



# UNITED SERVICES INSTITUTE OF NANAIMO AND NORTH ISLAND

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## PRESIDENT'S MESSAGE

Happy summer greetings to all fellow USINNI Members. The fine weather that we have all been waiting for is here and it looks like it just might extend into a long very warm one at that. Please be on the cautious side, wear protection against too much sun and do enjoy.

The news from your Board of Directors is that work on the Commemorative Dining In for this year, to be held on November 17th, is

progressing steadily. All current indications are that this Dining In will be larger, more entertaining and better than in previous years. That is not to say that previous Dining In's have been lacking, certainly not, however, due to the theme for this year, a commemoration of the 100th anniversary of the signing of the Armistice, we are making every reasonable effort possible to make this event more than memorable.

Mark the date on your calendars now. You will regret missing this one.

A reminder to all, that we are into summer dress now and thus jacket and tie will not be required for the June and July luncheon/meetings.. A comfortable golf shirt and equivalent for the ladies will be more than acceptable.

Hope to see you out at the next luncheon/meeting and bring along a friend.

*Edwin*

## Military & Security Musings:

### “MENTAL AND PHYSICAL FITNESS!”

**NANAIMO, 21 May 2018...**this past weekend I scrolled my way back through some of the columns I have produced off and on for you for about fifteen years. And, gloomy reading much of it makes too! If I had to pull them all together and give them an omnibus title it would have to be: *to arms, to arms, the sky is falling!*

All along, my view has been that the threats to Canada's national in-

terests and to our national security are multiplying by-the-day. I have argued fairly consistently that no matter which political party forms government in Ottawa, under whoever's tutelage that government serves, a blind eye is turned to even just the basic needs of our National Defence. The rot set in around the mid 1950s and much like debt, the pain in paying down our shortfalls compounds year by year. Righting the ship is going to be a major challenge for whoever or whatever succeeds the current lot in Ottawa; if, that is, they'll still have the time.

It's pointless for me to attempt to recap or repeat the myriad of threats posed against us from and on all sides. They rise up from growing political, social and natural conditions that are

poised to set civilization, as we know it, back into a new Dark Age. Our existing under-strength, inadequately equipped Defence Forces, and, an indecisive Defence Policy in indecisive hands, simply do not auger well for our prospects through to even the mid-Century mark.

However, belatedly, I've realized that even if a more perceptive government came up with the will and the resources to rebuild our defence capability, there is another problem I had not fully appreciated. Whereas, in 1914 and 1939, we had a pool of reasonably fit Canadians, fit that is from the get-go, to leap directly into harsh and demanding basic training, that recruit pool may not now exist. While our current generation of young Canadians may well be healthier than its predecessors, it almost certainly lacks both the mental and physical robustness of earlier generations. And, that's where there's heck-of-a big rub!

In a *Sports Illustrated* column published in 1960, John F Kennedy argued that *"the stamina and strength which the defense of liberty requires are not the product of a few weeks' basic training or a month's conditioning. These only come from bodies (and minds) which have been conditioned by a lifetime of participation in sports and interest in physical activity."* Kennedy concluded his column with the warning that: *"in a very real and immediate sense, our growing softness, our increasing lack of physical fitness, is a menace to our security!"* Amen to that, half a century later! Things aren't getting better for us today.

Members of this Institute will be aware that, throughout the Canadian Forces today, there is heightening concern that the requirements of a "robust naval and military force" are being watered down by a political & social sense that the rules & standards applied to members of the Forces have to be consistent with those applicable to the non-naval or military community. "Give-me-twenty;" the seemingly whimsical or capricious assignment of extra duties; public dressings down; stoppage of leave; or, quasi-legal summary trial & punishment by unit officers, are all under attack,

*Driven by "correctness," we keep watering down the standards for recruiting, for security clearances, for training, for employment & deployments,*

attributed by some to be archaic, 21<sup>st</sup> Century abuses of varying kinds. Driven by "correctness," we keep watering down the standards for recruiting, for security clearances, for training, for employment & deployments, and, then wonder why performance overall drops so abysmally.

In 2015, a US Army study concluded that most young Americans simply weren't fit enough to be recruited into much less serve in a volunteer army;

that an "endemic lack of fitness had become a *"significant societal problem"* for the Americans. Just this year, 2018, the US Secretary of Defence announced that: *"personnel who remained non-deployable for 12 months, whatever the reason, would be forced to leave the military. Substandard fitness was principal among the reasons that some*

*286,000 uniformed personnel were so-categorized!"*

Hey! That's right now! Worse still for the Americans, training casualty drop-outs are on the rise, such that their forces simply cannot meet current manning requirements. The spiral downwards is evident. The only things seemingly on the rise are the rates of substance abuse and PTSD! Sound familiar here too?

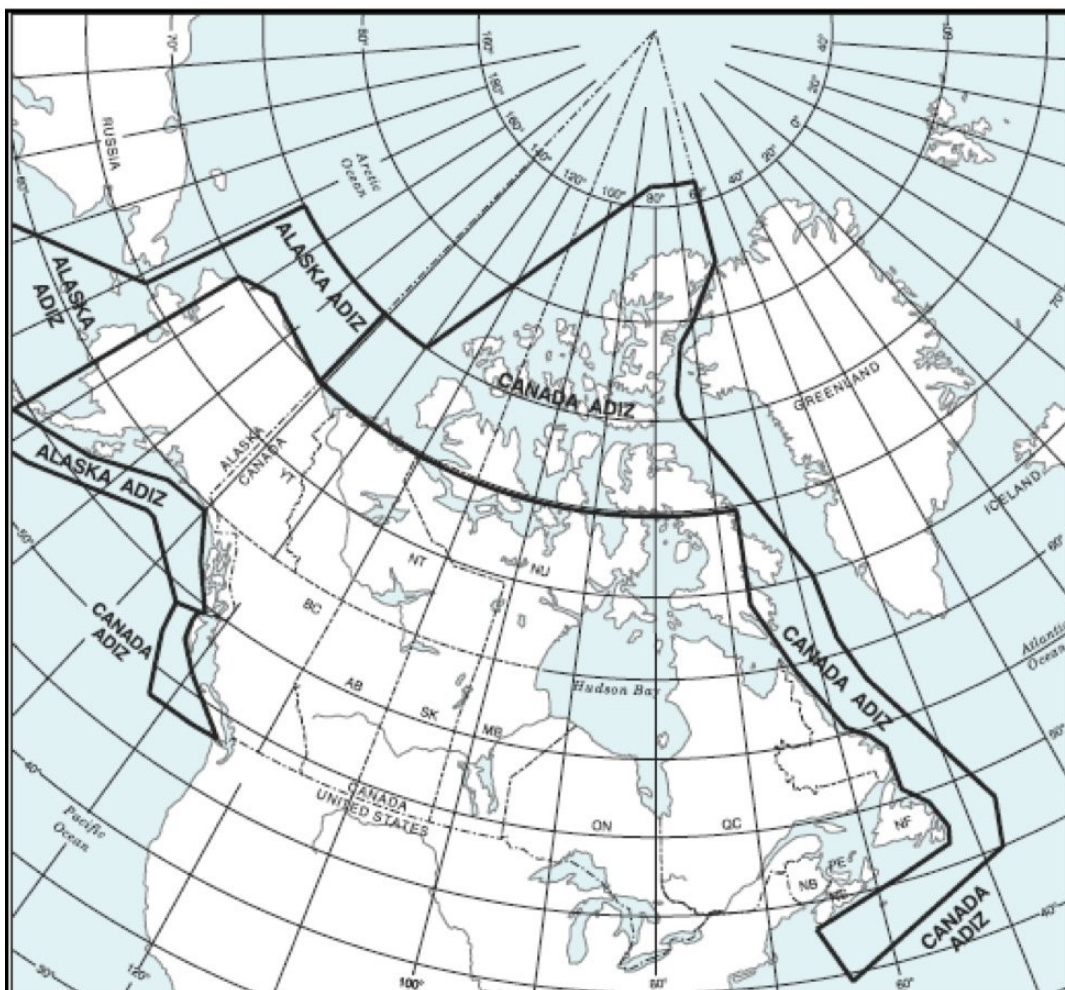
Robustness starts well before puberty. I well remember that, from kindergarden through to the teen years when I finally got a part-time job, every day after school, snow, rain or shine, all day on weekends, our time was filled with endless pickup street hockey, corner lot softball or foot or soccer ball games. It was a rare football game, some played twenty-a-side on the field behind our local Armory, that didn't end in a brawl of one kind or another. We always seemed to be ragged, a bit dirty and occasionally bloody-nosed, but, even for youngsters, remarkably fighting fit.

Today, here in Nanaimo, after school or weekend sports are just about unknown for other than members of the elite teams. I have one secondary and two elementary schools within walking distance of me. The student parking lot at the former is used by a hundred or more young drivers daily.

... Fitness! - continued on page 4...

## NEW NORTHERN AIR DEFENSE IDENTIFICATION ZONE

In a statement released mid-May, Canada announced that it has finally expanded its Northern Air Defense Identification Zone to cover more of the Canadian Arctic. This revamped Canadian ADIZ will encompass the entirety of the Canadian Arctic archipelago, parts of which were left out of the previous system. The Russians regularly test NORAD response and reaction capability with cross polar sorties against ours and other NATO ADIZs.



This month's Luncheon/Meeting will be held on

**WEDNESDAY, JUNE 13TH, 2018, 11H30**

at

**ROYAL CANADIAN LEGION, BRANCH 257**

**7227 LANTZVILLE ROAD**

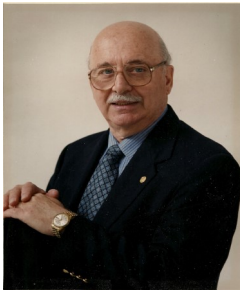
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WO (RETD) EDWIN J PEETERS CD, PRESIDENT, USINNI.

ANY MEMBER OF THE INSTITUTE WISHING TO MAKE A CONTRIBUTION  
OR COMMENT WITH RESPECT TO THIS PUBLICATION MAY DO SO BY CONTACTING THE SAME.

### ...Fitness! - continued from page 2...

One of such young man lives around the corner from me; he drives three and a half blocks to and from school daily. At the nearer elementary school, almost all students are dropped off or picked up by automobile. At recess or lunchtime, some pick-up basketball or tag games can be seen, but most of the kids just mope about waiting for their unionized teachers to re-appear.

At one of our North Nanaimo Tim Hortons, up-hill from our high school, weekdays, the place or the drive-through can be jammed with mid-morning teeners in for coffee and donuts. For the high school walkers, it's a leisurely walk downhill to the local Seven-Eleven for mid-morning chips and cola. Some few look fit; too many are obese. Have a good look at to-days entitled teens. Out-of-class and possibly in as well, they appear to spend all of their time actively but mindlessly on electronic devices. Everything seems to be about chatting or gaming. When the going gets tough and we might hope the tough would get going, I for one don't have great expectations of the millenials and those coming behind them. John Kennedy must be rolling over in his grave.



*Musings* are by Colonel (Retd) WJ (Bill) McCullough. The views expressed are, as always, the product of his own research, experience and middle-of-the-night deliberations.

## LUNCHEON MEETING ATTENDANCE

Your telephone contact coordinator will attempt to contact you in the days prior to our monthly luncheon/ meeting in order to confirm your attendance. In this manner we can provide attendance numbers to the volunteer kitchen staff at RCL 257 so that they may prepare adequately for our function.

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250-756-0223

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## US Navy, Boeing Tout Block III Super Hornet As Partner For F-35



The US Navy is upgrading its Super Hornet fighters with new sensors and networks so they can collaborate in combat with the F-35. They plan to purchase 116 new Block III Super Hornets and convert many of its nearly 500 existing Super Hornets to Block II standard.