# The Roundup

2016 Spring Issue

March 2016

Post Traumatic Stress Disorder (PTSD) affecting the First Responder and Military is a topic in the forefront of media attention at the moment, as it should be. The following timely article is about Region 2 member Art Leonard and how a Service Dog is helping him cope in his struggle with PTSD.

## THE ART OF SURVIVAL

### A Military Veteran's Personal Journey with Combat-Related PTSD

By Carina Thulin Lood and Sgt. Art Leonard

As an aficionado of classical opera, retired Military Police (MP) officer Sgt. Art Leonard from the Canadian Armed Forces (CAF) has enjoyed glorious on-stage performances for over 50 years. When growing up in Quebec, his father introduced him to classic opera at an early age. As the music filled the home with soaring vocal harmonies, Sgt. Leonard's own destiny would come to resemble a classic Greek hero's; his military career would eventually take him to the battlefields in the Balkans, where he would bear witness to some of the worst atrocities committed in human history. This is where the tragic tale of his own tormented life began. Like Macbeth, he would be haunted by horrible apparitions - a serious mental health condition termed combat-related Post Traumatic Stress Disorder (PTSD). In an epic personal journey spanning continents and time.

At the age of 17, Art joined the Canadian military service eager to serve his country and see the world. After basic military training, he was initially sent as a Canadian Armed Forces (CAF) Military Police (MP) to Cyprus.

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# The Art of Survival

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For centuries, the Balkan countries had been home to Eastern Orthodox, Roman Catholic and Muslim populations, as well as various ethnic minorities. Under the totalitarian regime the long-standing disputes between these groups were brutally repressed. But, violence erupted after the collapse of Communist rule. Sent to monitor the fragile peace, UNPROFOR personnel became witnesses to some of the worst cases of ethnic cleansing and human brutality imagined. Unable to prevent the bloodshed, they often found themselves in the midst of the fighting. *"I can remember the feeling of being in Bosnia… feeling unprepared with little equipment and, most of all, feeling like a "sitting duck" in a conflict without being able to defend myself"*. Not surprisingly, Art's nightmares and flashbacks started during this time - a condition referred to as combat-related Post Traumatic Stress Disorder (PTSD). But, this wasn't really anything that you openly talked about within the military culture. So, his mental health condition went untreated for many years until he received the *coup de grace* (final blow) during his last military tour in Afghanistan.

When arriving in Kandahar City in 2003, the atmosphere within the fortified walls of the Canadian Armed Forces' military base was ripe with tension. Because of the highly unstable situation in Afghanistan, army personnel lived in a constant state of hyper vigilance. Whenever venturing outside the perimeter of the base, they had to contend with ambushes, suicide bombings, or improvised explosive devices (IED). On a mission to apprehend a suspected terrorist/criminal, Taliban insurgents ambushed MP Sgt. Art Leonard and members of his unit. Within a split second, the assailants had fired off multiple rounds of ammunition, hitting Art first in the leg, and then twice in the chest. As his body slammed into the ground, his head forcefully made contact with a sharp rock which severed a disc in the spine, fractured the skull and penetrated the lower part of the brain. And, then, …… everything went blank. In critical condition, Art was rushed to the military hospital in Kandahar City for treatment of life-threatening injuries. Later the same day, they put him on a medical flight to Germany where neurosurgeons operated on his damaged cerebellum - a complex brain structure responsible for motor coordination and balance. After a month in a comatose state, his condition was stable enough to send him home on a medical flight.

…...continued on page 3

# **The Art of Survival** (cont.)

When he regained consciousness at Sunnybrook Hospital in Toronto, it was only to discover that he suffered amnesia and complete paralysis of his lower limbs. This was only the beginning of his misfortunes. Unable to cope and care for a severely wounded soldier, his wife of 20 years left him. *"I lost everything ……my wife, my children, my home, my business…that was the hard part for me"*. Despite this tragic fate, Sgt. Leonard's unrelenting military ethos remained - ***NEVER GIVE UP!*** He wasn't going to accept being confined to a wheelchair, but trained relentlessly to improve motor skills and balance. Because of his extraordinary perseverance, he eventually regained complete mobility. However, civilian darkness engulfed him as he was still struggling with symptoms of PTSD.

***" My life was haunted with flashbacks, sleepless nights, cold sweats and anxiety from living through some of the darkest, most terrifying experiences that a person could ever endure……despite a chest full of medals for my service, I had hit rock bottom; I had reached a point of not caring to live anymore".***

*"**For a long time I blamed myself for failing as a Soldier. I would think that if I hadn't been injured my family wouldn't have left me, and my career in the military would still be intact. Instead, I was left alone ……..fighting to stay alive after several suicide attempts."***

In 2006, he finally received proper medical attention and treatment for PTSD by Dr. Sokol - a renowned psychiatrist at the Southlake Regional Health Centre in Newmarket, ON. This marked the turning point in this tragic tale. Since then, Sgt. Art Leonard has been reintroduced to his children from his first marriage. He has also remarried, and now has a beautiful and vivacious young daughter. On the social front, he actively participates in many organizations, including the International Police Association, St. John's Ambulance, the Royal Canadian Legion and the Royal Canadian Military Institute.

Aware of his on-going struggles with combat-related PTSD, friends from the Royal Canadian Legion in Newmarket, Ontario, realized the positive health benefits a service dog could provide. They contacted Nicole Taylor, founder of United by Trauma, to enquire about a PTSD Service Dog for him - a program United by Trauma offers to first responders, including military veterans, in partnership with In Canis Speramus. After a rigorous needs assessment, he received the good news that his application had been approved. Next, Shai Perlmutter of In Canis Speramus would present him with a selection of PTSD Service Dogs in order to find the right match. It was like going on a first date.

...cont page 4

# **The Art of Survival** (cont)

Concerned about rejection, he spent a sleepless night needlessly agonizing over possible outcomes. But, his fears were quickly dispelled - it was love at first sight when he met Nova, a black-sable German Shepherd Dog. *"When he (Shai Perlmutter) brought her out (Nova), I got down on my knees. In ten seconds she was licking my face …there was like an instant bond".*

In order to properly care for this highly trained dog, he attended a number of training sessions as part of In Canis Speramus' mandatory transition program. The highlight of this period came when visiting the Codiac Cup Ball Hockey Tournament in Barrie, ON. To raise money for United by Trauma's PTSD program, Muskoka Heli Co. offered helicopter rides to paying attendees. Without any hesitation, Art jumped on board with Nova for a spectacular tour of the Muskoka Region. Of course, Nova took to the skies like a rock star. Shortly thereafter, this dog-handler team passed In Canis Speramus' final test, marking the culmination of the transition program. Although it had been a great experience, Art couldn't wait to permanently bring her home: *"I wanted to take her home the day I met her"* - a pivotal day in his struggle with combat-related PTSD.

Since the arrival of Nova, his PTSD Service Dog, Art's life has been transformed. Because of her physical exercise and training requirements, he spends a lot of time outdoors: bringing his young daughter along to the local park; going for walks in the neighbourhood; and just having plain fun. During their walks, strangers often approach him curious about his well-trained dog: *'People are always asking about the dog, wanting to pet her'* (the social icebreaker effect). As a source of much joy, Nova's presence has also transformed the home environment. When family members return home, she is always there to greet everyone effusively. By now, Art's three-year old daughter is smitten by her, and they are completely inseparable. "***They are like apple pie and ice-cream".***

...cont page 5

# **The Art of Survival** (cont)

As a classical opera cognescente, Art's passion was recently reignited by a visit to the Canadian Opera Company in Toronto for an extraordinary performance of La Traviata, accompanied by his wife and Nova (who patiently endured 4.5 hours of soaring vocals). Given his normal hyper vigilance in crowded public spaces (always looking out for potential threats), this is a significant step towards recovery. In the spring, they will return to watch the Barber of Seville .

Later, they will enjoy the enthralling melodrama of George Bizet's unforgettable Carmen. After more than a decade struggling with combat-related PTSD and TBI, Sgt. Art Leonard's life is now tinged with optimism, hope and joy. Sgt. Art Leonard has been acknowledged for his exemplary military police service with a number of prestigious medals, including: the Canadian Forces Decoration (CD) with bar; the Canadian Peacekeeping Service Medal; the UNPROFOR medal (3 tours); the Cyprus medal (2 tours) the Operational Service Medal for Afghanistan; and the Canadian Forces Sacrifice Medal.

Sgt. Art Leonard wishes to thank the Hamilton Police Association, United by Trauma and In Canis Speramus for the gift of life - a beautiful PTSD Service Dog named Nova. In support of this highly decorated military veteran, the Hamilton Police Association generously donated $5,000.00 to partially cover her training costs.

Please generously support United by Trauma's PTSD Service Dog Program by visiting www.irunandrock.ca.

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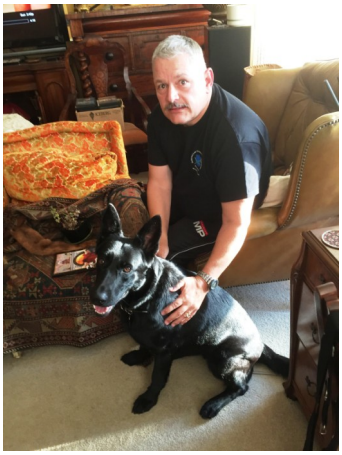

Art Leonard's Decorations—Start Top Row from left of page to right

1) CD—Canadian Decoration

2) Bar for the CD

3) Cyprus Medal ( 2 tours)

4) Bosnia– Yugoslavia Medal (3 tours)

5) United Nations Recognition Medal

6) Afghanistan General Campaign Medal Bottom left)

7) Sacrifice Medal

# "On the Job"

**A FUNNY STORY**

One day about 1970, I was on patrol of the MacDonald-Cartier Freeway (Hwy. 401) eastbound near Avenue Rd. approx. 4 miles east of Hwy. 400. At this point I started to pace a vehicle that was driving at a high rate of speed. I stopped the speeder after about 2 miles, near Bayview Ave., got the driver's credentials and proceeded back to my motorcycle to write a speeding ticket. After a few minutes the driver came back to me and asked what I was doing. I told him he was being charged with speeding, and at that he seriously said to me, why couldn't I just give him a warning like the other officer did, who had stopped him a few minutes ago near Hwy. 400.

Unfortunately, there was no violation under the Highway Traffic Act for STUPIDITY.

*Contributed by Retired Provincial Constable A.G. Lowe*

# Heard on the Job

A hooded robber burst into a Texas bank and forced the tellers to load a sack full of cash. On his way out the door, a brave Texas customer grabbed the robber's hood and pulled it off, revealing the robber's face. Without hesitation, the robber turned and shot the Texan dead. Looking around the bank, the robber noticed a teller looking at him so he shot that teller dead, as well. The robber then shouted out "Now, is there anyone else here who has seen my face?" All others were looking down at the floor and it was very quiet in the bank for a few minutes until one elderly Texan raised his hand and shouted to the robber "My wife got a pretty good look at you".

# How Our Travel Section Can work for You

Lloyd Osmond, former Region 2 Member and present Region 6 Member recently had cause to use the international connections afforded IPA members, when he took a cruise in the Far East. Lloyd tells us his story:

"The IPA Hong Kong Section was contacted prior to my leaving Canada, advising them that my wife and I would be in Hong Kong for 3 days during an upcoming cruise. We wondered whether there were any Hong Kong sites that we could look at while we were there.

Mr. Eddie Wu, IPA Hong Kong Section Secretary responded and invited us to lunch at Hong Kong Police Headquarters. When we arrived in Hong Kong I texted Eddie setting up a day and time for the luncheon. We were taken to HKPD Headquarters by Eddie Wu and had a wonderful lunch with IPA section Officials. I gave Eddie and the Chairman an RCMP ball cap and an RCMP print. The Chairman gave me a tin of green tea, an IPA HK ball cap and a book on the Hong Kong Police Department. Eddie commented that he had never seen the Chairman give anyone a tin of his personal tea before.

We were then invited to attend a HK Police Graduating Class parade later that afternoon followed by dinner that evening, after the ceremony. The graduating Police parade ceremony was very impressive. We were seated with the HK Police Officials in the viewing stands. During the dinner and into the evening we were entertained by HK Senior Police Officers, the Commandant of HKPD HQ and the graduating course class. I think every Officer there wanted pictures with us. I was informed that we were the only Westerners that have ever been invited to attend a HK Police Official function. Needless to say IPA and HK Police Officials treated us like Royalty. Mr. Wu drove us back to our hotel after the dinner. He was very attentive to us while we were in Hong Kong.

We had a very memorable visit to the beautiful City of Hong Kong. We proceeded onboard our cruise ship in Hong Kong and for the next 14 days visited and toured Cities in South East Asia, Thailand, Vietnam and Cambodia.

# "Kruger… the Name Rings a Bell"

(Region 2 member with an unusual hobby—Town Crier)

After a thirty-year career with the OPP, never did I dream that within months of retiring, I would enter a competition, beating out the local bank manager to become the first official Town Crier of Bracebridge, Ontario.

My Crier uniform reflects my policing heritage including my father's OPP S/Sgt Crowns on the pockets, brass OPP buttons with loops upon the front, similar to the District of Muskoka militia, from an earlier time of law enforcement.

I perform between 50 – 70 cries per year. Coincidentally, my first cry was given in District Court House where I had often testified but now was welcoming the top Supreme Court judges of Ontario, and Attorney General to Bracebridge.

*(Lynn & Bruce @ OPP GHQ with Car #1 in Background)*

***Town Crier Bruce & Escort, Lynn Kruger***

My wife, Lynn, became the Crier's Escort dressing in period outfits assisting me on most of my presentations. She has travelled with me to nine countries such as England, Bermuda, USA, Germany and Australia. I have been fortunate to win 1st place for both the Province of Ontario, and North American Championships plus 3rd place in World competition. The most exciting competition, however, was winning 1st place at the International Queen's Golden Jubilee Competition, which gave me the opportunity to welcome Queen Elizabeth II & Prince Phillip to Canada. This cry was done jointly with my son, Shaun, as his first cry, and who has now become the President of the Ontario Guild of Town Criers which oversees Crier activities.

**"Kruger… the Name Rings a Bell"….continued**

*(Queen & Town Crier)*
**Queen Elizabeth II & Premier Ernie Eves**

As Town Crier, I became the event coordinator and Master of Ceremonies for the visit of the King & Queen of Norway. Five years later, I acted in the same capacity for the arrival of Norwegian Prime Minister Stoltenberg. In gratitude, the government of Norway flew Lynn and I to their country, taking us to the Royal Castle including a flight to the mountains in a Air Force helicopter. These are but a few of the memories as a Crier that couldn't be replicated in any other capacity.

*(Photo @ Aircraft with Crier PM & Dignitaries)*
Crier beside Prime Minister Stoltenberg

One of my greatest honours, was receiving the TEMA Lifetime Achievement Award for advocating for police suffering from Post Traumatic Stress Disorder. I was awarded the framed photo of myself as Town Crier in front of the OPP Wall of Honour to represent *"spreading the word for PTSD"*.

*(Photo @ Aircraft with Crier PM & Dignitaries)*
Crier beside Prime Minister Stoltenberg

Over the years, I have proudly given cries for Prime Ministers Paul Martin and Stephen Harper plus the former President of India, Dr. Kalam amongst many other dignitaries, however, the most fun is simply doing the many cries for hockey games, birthdays, community events or waking up Wiarton Willie on Groundhog Day each year. Just last week (Feb 27th) what could be better than crying for the opening of the Dorset Fire Dept. Polar Plunge and then… jumping into the frigid waters of Lakes of Bays in Crier Uniform

Yes… the fellowship of Criers from around the world is outstanding. Interestingly, I've met over eight fellow officers/retirees from various police services who also cried for their towns & countries. It's a thrill to shout the virtues of my community, Bracebridge,… *"as we ask for God's blessings upon this great nation of Canada!"*

**Bruce C. Kruger, M.B.; SBStJ.**

*Detective Inspector, OPP, (ret), Bracebridge, Ont.*

## About Author

*Recipient of:*
Canada Medal of Bravery
Serving Brother, St. John of Jerusalem
Police Exemplary Service Medal
Ontario Medal for Police Bravery
Long Service & Good Conduct – OPP
Queen's Golden Jubilee Medal
Commissioner's Certificate of Valour (Apprehension of Armed Kidnapper)
Commissioner's Certificate of Valour (Rescue of Drowning Person)
Commissioners Commendation (Drug Enforcement Project)
Canadian Red Cross Life Saving Award (Resuscitation of Injured Person)

## President's Message:

As you are aware we called for nominations for the 2016 Executive Board in November of 2015. Myself - President, Malina Nicoara - Recording Secretary, Farhan Kever – Treasurer and Dave and Debbie Carey-Membership Secretaries were returned to our positions by acclamation.

Lino Murarotto, the incumbent, and Lou Agostinho contested the role of Vice-President. For many years Lino has shown his dedication and value repeatedly with his hard work on the Region 2 Executive Board. Lou made it known that he wanted more involvement with the Region and comes with very impressive credentials.

The Board couldn't believe its good luck and decided to make a second Vice President position so we could benefit from the experience and commitment of both members…congratulations to both Lino and Lou, the Executive looks forward to an exciting and dynamic year with you two on board.

At our March 2016 meeting we held our 2015 Annual General Meeting and each position and committee gave their 2015 summation. I was very pleased to see a large turnout for the meeting and was able to meet members that I hadn't met before.

Below you will find my summation of the highlights in the past year.

Elections were held in late 2014, for the 2015 Executive Board. By acclamation we welcomed back Vice-president Lino Murarotto, Recording Secretary Malina Nicoara, Treasurer Marv Southcott, Membership Secretary Scott Ayco-Carthew and myself, Chris Barratt, as President.

The following appointments supported the elected positions; Social Committee chair Joe Rizzuti, Supplies Officer Colin Hawkes, Travel Secretary Harry Summerton, Memorabilia Officer Jim Dallimore, Military Police liaison Art Leonard and Newsletter Editor Boyd Brown.

Sadly, mid-year we said good-bye to Membership Secretary Scott Ayco-Carthew due to ill health; we thank him and Maridy for their three-year dedication to the task. As the saying goes, "It is an ill wind that blows no good" and we have the dynamic team of Dave and Debbie Carey who have taken on the Membership Secretary challenge. We also said au revoir to Marv Southcott as our Treasurer due to competing priorities. Farhan Kever stepped up and filled the Treasurer's role most ably.

Our Newsletter Editor, Boyd Brown, after many years of producing a sterling newsletter, had to step down because of health complications. Fortunately for Region 2, David Lowe volunteered to fill the void. He has produced two excellent and informative issues to date.

I am pleased to report that Region 2 is financially viable and has steadily grown in membership. In 2015, our membership swelled from 366 to 391; almost a seven per cent increase.

We continue to recruit membership by attending large gatherings, such as patch shows, recruit graduations, Auxiliary training sessions and Armed Forces bases, all of which prove to be fertile ground.

Additionally, we attend the Blueline Trade Show. For several years now the folks at the Blueline Magazine have given Region 2 a prominent place in which to mount a recruiting display. This past year, we showcased our organization to many law enforcement practitioners. Our booth displayed posters, banners and police memorabilia collected by some of our current members, from all over the world.

t was with mixed emotions that our Executive Board worked hand-in-hand with our members in the Ottawa area to resurrect Region 6. Many months of hard work and countless emails, culminated in a well-attended September meeting in Ottawa, during which Region 6 rose like a phoenix from ashes, to take its place in the IPA family after a 34-year absence. In December 2015, 45 members of Region 2 transferred their membership to the new Region.

In May of 2015, we again fielded a remarkable joint Region 1 and Region 2 contingent to attend the Ontario Police Memorial Ceremony of Remembrance at Queen's Park honouring those who paid the ultimate sacrifice.

Our charitable support within the community saw an increase in focus during the past year.

The Children's Breakfast Club and the Second Chance Scholarship Fund continue to receive assistance from us, both financially and through the volunteer hours our members provide.

I am also happy to report our continued support of the Tema Conter Memorial Trust (http://www.tema.ca). The Tema Conter Memorial Trust began in 2001 as a modest charity offering scholarships to paramedic students. Today, it has grown to become a hub for research, education and training, as well as a peer and psychological support resource for the men and women serving in Canada's public safety organizations.

Post Traumatic Stress disorder (PTSD) continues to be a destructive affliction within the first responder community and among military personnel. This affiliation offers great opportunity to raise the profile of IPA Canada, while supporting an organization dedicated to building awareness of the negative effect of PTSD and raising funds to assist those in need.

Outreach during their 2014 Heroes are Human Cross Canada Tour, included a visit to 47 cities over a three-month period where they spoke to approximately 5,000 public safety and military personnel and their families. A similar tour is planned for April and May of 2016; IPA Canada's participation is welcome during any stage of the tour.

Socially, Region 2 held a successful fun handgun shoot in the spring, attracting just short of 30 participants. Through good luck and good planning, not a single drop of blood was spilled.

Although, we did not host the summer barbecue we will host this event again in 2016.

Throughout the year our members have held numerous drop-in breakfast gatherings, where new friendships are made and old ones renewed.

The jewel in the crown of our social season was the Christmas Dinner Dance and Awards Night. More than 100 friends and family dined on superb cuisine and danced the evening away. A significant award was presented to Bob Clements, a service pin, in honour of his 50-year membership with IPA.

Your President leading the way to good times at the Region 2 Christmas party this past year.

Striving for bigger and better, in 2016, we have taken up the challenge to promote this event even more vigorously, to which end, a larger room as already been secured.

Region 2 has taken the forefront in several areas. Most recently, in the area of logo bearing paraphernalia, Region 2 produced a Challenge Coin, which has proven quite popular with collectors and visitors.

Looking back to 2014, Region 2 championed the National Photography Contest. We were somewhat disappointed with the limited number of entries, but hoped for a better response for the next cultural event.

In September of that same year, Region 2 volunteered to organize and facilitate a National Poetry Contest for 2015. The quality of the entries was excellent, although the quantity and participation was again very low. The winners were announced at the 2015 Annual General Meeting. Steve Gibson of Region 9 won with his poem “Once”, with John Luckanuck from Region 10 in second place with an entry entitled “IPA All The Way”.

Both poems were sent to the international competition. In October, at the International World Congress in Cyprus, Steve Gibson’s entry took third place, quite a feat.

The Region 2 Executive Board should be congratulated. They have demonstrated our motto "Servo per Amikeco" –service through friendship – with their diligent and hard work for the membership.

Our members in turn have shown their concurrence to this ideal by hosting visitors, both nationally and internationally, as well as supporting local organizations and each other.

Our organization continues to grow stronger from the bonds of friendship, one new member at a time.

Please contact any Board member or me if you wish to be more involved with the activities of the IPA.

In friendship, Chris

We missed the important duty of welcoming our new members in the last issue of the Round Up, so we'll rectified that now.

Please join me in welcoming the following new members:

| | | |
|---|---|---|
| Michael SAULNIER | Military Police | Serving |
| Andrew FERGUSON | OPP | Serving |
| David WRIGHT | York Regional | Retired |
| Lisa McGINNIS | OPP | Serving |
| John McLAUGHLIN | Peel Regional | Retired |
| David TRACH | York Regional | Serving |
| Mike BRACKEN | OPP Auxiliary | Serving |
| Debbie SPINKS-CAREY | Immigration | Retired |
| Michelle VINCENT | York Regional | Serving |
| Pat GIBERSON | York Regional | Retired |
| Sue GIBERSON | York Regional Auxiliary | Retired |
| Wayne KALINSKI | Orangeville | Serving |
| Ken LEWIS | Thunder Bay | Serving |
| Terry BELLAMY | Durham Regional Auxiliary | Serving |
| Robin COOMBS | York Regional Civilian Dispatcher | Serving |
| Terry-Sue WILLIAMSON | Durham Regional Auxiliary | Serving |
| Donald JORGENSEN | Peel Regional | Serving |
| Leonard FAVREAU | Peel Regional | Retired |
| Peter ZIMMERMAN | Durham Regional Auxiliary | Serving |

Welcome back to the fold;

| | | |
|---|---|---|
| Mike HUNTER | North Bay | Serving |

And finally welcome to Kevin EMSLEY, serving with Peel Regional who transferred from the British Section.

**Coming Events:**

-April Fun Handgun Shoot – Details will be posted on the Region 2 Website when finalized.

-Annual BBQ – Saturday, June 25, 2016 – York Regional Police Social Club, 600 Stonehaven Dr. Newmarket - $20.00 per person – more details on the Region 2 Website.

-Christmas Dinner, Dance and Awards Night – Saturday, November 26, 2016 – Riviera Parc Banquet facility – 2800 Hwy #7, Vaughan - $60.00 per person

Ontario Man Fined For Smuggling Nearly 40 Live Turtles In His Pants

A Windsor, Ontario man was caught trying to smuggle turtles into Canada from the USA. While being inspected at the border crossing by CBSA, he was found to have 35 turtles taped to his legs. The turtles were in plastic bags taped under her pant legs.

The turtles included 'Diamondback terrapins", "Three toed boxed turtles", "Spotted turtles" and "Red-eared sliders".

The man was convicted of transporting reptiles into Canada in contravention of a foreign state's laws. He was fined $3500 and given 50 hours of community service.

Last December, another man was convicted of smuggling when he tried to smuggle 51 Snapping Turtles in, taped to his legs. Duh?

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## Cruise the Panama Canal with David and Sandra Lowe, November 28 for 10 days !

Join us on board the beautiful Coral Princess for 10 days of pampering, luxury, fine dining, great entertainment and a chance to sail through one of the wonders of the world, the Panama Canal.

Your cruise fare starts at $1510.65 USD per person plus taxes and fees and includes all of your meals on board, great on board entertainment and do much more.

David and Sandra will be pleased to offer you guidance in your choice and will have their personal Travel professional (TICO registered) look after your booking. David and Sandra are "Platinum" Members of the Princess Cruise Lines "Captain's Circle" which means they have the experience and the know-how to help make this your cruise of a lifetime.

Email David for more information at david.lowe1950@gmail.com

# Region 2 Annual BBQ - June 25, 2016

Last year, the annual barbecue had to be cancelled due to mitigating factors but in 2016, our Events Coordinator, Joe Rizzuti and his team are going to make up for it. Through the generosity of the York Regional Police Association (YRPA) and an unnamed member of the IPA Region 2, the 2016 barbecue maybe held at the beautiful facilities of the YRPA, at 600 Stonehaven Avenue, in Newmarket. A few of us have been lucky enough to have used this facility when the IPA R2 held a duel birthday celebration last June for two of the members at that location. Make sure that you block the date off for this event. When Joe throws a barbecue, you know it will be great and you certainly do not want to miss this one. Of course, more details will be forthcoming as we get into the new year but until then, keep that date open and join your colleagues for a load of fun.

Our thanks will go out in advance to the YRPA for the use of their facilities. Contact Joe for further information in the new year.

YRPA EST. 1971
YORK REGIONAL POLICE ASSOCIATION

**IPA ACCOMMODATION, QUEENSLAND, AUSTRALIA-**

**DOWN UNDER TO SOME OF US!!!**

Yes indeed; it is a long long way from Canada, but, in this remarkable age, one can board a jet plane, and in less than 24 hours, be in Australia!!

I travelled there during WWII, by sea, which took one whole month!! But I digress. This is the first of two items describing the IPA accommodations that await you, should the Southern Hemisphere ever beckon.

Believe it or not, there IS another Miami on this planet!! Located on the State of Queensland's "Gold Coast". Twelve and a half kms North of Coolangata Airport, six and a half kms South of Surfers Paradise, and a 90 minute drive South of Brisbane. The apartment is on the second floor, (No elevator), of a beach resort complex with resort style facilities. Consists of two bedrooms, (1 with a Queen size bed), TV, walk through wardrobe, and en-suite facilities, a smaller bedroom, laundry facilities, kitchen, dining room, lounge, plus balcony overlooking the garden and swimming pool. Here are a couple of pictures to further whet your appetite.

First an aerial view;

-

This is the entrance to the resort; please also note the word Florida on the sign.

The house manager is Geoff PALMER; he lives at 3/452, Coolangata Road, Tugun, Queensland, Australia-4224. Mobile, (Cell) phone: Country identifier +61- (0)416 247 886. Email: housemanager.qld@ipa-australianpolice.com.au

You can also go to our Section's website: www.ipacanada.ca click on travel, then International. A small coloured globe will appear with the invite to click on the wording next to it, and select the country of your choice to see all this. In a subsequent Region 2 newsletter, I will regale you with details of a second Aussie IPA residence!!

Enjoy!!

Harry SUMMERTON- VP Travel, Region 2.

**Mixing IPA Friendship with business in Canada**

By Tom Rataj

Mid-February 2016 saw the arrival in Toronto of two German Police officers from Tübingen (just south of Stuttgart), here on official business to return a prisoner to Germany.

Paul Sprenger (an IPA member in the Tübingen – Reutlingen chapter) reached-out to Canada Region 2 president Chris Barratt to arrange for some IPA friendship and hospitality while in Toronto with colleague Willy Rudorf.

They arrived on Thursday, February 18th, 2016 and settled in to their downtown Toronto hotel. On Friday morning they had a short meeting with the German Consul in Toronto and then they fortunately had a few days to explore Toronto and environs before getting down to business the following week.

Chris reached out to me, as he knows that I speak German, which could help facilitate the visit.

After their meeting at the German Consulate, I picked them up and we enjoyed the full "Tower Experience" at the CN Tower, ascending all the way to the SkyPod at a height of 447 m (1,465ft), 105m (345ft) higher than the main observation and restaurant levels.

The weather cooperated by providing a fairly crisp, clear and bright day for mid-February.

(Willy Rudorf and Paul Sprenger posing with the mini-tower.)

(Looking down from the SkyPod on the CN Tower)

After completing the Tower Experience we proceeded to Toronto Police 51 Division where we were given a thorough tour of the building, history and operations. The station partially occupies a renovated 150+ year old industrial building in downtown Toronto. Fifty-one Division is responsible for policing the east end of the downtown core from the lake north to Bloor St. between Yonge St. and the Don River.

The day was rounded out by taking a short walk south from 51 Division to the historic Distillery District where we enjoyed a good meal and a few pints of beer at the Mill St. Brewpub.

As a visit to southern Ontario isn't complete without a visit to Niagara Falls, we set out on Saturday morning for "The Falls". From their hotel beside Maple Leaf Gardens, we took a short drive through parts of downtown Toronto, including China Town, Little Portugal and High Park before jumping on the Gardner Expressway/QEW towards The Falls.

Although it was a bit cool and blustery, the visit to Niagara Falls was enjoyable complete with some sunshine, and a Canadian tradition: coffee at Tim Hortons.

After the falls we headed north on the Niagara Falls Parkway to the scenic theatre town of Niagara-on-the-Lake, for a short stroll around the historic downtown and a quick lunch.

The drive back to Toronto wound its way through Ontario wine country before jumping back on the QEW. A short stop at the Humber River Arch Bridge interrupted the drive back to Toronto for a great photo-opportunity of the skyline.

(Toronto skyline from the Humber River Arch Bridge.)

Saturday was rounded out for the pair with dinner at the German Consul's home in west Toronto. Sunday and Monday were pure tourist days, including taking in both a Toronto Maple Leafs and Toronto Raptors game.

Tuesday was spent attending to business with the Toronto Police Service Fugitive Squad, and getting tours of some of the TPS's specialised support units.

Wednesday it was home again, with their prisoner in tow.

We all enjoyed the social visit. The boys had a wonderful time which they may not otherwise have had if there was no IPA. You too can take advantage of our world-wide network when you travel. Be sure to check it out.

Service through Friendship - Service Durch Freundschaft

Tubingen, Germany

Tübingen is a traditional university town in central Baden-Württemberg, Germany. It is situated 30 km south of the state capital, Stuttgart, on a ridge between the Neckar and Ammer rivers.

## Region 2 Breakfast Club GTA North

A sort of informal breakfast club has happened in Region 2. A number of the members, from the GTA to Orillia, have been meeting for breakfast about every 4 to 6 weeks for friendship, a hearty breakfast and to chat about the IPA.

All members are welcome to attend and are encouraged to do so. Just contact this publication and let me know if you are interested. I will then advise you when the next breakfast happens.

Our last breakfast had 13 members show up. Breakfast was held t the Husky Gas Bar at the intersection of Hwy 400 and Hwy 88 (Bradford), beginning at about 10 a.m.

As can be seen in the above photo, both male and female members attend. These little gatherings are great social events. They give the members a chance to get to know each other while giving some of the Executive in attendance, a chance to canvas the members on various issues, face to face. Needless to say, the members are always willing to ensure that the Executive members are aware of the opinions around the table.

The next breakfast is going to be happening in late April so if you are interested in coming out, please contact me or Collin Hawkes to find out the details. This is truly the case for “the more, the merrier.”

Husky Gas Bar, Bradford Ontario

## Region 2 Breakfast Club GTA East

We are starting an IPA Breakfast Club GTA East to be held in the Durham Region area. The first one is planned for Thursday, March 24 at 10am at Eggs and Crepes in Ajax (it will be over by the time you read this). We have had a good response from the area members, a report and pictures will be posted on our R2 website, along with future dates.