



THE YARDARM

Spring 2026



HMCS EDMONTON



Spring 2026 Edition



About this edition:

The Yardarm, a bi-annual publication edited and produced by LCdr (Ret) MP (Pat) Cornect on behalf of the Royal Canadian Naval Association (RCNA), is free to all RCNA members and related associations. Visit www.rcnayardarm.com or contact the editor at cornect@gmail.com for more information and back issues.

Sourcing: The Yardarm and website content are submitted and sourced by members. Most material is in the public domain. If we missed something, please let us know. This is a free service to our veterans.

Editor.

HMCS Edmonton:



The cover of the Fall 2025 Yardarm features HMCS VANCOUVER – K240. A Flower-class corvette that saw service during WWII - from its commission in March 1942 to the end of the war, when it was taken out of service in June 1945.

For more information, please read Ron Sitzar’s article in this edition. Naval History.

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NATIONAL PRESIDENT



HEART OF OAK

Hello, my good shipmates one and all. During this period of unsettling and precarious world events my mind is drawn to the words 'Heart of Oak'. Those words reflect the mighty oak which was used in the construction of Great Britains formidable fleet of sailing ships of war, but it also refers to the unwavering strength, resilience and integrity of the shipmates who formed the officers and crews of that great navy and still does to this day. I see each one of you in that same light, wrapped in the words 'Heart of Oak'. You have kept your word to your navy, nation, your communities, and to each other. The Royal Canadian Naval Association has stood the test of time, and it will continue and it will grow. Of that, I am sure.

The Oshawa General Meeting of the association was a tremendous success. I can't thank S/M Gloria Delves and her crew enough for the work and professional manner in which the occasion was handled. Bravo Zulu. Sadly, S/M and Past President Blaine Barker was unable to attend. His presence was missed. We were honored to welcome our Honorary President, S/M Admiral John R. Anderson (Ret'd) a great Canadian indeed along with our esteemed Honorary Judge Advocate, S/M Richard H. Baker.



We welcomed our new Senior Vice President S/M Eric Khaler. His pedigree is too long to list. Let's just say, we got lucky. Eric has already started the planning of the 2026 mini biennial-AGM to be held in Calgary Alberta. The stomping grounds of another highly appreciated member 'S/M Verne Lunan'. S/M Terri-Leigh Saunders will continue her excellent work in a new portfolio. To S/M June Greig and, well, everyone – thank you!

Across our beautiful Canada RCNA Clubs are maintaining the traditions of our navy and its qualities. While thinking about all your contributions my thoughts and gratitude go to RCNA-NVA Peregrine in appreciation for their hosting the biennial mini-AGM. What a terrific job, club and what an amazing city, Halifax! Well, done everyone!

Thank You to Jack Chapelle, RCNA National President.


Generous Donation

The Calgary NVA's donation of \$2,000.00 has been received by the National Treasurer. We greatly appreciate the generosity of our Calgary Comrades.

Bravo Zulu and Thank You.
Jack Chapelle

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**Royal Canadian Naval
Association**



NATIONAL SECRETARY



NEW LEADERSHIP VOLUNTEERS CLOSEUP!

Here I go again! Sounding off on the need for some new blood to take that one pace forward and take up a leadership position on our National Executive. Some of us on the Executive are starting to get a little long in the tooth, not to mention that medical problems have become a concern. As many of you know I became quite ill on the last day of the Oshawa AGM but hung in there and then flew back home to Alberta. Upon return I went right from my flight to the hospital for a bit of a stay. Appears I had fluid in my pericardium, the sac around the heart and excessive fluid in my lungs. Fun times.

After I was sent home from the hospital the Doctor ordered me to take two or three months and do not much of anything. He stated that I should probably stop all my extra-curricular activities and become a man of leisure. To me that means a couch potato or a vegetable. To me that is not living it is just existing. I decided to carry on but at a different pace. By the way I forgot to mention the dilated ascending aorta; quintuple bypass; nine stents; pacemaker; arthritis and severe asthma.

I told him that I have Shipmates out there that count on me as part of the Executive to get our business done and needs serviced. He said okay but that was my choice and he had warned me. One thing I will guarantee you though is that I will not be standing for Executive Secretary come the 2027 AGM in Kitchener-Waterloo. Eight years will be enough.

Do not get me wrong, I have enjoyed my post in that Executive position. I have got to meet so many wonderful new friends and travel to different parts of our great country that I would not have had the opportunity to do if I had not taken that one pace forward.

Shipmates, my watch on the Bridge is coming to an end and my decommissioning pennant will be coming out. It is time for someone else to take their turn at the helm.

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



Oxford County Naval Veterans Association



MEMBER OF
THE ROYAL
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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, ice-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 of Canadian military response since 1945 – last 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 Parliamentary & Veterans Affairs VP. Bryan Chapelle.



VP MEMBERSHIP



RCNA – MEMBERSHIP REPORT As of March 15, 2026

The RCNA currently has 16 chartered clubs, with 15 being active. Sadly, our friends in Kelowna, BC suffered significant losses over the past year with the passing of their two biggest advocates, Dick Fletcher and Mike Henderson.

During our AGM in September, wonderfully hosted by our friends in Oshawa, Ontario, I assumed responsibility for the Membership portfolio from our dear friend and legend, June Greig. We are still working through some transitional matters, so this report may not be as fulsome as in previous editions, but I will do my best to provide an update.

Earlier this year, communication was sent to all Executives and Directors using the information we had on file. Since then, it has come to light that there may have been some changes or inaccuracies in the contact information, which may have resulted in some clubs being missed.

If your club or association has a dedicated email address that you would like added to receive all membership communications, please let me know.

We now have a dedicated email address for the Vice President (Membership):
RCNA.Membership@outlook.com

This will help ensure continuity and ensure that all membership-related inquiries reach the appropriate person, particularly during times of personnel changes. Please consider saving this address in your contacts as “RCNA Vice President (Membership)” and use it for all membership-related communication.

The deadline for clubs to submit 2025 RCNA Per Capita Dues was February 28, 2026. As of the time of writing, we have received dues from 8 clubs, as well as donations from Calgary and Kitchener–Waterloo. I have also been contacted by a couple of additional clubs, and their dues are currently in the process of making their way to me.

I am currently compiling additional information about each club and will be reaching out to those from whom I have not yet received details. Our goal is to create a more comprehensive list of club information to share with the broader membership. It’s always nice to be able to drop in and visit a local club when you’re in the area!

If anyone has any membership-related questions, please don’t hesitate to reach out.

Terri-Leigh Saunders – VP Membership.





HMCS HUNTER -85th Anniversary 1941 - 2026

A Legacy of Service and Training - Located in Windsor, Ontario, HMCS HUNTER is one of 24 Naval Reserve Divisions across Canada, known as “stone frigates” – land based naval training establishments crewed by part-time sailors. Its name honours HMS GENERAL HUNTER, a 10-gun brig of the Royal Navy that fought in the War of 1812, including the siege of Detroit and the Battle of Lake Erie.

From Humble Beginnings to a Wartime Powerhouse

When the Second World War broke out, the Naval Reserve expanded rapidly. In November 1939, a Windsor Naval Division was established as the Windsor Half-Company, Royal Canadian Naval Volunteer Reserve (RCNVR), operating out of the old Toledo Scale factory at Howard Avenue and Memorial Drive.

The unit quickly outgrew its first home, and by November 1941, a second facility was established at a former giant food market, originally built in 1929 by Fred W. Martin, who also built the Windsor Detroit Tunnel.

HMCS HUNTER was a recruiting centre for the RCNVR where new recruits were housed and received basic training before going to naval bases on the coasts for additional training and postings to warships.

From 1940 to 1945, 3,981 recruits passed through HUNTER. Fifty officers and sailors who joined the RCNVR through HUNTER lost their lives during the Second World War, most in the Battle of the Atlantic. Their sacrifices are commemorated on the HMCS HUNTER HONOUR ROLL and the Naval Monument in Dieppe Gardens on the Windsor waterfront.

Post-War Evolution

After the Second World War, the RCNVR transitioned into the Naval Reserve (NAVRES) in 1945, and HMCS HUNTER continued to train and support sailors in Windsor. For 73 years, the division operated from its Ouellette Avenue location, until November 15, 2014, when it was paid off. The ship’s company moved to a cutting-edge facility on the Windsor waterfront, and on February 14, 2015, HMCS HUNTER 2nd was commissioned.

Mission and Impact

The mission of HMCS HUNTER and the NAVRES is to prepare trained sailors for Canadian Armed Forces operations – ranging from domestic safety and security missions to international defence operations. Today, HUNTER’s sailors serve aboard Canadian warships and at naval bases across the country, to the northern reaches of Nunavik in support of the RCN and their local communities.

Submitted by Ron Sitarz CD.



HMS GENERAL HUNTER Royal Navy Brig - Lake Erie Squadron.
Builder: Amherstburg Royal Naval Dockyard, Upper Canada –1807
Painting by Artist: Peter Rindlisbacher.



RCNVR Windsor Half-Company established in the Toledo Scales plant at Howard and Memorial Drive.



The original HMCS HUNTER building that was a giant food market located at 960 Ouellette Avenue.



HMCS HUNTER 1st commissioned as a Naval Reserve Division on 1 November 1941 and Paid Off on 15 November 2014 after 73 years of Naval Service.



HMCS HUNTER 2nd located at 90 Mill Street was commissioned on February 14, 2015.



RCNA NEWS



RCNA Peregrine

This past year has been a very difficult year for us at Peregrine. We have lost seven of our members during 2025. Five of them were Life Members:

- Holly Anderson
- Ed D'Orsay
- Joseph Lelievre
- Faye Bastie
- Marg Ronaldson
- Colleen Hall
- Phyllis Connors



We had a very successful Battle of Atlantic Dinner last May and are expecting the same this year. Scanway Catering has provided us with a delicious menu for a sit-down dinner. Following the dinner, we have a Ceremony of Lost Ships. This will be held May 2nd. We also have an Open House on Battle of Atlantic Sunday with Up Spirits followed by a band playing from 2-5 pm.

We have revamped our website (www.rcnaperegrine.com) and have an active Facebook account: rcnaperegrine. Our hours of operation are Tues-Thurs 1-4 pm, Fri 1-7:30 and Sat 1-4. We have weekly Meat Bingos on Saturdays starting at 1 pm. Check out the website for up-to-date information on upcoming events.

Submitted by Lorna D'Orsay.



Royal Canadian Naval
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Peregrine Branch

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RCNA AGM - 2026 at the CNVA

Accommodations - There are booked rooms from Sep 24-26 inclusive (3 nights) at a cost of 159.99 per night plus GST at the Sandman Inn in SE Calgary. One or two people from the CNVA will be at the hotel to assist RCNA members as required.

Arrivals - It is anticipated that people will arrive at the hotel on Thursday September 24 or Friday September 25th. The meeting will take place on Saturday September 26th, and people will return home on the Sunday. The Friday will be a rest and recover date with an opportunity to tour the Naval Museum of Alberta in Calgary. There are 5 such RCN museums in Canada of which Calgary is the largest, and it is FREE to veterans.

Activities - Other opportunities to visit the mountains MAY also be available. Attendees should indicate to me their interest in a mountain tour at their own expense if they wish to do so. This would be to Moraine Lake and Lake Louise. Early booking is essential. Also, on Friday there will be a meet and greet at the Calgary Naval Veterans Association club house. Food and beverage will be available. Cash bar at personal expense.

Contact - At this time, I would like to invite those planning to attend to use the link below to reserve a room at the hotel for the duration of their stay. I will communicate more information in the coming weeks, once the program is ironed out a bit more.

Link: <https://reservations.sandmanhotels.com/113127?&groupID=5163057#/>

Eric Kahler
Ex VP RCNA
Director at CNVA

From the Ex-Secretary - Shipmates are reminded that Biennial AGMS are designed as an opportunity for Shipmates from a specific area to meet with the National Executive; ask questions; raise concerns if any; etc. RCNA National only pays the expenses of the National Executive Elected and appointed and for the Nation VP of the particular area where the meeting is being held. All other Area VPs; National Club Directors or individual members are responsible for all their incurred expenses (Transportation; accommodation; Food; etc.) There is no registration fee for attending.

L.R. Verne Lunan
Executive Secretary
RCNA National



The Executive VP RCNA National Eric Kahler receives a \$2,000.00 donation cheque from the Calgary Naval Veterans Association chair of donations Scott Hausberg on January 31st, 2026.



CANADIAN VETERANS



HAROLD S. QUICK

Passed away peacefully on 2 May 2025, at the age of 99. Predeceased by his loving wife, Margaret. Cherished father of David (Debra) of Sudbury; Deborah Skirnski (Tim) of Holland, Michigan; Elizabeth Lariviere (Gerry Culina) of Hamilton; and Bruce (Vashti) of Maple.

Dear Grampa of Natasha (Steve), the late Samantha, Jayden, Jeffrey, Carly (James), Erin (Taylor), Thomas, Dillon, and Sabrina. Great-Grampa to Logan and Oliver. Son of the late Russell and Florence Quick. Brother to the late Hilda Szabadky.

Harold proudly served in the Royal Canadian Navy during WWII, receiving the Arctic Star medal for his contribution. He continued his passion to serve by becoming a member of the 49th Field Regiment for many years. After retiring from Algoma Steel in 1988 for 33 years, he served as National Treasurer for the Royal Canadian Naval Association (RCNA) for over 15 years.

An entertainer at heart, Harold brought joy through music, playing the organ for many years across the Sault — including the Royal Hotel, Windsor Park Brunches, Root River Golf Club, Tender care, the Finnish Rest Home, the Seniors Centre, the Naval Vets, and the Legion.

Dad's quick wit and bright smile brought joy to all who knew him. A celebration of Harold's life will be held at the Royal Canadian Legion Branch 25 Sault Ste. Marie in the Merrifield Room on Friday May 9th 2025, from 3pm - 6 pm for a time of food and fellowship.

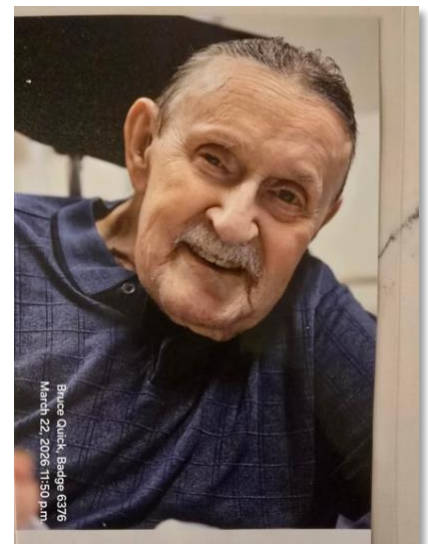
The family wishes to thank the kind and caring staff at Sunnybrook Veterans Long Term Care Centre. Special thanks to Dr. Deering and Carolyn Hutcheson for their compassionate care.

Donations in Harold's memory may be made to the Royal Canadian Legion Branch 25, Sault Ste. Marie, or the Sunnybrook Veterans Grant-a-Wish Fund.

**"At the going down of the sun, and in the morning,
We will remember them."**

~ Laurence Binyon, 1914

Submitted by Bruce Quick (son of Harold Quick).



[Donate](#)



Military NEWS



Canada to Replace its Fleet of Submarines:

Korean Submarines: Canada has the world largest coastline totalling over 202,080 km with three major oceans - the Atlantic, Pacific and Arctic (52,000 islands with a vast, indented shoreline) in the world. We need to patrol our coastline with the confidence brought about updated equipment including Submarines. Canada is in the process of acquiring up to 12 new Submarines (Canada Patrol Submarine Project \$24 Billion) to replace the aging Victoria Class fleet - set to retire in 2035. One key contender is from South Korea (Hanwha Ocean). As we all know, Korean War Veterans fought for Korea's freedom during the Korean War.

The other contender is from Germany (TKMS). We hope that Canada will purchase the state of art Korean Submarines (KSS-III) since it will fit Canada's one-stop defence strategy.



South Korea's KSS-III (Left) is a top contender to replace Canada's fleet of aging submarines. Public Domain Photo.



Please see the Navy News Video regarding the KSS-III Submarines.

<https://www.youtube.com/watch?v=PMtgrKQgotY>

Hanwha Ocean will invest in Canada by purchasing Canadian steel and make use of a Hamilton Shipyard. This effort will also involve teaching and hiring students (Ship building Course, robotics etc) from Mohawk College. Many jobs will be created in Canada, and it will reshape Canada's Marine Technology.

We have been advocating for the Korean Submarines to our MP Lisa Hepfner (Hamilton Mountain). The Trade alliance of Canada-Korea is built with a strategic economic and defense partner (Canada-Korea Free Trade over \$11 Billion) and a war time ally. **Submitted by HooJung Jones Kennedy.**



NATO Spending

As of March 2026, Canada has met its NATO pledge to spend 2% of its GDP on defense, fulfilling the target for the first time in decades. Driven by a significant \$9.3B surge and accounting updates under Prime Minister Mark Carney, this marks a shift to meet commitments to allies, with future plans aimed at 5% spending by 2035. **CBC.**



Military NEWS



A TALE OF TWO AVERAGE SAILORS

Why Royal Canadian Navy Sailors are (Finally) Winning the 2026 Compensation War.

The 2026 fiscal year marks a significant divergence in the compensation strategies of North America's primary naval forces. While the United States Navy maintains its traditional model of basic pay augmented by tax-advantaged allowances, the Royal Canadian Navy has transitioned to a front-loaded, high-transparency salary structure. This comparison examines the 'total take' of each service, contrasting the RCN's pensionable base pay with the USN's allowance-heavy hybrid system to determine which career path offers superior long-term financial security.



Royal Canadian Navy (RCN) United States Navy (USN)



\$6,858 <small>(Regular Force pay by rank, 2025)</small>	Starting Basic Pay: Junior (OR-4)	~\$4,268 <small>(\$3,142 USD) (2026 Military Pay Tables, 2026)</small>
\$8,694 <small>(Regular Force pay by rank, 2025)</small>	Starting Basic Pay: Senior (OR-7)	~\$5,342 <small>(\$3,932 USD) (2026 Military Pay Tables, 2026)</small>
\$8,861 <small>(Regular Force pay by rank, 2025)</small>	Starting Basic Pay: Officer (OF-2)	~\$7,520 <small>(\$5,535 USD) (2026 Military Pay Tables, 2026)</small>
30.19% Pensionable Bonus. <small>Built directly into your base salary. (CAF Improvements, 2025)</small>	Military Factor (Hardship)	Fragmented Allowances. <small>Conditional pay only during active events. (Strategic Analysis, 2026)</small>
\$13,500 – \$27,000. <small>Flat cash bonus for each career move. (CAF Improvements, 2025)</small>	Mobility / Relocation Bonus	Reimbursement Model. <small>Covers move costs via Dislocation Allowance. (Strategic Analysis, 2026)</small>
Guaranteed Pension. <small>Defined benefit: 2% per year for life. (Life in the Forces, 2026)</small>	Retirement Framework	Hybrid Plan (BRS). <small>Smaller pension + 5% matching TSP/401k. (Strategic Analysis, 2026)</small>
25 Working Days. <small>Weekends and holidays do not count. (Life in the Forces, 2026)</small>	Annual Vacation (at 5 Years)	30 Calendar Days. <small>Weekends count toward total leave. (Strategic Analysis, 2026)</small>
Up to 93% Salary Top-Up. <small>High income while home with baby. (Life in the Forces, 2026)</small>	Parental Leave Support	12 Weeks Paid Leave. <small>Active duty pay without top-up framework. (Strategic Analysis, 2026)</small>
\$17,069 / Month. <small>High pay ceiling for elite technicians. (Regular Force pay by rank, 2025)</small>	Specialist Salary Max (SAR)	Standard Base Pay. <small>Specialists remain on the standard scale. (Strategic Analysis, 2026)</small>
\$100 / Day flat rate. <small>Paid daily when physically at sea. (CANFORGEN 036/26, 2026)</small>	Daily Sea Duty Rate	Monthly CSP. <small>Scales based on total career sea time. (Strategic Analysis, 2026)</small>
25% Escalator. <small>Added to daily sea duty pay North of 60. (CANFORGEN 036/26, 2026)</small>	Arctic Allowance	No Specific % Bonus. <small>Utilizes location-based hardship pay only. (Strategic Analysis, 2026)</small>

*Uniforms are illustrative, not 100% accurate.

Tax Efficiency: While USN basic pay is lower, their Housing (BAH) and Food (BAS) allowances are tax-free. However, these are non-pensionable. RCN pay is taxable but builds substantially more long-term pension wealth.

Healthcare: RCN members receive 100% comprehensive medical/dental under the Spectrum of Care. \$0 out-of-pocket costs. (Life in the Forces, 2026)

Enlistment: Up to \$50,000 sign-on bonus for high-demand naval trades. (CAF Improvements, 2025)

Warrior Dividend: One-time \$1,776 USD relief check for USN junior members in 2026. (Strategic Analysis 2026).



ITEMS of INTEREST

Joan Balch R.I.P.



Joan Balch - July 20, 1935 - March 3, 2026

Joan passed away on Tuesday, March 3, 2026, in London, Ontario in her 91st year. Born July 20, 1935, in London, Ontario to Ken and Dorothy Balch. Predeceased by her parents, as well as sister Diane Jeffrey (2025) and brother Greg Balch (2004). Survived by brother James Balch, sister Mary Kienapple (Bill), several nieces, nephews, great-nieces, great-nephews, and many lifelong friends.

Joan attended Beal Secondary School in London to take art courses, then moved to Toronto in 1952, where she lived and worked as a tracer/draughtsman. She travelled until age necessitated that she stays closer to home. She moved back to London about ten years ago.

While in Toronto, Joan was in the Royal Canadian Naval Reserve Wrens from 1956 – 1966 and recently won a King Charles III medal for her work on Navy projects. Her biggest hobby was genealogy, and she spent most of her life working on many family histories.

She loved to have people over for tea and cookies. She could talk about anything and never had a bad word about anyone. She had a wide range of interests and had intelligent conversations on many subjects.

Joan will be missed by a large group of people, who are grieving her departure.

Donations in Joan's memory may be made to the Verspeeten Family Cancer Centre.

Westview Funeral Home, London.



Joan and the Yardarm

It was so sad to hear that our very good friend Joan had Crossed the Bar.

Joan and I met through our mutual interest in supporting Canadian Veterans – I was ever so pleased to have her join my regulars as a contributor to the Yardarm.

Joan covered "Items of Interest" which gave her maximum flexibility to address any topic she wished – which she did.

But her two main interests as far as the Yardarm was concerned were the WRENs and the Ocean War Graves. Although she submitted several great articles on other items such as ALS, these two subjects were always uppermost on her agenda.

In 2020, my proofreader retired, and I asked Joan if she could fill in – a complete volunteer position as I have no staff or funding. With a little convincing, she agreed and was a tremendous help on getting the Yardarm out on time.

Joan and I became good friends, we spoke on the phone on a regular basis and were in constant contact via email. She will be greatly missed.

I wish to extend my sincere condolences to Joan's many friends and her family during this difficult time. **Pat Cornect, Editor.**





ITEMS of INTEREST



Decreasing Numbers

OTTAWA — Canada marked Remembrance Day on Tuesday — 80 years after the Second World War ended and 72 years since the end of the Korean War.

Only a few thousand Canadian veterans of those conflicts are still alive. Veterans Affairs Canada provided these estimates based on the 2021 census:



First World War (1914-1918)

650,000: The number of Canadians and Newfoundlanders who served.

66,000: The number of Canadian service members who died during the conflict.

172,000: The number of Canadian service members who were wounded.

0: *The number of surviving Canadian First World War veterans.*

Second World War (1939-1945)

1.1 million: The number of Canadians and Newfoundlanders who served during the conflict.

45,000: The number of Canadian service members who died during the conflict.

3,691: The number of Canadian Second World War veterans still alive in 2025.

3,024: *The number of surviving veterans who are men.*

667: *The number who are women.*

Korean War (1950-1953)

26,000: The number of Canadians who served in the Korean War.

516: The number of Canadian service members who died during the conflict.

1,909: The number of Canadian Korean War veterans still alive in 2025.

1,702: *The number of surviving Canadian Korean War veterans who are men.*

207: *The number who are women.*

The Canadian Press - first published Nov. 11, 2025.

SUPRAD Oldtimers

The Supplementary Radio (SUPRAD) “Oldtimers” is an Association with a goal to unite lifetime members that have served within SUPRAD and the Canadian Forces Information Operations Group (CFIOG) community.

All members that join the association are treated as equals and have the opportunity to meet and share current ongoing activities, discuss new initiatives and to maintain comradery within our community.

The association:

- Provides an avenue for friends and peers to remain in contact; and
- Provides an opportunity to raise money for charities.

All are always welcome!

Friends forever!

<https://supradoldtimers.ca/>





Korean War Veterans of Canada, Unit 26, Hamilton



Honouring the Brave:

Korean War Veterans Advocates of Canada (HooJung Jones Kennedy and Major (Ret'd) Don Kennedy Co-Chair) and The Mississauga Monarch Lions Club organized our special event **“Honouring the Brave”** Award Luncheon as we salute and recognize the outstanding Women and Men in uniform on November 16th , 2025 at the Crystal Grand Banquet Hall.

Over 150 guests attended including Lisa Hepfner, MP (Hamilton Mountain), Doug Ford, Premier of Ontario, Silvia Gualtieri, MPP, (Mississauga – Cooksville), Sheref Sabawy, MPP, (Mississauga - Erin mills), Rudy Cuzzetto MPP, (Mississauga - Lakeshore), Youngjae Kim, Consul General of the Republic of Korea (Toronto), Hobong Han, Consul, Korean War Veterans, Veterans, family members, members of the Lions Club, and diverse Community leaders and members.

It was a fitting tribute since 2025 marks the **“75th Anniversary of the Korean War (Outbreak)”**. Youngjae Kim, Consul General presented 8 Ambassador for Peace Medals from the Republic of Korea to 8 Korean War Veterans posthumously including Private Ian Neil Montgomery Raeburn, who served with the Royal Canadian Regiment, killed on May 3, 1953, during the Korean War. We also presented the “Honouring the Brave” awards to distinguished WWII, Korean War (Ron Zabrok, WWII and Korean War Veteran, George Charles, Peter Patry and Andy Barber), Afghanistan War Veterans, UN Peace Keeping Mission Veterans, Retired Canadian Forces Veterans including Pat Cornect, serving members and men and women in uniform.



***Above Photo - Left to Right:
Sheref Sabawy, MPP, Doug Ford
Ontario Premier, HooJung Jones
Kennedy.***



***Above Photo - Left to Right: Lt.
Commander (Ret'd) Pat
Cornect , HooJung Jones
Kennedy.***

Submitted by HooJung Jones Kennedy.



NAVAL HISTORY



HMCS EDMONTON (MM 703)

HMCS EDMONTON is a Kingston-class coastal defence vessel that has served in the Royal Canadian Navy since 1997. EDMONTON is the fourth ship of her class. The ship is the first vessel to use the designation HMCS EDMONTON.

The Kingston-class was designed to fill the minesweeper, coastal patrol and reserve training needs of the RCN replacing the Bay-class minesweepers, Porte-class gate vessels, and RCMP coastal launches in those roles. The ships displace 970 long tons and are 55.3 metres (182 feet) long with a beam of 11.3 metres (11 feet). They are powered by four Jeumont alternators coupled to four Wartsila diesel engines creating 9,700 hp. This gives the ships a maximum speed of 15 knots (28 km/h; 17 mph) and a range of 5,000 nautical miles at 8 knots (15 km/h; 9.2 mph). The vessels were armed with one Bofors 40 mm/60 calibre Mk 5C gun and two M2 machine guns. The 40 mm gun was declared obsolete, removed from the vessels in 2014 and never replaced. The ships have a regular complement of 33 with capacity for up to 47.



EDMONTON was laid down on 8 August 1995 by Halifax Shipyards Ltd. at Halifax, Nova Scotia, and was launched on 31 October 1996. The ship underwent sea trials on the East Coast before transferring to the West Coast. She was commissioned into the RCN on 21 June 1997 at CFB Esquimalt, British Columbia and carries the hull number MM 703.

In 2002, EDMONTON and sister ships NANAIMO and SASKATOON participated in the naval exercise RIMPAC 2002 off Hawaii. In 2022, EDMONTON was one of the RC ships sent to take part in RIMPAC 2022.

In September 2013, Edmonton and sister ship YELLOWKNIFE sailed from Esquimalt for Operation Caribe, the first such deployment of a west coast Kingston-class. Operation Caribe is Canada's contribution to the U.S.-led enhanced counter narcotics operations in the Caribbean Sea and the eastern Pacific Ocean. Under this operation, Canadian Armed Forces ships and aircraft deploy to the region on a rotational basis to support the U.S. mission to suppress drug trafficking in international waters.

Since 2013, EDMONTON has deployed on 6 separate occasions to join Operation Caribe in company with several of her sister Kingston-class ships and with embarked United States Coast Guard Law Enforcement Detachments.

HMCS EDMONTON's record of illegal drug seizures include:

- September to April 2013: two vessels recovering 1107 kilograms (2,441 lbs.) of cocaine
- February to April 2016: one vessel recovering 650 kilograms (1,430 lbs.) of cocaine
- October to December 2016: three vessels recovering 1,510 kilograms (3,338 lbs.) of cocaine
- February 2018 to May 2018: intercepted and seized 2,856 kilograms (6,296 lbs.) of illegal drugs
- November to December 2018: intercepted and seized 750 kilograms (1,650 lbs.) of cocaine
- February to April 2023: intercepted and seized 755 kilograms (1,664 lbs.) of cocaine

In total EDMONTON participated in the interception and seizure of 7,628 kilograms (16,819 lbs.) of illegal drugs.

HMCS EDMONTON is scheduled to be "paid off" in 2027. ***Submitted by Ron Sitarz, CD.***



FINANCIAL NEWS



Veteran and Family Well-being Fund

If you are an organization that works to create new and innovative ways to improve the well-being of Canadian Veterans and their families, the Veteran and Family Well-being Fund may offer the support you need to get started.

The Veteran and Family Well-being Fund provides grants and contributions to private, public, academic or Indigenous organizations to conduct research and implement initiatives and projects that support the well-being of Veterans and their families.

Grants: up to \$500,000 per fiscal year. **Contributions:** up to \$1 million per fiscal year.

The fund could support a wide range of projects, such as suicide prevention research, an initiative that helps homeless Veterans find housing, or any innovative projects that contribute to the well-being of Veterans and their families. Whatever it may be, we encourage you to share your idea and submit an online application to the Veteran and Family Well-being Fund.

Please note: not all submitted applications will be selected for funding, as funding is limited. The decisions are final and there is no appeal process.

To qualify, you must be a:

- Non-profit organization;
- Registered charity;
- For-profit organization (provided that the nature and intent of the activity is non-commercial, not intended to generate profit, and supports program priorities and objectives);
- Research organization/institute;
- Educational institution;
- Public health and social services institution; or
- Indigenous organization.

The 2024-2025 call for applications for the Veteran and Family Well-being Fund is now closed. If you would like guidance before the next call for applications, please refer to the application guidelines. As these guidelines may change in the future, please check for updates before submitting your application on any new call for applications.

If you have any questions about the Veteran and Family Well-being Fund, please contact us by email. Source, <https://www.veterans.gc.ca/en/financial-programs-and-services>.

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



HEALTHY EATING



Chef's Salad on a Stick - No bowl required!

YIELDS: 8 serving(s), PREP TIME: 20 mins, TOTAL TIME: 20 mins.

Salad doesn't always have to be in a bowl! Salad on a stick makes the perfect handheld meal, and there's no better salad out there to skewer than classic chef's salad. Loaded with meats, cheeses and veggies, these skewers would be perfectly at home as a BBQ side dish or a great addition to a picnic menu. With a batch of easy-to-peel hard-boiled eggs, there's no cooking required. They can be made ahead in the morning and will stay perfect for lunch time. Best of all, they're fun to eat. No need to stay seated for this salad course—just grab a skewer and keep enjoying the party!

Ingredients

4 hardboiled eggs, 1/2 English cucumber, 2 oz. deli ham, thick cut, 2 oz. deli turkey breast, thick cut, 2 oz. deli roast beef, thick cut, 8 oz. Swiss cheese block, 1 head red leaf lettuce, 16 grape tomatoes, 8 large green olives, 8 12-inch skewers, Ranch dressing, Black pepper.

Directions

- Cut each hardboiled egg into four pieces. Slice the cucumber lengthwise, then cut into half circles, about 1/2-inch thick.
- Cut the ham, turkey and roast beef slices lengthwise into 1-inch-wide strips. Roll each strip up into a pinwheel.
- Cut the Swiss cheese block into 16 squares.
- Alternating pieces, place 2 pieces each of Swiss cheese, cucumber, tomato and egg; 1 pinwheel each of ham, turkey, and roast beef; and 3 pieces of lettuce, each folded up into a bundle, on each skewer. Finish each skewer with 1 green olive.
- Serve on a platter drizzled with ranch dressing and sprinkled with black pepper. Serve immediately.



You can cover and refrigerate these for up to 4 hours before serving. Drizzle with dressing just before serving.

Source, www.thepioneerwoman.com - by Erin Merhar.



HEALTHY AGING



Nose Bleeds: Pick Your Friends, Not Your Nose

Nose bleeds (or epistaxis in medical terms) is the loss of blood from the tissue inside your nose. It usually affects only one nostril, but can involve both. The tiny blood vessels in your nose help to warm and moisten the air you breathe. However, the air moving through your nose can dry and irritate these blood vessels, causing them to break and bleed.

There are 2 common types of nose bleeds:

- 1) Anterior nose bleed: this is the most common type in which the many small blood vessels along the septum (the middle part between your nostrils) easily break and bleed. These can be easily treated at home.
- 2) Posterior nose bleed: a larger blood vessel in the back part of your nose can break and bleed. Bleeding is heavy and often requires medical attention.

Nose bleeds have many causes:

Common causes: dry air (low humidity/heated indoor spaces), digital trauma (picking your nose), deviated septum, frequent blowing your nose (illness, allergies, etc), ongoing use of antihistamines or steroid nasal sprays, use of blood thinners or snorting recreational drugs

Less common causes: alcohol overuse, high blood pressure, facial surgery or trauma, nasal polyps or tumors, bleeding disorder or certain blood cancers, pregnancy

While seeing blood coming from your nose can be unsettling, most nose bleeds are not serious and be easily managed at home.

- Remain calm and breathe through your mouth
- Sit down and keep your head tilted forward
- Pinch the soft area of the sides of your nose with your thumb and index finger
- Use a tissue to absorb the blood and wait for the bleeding to stop



It is time to have someone take you to the ER if:

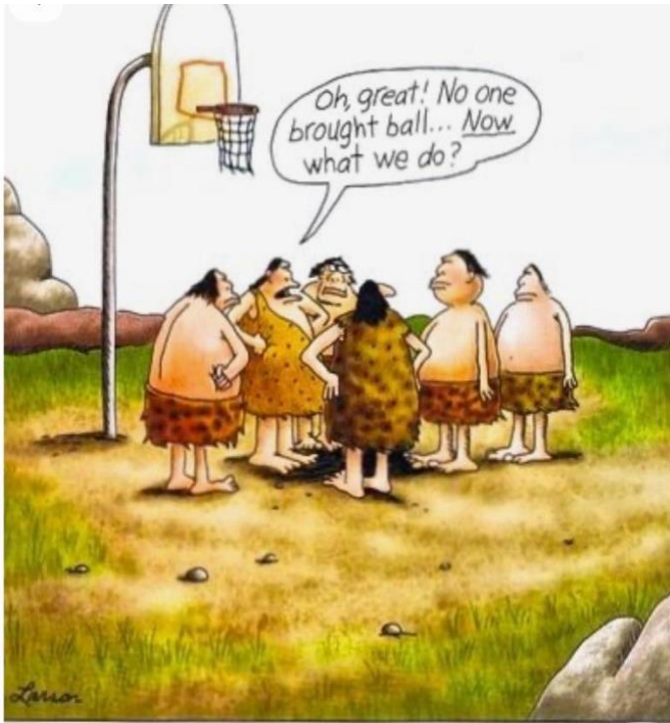
- The bleeding persists after 20 min of pinching your nose
- Blood loss is more than 1 cup
- You are taking blood thinners and the bleeding won't stop
- You have trouble breathing or can't stop vomiting if you've swallowed blood
- The bleeding starts after a head injury

There are several easy ways to help prevent nose bleeds, including: keeping your nasal passages moist (saline nasal sprays, humidifier, nasal gels or Vaseline), gently blowing your nose, quit smoking/reduce alcohol consumption and avoid putting anything in your nose (or at least keep your finger nails short). If your nose bleeds are recurrent, it is best to see your family physician to be assessed.

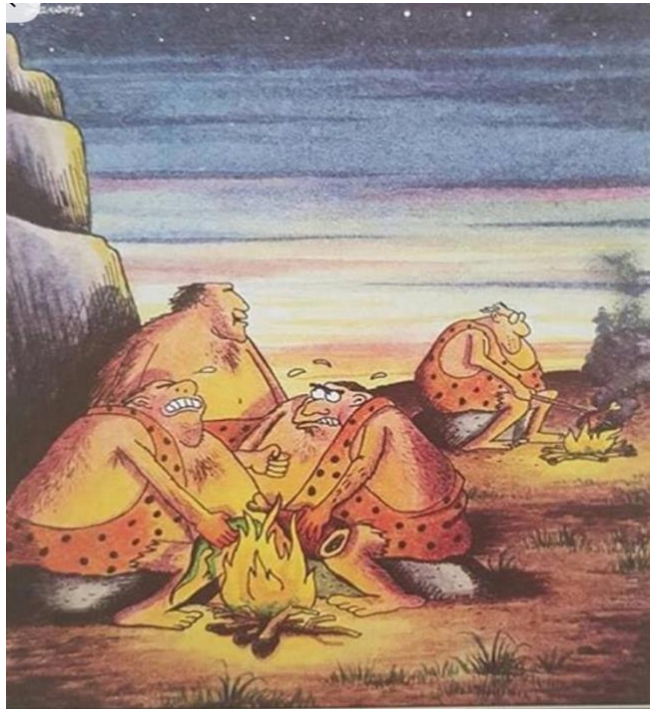
Submitted by Dr. Shauna Phillips.



THE FUNNY PAGE



The birth of head-hunting



"Hey! Look what Zog do!"



John Coy

0:05



John Meggs





CHAPLAIN'S CORNER



Canada – USA

When Donald Trump became president for the second time, he began calling Canada the 51st state, insulted our Canadian military, and outright lied about Canadian military contributions to international conflicts. The result of Trump's actions has led the government to belatedly determine to rebuild our army, navy and air force.

In 1939, the RCN only had a few ships, but by 1945 it had 410 fighting vessels, and over 100,000 members, The army and the air force were also small but by 1945 they too had expanded, By 1945, Canada, a nation of 11 million people, had the second largest air force and the third largest navy in the world.

Between, 1939 and 1945 Canada built liberty ships for the merchant navy, corvettes, destroyers and MTBs, for the RCN, in the Maritimes, Quebec, on the Great Lakes and in B.C. It built airplanes, artillery, tanks, armoured vehicles and trucks, not only for Canada but also for all the allies. Canada, an agrarian nation, had become an industrial and military powerhouse built on the backs of its men and women. It also retained its reputation as the breadbasket for its workers and allies.



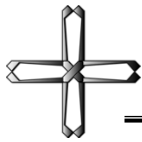
Why would a padre, writing in 2026, refer to that dark time in 1939 when war broke out in Europe? Well, the truth is that Canada was woefully unprepared for the war and thought that it could depend on others for its safety. Over the past 7 decades, Canada has reduced or delayed its military spending and failed to maintain its equipment and infrastructure in a timely manner. When I dedicated a memorial monument at CFB Trenton, the base commander at the time told me that he did not even have enough money in the budget to properly cut the grass. The result of this dependency on others has often times led our military to either lease or borrow equipment from other allies. Recent events in Europe and the Middle East have only further exposed our vulnerability.

We need to use dialogue and diplomacy to seek peace in this world, but we must also be prepared to protect our citizens at home and abroad. When a natural disaster occurs we sometimes need our military to assist the civilian agencies in rescuing people, or to help clean up and repair damage following an event. Our military often times has the skills needed to accomplish tasks in a timely manner.

In Isaiah chapter 30, verses 1-6, the prophet warns the people about depending on Egypt for protection when they should be appealing to God and taking responsibility for their own protection. One needs to continually be prepared for any catastrophe.

May God guide us and grant His wisdom in the times ahead.

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



CROSSED the BAR



Balch, Joan. 3 March 2026 - 91 years of age. Joan served in Royal Canadian Naval Reserve Wrens from 1956 – 1966 and recently won a King Charles III. She was a regular contributor to the Yardarm and assisted with the editing. She was a RCNA MAL.

Boulianne, Reginald. 19 June 2025, at 87 years. Reggie was a member the RCNA Admiral Hose Branch Windsor.

D'Orsay, Edward H. 5 January 1935 – 29 April 2025. Ed served in the RCN as a PO!O1, held he was a longtime member of the RCNA Peregrine Branch.

Gelinas, Bernadette. December 31, 2025. Bernadette was a member of the RCNA Admiral Hose Branch Windsor.

Lam, Henry CD. Chief Petty Officer 2nd Class (Ret'd), January 10, 2026, at 89 years. CPO2 Lam served in the RN and the RCNR. He was a member of the Chiefs and Petty Officers Mess, HMCS HUNTER and the Royal Canadian Naval Association Admiral Hose Branch Windsor.

Quick, Harold S. 2 May 2025 at the age of 99. Harold proudly served in the RCN during WWII, receiving the Arctic Star medal. He served as a member of the 49th Field Regiment for many years. After retiring from Algoma Steel in 1988, he served as National Treasurer for the RCNA for over 15 years.

Robillard, Janette. July 9, 2024, at 96 years. Janette was a long-time member of the RCNA Windsor Ladies Auxiliary and then the RCNA Admiral Hose Branch Windsor.

Stephens CD, Kenneth. Lt (N) (Ret'd). August 26, 2025, at 77 years. Lt(N) Stephens served in the RCNR and was a former Ex-O - HMCS HUNTER. Ken also served in the Cadet Instructor Cadre with the Air Cadets, was a member of the Navy League of Canada Windsor Branch, RCL Branch 594 and the RCNA Admiral Hose Branch Windsor for 25 years.

Wilson, Larry. May 19, 2024, at 69 years. Larry was a proud member of the RCNA Admiral Hose Branch Windsor and of the Colour Guard/Firing Party for 34 years. He is a former member of RCSCC Courageous, London and RCSCC Agamemnon, Windsor.

The RCNA PRAYER

***As we stand here safe and free,
We wonder why 'twas meant to be
That men should die for you and me.
On all the oceans, white caps flow,
They don't have crosses row on row.
But they who sleep beneath the sea,
Rest in peace, 'cause we are free.***





The Last Word



Sincere THANKS:

I will dedicate my Thank You note for this edition to a very special friend and regular contributor and dedicated proofreader – Joan Balch.

God Bless her, she was a good friend and an excellent editor. Without her onboard, I'm afraid this issue and future issues might not be as polished – but we will try. God Bless Joan and – sincere condolences to her many friends and family. R.I.P Joan.

For all my regular contributors, I hope you are all doing well and looking forward to a great summer - maybe even some cheaper gasoline.

Without Joan, I'm a little slow with this edition of the Yardarm. Many thanks to all of you who contributed material – especially the early returns. Thank you so much for the excellent support from all RCNA members and especially my regular contributors.

As always, remember to visit our website – www.rcnayardarm.com – to read/download this issue or past issues of the Yardarm.

To all RCNA Branch Directors, please forward the electronic version to your members or print copies for those members who do not have access to a computer or e-reader. **Editor.**

Info to Sponsors:

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

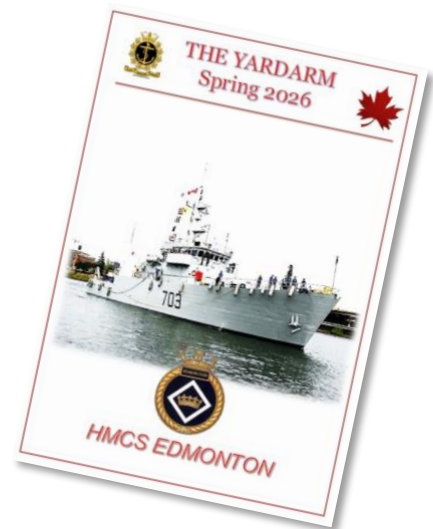
All paid sponsors will have their business card or like-sized advertisement displayed in both the Spring and Fall Editions. As well, the advertisement will be posted on the RCNA Yardarm website www.rcnayardarm.com – Our Sponsor for an entire year.

Rates are as follows:

Business Card size advert - \$50.00 for Branches/members, and \$100.00 for other agencies/non-members.

Mail to: M.P Cornect, 549 First Ave, Petrolia ON N0N 1R0 -

All sponsor generated funds will go to National HQ, for more information, please visit our website at: www.rcnayardarm.com.



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