



WINTER 2015

# CFHSTC NEWSLETTER



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## COMMANDANT'S ADDRESS

*"The future isn't what it used to be" Yogi Berra*



The CFHSTC continues to operate at full throttle, maximum speed ahead towards our training objectives: improved contents and dynamic and interactive delivery methods of our Medical and Dental courses.

We have now witnessed the first graduations from the new Med Tech QL3 and QL6 courses, and have already implemented our lessons learned to make the training even better. Innovative solutions for the development of our instructors and incremental staff by using the Intranet and Internet, as well as the use of pertinent interfaces such as e-readers and distance learning are only a few of the training modernization ideas that were successfully developed by the Training Centre staff in the last few months. Our personnel were also actively involved in the community on and surrounding Base Borden creating and fostering these vital links. You will find more details in this edition of our Newsletter. Enjoy your reading!

The Commandant

LCol Martin Brochu

## TC CWO'S CORNER

Spring is here and before we know it, Summer will finally be upon us. As the new posting season draws close, the time for farewells and so longs, as well as welcomes and greetings to friends and co-workers is fast approaching. Already the hustle and bustle of planning and ongoing meetings for upcoming moves, courses, taskings and of course, challenges have begun. Nonetheless, remember to look after yourselves, stay fit, keep healthy and always, make time for your family and friends. Most definitely take advantage of the time to enjoy the warm weather and rest; you've earned it!

*"The final test of a leader is that they leave behind them in others, the conviction and the will to carry on." Walter Lippmann*

Respectfully,

CWO M.D. Paradis



**MOST PEOPLE DO NOT LISTEN WITH THE INTENT TO UNDERSTAND. MOST PEOPLE LISTEN WITH THE INTENT TO REPLY. -STEPHEN R. COVEY**

## CFHSTC REMEMBRANCE DAY CELEBRATIONS

By: MWO McLennan

When you consider the importance of Remembrance Day celebrations to members of the Canadian Armed Forces it is not uncommon to hear such descriptors as humility, heroism, tradition and reflection. It is a time to reminisce about those who have come before us providing the ultimate sacrifice to our beloved country. CFHSTC's participation in the Remembrance Day celebration in Tottenham has become a tradition of substance reminding us all of the reasons why we parade on this important day.



The last known Canadian military member to have served in World War I, John Babcock, passed away in 2010 at the age of 109. As legions across the country continue to struggle for membership and participation it is with wonder that a small rural community legion such as Tottenham, continues to be able to provide the opportunity for the Training Centre to be a large participant in their events.

Located in south-central Ontario, Tottenham's wartime past is rich in history as can be observed by the cenotaph at the center of the community. This is further demonstrated while reading the paraphernalia on the walls of the legion itself, or taking the opportunity to speak with the remaining veterans themselves. Led by current president Gary Brown, and past president

Donna Chamberlain the legion members enthusiastically open their doors and hearts to the medical personnel of the Training Centre. Starting with a Mess Dinner and culminating with a parade and celebration within the legion itself, Tottenham reminds us all why this singular day is so important in Canadian history.

Over the last several years it has been clear that there has been a changing demographic of the Canadian veteran, slowly we are observing the disappearance of the veterans from past conflicts. A reminder that we are all fallible to the laws of time, with this however after greater than a decade in Afghanistan, and previously the Balkans, a new veteran has become prevalent within our legions. As a community Tottenham has embraced this fact, ensuring that there is a sentiment of remembering the past, present and potentially future conflicts that involves the Canadian military.



CFHSTC's longstanding tradition of parading alongside Canadian veterans in Tottenham during Remembrance Day allows all CFHSTC participants to commemorate the day, as it should be appropriately. Truly ensuring that this important day doesn't become just one more parade but a tradition not to be lost.

### REMEMBRANCE DAY CELEBRATION NEW ALLIANCE CATHOLIC HIGH SCHOOL

By: Sgt Doucet



Over forty soldiers volunteered to bring to life for students and staff of the Catholic High School New Alliance a notable experience that will forever remain etched in their memories. This experience has allowed them to better understand the importance of Remembrance Day and the magnitude of the sacrifice that was made by hundreds of thousands of Canadian soldiers from the First World War. With the active participation of the Canadian Armed Forces, the magnitude of the ceremony and its impact was increased tenfold. The participation of the Canadian Forces Health Services Training Centre has clearly demonstrated the importance we attach to the education of our young people in regard to the history and respect for our veterans.

## THE CAF AND THE KOREAN COMMUNITY

By: Padre Lt(N) Stephen An

As with the two world wars that preceded Korea, Canadians volunteered for military service far from home. More than 26,000 Canadians served in the Korean War, including sailors from eight destroyers and airmen who took part in many combat and transport missions. Canada's military contribution was larger, in proportion to its population, than most other UN participants.

Of the 26,000 that served during the war, there were over 1,500 casualties, including 516 who made the ultimate sacrifice, giving their todays so the people of South Korea live today in a free and prosperous society.

Six decades have gone by since the Korean War Armistice was signed in 1953. Canada has declared 2013 to be the Year of the Korean War Veteran to shine a well-deserved spotlight on the brave men and women who left the comfort of home to serve. Among these soldiers were the following medical and dental units;

- ⇒ 25 Canadian Field Ambulance
- ⇒ 20 Canadian Field Dental Detachment
- ⇒ 37 Field Ambulance
- ⇒ 38 Field Ambulance
- ⇒ 3 Field Ambulance
- ⇒ 25 Canadian Field Dressing Station
- ⇒ Canadian Medical Detachment, Korea

The Korean War is an important chapter in our country's military history.



I had been approached by the Barrie Korean Presbyterian Church Who wished to prepare and serve a traditional Korean meal to the staff at the TC. Wednesday 03 Dec 14 they served approximately 100 members in the auditorium.

The CFHSTC members saw how much Koreans appreciate the sacrifice made by veterans and all the other service men and women who have put their lives on the line protecting and caring for Canada.

The Free CAF Appreciation Lunch by the Barrie Korean Church was a time to thank those who are serving or have served and are still with us. All Koreans never forget that "Freedom" should never be taken for granted. They are thankful for all those who have paid the price to give them that right. The event was to reflect and remember those who lost their lives in service and how our service is important and valuable.



## HON COL INVESTITURE PARADE

By Capt Pobre



Like many branches of the armed forces, the Royal Canadian Medical Service (RCMS) has a system of honorary appointments in addition to its command structure.

This dual system gives the service an opportunity to recognize respected individuals, and allow those holding honorary appointments to help build esprit de corps.

The Honorary Colonel is appointed to RCMS units from among distinguished Canadian Armed Forces members and civilians who live near the unit's home station. The Honorary Colonel is expected to act as ready source of advice on military medical traditions and other matter relating to the morale of the unit. They are also expected to be a source of inspiration and esprit de corps.



After a four year long tenure as the Canadian Forces Health Services Training Centre's (CFHSTC) first Honorary Colonel, Honorary Colonel Hedges proudly passed on the torch to our new Honorary Colonel, Honorary Captain (Navy) Francis.

A Change of Appointment Ceremony was conducted by the CFHSTC on November 25, 2014.

Leading the parade, Lieutenant Colonel Brochu presented the unit to the Commander Canadian Forces Health Services Group / Surgeon General, Brigadier General Bernier and to the outgoing and incoming Honorary Colonels. The event was also attended by the Royal Canadian Medical Service Colonel Commandant, Major-General (Retired) Morisset, Deputy

Commander, Colonel Weger, Deputy Surgeon General, Colonel MacKay, military dignitaries, and family and friends.

HCapt(N) Francis was born on February 19, 1945 in New Glasgow, Nova Scotia. He graduated at top of his class from St. Francis Xavier University at age 19 with a Bachelor of Science degree. Encouraged by his family doctor to attend medical school, HCapt (N) Francis enlisted in the Canadian Navy to become a Medical Officer. He subsequently served for three years as a Medical Officer in CFB Halifax.

A pioneer in the medical field, HCapt (N) Francis founded Medcan, a healthcare organization focusing on individual, family, and corporate health through diagnostic and preventive medicine. Medcan employs a team of 60 Doctors, 30 Nurses, and over 300 Administrative Staff providing care to over 80,000. He is also involved with a major research project looking at Alzheimer's along with other dementia diseases.

In the effort to support the Canadian Armed Forces members and their family, HCapt (N) Francis provides advisory services and is a major sponsor of True Patriot Love Foundation. For his contribution to the community, HCapt (N) Francis received the Queen's Diamond Jubilee Medal.



## HON COL HEDGES PRESENTATION

Although Dr Hedges retired as the Hon Col for the training centre in the fall of 2014, we were able to welcome him back on 13 Feb 2015 to receive two presentations that had not been ready during his retirement dinner. The training centre staff gathered in the auditorium to witness the presentation of a shadow box containing among other things the flag that was flown at Alert on the day that Dr Hedges had been scheduled to make a visit.



Also unveiled at this time was the award for the field mod of HSOSOC which was created from the ceremonial sword that the Hon Col had donated to the training centre.



Dr Hedges was gracious as always, and spent time after the ceremony to catch up with the news of events around the school. We will miss his presences and participation.

## HON CAPT (N) FRANCES' LUNCH

On 23 Jan 2015, the Hon Capt (N) Frances hosted an appreciation lunch at the officer's mess for those training centre staff who were involved in the organization and execution of the events surrounding the investiture parade held on 24 Nov 2014.

The staff were given the opportunity to interact with the Hon Capt (N) in an informal setting. We look forward to future events that Hon Capt (N) Frances will attend and participate in.



After the meal, LCol Brochu presented Hon Capt (N) Frances with the Honorary Colonel's Scroll.

## M\*A\*S\*H BASH 2014 (BBOM)

By: Lt Olivia Carbonneau and Lt Kendra Jessome

The Basic Officer Nursing Course (BNO) 0017 hosted the annual MASH BASH event on November 20th, 2014 at the Canadian Forces Base Borden Officer's Mess. Special thanks go out to the organizers, SLt Melanie Brown and Lt Jessica Kuipers, for coordinating the fun filled occasion and the BNO MASH BASH crew for their amazing support.



The goal of TGIT typically is for Officers at CFB Borden to come together in a relaxed atmosphere and to enjoy each other's company away from the pressures and constraints of the workplace. The time together fosters trust and knowledge of one another that extends beyond strict professional interactions of their primary duties and establishes the same cohesion throughout the command structure.

It is the responsibility of the hosting unit to provide an enjoyable evening that encourages Mess member's attendance. The BNO 0017 class was able to do just that.

The evening kicked off at 1600hrs

when students manned their stations. BNO students, easily recognized by MASH t-shirts and leis readily greeted the guests, which included members of the Staff Assistant Visit. Mess members entered through a triage station, and were given a prescription to cure their 'workday blues'. The prescription read "10mls ETOH sucrose PO x1." For those who can read medical jargon, they knew that a 10ml sweet alcoholic beverage was to be administered by mouth.

Once medication was administered, members were free to mingle with one another, visit the MASH themed photo booth, and even participate in games in the back room. Games included trivia focused on MASH, medical facts, and questions about the Medical Branch; kidney basin and wash basin toss using normal saline mini medication bags; Operation games on the table tops; and for those who were musically inclined, Guitar Hero was a popular option.



Fun was the prime objective of the games, but participation won additional tickets that went towards the big prizes of the night. Prizes included gift cards for The Keg, Petro-Canada, McDonalds, Tim Horton's; Timex IronMan Watch; Garmin Vivofit; JBL Micro Wireless Speakers; Powerburst Cellphone and Tablet Charger; Godiva Chocolate Basket; and a Keurig 2.0.



## CFHSTC JUNIOR OFFICERS MESS DINNER 2014



The mess dinner is a long-standing military tradition. It affords an opportunity for superiors and juniors to meet on a formal but friendly occasion. A training mess dinner was held on 24 November to give the students of BMOC, BDOC and BNOC and opportunity to experience this tradition. The timing this year could not have been better, as it allowed our new Hon Capt (N) Frances to attend his first mess dinner with the training centre staff and students.

As is customary the participants gathered for cocktails prior to dinner. Several students were given the privilege of meeting and escorting the guests. During this time BGen (ret) Lanctis Col Cmdt RCDC presented a signed copy of the book "VIGILE" to the Commandant.

Throughout dinner selected students addressed the group explaining various traditions including, the origin of the medical and dental flags and cap badges, the Fallen Comrade Table and the tradition of the naval toast.

After the port was served, the toasts were made and the marches played, everyone adjourned to the lounge to mingle for the remainder of the evening. The students had an opportunity to meet the guests including Col Weger Deputy Commander CFHS, CWO Goupil Medical Branch CWO, Hon Capt (N) Francis, BGen (ret) Lanctis Col Cmdt RCDC, and BGen (ret) Morisset.



## BDOC IN THE FIELD

By: Capt Dallaire-Giroux

Who else than 12 Dental Officers on a BDOC journey to deploy the Mobile Dental Clinic and its components to partake in a domestic humanitarian operation during a Field Exercise;

Armed with a dental explorer and periodontal probe, one would say that they needed a good wealth of courage to deal with the refugees in the Borden area. After two days navigating with their Dental Sections, the BDOC candidates proudly found their way to Grid 8255 0297 wherein they provided annual Phase One examinations to nearly sixty patients from Base Borden. The patients graciously accepted to either experience the comfort of an Air Transportable Dental System (ATDS) and the wisdom of a Dental Special Equipment Vehicle (SEV). The Dental SEV was most suited to support sustained operations and its compact set-up is complete with all equipment to provide comprehensive dental care. In the near future, a new Mobile Dental Shelter is expected, more to follow. The ATDS is used to support static operations of short duration due to its light and compact features and it can be installed under canvas tenting as seen during the BDOC Field Exercise.



The end state of the BDOC Field Clinic on 13 Nov 2014 was a success and thank you to those who made themselves available to fall under the loupe of our Dental Officers of the BDOC serial 0012.

**Dentists have recommended that a toothbrush be kept at least Six (6) feet away from a toilet to avoid airborne particles resulting from the flush.**



(I keep my toothbrush in the living room now!)

## BMOC GAINING MILITARY EXPERIENCE

For many of the students on BMOC, their final field exercise is the first time in their careers they are practicing medicine outside of the sterile confines of the hospital. They triaged outside in the cold, transported their patients and worked with limited equipment. An interesting change for most of them. One student commented that one of the biggest challenges was the set up as this is usually completed for them in the operating rooms / hospital setting. They now have a better appreciation for the many staff they will be working with.



During the exercise a combination of mannequins and live patients were used providing the students with varying learning opportunities. The instructors were able to provide the students with examples from their experience on deployments on land and on ship. After having spent the bulk of their time in clinical settings, the students left better prepared for future exercises and tours they may be tasked on.

To promote interaction with the Med Techs, an additional scenario was run where the Med Techs (previously the patients) were guided through the scenario by the doctors. There was an interesting exchange of ideas as the Med Techs brought their knowledge from theatre to the doctors who also provided additional knowledge to the young Med Techs.



## CANADIAN FORCES HEALTH SERVICES TRAINING CENTRE SEASONAL SHARING BASKET 2014

By: Lt (N) Marshall

The Seasonal Sharing Basket (SSB) was established in order to provide assistance to Canadian Forces and Defence Team members who are in a time of need and may be struggling to meet the pressures of the Holiday season.

Seasonal hamper programs have been around for quite some time during the Holiday Season and date back as far as 1919 where hampers would be sent to members serving overseas and their families back home. The overall goal of

the SSB is to identify unit personnel who would benefit from and educate them regarding the program and how to receive assistance.

It is noteworthy to mention that the campaign is funded through the generosity of the Canadian Forces Base (CFB) Borden community and is at no cost to any level of government. This speaks to the kindness and consideration of our members in this base community. Christmas is a time for celebrating, a time for love and forgiveness and a time for helping others who are less fortunate. One never knows when they may need help and many here at CFHSTC clearly understood this with its participation this year. The class with the most

donations was the Basic Medical Officers Course. We wish to send best wishes and thank all the students and staff that participated this year!



A kind gesture can reach a wound that only compassion can heal" - Steve Maraboli.

## THE CFHSTC IS FUNDRAISING FOR UNITED WAY

By: Capt Gaudette

The Canadian Forces Health Services Training Centre (CFHSTC) participated in its third annual ice hockey match on December 4, 2014, collecting \$100 for United Way. The master warrant officers and higher ranking members wanted to win back the highly coveted trophy following their resounding defeat the previous year at the hands of the warrant officers and lower ranking members. Some 50 unit members came out to cheer on the players, show their support and see the master warrant officers and higher ranking members win a close-fought victory. Lieutenant-Colonel Brochu, Commandant of the CFHSTC and Don Mahon, of the 31 Canadian Forces Health Services Centre (31 CF H Svcs C), had the heavy responsibility of

refereeing the low-scoring game. In the end, everyone came out a winner, because they all had a chance to have

some fun, get some exercise and strengthen the already strong team spirit while raising funds for United Way.



## HOLIDAY SEASON EVENTS

### UNIT CHRISTMAS PARTY

The unit Christmas Party was held on 21 November at the Tangle Creek Golf Club. It was a great way to kick off the holiday season. The evening started with a traditional Christmas dinner followed by entertainment and dancing.



Santa arrived to distribute the many presents available for the guests. As the door prizes were drawn the lucky winners sat on Santa's lap to receive their gifts.

A special thanks goes out to Santa for adding special Christmas cheer to the evening.



To get everyone in the party mood, each table sent a representative to get their team party hat (a Santa hat of course). The fun began when the hat was passed around and eventually table members were encouraged to sing Christmas songs and to dance around the tables. The dancing that followed seemed rather tame.



Again this year the Entertainment Committee provided unit members with an evening to remember. The wonderful dinner, gifts, entertainment, dancing and comradery was enjoyed by all. As we rush into the many events and activities of the holiday season, the entertainment and enjoyment of this event will remain a highlight of Christmas 2014

### CHRISTMAS POTLUCK

By: Sgt Girardin

We weren't going to let a record breaking snowfall dampen the Christmas spirits of CFHSTC!!! Despite the fact that every piece of tinsel and the Christmas tree were buried beyond hope, Sgt Girardin and Sgt Bisson stuffed the PMed QL5A tree in the elevator and hustled it to the auditorium strewing acorn and glitter from one side of the TC to the other in hopes to bring some merry into the day!

It may have been the cold weather or the excitement of the holidays but what a turn-out! One scrumptious meal after another was generously provided by all. A certain little elf who looked a little like Capt Marshall followed by a reindeer bearing the likeness of Lt(N) Marshall brought extra holiday cheer and some treats from the Sweet Oven!

The companies battled for the best Christmas Carol but none was a match for Banting Company and their rendition of "Walking in a Winter Wonderland".

Then it was off to the races as each company tried their best to gift wrap their OC with limited supplies and time. Standards company although weak in their carolling ability dominated this competition with Maj Thibedeault dressed in the finest array of ribbons and bows.

Each company also submitted a Christmas tree Miniature for judgement by the TC CoC. For their effort at capturing the heart of our core beliefs, Topham coy stole the win for their portrayal of teamwork!!

Last but not least there was an individual competition for who could eat the most Hersey Kisses, and who cares who won that one, because when we eat Hersey Kisses everyone wins!!

Good fun and good food were had by all and it was wonderful way to wrap up the day before heading off to our families to enjoy the rest the holidays had to offer!!

## FESTIVE DINNER 2014

The tradition of the Festive Dinner began in an effort to boost morale, and to show general appreciation for junior ranks. Officers and senior non-commissioned officers organize the dinner and serve it to the junior ranks of their unit. When the dinner is over their task is not complete until they clean up the mess.

This year the festive dinner for the CFHSTC was held on 5 December.



## CHILDREN'S CHRISTMAS PARTY

By: Sgt Girardin

PO2 Wilde and PO2 Rutherford really blew this event out of the park! Fun was had by all big and small at the annual Kid's Christmas Party. The event kicked off with a solid opening act by Zoo to You. All gathered around for the chance to pet a velveteen rabbit, or watch a giant tortoise roam freely across the very floor that many a soldier has come to attention on. There were creepy crawlies of all sorts, including tarantulas and a giant snake which many a small child sported as a decorative necklace despite the look of horror on their parents faces! Many other delightful events took place in the auditorium. Children had the opportunity to get their face painted by Sarah Tizzard Sgt Mantha's wife, who created already beautiful children into dazzling butterflies and blooming flowers and even one sad Toronto Maple Leaf. They also decorated cookies, although I think more candy and icing ended up in little people mouths than on cookies! There was also a Christmas ornament decorating station for the children whom I am sure are still bedazzled in glitter to this very day! The event of course was all tied together by the arrival of a very important person, none other than Jolly Old St. Nick himself, who bore a shocking resemblance of Sgt Meeking...I am sure just a coincidence! The children happily received their gifts and had a chance to tell Santa what they would like for Christmas and get a picture. All in all this one goes down in the books as another great CFHSTC success. Way to go girls!!!



## BRAVING THE COLD—RVH MASH BASH 2015

CFHSTC participated again this year at the 28th Annual RVH Mash bash 30 January 2015. The work team faced the cold temperatures and winds to set up a static UMS display. MCpl McLean led the team explaining proper techniques and equipment arrangement to the QL3 and PAT PI volunteers.

After the initial set up, the team was briefed and encouraged by Major Savoy and CWO Paradis while warming up with coffee and hot chocolate. Team members manned the display on a rotating schedule enabling all the crew members to enjoy time on the slopes skiing and snowboarding, as well as the many other games and activities available.



Both Juno the army mascot and Sonar the navy mascot interacted with the crowd. One of the highlights of their day was when a young girl gave them each a picture she had drawn for them. Juno again joined in the Mascot Bed Pan race. They represented the CAF well and left a positive impression on the participants.



At the end of the day the tear down was accomplished quickly. Several spectators watched and commented on the efficiency and coordination with which the team worked.

Special thanks go to the team who braved the cold and represented the CFHSTC and the CAF; MCpl McLean, Pte Borgstrom, Pte Carrol, Pte Colville, OS Currie, Pte Gaudreau, Pte Grenier, OS Mailloux, Pte Marchese, Pte Mosdossy, Pte Roch, OS Ryan, OS Vickers, and Pte Walker.

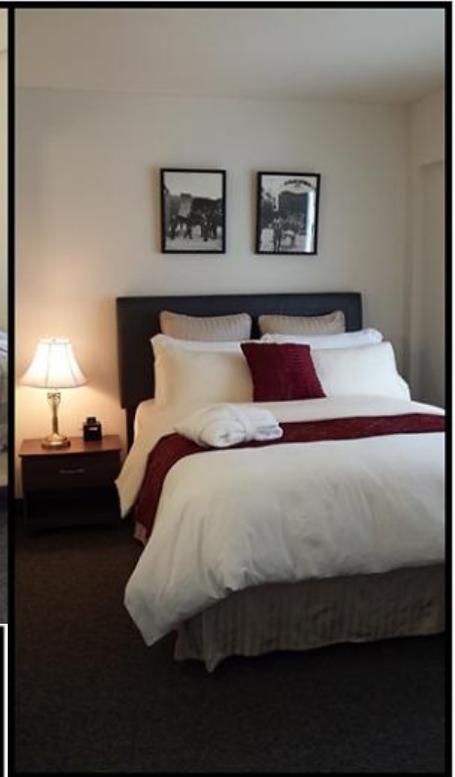
## A SWEET SUITE FOR HEALTH SERVICES DIGNITARIES

By: SLt Brown

For the past several months SLt Brown and Sgt Robichaud from the Training Centre, with the help from MCpl Parnell from the Dental Clinic, have been working to upgrade a suite fit for visiting Health Services Dignitaries. The suite is located in P198 and before any upgrades was reminiscent of a teenage boy's dormitory room, complete with ripped comfort-er and exposed box spring. The finished product however, will be more similar to a high-end hotel room ready for any guest.

The project has been divided into three phases, the first of which was completed just in time for the Dental Centennial celebrations. On the fifth of March Col Goheen, Commanding Officer of 1 Dental Unit, was the first guest to enjoy the suite. After the mess dinner Col Goheen was able to return to his room and enjoy the many upgrades, including; all new bedding, new towels, a leather office chair, a variety of Keurig coffee, other refreshments, and an assortment of Health Services books, memorabilia, and pictures.

In the upcoming months the final two phases of work will be completed including renovations to remove the built in desk, new leather couch, new desk, electric fireplace, and much more. Stay tuned!



Bedroom before and after



Kitchen before and after: Cabinet refurbished by 400 Squadron

## DENTAL TRAINING—YEAR IN REVIEW

By: MCpl Steinke

The 2014/2015 training year at Canadian Forces Health Services Training Centre (CFHSTC) has been busy and full of exciting training developments.

Cpl Angie Ridgewell and Cpl Shannon Robertson were posted to CFHSTC in the summer 2014. Both members quickly adjusted to the fast paced training environment and are proving to be great assets to the Dental Support Cell.

There was a change of location for the Clinical Oral Surgery Course this year. Instead of Training Centre staff traveling to CFB Kingston, the course was held in CFB Petawawa. With the great assistance of staff, (Capt Scott, Sgt Trottier, MCpl Newell and Cpl Mathieu to name just a few) the course ran smoothly and was a benefit to everyone.

ADOC was held this year in Feb/Mar. This course normally runs every other year, so it was an exciting addition to the regular training schedule. It offered great opportunities for Dental Officers to share practices, information and management skills. It also ensured they are prepared to perform the duties of Dental Staff Officer, Ship Dental Section Commander, Dental Platoon Commander and Dental Detachment Commander. They also had the opportunity to attend the Borden Dental Centennial Mess Dinner on 5 March 15, hosted by 1 Dent Det Borden.

Fall of 2014, a QL5A Crse TP/amendment board was held and significant changes to the QL5A course have been implemented for this upcoming year. It has been shortened to 20 training days, and no longer contains an extended field portion. These improvements reflect current changes in training and operational requirements, thus ensuring QL5A qualified Dental Techs are ready to meet demands placed on them.

Delivery of the new Dental Mobile Shelter is on the horizon. Release of the Shelters is anticipated to begin in May/June 2015. Dental Training staff will be taking part in training as it becomes available. It is another great step toward staying current and relevant.

To assist with the development of candidate learning within Health Services, staff of the training centre have taken opportunities to develop newly acquired skills. Sgt Prevost and MCpl Steinke were able to take advantage of a two day casualty simulation training, which took place at CFHSTC in the fall. They are now able to contribute to all medical courses requiring patient simulation by creating a variety of realistic injuries for Medical Officer and NCM courses.

As CFHSTC continues to provide courses focused on candidate success, this wouldn't be possible without all the great people that volunteer their time and experience. Staff at CFHSTC extends an enormous thank you to everyone who has had a chance of being a part of this tremendous team, now and in the future.



MCpl Steinke, Capt Dallaire-Giroux, Cpl Robertson

## TRAINING IMPROVEMENT COMMITTEE (TIC) UPDATE

By: Capt Fournier

The construction of the library Internet café... the 65" or 80" dual smart TVs in every classroom... e-Readers for the HSOSOC... Internet in quarters for the PMed Tech students... You may not have heard of the Training Improvement Committee (TIC), but chances are you have seen some of its projects appear throughout the CFHSTC over the last year. The TIC was stood up by the Commandant in May 2014 to share ideas, make recommendations, and generate action plans with respect to training improvement and modernization avenues at the TC.

The TIC is chaired by the Chief Instructor and meets monthly. TIC members include key players from the TC: the Deputy Commandant, Medical Director, Research and Development Officer, Training Development Officer, Finance Officer, a representative from each company, an IT representative, an Instructor Supervisor qualified member, and a secretary. Other participants are often invited to represent their specific projects, for example the Head Librarian.

Over the past 12 months, the focus of the TIC has been on education technologies, by researching the options available, acquiring our best fit, and coordinating its implementation within the TC. For example, several smart TVs for simultaneous projection of English and French presentations were purchased and installed last year, and are now being used by our instructors. Phase II of the TIC will now set its sights on the professional development of our instructor cadre, through the development of the Instructor Development Program and other initiatives such as the Learning Portal community of practice for CFHSTC instructors. Phase III will focus on matching our instructors with the technologies acquired during phase I and on continuing training modernization at the TC.

Keep your eyes peeled for the unveiling of projects coordinated by the TIC, including static ambulance instructional displays, a new sound system in the ITA, and electronic student resources.

### PRODUCT REVIEW

By: Capt Caron

As part of the TIC, Armstrong Coy, Field Ops received 30 eReaders for a trial on the Health Services Operations Staff Officer Course (HSOSOC) Serial 0006. The basis for the procuring the eReaders in the first place was one of economy (reduced printing costs—labour and supplies); and environment (each student was given over 800 pieces of paper which eventually were sent to the recycling bin after the course).

Along with the eReaders came two 10 outlet charging units capable of simultaneous file transfers along with built-in charging capabilities. Even though the eReaders were monochrome, they were very practical. Without being back lit, the charge time was over five days. We copied over 150 reference files onto the readers for students of HSOSOC to use on the course, whether in Garrison or while out in the trailing area.



The eReaders were remarkably robust. While the course was conducting its field applications they went through what I would consider the coldest winter on record. Many of the eReaders were packed in rucksacks, or coat pockets, tossed around, and exposed to  $-30^{\circ}\text{C}$  temperatures for days at a time. All were inspected at the end of the course and showed no signs of wear.

Over-all, this project was considered a resounding success, attributed to Major Bonniville and Mr. Mike Bougourd IT Sec for suggesting an alternative to paper products and the TIC for allocating the necessary project funding.

## THE LEARNING PORTAL



*What is the Learning Portal?*

The Learning Portal is a tool developed by the Canadian Defence Academy (CDA) to enhance collaborative learning within the Canadian Armed Forces. It is available both on the Intranet and Internet, as well as through mobile devices. It provides solutions for Training Establishments to create online groups, communities of practice, and other social collaborative tools.

*How can I use it?*

You can easily obtain a Learning Portal account by going to <http://s3.ongarde.net> and clicking "Request Account"; your login information will be sent to you by email. Using the Learning Portal is very simple and the interface is similar to Facebook. Users can easily create groups, plan events, collaborate with colleagues, share files, have online discussions, and more. Groups can be made public or private, and are readily customizable. For questions and technical support, you can ask the Research and Development Officer.

*The CFHSTC Community of Practice for Instructor Development*

You can find groups by making a search within the Learning Portal. A few CFHSTC groups have already been created, including the Community of Practice for Instructor Development. This group is intended as a space where our permanent and incremental staff instructors can share their experience on successes and challenges, and obtain peer advice. The community of practice is also a repository for instructional knowledge documents and provides information on upcoming professional development opportunities. Membership is open, and we invite you to join this growing group and begin contributing to its success today!

## WHO ARE WE?

By: Maj Morin, Medical Doctor

We are Dentists, Dental Technicians, Health Care Administrators, Health Services Officers, Lab Technicians, Medical Assistants, Medical Technicians, Nurses, Operating Room Technicians, Pharmacists, Physician Assistants, Physicians, Physiotherapists, Preventive Medicine Technicians, and Radiology Technicians. We are Military Health Care Professionals.

Or are we?

Unfortunately, our military model of health care isn't much different from the civilian one, in that both are for the most part "illness care" models. Most of our training and practice is focussed on recognising and treating illness, injury and disease, and managing patients and the services they need as they navigate through our care. Because of this, we tend to adopt a narrow view that health is purely the absence of illness, injury and disease. We miss the broader picture of health, which is about setting the conditions to avoid these outcomes as much as possible, and to minimise the impact on our lives when we do get "sick."

I challenge you to break out, stop being just an "Illness Professional," and truly earn the title of "Health Professional."

Step 1: Become a personal example of health, and be seen as that person who consistently makes healthy choices. Remember that smoking, obesity and sedentariness are all significant risk factors and indicators of general health, are the

leading causes of preventable illness in our society, and are equally prevalent in Canadian military and civilian populations. If you are struggling with any of these or other modifiable risk factors, commit to do something about it (but don't do it alone). When you come across someone working to make healthy changes, be supportive and encouraging, and take every opportunity to acknowledge their strength and efforts.

Step 2: Find at least one "healthy message" from your respective fields, and make it your mantra. Share this message at every turn. Every conversation, e-mail, clinical encounter and instructional event (pre or post for the latter of course) should be an opportunity to deliver this message. Be persistent and unapologetic, but don't be rude or "preachy."

I hope some of you will use the natural renewed vigor and commitment to health that comes with the Spring thaw, and take up this challenge. I look forward to seeing all the positive examples of personal health, and hearing all the great healthy messages.

I'll kick it off with a simple healthy message. In the elderly, the ability to move from a lying position (on the floor) to standing, without using hands or arms, is an excellent predictor of physical vitality and health. While there is no evidence to say that being unable to do this as a non-elderly adult is a predictor of future bad health, the likelihood is very low that you will be able to achieve the conditioning to do this when you become elderly if you can't do it in your 30s or 40s.



Source: [www](http://www)

## STAYING FIT AND HEALTHY AMONGST THE HUSTLE AND BUSTLE OF ARMSTRONG COY

By PO1 Thomas Webber and Cpl Robertson



Back Row (left to right): Cpl Roberston, MS Belisle, Sgt Simoneau, Capt Albert, PO1 Webber, Sgt Mantha  
Front & centre: MCpl Keeping

After a much needed break over the Christmas Holidays, the Armstrong team hit the field snowshoeing. Closing out 2014 with running back to back Med Tech QL3/QL5 FC, HSOSOC, BDOC and Dent Tech courses, Armstrong Coy said good-bye to an irreplaceable member, MCpl Cote-Beaver when she made the transition over to Ops and Sp Svs, but we welcomed and gained the knowledge of a valuable asset, MS Belisle.

In Armstrong Coy, we are a unique group of individuals who collectively bring a variety of experience, objective and skills. We band together as one organized team, and manage to accomplish whatever challenges we are faced with. We work hard and we play hard as a team. vWith the arrival of the New Year, many of us have made resolutions to try and start it off, on a new foot. Unfortunately those resolutions can quickly begin to lose steam and even with the best of intentions they can quickly fall to the way side, especially here in the hustle and bustle of Armstrong Coy!



While some take a smoke break  
here in Armstrong Coy we take a snowshoe break!

Together we support, encourage and help with picking you up and dusting you off when you have fallen off the path to a healthier you. Whether you want to lose weight; quit smoking; or minimize your daily stress levels, as a team Armstrong Company will help each and every member achieve their goals while maintaining their crazy and very busy work schedules.

Armstrong Coy has progressed into a strong, dedicated and interconnected team that is fully ready to tackle and face all the challenges that 2015 has in store for us. This summer Armstrong Coy will be requesting permission to enter an annual extreme sporting event known as Tough Mudder, in support of The Wounded Warrior Project.

**CONGRATULATIONS**

To the Willcott's on the birth of their son.

At 6 lbs 15 oz, on 05 Nov at 1230 (today), a baby boy.

His name is Nathan Cooper Ross Willcott.



To Darlene Gillis for 25 years of service.



**A WARM WELCOME!**

By CWO Paradis



On 10 November 2014, CFHSTC, also known as the Health Services Home Station, had the unique opportunity to bid a warm welcome to one of their own. During a Unit recognition ceremony, with her family in attendance, Major S. Savoy, A/Cmdt, presented LAW (ret'd) B. Hendricks with the Lieutenant Governor of Saskatchewan's Military Service Pin.

Throughout our history, Saskatchewan men and women have served in wars, dangerous peacekeeping missions, and vital domestic operations. They have made enormous sacrifices to represent the nation and to defend the principles of peace, freedom, and justice. The Lieutenant Governor's Military Service Pin symbolizes the gratitude of the Crown and the people of Saskatchewan for those who have served with

honour and valour. The pin is intended to be worn on civilian clothing, so that all might recognize those who served when they are not in uniform.

Betty Kathleen Hendricks was born and raised in Saskatchewan, Manitoba. She enrolled in the RCAF at the young age of 18, from Hamilton, ON on Dec 23 1955. After accepting a marriage proposal, she was married and thus subsequently honourably released on July 22, 1957.

During her period of service to her country, she travelled to St Jean, Quebec for her basic training, followed by a trip to CFB Trenton where she completed her basic Medical Assistant (known today as Medical Technician) course. She served from CFB Trenton, to Alymer Quebec, to CFS Falconbridge ON, to CFS Senneterre, QC, where she was eventually released. She held the rank of Leading Air Woman (LAW).

Although her time in the service was limited and quickly shortened as a result of her decision to marry, coupled with RCAF regulations and circumstances, at the time; she continues to remember her service fondly and with much pride.



**CANADIAN FORCES HEALTH SERVICES TRAINING CENTRE**

Commandant LCol M. Brochu

TCCWO CWO Paradis

Newsletter Editor Maj Savoy

Newsletter Publisher SLt Clifford



**CFHSTC MISSION STATEMENT**

To educate and train Canadian Forces Health Services personnel in evidence-based medical/dental practices and relevant CF doctrine, using timely, innovative and pertinent training methodologies in support of the CF mission anytime, anywhere.

**PUZZLE ANSWER FROM PREVIOUS ISSUE**

Dental Word Search  
Paulina



- |            |            |                |
|------------|------------|----------------|
| Breath     | Smile      | Cavities       |
| Teeth      | Chew       | Tooth fairy    |
| Cup        | Toothbrush | Dental surgeon |
| Toothpaste | Dentist    | Toothpick      |
| Enamel     | Whitening  | Erosion        |
| Filling    | Floss      | Fluoride       |
| Gingivitis | Gumline    | Gums           |
| Molar      | Mouthwash  | Periodontal    |
| Root canal |            |                |

**THANK YOU**

Special thanks to all who contributed to the Training Centre Newsletter:

- LCol Brochu
- Maj Morin
- Lt (N) An
- Capt Caron
- Capt Dallaire-Giroux
- Capt Fournier
- Capt Gaudette
- Lt (N) Marshall
- Capt Pobre
- SLt Brown
- Lt Carbonneau
- SLt Clifford
- Lt Jessome
- CWO Paradis
- MWO McLennan
- PO1 Webber
- Sgt Doucet
- Sgt Girardin
- MCpl Steinke
- Cpl Robertson