



# THE YARDARM

FALL 2024

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## HMCS VALLEYFIELD





# Fall 2024 YARDARM



## **About this edition:**

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](http://www.rcnayardarm.com) or contact the editor directly at [cornect@gmail.com](mailto: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.

***Editor.***



## **Fall 2024 Cover:**

The HMCS VALLEYFIELD is featured on the cover of this Edition. A River-class frigate, she served with the RCN during the Second World War

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

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# National President



## MAKING IT EASIER:

Greetings my Shipmates, I think it may be unusual for the National President to write about day to day business in the Yardarm but I'm going to break the mold and do so anyway. I'm referring to elected portfolios in each club and on the national as well.

It may make some blush when I say it takes a good deal of 'love'. Oh; and fortitude and dedication for any member to run for and accept any position on the executive of his/her club. The same holds true for the National Executive. Fear and anxiety stand in the way. We sometimes do not run for a position because we doubt our own abilities to reach success in it. We don't want to let our shipmates down.

Help is on the way! It doesn't have to be scary or complicated. It can be made easy. We are paving the way by starting with two positions on the national. Let's begin with the scariest of them all: 'Executive Treasurer'. At the Brant NVA Annual General Meeting we voted to purchase a laptop computer and an accounting program. The Treasurer need only fill in the blanks. The next Treasurer receives that computer with the program and continues on. Similarly, the Executive Secretary must provide the minutes of each meeting. To facilitate that task and to preserve the importance of our meetings he will be supplied a digital recorder so that every word of every meeting can be recorded, saved and reproduced in print.

We will continue to work on ways to make each and every position easier with a step by step path to follow. Not only on the national stage but within each and every club. We are a great group of Canadians who support our Navy and Nation. When we work together there is nothing that we cannot accomplish.

Shipmates, I thank you for your camaraderie and love of country.

***Jack Angus Chapelle, RCNA National President.***



### **MANITOULIN NORTHSORE NAVAL VETERANS ASSOCIATION (MNSNVA)**

ALGOMA / MANITOULIN - NORTHSORE /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.*

### **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**





# National Secretary



## Shipmates:

Well it is Yardarm time again and as usual our editor Pat Cornect will turnout another excellent publication for us. I think too often we take the work for granted that Pat puts into editing and laying out this publication twice a year. As someone who has worked for newspaper and magazines I know it can be very time consuming and sometimes difficult. So BRAVO ZULU Pat. We are lucky to have you and your expertise doing the Yardarm.

We are holding our RCNA Biennial AGM in Halifax this year at Peregrine Club on Saturday 21 September. The Biennial AGM's are setup in different areas of the country every second year. It is our chance to get out in their area of the country and meet face to face with them and hear their concerns and ideas. They are attended by the RCNA Executive and the Club Shipmates of the areas we are meeting in. We held our first one in Kelowna in 2022 with the BC Clubs and also invited Calgary and Edmonton. I would suggest we hold the 2026 Biennial in either Calgary or Edmonton. We are hoping that Oshawa will be the host for the Full RCNA AGM in 2025.

## (UN's NGO) AMBASSADOR for PEACE APPRECIATION MEDAL

On Sunday 21 July 2024, I had the honour and privilege of representing the RCNA at the "*Banff Korean War Battle of Gapyeong (previous known as Kapyong) Victory Monument Ceremony*" to honour and remember our Korean War Veterans and in particular the heroic stand by Canada's PPCLI in that engagement. It was hosted and funded by the Korean War Veterans Advocates of Canada in Banff, Alberta, at the Banff Royal Canadian Legion Br. 26 Col. Moore. The Calgary Naval Veteran's Association (CNVA) had a good turnout in support of the event with some from Edmonton present as well. S/M Doug Ewing, President CNVA and myself had the honour of receiving the Universal Peace Federation's Medal.



***UN's NGO) AMBASSADOR  
for PEACE APPRECIATION  
MEDAL.***

Lastly I want to give a big special thank you to all the RCNA Clubs and Individuals that helped sponsor this Memorial. You raised almost \$10,000.00 in support. Bravo Zulu.

Wishing you all calm seas and following winds.

***L.R. Verne Lunan, Executive Secretary.***

## Nominations:

- Affirmation of UPF's principles of peace;
- Demonstration of leadership qualities in a given sphere of activity;
- Recommendation by a Senior Member of UPF or an organization affiliated with UPF.

For more info [CLICK HERE](#). ***Editor.***



# Veterans Affairs



## **REMEMBRANCE DAY 2024:**

On Remembrance Day, Canadians pause to honour the men and women who have served and continue to serve Canada during times of war, conflict, and peace. More than 2,300,000 Canadians served and more than 118,000 made the ultimate sacrifice.

The poppy is the symbol of Remembrance Day, replica poppies are sold by the Royal Canadian Legion to provide assistance to veterans. The reason that the poppy is worn for Remembrance Day is due to a Canadian physician and poet who noticed how quickly poppies had grown over the graves of soldiers who had died during the Battle of Ypres. This symbolism of the blood-red flowers beautifully captured by Lieutenant Colonel John McCrae in his 1915 poem "In Flanders Fields." The poem was apparently discarded by McCrae but was found by soldiers who sent it to a London-based magazine named Punch.

In 1921, people began wearing the poppy three years after the war ended. For the centennial observance of Remembrance Day in 2021, the Royal Canadian Legion released a commemorative replica of the original fabric pin from 1921.

After the end of the war in 1918, it didn't take long before the signing of the armistice was adopted as a suitable time and date for countries involved in the war to mark the sacrifice of their soldiers, with official remembrance services taking place in Canada, UK and USA in 1919.

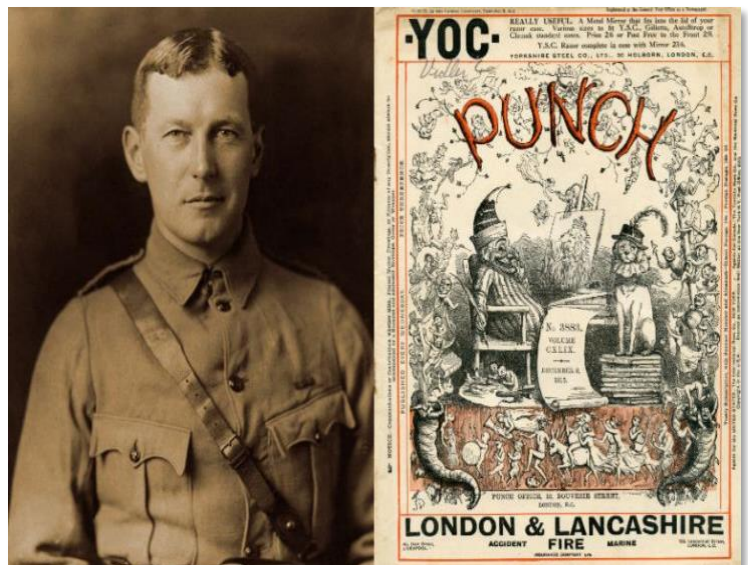
The national ceremony is held at the National War Memorial in Ottawa. The Governor General of Canada presides over the ceremony. It is also attended by the Prime Minister, other government officials, representatives of veterans' organizations, diplomatic representatives, other dignitaries, Veterans as well as the general public.

*In Flanders fields the poppies blow  
Between the crosses row on row  
That mark our place and in the sky*

*The larks, still bravely singing fly  
Scarce heard amid the guns below*

*We are the Dead Short day's ago  
We lived felt dawn, saw sunset glow,  
Loved and were loved, and now we lie in Flanders fields*

*Take up our quarrel with the foe  
To you from falling hands we throw  
The torch; be yours to hold high.  
If you break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields. John McCrae.*



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



# RCNA News



## DUES & MEMBERSHIP TO DECEMBER 31, 2023:

### **REPORT AS OF SEPTEMBER 07, 2024**

We currently have 18 Clubs active in Canada. At this time SIX clubs have Closed as of December 2023;

- Admiral Desmond Peers – Dec. 2023
- Penticton RCNA – 2023
- London RCNA - 2022
- Sunshine Coast NVA, - 2019
- Winnipeg White Ensign Naval Club - 2020

We will certainly miss some of our friends as well as their involvement with the RCNA.

Our Membership reported as of December 31, 2023

- Regular members 817
- Five (5) Clubs have not paid 2023 dues to date
- Total funds received as of this report is \$6,536.00

This amount includes Club donations from Kitchener/Waterloo & Edmonton Clubs, plus the Wrens Association of Toronto and a few personal.

Thank you to all the clubs that provided your information.



Members-at-Large	25
Income - 2023	\$385.00
- 2024	\$304.00.

Very sorry we lost 3 members – George Blakley, Kenneth Legge & Patrick Onion.

I have lost contact with a few as well and have contacted the Clubs they were with prior to becoming a Member-at-Large.

If you have any members that have moved out of your area, I would appreciate receiving their name, address and email address to contact them regarding membership as a “Member-at-Large”. Membership is \$16.00 annually and includes a copy of spring and fall “Yardarms”, as well as correspondence from National and videos from very interesting Clubs and Groups, if they provide an email address. **Submitted by June Greig, VP Membership.**

### **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"

### **THE ROYAL CANADIAN NAVAL ASSOCIATION**

*Admiral Hose Branch Windsor*



2298 Luxury Ave.  
Windsor, Ontario  
N8P 1W9

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





# RCNA EXECUTIVE



## RCNA PRESIDENT

**Jack Chapelle**

Email: [happyrhodes@yahoo.ca](mailto:happyrhodes@yahoo.ca)



## Past President

**Blaine D. Barker CD**

Email: [bbarker41@bell.net](mailto:bbarker41@bell.net)



## Executive Vice President

**Terri-Leigh Saunders, CD**

Email: [tls@hotmail.ca](mailto:tls@hotmail.ca)



## Executive Secretary

**L.R. Verne Lunan**

Email: [vernelunan@yahoo.ca](mailto:vernelunan@yahoo.ca)



## Executive Treasurer (Acting)

**Blaine D. Barker CD**

Email: [bbarker41@bell.net](mailto:bbarker41@bell.net)



## Vice President (Membership)

**June Greig**

Email: [junegreig@shaw.ca](mailto:junegreig@shaw.ca)



## Parliamentary & Veterans Affairs Liaison

**Bryan Chapelle**

Email: [bryan.monley.chapelle@gmail.com](mailto:bryan.monley.chapelle@gmail.com)



## Supply Officer

**John More**

Email: [jmore71704@gmail.com](mailto:jmore71704@gmail.com)



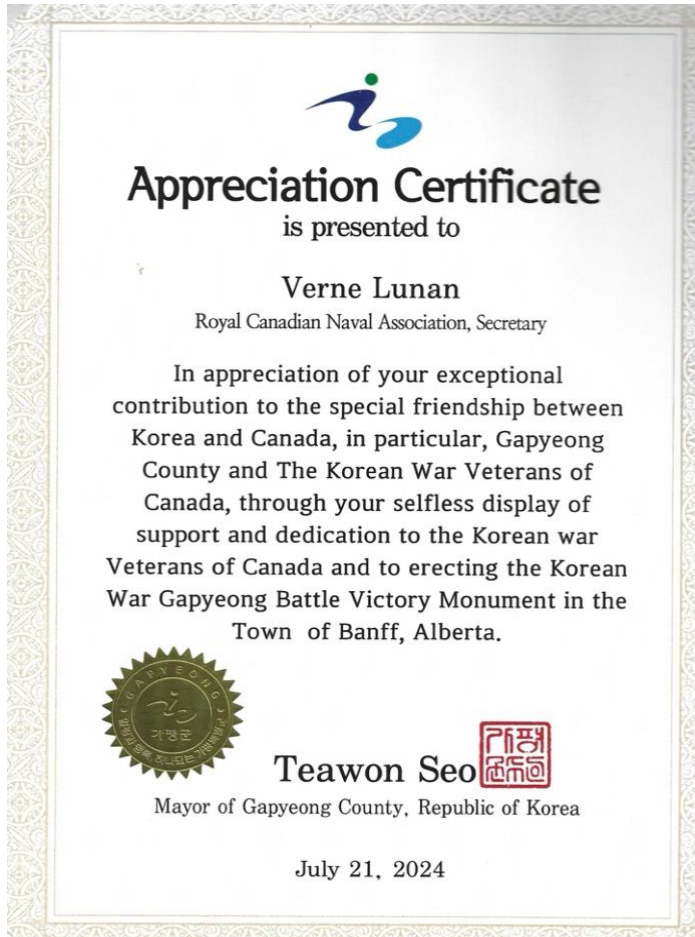
## Yardarm Editor

**Pat Cornect CD2**

Email: [cornect@gmail.com](mailto:cornect@gmail.com)



# RCNA News



Congratulations to our Executive Secretary, Verne Lunan, on receiving recognition for his many years of dedicated service. Also, a heartfelt Thank You to the RCNA and the many contributors for supporting the *Veterans of the Korean War*. For more information see HooJung's article in this edition. **Editor.**



## **Correction:**

I previously incorrectly reported that Steve Willar was the President RCNA - Admiral Hose Naval Veterans Association in Windsor – in fact the President is **Steve Lamarche.**  
**Editor.**





# Veteran News



## **Disability Pension Corrective Payment:**

**Background** - Under the Pension Act, rates of pensions and allowances, including disability pensions, are adjusted (“escalated”) annually.

In 2017, the Office of the Veterans Ombudsman (OVO) completed an analysis of historical escalations and identified a discrepancy. The OVO released their findings publicly in November 2018.

VAC quickly secured a source of funds and began working to deal with the situation. We are issuing corrective payments for those affected. Each corrective payment scenario is different, however most payments will be approximately a few hundred dollars.

**Payments** - Corrective payments began in September 2019 and continue to be issued. If you were affected by this issue and currently receive a pension or other benefit from us, a corrective payment will be issued automatically. Not all payments will be issued at exactly the same time. Some complex cases are being processed and paid manually and will take more time.

As of June 2020, we have issued approximately \$73 million in corrective payments to approximately 101,000 affected individuals.

In 2018, we found that individuals who received disability pensions and certain related benefits between 2003 and 2010 were affected. If you were affected and are currently receiving a pension or other benefits that we administer, a corrective payment will be issued automatically.

If you are affected but no longer receive VAC benefits, we may need you to provide updated contact information so that we can issue the payment. ***For more information, [CLICK HERE](#). Editor.***



## **SLATER SIGNALS**

**The Newsletter of the USS SLATER's Volunteers**  
**By Timothy C. Rizzuto, Executive Director**

**Destroyer Escort Historical Museum**

**USS Slater DE-766**

**PO Box 1926**

**Albany, NY 12201-1926**

**Phone (518) 431-1943**

**Vol. 27 No. 3, March 2024**

***For back issues [CLICK HERE](#). Submitted by Bill Gard.***



## CANADIAN HERITAGE ANNOUNCES OFFICIAL CANADIAN PORTRAIT OF THE KING LEAGUE TO DISTRIBUTE TO PUBLIC



HIS MAJESTY KING CHARLES III      SA MAJESTÉ LE ROI CHARLES III  
KING OF CANADA                      ROI DU CANADA

(OFFICIAL CANADIAN PORTRAIT 2024 © ALL RIGHTS RESERVED)

(PORTRAIT OFFICIEL CANADIEN 2024 © TOUS DROITS RÉSERVÉS)

Canada



### CORONATION MEDAL:

The Coronation Medal commemorates the Coronation of His Majesty King Charles III as King of Canada. The medal is administered by the [Chancellery of Honours at Rideau Hall](#).

Eligible candidates must meet the following national criteria:

- Have made a significant contribution to Canada or to a particular province, territory, region or community of Canada, or have made an outstanding achievement abroad that brings credit to Canada, and
- Be alive on 6 May 2023. The award can be made posthumously, as long as the candidate was alive on that date.

The list of partners in this medal program and their allocation of medals have been confirmed. During the anniversary year, 30,000 medals will be awarded, of which 4,000 will recognize members of the Canadian Armed Forces (CAF). ***For more information, [CLICK HERE](#).***



## **Home for Veterans:**

Homes for Veterans is a charity and works with other organizations. It builds vets housings for TRANSITION.- From homelessness to some community factor and is not Permanent Housing. Takes in a number of organizations and health and government capacities to allow homeless vets to transition to a permanent result.

*For more information visit  
[www.homeforvets.ca](http://www.homeforvets.ca).*

## **PROTECTION OF MILITARY REMAINS ACT CANADA:**

Suggest Canada follow UK Protection of Military Remains Act 1986 wherein those vessels and aircraft with human remains of lost aboard can be “Protected” or “Controlled” to prevent unauthorized entry. “Controlled” applied to own Waters, “Protected” was noted as –not yet specified but could be. Suggest in this Act that the Ministry of Defence had the mandate to specify. Time frame was limited 200 years and Military Vessels from WW 1 and onward as War Grave. September 2019 saw 93 as “Protected” [named] and 13 earlier “Controlled” i.e. ban on diving.

SECONDARY QUERIES: Should the Canadian Government by a specific Ministry use the “Controlled” notation it had been queried that perhaps there would be no identifiable human remains from the amount of time passed. However for Historical Purposes to connect people to the actual tragedy some ITEMS from the wreck with Governmental permission could BE SAVED such as the Ships Bell and other readily identifiable objects for teaching purposes. These items could go back to the ships named location land base.

Note: the Canada Act does not exist.

*Submitted by Joan Balch.*

## **Veteran's Service Card:**



### ***Who is eligible***

You are eligible to receive a Veteran's Service Card if you have:  
completed basic training and  
been honourably released from the  
Canadian Armed Forces.

### ***How to apply***

You may apply for your VSC either online or by mail. We strongly recommend that you apply via the online application portal as it may expedite your request by at least two weeks.

Because of privacy and security considerations, we are not authorized to receive or process any Veteran's Service Card applications by email or by email attachment.

We will make every effort to verify eligibility and fulfil requests for the Veteran's Service Cards within a 90 day period of application.

#### ***1. Online***

Apply for your card online using the Veteran's Service Card secure online portal.

#### ***2. By Mail***

Download the Veteran's Service Card Application Form and fill out electronically before printing off. For handwritten submissions, print out the form and fill out using clear block letters. For more information and to download forms [CLICK HERE](#).





# Veteran News



## **ALS - Where Your Donations Go:**

ALS Canada receives no core government funding to support our mission work. The generosity and commitment of thousands of donors and fundraisers make our work possible.

We rely on the support of individuals through events, monthly donations, annual gifts, and planned gifts. We are also grateful for the generous corporate donors and foundations who provide us with vital financial support.

Investing in research for a world free of ALS  
Because of you, the ALS Canada Research Program funds high-quality ALS research in laboratories across the country. Learn more about what studies we invest in and the process involved in decision-making.

A voice with government decision-makers

Because of you, we are representing the voices and experiences of people living with ALS to officials in the federal and provincial governments advocating for policy changes that will have meaningful impact.

The right help at the right time

Because of you, we are supporting people and families living with ALS in Ontario by providing regional support and access to the ALS Canada Equipment Program.

***For more information or to make a donation [CLICK HERE](#).***



## **VAC Assistance Service**

The [VAC Assistance Service](#) can provide you with psychological support. It is available 24 hours a day, 365 days a year. The service is for Veterans, former RCMP members, their families, and caregivers and is provided at no cost. You do not need to be a client of VAC to receive services.

**Toll-free: 1-800-268-7708**

**TDD/TTY: 1-800-567-5803**

## **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](#).



# Items Of Interest



## OCEAN WAR GRAVES PROJECT UPDATE:

A lawyer's degree is necessary to sort through all the internet articles, Acts, Decrees, Ministers responses or non-answers, MP's, contacts, and many others.

So who has the FILE? You are welcome to look for yourselves. Trailing away these past 5 years who is the responsible for the file and it appears no one.

The Wrecked Abandoned and Hazardous Vessel Act started May 2018 with the Minister [of Transport] after a paper plus e- petition to Parliament, discussion and recommendations, wherein the Senate made amendments re OWG: Assented June 21 2019 : Consolidated to June 21 2019 The ACT was recently located in **Canada Gazette Part 2 Vol 153 No 11: May 29, 2019:** said in FORCE July 30. 2019 and given to Ministry of Transport. [Canada Gazette Link.](#)

It suggests the Minister of Parks has Coastal notations--International is via the Nairobi Convention. Governor in Council plus the Minister of Fishery and Oceans, Canadian Coast Guard and the Receiver of Wrecks along with the Minister of Transport all have part of the ACT.

For World War TWO and loss of life along with the ship how will it be protected or how do we identify who will do this. [ROW?} There are possibly 26/33 RCN ships and 37/59 MM ships WW2 in both Coastal/ International waters with loss that have NOT been indicated ours or protected by Canada.

These are the Ocean War Graves.

**HMCS Valleyfield** was just one of RCN and MM ships in coastal waters [24-200 nautical miles] re the Battle of the Atlantic.

### IN COASTAL Waters:

#### **\*\*RCN ships:**

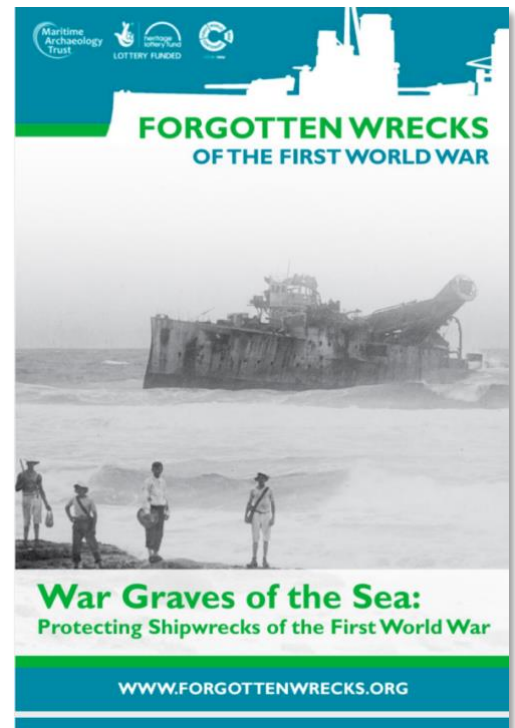
HMCS Bras d'Or, HMCS Otter,  
**HMCS Windflower**, HMCS Raccoon,  
HMCS Charlottetown, **HMCS Ottawa**,  
HMCS Chedabucto, **HMCS Valleyfield**,  
HMCS Shawinigan, HMCS Clayaquot,  
HMCS Esquimalt. [Bender]

#### **\*\*MM ships:**

Livingston, Kitty's Brook,  
Caribou, Donald Stewart,  
Oakton, Watuka,  
Rose Castle, Nipiwan Park,  
Carolus, Liverpool Packet. [Bender]

**\*\*locations check re jurisdiction: Bold text indicates more than 100 lost.**

***Submitted by Joan Balch.***





# Canadian Veterans



## **THE KAHLERS – A LIVING TESTAMENT TO CANADA’S MILITARY HERITAGE:**

Reflecting on the diverse tapestry of Canada’s history, one family’s story stands out as a living embodiment of dedication and service to our country.



Commander (retired) Eric Kahler, CD, in Lahr, Germany on a NORAD posting in 1978.

The Kahler family, with their astonishing 140-plus years of combined service in the Canadian Armed Forces (CAF), offers a unique perspective on how personal commitment intertwines with national heritage. From the Second World War to modern-day operations, their story parallels our nation’s journey, highlighting the enduring values of duty, sacrifice, and patriotism that have shaped Canadian identity.

Commander (retired) Eric Kahler, who served from 1972 to 2014, speaks proudly of his family’s contributions.

“I think ‘commitment’ is a word we firmly believe in,” he says. “By contributing 83 years continuous service from one family and over 140 years combined, I feel we have grown up with Canada and our legacy will always be that we served our country to the best of our ability.”

The family’s service spans generations:

Chuck Kahler (uncle) served from 1941-1946; Wylie Jenkinson (uncle) served from 1941-1945 and onboard HMCS Haida from 1943; Ed George (uncle) served in the RCAF from 1941-1945; Larry Kahler (father) served 1946-1977 including as the first Command CWO for NDHQ, then

as a Reservist at HMCS Tecumseh; Hugh Price (father-in-law) served from 1948-1979 and onboard HMCS Sioux during the Korean conflict; Allan George (cousin) served in the RCAF from 1963-1974; Steve Kahler (brother) served with HMCS Malahat from 1967-1971; John Stone (uncle) served in the RCN in the 1957–1958; Eric Kahler (self) served from 1972-2014 as a Supply Officer in HMCS Saskatchewan, including more than six years onboard ships, more than 5 years in Germany, and four years in Colorado Springs as Commanding Officer of the support unit for NORAD; Bret Kahler (son) served with the RCAF from 2007-2024.

This legacy of service has profoundly shaped the family’s view of Canadian heritage and patriotism. Kahler sees their service as a reflection of Canada’s values. He emphasizes their readiness to defend the country they love if ever called upon. “We are very fortunate to live in a country where we can live without fear and with pride in our place in the world,” he says. He also notes the changing fabric of Canadian society through immigration, expressing pride in the country’s welcoming nature. Today, Eric Kahler is a public servant as Director of the Naval Museum of Alberta.

**Source, Kateryna Bandura – Lookout Contributor. Submitted by Eric Kahler, a member of the Calgary Naval Veterans Association, served as a Director for 10 years, Master at Arms for three years, President for two years and currently Area VP Western Region – RCNA.**



Commander (retired) Eric Kahler, CD, with his wife, Jane attending a mess dinner at HMCS Tecumseh.





## Korean War Veterans of Canada Unit 26, Hamilton



### **Banff Korean War Gapyeong Battle Victory Monument:**

As Co-Chairs (HooJung Jones Kennedy and Major (Ret'd) Don Kennedy), of the Korean War Veterans Advocates of Canada, we are honoured to preserve the legacy of our Korean War Veterans by erecting the "Banff Korean War Gapyeong (previously known as Kapyong) Battle Victory Monument" on Sunday 21 July, 2024 in partnership with the Royal Canadian Legion Br. 26 Col. Moore in Banff, Alberta. Each year, over 4.5 million tourists travel to the Rocky Mountains and visit the beautiful town of Banff.

The Battle of Gapyeong/Kapyong is one of the greatest victorious in Canadian Military history. The Princess Patricia's Canadian Light Infantry (PPCLI) 2<sup>nd</sup> Battalion was instrumental in winning the Battle, April 23 – 25, 1951. They received a "United States Presidential Unit Citation" for their valor during the fight. This battle helped to save Seoul, the Capital of the Republic of Korea (South Korea), and helped to preserve Peace and Freedom worldwide.

The year 2024 Is the 110th Anniversary of the PPCLI, and to mark the occasion the City of Gapyeong generously donated the monument, base and four bronze plaques (5 ton) and covered the shipping (approximately \$60,000).

At the Monument Unveiling ceremony, and Veterans Appreciation Dinner, there were over 150 guests, including; Blake Richards MP – Shadow Minister of the Veterans Affairs Canada, Woongsoon Lim – Ambassador of the Republic of Korea, Teawon Seo – Mayor of Gapyeong County, Hugh Pettigrew – City Councillor of the Town of Banff, Gapyeong delegates, 9 Korean War Veterans including 2 Gapyeong Battle Veterans – Edwin (Ted) Adye, Kevin Villiger, Bgen (Ret'd) Raymond Romses, Honourary Colonel PPCLI, Col Dongwon Lee, Defence Attaché, HooJung Jones Kennedy and Major (Ret'd) Don Kennedy, as well as many Veterans and guests.

It was our pleasure to nominate 9 Korean War Veterans, RCNA, the RCL Br. 26 Col. Moore, RCL Br. 144 Pinellas County, Lethbridge United Services Institute for the "Appreciation Certificates and the UPF Appreciation medal". From Hon. Senator Yonah Martin and Gapyeong Mayor Teawon Seo. We also send special thanks to our sponsors including RCNA (Jack Angus Chapelle, Pat Cornect, Verne Lunan, Terri-Leigh Saunders and June Greig of the RCNA's Executives), Calgary Naval Veterans Association, RCNA Edmonton, Kitchener-Waterloo Naval Association, RCNA Windsor Admiral Hose Branch, RCNA Admiral Murray Branch, Irene/Pat Cornect, Rena/Kevin Philips, Donna Muraki, and Larrie Forbes for their support and sponsorship (total received from the RCNA and shipmates was \$9,900) for our monument and ceremony. Banff Korean War Gapyeong Battle Victory Monument will be a true testament of the Korean War Veterans legacy for many generations to remember.

Please see the Outlook Mountain article. <https://www.rmoutlook.com/mountain-guide/new-korean-war-cenotaph-at-banff-legion-pays-honour-to-veterans-9289913> Please see the CN Dream TV video <https://www.youtube.com/watch?v=YZOFkttgjCQ>.

*Submitted by HooJung Jones Kennedy.*



**Banff Korean War Gapyeong  
(previous known as Kapyong)  
Battle Victory Monument"**

**Photo by Rebecca Jeon**



# Naval History



## HMCS VALLEYFIELD:

A River-class frigate, that served with the Royal Canadian Navy during the Second World War. She served primarily as a convoy escort in the Battle of the Atlantic. She was torpedoed and sunk in May 1944; the only River-class frigate lost by the RCN. She was named for Salaberry-de-Valleyfield, Quebec.

Commissioned December 7, 1943, at Quebec City, she arrived in Halifax on 20 December, completed work ups, she left Halifax in February 1944 and sailed for the U.K. on convoy duty. She was detached to Horta en route, escorting a tug and its tow, the rescue ship Dundee. Her next assignment was to escort the damaged HMCS MULGRAVE in tow from Horta for the Clyde.

In May 1944 she was on the return leg of her second escort assignment. She was accompanied by two other Canadian frigates and two corvettes. The escort group had just handed off the convoy to another group of escorts and were returning to the port of St. John's Newfoundland.



Just before midnight on 6 May 1944, the ships were only 50 miles south of Cape Race, Newfoundland. Small icebergs scattered the area, confusing the radar picture. The ships sailed on, making good way to the safety of their favorite Newfoundland port. Little did they realize that U-548, a German submarine, lay in wait.

HMCS VALLEYFIELD, was traveling astern of the other ships. The Officer of the Watch had just called for the middle watch, when suddenly the ASDIC operator gave a sudden warning of the presence of a submarine. Just as Action Stations were called, a torpedo ripped into the port side of VALLEYFIELD, causing a tremendous explosion. The ship was broken in two, and she quickly began to settle down into the water.

As the ship was sinking, most of the ship's company entered the ice-cold North Atlantic water, which when measured in the last watch, registered a temperature of a mere 32 degrees Fahrenheit. In addition, oily water choked the survivors, as they huddled together, helping each other to survive. Some clambered on top of wreckage or clung to Carley floats. Others remained in the water, buoyed by the life jackets.

Now that the ship had completely sunk, they found themselves alone, with their escorts virtually unaware of the deadly occurrence astern. Finally, HMCS GIFFARD, realizing that the VALLEYFIELD was missing, came to the scene to rescue survivors. However, as was the doctrine at the time, the rescue did not begin until she had spent valuable time searching for the U-boat which had caused the tragedy. By this time many men had given up, let go their hold on Carley floats or wreckage and sank from sight.

Torpedoed and sunk by U-548 on 7 May 1944, 50 miles south of Cape Race, 125 of her ship's company perished within the coastal shores of Newfoundland. *Submitted by Ron Sitarz.*



# Financial Advice



## Sequence of Returns:

As a retiree there are many things to take into consideration so that you do not outlive your money.

Having a good idea of your day-to-day expenses, having some money set aside for larger one-off expenses that could arise like a new roof, vehicle replacement, medical bills etc., and knowing your different sources of income in retirement are all necessary for a good retirement plan.

One other item to be aware that doesn't get talked about a lot is sequence of returns. This generally isn't a concern with a government pension, but is a concern with a RIF, LIF or non-registered accounts used to fund retirement.

Having a series of low returns on your investments in the early stages of retirement, while also drawing on those investments for income can have a significant impact on how long your money will last.



One way to protect against this is to have a portion of your portfolio invested in safe assets, like GICs, money market funds, or High Interest Savings accounts.

Another way to protect against this risk is to have in place a spending strategy that can change with market conditions. In other words withdraw less when market conditions are poor.

Purchasing an annuity is also a way to protect from this risk.

An advice-only financial planner can make you aware of retirement pitfalls like sequence of return risk, and produce a financial plan for you, or review an existing one.

***Submitted by Shawn Russell.***



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# Healthy Eating



## **STEAMED COD:**

**Prep:** 5 min | **Cook:** 10 to 15 min | **Makes:** 2 to 3 servings

### **Ingredients:**

- 1 lb fresh cod fillets
- Salt and white pepper to taste
- Olive oil (for drizzling)
- Lemon juice (for drizzling)

### **Instructions:**

1. Rinse cod fillets under cold water and pat dry.
2. Sprinkle both sides of fillets with salt & white pepper.
3. Fill a large pot with about 1-2 inches of water and bring it to a boil.
4. Place a steamer basket or colander over pot, ensuring it doesn't touch water.
5. Arrange seasoned cod fillets in steamer basket or colander in a single layer.
6. Cover the pot tightly with a lid to trap steam.
7. Steam cod for about 10-15 minutes per pound, depending on the thickness of fillets.
8. Check for doneness by inserting a fork into thickest part of the fish.
9. It should flake easily and be opaque throughout.
10. Carefully remove steamed cod from steamer basket and place on a hot serving dish.
11. Drizzle with olive oil and a dash of lemon juice.
12. Serve over rice and fresh steamed vegetables.



### **Notes:**

- Ensure the water level is not too high to avoid the fillets touching the water.
- For thicker pieces, you may need to turn them once during steaming.
- Adjust seasoning to taste before steaming.

***Submitted by K.J. Phillips.***

In rugged coastal communities of Newfoundland and Labrador, mothers became the unsung heroes, ensuring their families were nourished despite the harshest of conditions. With scarce resources, they turned to the humble “**Steamed Cod**,” a meal that was both simple and swift to prepare. Seasoned with just salt and pepper, and served alongside buttered homemade bread, molasses, and a steaming cup of steeped tea, this meal was more than sustenance—it was a testament to their unwavering resilience and boundless love.

Each bite of this modest feast, rich in protein and essential nutrients, carried the warmth of a mother's embrace, proving that even in the face of adversity, comfort and nourishment could be found. The elders would often say, “As long as we have bread, butter, molasses, and tea, we can weather any storm.” These words echoed through generations, a poignant reminder that love and perseverance could turn the simplest of meals into a beacon of hope during the darkest times.



# Healthy Aging



## Does My Cold Need Antibiotics?

With the start of the school year and cooler weather, the anticipation of “flu/cold season” begins. Since COVID lockdown ended, the resurgence of other viruses in a seemingly more aggressive state has appeared. Rhinovirus (aka the common cold) is associated with symptoms we all know too well: fever, sore throat, headache, runny/stuffed up nose, fatigue, sore/swollen lymph nodes in the neck and cough. These symptoms can be caused by many other respiratory viruses, including influenza (flu), adenovirus (notoriously feels like strep throat), and RSV among many others. However, they can also be caused by bacteria in the form of strep throat, bacterial sinus infections and pneumonia.

Why is it so important for your doctor to figure out if your symptoms are caused by a virus or bacteria? Antibiotics work against bacteria; they DO NOT treat viruses. Over treating viruses with antibiotics leads to antibiotic resistance. This means that the antibiotics typically used to treat a particular infection no longer work. This has become an increasingly pervasive problem where the resistance to antibiotics is occurring faster than scientists can create stronger antibiotics.

How can you tell the difference between a viral and bacterial infection? This is an important, but very tricky question to answer. The general rule is in your first 5-7 days of illness, it's usually caused by a virus. [When given an antibiotic during the first week of illness, people often attribute improvement of their symptoms to the antibiotics when in fact it's the body naturally healing from the virus.] Your sinuses are swollen and full of mucous, which leads to a great breeding ground for bacteria causing a bacterial infection on top of the virus. In this case:

- Symptoms last longer than the usual 10-14 days of a virus without any improvement
- Fever is often higher and gets worse as the illness progresses instead of improving

THIS needs treatment with antibiotics!

One common viral pattern seen in primary care includes the initial onset of a sore throat for a few days. As the throat improves, sinuses become congested/runny and then a cough appears around day 5-7. Here's what's happening: sinuses are filling and mucous is dripping back down your throat, which is extremely irritating to your throat. When your sinuses continue to swell, the sinus congestion begins. The mucous dripping down your throat will typically cause the cough several days later. Treatment in the first week focuses on lessening the symptoms with rest, sleeping with your head raised on a few extra pillows, saline sinus rinses, antihistamines, and Tylenol/Advil. Symptoms that progressively worsen after a week or significantly worsen within the first 5 days should be assessed by a physician.

To avoid being sick, prevention is key. Wash your hands regularly, keep your hands OFF of your face (eyes, nose and mouth in particular) and get the recommended vaccines in consultation with your doctor. Stay well!

### KNOW THE DIFFERENCES



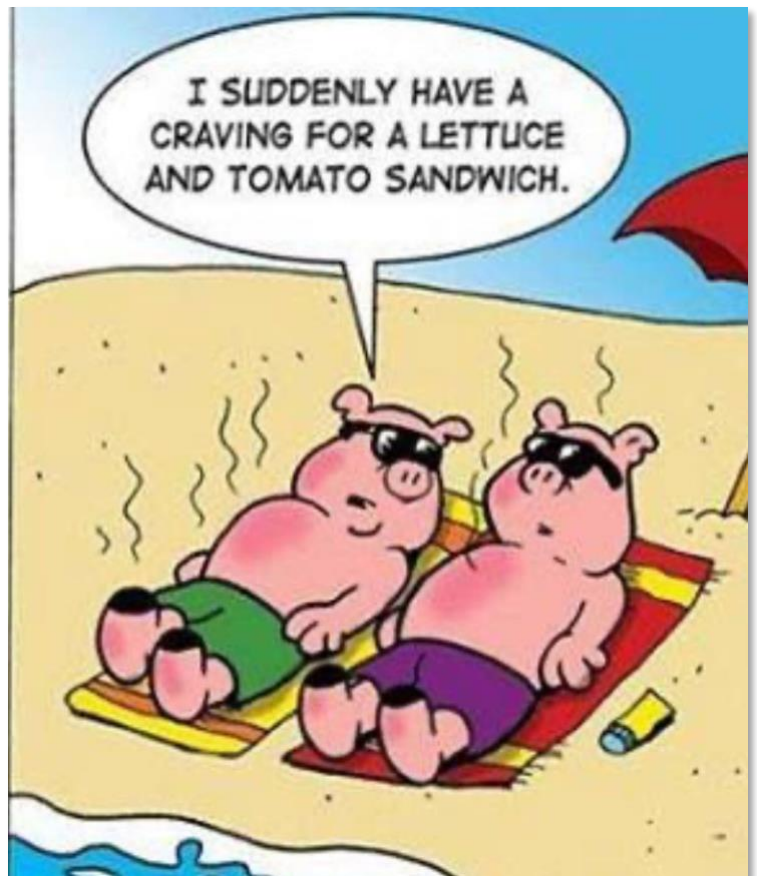
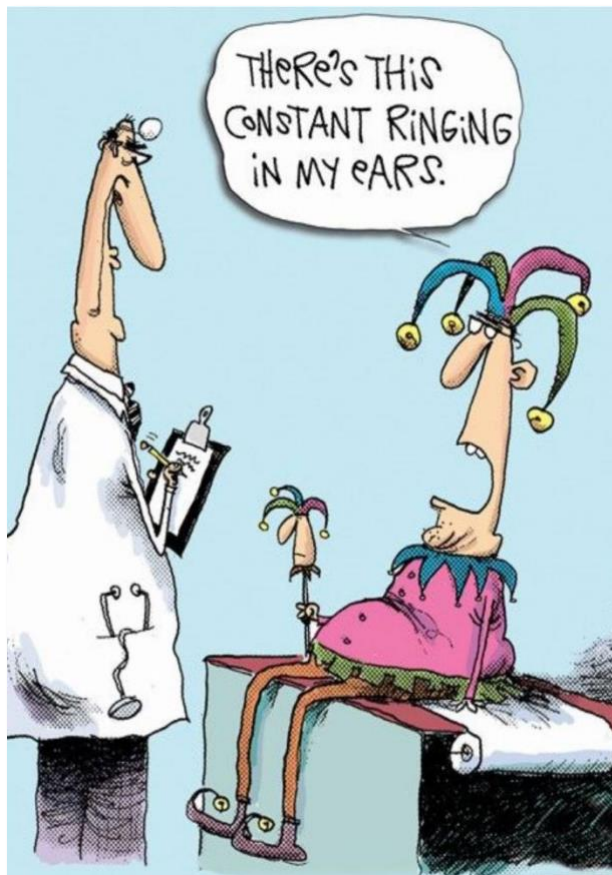
Symptom	COVID-19	COLD	FLU
Fever	Common	Rare	Common
Fatigue	Sometimes	Sometimes	Common
Cough	Common	Rare	Common
Sneezing	No	Common	No
Aches and pains	Sometimes	Common	Common
Runny or stuffy nose	Rare	Common	Sometimes
Sore throat	Sometimes	Common	Sometimes
Diarrhea	Rare	No	Sometimes for children
Headaches	Sometimes	Rare	Common
Shortness of breath	Sometimes	No	No

*From Scarborough Health Network: <https://www.shn.ca/is-it-the-flu-or-covid-19/>, submitted by Dr Shauna Phillips.*





# The Funny Page







## Chaplain's Corner



***“My child, let your tears fall for the dead and as one in great pain begin the lament. Lay out the body with due ceremony, and do not neglect the burial.”***

***Sirach (Ecclesiasticus) 38:16***

In recent years, it appears that some people have failed to recognize the importance of a proper funeral or memorial service. Sirach reminds the reader that it is important to scream and yell, and have a ceremony to honour the deceased; then to end the grieving and get on with life after burying the loved one. In one translation it reads that one is to erect a monument, as well as to remember the loved one.

Covid played an enormous role in the ongoing grief of many families as there were restrictions on the ability to gather for funerals or celebrations of life. The mental anguish and resultant psychological effects are causing ongoing problem for some people, and it is important for the community to recognize this fact. All one needs to do is to listen and to look at those people who were not able to attend a funeral or a memorial service for a lost family member, including loved ones lost at sea, to recognize the anguish.

In recent years, I have presided at ceremonies where the cremains were scattered on the water, but there is no memorial plaque or stone. I believe some kind of plaque or stone is important either on a dedicated bench or flagstone in a public area, or in the register of a conservation area where a memorial tree has been planted.

Why? About 14 years ago, I received a call from Veterans' Affairs that a Korean War Vet had died in 1975, and due to the fact that the family had no money, he had been buried in a pauper's grave in Toronto; the family had not been able to attend the funeral. The Veterans' Affairs officer asked if I could arrange one and he wanted to attend. The local Royal Canadian Legion branch and I arranged a service for the veteran so that the widow, his daughter and her family could have closure. Unfortunately the Veteran Affairs officer was unable to attend. The family of the deceased veteran were thrilled and it brought closure to a rough time in their lives. It was noted that same day that a large military funeral was being held for one of our young Afghanistan soldiers killed in action, and our same colour party had to preside at it as well.



The Importance of the ceremony cannot be under rated. The importance of shedding the tears, sharing the memories and promising to pass on all the good things and the love while forgetting the bad is important to the healing process because life must go on.

Sirach 44:14. “Their bodies are buried in peace, but their name lives on generation after generation.”

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



## Crossed the Bar



**ADAMS**, Keith – 20 May 2024, at the age of 82. Keith was a long-time volunteer member of the RCNA Sarnia Club.

**CAMERON**, William H. Cameron – 1 June 2024, in his 100th year. Bill joined the RCN in 1943, and served onboard the HMCS Kitchener. HMCS Kitchener took part on D-Day, and in recognition of his service Bill was awarded the French Legion of Honour medal. He was a long-time member of the RCNA.

**KIBBY**, Edward (Ted) 8 May 2024. Born in Exeter, England, Ted joined the Royal British Navy at the age of 18, serving 22 years. He was a member of the Oshawa Navy Club for 34 years.

**MORRIS**, Eleanor Joyce, (Clarke) - 24 June 2024 at Sarnia Ont, W2080 WRCNS.

**ONIONS**, Robert Patrick “Pat” Onions - 5 December 2023 of Hanover in his 97th year. Pat served in the RCNVR from 1944 to 1946. He was a member of the RCNA.

**STINCHCOMBE**, Madeline Alvina (nee White) – 27 June 2024. Known as Mamie – a WREN – she was born in London April 6, 1926, in her 99th year.

**YOUNG**, Ronald Douglas (Ron) 23 May 2024, at Woodstock Hospital, the same town where he was born on December 31, 1937. Ron served in the RCN for five years and was a member of the Woodstock Royal Canadian Legion and the Navy Club.



### Pat Onions

Pat continued his connection with the service through the Royal Canadian Legion (his first and longest affiliation was the Callander Branch), the RCNA, and as a trustee of the HMCS Sackville.



### Ted Kibby

Ted met the love of his life Jane (nee Dougherty) at a dance in Stockholm, Sweden where Jane was posted in the Canadian Foreign Civil Service. They were married in 1976.



### Shawn Cornect

I'm very sad to mention the sudden passing of my younger brother, Shawn Cornect – 11 July 2024 – 65 years old. Shawn served in the RCN for 21 years – including the Gulf War and the Haiti Crisis. **Editor**



# The Last Word



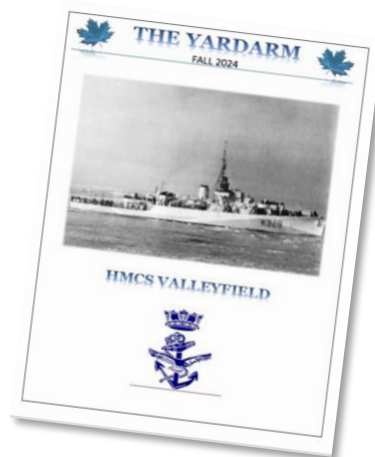
## **A FEW WORDS OF THANKS:**

Another interesting summer weather wise. I hope you are all doing well. I've been working on this edition of the Yardarm since the Fall cutoff date, 7 September, 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.

Remember to visit our website – [www.rcnayardarm.com](http://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 or e-reader.

**Editor.**



## **Sponsors:**

The Yardarm is looking for Sponsors to help offset the costs associated with providing printed copies of the Yardarm to Members at Large (MALs) and to those members who do not have access to a computer or e-reader.

***I will send out a reminder for sponsorship in February of each year.***

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