

The Yardarm



HMCS Sarnia



Fall 2018

Fall 2018—www.yardarm.ca

Fall 2018 Yardarm

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 provided free to all RCNA Branches and related associations.

A Reminder to our Members:

Individual Branch RCNA Directors are encouraged to provide local access to the Yardarm by informing their members of the availability of the magazine electronically—website ***www.yardarm.ca*** or by direct email from the editor ***pat@cornect.com***. Branches are also encouraged to print copies for members who do not have access to a computer.

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 Sarnia, a Bangor class minesweeper, is featured on this Edition's cover. Unfortunately, I was unable to find the Badge for this ship. For more information on the Sarnia, please read Jim Lapp's article Starting on page 14.

Photo selected by Jim Lapp. Source: Ready, Aye, Ready .



Inside this Issue

The Yardarm	2
President	3
Secretary	4
RCNA News	5
ALS	6
Veteran News	7
Deacon Stevens	8
Funny Page	10
Items of Interest	11
Naval History	12
Korea Veterans	13
Healthy Eating	15
Health Aging	16
Chaplain's Corner	17
Crossed the Bar	18
Executive	20
The Last Word	21





National President

From the Helm:

Another year has passed by since our fall report. We are between AGMs as voted on several years ago. This fall was to include all of the National Executive with all the Divisional Vice Presidents. We asked for input from all current branches or clubs as well as members at Large. There was little to no response received. As a result I have made a command decision to meet with the Upper executive only. All of the Executive outside the province cost a hefty amount of change in transportation alone.

Finances remain limited to our current \$6.00 and remains our only source of income. The alternative was fund raising, or a letter campaign soliciting donations. There is no subsidy from the Federal gov't or National Defence in the last decade.

As discussed at our last AGM (1) raising the dues to a level of \$8.00 annually, or (2) conducting a fund raising campaign nationally. All branches were required to participate to be fair to all of all our members. The criteria was to be one or the other. Those in attendance at the 2017 AGM wished to dialogue with their individual branch membership. A letter was also sent to all clubs for a decision. Almost immediately the response showed that a number of branches felt their members were getting too old to participate in a weekend fundraiser. As a result the fundraiser idea was dropped. A dues increase had been approved at the AGM but delayed pending branch input. Thus the delay in implementing a dues increase.



A further setback is that our overall membership has shown a significant reduction since 2012 to the yearend of 2017. Total income has dropped from 2012 \$20,937 to 2017 \$12,750. This is a drop of \$8,187.00 in five years. The drop in membership 1,145 members through falling membership and deaths.

We have roughly the same number of Branches (23) and at the same time roughly \$8200 less in Income. We have not touched our savings which remain in the \$70,000 vicinity. In discussions with our financial officer we are still holding ourselves above water. Therefore it is imperative to have our Executive to move forward with the approved \$2.00 increase in per capita payments.

It is also the obligation of every member to come up with ways to increase our membership such as inviting reservists and former members of Cadet Corps we support to now support us in our hour of need. Please feel free to pass on your suggestions.

Making an advertising donation of your supporting business to the Yardarm will also ease future concerns. Let's see what we can do collectively so that can continue honour and remember those who have gone before us.

Respectfully, National President, Blaine Barker.



National Secretary

Ahoy Shipmates:

This year we had to cancel our AGM because there weren't any clubs in Ontario that stepped forward to host the event. Because of this our President Blaine Barker sent out a notice that only the top 5 Executive, Blaine Barker, Mike Edwards, Art Cameron, June Greig and myself would meet. As no business can be voted on it will be a one day event, to be held at the Kitchener-Waterloo Naval Association Clubrooms.

The Agenda will cover many of topics in regards to our present situation as a National Association. In preparation for next year's **full** AGM, one major item will be to consider holding an AGM in one of the Western Provinces.

I would ask that you send me your thoughts on how we should move forward in the coming years. Your input is very important to our decision making **and if you would like your comments to remain confidential please let me know and I will respect your wish.**

It is important that the Executive go into this meeting with a general overview of the thoughts and opinions of all members and the only way that will happen is if you make us aware of your wishes and or concerns.

Please email me stevewillarsr@gmail.com by Sept 16,2018.

***Yours aye, Steve Willar,
Executive Secretary,
RCNA National.***



THE ROYAL CANADIAN NAVAL ASSOCIATION (Edmonton Branch)

*Meets Second Tuesday of the Month
September - June*
c/o HMCS Nonsuch
11807 Kingsway
Phone: 780.973.4011 Ext. 7135

Dave Pagee, President
Phone: 780.721.1812
Email: dlpagee@telus.net

June Greig, Secretary/Treasurer
Phone: 780.469.0733
Email: junegreig@shaw.ca

THE ROYAL CANADIAN NAVAL ASSOCIATION Admiral Hose Branch



2090 Brant St
Windsor, Ontario
N8Y 1C6



Phone: 519-995-0589
Email: stevewillarsr@gmail.com

RCNA NEWS

New Supply Officer:

Shipmates,

My name is Rick Simons and I am sending out this memo to inform all that I am your new Supply Officer taking over the position at Ray Thompson's request. Ray, felt it was time to retire after years of service. I must say I will have big shoes to fill but, I assure you I am up for the task. Ray was kind enough to bring the supplies to my home as well as sit with shipmate Steve Willar and myself to explain the inner actions of the system to assist in the change of Supply Officers.



The transition should not interfere with your request for supplies, the only difference will be a new contact, but to speed up the process I need a contact person that will be responsible for putting in the order and be responsible for payment. The order will be sent to **rick.simons@sympatico.ca**, also to assist you can also contact me at **519-727-4150**. I look forward to working with you all and yes on both of our sides the need for shipping and payment is important to sustain a good working relationship. We must understand transparent transactions allow all to keep our book keeping up to date. All cheques must be made out to RCNA NATIONAL.

Respectfully, Rick Simons, Supply Officer

New Website and Web Master:

The RCNA's new website is up and running, and the Web Master, Don Garvey, is looking for feedback/content. Please visit the site at: **www.rcnahq.ca**.

Walk for ALS 2018:

Register today;

London - Sept 22nd

Mt. Egin – Sept 23rd

Donations will be open until Dec. 31, 2018 for Huron-Perth and North Grey Bruce Walks! Additional Information available at: **www.walkforals.ca**

Oshawa Naval Veterans' Club



**320 Viola Avenue
Oshawa, Ontario
L1H 3A8**



**Phone: (905) 723-0871
Email: oshawa.navy.club@hotmail.com
Web: www.onvc.tripod.com**

ALS Awareness

3rd Annual Virtual Research Forum:

On Wednesday, October 17th, ALS Canada will be hosting the 3rd Annual Virtual Research Forum – a free, online event bringing Canada’s world-class ALS research community together with international ALS researchers and experts to share updates in the field. We invite you to gain a sneak peek into ALS laboratories from around the globe to learn how today’s research could lead to tomorrow’s treatments.

How is the global ALS research community working together to stop ALS? Are identical twins with the exact same DNA truly identical when it comes to disease onset and progression? What if someone living with ALS could use brain-computer interface technology to turn thoughts into computer commands?

Get answers to these and other questions during ALS Canada’s 2018 Virtual Research Forum. Speakers include:

Dr. Stefano Stifani who will highlight how he uses stem cells and genome editing to model ALS; Kendra Berry will discuss how she’s assisting people with ALS drive safely for longer;

Researchers from the Sunnybrook Health Sciences Center and the University of Toronto will give updates around testing the safety and effectiveness of a new technology that helps deliver treatments to specific regions of the brain in people living with ALS; and

Martin Turner from the University of Oxford, representative of Project AMBRoSIA will speak to his work on enhancing clinical trials to get to ALS treatments faster.

Hear from these speakers and more. Register today at als.ca/globalALSresearch.

Submitted by Alisha Martins, Coordinator, Integrated Marketing and Communications ALS Canada.

*ALS Canada's 3rd Annual
Virtual Research Forum*

October 17, 2018 | 11:00 am - 6:00 pm ET



During this year’s Battle of the Atlantic ceremony, the Sarnia Branch took the opportunity to promote ALS awareness. Charlene Spector was on hand to answer ALS related questions.

Photo Left: front centre left Charlene Spector, ALS Regional Manager, Southwest, Grey-Bruce Region. Front centre right Cindy Vandenberghe –Branch President. Back row, Sarnia Executive members.

Veteran News

NEW!

Military Benefits Browser:

The newly launched Military Benefits Browser, available on our website, and accessible through multiple devices, including smart phones, was specifically designed to render information concerning transition benefits accessible in user-friendly manner. Our Office sought broad feedback from members of our constituency through user testing to ensure that the tool adds value and enhances their understanding and awareness of benefits that they may be eligible to.

The Military Benefits Browser sources its information directly from The Guide to Benefits, Programs, and Services for Serving and Former CAF Members and their Families. It also complements existing Canadian Armed Forces “Know Your Benefits” initiative, as well as Veterans Affairs Canada’s Benefits Navigator. We hope the Military Benefits Browser proves useful for our constituency.

If you have any questions about the Military Benefits Browser, or general questions about the Ombudsman’s Office, you can call us at 1-888-828-3626. You can also reach us through Live Chat or our Online Booking Tool at www.ombuds.ca.

Mental Health First Aid

Become a Veteran Community Instructor

FREE for members of the Veteran community

NEW!



veterans.gc.ca

care compassion respect

Canada

Deacon Chuck Stevens

“My Old Man’s Old Man and the Sea”:

I’ve written a bit before about my grandfather’s service during the ‘Great War’ with limited material available to me. I knew he had a connection to the HMCS Niobe (one of two heavy cruisers the fledgling Canadian Navy received from England), but not much else. Going over scant bits of memorabilia, a pair of service ribbons from the First and Second World Wars, I was left with many questions that I never was able to ask him about, as he died when I was quite young. However, accessing service files through the British Board of Trade, service records for the RCN for WWI through Library and Archives Canada, and gathering family memorabilia, I was able to trace the services that, from a young age, he provided.

Frank Douglas Lodwick Stevens Jr. was born in Saint John, NB in 1892. He took to the sea quite naturally, as his father was a master of both heavy tugs and passenger steamers. In fact, Frank Jr. was rated as ‘sailor’ in his first certificate of discharge on an ocean-going heavy tug at the age of 15. When war broke out, he was engaged on various ships as a merchant sailor, moving up the ‘ratings’ from sailor, to boatswain, to mate. By age 23 he was ‘master’ of a passenger ship. His voyages on various merchant ships took him through the officially proscribed ‘danger zones’ around the British Isles, the North Atlantic and the Mediterranean Sea, from 1914 through 1916. In these areas, the early German submarines acted with impunity, sinking ships at will; it was these voyages that entitled him to the British Mercantile Marine medal (while 130,000 of these were presented to ‘sailors of the Empire’ by war’s end, only 635 Canadians were awarded them). Leaving the merchant trade, he took employment as master of a Government Ship in Saint John, but within the year, earning his master’s ticket for a passenger steamer, he was back into the ‘thick of things’.



**Frank Douglas
Lodwick Stevens Jr.**

In the spring of 1917, there was no end in sight to the ‘Great War’. Although he was only married in mid-1916, he signed onto the RNCVR along with his father, into what they then called ‘the temporary service’. His father being taken on as ‘skipper’, Frank Jr. was taken on as ‘mate’ and both received their warrants in the spring of 1917. Both were assigned to the HMCS Niobe for patrols; while his father took command of a patrol vessel, Frank Jr. was assigned as ‘master’ of several drifters. He was away when his young bride gave birth to their first son. By the end of the war, he was involved with patrols back in his ‘old merchant marine’ stomping grounds, the North Atlantic and along the European front’s coastal waters. He remained in the naval service until the summer of 1919. *(Continued on the following page.)*

Article and photos submitted by Deacon Chuck Stevens.

Deacon Chuck Stevens

“My Old Man’s Old Man and the Sea” (continued):

Between the wars he returned to the sea, commanding various ships for the Department of Transport (pre-cursor of the Coast Guard), but when the drums of war beat again, in 1939, although now in his late 40’s, Frank signed up for the ‘manning pool’ and his government ship, of which he was now Captain, was extensively utilized in the North Atlantic assisting with convoys and troop transport. During this time, his wife was alone at home, as both of their sons were now in the Navy and serving overseas for the duration.

With the Second World War ending, Frank returned to his Department of Transport duties as Captain, commanding the CGS Laurentian and the CGS Dollard until his retirement in the late 1950’s. I always loved ‘the old man’ as a child, but my admiration and respect increased dramatically when I was able to read through his service records, his certificates of discharge, and correspondence. It took a special kind of courage to have sailed those treacherous seas, evading the danger of submarines in not one, but two world wars, repeatedly returning because a sense of duty and honour demanded it.



Frank Stevens Jr.’s Medals

He received the British War medal, British Mercantile Marine Medal, and the Allied Victory Medal, and class ‘AA’ war badge from WWI, and the 1939-45 Star, Atlantic Star, Volunteer Service Medal, and the Victory medal from WWII. When I started my research, I only had the two sets of two undress ribbons, which he wore in his formal retirement photo. Now I have all seven of his medals of his which he was awarded for his Merchant Marine and Naval service. So why the discrepancy? That’s another story for another time...

Article and photos submitted by Deacon Chuck Stevens.



K-W NAVAL ASSOCIATION
315 WEBER STREET NORTH
WATERLOO, ONTARIO N2J 3H8
(519) 884-8731 KWNA@GOLDEN.NET

***Proudly serving the Region of Waterloo
for over 50 years!***

*Open 7 days a week – 364 days a year
Monday to Saturday 11 am 'till 11 pm
Sunday 11am 'till 7pm*

RCNA Sarnia Branch

1420 Lougar Ave, Sarnia ON N7S 5N4

Hall Rentals for all Occasions



Kitchen facilities, Bar service and Free Parking

Call: 519-344-0331

www.rcnasarnia.com - Email: rcnastaff@hotmail.ca

The Funny Page

THAT'S A LOTTA BULL

The story goes that a local car dealer who was known to have taken advantage of some people in the community wanted to purchase a COW from a farmer. So the Farmer priced the cow in a way the car dealer could understand:

Basic Cow;	\$499.95
Shipping and Handling;	\$35.75
Extra Stomach;	\$79.25
Two-Toned Exterior;	\$142.50
Deluxe Dual Horns;	\$59.25
Automatic Fly Swatter;	\$74.55
Four Spigot High-Output Drain System;	\$149.20
Automatic Fertilizer Attachment;	\$339.40
Farmer's Suggested List Price;	\$1,379.85
Additional Dealer Adjustments;	\$300.00

Total List Price (Including Options); **\$1,679.85**



"I got 30 days with no parole, Mildred. Don't waste your life. Find someone else."





Items of Interest

Ocean War Graves Protection Petition Update:

The Bad News and the Good News.

The Bad News is that although Transport Canada as one department of the Government supports and made recommendations re this Subject, the Government has until October to respond to the recommendations: Standing Committee Transport Report 23 May 2018, thence to other departments for drawing Legislation if the Government agrees.

The Good News is that there is a Paper Petition accumulating names, and any one or organization may ask for one. This petition should be returned to me in London Ontario-at the moment as an MP is required to take it to Parliament. Ask for one.

25 signatures and addresses are necessary, no comments, no alterations. Paper Petitions may be returned with what is collectable. {This petition has 50 signatures}

Project Naval Distinction Team @**Navaldistinction.com** has formed and selected an E-petition directly to Government which requires at least 100 additional signatures to go ahead. It has recently been opened as:

<https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-1637>

You may sign this electronic petition using the Internet Link. An MP is available to take it to Parliament. The petition may not be altered or commented on, and requires 100-150 NEW signatures. {This E- petition is sponsored by the Team at Naval Distinction}

Petitions are similar in the Protection of Ocean Graves Paper Petition asks also that some form of memorial and coordinated listing be instigated.

Both these petitions are in support of the request by Second World War, Veteran and Merchant Naval Captain Paul Bender [Ret'd] who instigated the initial request to protect the graves of our sailors and merchant sailors and all those aboard who were lost at sea in war-time.

Submitted by Joan Balch - Additional support: The Wren Association of Toronto, and RCNA London.





Naval History

From Sea to Shining Sea—with Sarnia in the Middle—a Tale of Two Sisters:

HMCS Esquimalt J272: torpedoed April 1945; HMCS Esquimalt Memorial Cairn located at Esquimalt Municipal Hall, BC; Joseph Wilson, CPO1 ret, the last survivor, crossed the bar January 2012.

HMCS Sarnia J309: Bangor class minesweeper, launched January 1942, Lauzon; commissioned August 1942 Toronto; 180' long; 83 crew; sold to Turkey March 1958 as Büyükdere P128.



From historian Robert C, Fisher©: HMCS Esquimalt sank by the stern less than four minutes after she had been hit. One man escaped from the wreck as it slipped below the surface. Petty Officer Terrence Manuel, RCNVR, of Fredericton, a non-swimmer, forced his way through a hatch as water rushed in from above. He bobbed to the surface, lungs bursting, with the ship slipping away beneath his feet. Stoker Petty Officer Carl Jacques, RCNVR, of Truro, Nova Scotia, swam out to Manuel and pulled him and another sailor to a Carley float. Jacques died from the exertion a short while later.

The survivors huddled together, fourteen or fifteen to a raft. Many of them were clad lightly and only those who had been on watch were wearing their protective weather suits. An aircraft flew overhead ten minutes later and sighted the Carley floats but thought they were fishing boats and made no report. The sun rose higher in the sky, shining brightly. At first the men sang to keep their spirits up, later Lieutenant Robert MacMillan, DSC and Bar, RCNVR, the commanding officer, led them in prayer. Gradually, they succumbed to the cold.

From the Sarnia Historical Society: HMCS Sarnia was also patrolling the area, waiting at a rendezvous point for Esquimalt. When she failed to appear, Sarnia's commander feared the worst, as a German sub had been spotted in the area just weeks prior. It was nearly four hours after Esquimalt went down that search action was finally initiated. The survivors were left in the freezing waters for almost six hours. When Sarnia arrived, men were clinging to the Carley floats, some barely alive, others already dead, floated nearby. Sarnia performed its rescue duty admirably, with engines at full stop, defenceless, hauling the survivors and dead aboard up scramble nets. While the threat of being attacked loomed, Sarnia picked up 27 survivors and 13 corpses. She then ran a zigzag course back to the safety of Halifax harbour. In total, 28 men went down with Esquimalt; the remaining 43 scrambling to Carley floats, but 16 of those sailors died of exposure before Sarnia arrived. Only 27 of Esquimalt's crew of 71 survived the sinking. With the war in Europe ending a mere three weeks later, Esquimalt was the last Canadian warship to be lost during the Second World War. ***(Continued on page 14.)***



Korea Veterans Unit 26, Hamilton

65th Anniversary of the Korean War Armistice:

With a generous donation from the Hamilton Naval Veterans Association, we are able to travel to Ottawa with our Korean War Veterans and their family members to attend the "65th Anniversary of the Korean War Armistice, Korea Weekend" at Parliament Hill on June 23 and June 24. This special event was organized by the Korean War Commemorative Committee and the Chairman of KWCC was our dear associate, Honorable Senator Yonah Martin (a Korean-Canadian who was appointed as Senator in 2008). They organized the most memorable ceremony at the Senate Chambers and a dinner at Parliament Hill. Rear Admiral (Ret'd) Jong Dae Kim, who is also the elder of the Sae Eden Church in Korea, and his wife travelled from Korea to attend the event and his church helped to sponsor the Parliament Hill dinner.

We also attended the commemorative ceremonies at the "Canadian Fallen Monument" and "National War Memorial" and a luncheon reception at the Chateau Laurier Hotel which was sponsored by the Korean Embassy after the commemorative services. Over 100 Korean War Veterans and their family members from across Canada as well as Veterans Affairs Minister the Honourable Seamus O'Regan, Minister In Kyu Park from the Korean Embassy and Vice-Admiral Darren Hawco RCN attended these events. The Embassies of 16 UN Nations of the Korean War and many Veterans Groups including KVA Unit 26, Hamilton Korean War Veterans laid wreaths to honor and remember the fallen heroes of the Korean War. **(Continued on the next page.) Submitted by HooJung Jones Kennedy.**



Left Photo: Left to Right: Defence Attaché Col. Chang Bae Yoon, Ross Bar, a RCN Korean War Veteran, Vice Consul General Jae Yong Lee and HooJung Jones Kennedy. **Photo by Major (Ret'd) Don Kennedy.** **Right Photo:** Veterans Affairs Canada Minister, Seamus O'Regan, Hon. Senator Yonah Martin, Rear Admiral (Ret'd) Jong Dae Kim and RCN Vice Admiral Darren Hawco with the Korea War Veterans at the National War Memorial. **Photo by Elizabeth Daley.**

Yardarm Fall 2018

From Sea to Shining Sea (continued):

In November 1945, Lieutenant D. Hudson Mossop, RCNVR, the last commanding officer of HMCS Sarnia, presented gifts to the City of Sarnia: the name-plate removed from the deck of Sarnia, and the ensign Sarnia was flying during the Esquimalt rescue. In speaking about some of the ship's history, Mossop said Sarnia cleared more mines from waters off the eastern seaboard than any other ship, Canadian or American. In describing Sarnia's role in rescuing the Esquimalt survivors, Mossop said the lives of several men were saved by artificial respiration applied by Sarnia's crew. Others were supported in the water by crewmen of Sarnia who jumped over the side to their rescue. "Sarnia accumulated an envious record among not only the Canadian Navy, but all Allied Navies, for a series of brilliant feats which frustrated the enemy on a number of occasions and brought succor and life on one occasion to some of our own lads."

Submitted by Jim Lapp.

65th Anniversary of the Korean War Armistice (continued):

On July 29th 2018, the Korean War Veterans Association of Canada Unit 26, Hamilton and the Burloak Naval Veterans Association organized the "RCN Korean War Naval Veterans Commemorative Ceremony" at the Korean War Destroyers Monument in Spencer Smith Park, Burlington, Ontario to honour and remember the fallen Naval heroes of the Korean War. Eight Canadian Destroyers (HMCS Athabaskan, HMCS Cayuga, HMCS Sioux, HMCS Nootka, HMCS Huron, HMCS Iroquois, HMCS Crusader, HMCS Haida) with a total of 3,621 crew members helped to destroy North Korean supply trains (Train Busting) advancing to South Korea during the Korean War (1950-1953) and they patrolled the Korean waters during the UN Peace Keeping Mission until 1955. Nine sailors made the supreme sacrifice from 1950-1955. Please view the CHCH TV news coverage of the ceremony



<http://www.chch.com/korean-war-veterans-honoured-burlington-2/>

The luncheon reception was sponsored by the Consulate General of Korea in Toronto and it was held at the Halton Naval Veterans Association in Burlington. At the reception, it was our pleasure to present the "Ambassador for Peace Medal" to a Korean War Naval Veteran, Ross Barr. He is originally from Hamilton and served on HMCS Iroquois in 1952 and his commanding officer, Lt. Cdr John Quinn and his shipmates, Able Seaman Elburne Baikie (from Hamilton) and Able Seaman Wallis Burden were killed by an artillery attack and eight other sailors were wounded. We hope that he will have some closure knowing that the RCN Naval heroes of the Korean War Veterans are remembered. ***Submitted by HooJung Jones Kennedy.***



Healthy Eating

Baked Stuffed Squid:

Makes 4-6 servings

Ingredients:

12 med squid (Atlantic)

3 tbsp melted butter (or olive oil)

1/2 cup onion (finely chopped)

2 garlic cloves (optional)

3 cup bread crumbs (from sliced bread)

1 1/2 tbsp savoury (Mount Scio Farm)

1/2 tsp dry thyme

1/2 tsp dry basil

12 slices of salt pork

(thin slices 2”L x 1/8 “ thick)

Salt & pepper

1 cup water

2 tbsp fresh parsley (for garnishing)

1 cup spicy salsa (for garnishing)



Method

Clean squid, remove fins and tentacles (chop in small pieces). In a skillet, low-med heat, sauté onion, garlic, fins and tentacles in butter for 5 minutes. Season to taste.

In a bowl, combine bread crumbs, savoury, thyme, basil and onion mixture. Mix well and season to taste. Fill mantles loosely with stuffing and secure ends with toothpicks. Place in a baking dish and add 1 piece of salt pork of top of each squid. Pour water in baking dish and cover with aluminum foil. Bake at 350°F for approx 45 minutes to 1 hour or until tender (take aluminum foil off the last 10 minutes of baking). Serve with your favorite side dish and garnish with spicy salsa and parsley. ***Submitted by Kevin Phillips.***

NL Slang: make haste now my darlin’ – hurry up.



Healthy Aging

Shingles: Feeling the Burn

Shingles is an infection caused by the varicella-zoster virus, which is the same virus that causes chicken pox. If you have had chicken pox, the virus lies dormant in your nerves and can become reactivated later in life. It often appears as a painful, blistering rash on one side of the body that lasts between 2-4 weeks. While shingles is not life-threatening, 1 in 5 people can develop severe nerve pain (called post-herpetic neuralgia) that can last months to years after the rash has healed.

Shingles is contagious through direct contact with open sores/blisters to those who do not have immunity to chicken pox. Until the scabs are healed over you are contagious and should avoid contact with newborns, people who are pregnant and people with a weakened immune system.

Not everyone who has had chicken pox will develop shingles. It is unclear what causes the reactivation that produces shingles, but there are several factors that can put you at risk, including: over the age of 50 weakened immune system (HIV, cancer, receiving cancer treatment, etc) medications (anti-rejection medications for transplants, steroids, etc) increased stress.

There are two vaccines available in Canada. Neither vaccine will prevent you 100% from developing shingles, but can help reduce the severity and risk of post-herpetic neuralgia.

	Zostavax II®	Shingrix®
Date Available	2009	2017
Type of Vaccine	Live virus *	Inactivated virus
Number of Doses	1	2
Recommended Age	50+	60+
Effectiveness	Reduces risk by 50-60%	Reduces risk by 90%
Side Effects	Pain, redness, itching, swelling, rash at site of injection	Same as Zostavax, but may also have muscle aches, headaches and fever for up to 72 hrs
Cost	~ \$210	~ \$310 (for both shots)
OHIP Covered?	Yes: between ages 65-70	No

Even if you have had shingles, either vaccine may be given at least 1 year after your most recent episode. For those who have had Zostavax II® in the past, Shingrix® may also be given to boost immunity. The shingles vaccines are not recommended for everyone. Please talk to your doctor if you have questions about shingles and if a vaccine is right for you. **Submitted by Dr. Shauna Phillips.**



Chaplain's Corner

Mission to Seafarers:

(continued—2018 Spring Edition)

In recent years the Mission has embarked on new training programs and a new international record keeping protocol that enables maritime welfare, labour, industry and government bodies to accurately record the services that are provided to seafarers. These new protocols assure that the proper shore leave and labour regulations are followed and if problems arise are rectified. This has always been an important part of the Mission's work and over the years the mission has worked closely with the crews, industry and the various authorities to rectify problems.

In April 2017 the Secretary General, Andrew Wright, visited Sarnia from headquarters in London England and toured the port. He had breakfast with the Harbour Master and Sarnia's mayor. It was an eye opening experience as he recognized the diversity and extent of the shipping industry here. He had just returned from extensive travels to the far-east, France and Malta when he came to Canada and had several other stops before returning to the U.K.

The local Mission to Seafarers is part of a worldwide organization. Her Majesty the Queen is the patron and H.R.H. Princess Anne is the president. It works with the International Labor Organization, the International Transportation Organization, the U.N.'s Law of the Sea, the International Christian Maritime Association, and is a member of the North American Maritime Ministry Association. It has worked closely

with the Apostleship to the Sea and has operated as a virtually integrated organization. Reporting to and being responsible to all these organizations as well as to the shipping, government and other authority ensures that the best interests of seafarers and their families are always of primary importance. Regardless of race, colour or creed the Mission is there to serve.

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





Crossed the Bar

Apps, George. 2018. George was a member of the RCNA, Winnipeg White Ensign Club.

Bradley, Marion. 4 September 2018. Marion joined the WRCNS in 1943 and served in Halifax during WWII. She was a life member of the Sarnia Legion and RCNA Sarnia.

Buffie, Al. 2018. Al was a member of the RCNA, Winnipeg White Ensign Club.

Burns, John Robert (Jack). 7 June 2018, at the age of 79. A member of RCNA Sarnia and a life member of the Sarnia Legion, Jack frequently volunteered to help the area veterans.

Chartier, Henry Edmond . 1 June 2018. Henry served in the RCN at HMCS Hunter 1951 and at CFB Hubert 1974. He was an Honorary Life Member at RCNA Windsor.

Johnson. Leo. 2018. Leo was a member of the RCNA, Winnipeg White Ensign Club.

Kirwin, Leo. 10 August 2018. Born in 1924, Leo served in the RCN during WWII. He was a member of the Oxford County Naval Veterans Association.

Porter, Clifford W. 26 April 2018. Clifford served in the RCN at HMCS Hunter 1961 and HMCS Stadacona 1964 . He was a member of RCNA Windsor.

Miller, William Alexander (Dusty). 12 June 2018. Born 27 January 1928, Dusty served in the RCN, and as a Peacekeeper (Egypt and Beirut) - an RCNA Oxford County member.

Mills, Alec Stanley. 5 February 2018. Born on 18 September 1931, Alec served in the Army—RCOC 5th Battalion . He was a member of the Oxford County Naval Veterans Association.

Sigrist, Gerald Wilson (Jerry). 16 July 2018. Born in 1933, Jerry served in the RCN from 1951 to 1982. He retired as a CPO1 and was a long serving member of the RCNA Executive.

Sutherland, Daniel. 23 February 2018. Daniel was born on 18 January 1940 and served in the RCN during the 1960's. He was a member of RCNA Windsor.





Crossed the Bar

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

Last Name	First Name	Maiden Name	City
Bradley	Ella		Mississauga, ON
Bata	Sonja		Toronto, ON
Carruthers	Janet Helen	Shorey	Toronto, ON
Comley	Doris		Toronto, ON
Davis	Betty Irene	Huggins	Toronto, ON
Cobon	Louise	Deacon	Toronto, ON
Fougere	Olga Lola	Dychakowsky	Winnipeg, MB
Hallett	Julie		Campbellford, ON
Henbrey	Lillian Mary		Dartmouth, NS
Keenlside	Helen Louise	Lighthouse	London, ON
Lunn	Vinetta Mary	Burke	Vancouver, BC
Lynn	Nancy Isabel	Baker	Toronto, ON
Murray	Frances Patricia	Bourne	St Lambert, QC
Steel	Joy		Toronto, ON
Taylor	Aletha Lee	Boyd	Toronto, ON
Tomala	Jane (Jean)	Dinsmore nee Eades	Burlington, ON

CPP Claw Back:

Dear Veterans,

You know the CPP campaign claw back very well. You are requested to write your local MP and copy the Prime Minister to take action to terminate the CPP claw back to our pension at age 65 or sooner if disabled. Politicians e-mail addresses can be found at:

<http://www.parl.gc.ca/parliamentarians/en/members>

Be polite but be firm! We need massive support.

Sincerely, John Labelle

2018-19 National Executive

National President

Blaine D. Barker, CD

Phone: 705-472-5621, **Email:** bbarker@vianet.ca



Executive Vice President

Mike Edwards

Phone: 519-884-8731, **Email:** kwna@golden.net



Executive Secretary

Steve Willar

Phone: 519-995-0589, **Email:** stevewillarsr@gmail.com



Vice President (Membership)

June Greig

Phone: 780-469-0733 **Email:** junegreig@shaw.ca



Executive Treasurer

Art Caravan, CD

Phone: 519-539-8991, **Email:** acaravan@rogers.com



Supply Officer

Rick Simons

Phone: 519-727-4150, **Email:** ricksimonshomsonwr@vianet.ca



Parliamentary & Veterans Affairs

Terri- Leigh Saunders

Phone: **Email:** tls@hotmail.ca



Yardarm Editor

Pat Cornect, CD2

Phone: 519-882-0484, **Email:** pat@cornect.com





The Last Word

Thank You for your continued support: The Fall 2018 Edition of the Yardarm is the 12th published edition since I was “volunteered” by Jerry Sigrist to take over as editor. 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.—amazing dedication—a very special **Thank You** for your continued support.



Jerry Sigrist:

It is with great sadness that I say goodbye to our dear friend and Shipmate Jerry. He was a true friend of Irene and I. Over the years we often chatted via phone or email. Since he had volunteered me as editor of the Yardarm, I often looked to him for advice. Jerry was a strong supporter of the RCNA. We always looked forward to seeing him during the RCNA AGMs. The last time we chatted was during the 2017 AGM here in Sarnia. Although his health was failing, he maintained a good sense of humour. Jerry will be deeply missed, and our hearts go out to his family and many friends. **Editor.**



Marion Bradley:

It is also with great sorrow I acknowledge the passing of Shipmate Marion Bradley on 5 September 2018. She was a long serving member of the RCNA National Executive and a strong supporter of ALS awareness. Marion was a Life Member of the RCNA Sarnia Branch, a Branch Director, and the last Wren on our membership list. She was very active within the Branch, whenever I called for volunteers for the Battle of the Atlantic Ceremony, she was always one of the first to step forward. Although not feeling well, she participated in the 2018 ceremony. Marion will be missed by all who knew her. Our sincere condolences go out to her family and many friends. **Editor.**



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.



making great impressions since 1975

Contemporary Printing Services Inc. 185 Dumoulin Street, Winnipeg, Manitoba R2H 0E4
Telephone (204) 233-7360 www.contemporaryprinting.com