
46 Cutler Rd. Massey. Ont.
rwgnamvet@gmail.com

*" Canada's Oldest Veterans Organization "
" Shoulder to Shoulder "*



We Request Your Support:

The Korean War Veterans Advocates of Canada is planning to erect the "Banff Korean War Battle of Gapyeong (previous known as Kapyong) Victory Monument" in partnership with the Royal Canadian Legion Br. 26 Col. Moore in Banff, Alberta (next to Canadian War Memorial) to honour and remember Korean War Veterans.

\$100.00 - your name will be listed in the event program

\$300.00 over -listed in the Bronze plaque

\$500.00 over - company name on the Bronze plaque.

E-transfer:

F-hjjones@bell.net

Cheque:

Korean War Veterans Advocates of Canada
15 Avonmore Court Hamilton, Ontario, L8W -3G8

Tel: 905.769.0486 HooJung Jones Kennedy,

Email:

hjjones@bell.net

www.koreanwarveteransadvocates.com

Submitted by HooJung Jones Kennedy.



The Royal Canadian Naval Association (RCNA), was incorporated in 1959. Its mission is to bring a union in spirit and comradeship of the Commonwealth Navies; assist in the welfare and benevolent work of ex-Naval personnel and their families; to foster an interest and training in youth in maritime affairs; observe historical events of Commonwealth Navies; convene at regular intervals reunions which show solidarity of purpose; to promote naval interests and those of the Armed Forces of Canada as well as seaborne commerce; for the protection and well being of the nation.

To that end, the RCNA has established Clubs across Canada and has welcomed a wide variety of members from all walks of life.

If you wish to join the RCNA, please contact your local club or you can join as a Member-at-Large.

For information on Club locations and a complete list of associated contacts please visit our website at;
www.rcnayardarm.com.





Veteran News



PARLIAMENT REQUEST - PROTECT WARTIME OCEAN GRAVES:

FIVE years and many emails to various Ministries and local MP, no answer has come forward why this has not been provided in Draft Form to those who are interested if the Legislation met the Paper and the E Petitions of 2018 to Parliament:

- ◆ Two Petitions with Request presented -Report Ocean War Graves May 2018 /Transport Canada-Royal Assent was Feb 28 2019 -
- ◆ Legislation to go to Parks Canada, under Bill C-64 with Transport named “Wrecked Abandoned and Hazardous Vessels Act”....[One line Section 133]
- ◆ Parks and Transport were to in 2019 protect Lost Ships and Remains and to....
- ◆ Define wrecks or classes of wrecks that have heritage value, including ocean war graves;
- ◆ Create a framework of protections to preserve wrecks of heritage value, including ocean war graves;
- ◆ Define permitting requirements for activities directed at heritage wreck; including ocean war graves....and include penalties, rules, and metadata
- ◆ Authorize the designation of enforcement officers and specify their powers.
- ◆ Send the legislation to Global Affairs to create International Protection.



***Does anyone out there have any idea where this EXISTS ????: Spring 2024?
Submitted by Joan Balch.***

Victory Monument Sponsors:

Thank you for your response to helping with the sponsorship of the Korean War Veterans Advocates of Canada's plans to erect the "Banff Korean War Battle of Gapyeong (previous known as Kapyong) Victory Monument" in partnership with the Royal Canadian Legion Br. 26 Col. Moore in Banff, Alberta. The RCNA and their Clubs and individuals have stepped forward with Their support by raising \$8,900.00. They are working on a short tight timeline to raise Approximately \$14,000.00.

*Any further sponsorship support would be greatly appreciated, If you are interested or know a company or organization that may be, please contact HooJung at the information below. **Submitted by Verne Lunan.***

HooJung Jones Kennedy and Major (Ret'd) Don Kennedy
Co-Chairs of the Korean War Veterans Advocates of Canada (Non-Profit Organization)
15 Avonmore Court, Hamilton, Ontario L8W-3G8
Tel:905.769.0486
Email: hjjones@bell.net
www.koreanwarveteransadvocates.com



Operational Service Medal – EXPEDITION (OSM-EXP)

The official description, eligibility, criteria, and history of the Operational Service Medal – EXPEDITION (OSM-EXP).



Context

This general service award has been created as a means to recognize in a timelier manner those who serve in or provide support to overseas operations and for which no other medals, such as United Nations or NATO medals, are available. Rather than creating a new honour for each new Canadian Forces (CF) operation as it arises, the Operational Service Medal — with its theatre- or task-specific ribbons — can be awarded in future to honour participation in any operation that meets the criteria.

Eligibility and criteria

The Operational Service Medal (OSM) is awarded to:

- members of the CF;
- members of allied forces serving with the CF;
- members of recognized Canadian police forces and allied police officers working with them; and
- Canadian citizens in the employ or under contract with the Government of Canada, other than members of the CF or sworn police officers;
- who served in a theatre of operations, provided direct support on a full-time basis to operations conducted in such a theatre, or served under dangerous circumstances outside Canada provided the said service is not counted towards another service medal other than the Canadian Peacekeeping Service Medal where applicable.

The OSM is always issued with a ribbon specific to the theatre or type of service being recognized, and each ribbon has its own criteria.

The OSM with EXPEDITION ribbon recognizes service on smaller operations for which there are no medals available or service in dangerous circumstances outside of an existing theatre. It is awarded for 30 cumulative days of service between 7 October 2001 and 14 May 2014, or 21 cumulative days of service from 15 May 2014 onwards.

Personnel who have eligible service under the old criteria but did not meet the eligibility criteria, and also have eligible service under the new eligibility criteria, shall be allowed to combine all the eligible days of service towards the new criteria. Essentially, one has to serve at least one eligible day under the new eligibility to be able to cumulate all past eligible service toward the shorter criteria.

Other eligible service may be added to the eligibility list for the ribbon by the Chief of the Defence Staff in consultation with Armed Forces Council and on the recommendation of the Canadian Forces Honours Committee provided the service in question meets the basic criteria and intent of the medal as described in the regulations.

For more information - [CLICK HERE](#). Medal Mounting Service - [CLICK HERE](#).



Veteran News



Be Counted Project:

Thousands of Canadians served in the Vietnam War. These researchers are looking for them. Be Counted project looks to list as many Canadian Vietnam War vets as possible.

Keith Tracy, a U.S. army veteran living in Windsor, Ont., and CJ Scott, a genealogist, are working on a registry for Canadian Vietnam veterans. (Meg Roberts/CBC)

If you are a Vietnam veteran or have a family member who fought in the war, two researchers in Windsor, Ont., want to hear from you.

For their project, Be Counted, they're developing a registry of as many Canadian veterans as possible to record their information before it's too late. "Canadians who served were never recognized and I think it's time they were," said Keith Tracy, a U.S. army veteran who lives in Windsor, Ont., and one of the researchers.

The Vietnam War began unofficially in 1955, with the height of the conflict in the late 1960s. It ended April 30, 1975, with the fall of Saigon. Canada did not have an official part in the war. But tens of thousands of Americans fled to this country to avoid the draft.

What's not as well known is thousands of Canadians enlisted with the American military, although the exact number isn't clear. The Canadian Vietnam Veterans Memorial Association - Larry Semeniuk Chapter believes as many as 20,000 enlisted, but other estimates are twice as high.

"We thought, you know, we can do this," said Scott.



Tracy has partnered with CJ Scott, a Windsor genealogist and member of the association, to help find veterans across the country as well as Canadians now living in the United States.

***Source, Meg Roberts
CBC News
Posted: 13 March 2024.***



A Few Photos



RCNA Peregrine's President, Patrick Lawlor, receiving the Club of the Year plaque and our Master at Arms, William Moss, receiving Shipmate of the Year. This happened at our January 28th meeting. **Submitted by Lorna.**



AB Murray Kennedy splicing cable aboard H.M.C.S. PRINCE DAVID, Cowes, England, 10 May 1944. **Submitted by William Gard.**



AGM 2023
Left to Right: Verne Lunan-National Secretary, Jack Chapelle-National President, Terri-Leigh Saunders-Executive Vice-President.



Korean War Veterans of Canada Unit 26, Hamilton



Honouring Veterans on November 11th, Remembrance Day

It was our honour and pleasure to help organize the “UPF (Universe Peace Federation, UN’s official agency) Canada’s Ambassador for Peace Awards Banquet” at the Huron Park Recreation Centre Ojibway Hall on Remembrance Day, 2023. Over 270 people attended the event and 54 Veterans received a beautiful UPF Canada’s Ambassador for Peace Appreciation Medal and Certificate of Excellence from the Hon. Ginette Petitpas Taylor, Minister of Veterans Affairs.

Mike Cuffe, Chairman of the RCA Association 447 Wing played the bagpipes and marched with Veterans and dignitaries. David Stewart was the MC. Margaret Froh, President of the Métis Nation of Ontario provided the Land Acknowledgment, 8th grader Mee Young Gabriel sang the National Anthem, and there was a Peace Ceremony with leaders of local religious and ethnic groups. Tony Beresford play the Last Post with his bugle and Romeo Daley, past President of Korea Veterans Association of Canada Unit 15, Niagara Fall read “Act of Remembrance”.

Dr. Moonshik Kim, chairman of UPF-Canada welcomed guests and explained their sponsorship of the Little Angels’ tour in 2010, the 60th anniversary of the Korean War to the 16 nations, including Canada, that answered the UN’s call during the Korean War. Ontario Premier Doug Ford and Hon. Senator Yonah Martin sent congratulatory remarks by video. Sheref Sabawy, MPP delivered his greeting and presented “Appreciation Certificate” to Dr. Moonshik Kim. Dr. Franco Famularo’s - a key note speaker - introduced UPF’s key principles and thanked all Veterans. Ms. Rebecca Cáliz-Portelance, a beautiful opera singer, read the poem “In Flanders Field,” written by Lt. Col John McCrae, followed by a haunting rendition of “Danny Boy.”



Left to Right: HooJung Jones Kennedy, Ron Zabrok, Dr. Moonshik Kim, John(Jack) Finan, Dr. Franco Famularo.

Jack Finan, a WWII Veteran 104 years old, the last living Lancaster bomber pilot (on February 7th, he received the “French Legion of Honor” from the French Ambassador. It was my pleasure to nominate him for the medal and the French Embassy expedited the medal for him. Jack and Ronald Zabrok, 99 years old WWII and a Korean War veteran, both received their medals and certificates to a standing ovation. Ambassador for Peace Service Awards were presented to Lt. Cdr (Ret’d) Pat Cornect, a 35-year Navy veteran and Editor of the YARDARM, (RCNA’s E-Magazine) and to HooJung Jones Kennedy for his advocacy for Korean War veterans and for raising funds to erect five monuments throughout Canada to preserve the legacy of the Korean War Veterans.

The banquet was excellent and many young volunteers served delicious dishes. Korean Singer SunJa Lee sang “Amazing Grace” and Korean musicians played the traditional “Gayagum” and “Samulnori”. Mike Cuffe played “Amazing Grace”, young Filipino singers sang “Where Peace Begins”. It was a moving ceremony where 54 exceptional Veterans were recognized and honoured by many diverse ethnic leaders and VIPs. Our Veterans are the World Peace makers and Lest We Forget.

Submitted by HooJung Jones Kennedy.



Canadian Veterans



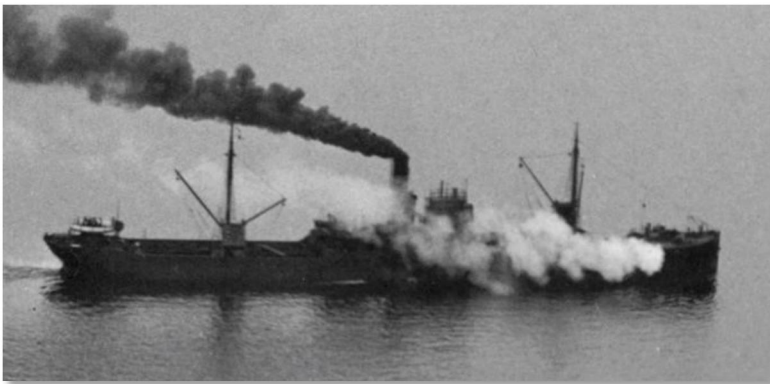
World War Hero Horace Meade Passes Away:

On August 4, 2011 World War Two hero Horace Meade passed away at age eighty-seven. Horace was best known for being the owner of Lake's Brook Garage. After World War Two broke out, Horace enlisted in the Merchant Navy. He served onboard the 3,000-ton ore ship "SS Evelyn B" as a seaman and gunner.



On the night of September 4, 1942, the SS Evelyn B entered Conception Bay enroute to Bell Island. The crew was unaware that they were being closely followed by the German submarine U-513. The submarine spent the night hidden under twenty meters of water. There were four fully loaded ships anchored off Bell Island and two others were loading iron ore at the docks. Just before noon, a torpedo hit the SS Sagananga causing a horrific explosion. Another torpedo hit the ship a minute later cutting her nearly in two. She sank in thirty seconds. Twenty-nine sailors were killed. Not long after, two torpedoes slammed into the SS Lord Strathcona sinking her in ninety seconds. Fortunately, her crew were safe in lifeboats. While this mayhem was going on, the SS Evelyn B immediately raised her anchor and Horace Meade manned the stern gun and started to strafe the waters looking for any disturbances, forcing the U-513 to head out to sea.

Horace and his shipmate Eugene Walters received commendations from the Navy for courage, seamanship and conduct under pressure .



Left -Photo taken by a RCAF plane of the SS Evelyn B just after the attack.

Right - Charles Sr. and Horace circa 1942.



It was very unique for a father and son to be serving in World War Two.

Horace's father Charles Sr. was serving with the Royal Canadian Naval Reserve. Both sailed together on the merchant vessel SS Watuka prior to the war.

Charles Sr. was a Leading Stoker who served on six ships during his war service. His most harrowing experience was the last battle of the German ship Bismarck. His ship wasn't directly involved in the sinking of the Bismarck. They were about fifteen miles away laying smoke screens but within the range of the Bismarck's guns.

When the Bismarck finally sank, the German Air Force unleashed what ever they had on ships in the area. Charles Sr. had to undergo nine hours of relentless bombing. Fortunately for the Allies, the German aircraft weren't very accurate. Sixty bombs were dropped over Charles Sr.'s ship. They all missed. The closest one dropped seventy feet away.

Submitted by Roxanne Meade.

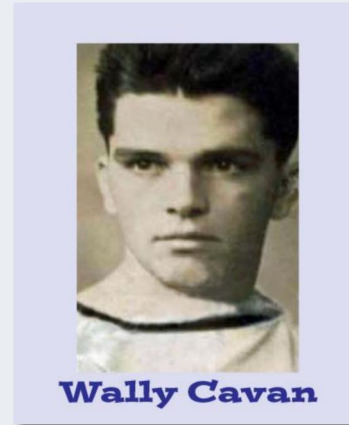


Canadian Veterans



RCN War Ships in the Korean War:

The first dispatch was HMCS CAYUGA, HMCS ATHABASKAN, and HMCS SIOUX. They were followed by HMCS NOOTKA, HMCS IROQUOIS, HMCS HURON, HMCS HAIDA AND HMCS CRUSADER. A total of 3621 Canadian sailors participated. HMCS SIOUX was the last RCN ship to depart Korean waters, in September 1955. One RCN aviator flew with the U.S. Navy.
Source, Wikipedia.



RCN - Korean War Veteran:

Wally was born in Howell Michigan in September 1931 . He lived around Metcalf all his life. He and his older brother joined the RCN together at the young age of 17 and 19. The boys sent money home for their parents and 5 younger siblings for many years.

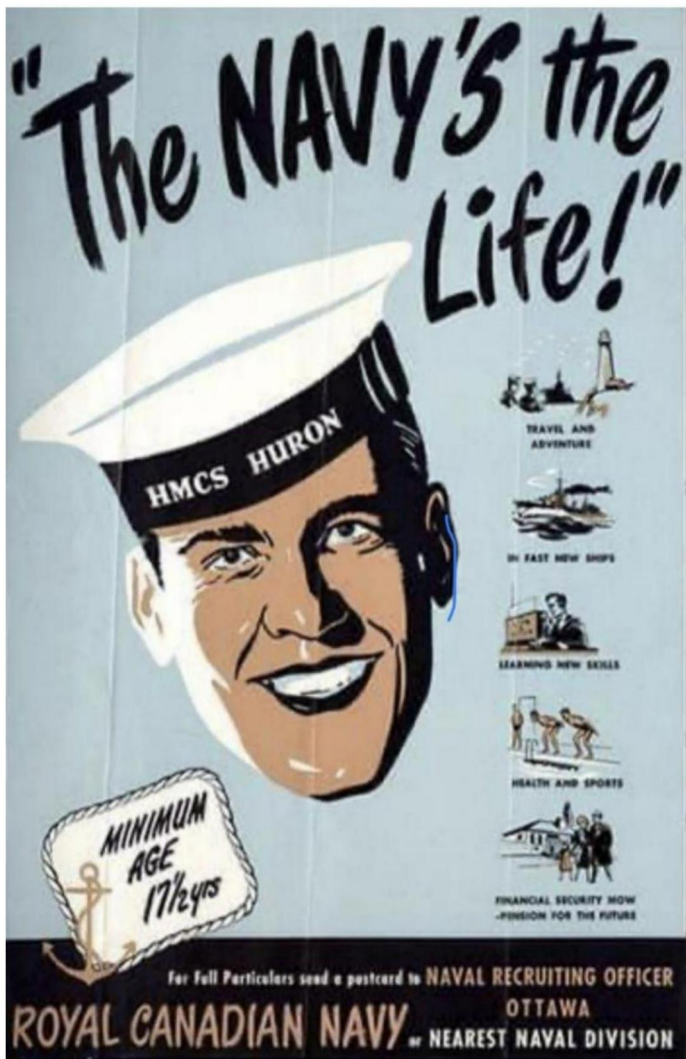
Wally went to Stadacona NS for basic training and to start his electrical training. He volunteered for the Korea War in 1950 and sailed on the HMCS HURON. He was assigned to off-shore duty - shelling the train lines in order to interrupt the supplies going to the North Korean army. Wally recently received the Ambassador for Peace Medal from the Korean Government for his service during the war.

Wally also played football at Stadacona with his fellow sailors for 5 years. He was discharged in 1955 after 6 years service. He pursued his electrical career all his working life.

Brother Len remained in the Navy and was promoted to Captain. His last job was Captain (CO) of CFB Halifax.

Wally was married in 1959 and raised his 3 children in the Sarnia area. He is thankful for is longevity and thanked a loving God for his mercy and patience during this long journey.

Submitted by Willie Caxn.





Naval History



HMCS HURON G24 / 216:

HMCS HURON was a Tribal-class destroyer that served in the Royal Canadian Navy in the Second World War and the Korean War. She was the first ship to bear this name and was named for the Huron people.

Built by Vickers-Armstrong Ltd., at Newcastle-on-Tyne, she was commissioned there on 19 July 1943. She was assigned, like HAIDA, to the 3rd Destroyer Flotilla of the British Home Fleet. She made a trip in October 1943 to Murmansk, Russia with technical personnel and special naval stores, and for the rest of the year escorted convoys to and from North Russia.

In preparation for the Allied invasion of Europe HURON was placed in the 10th Flotilla and was tasked with patrolling and clearing U-boats from the English Channel and the Bay of Biscay. On 26th April 1944, HURON was called upon to assist HAIDA in the sinking of German torpedo boat T29. Although she was present on June 6th, 1944, for the D-Day invasion, her next engagement would not happen for three days. Following the initial land invasion, HURON and the 10th Flotilla would see action during the Ushant Naval Battle. After failing to run down German ZH1 and T24, HURON would come across an already damaged destroyer Z32. Following a quick engagement, Z32 was run aground and stranded on Batz Island.



In August 1944, HURON made her first trip to Canada for refit at Halifax. In November 1944, she returned to Britain, to carry out escort duties in the Western Approaches. In April 1945, HMCS HAIDA G63, HMCS HURON G24, and HMCS IROQUOIS G89 made one more round trip escorting a convoy to and from Kola Inlet.

Departing Greenock on 4 June 1945, HURON returned to Halifax with HAIDA and IROQUOIS arriving there on 10 June 1945, and began tropicalization refit, but this was discontinued owing to VJ-Day, and she was paid off on 9 March 1946.

HURON was re-commissioned with a new pennant number 216, at Halifax for training purposes in 1950 but sailed on 22 January 1951 on the first of three tours of duty in Korean waters.

HMCS HURON's tours in Korea:

- 1st Tour: Departed Halifax: 22 January 1951 / Returned Halifax 21 September 1951 = 9 months
 - 2nd Tour: Departed Halifax 29 April 1953 / Returned Halifax 17 March 1954* = 11 months
 - 3rd Tour: Departed Halifax 1 August 1954 / Returned Halifax 19 March 1955* = 7 1/2 months
- * Returned to Canada via the Suez Canal thus circumnavigating the globe.

Following her Korean tours she reverted to her training role, taking part in NATO activities until she was paid off into reserve at Halifax on 20 April 1963 and scrapped at La Spezia, Italy in August 1965. Legacy – The 4-inch (102 mm) twin high-angle Mk XIX naval gun turret was removed from HURON and presented to the Royal Military College of Canada in Kingston, Ontario.

Honours and Awards: Arctic, 1943–1945: English Channel, 1944: Normandy, 1944: Korea 1951-1953.
Submitted by Ron Sitarz CD.



Financial Advice



Indexing rate – Retired members – Pension:

The indexing rate for 2024 is 4.8%.

The indexing of public service pension plan benefits is governed by two pieces of legislation; the Public Service Superannuation Act (PSSA) and the Supplementary Retirement Benefits Act (SRBA).

Pension increases for retired members and their survivors are calculated each year using Consumer Price Index (CPI) data published by Statistics Canada. In accordance with the SRBA, the increase is based on a comparison of the twelve-month average of the monthly CPI for the year just ended, to the twelve-month average of the monthly CPI for the previous year. The SRBA specifies that the twelve-month period from October 1 to September 30 is to be used to calculate the increase payable the following January. The index used for the calculation is the CPI for Canada.

As an illustration, outlined below are the data used to calculate the 2024 pension increase.

The pension increase (indexing rate) for 2024 is the percentage increase in the monthly average CPI. This is calculated by subtracting the monthly average for the first period (October 2021 to September 2022) from the average for the second period (October 2022 to September 2023), then dividing this amount by the monthly average for the first period and finally multiplying it by 100, as follows:

$$155.9 - 148.8 = 7.1$$
$$(7.1 \div 148.8) \times 100 = 4.8\% \text{ (indexing rate for 2024)}$$



It is important to note that the calculation of the increase payable each January does not include the monthly increases for the last three months of the previous year (October to December). These rates will be incorporated in the following year's calculation.

Source the VAC website - Editor.



RCNA Sarnia (Navy Club)

1420 Lougar Ave, Sarnia ON N7S 5N4
Ph: 519 344-0331, Ema: sarniarcna@gmail.com



**Bookings available for all occasions.
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The Royal Canadian Naval Association

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Parliamentary &
Veterans Affairs

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Healthy Eating



Coconut Macaroons:

Prep: 10 min - cook time: 20 min.

- ◆ 4 lg egg whites
- ◆ ¾ c white sugar
- ◆ ¼ tsp salt
- ◆ 1 tsp vanilla
- ◆ ½ cup all-purpose flour
- ◆ 3 c unsweetened shredded coconut

Preheat oven 350°F I makes approx 24 minutes.
In a bowl (heatproof) whisk egg whites, sugar and salt.
Place bowl over saucepan of simmering water (180-190 degrees F).



Whisk constantly until sugar has dissolved, and mixture is warm to touch.
Remove from heat, stir in vanilla, flour and coconut.

Cover and refrigerate for an hour or until mixture is firm.

On a parchment lined cookie sheet, scoop and place small mounds of batter (one-inch apart).
Bake for approx 18 to 20 minutes or until bottoms of macaroons become golden brown.

Remove from oven and cool on cookie sheet for 5 minutes.

Submitted by K.J. Phillips.

Newfoundland Slang:

“I’m gutfounded. Fire up a scoff.”

Translation: I’m hungry. Make me some food.

According to the Dictionary of Newfoundland English, “scoff” has its origins in the Anglo-Manx dialect, and means food or a meal. A scoff often consists of a Jigg’s Dinner—a delectable collection of boiled salt beef, cabbage, carrots, and turnips, which may or may not be accompanied by peas pudding (boiled split peas) and followed by figgy duff (boiled pudding made with raisins).





Healthy Aging



Strep Throat:

Strep throat is a bacterial infection that causes your throat to feel painful and scratchy. People will often describe the pain as swallowing glass or sand. While more common in children, people of all ages can become infected.

Common signs and symptoms of strep:

- Sudden onset throat pain
- Pain with swallowing
- Beefy red, swollen tonsils often seen with white patches
- Tiny red spots on the soft palate (soft part of the roof of the mouth)
- Swollen and tender lymph nodes
- Fever (temp over 38°C)
- Headache
- Rash (more common in kids)
- Nausea and/or vomiting (more common in kids)
- Body aches



Even if you have checked off most the symptoms above, it is important to note that most sore throats are caused by viruses. Doctors will swab your throat to determine if your sore throat is caused by strep. If positive, you to be treated with antibiotics. Untreated strep throat can cause complications like kidney inflammation, reactive arthritis and rheumatic fever (noted by painful/inflamed joints, rash and/or inflammation of your heart valves). These complications are rare, but prompt treatment for strep throat is important.

Strep throat is caused by the bacterium *Streptococcal pyogenes* and is very contagious. It spreads through droplets from sneezing and coughing or by sharing food/drink. You can also become infected by touching an infected door knob and then touching your nose, mouth, or eyes. The most effective way to avoid being infected is by washing your hands, avoid sharing personal items related to eating/drinking, and keeping your hands OFF of your face.

Once strep throat has been confirmed by a rapid strep test or swab, treatment with antibiotics is the next step. To help you feel more comfortable, there are a number of things to help relieve your symptoms:

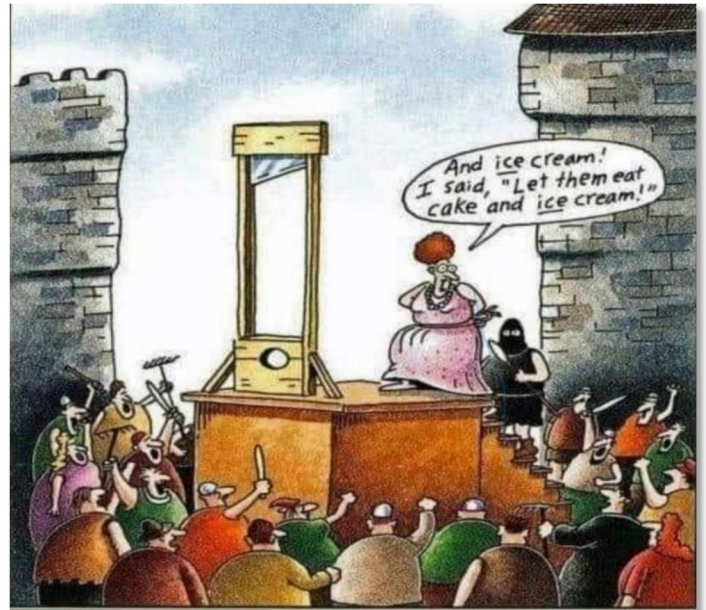
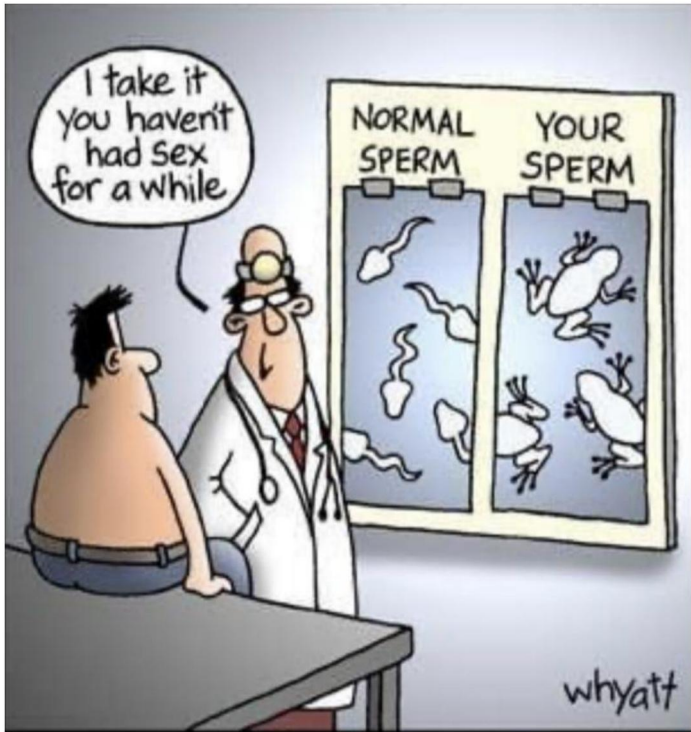
- Pain medication such as acetaminophen or ibuprofen
- Rest: stay home and sleep
- Drink lots of water: it will help swallowing and prevent dehydration
- Choose easy to swallow foods: soups, applesauce, cooked cereal, soft fruits, yogurt, cold foods. Spicy and acidic foods may cause more irritation
- Gargle with warm salt water (mix ¼ tsp salt in 1 cup of warm water). Be sure to spit the water out after gargling!
- Humidifier – cold mist and be sure it's cleaned regularly
- My mom's go-to feel-good drink: warm-hot water mixed with juice from ½ lemon and generous Tbsp of honey.

Strep throat is rampant again this year. If you have any of the above symptoms or you note that your sore throat isn't improving over 3-4 days, it is best to be assessed by your doctor and have a rapid strep test or swab done. Treatment with antibiotics is still recommended even if your symptoms resolve on their own to avoid the potential of complications.

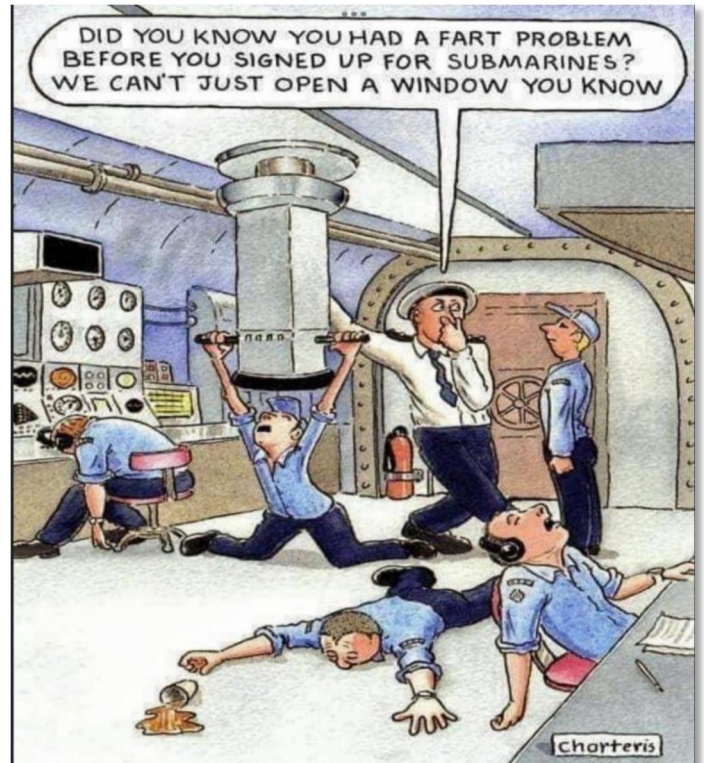
Submitted by Dr. Shauna Phillips



The Funny Page



Marie Antoinette's last-ditch effort to save her head.





Items of Interest



Wren Home Towns:

The year was 1944 : Canada and its Military were in the midst of World War Two.

Our 18 year old Wren was two years enlisted in the WRCNS. What did she expect? How did different women from all parts of Canada and beyond travel to places they never knew existed? Many came from small towns or hamlets, and villages' even settlements or farms to take a bus or train to sign up for basic training. Some had expectations of being married or having families and if funds supported may have gone to University and some would have occupations not unlike the services required to keep our ships at sea. They joined as WRCNS, doing what was expected of them; and thereby gained the respect of those Military persons they worked alongside.



The year 1944 and the year 2024 are 80 years apart and who recalls the persons: aunts, sisters, mothers, family friends who enlisted and learned new jobs and new responsibilities returning home changed and ready for a new future. A future that in the Royal Canadian Navy means today Women serve as equals.

The bonds that formed during the wartime period lasted many years until the initial 8 Wren Associations including some independent gatherings closed one by one. Old NAVY never fades away it just dwindles down then Vanishes.

**2216 is the latest estimate of WRCNS home town locations. Perhaps your home town is one? Have you or your organizations written up each of their WRCNS stories for the time spent in the History of the Royal Canadian Navy?

**Total 2216 i.e. 2100 Canadian Locations plus approx. 116 women came from outside Canada. Courtesy Source- Dave Freeman draft... Working title "Women of the Navy 1942 to 1946".

Submitted by Joan Balch.

ALS Canada:

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

Please review our recent news releases for the most up-to-date information about ALS research, awareness, and more. For more information or to request an interview with an ALS Canada spokesperson, please contact media@als.ca.





CHAPLAIN'S CORNER



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

In Ecclesiastes 9:12 the author says “no one knows the hour when his/her hour will come.” I believe that everyone should live life with the expectation that life is short and therefore live prepared for the worse and be ready to help anyone in need. Growing up in the country, one was always prepared for when the power was knocked out. There was always a wood stove for heat that could also be used to heat a kettle and to cook a stew or soup, and coal oil lamps in reserve, In those days there was always a landline telephone with party lines. If something happened everyone soon knew about it. There was usually a battery operated radio at hand too.

Today very few people have a backup plan. When the power goes out unless one has a generator there is no heat, no light and often, because of fibre optic cable and cell phones, no telephone.

When the tornado hit Goderich in 2011, the telephones were down except for the old land line systems. The cell towers were down because there was no backup power. When the town tried to reach the utilities manager's cell phone they could not because the cell towers were down. She lived in Zurich and officials finally reached her home which was a land line not fibre optic.. Now most telephone companies have switched over to fibre optics with no backup.

As a nation, I worry that much like in 1939, Canada is ill prepared for the day when disaster strikes. There is talk among some of doing away with am radio, but when digital or FM radio is off air, the old AM frequency is still operating and the ham radio operators are still able to communicate. As a nation we need to be prepared as we do not know the day or the hour. Everyone should have a power of attorney and a will prepared for the day when such things will be needed. At the same time, one should make peace with family and neighbours, for to love God, one must also love one's neighbour.

Like having the resources to provide heat, light etc. when the power goes off, wills, and powers of attorney provide the care giver with the necessary tools to fill one's needs and wishes. They become the landline to complete the mission. The scriptures reminds us to be prepared because none knows the day or the hour when one is called.

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

Photo source - Public Domain.





Crossed the Bar



BRAIS, Pierre. 30 September 2023, Pierre served during WWII in the RCNVR. He was a member of the MANITOULIN NORTHSORE NAVAL VETERANS ASSOCIATION (MNSNVA).

COLE, Karl. 2023. Karl was a longtime member of the RCNA Sarnia Branch. He often volunteered when there was an event at the Club.

HECKENSVILLER, Lawrence. 2023. From New Liskard ON, S/M Lawrence was the last living member who served on HMCS North Bay WWII. He was a member of the RCNA North Bay Branch.

LER, Linda. 17 February 2024. Linda was a Life Member of the Royal Canadian Naval Association Admiral Hose Branch Windsor and the North Wall Riders Association.

MCINTOSH, John, CD. 3 June 2023. John served in the RCN from 1949 to 1980. He was a Bosun on HMCS Magnificent, Bonaventure, Shearwater. John was a member of the MNSNVA.

ONIONS, Patrick. 2023. S/M Onions lived in Callendar ON with his wife Dorothy, on her passing Patrick moved to Hanover ON and became a MAL. Patrick served on HMCS Halifax at the surrender of the Uboat 899. He was a member of the RCNA North Bay Branch.

OZORIO, Raymond. LCdr. (Ret'd). 22 February 2024. Ray served in the RCN 1954- 1997 - 43 years of service. As a member of the CAF Medical Service he served at CF Hospitals Cornwallis, Halifax, Esquimalt, Lahr (Germany) and NDMC Ottawa - HMC Ships Magnificent, Bonaventure, Lauzon, Lanark, Cap de Madeleine, Chaudière, and Yukon. Decorations: Canadian Forces Medal (3 Bars), NATO Medals and Queens Jubilee Medal. Ray was a member of the RCNA Admiral Hose Branch Windsor and Legion Branch 255.

PARTYKA, John. 24 February 2024. John served in the Merchant Navy of Canada during the WWII in the Battle of the Atlantic. He was awarded the Atlantic Star, Canadian Volunteer Service Medal and Clasp, and the War Medal 1939-1945. John was a member of the RCNA Admiral Hose Branch Windsor.

SHIAKOWSKI, Mike. 2023. Mike was a member of the White Ensign Club located at HMCS Griffons, Winnipeg MN. He was an avid supporter of the RCNA and volunteered to coordinate printed copies of the Yardarm for all members at large, Nationally. A good Friend.

TAGGART, Stuart. 2023. S /M Taggart was a student at Royal Roads in Victoria BC. He also served with the Canadian Engineers and went on to receive a BA in Administration. Stuart spent many years on the family farm in Trout Creek ON. He was a member of the RCNA North Bay Branch.

TIMMER, Gary. 31 December 2023. Gary served in the RCN between 1962 and 1965. As a Sonar/Weapons, HMCS Cape Scott, Columbia, Stadacona. He as a member of the MNSNVA.





The Last Word



Well, had an interesting winter - weather wise - the good news is - its over. I hope you are doing well. I've been working on this edition of the Yardarm for over a month. Its getting harder to find relevant material suitable for our target readers. Somehow we managed to pull through once again thanks to the excellent support from all who contribute material - especially my regular contributors.



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

Ambassador for Peace Awards:

11 November 2023, my wife and I had the honour and pleasure to be invited to “Canada’s Ambassador for Peace Awards Banquet” at the Huron Park Recreation Centre Ojibway Hall. During the Ceremony we were among the 54 Veterans who received the UPF Canada’s Ambassador for Peace Appreciation Medal. I was further honoured by being selected as one of the two members (along with HooJung Jones) to be presented with the “Ambassador for Peace Service Award”. It was an excellent event - see HooJung’s article in this edition. **Editor.**



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- Business Card size advert - \$50.00 for Branches/members, and \$100.00 for other agencies/non-members
- Half-Page advert - \$100 members/\$200 non-members
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Thank You for your support - Editor.



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