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The Groundsheet

The 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'

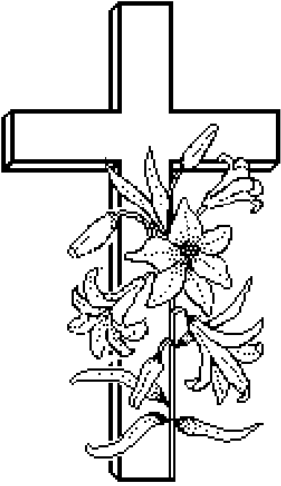
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In Memoriam



Stan Conway	March 2015	Port Moody BC	Westminster Regiment WWII
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Health and 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.

Editor's Report

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Hello all again. I have included Capt. Dave Evans report in this issue.

I have already mentioned that we will be transitioning to a more email base system. We have decided to do this over a few issues. Those that have request to remain on the standard postal service will always be getting your issues through the postal service. This issue we will be transitioning the Regimental members to the email issue. We have more email addresses for these members. For the Association, regimental retired members, we will be supplying both only an email issue. I would expect those that do not get this issue will respond.

In this issue I have included some images of the Vimy Remembrance held on April 12th. You will notice a significant number of Army Cadets in attendance. We have been informed by SAM that since the Air Cadets remember The Battle of Britain and the Sea Cadets remember The Battle of the Atlantic, the Army Cadets will be remembering Vimy on the Sunday before April 12th. This will be done across Canada. I believe it is important to have some connection with the Cadets and the military history.

I would like to let your know that my intension is to retire from the Groundsheet and Webmaster duties in September. The executive is looking for a couple of volunteers to step into these positions.

Notice I have provided information on the CFOne Card. This card provides significant benefits for serving and former members.

Finally, we are trying to get information out faster to our members. To do this we would like to have every members email. Please forward this to my email at tedwohl@telus.net.

Len Wohlgemuth
Editor

VIMY Remembrance Vancouver Mountain View Cemetery



Presidents Report

Good Day Fellow Westies

Again, its my pleasure to take this time to speak to you directly. First of all, I'd like to thank the members of our association for their support and guidance over this year. Its been a good experience for me to learn the ropes from a fine bunch of people that we have serving the association. I attended the annual dinner a month ago, both as PMC of our SNR NCO mess and as association President. It was a good event, and a positive experience to see the community having dinner in our armoury with the leadership of the serving battalion.

Although its only been a short time since our last issue, much has happened in our midst the last few months. We've had one of our soldiers, Sgt. Joe Cullen, hurt on a training exercise in Chilliwack. The positives of this were that the regiment proved its casualty extraction plan was effective and of course the negative is that Joe has a long recovery in his future as soft tissue knee injuries take a while. I visited Joe on your behalf after he was hurt and saw him again last week; I'm happy to say he is already making strides in recovery. In other news, we also lost one of our longest serving members of the association, Stan Conway. Stan was a character and continued service after the war with many decades of service to the association. I remember just a few months ago speaking to him as he was participating in a photo shoot for honour house. While it was apparent that Stan was slowing down, it was amazing to see this man in his Westie blazer and medals, participating in an event to help soldiers and their families. When I look at these two cases, its apparent that within both lies the future missions of the association. We must commemorate our past and preserve those things that make us Westies by remaining focused on our retired members from all eras. We must also make sure that we are focused on the needs of the current serving battalion, and how we as an association can continue to serve Canada by tackling quality of life concerns that we have an unique capability of assisting on. Both cases from a serving veteran of Bosnia and Afghanistan to a WW2 veteran who is just recently deceased, and all those in between, highlight who we are.

We've also encountered tragedy of another kind as a few fellow Westies have been victims of house fires. I'm reminded in these circumstances that assistance isn't always monetary, although it often is. I've seen Westies repeatedly offer both kind of assistance to those affected recently in regards to these fires. To sum it up, I will just say thanks and I'm proud of you.

Summer time is an interesting time in the serving battalion of the Westies. From the outside in, it can appear we shut down and take time off. The truth is that this time is the toughest commitment to service in Canada, barring a national emergency. The summer is when

all the courses are run for soldiers to advance in training, and for recruits to finally get their chance to become one of us. Its tough to give up your summer, your vacation time, and the beautiful experience of balmy BC to go spend it in some bug infested wasteland in Alberta. A beer at JDs Saloon does not make the pain go away; it just presents a new level of horror, some of which is dancing. Its even more selfless when you think about the folks that are going to teach. They take on the burden of time away from home and work and give Canada their summer time so that others may become trained, so that other may advance, so that others can gain their cap badge. Its often said that recruiting is the life blood of the unit, and as a former recruiter I can attest to that. But it's all for nothing without the follow through of our instructors. So while I enjoy this summer many Master Corporals, Sergeants and Warrant Officers will be preparing the next generation by working through theirs. And five years down the road, when that new soldier now deploys its easy to forget all the folks that got them there. So, thank you to all our volunteer instructors.

Lastly, our yearly Melfa weekend approaches us soon. Al Morton is again sorting out golf and I'll be looking forward to playing. He always runs a good show. I'm also hoping to get maximum attendance at the AGM. This is our main chance to see each other face to face. It also allows us to get to know the inner workings of the association better and hopefully see some hands go up to volunteer for positions on the executive. I look forward to seeing you all there and raising a glass together later at the dinner.

Pro Rege et Patria
Brian Mckenna

Our Cadets

2822 Surrey- No Report

1789 Hope – No Report

2316 New Westminster – No Report

1838 Maple Ridge – See page 9

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

These are people we have lost contact with and need updated addresses.

Attony Pinel,
MacInnis SC,
Boyd SA,
Brown JA,
Smith CS,
Howton DT.

Museum

For anyone who has memorabilia and artifacts that pertain to the Regimental history, the Museum would appreciate the items being donated to us. We would rather have the items here than being tossed in the garbage can. You can contact the museum through the website or come into the Museum. We are open on Tuesdays and Thursdays between 11:00 AM and 3:00 pm.

The Regiment

Since our last report, the Westies have completed another series of exercises and are now preparing for summer. From January 23-25, the Westies traveled to Manning Park for Ex WESTIE DELIVERANCE, accompanied by soldiers from 12 Field Ambulance and 15 Field Regiment RCA. The aim of the exercise was to simulate operations in an arctic environment, including the conduct of defensive operations and reconnaissance patrols.

Three platoons from the Royal Westminster Regiment faced off against one other during Ex WESTIE WARRIOR, which took place from February 19-22. The platoons were divided into both offensive and defensive positions, and tasked to probe for weaknesses within their lines. The exercise was intended to replicate real-life scenarios similar to ones encountered by Canadian Forces during recent overseas operations.

Looking ahead, the Westies will again be competing against other 39 CBG units in the Blair Shoot from April 24-25. The competition will be divided into individual shooters and teams of four, and will consist of firing the C7 rifle, C9 LMG and 9mm pistols. The goal is to recognize and award top marksmen within 39 CBG.

Shortly afterwards, the Westies will be traveling to Yakima, WA from April 30 to May 3 for Ex DUCIMUS THUNDER. The exercise will be represented by all Brigade units with the intent of performing combined arms training in a defensive context, including a live fire portion. The live fire segment will utilize a state-of-the-art interactive target system, which is the only one of its kind located on the west coast.

From May 15-17 the Westies will be conducting Ex WESTIE SHARPSHOOTER in Chilliwack in order to complete soldier Personal Weapons Test and Individual Battle Task Standard training. Concurrently, the Regiment will be leading the conduct of a 39 CBG Basic Military Officer Qualification (Land) from May 14-24 (also in Chilliwack). This course constitutes the second phase in an officer candidate's training plan, which is designed to develop a junior officer's leadership capabilities.

Additionally throughout the summer, the Westies will be participating in numerous community relations events. These include the Cloverdale Rodeo (May 15-18), Hyack Parade (May 23) and the Abbotsford International Airshow (August 7-10). Following the Hyack Parade on May 23rd, the Regiment will hold the annual Melfa dinner marking the 71st anniversary of the Melfa River Crossing. Members of the Regiment, as well as guests from the community, will be invited to the dinner in remembrance of the bravery of Major John K. Mahony and the rest of the soldiers who fought alongside him.

The annual summer adventure training exercise, known as Ex WESTIE PEAKBAGGER, will be held in Chilliwack from July 24-26. This will be a Level 1 mountaineering expedition including rock climbing and glacier travel. The group will travel to the Slesse Creek Demolition Area before continuing to the alpine bivouac site where they will participate in safety and mountaineering training. From there, they will ascend to two separate peaks near the USA border before returning to base.

Finally, the annual Brigade Training Event, Ex COUGAR DESTROYER is scheduled from August 14-23 in the Chilcotin Valley. This joint operations exercise represents the culmination of the year's training and is an outstanding opportunity for soldiers to work in tandem with other units, as well as build upon essential combat related skills.

OCdt. Charbonneau
R. Westmr. R.

1838 Maple Ridge

We had 19 cadets attended summer camp in 2014. Cpl. Donaldson S. was awarded Top in Platoon and L.Cpl. Dugauy M. got Top Shot in Charlie Company.

Some weeks later after enjoying the last few weeks of official summer and a nice few extra days off because of the teachers strike.

We started our year off with a hike up the Golden Ears Mountain for the Silver and Gold stars, where we were supposed to hike to the top and camp there but because of some physical boundaries we were not able to complete this goal. We ended up hiking down to Alder flats where we spent the night and the next morning we made our way back down to the parking lot to wait for parental pick-up.

We did a one day hiking and canoe trip on Hayward Lake for the new recruit's in to the corps along with some NCM development.

Shortly after our hike the training gold stars attended and completed the gold star expedition training where we camped in the spot we arrived in and the next day we hiked up a Sleeche Mountain while another group mountain biked. Once at the top of 1\2 parts of this mountain we hide our bikes and again in our groups continued up to the peak, where we looked upon the landing spot of a tragic plane crash. We stayed the night and the next day, made our way down. Once onto our recent starting point we switched ways down, so the team that hiked biked and vice versa.

At 1838 we have been able to start multiple teams because of our recent growth in numbers with new cadets arriving very quickly. We have obtained a Drill team, Shooting team, and First aid.

The corps has been very active with the prep for Remembrance Day; we trained the cenotaph guard made up from Sea, Army & Air cadets for Maple Ridge and Pit Meadows. Sgt. Malone K was selected to sing O Canada and God Save the Queen for Pit Meadows. We were also asked

by the Legion to provide a flag party (with help from the sea cadets) and a Sgt. at Arms for the Pit Meadow parade. Sgt. Joh E was selected for the task and she did an outstanding job, she was awarded the certificate of excellence for the work she did.

After Remembrance Day we when on our back to basic FTX out at Lt Mulders place in Hope and we got rained on very hard, when the rain did let up a little we managed to go for a hike up the old mine. The corps was using improvised shelters but the cadets managed to stay try and we only had two wet sleeping bags all week end.

December we had our Christmas mess dinner, Lt Col David Vernon, CWO Mike Kelly attended and Mrs. Karen Cassie who was presented with Lt Don Cassie's certificate of service and lapel pins for his sons.

We at 1838 know the brand new year will bring many fun filled times with lessons, FTX's, and Parades.

Thanks
David Evans
Captain
1838 RCACC
Maple Ridge
604-781-9923

All members of the Canadian military community of one million strong are eligible for the CFOne card.

Please note: during the registration process you'll be requested to have proof of your relationship to the Canadian military community.

You are eligible to receive a FREE CFOne card if you are part of one of the following categories:

- Canadian Armed Forces (CAF) members (Regular and Reserve Force) and their families*
- Veterans (former members of the CAF) and their families, including families of the deceased
- Members of foreign military currently serving with the CAF and their families
- Current Staff of the Non-Public Funds, Canadian Forces (NPF, CF)
- Current staff of Military Family Resource Centres (MFRCs)

A \$5.00 fee applies if you are part of the following categories:

- Current Department of National Defence (DND) public servants and their families
- Serving and former Royal Canadian Mounted Police (RCMP) and their families
- Current staff of Defence Research and Development Canada (DRDC) and their families
- Current staff of Defence Construction Canada (DCC) and their families
- Current staff of Canadian Securities Establishment (CSE) and their families
- Honourary Colonels/Captains(N), Lieutenant Colonels/Commanders and their families
- Former Staff of the Non-Public Funds, Canadian Forces with a pension and their families
- Former Staff of Department of National Defence (DND) with a pension and their families
- Family members of the Staff of the NPF, CF
- Family members of the MFRCs

Why is there a fee? The \$5 fee is to recover the production and delivery costs associated with each CFOne card. A waiver of the fee has been granted to those named in the National Defence Act and those who provide direct morale and welfare services to them.

MELFA WEEKEND 2015

May 22, and 23

MELFA GOLF TOURNAMENT

The Melfa Golf Tournament will be held at The Delta Golf Course on May 22nd 2014. First Tee time is 9:00 am The Cost is \$60.00 per golfer which includes Golf and Beer and a Sandwich If you are planning on entering, Please contact Alan Morton @ amorton25@telus.net Or Terry Leith @ tmleith@gmail.com. Or send a cheque or money order to the Association at 530 Queens Avenue

New Westminster, B.C. V3L 1K3

Entries must be received by May 15th. In the past people have said they were coming and cancelled at the last minute. We have to pay for the number that we tell the Golf course that we will have, so it is important that if you say you are going to play please show up.

AGM

Saturday May 23rd at 1:00 PM in order to have more of the serving members attend the AGM and find out more about The Association. .

Melfa Dinner:

Location—The Armoury New Westminster

Date – Saturday May 23, 2015

Cocktails 1800 to 1900 Hrs.

Dinner at 1900 Hrs.

Dress—Casual Dress (No Jeans) or Uniform

Cost--\$50.00 per person by May 10, 2015—No Tickets after that date

RSVP by mail or e-mail to brianrmckenna@hotmail.com

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