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November 2010



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'

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Lest We Forget

November 11, 2010

Service at the Armoury at 10:00 AM

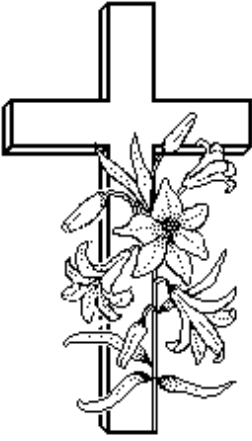
"They shall not grow old, as we who are left grow old.

Age shall not weary them, nor the years condemn.

At the going down of the sun, and in the morning.

....We will remember them."

- Laurence Binyon - Act of Remembrance



In Memoriam

McCarthy Robert John (Bob)

September 2010

Langley

Westminster Regiment WWII

Health an Welfare

I believe that it is the responsibility of all members of the regimental family to report both positive and negative aspects on our membership and their families. I am sure with such a young Regiment there will be births to report. So please drop me a line if you know anything.

Cpl Maitland of the Regiment was involved in a motorcycle accident and suffered injuries to his foot. We understand that he is now back in uniform.

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Editor's Report

Hello all, I hope everyone has had an excellent summer. I know I did. I would like to welcome back all of the members of TF03-09. They have all made it back safely. Our President has been busy taking each of the members out to lunch as they have arrived home and been available. I understand they are enjoying these lunches.

One thing Terry and I were able to do was attend a barbaque with the Regiment during an Welcome Home Exercise the Regiment held in the Chilliwack training area. The Regiment has provided an article on this exercise which is included in this edition. Terry and I did enjoy the meal and the company.

In addition to the Regiments article, this edition of the Groundsheet I have included our financial report and the budget we passed on at the AGM. Also we have the Melfa Golf results and a write-up from 1789 Cadet Corps.

I am glad we are getting articles from the cadets. The 1789 Corps seems to be providing the most but I believe this will change over this training year. I would like to have the training schedule for all Cadet Corps and the Regiment. This will help the Association to know what is going on and where we may show up and help or support the activities. I would like to be able to post these on our website.

I was glad to hear from Ted Usher. He visited our members in the Shuswap region. There were Ted, Bruce Howells, Brian Knipstrom, and Herb Brown. I would like to hear from more members and what they have been up to. Members such as Gord Boivon, Ed Farkas, and Chuck Prince. I am sure there are others as well.

Our executive has been back at work and attended two meetings from the summer. At our meetings we were informed that the Duke of Westminster, our Colonel-in-Chief, will be attending the Remembrance Day services in New Westminster. All Association members are asked to attend and meet the Colonel-in-Chief.

I am glad to see Matt LaPorte is back on our executive. Matt has represented the Junior Ranks Club and now attends as a director. Matt has volunteered to be the Association's representative to Honour House in New Westminster. For those of you that do not know about Honour House please read the article on the next page. They are raising \$2 million. Please visit their website at www.honourhouse.ca.

Len Wohlgemuth



The vision for Honour House is to provide a temporary home for families of Canadian Forces and first responders while members of these organizations are receiving care in the Metro Vancouver area.

On April 16, 2010, Honour House Society purchased the former Blue Spruce Cottage at 509 St. George Street in historic New Westminster. Constructed in 1939, this nine thousand square foot heritage home is being restored and upgraded to accommodate 10 fully accessible sleeping units and shared common areas to provide independent living and short term stay for the visiting families of Canadian Forces veterans and first responders.

The new plans respect the original heritage character, detail and cross access layout of the house, while introducing modern functioning convenience and comfort.

Alterations to the overall exterior form are limited to raising the third storey roof to provide additional area with traditional dormer forms at the front, while introducing dormers and an elevator at the rear of the house to provide disabled access to the four interior levels.

The large lot, heritage trees and stone wall is being enhanced through a landscape plan compatible with the heritage neighbourhood while providing a garden amenity for the visiting families.

Construction began in May 2010 with a targeted November 2010 completion.

Call for Donations

The Association would like to make a donation to Honour House. To do this we are asking all members to donate \$10 or \$20. The funds should be forwarded to our PO Box by cheque. Please ensure that the cheque is made out to the Association and has for Honour House Fund is made on the cheque. If every members makes a donation we should be able to raise \$5000.

The Royal Westminster Regiment Association Presidents Report

Greetings to all Association members and friends

It has been a busy few months for the Association and me. Beginning with a Luncheon to show our appreciation to those who contributed funds for the purchase of the Association Berets.

The luncheon was held at La Sphaghetteria, and Jerry Gangur presented plaques to the donors. In attendance were Mayor Wayne Wright, Laurie Williams, Mrs. Ron Hurley, Patrick Hurley, Len Wohlgemuth, Tom Boden, and The New Westminster Police Association.

The Melfa Weekend was from all reports enjoyed by all. We had a good turnout for the Golf, and Alan Morton did a fine job organizing it. We had 111 people at the dinner who enjoyed an excellent Buffet and were treated to Music by the Regimental Dance Band. This year we had a Silent Auction and raised \$2100 which is being set aside for the 150th Birthday celebrations in 2013. I would like to thank all members of the Executive and members of the Battalion who put in a great deal of time and effort to make the dinner a success.

Early in June, the Bn and the New Westminster Salmonbellies had the 2nd Annual Seats for soldiers that was very successful and the troops enjoyed heckling the Shamrocks goalie.

On June the 10th I had the privilege of presenting the John Ford Bursary to NWSS grad Kia Van Laare, who sent us a very nice letter of thanks.

Over the period of May/June the Association welcomed back 24 members of the BN who had been deployed to Afghanistan. They were treated to lunch at the Rivers Reach Pub to show our appreciation, and from all the comments, the lunches were well received.

I also attended the cadet ACRs in Agassiz and New Westminster which were very good. My congratulations to the COs for a job well done.

On a sad note, Frank Whitford passed away on April 13th. The Bn supplied a Guard of Honour for Frank's memorial service. This was much appreciated by Franks family and many friends and his Legion Branch 263.

The next important function of the Association will be the Remembrance Day Parade. I urge all Association members to attend and let us have a large contingent of Association Berets on view. If you do not have an Association Beret, you will receive one. See you then.

Pro Rege et Patria

Terry Leith

The Regiment

During the weekend of 20-22 Aug 2010 the Royal Westminster Regiment conducted a “Welcome home” reintegration exercise for members who were recently deployed on TF 3-09 Op Athena in Afghanistan and Op Podium as part of the Vancouver 2010 Olympics security detail. The CO, LCol Poitras and RSM Plante were in attendance and participated in all activities.

The weekend involved various activities, including mountaineering and rope work. Members deployed to the Pierce Creek bivouac site east of Chilliwack, BC for the night of 20 Aug. Upon arrival they received the customary camp briefing and orientation to the ground as well as a general outline of the events for the weekend. Soldiers spent the rest of the evening preparing their kit for the following morning.

The morning of 21 Aug was clear and cool; excellent weather for hiking up what we thought would be easy terrain as described in the trail handouts. After breakfast, the group mounted up for the move to the trailhead. The road up to the trailhead was a 45 minute drive up abandoned logging roads rough with washouts. This was definitely 4 x 4 country... Upon arrival we mustered and stepped off towards Mt Cheam, with an elevation of 2104m, the elevation gain from the trailhead is 664m up switchbacks. The trail was well groomed, with only one patch of leftover snow to cross. Once everyone arrived at the summit, we enjoyed the spectacular view of the Fraser Valley while eating our delicious box lunches. In an effort to increase morale, the staff worked hard to ensure an IMP-free event! After a quick group picture we started making our way down. Upon reaching a saddle between Mt Cheam and Lady Peak, it was decided that we would push on and attempt Lady Peak. Lady Peak is just south-east of Mt Cheam with a total elevation of 2178m and an elevation gain of 738m from the trailhead. The hike was far more challenging, and was not clearly marked in sections but in true Westie style, we got to our objective. After scrambling to the top, at times over very loose shale rock; we rested for a bit and just enjoyed another spectacular view of the Cascade Mountains of Washington State to the South. The move back to the trailhead was a slow one, many of us feeling the burn of a tough day's hiking. Nonetheless, everyone arrived back to the trailhead safely and with no injuries. We then moved back down the 45 minutes to the bivouac and started with a rope work refresher provided by WO Boyd and Sgt's Singer and Walsh. After the refresher, we had an outstanding BBQ chicken and steak dinner. Terry Leith and Len Wohlgemuth of the Regimental Association came out for dinner as well, and mingled with the troops and provided the standard, 2 cold beverages. The CO held an informal After Action Review of both operations for members who wanted to discuss any outstanding issues they had from their respective deployments.

On the morning of 22 Aug we woke to cloudy skies and high morale. After another scrumptious breakfast, we moved to the Larson's Bench rappel site. Our AMO (Advanced Mountain Ops Instructor) WO Scott Boyd, provided instructions and briefings on the days' activities and the groups moved

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Our Cadets

1789 Agassiz - See Enclosure.

2316 New Westminster - See website.

1838 Maple Ridge - No Report.

2822 Surrey - No Report

1922 Aldergrove - No Report.

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.

MIA/AWOL

Jules Beresh
Fred Duthie
Maurice Fox
Kirsten Luomala

MELFA GOLF 2010

The golf was attended by 24 Golfers. The weather was good and we enjoyed a beer and sandwich and good fellowship. The results are as follows:

Low Gross Member: Terry Leith

Low Net Member: Lee Cooke

Low Gross Serving Member: Pat Bornestig

Long Drive: Mike Kelly

Closest to the Pin: Jon Kim

Foursome Challenge – Association Foursome Terry Leith, Lee Cooke, Dan Bourke & Alan Morton

A special thanks to Stan Conway for coming out and doing the scoring.

FINACIAL STATEMENT 2009

Balance Sheet

Assets

Bank Statement	<u>\$ 5,483.82</u>
Total:	\$ 5,483.82

Liabilities

Forward 1 Jan 08	\$ 6,737.43
<u>Loss 2008</u>	<u>\$ <1,253.41></u>
Total	\$ 5,483.82

Statement of Income

Vancouver Foundation	\$ 2,153.37
Accoutrements	\$ 763.21
Dues	\$ 1,532.81
Melfa Weekend	\$ 2,753.00
Donations	\$ 1,650.00
Bank Interest	<u>\$ 1.06</u>
Total Income	\$ 8,853.45

Statement of Expenditures

Accoutrements	\$ 841.55
Groundsheet	\$ 2,562.22
Health and Welfare	\$ 242.35
Melfa Weekend	\$ 5,296.28
Remembrance Day	\$ 220.00
Sundry: Website/PO Box	<u>\$ 55.45</u>
Total	\$10,107.06

Budget 2010 Income

	Donations	\$ 600.00
	Dues	\$ 2,000.00
I	Interest	\$ 5.00
	Vancouver Foundation	\$ 2,500.00
	Melfa Weekend	\$ 3,000.00
	Life Memberships	\$ 200.00
	Accoutrements –Sales	\$ 1,000.00
	John Ford Bursary	<u>\$ 250.00</u>
	TOTAL	\$11,555.00

Budget 2010 Expenditures

	Regimental Grant	\$ 500.00
	Afghanistan Packages	\$ 500.00
	Health and Welfare	\$ 200.00
	Cadet Corps	\$ 1,000.00
	Certificates	\$ 200.00
	Accoutrements – Purchase	\$ 1,000.00
	Memorial Preservation	\$ 300.00
	Change Over	\$ 400.00
	Poppy Fund	\$ 100.00
	Future Fund	\$ 600.00
	Groundsheet	\$ 3,400.00
	Melfa Weekend	\$ 3,000.00
	Sundry	\$ 225.00
	<u>John Ford Bursary</u>	<u>\$ 250.00</u>
	TOTAL	\$11,675.00

Update from 1789 RCACC Agassiz – 2Lt. Hans Mulder

The corps in Agassiz has seen healthy growth for the first half of 2010 and paraded a record 24 cadets for the Annual Ceremonial Review in June 2010. As always, we are grateful to Regiment (Maj. MacKinnon) and Association (Terry Leith) for representation.

Shortly after the ACR and immediately before camp, the corps took part in the Canada Day celebrations in Agassiz providing a colour party and guard for the events in Pioneer Park, and that evening led the Harrison Hot Springs parade. Thankfully it was not as hot as last year!

The training year has begun again for cadets with 1789 RCACC in Agassiz. Many of our returning cadets have successfully completed courses at Vernon Army Cadet Summer Training Centre, including Sgt. Anthony Fehr walking away with “Top in Platoon” on his Cadet Leader Instructor (Adventure) course, and coming within a hairsbreadth of the ANAVETS medal for top in course. Bravo Zulu, Sgt. Fehr!

As always, the Agassiz Fall Fair and Corn Festival is the third Saturday in September, and an excellent opportunity for the corps to fulfil its community service obligations. As the Royal Canadian Legion’s colour party and guard the corps will lead off the annual parade, and this year with a shiny new 2’ X10’ recruiting banner.



In exchange for our rent free usage of the Agricultural Hall for parading throughout the year, the corps supports the Agricultural and Horticultural Association’s Fall Fair by manning various posts, including the gates, souvenir sales, and the famous BBQ. This year we also hope to add a cadet information table to launch this years recruiting drive and to sell some of the corps’ commemorative coins.

The corps had these commemorative coins struck to provide a token of appreciation for the 213 Royal Canadian Sea Cadet Corps Qu’Appelle in Winnipeg, Manitoba, which will be hosting us for the 2010 Interprovincial Cadet Exchange from 14 to 18 October 2010. The surplus coins will be available for \$20 with all proceeds going to the corps Sponsorship Committee.



As the year progresses we hope to keep you apprised of the activities and functions, including the cadet battalion exercise, corps flag dedication, Remembrance Day, and our cold weather exercise.

...Continued from p6

to either the climbing or rappel site. Everyone got to attempt the three different climbing routes of varying difficulty and performed rappels of various types and difficulties. Some of the rappels conducted were the human anchor, tandem rappel, and simultaneous rappel on a retrievable line. Each group was given an opportunity to work on each site. Once everyone was through, the tear-down and cleanup was done. We all moved back to the bivouac site and finished packing and loading vehicles. Once everything was complete and vehicles marshaled for departure, the CO held a final wrap-up for all involved and gave us a snapshot of what we could expect for the upcoming training year.

The exercise was a great opportunity to bring members of the Regiment together for confidence and team building. Lots of learning took place and we conducted physically and at times mentally demanding training. With our high operational tempo and with many of us deployed, it was also the first time some of us had seen each other in up to two years! It was a great opportunity for all of us to catch up. Everyone involved found this to be a valuable and fun experience and we're hopeful it will be the start of an annual event for those of us who have volunteered for and served in operations both here in Canada and overseas.

Andy Richards
Corporal
A-Company
The Royal Westminster Regiment



Wondering Where They Are

Here is a note I recieved from Ted Usher. Note that Brian, Ted Bruce and Herb were all members of the Regiment. Ted and Brian served as Association Presidents and Ted severed as an Editor of the *Groundsheet*. I am sure you will recognize who is who.

Here is a couple of photos that you may find interesting or even amusing. These were taken this past week in the Shuswap Lake area. Myself, Bob Riley, Bruce Howells, Dave Locke, Herb Brown, Brian Knipstrom and Randy Gibdon got together. All of us were cops with New Westminster except Herb who is a retired Vancouver Fire. Except for Dave Locke, who was Navy Reserve, Bob Riley & Randy Gibson, were not in the Regiment, the rest of us were. It was a fun few days.

Ted

