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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.’*

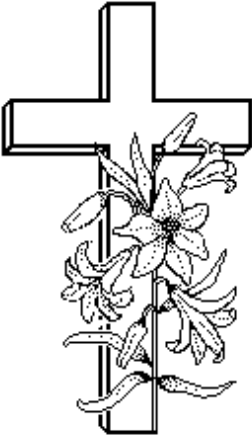
‘Pro Rege et Patria’

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In Memoriam

Jeff Pennock December 2010

100 Mile House BC R. WESTMR. R. (Admin Clerk)

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.

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Editors Report

Hello again we have another winter issue of our Groundsheet. This issue has more Cadet articles than we have seen for awhile.

It was nice to hear from Wilford Tyo, a WWII veteran living in Ontario. Thanks for the letter and your donation for Honour House. I am sorry about the beret but we do not have one in your size Wiford. We are working on this and should have some later this year. I would like to express my thanks to the others who have made donations for Honour House. This is worth while cause that supports our members, their families as well as first responders and their dependants.

I was sorry to hear of the passing of Jeff Pennock. He was an excellent clerk and had the best interests of the Regimental members in his heart.

I will be updating our website with more older additions of the Groundsheet and images from the variuos Christmas dinners. Please have a look at these and if you have some old pictures please forward them to myself or the museum.

Len

Men's Christmas Dinner 2010



*The Head
Table*



*Herb Hamm
with some of the
Men*



Presidents Report

Greetings to all Association members and friends

I hope that everyone had an enjoyable holiday season with their families and friends. Remembrance Day was quite busy this year with The Duke of Westminster attending the service. The Duke gave a very good speech that was to the point and appropriate for the occasion. Then a photograph was taken in the Armoury with the entire Regimental Family, which included all serving members of the Battalion, The Band, all the Cadet corps, all members of the Association that were present, and friends of the Regiment.

In December the Unit was on exercise at the Volkes Range. My wife and I drove up and dropped some beer of to them, which I understand was appreciated although the weather was cold.

Herb Hamm and I attended the Men's Christmas Dinner at Aldergrove where The Association presented Certificates of Appreciation to the members of TF-09.

The unit was presented with our Annual Donation. The dinner was excellent, even though there was a slight mishap with the gravy. The men all appeared to be enjoying themselves, and it was great to see their camaraderie.

The following night I attended the Mess Dinner of the 2316 Cadet Corps. It was an excellent dinner that was prepared by the Parents committee. They are to be congratulated for their fine effort.

On a sad note, I travelled to 100 Mile house to attend the memorial for Jeff Pennock who will be missed by the Unit.

Your executive is now preparing for this years Melfa weekend, and I urge those that will be attending to let us know as early as possible.

Pro Rege et Patria

Terry Leith

The Regiment

Dear valued members of the Association

The Battalion continues to soldier on in true Westie style. In fact, we are parading in greater numbers than in the memories of many those serving as well as retired. I am certain those of you who attended the Remembrance Day parade in New Westminster along with the visit of the Colonel-in-Chief will also attest. Maj Dave Vernon is having a good go in Afghanistan as a planning staff officer in the southern regional headquarters, while Cpls Davis and McRobert prepare to go over and assist in closing out the mission in Kandahar, and Sgt Pingrenon and MCpl Tustin prepare to deploy and serve in the new training mission. We are busy conducting individual training courses and collective field training to both grow and develop the ranks. The big three activities that we are marching and shooting towards are the Western Area Reserve Training Event in Shilo, the Brigade Shooting Competition, as well as the good ole Melfa Weekend at which we hope to golf and party with in greater numbers than last year.

I would like to bring to your attention one important endeavour that has commenced and that is planning for the 150th Anniversary. A steering committee consisting of representation across the entire regimental family (including the Association) was recently struck and has already met a couple of times in order to prepare recommendations on commemoration and fun events. At the early stage it is evident that several ingredients are necessary to complete the planning so I solicit your support; we are going to need both people and money. We do not have an “alumni” list of former serving members in order that the word gets out to help and participate. Also, as many hands make light of work, so too does many pockets and wallets share the financial burden. In the next few months you will be called upon to assist in developing a contact list as well as asked not just how you may personally contribute financially but also if you know of any individual, corporate or collective friends of the military, army and Westies that may be willing to donate. There is the need to suitably mark the occasion and it is rather urgent with only two years to go: I know I can count on you.

On behalf of all ranks I would like to thank Terry Leith and the Association Executive for their wonderful contributions to various Battalion events, and on a personal note thank Terry and Len for all that you do behind the scenes.

Pro Rege et Patria

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Our Cadets

1789 Agassiz - See next page.

2316 New Westminster - No Report

1838 Maple Ridge - No Report.

2822 Surrey - No Report.

1922 Aldergrove - See page 12.

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

Melfa Weekend 2011

Advance Notice

This years Melfa dinner Will be on the 21st of May and will feature a silent Auction and Dinner Music by the Regimental band. The cost will be \$50.00 per person . It is important that you let us know early so that our caterers will have the correct numbers at least a week ahead of time. Please let us know by email to tmleith@gmail.com or hehamm@telus.net or by phone at 604 521 0042.

2010 ICE Report

After hosting an air cadet squadron from PEI in 2009, 2010 was 1789 The Royal Westminster Regiment Royal Canadian Army Cadet Corps' turn to travel. For the 2010 Interprovincial Exchange 1789 was selected to visit 213 Royal Canadian Sea Cadet Corps Qu'Appelle in Winnipeg, Manitoba. Twenty cadets and two officers left Abbotsford International Airport at 0630 on Thursday, 14 October. Upon arrival in Winnipeg, the corps moved into the transient quarters at CFB Winnipeg 17 Wing.

On the morning of Friday, 15 October the Army and Sea Cadets met at the Manitoba Legislature for a tour of the building and grounds, graciously hosted by the Manitoba Attaché for Military Affairs.



Sea and Army Cadets pose together on the grand staircase in the foyer of the Manitoba Legislature. Front and centre is the Manitoba Attaché for Military Affairs.

After an excellent lunch at 17 Wing's All Ranks Mess the combined corps marched over to Hanger 16 for a look at the C130 Hercules and more. Spilt up into several groups, the cadets received an introduction to the Hercules, a SAR tech's job and equipment, the Dash-8 radar operator training craft, and the aircraft maintenance shop. For such an excellent tour, many thanks to the CF members based out of Hanger 16. In gratitude, these members received the 1789 Royal Westminster Regiment RCACC commemorative coin.

Fascinated by the equipment and stories, cadets get a look at a day in the life of a CF Search and Rescue technician.

That evening, the cadets gathered at the Unique Corral for a sample of ranch life, including a cadet-sized western town, moonlight hay rides by James and Jade (the Clydesdales) and hot chocolate and cookies around



a roaring bonfire.

For Saturday the two corps were introduced to early life on the prairie at Fort Whyte. The enlightening tour included baking bannock on a stick over the fire (and eating it!), learning about various useful plants, visiting both a tipi and a sod house, and learning to hunt bison the native way. This included lessons in throwing spears and how to construct and use a crush to stampede and capture the herd. After a morning in bracing wind it was nice to get into the warm at the Royal Canadian Mint. Here, all of Canada's circulation coins are produced, as well as coins for more than 70 other countries. We are happy to report there were no arrests as a result of this tour, mostly because the gold bar had a logging chain attached to it, and two watchful and armed mint officers. Unfortunately, photographs were not permitted.

That evening before the Manitoba Moose hockey game, we paid a visit to 213 RCSCC's home; Winnipeg's "stone frigate" HMCS Chippewa. This was quite interesting as it also houses the Manitoba Maritime museum. There was a quiz to follow the tour, with the prizes including Navy "thunder sticks", perfect for cheering on the Vancouver Canuck's farm team. Unfortunately, the Manitoba Moose lost to the Grand Rapids Griffins, 3-2, despite the massive sea and army cadet cheering section, which made it onto the Jumbotron several times.



Westie cadets are introduced to one of Chippewa's zodiacs, used during Red River flood rescues.

For their last day together, the sea and army cadet corps toured the Manitoba Museum. The tour started with fossils and dinosaurs and progressed to native bison and caribou hunting, the fur trade and the formation of the Hudson's Bay Company. This was particularly exciting, as the Museum houses the replica of the Nonesuch, HBC's first ship, reconstructed and sailed from Portsmouth for the 300 year anniversary of the company. After silent Charlie Chaplin flicks in the 1930's Winnipeg exhibit, the cadets took in films about the Swiss Alps and about whales and dolphins at the IMAX.

Cadets explore the museum's bat cave.



Then it was time to prepare for the mess dinner. Uniforms were washed and pressed, shirts were starched, and the navy mess rules fervently memorized. Despite all this preparation, several cadets were tried and convicted by the head table presiding over kangaroo court for various infractions, real or imagined. The guards (cadets who forgot their Westie challenge coins) were unable to protect the gavel (or complicit in the plot), and hilarity continued for some time. A paddle with marvellous rope work was presented to 1789 RCACC on the occasion of their visit, which was reciprocated by the presentation of a handsome Royal Westminster Regiment plaque. After the Loyal Toast, the mess was adjourned and cadets socialized and danced the night away...or at least until 2230. Then with declarations of eternal friendship and email addresses yelled from the bus windows, we left 213 RCSCC for our last night at 17 Wing before flying home.



2Lt. Hans Mulder of 1789 RCACC displays the decorated paddle presented by 213 RCSCC Qu'Appelle.

On behalf of 213 RSCCC, SLt. Jason Palansky receives the Westie plaque to commemorate the 2010 Interprovincial Cadet Exchange to Winnipeg.



President Terry Leith Handing Out Afghanistan Certificates



1922 THE ROYAL
WESTMINSTER
REGIMENT OF
THE CANADIAN
ARMY CADET
CORPS



JANUARY
2011



After a wonderful dinner prepared by the Aldergrove Legion, the cadets of 1922 posed together.

Christmas Mess Dinner a success

Fundraising News

The last two fundraisers held before Christmas helped raise more than \$900 for cadet activities.

Poinsettia sales and Neufeld Farm orders raised just over \$660 and \$255 respectively.

The Sponsoring Committee's fundraising team is now working on organizing its next big fundraiser - the annual Pub Night to be held sometime this spring. While a date has yet to be set, it is never too early to start looking for door prizes, silent auction items and raffle donations from local businesses.

Thanks to cadets for lending a hand

Three cadets who took the time to come out and help the Aldergrove Legion fill hampers for the less fortunate just before Christmas deserve to be recognized for their efforts.

Cadets Sydney and Courtney Valburg and Kaleb Suedfeld (as well as their parents and siblings) donated their time on Saturday, Dec. 18th to help fill more than 40 hampers with food items for the needy.

Thanks to all three for helping out!



Captain Coulter (right) was officially welcomed to the corps as its new Commanding Officer by Special Guest Major Chuck MacKinnon.



Captains Brandon Banks and Maria Coulter were all smiles as they posed together at the Christmas Mess Dinner held Dec. 10th at the Aldergrove Legion for all the cadets. Banks, previous Commanding Officer of 1922, formally handed over the command of the corps to Captain Maria Coulter back in September 2010.



Captain Coulter received a cheque for \$1,800 from Branch 265 representative Sandy Haddow.

What's Happening at the Legion

- ~ Live Entertainment every weekend.
 - ~ Cooky's Kitchen open - call for hours of operation and to place orders
- (604)856-5425

www.aldergrovelogion.ca

The Royal Canadian Legion
Branch #265 Aldergrove



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