



HARMS WAY

By Wayne and Tamara

My younger brother and his wife called me days before my first child was born. I thought they were calling to see if the baby had arrived or to congratulate us, as I made a huge effort to fly out east when they had their first child. I helped them financially as well. However their call was stressful and rude. I never expected them to treat me so horribly at the birth of my son! I moved across the country when I was 18 to go to college. My mother, adoptive father and I have been estranged ever since. Our parents were extremely destructive, emotionally and physically abusive. So much so I was diagnosed with PTSD and suffered from depression for many years. My brother was favored. I have been back east to celebrate his milestones, yet my family treated me like garbage in front of my fiancé, who they were meeting for the first time. In the years I've lived out west they have never visited. None of them—including my brother who I took good care of when growing up—made an effort to attend my wedding! I did not understand how this phone call started so tense and became so draining so fast. When my husband came home, he insisted I get off the phone. I try to set boundaries with my brother, but he bullies me. Later I sent my brother an email. I told him I love him and would speak to him after my son was born. The next day I was sent the ugliest most abusive letter from my sister-in-law. She attacked my character left and right, yet I flew out when her daughter was born, and we gave them thousands of dollars to help them buy their house. I've never mentioned that to them. My husband and I took our only vacation to fly out and offer support when their daughter was born. I thought my brother and I were survivors who would stick together. I always thought of him with love. What should I do?

Bonnie

Bonnie, poker is interesting because it is not only a mathematically sophisticated game, it is psychologically sophisticated as well. Poker players say poker is not a card game; it is a people game played with cards. In poker there is a basic rule known as the fundamental theorem. The fundamental theorem states that every time you opponent plays as if he can see your hand, he gains. While every time you play as if you can see your opponent's hand, you gain. With your brother, you are playing as if you have no knowledge of his hand. In fact, you have perfect knowledge. Give and he will take; defend yourself and he will abuse you. His strategy is no more complicated than that. When you arrived on the planet, you were dealt an unplayable hand: an abusive stepfather, an uncaring mother, and a favored brother. At 18 you escaped, but you are still hoping to turn losing cards into a royal flush. A good poker player would tell you it's time to mix up your play. Is the way your family treats you just? No. Is it fair? No. Would a psychologist recommend you stay in this game? No. A behavioral psychologist would say by treating your brother to money, time, and attention, you are strengthening his bad behavior. A developmental psychologist would say you were damaged growing up, so you must repair the damage to yourself and protect your children. Allowing them to be in contact with people who abuse their mother abuses them. Game theory, justice, and psychology all point in one direction: minimize or eliminate contact with these people. Being estranged from your family is nothing to be ashamed of. No fault attaches to you. It is what you must do to protect your children, your husband, and yourself.

Wayne & Tamara



A Computerized Future - How Artificial Intelligence is Slowly Taking Over our Lives and Minds

By Camryn Bland
Youth Columnist




We live in a society in which technology is constantly evolving. Computers are working at record speeds, virtual reality is more advanced than reality, and flying car prototypes are being developed worldwide. The evolving technology which is most prominent is Artificial Intelligence, (AI), one of the most controversial inventions facing our modern society. Although it may have been invented to assist humanity, it has been turned into an agent of cheating, laziness, misinformation, and human substitution. It is no longer a way to stimulate and increase human intelligence, but instead a way to substitute genuine, human thoughts. I am not directly against artificial intelligence, as I believe it can and has contributed to our society in great ways, just as it was intended to do. Since the 1970s, AI has been used in the medical field to improve patient diagnosis and treatment. It's led to significant strides in language processing, improving the field of computer programming. It's even assisted those who work in agriculture, engineering, and transportation. It's been implemented in every google response, translator, and social media algorithm. AI is something that has changed our day-to-day life ways we would never expect, and that's both inspirational and frightening. Of course, the reality of artificial intelligence is more than just success stories; it is also filled with failures and threats to replace human behavior. One of the biggest concerns surrounding this technology is job loss, as AI begins to implement itself into every career field. It raises the question, if a computer is able to make a medical diagnosis, do we need as many doctors? If paperwork and schedules can be handled by a machine, who needs secretaries and administrative assistants? Any job with a repetitive routine, especially those involving information-processing tasks, are at a high risk, from paralegals to teachers to truck drivers. We are in a time where no career is safe from the threat of artificial intelligence substitution, and this reality will only worsen as time goes on. Another field which is being quickly overtaken is that of art and creativity. Computerized images, videos, and music are becoming more and more common despite the negative effects. In our society's history, it has always been difficult to make a living or even a side-hustle out of art; it's always been seen as a hobby of childhood, not something to be taken seriously in the adult world. The artistic struggle has now been increased, as AI provides individuals with creative content at the click of a button. Any image can be created for their personal use. Videos can be edited or generated with nothing but a simple prompt. Entire musical albums can be developed, making music which appears to be sung by celebrities without their consent. Even writing is becoming a futile skill, as generative AI is taking over the industry. Authors, editors, instructional designers, and even journalists are forced to worry about their job stability, as the art of writing becomes more and more computer generated. Artificial Intelligence also has consequences outside of the work force. Everyday, it is used to plagiarise, misinform, and replace genuine effort. Students use Artificial Intelligence to do their assignments, and individuals are beginning to turn to AI instead of genuine research to answer their questions. It prevents people from learning, as they begin to take shortcuts through every situation, refusing to work hard for anything. Millions of people have forgotten how to live their daily lives without relying on a computerized assistant. We are living in a time where the easy way out is the normal way out, and nothing is being done to prevent this trend. Regardless of your profession, goals, and education, AI can be a ladder to success or a road to disaster. I am not denying the benefits of artificial intelligence; it was created to make a positive impact, which I still believe it can do. However, we now live in a society which over-relies on technology in our daily lives. It feels impossible to finish our workloads without the help of AI, and this is where the problem lies. We are disregarding human thought, and in the process disregarding human value. It is now too late to turn away from Artificial Intelligence, to pull the plug altogether. However, I believe every individual must resist this technology in our daily lives. This can come in the form of creating your own art or supporting local artists, using verified websites to do research, and refusing to plagiarize assignments. Through these everyday actions, we can take small steps towards gaining back our thought process. We can take small steps towards gaining back our own minds.

Oshawa Naval Veterans' Club

will host

Royal Canadian Naval Association (RCNA)

September 25 – 28, 2025



The Oshawa Naval Veterans' Club is honoured to be hosting the Royal Canadian Naval Association's Annual General Meeting to be held **September 26 – 28, 2025** at 320 Viola Avenue, Oshawa, Ontario.


A meet-and-greet will be held on Friday, September 26th starting at 5:00 p.m.

The **Annual General Meeting** will be held on Saturday, September 27th starting at 9:00 a.m.

A **formal dinner** will be held that evening at 7:00 p.m. with Guest Speaker - Regional Councillor Bob Chapman. Honorary President of the RCNA Admiral John Anderson of Sidney, British Columbia and Honorary Judge Advocate of the RCNA Richard R. Baker of Niagara on the Lake, Ontario. Other guests to include MPP Jennifer French, MP Rhonda Kirkland, Councillor Jim Lee, Lt. Mark Scuse,

The weekend will culminate with a **Closing Activity** on Sunday, September 28th.

We look forward to hosting and meeting members from across our great country.




HMCS Oshawa (174 / J330)

HMCS Oshawa was an Algerine-class minesweeper of the Royal Canadian Navy. She was commissioned in July 1944 and wore pennant J330 until she was paid off into reserve in July 1945. She was recommissioned for the last time in April 1956 and wore pennant 174 until paid off in November 1958.

Purpose of the RCNA

To bring a union in spirit and comradeship of the Commonwealth Navies; assist in the welfare and benevolent work of ex-Naval personnel and their families; to foster an interest and training in youth in maritime affairs; observe historical events of Commonwealth Navies; convene at regular intervals reunions which show solidarity of purpose; to promote naval interests and those of the Armed Forces of Canada as well as seaborne commerce; for the protection and well being of the nation. For more information on the RCNA, please visit the website www.rcnayardarm.com.



Admiral John Rogers Anderson, CMM, CD

Admiral John Rogers Anderson was the 23rd Commander of the Canadian Navy. Admiral Anderson joined the Royal Canadian Navy (RCN) as a Cadet in 1959. He studied at the University of British Columbia.

From 1963 to 1966 he served:


- in HMCS Stadacona
- in HMCS Saskatchewan
- in HMCS St. Croix
- at Royal Roads Military College

In 1966, he specialized in operations, taking the Long Operations Course at HMCS Stadacona. He was appointed to the aircraft carrier HMCS Bonaventure in 1968. In 1970, he joined the CCS 280 Programming Team as a Programmer at Canadian Forces Headquarters (CFHQ) in Ottawa. In 1974, he became Executive Officer in the destroyer HMCS Iroquois. In 1975, he studied at the Canadian Forces Command and Staff College in Toronto. He was promoted to Commander in 1976. He served at National Defence Headquarters (NDHQ) as the Section Head of the Operations Staff Section. In 1978, Anderson assumed command of the destroyer-escort HMCS Restigouche. In 1980, he was named Commandant of the Naval Officers Training Centre Venture. On promotion to Captain(N) in 1982, he was appointed Commander of the First Canadian Destroyer Squadron in Halifax, Nova Scotia. In 1983, he became Director Maritime Requirements (Sea) at NDHQ. Promoted to Commodore in 1986, he was appointed Director General Maritime Doctrine and Operations at NDHQ. In July 1987, he was made Rear-Admiral. He was tasked to head the Canadian Nuclear Submarine Acquisition Project as the Chief of Submarine Acquisition. In July 1989, he was appointed Chief of Maritime Doctrine and Operations. On promotion to Vice-Admiral in July 1991, he was appointed the Commander Maritime Command in Halifax. The next year, he was made Vice Chief of the Defence Staff at NDHQ. Promoted to his present rank in January 1993, Admiral Anderson was appointed Chief of the Defence Staff. He served in this position until he retired in December 1993.

Royal Canadian Navy


The Royal Canadian Navy (RCN) protects Canadian sovereignty and interests at sea, at home and abroad. Whether during times of conflict or peace, the RCN promotes global stability, enforces international law and helps protect both the Canadian and world economies.

This information is from the Government of Canada Royal Canadian Navy site at <https://www.canada.ca/en/navy.html>



Services and information

What we do The RCN keeps the world's oceans and people safe, providing peacekeeping, humanitarian aid, and stopping illegal activities at sea.	Who we are The RCN includes about 8,400 Regular Force members, 4,100 Reservists, and 3,800 civilian staff, all serving Canada.	Our fleet The RCN has ships and submarines to protect Canada at sea, supported by specialized land and sea units.
Leadership From the Commander of the Royal Canadian Navy, to the different command teams across the Canada, from coast to coast to coast.	Where we operate The RCN operates from Halifax, N.S., and Esquimalt, B.C., with headquarters in Ottawa and Quebec City.	Career opportunities Learn about the various ways to join the Royal Canadian Navy.
History Official history about the RCN, including records of vessels, commanders, flags and uniforms, and commemorations	News The home for base papers, media products, articles and the RCN's flagship publication: Our Navy Today.	



LT(N) Richard H. Baker, R.C.N.R. (Retired)

After 44 years of legal practice as a litigation lawyer in Toronto, he retired in 2015 to enjoy the tranquil delights of Niagara-on-the-Lake. His university and law school experience in the 1960's at the University of Toronto was significantly enlivened by enrolment in the University Naval Training Divisions and the R.C.N.R. (home division HMCS York). They afforded memorable and bibulous days in Cornwallis, Stadacona, several WWII-vintage frigates and one Gate Vessel in Esquimalt. Training brought with it the fortune of circumnavigating both Newfoundland and Vancouver Island, and of sailing on separate occasions to Holland, England, Ireland and the Azores. In one of those summers he was obliged to attend 74 cocktail parties (verified by journal entries) aboard his ship, tasked as it was with showing the flag (then a White Ensign) across the Maritimes. Those magnificent and stirring days of his youth inevitably ensured a continued loyalty and attachment to things naval, thereby steering him later, in a voluntary capacity, towards various veteran organizations, all of which shared that same bibulous camaraderie he encountered in his training. In the past almost 40 years he has been a former member, director, governor or officer of several of these bodies, among them the UNTD Association of Upper Canada (which he helped found), the Naval Officers' Association of Canada, Royal Canadian Legion Branch 165, Toronto, the Canadian Corps of Commissionaires (Great Lakes Division) and the Royal Canadian Naval Association (national).

He regards the friendships, experiences and disciplines gained from these organizations to have been of inestimable value to him during the course of his life and career.

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