

The Yardarm



Fall 2017

Yardarm Fall 2017

About the Yardarm:

The Yardarm is published in the Spring and the Fall. 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 completely non-profit and is provided free to all RCNA Branches and related associations.



A Reminder to our Members:

The Yardarm is published electronically to reduce printing and mailing costs. It is best read on a personal computer or e-reader as the links are live. Individual members can access and print copies from the Yardarm website: ***www.yardarm.ca***.

Sourcing: The material in the Yardarm and on the website has been submitted and sourced by our members or available in the public domain. If we missed something, let us know and remember this is a free service to our veterans.

Cover Photo:

The photo on the cover of this edition of the Yardarm features HMCS Halifax (FFH 330). FFH 330 was not the first Canadian Naval Vessel to be named ***Halifax***. As Jim Lapp explains in this edition, there were two previous versions of this famous fighting ship. To learn more about the HMCS Halifax, please read Jim Lapp's article under Naval History.

Photo selected by Jim Lapp - HMCS Halifax on maneuvers—source: Public Domain.



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From the Helm

Biography of Douglas Selwood:

Doug joined the RCN 3rd September 1958. He completed his basic training at HMCS Cornwallis graduating in February 1959. He moved to HMCS Shearwater Dartmouth NS to await his first draft. 28th March 1959 he received Orders to report to HMCS Bonaventure as OS/LMI. His duties were working various parts the electrical systems. He mainly was "watch keeping" at what was called the "Main switchboard". This is where power generation was increased or decreased. He also opened and closed all "Main Breakers".



In January 1961 he was drafted to HMCS Stadacona for a six month electrical course. On completion he qualified for his first hook. This never happened. He was however drafted to HMCS Swansea. Our squadron of frigates was involved with U.N.T.D. (University Naval Training Division). One of these frigates, went to the port of Churchill Manitoba. We were the first Canadian warship to arrive

there since WWII.

The Cuban crisis found us ordered to sea by Admiral Dyer, not the Canadian Government. Six weeks of laying off Newfie and Cape Breton in October and November 1962 did not see much action. We heard that amalgamation of the Canadian Forces was being considered back then and was probably the reason I did not pick up my hook, so when my five years were up, I left the Canadian Navy, 1 September 1963.

Submitted by Blaine Barker CD.



Thanks to John Stewart for the input.



National Secretary

A word from your RCNA National Secretary:

Ahoy, Shipmates,

I want to thank all our branch clubs and our National Executive and Directors for helping me bring our contact lists up to date.

Getting all the clubs mailing addresses, phone numbers, emails, current club Executive lists etc. is very important in keeping our lines of communication open and I do get many requests for club addresses and contact information.

With your help and cooperation I feel the current information is correct and up to date. Please contact me with current updates.

The biggest list that is difficult to track is when your club changes Executive and you do not pass the information on to me.

Please don't hesitate to contact me if you need further information on any RCNA issues or have any questions about our association.

My email is stevewillarsr@gmail.com , Phone 519-995-0589.

Yours aye,



The Mobile Library—a concept that probably did not catch on—strong backs required.

Photo source unknown.

THE ROYAL CANADIAN NAVAL ASSOCIATION Admiral Hose Branch



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Regular Contributors



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National President



Steve Willar CD
National Secretary



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Healthy Living



Joan Balch
Items of Interest



HooJung Jones Kennedy
Korea Veterans



Jim Lapp
Naval History



Dr. Gordon Simmons
Chaplain's Corner



Shawn Russell
Financial Issues



Kevin Phillips CD
Healthy Eating



Pat Cornect CD2
Yardarm Editor



Veteran News

Notes:

AGM 2017—will be hosted by the RCNA Sarnia Branch, more information available on the the Sarnia Branch website: www.rcnasarnia.com.

RCNA Sports Day—the 2017 Sports Day will be hosted by the Woodstock Branch and the 2018 Sports Day will be hosted by the Sarnia Branch. Contact your Branch Sports Officer for more details.

MALs—are reminded to contact the Membership Vice-President with their annual dues and to ensure they are on the mailing list for the printed version of the Yardarm.

RCNA Plaque:

During the 2016 AGM there was a discussion about ordering RCNA plaques for members. First it has to be determined whether or not there is sufficient interest to have them made up. The price will be based on the number of plaques purchased, see below, more to follow.



Estimated Veteran Population by Province as of March 2016

Chapter 1 : Demographics

The estimated Veteran population tables below include all Veterans who are VAC clients, as well as those who are not. These estimates were calculated using the life tables released by Statistics Canada in 2016.

Table 1.1 Estimated Veteran Population by Province

	War Service Veterans (Second World War, Korean War)	Canadian Armed Forces Veterans (Regular and Primary Reserve)	Total Estimated Veterans
Newfoundland & Labrador	400	15,300	15,700
Prince Edward Island	500	3,700	4,200
Nova Scotia	3,400	39,000	42,400
New Brunswick	2,700	28,500	31,200
Quebec	5,200	116,800	122,000
Ontario	29,400	215,300	244,700
Manitoba	3,000	19,000	22,000
Saskatchewan	2,400	14,700	17,100
Alberta	5,900	65,000	70,900
British Columbia	15,500	81,100	96,600
Territories	n/a	1,900	1,900
Foreign Countries	1,200	n/a	1,200
TOTAL CANADA¹	69,700	600,400	670,100

¹Totals may not add due to rounding

Source: Statistics Directorate: March 2016 Population Estimates



Veteran News

THE ROYAL CANADIAN NAVAL ASSOCIATION ADMIRAL HOSE BRANCH, WINDSOR ONTARIO



The objectives of the Royal Canadian Naval Association (RCNA) Windsor include maintaining the traditions of the Royal Canadian Navy, perpetuating the memory of those who served and to care for the memorials to their valour and sacrifice.



The Naval Monument in Windsor is located at the center of Dieppe Gardens next to the Detroit River. The Naval Monument was erected in 1995 by the RCNA Windsor to honour those who served in the Royal Canadian Navy and the Merchant Marine of Canada during World War I, World War II and the Battle of the Atlantic, Korea and the Peacekeeping Operations.

In 2017, the RCNA Windsor along with the City of Windsor, supported by generous donations from the Community Fund for Canada's 150th, Royal Canadian Legion Branches, businesses and citizens from Windsor and Essex County, embarked on a project to restore and enhance the naval monument and surrounding plaza.

The project scope of work includes:

- ◆ New bronze plaques listing the names of the Canadian warships lost during the Battle of the Atlantic
- ◆ New inscriptions in the granite face to honour those who served during the COLD WAR and in Afghanistan
- ◆ Five new flag poles to fly the four ensigns that the RCN served under from 1910 to present (Canadian Ensign, Blue Ensign, White Ensign, the current White Naval Ensign) and the Merchant Marine of Canada Red Ensign.
- ◆ New concrete plaza and new landscaping surrounding the Naval Monument

The RCNA and HMCS Hunter, Royal Canadian Navy Reserve will jointly host the rededication of the Naval Monument during the annual Battle of the Atlantic dinner, parade and remembrance ceremony in May 2018. Donations will be greatly appreciated and can be mailed to:

***RCNA Naval Monument Fund
2090 Brant St.
Windsor, ON, N8Y 1C6***

Submitted by Ron Sitarz CD, Chairperson, Naval Monument Committee.



Veteran News



Supply Vessel Replacement Project:

Two Queenston-class Joint Support Ships (JSS) will replace the Royal Canadian Navy's Auxiliary Oiler Replenishment vessels. The new ships will provide core replenishment, limited sealift capabilities, and support to operations ashore. The JSS will be one of the first of the Royal Canadian Navy's ships to be built by one of the competitively selected Canadian shipyards, as part of the National Shipbuilding Procurement Strategy.

The JSS are a critical component for achieving success in both international and domestic CAF missions, as laid out in the Canada First Defence Strategy. The ships constitute a vital and strategic national asset. The presence of replenishment ships increases the range and endurance of a Naval Task Group, permitting it to remain at sea for significant periods of time without going to shore for replenishment.

The announced names of the Queenston-class ships are:

HMCS Queenston

HMCS Châteauguay

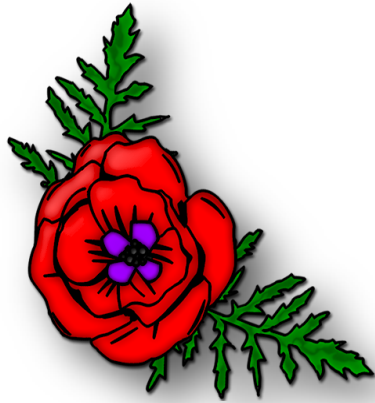
The building of the first Joint Support Ship is expected to start in the 2016-2017 timeframe, in keeping with the existing schedule. This means that the first ship would be anticipated in 2019, assuming no further delays in the schedule.

Source: Government of Canada—Royal Canadian Navy Website (see link in this edition).



In the News

Bill C311: An Act to amend the Holidays Act making Remembrance Day a federal holiday was passed by the House of Commons on 21 June 2017. The Bill has gone to the Senate for rubber stamping. The Bill was introduced by MP Colin Fraser and took many years to finally get this far. As it stands, many provinces, including Ontario, may not recognize November 11th as a provincial holiday—the provinces have the final say. ***Stay tuned-Editor.***



Stolen Valour: The MND earlier this summer was forced to stand in the House of Commons and apologize for greatly exaggerating his role in a major military operation in Afghanistan. However, it was later revealed that as a Reserve LCol attached to the Afghan police, he had in fact played a much minor role.

Stolen Valour Canada is an all-veteran, military member, and all-volunteer organisation. Its goal is to expose individuals posing as military personnel or veterans. According to their definition : “Imposters (posers) are those individuals that falsely portray and present themselves as either a serving member, or a veteran of the Canadian Armed Forces, having never served in military service to their country, or perhaps, had served unsuccessfully without completing their training.” For more information and to see other posers visit the website www.stolenvalour.ca and you can also view photos of posers on the Facebook page. ***Editor***

Omar Khadr Payoff: The convicted terrorist and murderer, Omar Khadr, was very much in the news this summer. The Liberal government apologized and paid \$10.5M to Khadr. When you consider how many IEDs he assembled while in Afghanistan and that the majority of Canadian casualties were caused by IEDs it makes you wonder. All of the veterans I spoke with were very upset with the Liberal government over this issue. This attitude is reflected in the general public—in a nation-wide poll conducted in June over 72% did not agree with the government’s action. The money would have been better spent as compensation to the families injured or killed in Afghanistan. ***Editor.***

Cornwallis Statue: Edward Cornwallis was the governor of Nova Scotia and a British military officer. He founded the City of Halifax in 1749. Unfortunately, he also issued a bounty on the scalps of Mi'kmaqs. In light of growing recognition of wrongs committed against Indigenous people and minority groups there are calls (on both sides of the border) to rename buildings and to remove the statues of controversial people. Currently, there is much pressure on the government to remove the Cornwallis statue in Halifax. Many veterans, including myself, underwent basic training at HMCS/CFS Cornwallis in Nova Scotia. ***Editor***



Information from the ALS Society of Canada

What is ALS? Amyotrophic lateral sclerosis (also known as ALS, Lou Gehrig's disease, or motor neuron disease) is a disease that gradually paralyzes people because the brain is no longer able to communicate with the muscles of the body that we are typically able to move at will. Over time, as the muscles of the body break down, someone living with ALS will lose the ability to walk, talk, eat, swallow, and eventually breathe. Presently, there is no cure for ALS. Approximately 80 per cent of people with ALS die within two to five years of being diagnosed.

Support for veterans with ALS—Research suggests that people who served in the military are approximately twice as likely to develop ALS compared to those who have not served. ALS Canada, along with provincial ALS Societies and volunteer advocates, has helped to improve disability benefits for veterans living with ALS, ensuring access to better, faster access to support. To learn more about the increased benefits and improved support for veterans living with ALS, visit www.veterans.gc.ca or contact the Royal Canadian Legion.

WALK for ALS—The WALK for ALS is the largest volunteer-led fundraiser for ALS across Canada. It is about local communities coming together to raise funds and celebrate hope for a future without ALS.

How does the WALK make a difference? 40 per cent of net proceeds are directed to research, and 60 per cent are used within the province they are raised to support people living with ALS. For more information, please visit www.walkforals.ca.



“We walk in memory of our dad, Thomas McKegney, who passed away in June 2016. In only a few short months, he went from needing the help of a cane to being completely dependent. Naturally, we wanted the best for him. For us, that meant keeping Dad at home and doing what we could to make him as comfortable as possible. ALS Canada provided us with the necessary equipment as it became available, and supported us with compassion and kindness along the way. All of these services were limited, of course, because of funding. We raise money so others living with ALS will be able to access critical support, and to contribute to ALS research because we are hopeful that one day soon, we will find a cure.” **Kimberley Young, WALK for ALS fundraiser and participant.**

Donations are still being accepted! The WALK for ALS took place in over 80 communities across the country between May and September...and it's not too late to make a difference. Donations are being accepted until **December 31, 2017.**

Within Ontario, ALS Canada has a role similar to that of the provincial ALS societies providing services and support to help meet the needs of people living with ALS. More information is available at www.als.ca

Submitted by Alisha Martins—Marketing and Communications Intern—ALS Society of Canada.

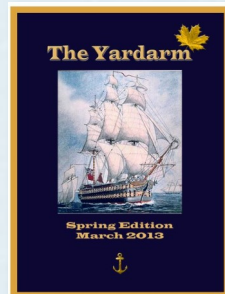
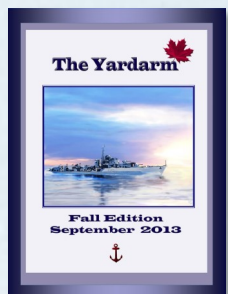
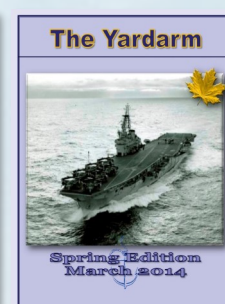
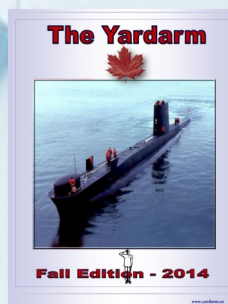
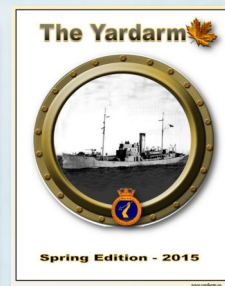
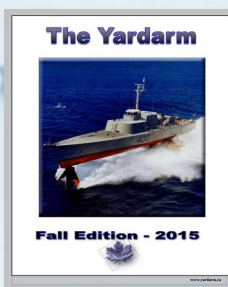
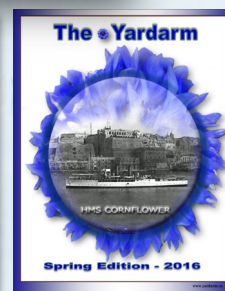
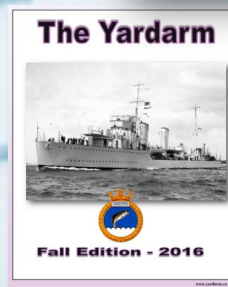
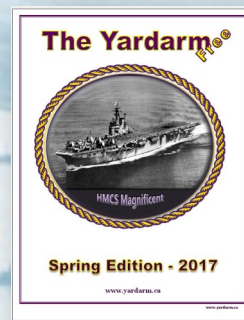


Info to Sponsors

***Missed a copy of the Yardarm?
Visit the website:
www.yardarm.ca***

Sponsors: The Yardarm is always looking for Sponsors – advertisement fees are very reasonable: \$50.00 for Branches/ members; and \$100.00 for other agencies/non-members—per year. This will ensure your advert will be featured for one year on the website and one year (two editions) in the magazine. All sponsor generated funding will go to National HQ. For more info contact the editor via email: pat@cornect.com or visit the Yardarm website at: www.yardarm.ca.

Please make your sponsorship cheque payable to “RCNA National” and address it to the National Treasurer or the Yardarm Editor.





The Funny Page

Dangling Participle: On his 75th birthday, a man got a gift certificate from his wife. The certificate paid for a visit to a medicine man living on a nearby reservation who was rumoured to have a wonderful cure for erectile dysfunction. After being persuaded to go, he drove to the reservation, handed his ticket to the medicine man and wondered what he was in for.



The old man handed a potion to him, and with a grip on his shoulder, warned, "This is a powerful medicine. You take only a teaspoonful and then say '1-2-3'. When you do, you will become more manly than you have ever been in your life and you can perform as long as you want."

The man was encouraged. As he walked away, he turned and asked, "How do I stop the medicine from working?" "Your partner must say '1-2-3-4,'" the medicine man responded, "but when she does, the medicine will not work again until the next full moon."

The man was very eager to see if it worked so he went home, showered, shaved, took a spoonful of the medicine and then invited his wife to join him in the bedroom. When she came in, he quickly took off his clothes and said, "1-2-3!" Immediately, he was the manliest of men.

His wife was excited and began throwing off her clothes as she asked "What was the 1-2-3 **for**?"

And that, boys and girls, is why we should never end our sentences with a preposition, because we could end up with a dangling participle. **Submitted by Charlie Scott.**



Meanwhile, somewhere down south:



Naval History

HMCS Halifax: One hundred years ago, on immediate approach to Halifax harbor in August 1917, the pilot ran HMHS Letitia aground at Portuguese Cove near Chebucto Head. Of the 137 crew and 546 wounded soldiers, there was only 1 fatality.

In 1749, 168 years before Letitia foundered, Lieutenant General Edward Cornwallis in HMS Sphinx led a trans-Atlantic convoy of 15 ships and 2,500 settlers to Chebucto Harbour with only 1 fatality during the voyage. Halifax is named after Lord Halifax, planner of the 1749 expedition. 268 years later, protestors and revisionists want historical evidence of Cornwallis removed from public display.

For almost three centuries Halifax has prospered as a gateway to Canada, and an economic centre in the Maritime Provinces.

3 ships built in Canada honoring Halifax have served Canadians:

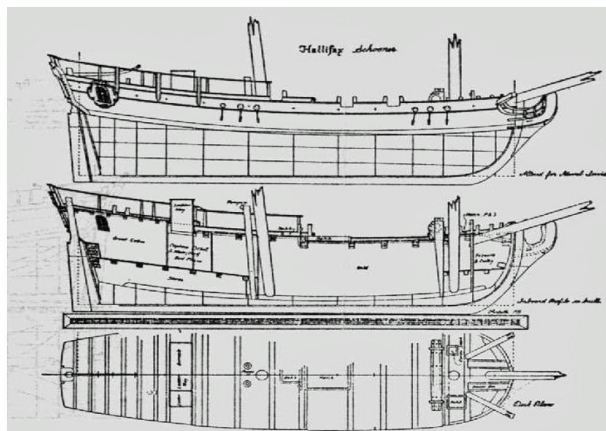
HMS Halifax, a 58' square topsail schooner, built in Halifax in 1765, joined the Royal Navy in 1768. She was a coastal patrol ship combating smuggling and dealing with colonial unrest in New England.

HMCS Halifax (K237), a 205' Flower-class corvette, was built in Collingwood, ON in 1941. She served as convoy escort in trans-Atlantic and Caribbean convoys during WWII.

HMCS Halifax (FFH 330), a 440' Halifax class frigate built in St John NB entered service in 1992. Well-armed, the Halifax class frigates carry a helicopter for long range submarine hunting, torpedo tubes, surface-to-surface and surface-to-air missiles, and a forecandle Bofors 57 mm main gun capable of 220 rounds per minute over 17 km.

In 1994 and 1996 Halifax participated in the naval blockade of Yugoslavia in the Adriatic Sea. During the second tour with the embargo force, Halifax operated as flagship of the group for part of the ship's deployment. In 1998, the Halifax took part in the NATO naval exercise "Strong Resolve" off Norway and assisted in the recovery operation following the crash of Swissair Flight 111. In October 2001 Halifax was diverted for combat operations in the Indian Ocean following the September 11 attacks on the United States. She was the first Canadian ship on station and was deployed in the north Arabian Sea, integrated into the USS Carl Vinson carrier battle group. Following the devastating hurricane in 2010, Halifax was deployed outside the area of Jacmel, Haiti, and provided air traffic control for Jacmel Airport.

Submitted by Jim Lapp—Photo Source, Public Domain.





Items of Interest

Iz 'zat so? When listening to audio media do you often ponder on something you hear that just touches your ear? That is: Question what was said?

A traffic collision report regarding a serious accident to a person in a wheelchair and turning car at busy intersection included a discussion with another person who used a wheelchair to get around downtown.

His phrase **'Most wheelchairs are BLACK!** Hit my earbone. If true. Why would that be? Why aren't they fire engine red, or electric blue or positively purple or even yellow and black or orange and black striped, such as construction machinery, in order to be SEEN?



A chair may be easier to see in a full left turn but probably hidden in a right turn.

So then what to do for crossing traffic lanes might include, a hand paddle with a huge this way arrow glowing red and white material or a tall and visible crossing friend, or even a revolving periscope with painted reflective eyes

Then again maybe wheelchair users should take the Fog Directive and get a huge Air Horn and blast their way across. {Using Q for crossing? } **Submitted by Joan Balch.**

Follow-up to Spring 2017 Yardarm:

You will be happy to know our ALS person escaped from Hospital and it only took over a year to undo the government red tape.

Then found that all the ancillary Care Costs meant the actual hospital items—excepting nursing—necessary in hospital, were OFF LOADED to the patient.

Doesn't seem like an equitable solution to Home Care if the CARE part gets dropped.

Joan Balch



Korea Veterans Unit 26, Hamilton



Top 20 Women in Defence: It was our pleasure to attend the **Top 20 Women in Defence 2017 Award Ceremony** on April 10 at the Ottawa City Hall. The event was organized by Esprit de Corps Magazine and Women in Defence and Security (WiDS). We send our special appreciation to Scott Taylor, the publisher and his dedicated staff who worked very hard to organized one of the best events for Women in Defence and Security.

Over 500 guests attended and 14 Embassies including South Korea provided their national food and beverages at the reception. National Defence Minister Harjit Sajjan and Chief of Defence Staff General Jonathan Vance sent their personal congratulatory messages. Vice-Admiral Ron Lloyd attended the ceremony to deliver his heartfelt speech. The notable recipients for this year award included; Honourable Senator Yonah Martin, former Governor General Rt. Hon. Adrienne Clarkson, serving and retired members from the Army, Royal Canadian Navy, Royal Canadian Air Force, Media and other Veterans Advocates. This event provides wonderful networking opportunities and great synergy for many women in the defence industry.

We were also very pleased to meet our associates; Rear-Admiral Jennifer Bennett, Les Peate—past President of National Korea Veterans Association of Canada and his wife Joyce, Bill Black—President of the Korea Veterans Association of Canada Unit 7 and past President of HMCS Huron Association, and the Defence Attaché of the Republic of Korea—Colonel Chang Bae Yoon.

A special moment was when the two WRENS Veterans sang “*We will meet again*” and “*The White Cliffs of Dover*”. Their singing brought tears to the eyes of many present including us. The last time we met the singing WRENS was the “D-Day gala” event at HMCS Haida in Hamilton 13 years ago. Since then, many of them have passed away and the WRENS Association has disbanded. These brave and talented women helped to lay the foundation over 70 years ago, and many young women followed their footsteps breaking barricades and contributing to the Canadian Forces and defence industry.

The award plaque and gifts will be cherished along with our fond memories.

Submitted by HooJung Jones Kennedy—Photo Source: Richard Lawrence Photography



Healthy Eating

NL Potato Salad:

Makes 8 servings

Ingredients:

¾ cup mayonnaise
1 tbsp yellow mustard
4 cups potato, ½" cubed
½ cup carrot, finely chopped
½ cup celery, sm chopped
½ cup onion, finely chopped
½ cup pickles, sm chopped
3 hard-cooked boiled eggs, chopped
Salt & pepper
Paprika, for garnishing



Method:

Bring a large pot of lightly salted water to a boil. Add cubed potatoes and carrots; cook until tender (approx 15 minutes). Drain, let cool and set aside.

In a large bowl, combine mayonnaise and mustard. Mix potato, carrot, celery, onion, pickles and chopped eggs. Gently mix. Season to taste. Chill for an hour. Garnish with a pinch of paprika prior to serving. Excellent by itself or as a side dish.

Notes: Add more mayonnaise if you want your potato salad more creamier.
Add hot paprika for more of a zing.

Bream – to heat, with a birch-rind lighted mop, the bottom of a boat hauled up and turned over on the beach and ready to be tarred

ADMIRAL DESMOND PIERS NAVAL ASSOCIATION

450 LaHave Street, Unit 17, suite 121
Bridgewater, NS, B4V 4A3



ADPNA meets at 1400 every 3rd Thur
(except July, August & December)
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Contact: S/M Ray Thomson: 705 476-6763



Healthy Aging

Locked in by ALS: Amyotrophic lateral sclerosis (ALS) or Lou Gehrig's disease, named after the baseball player who was diagnosed with it, is a progressive disease that paralyzes the body by destroying the nerve cells that communicate between the brain and muscles of the body.

Muscles are connected to the brain via specialized nerve cells called motor neurons. In someone with ALS these motor neurons gradually break down and die, which causes that person to lose the ability to walk, talk, swallow and eventually breathe. Approximately 80% of people with ALS will die within 2-5 years of being diagnosed, while some individuals can live 10 years or longer.

Early signs of ALS can include:

- trouble walking, tripping and/or falling
- weakness in your feet, ankles, legs, and hands
- slurred speech or trouble swallowing
- constant muscle cramps or twitching in your arms, shoulder or tongue
- trouble maintaining good posture or keeping your head up
- it does not affect your bowel/bladder control



There is no known cause for ALS. The majority of cases are considered sporadic, meaning it can affect a person regardless of ethnicity, gender, age, etc. Research is currently underway to study several possible causes of ALS. Despite no known cause, there are several established risk factors:

- **Heredity:** 5-10% of cases are familial (a parent has a 50/50% of passing it on genetically to a child)
- **Age:** most common ages are between 40-60 years old
- **Smoking**
- **Environmental toxin exposure** (no single agent has been consistently connected to ALS to date)
- **Military Service:** the trigger is unclear, but may include exposure to chemicals, viral infections and traumatic injuries

ALS can mimic a number of other neurological diseases, so diagnosis is often done by excluding other disorders. Common tests include nerve conduction studies, MRI, blood/urine tests, spinal tap and muscle biopsy. There is no known cure for ALS, but several treatments can help slow the progression and there are many therapies to help relieve uncomfortable symptoms.

If you have any concerning symptoms that persist, it is a good idea to see your family physician. For more information on ALS and support, please see ALS Canada at www.als.ca.

Submitted by Shauna Phillips, M.D.

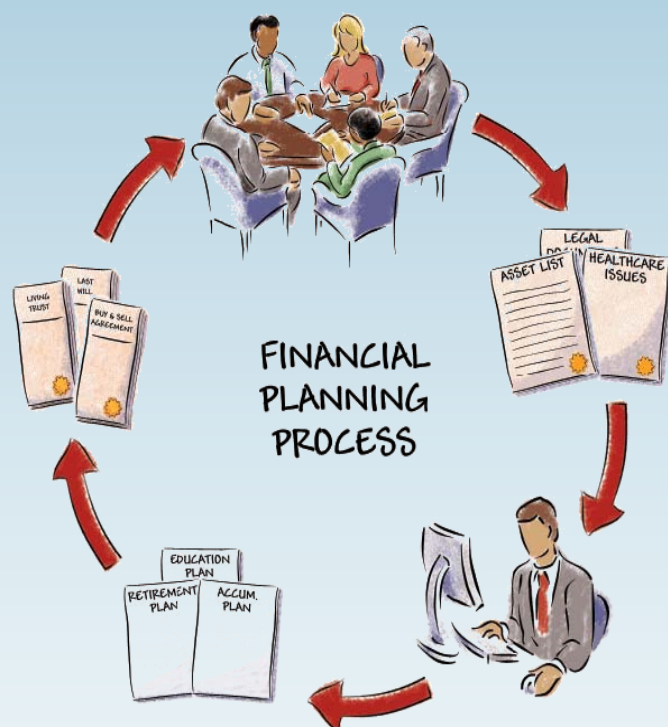


Financial Issues

Financial Plans: It's never too late to write a financial plan. A financial plan gives you a snapshot of where you are at a particular point in time, and looks at where you want to be in the future. Some of the components include living expenses, both presently and looking forward; sources of income, which would include government benefits. Tax planning, investments, and insurance needs are other components. One reason you might want to consider having a financial plan is to ensure you don't out live your retirement funds.

Spending too much early in retirement can lead to having too little in the later years. Nobody wants that. If you find that you have very little money left over each month, or are having difficulties making ends meet, a financial plan can shed light on exactly where your money is going. A written financial plan will help you achieve goals. In my own experience, I've had greater success in achieving goals when they are written out.

The internet is a great source of information on how to formulate a financial plan. Hiring a professional to design one is also an option. Finding one that is paid by the hour or a flat fee will provide you with unbiased information. Other financial planning professionals are paid a commission on products sold. Keep that in mind when making your choice. **Submitted by Shawn Russell.**





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1420 Lougar Ave, Sarnia 519-344-0331



Chaplain's Corner

Stories: As veterans and the families of veterans gather each year to remember the sacrifices made by young men and women during times of war and peace throughout the twentieth century and the present, we sometimes forget the importance of stories.

The Bible is a collection of stories some are allegories. Others are historical accounts of a people and their struggles. The Bible is about the constant struggle of humanity when dealing with the spiritual and the physical aspects of daily life. It deals with the struggles of individuals and nations, of their triumphs and their failures, of the bright side and the dark side of life. It is about people long since dead but who live through their stories and it is also our story.

Everyone has a story. The veteran, who served at home or abroad, aboard a ship or ashore, has a story that should be shared, whether dark or bright, whether good or bad. Unfortunately, most people do not want to tell or share their story but it is important.

Some years ago a friend of mine gave me a recording made for the Memory Project, so that the story he recounted numerous times to students in elementary and high schools would not be lost. He was a veteran who had lived the horrors of combat. He was a widower without a family who had come to realize the importance of telling his story.

You see his story, the Bible stories, and your stories can help others to understand that the battles and the struggles that are a part of life can be won and that there is light at the end of the tunnel. Share your story with your family or a friend it may be healing for yourself or others.

May God bless you and yours as you journey through life.

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



The Naval Prayer

*O Eternal Lord God,
who alone rulest the raging of the sea;
who has compassed the waters with bounds
until day and night come to an end;
be pleased to receive into Thy almighty and
most gracious protection
the persons of us Thy servants,
and the Fleet in which we serve.
Preserve us from the dangers of the sea,
and from the violence of the enemy;
that we may be a safeguard unto our most
gracious Sovereign Lady,
Queen Elizabeth,
and her Dominions,
and a security for such as pass upon the seas
upon their lawful occasions;
that the inhabitants of our Commonwealth
may in peace and quietness
serve Thee our God;
and that we may return in safety
to enjoy the blessings of the land,
with the fruits of our labours,
and with a thankful remembrance of Thy
mercies
to praise and glorify Thy Holy Name;
Amen.*

Crossed the Bar

Callaway, James (Jim). 24 March 2017 at the age of 92. Jim served in the RN from 1941 to 1966. He retired as a C.E.R.A. and was a member of the CPO's Assoc and the CV RCNA—a life-member since 2010.

Cancade, Paul. 4 February 2017. A veteran of the RCNVR, during WWII, he served in Fairmiles on the West Coast and on Corvettes on the Atlantic. Paul was a long-time member and ex-Executive member of TBNA.

Dandeno, Tom. 9 April 2017 at the age of 88. Tom served in the RCN from 1948 to 1951 and transferred to the RCAF. He was also a long serving member in HMCS Quadra and a member of CV RCNA.

Giroux, William Ross. 24 June 2017. Ross served in the Army 1944-45 and in the RCN/RCNR 1946-1986. He was a member of the RCNA- Admiral Hose Branch-Windsor, ON.

Hanna, Alexander Glen. 2017. Glen served in the RCNVR during WWII. He was a long-time volunteer and a key player involved with the Anchorage Naval Monument at Prince Arthur's Landing—Marina Park.

Marshall, Ferguson. July 2017. Ferguson was a long-time member of the RCNA Sarnia Branch.

Rohrer, William "Bill". 24 November 2016. Born 10 February 1928, Bill served in the RCN from 1954 to 1961. His ships included HMC Ships Quebec, Labrador, Lauzon, Quinte, Prevost. Member of RCNA London.

Strupat, Ron. 13 June 2017. Born in 1921, Ron served in the Canadian Army 1940—1946 and the RCNR 1954—1966. He was a member of RCNA London.

Wood, Thomas. 24 March 2017. Born in 1924, Thomas served in the RCN 1944—1945 on HMC Ships Montcalm, Cornwallis. He was a member of RCNA London

Woodhouse, Arthur. 27 May 2017. Born in 1926, he served in the RCN from 1943 to 1946 on HMCS Capilano. He was a member of RCNA London.

WRENS of Toronto—Submitted by Donna Murakami, LCdr (Ret'd)

Last Name	First Name	Maiden Name	City	Date of Death
Drew-Brook	Barbara		Harris	11-Feb-17
Boyd	Ellen	Shenfield	Guelph, ON	16-Mar-17
Chudyk	Eileen F.		Victoria, BC	23-Apr-17
Crane	Lavinia Mary		Burnaby, BC	12-Apr-17
Duncan	Barbara	Cousins	Victoria, BC	30-Apr-17
Dzick	Ann Donna		Toronto, ON	3-May-17
Goldring	Betty Eleanor	White	Halifax, NS	27-Jun-17
Hockings	Daphne Rose		Berwick, NS	8-Mar-17
Holmes	Edith	Hatton	Oshawa, ON	13-Feb-17
Ionson	Barbara J.M.	Ionson	Windsor, ON	9-Jul-05
Johnson	Annie Marie	Roberts	Halifax, NS	17-Jan-17
MacKinnon	Ruby Annie	Gibbon	Nelson, BC	28-Mar-17
Patterson	Shirley	Wolfe	Dartmouth, NS	29-May-17
Sturdee	Doris Mary Ross	Senior	Collingwood, ON	6-Jun-17
Washbern	Barbara	Rutledge	Nanaimo, BC	24, 2017
Wiegand	Elizabeth	Drew-Brook	Toronto, ON	11-Feb-17



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The Last Word



Thank You for your continued support:

The Spring 2017 Edition of the Yardarm is the 9th published edition since I was “volunteered” to take over as editor in 2013. I can safely say that none of the editions would have made it to distribution without input from the many RCNA members scattered across Canada and beyond. Key to this whole operation are definitely my Regular Contributors listed on page five—amazing dedication—a very special **Thank You** for your continued support.

Regular Contributors in Petrolia: It is not often I get to hook up with more than one of our Regular Contributors at one time. However, in August while Shawn and Shauna were visiting from Toronto, we dropped by to see Jim. From right to left; Jim Lapp—Naval History, Shawn Russell—Financial Issues, Shauna Phillips—Healthy Aging, and Pat Cornect—Editor.





Yardarm Fall 2017

WebSites Associated with this Edition:

AGM 2017: www.rcnasarnia.ca/AGM2017

ALS Society of Canada: www.als.ca

Canadian Veterans Advocacy: www.canadianveteransadvocacy.com

Royal Canadian Navy: www.navy-marine.forces.gc.ca

Stolen Valour Canada: www.stolenvalour.ca

Veterans Affairs Canada: www.veterans.gc.ca

Walk for ALS: www.walkforals.ca

Yardarm: www.yardarm.ca

Yardarm Editor: www.cornect.com



Supply Officer—Kit Shop:

Please Note—Excellent quality white gloves are now available for only \$8.00 per pair.

Price Changes—Since we are now dealing with a Canadian distributor, the price of beret crests is now \$9.30.

Questions—If you have any questions related to items from the Kit Shop or need info on pricing, please visit the Yardarm website at www.yardarm.ca—click on the **RCNA Kit Shop** link for an up-to-date listing of supplies and current pricing.

This will be Ray's last price change and update as he will be stepping down as Supply Officer at the September 2017 AGM. Once the new Supply Officer is appointed, contact information will be available on the Yardarm website.



Shipmate Ray Thomson

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The Yardarm





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