



Volume 2003/Issue 2
April/May 2003



The GROUND SHEET

The Official Publication of
The Royal Westminster Regiment Association

*'Dedicated to the ideals and comradeship
we knew in wars and peace in our
services both home and abroad.'*

'Pro Rege et Patria'

P.O. Box 854, New Westminster, BC. V3L 4Z8

www.westies.ca

INSIDE THIS ISSUE

**Melfa Weekend
May 23,24,25**

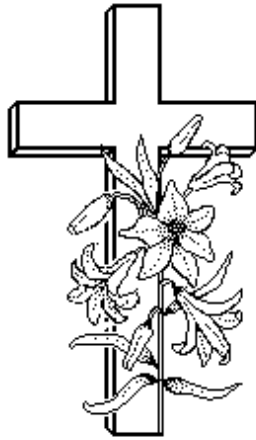
**See page 12 for details and be
sure to send in your RSVP.**

**Golf - Friday
Dinner - Saturday
Brunch/AGM - Sunday**
These events are for all members of
The Regimental Family.

**Lets make this a well
attended weekend event
this year!**

**Cadets!
Who are they?
Read about our own Army
Cadets and this great
youth organization.**

**Are you receiving the
Groundsheet and haven't
paid your dues?
Well! \$15 in the mail would
be nice!**



In Memoriam

Orville BOLTON, February 26th, Brighton Ont.

Leslie MCDANIEL, October 10th, Chilliwack BC.

Frank MORRIS, February 11th, Vancouver BC.

Norm PALMER, April 9th, Surrey BC.

HEALTH & WELFARE

Some of members are slowing down. **Gerry Churley**, a great guy, served with the unit during the 60s is battling the onset of arthritis in his knees. Driving is not an option, so his activities are curtailed. Hope you make it to the BCR dinner...**Nelson Scott** manages to do his routine walkabout, but informs me he will be going to St. Mary's for some internal fixing. Our thoughts are with you Scotty... **Fred West** notes that it's one thing after another. While he is able to get around, Fred reports having to visit the hospital daily for treatment of a skin infection on his face. Speedy recovery.....Did not mention in last Groundsheet, but **Hugh Shannon** is recovering from a broken hip. Wish you well Hugh..... One of our younger members, **Brian Knipstrom**, a policeman in real life, is recovering from a bullet wound to one of his legs, during an incident in New Westminster. He is in crutches and will need at least two months to fully recover. His attitude is good and prospects for a return to normal life seem good... Short report. Know of one of our guys sick? Do let me know. **Jerry Gangur** Email: jgan@telus.net

Update from A Coy HQ and 2 Platoon by 2Lt. Mark SMITH

Sometimes strange and unusual things can happen when you least expect. Consider recent events in the New Westminster Armoury where 2 Platoon and A Company headquarters parade. From January 24 to 26, troops from both these call-signs embarked on a winter indoctrination course in the Coast Mountains of British Columbia. Strangely, instead of freezing temperatures and deep snow, it rained most of the weekend with temperatures well above freezing. The real challenge for all those involved was the mixture of rain, wind and wet snow, in reality a combination of weather conditions that proved to be much more of a contest, and perhaps more indicative of "winter" conditions in the south coast of British Columbia.

As if winter indoctrination in January was not enough, in late February, in the absence of a more formal military training weekend, troops from New Westminster spent a day skiing at Sun Peaks Resort, northeast of Kamloops. While attendance was understandably high and the slopes busy with military personnel, some people were overheard lamenting the feeling of isolation they felt on the slopes. Anyone speaking with **Sgt. McLaren** should take a moment and reassure him that it wasn't that people didn't want to ski with him, instead it was, like his

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YOUR EXECUTIVE

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If you have any correspondence to send to any executive member, please send it to the post office box number listed on the front of the **Groundsheet** or you can email your letters to the appropriate person.

The Editors Orders

Still receiving positive feedback on the new look to the Groundsheet. Thanks. I will experiment with the layout somewhat, but mostly it will remain the same. I thought this issue I would focus in on two areas that are near and dear to my heart. The Museum and our Army Cadets. I am a Founding Member of the Museum. What a fabulous display of Regimental memorabilia. And Cadets! An institution I got involved with in 1969. I've always be a great supporter of the Army Cadet Movement. I served as a Cadet, Cadet Corps officer and later a CO with two of the Regiments four corps. If you aren't supporting the Cadets, please do in some form. They can use any help you have to offer.

Last night was the Officers Regimental Dinner. It was fabulous as usual. Nice to see they got rid of those cheap rental chairs and finally got something more comfortable. (Always felt that I went home with a souvenir chair stuck to my you-know-what!) Had a very pleasant surprise when I walked into the Mess. An old Regimental friend in the name of **Don Nicks** was standing there in his Air Force regalia. Kilt and all. Don left the Regiment in the 1970s and joined the Air Force. Hadn't seen him since. Good to see ya Don. The Honorary Lt. Col, Dr. **Peter Legge** was the guest speaker. Not only did he provide an excellent speech, everyone in attendance received an autographed copy of his new book, *Who Dares Wins*. Nice touch Sir!

I hope we get a better turn out at this years Melfa Weekend. In particular the AGM and Sunday Brunch. The AGM is where decisions are made. You can help make a difference. It is sad to say, but in a few years and with the WWII fellas slowing leaving us, there is only a small handful of postwar soldiers still carrying on with the Association and supporting the events. What happens in the very near future? What will the Association look like?

The Lost and Found section deals with members whose Groundsheets have been returned in the mail. If you know the whereabouts of these people, drop me a note.

I have some bad news/good news to report. Former RSM (and 2316 Cadet) and this years Melfa Chairman, (Constable) **Brian KNIPSTROM** was wounded in a shoot-out while on duty with the New Westminster Police Service recently. The shooting took place March 23rd. Brian took a 9mm bullet in the left leg. A couple of surgeries and Brian is now resting at home. He is expected to make a full recovery.

Melfa Weekend! It is well advertised in this issue of the Groundsheet. The theme for the dinner will be Italian. Posters will be produced and placed around the armoury advertising the weekend of golf, dinner, AGM and brunch. We are hoping for a better turn out than in the past few years. We are evening looking into some transportation for those that have trouble driving at night or for medical reasons. If that is the case and you want to make the dinner, call me (Ted Usher) at 604-526-4605 and we will try to arrange a ride. There are no guarantees as yet. We will try! So come out and enjoy at least one event. The golf has been moved to Maple Ridge to see if that makes a difference. We hope to see you there.

You will notice in Len's report he mentions about the AGM and election and that Jerry Gangur will have a full slate for the election. Your attendance at the AGM will help fuel that election and kick some new life into the Association. It is the active members and those of us from the 1960s and after that must get our act together and keep this Association going.

Great to see our active soldiers returning from overseas. We all hope your experience will help make you better citizens and appreciate what we have here in Canada. We are all proud of you.

Ted Usher

Are Your Dues Up To Date?

The Royal Westminster Regiment Association depends on your dues and donations. Yearly dues are \$15 and a Life Membership is \$100. How about a tax deductible donation? You can identify where you want the donation to go. The Future Fund, Cadets, Health & Welfare, or whatever you feel is worthwhile. Whatever you support, it is appreciated. Send in your dues today. Thanks.

Lost and Found

Dave ADLEM has been found. He wasn't lost. We were! Sorry Dave. **Don NICKS** and **Bob JACOBS** have been found. Where are **Ilene DRUMMOND**, **Bert LARSEN**, **Ted McNABB**, **Mike McCAFFREY**, **R.E. DIXION**, **Steve MORRISON**?

Notable Mention

It is important for you, the reader, to know who helps put this Groundsheet together. First, **Paul Larsen** and his staff at **Polar Printing & Design** in North Vancouver do our printing. More importantly, a group of volunteers from the **New Westminster Police Service** stuff the envelopes and attach the labels to almost 600 copies each edition. The Executive and Members of the Association, **THANK YOU!**



PRESIDENTS REPORT

Hello again fellow Westies. Here is just a quick update of the latest activities of your executive.

We have been fairly busy trying to recruit new talent to the executive. **Jerry Gangur** has assured me we will have a full slate. We did have an executive recruiting seminar early in March. I would like to thank those who attended and assure you we will be calling on you for various types of support. It is important to remember that although we require members on the executive we also require people who can assist executive on special projects. This does not require much time but goes a long way to distributing the work on a project.

In the last issue of the *Groundsheet* I did not mention about my invitation to the Men's Christmas Dinner. I was very pleased to be asked to attend and serve the men of the Regiment. It was nice to serve them see that the moral to the junior ranks is high. These members are the reason our Regiment is the best. The Association, particularly the veterans, has a standing invitation to this annual dinner and I hope we maintain our presence. During the dinner I presented the DCO with a cheque for \$500.00 for the Regimental funds.

Well our Melfa Weekend is shaping up quite well. **Brian Knipstrom** has volunteered to chair the committee for the weekend. He has **Bruce Howells** running the golf, himself the dinner, and **Mike Kelly** the brunch. He promises an interesting atmosphere for the dinner. Brian is a New Westminster Police Officer and was recently shot in the line of duty. I visited Brian in the hospital the day before he was released. His wound was not as serious as it was painful and he will make a full recovery. Brian assured me that we will have the Melfa as planned. Thanks Brian I know we all hope your recovery is quick and full.

Another event that the Association is involved in, is the welcoming home the Regiment's 16 members that have just completed Rotation 11 in Bosnia-Herzegovina. This was a significant involvement for the reserves, as the 120 reservists that formed a stand alone Rifle Company. We will present each of them a certificate of meritorious service and one listing their names will be presented to the Regimental Museum. Pro Regie et Patria.

Len Wohlgemuth, Association President

You may have noticed in the Thursday April 4th edition of the Vancouver Sun, an article about a young member of the British Parachute Regiment born in Richmond BC. It was an article about our own **Dale JACOBS**. Dale is presently fighting the war in Iraq with his Regiment. Dale was a member of 2316 The Royal Westminster Regiment Army Cadet Corps that parades in the Armoury. I had the pleasure of having Dale in my Cadet Corps while I was the CO. Dale's father **Bob JACOBS** was a member of the Regiment (Westies) and a former British soldier himself. Bob will be receiving a copy of this Groundsheet in hopes of getting him reactivated in the Association. Bob and his wife retired to Parksville. I spoke with Bob the other day to give him my best wishes for a safe return of Dale back to his home in England.

Ted Usher

THE REGIMENT

Greetings All. A lot has happened since my last submission - more money for the military - a war in Iraq - soldiers returning from Bosnia - to name a few. The money given to the military, although a welcome sight, will not allow for any significant growth or re-tooling of necessary equipment or infrastructure. It will give us some breathing room but this may be relatively short-lived. The war in Iraq has spurred much debate on a broad wavelength. Whether Canada should or should not have become involved is hotly contested! Alas, for those of us who have been put in the position of “armchair quarterback” (like most of the world), only time will tell. Most will agree that the loss of life and the suffering caused by war is regrettable. This is another stark reminder that the cost of freedom is high and that to attain it is almost always a costly endeavour. We need to count ourselves lucky to live in a country where peace and prosperity is the norm!

On a more positive note, the Regiment continues to be strong with 51 new recruits awaiting processing to join the Unit. Our financial prudence has paid off with our budget coming in on-target at the end of the fiscal year. Special thanks to MWO (Stevie) MacInnis (affectionately referred to as “the Master Chief” because of her former naval affiliation). Not only does she do a bang-up job with our budgeting (an expertise that she often shares with the Brigade) but she has managed to keep several COs from getting into hot water! It should be noted that 16 of our soldiers have returned safe & sound from Bosnia (ROTO 11) last week. My thanks to these soldiers for their efforts and for the sacrifices made by their families so that they may serve overseas. These soldiers were part of an Composite Reserve Infantry Company. This all-reserve was very successful and the soldiers conducted themselves with great skill and professionalism throughout their tour. Special mention Lt. Reekie for his good work as one of the platoon commanders in Delta Coy and Sgt. Gardener for being chosen as the Top Section Commander in the Company - well done! It should be noted that we have just sent another 5 soldiers to Bosnia as part of ROTO 12. Again, let me extend my appreciation to those soldiers and their families for their continued support of the Regiment, the Canadian Forces and Canada in the noble effort to maintain the peace around the world! Pro Rege et Patria.

G.W.J. Richmond Lieutenant Colonel Commanding Officer

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driving, they couldn't ski with him. So as to get the most out of the winter season, adventure training at Sun Peaks was followed by an avalanche awareness course conducted through Canada West Mountain School. Run over two Thursday evening classroom sessions, one full day at Mount Seymour and another near Falls Lake in the Coast Mountains, this additional training added a new dimension to the unit's repertoire of infantry skills. The recognition and avoidance of avalanche hazards, and perhaps their utilization as a part of tactical terrain analysis, provides a new appreciation of all the potential “pitfalls” involved in moving through mountainous terrain in winter. The most recent activities involving Coy HQ and 2 Pl personnel was the conduct of platoon attacks and company fighting patrols near Kamloops, BC during the weekend of March 28 to 30. The relatively new training area, northwest of Kamloops, is patch of crown land near the north shore of Kamloops Lake. In a significant departure from the wet, densely vegetated conditions found near the coast, the Kamloops training area is a mix

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OUR CADETS

Cadets Canada is the largest federally sponsored youth program in Canada. It is a national program for young Canadians ages 12 to 18 who are interested in participating in a variety of challenging and rewarding activities, and learning more about the Canadian Forces. There is no cost to join! Cadets are encouraged to become active, responsible members of their communities. They learn valuable life and work skills like teamwork, leadership, and citizenship. Cadets also reap the personal benefits of increased self-confidence and physical fitness, learning how to take initiative, and how to make decisions. Cadets make valuable contributions to Canadian society on a daily basis in terms of environmental, citizenship and community activities. Cadets choose to belong to one of the three elemental programs: Royal Canadian Sea Cadets (commonly known as Sea Cadets) Royal Canadian Army Cadets (commonly known as Army Cadets) Royal Canadian Air Cadets (commonly known as Air Cadets) Sea Cadets learn seamanship skills, including navigation and how to sail. Army Cadets focus on adventure training activities such as expeditions, trekking, orientation and repelling. Air Cadets learn to pilot gliders and planes, and participate in other flight-related activities. Cadets meet one evening a week and on some weekends. There are courses and activities that are mandatory but approximately a third of the program is classed as optional - allowing units to tailor their training to available resources and local interests. The program is also divided according to its training period: Local training - Cadets participate in training on a weekly basis during the regular school year (Sept - June) on an average of one night a week, plus optional weekend training



On Tuesday, 5 November 2002, Cadets of The Royal Westminister Regiment visited veterans at the George Derby Centre in Burnaby. The Cadet Band also played for their enjoyment. In the photo, front row (l to r); Marta Colorado, Activity Aide, Daniel Gamon and Vance McComber. Rear row (l to r) Sergeant Jason Correia, Major Thomas Buchenauer CD, Cadet Liaison Officer, Captain Wendy Blomme CD, CO 2822 Surrey Delta RCACC and Corporal Rosamond Sinclair.

depending on their interests. Summer training - There are a total of 28 Cadet Summer Training Centres (CSTC) from coast to coast in Canada. Approximately 21 000 course cadets receive training and 2500 staff cadets are employed each summer in the 28 CSTCs and abroad on cultural and training exchanges.

The Royal Westminister Regiment has 4 Army Cadet Corps under it's command. 2316 RCACC in the Armoury, 1838 in Maple Ridge, 2822 in Surrey and 1922 in Abbotsford. If you have friends or family with kids 12 to 18, why not get them introduced to the largest youth organization in Canada. It is well worth the investment. FREE! The kids normally finish cadets with leadership skills and an attitude not normally found in other youth programs.

ACER ACERPORI!

CADET INSTRUCTORS CADRE

Who looks after and trains those cadets?

The Cadet Instructors Cadre (CIC) consists of approximately 4,500 commissioned officers of the Canadian Forces whose primary duty is the safety, supervision, administration and training of nearly 56,000 cadets. The CIC is a subcomponent of the Canadian Forces Reserve, and represents all three elements: Sea, Army and Air. The cadets for whom the CIC are responsible are between the ages of 12 and 18, and are located in approximately 1,115 corps and squadrons across Canada. The Canadian Cadet Organizations (CCO) is the largest federally-funded youth program in Canada. In partnership with the civilian Cadet Leagues, the Department of National Defence/Canadian Forces encourages youth to participate in a wide variety of physically and mentally challenging activities, while attaining valuable life and work skills, under the leadership of the CIC. The aim of the Cadet Program is “to develop in youth attributes of leadership, good citizenship, and physical fitness, while stimulating interest in the Sea, Army and Air elements of the Canadian Forces.” The approximately 4,500 officers of the CIC come from all walks of life across Canada. The majority of CIC serve the Canadian Forces on a part-time basis while either studying full-time or pursuing a civilian career. Members of the CIC parade with cadets an average of one night a week during the school year, with additional nights or weekends of training for optional activities and special events, like competitions, field exercises and practices. Members of the CIC are Commissioned officers of the Canadian Forces, and undergo military training which focuses on serving youth. Many CIC are former cadets who wish to continue their involvement in the Canadian Cadet

Movement. Others are retired Regular or Reserve Force members, interested parents or members of the local community. CIC officers are recruited through Canadian Forces recruiting centres. CIC candidates must have a Grade 12 education or GED certificate; be a Canadian citizen between the ages of 18 and 64; produce letters of recommendation; and go through a medical examination as well as a background security screening that includes a criminal and credit check. Many CIC however, tend to work many additional days without further reimbursement. In addition, some CIC are employed full-time during the summer months at Cadet Summer Training Centres (CSTC) and Regional Gliding Schools (RGS), or during the regular calendar year at Regional Cadet Instructors Schools (RCIS). Others may work full-time at Regional Cadet Staff Establishments (RCSE) or the National Cadet Staff Establishment (NCSE) Members of the CIC often schedule cadet work around their personal lives, careers and studies. For example, many CIC consider working at one of the 28 Cadet Summer Training Centres across Canada to be an excellent way to earn tuition money for post-secondary studies. In accordance with Section 46 of the National Defence Act, the Cadet Instructors Cadre (CIC) consists “of officers who have undertaken, by the terms of their enrolment, to perform such military duties and training as may be required of them, but whose primary duty is the supervision, administration and training of cadets.” The training program for the CIC is specifically designed to train officers to implement the Cadet Program at the local unit level and at Cadet Summer Training Centres (CSTC), in addition to being upstanding members of the CF.

All CIC participate in the Basic Officer Qualification (BOQ) Course which lasts 10 days. This course includes training in military principles, leadership, military writing, environmental awareness and youth issues. It also includes Sexual Harassment and Racism Prevention (SHARP) sensitization training, as well as Cadet Harassment and Abuse Prevention (CHAP) training. SHARP is a Canadian Forces mandated program, while CHAP was developed specifically for both youth and adults in the Cadet Program to teach them their rights and responsibilities when dealing with harassment and abuse issues. The specific CIC training objectives are as follows: To produce leaders for the Canadian Cadet Organizations (CCO); To develop the leadership and instructional skills required of a youth leader; To provide the officers with the skills and knowledge required to implement and administer the Cadet Program; To educate members of the CIC on the Canadian Forces and Cadet Leagues; To encourage officers to develop sensible living habits, including physical fitness. Such like other Branches of the Canadian Forces, the CIC has a national focus, although training occurs on a regional basis due to geographic constraints. The Regional Cadet Instructors Schools offer a variety of courses in areas such as Supply, Administration, Range Safety, Cold Weather Indoctrination, Band Director, and Orienteering (among others). To advance through the system, members of the CIC must also complete a series of Basic Officer, Lieutenant and Captain Qualification Courses, as well as Military Occupational Courses or Junior Officer Leadership Courses. In addition to the above, those destined to take charge of a local corps or squadron must also complete the Commanding Officer Course. Each year approximately 23,000 cadets undergo training at one of 28 Cadet Summer Training Centres

(CSTC) across Canada. Summer training is often based on elemental lines and courses range from two weeks to six weeks in duration. The CIC forms the majority of the staff at the Cadet Summer Training Centres, in positions ranging from Standards, Supply, Administration, Training and Public Relations. They can also act as Platoon Commanders, Gliding Instructors or Tender Charge Vessel Operators, among other positions. As during the school year, CIC continue to offer their unique talents and training as youth leaders to ensure the success of the cadets in their charge. A member of the CIC can also apply to work in a CSTC out of Region or as an Escort Officer on an international exchange. But most frequently, members of the CIC “adopt” a CSTC and return there each summer in various positions, thereby creating a sense of continuity and adding to the feeling of “family” as the same faces reappear each year. The CIC are part of a larger collective known as the Canadian Cadet Movement (CCM). The Canadian Cadet Movement consists of the following participants: all cadets, CIC, Civilian Instructors, League Members, Regular and Reserve Force members in support of the CCO, Local Sponsors and interested parents.

Check this web page out www.cadets.ca. It is a great web site. Next year is the 125th Anniversary of the Canadian Cadet Movement.

Do you have an interesting story to tell about your military service? The editor of the Groundsheet is always looking for those stories so send them in via Letter to the Editor and we'll make every effort to publish them.



Historically Funny!

The cartoon drawing on the left was sent in by **Dave Gowler** of Langley. Dave served with the Regiment (B Coy) in Italy, where this cartoon was drawn. Dave advises that it was a moment when the Regiment was helping themselves to watermelon in a farmers field on their way to Rome in 1944. (Dave - the cartoon has been handed over to the museum. I hope that was okay? - Ted)

Who's Been Writing Us?

The Association still receives the odd piece of correspondence from it's membership every so often. We would love to see more. It is great to read your letters while we sit around the table at our Executive meetings. If you have a small story, it may even get published in the Groundsheet. Letters we recently received were from **David Crossfield** in Duncan and **Robert Boyd** of Powell River, who both sent in a donation as well. A great donation and letter was received from **Clarence Smith** in Saskatoon. Thanks Clarence. Your donation was greatly appreciated. A note from **Murray Fairweather** who joined the Regiment in 1939 but tells how his career ended in Dundurn after his jeep overturned. A nice donation from Murray as well. (I changed your initials as well Murray. Sorry for that! - Ted) A note

from **Barney JONES** about the berets. We are working on it. As you can tell from reading, the Association needs help. These are the sort of things we need help with. With only four or five members doing all the work, we are doing are best. Thanks ever so much for the donation to the Vancouver Fund as well Barney. A nice thank you note was received from **Orval BOLTON's** family for the flowers that where sent from the Association. **Lawrence CARPICK** sent some more photos of Europe. We will look at getting them into another issue. They will then be turned over to the Museum.

Lots of quick notes saying "Hi" from many members when they're sending in their dues. The Executive always enjoys reading them. **Keep them coming!** (And the dues!)

Melfa Weekend 2003

This year the Melfa Golf will be held at the **Maple Ridge Golf Club** on **Friday May 23rd**. This is a 9 holer that we will play twice. The price of \$40 will give you a round of golf, a burger or sandwich and a cold libation of your choosing. The venue was changed simply to see if we get more golfers out. (The fact the chairman, **Bruce Howells** lives near by has nothing to do with it!) The course is located on Golf Lane. Phone number is 604-465-9221. Tee times will start in the morning around 0930. Be there by 0915. Do you have any company prizes you can offer? Call Bruce at 604-465-4182.

The Melfa Dinner will be at the Armoury **Saturday May 24th**. Cocktails at 1800 hours followed by dinner at 1900. The theme this year will take on an Italian flare in honour of the Melfa River being in Italy. Cost of the dinner is \$35.00. Come out and enjoy some comradeship, dinner and a little vino! **Brian Knipstrom** (former RSM) has taken the lead this year and is organizing the dinner. Brian is also trying to add a few more ideas into the dinner. Good on you Brian!

The Sunday Brunch will be held from 0900-1030 **Sunday May 25th** at the Armoury. Breakfast will be served by **Mike Kelly** and his crew. Come and have breakfast. Just like the old days! We'll even make you line up for it!

The brunch is followed by the **Annual General Meeting** (1030-1145) of **The Royal Westminster Regiment Association**. This is your time to speak up and help make the Association better than it is. Your support is **NEEDED** and will be **APPRECIATED!**

Come out and join your friends in the events!!!!!!!

Melfa Weekend 2003

RSVP

Tear off this portion and return to the Association so you can be included in the Melfa Weekend of May 23, 24 & 25 2003.

Your Name: _____ **Phone Number:** _____

Golf (Friday May 23rd) Cost \$40.00 X $\frac{\text{_____}}{\text{(# of people)}} = \frac{\text{_____}}{\text{(total cost)}}$

Dinner (Saturday May 24th) Cost \$35.00 X _____ = _____

Brunch/AGM (Sunday May 25th) FREE X _____ = 0.00

_____ **Total**

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of rolling hills and steep or, in some cases, near vertical cliffs, sparsely covered in a mix of ponderosa pine, bunch grass and a low cover of cactus. This type of terrain represents a significant departure from conditions traditionally encountered in areas such as the Chilliwack River Valley and a new, much appreciated challenge to the troops. The absence of thick undergrowth, as a major impediment to movement on foot, significantly changes how such things as night patrols are conducted. The general consensus is that while movement is easier and quicker it also means that advancing troops are not as well concealed and are able to get lost or “bump” the enemy with much less effort. That then brings you up to date on all the recent activities. The next training, in late April, is a defensive exercise at the heavy equipment area near Chilliwack in anticipation of brigade training in late summer at CFB Wainwright. With all that has been done, and all that is planned for the future, A Coy HQ and 2 Pl, with the help of the people in operations and 1 Pl from Aldergrove are certainly able to conduct a range of training, at a variety of locations and in doing so make the most of all these opportunities.

Important Message!

Are you unable to drive at night due to health reasons? Do you live in the Greater Vancouver area? Maple Ridge, Surrey, Langley area? We *may* be able to provide transportation to the Armoury for Melfa. The Regiment has offered drivers and the Association *may* provide vans. This will depend on numbers. Again, this is for Association members unable to drive at night due to health reasons or you don't have transportation and want to come to the dinner. Call **Ted Usher** (i/c Transport) at **604-526-4605** and he will attempt to make arrangements. If you live in Burnaby, New Westminister, Vancouver area, the Association will also assist by paying for your cab fare. No promises yet but we will make every effort to make this happen. We are also looking for people who may be able to bring a veteran to the Melfa Dinner. If you want to offer a ride, call Ted and perhaps we can put you together with someone.

Return This RSVP Before May 15th 2003 to

**The Royal Westminister Regiment Association
P.O. Box 854, New Westminister, BC. V3L 4Z8**

**Your support is greatly appreciated at this years Melfa
Weekend, especially the AGM on Sunday.**

Please come out and enjoy the weekend!