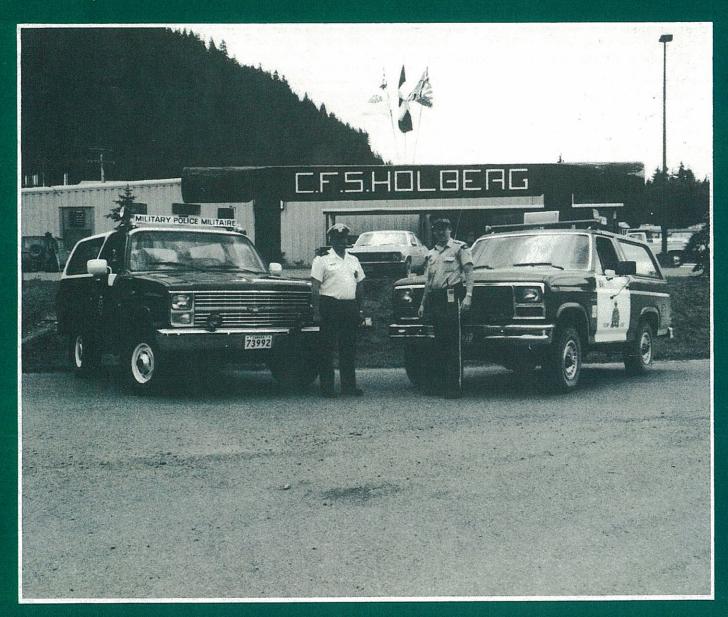
THE THUNDERBIRD JOURNAL



Security Branch Newsletter





SUMMER 1985

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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

	Final date for receipt of articles	s,
Season	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

Co-operation in isolation gets effective Law Enforcement.



Notes from the

Director of Security

This is my last opportunity to speak to the Branch from these pages. On 05 Aug when I hang up the uniform, I will have been D Secur and your Branch Advisor for just over 5 years. To say that the sun shone every day is not quite accurate, however the time spent in these appointments will remain in my memory as a period filled with satisfaction and reward. I have been blessed with a team of hard working officers and NCOs who gave of their off-duty time to make the Branch strengthening projects into fact. As a result we have this publication, the Branch sword, the royal military police alliance, the regional mess dinners, the CFMPA, the Branch Council, our Colonel Commandant and a number of regional initiatives to add to our march, flag and the MP Fund for Blind Children as outward signs of the strong bond we in the Security Branch enjoy. To all those who worked so diligently in the interests of Branch unity during these years, whether at NDHQ or in the field, I send a heartfelt thanks and ask that your efforts continue in the future.

In terms of a farewell thought there is really only one I wish to leave with you. It has been my experience that to make a full contribution in the CF world we all inhabit, each of us needs latitude, latitude to develop individual potential, to learn, and yes to make mistakes. Those in position of leadership should strive to create that latitude of their subordinates, while appreciating their own roles. Their responsibility is to guide, facilitate and inspire the efforts of others, but always to leave sufficient space to the subordinate "to do his thing" in achieving the common goal without needless regulation or petty control. Only by this means can we stimulate the self confidence and initiative so essential for the Canadian Forces member in general and for our Military Police in particular.

Judging by the outstanding performance turned in by so many Sec 81 and MP 811 when the chips are down, I do believe the "latitude principle" is being practised and only ask that it always be so.

Lt Col Sam Stevenson assumes the appointment of D Secur, hopefully DG Secur and Branch Advisor this summer on promotion to Colonel. He is a friend and colleague of long standing and I am flattered to be succeeded by an officer of his calibre. No doubt he will have many projects in mind and I know he will receive the same support from all ranks that it has been my privilege to enjoy. God bless and good luck to you all, regular and reserve alike.

Securitas!

General

A Thunderbird Salute to the Navy

"Best wishes are extended to our Colonel Commandant, Admiral (Ret'd) J.A. Fulton, CMM, CD, and those members of the Security Branch who have previously served with the Royal Canadian Navy, or the sea element of the Canadian Forces, as you celebrate the 75th Anniversary of the Naval Service of Canada."



MEMORIES

Answer to last edition's MEMORIES photo

Who — Cpl Plourde & Sgt Powell (now CWOs)

When — 1961 C Pro C School Final phase of Group 3 Traffic

Too bad but nobody won the posting to NDHQ/D Secur.

TRY AGAIN with these two photos





Verse Remembers an Officer

The following poem was written by a member of the Canadian Armed Forces who was attending the recent Officers' Conference at the Canadian Police College in Ottawa.

A flag flew half mast at the college today Vernon Miller has passed away He was no one special, another cop But somewhere this killing has to stop

He lived, he loved then gave his life He left behind three kids and a wife How senseless and mindless this killing was

Did he really die for any great cause?

How do you explain to three kids and a wife

Your loved one is gone, he paid with his life

In a cafe, just having some lunch By a mindless creature, playing a hunch

No motive emerged, but there must be one

How else could he die from a 12-gauge shotgun

Without notice or threat or any great

On cops it appears that its open season Two people were caught, how will they pay

With 25 years, spent day by day Probably not, they'll beat it somehow Let's have the death penalty back, and right now

We must let the dregs of society know You can't kill a cop, you'll reap what you sow

Only then will this murder and mindlessness cease

And perhaps a cop's wife will then have some peace

A flag flew half-mast at the college today Vernon Miller had passed away He was some special, let no one deny But just being a cop is no reason to die.

Courtesy of OPP REVIEW February, 1985

Branch Activities and Development

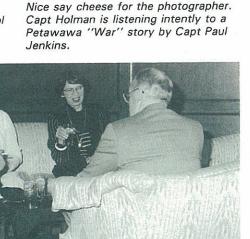
The 3rd Annual D Secur — SIU Dining In



Capt Ed Pfahl's first trip through the food line followed closely by Maj Jim Jones. Note the concerned look on Col (Ret) Bob Grogan's face wondering if there will be any for him.



Capt Bob Nice (left) pauses between bites while Jean Jenkins and Janet Nice say cheese for the photographer. Capt Holman is listening intently to a Petawawa "War" story by Capt Paul



LCol Thériault, CO SIU regales his group with a funny story (probably relating to Lahr und Weiss Wein) while Maj Bob Stevens, his wife Ilsa and Mrs Denise Thériault enjoy the moment.



Heavy discussions following the excellent meal, foreground: as it is . . . background; as it was

The annual gathering of security branch old sweats this year had fewer attendees than expected, however those who made the effort to come out were treated to an excellent meal and hopefully some new "war" stories.

The Rockcliffe Officer's Mess was the location; Saturday 2 Mar the time. In addition to the retired members of the Branch most of the different areas of the Branch in the Ottawa region were represented. Some party types even drove from as far away as CDSIU Toronto and CFB Petawawa for the occasion.

Following the meal, there was music geared to the attendees (low and slow) which helped some burn off the extra calories. All in all it was a fine evening and a great opportunity to renew old friendships.

The adjacent photos will provide interpretation and explanation.

Securitas



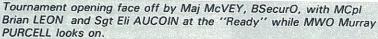
The D Secur 3 corner. L to R Kay Pfahl, Capt Ed Pfahl, Mrs Jones, Maj Jones, Bill McNair his wife Penny and Mrs Bob Morey (back to the camera). (Major Bob Morey not visible in photo, but under table - left of photo)



Capt Terry Roberts and wife Vivian, Capt (Ret'd) Jim Martin and wife, and Capt Gary Gesner. SIU polygraph officers at this table were busy playing "liars dice".

1st Annual Maritime Military Police Hockey Tournament







The Shannon Park Arena, CFB Halifax was recently the site of the 1st Annual Maritime Military Police Hockey Tournament. The competition involved 40 MPs with teams from CFBs Gagetown, Chatham, Cornwallis and Halifax. The fans enjoyed two days of entertaining and highly competitive hockey, while the players enjoyed the chance to renew old acquaintances and at the same time show off their athletic skills. Even WO Sam PASTA (age 40 plus) managed to score two goals showing the younger members that there is still (hockey) life after 40. While on the subject of age, there is word around the Halifax guardroom that after the tournament Sgt Jim MUCK donated his skates (age 100 plus) to the Maritime Museum where they can be seen on display in the museum's antique showcase. As it turned out after two days of partying, numerous war stories, and a bit of hockey, the stats were tallied up with the Tournament Trophy awarded to CFB Cornwallis, topping the competition undefeated, both in war stories as well as hockey. Tournament MVP was awarded to Cpl Denis PARKINS of CFB Cornwallis. The Best Goaltender Trophy was presented to Pte Lamont FRENCH of CFB Gagetown. The Hockey Tournament was enjoyed by all and labelled a great success. It is the organizers hopes that this event will attract more MP Sections throughout the Maritimes to participate next year in the hope of continuing this competition for years to come.



Host Team - CFB Halifax



Tournament Champs - CFB Cornwallis



CFB Chatham



Pte Ivan BERTIN of CFB Cornwallis accepting the Tournament Trophy from the BSecurO on behalf of the team.



CFB Gagetown

6th Annual Western Canada MP

Bonspiel



by Pte A. Knowlton

In keeping with our tradition, the CFB Edmonton Military Police hosted the 6th Annual Western Canada MP Bonspiel during 14 - 16 Feb 85.

A total of 26 rinks from BC and the Prairie provinces battled rock for rock in an attempt to establish themselves as supreme curlers in one of the three events.

Festivities began with a Meet and Greet held at the MP Hide-A-Way Lounge during the evening of 14 Feb 85. Old acquaintances were renewed and new friendships found. On the same evening, rinks were selected by MWO Gebhart, the official Drawmaster.

At 0730 hrs, 15 Feb 85, Opening Ceremonies were underway although not many eyes were wide open. Inspired by the sounds of a piper, the curlers were marched onto the ice. We were honoured by the presence of LCol Parkinson, B Adm O, CFB Edmonton, who delivered the ceremonial first rock.

The two days of curling provided fast and furious action, and there was no added charge for entertainment on the ice when tension peaked.

The wind-up dance and awards presentation night went smoothly — MCed by MWO Larry Gebhart, with the B Secur O, Lt Don Dixon, ensuring that all the winners received their "praise & prizes." The first place winners of each event who walked away with the loot were:

A Event — SIU Calgary: WO Bill Doucette, Sgt G. Chiasson, Sgt Barry Dubreuil, and Sgt Gary Rowlands.



A Event - SIU Calgary

B Event — Edmonton: WO Dave Carty, Ex-Capt Bob Fairall, Ex-MWO Don Holden, and Ex-WO Pat Bishop.

C Event — CFB Comox: Sgt Fitzgerald, MCpl Kolmel, Pte Aucoin, and Pte Jacobs.

Many thanks are expressed for financial assistance and prizes which were obtained from the Canadian Military Police Association, Labatts, Seagrams and various other local retailers. Special mention goes to the Comdt and

staff of CFSPDB who contributed in many ways to the success of the event.

In summation, the CFB Edmonton Military Police would like to take this opportunity to thank those curlers, supporters and to the many people behind the administrative curtain, without whose help this annual event could not function. We here at CFB Edmonton hope to see you on the ice again next year for our 7th Annual Event.



B Event - Edmonton



C Event - CFB Comox

Our MPs in Competitive Skiing with

NATO Forces

by Sgt Claude St-Jacques, FMCHQ/Secur NCO, St-Hubert, Que

For the eighth consecutive year, a few of our Military Police had the opportunity of participating in the "RMP Allied International Ski Championship" in the Bavarian Alps in Western Germany.

The team members were: Sgt Rock Pinard, D/Secur 2 (our team Captain), Pte Hélène Raymond, NDHQ/AU/MP, Sgt Claude St-Jacques, FMCHQ/Secur NCO, Cpl Alain Cardinal, MP Statino CFB Montreal, Cpl Claude Latulippe, 5 PPM CFB Valcartier (our coach) and Cpl Steve Burnett of 4 MP PL CFB Lahr. The other participating NATO teams were from: England, Germany, USA, France, AFCENT AND SHAPE. The two latter teams comprised members of: Belgium, Norway, Italy and Holland.

This year, rations and quarters were paid by each member's unit. Base Valcartier freely provided everything the first week. Many thanks to the Commanding Officer and to all members of 5 PPM, especially to MWO Vaillancourt. The Canadian Military Police Association came up with a cheque in the amount of \$100. for the team entry fee. Also, 4 MPPL hosted us and provided all transportation in Europe. Many thanks to all for your outstanding support and a special thank you to MWO Shortt.

From the 20th to the 25th of Jan 85, all prospective candidates met at Centre de Ski Castor at CFB Valcartier for an intensive training week. The evening of the 25th Jan, the team departed in a hurry by Hercules for Europe. After two days of flying and a few stops, namely: Washington DC/USA, Trenton/Ont and Shannon/Ireland, we arrived at Lahr.

The first week in Europe was dedicated to free skiing and training. Unfortunately, rainy days slowed down our ambitions and most members of the team were in bed with a cold. Monday, Feb 4, in the heights of Immenstadt, the Alpine Competition started. We felt at home just like in Quebec, as the snow was almost pure ice.



Session d'entraînement — Gunzesreid Sage — Training session. Cpl Burnett, Cpl Cardinal, Pte Raymond, Sgt St-Jacques and Cpl Latulippe.



(From left to right) Cpl Cardinal, Sgt Pinard, Col. R.T. Hall, Pte Raymond, Sgt St-Jacques, Cpl Latulippe and Cpl Burnett.

After the giant slalom, our team was in third place. At the special slalom, we finished with a second position. The Europeans were amazed and mostly surprised and it was euphoria in our camp. The third day, with about 10cm of new wet snow, the Super giant slalom was held. After the race, still on shaky legs, we learned the results: another second position!

In the Alpine Championships, Germany finished in first place, Canada in second and Britain in third. The overall positions were: Cpl Latulippe second, Cpl Cardinal, ninth, Sgt St-Jacques, eleventh, Sgt Pinard and Pte Raymond, twelfth. Furthermore, Sgt St-Jacques finished in second position and Sgt Pinard in third position in the veterans' class.

Thursday, Feb 7, after a 4km walk up the mountains of Gunzesreid, the 10km cross-country race was held. Cpl Latulippe finished in second position and our tream was in fifth place. Therefore, for the combined races, Germany won first place, Britain second place and Canada third place.

On 18 Feb, we came back this time in a comfortable Boeing 707. We were all smiles but were mostly wishing that the opportunity of returning in 1986 will hopefully present itself in order to defend our acquired positions and medals against our NATO Allies.

UN MP COY Military Skills Trials Competition

by J.P. Cripps, CWO

On Sunday 20th Jan 1985, the 59 member multi national UNFICYP Military Police Company, participated in a Mini Military Skills Competition to determine the state of physical fitness and test the abilities of individuals in various aspects of the competitive skills. The day long event was a total success.

It should be noted that the UN MP Coy, is one of the very few multi national organizations that is small in number, yet supports the efforts of the Competition committee to make the actual Military Skills Competition a UN Force success. Our day of trials gave us the insight into how tough the task will be, as we are pitting our efforts against the personnel of the armed elements of the UNFICYP Forces. The determination and dedication of these UN MP personnel to give their best to the success of this competition is a reflection of self motivation that others would do well to emulate.

The six photographs reveal the joy of the participants, the anguish and hurt of the forced march, the relaxed expression upon completion, the medical treatment required, and the support afforded the troops and their reward of being the people chosen to represent the Coy in the actual competition events, took place on 20 - 21 Feb 85.



Sgt Pedersen, DANCON, total exhaustion as a result of the day long events.



Sgt Fessmen, AUSCON, and Cpl Richardson, BRITCON, husband of female Cpl in Photo No. 2, administering first aid to Sgt Kahara, FINCON.



Seven (7) nationalities in one photo all of whom participated one way or another in the UN MP Coy Military Skills Competition. The Female member Mrs Doris Haché, FPM's wife, staunch supporter of the events.



The sore fact after an 11 mile forced march with 32 pounds of weight on the back. The march was the last of the day long training events. Lt to rt Mrs (Cpl) RMP Richardson, BRITCON, Sgt Fessmen, AUSCON, Cpl Dudka, CANCON, Sgt Andersen, DANCON.



A/Sgt Cote, CANCON, giving the feet a much deserved rest. The wee boy is the son of Sgt Butler, IRCON, (Irish).



The winners of the trophy Sgt Wibron, SWEDCON, Sgt Hubsch, AUSCON, SSgt Abrahamsson, SWEDCON, and Sgt L.V. Nielson, DANCON, an excellent effort, 1 hr - 29 minuters cross country forced march.

CIS Visit to CFSIS

The 14th of February marked MGen E.W. Hewson's first visit to the home of the Security and Intelligence Branches. The CIS was welcomed by LCol A.R. Wells, Commandant CFSIS and set off on a full day of planned activities within the School.

MGen Hewson was treated to a complete tour of CFSIS including both the Military Police and Intelligence Training Companies and the Training Support Division. He was exposed to virtually all forms of training performed by the instructional staff.

Later that evening, MGen
Hewson was guest of honour at a
Mess Dinner held at the Base Borden
Officers' Mess. Also in attendance
were BGen J.I. Hanson, B Comd CFB
Borden; LCol B. Wright, D Secur 2;
LCol F. Leigh, D Secur P & D; LCol
Wells, CFSIS Staff Officers and students attending both the Basic Security
and Intelligence Officer Courses. Following the dinner MGen Hewson delivered a most enlightening address to
the assembly and welcomed the
Officers undergoing training to the fold.



MGen Hewson visiting the MP Trg Coy (Security Platoon) and being briefed on ADP training capabilities by Capt R.J. Howell, sec P1 Comd. Also in photo, L-R front — LCol Wells and Maj T.P. Haney, OC MP Trg Coy. Rear — Capt R.C. Armstrong P1 Comd, Int NCO Trg P1 and CWO J.S. Stewart SWO.



Discussing Field Training with, in foreground, Maj J.C. Dawson, RMP, P1 Comd, MP Fd Trg P1.



Examining the MP Trg P1 display accompanied by the P1 Comd, Capt B.V. Porrior.

D SECUR 3 In Action

WHERE HAVE ALL THE FILES GONE?

D Secur 3 with no backlog of clearances not very likely



Sgt Wheeler and Mrs. Pavelich clearing up the last few files in D Secur 3-2-3/ Routine Clearances

No! we haven't finished all the files just in the process of moving them around.



Capt Holman and Sgt Lecoure — with nothing to do? Ha! Ha! Actually, all 400,000 files had to be removed from shelves and packed so that new carpet could be laid in D Secur work area.

Special Features

Cooperation in Isolation Gets Effective Law Enforcement at CFS Holberg

By Sgt L.S. Winter

Effective law enforcement in an isolated environment such as at CFS Holberg has its own special and unique problems.

Holberg is a self contained community of over 700 millitary and civilian personnel. The Station provides the only trading and recreational facilities for three small communities in the surrounding area as well as providing the only hospital and school.

There is a large transient population of loggers and fishermen mixed with the ever present influx of tourists who combine to make Holberg a very busy place at times.

The small MP detachment at Holberg is responsible for issuing/driver testing for provincial drivers licences to DND personnel on Station, predator control (wolves, bears and cougars) that frequent our domestic site, helping lost tourists, and arranging the proper civil response to accidental deaths, traffic fatalities and violent crimes that happen in the local area.

The nearest RCMP detachment is 32 miles away over a one lane, rather rough and at times dangerous, logging road. It can take over two hours to complete this 32 mile journey and if the road is snow covered or has washouts the time can be doubled. These conditions combined with manpower shortages make frequent policing of the area difficult.

These factors combined make effective law enforcement a demanding challenge. It was extremely difficult to deal with the drinking driver. The high rate of alcohol abuse and drug use in nearby logging and commercial fishing villages was having its effect on personnel within the confines of the Station. Without a breathalyser, a radar gun or an effective means of dealing with moving vehicle offences, the MP Section was frustrated in attempting to provide effective law enforcement within its own boundaries.

The NCOs IC, of both the RCMP and Mllitary Police Detachments came to realize that cooperation was required if effective policing and law enforcement was to be achieved.

The Commanding Officer and the Administrative Officer were made aware of what was needed by both police agencies and liaison was established at the subdivision level and policies of both DND and RCMP was discussed.

An information flow was developed; constables and Military Police Patrol men were introduced; friendships developed and before long, results were surpassing expectations. Of particular interest, a cocaine dealer was put out of business two hours after one such meeting, it became evident to all that each organization had something to offer the other, and a realistic working relationship was developed in a very short period of time.

During the past eight months the liaison between these two police agencies has grown and expanded. The Military Police are now issuing Provincial traffic tickets on the Station and

offenders are being dealt with in provincial courts; RCMP now stay with MPs and their families in their homes while on rural patrol so that their time in the area can be extended; a breathalyser instrument and radar gun are now held at the Station for use by both forces. Two MPs have qualified as Breathalyser Technicians through the courtesy of the subdivision; and all are radar qualified.

The section now has a 1984 Blazer 4X4 complete with a first aid bleed bag, a 5 ton come-along, an effective vehicle lighting system and last but not least two electric typewriters.

This relationship has now surpassed the work place. Annual range qualifications are jointly carried out. Members of the RCMP now frequently attend our social functions. Most recently a number of the Mounties added colour to a Station Mess Dinner.

Cooperation, understanding and support at all levels, from Patrolman/ Constable to the Commanding Officer/ Inspector, has led to effective policing for the entire area.



The Canadian Forces Community College Program

Law Enforcement Certificate

Accreditation

Submitted by DSecur P&D

The Canadian Forces Community College Program (CFCCP) at Seneça College of Applied Arts and Technology, North York, Ontario began in 1982. The aim of the program is to permit CF members to acquire college level skills and competencies prior to retirement and the commencement of a "Second Career". Also to permit military persons to upgrade skills to keep pace with technological change, to acquire new skills as a means of career advancement, and to pursue education as a life-long process for its own sake.

Though only three types of programs were offered in the beginning of the CFCCP it soon became quite apparent that other courses were desired. One of these was a Law Enforcement course. The certificate program that now is offered is a slightly modified version of the program offered to full-time students. The course consists of four professional subjects, two related theory subjects, and two English and communications subjects as seen below.

Seneca College through CFCCP offers advance standing to Military Policepersons for certain trade qualification courses they have taken. This accreditation is as follows:

TQ3 — will receive credit for Law Enforcement 112;

TQ5 — will receive credit for Law Enforcement 112 and Law Enforcement 352;

TQ6 — will receive credit for all four professional subjects.

Seneca College also provides credits for certain military trade and leadership training and anyone who has completed the Senior NCOs Course will receive a credit for Write Away 107. It is apparent therefore that Canadian Forces personnel in the MP 811 trade at the TQ6 level need only complete three subjects for a Law Enforcement Certificate.

To participate in the program see your Base Personnel Section or Base

Education Officer. This Independent Learning Method in place at Base Learning Centres allows CF students to begin a subject at any time of the year, but experience over the past three years indicates that most people are geared to September and January as starting times for academic undertakings. Why not put some of your spare time to good use this winter and find out how the CFCCP can make your life more interesting and your inevitable Second Career more rewarding?

For those wishing to take courses in French, accreditation within Quebec is being researched. The contents of Security Officer courses are also being evaluated for possible advance standing.

Education upgrading is now in correspondence format and available to all Military Policepersons. The ball is now in your court!

PROFESSIONAL STUDIES

Law Enforcement 112 Evolution of Law and Enforcement

Law Enforcement 232 Criminal Law and Procedure

Rules of Evidence and Confessions

Forensic Science 101 Scientific Aids to Crime Detection

RELATED THEORY SUBJECTS

Introduction to Psychology Social Psychology and Personality Dynamics

Sociology: A Practical Approach

ENGLISH AND COMMUNICATIONS SUBJECTS

Write Away 107 Strategies for Better Writing

Practical Writing 307 Business Communications and Report Writing

Occupational stress in the law enforcement profession

*The views expressed in this paper are those of the author and not necessarily those of the Royal Canadian Mounted Police. Address reprint requests to the author at RCMP Headquarters, "H" Directorate, 250 Tremblay Road, Ottawa, Ontario K1A OR2.

by Robert Loo, Ph.D., Chief Psychologist, "H" Directorate, Royal Canadian Mounted Police, Ottawa, Ontario.*

Abstract

This article presents an overview of the forms of occupational stress experienced by law enforcement officers. Particular attention is given to various types of police stressors, including the stresses experienced by policewomen and by police families. Stress reactions, including extreme reactions such as burnout, premature death, and suicide, are also discussed. The article describes the potential role of psychological services, both proactive and reactive, in support of police

officers throughout their career cycle from recruitment to retirement. Psychological services discussed include personnel selection, in-service training, counselling/therapy, consulting, and applied behavioural research.

Occupational stress

There are several major approaches to stress, although the concept is usually associated with the pioneering work of Hans Selye (1976). For Selye, stress was a nonspecific response of the body to any demand made upon it; such demands, i.e. stressors, could be any of a variety of agents and situations. The nonspecific or generalized response was termed the "General Adaptation Syndrome" (GAS); the GAS is characterized by a three-stage reaction to any major stressor. In the "alarm stage," the first stage, the body mobilizes itself for "fight or flight." In the "resistance stage" the body repairs the damage

caused by arousal in the first stage; and in the third stage, termed "exhaustion," certain bodily functions are significantly slowed or cease. If exhaustion continues long enough, "diseases of adaptation" (e.g. anxiety, insomnia, allergies, ulcers) will appear. It should be noted that Selye's model has drawn some criticisms (e.g. Mason, 1975) and that other investigators have developed their own independent models (e.g. Lazarus and Monat, 1977). Lazarus and Monat tie the concept of stress closely with the concept of coping; they also segment stress into physiological, psychological, and social types. These authors make the very important point that the shortand long-term effects of stress depend in large part upon the individual's available coping strategies and their effective use. It can be appreciated at this point that the availability of coping strategies, as well as their effective use, depends upon various individual characteristics or differences; for



example, differences in abilities, temperament, needs, values, and life experience.

This article addresses the concept of occupational stress (with specific reference to the police profession) and stress in organizations (e.g. the police department). Cooper and Marshall (1976) saw occupational stress as "negative environmental factors or stressors (e.g. work overload, role conflict/ambiguity, poor working conditions) associated with a particular job." Occupational stress for the police, then, may be viewed as stress arising from the interaction of the person (the police officer) and the environment (the community and the police department).

Police stressors

Numerous papers have been published on police stressors, but little empirical evidence for the proposed stressors is available in the literature (e.g. Cooper, Davidson, and Robinson, 1982; Kroes, Margolis, and Hurrell Jr., 1974; Sewell, 1981). On the basis of the available literature, police stressors could be grouped into four broad categories: organizational practices and characteristics; police work itself; the criminal justice system and its characteristics; and the public. Table 1 presents stressors in these categories stressors frequently reported in the literature.

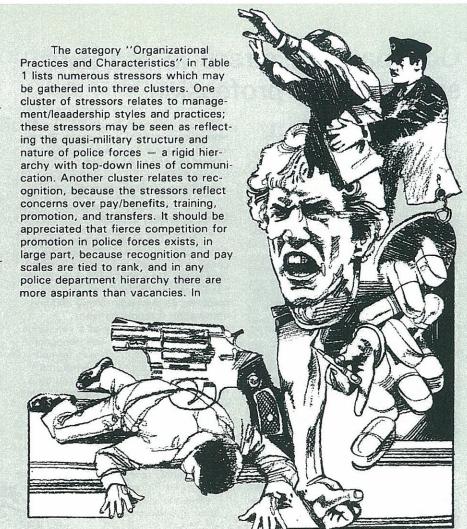


TABLE 1: POLICE STRESSORS

ORGANIZATIONAL PRACTICES AND CHARACTERISTICS

- lack of voice in decision process
- weak leadership
- autocratic management
- poor relationships with superiors/subordinates
- perceived lack of support from senior police management
- limited advancement
- perceived inequities in pay/overtime pay practices
- lack of recognition
- transfers without prior consultation
- fear of internal investigations;
- lack of manpower
- lack of equipment/poor equipment
- inadequate facilities

POLICE WORK ITSELF

- shiftwork
- work overload
- periods of inactivity/boredom
- role conflict/ambiguity
- extreme trauma
- concerns over personal safety
- negative impacts on family/social life

CRIMINAL JUSTICE SYSTEM

- problems in scheduling appearances
- cross-examination in court
- feeling that courts are lenient toward criminals
- the wheels of justice turn slowly

THE PUBLIC

- lack of public support for the police
- public complaints against police
- assaults on police
- biased media reporting of police actions

many departments it is not uncommon for members to serve their entire career in the patrolman or equivalent rank. Still another cluster of stressors relates to perceived resource inadequacies in the area of manpower, facilities, and equipment.

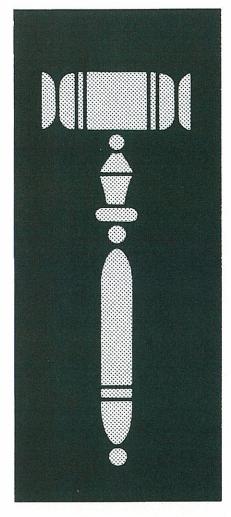
In terms of the police work itself, police officers - like members of other occupations in similar situations - find shift work disruptive and stressful. Alternating back and forth between periods of high activity and periods of inactivity/boredom is also found to be stressful. The extreme psychological trauma police officers can experience when involved in shooting incidents, murder and rape investigations, and child abuse cases is also noteworthy (e.g. Sewell, 1981). Lastly, the job stresses police officers experience can adversely affect their sexual and family life too. This is especially so when police officers do not (or feel that they cannot) discuss their work with their spouses and children. There is sometimes an additional barrier when police departments, either by design or by default, isolate police families from the department's activities and the police world. It is also clear that not only family life but social life as well is affected by the police officer's occupational status. Police officers must be careful about the people they socialize with and the places or businesses they frequent when off-duty, so as not to jeopardize their position as law enforcement officers.

Some practices and characteristics of the criminal justice system are stressful for police officers. Commonly reported examples (e.g. Phelps, 1975) are the problems in scheduling court appearances and duty requirements; the experience of being cross-examined in court; the frequently lengthy delay before cases go before the courts; the length of court cases before verdicts are pronounced; and the feeling that criminals are too often treated leniently by the courts.

The last category concerns stressors resulting from the public domain. These stressors take the form of lack of public support for the police, negative media coverage of the police, assaults against police officers, and citizen complaints against the police.

Women in policing

Although women were employed in police departments as early as the mid-nineteenth century, it was not until after the turn of the century that women were granted real police powers (Bell, 1982). Since then advances have been dramatic, and currently many nations have women serving in their police forces, including military police forces. Policewomen are



currently employed in a wide range of police duties, although in some nations and police forces the range is sometimes narrower for female officers than for their male counterparts. As would be expected, policewomen are generally subjected to the same stressors as policemen; however, there are some occupational stressors unique to policewomen. Kroes (1982, Table II) noted that 21 of the 34 American policewomen, or 62% of the sample, reported what he termed "Female Officer Problems." Such problems centred on a theme he termed "women not wanted."

He states, "The actual pressures varied from out-and-out harassment and ostracism, through failure to advance because of being female, to a grudging tolerance — something that the men had to put up with, but didn't like" (p. 10).

In another study, Wexler and Logan (1983, Table 1) found that 23 of the 25 policewomen they interviewed (92%) reported what the authors termed "Female-related Stres-



sors." In the detailed breakdown of these stressors, they noted that 20 policewomen in the sample commented on the negative attitudes of male police officers. These attitudes were typically manifested in three ways: comments about the women's sexual orientation, blatant anti-women comments, and refusal to talk to women. Secondly, twelve interviewees commented on what the authors termed "group blame," i.e. policewomen were troubled by the feeling that they were judged or affected not only by their own behaviours but by the actions of all other policewomen in the force. Thus they experienced an additional burden or occupational stressor not felt by their male co-workers. Thirdly, 10 of the interviewees experienced difficulties with the men they met socially. In trying to start relationships, single policewomen typically found that men had difficulty accepting women who were in police work. Finally, six of the interviewees reported the lack of female role models in the police department as a stressor, presumably because they had no models to imitate while in training or early in their police

From these and other studies on women in policing, it is clear that when perceptions and treatment by others, including male police officers and the public, conflict with one's self-perception, serious stresses result. The long-term psychological effects can be substantial — depression, loss of commitment to policing, cynicism, and even suicide.

Stress reactions

Cardiovascular disease

The impact, whether acute or chronic, of occupational stressors in the police environment is documented in the literature. For example, Terry (1981, Table 1) noted that, for cardiovascular disease, policemen ranked tenth out of the 130 occupations studied using standard mortality ratios. Workers in various labourer occupations and firemen ranked higher. Also dramatic is the finding that police ranked twenty-fourth out of 130 occupations in the rate of premature death. Fell, Richard, and Wallace (1980) reported this finding in their review of 6,717 death certificates, where 48 were from persons who were employed as police officers. Furthermore, they point out that 69 percent of all stressrelated causes of death for police in the sample were from diseases of the circulatory system; for example, acute myocardial infarction and chronic ischemic heart disease.

Alcohol and drug abuse

Another area where the effects of stress are evident is alcohol abuse. Van Raalte (1979) reported that sixtyseven percent of the police officers in the sample under study reported drinking while on duty - a clear violation of departmental policy. Hurrell and Kroes (1975) found that police department officials reported informally that as many as twenty-five percent of police officers in their respective departments had serious alcohol abuse problems. There is obviously a concern over alcohol or, more generally, drug abuse in police forces; the difficulty in this area lies in obtaining reliable estimates of the scope of the problem. Police officers are reluctant to make their drinking practices and consumption known for fear that such information will be reflected in their performance evaluations, consideration for promotion, transfers, and so on. Police departments in turn are concerned about their image and are not eager to highlight the problem or take strong action with long-term alcoholics.

Burnout

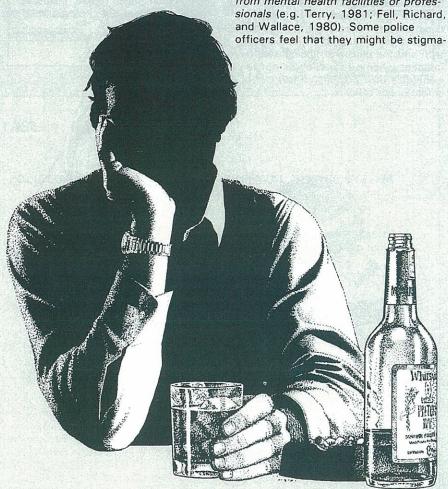
One of the long-term effects of police stress is burnout.* Individuals

are typically drawn to the law enforcement profession by strong value systems and the desire to serve. As new police officers they tackle their duties with much enthusiasm and commitment; however, once the novelty of the job has worn off, they start to experience the frustrations (as seen in Table 1) that will gnaw at them over the course of their career. Some police officers who were highly committed to the law enforcement profession try to cope with these long-term stressors by dampening their emotional commitment and reactions, thereby becoming apathetic over time, detached from their work, physically exhausted, depressed, cynical, and so on. Paradoxically, the most committed police officers are often the ones who are most susceptible to burnout.

*See Canada's Mental Health, 1983, Volume 30, December, for a concise article, "Burnout: possible? probable? preventable?" by Arlene MacBride.

Psychopathology

In terms of psychopathology among police officers, data are scarce for several reasons. One reason is that police officers tend not to seek help from mental health facilities or professionals (e.g. Terry, 1981; Fell, Richard, and Wallace, 1980). Some police officers feel that they might be stigma-



tized as "crazy" or "weak" for seeking help, and that adverse comments might affect their performance evaluations, and hence their transfer and promotion opportunities. Another reason for the poverty of data on psychopathology is that many police departments do not keep track of such data or do not make such data available because of concerns over the department's public image.

Suicide

Police suicide, perhaps the ultimate stress reaction, has been studied over the decades, and police suicide rates have been shown in some studies (e.g. Fell, Richard, and Wallace, 1980) to be among the highest when compared with rates for other occupations. For example, Fell, Richard, and Wallace (1980) reported that the police ranked third, with an annual suicide rate of 72 per 100,000, behind labourers (84 per 100,000) and painters (75 per 100,000), in a Tennessee sample. There are, however, problems with police suicide statistics. First, suicide rates in police departments may well be underestimated, given the sensitivity of departments concerning this phenomenon and its effect on public image. Secondly, many of the police statistics reported in the literature are based upon very small numbers of suicides; therefore such statistics are very unstable from year to year and even from decade to decade. External factors (e.g. organizational changes in police departments) can also influence such statistics.

Addressing the phenomenon of police suicide mainly from a sociological perspective, Nelson and Smith (1970) identified six relevant factors:

- The law enforcement profession is dominated by males, and males usually have suicide rates three to four times higher than females.
- The fact that police officers carry firearms means that they have ready access at any time to the means to commit suicide.
- 3) The police officer's constant confrontation with the possibility of death (his/her own or other people's) can have unusual psychological repercussions.



- 4) Shiftwork can lead to family strains, difficulties in maintaining friendships, and difficulties in participating in community activities.
- 5) Police officers are exposed to much public apathy towards the police and even anti-police sentiments.
- 6) The legal system can be frustrating and confusing because of what the officer sees as the apparent injustices, contradictions, and seemingly absurd decisions of the courts.

Stress in the police family

It must be appreciated, too, that the police profession is one which places great stresses on the police family. Police officers are too often preoccupied with their job or a particular case when off-duty; they are called back to duty in emergency situations; and so on. Kroes, Margolis, and Hurrell (1974, Table VI), in a study of 81 married policemen, found that police work affected home life in numerous ways. The three most frequently reported problems were that police work resulted in the loss of non-police friendships (N = 48), prevented officers from spending enough time with their children (N = 25), and meant that they missed weekends and holidays with their family (N = 19). In a study of 100 police wives, Rafky (1974) found one fifth to one guarter of the wives were dissatisfied with their husband's career in general, and that aspects of the husband's work led to family arguments. The Maynards' study of 42 police couples (Maynard and Maynard, 1982), where the husbands were the police officers, revealed nine factors which were subjects of concern for at least half of the wives:

- The police officer (husband) seemed always psychologically tied to the job.
- 2) There was the perception that the police department and peers did not support marriage or the family.
- 3) Wives felt left out because of the amount of time their spouses spent socializing with fellow police officers.
- 4) Families had to make sacrifices in favour of the department (e.g. sacrifice the wife's job opportunities).
- 5) Families were affected by department politics.
- There were concerns over the compatibility of police life and family life.
- 7) There were concerns about coping at the family level, and the perception that the police department is not concerned with family adjustment.

- 8) Wives experienced stresses associated with police policies.
- 9) The police officer (husband) experienced role conflicts because of the incompatible demands of duty to the department and duty to the family.

The Maynards went beyond these concerns to identify the coping behaviours used by the police officers and their wives (see their Tables 2-4). According to the police officers' responses, the most prominent coping patterns, as measured by the "Inventory of Coping Strategies," were "doing things together as a family unit" and "adapting to demands of the profession." From the wives' responses, the most prominent coping patterns to emerge were "developing selfreliance," adapting to the demands of husband's profession," and "doing things together as a family unit."

As would be expected, such stresses on the police family over time can exert sufficient strain to break the family; thus, we find numerous studies on police divorce. However, some studies report higher police divorce rates in comparison with other groups, while other studies report lower police rates (see Terry, 1981, pp. 67-68). In addition, many of the studies suffer from methodological weaknesses such as small sample sizes, missing data, and low response rates to surveys.

Psychological services for police forces

As Stratton (1980) noted, it is only since 1967 that psychologists have been employed full-time to work directly for police departments and their personnel. As might be expected, it is police departments in the United States which have led the way in introducing psychological services and in creating the substantial literature on police psychology. The development of in-house psychological services offers police departments several major advantages over consulting or external contracting situations. One advantage is that psychologists employed within police forces can obtain access to classified personnel and investigation files to aid in providing services to members. This advantage is particularly noteworthy when psychologists assist members who are involved in undercover operations, major criminal investigations, and other highly sensitive police areas. A second advantage is that in-house psychologists will quickly accumulate much hands-on experience in a wide range of activities and be able to bring to bear a wealth of experience to successive cases, thus

increasing their professional effectiveness and value to the department. A third advantage is that in-house psychologists will be perceived as being part of and committed to the department; thus, their credibility and utilization should be enhanced. The RCMP, Canada's largest police force, with over 20,000 employees, recently decided to develop its own integrated, in-house health services, with psychological services as one substantial program within health services (Loo, 1983).

With in-house psychological services, it is possible to develop a comprehensive, research-based set of integrated policies and programs so as to meet the needs of members of the department effectively and efficiently. Also, it is easier to monitor, audit, evaluate, and integrate such services with other departmental programs than would be the case with externallyprovided, piecemeal services. Psychological services are capable of assisting in the full career cycle of police officers from recruitment to retirement. This is illustrated in the following brief description of the range of services:

Recruit selection: Psychologists can participate in the development of job-related selection tests, test administration and selection interviewing, and can conduct periodic validation studies.

Selection for special assignments: Psychologists can assist departments in selecting police personnel for special assignments such as undercover work or tactical teams through the knowledgeable application of situational testing, interviews, and other psychological assessment techniques and instruments.

Training: Not only can psychologists participate as trainers in recruit or in-service training programs (e.g. stress management); they can also act as resource persons to trainers and participate in training-related research (e.g. training needs assessment, training evaluation).

Counselling/Therapy: Individual and group counselling and therapy can be offered for a variety of dysfunctions and concerns (e.g. retirement counselling). Within an occupational setting such as a police force, one would expect to encounter job-related problems that are relatively mild (e.g. reactions to stress, acute depression, phobias, interpersonal problems) compared to the problems encountered in, say, an in-patient psychiatric facility.

There is also the potential to offer counselling services to police families when the police officer's family problem results from police work (e.g. shiftwork, undercover operations). It is also appreciated that in most departments the need for psychological services will be greater than can be handled by the psychologists. Peer counselling offers a valuable complement to psychological services programs.

Organizational psychology: Under the rubric of "organizational psychology," psychologists may become involved in a variety of activities covering areas such as the psychological impact of technological innovation in the workplace; quality of worklife; performance evaluation; job satisfaction; and so on. Such activities may be seen as internal consulting by psychologists in response to or in anticipation of management requests or organizational changes.

Applied research: Psychologists, in the process of meeting their mandate for psychological services, will conduct applied behavioural research into numerous areas (e.g. needs assessments, client outcome evaluations, program evaluations). Their skills in research design and applied statistics should be utilized by other units in police departments that are conducting in-house research or evaluating external research providers.

Conclusion

Police officers are subjected to many occupational stressors, and policing is among the most stressful occupations. However, this situation is amenable to professional intervention. Psychologists, among other professionals could offer proactive (preventive) and reactive (treatment) services addressing the needs of police officers throughout their career cycle. It is up to police departments to make a commitment to provide such services for their personnel; and it is up to psychologists to make the full range of their expertise known and utilized by their clients - the police.

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Up the Down Route

by Watchdog

One of the real casualties of integration and unification was our loss of a corporate memory. Part of it still exists at the School and part resides amongst the "sweat hogs" at NDHQ, but much of it has simply vanished. That's part of the price we pay for being a support branch and a contracting one at that.

Our Museum has long since disappeared, so our character, if we have one, resides in our old boys.

This photograph is one of several provided to me by ex Provost WO2 Burton Herbert of Ladysmith, B.C.

In an accompanying note he states that this was a "C Pro C parade at St John's Wood, England, 1944.

This is a mixture of C Pro C and RCM Police. most of the men were used to patrol London and others shown here came from outlying detachments to supplement the parade for the PM".

As some of you will be aware, PM MacKenzie's reception by Canadian military personnel was slightly less than enthusiastic, so it is presumed these military policemen had something more to do than just parade!

The photo is of interest on several counts. First, note the badges. At a glance I thought they were all old C Pro C badges, but on reflection, most of them appear to be RCMP. Did members of the Force retain their own badges while on Active Service? Were their conditions of service different from the direct enlistees?

The second item of interest is the cross strap. Pistols here are worn on the right and therefore the cross strap goes to the left shoulder. An Air Force colleague says this was probably the same for the RCAF policemen; an Army colleague says the Provost switched theirs from time to time. Clearly its all tied to "which hip the pistol".

The third item is the lanyard. What colour is it? The photo makes it look white while the C Pro C lanyard was red.

Any comments? We had no positive ID on any of the men in the photograph. Possibly some of the old boys will remember.

This is 28 ALPHA out to you.



Confirmed Scuttlebut

Progress!

CFB Gander Military Police get New Accommodations

On 10 Oct 84, the Base Commander, LCol R.A. McLean, CD1, and all members of the Military Police Section were pleased to have the Senior Staff Officer Security, LCol R.J. Donovan, CD1 visit from Air Command Headquarters. The visit was highlighted by LCol Donovan assisting LCol McLean in cutting the ribbon to officially open the new Military Police station.



(L-R) Sgt Godin (NCO IC St. John's), MCpl Payne, MCpl(W) MacDonald, PO2 Douglas (NCO IC CFB Gander), Maj Clark (CO 226 Rdr Sqn/BTSO), LCol McLean, Cpl Squires, Cpl Horwood, Cpl Kelly, Cpl Simms, LCol Donovan, Pte Smith, Cpl Knight (St. John's), and Pte(W) Huelin. (Missing from Photo: Cpl Smith and Cpl Benoit)

Bonus Package

1984 4×4 Bronco



Cpl Smith proudly displays one of the section's new vehicles — a bonus package received prior to the completion of the new building. Substantiation: Enables the byes to get out to the bay bye.

Long May Your Big Jib Draw

Great News for Reserve Personnel

from NDIB

The red line on your Identification card (CAFIB 20) has been eliminated.

"RESERVE" will now appear on the front of the card on the fourth line. WARNING — Unless your I card is about to expire, don't rush to change it. The I card presently held remains valid and will be replaced on the normal expiry date in order to enure an even five year cycle flow is maintained.



International Youth Year 1985

A First for the MP 811 Trade

On 14 Mar 85, and effective 02 Jan 85, the MP trade received it's first female senior NCO in the name of MacDonald M.W., CFB Gander, Newfoundland. The above picture shows Sgt MacDonald receiving her new rank from Lcol McLean R.A., Base Commander, CFB Gander. Lcol McLean was assisted in this difficult task by Capt R.G. Atkinson, the base administration officer, while Sgt E.C. Douglas, NCO IC MP, looks on. On behalf of all fellow tradesmen/women a hearty congratulations to Sgt MacDonald.



Military Police Fund for Blind Children

NOTES FROM THE CHAIRMAN

- Courses, TD and other forms of absences haunt every organization from time to time and your Blind Fund Directors are no exception. Attempts to hold meetings proved futile in the late winter and early spring of '85 when it was discovered that we could not muster a quorum. If nothing else, it reinforced that the Directors and Executive must be in as close a geographical spacing as possible. With NDHQ/AU, SIU, CFB Ottawa and D Secur in the Ottawa area, most members of the Branch will have the opportunity to serve at some time during their careers without expecting those from further afield to fit trips to Ottawa into their busy schedules.
- 2. The topic I wish to address in this issue of the Journal is one which I have been requested to address on many occasions: recognition to individuals for extraordinary contributions of
- their time, effort or monies to the Fund. As can well be appreciated when \$100,000 plus is raised each year, a lot of people are directly responsible for the success of the Fund each year. We are just now experiencing our first difficulties in generating official receipts for Income Tax purposes and any further administrative burden could be the basis which would force us into entertaining the "unthinkable"; engaging a paid employee. It is my view that every dollar collected must go to the schools and projects we support continuously. Every effort should be made to continue in this vein.
- 3. The hundreds of pieces of correspondence now being processing represent the limit of our current capability. Our new Secretary of the Fund, Capt Pat Samson, has put forward some streamlining and efficiency measures which have improved the situation but

- not to the degree whereby we in Ottawa, can send personal acknowledgements to all the deserving persons out there.
- A fear that I harbour is that we will miss such persons as the individual on a very tight budget who carries out an unrecognized personal sacrifice to donate \$10.00 which more than matches another's \$100 contribution. I certainly have met with many persons who are responsible for money raised; band members, professional entertainers, service personnel at all rank levels, etc, and extend the sincere appreciation of the recipients of their contributions. Beyond that, I can only say that I welcome your views if you feel that more must be done. I have been told by more than one person whom I had the opportunity to thank that the personal sense of accomplishment or charity is sufficient.

In Memoriam

It is with deep regret that we announce the death of Wing Commander (ret'd) E.T. (Ted) Atherton at Tampa, Florida, on the 19 Oct 84, following open-heart surgery.

Ted had been a devoted member of the Canadian security community for many years. He had served with the R.C.M.P. for seven years until on the outbreak of W.W.II he transferred to the R.C.A.F. Provost and Security Services on the 23 Oct 39. He became the Chief Investigations Officer, and following the War he was appointed Provost Marshal (Air). With the reorganization and expansion of the Air Force Security Services in 1950, he became the Director and held that position until 1955.

He was then transferred to Air Division HQ in Metz, France, as Admin Unit Commandant until 1958. He retired shortly after returning to Canada.

But Ted was not one to "retire": he assisted charitable organizations as a consultant on fund raising; was employed as the Executive Director of the Ontario Chamber of Commerce; and in September 1964 he returned to the security field with the Ontario Hydro Commission. On January 1, 1965, he became Director of Security for Ontario Hydro, and remained with the Commission until his "second" retirement on June 30, 1972.

He and his wife Jackie moved to Venice, Florida, where he continued to participate in community activities until shortly before his death.

"E.T.A." will long be remembered in police and security circles for his energy and devotion to duty. We regret to announce the death of James C. (Bill) Blondeau who passed away on 4 January, 1985 after a very brief bout with cancer. Bill was a member of the Corps from 1944-1968 except for a short interruption in the Reserves. He saw service in Canada, Korea and Cyprus and was honourably released in the rank of Sergeant on 31 August 1976. Bill was well known to many members of the C Pro C and the Security Branch. At the time of his death he was employed by the Department of Public Works in Ottawa.

Pe Olde Kit Shoppe

SECURITY BRANCH KIT SHOP 1985 PRICE LIST

	Transit 1	1/2/				
Plaque (Branch) enamel	\$24.00	Tie Tacks (Gold or Silver)	11	MP Tracksuit & Ball Hat	40.00	
with wooden shield	34.00	Handcuff (G) & (S)	3.00	Decorative plate (91/2)	4.00	
T-shirt	5.00	Crossed Pistols (G) & (S)	3.00	T-Bird Ashtray (81/2)	5.50	
Ties	7.50	T-Bird Pendant on white enamel	19.00	Ball Cap with Security Crest	5.00	
Cravats (ascots)	8.00	Badge Holder/Wallet	25.00	Securitas Letter Opener	10.00	
Belt T-Bird	7.50	CHEST COLD COM		Securitas Desk Top Flag	3.00	
T-Bird Buckle (only)	3.50	Pressure sensitive decals		Securitas Lapel Stick Pin	8.50	
Blazer Crest	15.00	Large 6"	1.00	Securitas Coasters (Set 4)	4.00	
MP Shoulder/Ball Cap Crest	2.00	Small 3"	.75	Branch Flag	17.00	
Badge Holder	14.40	Glass Tankard	3.25	110/7		
Beret	8.00	Coffee Mugs	3.00	To order by mail write to:		
	S	Beer Stein (Ceramic)	5.00	To order by man write to:		
Charms (Gold or Silver Plated)	4	Mess Kit Cuff Links & Buttons	28.00	The Kit Shop		
Pig (S) & (G)	\$ 4.00	Mag Lite Flashlight	/	Canadian Forces School of Intelligence and		
T-Bird (G)	4.00	3 cell	38.00	Security		
T-Bird (S)	6.00	4 cell	39.00	Canadian Forces Base Borden		
T-Bird Key Chain	5.00	D-ring Flashlight Holder	4.50	Borden, Ontario		
Silver Spoon with crest	5.00	Securitas Matches Box (50)	3.25	LOM 1CO		
	200		A Comment			