

Class of 65 Newsletter

Bulletin d'Information—Classe de 65

Issue/Numéro 84



May/mai 2015

Disclaimer: This Newsletter is produced for members of the RMC Class of 1965 and is based primarily on inputs from members of the Class of 65. It is not an official publication of the Royal Military College nor does it purport to represent the views or opinions of all members of the Class. Unfortunately, the Editorial staff lacks the linguistic skills to produce a bilingual version. Items are published in the official language in which they are received.

Editor's Corner/Coin du rédacteur

A short but important issue this month. The centrepiece is a fairly detailed update on this year's reunion with a schedule of events, timings and where required, points of contact. We have heard from **6246 Bob Fraser** for the first time. Spurred by **Steve Crutcher's** article on depression in the last issue, Bob has provided his own variant as well as an article on his personal battle with prostate cancer.

But first some very good news from **6568 Ed Sandford's** partner Sharon McKeen, "*Well, after what seems like an interminable battle, Ed has once again risen victorious. The brain tumour has shrunk to the size of a peppercorn and he's well on the road to some kind of recovery. He has had six chemo treatments and we just saw his oncologist yesterday who said she doesn't want to see him again until June. He must have genes that should be replicated for future study. It's all good news.*"

Attitude by Chuck Swindol (as lightly modified by
6246 Robert Fraser

The longer I live, the more I realize the impact our attitude has on our life experiences.
Personal attitude, is more important than: education, money, circumstances, failures, successes, or what other people think, or say, or do.
Attitude is more important than appearance, giftedness, luck, or skill.
Attitude will make or break a company, a church, a home, a relationship, a career, a life.
Life is 10% what happens to you and 90% how you react to it. While we cannot change our past or how other people act, we can each make a personal choice regarding the attitude with which we will embrace

that day.

Good things happen to people with positive attitudes - take daily charge of yours today.

Always remember the story of the twin little girls who both wanted ponies for their birthday, each were shown identical stalls filled with huge amounts of horse manure: upon each being handed a shovel, one little girl burst out crying and ran outside, the other frantically started to dig, saying "with all this s... , there must be a pony in here somewhere!".

Positive attitude - it can't be beat.



Issue/Numéro 84

May/mai 2015

Page 2

Reunion Weekend de rencontre 2015

Reservation package by mail shortly

Thursday, Sept. 24/ jeudi le 24 septembre

Legacy Dinner/Dîner Héritage

1730 for/pour 1800

Yeo Hall/Édifice Yeo

Black tie/Tenue de gala

Reservations/réservations:

Jennifer Jordan (RMC Foundation/Fondation)

613-541-6000 ext. 6807

1-888-386-3762

Jennifer.Jordan@rmc.ca

Friday, Sept. 25/vendredi le 25 septembre

Golf Tourney/Tournoi de golfe

0830 Garrison Golf Club

Info: Roger Chiasson chiassonr@ns.sympatico.ca

Obstacle Course/Course d'obstacles

1400 - 1700 Campus

Meet & Greet/Rencontre informelle

from/de 1900 -

Senior Staff Mess/Mess des officiers

Shuttle from hotels/Navette entre nos hôtels

Saturday, Sept. 26/samedi le 26 septembre

Family & Friends Breakfast/Petite-déjeuner des proches et amis

0730-0900

Cadet Dining Hall/Salle à manger des élofs

Paquet de réservation par courrier bientôt

\$10 pp at the door/à la porte

College Parade/ Défilé du Collège

1000 - 1200 Parade Square/Terrain de parade

Paquet de réservation par courrier bientôt

Class Lunch/Déjeuner de notre classe

1200 approx. Senior Staff Mess/Mess des officiers

Old Brigade Dinner/Souper de la Vielle Brigade

1800 for/pour 1900

Four Points by Sheraton Hotel

Black tie/Tenue de gala

Reservations/réservations:

RMC Club

613-541-6850

1-888-386-3762

www.rmclub.ca

Sunday, Sept. 27/dimanche le 27 septembre

March to the Arch/Défilé vers l'Arche

1000 Parade Square/Terrain de parade

Old Brigade Luncheon/Déjeuner de la Vieille Brigade

Following parade/après le défilé

Senior Staff Mess/Mess des officiers

Reservations/réservations:

see Old Brigade Dinner/voir Souper de la Vieille Brigade

(concluded page 3/conclu page 3)



Issue/Numéro 84

May/mai 2015

Page 3

Reunion Weekend de rencontre 2015 (concluded/conclu)

Accommodations/Logement

Holiday Inn Kingston Waterfront, 2 Princess St.,
613-549-8400; 1-877-660-8550, code "RMR"

Four Points by Sheraton, 285 King St. E.,
613-544-4434; 1-800-368-7764

Delta Kingston Waterfront, One Johnson St.,
613-549-8100 ext 1//1-800-268-1133

Questions?
hjm.spence@rogers.com

My Experience with Prostate Cancer by 6246 Robert Fraser

Since prostate cancer is also a current topic/potential problem for all of us aging warhorses, I wish to share a personal story about the advantages of good attitude:

I always carried a lot of renewable term life insurance and had an opportunity to get twice the coverage for the same premium, or to keep the coverage and get 50 % off the premium. All I had to do was get a medical at the Insurance company's expense (at no cancellation risk).

I signed up and was lucky - I failed the PSA test part. (I didn't even know then what a PSA test was and hadn't studied for it - my bad) The lucky part was: the test alerted me to an unknown but existing problem and early action could now be taken.

One month later I was able to get the core sample biopsy invasive test (painful, not fun) and discovered that I had several options to make regarding treatment- could watchfully wait, etc, but I chose the (3) gold position markers and (50) daily radiation treatments in Ottawa.

Two months later, they were scheduling me:

They: "what times do I prefer?"

Me: "As early as possible please".

They: "Everyone wants that".

Me: "So do I, but I will be grateful for any time that you see fit to give me, however, if you want me to say that I do not want early mornings, I cannot do that as I have a 200 mile round trip to get to Ottawa and back from Pembroke, and I have been teaching 30 hours per week 52 weeks a year for the past 24 months with only myself and now have a (new) graduate student to assist in my business of IT Network Administration School. Early mornings treatments will allow me to teach every afternoon and arrange things so that the graduate can supervise the lab portions.

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Issue/Numéro 84

May/mai 2015

Page 4

My Experience with Prostate Cancer (Concluded)

Please do what you can, and I will be there at the given times and grateful for them”.

About 45 of the 50 treatments ended up as early mornings and I was truly grateful. The students were not disadvantaged, our school performed well, and I was not unduly stressed. (The 10,000 miles driving was time consuming (½) directly into the sun, but it was peaceful).

That was 14 years ago and I still get tested annually, passing with flying colours. I attribute it all to good attitude with positive synergistic feedback from others. I live without fear.

Amazingly, I do not now remember being depressed or unduly concerned about the Prostate thing. (possibly my memory is not what it once was, or I still think nothing can touch me). Good attitude trumps all and I strongly recommend it— even if you don't “win”, it makes you more pleasant to be around.

Editors Note: Bob added the following postscript to his submissions: At RMC back in the day, if I hadn't failed that 3rd year final exam on “Three Dimensional Tensor Surface Integration,” I would not have had to repeat my 3rd year, and would have been in the Class of 64 instead of becoming a part of the Class of 65.

It didn't seem like a win at the time, but it was.

Bob

Closing Notes

Thanks to Bob for his inspirational thoughts and to our “Secretary for Life” for bringing us up to date on the upcoming “Big Event”. I hope that his information will prompt a large turn-out of 65-ers. Let's face it, we aren't going to be around for the next 50th reunion!

Jan and I are off on a Mediterranean cruise for most of the rest of this month and on return my son and I are going to Washington, DC for our annual Toronto Blue Jay pilgrimage. I am hoping to find a goodly collection of articles in my inbox when I get back because the bank is currently empty.