



# Spring Newsletter

## President's Message

- Harry Addison

Our first spring social event of 2008 has resulted in accolades for Wayne, Jeanne, Alison Fisher, Dick Lidstone, the jovial tipper and for one who gives his efforts without reward, Rod Nygren. Bal will provide you with additional details for May, June, July and August steak nights. Needless to say, prices are going up for everything, however they remain stable at the "Little Legion" near the

Legislature.



We hope to have five submissions to the BC-Yukon War Service Recognition Book, Volume III. They are due by the end of May 2008 and if you would like to participate, **please** give me a call at (250) 652-5660, as it will take a concerted effort to make this deadline.

The "VIA Rail Event to Chemainus" has been posted on our notice board, offering FREE RAIL for veterans and 50% reduction for their spouses, or

families. With sufficient interest, we would like to arrange a light lunch at Chemainus Branch of the Legion and leave time for a walking tour of the world famous murals. Departure would be at 10:00 am on Sunday, July 20th, returning around 8:00 pm

Members will note the recent changes to our office area, with more space and a new dartboard, donated by Fred Tresidder, to test your skills. In the kitchen we have tolerated our cantankerous stove -- it **did** perform at the most recent steak night.

Seems like our members with wanderlust have returned from their tours of foreign lands so we look forward to more activity in the "Little Legion" at the Legislature.

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## 2008 EXECUTIVE AND COMMITTEE

President	Harry Addison	(250) 652-5660
Past President	Wayne Fisher	(250) 382-5648
1st Vice President	Mel Smith	(250) 385-1084
2nd Vice President	Bal Sekha	(250) 595-6362
Secretary	Tom Wylie	(250) 478-5560
Treasurer	Bud Hall	(250) 727-7129
Sergeant-at-Arms	Gerry Gerrard	(250) 382-9827
Bingo	Mel Smith	(250) 385-1084
Cenotaph	Alison Fisher	(250) 385-9842
Entertainment:	Bal Sekha	(250) 595-6362
	Alison Fisher	(250) 385-9842
Honours & Awards	Tom Wylie	(250) 478-5560
House	Rodger Wright	(250) 220-5630
Membership	Jenny Fossum	(250) 384-3380
Newsletter/Web Site	Bal Sekha	(250) 595-6362
J.O. Anderson Housing	Allan Fleury	(250) 384-7470
Service Officer	Wayne Fisher	(250) 382-5648
Scholarships/Bursaries	Harry Addison	(250) 652-5660
Sick & Visiting:	Connie Meadmore	(250) 383-0491
	Mike Rainone	(250) 386-1067
	Bob Burrows	(250) 598-1288
Sports	Len Anderson	(250) 658-4749
Zone:	Bill Morris	(250) 479-1186
	Mel Smith	(250) 385-1084
Branch Telephone		(250) 386-3325

### Regular Recurring Events

<b>Monthly Meetings</b>	1 <sup>st</sup> Tuesday of each month, 7:30 pm unless advised otherwise (June 3, Sept. 2, Oct. 7, Nov. 4, Dec. 2)
<b>Executive Meetings</b>	3 <sup>rd</sup> Wednesday of each month, 7:30 pm unless advised otherwise (May 21, June 18, Aug. 20, Sept. 17, Oct. 15, Nov. 19, Dec. 17)
<b>Mt Doug Golf</b>	Tuesday mornings; please check with Bert Soutar (477-8818) for details
<b>Monthly Golf Outings</b>	<b>Registration: 11:00 am, tee off: 11:30 am, 3rd Thursday of the month</b> June 19 - Cowichan Golf Course (Duncan) July 17 - March Meadows Golf Course (Honeymoon Bay) August 23 - Mt Brenton Golf Course (Chemainus) September 18 - Mt. Doug Golf Course Please check with Len Anderson to confirm above details (658-4749)
<b>Steak Nights</b>	May 24, June 28, July 26, August 23, sign-up list at bar or on bulletin board; please pay at bar, first come, first served



**ENTERTAINMENT**

*Bal Sekha*



A Touch of Hawaii on February 23 with 35 guests was a big success. This may just become an annual event to break up the gloomy winter doldrums. Many thanks to Gail Hanson for a great

idea and to Gail and Allan Fleury for hosting and to Wayne Fisher for being a superb bartender with colorful exotic, mai tais and pina coladas on tap all evening.



*Bill Lowry receiving his prize pineapple from Allan Fleury for the best men's Hawaiian costume.*



*Allan Fleury offering Irene Harrison the women's pineapple prize for the most eye-catching costume.*

**HOORAY!! STEAK NIGHTS ARE BACK**

Steak Nights started on April 26 with Wayne Fisher, Jeanne Lesoway and Alison Fisher being the hosting team and Dick Lidstone helping out at the bar. Again, a very successful evening by all accounts.

The dates and hosts for Steak Nights this year are:

- May 24 - Allan & Gail
- June 28 - Myrna & Bert
- July 26 - to be determined
- August 23 - Allan & Gail

The limit is 40 people, 1 guest per member (unless space available). As always, the sign-up sheet will be at the bar or posted on the bulletin board. The cost will continue to be \$15/person, wine included. How's that for a bargain?



## 75th ANNIVERSARY CELEBRATION

There were no responses received to the questionnaire in the last newsletter. At the May general meeting, it was decided to celebrate our Branch's 75th Anniversary on Sunday, September 21, 2008. The actual anniversary is in August but members may be away on vacations or out of town so September was chosen. Stay tuned for details regarding its format.

## E & N TRIP TO CHEMAINUS - JULY 20, 2008

VIA Rail is offering veterans free admission on their trains during the month of July this year. Some Branch 127 members would like to take advantage of this offer and travel as a group on the E & N Railway to Chemainus on Sunday, July 20. If we can get 20 members, we will arrange to stop at the Chemainus Legion Branch 191 for lunch and touring the renowned murals and "the little town that could" and come back later in the day. Non-veterans are eligible to travel for half price if accompanied by a veteran. A sign up sheet for this trip is posted on the Branch bulletin board or call Harry Addison at 658-5660.

## MEMBERSHIP

- Jenny Fossum

The Royal Canadian Legion is looking for ways to attract new members and increase our declining membership. The Membership Committee is conducting an on-line survey to help us determine the best way to do this. The main focus of this survey is to determine how our new members heard about The Royal Canadian Legion. We ask that you assist us by completing the short questionnaire that appears on the internet site indicated below. Your feedback will help to guide our decisions in the future. Please take a few minutes to visit our survey at:

[www.surveymonkey.com/legionbranch207](http://www.surveymonkey.com/legionbranch207)

Thank you for taking the time to answer our survey. Your response is greatly appreciated!

## BRANCH 127 MEMBERSHIP

As of this month, Branch membership stands at: 113 paid up members, 10 unpaid.

Welcome to transferred members Robert Bauder and M.M. Amode and to new members: Gary Del Villano, Gail Hanson, Ian Pyper, J.J. Richards and Nichola Wade.

## LAST POST

Since our last newsletter, we have lost the following members:

Jack Belanger  
Joseph McLaren

*We will remember them.*

## SPORTS

Golf has finally started now that the rain and wind have eased off -- our latest start in years. The muddy patches at Mt. Doug are gone now so Tuesday mornings are on again. Please contact Bert Soutar (477-8818) for details if you would like to join the group. These are fun outings so not to worry about your skill level. Everyone fits in regardless of how annoyingly good you might be.

The first monthly outing was on May 15 to Royal Oak Golf Course for the regulars. Ten hardy souls turned out to welcome the first warm day in recent memory and after 9, off for a bite at the clubhouse. Those daisies are definitely not pretty when you are looking for those errant balls. 😊

The next monthly outing will be on Thursday, June 19, at Cowichan Golf Club in Duncan. Please let Len Anderson know if you are interested in joining the group.

## ATTENTION

Our Zone Sergeant-at-Arms would like to have a team of volunteers to act as flag bearers for a few special parades. These are Candlelight Service, May 29, 55th Anniversary of the Korean War in August and Remembrance Day, November 11.

We desperately need volunteers for these services. Please phone Gerry Gerrard at (250) 382-9827 or email [evgerry@telus.net](mailto:evgerry@telus.net)  
Thank you.



## VANCOUVER ISLAND BETTER BUSINESS BUREAU

The Bureau has an excellent website that provides information and tips on protecting yourself from scams or bad business practices. The consumers' section on the site is located at:

<http://vi.bbb.org/WWWRoot/SitePage.aspx?site=158&id=3e22bdd8-76f1-49a8-bf54-ccb9ebe49e77>.

The Resources segment covers tips and alerts on a variety of products and services such as dating services, cell phones, government grants and loans, vehicles brokers, credit cards, contracts etc. to name just a handful.

The URL for the following item on buying a condo is:

<http://vi.bbb.org/WWWRoot/SitePage.aspx?site=158&id=728cd816-d571-44f9-b304-4f6054cadd08&art=4006>

### PURCHASING A CONDOMINIUM

1. Hire a professional home inspector of your own to assess the building.
2. Ask the developer for a list of projects the company has done in the past and check them out. If the company has had any problems with its projects before, how has it dealt with them? Check the company's reliability report with the BBB.
3. Make sure the developer used a "building envelope specialist" and ask what kind of rain screen system was used. Be aware that flat-roofed, multi-unit buildings with little or no overhang and designs with a profusion of angles have shown a propensity to leak. There is often no sign of a problem until years after construction is complete.
4. Contact the Homeowner Protection Office at (604) 646-7050. It also has a website at [www.hpo.bc.ca](http://www.hpo.bc.ca).

As of September 30, 2000, regulations under the Homeowner Protection Act require the licensing of contractors who perform building envelope renovations on residential buildings of three units or more. The HPO keeps an up-to-date registry of all Licensed Building Envelope Renovators in the province on its website for consumers to reference.

Licensed Building Envelope Renovators are also required to arrange for third-party home warranty insurance on their work on multi-unit buildings through an insurance company approved by the British Columbia Financial Institutions Commission. The minimum coverage and standards for this warranty insurance must meet the requirements of the Homeowner Protection Act and as such will always include 2 years on labour and materials for any job that costs more than \$2,000 per unit. If 60 percent or

more of any wall is replaced, an additional 5-year warranty on water penetration is mandatory. For enquiries regarding building envelope remediation or for information about the regulations governing building envelope repairs, warranty requirements, and for a list of licensed building envelope renovators, please visit the HPO's website at [www.hpo.bc.ca](http://www.hpo.bc.ca).

5. Get your own real estate agent. The seller's agent may put the best interests of their client first.
6. Ask whether the builder has an after-sales service program and get details.
7. Make sure the developer belongs to a professional association.
8. In a condo that's been operating for some time, ask your real estate agent to see the "Property Condition Disclosure Statement" for the unit you are considering buying.
9. Ask for a record of strata corporation minutes of recent meetings and read them to see what problems are being discussed.
10. You may wish to contact the Coalition of Leaky Condo Owners at [www.myleakycondo.com](http://www.myleakycondo.com) for more information.
11. You may also wish to contact the Condominium Home Owners Association Of B C at (604) 584-2462 for further information. It also has a website at <http://www.choa.bc.ca>.
12. Another source you may wish to contact is the Homeowners Against Deficient Dwellings at <http://www.hadd.com>.

### TIPS FOR IMPROVING GAS MILEAGE

The following tips come from a variety of sources such as television programs, newspaper or magazine articles, some of which are listed at the end. Much of this info comes from American sources but should apply equally to Canadians. Natural Resources Canada is one of the sources and its suggestions coincide with the others.

- keep windows closed to reduce drag, especially for highway driving; use air conditioning if necessary
- downshift to save on wear and tear on brakes
- reduce extra weight - unnecessary baggage in trunk - 100 extra lbs reduces fuel efficiency by 2%
- eliminate unnecessary accessories such as roof racks that affect the aerodynamics of your car
- use 2 wheel drive rather than 4 wheel if you have the option
- check gas caps for cracks or defects that may allow gas to evaporate
- ensure tire pressure is correct - under-inflated tires burn 10% more fuel



- ease into starts and avoid stop & go traffic; use cruise control if possible; aggressive driving can reduce efficiency by 33% on highway and 5% city
- drive a maximum of 90 kph on highway and 45 kph in city for optimum efficiency (there can be 25% loss in fuel efficiency at high speeds e.g., 120 kph)
- fill up the tank rather than getting a few dollars' worth; a full tank keeps fuel pump cooler so pump lasts longer (Walt's Auto Car Care Center on KOMO TV program)
- transmission flush will save 2 miles per gallon
- fuel system flush will save 2 miles per gallon
- air filter cleaning saves up to 10%
- clean fuel filter saves 2 miles per gallon
- oil change saves 1 mile per gallon; an engine oil with friction-reducing additive can improve fuel savings by 25%
- reduce or eliminate idling; drive to warm up the engine

Some of the sources used were:

- <http://www.fueleconomy.gov/feg/driveHabits.shtml>
- [http://www.accessconnect.com/gas\\_mileage\\_savings.htm](http://www.accessconnect.com/gas_mileage_savings.htm)
- <http://oee.rncan.gc.ca/transportation/personal/driving/autosmart-maintenance.cfm?attr=8#defensive> (Natural Resources Canada)
- Walt's Auto Care Center, Seattle - appearance on TV

#### THE NEW ALPHABET

A is for apple, and B is for boat,  
That used to be right, but now it won't float!  
Age before beauty is what we once said,  
But let's be a bit more realistic instead.

A is for arthritis,  
B is for the bad back,  
C is for the chest pains,  
Perhaps car-d-iac?

D is for dental decay and decline,  
E is for eyesight, can't read that top line!  
F is for fissures and fluid retention,  
G is for gas which I'd rather not mention.

H is for high blood pressure--I'd rather it low,  
I is for incisions with scars you can show.  
J is for joints, out of socket, won't mend,  
K is for knees that crack when they bend.

L is for libido, what happened to sex?  
M is for memory, I forget what comes next,  
N is neuralgia, in nerves way down low,  
O is for osteo, bones that don't grow!

P for prescriptions, I have quite a few,  
Just give me a pill and I'll be good as new!

Q is for queasy, is it fatal or flu?  
R is for reflux, one meal turns to two.

S is for sleepless nights, counting my fears,  
T is for Tinnitus; bells in my ears!  
U is for urinary, troubles with flow,  
V for vertigo, that's 'dizzy,' you know.

W for worry, NOW what's going 'round?  
X is for X-ray, and what might be found,  
Y for another year I'm left here behind,  
Z is for zest I still have -- in my mind.

I've survived all the symptoms,  
My body's deployed, and  
I'm keeping twenty-six doctors  
Fully employed!

#### COMPUTER PROBLEM!

I was having trouble with my computer. So I called Eric, the 11 year old next door, whose bedroom looks like Mission Control, and asked him to come over. Eric clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, "So, what was wrong?" He replied, "It was an ID ten T error."

I didn't want to appear stupid, but nonetheless inquired, "An, ID ten T error? What's that? In case I need to fix it again."

Eric grinned.... "Haven't you ever heard of an ID ten T error before?"

"No," I replied. "Write it down," he said, "and I think you'll figure it out."

So I wrote down: I D 1 0 T

I used to like Eric.....

#### Email Addresses

If you have an email address and would like to receive your newsletter electronically, please send it to Tom Wylie ([br127@shaw.ca](mailto:br127@shaw.ca)) or Bal Sekha ([Legion.Br127@shaw.ca](mailto:Legion.Br127@shaw.ca))

The electronic newsletter is sent earlier than the postal version and the picture quality is much better than the black-and-whites in the mailed version. Colour copies are still quite expensive (approx 50 cents per copied page (this newsletter would cost \$4.00 per copy plus postage).

We're getting there though - 59 copies of this issue will be mailed.



### Member Profile: Cathy Frewen

May 12-18 commemorated the 100th anniversary of the Canadian Nurses Association. It is only fitting, appropriate and long overdue that nurses be recognized for their role in our lives and their considerable contribution to the performance of our armed forces. In fact, nurses form a large number of the medical corps in the Canadian military. The spotlight this time is on Cathy Frewen. A trained Operating Room Nurse, as well as a Flight Nurse during her earlier years, Cathy was in the Canadian Armed Forces for just over 20 years before she and Jerry retired in Victoria in 1993. In addition, Cathy was among the first in her profession (1990-91) in the Canadian Forces to serve overseas in an active conflict, the first Persian Gulf War. She served on the hospital ship the USNS Mercy, enabling Cathy to say she served in all three strands of the Forces - land, air and sea.

Cathy was born in Meadow Lake, Saskatchewan but at three months of age, she made her first move of several in her life. Because Cathy's father worked for the Imperial Bank of Canada, the family moved from time to time and managed to live in all the prairie provinces – Brandon Manitoba; Sylvan Lake, Alberta; Bengough, Regina and Weyburn, Saskatchewan.

Jumping ahead, Cathy took her nurses' education/training at the University Hospital in Saskatoon and just happened to be a member of the last graduating class of the three-year Registered Nurses Diploma Program. Upon graduation, Cathy went to work in the Operating Room at Weyburn Union Hospital. After working for several years at this hospital and wanting a change and challenge, Cathy applied to both the Canadian Armed Forces (CAF) Recruiting Unit in Regina and Lions Gate Hospital in Vancouver. Whoever responded first would be the lucky one to get Cathy. The CAF responded and the rest is history. Cathy was assigned to the Land Element but at the earliest opportunity moved to "Light Blue".

Cathy's first posting was to National Defence Medical Centre (NDMC) in Ottawa where she served from October 1973 to August 1978. She completed the Aeromedical Evacuation Course at 426 (T) Squadron, Trenton, Ontario in July, 1973 and took on secondary duty as one of several qualified Flight Nurses providing Silent Hours on-call coverage for CFB Ottawa (Uplands).

In September 1974, Cathy finally managed to make it to the west coast to take a six-month Operating Room Techniques and Management Course at St. Paul's Hospital in Vancouver. From this point on, Cathy's career in the military was primarily as an Operating Room Nurse. Her last two years at NDMC were spent as the Officer in Charge (OIC) of the Canadian Forces Medical Services (CFMS) Operating Training Department that trained all the CF Operating Assistants.

The Aeromedical Evacuation Course Cathy took in 1973 provided specialized training required to work in the restricting environment of an aircraft. This included learning how to operate assorted modified medical equipment that function on different power sources and under severe climatic conditions as well as the resources and limitations of various aircraft. As the senior medical person, the Flight Nurse was responsible for all patient care including any life threatening emergencies encountered during the flight that would normally require a doctor. Doing an airevac is similar to working in an Emergency Department except you must carry all your equipment and supplies with you and your patients can vary from requiring very little attention to requiring team care. A military airevac crew usually consists of a Nursing Officer and a Medical Assistant, both aeromedical evacuation trained.

Cathy met her husband Jerry in the Officers' Mess at CFB Uplands (where else!!) in Ottawa and they were married in June 1976.

August 1978 brought a posting to Canadian Forces Hospital (Europe) [CFH(E)] in Lahr, Germany as Operating Room Supervisor for 3 years while Jerry remained in Ottawa with the Department of Transport. Returning to Canada in August 1981, Cathy was posted back to the Operating Suite at NDMC until July 1991 at which time she was posted to NDHQ into the Surgeon General's Medical Services Personnel Training Section. This section was responsible for all out-of-service education provided to CF Medical personnel, i.e., University, foreign military courses, community college technical courses. The stint here lasted until August 1992 at which time Jerry and Cathy drove out to Victoria. Six months later in June 1993, Cathy retired after 20+ years of service – substantially more than the 3 years she intended to serve.

While in Lahr, Cathy did several airevac from Lahr to Ottawa on board the Boeing 707 which was good for carrying out procedures because it was spacious and had great lighting. During Rendez-Vous 85, Cathy and 2 Medical Assistants did an airevac of 22 soldiers from Wainwright Alberta to Petawawa, Ontario on board a CC130 Hercules



aircraft, an extremely noisy and dark working environment. The majority had been injured in a massive night parachute drop and had an assortment of injuries including one paratrooper who had landed on his rifle which went through his leg. This patient had the distinction of being the first soldier operated on in CF Field Hospital since the Korean Conflict. The logistics were horrendous and the flight passed in a flash with all the nursing care including the required paper work that had to be done.

The mission that stands out the most for Cathy was being deployed during the First Persian Gulf and Kuwait War as part of the CF Medical Augmentation Team on board the USNS Mercy, one of the two US Navy 1000 bed hospital ships in the Persian Gulf. Cathy was employed in the 12-theatre Operating Suite throughout the active phase of the War. There was lots of apprehension as the USNS Mercy and the USNS Comfort were the two largest targets among all the ships sailing in the area and would be the first targets for any SCUD missiles fired. It was quite the learning experience and a matter of great pride to observe first hand how well Canadian Forces medical teams were trained. Unlike other medical crews, the Canadian medical technicians and assistants were highly trained by the Forces as circulators with a great range of skills and expertise to work in many areas whereas some of the other crews were basically scrubbers.

Cathy received her operating nurse training courses at civilian hospitals but in the mid 80s, the CF began in-house training. In fact, Cathy played an important role in this -- she worked nine months on their first training manual and supervised the first three courses.

Cathy's thoughts on her experiences in the Gulf:

#### **Was it your choice to go to the Persian Gulf?**

*I volunteered to go to the Gulf. I joke that I heard it was a cruise with "golf". I was allowed to go when I volunteered because NDMC's Chief of Nursing was assured that the Canadian Field Hospital [CFH] was not going to be deployed to the Gulf. She wanted this reassurance as I was the Senior Nurse in Charge of the CFH Operating Section & had been on all previous deployments of the Field Hospital since 1982.*

#### **How did your serving on an American ship come about?**

*Canada was asked to provide a surgical team. A surgical team consists of 1 general surgeon, 1 orthopedic surgeon, 2 operating room nurses and a technician. Our team went in on January 1 to replace September's team. Fortunately the conflict did not last; otherwise we would have had to stay the duration of the conflict since there were no replacements for us. Our contribution was a 6 month secondment.*

#### **What are your worst and best memories of being in the Gulf?**

*The worst memories: the fear of inbound SCUD missiles and waiting with little to do*

*The best memory: Shortly after coming on board USNS Mercy, the HMCS Protecteur came alongside and to see the Maple Leaf flying was absolutely fantastic. It also helped that we were airlifted over to "hoist a few cool ones" with their Medical personnel due to the US Navy being "dry".*

#### **Would you do it all over again (Persian Gulf) and why?**

*Yes, I would do it again. One of the reasons I joined the military was I wanted unique nursing experiences that are really only provided by the military. Serving during the Gulf and Kuwait War on USNS Mercy certainly was one of them. The Americans also welcomed us and were a pleasure to work with.*

#### **Did you have much interaction with the local people or were you only ministering to our forces?**

*We had very little interaction with the local people as most of our time was spent aboard the USNS Mercy. The only time we came into contact with the locals was in Bahrain as we were embarking & disembarking the ship. We only dealt with American troops.*

#### **How did 3 years become 20+ years of service?**

*I thought I would stay for 4 years to make Captain. My intention also was to retire from the military when Jerry retired in 2 years time but they kept extending him year after year after year. Also, the nurses' retirement plan required 28 years to receive a pension; otherwise, you would only receive your contributions back in a lump sum. When the nurses' plan was changed to match the 3 levels offered in the general officers' plan (9, 20 and 28 years), you couldn't see me leave for the dust.*

Our undying gratitude and many thanks to Cathy, her colleagues and all those who have followed in her footsteps, for looking after us during our times of need.

## **DON'T FORGET**

If someone is sick, under the weather, hospitalized and needs our assistance in any way, please contact any member of our Sick & Visiting Committee:

Connie Meadmore, (383-0491)

Michael Rainone (386-1067)

Bob Burrows (598-1288)

NEXT NEWSLETTER: August

Have a great summer!!