



THE YARDARM

Fall 2026



HMCS REGINA



Fall 2026 Edition



About this edition

The Yardarm is a bi-annual publication edited and produced by LCdr (Ret) MP (Pat) Cornect on behalf of the Royal Canadian Naval Association (RCNA). The magazine is free to all RCNA members and related associations.

Please 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 Regina



The cover of the Fall 2026 Yardarm features HMCS REGINA – 334. She is the second warship with the name REGINA. A Halifax Class frigate HMCS REGINA was commissioned on 30 September, 1994, at Esquimalt, British Columbia.

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

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NATIONAL PRESIDENT



Special Recognition

The other day in an email from the Monarchist League of Canada I read an article describing the incredible will and determination displayed by the King in the movie "The King's Speech" directed by Tom Hooper and written by David Seidler.

He had a monumental task ahead of him with his brother abdicating the throne and that heavy weight being cast onto him. It made me think about others who deserve special recognition.

That is why the Executive Secretary has been asking our clubs to send him their nominations for Club of the Year and Shipmate of the Year. It's important that recognition is highlighted for people who deserve it and for Clubs as well.

Please look at each other, think about your shipmates and do not hesitate to contact National with any recommendation.

I also want to extend my gratitude and admiration for those who stepped up to the plate and have been elected to executive positions in your respective clubs. ***Bravo Zulu!***

And thank you to each and every member from coast to coast. Your fellowship is cherished.

We are an established venerable organization filled with venerable honourable shipmates. ***Elbows Up!***

Thank You to Jack Chapelle, RCNA National President.



**Jack Angus Chapelle
National President**

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**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. We are lucky to have you and your expertise doing the Yardarm. *So, BRAVO ZULU Pat.*

By the time you are reading this we are just going to be holding our 2026 RCNA Biennial AGM Meeting in Calgary hosted by the Calgary Naval Veterans Association, or we could be finished it. You will be hearing more about this meeting in the near future.

Associations like ours do not run themselves. They require individuals to step up and take command to ensure that we are on the right course and that we are running a tight ship. Some of the present leadership are considering stepping down from their current positions at the 2027 AGM; in most cases due to health concerns. Have some of you ever considered stepping up and joining the command team? The time to do it is at the upcoming 2027 AGM.

Becoming part of the command structure and taking your turn on the helm are not as time-consuming as you may think. Involvement in the running of the Association has many benefits for you, your shipmates, your Association, and your community. The outgoing members are willing to assist you in your OJT position so you will not be left in a new position with no guidance.

Most of you, presently or in the past, have held positions of authority and leadership. You have a wealth of knowledge and experience that can be beneficial to the RCNA and your shipmates. Ask yourself if it may not be time to get out of your comfort zone and step up and join the leadership team and put something into the Association instead of just being another member of the ship's company. One can get a deep sense of purpose and personal satisfaction in knowing you are not only helping your Association but also your community.

*Looking forward to meeting some new leaders at the 2027 AGM.
Wishing you calm seas and following winds.*

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



Oxford County Naval Veterans Association

MEMBER OF
THE
CANADIAN ROYAL NAVAL ASSOCIATION

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VETERANS AFFAIRS



Remembrance Day 2026

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 have 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 was 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.

***They shall grow not old, nor the years condemn
age shall not weary them, nor years condemn.***

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

Submitted by Parliamentary & Veterans Affairs VP. Bryan Chapelle.





RCNA NEWS



RCNA Peregrine

This past six months have been busy with bands and Friday evening Karaoke and/or Music Videos. On Friday evenings when we don't have a band, we either order pizzas from a local pizzeria or have grilled cheese or some other home cooked delight. On band nights, we provide snacks on the tables for our members and guests.

We had a very successful Battle of Atlantic Dinner on May 2nd with 60 attendees. Scanway Catering provided us with a delicious menu as usual for our sit-down dinner. Following the dinner, we conducted our annual Ceremony of Lost Ships. We hosted an Open House on Battle of Atlantic Sunday with Up Spirits at 1 pm followed by a band playing from 2-5 pm. The Open House was very well attended.

Our three summer BBQs and dances were a huge success – Canada Day, Natal Day and Labor Day. We served more than 180 cheeseburgers and hot dogs at these three events. Our bartenders were also kept very busy throughout the afternoons.



Our weekly Meat Bingos are doing really well with attendance averaging 45 per Saturday.

We continue to update 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, Treasurer, RCNA Peregrine.

New Director

Oxford County Naval Veterans Association has a new national Club Director replacing S/M Fred Newton.

S/M Eckenswiller plans on attending the Calgary Biennial AGM as an Observer to familiarize himself with the organization.

eckenswillerkr@quadro.net





Robert Hampton Gray VC, DCS, MID

On August 9, Robert Hampton Gray VC, DSC, MID was remembered at the BC Aviation Museum where there is a cenotaph in commemoration of Hampton Gray and all those Royal Canadian Navy pilots who served with the Royal Navy Fleet Air Arm in the Pacific. The ceremony was under the auspices of the Naval Association of Canada Vancouver Island Branch.

It was 81 years ago that Gray was lost ... just days before the war in the Pacific ended. The event was attended by representatives of Canadian Forces Base Esquimalt and 443 Maritime Helicopter Squadron. HMCS Robert Hampton Gray, the sixth Arctic Offshore Patrol ship, will arrive at its home port in Esquimalt later this fall.

Submitted by Gerald W. Pash.



HMCS Robert Hampton Gray

Current Status (2026): Conducting historic sovereignty voyages through the Northwest Passage as it transfers from the East Coast to join the Pacific fleet in Esquimalt, British Columbia.

Source, Public Domain.



RCNA NEWS



A personal look at my time with the RCNA & the VNVA

My involvement with the RCNA began in 1986 after a fellow worker learned that I had served in the British Merchant Navy, and he invited me to attend a meeting of the Vancouver Naval Veterans Association at HMCS DISCOVERY in Vancouver. It was to open a new and very rewarding experience. As I was enrolled as a new member.

I visited HMCS DISCOVERY in 1972, when on vacation in BC, from Mexico, while visiting a former Crew member living in Vancouver.



John More

Years later, after coming to Canada to live, the Chief & Petty Officers Mess of HMCS Discovery accommodated me for my Daughter's wedding Reception. A beautiful occasion and I appreciated all that was done.

Today, our family of VNVA members attending our Monthly meetings is very low. We have considered the need and ideas to encourage & recruit, but it is not easy to do so. Our membership attendees for our monthly meetings are fewer than ten members, which is really not very encouraging.

We depend on access to a DND facility, which may allow us to get in if we want to meet. In other words, we do not have our own building to be in!

Of over 300 members in my earlier days of membership, we are now fewer than 60, of which many are unable to attend, for various reasons.

However, The VNVA survives today because of a few strong-willed members that believe we can!

It does, however, remain to be seen, if we can continue to exist given our current situation. Sad but...

Submitted by John More, VNVA/RCNA, Regalia Officer.



**Royal Canadian Naval
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Peregrine Branch**

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Hours: Tues-Thurs 1-4pm; Fri 1-730 pm; Sat 1-4 pm; Closed Sun & Mon

K-W Naval Association

315 Weber Street North, Waterloo, Ontario, N2J 3H8
519-884-8731
Open at 11am, 7 days a week!
Open for Breakfast on Saturday ~ 8am to 11am



RCNA NEWS



RCNA 2026 Biennial AGM in Calgary

I would like to thank our own Eric Kahler for handling the monumental task of arranging and organizing this year's RCNA biennial AGM in Calgary this weekend.

This, by all accounts and certainly confirmed by the RCNA Executive and Directors Committee as a huge success went off in a huge way.

The AGM held at the Sandman Hotel Centre in the south across from IKEA was executed to perfection by Eric's planning and management with the help of our shipmate, Ken Short who provided the best in shuttle service to get our delegation from YYC to the venue and also to site seeing trips and a club visit, and then back to complete their varied travel home plans. Bravo Zulu Ken Short.

The Executive Committee had all the time they required to complete their agenda to layout the ground work for the upcoming 2027 calendar year.

Along with a visit to the Military and Naval Museum and a great social at club on Friday, the AGM was highlighted by a formal dinner with our guests of honour Captain (N) Elizabeth Cannon and her husband Gerrard as well as Cdr Kocot, the Commanding Officer of HMCS Tecumseh.

Although all of our CNVA members were invited to attend all aspects of the AGM including the days Executive meeting and Town Hall session, as well as the dinner, sadly only two members took part in the dinner.

Submitted by Ed Spohr, President, Calgary Naval Veterans Association.

Photos by, Ruth Anne Johnson - Reach out Coordinator for Calgary CNVA.

Just to add to Ed's comments above, as editor of the Yardarm, and on behalf of all participants at this year's AGM, a sincere **Thank You** to the RCNA Executive VP (Eric Kahler), the President of the CNVA (Ed Spohr), and their volunteers for a first-class event, thank you all.
Editor



**Cdr Ed Spohr –
CNVA President.**



**Cdr Eric Kahler
– RCNA
Executive VP.**



**Shipmate Jack Chapelle –
RCNA National President.**



RCNA NEWS



AGM 2026 Notes

The following are a few highlights from the 2026 AGM –

Thursday – arrival, check in to the hotel and greetings from the hosts and volunteers.

Friday – the afternoon was spent visiting the Naval Museum of Alberta – believe it or not – the largest in Canada. We were greeted by Bradley Frogatt, the Museum Director, and met with members of his staff. It would be very easy to spend a full day at this excellent facility. A full page with photos of the visit will be featured in Spring Yardarm.

In the evening the CNVA hosted a meet-and-greet. It was a great success – warm hospitality, comradery, and the Calgary White Hat Ceremony. An excellent time was had by all. Photos of the event are available at – www.rcnayardarm.com – the RCNA National website.

Saturday – a full day of meetings followed by a formal dinner that evening. Some highlights include;

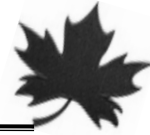
- The National President, - Jack Chapelle will be stepping down at the 2027 AGM – will be hosted by the K-W Branch.
- There are 16 clubs, and approximately 1,700 RCNA members, across Canada.
- The Regalia Officer – Tom More – is in the process of revamping the supply system, more to follow.
- New Area VP reports and Branch Quarterly Financial Reports will be forthcoming.
- Recruiting new members remains an issue – community awareness and multi-media to be the focus.
- Please Note: the minutes will be posted to the website - www.rcnayardarm.com - shortly.

Evening – a formal dinner with speeches by the Honorary Captain of HMCS Tecumseh (Capt(Navy) Elizabeth Cannon) and the CO of Tecumseh (Cdr Anna Kocot). The food and company were excellent – everybody had a great time. The National Secretary – Verne Lunan – presented both guest speakers with Challenge Coins and RCNA Lapel Pins.

Photos of the dinner are available via the RCNA website link above.

Submitted by the Yardarm Editor. Photos by, Ruth Anne Johnson - Reach out Coordinator for Calgary CNVA.





Navy Commander visits Barrie for Battle of the Atlantic

Barrie and Canadian Forces Base (CFB) Borden troops and veterans welcomed a top-ranking military officer for Sunday's Battle of the Atlantic commemoration.

The hundreds of military personnel, local dignitaries and residents gathered to honour those who served Canada in what was the longest battle of the Second World War.

Sunday's annual ceremony at the city's cenotaph was made even more meaningful with the attendance of VAdm Angus Topshee, 38th Commander of the Royal Canadian Navy (RCN).

"This victory is a victory that all of you here in Barrie own a piece of," said VAdm Topshee in his remarks of the Battle of the Atlantic's significance. "As those who are the veterans of the Battle of the Atlantic, fewer and fewer of them are with us every year. I ask that you honour their memory by carrying on the knowledge of that sacrifice."

Source *CTV News/Mike Lang*.



VAdm Angus Topshee is welcomed with a general salute during the Battle of the Atlantic ceremony in Barrie, Ont., on Sun., May 3, 2026. (CTV News/Mike Lang)

Major Rehabilitation Program Under Scrutiny

Internal federal government records released in July 2026 reveal that the \$573-million veteran rehabilitation program is facing significant delays.

The Backlog:

[Veterans Affairs Canada \(VAC\)](#) received roughly 1,200 "escalation submissions" from staff across the country due to retired personnel struggling to access timely services.

The Provider:

The controversial program, managed by Partners in Canadian Veterans Rehabilitation Services (PCVRS)—a joint venture involving a subsidiary of Loblaw Companies Limited and U.S. private equity firm Madison Dearborn Partners—continues to see veterans and advocates voice urgent concerns over quality and speed of care.

Source, *Toronto Star*.

100th Anniversary

The Royal Canadian Legion proudly commemorated the 100th anniversary at the National War Memorial in Ottawa, joined by invited dignitaries, Veterans, Legion members, and the public.

Incorporated on July 17, 1926, the country's largest Veteran support and community service organization recalled highlights of its history of Remembrance. From chartering giant steamships so Veterans could attend the unveiling of Vimy Memorial in France in 1936, to the repatriation of an Unknown Soldier to Ottawa, ON in 2000, and to St. Johns, NL in 2024.

Source, *legion.ca*.





CANADIAN VETERANS



Mark Stumph - Service number 6045E

Mark was born on March 15, 1927, in Forestburg, Alberta and grew up in Rosalind, another small prairie town. He was the third of a family of four, his oldest brother Glen (RCAF) was only 21 when he was killed in action during WW II and is buried in Holland.

His older sister Eris served in the Canadian Army women's division, so it was no surprise when Mark enlisted in the Navy on June 28, 1946, at the age of 19. He was a radar operator on the HMCS Athabaskan, the HMCS Ontario, and others; his last posting was on the HMCS Cayuga.



His ships docked on both sides of Canada, Halifax on the east and Esquimalt on the west, as well as many international ports. He saw much of our beautiful world, traveling through many coastal waterways and countries. Mark saw action in the surrounding waters of Korea during the Korean War, his last posting. The Cayuga was threatened a few times but luckily there were no war-time casualties. In 1951, after serving 5 years, Mark was discharged from the Navy. He was then employed with the Canadian National Railways for 36 years, first as a fireman and then as an engineer.

Mark was proud of his Navy service, honored to wear his blazer and medals, and over the years participated in numerous military exercises which included the laying of wreaths at many Remembrance Day celebrations. He and his wife Sue were active members of the RCNA from 2007 to 2026 and were often honored by the Korean Veterans Association. In 2019 Mark & Sue visited Korea where Mark could see the incredible changes that had taken place since his last visit.

Mark passed away on February 4th, 2026, just weeks shy of his 99th birthday, leaving his wife of almost 75 years, Sue; five children, nine grandchildren and eighteen great grandchildren, all of whom are very proud of Mark's contributions and service to our country.

Submitted by Leanne Landry.



HMCS Cayuga

A Tribal-class destroyer that served in the Royal Canadian Navy from 1946 until 1964. She saw action in the Korean War. She was named for the Cayuga nation, a First Nations people of Canada.

Source, Public Domain.



CANADIAN VETERANS



William H. “Captain Bill” Wilson

It is with profound sadness that the Calgary naval community announces the passing of Captain (Navy) (Retired) William H. “Captain Bill” Wilson on July 27, 2026, at the age of 101.

Born in Winnipeg, Manitoba, on November 5, 1924, Bill devoted more than eight decades to serving Canada, both in uniform and through extraordinary volunteer leadership. He enlisted in the Royal Canadian Naval Volunteer Reserve during the Second World War, serving aboard HMCS *Ottawa* and participating in the Battle of the Atlantic and the D-Day landings.

He later continued his naval career in the Naval Reserve, retiring with the rank of Captain after 52 years of distinguished service.

Following a successful career with Canadian Pacific and leadership roles with the 1988 Calgary Winter Olympic Organizing Committee, Bill became the driving force behind the Naval Museum of Alberta and helped realize the vision of The Military Museums in Calgary. His unwavering commitment preserved Canada’s naval and military heritage for future generations.

Known affectionately as “Captain Bill,” he inspired countless people through his optimism, generosity, and determination. He was appointed an Officer of the Order of Military Merit, received the Alberta Order of Excellence, and earned numerous national honours in recognition of his remarkable service.

Bill will be remembered as a devoted family man, mentor, patriot, and friend whose legacy of leadership, service, and community spirit will continue to inspire generations of Canadians.

Submitted by Scott Hausberg.



Top two photos, Captain Bill - Bottom Photo, Bill Wilson's last public appearance at the Calgary Naval Veterans Association clubhouse.

Above Back (L to R): Ron Wright, Scott Hausberg, Eric Kahler, Ed Spohr. Front (L to R): Lloyd Northcott, Bill Wilson.



Korean War Veterans of Canada, Unit 26, Hamilton



76th Anniversary of the Korean War Outbreak

As co-chairs of the Korean War Veterans Advocates of Canada (HooJung Jones Kennedy and Major (Ret'd) Don Kennedy), it was our pleasure to organize the **"76th Anniversary of the Korean War Outbreak – Korean War Veterans Appreciation Luncheon"** on June 25th, 2026, at the Halton Naval Veterans Association in Burlington, Ontario. We are always pleased to honour and remember Korean War Veterans.

Young Jae Kim, Consul General, Oyul Kwon, Consul, Ron Zabrok, WWII and Korean War Veteran 101 Years old, Rev. Dr. Francis Chisholm, WWII Veteran 100 Years old, other Korean War Veterans Romeo Daley, Peter Patry, George Barrett, Andy Barber, Don Arthurs and Korea Defence Veteran Wayne Sorrentino, and other Veterans with their family members attended the Luncheon.



**Commander
John Curwen Reed**

It was our pleasure to award the Korean War Veterans the Ambassador for Peace Medal - Young Jae Kim, Consul General, presented the Medals to Keith Horsfield, Harold Allen Tait and John Curwen Reed. Commander John Curwen Reed served as the Captain of HMCS Athabaskan during the Korean War. We will remember our heroes, the brave 516 fallen Canadians who helped to save many innocent lives including my parents.

We also send our special thanks to **Green Oil Inc.** for sponsoring the luncheon. The Roast Beef dinner was delicious and Korean War Veterans enjoyed receiving various gifts.

Please view event videos: <https://drive.google.com/file/d/1-j-iMVAZpo6A6YpRKMg19ufzhbCyT8YX/view> and three Korean War Veterans interview: https://www.youtube.com/watch?v=jFPgCf77u_E

Submitted by HooJung Jones Kennedy.



**HMCS Athabaskan
during the Korean War.**



**Young Jae Kim, Consul General with
Korean War Veterans and other Veterans.**



PADRE'S CORNER



Lighthouses

When I was working on my doctorate, one of my classmates was a United Methodist pastor from Texas. His grandfather had been one of the first doctors in the Texas panhandle, and he had built his house and practise on the prairie there. He had ploughed a furrow a mile north, a mile south, a mile east, and a mile west out from the house and erected windmill with a light on top of it. The idea was for anyone needing a doctor to follow the furrow, and the light, to the house.

That story has always fascinated me because it was like a lighthouse in the middle of the prairie promising help and shelter to one in need. Light houses were built to guide mariners safely into safe harbours or safe channels, and later to warn mariners of dangerous shoals and rocks.

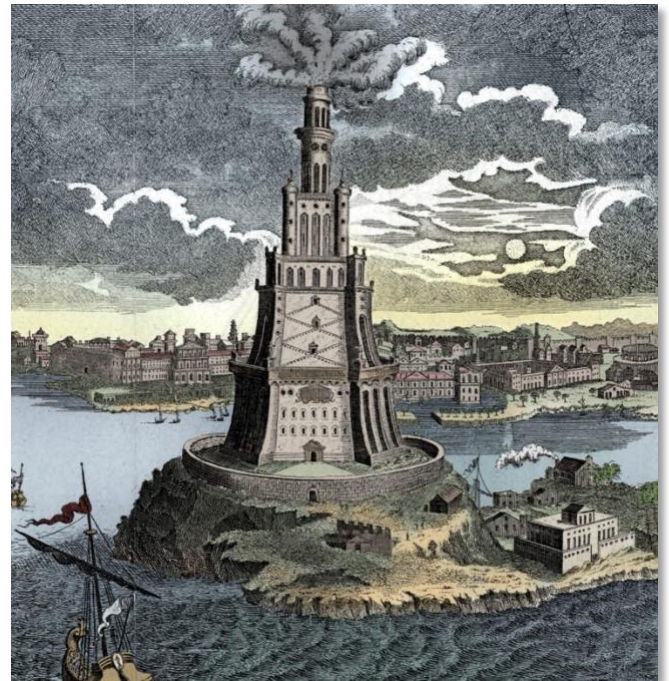
The spire of a church or some other tall fixture of a building was often used as reference point for mariners seeking the channel into a safe harbour. When someone added a light to the feature, it added an extra level of safety, especially at night. The first lighthouse whose history that I know is the Pharos of Egypt, built about 280 B.C. in Alexandria. It was built to guide ships into the harbour. Other times fires were lit on either side of an approach so that the navigator could steer for the centre between the two fires.

There were also lightships that were used to mark shoals and lighthouses built on dangerous rocks to warn ships of the dangers. Many of these were later equipped with foghorns which added an extra layer of protection especially in heavy fog or blizzard conditions. In Point Edward, Ontario, St. Paul's Anglican Church, known as the "Mariners' Church," was built in the latter part of the 19th century and its spire was used by navigators to find the mouth of the St. Clair river where it meets Lake Huron. It is called the Mariners Church because it has an annual service to mark the beginning of the opening of navigation, a small maritime museum, and the priest serves as the padre for the coast guard. It is the base for the Missions to Seafarers in Sarnia.

The church has been seen as a safe place and a reminder that to follow the light usually leads to safety and security. In Psalm 107:23-32, and the Acts of the Apostles 27: 15-end the authors write about sailors praying for safety in the midst of storms and offering thanksgiving after reaching safety. Around the world, there are seafarers' centres that offer sanctuary, counselling, legal and medical assistance if necessary, as well as recreational and entertainment to mariners.

They are usually ecumenical and all are welcome regardless of race, colour or creed. They are the lights which allow an individual far from home to put aside the darkness of stress and insecurity. There are many of these centres located in ports or just outside a port. Many have a dedicated building, and others may be in a church building, but they all offer hospitality, support without proselytizing and above all, friendship. May the good Lord continue to bless all who sail upon our seas and seafarers' centres.

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





CROSSED the BAR



Benjamin, Henery (Harry). Husband of Donna. Born in Charlottetown, Canada in 1925, Harry passed away 21 February 2023, at the age of 98. He was a Member-at-Large (MAL) with the RCNA.

Benjamin, Donna. Wife of Harry. Born in the U.S.A., 15 November 1927, Donna passed away on 23 May 2025, at the age of 97.

Empey, Roy. 28 September 2026 at the age of 90. He served Canada in the RCN aboard HMCS SIOUX; HMCS CAYUGA; HMCS ONTARIO; and HMCS. NADEN. Roy had been a member of the Comox Valley RCNA Branch since 2017.

Hutton, Ken. 20 April 2026 from cancer. Ken joined the RCN in 1961 and became a PTI. He remustered to Naval Aircrewman in 1965 and retired in 1985. His postings included Kootenay, Bonaventure, Cornwallis, Shearwater and Comox. Ken was a Comox RCNA Branch member.

Morgan, Emrys Talfryn (Tal). 27 May 1932 – 10 October 2025. Tal had a long association with the Royal Canadian Sea Cadet Corps Vindictive which began in November 1945 when he enrolled as a cadet. He was a member of the RCNA Thunder Bay Branch.

Lee, William (Bill). 8 September 1950 – 12 July 2026. Bill served in the RCN as a Leading Seaman - Water Weapons Mate and Clearance Diver. He served on HMCS ANNAOPLIS, HMCS OJIBWAY and HMCS GRANDBY/VICTORIAVILLE. Bill was a member of the MAITOULIN NORTH SHORE NAVY VETERANS ASSOCIATION (RCNA) as well the ANAVETS, unit # 469 Sudbury. He was also a Founding member of the Mountbatten Alumni Association.

Wilson H. (Captain Bill). 27 July 2026 at the age of 101. Born in Winnipeg, Manitoba, Captain Bill joined the RCNVR during the Second World War, serving aboard HMCS Ottawa and participating in the Battle of the Atlantic and the D-Day landings. He retired with the rank of Captain (Navy) after 52 years of distinguished service. ***See more on Captain Bill in this edition.***



A Prayer to Our Veterans

O God, by whose mercy the faithful departed find rest, look kindly on your departed veterans who gave their lives in the service of their country.

Grant that through the passion, death, and resurrection of your Son they may share in the joy of your heavenly kingdom and rejoice in you with your saints forever.

We ask this through Christ our Lord.



NAVAL HISTORY



HMCS REGINA (FFH 334)

A Halifax-class frigate that has served in the RCN since 1993. REGINA is the fifth ship of her class and the second ship to carry the designation HMCS REGINA. She is assigned to Maritime Forces Pacific (MARPAF) and is homeported at CFB Esquimalt.

REGINA was laid down on 6 October 1989 by Marine Industries at Sorel, Quebec and launched on 25 October 1991. The frigate was commissioned into the RCN there on 30 September 1994 and carries the hull classification symbol FFH 334.



HMCS REGINA with her new "dazzle camouflage" in 1944 colours to commemorate the 75th anniversary of the Battle of the Atlantic in 2019.

REGINA's Service History

- May 1995, with sister ship VANCOUVER sailed to Southeast Asia for naval exercises.
- March – August 1996, with AOR HMCS PROTECTOR, destroyer HMCS ALGONQUIN and frigate HMCS WINNIPEG returned to the Eastern Pacific for naval exercises.
- During this deployment, REGINA visited Ho Chi Minh City, Vietnam, the first North American warship to do so since the Vietnam War, and on the return-trip participated in the RIMPAC 1996 naval exercise off the coast of Hawaii.
- February - August 1997, REGINA joined a United States Navy carrier battle group in the Persian Gulf to enforce trade sanctions on Iraq.
- June – December 1999, she returned to the Persian Gulf, deploying with the USS CONSTELLATION carrier battle group to enforce sanctions again.
- February – May 2003, REGINA deployed to the Indian Ocean as part of Operation Apollo in support of the War in Afghanistan.
- July 2012 – March 2013, she deployed to the Arabian Sea joining Combined Task Force 150.
- In 2014, Regina operated off the coast of Somalia as part of Operation Artemis.
- April 2014, deployed to assist in NATO operations concerning the crisis in Ukraine.
- May 2015, she began her FELEX refit and returned to the fleet in April 2016.
- March 2019 – May 2019, deployed as part of Operation Artemis in the Indian Ocean where she intercepted four vessels and seized a total of 20,148 pounds of hashish and 23 pounds of heroin while also taking part in exercises with the French aircraft carrier CHARLES DE GAULLE.
- June 2019, REGINA transited the Taiwan Strait as part of a freedom of navigation mission and was buzzed by two Chinese Su-30 fighter aircraft when they flew at a height of 100 feet within 1000 feet of the frigate.
- November 2019, REGINA received a new "dazzle camouflage" in 1944 colours to commemorate the 75th anniversary of the Battle of the Atlantic.
- July 2024, REGINA made her first-ever Arctic patrol when she sailed to the Bering Sea for an encounter with the Chinese polar research vessel Xue Long 2. The encounter was safe and professional.
- June - August 2026, REGINA, HMCS OTTAWA and HMCS CORNER BROOK took part in Exercise RIMPAC 2026 off the coast of Hawaii.

Submitted by Ron Sitarz CD



ITEMS OF INTEREST



Canadian Warships in the Korean War



HMCS Athabaskan ☐☐☐☐☐
DDE 219 (1950 - 1953)



HMCS Cayuga ☐☐☐☐
DDE 218 (1950 - 1954)



HMCS Sioux ☐☐☐
DDE 225 (1950 - 1955)



HMCS Nootka ☐☐☐☐
DDE 213 (1950 - 1952)



HMCS Huron ☐☐☐
DDE 216 (1951 - 1955)



HMCS Iroquois ☐☐☐☐☐
DDE 217 (1952 - 1954)



HMCS Crusader ☐☐☐☐☐
DDE 228 (1952 - 1954)



HMCS Haida ☐☐☐☐
DDE 215 (1952 - 1954)

Submitted by HooJung Jones Kennedy.



Pain and Suffering Compensation

Overview:

As of January 1, 2026, Veterans Affairs Canada (VAC) set the maximum monthly Pain and Suffering Compensation at \$1,419.82 for a 100% disability rating (\$70.99 per 5% rating increment). Maximum tax-free lump-sum awards scale up to \$461,956.71, while Additional Pain and Suffering Compensation (APSC) ranges from \$617.31 to \$1,851.93 monthly depending on the assigned grade.

Pain and Suffering Compensation (2026 Monthly Rates)

- 5% Disability: \$70.99 per month
- 20% Disability: \$283.96 per month
- 40% Disability: \$567.93 per month
- 60% Disability: \$851.89 per month
- 80% Disability: \$1,135.86 per month
- 100% Disability: \$1,419.82 per month



Additional Pain and Suffering Compensation (2026 Monthly Rates)

- Grade 1 (Highest impact): \$1,851.93 per month
- Grade 2 (Moderate impact): \$1,234.62 per month
- Grade 3 (Lowest impact): \$617.31 per month

If you'd like, let me know:

- Are you looking for Disability Pension rates or specific allowances (such as clothing or attendance)?
- Do you need the scheduled 2026 payment dates?

For more information, [CLICK HERE.](#)

Canada.ca

The official website of the Government of Canada



HEALTHY EATING



Rustic Country Pumpkin Soup

- Prep: 10 min
- Cook: 20 min
- Makes: 4 servings

Ingredients

- 1 medium pumpkin (or 4 cups pumpkin flesh), peeled and cubed
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 medium carrots, chopped
- 2 medium potatoes, peeled and cubed
- 3 cups chicken or vegetable broth
- 1 cup whole or 2% milk
- 2 tbsp butter
- Salt & pepper (season to taste)
- 1/2 tsp nutmeg
- 1/2 tsp paprika
- Parsley for garnish

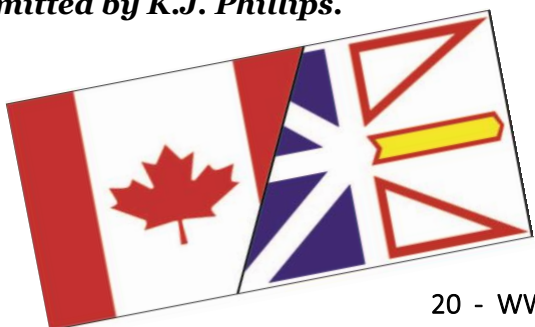


Instructions

- In a large pot, melt butter over low to medium heat until foamy.
- Add onion and garlic, cook until fragrant.
- Add pumpkin, carrots, and potatoes. Stir well.
- Pour in broth, bring to a boil.
- Reduce heat, cover, and simmer 15 to 20 minutes until all vegetables are soft.
- Use an immersion blender to puree until smooth and creamy.
- Stir in whole or 2% milk.
- Add salt & pepper (to taste), nutmeg, and paprika.
- Simmer 5 minutes to blend flavors.

Serve hot with rustic bread, soft buns, or herb biscuits.
Garnish with fresh parsley.

Submitted by K.J. Phillips.





HEALTHY AGING



About Wildfire Smoke

Some communities across Canada regularly experience wildfire smoke events. This is expected to continue as Canada's changing climate provides ideal conditions for more frequent wildfires and longer wildfire seasons. Wildfire season typically runs from early April to October.

As wildfires burn through forests and grasslands, they produce smoke. Smoke from wildfires can be a major source of air pollution for people in Canada.

Wildfire smoke may be carried thousands of kilometres from the fire zone. This means smoke can impact air quality in areas close to and far from the wildfire.

How to check the air quality during wildfire smoke events:

The Air Quality Health Index (AQHI) is a scale from 1 to 10+ designed to help you understand what the air quality around you means to your health. The higher the number, the greater the health risk associated with the air quality.

Environment and Climate Change Canada (ECCC) continually update and reports air quality conditions and the AQHI in many locations. In addition, ECCC issues air quality alerts in communities impacted by wildfire smoke. During wildfire smoke events, pay attention to:

- The AQHI
- Info Smog
- Air Quality Alerts

This information can be found on:

- [Canadian weather](#)
- The Weather CAN app
- Local weather forecasts



The AQHI and air quality alerts provide messaging and suggestions [for both the general public and those more at-risk from wildfire smoke](#) on ways to protect health.

These will help you decide whether you should take measures to protect your health and the health of others in your care. This may include modifying your outdoor activities or travel plans.

Learn more about [air quality](#) and [how the weather affects wildfire smoke](#).

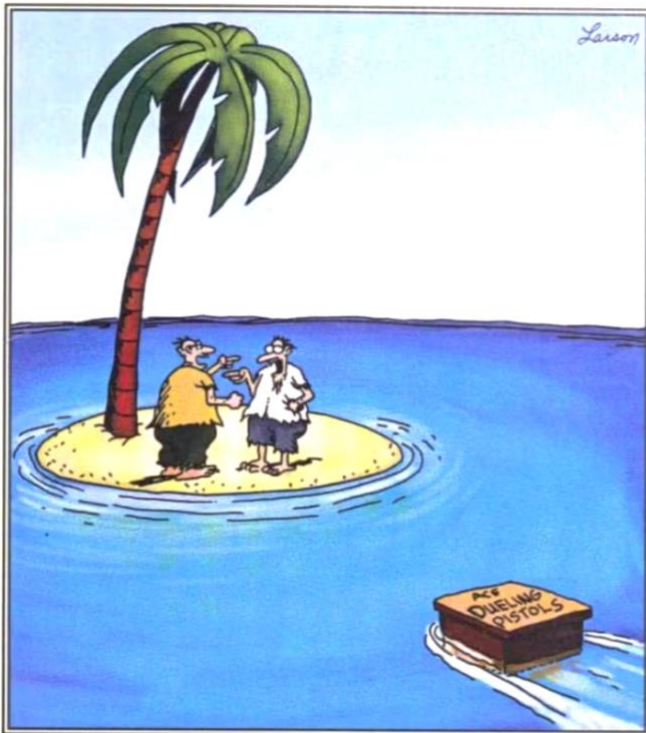
Contact us:

- For more information, [contact the Air Quality Program](#).
- Subscribe to the [air quality email subscription list](#).

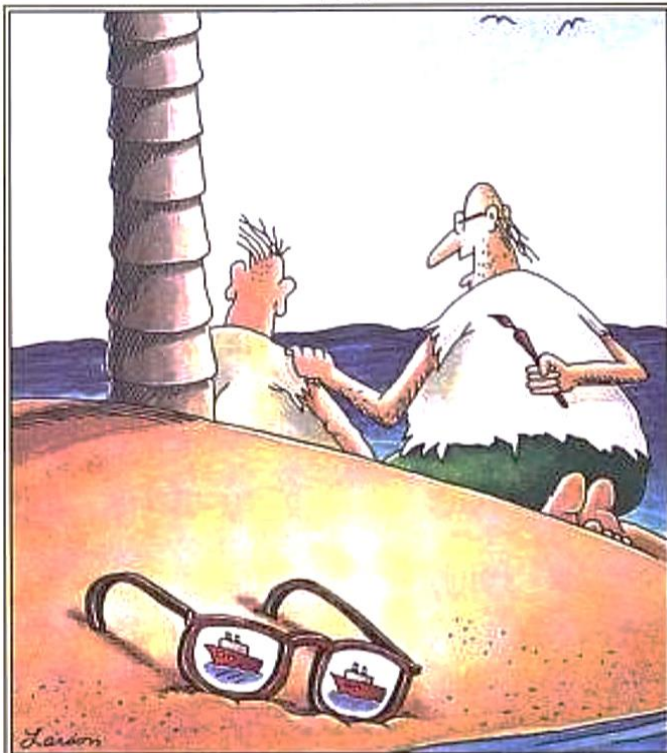
Source, Canadian Weather.



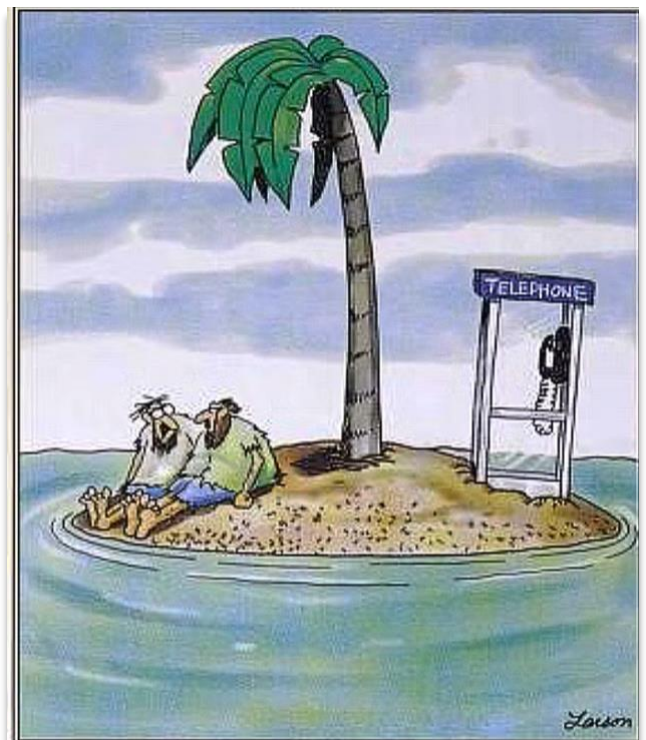
THE FUNNY PAGE



The gods play with Ted and Jerry



"Bob! Wake up! Bob! A ship! I think I see a ship! ... Where are your glasses?"



"For the one-hundredth time in as many days—I HAVEN'T GOT A QUARTER!"



The Last Word



Sincere THANKS!

This is the second edition of the Yardarm since the passing – 3 March 2026 – of my dedicated proofreader Joan Balch. May she R.I.P.

Hopefully, I can find a volunteer soon to replace Joan. Meanwhile, I hope there will not be too many formatting errors in this edition – don't hesitate to let me know.

I hope my regular contributors are all doing well and I thank you for your excellent and timely submissions.

Also, many thanks for the support from all RCNA members and especially all of you who contributed material to this edition.

Thanks again to the CNVA for hosting the 2026 RCNA AGM – ***Bravo Zulu.***

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.



As the Crow Flies

Referring to the shortest distance between two points in a straight line.

History

This early phrase originated in the 18th Century and referred to the habit of the crow taking the shortest route possible when in flight.





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