



Volume 2016/Issue 1
February 2016



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’

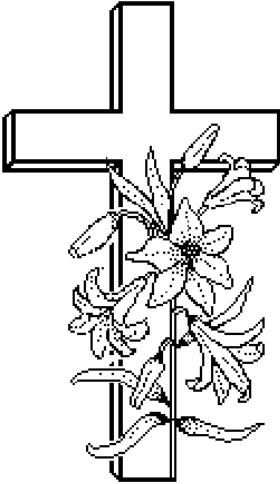
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In Memoriam



G. Lee Cooke	January 2016	New Westminster BC	Royal Westminster Regiment
Stacey Walter George Maris	January 2015	Victoria BC	Westminster Regiment
George William (Duke) Dominick	July 2015	Calgary AB	Westminster Regiment WWII
Anatole Jalbert	January 2015	Edmonton AB	Royal Westminster Regiment
Raymond Walton Lewis	November 2015	Edmonton AB	Westminster Regiment WWII

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. Well it looks like we finally have a replacement for me. Paul Guilmain is a member of the Regiment and has volunteered to take over as editor. I hope you will all welcome Paul. Additionally, the website is now transitioning from its older format to a new one. That should be completed by the end of this month.

It is sad to hear of the sudden passing of Lee Cooke our Treasurer. When I was President I brought Lee on to take over from the original Treasurer Vern Ardaugh. I have known Lee since I joined the and he was the Drum Major. I actually trained him on his General Military Training course. He will be missed.

I will not just disappear quickly but will help Paul over the next couple of issues. I would now like Paul to add a few words.

Len Wohlgemuth
Editor

Unfortunately Paul is on course at this time. I am sure he would like to convey his thoughts about the Groundsheet. You can already see his comments on the interview later in this issue.

PAUL COMBS
DRAWN BY FIRE
FIRE ENGINEERING

I DON'T NEED
ANY HELP -
I CAN RESCUE
MYSELF



Presidents Report

Good Day Fellow Westies

I'm happy to get to speak to you again, but unfortunately as often happens I'm the bearer of some bad news. We've lost Lee Cooke who passed away in January and along with that hardship on the family, Lee's father passed away just days after. Along with being the current serving treasurer of the association most of us will know Lee from his long service with the Regiment, particularly with the band. He will be sorely missed.

We do have some interesting announcements to make to you all, so I'll briefly go over them here. First of all, the groundsheet torch is shifting to a new member. We've had great work from Len over the years on the groundsheet and I thank him for all that time and effort on your behalf. I'm also appreciative that he's mentoring the new groundsheet editor and want to thank Paul Guilmain for volunteering to do this. To help Paul, please send any photos or stories that you want published to us and we'll get them in the next issue.

I've had the pleasure of just speaking to the soldiers of the serving battalion about the bursary we've set up. As some of you may know we've been working on this bursary for some time. Well now it exists. Any serving member of the regiment can apply for the bursary, which this year is set at 2500\$. I want to pay particular attention to the criteria, and how wide it is. We wanted to make sure that this bursary isn't strictly focused on university, and I can confirm that its not. If your in trade school, are working through an apprenticeship, or doing emergency services training at the Justice Institute or are pursuing any form of post secondary education; you can apply. We need the applications by end March, and our intent is to announce the award at the Melfa dinner of this year. Of course, we want to use this bursary to better ourselves as a regimental family so the soldiers contributions to the regimental family will be considered in the awarding of the bursary. Fitness, attendance, and willingness to participate in extra duties (wine stewards, cenotaph guards, honour guards, recruiting events) are all things we want to know about as we move forward with the award.

We have also begun planning for a trip to the Melfa Crossing for 2019. Details are still being worked out. Having said that, we've consulted with the organizer of the last pilgrimage to Melfa (past president Jerry Gangur) and he's graciously offered to help us as we organize. I'll have some minor details at the Melfa dinner and AGM for you, and we expect to have a formalized plan confirmed with dates and locations by Melfa 2017. We will be conducting some fund raising but we want to have everyone know that most of the trip will be funded by the travelers.

Last point from me. We are doing some more work on establishing an association emergency fund. From personal tragedies to injuries, we've seen some events occur recently for our soldiers that have left them financially strapped. For all the benefits that are available to soldiers and vets, there is still a massive disconnect between delivering those benefits to soldiers when they actually need them. This is unlikely to change anytime soon. So with that in mind, in certain circumstances there may be a role for the association to play in this and we are currently examining what the best route is. More to follow.

Thanks again to all the work going into the Association by all the officers and directors. See you all at Melfa.

Brian Mckenna

Our Cadets

2822 Surrey

1789 Hope

2316 New Westminster
Ridge

1838 Maple

1922 Aldergrove

Stay tuned for a Cadet report next issue.

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.

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

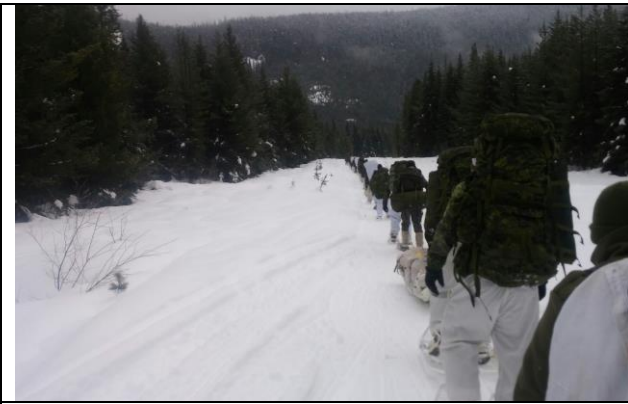
Following our report last October, the Regiment conducted a number of winter exercises in the lower mainland. In addition, the unit sent troops to a variety of locations across the province spanning a wide variety of training in different terrains and with different units.

October 16-18, a select group of Westies flew to Mackenzie, BC where they participated in a condensed survival training course conducted by the Canadian Rangers. Upon arrival, the Westies were instructed on basic survival skills including fire making, shelter building, and collecting food by trapping local wildlife and finding edible plants. Upon completing the initial instruction, the soldiers broke off into groups of three members and were placed in a survival scenario for two nights. Here they were able to practice the survival techniques they were taught, having been forced to create sustainable living conditions out of limited supplies.

Exercise Westie Backcountry brought together soldiers from all four 39 CBG infantry units. They took part in civilian instructed winter adventure training hosted by qualified guide companies. This was held in Whistler which provided a good setting for learning a variety of winter mobility techniques and avalanche safety preparedness. Soldiers spent the evenings learning theory in the classroom and then applied the skills during the day as they participated in winter adventure training activities. On the first day troops received lessons on Cross-Country Skiing and Biathlon in the Olympic Park. They spent the next three days ice climbing near Duffey Lake Provincial Park, backcountry ski touring in Squamish, and snowmobiling and ziplining across the valleys of Cougar Mountain.

Following the annual Christmas Dinner, the Westies brought in the new year with its winter training event, Exercise Westie Avalanche. This year, cadets from the Westies' affiliated cadet corps joined the training and were placed in the tent groups with the Westies. The exercise began with instruction on setting up camp, building snow caves, and creating winter defensive positions. The rest of the day and following night was spent setting up and tearing down tents, moving to a different location as a platoon and then setting up camp again. By the end of the night every tent group was able to decrease the time they needed to set up/tear down tents and be prepared to move. The exercise ended with a mass casualty evacuation scenario run in tandem with 12 Field Ambulance. Overall it was a valuable experience for the Westies and a great opportunity to connect with the Army Cadets.

OCdt Charbonneau



Ex Westie Avalanche



Ex Westie Avalanche



**Ex Westie Backcountry
MCpl Comack**



**Ex Westie Backcountry
MCpl Haley**

5 Habits We Picked Up Overseas That Are Not Safe For Work

By [Adam Linehan](#)
on February 3, 2016
T&P on Facebook

Leave these old routines on the battlefield where they belong.

War sucks. But as soldiers, we adapt. We develop habits that increase our chances of survival and make the suck just a little bit more bearable. Some of those habits are worth hanging on to as we transition into the civilian workforce. Others, not so much. Here's a list of five work habits we picked up overseas that definitely should not follow us back home.

1. Snuggling your coworkers for warmth.

Look, there's no shame in snuggling up to your battle buddy on a chilly winter night in the field. It gets lonely in the desert and those military-issued sleeping bags simply don't cut it in subzero temps. It is, however, unacceptable to snuggle a coworker in a civilian office setting, where that kind of physical contact between colleagues is both frowned upon and completely unnecessary to stay warm. That's what thermostats are for.

2. Consuming dangerous amounts of caffeine.

Get caught dozing off on the clock and you'll quickly develop a reputation among your coworkers as a lazy bum. For most folks, one or two cups of coffee in the morning will suffice. But if you've ever deployed, chances are your body is used to operating on at least 10 Rip Its before noon. While that's certainly a great way to increase stamina and focus, it's also a great way to die of kidney failure.

3. Wearing a reflective belt.

As veterans we know that wearing a reflective belt is the key to staying alive in a war zone. In addition to being mortar proof, these mandatory strips of neon plastic ensure that the wearer maintains maximum visibility at night (to scare off snipers, of course). But when worn over civilian work attire — or any attire, for that matter — the reflective belt looks really, really, really dumb. Our advice: burn that sucker the day you get out.

4. Bringing feral dogs to work.

In Afghanistan, my platoon found a dog. She was covered in ticks and smelled like rotting goat carcasses, but we kept her around because she boosted morale. While adopting a platoon mascot off the trash-strewn streets of Kandahar is fine when you're at war, here's the thing about being employed in the civilian world: Feral dogs are a definite no go in the workplace. Why? Because they attack people and carry rabies.

5. Bathing with baby wipes.

Using baby wipes to cleanse your body of filth and grime is essential to maintaining personal hygiene while deployed. The last thing the guys in your platoon need is to constantly smell your moldy balls. But back in the States, where E. coli-free water is abundant, relying exclusively on the baby-wipe bath to stay clean will only lead your civilian colleagues to suspect that you live in a van down by the river. If you do, that's cool. Just be sure to invest in some soap.

A Recce Patrolman's Story:

Last year our Regiment was fortunate enough to send a number of soldiers on a Regular Force RECCEE course. Cpl Lawrence Viola was one of the soldiers chosen to go. An honour in and of itself just to be nominated, he finished 4th overall out of initial course load of 44 and was the top reservist soldier to graduate.

The RECCEE course is one of the most difficult courses the CF has to offer and this iteration was no exception. Out of the 44 soldiers that undertook this daunting task, only 21 finished.

Cpl Viola did have his own take on the challenges he faced:

“..the course was definitely an eye opener...the hardest part was probably the dismounted reccee patrols. We were all pretty sleep deprived and carrying tones of kit so near the end, that's when people had to keep pushing. It was frustrating because at points it felt like everyone was a bunch of drunken children, myself included, basic problem solving started to break down as well as other things, people started to walk away while sleeping....finishing the field exercise felt so, soooo good.”

This clearly shows the difficulty of this type of course, but it would not be an army (or infantry) course if there weren't some moments of ridiculous hilarity. Indeed, often the most memorable moments do not involve the actual PO checks, but rather episodes that no one could ever make up and seem to only prevail on military courses. Cpl Viola provides a perfect example of this:

“So there we were, sitting in the classroom getting a lecture on I can’t even remember. As per standard army lectures we all know that all you can have in class is: water, coffee and chewing tobacco (if it is allowed). So food is an absolute no go but of course when the instructor is writing you will always see one troop, here and there sneak some candy that he had stowed away in his pocket. So one cloudy day in Edmonton we are sitting in class and this guy (we’ll call him Bloggins), pulls out a jar of peanut butter, like not one of those small jars that will be gone in a spoonful or two, he pulls out a jar of Kraft chunky peanut butter and lays it right on top of his desk. No one says anything as he took a giant spoonful and so we all then go about our business. At this point we thought, this is turning out to be a good day. Never had we been so wrong. 2 coffee breaks later the instructor stops his lecture and says “”Alright everyone in three ranks out back”” as we headed out back something caught my eye, a soft comfortable looking chair. The instructor told everyone to face this comfortable throne of pillowing softness and told us to adopt the push up position. He then yelled “”Bloggins, come on up here! Everyone else pushups!””, “”Here Bloggins have a seat, yeah take it nice and easy, just relax, chill out. Oh and we can’t forget! Here’s your peanut butter! And a fork! Savor that taste! Eat real slow, but I want that jar finished! And remember, don’t choke!””

Fatigue, hunger, harsh weather and lack of sleep may be the hallmarks of a RECCEE course but few stories truly capture the essence of the infantry culture like this one.

To sum up it is fair to say that Cpl Viola enjoyed his time and experience during this challenge: “I honestly learned a lot from the course especially about myself and the limits that I can push through. If you have the opportunity to take this course, jump on it!”.

Congrats Cpl Viola! On your fine performance and your perseverance, you’ve personified the Westie Spirit!

Paul Guilain

CANFORGEN 011/16 CMP 008/16 S 191728Z JAN 16
TRANSITION FROM THE RECORD OF SERVICE (NDI 75) CARD
UNCLASSIFIED

REFS: A. OP ORDER IMPLEMENTATION OF THE NEW CFONE CARD, 23 JUNE 2015
B. CFAO 15-2
C. MILITARY HUMAN RESOURCES RECORDS PROCEDURES

1. UNDERSTANDING THE NEED TO FULLY AND PROPERLY RECOGNIZE SERVING AND FORMER MEMBERS OF THE CANADIAN ARMED FORCES (CAF) AND THEIR FAMILIES, THE CAF WILL TRANSITION FROM THE RECORD OF SERVICE CARD (NDI75) TO THE CFONE CARD AS THE RECOGNITION CARD OF CHOICE. AS PART OF THIS TRANSITION, THE CAF WILL CEASE PROCESSING OF THE NDI 75 EFFECTIVE 1 FEBRUARY, 2016

2. THE CFONE CARD WILL BE AVAILABLE TO ALL SERVING AND FORMER MEMBERS OF THE CAF AND THEIR FAMILIES. VETERANS OF THE CAF WILL RECEIVE A SPECIALLY DESIGNED CARD THAT RIGHTFULLY DISTINGUISHES THEM AS A VETERAN OF THE CAF. DETAILS FOR HOW TO OBTAIN A CFONE CARD ARE AVAILABLE THROUGH CFMWS AND AT THE WEBSITE LOCATED AT [WWW.CFIFC.CA](http://www.cfifc.ca)

3. WHILE THE NDI 75 CARD WILL NO LONGER BE IN PRODUCTION, THE CERTIFICATE OF SERVICE DOCUMENTATION (DND 2279 OR CF 707 AND CF 54) WILL CONTINUE TO BE PROVIDED TO ALL RETIRING AND TRANSITIONING MEMBERS OF THE CAF AS THEY FINALIZE THEIR ADMINISTRATIVE REQUIREMENTS PRIOR TO DEPARTING THE CAF

4. RESPECTIVE URS WILL CONTINUE TO PROVIDE THE DND 2279 AND CF 707 DOCUMENTS FOR MEMBERS WITH LESS THAN 10 YEARS OF SERVICE (YOS) AND DMCA WILL CONTINUE TO PROVIDE CF 54 FOR MEMBERS WITH MORE THAN 10 YOS. FOR MORE DETAILS PLEASE REFER TO COMMANDER MPC WEB PAGE OF THE MILITARY HUMAN RESOURCES RECORDS PROCEDURES PUBLICATION (MHRRP)[HTTP://UPKPROD.DESC.MIL.CA/HRMSP/ENG/DATA/TOC.HTML](http://UPKPROD.DESC.MIL.CA/HRMSP/ENG/DATA/TOC.HTML)

5. REQUESTS FOR INFORMATION REGARDING THE NEW CFONE CARD WILL BE REDIRECTED TO CFMWS WHO WILL PROVIDE MORE DETAILS WITHIN THE COMING WEEKS