

THE THUNDERBIRD JOURNAL



Security Branch Newsletter



Canada

SPRING 1985

THE THUNDERBIRD JOURNAL



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EDITORIAL POLICY

The Thunderbird Journal, a Security Branch Newsletter, is to be published quarterly and is an authorized DND Periodical in accordance with CFAO 57-12.

The aim of the Thunderbird Journal is to provide a focal point for the wide array of Branch activities, to be informative and educational, and to foster professionalism and esprit de corps.

Items suitable for publication in the Journal will vary in terms of topics and format but can include both items of Branch-wide interest as well as more informal reports of local events. Content must be suitable for publication in a journal representative of the Security Branch. Articles may be submitted directly by base/station Security Officers, Detachment Commanders, or a representative of a Military Police Militia Unit, to the Directorate of Security, subject to the approval of appropriate command or SIU Headquarters as applicable.

Letters to the editor, questions, or editorial comment will be welcomed, however, readers are reminded that such items must relate to Security Branch activities rather than matters which are more properly addressed elsewhere, for example, in the Personnel Newsletter, etc.

PUBLICATION SCHEDULE

Season	Final date for receipt of articles, letters, etc. by D Secur	Publication Date
Winter	15 Nov	30 Jan
Spring	15 Feb	30 Apr
Summer	15 May	30 Jul
Fall	15 Aug	30 Oct

There is a ten week lead time for submission of articles to D Secur. This remains as the absolute minimum time necessary to meet the publication schedule allowing for translation, word processing and subsequent printing. Your adherence to these time restrictions would be greatly appreciated.

Any future articles should be forwarded to:

Managing Editor
Thunderbird Journal
NDHQ/D Secur 3
101 Colonel By Drive
Ottawa Ont. K1A 0K2

COVER PHOTO

Vice-Admiral J.C. Wood presents RSM Hunt with Maritime Commander's Commendation in recognition of long and faithful service.



Notes from the **Director of Security**

The Security Branch as a CF entity is the product of hard work and devotion by countless men and women over the years since unification. It is far more than the sum of the former single service parts and we must remember that as a result the security support we are able to render to commanders, is a vast improvement over that of years past. Our current strength derives from the expert service we are able to provide, however we would do well to remember that the moment our support flags, the Branch will suffer. Our success to date has been directly attributable to the cohesiveness of our efforts and a single-minded determination to ensure that the Branch as a *whole* will respond to all commanders' needs equally and with vigour. Consequently, we have all worn the same badges and accoutrements; we have attended the same courses at the same school; we have served in all environments being loyal to the commander of the moment and to the Branch simultaneously. These loyalties are completely compatible and indeed essential. Unless the attitude of togetherness prevails and is practised at all levels there is danger that factions may form and with it an accompanying narrowness of outlook which is bound to result in a poorer security service to the CF over all and ultimately to a weaker and less flexible Security Branch. The future of the Branch as we know it is in your hands. We are as we are because we worked together and drew the support of our military superiors. Only by selfless devotion can this nearly 2,000 strong organization survive and prosper for the future benefit of the CF as a whole.

Turning to a lighter subject, we security folk could be accused of taking life too seriously. After all we put in a lot of overtime and our people are often hard at work during silent hours and on holidays when our comrades are off duty. Nevertheless, I am pleased to see that many Sec 81 and MP 811 personnel engage in skill-at-arms exercises and athletics whether in teams or individually.

This year's skill-at-arms competition was won by 1 MPPL with an exceptional showing by Sgt Pollock, a repeat winner in the Individual and Team Pistol categories. In spite of the clean sweep by the westerners, teams from CFB Gagetown and CFSIS made them earn every point. Overall the scores were impressive, but more important, participation from all elements of the Branch increased over previous years with credible performances by four Militia units 5, 12, 21 and 51 Service Battalions.

Late-January saw the annual Security Branch Bonspiel run off at the School with the CFSIS rink consisting of Capt Schyf, WO Gelinas, MWO Jean and Lt McLaughlan taking home the "A" event silverware while winners in the B, C and D events were rinks from CFSIS TQ-5 8405, CFB Kingston and CFB St-Jean respectively.

In February, a six "person" team of skiers took part in the annual NATO Allied Ski Meet at the RMP Adventurous Training Centre at Gunzesriedsäge, Germany. Your representatives were Sgt St-Jacques, FMC, Sgt Pinard, DSecur (manager), Cpl Burnett, 4 MPPL, Cpl Cardinal, CFB Montreal, Cpl Latulippe 5 PPM, and Pte Raymond, NDHQ/AU. They did a grand job in spite of a dearth of snow and a surplus of the 'flu bug, by placing third overall and second in the combined Alpine. Cpl Latulippe made the Branch shine as he earned second place in both Alpine and Cross Country events, beating very tough competition from the British.

No doubt there are plenty of other sporting events going on across the country, so let us hear about them. Fitness is a pre-requisite for efficient performance of our police duties and I encourage all of you to get out and run, swim, cycle, shoot or whatever else appeals to you in the line of individual or team activities. A fit MP is a more alert MP, so get with it.

General

MEET OUR NEW CHIEF OF INTELLIGENCE AND SECURITY

Major General William Hewson, CD Canadian Armed Forces

Major General Hewson was born in Penetanguishene, Ontario on 2 February 1937. He enrolled in the Canadian Army in September 1955, and attended the Royal Military College under the Regular Officer Training Plan and was subsequently granted a Bachelor of Applied Science (Civil Engineering) degree by the University of Toronto.

Commissioned in 1959 as a Lieutenant, Major General Hewson served with Princess Patricia's Canadian Light Infantry (PPCLI) in Esquimalt, British Columbia and Hemer, Federal Republic of Germany. He attended the British Army Staff College at Camberley from 1964 to 1965, and subsequently was posted to Headquarters 3 Canadian Infantry Brigade Group in Gagetown, New Brunswick.

Promoted to Major in 1967, Major General Hewson served again with the PPCLI in Edmonton, Alberta being transferred in late 1968 to Mobile Command Headquarters, St. Hubert, Quebec. He served there first as Staff Officer Infantry, and later, coincident with his promotion to Lieutenant Colonel, as Senior Staff Officer Plans and Operations. In 1971 he became Commanding Officer of the 1st Battalion PPCLI in Calgary, Alberta.

Following a tour in 1973-74 as a member of the Directing Staff of the Australian Army Staff College, Queenscliffe, he was promoted to Colonel and posted to Headquarters 1 Combat Group, Calgary, Alberta, as Deputy Commander. In 1977 he attended National Defence College, Kingston, Ontario. From 1978-1980 he served in National Defence Headquarters, as Director Establishment Requirements.



In July 1980 Major General Hewson was appointed Deputy Chief of Staff Headquarters United Nations Forces in Cyprus (UNFICYP). Promoted to Brigadier General in April 1982, he assumed the position of Chief of Staff HQ UNFICYP and served in that capacity until July 1984. Throughout the period 1980-1984, he was concurrently Commander Canadian Contingent United Nations Forces in Cyprus.

In July 1984, Major General Hewson became Director General

Intelligence at National Defence Headquarters.

On 4 January 1985, he was promoted to Major General and assumed the appointment of Chief Intelligence and Security at National Defence Headquarters.

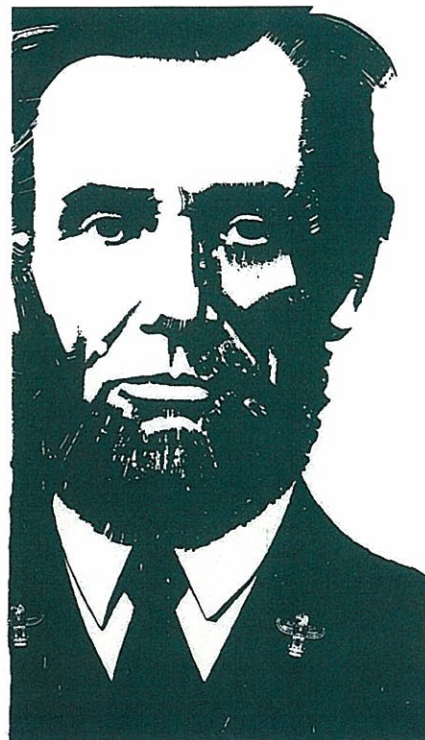
Major General Hewson is married to the former Norah Spooner of Kingston, Ontario and they have two sons.

Closing Thoughts...

August Vollmer was Chief of Police with the Berkley Police Department in the early part of this century. He gained fame not only as one of the most innovative Police Chiefs of this time, but later as a professor at the University of Berkley, California. Describing those qualities which the public perceive as the ingredients of a "good policeman". Vollmer had this to say:

The citizen expects police officers to have the wisdom of Solomon, the courage of David, the strength of Samson, the patience of Job, the leadership of Moses, the kindness of the Good Samaritan; the strategical training of Alexander, the faith of Daniel, the diplomacy of Lincoln, the tolerance of the carpenter of Nazareth, and, finally, an intimate knowledge of every branch of the natural, biological and social sciences. If he had all these, he might be a good policeman.

(Republished courtesy Canadian Police Chief Newsletter Dec 1984.)



"MEMORIES"

Do you recognize the people in this photo? or when and where it was taken?

Guess correct and win a posting to NDHQ DSECUR.

Answers in the next edition of the Thunderbird.

Branch Activities and Development

Strange Sources of Money

He was rushing down the German autobahn to his native Switzerland. Less than two hundred kilometres to the border crossing point of Basel/Lörrach. Radio station is fading. He pushes his "scan" button and the dial falls onto a clear station playing a piece of music he likes. He relaxes and listens to the song. An every day occurrence, right?!

Not quite. This Swiss gentleman stumbled on the CFE Radio Request-a-Thon, a 24 hour radio show dedicated to raising monies for the MPFBC. Historically, it is the largest single source of revenue for the fund, averaging about \$40,000 per year for the past few years. The wide variety of events used to raise money were highlighted in a past issue of the Sentinel.

So taken was our Swiss friend by the enthusiasm, fun and sincere generosity he experienced on the radio, that he made note of the telephone number. On arrival at his home, he phoned the radio station, CFN/RFC, and pledged DM 1,000 (more than \$500).

CFB Winnipeg MP Blind Fund Activity

On 11 December 1984, Winnipeg area Military Police presented the St Amant Centre with their annual donation of \$3,600.00 on behalf of the Military Police Fund for Blind Children.

In attendance for the presentation (left to right) were: Pte B. Lintner, MCpl L. Bauer, Mr. D. Gowing (St Amant Teacher), Mrs L. Giesbrecht (St Amant Principal), Capt C. Minotti (CFB Winnipeg B Secur O) and WO D. Gibson.



Blind Fund Relay Run *CFB Shilo to CFB Portage la Prairie*

At 0500 hrs, 18 May 1984, thirty runners representing CFB Portage la Prairie plus two members of the Portage la Prairie RCMP Detachment travelled via bus to CFB Shilo. When at 0730 hrs the first team of runners left the main gate at CFB Shilo, the Fourth Annual Military Police Fund for Blind Children relay run covering a distance of 123 km had commenced. Six teams each running a total distance of 22 km arrived at the main gate CFB Portage la Prairie at 1800 hrs where they were met by the Base Commander Colonel PL De Smedt and the Base Piper. Two bicyclists cycled the entire distance in less than five hours. 18 miles West of Portage la Prairie the relay runners were joined by five base marathoners who completed the last 18 miles in one stretch. Moreover, many relay runners ran more than their prescribed

22 km, some covering 43 km, boosting the total kilometers run by all participants to 1095 km, an increase of 200 km over the previous year.

Although the Military Police Section was actively involved in this run, the credit goes to Cpl Julie Boucher of the PERI Staff who organized this event. Her superb organizational abilities made it truly a very successful event.

A total of \$2000 was collected in pledges \$900 of which was collected in Portage la Prairie by RCMP Constable Gagne and Bachand who ran in the "Police Relay Team" headed by MWO Zillich, MCpl Periard, Cpl Ron Walton and Sgt Nick Horzelenberg who ran only a few relays as he had volunteered to drive the "Honey Wagon".

The enthusiasm displayed by all participants was heart warming. This Military Police Run for Blind Children was truly a whole Base effort and the participation of the RCMP was very much appreciated by all.

A challenge goes to CFB Shilo and CFB Winnipeg to join CFB Portage la Prairie in this worthwhile venture and perhaps make this run truly a Manitoba Military Police Fund for Blind Children run in the coming years.

P. Zillich
Master Warrant Officer
Base Security Officer
CFB Portage la Prairie

Special Investigation Unit/Quebec DET 1984 Annual Golf Tournament

by WO R. Marquis

For two years in a row now, the Quebec Detachment, Special Investigation Unit, has hosted a mixed golf tournament in which many military police from the province of Quebec and several from Ontario have taken part. Two trophies are awarded at this tournament, the MAJOR MARCOTTE for the low gross score and the CWO PLOURDE for the low net score, the latter being calculated according to the Atlantic system. These trophies were graciously donated last year by the persons whose names they bear.

The 1984 edition of the tournament was held on 7 September at the Verchères Golf Club, near CFB Montreal. Mother Nature was on our side: it was a superb day when 64 golfers, men and women, met to match skill, strategy, and in some cases, sheer luck. The participants came from such varied locations as CFBs Bagotville, Montreal, St-Jean, and Valcartier, CFS Mont-Apica, 2R22eR and 3R22eR, FMCHQ St-Hubert, NDHQ/AU, NDHQ/DPCOR(MP), SIUHQ, and QDSIU.

That day saw countless brilliant feats (according to their authors) and practical jokes, some leading to a variety of challenges that will probably be settled one way or the other at the next tournament. After the 18 holes, everyone headed for the SIU Det HQ building at CFB Montreal, where food and refreshments were waiting. During the meal, it was interesting to listen to the guests as they recounted their achievements and misadventures of the day, more specifically the "anti-dote" (read anecdote) of Major Marcotte (QDSIU), who stoutly defended himself against the accusations of his two female partners (that's right!) about the steady stream of rather vivid expletives that accompanied his search for the balls he had lost in the surrounding undergrowth.

The day ended with the presentation of the two trophies mentioned earlier.

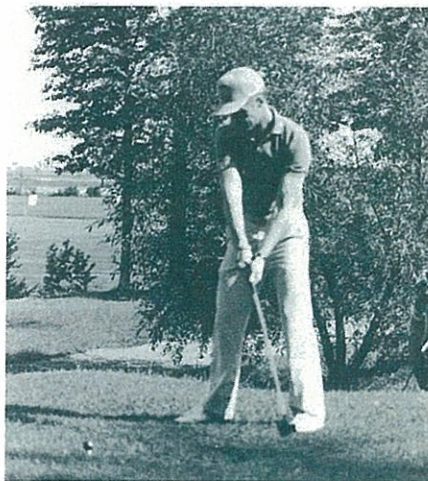
- the MAJOR MARCOTTE Trophy to Mr M. Rooker (ex-CWO, SIUHQ Ottawa)
- the CWO PLOURDE Trophy to Sgt Jack Paré (QDSIU Sect Montreal)

Several other trophies and a large number of prizes were also given to

the participants. A very special mention should be made of the Canadian Military Police Association, which helped to finance our activity by granting us the tidy sum of \$140.20. The money was used to buy commemorative medallions with ribbons, which were presented to every participant — a gesture much appreciated by all. We therefore gratefully thank the CMPA, especially since our request was made at the last minute.

Before closing, I should like to invite all interested men and women to join us this summer (date to be determined) for the 1985 edition of our tournament. Please check the next issue of this paper for details.

Editors Note. The 1985 QDSIU Golf Tournament will be held on 27 Jun. Details are available from WO Marquis, Sgt Pare or Sgt Blais



The Base Commander CFB Montreal, Col Geddry, teeing off with the opening shot of the tournament.



A few participants. From left to right Sgt Jack Lefebvre (CFB St-Jean) Sgt Andy Blais (QDSIU Montreal) Sgt Marcel Hamel (SIU Quebec) and CWO Bazinet (NDHQ/DPCAOR/MP)



The determined look of the winner of the Major Marcotte trophy, ex CWO M. Rooker.



Ex WO "Bibitte" Gauthier (NDHQ/AU) demonstrates his talents as a chef.



Major Marcotte preparing to distribute the trophies and medallions to the participants. In the rear, MCpl Thérout (2R22eR) waits anxiously to receive his trophy.



Military Police 2nd Annual Golf Tournament Held at CFB Esquimalt

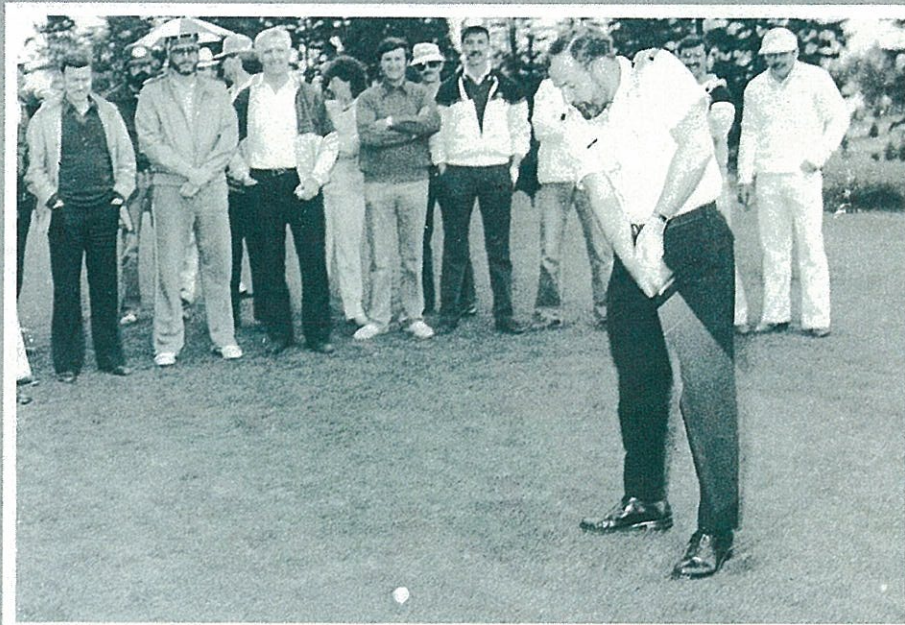
- (3) Closest to Pin — CFB Comox,
MCpl Alex Arsenault
- (4) Longest Drive — SIU Sect Victoria,
Sgt Marty Peterson
- (5) Most Honest Golfer — CFB
Esquimalt, Cpl Rob Campbell

On behalf of the participants in the 1984 Western Canada Golf Tournament, many thanks to the CMPA for their financial support, and to all MPs in Western Canada "Hope to see you at our 3rd annual in 1985".

The second annual Western Canada Golf Tournament was held at CFB Esquimalt, 25 May 84, at the Gorge Vale Golf Course. MP Sections competing were: SIU Pacific Det and Sect Victoria, SIU Sect Vancouver, CFB Edmonton, CFB Comox, 3PPCLI, and CFB Esquimalt. Other Alberta and BC MP Sections would have liked to participate, however, operational commitments were a priority. Hopefully they will be able to participate in the third annual tournament.

Winners were:

- a. **Team Low Gross** — CFB Edmonton:
WO Doug Anderson, Sgt Jerry Haesch, Sgt Vic Flemming, and MCpl Joe MacIsaac
- b. **Individual** —
 - (1) Low Net — CFB Comox,
WO Wayne Mitchell
 - (2) Low Gross — SIU Vancouver, Sgt
Ron McPherson



Cdr LUKE, BAdmO, CFB Esquimalt, teeing off to commence the opening of the 2nd Annual Military Police Golf Tournament, CFB Esquimalt.

Left to Right in background: MWO Al Ronnie, SIU Vancouver MCpl Tex Long, MP CFB Esquimalt Capt MacDonald, BSecuro CFB Esquimalt Sgt John Fulgham, SIU Vancouver MWO Marcel Whissell, MWO IC MP CFB Esquimalt Cpl (W) Bell, SIU Victoria Sgt Jim Abrams, SIU Victoria MCpl Dale Dominix, MP CFB Esquimalt Cpl Ralph Lupe, MP CFB Comox MCpl Alex Arsenault, MP CFB Comox; Sgt Paul MacPherson, Custodian CFB Esquimalt

CFB Portage la Prairie 9th Annual MP Golf Tournament

At 1010 hrs, 22 Jun 84 Col P.L. De Smedt, Base Commander CFB Portage la Prairie teed-off and opened the 9th Annual Military Police Golf Tournament at CFB Portage la Prairie.

Participants came from AIRCOM SSO Secur, Base and SIU Winnipeg, CFB Shilo, CFS Beausejour and CFB Portage la Prairie. Honoured guests included our Branch Chief Warrant Officer Powell, the Base Operations Officer Major B.M. Mitchell, Mr Mark Christenson, and Sgt Ron Kingdom with members from the Portage la Prairie RCMP Detachment.

Although the course was wet from rain, the gods smiled on the participants and the weather cleared up for the day resulting in an excellent tournament. Cpl Ron Walton, the Tournament Coordinator must have a good pipeline to the Clergy since it started to hail golf balls after the tournament was concluded. All enjoyed themselves tremendously and many acquaintances were made and renewed.

Maj M.P. Troian on behalf of LCol A.H. Stevenson, SSO Secur Air Command presented MWO R. Zillich with a cheque of \$200 from the MP Asso-



ciation to defray some of the costs incurred. In response to this generosity, a new trophy, the "MP Association Trophy" will be presented to the Best Military Police Golfer starting in 1985.

The results were:

Best Golfer: WO Roger Morin, AIRCOM HQ Secur 4-2 (There must be a putting green in the SSO Secur Shop!)

Longest Drive: Cpl Bruce Patton, CFB Winnipeg

Closest to the Pin: Sgt Bill Hawes, CFB Winnipeg

Most Honest Golfer: MCpl Jerry Fontaine, SIU Section, Winnipeg

The Winning Team: ODDS and SODS

1. Sgt Dave Scribner, CFS Beausejour
2. Pte Cam (Stretch) Stretton, CFS Beausejour
3. MCpl Herb MacDonald, CFB Shilo
4. Mr Mark Christensen, Civilian Guest

The 10th MP Golf Tournament will be held next June. Keep your golf clubs greased, we hope to see you there again.

R. Zillich, MWO, B Secur O
CFB Portage la Prairie



1984 9TH ANNUAL MP GOLF TOURNAMENT — CFB PORTAGE

Back Row: Cpl Walton, Sgt Scribner, MWO Chapman, MCpl Fontaine, WO Ostropolski, Cpl Dennys, MWO Magee Cst Stillwell, Staff Sgt Kingdom, Cst Fraser

Middle Row: Sgt Blachard, MWO Vachon, WO Morin, Maj Troian, Maj Mitchell, Col Desmedt, MWO Zillich, Pte Stretton, MCpl McDonald, Cpl Patton and Cst Davidson

Front Row: MCpl Bauer, CWO Lavoie, CWO Powell, Mr Christensen, MCpl Measor, Sgt Horzelenberg, Sgt Hawes and Sgt Clark

Security Branch

1984 Skill at Arms Competition

From CFSIS Report to Commanders

Scores for the 1984 Skill-At-Arms Competition have now been tabulated. I am extremely pleased to report that there was not only a dramatic increase in the numbers of competitors but skill levels have improved. Full details are indicated at the following Annexes:

- a. Annex A — Air Force Security Individual Pistol;
- b. Annex B — Air Force Security Team Pistol;
- c. Annex C — Clarke SMG Individual;
- d. Annex D — Ritchie SMG Team; and
- e. Annex E — Wallace Memorial Team.

1 Military Platoon Calgary have again made a clean sweep of all trophies. However, they were given strong competition by teams from CFB Gagetown and CFSIS. All competitors particularly winners and runners up are

AIR FORCE SECURITY INDIVIDUAL PISTOL

Competition #1			
RANK	NAME	UNIT	SCORE
Sgt	Pollock JR	1 MP PI Calgary	192
Lt	Baker MR	CFB Moose Jaw	183
MCpl	Hawboldt RW	CFB Gagetown	180

AIR FORCE SECURITY TEAM PISTOL

Competition #2		
1 MP PI Calgary		524
	Sgt J.R. Pollock	170
	Cpl J. Hosegrove	174
	Cpl A.J. Topolnick	170
CFB Gagetown		504
CFSIS		469

to be congratulated for their efforts. The impressive scores could only have been achieved through meaningful range practice.

Sgt Pollock, a repeat winner in both the Individual and Team Pistol, is to be highly commended for his outstanding efforts. His dedication, skill and continued participation in Skill-At-Arms is an example to all.

I was pleased to note the active participation of four militia units and welcome their continued and increased support.

Details of the 1985 Skill-At-Arms Competition will be circulated in July.



CLARKE SMG INDIVIDUAL

Competition #3			
RANK	NAME	UNIT	SCORE
Cpl	Hosegrove J	1 MP PI Calgary	234
MCpl	Hawboldt PW	CFB Gagetown	225
Maj	Haney TP	CFSIS	197

RITCHIE SMG TEAM

Competition #4			
1 MP PI Calgary			683
	Pte Hosegrove J		
	Pte Hall	AD	
	Cpl Parisien	JC	
CFB Gagetown			624
CFSIS			563

WALLACE MEMORIAL TEAM

Competition #5			
1 MP PI Calgary			1207
	Cpl Hosegrove	Pte Hall	
	Sgt Pollock	Cpl Parisien	
	Cpl Topolnicky		
CFB Gagetown			1128
CFSIS			1032

Annual Security Branch Bonspiel

During the weekend 31 Jan, 1 and 2 February CFSIS hosted the annual Security Branch Curling Bonspiel. This year's event matched 36 rinks from across Canada against one another. This represented the best turnout ever for the Bonspiel.

The festivities were launched with a Meet and Greet on Thursday evening, followed later in the evening by the commencement of curling. As always when Branch members from distant corners of the land meet, old friendships were renewed and the odd elbow was bent. Curling continued all day and into the late evening on Friday and all day on Saturday. The finals of the four events began at 1700 hours on Saturday and the awards/prizes were given out at the Thunderbird Centre immediately after the games. Winning rinks were:

"A" EVENT — THE DIRECTOR'S TROPHY was won by a CFSIS rink made up of Capt E. Schyf, WO R. Gelinis (CFCCHQ), MWO E. Jean and Lt J. McLaughlan;

"B" EVENT — THE BOB ANDERSON MEMORIAL TROPHY won by a CFSIS TQ5 Course rink consisting of Cpl R. Adams, Pte J. Crowe, Cpl L. Eigan and Cpl B. Krasis;

"C" EVENT — THE MCDONALD'S TROPHY won by a CFB Kingston rink comprised of MCpl R. Bryant,

Cpl R. Morrison, Cpl B. Murphy and Cpl D. Low; and

"D" EVENT — THE SECURITY BRANCH TROPHY won by a CFB St Jean rink made up of Sgt G. Pepin, Cpl J. Pelletier, Cpl H. Mannette and Cpl J. Belley.



"A" Event Winners. LCol A.R. Wells, Comdt CFSIS, presenting THE DIRECTOR'S TROPHY to Capt E. Schyf, WO R. Gelinis, MWO E. Jean and Lt J. McLaughlan representing CFSIS.

Following the awards presentation, a banquet and dance was held at the Thunderbird Centre. As is normal for this event, a roaring good time was had by all who attended.

On Sunday the curlers packed up their brooms and sliders and faded off toward their distant homes, all feeling the richer for having enjoyed the companionship of old comrades. Next year's Bonspiel is already on the drawing board and is scheduled for 30, 31 January and 1 February. It is anticipated that even more Branch members, curlers and non-curlers alike, will attend. After all, who has ever met an MP who could resist a PARTY?

SECURITAS!



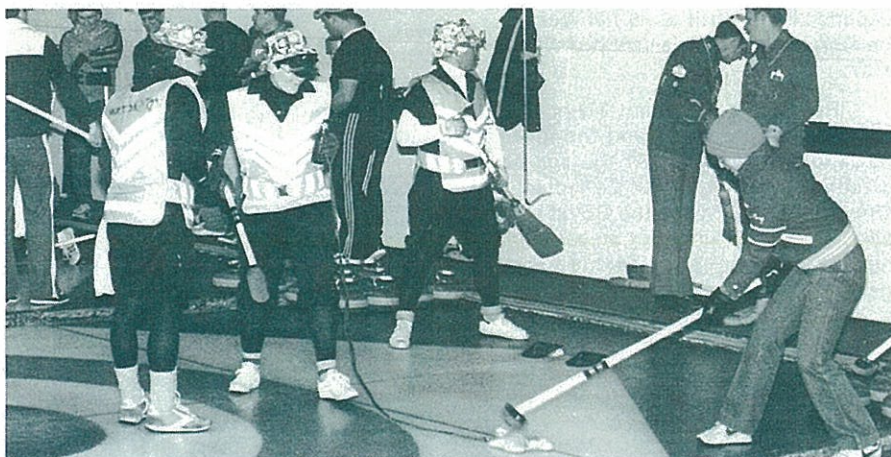
"B" Event Winners. LCol Wells presented THE BOB ANDERSON MEMORIAL TROPHY to Cpl R. Adams, Pte J. Crowe, Cpl L. Eigan and Cpl B. Krasis representing MP TQ 5 Course 8405.



"C" Event Winners. LCol Wells presenting THE MCDONALD'S TROPHY to MCpl R. Byrant, Cpl R. Morrison, Cpl B. Murphy and Cpl D. Low representing CFB Kingston.



"D" Event Winners. LCol Wells presenting THE SECURITY BRANCH TROPHY to Sgt G. Pepin, Cpl J. Pelletier, Cpl J. Belley and Cpl H. Mannette representing CFB St Jean.



THE BEST DRESSED TEAM. This dubious honour goes to a CFSIS rink made up of Sgt R. Thompson, MCpl N. Lariviere, Sgt A. Kish and — yes, you guessed it — Capt Bob Howell (all serious curlers).

UN MP Coy Charity Draw For the Blind Association of Cyprus

(by CWO Cripps)

In Nov and Dec 1984, the UN MP Coy Nicosia, Cyprus, organized a charity draw for the Blind Association of Cyprus. A moped was donated to the UN MP Coy by Mr. Alkis Jakovides, Director of Fairways Motors, Nicosia, to raise funds in support of the charity. The total sum of £600 (about \$1292.00 Cdn) was raised by ticket sales. The winner of the moped, 1Lt Matthiesen, DANCON, kindly returned the moped back to Maj Hache, to be sold on his behalf. The funds from the sale were also donated to the charity. All monies raised were turned over to the Cyprus Associations for the Blind.

J.P. Cripps
CWO
UN MP Coy



Major J.I. Hache (FPM) and WO2 Johnson, WOIC SIS, UN MP Coy, (BRITCON) presenting a cheque to Mr. Pantelis Pheophylactou, Headmaster of the School for the Blind. Mrs Vicki Hickman and her seeing-eye dog Jasper are also seen in the photograph.



Major J.I. Hache, the UNFICYP Force Provost Marshall, presenting the winner of the draw 1Lt Matthiesen, Danish Forces, Cyprus, (DANCON) with the moped.

Special Features

Service to King, Queen and Country

On 8 June 84, Regimental Sergeant-Major Al Hunt tendered his resignation with the Corps of Commissionaires and the Department of National Defence. It was an act he resisted most strongly, however, common sense finally prevailed and he realized he could not continue, as a result of a serious illness, with his responsibilities both as a member of the Corps and as an employee with DND.

Regimental Sergeant-Major Hunt had served his country and the military for almost sixty years. At the age of sixteen he enlisted in the Canadian Army and served with the Royal Canadian Regiment, Princess Louise Fusiliers, Western Nova Scotia Regiment and the Black Watch. He saw action in World War II and Korea being awarded the 39-45 Star, Atlantic Star, Defence Medal, C.V.S.M. and clasp, War Medal 39-45 and the U.N. Service Medal. On retiring from the Army in 1955, Regimental Sergeant-Major Hunt continued his long association with the military by joining the Corps of Commissionaires and serving in various capacities at HMCS Stadacona now CFB Halifax. He was well known to the young sailors at Stadacona because of his insistence on the old standards of conduct and discipline. Frequently, while working at the main gate, Stadacona, he would "jack up" the young servicemen for haircuts and dress. He will be sorely missed at Stadacona which is a very special place for

"Mister Hunt" apart from the fact that he served there both as a soldier and a commissionaire. On 9 August, 1909 Albert Harold Hunt was born in Stadacona, the former home of the Royal Canadian Regiment.

In recognition of his long outstanding service to the military which encompassed almost his entire life, he was personally presented with the Maritime Commander's Commendation by Vice-Admiral Wood. RSM Hunt has set an example of service that few could equal but for which many should

strive. He is and has always been a loyal soldier who not only answered the call of duty in time of war but also in time of peace.

Editor's Note

RSM Al Hunt passed away on 18 March 85. Many members of the Halifax area Military Police, Corps of Commissionaires, and RCR offered their last respects to a true soldier.

Al Hunt was born a soldier, lived as a soldier and died as a soldier.



Family Day in the Field

by Lt James Ridge

The CFB Wainwright Training Area would seem an unlikely place to take the family for a Saturday outing. It would be even less likely to take wives and children to the heart of Waincon, a 1 Canadian Brigade Group (1 CBG) exercise; however, 1 Military Police Platoon (1 MP PL) set a Platoon and Brigade precedent by having a Family Day in the field on 19 May 84.

The reasons for Family Day were varied yet important. By May of this year 1 MP PL had been deployed

almost continuously for 6 months in varied locations such as Wainwright, Shilo and Pemberton, B.C., and, with only days in Calgary, were about to deploy for another 5 weeks. For the single members of the Platoon this was a delightful chance to travel and collect field pay. For the married members of the Platoon, however, it is always a strain to be separated from wife and family. Adding to that strain is the fact that in many cases wives had little or no idea why it was necessary for their husbands to head off to Wainwright

yet again. It was to answer these questions that Family Day in the field was arranged.

The day prior to Family Day, wives and children arrived by personal vehicles from Calgary (a full day's drive). Some travelled together in hastily arranged car pools. Families settled into a local motel in Wainwright but upon meeting the insect inhabitants found alternate accommodation.

The following morning wives and families were picked up by a rented

minibus and driven to 1 MP PL's bivouac area in the dusty training area. Certain misconceptions were cleared up immediately on arrival. Many wives, including my own, had visions of us deep in rat infested trenches living a life of sheer misery. No doubt the many suitably exaggerated war stories over the years had painted a picture of incredible suffering and hardship. The wives were ushered to the Canteen tent for an introductory briefing by Capt Paul Cloutier, CO of the Platoon. The Canteen tent's bar, TV, video machine and coco mat carpeting have no doubt done irreparable damage to all future war stories about life in the field.

Capt Cloutier outlined the role of the Platoon and went into considerable detail about our role supporting 1 CBG and our requirement to train in the field in order to carry out that role. He explained the necessity for the Platoon to function in winter or in summer, with the engineers or artillery, with the Brigade or with the division. Capt Cloutier also outlined the difference between our deployment in a non tactical role, as we were at the time, and deployment tactically. Indeed, after the briefing, it was clear to our wives that what we were doing was important and necessary, and although it might at times strain family life it was a critical part of the Military Police trade.

The next part of the visit involved touring the bivouac area outlining what we do, how we do it, and how we live in the field, although after the Canteen tent the answer to the latter was clearly "very comfortably". The command post was toured with an outline of our static police duties, and our operational roles. We had a brief look at our vehicles including the

motorcycle. An enthusiastic Cpl Bolduc outlined briefly the advantages of the motorcycles but with great delight went on at considerable length about their disadvantages. Perhaps this was the most appropriate emphasis since neither of our motorcycles worked at the time.

Pte Gurney gave an excellent outline of a jeep team, how they worked and what they carried. Although the rations, tents and sign kits were of considerable interest, it was the portapotty with changeable bags that proved the show stopper. Although tempted, I refrained from relating my own awkward experiences with the device, unquestionably designed by someone with a very odd sense of humour.

Bit by bit MP life in the field was outlined. Cpl Jette highlighted the finer points of field living including: sleeping tents, abolition areas, and a gingerly presented demonstration of immersion heater ignition. We had a brief look at MCpl Medwed's mobile QM warehouse and returned to the mess tent for cold drinks.

Captain Cloutier then presented a challenge to our visitors: somewhere in the vicinity of the bivouac, a man and vehicle were camouflaged. Who would find them? In fact only 50 metres away Cpl Parisien lurked in a shell scrape armed with an SMG and blanks.

Escorted by Captain Cloutier, it took some time to find the hidden posi-



Capt Paul Cloutier (back to camera) explains the Platoon's role to wives and children



Cpl Bolduc explains the role of the Platoon's motorcycles



tion. In fact, when a few wives had located Cpl Parisien in the bush many of the others still could not see him so effective was the camouflage. Captain Cloutier approached and not responding to the challenge was shot. The surprised reaction of the wives was even better than hoped for. The point of the demonstration was very clear though, good camouflage can make you almost invisible and this can be a life and death difference. Good camouflage takes training; training in the field not in Base classrooms.

The wives were also treated to a pyrotechnics show presented by WO Burns. As if arranged for in advance, they were also treated to low level over flights by F-5s and various helicopters.

The evening culminated with a barbecued steak dinner and refreshments in the Canteen tent. Several children practiced advance-to-contact tactics in the woods while husbands and wives enjoyed dinner and a drink under the canvas of a modular tent.

From the comments we received, there is no doubt that our first Family Day was an unqualified success. Wives had a much clearer understanding of what their husbands did in the field and most importantly the reasons for doing it. The kids went home with a real pride in what dad did and certainly some understanding of why he went away so often. Wives commented that now they can picture life in the field when they read letters from exercises where previously many terms and descriptions meant nothing. This alone is a valuable consequence of Family

Day. When her husband is away for months on end the strain is severe and yet can be compounded by letters with meaningless references to misunderstood tasks. For many of the wives of 1 MP PL both the tasks and jargon are now a bit clearer.

1 MP PL's first Family Day was an experiment and in as much the results are what count. Although the results are intangible and not instantly recognizable, they do exist; greater understanding between husband and wife, a greater pride in an important job and most importantly a greater appreciation by Platoon wives of the reasons for field training. If imitation is

a measure of success the day was indeed successful. Other Units in 1 CBG who watched our experiment with interest are now considering similar events for their field exercises.

In conclusion, 1 MP PL Family Day from POW to portapotty was a long overdue recognition that an MP Platoon, and certainly any MP Section, is made up of not only men and women but of wives, husbands and children. This often overlooked part of the Platoon have a right to know what we do and why we do it. If we fill them in, and as we learned it does not take much, we gain support and understanding on a scale second to none.



Pte Gurney explains the role and equipment of a jeep team

Up the Down Route

by Watchdog

One of the residual pleasures that results from involvement with the MP Association is that of the mail bag. I don't actually have to lug it anywhere, so that "snow and sleet" isn't a factor. What I do get, is the occasional opportunity to rummage through it, with sometimes interesting results.

While any mail is welcome, letters from old sweats are especially so. One of our February correspondents was former WO2 Burton Herbert, now residing in Ladysmith, B.C. The following is part of the letter which accompanied his 1985 membership renewal:

"(I had) my C Pro C training early in the Forties, working out of Aldershot

and Farnborough, England. My first posting was to the motorcycle patrol squad stationed at Basham, Southampton, and after the buzz bombs etc. I was posted to various training areas and worked out of Provost HQ at St Peter's Hospital, Charing Cross, London. After moving to St John's Wood I was promoted as Sgt i/c of a C Pro C detachment at Horsham. Later I was posted back to the School as a WO2 serving as CSM for Major AR Ritchie. I believe I was the youngest (age 24) WO2 in the Corps at that time.

I also served as the present Queen's MC escort while she was

learning to drive an army truck. I also served as escort for the Duchess of Kent. To make a long story short, I ended up at the Alton POW camp for Italians, after which I was repatriated to Canada" (1946 on discharge).

Mr. Herbert was a post War policeman, but re-enlisted again, serving in a variety of assignments, including a Korean tour, retiring finally in 1966. He was for many years a sheriff in Duncan, B.C., only hanging up his spurs in September 1983.

Mr. Herbert enclosed 16 photographs, some dating back to 1943. Unfortunately, most are of dubious

quality, but we thought we'd share one of the more recent ones with you.

As best we can tell, this photograph is of a Lieutenant governor of Manitoba escort, and the locale is Old Fort Osborne on the south bank of the Assiniboine River. It is late March 1953. Mr. Herbert suggests that jeeps were used in lieu of motorcycles because of icy roads. Another source indicates that jeeps were an afterthought, a direct consequence of two motorcycles becoming hors de combat at the hands of Cpl Preiswerck!

From my own experience, the latter is entirely believable as I can well recall investigating an incident in Germany involving Sgt Preiswerck and a 3 wheeled Kleinibus; mind you, it had 4 wheels when he started out, but that's another story!

Your own photographs with the appropriate notes would be most welcome. We reserve the usual editorial rights with regard to material provided, but will undertake to do all possible to get original photographs safely back to you.

This is 28 ALPHA out to you.



Left to Right: Sgt Osborne, LCpl Thivierge, Sgt Herbert, Cpl Gus Prieswerck, SSgt Art Williams, LCpl Dave Seville, LCpl Lutz, LCpl Dave Williams, WO2 Pat Crawford and Lt Bill Hardy. Sgt Osborne was from 13 Pro Coy (M), WO2 Crawford and SSgt Williams were from 8 SDB, with the remainder coming from the Winnipeg Detachment of Prairie Command Provost Company. Thivierge and Hardy are now deceased.

Stress and the MP

Reprinted From The Military Police Journal Fall 1984 edition.

Major Garry L. Pittman

"Stress has been recognized as a factor that must be dealt with because it affects the most valuable and expensive resource in the organizational structure — the human resource"

In recent years the identification and recognition of stress as a factor in personal, interpersonal and organizational behavior has received a great deal of attention from leaders and administrators in both the public and private sectors. It has been recognized as a factor that must be dealt with because it affects the most valuable and expensive resource in the organizational structure — the human resource.

Behavioral science research has provided a great deal of information that can lead to the identification, reduction and control of stress. Professional soldiers and military police personnel should be particularly interested in and concerned about what is known about stress and its impact on one's life, the soldier and his family. Research has shown that law enforce-

ment personnel are at the upper end of the spectrum when stressful jobs are measured.¹ The nature of stress experienced by police officers can be directly related to the profession of arms. Consequently, soldiers and military police personnel are faced with the double-edged sword of stress by the very combination of these two highly stressful professions.

Journals, like *Army Magazine*, *Police Chief*, *Law and Order*, *Police Magazine* and the *Law Enforcement Bulletin* have carried interesting and informative articles on stress, its effects on the battlefield and in the performance of the police mission. This article will discuss the nature of stress, its causes and effects and highlights some of the day-to-day attitudes and environmental factors existing in the Military Police Corps that contribute to personal, interpersonal and organizational stress. The article will propose some individual and organizational approaches to reduce the effects of stress.

UNDERSTANDING STRESS

Before talking about the effects of stress, a basic understanding of what stress is must be developed. Stress has been defined as "the non-specific response of the body to any demand placed upon it."² This simple definition is based upon the fact that all living organisms seek to maintain a state of balance in all their biological functions. This ranges from the basic functions of warmth and hunger to the extremely complex mental functions of maintaining a mental state of well-being. But because humans are social animals, they must cope with their environment, and they are constantly confronted with people and things that change their inner biological state of balance. The body constantly reacts to the people and things around them. With these facts, a great deal about this thing called stress is already known.

Stress is a reaction of the body to people and things in the environ-

ment. Stress is internal to everyone. Stress is something experienced within because of the way the environment is perceived. There isn't stress on a job, there are only stressors. Stressor is the word used to categorize the people and things in the environment that cause stress. If reaction to a stressor is a personal perception, then it is an individual thing. Not all stressors will create the same reactions in all people; therefore, individuals will experience different levels of stress in any given situation. Stress is produced in each person by external stressors which cause changes or adjustments. Consequently, another way to define stress is adjustment to change, and another word for stressor is change. How many times have people heard or said to someone, "the secret to this job is to remain flexible?" What is being said is that military and military police work require that one must constantly be prepared to handle change, and change causes stress in each person. Knowing exactly what happens to a person when confronted with stressors is important in the overall understanding of stress.

As previously stated, stress is the non-specific bodily response to a stressor. This means that each person will react differently to a given stressor, yet there are some common biological responses that will occur to prepare one's body to deal with the stressor. Everyone has experienced bodily reactions to a situation or person perceived to be a stressor.

Examples of these reactions are a pounding heartbeat, cold or clammy hands, a dry mouth, a flare of the nostrils or quick and shallow breathing. Doctors would notice other less detectable changes in a person's body, like an increase in blood pressure and a change in blood content as the body dumps fluids like adrenalin into the blood stream to prepare a person to deal with the situation. Dr. Hans Selye was a leading scholar in the study of stress. He named this bodily response to stressors, "The General Adaptation Syndrome."³

The General Adaptation Syndrome occurs in everyone, and it has

"Stress is wear and tear on the body caused by living."

— Dr. Selye

three stages. The first stage is known as the alert stage, during which the body begins to exhibit the characteristics and go through chemical changes to cope. The second stage is called the stage of resistance. During this state the body must work to maintain its increased state of readiness. The final stage is exhaustion.

ATTEMPTS REPAIRS

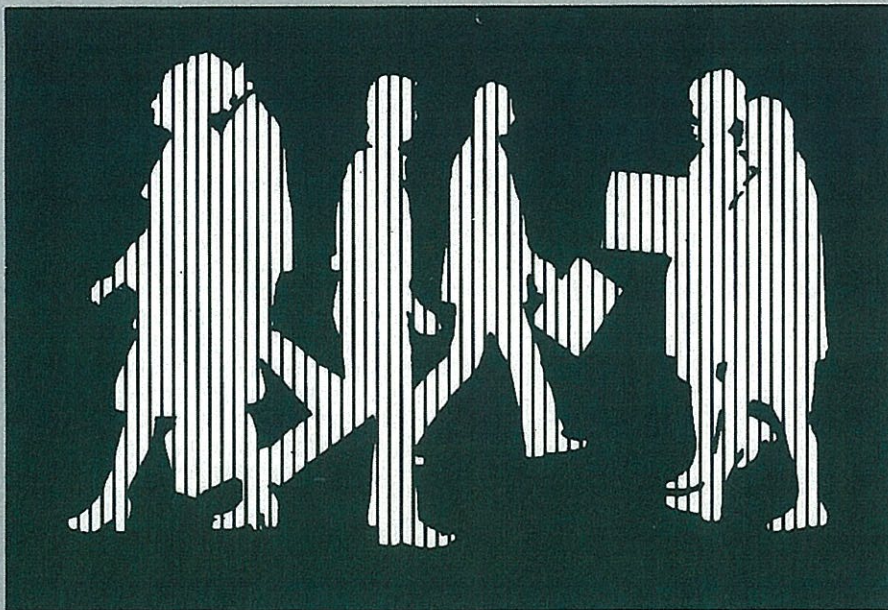
Having reacted to or removed the stressor, the body attempts to repair the damage caused by the General Adaptation Syndrome and to return to a state of normalcy or balance. On the battlefield or during one's daily routine of police operations, people may cycle through the stages of the General Adaptation Syndrome many times. This is why Dr. Selye often referred to stress as wear and tear on the body caused by living.⁴ Every time one goes through the General Adaptation Syndrome cycle wear and tear is placed on the body, that wonderful human but mortal machine that eventually wears out. The body is a finite resource.

Each person has a unique, yet definite number of times that the body can go through the General Adaptation Syndrome before it will wear out. It wears out in the form of aging and disease such as heart failure, ulcers and high blood pressure. This wearing out is stress. Stress is not merely mental anguish, stress is physical wear and tear. Like any limited resource, one can use it frequently in small amounts, or only a few times in large amounts. This suggests that the duration of time a person spends going through the General Adaptation Syndrome cycle effects the long-range ability to deal

with life's stressors. Because a person cannot stop himself from going through the General Adaptation Syndrome cycle, he cannot completely avoid the ravages of stress. Each time the body responds, it does damage; therefore, stress is cumulative.

Unfortunately, the General Adaptation Syndrome does not just occur as the result of negative stressors. It can be said that stress is the bodily response to any demand to change. Good or pleasant things in one's life will also cause the body to go through the General Adaptation Syndrome cycle. Things like a promotion, marriage, receiving an award or buying a new car causes stress. Dr. Selye demonstrated that the body cannot distinguish between good and bad stressors. He called stress which results from negative stressors as *distress*, and stress which results from positive stressors as *eustress*. But there are some things that can be done by rational human beings to limit the effects of stress and conserve bodily resources. One's ability to recognize reactions to stressors in oneself and others allows a person to make rational decisions and take positive steps to minimize the damage done by stress. Stress can be managed in oneself and others. This is one of the challenges as leaders, to preserve human resources. Scientists have shown that heredity characteristics, physical condition and lifestyle all affect the extent of stress damage done to the body, and a person can influence and control two of these factors.

What are some of the symptoms and effects of mental and physical stress? They can be categorized as



SYMPTOMS AND EFFECTS OF STRESS

EMOTIONAL STRESS REACTIONS

- Apathy
- Anxiety
- Irritability
- Mental Fatigue
- Suspicion
- Depression

BEHAVIORAL STRESS REACTIONS

- Rapid Mood Changes
- Hostility Toward Others
- Being Unnecessarily Defensive
- Being Argumentative
- Taking Unnecessary Chances
- Nervousness
- Absenteeism
- Alienation from Family, Friends and Loved Ones
- Excessive use of Alcohol or Drugs

PHYSICAL STRESS REACTIONS

- Physical Exhaustion
- Chronic Illness
- Chronic Headaches
- Chronic Insomnia
- Weight Changes (losses or gains)
- Digestional Tract Problems
- Sexual Difficulties

emotional, behavioral and physical. Each can be observed by an individual in monitoring stress. All three categories will have a negative effect on the individual and the organization. Each category interacts and influences the effects of the others.

The stress reactions listed in each category are not all inclusive; rather they are representative of the types of reactions to mental and physical stress. Now, take a look at some of the day-to-day policies, procedures and attitudes that exist in the Military Police Corps that contribute to personal, interpersonal and organizational stress.

There are many factors in the performance of military police duties that act as stressors. The complexities and many demands, responsibilities and deadlines placed on law enforcement officials necessitate that they be fully functional throughout the workday. They confront human beings who are commonly emotionally charged and often at their worst behavior.⁵ The police officer must respond, on a routine basis, to situations that others would consider emergencies.⁶ This leads to a factor in military police work often cited as a fault by critics — The Military Police Attitude Syndrome. It is an authoritarian behavior model adopted by military and civilian police personnel as an outgrowth of the responsibility they shoulder to enforce the law. It has been characterized as

the "John Wayne Syndrome."⁷ This is a condition in which the individual tends to swagger and talk tough. He is somewhat badge-heavy, feels that emotion is unhealthy, and tends to keep his feelings locked inside under tight control. He must always be right and cannot admit his fallibility or the possibility of making a mistake.⁸ Likewise, women performing police duties can be guilty of exhibiting the "Jane Wayne Syndrome." Although this behavior model can be negative and extremely damaging to the individual and the MP organization, it must be placed in perspective and recognized as a part of the police personality and a survival type defense mechanism.

To place the "John Wayne Syndrome" in perspective, one must recognize that it results from cultural role expectations of society which are re-enforced by the media. It is not always perceived as negative by society, unless one is personally the victim of such behavior. Nobody wants Wyatt Earp, John Wayne, the local sheriff or your local MP to exhibit behavior that does not transmit the feeling of protecting the public and being in charge. Society expects cops to be tough. It is this image that leads many young men and women into the Army and the Military Police Corps. Americans respect authority figures, yet they are expected to be benevolent. It is only when this behavior model is not balanced with friendly assistance and protective behavior that

it is perceived as negative. And there are many other role models in the military that foster a belief in an authoritarian behavior model, i.e., officers, NCO's, Rangers, paratroopers, etc.

In the military, everyone is doing the *macho* thing. But there is a reverse side to this role model and role expectation predicament. MPs are expected to be in control of their emotions at all times, it is a part of the job. Soldiers and MPs don't cry or display emotion at blood on the battlefield or the suffering and pain of the automobile accident victim, rape victim or abused child. Those emotions are bottled up inside, yet the General Adaptation Syndrome takes place.

DEFENSE DEVICE

Being tough is a defense mechanism to cope with emotional stress. It produces damage to the body as a result of stress. And it is not unique to the road MP or investigator. The pressures and relationships involved in staff work also involve stressors that produce similar results.⁹ An authoritarian behavior style becomes a habit, a way of life. One finds it extremely difficult to turn off and on the demands of role expectations of the authoritarian behavior model. MPs begin to limit their friends to other MPs. The role model is carried to the home and results in difficulties in dealing with the spouse and children. It becomes difficult to switch from being the patrol

ce que les policiers soient des durs. C'est d'ailleurs cette image qui pousse de nombreux jeunes hommes et femmes à faire carrière dans l'armée et comme policier militaire. Les Américains respectent les figures d'autorité, mais ils les envisagent comme bienveillantes. Quand ce modèle de comportement n'est pas équilibré par un comportement protecteur et amicalement coopératif, il est alors considéré comme négatif. Du reste, nombreux sont les modèles du rôle chez les militaires qui entretiennent l'idée d'un modèle de comportement autoritaire; p. ex., les officiers, les sous-officiers, les Rangers, les parachutistes, etc.

Chez les militaires, tout le monde joue les machos. Mais il y a un envers à cette assertion touchant au modèle du rôle et aux attentes concernant le rôle. Les policiers militaires sont tenus de se contenir en tout temps; cela fait partie de leur travail. Les soldats et les policiers militaires ne versent pas de larmes et n'affichent pas le moindre signe d'émotion devant l'épanchement de sang sur le champ de bataille, ou la souffrance et la douleur de la victime d'un accident de la route ou d'un viol, ou d'un enfant maltraité. Ces sentiments sont refoulés, mais le syndrome général d'adaptation se manifeste quand même.

LE DISPOSITIF DE DÉFENSE

Jouer les durs est un mécanisme de défense qui permet de s'accommoder au stress émotionnel. Il en découle des dommages pour le corps du fait du stress. Et cela n'est pas particulier au policier militaire de la route ou à l'enquêteur. Les pressions et les rapports dans les services fonctionnels comportent également des stressseurs qui produisent des résultats analogues⁹. Le comportement autoritaire devient une habitude, un mode de vie. Il est extrêmement difficile d'étouffer et de ranimer les exigences du rôle d'un modèle de comportement autoritaire. Les policiers militaires commencent par restreindre leur cercle d'amis à d'autres policiers militaires. Le modèle du rôle suit le titulaire jusque dans son foyer et suscite des difficultés dans les rapports avec le conjoint et les enfants. Il devient difficile de laisser tomber l'attitude du surveillant de patrouille face à un ordre du conjoint, donné sur un ton cassant en apparence : « Sors les ordures! » — « Holà! Je suis le chef des enquêteurs de la police militaire; je ne m'occupe pas des ordures! ». Les techniques interpersonnelles du modèle de comportement autoritaire peuvent avoir des effets contraires lorsqu'il s'agit d'entretenir des rapports harmonieux avec ses collègues ou sa famille.

“L'agent de police doit faire face sur un pied de routine à des situations que d'autres tiendraient pour des cas d'urgence”

— James O. Wilson

Le mode de vie constitue une autre importante source de stress chez les policiers militaires. Rappelons ici que le stress se définit comme la réaction du corps au changement. Or, le mode de vie du policier militaire est chargé de changements. Le travail par équipes entraîne des changements importants qui agissent sur les fonctions biologiques. Le pendant du travail par équipes est le régime désordonné des repas et la négligence en matière d'alimentation. Les scientifiques du comportement ont démontré que ces régimes de vie sont cause de stress grave¹⁰. Au travail par équipes et à la mauvaise alimentation s'ajoute un autre sous-produit : le manque d'énergie et d'envie de poursuivre des activités physiques appropriées au cours des heures ou des jours de service irrégulier. Le fait de ne pas absorber les aliments qui conviennent entraîne l'épuisement physique. Et du reste, qui pourrait avoir envie de faire des exercices et la course à pied à deux heures du matin? Pourtant, il a été démontré que la bonne condition physique est un facteur important dans la lutte contre les effets du stress et la maîtrise de ce phénomène.

On peut encore relever un autre groupe de stressseurs dans le milieu de travail et les rapports interindividuels qui existent ici. Des installations et équipements inadéquats, mal conçus et mal entretenus, favorisent des perturbations mentales et physiques qui déclenchent le syndrome général d'adaptation. Ces perturbations surviennent inconsciemment et conduisent aux réactions émotionnelles et comportementales décrites plus haut. Ces réactions au milieu physique de travail peuvent également altérer les relations interindividuelles avec les pairs, les supérieurs et les subordonnés. Bien que n'étant pas la cause exclusive de mauvaises relations de travail, elles peuvent y

contribuer dans une mesure appréciable.

Que cela découle de son milieu de travail ou de son comportement influencé par d'autres sources, les rapports d'une personne avec les gens au travail influent énormément sur son état de santé morale. Chacun veut se sentir bien dans sa peau et en parfaite harmonie avec ses collègues. Bien que les soldats volontaires aient le droit de démissionner, ce geste ne serait pas, à très court terme, une solution au problème de mauvaises relations inter-individuelles. Personne ne peut tout simplement quitter son poste. Les conséquences de mauvaises relations de travail sont que les intéressés passant une bonne partie de leur journée de travail dans la phase de résistance du syndrome général d'adaptation, ce qui entraîne des réactions physiques à long terme au stress. Maintenant que nous savons ce qu'est le stress, quels sont ses effets et certaines de ses causes? Que peut-on faire pour en atténuer les effets?

LA MAÎTRISE DU STRESS

Chacun peut avoir prise sur le stress. On peut déployer des efforts en vue de réduire l'incidence et les effets du stress aux échelons individuel, interpersonnel et organisationnel. La première étape consiste à comprendre ce qu'est le stress et comment il touche les gens. Personne ne peut éviter le stress, cela fait partie de la vie. L'une des clefs de la maîtrise du stress est de se prendre en main. Il faut reconnaître que le façon de percevoir sa tâche et son milieu de travail détermine le degré de stress qui se manifestera. On ne peut éliminer tous les stressseurs. Ils font partie du travail. Le corps déclenche automatiquement le syndrome général d'adaptation, mais avec l'habitude on peut limiter la durée de temps consacrée à la phase de résistance. Les gens doivent être à l'écoute de leur corps. De simples exercices comme la respiration profonde sous contrôle ou la gymnastique isométrique, qui favorisent l'apport en oxygène et écourtent le temps consacré à la phase de résistance, se sont avérés efficaces comme moyens de contenir le stress¹¹. C'est là une technique individuelle de maîtrise rapide et immédiate. Une personne aux prises avec une situation entraînant une bousculade biologique aura avantage à envisager le recours à cette technique, avant de s'exécuter. Cette mesure rétablira la coordination musculaire critique qui a été touchée par une décharge d'adrénaline et limitera les gestes et les paroles que l'on regrette après coup.

activities. Simple exercise, like deep controlled breathing and isometrics that help to return oxygen to the body and shorten the time one spends in the resistance stage have been shown to be effective ways to control stress.¹¹ This is a quick and immediate individual technique to control stress. Consideration should be given to trying this technique the next time a person is confronted with a situation which causes biological body rush before taking action. It will restore critical muscular coordination affected by a surge in adrenalin, and reduce actions and comments that are regretted later.

"The MP life style significantly contributes to stress"

Another individual control skill is to make oneself spend a short period of time each day relaxing. Ten or twenty minutes spent in uninterrupted relaxation has been shown to significantly reduce the effects of stress.¹² During this time individuals should place themselves mentally in a pleasant scene accompanied by soft music. The individual should then focus on relaxing each of the muscles in the body, and avoid all mental distractions of the day. This is not the same as sleep. Studies in sleep and relaxation have shown that these two distinct activities produce different reactions in the body. Relaxation is more helpful in reducing the effects of stress than sleep.¹³ To say one is too busy or cannot afford the time to practice relaxation daily, is to say there isn't time to conserve one's body and life.

Physical exercise and good nutrition go hand-in-hand in controlling and reducing the effects of stress. In an article appearing in *Police Stress* on police stress and nutrition, an author points out that good nutrition, combined with physical exercise and relaxation techniques, can help to overcome the effects of the police lifestyle and the resulting stress.¹² These, then, are some individual techniques for controlling and reducing stress. Monitoring interpersonal relationships is another area where stress control can be achieved.

There are two types of interpersonal relationships that significantly affect stress in everyone's job relationships and the relationships with family and friends. Job relationships are important because a person spends a

significant portion of his productive day on the job. Peer, senior and subordinate relationships are in everybody's organization and within the military system. This system comes with a set of customs and courtesies that determine how one conducts his interpersonal communications; however, it is not the formal structure that causes many of the problems. It is the lack of simple courtesies, like saying *thank you* and *please* that lead to problems. Remember, everyone has a boss, suspenses to meet and daily pressures of the job. Taking time to think and listen before one talks or acts reduces stress in a person and in others. Talking to people and treating people like a person wants to be talked to and treated is a significant stress control technique. Remember the existence of the "John Wayne Syndrome." The MP and the leader should strive to ensure their interpersonal relationships on the job are not contributing to stress.

FAMILY, FRIENDS NOTEWORTHY

The other type of interpersonal relationship is the most important. This is the relationship one has with his family and close friends. These relationships are an individual's support systems. They are the people a person turns to when help is needed in coping. They are the ones to bestow love and affection. And likewise, the officer is their support system. This relationship is important to understand because of the factors discussed concerning the military and police behavior model. Behavior on the job is not usually appropriate at home. Controlling emotions on the job, only to release them on family and friends, destroys the support system needed by each person to survive emotionally and to deal with stress. Everyone needs a safe haven to go to and this is the family and friends. Learning to listen and share the experiences of each family members' day is a technique for controlling stress. But what can be done organizationally to control stress?

The organization and its leaders have an obligation to tend to the factors that have a negative effect on the resources under their control. The soldier is the most precious resource. An understanding of stress and stress control techniques is another tool needed by today's leader. Providing physical surroundings and equipment that are conducive to a healthy and productive environment is an organizational responsibility and technique for reducing stress. Providing education to all soldiers, supervisors and family members on the nature of stress and techniques for controlling and reducing it

should be an organizational goal that has individual and organizational benefits. And lastly, active monitoring and counseling of soldiers that exhibit symptoms of stress at an early stage is a leadership responsibility. Allowing the symptoms of stress to progress is detrimental to the individual and the organization. Remember, stress is cumulative. Each leader is the manager of his human resources for the organization.

In conclusion, stress is a factor that must be dealt with by the military and Military Police Corps because it affects the most valuable and precious resource—soldiers. Stress is a fact of living. It cannot be avoided, but it can be controlled and reduced. There are individual, interpersonal and organizational techniques that can be employed to effectively control and reduce the destructive effects of stress.

NOTES

1. William K. Kroes and Joseph J. Hurrell, Eds., *Job Stress and the Police Officer: Identifying Stress Reduction Techniques*. Washington, D.C.; U.S. government Printing Office, December 1975.
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10. Anthony Doprangrichia, "Police Stress and Nutrition Factor." *Police Stress*, Spring, 1981, pp. 13-17.
11. Deborah K. Bright and James T. Reese, "Stress Management: A Productive Approach." *National Sheriff*, June-July, 1982, pp. 6-10.
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Major Garry L. Pittman is the staff corrections officer, Law Enforcement Management Division, Office of the Provost Marshal, TRADOC, Fort Monroe, Virginia. He is a 1983 graduate of the FBI National Academy to include the FBI Stress Management Seminar.

Confirmed Scuttlebut

CFB Ottawa Military Policeman Receives Base Commander's Award for exceptional conduct

Cpl Barrieau, an MP from CFB Ottawa, was the proud recipient of the Base Commander's award for exceptional conduct. Shown above is Col Partington, Base Commander, CFB Ottawa, presenting this exceptional award to Cpl Barrieau.

Cpl Barrieau received this recognition for his actions/exceptional conduct while answering a distress call of assistance to a PMQ resident. Cpl Barrieau was instrumental in disarming a potentially dangerous person who was armed with a loaded rifle. Cpl Barrieau was commended for his exceptional conduct and the actions he took to ensure that no one was injured in the process of hospitalizing the suspect. He is a credit to the CF and to the CFB Ottawa Military Police Section.



CFB Ottawa Gets new Military Police Building

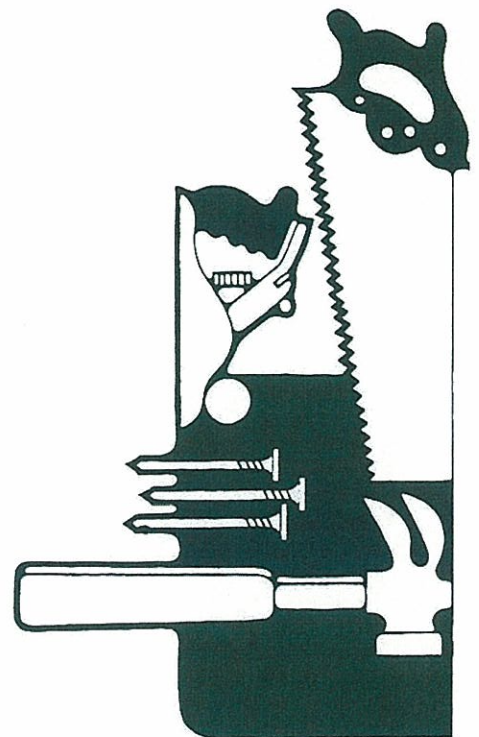
(Reprinted from *The Falcon* 16 Jan 85 edition)

by Capt John Stecyk

The "Ceremonial Sitework" for two construction projects at CFB Ottawa(S) was conducted on 29 November when sod was turned for the new Military Police Building on Breadner Boulevard and for the Base Fire Hall extension.

Officiating at the ceremonies were Brigadier General D.M. Gray, Director General Quartering; Colonel J.W. Partington, Base Commander; and Mr. F. Underwood, Defence Construction Canada Area Engineer for Eastern Ontario.

The Military Police Building at a cost of \$760,086 will be a brick facade structure and will provide 601 square meters (6469 square feet) of new floor space. From its inception it has been an impressive project. The original design started in January 1984, and the building is scheduled for completion in early June 1985. Design and drafting support were a Base Construction Engineering responsibility and progressed well from start to finish. Defence Construction Canada tendered the project and the firm of Gil-Bern-Charles Corporation Limited was awarded the contract in early November.



Military Police Fund for Blind Children

NEW APPOINTMENT

At the 37TH General meeting of the MPFBC held on 18 Jan 85 Capt Samson assumed the position of secretary "the most wanted position on the committee ????" from Capt Sabourin who had served in that position since Sep 83. By the way the nomination of Capt Samson in this prestigious position was unanimous even before the Chairman had an opportunity to cast for a vote. Therefore, all your complaints and administrative problems concerning the MPFBC can be addressed to Capt Samson, DSecur P&D, 992-5548, who will gladly assist you.

SUBMISSIONS APPROVAL

The following submissions have been approved:

CFB Winnipeg — \$10,000. To be donated to the Saint-Boniface General Hospital to partially cover the purchase of a microscope to detect eye diseases.

CFB Valcartier — \$8,966. To be donated to l'École Saint-Charles. Of this amount \$1766. will be used to assist in the building of a swimming pool and \$7200. to purchase two Crammer Modified Perkins computers which is capable of composing and embossing braille text.

Donations Received (20 Nov 84 to 15 Feb 85)

1 MP Platoon CFB Calgary	\$1,000.
CFB Comox	3,500.
CFB Summerside	750.
CFB Shearwater	1,500.
CFB Wainwright	280.
CFS Lac-St-Denis	167.50
CFS Inuvik	125.
CFB Shilo	200.
CFB Chatham	785.
Airborne Tournament	3,000.
CFB Valcartier	625.55
CFB Trenton	3,000.
CFB Moncton	1,500.
CFB North Bay	2,500.
UN MP Coy Cyprus	97.91

Keep it Up!!!

Good articles and pictures on MPFBC activities have been received for publication in the Thunderbird Journal. If you have or had any event happening in your area take a few minutes to scratch a few lines and send it to the editor. Only through your inputs can we find out what's going on out there!!!

In Memoriam

It is with deep regret that we announce the death of Sgt Glen Harris, at Winnipeg, Manitoba, on 9 Dec. 84.

Born in Simonds, New Brunswick, Glen enlisted in the RCAF as an Airforce Policeman in 1960. Subsequent tours were spent at CFB St Jean, CFS Aylmer, CFB Chatham, CFB Val Dor, CFS Moise, CFS Lac St Denis, CFB Greenwood, CFB North Bay and CFB Winnipeg.

Glen is survived by his wife Pia and children Kimberley Anne and Terry Lee.

A memorial service was held in the Chapel of the Good Shepard, Winnipeg on 11 December 1984.

Funeral Service was held in Hartland, New Brunswick on 13 Dec 84. Interment at Simonds, New Brunswick.

Glen will be long remembered for his friendly smile, ready wit and open hospitality. He will be sorely missed by all his friends and fellow co-workers.



DIVISION OF DUTIES

It has been decided by the Board of Directors that Directors will be assigned an area of responsibility for the duration of his/her term with the committee. This means that once a Director or Directors have been assigned an area, they will be responsible for

coordinating all matters related to the MPFBC. We are hoping that this approach will make it easier for continuity and should provide better communication at all levels.

Effective immediately the areas have been divided as follows:

AREA	DIRECTORS	PHONE
CFE'UN POSTS AND EMBASSIES	Maj Blundell	995-7770
ATLANTIC	Sgt Neilson	996-2913
	Cpl Piché	996-7579
EASTERN	Maj Tremblay	996-1200
	Sgt Morneau	998-3405
CENTRAL	Sgt Tolmie	996-7579
	Sgt Cross	992-4741
PRAIRIE	CWO Powell	992-5548
	Sgt Lusignan	993-3608
PACIFIC	Capt Sabourin	992-4741

Note: All phone numbers are in Ottawa, area code 613

De Olde Kit Shoppe

The Security Branch Kit Shop located at CFSIS has within the past two years become a viable operation. The primary objective has always been to provide a service to Branch members by supplying items not readily available through the Supply and Canex systems. The fact that the Kit Shop now makes money is an added bonus.

Effective immediately, profits from the Kit Shop will be used to finance the following events:

Skill-At-Arms. The cost of trophy engraving and of keeper trophies for winners;

Oliver Trophy. The winner's keeper trophy and engraving on the school trophy;

May Memorial. The winner's keeper trophy and engraving on the school trophy;

Branch Bonspiel. The keeper trophies for the "A" Event, The Director's Trophy; and

Others — a donation to Branch Anniversary Weekend, and a donation to Base Borden Military Museum.

To facilitate this change in procedure, it is necessary for the Kit Shop to realize its cash assets. Hence accounts receivable must be collected. Many of the amounts owed the Kit Shop are small but together add up to in excess of \$1200.00. I think you will agree that this is a fair sum of money for such a small enterprise. Particularly when the shop in doing business is required to pay within 30 days.



The fact that many of these accounts are past due by more than 12 months is also cause of concern. Your cooperation is requested. To avoid this type of situation all business in future will be cash on the barrel.

SECURITY BRANCH KIT SHOP 1985 PRICE LIST

Plaque (Branch) enamel with wooden shield	\$24.00	Tie Tacks (Gold or Silver)		MP Tracksuit & Ball Hat	40.00
T-shirt	5.00	Handcuff (G) & (S)	3.00	Decorative plate (9½)	4.00
Ties	7.50	Crossed Pistols (G) & (S)	3.00	T-Bird Ashtray (8½)	5.50
Cravats (ascots)	8.00	T-Bird Pendant on white enamel	19.00	Ball Cap with Security Crest	5.00
Belt T-Bird	7.50	Badge Holder/Wallet	25.00	Securitas/Letter Opener	10.00
T-Bird Buckle (only)	3.50	Pressure sensitive decals		Securitas Desk-Top Flag	3.00
Blazer Crest	15.00	Large 6"	1.00	Securitas Lapel Stick Pin	8.50
MP Shoulder/Ball Cap Crest	2.00	Small 3"	.75	Securitas Coasters (Set 4)	4.00
Badge Holder	14.40	Glass Tankard	3.25	Branch Flag	17.00
Beret	8.00	Coffee Mugs	3.00		
Charms (Gold or Silver Plated)		Beer Stein (Ceramic)	5.00		
Pig (S) & (G)	\$ 4.00	Mess Kit Cuff Links & Buttons	28.00		
T-Bird (G)	4.00	Mag Lite Flashlight			
T-Bird (S)	6.00	3 cell	38.00		
T-Bird Key Chain	5.00	4 cell	39.00		
Silver Spoon with crest	5.00	D-ring Flashlight Holder	4.50		
		Securitas Matches Box (50)	3.25		

To order by mail write to:

The Kit Shop
Canadian Forces School of Intelligence and Security
Canadian Forces Base Borden
Borden, Ontario
L0M 1C0