



**Director Dental Services**  
*Colonel Scott Becker, OMM, CD*  
**Directeur - Service dentaire**

'Twas the month before Christmas and all through the Corps, the comptrollers had securely locked every door. Our stockings were hung by the Directorate with care, in hopes that the funding soon would be there. They stuck to their lines that monies were none, but some of us thought that the spring would bring sun. In Ottawa the strategic review had raged on, promising funds to the folks in Grid One!

Ok, Ok, enough of the poetry (?). Depending on who I listen to right now, NDHQ is either poorer than Chrysler or opportunistic money will soon fall from the skies from all the money the CF couldn't spend because of the late allocations. Whichever way the fiscal year finishes, we continue to move forwards. Like the coming of the tides, we are relentless.

I would be remiss in not saying a special thank-you to CWO Pat Leitch who has been my Branch Chief for a couple years now and will be greatly missed as she retires in December (an early xmas gift to herself I think) and we welcome CWO Julie Beach to the team, as well as Maj Deidra McLean. Also an opportunity to say thanks to LCol Bruce Gerry who leaves us end Jan, one of the smartest and hardest working officers I have ever met. We wish him God speed and I will sure miss having that kind of talent on my staff. Likewise for my Ops Goddess Maj Carolyn Boyd who left this fall, and for Maj Richard "The Wizard" Groves who retired during APS but fortunately for us he has come back part-time as a reservist. The Directorate has



seen quite a few changes this year, and there are more to come.

I am so proud of all the good work and professionalism the Dental Branch exhibits day in day out, month in and month out. We know that we provide exemplary dental care to our patients in a comprehensive and cost-effective program, and can prove it. The Strat Review is in fact recognizing those facts for the record. We have met the critical mission demands and struggle to ensure we will be able to continue to do so.

But, we must also be cognizant of our own human limitations. Although your efforts are routinely superhuman, we must know when to dial it back a bit so we don't break ourselves. If we break, we are no good to anyone, not the mission, not the clinic, and not our families. The upcoming Christmas break is a special time to not only rest but to renew the mind and spirit as well. Whatever works for you, indulge yourselves a bit (safely now!), and count our many blessings. And yes, we do have many blessings; we just need to remind ourselves they are there. I recognize on a frequent basis how fortunate I am to belong to such a world-class professional organization like the CF Dental Corps. Excellent people in an excellent organization. We are not perfect, but we are the closest thing I've seen so far over my past 32 years.

So in closing for 2009....and we heard it proclaimed in a voice loud and clear, Merry Christmas to all and a Happy New Year!!



*Col Scott Becker presented Col Bill MacInnis, the outgoing Colonel Commandant of the Dental Branch, with his appointment scroll and with the first clasp to the Canada Decoration.*



*At the Ottawa regional CE event all six surviving former and current DGDS and D Dent Svcs were present: Col Scott Becker, Col John Currah, BGen Vic Lanctis, BGen Fred Begin, BGen Jim Wright and BGen Bill Thompson.*



*D Dent Svcs, Col Scott Becker, presents our new CFDS Colonel Commandant, Col John Currah, with his appointment scroll.*





## ***CDA Oral Health Promotion Award presented to CFDS***

The Canadian Dental Association (CDA) recently presented the CFDS with a CDA Oral Health Promotion Award.

When presenting Col Scott Becker, Director Dental Services, with the award, Dr Don Friedlander, President of the CDA, announced, "This award is being conferred on the Canadian Forces Dental Services for its outstanding contribution to the planning of the oral health component of the Canadian Health Measurers Survey (CHMS), organized by Statistics Canada. It also is being conferred for CFDS's execution, from 2007 to 2009, of the clinical oral examinations that were part of the CHMS. "

"The CFDS team of 13 CFDS dentists carried out clinical oral examinations at 15 sites on over 6,000 Canadians. In total, they contributed over 1,000 person days to this project. "

"In addition, CFDS is a member of the Oral Health Steering Committee advising on all aspects of the oral health module of the study.



"The oral health survey component of the CHMS is the first national survey of oral health in Canada to gather clinical data according to internationally recognized epidemiological methods. This national survey is truly monumental in advancing the oral health of Canadians, and its results are eagerly anticipated for dentistry. "

"It is my distinct pleasure to present CDA's Oral Health Promotion Award to the Canadian Forces Dental Services for its exemplary contribution to making Canada's first national oral health survey a reality."

In accepting the award, Col Becker spoke of the sense of duty we, as doctors, share and embrace for our patients, for our profession, and of course for our country. He stated that, "it has been our privilege to participate in an activity that I believe will ultimately serve all three." Col Becker also recognized out the key contribution of 1 Dental Unit, the National Command and Control element that actually provided the 1000 person days of dental officers to this project. Unfortunately, the command staff were stranded in Halifax in a snow storm and were unable to be present.



***Dr Peter Cooney, Chief Dental Officer for Canada;  
Col Scott Becker; and Dr Don Friedlander***

## Branch Chief Warrant Officer Corner

CWO P.G. Leitch / [adjuc P.G. Leitch](#)  
CFDS Branch CWO / [adjuc du SDFC](#)

When I signed on the *dotted line* on May 5<sup>th</sup>, 1977, I had no idea where or how far my career in the Canadian Forces would take me. I had three thoughts: First, I knew I disliked Hamilton passionately ever since my father retired there when I was nine years of age. Secondly, I worked three years before looking at the CF and knew that if I stayed at that job for one more year, I would be there the rest of my life. Thirdly, I was absolutely amazed that they [the CF] would pay *me* to learn and play a musical instrument and not the other way around. And that was a start to a great career in the Canadian Forces.

I learned that age didn't mean so much since the majority of my co-workers in the band already had a number of years in the CF before I was even born. Now, that is me... sigh!

When I remustered (now called VOT) to dental clinic assistant in 1986, it was another huge departure from my life as I knew it in the CF. No longer in a blue uniform or moving through life as a group, I was now in the Army and seeing the CF in a new light.

Sure, there were challenges and frustrations along the way, but those were an integral part of the growth and experiences I also gained. Each posting was like going to a new job providing new opportunities to learn from those around me, to see another part of the country and meet new people. Even though I seemed to move every year or two or three, I wouldn't have changed a thing. And no, just because I was single it didn't make it any less easy to do these moves.



I made the decision early in my career to always look for the positive; however, I will say, North Bay was a real challenge for me. Never in my wildest dreams did I think I would be posted north of Algonquin Park or be surrounded with trees. That was when I realized I was a prairie girl at heart. But, looking at the big picture, I knew this posting would be a small blip in time and got on with it.

Anyway, this is my good-bye to all of you. Thanks to all of you, serving and retired, that influenced my life and my 32-years and 8-month career. The things I've learned I will take with me throughout life. As too, the friends I have made.

Since this is also the last newsletter for the year, I also wish everyone a safe and happy holiday season.



# Merry Christmas





*CFDS Br CWO, CWO Pat Leitch, receives the second clasp to the Canada Decoration from Comd CF H Svcs Gp, Cmdre Hans Jung.*



*For what has now become a tradition, the CFDS provided a Flag Party for the annual CDAA President's Dinner, 26 Sept, in Toronto. The flag party this year consisted of (L to R) Sgt Tracey Garnier (Dent Det Trenton), Cpl Melanie Morin (Dent Det Trenton), Ms. Brenda Moffatt (representing ODAA), Cpl Martina Resendiz-Lira (Dent Det Toronto), and MCpl Cynthia Goodyear (Dent Det Kingston). Bravo Zulu! for a job well done.*



*Sgt Shawna Thornhill is presented with the Canada Decoration by Col Becker, D Dent Svcs and CWO Pat Leitch, Dental Branch CWO. Sgt Thornhill, formerly of Dent Det Edmonton, commenced the 2-year hygiene program at Algonquin College this past Sept.*



*Capt Isabelle Plasse of Dent Det Petawawa is promoted by Det Comd LCol Nancy Dubois.*



*Sgt Guylaine Lamoureux is presented with the Canada Decoration by Comd CF H Svcs Gp, Cmdre Hans Jung.*



*MWO Anna Aldrich, the CFDS Senior Hygienist, received her promotion at the Regional CE in Ottawa. CWO Julie Beach pins on the new rank insignia.*





*Dean Ruth, Pierre Lamontagne, Kris Marleau and LCol Bruce Gerry were involved in helping to save the life of George Keable, a fellow curler at the RCMP Curling Club by performing CPR until the paramedics arrived on scene minutes later. For his actions, LCol Gerry was the recipient of an Award for Heroism at the Community and Protective Services Committee in Ottawa on May 7<sup>th</sup>, 2009. LCol Gerry shows his award to his wife Kim, daughters Anik and Olivia, and Mr Keable.*



*Adj Andy Plante part à la retraite après 26 ans de loyaux service (PPCLI et Dentaire). Merci à l'adjudant Andy Plante. Il va certainement nous manquer ainsi que son sens de l'humour. Bonne chance à lui ainsi que sa famille à Edmonton.*

*Col Scott Becker, D Dent Svcs, presents WO Andy Plante with his retirement certificates from CF H Svcs Gp and CFDS. WO Plante will be returning to Edmonton to join his family. Congratulations, and we all wish you a happy retirement.*



*LCol Nancy Dubois and Sgt Glenn Miller present WO Val Moore with her new rank at Dent Det Petawawa. Congratulations!*

## **Congratulations to : Félicitations à:**

### **Retirements / Retraites:**

**Maj Richard Groves**, who retired from the CF in August 2009, after 34 years of service with the C+E Branch and Dental Services. Richard and Susan will remain in Ottawa, where Maj Groves will continue to work with CFDS as a reservist and to volunteer with the RCDCA.

**CWO Pat Leitch**, who commences retirement leave from the CF in Dec 2009 after 32 years of service. She will remain in Ottawa.

**WO André Plante**, who retired from the CF in October 2009 after 26 years of service with the PPCLI and Dental Services. Andy returned to Edmonton to join his family.

**LCol Bruce Gerry**, who commences retirement leave from the CF in Jan 2010 after 20 years of service.

**Maj Carolyn Boyd**, who retired from the CF in October 2009, after 20 years of service.

**Sgt Rita Quaghebeur**, who retired from the CF in Aug 2009.

**Sgt Brent Chaisson**, who retired from the CF in Jun 2009.

**Sgt Jodine Duffy**, who retired from the CF in Aug 2009.

**Sgt Reginald Assoun**, who retired from the CF in Oct 2009.

**Maj Annie Larouche**, who retired from the CF Sep 2009.

### **Releases / Liberations:**

**Cpl Isabelle Charette**, who released from the CF in Oct 2009

**Cpl Michelle Gulliver**, who released from the CF in Nov 2009

**Cpl Cassandra Wright**, who released from the CF in Aug 2009

**Cpl Crystal Adams**, who released from the CF in May 2009

### **Promotions:**

**LCol Ray Warmerdam**, Dent Det Halifax

**Maj Isabelle Quenneville**, 2 Fd Amb

**MWO Anna Aldrich**, Dent Det Edmonton

**MWO Kim Haley**, CF H Svcs TC

**WO André Plant**, D Dent Svcs

**Sgt Christine Jack**, Dent Det Esquimalt

**Sgt Alain Belhumeur**, Dent Det Toronto

**Sgt Line Plante**, Dent Det Shilo

**Cplc Line Siconnelly**, 5 Fd Amb

**MCpl Dawn Reid**, Dent Det Wainwright

**MCpl Lucienne Ouellette**, Dent Det Esquimalt

**MCpl Jolene Mudicka**, Dent Det Edmonton

**Cplc Melissa Thibeault**, Dent Det Valcartier

**MCpl Krista Blizzard**, Dent Det Goose Bay

**Cpl Robert Lamontagne**, Dent Det Bagotville

**Cpl Jennifer Lewis**, Dent Det Petawawa

**Cpl Shannon Steinke**, Dent Det Edmonton

**Cpl Rebecca Strauss**, Dent Det Esquimalt

**Cpl Patricia Hare**, Dent Det Borden

**LCol Alain Ouellet**, Dent Det Valcartier

**Maj Deirdre McLean**, D Dent Svcs

**MWO Jacques Tremblay**, Dent Det Ottawa

**WO Bill Norris**, CF H Svcs TC

**WO Val Moore**, Dent Det Petawawa

**Sgt Nathalie Hancock**, CF H Svcs TC

**Sgt Sylvia Meade**, Dent Det Valcartier

**Sgt Wanda Gulliford**, Dent Det Gander

**MCpl Andrea Izzard**, Dent Det Comox

**MCpl Kathleen Trottier**, Dent Det Petawawa

**MCpl Misty Finnamore**, 2 Fd Amb

**MCpl Kathryn Price**, Dent Det Halifax

**MCpl Melissa Pomeroy**, 1 CFH

**Cpl Elizabeth Hubley**, Dent Det Petawawa

**Cpl Ketrina Newell**, Dent Det Kingston

**Cpl Angela Brownell**, Dent Det Gagetown

**Cpl Melissa Lamouroux**, Dent Det Borden

**Cpl Dina Evans**, Dent Det Valcartier

### **Births / Naissances:**

A baby girl, **Tamsen Frances Judge Taylor**, on 19 Oct 2009, to Col James Taylor and Mrs Elizabeth Judge.





## 2009 Cabot Trail Relay Race

*Maj Ralph West  
Det Comd 1 DU Det Toronto*

On Thurs 21 May 09, seventeen Canadian Forces Health Services Group personnel arrived at Halifax airport as members of the H Svcs team entered into the 2009 Cabot Trail Relay Race (CTRR). Their participation in the race was one of the commemoration activities for the 50th Anniversary of the Canadian military medical services.

The CTRR, in its 22<sup>nd</sup> year, is a running race that covers the entire 300 km Cabot Trail in picturesque Cape Breton, Nova Scotia. The distance is divided into 17 legs (thus 17 runners/team), ranging from 12.36 to 20.01 km. Since the race takes place in the Cape Breton Highlands, all of the legs are hilly and several contain extremely long and difficult climbs. Leg 1 began at 0700 23 May and each subsequent leg started according to a pre-determined schedule. All runners (70 teams were entered) started each leg at the same time. Runners were expected to maintain a minimum 6 min/km pace; time penalties were given to any late finishers. The final leg started at 0840 24 May

and ended in front of a large and enthusiastic crowd at the finish line in the town of Baddeck.

The Team Coach, Mike Barnes, an ex-PERI and PSP Fitness Instructor from CFSU Ottawa, was tasked with selecting the team. A call for nominations went out in early Jan and over 80 pers put forth their name. Mike designed a challenging 16-week program that involved running fast, running long and slow, running up and down hills, and generally just doing a hell of a lot of running! Mike's challenge was to select a H Svcs representative team (geographic, gender, MOSID, rank, etc) without ever seeing most of the candidates. He had periodic contact via email/phone and asked pers to send in results for any race they may enter during training. CFDS pers making the cut were Maj Teo Russu and Maj Ralph West, with Capt Mehmet Danis and Capt Nathan Elliot chosen as alternates. Capt Elliot was "brought up from the minors" when an alternate was needed to replace a team member unable to participate.



The strong camaraderie that was to develop among team members was evident as people flew in to Halifax. There was an easy mingling of strangers and the excitement and apprehension of the upcoming event was palpable. We set off in 4 minivans and 1 car for our hotel in Halifax and, after checking in, went for a warm-up run that ended at a 400m track for 8 x 200m sprints --- just so Mike could make sure we were ready! Back at the hotel Mike briefed us on the race; we had a team dinner and then settled in for some needed shuteye.

On Friday morning we drove to our motel in Baddeck. After checking in we all drove the first 4 legs of the race, ending at the top of Cape Smokey on a sunny day with unparalleled cliff-side ocean views. Driving the legs we realized that an "easy rolling leg" description on the race website was definitely a comparative term. Hills and more hills were what we all could expect. We returned to Baddeck for dinner and as much sleep as nervous anticipation would allow.

The logistics are immense for a race on a 300 km, circular, two-lane road with 70 teams of 17 for a total of 1190 runners, plus race officials, organizers, spectators, etc. Teams are required to support their own runners for fluids, transportation, etc within the confines of a very rigid set of rules that are absolutely necessary for the safety of all involved. Our plan was to place leg 1-4 (5-8, 9-12, 13-16) runners in one van. These mini-teams would support each other during their respective legs, and would also allow each other to get some sleep during the 28 hrs it takes to complete the race.

Our team was very impressive on so many levels. First and foremost, although we all like to run and obviously had a great time in CB, all members took very seriously the responsibility of representing the H Svcs. A lot of time and money was put into bringing us to CB, so we all felt the pressure to perform at our best. This team gelled very quickly and the mutual support for teammates was incredible. For us dental folks, representing the CFDS as well provided that extra bit of motivation when the brain was telling you to "stop running!"

Our Coach's goal was to capture the first place plaque awarded the winning team from the six military teams entered in the CTRR. Our closest competitor was a team from Gagetown who have entered the race often, and who early in the race were convinced they would win. How could they lose to a team that had *10 women*, as most competitive teams had 1 or 2 at most? Unbeknownst to them, our women were physically and mentally tough and extremely consistent in their collective performance. There were no "weak links" on the team and most were running at a 5 min/km or better pace. Our 7 men had 4 top 10 finishes. Before the final leg of the race we had built an insurmountable lead.





Not only did we win the military division, we placed a very impressive 10<sup>th</sup> overall of the 70 teams. Our three CFDS runners had an excellent race. Capt Elliot in particular ran one of the toughest legs of the race; a 17.8 km run that included a 6.2 km vertical climb up North Mountain with a 385 m elevation change, followed by a steep downhill run to sea level. You have to live in the mountains to train for that! Capt Elliot's calves were cramping on the way up, his quads on the way down. A very late alternate addition to the team, Capt Elliot persevered through the pain and ran to a very respectable 36/70 finish. Maj Russu placed 28<sup>th</sup> in her 15.8 km leg while Maj West ran 19.8 km to a 13<sup>th</sup> place finish.

The CTRR was a wonderful and challenging experience that qualifies as a true military adventure training event. We had to train hard and compete hard, sleep little, solve logistical problems on the fly, and support our teammates at all times. We are thankful for the support of senior H Svcs personnel involved in the approval and organization of our team. It should be noted that the H Svcs DComd, Col Dave Sanschagrin, and the Med Branch CWO, CWO Horlick, took time from their busy schedules to come cheer us on in Cape Breton. Their attendance lent an air of importance to our efforts and was much appreciated by the team.

*From BGen H Jaeger, Comd CF H Svcs Gp*

*Du Bgén H Jaeger, Comd Gp Svc S FC*

*A group of runners from the Canadian Forces Health Services Group was the FIRST military team to cross the finish line, in front of five other CF teams participating in the Cabot Trail Relay Race in Nova Scotia on the weekend of 23-24 May 2009. The CF H Svcs Gp team placed 10th overall among the 70 teams present at the event. CF H Svcs Gp participation to the race was part of its commemoration activities for the 50th Anniversary of the Canadian military medical services. Une équipe de coureurs du Groupe des Services de santé des Forces canadiennes est la PREMIÈRE équipe militaire à traverser la ligne d'arrivée devant les cinq autres équipes des FC participant au Cabot Trail Relay Race en Nouvelle Écosse la fin de semaine du 23-24 mai 2009. L'équipe du Gp Svcs S FC s'est placée 10e parmi les 70 équipes toutes catégories confondues présentes à cette épreuve. La participation du Gp Svc S FC coïncidait avec les activités commémorant le 50e Anniversaire des Services médicaux militaires canadiens.*

*Divided in 17 legs, the CF H Svcs Gp team completed the 298 km race in 22 hours, 3 minutes and 2 seconds. Divisée en 17 étapes, l'équipe du Gp Svc S FC a complété la course de 298 km en 22 heures, 3 minutes et 2 secondes. Félicitations aux coureurs. Congratulations to the runners:*

*Leg 1 Pte Rustam Rafikov 17 Fd Amb Winnipeg  
 Leg 2 Lt Samantha Brookes 1 Fd Amb Edmonton  
 Leg 3 Maj Irene Henderson CF H Svcs Gp HQ Ottawa  
 Leg 4 Lt(N) Randall Binnie CF H Svcs Gp HQ Ottawa  
 Leg 5 Sgt Joanne Sibbald 2 Fd Amb Petawawa  
 Leg 6 Lt Georgette Mink 31 CF H Svcs C Borden  
 Leg 7 Lt Annic Leveille 31 CF H Svcs C Borden  
 Leg 8 Cpl Lisa Stewart 11 Fd Amb Victoria  
 Leg 9 Capt Nathan Elliott 1 Dent Unit Det Petawawa  
 Leg 10 Pte David Steeves 33 CF H Svcs C Kingston  
 Leg 11 Cpl Rachel Leblanc QG 4e Gp Svc S Montréal  
 Leg 12 Maj Teo Russu 1 Dent Unit Det Gagetown  
 Leg 13 Mat 1 Benoit Labreche 41e C Svc S FC St-Jean  
 Leg 14 Maj Ralph West 1 Dent Unit Det Toronto  
 Leg 15 MCpl Carol Costello 22 CF H Svcs C Cold Lake  
 Leg 16 MWO Dianne Maidment CF H Svcs C Ottawa  
 Leg 17 Maj Max Talbot 1er Hopital de campagne canadien Petawawa  
 Coach Mr Mike Barnes CF H Svcs Gp HQ Ottawa*

# QL5A Grad Parade - 12 May 2009

## CFMSS/CFDSS Borden



*CWO Julie Beach presents the 1 DU CWO Trophy to Cpl Dawn Reid of Dent Det Wainwright. LCol Kevin Goheen presents the trophy for Top Student - Field to Cpl France Paquet of Dent Det Valcartier.*



*After LCol Kevin Goheen awarded Cpl Melissa Thibeault, a Dent Tech-Hygst from Dent Det Valcartier, with the trophy for Top Student, he and CWO Julie Beach had the privilege of promoting her to MCpl. Félicitations, cplc Thibeault!*

*Effective 29 Sep 2009, the MND authorized the disbandment of CFMSS and CFDSS, and the organization of a new unit, the Canadian Forces Health Services Training Centre (CF H Svcs TC). Le 29 sep 2009, le MDN a autorisé la dissolution des ESSFC et ESDFC, et l'organisation d'une unité nouvelle, le centre d'instruction des Services de santé des Forces canadiennes (CI Svcs S FC).*



# ***Letter from Cpl Michelle Nantel***

***1 Fd Amb***

As I prepare to deploy on TF 3-09 in September, I can't help but be thankful and honoured to be deploying as a Bison Crew Commander. With support from 1 Fd Amb and D Dent Svcs, I have been fortunate enough to have been given this once in a lifetime opportunity to branch out of trade and experience a whole new world. I wanted to ensure my posting was an experience like no other and take the opportunities I had available while being posted to a field unit.

I feel fully prepared to take on this role with the training I have received this past year. I have completed my PLQ which will assist with the leadership aspect of this position. Also, I am both Bison Driver and Crew Commander qualified. All members of HSS received exceptional training during both Desert Ram in Suffield and Maple Guardian in Wainwright. HSS stood up in Feb 09 and it has been continuous training throughout. We completed TMST (Theatre Mission Specific Training) as well as IBTS (which included Night Vision Goggle training, C6/C7/C9 and 9mm pistol training, Gas Hut, Navigation and BFT). HSS provided non-medical personnel additional training to assist us in this field. I am course loaded on the TCCC

(Tactical Combat Casualty Care) in August. Non-medical personnel witnessed an autopsy being performed on an individual to aid in desensitization and we will observe a portion of the TAC MED (Tactical Medicine) training where medics perform life saving treatment on live pigs.

Being part of the Bison medical crew I am to man the C6 and radio at all times, as well as dismount during any Mass Casualty to provide life saving medical treatment. My crew and the Bison itself is my responsibility during this operation. I am to attend all O Groups so that we, as a crew, are fully prepared for our next mission. We are not a lead vehicle, however, I am still expected to know my role in any convoy as well as our location and whereabouts at all times.

I feel that no matter which trade, as cliché as it sounds, we are all soldiers and should be able to fulfill that role at any time. I wanted to prove to myself and others that I could do it. I used all resources available to me to research the role I am about to fill and I want to experience the real Afghanistan "outside the wire." I have mentally, physically and emotionally prepared myself as best I can for this deployment. I can't say what type of an experience it will be but I know it will be an experience and one that I will never forget and be proud of.

I will continue to provide updates throughout the deployment to Sgt Andrea Plante and MCpl Louise Thompson, and hope my experience can be shared within the dental trade.





## **Cmdt 1<sup>re</sup> Unité Dentaire / CO 1 Dental Unit**

**LCol Kevin Goheen, OMM, CD**



BALANCE!! This is a concept that I struggle with every day. It's not that I don't understand the benefits of having life in a state of personal equilibrium but there's always pressure these days to have about 10 balls in the air at any given time. I bet I'm not alone in my quest and I worry that many of us will suffer ill effects as a result of long-term exposure to high levels of stress, not just from the workplace but from the combined pressures of being good parents, good spouses, good children to our aging parents and good volunteers in our military and civilian communities. As the Unit Chief Warrant Officer and I travel throughout the country to our Regional CEs, Team Building Events and CFDS Symposiums, I'm hopeful that many of you will share your thoughts and ideas on this subject.



Work, in the right quantity and with the right conditions, can be empowering and uplifting. In fact, most people consider meaningful employment as an essential part of a quality life. In my opinion, the key ingredients to success in the workplace are: clearly defined, worthy and achievable goals; well trained and motivated teammates; supportive and respected leaders who empower and mentor subordinates; and finally, resources commensurate with the task at hand. How do we get there? Well, I'm afraid it's more of a journey than a destination. In fact, my most significant periods of personal growth came from difficult challenges that I faced and overcame with the help of those I worked with at the time. To be sure, no-one wanted to be outside their comfort zone but, in the end, few would likely trade that hard work and memories for staying in our old paradigm. Rewarding opportunities are bountiful in the CFDS and I encourage you and your coworkers to seek them out.

Although the emphasis will be different for each detachment depending on the local situation, I'm a proponent of the following Unit initiatives for our near future:

- Develop "achievable and prioritized" Dental Care Plan (DCP) strategies and goals that are primarily focused on operational dental fitness and reducing the percentage of class 4/undetermined status clients
- Foster activities that support a sustainable and positive work environment
- Ensure professional and career development for all military and civilian personnel, including maintenance of existing clinical skills
- Instil "Best Business Practices" that will make efficient use of human resources and promote high quality, cost effective delivery of dental care

I sincerely believe that, if we are to continue to be known as a premier dental organization, we will need the commitment and passion of each and every one of us. No contribution is too small and I intend to be a catalyst for as many great ideas as possible. Do what you can, where you are right now, with what resources you have at hand and yet continue to seek that fine balance that preserves your mental and physical health. Do so and I'm positive we will all be very proud and content with our achievements as we look back on our careers. Do it for the personal growth that challenge brings and the sense of satisfaction you'll receive from a grateful co-worker or a patient. As they say, "Just do it" and, if nothing else you'll have the deep personal satisfaction of seeing the difference your efforts can make to your environment.

Finally, thank you for ALL that you do every day for the most important patients in the world; the members of the Canadian Forces. **Bravo Zulu!!**



ÉQUILIBRE!! C'est un concept avec lequel je me débats tous les jours. Ce n'est pas parce que je ne comprends pas les avantages de vivre dans un état d'équilibre personnel, mais de nos jours on dirait que l'on doit toujours faire dix choses à la fois en tout temps. Je crois que je ne suis pas le seul à penser ainsi et qu'un grand nombre d'entre nous en subiront les conséquences à la suite d'une longue exposition à de hauts niveaux de stress, non seulement en milieu de travail, mais du fait de devoir à la fois être de bons parents, de bons époux, de bons enfants pour nos parents âgés et de bons bénévoles dans notre communauté militaire et notre collectivité civile. Alors que l'adjudant-chef de l'Unité et moi-même nous préparons à parcourir le pays pour assister aux [CE], aux activités de promotion du travail d'équipe et aux colloques des Services dentaires des Forces canadiennes (SDFC) régionaux, je souhaite que vous soyez nombreux à me faire part de vos pensées et de vos idées sur le sujet.

Le travail, si la charge et les conditions sont normales, peut être stimulant et inspirant. En fait, la plupart des gens estiment qu'un emploi intéressant constitue un élément essentiel de la qualité de vie. D'après moi, les ingrédients clés du succès en milieu de travail sont des objectifs clairement définis, valables et réalisables, des collègues compétents et motivés, des dirigeants compréhensibles et respectés qui motivent et encadrent leurs subordonnées, et en dernier lieu, des ressources correspondantes aux tâches à accomplir. Comment y arrivons-nous? Je crois bien qu'il s'agit plutôt d'un parcours que d'une destination. En fait, ma période la plus importante de croissance personnelle s'est produite alors que je faisais face à des situations difficiles que j'ai maîtrisées avec l'aide des personnes avec qui je travaillais alors. Il est certain que personne ne veut sortir de sa zone de confort, mais, au bout du compte, nous sommes très peu à vouloir échanger notre dur labeur et nos souvenirs pour demeurer dans une situation de stagnation. Les possibilités intéressantes sont nombreuses au sein du SDFC et je vous recommande fortement, ainsi qu'à vos collègues, de les explorer.

Bien que l'importance accordée variera selon chacun des détachements en fonction de la situation locale, je favorise la mise en œuvre par

les unités des initiatives ci-dessous dans un avenir rapproché.

- Élaboration de stratégies et d'objectifs «réalisables et prioritaires», dans le cadre des Régimes de soins dentaires (RSD), axés surtout sur la santé dentaire opérationnelle et sur la réduction du pourcentage de clients de classe 4 ou de clients dont l'état n'est pas connu.
- Promotion des activités qui favorisent un environnement de travail durable et positif.
- Mise en œuvre de programmes de perfectionnement professionnel, y compris le maintien des compétences cliniques pour tout le personnel militaire et civil.
- Enseignement des «meilleures pratiques de gestion» favorisant l'utilisation efficace des ressources humaines et promotion d'une prestation de haute qualité et économiques des soins dentaires.

Je crois sincèrement que si nous voulons continuer à être connu comme une organisation dentaire de haut calibre, nous devons faire appel à l'engagement et au dévouement de chacun de nous. Aucune contribution n'est trop modeste et j'ai l'intention de me faire le catalyseur du plus grand nombre possible de bonnes idées. Faites au mieux où vous êtes maintenant avec les ressources dont vous disposez, mais continuez à rechercher ce précieux équilibre qui protège votre santé mentale et physique. Faites-le et j'ai la certitude que nous serons tous fiers et satisfaits de nos réalisations lorsque nous regarderons ce que nous avons fait au cours de nos carrières. Faites-le pour la croissance personnelle qu'apporte ce défi, et le sentiment de satisfaction que vous éprouverez lorsqu'un collègue ou un patient vous manifestera sa reconnaissance. Comme on dit, « Agissez » et, à tout le moins, vous aurez la satisfaction personnelle profonde de constater les changements que vos efforts auront produits sur votre environnement.

En dernier lieu, je vous remercie TOUS de ce que vous faites tous les jours pour les patients les plus importants au monde, les membres des Forces canadiennes. **Bravo Zulu!!**

# News from Esquimalt

By Capt Maria Menard

**DOTPs Summer 2009:** This summer, Dent Det Esquimalt welcomed 2Lt Tulk and 2Lt Olacke for their DOTP training. They were exposed to numerous military and clinical experiences.

**Military familiarization:** During their time here, the DOTP students visited the Military Museum, visited the Joint Research Coordination Centre, toured the historic buildings at Dockyard, a toured Royal Roads/ Hatley Castle, visited FDU(P), went up to Comox for an Aurora flight, and were thrilled with their Sea King Adventure!

**Clinical experience:** Both DOTP students were able to significantly expand their clinical skill base. They return for their final year of Dental College very well prepared. The Branch is fortunate to have two skilled and motivated individuals joining us!



**DOTPs L'Ete, 2009 :** Familiarisation Militaire : Pendant leur séjour parmi nous, 2Lt Olacke et 2Lt Tulk ont acquis beaucoup d'expérience militaire. Ils ont eu droit à des visites historiques, des visites avec des unités sur la Base, un vol en Aurora, et beaucoup d'aventures sur le Sea King!

**Expérience Dentaire :** Les deux étudiants avaient beaucoup d'opportunités d'améliorer leurs habilités dentaires. Ils retournent à l'école plus préparés et plus confiants! Le SDFC est vraiment chanceux d'avoir des personnes si qualifiées et si motivées.



**2Lt Tulk and 2Lt Olacke, Clear Skies Ahead!**





**Au revoir Lcol Ray Warmerdam! Nous espérons que vous allé trouver Halifax sans problème! Felicitation! Goodbye LCol Ray Warmerdam! We hope you had a great trip to Halifax! Congratulations!**



**Dent Det Esquimalt clinic staff enjoy a day at the paintball range! Fortunately, the smiles were bigger than the bruises!**



**The view from here. It was a lovely day for a flight over Victoria and Sidney, BC. Hanging out the side of a helicopter is one way to see the city!  
Qu'est ce qu'on voit d'ici? C'était une journée parfaite pour un voyage en helicoptere!**



**Welcome (back) LCol Tom Anderson and MWO Bill Cantwell! The detachment is pleased to welcome back our command staff! Nous sommes très heureux d'accueillir le nouveau Commandant et Sergent-Major.**

## ***Le bijou de l'école en danger – Une leçon pour le NQ 6A***

### ***News from the QL 6A Dent Tech Course 2009***

L'école des services dentaire et des services de santé des forces canadiennes (ÉSDFC/ÉSSFC) n'est plus, elle se nomme désormais le centre d'instruction des services de santé des forces canadiennes (CI Svc S FC). Un changement de nom mais une instruction rigoureuse demeure pour les 12 stagiaires, soit 10 Sgt et 2 Cplc.

Le 5 octobre dernier a débuté le NQ 6A bilingue. Une section de 4 stagiaires compose le groupe francophone et deux sections de 4 stagiaires composent le groupe anglophone. Le but du cours de niveau de qualification 6A est d'apprendre à :

- gérer l'équipement, les fournitures et les services médicaux/dentaires
- gérer les finances d'un détachement dentaire
- démontrer une compréhension des procédures du plan d'affaire
- rechercher les politiques des services de santé
- développer le plan annuel du programme de soins dentaires
- gérer les déchets biomédicaux et les matières dangereuses
- gérer les programmes continue d'amélioration de la qualité
- gérer le personnel d'un contrat de soutien des services de santé
- gérer le personnel civil de l'Alliance de la Fonction publique de Canada
- définir le rôle du service dentaire au sein de l'environnement opérationnel des services de santé
- déployer une installation dentaire

Ouf! Des journées bien remplies... et des soirées aussi.

Le bijou de l'école soit l'entraînement dans les secteurs d'instruction a été mis en danger par l'ignorance des stagiaires qui en soit n'est pas une excuse. Dans ce cours il y aura des leçons à tirer et l'une d'entre elle est les pré requis minimum pour conducteur de VLMR afin de rester courant c'est-à-dire avoir ce DND 404 valide. J'invite donc les détenteurs de DND 404 à vérifier son dossier de compétence conducteur/opérateur auprès du transport de la base/escadre afin de s'assurer que son statut DND 404 soit courant.

Il est important de garder son statut DND 404 courant en temps que technicien dentaire, puisque nous sommes appelé à conduire les cliniques dentaires mobiles (CDM). Pour ce faire une des exigences requises est de conduire 500 km avec un VLMR sur une période de trois ans.





Dental Technician/Hygienists from coast to coast set out 4 Oct 09 on a seven week quest with the intention of enhancing our leadership skills, learning the skills required to become clinic coordinators, and developing our networking resources. The QL 6A course is a bilingual course with eight Anglophones and four Francophones, and has two rank levels: ten Sgts and two MCpls. Although one course, most of the instruction is being taught in both official languages in separate classrooms. This QL 6A serial is very fortunate to have instructors from clinics of all sizes as well as various operational experiences. Along with the wealth of knowledge the instructors bring to the course, we the students are encouraged to share our own experiences so others may learn as well.

The leaves are not the only thing changing at CFB Borden this fall. The CFMSS/CFDSS has been disbanded and the Canadian Forces Health Services Training Center (CF H Svcs TC) has been born. Under the new umbrella of CF H Svcs TC, the Dental Branch is proud to have LCol Robert Hart as the Commandant, Maj Jodi Shaw as the Chief Instructor, CWO Dan Giroux

as the CF H Svcs TC CWO, and MWO Kim Haley as the CSM of Armstrong Company. We are very excited that the Dental Branch is well represented at the school.

With only one week into the course we, the candidates, have learned to apply our “game faces” as we stepped off the bus. To date we have been deficient in only three areas: kilometres, kit and love. Having been very busy over the past week we managed to renew old friendships as well as form new ones. Now let’s talk about the only male candidate on the course. Although he is very quiet, it is the consensus of the female candidates he is having the time of his life. And really how could he not, for he is surrounded by eleven women.

We have another busy six weeks ahead of us, but we are looking forward to the Graduation Parade on 24 Nov like children looking forward to Christmas. Once this course is completed we will be back in our clinics, which we are missing a great deal, to utilize our new found knowledge.



# Toronto Traffic

For a small detachment the ASU Toronto clinic has seen a lot of new faces since our newsletter submission in the spring. Our new civilian receptionist, Ms Joyce Lee, was a welcome addition in May when she filled the spot vacated by Ms Paola Restrepo. Paola, who had spent many years as a 2058/Calian/PS Term DA and receptionist, won a well-deserved indeterminate DA position, formerly belonging to Ms Allison Rolfe. Allison took a PS deployment to Dent Det Halifax and is ecstatic to be back in her native Nova Scotia.

The much anticipated arrival of our new Clinic Coordinator, Sgt Alain Belhumeur, occurred in early Sept. He cleared in and promptly headed off to CF H Svcs Training Centre for his QL6A and will finally join us full time end-Nov. A big BZ goes out to Cpl Beatriz Resendez-Lira who has been A/DCC and ensuring all admin tasks are completed. Thanks must also go to Sgt (Ret'd) Roxanne Boudreau, now working as a PS employee next door in the medical clinic.



Roxanne ensured Cpl Resendez-Lira was trained enough to keep the clinic running and make sure the bills were paid! And, of course, we can't forget Cpl Debra McKay who was on loan to us from Borden Mar-Jul as A/DCC---we wouldn't have made it without her.

Over the summer, our staff of 8 welcomed 5 DOTP and 2 hygiene students for OJT. Talk about bumping into each other in the hallways! It was standing room only in our lunchroom. 2Lts Kirk, Abdul-Gawad, Nguyen, Khalid, and Chester were kept busy with a wide variety of tasks. The 3<sup>rd</sup> yrs treated many patients, the 2<sup>nd</sup> yr student was able to do exams and minor treatment, and the 1<sup>st</sup> yrs assisted, did chart audits and also helped out ASU Toronto in the BOR and B Supply. Maj Ralph West was very pleased as his requirement to do Phase 1s was dramatically reduced!

The hygiene students, MCpls Arielle McLelland and Jody Snow, were able to share an operatory





and gained a lot of experience under the supervision of our long time hygienist Ms Natalie Zaritsky. The hygiene students also helped us out by willingly volunteering their admin experience in times of short staffing. All in all the influx of students went very smoothly and we look forward to seeing both returning and new students next summer.

Our regular week long excursions to the London satellite clinic have proved successful in helping us to achieve our DCP goals. The London area patients appreciate not having to drive to the traffic crazy metropolis of Toronto and they eagerly await the day when CFDS RESTORE is able to fund the fulltime opening of the clinic.

Det Toronto has the fitness bug and we were able to include our OJT students in our routine. The first running opportunity of the spring took Major West into the Cabot Trail Relay Race as he was selected to be a member of the national CF H Svcs team. Although the competition was fierce, our team finished as the top military squad

and an impressive 10<sup>th</sup> place overall. Major West was a key contributor as he finished his 19.8 km leg 13<sup>th</sup> out of 70 runners. Not bad for an old guy! In July, OJT students and staff participated in a local 5 km trail race that took place one evening in a local park. Capt Mehmet Danis took first place with a blistering 17:59. After the race we all headed out for the reward of pizza and beer---of course all the drivers had pop!

Major West and Capt Danis (half-marathon) and Cpl Resendez-Lira (5km) participated in the Army Run in Ottawa in Sept. Capt Danis (1:20:14) finished an incredible 24<sup>th</sup> out of over 4000 runners in the race, Cpl Resendez-Lira (27:49) placed 15/295 in her age group and Maj West (1:41:34), who wasn't feeling well that day, crossed the finish line and promptly threw up too close to CF H Svcs Gp CWO Bob Sylvestre's feet!

Of course the most significant fitness event is Capt Danis' defence of his 4 Deserts Series Atacama title at the Sahara Desert 250 km race 25-31 Oct. The race's press release has him as the man to beat! Please stay tuned for the outcome of this event.

Capt Danis finished the 250 km Sahara Desert race in 15<sup>th</sup> place out of the 120 entrants. Capt Danis was listed as the man to beat going into the race, and he dominated the first two stages of the six stage race. Going into the third day, Capt Danis had a comfortable lead when he developed stomach problems that prevented him from taking in any food or water. In the 49 degree Sahara heat, this quickly sapped his strength and he fell off the pace. In a testament to his physical and mental fitness, Capt Danis was able to continue with the final three stages of the race despite his depleted condition. His reward was the thrill of crossing a finish line set amongst the Pyramids of Egypt.

**Director's comment:** Wow! An incredible display of determination and perseverance! I cannot imagine running 52 miles through the Sahara desert while not well, dehydrated and hungry. Very impressive in winning the first two legs. Overall a totally inspiring performance. We are all proud of you, Capt Danis!



## ***News from Dent Det Petawawa***

Dental Detachment Petawawa has certainly welcomed change this year. We had to say good-bye to three members, and hello to fourteen new ones.

Leaving us to join 1 Canadian Field Hospital were Capt Nathan Elliott and Cpl Katie Tracey. Cpl Stacey Williamson left this year to join 2 Field Ambulance. With the continuation of CFDS RESTORE, we welcomed four civilian dental assistants to join our team in early February (Michelle Beauchamp, Colleen Chusroskie, Sandra Pappas and Monica McGinnis).

On the military side of the house, five new assistants were welcomed. Cpl Elizabeth Hubley and Cpl Jennifer Lewis joined us from St-Jean after 13 weeks of basic training; Cpl Angela Smid came from 2 Field Ambulance; Cpl Martine Leboeuf came back to work in October after a year of maternity leave; and MCpl Kathleen Trottier came from CFB Kingston.

We also welcomed five new Dentists to the growing team. Dr Foutien Kassis and Dr Anousheh Persadmehr came aboard as Calian dentists; 2Lt Glenvil Fernandes and Capt Plasse graduated dental school this spring and then posted to Petawawa and, last but not least, Dent Det Petawawa welcomed their

first Oral Surgeon, Maj Eric Garand, who joined our team after four years of PG training in Texas.

### **Infrastructure Changes at Petawawa**

2009 brought about the following changes:

Jul-Aug - The construction of a new parking lot approximately six times the size of the previous one;

Jul to Present - The construction on our "temporary" dental clinic has begun (see photo). The creation of a solid, level pad for it to sit on took a great deal of time but it was well worth it. The trailers have started to arrive and construction will continue into the winter months;

Oct - Sinclair Dental installed ten new (and much needed), Midmark dental units. This laborious task was completed in a very quick manner and resulted in no cancellation of patients.





# EX DELTA EXPLORER

*Cpl Amanda Prud'homme and Sgt Faye Rosenberg*

Recently, 1 DU Det Petawawa ventured where few clinical detachments have ventured before.....the field!!!! On 17 September a Sgt, 2 MCpls and 3 Cpls set out on EX DELTA EXPLORER, an overnight field exercise hosted by 2 Fd Amb. Arriving at 2 Fd Amb at 0-dark-30 hrs, we commenced kitting up the vehicles for our EX. During this time we faced some scepticism from the infantry, medics and other trades as they watched a "bunch of girls" getting ready for our departure.

After ensuring that we had everything needed for this adventure, the six of us climbed into the back of an ML and started what was supposed to be a short journey to the training area. Somehow we got through Range Control with most of our vehicles and accidentally entered the 2009 Ironman Competition. We were quickly notified by Range Control to turn around and clear the area, which was a feat in itself, having to turn the MDC with trailer around in a middle of a race! We eventually turned around and our 15 minute road move turned into an hour and a half. Once we arrived at our bivouac site, we reviewed some of the basic field skills that many of us dental



techs haven't used since our QL5A course.

We had the opportunity to couple and uncouple a trailer, set up a generator and the SEV, set up modular tents and 5-man Bell tents, operate communications equipment, practice maps/compass and much more.

After a long exhausting day, we settled down to a filling meal consisting of IMPs followed by more lectures. The next day we woke to rain and more IMPs for breakfast. After eating our delicious meal, we began the tear down of camp in preparation for end-EX, which was then followed by more lectures. Later that morning we were greeted by our Det Comd, LCol Nancy Dubois who was bearing gifts of coffee and doughnuts - what a treat! Sadly our day came to a close and we clambered back into the ML to make our 15 min road trip back to Fd Amb, where we unloaded the vehicles and cleaned kit. The exercise finished on a very high note and whoever thought 11 Dent Techs and a DO could not have a successful overnight exercise was sadly mistaken.







*Capt Whitney Dagrain, Cpl Cynthia Martinez and Capt Nathan Elliott from Dent Det Petawawa participated in the Cross Base Challenge on 18 Jun 09. This was a 35 km race consisting of three legs. Capt Dagrain started the first leg with a 10 km run, followed by Capt Elliott for the 20 km cross country bike ride. The team was anchored by Cpl Martinez who ran the third leg of 5 km. They finished in 6<sup>th</sup> place (out of 18 teams) with a time of 2:06:52.*

*Congratulations to each of them for a job well done. On a base that is comprised mostly of troops from "the pointy end of the stick" its good to see personnel from a support service put forth an excellent effort and finish in the top 3rd of the pack.*

*Published by authority of Colonel S.A. Becker, Director Dental Services, the CFDS Newsletter serves as a means for the exchange of ideas, experiences and information within the Canadian Forces Dental Services. Views and opinions expressed are those of the authors and not necessarily those of the Director Dental Services or the Department of National Defence.*

*Publié avec l'autorisation du Colonel S.A. Becker, le Directeur – Service dentaire. Le Communiqué SDFC sert à l'échange d'idées, d'expériences et d'information au sein du Service dentaire des Forces canadiennes. Les opinions exprimées dans le Communiqué sont celles des auteurs. Elles ne sont pas nécessairement partagées par le Directeur du Service dentaire ou le ministère de la Défense nationale.*





# Gagetown Gazette

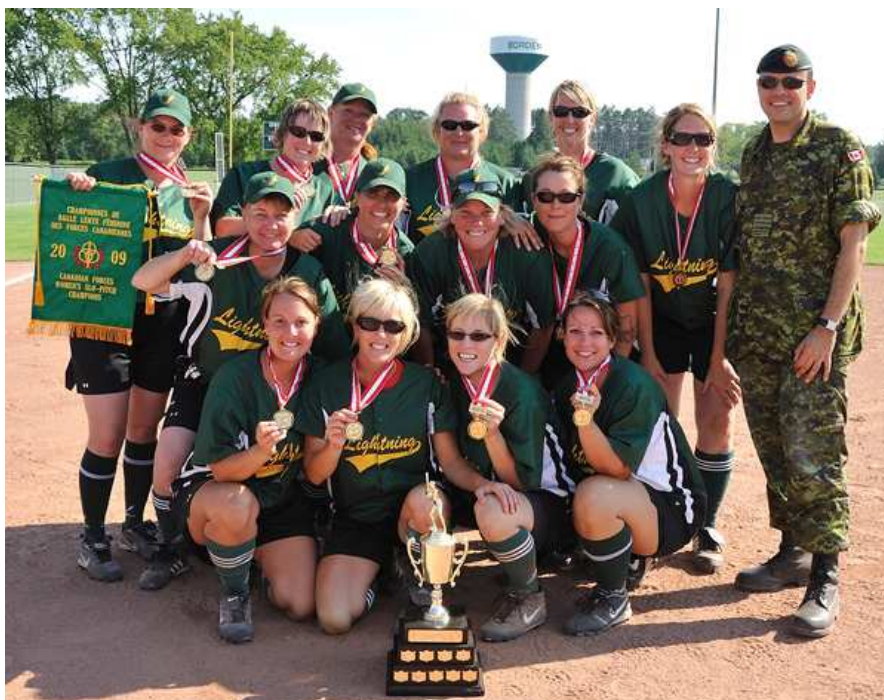
Cpl Carla MacNeil

Things in Gagetown have been busy this summer. After posting Capt David Lee and Capt Raymond Liew out this year and with Capt Schaefer retiring, Gagetown received two brand new grads from Dalhousie: Capt Cara Moran, with husband Andrew; and Capt Jeanette Johnson, who was accompanied by her fiancé Eric and dogs Asha and Fling, who are happy to be in Gagetown. So happy that Capt Johnson spent a week here and then went off to Saint Jean, where she successfully completed her BMOQ. She came back in Aug for another week and then off to Borden for the BDOC course. Its October now and she is finally going to be CFHIS qualified. Capt Enzo Mignacca completed the ADOC course. Gagetown also augmented the BDOC with Cpl Carla MacNeil, Cpl Paula Martin and Maj Teo Russu.

After being in Gagetown for a month Capt Cara Moran gave birth to a beautiful baby boy in June 2009 and will be returning to us next year after a wonderful maternity leave. On June 19, 2009, three weeks early, Dr Danie Bujold and husband Jay welcomed Eliane Donalda Bridgette Penny weighing 6 pds, 3 oz. and 19 in. Congratulations!



If you do the math, when it comes to dentists, Gagetown does not have any to spare. I would like to thank Maj Russu and Capt Mignacca for spending the last five months playing "Hot Potato" with the duty pager, especially when in the summer Gagetown's population increases by 2500 pers. They are getting really good at triage.



Pte Angela Brownell was promoted to the rank of Cpl on 2 July 2009. Congratulations to Angela and for the birth of your son in April. With Angela on maternity leave we were able to welcome Kristie Wilson-Atyeo, a dental assistant, to our team.





Atlantic won the team event but Marsha fell one stroke short for the female division.

Wendy Lynch, one of our civilian hygienists, likes to run. Check out these times; in California 42 km in 3 hrs 52 min, Army Run in 21 km in 1 hr 42 min, Fall Classic 6 km in 27 min and in PEI 21 km in 1hr 40 min. Needless to say her patients can not run away from her.

Maj Teo Russu organized the first Triathlon for Camp Gagetown. She had 50 participants and it is looking good for an even bigger turnout for next year. Please, nobody post her, too many people are counting on her and the clinic doesn't want her to go. It was also great to see that over half

The clinic sport fanatics were at it again, bringing home the gold. Congratulations to Cpl Carla MacNeil and Cpl Darcy Gillam on winning the 2009 Women's Slo-pitch Military Nationals at CFB Borden on 22-26 Aug 2009. They went 2-2 in the round robin meeting Prairie in the semi finals and beating them by a score of 16-13, which put them in the championship game against Montreal, with the final score 10-9. Also congrats to Cpl MacNeil, who was selected to the all-star team for left field.

of our Dental Clinic came out to support Maj Russu as race day volunteers and a special BZ to Mr Ed Burns for all the assistance he gave to the cause.

Sgt Marsha Dearman won the Atlantic regional female and the team event for golf in Greenwood. At the Nationals in Shilo,







Cpl Lori Nason deployed to the South Pacific on the USNS Richard E. Byrd with the Pacific Partnership 2009 from 29 July to 23 Sept. Cpl Nason and Capt Jason Yee boarded ship (her new home) in New Caledonia when the mission was at the halfway point. Throughout this time they sailed to the Solomon Islands, Kiribati, and the Republic of Marshall Islands. During seven



weeks, she worked at seven mission sites and had many different experiences. Cpl Nason's most rewarding experience was at an outreach site in Buariki, Kiribati where they were flown in by helicopter. At this site they worked out of "Tiki Huts". Instead of doing "Field Dentistry", they performed "Jungle Dentistry". During the deployment Cpl Nason gained a lot of knowledge working with others in this multi-nation military civilian humanitarian mission.

With Task Force 1-10 pers starting their DAGs, the 1000 pers for Op Podium and the 60 pers for the DART team that need to be screened our staff has been running non-stop trying to squeeze people into every available 10-min opening. When you are short on dentists this is



not an easy accomplishment. Gagetown has a great team and we do what needs to be done to complete the task at hand. Thanks to everyone who stays late into lunch and after work to see one more patient. We sent Capt Mignacca, Cpl Arianna Wimmer and Cpl Darcy Gillam off to Moncton to complete the remainder of the personnel there that are deploying and those still in need of a phase 1. There might have been a trip to Costco in there too.

Like I said, Gagetown has been busy, but we are still smiling and having fun.





*Collage of Maj Teo Russu racing in the triathlon*



*The regional CE event held in Ottawa included a highly successful golf tournament hosted by the RCDCA, with help from CFDS. The golfers posed for a group photo prior to tee-off.*



## ***From NDMC to the Montfort***

In June, the National Defence Medical Centre medical and dental clinics moved to a new facility at the Montfort Hospital. Dent Det Ottawa still maintains a small satellite clinic at NDMC, but the specialist centre is now located in this brand new facility.

**Top:** MND, Peter Mackay, reviewing the honour guard at the opening ceremonies of the Canadian Forces Health Services Centre Ottawa, Montfort Hospital on 19 Jun 09.

**Bottom:** Closing ceremonies at NDMC 12 Jun 09. Comd H Svcs Gp, BGen Hilary Jaeger inspects honour guard and addresses the attendees.







*As he presents the trophy to the winners of the CMP Golf Tournament in July, MGen Walter Semianiw confides to Col Scott Becker that he doesn't actually like golf, and only showed up to the to see if the D Dent Svcs team (Bruce MacLeod, Eric Reid, LCol Kevin Goheen and Col Becker) would win for an unprecedented fourth tournament in a row. They did.*



*LCol Martin Brochu, DCO(E) 1 DU HQ, receives his Canadian Forces College diploma from JCSP 35 (DL) 1 from BGen D.A. Fraser.*



*Major Richard Groves receives a Chief of the Defence Staff coin from the CDS, Gen Walt Natynczyk, in the NDMC auditorium.*



*D Dent Svcs, Col Scott Becker, receives the second clasp to the Canada Decoration from Comd CF H Svcs Gp, Cmdre Hans Jung.*





*Maj Eric Garand of 1 Dent Det Petawawa recently graduated from the OMFS program at Houston, Texas.*

*Joining him at the Petroleum Club to celebrate were Capt George Forrest, Capt Adam Irvine, Capt Roch Messier, Capt Sandeep Dhesi, Major Garand and LCol Bob Hart.*

DURING WORLD WARS I AND II					
CANADIAN ARMY			CANADIAN		
DENTAL CORPS			DENTAL CORPS		
WORLD WAR I			WORLD WAR II		
CAPT.	BOYCE, W. E.	MAJOR	BOYANER, F.	SGT.	EDMISTON, A.
CAPT.	BURGESS, R. M.	CAPT.	COOKE, H. M.	Q. M. S.	GEDDES, S. H.
H/LIEUT.	CARTER, R. E.	CAPT.	COOPER, W. R.	PTE.	GRANT, J. W. R.
CAPT.	HACKETT, W. T.	MAJOR	CRAGG, T. E.	SGT.	GUSTAR, W. J.
LIEUT.	HEWITT, C. F.	CAPT.	FRENCH, R. H.	PTE.	HOULAHAN, J. W.
CAPT.	KERR, H. H.	CAPT.	HAWKINS, M. C.	PTE.	KING, W. P.
CAPT.	MACNEVIN, W. G.	CAPT.	KEAM, S. W.	CPL.	LITTLETON, C. O.
CAPT.	THOMPSON, H. P.	MAJOR	KERR, J. A.	SGT.	MILLON, L. F.
PTE.	ADAMSON, J. H.	CAPT.	MENABB, D. R.	SGT.	MOORE, A. F.
PTE.	BROWN, G.	CAPT.	RICHARDSON, H. R. F.	PTE.	NASH, W. A.
PTE.	CONRAD, W. H.	LT-COL.	STEELE, G. W.	SGT.	PAUL, G. F.
SGT.	FLEMMING, W. T.	CAPT.	STEINBERG, A.	SGT.	PIERCE, A. A.
SERVED AS	WILLIAMS, T.	CAPT.	VROOMAN, W. O.	PTE.	SCOTT, T. J.
PTE.	FRASER, P. G.	CAPT.	WILSON, G. N.	PTE.	VEALE, W. H.
SGT.	HODGKINSON, A. V.	PTE.	ABELSON, C. R.	S/SGT.	WHETTER, M. F.
PTE.	LAIDLAW, F. W.	PTE.	ANGUS, D. B.	SGT.	WILLOUGHBY, H. I.
PTE.	MORKIN, G. T.	SGT.	BLATCHFORD, C. F.		
SGT.	PATTINSON, F. O.	PTE.	DAVIDSON, L. D.		
PTE.	SEDGER, C. G.	SGT.	DEVINE, A. F.		
PTE.	SMITH, H. E.	SGT.	DEZIEL, G.		
SGT.	SMITH, L. S.	PTE.	EARLE, R. M.		



*Lest We Forget. This plaque is displayed in the hallway of CFDSS, commemorating dental personnel lost during the two World Wars.*

*Je me souviens. Cette plaque est affichée dans le corridor de l'ESDFC, commémorant le personnel dentaire décédé durant les deux guerres mondiales.*

## ***Greetings from the Canadian Forces Health Services Training Centre***

***by/par Major Debra Pawluk***

***OC Armstrong Company / Cmdt Cie Armstrong***

### ***Le point sur le Centre d'instruction des Services de santé des Forces canadiennes***

En septembre dernier, il y a eu plusieurs changements au Centre d'instruction des Services de santé des Forces canadiennes (CI Svc S FC). Ceux d'entre vous qui ignorez ce qu'est le CI Svc S FC n'avez pas à vous inquiéter. Vous n'êtes pas les seuls! Le 29 septembre 2009, l'École du Service de santé des Forces canadiennes et l'École du Service dentaire des Forces canadiennes (ESSFC/ESDFC) ont été fusionnées pour former le CI Svc S FC. Il s'agit d'une nouvelle appellation qui est la bienvenue, car elle unifie les deux désignations antérieures et elle est beaucoup plus courte!

Par ailleurs, le CI Svc S FC fait actuellement l'objet d'un autre changement important. En effet, le 24 septembre 2009, le Chef du personnel militaire a annoncé le transfert du Centre à l'Académie canadienne de la Défense (ACD). Le CI Svc S FC relèvera du commandant de la Base des Forces canadiennes Borden, qui est également le commandant du Groupe de l'instruction de soutien des Forces canadiennes (GISFC). C'est le Colonel Hamel qui occupe actuellement ces deux postes et qui rend compte à l'ACD. D'autre part, le commandant du Groupe des Services de santé des Forces canadiennes, le Commodore Jung, continuera d'exercer un rôle à l'échelon du CI Svc S FC, soit en définissant les normes d'instruction et en déterminant le nombre de membres du personnel qui doivent recevoir de l'instruction. Les changements en cause sont avant tout des changements d'ordre administratif qui ne devraient pas influencer sur les stagiaires.

La rencontre de planification stratégique du Centre d'instruction a également eu lieu en septembre. Cette rencontre s'est avérée une

occasion par excellence pour les membres du personnel supérieur concernés d'échanger et de se creuser les méninges sur de nombreux sujets, notamment l'adoption de nouvelles méthodes d'instruction. Cette rencontre nous a également permis d'analyser en profondeur nos énoncés de mission et de vision et d'en élaborer de nouveaux, comme suit.

***Mission*** : Assurer la prestation d'instruction et d'éducation aux membres du personnel des Services de santé des Forces canadiennes en matière de pratiques médicales et dentaires éprouvées, y compris la doctrine des Forces canadiennes qui s'y applique, en recourant à des méthodes d'instruction ponctuelles, novatrices et pertinentes, en vue de permettre à ceux-ci d'appuyer la mission des Forces canadiennes n'importe où et n'importe quand.

***Vision*** : Le Centre d'instruction des Services de santé des Forces canadiennes est un établissement d'instruction médicale et dentaire d'avant-garde, qui recherche l'excellence dans le cadre de la prestation d'instruction et d'éducation aux membres du personnel des Services de santé des Forces canadiennes.

Nous adoptons des technologies novatrices axées sur l'apprentissage, nous créons un milieu de travail agréable et nous assurons la prestation d'instruction dans la langue officielle du choix de chacun.

Le CI Svc S FC s'enorgueillit de faire preuve de proactivité pour promouvoir un sain équilibre entre le travail et la condition physique. Par exemple, sept membres du personnel du Centre ont participé à la deuxième Course annuelle de l'Armée de terre, qui s'est tenue à Ottawa le 20 septembre 2009 et qui a attiré à l'échelle nationale quelque 11 000 participants, soit à une



course de 5 km, soit à un demi-marathon. Il s'agit là d'une activité tenue à l'appui de « Soldat en mouvement », qui est axée sur les défis que nos soldats blessés ont à relever. Tout l'argent recueilli est versé au Fonds pour les familles des militaires. L'équipe du Centre d'instruction s'est classée première dans la division des équipes militaires courant le 5 km, catégorie ouverte. Deux autres membres du personnel du Centre d'instruction ont couru à titre individuel, un dans la course de 5 km et l'autre dans le demi marathon. Tous ont vécu une expérience extraordinaire et enrichissante. Bien que le

Centre d'instruction doit composer avec des changements d'envergure, cela ne l'empêche pas d'accomplir de nombreuses réalisations. Il continue d'assurer la prestation d'instruction et d'éducation de qualité au personnel des Services de santé des Forces canadiennes. Enfin, le Centre tient à remercier le Service dentaire et la 1<sup>re</sup> Unité dentaire des Forces canadiennes pour leur appui et leur soutien indéfectibles, avec qui il désire continuer à entretenir des relations de travail fructueuses au fil du temps.



**Participants of the CF H Svcs TC Army Run's 5 km race: Maj Debra Pawluk, Capt Stephanie Doucet, Capt Jean-Marin Brault, LCdr Greg Haley, Capt Melissa Devine and Capt Annic Leveille.**

**Participants à la course de 5 km de la Course de l'Armée du CI Svc S FC : le Maj Debra Pawluk, le Capt Stephanie Doucet, le Capt Jean-Martin Brault, le Capc Greg Haley, le Capt Melissa Devine et le Capt Annic Léveillé**

September has seen a fair bit of change at the Canadian Forces Health Services Training Centre (CF H Svcs TC). For those who have no idea what the CF H Svcs TC is, don't worry, you are not alone. On 29 September 2009, the Canadian Forces Medical Service School/Canadian Forces Dental Services School (CFMSS/CFDSS) became the CF H Svcs TC. The new name is a welcomed change as it unifies the Medical and Dental schools by name, and is much shorter to say!



Another major change to the CF H Svcs TC is currently underway. On 24 September 2009, the Chief of Military Personnel announced the transfer of the School to the Canadian Defence Academy (CDA). The CF H Svcs TC will fall under the CFB Borden Base Commander who is also the Commander of the Canadian Forces Support Training Group (CFSTG). Colonel Hamel presently holds these positions and is responsible to the CDA. The Commander of the Canadian Forces Health Services Group, Commodore Jung, will continue to play a role in the CF H Svcs TC by defining the training standards and the number of personnel to be trained. The nature of these changes will be primarily administrative in nature and should appear seamless from a student perspective.

The Training Centre's Strategic Planning meeting also took place in September. This was an excellent opportunity for senior staff members to communicate and brainstorm on many issues, predominately those associated with new training methodologies for our students. Our mission and vision statements were carefully analyzed and meeting attendees developed the new statements below.

**Mission:** 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.

**Vision:** The Canadian Forces Health Services Training centre is a leading-edge medical and dental training facility committed to profession excellence in the education and training of CF H Svcs personnel.

We embrace learning-centred innovative technologies, create a desirable workplace, and deliver training in the official language of choice.

The CF H Svcs TC takes pride in being proactive in balancing work with physical fitness. One such example involved the participation of seven staff members in the Second Annual Army Run which took place in Ottawa on 20 September 2009. This national running event attracted approximately 11,000 individuals who participated in either a 5 km or a ½ marathon course. This event celebrates "Soldier On" and highlights the challenges faced by our injured soldiers. The money raised will be donated to the Military Families Fund. CF H Svcs TC's team placed first in the Military Open 5 km Team division. Two other members from the Training Centre raced individually, one in the 5 km and the other in the ½ marathon events. This was a tremendous and worthwhile experience for all participants.

The CF H Svcs TC has enjoyed numerous accomplishments while undergoing significant change. The Training Centre continues its commitment to provide quality education and training to CF H Svcs personnel. As well, we would like to thank Canadian Forces Dental Services and 1 Dental Unit for their tremendous support and assistance. The CF H Svcs TC looks forward to maintaining this positive working relationship as we evolve.





## Un été plein de changements à la clinique de Bagotville

Capt Laurent Richard

L'été 2009 sera un grand moment de changement à la clinique dentaire de Bagotville. En effet cinq, des huit membres composant l'équipe actuelle devront nous quitter prochainement pour de nouveaux défis ailleurs au Canada. Le Maj Jacques Girard et notre hygiéniste Caroline Bédard nous quittent pour St-Jean sur le Richelieu, le CplC Helene Piquette pour Shilo, le Cpl Nancy Larouche pour Esquimalt et notre réceptionniste Sandra Ménard pour Toronto.

Pour souligner ces nombreux départs, une journée d'activité a été organisée le vendredi 5 juin 2009. Nous avons débuté par une randonnée plein-air au Parc de la Rivière Éternité. Tous les membres de la clinique ont alors enfilé bottes de marche et sac à dos pour une escapade de 8km à travers les montagnes de Cap Éternité. Cette superbe journée nous a permis de passer de derniers moments tous ensemble dans la belle nature du Saguenay. Par la suite nous nous sommes réunis pour un festin chez le Maj Girard pour reprendre les précieuses calories que nous avions perdues durant la journée.

Le mois de juin a également été marqué par le



Spectacle Aérien International de Bagotville les 13 et 14 juin. Plus de 30 000 personnes ont envahi la base pour l'occasion. Pour ce festival, nous étions en charge de présenter un kiosque sur l'Unité Dentaire des FC. Pour assurer le succès de notre fin de semaine, les courageuses Cpl Larouche, CplC Piquette et Sgt Suzanne Jean ont traversé pendant près de 3 heures le réputé Parc des Laurentides avec une SEV dentaire (généreusement prêtée par le PON dentaire de la 5<sup>E</sup> Ambulance de Valcartier). Notre fidèle deux tonnes et demi a été l'objet d'un grand intérêt et de nombreuses questions de la part des spectateurs du Festival. Ceci a donné une grande visibilité à notre unité.

Finalement, la clinique de Bagotville accueillera plusieurs nouveaux membres cet été : le Sgt Bruno Tremblay notre nouveau (ancien) coordonnateur de clinique, le Cpl Robert Lamontagne fraîchement sorti de l'école des recrues à St-Jean et la Maj Melanie Dumas qui arrive d'Halifax. La clinique devrait donc retrouver son équipe complète vers la fin septembre.





# 2009 Army Run

*MCpl Amber Medcalf, Dent Det Shilo*



If anyone would have told me seven years ago that I would run a half marathon, I would have told them there is no way...I am not built for running.

For the past four years running has been a large part of my life. I ran my first ten km at the 2006 Annual Terry Fox Run. I completed it in just under an hour and remember how wonderful it felt to have accomplished it.

Since then running has become one of my favourite forms of physical activity. While on my PLQ this past March, I spent most evenings and weekends running. I started averaging 5 to 7 km, and after a few weeks I started to do at least 10 km. Borden has some really nice running paths: who knew I would see CWO Dan Giroux out running too? After two months I was running about 10-13 km at a time. Every time I went running it became easier and I felt amazing. I had so much energy and was feeling so motivated, it truly is an addiction.

It was not long after my course that I heard about the Army Run half-marathon in Ottawa. I decided to continue my training and if there was a chance for me to go, I would give it a try.

I trained for a little over six months, averaging 40-50 km per week. During our P.T./lunch hour I would go for a 10 k, which was quite a challenge in our 30 degree weather here in Shilo. Some days I would run first thing in the morning, which was considerably easier; without the sun beating down on me the only issue was I had to start my day at 4:30 am. On the weekends I would do a long run anywhere from 12-16 km, with an average time of 1:45.

Thanks to MWO Mike Wilson and 1 Dental Unit HQ, I was given the opportunity to

participate in the 2009 Army Run. I woke the morning of the run with extreme butterflies in my tummy, so nervous, but excited all at once. It was a perfect fall day in Ottawa, the sun was shining and the energy from all the participants and spectators was overwhelming. During the weeks leading up to the run, I questioned myself, will I be able to run 21 km? It took me 55 minutes to complete my first 10 km, at which point I knew I would finish the run with a better time than anticipated. I finished the half marathon with a time of 1:54:53, averaging 5:39 per kilometre. After crossing the finish line I could not believe the emotions, exhilaration and just how amazing I felt: I had just run 21 kilometres!

I would not have been able to accomplish this personal goal without the ongoing support of my family and friends. Thank you to everyone who made this such an amazing experience, it means so much to me to have such wonderful people in my life.





### ***A message from D Dent Svcs:***

To all members of the Dental Corps:

The prevailing climate of fiscal restraint in the government has affected all components of DND and we in Health Services are no exception. I am very pleased to say that the pressures seem to have affected us much less than many others and we remain in relatively good shape.

I have just received word that the funding of the RESTORE Phase 2A (military component) ECP has been postponed until next FY. It is not cut, nor scaled back, nor reduced, nor "being looked at to see if we still need it" or anything like that, which is more than can be said for other programs and budgets. To keep things in perspective, the O&M budget of ADM HR (Civ) was cut by 80%! External funding to support operations to the Army was cut by 50%. The Health Services, including the CFDS, has not had any real cuts to speak of, so we are doing well.

We have received \$4.4M to baseline almost all of the 63.8 new civilian positions and the 7 new military positions that we have received to date. The pending EC for the internal reallocation and "upranking" of the 26 identified military positions is the next key component, and it is the \$2.4M cost of this EC that has been postponed. The second order consequence of this is that Phase 2B and 2C that follow are also held up until this EC gets done.

I am sure you are all as frustrated as I am that progress on RESTORE is not going faster than it is, but remember, RESTORE has been a 5-year plan from the beginning, and the political will to finish it is still there at all levels. We are still far ahead of where we were 2 years ago. For 3 years running ('04-'07) we could not even get 8 data entry clerks. We are 63.8 positions ahead of that now and programmed for the balance of the 198 positions total.

You should all be very proud of the high level of credibility the Dental Corps has achieved, and our (dental) performance measurement capability is recognized as the leading edge and the standard to which other CMP L2s have been told to strive for. It is our high credibility and excellent reputation, that you all have collectively built, that has generated a large measure of progress for us during periods where others have not been as successful.

On another issue, I see the upcoming strategic review across DND as more of an opportunity for us than a threat. The center is looking for places to "re-invest" money from programs that are not being successful to those that are. In that vein, everything we do, including RESTORE, has been well justified and documented, and, we have the best stats in DND to make our case so I am optimistic we may get our funding sooner than we might think.

As recent as yesterday at the CMP Senior Leadership Symposium, confidence was expressed to me that the Dental Branch is well situated for the upcoming strategic review. There was no discussion or comments that questioned the need for RESTORE.

I would be remiss in due diligence to not state that nothing is an absolute especially with a federal election looming. There is nothing that has happened to change my high level of confidence that RESTORE will eventually reach end state. We will persevere and continue to move the Branch forwards and get the resources you all sorely need to meet mission demands and remain personally viable. I firmly believe it is a question of "when", not "if".

I remain totally committed to supporting you and our Branch,

*S.A. Becker, OMM, CD, QHDS, DDS*

*Colonel*

*Director Dental Services / Directeur - Service dentaire*





# *The Back Page – En commençant par la fin*



*The Empire Strikes Back...  
L'Empire Contre-attaque...*



*I know there's a toothbrush  
somewhere in here...  
Je sais qu'il y a une brosse à dent à  
quelque part...*



*Capt Maria Menard pratique avec le nouveau  
microscope. Qui a besoin de doubles foyers!?!*

*Capt Maria Menard practices with the new  
microscope. Who needs bifocals!?!*



*Splash... plouf ...*