



**THE  
GARRISON COMMUNITY COUNCIL**  
**London and Region**

[www.gcclondon.ca](http://www.gcclondon.ca)

# *The Connection*

**Working  
Service Dog**

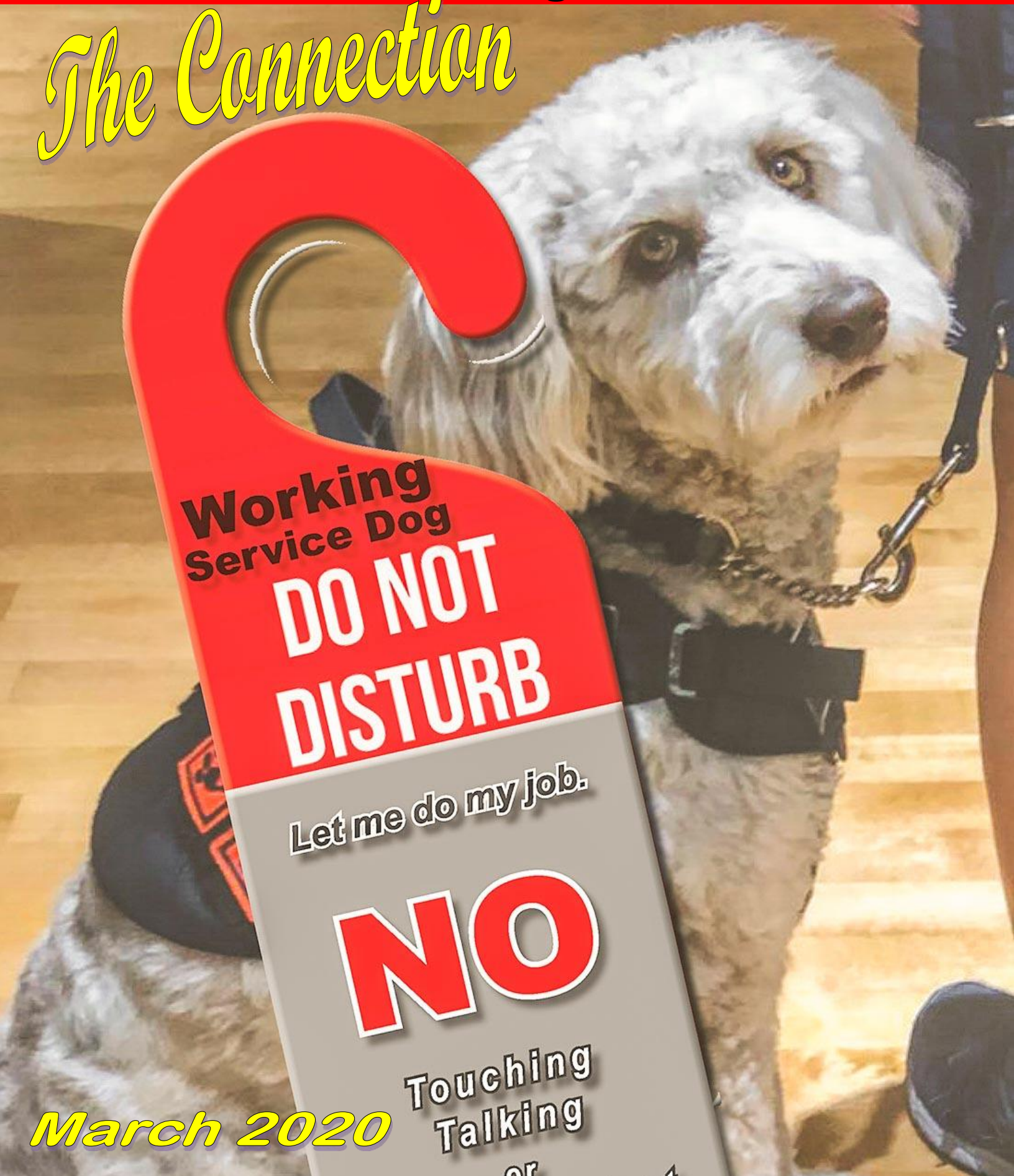
**DO NOT  
DISTURB**

*Let me do my job.*

**NO**

**Touching  
Talking**

***March 2020***





# The Garrison Community Council

*Building Closer Connections Between Canadians and our Military*



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## The GCC Executive

President:	Tom Dean
1st Vice President:	
2nd Vice President:	
3rd Vice President:	Mike Leatham
Secretary:	Randy Harden
Treasurer:	John Martin
Past President:	Geoff Hutton



## *You are most welcome to join us*

*Like reading The Connection? Perhaps you have come to a meeting as a guest, enjoyed our monthly speaker and had a chat with some of the members.*

*The GCC holds monthly lunch meetings that include guest speakers on a range of topics such as military history, current issues and subjects of topical interest.*

*For a membership application, e-mail us at -*

***[garrisoncommunitycouncil@gmail.com](mailto:garrisoncommunitycouncil@gmail.com)***



*... or just come to a meeting*



## **On The Front Cover**

Cindy and Larry Weir, this month's speakers, are going to tell us all about the wonderful dogs that support our veterans. See Page 3 for details and be sure to put our March meeting on your calendar.



***<http://veteranselitecanines.ca>***





# The General Meeting

## Wednesday 12 March 2020

### Warrant Officers' & Sergeants' /Officers' Mess Beaver Hall, Wolseley Barracks



Meet & Greet 11:15

Lunch 11:30

*Please advise attendance by 1100 the Monday prior for meals (indicate wrap or sandwich). Send to:  
garrisoncommunitycouncil@gmail.com*

Our Speakers 12:00 Cindy & Larry Weir

## Cindy Weir - Veteran's Elite Canines

Cindy Weir is a Veteran of the Canadian Armed Forces. She served with the UN Forces in the Golan Heights and with the Coalition Forces in Gulf War 1. She later left the CAF, to marry and raise a family. As a service family she saw many moves across Canada, Europe and the US. She became a certified first responder and volunteer fire fighter until her health issues became so significant she could no longer pursue this career.

Not long after Cindy left the Military she experienced numerous physical and mental health issues. Eventually she was diagnosed with MS and PTSD, both traced back to her service career.

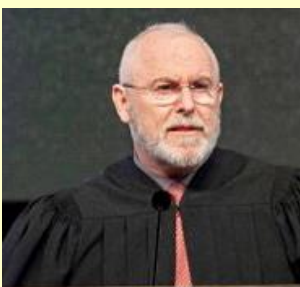
A member of the Canadian Military Community for over 35 years, she is committed to improving the lives of service members and veterans.

In 2017, Cindy began the search for a Service Dog at the recommendation of her mental health team. The process to find and ultimately acquire this necessary support was arduous and long. It quickly became evident there was a greater need than the Canadian supply could handle. Cindy eventually found assistance with the **Pawsitive Love Foundation** (PLF) – based in Florida. Cindy was fortunate enough to have a dog of a suitable breed, age and temperament that PLF determined could be properly trained. PLF accepted Gracie only after meeting her and evaluating her. Once approved, Gracie and Cindy began an intensive training schedule. What a difference Gracie has made in Cindy's life. Gracie's presence and skills allow Cindy to leave the house, shop, attend social functions and interact with people again. She lives a full life – a productive life and she's determined to give back to others. The incredible generosity Cindy received from the Pawsitive Love Foundation inspired her to establish **Veteran's Elite Canines Inc.**



## Larry Weir - Veteran, Founding Director, Associate Dean, Norton Wolf School of Aviation Technology

Larry is a Retired Senior Officer and Decorated Veteran of the RCAF whose service spanned a broad spectrum of aviation-related activities including commanding at the unit and squadron level, both domestic and abroad. In addition, he served in a wide variety of senior staff positions with NATO, NORAD and in NDHQ. He is a graduate of RMC with a Bachelor of Military Arts and Sciences, as well as being a graduate of the Canadian Forces Command & Staff College. Larry holds numerous Canadian and International qualifications including Air Navigator, Staff Air Navigation, Tower Controller, Air Force Staff, Unit & WingFlight Safety, and USAF Combat Systems to name a few. In addition, he is a former member of several London based, not for profit - Boards of Directors - AirShow London and the (Chair Emeritus) South Western Ontario Military Family Resource Centre.





## From the President

This is my first message in the Connection as the President of the GCC.

I wish to extend a personal thank you to Past Pres. Geoff Hutton on his very positive year at the helm of the GCC. Geoff worked very hard on our behalf and as a result had a very successful year as the GCC President. I am relieved and pleased that Geoff will continue to be an active member of our new Executive and Board as the Immediate Past President.



Secondly, I am grateful that VP Dave Barton continues on as a member of the Executive and the Editor of **The Connection**. Dave has made our newsletter one of the best in London and region. Dave's initiative in bringing to the GCC a revised form of budgeting is a positive step in our revitalization.

Mike Leatham, a member of the Hamilton Signals Association, who commutes to our meetings from Hamilton, was elected a VP at our Annual General Meeting. We welcome Mike to the Executive of the GCC.

There is still one VP vacancy. If you would like to be part of the GCC action group, please give me a call and I can review the matter with you.

Randy Harden, who was a VP of the GCC has moved over to the position of Secretary. We thank Randy for his willingness to take on this responsibility.

I appreciate that our new member, John Martin, has become Treasurer. John brings considerable relevant experience to the office of Treasurer.

The GCC has a new position – Quarter Master. Gary Nash has taken on this new role. Gary is responsible for the storage and safe keeping of our equipment and paraphernalia.

The GCC offers its sincere thanks to Beth Sayler and Barry Graham who have served with dedication for some years as Secretary and Treasurer respectively. We appreciate the service that they have rendered to the GCC.

We must never forget that the success of any volunteer organization is determined by the energy and participation of its members. I encourage each member to not only attend our meetings but to participate in our activities and to purposefully extend an invitation to friends, neighbours and relatives to come to a meeting and join the GCC.

As an association, the GCC attempts to be open and transparent in our dealings. If you have any question or comment, at any time, please feel free to send me an email or give me a call. If you have any suggestions as to how the GCC can better "Support Our Troops", I would be pleased to hear from you.

A group of individuals with common goals can accomplish far more than any one person working alone.



Tom Dean  
President

[tomdeangcc@rogers.com](mailto:tomdeangcc@rogers.com)

519 – 657 – 6887

**Wednesday 19 February 2020**





One stroke of the pen and she's all yours mate.



# GCC Notes

## The Annual General Meeting

12 February 2020

This is the time when the Members of the GCC take a look at the GCC and in what direction it is heading.

Always wanted one of these.

At this year's AGM, there was a good turnout of members who received detailed reports about the GCC's road to incorporation as a Not for Profit corporation and the new budgeting process.



Past Pres. Geoff Hutton reviewed the many positive highlights of his year as President mentioning the visit of LGen Chris Coates, the tour to the Ontario Regiment tank museum, and our student bursary program.

Pres. Tom Dean reviewed the work that had been done in anticipation of the Ontario Not For Profit Corporations Act (ONCA) coming in to play. The name Garrison Community Council – London and Region is to be changed to the **Garrison Community Connection London and Region** to more accurately reflect what the GCC is attempting to do. The initials GCC remain the same! Unfortunately, the anticipated coming

into force of ONCA in early 2020 has been delayed by the Ontario Government. Therefore, our plans for incorporation have also been delayed to an unknown date. Once ONCA is in force, the membership will be asked to give authorization for an Application to be made for incorporation.

Tom Dean the new Pres. of the GCC spoke about the GCC as a TEAM committed to a common purpose and working together to achieve its goals.

The last of the unique door prizes was handed out. We have had prizes of a Support Our Troops theme including a winter toque, a winter scarf and a coffee mug. Each prize had on it the yellow ribbon with the words "Support Our Troops".

... and now I've got one!







# The NAVY



HMCS Prevest

Heritage Fair  
15 February 2020



MP Fragiskatos speaking to veterans during the **Acknowledging Our Veterans Ceremony** at London's Heritage Fair







# The ARMY



## 31 Canadian Brigade Group

*The images and narratives provided here offer a glimpse into the world of 31 Canadian Brigade Group, with a central focus on the London Garrison's activities. Provided with the goal of keeping the GCC membership informed as to what the Army in Southwestern Ontario is up to, we offer these accounts in an effort to cover our events, our exercises, and our contributions to operations domestically and around the world. We are a dynamic formation with a diverse and growing number of soldiers, whose service to their community goes beyond their military occupations and their units' activities. We hope you enjoy their stories, as they are an inextricable link to the community we share.*



*Joe Robinson  
Colonel*

*Commander, 31 Canadian Brigade Group*



## Canadian Armed Forces & Fanshawe Sign Memorandum of Understanding



Canadian Army Reserve soldiers of 31 Canadian Brigade Group stand behind Colonel Jason Guiney of the Canadian Armed Forces and Fanshawe President Peter Devlin as they sign a Memorandum of Understanding on February 21, 2020.







*Fanshawe President Peter Devlin speaks to soldiers of 31 Canadian Brigade group following the signing the Memorandum of Understanding on February 21, 2020.*

London's Fanshawe College has entered an agreement with the Canadian Armed Forces (CAF) in an effort to support military personnel enrolled at the post-secondary institution.

The MOU will allow Fanshawe and the CAF to develop a framework that will support military personnel who are currently studying at the College; provide heightened awareness to students about careers in the CAF; and support military members and veterans who are transitioning from active service through advanced standing in an academic program by recognizing their military training and experience. It has been created to provide students, members of the CAF and veterans with career opportunities and additional supports for transition.

Those enrolled in the program will receive individualized support and advice from Fanshawe staff trained to provide specialized military support. These students will gain leadership recognition on their co-curricular transcript resulting from a combination of their military training and co-curricular activities at Fanshawe.

Upon graduation, a Leadership notation will be made on their credential and recognized as part of the graduation ceremony.

The agreement was signed by Fanshawe President Peter Devlin and CAF Colonel Jason Guiney, on behalf of Brigadier-General Conrad Mialkowski, Commander of the 4<sup>th</sup> Canadian Division/Joint Task Force Central.

*"As Canadians, we are grateful to those who are and have served and sacrificed for our country, preserving and protecting the freedoms we enjoy today", says Fanshawe President Peter Devlin. "Here at Fanshawe, we are pleased to offer our support and to provide a welcoming campus with services and resources available to meet the unique needs of military personnel."*

*"Members of the Canadian Armed Forces possess specialized military knowledge and skills acquired through education, training and experience", says Brigadier-General Conrad Mialkowski, Commander 4<sup>th</sup> Canadian Division/Joint Task Force Central. "This partnership with Fanshawe College, a well-recognized institution, will provide our military members with the opportunity to enrich their skills and knowledge while deepening their relationships with the community."*

*By Lt(N) Andrew McLaughlin, PAO, 31 CBG  
Photos courtesy of Fanshawe College*



# Army Parking Lot Transforms into Emergency Command Centre

*By Lt(N) Andrew McLaughlin, PAO, 31 CBG*

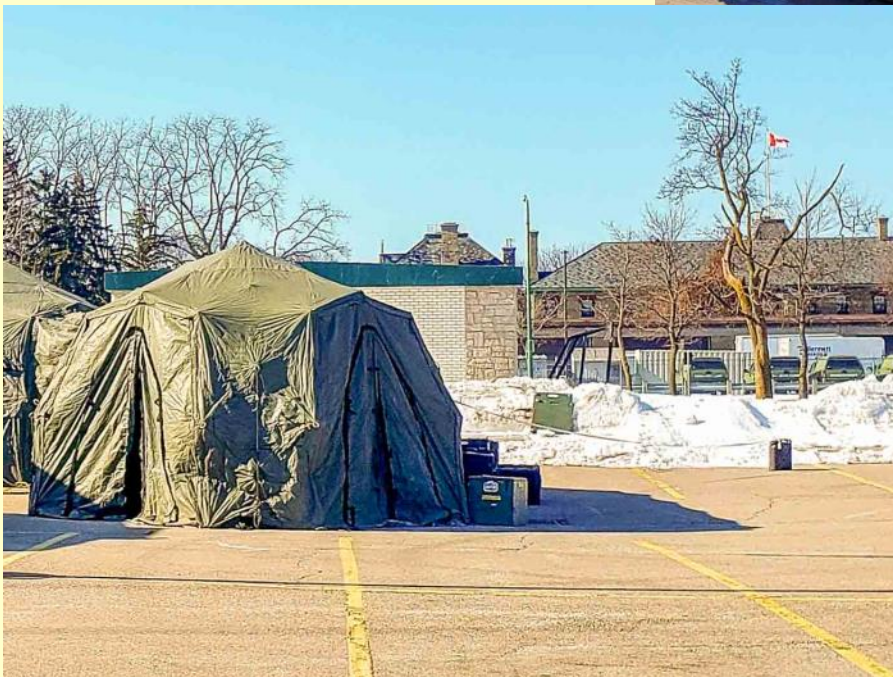


If recent history is an indicator of future needs, the Canadian Armed Forces (CAF) can expect to deploy to help Canadians in need, any time, at a moment's notice. With that reality in clearly in focus, Exercise TRILLIUM DRAGON 20 (TD20) was held on the weekend of February 21-23, 2020 at Wolseley Barracks in London, Ontario.

The exercise was based on a simulated domestic emergency scenario within Ontario, and the local Army Reserve's capability to work under higher headquarters and respond

to it. It was specifically designed to provide a realistic, simulated reaction to a Request for Assistance (RFA) from a Canadian community; the type of scenario that could arise during natural and other disasters like flooding, ice storms, or tornadoes, for example.

Approximately 50 soldiers set up a mobile command and control node in the parking lot of Wolseley Barracks, and



operated at an intense and realistic operational tempo in order to fine-tune 31 Canadian Brigade Group's (31 CBG) Territorial Battalion Group (TBG), a sub-component of the Brigade with a rotating command between 31 CBG units. The TBG stands at high-readiness for Domestic Operations (DOMOPS), and is currently led by Hamilton's Argyll and Sutherland Highlanders of Canada (Princess Louise's).

TRILLIUM DRAGON exercises, which



take place annually in preparation for real emergencies across Canada, are run by Joint Task Force Central (JTFC), one of six regional joint task forces of the CAF that are situated in key locations across Canada, and conduct continental operations.

JTFC has its headquarters in Toronto, and the JTFC Commander also commands 4th Canadian Division (4 Cdn Div). Brigadier-General C.J.J. Mialkowski, 4 Cdn Div and JTFC Commander, has the authority to form mission-appropriate task forces at any time,



which includes tasking any and all CAF resources held in the Province of Ontario by the Royal Canadian Navy, Canadian Army, and Royal Canadian Air Force.

As one of those assets, 31 CBG plays a critical role in maintaining readiness to respond to emergencies across Ontario, and the exercise confirmed the capacity to

force generate and mobilize a TBG for DOMOPS rapidly, and effectively.

*"We run these simulated emergency response scenarios to practice communications between, and movement of, Army personnel so that we're prepared to help Canadians wherever we're needed,"* said Lieutenant-Colonel Peter St Denis, Commanding Officer of 31 TBG and the Argylls. *"If the call for CAF assistance comes again this year, we'll be ready."*







# The CADETS



## Cadets take AIM towards the future!

*By Lt(N) Terri-Leigh Saunders, RCSU(C) Unit PAO*

February marks the beginning of competition season for those who like to take their chances on the firing line. Sea, Air and Army Cadets across Ontario began their competitive season with “Zone” competitions with the hopes of moving on to represent their areas at the Regional competition.

Using the Daisy 853C Air rifle, each 5-member team competed in two twenty-round relays; one in the standing position and the other in the prone position. Cadets are then scored as part of a team and as an individual where there are awards for Top Overall Team, Top Junior and Top Open.

In Southwestern Ontario, there were six “zone” events which took place at various locations. Total scores from each zone will be evaluated by representatives from the Area Office in London to determine the top overall scores in Southwestern Ontario. These Cadets will then advance to represent Southwestern Ontario in Trenton.

Once in Trenton, Cadets from six geographic areas across Ontario will then compete to earn a spot on Team Ontario. Cadets earning one of the coveted spots will move onto the Cadet National Marksmanship Championships where they will come together with



Cadets from across Canada and descend upon London for the chance to be names best of the best!

Woodstock Army Cadet Keegan Ypma competes in the standing event. Keegan was on the winning team and also placed first in the Individual Open competition.



*Photos: Terri-Leigh Saunders*





Cadets participate in the Zone 4 standing event at the Brantford Armouries.



## 364 Lancaster Air Cadets Tour Chinook



*By Cadet Flight Sergeant Abigail Meloche & Captain Jim Roberts*

On a sunny February afternoon in Windsor, Ontario, the cadets of 364 Lancaster Squadron were preparing to begin their weekly Drill with Arms Team practice when the sound of a helicopter could be heard in the background. This is not unusual as the squadron is located at Windsor International Airport (YQG). However, as the volume increased, it became apparent that it wasn't one of the helicopters that are normally seen around the area. As the Cadets gathered on the apron of their training facility to admire the tandem rotor aircraft, it was identified as a CH-147F Chinook helicopter.



A while later a knock came on the door to the hangar. The Cadets had caught the attention of the Chinook's flight crew (one of whom was a former Cadet) and to their excitement, were invited for a tour of the helicopter. The lucky Cadets toured the aircraft for 45 minutes and were able to appreciate the storage capacity of the fuselage, as well as the instruments in the cockpit. They also were able to inspect the two large rotors of the Chinook up close. The flight crew answered questions on topics ranging from engineering to the experience and education required to operate the helicopter. They shared that they had been training in the United States for the past month and were returning to their home base, CFB Petawawa. However, because of impending bad weather they decided to stay in Windsor overnight.

For Sgt Currie, a cadet interested in aircraft maintenance, touring the Chinook was "a great opportunity to learn more about different career options in the aviation industry". Seeing the helicopter from the outside to the inside brought the theoretical knowledge to life. This was a unique experience for the cadets and they were grateful for the opportunity.



This was a unique experience for the Cadets and we're grateful for the unique opportunity they were given...The Cadets had a great time and were very impressed by this magnificent aircraft!

*Photos: Flight Sergeant Abigail Meloche*



# MARCH IN OUR MILITARY HISTORY

## *Il y a vingt ans ... le 12 mars 2000*

Fin officielle des opérations pour les membres du **Royal 22e Régiment** au sein de la force de l'ONU au Timor oriental.



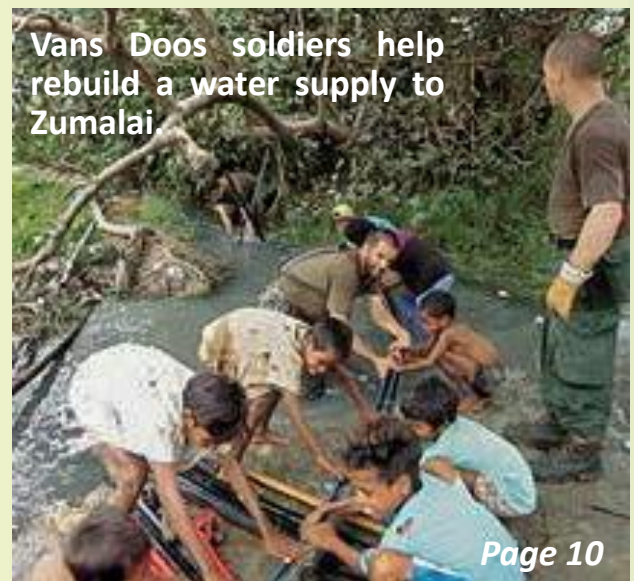
Australian Army Blackhawks transport infantry

The Dutch and the Portuguese colonized the island of Timor in the 18th century, the Dutch claiming the western portion (now Indonesia) and the Portuguese holding the east. In 1975 Indonesian-backed forces staged a coup overthrowing the Portuguese administration, ushering in over two decades of oppressive rule. The East Timorese are culturally different from the inhabitants of the western part, having their own language and religion. In August 1999, an East Timorese referendum voted 80% for independence. This sparked a campaign of violence by anti-independence militias, armed and supported by Indonesian security forces. 2,600 East Timorese were killed, 30,000 displaced

and 250,000 forced over the border into West Timor; it was a scorched earth policy. In September, the United Nations created the International Force in East Timor (INTERFET). By the end of the month, 4,000 troops from 16 nations, headed by Australia, were on the ground with the Force doubling by the next month. INTERFET quickly established a secure environment into which humanitarian aid could follow.

The Canadian Forces supplied 650 personnel which included *HMCS Protecteur*, a Sea King helicopter, two C-130 Hercules and supporting naval and air personnel. The bulk of the ground force was a 250-man company from the 3e bataillon Royal 22e Régiment from Valcartier. The company was based in Zumalai and attached to the 1<sup>st</sup> Battalion Royal New Zealand Regiment. The company was transported from Darwin to East Timor by the Australian assault ship *HMAS Tobruk*.

The soldiers first mission was to end the violence and establish security in the territory. The Van Doos conducted patrols through the burned land and the raised villages from Ainaro in the east to Suai in the west. However, much of their work was helping to rebuild the infrastructure and assist the villagers. Many of the troops gave up days off to pitch in.



Van Doos soldiers help rebuild a water supply to Zumalai.



# THE GARRISON COMMUNITY COUNCIL London and Region

[www.gcclondon.ca](http://www.gcclondon.ca)

## Upcoming Events

### Garrison Community Council

March General Meeting

11 March

Wolseley Barracks

April General Meeting

8 April

Wolseley Barracks

### London and Region

RLMI Meeting

8 March

*HMCS Prevost*

SWOMFRC

4 March

Wolseley Barracks

International Women's Day  
Celebration (see below)

Beaver Hall

*It's chasing season again  
in GCC Land!*

### International Women's Day Celebration

THIS IS AN ALL GENDER EVENT -- ALL WELCOME!

Wed March 4, 2020

At Beaver Hall, Wolseley Barracks

Doors open at 10 a.m. and wrap up at 1 p.m.

10-11 a.m. Pre-lunch: We have a few activities lined up that we hope you will enjoy. As always, we will have an opportunity to create something to take home.

11-12 noon Networking and lunch (our ever popular pitas will be back for your dining pleasure)

12-1 p.m. "Happy to the Core – Shift your mind, Change your life" with speaker Jennifer Slay [www.jenslay.com](http://www.jenslay.com)

Door prize draw (please contact Kym if you have a door prize to donate)

No fee (cash donations welcome to help defray our costs) This is one of our most popular annual events – Register now!

**GCC Note:** If any members would like to make a small donation to this activity, please contact the SWOMFRC Program Coordinator, Kym Wolfe, tel: 519 660 5275 x5432



## For Some ... Dues are Now Past Due

A gentle reminder for those who have yet pay their membership fee of **\$100**. Please bring your cheque or cash to the next meeting or mail cheques to:


**Garrison Community Council, London and Region**  
c/o 31 CBG, HQ, Wolseley Barracks  
701 Oxford Street East  
London, ON N5Y 4T7

Please make cheques payable to:

**Garrison Community Council**

If your cheque does not have your name on it, please attach a note identifying yourself. If your address, phone no. or email address has changed, let us know.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <b>WONDERFUL WEDNESDAYS</b> Workshop (L):	5	6	7 <b>Mental Health and Crisis Intervention Course (H)</b>
8	9	10 <b>FAMILY SEPARATION AND REUNION WELLNESS GROUPS (H)</b>	11 <b>WONDERFUL WEDNESDAYS</b> Workshop (L): <b>How 'Shamrock green'</b> 	12	13	14 (L) <b>YOGA AT THE WINERY</b> Promoting Connection & Mental Wellness Series #5: EDUCATION (H) 
15	16	17	18 <b>McLachlan's Sugar Bush (L)</b>  <b>FAMILY SEPARATION AND REUNION WELLNESS GROUPS (H)</b>	19	<b>InterComm Course (L)</b>	
22 <b>Military Family Match Break Movie Matinee (H)</b> 	23 <b>FAMILY SEPARATION AND REUNION WELLNESS GROUPS (H)</b>	24 <b>FAMILY SEPARATION AND REUNION WELLNESS GROUPS (H)</b>	25 <b>WONDERFUL WEDNESDAYS</b> Workshop (L): <b>Rope Art</b>	26	27	28 (L) <b>Volunteer Appreciation Night</b> OSI Wellness (H)  (W) <b>Volunteer Appreciation Dinner</b> 
29	30	31				

## London Events

*For information on Hamilton and Windsor Events - please contact the respective Event Coordinator*

**Mar 4:** Wonderful Wednesdays—WORKSHOP, \*\*Women's Day Event,

Time: 10:00 AM—1:00 PM

**Mar 11:** Wonderful Wednesdays—WORKSHOP, \*\*How 'Shamrock green' are you? (An early St. Patrick's Day workshop), Time: 9:30 AM—11:30 AM

**Mar 14:** Yoga at the Winery (Sarnia) Cost: \$20 for military family, members, and veterans. \*\*Limited spaces available—your spot will be reserved with your payment

**Mar 18:** McLachlan's Sugar Bush \$5.00/person.

Time: Must arrive between 9—9:15 AM

**Mar 20-21:** InterComm Course in London

**Mar 28:** London Volunteer Appreciation Night (Details to follow)

### Save the Dates

**July 6-10, 2020 and August 10-14, 2020**

**SWOMFRC Summer Camps!**

**Ages 6 to 12 years of age**

**16 spaces available. Full week care only!**

**\$150.00/ per week.**

**Hours are 7:30 am to 4:00 pm**

**If you need extended care from 7 to 4:30 there is an extra charge of \$10/day**

**The camp will include local trips and guests in to teach exciting things! The Adventures just keep coming ☐**

### Hamilton Events

**Contact Donna Pickering**

**P: 905-972-4000 x 6623**

### London Events

**Contact Brenda Willsie**

**P: 519-660-5366**

### Windsor Events

**Contact Erin Jordan**

**P: 519-254-2535 x 4501**

**Caregiver Zone-Supporting Care-givers of Veterans in Canada**

<http://caregiver.ca/#/forefront/home>

**Contact Deborah Smith for information regarding services for Veterans and their families**