

The Yardarm

HMCS Windsor



Spring 2018

Spring 2018

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 - back issues are also available on the site: www.yardarm.ca.

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

Cover Photo:

Editor. The HMCS Windsor is a long-range hunter-killer (SSK) submarine. She was purchased by the Royal Canadian Navy from the UK. The Windsor is the second submarine of the Victoria class and is named after the city of the same name in southwest, Ontario. For more information on the Windsor, please read Jim Lapp's article on page 14. .

Photo selected by Jim Lapp.

Source: DND photo archive, Royal Canadian Navy. Canadian Forces.



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National President From the Helm

Dear Blaine Barker,

I am writing to invite you to join us at our upcoming Veterans Summit on Monday April 9, 2018 in Ottawa.

In the fall of 2017, the National Association of Federal Retirees hosted a successful Veterans Outreach Initiative seeking to engage retirees and serving Canadian Armed Forces and RCMP members and their families. Over the course of 12 town hall meetings in communities and on bases across the country, we interacted with over 500 veterans and gathered meaningful feedback on their experiences.

We are currently reviewing and analysing the responses we have collected, and are compiling an extensive report due to be released at the end of February. I am looking forward to sharing this report with you when it is complete.

On April 9, we will be hosting the Veterans Summit to review the report and identify key areas in which we can all focus our efforts to support both retired and serving Canadian Armed Forces and RCMP members and their families. Your expertise and input are greatly appreciated, and I am looking forward to having you join us.

Please mark Monday April 9, 2018 in your calendar and save the date for the Veterans Summit. We will forward additional information on the session along with the report at the end of February.

If you have questions about the Veterans Summit, our outreach initiative, or the forthcoming report, please contact Candace Jazvac at cjazvac@federalretirees.ca or 1-855-304-4700 ext. 222.

Sincerely, Jean-Guy Soulière, President National Association of Federal Retirees.

The National Association of Federal Retirees is the largest national advocacy organization representing active and retired members of the federal public service, Canadian Armed Forces, Royal Canadian Mounted Police and retired federally appointed judges, as well as their partners and survivors.





Spring 2018 Yardarm National Secretary

Naval Monument—Windsor:

The Naval Monument in Windsor which is located at the center of Dieppe Gardens, next to the Detroit River, was erected in 1995 by the RCNA Windsor to honour the men and women from Windsor and Essex County who served in the Royal Canadian Navy during World War I, World War II, Korea and the Peacekeeping Operations. Two bronze plaques mounted on the monument list the names of the fifty officers and men who enlisted at HMCS Hunter in Windsor and were lost during the Battle of the Atlantic in World War II.

In 2017 and 2018 the RCNA Windsor and the City of Windsor, supported by generous donations from the Community Fund for Canada's 150th, eleven Royal Canadian Legion Branches, businesses, citizens, two RCNA Branches and RCNA Members completed Phase 1 of the Naval Monument restoration and enhancement project.

The completed work as shown in the image above includes two new bronze plaques mounted on the monument listing the names of all Canadian warships lost during the Battle of the Atlantic; new inscriptions on the east and west granite faces to honour those who served during the COLD WAR and in AFGHANISTAN; five new flag poles to fly the Blue Ensign, White Ensign, Canadian Flag, White Naval Ensign and the Red Ensign of the Merchant Navy; two bronze plaques mounted on the plaza perimeter to honour Rear Admiral Walter Hose (the father of the Royal Canadian Navy Reserve) and the 100th Anniversary of the RCN as well as a new concrete plaza, planters and landscaping. Phase 2 of the project in 2018 will include the installation of historical factoid plaques on the perimeter of the plaza.

The Naval Monument will be rededicated during the Battle of the Atlantic ceremony on May 6, 2018.

The Naval Monument Restoration Fund:

The Naval Monument Restoration / Enhancement project Phase 2 which is the installation of historical factoid plaques titled: "THE ROYAL CANADIAN NAVY - CANADA and the WAR AT SEA" is in progress. The RCNA Windsor, Naval Monument Committee is accepting donations to fund the remainder of the project. All donations are greatly appreciated and can be mailed to: *Royal Canadian Naval Association Windsor, Naval Monument Fund, 2090 Brant St. Windsor, Ontario N8Y 1C6.*

Submitted By: Ron Sitarz CD, Chairperson, Naval Monument Committee.





Regular Contributors



Blaine D. Barker, CD
National President
From the Helm



Steve Willar
National Secretary
Secretary Notes



Jim Lapp
RCNA Sarnia
Military History



Dr. Shauna Phillips
Medical Doctor, Toronto
Healthy Living



Kevin Phillips, CD2
Personal Chef, Oakville
Healthy Eating



Dr. Gordon Simmons
Padre Dir RCNA Sarnia
Padre's Corner



Joan Balch
RCNA Member at Large
Items of Interest



**HooJung Jones
Kennedy**
Korea Veterans
Unit 26, Hamilton



Shawn Russell
Commodities Broker
Personal Finance



Pat Cornect, CD2
RCNA Sarnia Director
Yardarm Editor

Spring 2018 Yardarm RCNA News



Editor. The 2017 RCNA AGM was hosted by the RCNA Sarnia Branch. The attendance was excellent, above photo are the current National Executive Members, Division and Branch Representatives. See names and contact information in this edition. **Below:** members of the National Executive receiving their RCNA Volunteer Medals from the National President, Blaine Barker. **Photo Source:** RCNA Sarnia President, Cindy Vandenberghe.



RCNA News

Report on Membership:

Clubs – 22 Active Clubs within Canada.

Members at Large (MAL) – 2016 – 72.

Life Members – 2016 – 44

New Life member at 2017 AGM – **Jerry Sigrist** from Bridgewater Nova Scotia.

As we are all well aware, the decrease is mostly due to the age of Veterans and those that are no longer with us. If any readers know of someone living outside the range of a Club, with interest in the Navy, please inform them of our Members at Large.

The dues are \$16.00 for 2018. On payment of dues they receive a current membership card, receipt and a copy of the current “Yardarm”.

Submitted by: June Greig, RCNA Edmonton & National Membership Chair.

Next AGM:

Oshawa Naval Veterans’ Club: to host the 2018 AGM—more to follow.

Sports Day 2018:

The 2018 Sports Day will be hosted at the RCNA Sarnia Branch on 8 September 2018. RCNA Branches will receive information packages, sign-up sheets, rules and related information shortly. The same information will be available on the Branch website: www.rcnasarnia.com.

Contact info:

Branch: email—rcnastaff@hotmail.ca

Sports Officer: larry.jamie29@gmail.ca



New Executive Members:

Mike Edwards

Executive Vice President

June Greig

Vice President Membership

Terri-Leigh Saunders

Parliamentary and Veterans Affairs

Supply Officer

There may be a change in our Supply Officer as Ray is thinking about stepping down. More to follow in the Fall Edition of the Yardarm.

Congratulations:

Ray Thompson

Shipmate of the Year 2017.

KVNA

Club of the Year 2017.



RCNA News

HMCS NONSUCH:

The Branch hosts two events for Battle of the Atlantic Sunday. On Saturday, we supported the RCNA Battle of the Atlantic Memorial Luncheon. With assistance from RCSCC Warrior, RCNA Edmonton hosted the Command Team from HMCS Edmonton - LCdr Lucas Kenward, Lt(N) Carolyn Muehlberger and PO1 Ryan Gaudet. I don't seem to have photos - hopefully June can support.

For Battle of the Atlantic Sunday, NONSUCH hosted a memorial parade. NONSUCH led a parade of local Sea Cadets and Navy League Cadets, including the Sea Cadet band. It was a beautiful day for a memorial parade, grey and windy, flags snapping in the breeze. We welcomed many guests, including many local Naval personnel and veterans. Command Team from HMCS Edmonton was onboard for the event. Cree Elder Walter Bonaire was also onboard to offer a prayer for Warriors. Following the parade, a reception was held onboard, allowing sailors to connect with local veterans.

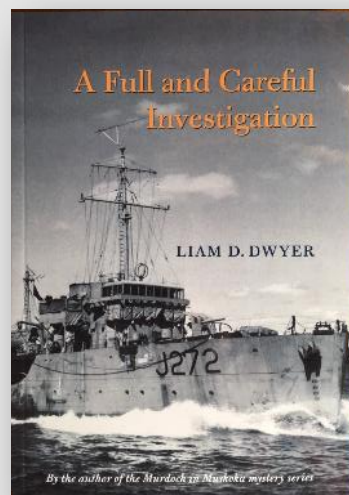
Mr. Grant Cree produced an excellent video of the day, available here:

https://youtu.be/m7za00AM_YI

Submitted by: Lt(N)/Ltv Leslie Yewer-Stacey

An Interesting Read:

Editor. I received a copy of "A Full and Careful Investigation" from the author, Liam D. Dwyer, last year. It is a very interesting account of the investigation into the loss of the HMCS Esquimalt, 16 April 1941. What makes this account even more interesting is that Liam served onboard the HMCS Sarnia, sister ship to the Esquimalt, which was also involved in the action. A very thought-provoking read, highly recommended.



Liam, now in his 90s, joined the RCN in 1942 and served on convoy duty in the North Atlantic and on mine sweeping patrols off the coasts of NS and NL. He is well known for his *Muskoka Murder* mystery series. **You can Email Liam at:** liamdwyer2@aol.com.

Oshawa Naval Veterans' Club

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Spring 2018 Yardarm Veteran News

Battle for Remembrance Day:

I have been asked by Pat Cornect, Editor of The Yardarm, to write a few words on my long battle to get the politicians united in Ontario and Québec and honour our veterans for their great sacrifice. Shouldn't the whole of Canada be in unison? Why is this so difficult? My battle began with the liquor stores opening on Remembrance Day in 1989.

Over the past 27 years, I have had the support of all MPs and MPPs serving in this area. I also received support from an MPP in London and an MP from Dartmouth Nova Scotia. I have also written all Premiers and Prime Ministers as they changed over the years. Other support has come from many Military Groups. Cards and petitions have been signed as we sat in malls getting signatures. Literally thousands over the years.

My First Near Victory. The NDP came to power in the person of Premier Bob Rae and on October 9, 1991, I received a letter from him telling me the Liquor stores would be closed on November 11th. Of course, I was delighted, and notified the Press. Unfortunately, it was based on "incorrect information" Rae's Assistant called the LCBO in Toronto. They indeed were closed—NOT the Liquor stores.



***Wilma McNeill,
Photo Source: The
Sarnia Observer.***

Another, near highlight was when local MPP for Sarnia Lambton, David Boushy, got his Private Member's Bill to make Remembrance Day a statutory holiday to second reading on December 14, 1995. Boushy was told not to take it to third reading because it would be defeated.

I have spoken to the Canadian Heritage Committee twice. The first time, April 22, 2015, to support Dan Harris MP Scarborough Southwest for his Bill C-597 for Remembrance Day. It passed second reading, but the election was called, and it died on the order paper. On February 23, 2017, I spoke on behalf of MP West Nova Colin Fraser's Bill C-311. I asked them to support our dear veterans in the 150th year of Confederation— they did. His Bill passed in the House of Commons in June 2017.

Colin Fraser called on February 13, 2018, telling me his Bill passed overwhelmingly in the Senate. VICTORY for our dear VETERANS. Governor General Julie Payette gave Royal Assent on March 1, 2018, Remembrance Day now has the same status at the federal level as Canada Day and Victoria Day.

MP Colin Fraser hopes that jurisdictions that do not already do so will follow the federal government's lead and consider placing Remembrance Day on an equal footing with other statutory holidays within their own legislation. I am also hoping for that.

Submitted by: Wilma McNeill.

Veteran News



Cornwallis Statue:

A controversial statue of Edward Cornwallis, the military officer who founded Halifax in 1749, will soon be temporarily removed from a park in the city's downtown.

The city's regional council voted 12-4 in favour of a motion Tuesday calling for the bronze figure to be removed from Cornwallis Park.

It will be placed in storage as the municipality figures out the best way to commemorate Halifax's founder.

Cornwallis is a controversial figure because he also issued the so-called scalping proclamation, offering a cash bounty to anyone who killed a Mi'kmaw person.

For more information follow this link:

www.cbc.ca/news/canada/nova-scotia.

Source: Anjuli Patil, CBC News, Posted: Jan 30, 2018.



1914-15 Star, British War Medal, Victory Medal



Royal Navy Medals: The WWI medals above belonged to Petty Officer Edward George (Ted) Farmer—above left. He was one of many brave sailors who fought with the RN during the Battle of Jutland, 31 May 1916. ***Editor.***

Source: Dennis Farmer.

ALS Awareness

ALS Canada:

Thanks to donor support and partnerships with provincial ALS Societies, ALS Canada awarded \$3 million for 12 new research projects at the end of 2017. This round of funding marked the last of the \$20 million research partnership with Brain Canada following the Ice Bucket Challenge in 2014. ALS Canada regularly publishes articles that highlight some of these research projects. Follow along at www.als.ca/blog, or on social media (Facebook, Instagram and Twitter) at [@ALSCanada](https://www.instagram.com/ALSCanada).



With spring just around the corner, ALS Societies across Canada are preparing for the 2018 fundraising season, with the annual WALK for ALS being a big focus. The WALK raised \$4 million in 2017. This year, events are taking place in more than 85 communities across Canada from late April through to September and registration is now open at www.walkforals.ca.

Submitted by: Alisha Martins , ALS Society of Canada.

Battle of the Atlantic and ALS Awareness:

In order to promote ALS awareness the RCNA Sarnia Branch is taking time during the annual Battle of the Atlantic ceremony (1st Sunday in May) to provide information on this devastating disease. The ceremony attracts many ex-service and civilians from Sarnia and the surrounding areas. The Sarnia Mayor, Mike Bradley, the local MPP, Bob Bailey, and the area MP, Marilyn Gladu, are regular attendees. At the 2017 ceremony, the ALS Regional Manager for South West Ontario, Charlene Spector was on hand to answer questions and hand out cornflowers.

Photo Left: VIPs, including MPP Bob Bailey (centre left) and MP Marilyn Gladu (centre right) forming up for the ceremony. **Photo right:** Gail Lelievre (left) and Charlene Spector (right). **Source: Editor.**



Spring 2018 Yardarm

Act of Surrender - Germany

Only this text in English is authoritative

0056077

ACT OF MILITARY SURRENDER

1. We the undersigned, acting by authority of the German High Command, hereby surrender unconditionally to the Supreme Commander, Allied Expeditionary Force and simultaneously to the Soviet High Command all forces on land, sea, and in the air who are at this date under German control.
2. The German High Command will at once issue orders to all German military, naval and air authorities and to all forces under German control to cease active operations at **2301** hours Central European time on **8 May** and to remain in the positions occupied at that time. No ship, vessel, or aircraft is to be scuttled, or any damage done to their hull, machinery or equipment.
3. The German High Command will at once issue to the appropriate commanders, and ensure the carrying out of any further orders issued by the Supreme Commander, Allied Expeditionary Force and by the Soviet High Command.
4. This act of military surrender is without prejudice to, and will be superseded by any general instrument of surrender imposed by, or on behalf of the United Nations and applicable to GERMANY and the German armed forces as a whole.

5. In the event of the German High Command or any of the forces under their control failing to act in accordance with this Act of Surrender, the Supreme Commander, Allied Expeditionary Force and the Soviet High Command will take such punitive or other action as they deem appropriate.

Signed at *Reims 7.02.48* on the **7th** day of May, 1948.

France

On behalf of the German High Command.



IN THE PRESENCE OF

On behalf of the Supreme Commander,
Allied Expeditionary Force,

On behalf of the Soviet
High Command,



- 2 -

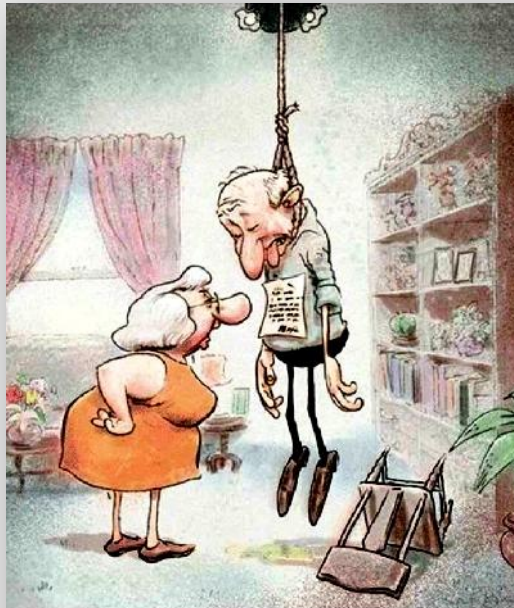


Major General, French Army
(Witness)

A copy of the original signatures—
WWII Act of Surrender. Source:
Mary Fairbanks, Sarnia Ontario.

Spring 2018 Yardarm

The Funny Page



"You misspelled 'constant criticism'."



This will be very messy!!



Meanwhile, somewhere down south:

garyvarvel.com



Spring 2018 Yardarm Naval History

The Silent Service:

Stalking, listening, tapping undersea communication cables, covertly delivering operators to foreign shores . . . and striking distant targets with missiles. Submarines are integral to the navies of countries with long coastlines. At 202,000 km, Canada has the longest coastline of any country, 10 times the coastline of the USA, and more than 5 times the coastline of Russia.

Her Majesty's Canadian Submarines Chicoutimi, Corner Brook, Victoria and Windsor are SSK hunter/killer diesel-electric submarines purchased from the UK in 1998. They operate from Maritime Forces Atlantic, CFB Halifax, and Maritime Forces Pacific, CFB Esquimalt.

Refitting problems and operational incidents have limited the active service of the submarines. Canadian submarines generally operate in an operational cycle in which each vessel is available to the fleet for six years, referred to as the "operational period", followed by two years in deep maintenance during an Extended Docking Work Period.

In February 2018, HMCS Chicoutimi's operational patrol to Asia included monitoring sea traffic and airport activity off the coast of North Korea. HMCS Corner Brook is undergoing repairs at Victoria Shipyards. HMCS Victoria is undergoing repairs and maintenance at Esquimalt and should be operational later this year. HMCS Windsor is also in a state of preparedness.

In March 2018, HMS Trenchant, USS Connecticut, and USS Hartford began 5 weeks of Ice Exercise 2018, training and testing under sea ice in the Beaufort Sea off Alaska's north coast. No Canadian submarines are participating in the maneuvers of ICEX18.

The Canadian Government plans to spend between \$1.5 and \$3 billion refurbishing our four submarines. This major overhaul, replacing almost everything inside the submarines, may extend their practical life until 2030. Four new submarines could cost close to \$3 billion.

Construction on Chicoutimi began in 1983. Victoria and Corner Brook were laid down in 1987, Windsor in 1989.

Submarines operate in an unforgivable environment. The most recent loss at sea, the Argentine Navy submarine ARA San Juan with a crew of 44, was reported missing in November 2017. San Juan was a refurbished German SSK hunter/killer diesel-electric submarine, built in 1983.

Not many of us will experience life on a submarine. Here are some movies and You Tube videos you may enjoy. Das Boot; The Hunt for Red October; Run Silent, Run Deep; Ice Station Zebra. The You Tube videos show brave RCN submariners at work protecting our sovereignty.

Submitted by: Jim Lapp. Photo Source: DND photo archive.

<http://www.youtube.com/watch?v=e4vAdiW7AOI&feature=related>

<https://www.youtube.com/watch?v=KS28IAG3mQE>

<https://www.youtube.com/watch?v=O6QE7fN4jfM>





Spring 2018 Yardarm

Items of Interest

Ocean War Graves:

Canada does not protect Naval and Merchant Naval Ships lost at sea during various Wartime events. There are no Stones for those persons. There are no monuments on land which contain the full listing of the Lost Ships and their crews.

On May 6 and September 3, Ships names are read not individual names.

Each disaster was a known grave and should have protection and recognition under Canadian Law as Ocean War Graves.

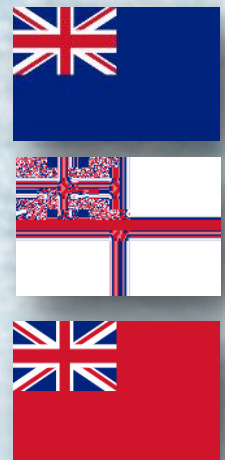
Naval Organizations, Concerned Individuals and family members of those lost should request of our Government:

that each location should become part of the Commonwealth/Canadian War Graves Commission and a Canadian Government department mandated to maintain and locate these ships for the purposes of the Fallen and recognition as Ocean War Graves.

It is not alright to discriminate against the Navy and the Wartime Merchant Navy, and the fact that many of its casualties during wars are down in the deeps, left at sea, perished at seaand unrecognized as our Naval War Dead.

What can you do about it? Request it be done. ***See the Mission Statement of the Canadian War Graves Commission.***

Source: National Post article January 2 2018 by J Brean re Merchant Navy Captain P Bender {Retired} and the Ocean War Graves request. **Submitted by: Joan Balch.**



Lost Items:

On April 29, 1944, HMCS Athabaskan G07 was sunk off the coast of France. 83 of the crew were taken as POWs and sent to the German camp Marlag und Milag Nord near Bremen. AB William Dearl Trickett, Stoker (1st Class), RCNVR, V38773, became Prisoner of War. He was given a YMCA Log in which he kept his various writings and drawings Upon his death in 2004, my Great Uncle's possessions were liquidated. Part of his memorabilia included his Wartime Log and an original photo of G07. These sold on an EBay listing [Command Post, Victoria], on December 8, 2011. If someone is aware of the whereabouts of these missing family heirlooms, I would like to enlist their help for invaluable pieces of my family's military history.

Please contact Blair Gilmore, SLt (Ret'd), CD at blair.gilmore@hotmail.ca if you can assist.



Spring 2018 Yardarm

Korea Veterans Unit 26, Hamilton

Celebrating 150th Canada's Anniversary with the Korean War Veterans:

It was our pleasure to organize the “150th Anniversary of Canada—Korean War Veterans Appreciation Luncheon” on November 9th, 2017 at Michelangelo Convention Centre, Hamilton ON to honour and remember the 26,791 Canadians who served during the Korean War and the additional 7,000 who served on the UN Peace Keeping Mission. A total of 516 were Killed and 1,558 were wounded during the Korean War (1950-1953) and the UN Peace Keeping Mission (1953-1955). There were over 150 guests including 32 Korean War Veterans at the Luncheon and our special guest speaker was Her Honour, Lieutenant Governor, Elizabeth Dowdeswell.

My husband, Major(Ret'd) Don Kennedy, and I are both Honorary Members of the Korea Veterans Association of Canada Unit 26, Hamilton, were co-Masters of Ceremonies. The Lieutenant Governor delivered a heart-felt speech to the Korean War Veterans and their family members. Consul General Kang Jeong Sik stated that “We are living with a great debt to the Korean War Veterans who helped to save our country. As we are commemorating Remembrance Day, it will be greatly appreciated if we can send our deepest appreciation to our local Korean War Veterans”. PM Justin Trudeau sent a special greeting stating that this event will mark an important occasion to remember the Korean War Veterans who made ultimate sacrifices for our freedom and peace—we will never forget them.



After the Luncheon, there were various programs and entertainment including the Korean War Veterans video and gift presentation, Ambassador for Peace Medal Presentation to late Major Bertram Charles Robinson—a WWII and Korean War Veteran who served in the RCR— and Don Arthurs who served on HMCS Iroquois. The Korean Fan Dance and beautiful songs for the Korean War Veterans were performed. With financial support from the Consulate General of the Republic of Korea, sponsors and many volunteer efforts, we were able to celebrate and commemorate the Legacy of the Korean War Veterans. Please click the link to see the highlight of the event created by Canadian Award winning producer, Capt Daniel Rodrique <https://vimeo.com/245959948>

Recently, the Republic of Korea (South Korea) hosted the successful “PyeongChang 2018 Winter Olympic Games”, February 9 to 25, 2018. Canada proudly won 3rd place. In our opinion, the true Gold medal should go to all Korean War Veterans from 16 United Nations who helped to secure Freedom and Peace for the Republic of Korea. **Submitted by: HooJung Jones Kennedy.**

Above photo: Left to Right: Major (Ret'd) Don Kennedy, Lt. Governor Elizabeth Dowdeswell, Romeo Daley and HooJung Jones Kennedy. **Photo By: Elizabeth Daley.**



Spring 2018 Yardarm Healthy Eating

Salt Cod & Potatoes:

Makes 4 servings

Ingredients:

1 lb salt cod, pieces or boned

2 lbs potatoes

1/2 lb salt pork (sliced)

1 lg onion (med chopped)

Method:

Soak salt cod in cold water overnight (approx 6-8 hours). Drain and replace with cold water. In med-size pot, bring potatoes to slow boil and simmer for 20 minutes. Add fish and cook until tender (approx 15-20 minutes).

While cod is cooking; in a skillet, med heat, fry salt pork until all fat is extracted. Remove salt pork and add onions. Cook onions until golden brown and remove from heat. Spoon onions and pork fat over fish and potatoes. Garnish with rendered fried pork. This is excellent with homemade fresh bread and molasses.

Tip: Ensure water is two inches above fish prior to boiling.

I wus walkin' on da gunnel, nex ting ya knows I was tits-up! – I fell in the water.

Submitted by: Kevin Phillips.



Back in the day salted cod was dried in the open air on wooden flakes.

Photo Left:

John-James Simon drying his catch at Cape St. George NL, 1958.

***Source: Open Domain.
Submitted by: Betty
Cornec-Simon.***



Spring 2018 Yardarm Healthy Aging

Total Recall: Defining Dementia:

Dementia is not a specific disease. It is a group of symptoms that progressively affects memory, language and behaviour severely enough to cause problems with daily activities. Although Alzheimer's is the most common form of dementia, several types of dementia exist with varying causes and can be present simultaneously. Common signs and symptoms of dementia include:



Cognitive changes: memory loss, difficulty problem solving or doing complex tasks, difficulty organizing, trouble finding words, confusion.

Psychological changes: depression/anxiety or agitation, paranoia/hallucinations, personality changes, inappropriate behavior.

Approximately 40% of people over 65 years of age experience memory loss. Even though it is a very common symptom of dementia, memory loss alone does not mean that you have dementia. Memory loss has multiple causes. When there is no underlying medical cause (such as infection, vitamin deficiency, thyroid problems, brain injury, medication reaction, etc) memory loss can be a normal part of the aging process. Differences between memory loss associated with normal aging compared to dementia are below.

Normal Aging	Dementia
Occasionally forgetting things/events	Forgetting things/events more frequently
Occasional word finding difficulties	Frequent pauses or word substitutions
Not remembering the name of an acquaintance	Not knowing a name or recognizing a family
Not remembering conversation details or events that took place a year ago	Not recalling details of recent conversations or events
Your memory concerns you, but not your relatives	Your relatives are concerned about your memory, but you are not

There is no definitive way to prevent dementia. However, the following actions might be of some benefit: increase physical activity and social interaction, keep your mind active with reading, problem solving and other such mentally stimulating activities, quit smoking, eat a healthy diet.

At least 25,000 new cases of dementia are diagnosed every year in Canada. More detailed information on dementia can be found at www.mayoclinic.org and the *Alzheimer Society of Canada (alzheimer.ca). If you have memory concerns, it is important to discuss this with your family physician. **Submitted by: Dr. Shauna Phillips.**



Spring 2018 Yardarm Financial Issues

Managing Your Retirement Funds:

There are a few ways of managing your retirement funds in retirement. If you have a defined benefit plan, or a government pension, then managing these funds is not an issue. But let's say you have accumulated funds to be used for retirement in addition to your government plan, and are risk averse. One way to ensure your funds last until you die is to purchase an annuity. In fact a defined benefit pension plan is an example of an annuity. An annuity is used as an income stream by paying out a fixed stream of payments to an individual. The scope of annuities is too large for this column. However, below are some pros and cons.

One pro is that an annuity will provide you with lifetime income. For those who are concerned about outliving their retirement funds, an annuity provides insurance. Knowing exactly how much you'll receive each month allows you to develop a more accurate budget. An annuity protects against inflation and also protects your principal.



One con of an annuity is that you forgo the possibility of higher returns by investing in equity markets. Some annuities, such as a fixed annuity, are viewed as legitimate solutions for providing steady income. However other types of annuities are viewed not so favourably and could be an unnecessary expense. Which brings us to annuity fees. Like any financial product, annuities come at a cost. It's important to shop around. And once you purchase an annuity, you no longer have access to the lump sum. You're in it for life.

Clearly a lot of thought needs to be put into making a decision to purchase an annuity. But if you don't want to worry about outliving your retirement funds, and want piece of mind, an annuity could work for you. ***Submitted by Shawn Russell.***



RCNA - NORTH BAY BRANCH

*Home of the National President
Blaine Barker*

**Meets the Last Wednesday of the Month
Branch #23, Royal Canadian Legion
150 First Ave., West
North Bay Ontario**

Contact: S/M Ray Thomson: 705 476-6763

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)
at the RCL Branch # 24 Bridgewater, NS

Phone: President - 902-543-5826

Email: adpna@bellaliant.net Web: www.adpna.com



Spring 2018 Yardarm Chaplain's Corner

Mission to Seafarers:

Recently I had a request to write an article about the Mission to Seafarers in the Sarnia area and the work that the Mission performs on behalf of seafarers.

The Mission was started in the early 1980's by the Rev. Stephen Gilbert, an Anglican priest, whose son was a seafarer on the Great Lakes. He went on a voyage with his son and recognized the need for a mission. When an accident occurred on a "saltie" with an Italian crew, he approached Fr. Emil Donazan at the Italian Roman Catholic parish in Sarnia for his help and this led to the formation of an ecumenical mission. Over the decades that followed the Mission has provided spiritual, pastoral, and practical assistance as well as hospitality, transportation, and other assistance. The Mission has offered a video exchange library, book exchange, magazines, newspapers and on request Bibles, Bible study programs etc.



In the early years a "saltie" arrived in port whose crew had not been paid for some time and the Chaplain at the time arranged for their repatriation and their back pay. During the war in Yugoslavia in the 90's, a ship arrived with a mixed Serb and Croat crew. The mission's volunteers provided hospitality and enabled the crew to call home and share some musical evenings together. On occasion the Mission provided assistance with filling out forms that were needed by the authorities investigating accidents on board a ship, and for insurance purposes. It also advocated on behalf of the crews and ships when required.

One time the local Chaplain received a call from the Baptist Chaplain in Gary, Indiana, to say that a ship would be coming through whose Second Officer was from Eastern Europe required a special medication for his wife. The medication was not available in the USA, but the local Chaplain in Gary had discovered that it was available in Canada and was trying to arrange for the medication to be supplied in Canada. One Tuesday morning 5 days after the first phone call the medications were delivered by courier and when the ship docked in Sarnia that afternoon, the Sarnia chaplain delivered them free of charge to a very grateful second officer.

The Mission Chaplain has christened seven ships both Canadian and American for Lower Lakes Shipping and Grand River Shipping in Sarnia. These occurred over the course of a decade and more. They were joyful events that demonstrated the close relationship between men of the sea and their Creator. The mission has a mandate to meet the needs of all regardless of race, colour and creed. Events such as these provide an opportunity to share with the public the importance of the shipping industry and the diversity of it. ***To be continued in the Fall 2018 Edition of the Yardarm.***

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



Spring 2018 Yardarm Crossed the Bar

Bendig, Gus. 5 May 2017. Born 11 January 1927, Gus served in the RCN and was a member of the RCNA Woodstock Branch.

Burt-Gerrans, Norman E. Dr. 28 February 2017. Born 5 April 1925, Dr. Burt-Gerrans served in the Canadian Army and was a member of the RCNA Woodstock Branch.

Conlon, Gerald. 22 November 2017. Born 28 September 1924, Gerald served in the RCN and was a member of the RCNA Woodstock Branch.

Hillich, Ernest. 10 February 2017. Born 7 November 1923, Ernest served in the RCNVR and was a member of the RCNA Woodstock Branch.

Hungle, Theresa (Terri). March 2018. Born in Sault Ste. Marie, ON, Terri served at Camp Shilo Manitoba as one of 200 CWACs. She was a lifetime member of the RCNA Sarnia Branch.

Lynch, Dennis. 31 December 2017. Born in October 1947, Dennis served with the RCR Cyprus and was an Associated member of the RCNA London Branch.

McLennan, Angus. 18 January 2018. Angus was born in February 1926, he served in the RCN from June 1943 to October 1945 on HMCS Gaspé and Port Arthur.

McMillan, William Donald (Don). 19 December 2017. Born in November 1925, Don served in the RCN during WWII. He was a member of the Winnipeg White Ensign Club.

Murphy, Nadine (maiden name Marcus). 26 January 2018. Nadine served in the RCAF during the 1950's and was a member of the RCNA Admiral Hose Branch.

Nadalin, Kenneth E. 5 April 2017. Gus served in the Canadian Army and represented Canada at the Normandy Anniversary in 1995. He was a member of the RCNA Woodstock Branch.

Palmer, John (Jack). 13 November 2017. Born in July 1924, Jack served in the RCN as a Stoker during WWII. He was a member of the Winnipeg White Ensign Club.

Rann, Walter. A member of the RCN for five years, Walter served in Halifax during the 1950s. He was a member of the Admiral Hose Branch.

Rouse, Allen. 27 November 2017. Born in August 1925, Allen served in the RCN during WWII. He was a member of the Winnipeg White Ensign Club.

Thonks, Gary. Gary was a military Chaplain and served in the RCN out of Halifax for over 25 years. He was a member of the Admiral Hose Branch.

Wall, Henry. December 2017. Henry was a member of the RCNA Manitoulin North Shore Branch.





Crossed the Bar

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

Last Name	First	Maiden	City	DofD	Service
Douglas	Marie Lucille (Ted)	EcEvony	Edmonton, AB	15-Jul-17	WWII
Drillio	Joan Christina	Bell	Bridgewater, NS	29-Aug-17	?
Fisher	Barbara E. Laura	Lamont	Toronto, ON	3-Sep-17	WWII
Fleming	Ruth	Stewart	Halifax, NS	17-Dec-17	WWII
Gage	Francis Marie		Cobourg, ON	26-Nov-17	WWII
Goldring	Betty Eleanor	White	Halifax, NS	27-Jun-17	Esquimalt
Hadley	Ethel		Victoria, BC	24-Aug-17	WWII
Holmes	Marie J.	Lacasse	Ottawa, ON	30-Jun-17	WWII
Hughes	Betty		North Bay, ON	18-Aug-17	?
Ionson	Barbara J.M.	Ionson	Windsor, ON	9-Jul-05	WWII
LaChance	Geraldine Pear	Hutchison	Peterborough	6-Aug-17	WWII
Leadbetter	Ethel Helen		Cambridge, ON	16-Sep-17	WWII
Pelly	Joan Campbell	Fraser	Weston, ON	18-Aug-17	WWII
Watt	Jean		Edmonton, AB	30-Oct-17	WWII
Whitton	Sheila	Hillier	Collingwood, ON	29-Nov-17	WWII

Medal for All Veterans:

A very strong and ardent supporter of the Volunteer Medal for “all” Veterans, Member of Parliament Irene Mathyssen has sponsored this brand new 2018 Petition—link:

<https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-1418>

You need to click on sign the petition upper right area and then fill out your details, click on the appropriate boxes. There is one last step you will get a validation email to confirm your identity and you must click on that link to complete your signature. **Submitted by: Jim Hooton, CD.**



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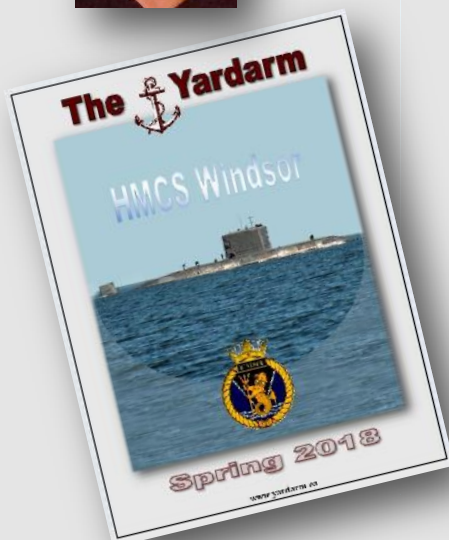
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Spring 2018 Yardarm

The Last Word



Thank You for your continued support:

The Spring 2017 Edition of the Yardarm is the 11th 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.

Info to 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.

Canadian Medals and Decorations—WWI:

When one thinks of medals, the image of veterans gathered for Remembrance Day often comes to mind. But while these honours are generally associated with military service, civilian equivalents exist to honour exceptional contributions to the nation in time of war, or for outstanding acts of citizenship. **Source: www.veterans.gc.ca.**



