



## EDMONTON UNITED SERVICES INSTITUTE

# PRESIDENT'S ENEWS

## FEBRUARY 2021

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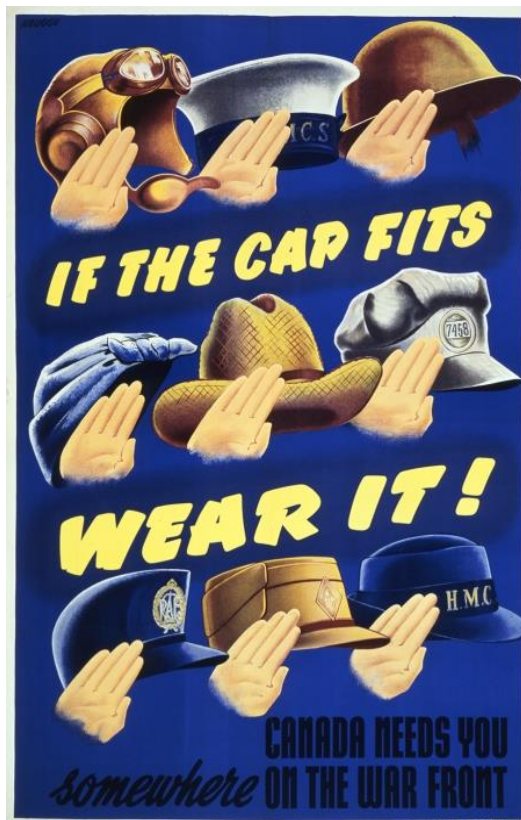
### PRESIDENT'S COMMENT

**Chinese New Years Day is February 12. Happy New Year of the Ox.** During the Pandemic social distance and other restrictions, it is important to maintain your daily routine. Maintaining your fitness routine will keep you fit to fight the virus and mental health wellbeing. I am fitter than I was ten years ago and my cooking skills are comparable to a restaurant chef. I am happy to report that no EUSI member has contracted the Virus. Keep up the good work and may the New Year bring you Prosperity and good health.

The EUSI normally do not comment on political affairs. However, faced with the far too many suicides of our serving and former soldiers, a backlog of benefit claims I am compelled to point out that this is the result of closing of a number of Veteran Affairs District Offices throughout Canada. Given the huge Federal expenses meted out by the Federal Government, I can appreciate the need to reduce expenditure. However, many veterans have been waiting for a response for their benefit applications for well over two years. I have known cases where applicants have passed away or have been doing without disability help that their health is significantly affected. Seven years ago, I raised the same concerns but little has changed. We are still facing the same government that has little compassion for our soldiers and veterans.

The case of a military policewoman who committed suicide on Christmas Day, 2013 came to mind. I knew Cpl MacEachern and her passing was a result of feeling abandoned and despair. The letter sent to her family within two weeks to demand the return of overpayment of \$500 or so dollars as she is dead and not entitled to the said sum reflects the insensitivity, a corporate culture carried from the top down. If you can hear me, Cpl MacEachern, thank you for having served Canada.

Due to Covid-19, EUSI has not conducted any in person activities. However, we hope things will change this summer and we are planning the 2021 AGM in early summer. Meanwhile, there are a number of virtual events that may be of interest to you. Below is a list of events with linkage and instruction for registration:



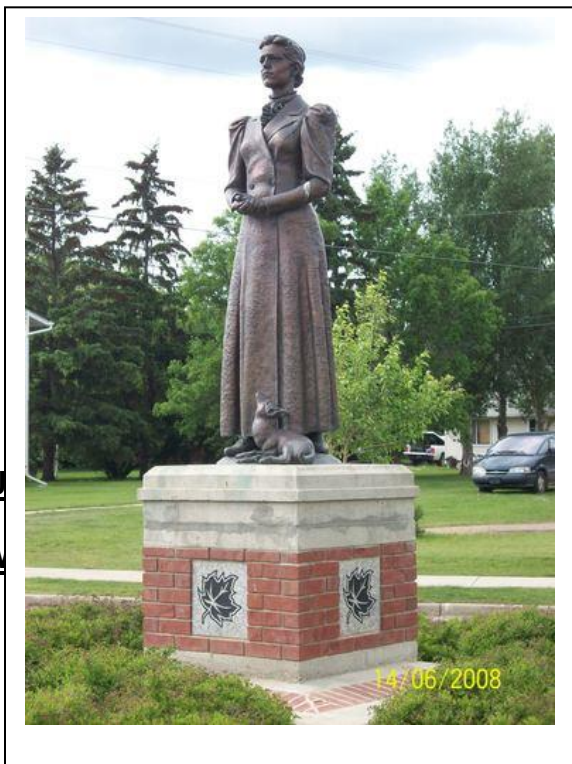
**28 January**, Thursday - The Institute for Security Policy at Kiel University "The Americas Series" presentation "Sealift and Merchant Marine & US Coast Guard." Via Zoom. To register, see: <https://kielseapowerseries.com/en/the-americas-series.html>.

**2 February**, Tuesday - Center for Strategic & International Studies Maritime Security Dialogue "USN: Setting the Theater in the Arctic." 10:00 am - 11:00 am. To register, see: <https://www.csis.org/events/online-event-maritime-security-dialogue-usn-setting-theater-arctic>

**9 February**, Tuesday - Centre for International Governance Innovation "National Security, Economic Prosperity and Canada's Future." Note CSIS Director as speaker. 2:30 pm - 3:30 pm AST. Virtual. To register, see: <https://www.eventbrite.ca/e/national-security-economic-prosperity-and-canadas-future-registration-132849367033>.

New: **25 February**, Thursday - Royal United Services Institute "Sea Power Virtual Conference 2021: Transforming Maritime Forces for an Age of Persistent Competition." To register: <https://rusi.org/event/sea-power-virtual-conference-2021-transforming-maritime-forces-age-persistent-competition>.

Thanks to Nova Scotia United Services Institute in organizing these events.



## EPITAPH

They tried:

What more can be asked

By us who in their lost freedom bask?

So we must fight and, willing,

Face the task

So they,

Our forebears,

May take rest at last



## HUMOUR

The following is submitted by Major George Ellis (retired). George was a former DCO of the 15 Edmonton Service Battalion.



**A new camp commander was appointed and while inspecting the place, he saw 2 soldiers guarding a bench. He went over there and asked them why do they guard it.**

**"We don't know. The last commander told us to do so, and so we did. It is some sort of regimental tradition!"**

**He searched for last commander's phone number and called him to ask him why did he want guards in this particular bench.**

**"I don't know. The previous commander had guards, and I kept the tradition."**

**Going back another 3 commanders, he found a now 100-year old retired General.**

**"Excuse me sir. I'm now the CO of your camp you commanded 60 years ago. I've found 2 men assigned to guard a bench. Could you please tell me more about the bench?"**

**"What? Is the paint still wet ??!"**



## **DID YOU KNOW THAT?**

### **Sources from a Nurse Practitioner**

There are a lot of recommendations for how to try to avoid getting coronavirus in the first place:

- good hand washing
- personal hygiene
- social distancing



**but what I have NOT seen a lot of is advice for what happens if you actually get it. Here are some nursing tips:**

If you get Covid-19 You basically just want to prepare as though you know you're going to get a nasty respiratory bug, like bronchitis or pneumonia. You just have the foresight to know it might come your way! Things to start doing now: Get 20 minutes sun on your entire body (or as much as possible) every day. This will dramatically increase your Vitamin D levels, which improves your immune system. If affordable take a good general supplement, plus 2000mg Vit C a day. Include ZINC, SELENIUM & GLUTATHIONE. Scott's Emulsion is a great general tonic (cod liver oil) Things you should actually buy ahead of time: Kleenex, Paracetamol(acetaminophen), Cough medicine of choice (check the label and make sure you're not doubling up on Paracetamol.), Zinc lozenges, Throat spray, like Andolex or TCP, Honey and lemon can work just as well. Vicks, vaporub for your chest is also a great suggestion. A humidifier would be a good thing to buy and use in your room when you go to bed overnight. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam). If you have a history of asthma and you have a prescription inhaler, make sure the one you have isn't expired and refill it/get a new one if necessary. Meals. This is also a good time to meal prep: make a big batch of your favorite soup to freeze and have on hand. Hydrate, hydrate, hydrate! Stock up on whatever your favorite clear fluids are to drink, though tap water is fine you may appreciate some variety!

For symptom management and a fever over 38°C take Paracetamol rather than Ibuprofen.

Rest lots. You should not be leaving your house! Even if you are feeling better you may still be infectious for fourteen days and older people and those with existing health conditions should be avoided!

Wear gloves and a mask to avoid contaminating others in your house.

Isolate in your bedroom if not living alone, ask friends and family to leave supplies outside to avoid contact.

Sanitize your bed linen and clothes frequently by washing and clean your bathroom with recommended sanitizers.

**You DO NOT NEED TO GO TO THE HOSPITAL** unless you are having trouble breathing or your fever is very high (over 39°C) and unmanaged with meds.

90% of healthy adult cases thus far have been managed at home with basic rest/hydration/over-the-counter meds.

If you are worried or in distress or feel your symptoms are getting worse:

Pre-existing risks. If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are on immunosuppressants, now is a great time to talk to your Doctor or specialist about what they would like you to do if you get sick.

Children. One major relief to you parents is that kids do VERY well with coronavirus, they usually bounce back in a few days (but they will still be infectious) Just use pediatric dosing .

Be calm and prepare rationally and everything will be fine.

The pH for corona virus varies from 5.5 to 8.5. All we need to do, to beat corona virus, we need to take more of alkaline foods that are above the pH level of the Virus. Some of which are:

Lemon - 9.9pH, Lime - 8.2pH, Avocado - 15.6pH, Garlic - 13.2pH, Mango - 8.7pH, Tangerine - 8.5pH\*  
Pineapple - 12.7pH, Dandelion - 22.7pH, Orange - 9.2pH\*

How do you know you have coronavirus? Symptoms can be:

1. Itching in the throat
2. Dry throat
3. Dry cough
4. High temperature

- 5. Shortness of breathing
- 6. Loss of sense of taste & smell
- 7. Covid toes - toes turning blue/black

So when you notice these things, quickly take warm water with lemon and drink.

**The above information are not normally imparted by EUSI Enews. This is unusual times and I hope to help in some way.**



**St. John Ambulance**  
**SAVING LIVES**  
at work, home and play



Get trained!



### **Military Reading**

The following is a historical readings submitted by our learned Sgt AE Bince, Kprean veteran. Some of you will know, this great escape was made into a Hollywood Movie.

### **The Great Escape Tunnel**





Untouched for almost seven decades, the tunnel used in the Great Escape has finally been unearthed.

The 111-yard passage nicknamed 'Harry' by Allied prisoners was sealed by the Germans after the audacious break-out from the POW camp Stalag Luft III in western Poland. Despite huge interest in the subject, encouraged by the film starring Steve McQueen, the tunnel undisturbed over the decades because it was behind the Iron Curtain and the Soviet had no interest in its significance.

But at last British archaeologists have excavated it, and discovered its remarkable secrets.

Many of the bed boards which had been joined together to stop it collapsing were still in position. And the ventilation shaft, ingeniously crafted from used powdered milk containers known as Klim Tins, remained in working order.

Scattered throughout the tunnel, which is 30ft below ground, were bits of old metal buckets, hammers and crowbars which were used to hollow out the route.

A total of 600 prisoners worked on three tunnels at the same time. They were nicknamed Tom, Dick and Harry and were just 2 ft. square for most of their length. It was on the night of March 24 and 25, 1944, that 76 Allied airmen escaped through Harry.

Barely a third of the 200 prisoners, many in fake German uniforms and civilian outfits and carrying false identity papers, who were meant to slip away managed to leave before the alarm was raised when escapee number 77 was spotted..

Only three made it back to Britain. Another 50 were executed by firing squad on the orders of Adolf Hitler, who was furious after learning of the breach of security. In all, 90 boards from bunk beds, 62 tables, 34 chairs and 76 benches, as well as thousands of items including knives, spoons, forks, towels and blankets, were squirreled away by the Allied prisoners to aid the escape plan under the noses of their captors.

Although the Hollywood movie suggested otherwise, NO Americans were involved in the operation. Most were British, and the others were from Canada, (all the tunnelers were Canadian personnel with backgrounds in mining) Poland, New Zealand, Australia, and South Africa.

The site of the tunnel, recently excavated by British archaeologists

The latest dig, over three weeks in August, located the entrance to Harry, which was originally concealed under stove in Hut 104.

The team also found another tunnel, called George, whose exact position had not been charted. It was never used as the 2,000 prisoners were forced to march to other camps as the Red Army approached in January 1945.

Watching the excavation was Gordie King, 91, an RAF radio operator, who was 140th in line to use Harry and therefore missed out. 'This brings back such bitter-sweet memories', he said as he wiped away tears. 'I'm amazed by what they've found.'

Gordie King, 91, made an emotional return to Stalag Luft III.





## In a Related Post

Many of the recent generations have no true notion of the cost in lives and treasure that were paid for the liberties that we enjoy in this United States. They also have no idea in respect of the lengths that the “greatest generation” went to in order to preserve those liberties. Below is one true, small and entertaining story regarding those measures that are well worth reading, even if the only thing derived from the story is entertainment.

Escape from WWII POW Camps — starting in 1940, an increasing number of British and Canadian Airmen found themselves as the involuntary guests of the Third Reich, and the Crown was casting about for ways and means to facilitate their escape.

Now obviously, one of the most helpful aids to that end is a useful and accurate map, one showing not only where stuff was, but also showing the locations of 'safe houses' where a POW on-the-lam could go for food and shelter.

Paper maps had some real drawbacks -- they make a lot of noise when you open and fold them, they wear out rapidly, and if they get wet, they turn into mush.

Someone in MI-5 (similar to America's OSS) got the idea of printing escape maps on silk. It's durable, can be scrunched-up into tiny wads and, unfolded as many times as needed and, makes no noise whatsoever. At that time, there was only one manufacturer in Great Britain that had perfected the technology of printing on silk, and that was John Waddington Ltd. When approached by the government, the firm was only too happy to do its bit for the war effort.

By pure coincidence, Waddington was also the U.K. Licensee for the popular American board game Monopoly. As it happened, 'games and pastimes' was a category of item qualified for insertion into 'CARE packages', dispatched by the International Red Cross to prisoners of war.

Under the strictest of secrecy, in a securely guarded and inaccessible old workshop on the grounds of Waddington's, a group of sworn-to-secrecy employees began mass-producing escape maps, keyed to each region of Germany, Italy, and France or wherever Allied POW camps were located. When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece.

As long as they were at it, the clever workmen at Waddington's also managed to add:

- 1 A playing token, containing a small magnetic compass
2. A two-part metal file that could easily be screwed together
3. Useful amounts of genuine high-denomination German, Italian, and French currency, hidden within the piles of Monopoly money!

British and American air crews were advised, before taking off on their first mission, how to identify a 'rigged' Monopoly set – by means of a tiny red dot, one cleverly rigged to look like an ordinary printing glitch, located in the corner of the Free Parking square.

Of the estimated 35,000 Allied POWS who successfully escaped, an estimated one-third were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely, since the British Government might want to use this highly **successful ruse in still another, future war.**

The story wasn't declassified until 2007, when the surviving craftsmen from Waddington's, as well as the firm itself, were finally honored in a public ceremony.

It's always nice when you can play that 'Get Out of Jail' Free' card!



February 15 was declared National Flag of Canada Day in 1996. It marks the day in 1965 when our red and white maple leaf flag was first raised over Parliament Hill in Ottawa. Red and white were designated as Canada's official colours in 1921 by His Majesty King George V.



**Alexander Tsang CD**

Major (retired)

President

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SECURITAS



**IT IS TOO LATE TO SHARPEN SWORDS, WHEN THE DRUMS OF WAR ARE BEATING**