

THE STRATHCONIAN



Lord Strathcona's Horse
(Royal Canadians)

1900 ~ 2009

EXCELLENCE DEFINED

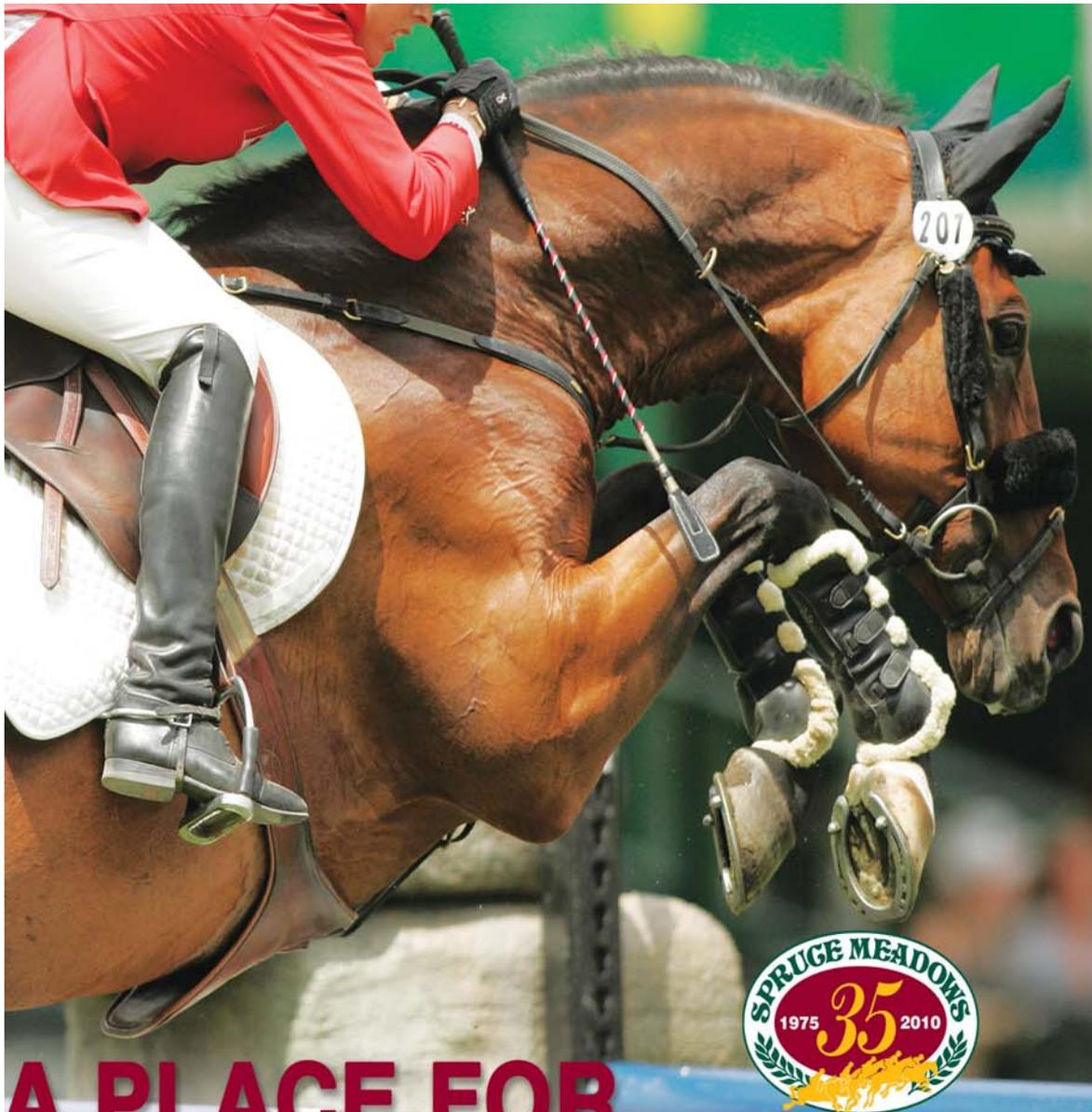


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July 7-11

'Masters'

September 8-12



Lord Strathcona's Horse (Royal Canadians)

Battle Honours

South Africa
South Africa, 1900 - 1901

First World War
Festubert 1915, Somme 1916, '18; Brazentín, Pozières, Flers-Courcelette,
Cambrai 1917, '18; St. Quentin, Amiens, Hindenberg Line,
St. Quentin Canal, Beaufevor, Pursuit to Mons,
France and Flanders 1915 - 1918

Second World War
Liri Valley, Melfa Crossing, Torrice Crossroads, Gothic Line,
Pozzo Alto Ridge, Coriano, Lamone Crossing, Misano Ridge, Casale,
Naviglio Canal, Fosso Munio, Italy 1944-1945, Ijsselmeer
North-West Europe 1945

Korea
Korea 1951-1953

(Battle Honours approved for emblazonment are in heavy type)



Allied With

The Queen's Royal Lancers
10 (Polish) Armour Cavalry Brigade

Affiliated Cadet Corps

1292 Cadet Corps - Calgary	2860 Cadet Corps - Fort Simpson
1813 Cadet Corps - Cranbrook	3066 Cadet Corps - Golden
2716 Cadet Corps - Mayerthorpe	3070 Cadet Corps - Evansburg



The Strathconian

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Commanding Officer

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STEELE BARRACKS

2009

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All old comrades and friends of the Regiment are cordially invited to increase our circulation by forwarding the names of other old comrades or prospective subscribers.

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Message From the Colonel of the Regiment

Colonel J.E.N. Roderick

It seems impossible that almost four years have passed since I assumed the position of Colonel of the Regiment. In June, at our Reunion, I will resume my position in the ranks of the “Old Guard” and give another the chance to serve the Regiment in this position of honour. During my tour I have been privileged to spend time with all ranks in garrison and in the field and to watch the Regiment progress from one that, in June 2006, was not quite sure what its peacetime role and organization was going to be, because of the force re-structuring that was underway, to what now is the most highly trained and combat experienced Armoured unit the Canadian Forces have seen since Korea. Some could even argue that, because of the rapid turnover of squadrons in Afghanistan, the operational experience level may well exceed that of the Regiment during the Korea operation.



The advantage of serving as Colonel of the Regiment is that you have the time and opportunity to wander around the unit lines in garrison and on exercise and talk with small groups of officers and soldiers, especially the junior ones and the non-armoured personnel, as they go about their duties. Today’s soldiers certainly seem to enjoy the discussions these opportunities provide and I have always come away impressed with their knowledge and candor. I also walked away with considerable pride in their professionalism and pride that I was wearing the same Regimental badge as they are.

During my tour I have spoken with many people who have served in Afghanistan with our squadrons and, in some cases, those who were in positions of command over our troops. I have never heard one word of criticism and only glowing words of praise – even awe at what this Regiment has been able to accomplish in providing seven consecutive Squadrons to that theatre. My only answers to these people is that PERSEVERANCE is the motto we live by, excellence in the conduct of operations is in our DNA, the courage and strength of our families and loved ones have always sustained us, and, finally, that “we are the STRATHCONA’s, what more can I say!”

As this will be my last entry in the Strathconian, at least in this capacity, I would like to thank all members of the Regimental family for your trust in appointing me to serve as your Colonel of the Regiment, for your support to all our activities, and finally and most importantly for your friendship.





A Word From the Senior Serving Strathcona

Brigadier-General D.C. Hilton

The reputation of nations are won or lost in the same manner as are those of regiments – largely through the degree to which they successfully align actions with intent. Not surprisingly, this past year has been witness, once again, to the Regiment playing a vital part in assuring the growing reputation for excellence of our Army and the Canadian Forces, within both the national domestic audience and internationally. At time of publication, the Strathcona's will have completed a high profile mission as a critical component in the security structure of OP PODIUM, the (Vancouver) Winter Olympic Games – a principal priority of the Government of Canada. Simultaneously, our sabre squadrons and Headquarters Squadron elements will have continued to provide unparalleled dominance and direct fire combat power to our land forces engaged in OPATHENA – a principal priority of the Government of Canada. It may seem like a long way from the tank park to the halls of government; from deployment to operations at home and abroad, to the projection and protection of Canada's national interests and national values. Yet in reality the connection is both clear and direct, and forms the very bedrock of our reputation at every level.



The year 2009 has been, in many respects, no different than other years in the long history of our Regiment, when Strathcona's were called upon to preserve, protect, secure and support missions deemed critical to the Army and the Nation. But 2009 will also stand on its own merits as a year when we rose to meet highly complex challenges, contributed directly to the successful achievement of key national objectives, and consistently met the exacting standards for excellence that our regimental history demands. In short, these actions have helped 'put a shine' on Canada and the Canadian Forces, while enhancing the Regiment's storied reputation of which all Strathcona's may be justifiably proud.

Perseverance.





Commanding Officer's Message

Lieutenant-Colonel D.A. Macaulay

As I look back, another year has past and the only word that can describe it is **Perseverance**. The Regiment endured twelve months of missions, training and tasks that took Squadrons overseas and close to seas.

Overseas, the Regiment continued to provide combat power, surgical strike and superb tank skills as they closed with and destroyed the Taliban for Joint Task Force Afghanistan with all three tanks Squadrons, A (October 2008- March 2009), C (March 2009-October 2009) and B (October 2009- present) respectively rotating into the Kandahar Province.

Close to Seas the remainder of the Regiment: Regimental Headquarters, Reconnaissance Squadron, and Headquarters Squadron were joined by Foxtrot Company and two Force Protection Platoons that were comprised of 200 Regular Force and Primary reservists from 36 different units in Western Canada. This unique organization formed Task Force Vancouver in order to support the Royal Canadian Mounted Police security operations during the V2010 Olympic Games and ensure that venue conditions provided a safe environment for the public and successful completion of sporting events.



As you flip through the pages of this year's Strathconian I am quite confident that you will see and read about Strathconas that have shown great ability, motivation and attitude towards every challenge. Moreover, the attention to the maintenance of our historical roots and customs and traditions despite this unprecedented operational tempo of international and domestic commitment has contributed to the maintenance of esprit de corps of the Regiment and the extended Strathcona family.

Yet, it is not only serving Strathconas that have demonstrated perseverance but their families. Without their support the Regiment would not have been able to complete its assigned missions to such a high standard.

To all the families' thank you for your dedication and devotion. To serving Strathconas it has been an honour to serve with you everyday. I am confident that you will all provide the same support and advice to the next Commanding Officer, **Lieutenant Colonel Trevor Cadieu** this summer. I look forward to thumbing the pages of next year's edition to see our proud heritage continued.





Regimental Sergeant-Major's Observations

Chief Warrant Officer J. Ramsay

Time for my last RSM's article for the Strathconian. It seems like only yesterday I was penning my first. So here I am with most of RHQ, HQ Sqn and elements of Recce Sqn in Vancouver preparing for the start of the 2010 Olympics. At the same time we have B Sqn doing a fantastic job in Afghanistan at about the midway point of their tour. A Sqn is down in Fort Irwin, nearing the end of their training, in preparation to replace B Sqn in Theatre. Finally C Sqn and elements of HQ soldiers are holding down the fort in Edmonton. That my friends is what the soldier's of your Regiment are doing mid January, 2010.



Many times I am asked how they do it. My only response can be, that it is the extreme drive the soldiers have for wanting to soldier and represent their country as best they can. They all understand the seriousness of what they do and represent. They depend on each other and their families in immeasurable ways. The Afghanistan vets (those with previous tours) do not allow the importance of the training, be lost on the others whether for International or Domestic Operations. Although they do not like the extended time away from families, they understand it is a necessary evil. They also understand they have joined a profession of arms like no other. Easily dismissed by some, and rarely understood by most, unless you are a positive part of it. I am not arrogant enough to think I can speak for the soldier's however in being part of it, and watching them in their herculean efforts for the past two years, this is my honest explanation on the incredible professional work that they do. To them we owe our extreme gratitude.

The list of people I would like to thank, for the past two years support, would make this article far to long. I however would like to ensure I pass on my gratitude to my sons and the families of those I have had the honour to serve with. The burden of your support is greatly appreciated, so to you all "Thank you very much".

In closing I do not have to tell my replacement **CWO Jim Dorrance** what a fantastic group of professionals, he will have the opportunity to work with in the coming years. He has been part of that group in the past. I know full well that the soldier's of the unit will be well taken care of with Jim in the RSM's chair.





Editor-in-Chief's Foreward

Major C. Bradley

2009 truly has been a busy year for the Regiment, and although it has already been six months since I returned, the tempo is such that it seems barely a week and already it is time to finalize this year's Strathconian.

As I'm sure you can well imagine the production of a regimental annual such as the Strathconian requires the dedication of a tremendous group of people. I would like to thank the editor **Captain Clayton Gardner** and our Layout specialist **Mrs Kathy Batty** for doing the lion's share of the work and editing. Without their dedication and effort, this year's Strathconian would not be the product that it is and I commend them for their effort and time.



I would be remiss if I didn't also mention the subalterns of the Regiment, for without their hard work this year's publication would not have been possible. It is thanks to their commitment and outreach to the local business community that we once again have the support of our advertisers, whom I would also like to take the opportunity to thank.

The editorial staff and I would also like to thank all of you who took the time to write this year's articles. Not only did it afford us the opportunity to brush up our own grammar skills, but it is important to remember what it meant to be a Strathcona in 2009, and I hope that as you read these pages many years from now that they will help keep that memory fresh.

Finally and most importantly I would like to thank all the soldiers and officers of the Regiment. The Strathconian stands as a testament to your achievements and they are many. To those who served in the Regiment and to those who serve with such distinction and represent us so well outside of our Regimental lines this publication is for you and that makes all the effort that goes into producing this annual so worthwhile.



This is what editing the Strathconian does to you.





Births and Marriages 2009

A Squadron

Marriage - Tpr Peters and Ashley Lynn married on 7 Nov 09
Marriage - Cpl Hurlburt and Jamie Rae Lupul married on 4 July 2009
Marriage - Tpr Burris and Florence Mitchell married on 25 July 09

C Squadron

Birth - Capt Cooper's twin sons Robert and William born 15 Jul 09
Birth - Tpr Wallace's son Nicholas born 12 Oct 09
Marriage - Tpr Sebo and Sarah Ann married 14 Nov 09

Recce Squadron

Birth - MCpl Baird's daughter Emily born 19 Jan 09
Marriage - Tpr Cameron and Angela married on 8 Aug 09
Birth - MCpl Hodgson's daughter Londyn born 20 July 09
Birth - Cpl Martin's daughter Adriana born 22 Nov 09
Birth - MCpl Nickerson's son Alexander born 16 Apr 09
Birth - Cpl Preston's daughter Aleah Merrique Anne born 14 Apr 09
Marriage - Cpl Olaes and Kristen married 19 Dec 09
Marriage - Tpr Popoff and JJ married 6 Mar 09
Marriage - Cpl Vigar and Shauna married 25 July 09
Birth - Capt Wong's son Austin born 17 July 09

Headquarters Squadron

Marriage - Tpr Johnson and Sandra married on 7 Nov 08
Marriage - Cpl Wagner and Michelle married on 4 July 09
Marriage - Tpr Collins and Michelle married on 18 July 09
Marriage - Cpl Costello and Jodie married on 8 Aug 09
Marriage - Cpl Baker and Amy married on 15 Aug 09
Marriage - Cpl Houle and Amelie married on 22 Aug 09
Birth - MCpl Walsh's son Ryland born 8 Aug 09
Birth - Cpl Mullin's daughter Caitlyn born 18 Feb 09
Birth - MCpl Lister and Denni married 03 Jan 09
Birth - MCpl Lister's twin daughters Reegan and Hadley born 13 Aug 09

Regimental Headquarters

Marriage - Capt Boyce and Cecilia married on 12 July 2009



Honours and Awards

Mention in Dispatches

(Posthumous)

Cpl Hornburg

Canadian Forces Decoration

Tpr Rodden

Cpl Murray

Cpl Thayer

MCpl Bulmer

MCpl Bowden

MCpl Parrill

MCpl Petca

Sgt Brake

Sgt Caufield

Capt Hayward

Capt Selberg

Canadian Forces Decoration

First Clasp

Sgt Michaud

WO Fox

Commander JTFA

Commendation

Sgt Mackinnon

Commander CEFCOM

Commendation

Cpl Bartram (F Coy)

MCpl Helliwell

WO Smith

Capt Mallette

Commander LFQA

Commendation

Capt Hayward

General Campaign Star

Maj McDonnell

Capt Collings

Capt Lacroix

Capt Gray

Capt Gardner

Capt Day

MWO Hall

WO Delaney

WO King

WO Peters

Sgt Cave

Sgt Christopoulos

Sgt Michaud

Sgt Wallis

MCpl Biller

MCpl Helliwell

MCpl Levis

MCpl Mackinnon

MCpl Mcatasney

MCpl Pargeter

Cpl Cooke

Cpl Desjardins

Cpl Dickison

Cpl Eady

Cpl Edwards

Cpl Gibson

Cpl Goobie

Cpl Guilbeault

Cpl Gushue

Cpl Headge

Cpl Jesse

Cpl Konschak

Cpl Lamothe

Cpl McNutt-Holland

Cpl Miller

Cpl Mullin

Cpl Nadeau

Cpl Ribert

Cpl Riddell

Cpl Vigar

Cpl West

LS Belanger

Tpr Balfour

Tpr Collier

Tpr Crowe

Tpr Demelo

Tpr Dickey

Tpr Docherty

Tpr Forestell

Tpr French

Tpr Hammermeister

Tpr Heisz

Tpr Hodgins

Tpr Keller

Tpr Macpherson

Tpr Martin

Tpr Mckinnon

Tpr Mijares

Tpr Murdoch

Tpr Oliver

Tpr Parker

Tpr Patterson

Tpr Preston

Tpr Reid

Tpr Sedgwick

Tpr Sephton

Tpr Stewart

Tpr Van-Heerden

Maj Cochrane

Capt Cooper

Capt Kallos

Lt Gray

Lt Brown

MWO Stacey

WO Garland

WO Amos

WO Hopkin

Sgt Miller

Sgt Sanduliak

Sgt Englehart

Sgt Denson

Sgt Thomas

Sgt Connauton

MCpl Ramage

MCpl Oliver

MCpl Hordyk

MCpl Moon

MCpl Gray

MCpl Alexander

Cpl Jesse

Cpl D'Angelo

Cpl O'Neil

Cpl Harvey De Roy

Cpl Sibulak

Cpl Osborne

Cpl Leblanc

Cpl Sebo

Cpl Myers

Cpl Druken

Cpl Hume



Cpl Murphy
 Cpl Carnevale
 Cpl Hayes
 Cpl Potvin
 Cpl Underwood
 Cpl Malashevsky
 Tpr Hamilton
 Tpr Lanthier
 Tpr Tonn
 Tpr Lussier
 Tpr Paskuski
 Tpr Heroux
 Tpr Kroker
 Tpr Burke
 Tpr Verwey
 Tpr Young
 Tpr Tremblay
 Tpr Gironne
 Tpr Wallace
 Tpr Lajoie
 Tpr Ringuette
 Tpr Cook
 Tpr Rogers
 Tpr Geernaert
 Tpr Courneyea
 Tpr Vandermerwe
 Tpr Mullens
 Tpr Graham
 Tpr Kabongo
 Tpr Aube
 Tpr Sebo
 Tpr Brisebois Bergeron
 Tpr Brown

Tpr Mcaulay
 Tpr MCGovern

Sacrifice Medal

Tpr Mullens
 Cpl Poitras
 MCpl Doucette
 Sgt Bowden
 Capt Collings

Regt Branding Irons

WO Doucette
 MWO Mainville

Regt Shabraques

MWO Proctor
 Maj Callens
 Maj McDonnell

Prince of Wales Trophy
 HQ Sqn

Fox Bugle
 Cpl Eady

Col of Regt Silver Stick
 MCpl Levis

Milroy Crossbelt
 Sgt Wallis

Neatby Pace Stick
 WO Jones

Hessin Memorial Sword
 Capt Beitz



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Promotions

Capt Boyce
Capt Collings
Capt Guenther
Capt Kallos
Capt Lemay
Capt Nash
Capt Pano
Capt Selberg
Capt Wiome
Lt Dullege
Lt Kerek
Lt Prince
Lt Salter
Lt Timms
Lt Warlow
Lt Whalley
MWO Holland
WO Baglole
WO Cave
WO Chenier
WO Hiscock
WO Moon
WO Smith
WO Stevenson
Sgt Banks
Sgt Bowden, T
Sgt Brake
Sgt Helliwell
Sgt Hornby
Sgt Koestlmaier
Sgt Levis RM
Sgt MacKinnon
Sgt Moon
Sgt Oake
Sgt Sanduliak
Sgt Troop
Sgt Veltman
Sgt Walsh
Sgt Whelan
MCpl Barsotta

MCpl Brister
MCpl Bulmer
MCpl Cameron
MCpl Carter
MCpl Charette
MCpl Cooke
MCpl Davidson
MCpl Desjardins
MCpl Dickison
MCpl Doucette
MCpl Dube
MCpl Dunker
MCpl Eady
MCpl Edwards
MCpl Ellis
MCpl Fedyshyn PE
MCpl Gibson
MCpl Goobie
MCpl Gordon
MCpl Grant
MCpl Guilbeault
MCpl Hamilton
MCpl Headge
MCpl Hurlburt
MCpl Jahjefendic
MCpl Johnston
MCpl Kentfield
MCpl Lamothe
MCpl Lister
MCpl McDougal
MCpl McNutt-Holland
MCpl Moores
MCpl Murphy
MCpl Nadeau
MCpl Olaes
MCpl Paterson
MCpl Pickell

MCpl Ramage
MCpl Reid
MCpl Ribert
MCpl Royes
MCpl Sullivan
MCpl Thomas
MCpl Underhill
MCpl Vigar
MCpl Whittal
Cpl Bailey
Cpl Barker
Cpl Bellegarde
Cpl Chaudet
Cpl Churchill
Cpl Collier
Cpl Corduroy
Cpl Costello
Cpl Fanni
Cpl Forestell
Cpl Graham
Cpl Harcombe
Cpl Jacobs
Cpl Kabongo
Cpl Lafontaine
Cpl Larkin
Cpl MacKinnon
Cpl Maxwell
Cpl McConnell
Cpl Nolan
Cpl Ohs
Cpl O'Toole
Cpl Ramiro
Cpl Rogers
Cpl Rozario
Cpl Smith
Cpl Temos
Cpl Underwood





Regimental Roll 2009

Colonel-in-Chief

His Royal Highness
The Prince of Wales

Colonel of the Regiment

Col Roderick

Commanding Officer

LCol Macaulay

Second-in-Command

Maj Adams

Adjutant

Capt Manouchehri

Operations Officer

Capt MacIntyre

Regimental Sergeant Major

CWO Ramsay

Commanding Officer's Secretary

Kathy Batty

Regimental Headquarters

Maj Chenette
Capt Boyce
Capt England
Lt Salter
Lt Warlow
2Lt Elliott
2Lt Lund
2Lt Wawrzyn
WO Peters
Sgt Barker
Sgt Bowden
Sgt Graf
Sgt Wallis
MCpl Hamilton
MCpl McDougal
MCpl Sullivan
Cpl Dugdale
Cpl Fisher
Cpl Guy
Cpl Icala
Cpl Macko
Cpl Mooney

Regimental Signals Troop

Capt Lemay
WO Hitt

MCpl Wells

MCpl Grant

Pte Maclean

Pte Sibilo

Regimental Police

Cpl Whiteley

60 Troop

Lt Kerek
WO Delaney
Sgt Koestlmaier
Sgt Oake
MCpl Eady
MCpl Moores
MCpl Royes
Cpl Brown
Cpl Carrie
Cpl Demelo
Cpl Dickey
Cpl Dickison
Cpl Docherty
Cpl French
Cpl Heisz
Cpl Jesse
Cpl McPherson
Cpl Mijares
Cpl Parker
Cpl Reid
Cpl Scott
Cpl Sedgwick
Tpr Balfour
Tpr Jeanson
Tpr McKinnon
Tpr Murdoch
Tpr Oliver
Tpr Stewart
Pte Tremblay

Prince of Wales Squadron

Officer Commanding

Maj Bradley

Sergeant Major

MWO Batty

Squadron Headquarters

Capt Gardner
Lt Williams
Sgt Smith

MCpl Bowden

Cpl Bergen

Cpl Dube

Cpl Dunbar

Cpl Mooney

Regimental Orderly Room

WO Litwin
Sgt Redshaw
MCpl Loof
Cpl Kennedy
Pte Schan

Transport Troop

Capt Nash
Sgt Parsons
Sgt Kopp
MCpl Ives
MCpl Cameron
Cpl Doerfling
MBdr Davies
Cpl Johnson
Cpl Davidson
Cpl Pasuta
Tpr Budgell
Tpr Berkshire
Tpr Johnson
Tpr Carson
Tpr Collins
Tpr Chase

Strathcona Mounted Troop

Lt Prince
Sgt Alexander
Sgt Clarke
MCpl Fedyshyn
MCpl Doucette
MCpl Murphy
Cpl Roberts
Cpl Wagner
Cpl Lister
Cpl Romkey
Tpr Bernardo
Tpr Marion
Tpr Costello
Tpr Drummond
Tpr Dubblestyn
Tpr Graham
Tpr Johnston



Tpr O'Dell
Tpr Partington
Tpr Pernitsch
Tpr Reid

SQMS

WO Mayfield
MCpl Davidson
Cpl Fedele

Family Support Troop

Capt Elkorazati
Capt Moore
Sgt Petersen
MCpl Warnica
Cpl Bleasdale
Tpr Mullins

Regimental Accounts

Lt Whalley
Sgt Jones
Tpr Maceachern
Cpl Thompson
Cpl Baker

Quartermaster Troop

Capt Evans
MWO Blais
MWO Crabb
MCpl Barsotta
MCpl Edwards
Cpl Deng
MCpl Walsh
Cpl Wright
Sgt Brake
MCpl Dunker
Cpl Wood
Cpl Wynot
Cpl Haas
Cpl Heffernan
Cpl Koro
Cpl Levesque
Cpl Paradis
Cpl Rohmer

Cooks

Sgt Walsh
Sgt Nicholson
Cpl Delisle
Pte Faulkner
Pte Miedema
Cpl Hurtubise

Maintenance Troop

Capt Ferguson
MWO Radies
WO Hughes
WO Dufour
WO Stirling
Sgt Gravline
Sgt Hite
MCpl Dostie
MCpl Dunker
MCpl Fardy
MCpl Greenlaw
MCpl Hall
MCpl Jahjefendic
MCpl Leslie
MCpl Lumbard
MCpl Okimawinew
MCpl Parlee
MCpl Petca
MCpl Piatkowski
MCpl Sikorski
MCpl Underhill
MCpl Voisin
MCpl Weatherbee
MCpl Williams
Cpl Beaulieu
Cpl Clemetson
Cpl Eidem
Cpl Gourlay
Cpl Gunton
Cpl Houle
Cpl Lefort
Cpl Ouellet
Cpl Maxwell
Cpl Mullin
Cpl Normore
Cpl Norris
Cpl Rasmussen
Cpl Wood
Pte Mcconnell
Pte Rundle
Tpr Gabruck

Stables

MCpl Hoth
Cpl Woods

71 (Force Protection)

Lt Goertzen
Sgt Bois

Sgt Melsted
MCpl Bekkatla
MCpl Burch
MCpl Chornawka
Cpl Tellier
Cpl Burns
Cpl Kulyk
Cpl Sullivan
Cpl Rutheford
Cpl Trac
Cpl Dowler
Cpl Anania
Cpl Cutts
Cpl Zahara
Cpl Weins
Cpl Chartier
Cpl Ross
Cpl Brown
Cpl Geschiere
Cpl Mistelbacher
Cpl Frain
Cpl Schmit
Cpl Plamondon
Pte Avramenko
Pte Coghill
Pte Currie
Pte Hall
Tpr Herbert
Pte Jones
Tpr Jun-Dundas
Pte Kay
Pte Maki
Pte Phillips
Pte Rogalla
Pte Warkentin
Tpr Zahara

72 (Force Protection)

Lt Hunter
WO Corbin
Sgt Melsted
Sgt Porter
MCpl Crichton
MCpl Strong
Cpl Dale
Cpl Paziuk
Cpl Glass
Cpl Gregorski
Cpl Pike
Cpl Barnard
Cpl Keim



Cpl Clarke
Cpl Connick
Cpl Couch
Cpl Keen
Cpl Frank
Pte Dunn
Pte Deroo
Pte Huxley
Pte Turnbull
Pte Rolls
Pte Staniewski
Pte Mankow
Pte Gauthier
Pte Quintanilla
Pte Russell
Pte Stoney
Pte Gonzalez
Pte Kelly
Pte Rinehart
Pte Gulyas
Pte Stauble
Pte Boyd

A Squadron

Officer Commanding

Maj McKenzie

Sergeant Major

WO Jones

Squadron Headquarters

Capt Peters
Sgt Barker
Sgt Likely
MCpl Zubkowski
Tpr Ameerli
Tpr Arsenault
Tpr Bakker
Tpr Banman
Tpr Churchill
Tpr Graves
Tpr Sears

1st Troop

Lt Hevenor
WO Baglole
Sgt Lee
MCpl Brister
MCpl Morley
Cpl Gallen
Tpr Mcqueen
Cpl Nancarow

Cpl Pegler
Tpr Burton
Tpr Droogers
Tpr Elms
Tpr Estabrooks
Tpr Mckenzie
Tpr Moore
Tpr Sykes

2nd Troop

Lt Timms
WO Boland
Sgt Trenholm
MCpl Reid
MCpl Whittal
Tpr Aymont
Tpr Barrett
Tpr Blain
Tpr Edwards
Tpr Foster
Tpr Gorman
Tpr Hogemann
Tpr Livingstone
Tpr Lucas
Tpr Pugh
Tpr Riopelle

3rd Troop

WO Paquette
MCpl Clark
MCpl Ellis
MCpl Spencer
Cpl Ramiro
Cpl Paterson
Cpl Poitras
Tpr Broome
Tpr Friesen
Tpr Korenowski
Tpr Miller
Tpr O'Brien
Tpr Peters
Tpr Rabesca
Tpr White

Administration Troop

Capt Hayward
WO Taylor
MCpl Carle
MCpl Mcmurtry
Cpl Bellegarde
Cpl Gordon
Cpl Gushue

Cpl Hurlburt
Cpl Slade
Cpl Vienneau
Pte Bowers
Tpr Burris
Tpr Campbell
Tpr Dyk
Tpr Gearin
Tpr Herbert
Tpr Kent
Tpr Kostyan
Tpr Law
Tpr Ram
Tpr Schenher
Tpr Walker

Maintenance Troop

WO Deaveaux
MCpl Schell
MCpl Vaillancourt
Cpl Brown
Cpl Denvir
Cpl Drake
Cpl Lecomte
Cpl Lussier

B Squadron

Officer Commanding

Maj Hume

Sergeant Major

MWO Holland

Squadron Headquarters

Capt Beitz
Sgt Shiells
Sgt Troop
MCpl Brien
Cpl Mansfeild
Cpl Bengtsson
Cpl D'Andrea
Cpl Murray
Cpl Welyki
Tpr Briden
Tpr Daos
Tpr Lafromboise
Tpr Trude

1st Troop

Lt Selberg
WO Romaniuk
Sgt Calow
MCpl Bulmer



Cpl Charlton
Cpl Erickson
Tpr Crockford
Tpr Dube
Tpr Frenette
Tpr Gallagher
Tpr MacKinnon
Tpr Mendez Vargas
Tpr Skinner
Tpr Slyford
Tpr Thoren
Tpr Winchester

2nd Troop

Lt Pano
Sgt Green
MCpl Dyndor
MCpl Hornby
Tpr Butler
Tpr Chandra
Tpr Chevalier
Tpr Dejong
Tpr Girling
Tpr Hughes
Tpr Jacques
Tpr Van Ees
Tpr Walter

3rd Troop

Capt Kim
WO Chenier
Sgt Churchill
MCpl Biener
Cpl Briggs
Tpr Clegg
Tpr Corduroy
Tpr Fraser
Tpr Janvier
Tpr Kearns
Tpr Mulyk
Tpr Potters
Tpr Roselle
Tpr Sirois
Tpr Thiffault-Dumont
Tpr Wynne

Administration Troop

Capt Gough
WO Mosher
WO Wheeler
MCpl Duffield
Cpl Bellaire

Cpl Bellaire
Cpl Chmara
Cpl Daneau
Cpl Dixon
Cpl Kenny
Cpl Lahay
Cpl MacDonald
Pte Harcombe
Tpr Drew
Tpr Kisch
Tpr Klages
Tpr Koolman
Tpr Lachance
Tpr Lafontaine
Tpr Levesque
Tpr Loft
Tpr Peachy
Tpr Seders
Tpr Zwicker

Maintenance Troop

Sgt Whelan
MCpl Broadfoot
MCpl Parrill
MCpl Rodger
Cpl Morrison
Cpl Hogan
Cpl Mathieu
Cpl O'Toole

C Squadron

Officer Commanding

Maj Cochrane

Sergeant Major

MWO Stacey

Squadron Headquarters

Capt Cooper
Capt Gottfried
Capt Kallos
Sgt Englehart
Sgt Miller
Sgt Sanduliak
MCpl Oliver
MCpl Ramage
Cpl D'Angelo
Cpl Jesse
Tpr Hamilton
Tpr Heroux
Tpr Lanthier
Tpr Lussier

Tpr Paskuski
Tpr Tonn

1st Troop

Lt Gray
WO Garland
Sgt Denson
Sgt Thomas
Cpl Druken
Cpl Harvey De Roy
Cpl Leblanc
Cpl Myers
Cpl Osborne
Cpl Sebo
Cpl Sibulak
Tpr Burke
Tpr Kroker
Tpr Tremblay
Tpr Verwey
Tpr Young

2nd Troop

Lt Brown
WO Amos
Sgt Connauton
Sgt Moon
Cpl Hume
Cpl Murphy
Tpr Cook
Tpr Courneyea
Tpr Geernaert
Tpr Gironne
Tpr Graham
Tpr Lajoie
Tpr Ringuette
Tpr Rogers
Tpr Wallace
Tpr Vandermerwe

Administration Troop

WO Hopkin
Sgt Alexander
MCpl Gray
MCpl Hordyk
Cpl Carnevale
Cpl Hayes
Cpl Malashevsky
Cpl Potvin
Cpl UnderWood
Tpr Aube
Tpr Brisebois Bergeron
Tpr Brown



Tpr Mcaulay
Tpr Mcgovern
Tpr Sebo

Maintenance Troop

Sgt Clipsham
MCpl Gonthier
MCpl Keirstead
MCpl Laporte
Cpl Croteau
Cpl D'Orsay
Cpl Drapeau
Cpl Gray
Cpl Lewis
Cpl Moser
Cpl O'Neil
Cpl Parsons
Cpl Richards
Cpl Savoie
Cpl Stevenson
Tpr Elliott

Recce Squadron

Officer Commanding

Maj Mead

Sergeant Major

MWO Hall

Squadron Headquarters

Capt Wong
Lt Sylvester
WO Clarke
WO Fox
Sgt Barker
Sgt Levis
MCpl Biller
MCpl Lamothe
MCpl Scheller
MCpl Thomas
Cpl Cheverie
Cpl Fanni
Cpl Folkerts
Cpl Martin
Cpl Murray
Cpl Ribert
Tpr Hammermeister

1st Troop

Lt Kaye
WO King
Sgt Pargeter
MCpl Charette

MCpl McDougall
MCpl Mills
MCpl Oliver
MCpl Painchaud
Cpl Jacobs
Cpl Johnston
Cpl Nadeau
Cpl Olaes
Cpl Patterson
Cpl Romkey
Cpl Sephton, P
Cpl St. Germain
Cpl Unrau
Cpl Vigar
Tpr Cheng
Tpr Crowe
Tpr Esau
Tpr Forestell
Tpr McNarland
Tpr Morin
Tpr Norman
Tpr Popoff
Tpr Scheltgen
Tpr Schijns
Tpr Sephton, M
Tpr Wry
Tpr Young

2nd Troop

Lt MacKillop
WO Young
Sgt Bolger
MCpl Baird
MCpl Goobie
MCpl Guilbeault
MCpl Hodgson
MCpl Pickell
MCpl Usher
MCpl West
MCpl Williams
Cpl Hedges
Cpl Van Heerden
Tpr Albrechtson
Tpr Allman
Tpr Brookson
Tpr Cameron
Tpr Clarke
Tpr Ford
Tpr Gagne
Tpr Harris
Tpr Lazo

Tpr Lonegren
Tpr Maw
Tpr McCollum
Tpr Morgan
Tpr Neufeld
Tpr Partridge
Tpr Priddle
Tpr Trainor
Tpr Villarete
Tpr York

3rd Troop

Sgt Peddle
MCpl Gibson
Cpl Boorman
Cpl Booth
Cpl Keller
Cpl Preston
Tpr Collier
Tpr Cui
Tpr Kipot
Tpr Matthews

Foxtroy Company

Officer Commanding

Maj Quinlan

Sergeant Major

MWO Silva

Company Headquarters

Capt Graham
Capt Littley
WO Morrison
Sgt Lai
Sgt Matibag
MBdr Dawe
MBdr Taylor
MCpl Gatherum
MCpl Gentry
MCpl Mackinnon
MCpl Madderom
MCpl Philips
MCpl Klimas
Bdr Wong
Cpl Chan
Cpl Ho
Cpl Keene
Cpl Kim
Cpl Lee
Cpl Ma
Cpl Martinez



Cpl Norsworthy
Cpl Sil
Cpl Turner
Cpl Yip
Cpl Lachance
Cpl Langlais
Cpl Yuswack
Pte Le
Pte Sorensen
Pte Tieu
Pte Wu
Pte Hung
Pte(B) Matias

1st Platoon

Lt Ho
WO Beglaw
Sgt Patterson
Sgt Walsh
Sgt Woolley
MCpl Buikema
MCpl Dayal
MCpl Torillo
MCpl Tustin
Cpl Baelde
Cpl Boxall
Cpl Brown
Cpl Bruno
Cpl Burke
Cpl Butler
Cpl Chow
Cpl Davies
Cpl Ekeli
Cpl Gross
Cpl Gunderson
Cpl Inglis
Cpl Jordan
Cpl Kim
Cpl Kingston
Cpl Louwerse
Cpl Mansour
Cpl Monterrosa
Cpl Ogrady
Cpl Ohs
Cpl Pahlke
Cpl Philip
Cpl Pike
Cpl Scarrow
Cpl Sieber
Cpl Smith
Cpl Trafananko

Pte Breaks
Pte Rogers

2nd Platoon

Lt Galt
Sgt Balfour
Sgt Moon
MCpl Cullen
MCpl Hunter
MCpl Macintyre
MCpl Scott
MCpl Skrebsky
MCpl Veltman
Cpl Bartram
Cpl Belicka
Cpl Chau
Cpl Charbonneau
Cpl Copp
Cpl East
Cpl Easterbrook
Cpl Evans
Cpl Gattrell
Cpl Hogman
Cpl Jones
Cpl Macdonald-Heath
Cpl Nuhic
Cpl Patt
Cpl Rodgers
Cpl Shakya
Cpl White
Pte Cunningham
Pte Easterbrook
Pte Galbraith
Pte Heslip
Pte Hunt
Pte Jones
Pte Macmillan
Pte O'Boyle
Pte Patterson
Pte Powers
Pte Schmiad
Pte Smurthwaite
Tpr Ames

3rd Platoon

Capt Evans
WO Cutting
Sgt Mann
Sgt Mckee
Sgt Singer
MCpl Carter

MCpl Cobb
MCpl Jackson
MCpl Perpeluk
Bdr Rozario
Cpl Beach
Cpl Dalton
Cpl Harper
Cpl Hodson
Cpl Kilpatrick
Cpl Lheureux
Cpl Miller
Cpl Rae
Cpl Stedeford
Cpl Way
Pte Bailey
Pte Barker
Pte Chaudet
Pte Cooper
Pte Darling
Pte Dickson
Pte Douglas
Pte Kinnear
Pte Knight
Pte Kruger
Pte Lamothe
Pte Macpherson
Pte Mckenzie
Pte Miller
Pte Paquet
Pte Peters
Pte Rankin
Pte Temos
Pte Vigier





The Year in Review

January

- 12 – 6 Feb Exercise STRONG CONTENDER
- 12 – 23 Feb C Sqn (TF 1-09) TCCC course
- 12 – 20 Feb Recce Sqn TOW Gnry Instr Course
- 12 – 20 Feb Recce Sqn Primary Combat Function Training Cycle (LAV III, TUA, 25mm TOC)
Ex GOLDEN RAM Regt Winter Mobility Training



February

- 2 – 27 B Sqn (TF 3-09) Leopard 2 Conversion Course
- 2 – 6 RHQ Computer Assisted Exercise in preparation for Ex DESERT RAM
- 4 – 6 B Sqn (TF 3-09) Ex ACADEMIC RAM
- 22 – 3 Mar CO / RSM Force Generation visit to Germany
- 16 Family Day

March

- C Sqn deploys to Afghanistan
- 15 – 23 B Sqn (TF 3-09) Ex STEELE BAYONETTE, Level 1 – 3 Work-up
- 15 – 23 Recce Sqn, Ex STEELE REVOLVER, TUA guncamp
- 19 ID MacKay Luncheon
- 26 -28 Moreuil Wood Activities and Parade
- 29 – 4 Apr Spring Break



April

- A Sqn redeploys from Afghanistan
- 2 – 3 RCAC Campaign Planning, Toronto
- 6 – 6 May Ex DESERT RAM, TF 3-09 Work-up Training
- 21 - 30 May Coyote Modification Program
- 21 - 2 May Coyote Surveillance Operator Course
- 28 - 13 June Leopard C2 Basic Gunner Course

May

- 7 – 6 Jun Ex MAPLE GUARDIAN 0901, TF 3-09 Force-on-Force Training
- 16 – 25 Melfa River Visit
- 15 - 18 Cadet Visit to the Regiment
- 25 – 29 TUA Employment and Course Working Group





June

- 1 - 29 Leopard II Conversion Course (TF 3 – 09)
- 8 – 12 Regimental SPEDET
- 12 Warrant Officers and Sergeants
NCO Posting Farewell BBQ
- 18 LCol Grossman Professional
Development Conference
- 22 Loops for Troops Running Team to Calgary
- 24 - 26 Long Range Surveillance Suite Life Extension
Working Group (GAGETOWN)
- 21 - 21 July B Sqn (TF 3-09) Leopard 2A6M
Crew Training, Germany
- 30 Mr. Protti and Mr. Shipton Visit the Regiment



July

- 1 Canada Day Activities
- 2 - 5 Spruce Meadows Queen Elizabeth II Cup and
100 Man Guard for Calgary Stampede Parade
- 3 – 13 Support to Calgary Stampede with static displays
- 15 – 19 Ex STEELE MEDAL and OP PODIUM
Reconnaissance (Vernon, Vancouver)
- 6 – 24 Regimental Summer Block Leave
- 17 - 26 Support to Capital Ex and
the Edmonton Indy race
- 26 Loops for Troops Running Team (Edmonton)



August

- 3 – 7 Ex KAPYONG READY (Preparation for the
V2010 Olympics in Whistler)
- 3 – 7 Leopard II Refresher Training (Germany)
- 4 – 4 Sep Primary Leadership Qualification Modules 1-5
(Debney Armouries)
- 9 - 22 Ex STEELE ASSAULT
(TF 1-10 Lvl 1-3 work-up training)
- 21 – 22 Ex BRAVE RAM
(TF 3-09 final confirmation training)
- 24 - 28 Ex STEELE TABLE (Table-top scenario
exercise in preparation for V2010 Olympics)





September

- 1 B Sqn deploys to Afghanistan
- 1 Task Force Vancouver Regimental Stand-up (V2010 Olympics)
- 3 Ex MOUNTAIN MAN
- 1 – 2 Ex ACADEMIC RAM Part 2 (Domestic Operations Professional Development)
- 7 Labour Day
- 8 – 11 TFV Duty Officer's Course
- 8 - 23 Task Force Vancouver IBTS/MLOC (low-level Soldier training)
- 9 TFV Augmentees Stand-up (Reserve Foxtrot Company)
- 13 TF 3-09 Farewell Luncheon
- 17 - 24 Ex UNIFIED SENTINEL (V2010 Land Component Command CPX Edmonton)
- 21 - 25 Ex STEELE FLINTLOCK (Foxtrot Coy small arms training Chilliwack)
- 26 Military Families Fund Edmonton Gala with the Chief of Defence Staff
- 28 - 8 Oct Ex STEELE FALCON (Foxtrot Coy live platoon level training Chilcotin)



October

- C Sqn redeploys from Afghanistan
- 2 Strathcona association golf event
- 5 – 8 Ex STEELE MEDAL Confirmation Recce (Vernon)
- 6 – 9 TF 1-10 Remote Weapon Station (RWS) gunnery course
- 17 – 24 Ex SPARTAN RINGS (V2010 Land Component Command Exercise, Vancouver)
- 19 – 10 Nov Ex STEELE WINTER (V2010 Winter Warfare and Snowmobile preparation exercise, Revelstoke, BC)

November

- 1 – 7 Ex GOLD (V2010 Land Component Command Exercise, Vancouver)
- 6 – 12 Ex STEELE SHOOTER/RANGER (V2010 live fire preparation exercises)
- 26 – 29 Support to the 2009 Grey Cup, Calgary
- 15 – 28 Ex STEELE MEDAL (V2010 final preparation troop exercise, Vernon)
- 30 – 4 Dec Career Manager's Visit and Black Hat Professional Development Activities

December

- 1 Black Hat Mess Dinner, Jefferson Armoury
- 5 Children's Christmas Party
- 6 CO and RSM's Christmas Cheer
- 7 Regimental Safety Day
- 8 Regimental Christmas Sports Day
- 9 Regimental Men's Christmas Dinner
- 10 SNCOs and WOs at Home to Officers
- 12 Christmas Leave Commenced





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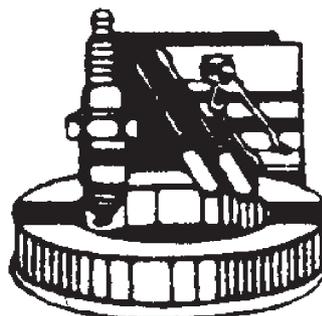
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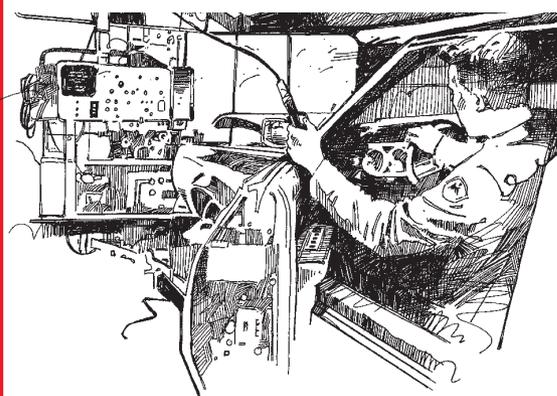
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*Headquarters Squadron
December 2009*



Prince of Wales Squadron Back to Battle

By Captain R. Evans



Sgt Mike Brake being promoted from MCpl to Sgt by LCol Derek Macaulay on 31 July 09

It has been a good many years since Prince of Wales Squadron has deployed to the field as a sub-unit in support of the Regiment. Since Lord Strathcona's Horse (Royal Canadians) was identified as the lead unit for tank squadron deployments, Headquarters Squadron has participated in various support operations, primarily from garrison with only smaller elements deploying to the field to support training, but this year marked a turning point for Headquarters Squadron, who gained the new task of providing support to Task Force Vancouver as it prepared and trained for deployment on Op PODIUM. Initially commanded by **Maj Chris Adams** from November 2008 – July 2009, command transferred to **Maj Chris Bradley** in July 2009. With the upcoming regimental deployment to Vancouver, Ex STEELE DESERT kicked off as the first of many vital training events for Headquarters Squadron who once again took on the vital role of sustainment.

The Squadron's deployment to CFB SUFFIELD on Ex DESERT RAM from April – May 2009 was a worthwhile training event for Headquarters Squadron. Because of the farther distance from CFB EDMONTON than WAINWRIGHT, returning home to pick up more equipment on short order became difficult and forced the Squadron to engage in more forward planning. On the maintenance side, some vital tank repairs were also trying, and thanks to a little help from our British brethren, a temperature controlled workshop was eventually located. Although challenging, the small obstacles proved to be worthwhile as soldiers were challenged to come up with viable solutions to maintain support operations. Headquarters Squadron was again a solid team and the underlying brotherhood was most evident during the final week where Headquarters Squadron shifted its



Quartermaster - Capt Rebecca Evans pondering Sqn sustainment

focus from sustainment to combat.



Pulling Pack!

Abandoning sustainment in favour of asymmetrical warfare came easily to Headquarters Squadron who under the command of the evil Haji Baies Sauvages (**Maj Chris Adams**) took on the Coalition Forces. Infiltrating the town of Mohaj was a simple task and despite the mayor's (**MWO Dan Radies**) resistance, Headquarters Squadron successfully defeated the (civilian) enemy and won the war and served as a unifying exercise that would lay the framework for the upcoming events during its support to Op PODIUM.

September 2009 marked the official stand-up of Task Force Vancouver and for Headquarters Squadron the arrival of two



Prince of Wales Squadron Working out

Reserve Force Protection Platoons lead to a new focus: training for Op PODIUM. Headquarters Squadron took on a dual mission, focussing on providing real-time support to both A Squadron and Task Force Vancouver while simultaneously conducting IBTS training. The Squadron as a whole did not deploy on Op PODIUM which resulted in close to 100 soldiers remaining in Edmonton during all major Op PODIUM pre-deployment training events and the deployment to Vancouver. This portion of the Squadron under the control of 2IC HQ Sqn, **Capt Clayton Gardner** and the ET, **MWO Dan Radies** still had plenty of work to do providing support to A Squadron as they prepared to deploy to Ft. Irwin for Ex MAPLE GUARDIAN and anything else that needed to be done to ensure the Regt kept running smoothly. Elements of Headquarters Squadron deployed on the following major training events for TFV: Ex STEELE FALCON

in Chilcoltin, BC, Ex STEELE WINTER in Revelstoke, BC, Ex STEELE RANGER and SHOOTER in Wainwright, AB, and finally Ex STEELE MEDAL in Vernon, BC, to name a few.

Ex STEELE WINTER, lead by **2Lt Stephan Wawrzyn and MWO Bill Crabb**, was one of the more monumental of the exercises. **MWO Crabb** worked hard to ensure that all TFV participants successfully conducted LOSV training and winter warfare. Despite the initial concern that there would not be any snow in Revelstoke, in October, **MWO Crabb** managed to complete most of the training event despite breaking his leg part-way through the exercise. Both Force Protection Platoons also completed the exercise unscathed and were declared ready to deploy on Ex STEELE MEDAL.

If the snow was an issue in Revelstoke, BC, it was definitely abundant on SILVERSTAR Mountain for Task Force Vancouver's final Op PODIUM training event. Ex STEELE MEDAL marked another regimental exercise supported by Headquarters Squadron. With the attachment of Foxtrot Company, Charlie Company (JTFG Res), and the Force Protection Platoons, Headquarters Squadron had a new challenge of ensuring seamless support to over six hundred soldiers despite only deploying a small fraction of the squadron. **Sgt Wade Walsh** and his small team of cooks were up to any challenge, feeding both Foxtrot and Charlie Company out of two field kitchens. The cooks also provided an outstanding mess dinner meal for the mayor and his guests, despite the austere surroundings, and successfully managed to transform an old warehouse into a hotel ballroom. The cooks' ingenuity was appreciated by all soldiers eating out of their kitchens and ingenuity was a common theme for soldiers in Headquarters Squadron, as they worked hard to fix snowmobiles, move equipment, and feed the soldiers. After months of working from a distance, the full integration of Foxtrot and Charlie companies proved to be an important event that allowed the soldiers to interact face to face.



MCpl Brian Cameron ground guiding an MLVW in Sqn lines



Cpl Tony Auld receiving a 105 round for 20 years service from HQ SQN



Vernon Cadet Camp proved to be an exceptional host to this training event. Normally used by Cadets on summer training, the camp welcomed Lord Strathcona's Horse (Royal Canadians) with open arms, offering strong camp service support wherever necessary. **Maj Govind Reddy**, the head Staff Officer lead his team to extend outstanding hospitality, thus forming a strong bond between Headquarters Squadron and Vernon Cadet Camp.

This past year has provided Headquarters Squadron with many worthwhile training opportunities. Providing real-time support while participating in training is a fine balance that is only achieved through the hard work and dedication of our professional soldiers. It is anticipated that the New Year will bring equally challenging training opportunities. Not only has Op PODIUM served to re-establish Headquarters Squadron in its vital role in Regimental sustainment, but it has also given the Squadron an opportunity to strengthen the underlying brotherhood that binds us all together.



ARV moving mine rollers



SSM Tony Batty addressing the Sqn

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*Regimental Headquarters
December 2009*



Regimental Headquarters

By Master Corporal J.W. McDougal

RHQ has had a busy 2009. The year started at a running pace with B Squadron preparing to deploy to Afghanistan with the 2nd Battalion R22eR Battle Group, and A Sqn returning home. All the while, the remainder of the Regiment's preparations for Op PODIUM started as well. The Commanding Officer, **LCol Derek Macaulay**, and Regimental Sergeant Major, **CWO Joseph Ramsay**, along with the rest of the upper echelon, have been very busy juggling the many tasks for what has to be the busiest Regiment in Canada. There have been many trips to and from the west coast this past year. Training exercises such as Ex BRONZE, SILVER and GOLD, which started as early as November of 2008, dealt with the many security issues surrounding the 2010 winter Olympic Games. An exhaustive look was taken at the many "what ifs" that the Internal Security Unit (ISU) might come across throughout the games. Along with organisations such as the RCMP, local police, fire departments and EMS, the Strathcona task force addressed how to deal with everything from local protesters to earthquakes to terrorist attacks.



*Maj Rob Mckenzie, Maj Chris Adams,
CWO Joe Ramsay, LCol Derek Macaulay,
Capt Dave MacIntyre, MCpl Keith Lincez, and
Capt Rebecca Evans dressed up as COEFOR.*

The tempo of the exercises was high and there was not much down time. At the ISU, the CO and the RSM worked with other members that belonged to the security organisations of Op PODIUM. Griffon helicopters were allocated to conduct an air recce of all the venues and all access routes in and out. Once everyone had seen the objectives, everyone had a better understanding of what needed to happen. Things could now move forward to complete the mission at hand with everyone was on the same page.

After spending 2 weeks in Vancouver during Ex SPARTAN RINGS and other areas of British Columbia, it was time to return to the Regiment for a short rest. Before we knew it, the time would fly and everyone would be back on the plane heading back to the west coast for exercise GOLD. Exercise GOLD would require the CO and the RSM, along with the rest of RHQ, at their best. GOLD was the be-all and end-all of the work up training for this operation. If there were any questions or bugs to work out, this was the time. With this being the final confirmation, there was no more sand left in the hourglass.

All the soldiers of RHQ and 60 trained consistently, working on their winter warfare skills and basic soldiering skills. The training had to be modified for the mission because unlike what many Strathconas are used to, it is not like any mission overseas. This mission is in Canada and we are dealing with Canadian citizens. To help LdSH(RC) with such a large task, the Regiment stood up one company composed entirely of reservists, known as Foxtrot Company. With this new addition to the Regiment, tasks could move forward and the mission completed with success.



Model home in sunny Wainwright

RHQ was also very busy earlier in the year ensuring that B Sqn was prepared for their mission to Afghanistan. In the spring RHQ as a whole deployed to Suffield and then to Wainwright to stretch their legs and exercise the command element, which had not been done in quite some time. It was impressive to see the combat arms units working together as a combined arms team, complete with all the bells and whistles. From LAV IIIs to Tanks to Engineer vehicles, even the odd Apache helicopter or Hornet



could be seen flying overhead. It was an impressive sight to see. RHQ also had the opportunity to go out with COEFOR and, along with Recce Sqn, played the role of enemy force. The soldiers of RHQ kept high morale, even though it was playoff season and the soldiers were on exercise.

The days were long and the weather out in Suffield was unforgiving. During the day, the sun would come out, the air cool and crisp, but by mid afternoon, you could expect a dust storm so intense that you could not see more than 10 feet in front of your own vehicle. The troops had to work hard and fast to complete their tasks in such weather conditions. Once the camp and CP was established (and held down with sandbags, and tied down to piquets, and...) it was time to get on with the mission at hand. The CP was a flurry of activity; the signalmen were busy on the means keeping the communications end of the house up and running. The shifts were long and slow at times for soldiers such as **Pte David Tremblay** and **Pte Michel Sibilo**.



Col André Corbould being presented his BDay cake on Ex DESERT RAM

If the soldiers were not training, they were enemy force. Recce came out with bells on and even brought with them the Tow under Armour (TUA) and Coyotes.



The rolling pastures of Wainghanistan

Now with the soldiers trained and security measures in place, it is time to have a small break to enjoy family and friends. A Christmas break is well deserved for all ranks, and with the Kids Christmas Party, Soldier's Christmas Dinner and CO's Christmas Cheer, we had many opportunities for the Regimental family to come together as a whole and share in this joyous season. Until next year....

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A Squadron August 2009



A Squadron The Road to War

By Lieutenant N. Hevenor

The “road to war” is something you will hear a lot in the Strathcona’s, since we are probably one of the busiest Regiments in Canada these days. Not only are we preparing for the Vancouver 2010 Olympics but we are also supporting operations in Afghanistan with another tank squadron. That’s what the road to war is all about. When I say the road to war I am talking about all steps taken to form a squadron that is ready to deploy into combat in Afghanistan.



Ex STEELE ASSAULT in Wainwright

First off, people need to be qualified in their primary combat function. Tanks would be pretty useless if you don’t have a capable crew to manoeuvre and fight them. That’s why we have courses running constantly, from driver, gunner and loader courses to crew commander qualifications on the ARCC. All courses last roughly a month but we could always use more practice and field time. For A Squadron, we launched into our courses just before summer leave. After which we all headed off on some well deserved summer vacation.

After three weeks of roaming free and relaxing on beaches we had to come back. At this time, A Squadron was finally together as a whole. Seeing that we were looking a little too relaxed, a gun camp was in order. We prepared the tanks and were ready for ten days in Wainwright. Arriving, we couldn’t have asked for much more when it came to the weather. If you have ever been to Wainwright, you know that its never that nice for long. Half way through our training it rained so hard that it didn’t matter that we were wearing raingear, we were all drenched to the bone. Our training consisted of troop level exercises and live fire ranges.



Ammo Replen in Wainwright

to

After cleaning our boots and getting some fresh hair cuts, we returned to the Regiment ready to give the tanks a little TLC. As the weeks went on we had some Improvised Explosive Device training and informative lectures given us by the 1 CER, but with all this hard training, the chain of command thought it would be nice to give us all a break and send us on a little trip. That is, if you consider a month in Germany a “little” trip. We had 2 course groups go over, one in September and a second one in November. While in Germany we trained on the Leopard 2A6M and enjoyed some weekends off to enjoy local culture to its fullest. After returning from Europe we then had to refresh our first aid skills. Although everyone started with basic first aid, we then split up between Tactical Combat Casualty Care (TCCC) or

combat first aid. TCCC was a 2 week long course, half in the class room, and half in the field. It is, in my opinion, one of the best courses I have ever been on, not only because it was informative but because the field portion was fast paced and full of different challenging scenarios.



Completing first aid and other medical courses we had to start preparing the tanks to go to California. After weeks of long hours of hard work, the tanks were ready to go on the train. Now that the tanks are on the way, A Squadron has a little more breathing room and can count down the days till Christmas. But we aren't done yet, as we have a couple months in California in the New Year. We have lack of sleep and heavy maintenance to look forward to but also the tease of Las Vegas that the army will force us to resist. All in all, I believe we will have a great time in California and by the end of Exercise MAPLE GUARDIAN, we will be a tight knit Squadron that is fully prepared for the challenges that will present themselves in the future once our boots hit the dirt in Afghanistan.



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A Sqn (TF 3-08) Return Home

By Corporal N.A. Patterson

The Relief-in-Place (RIP) of A Squadron started in March and the last troop (3rd troop) was out of FOB Ma'sum Ghar by the last week of April. It seemed to be getting hotter and hotter every day so we were all glad to leave. The following days in KAF were spent endlessly talking about Cyprus and the copious amounts of Keo beer we were going to consume. With roughly half of the Squadron already veterans of the streets in Paphos, the young troopers and corporals would sit wide-eyed when the stories were being told.

The four days during "Decompression" in Paphos were spent differently by all. Some took advantage of simply being on a sun-kissed island in the Mediterranean, where many others were singularly focused on enjoying the facilities the resort had to offer. The last group to hit the island happened to be there for the Greek Orthodox Easter much different then we do in Canada (the only places open were bars, and they were packed every night). Everyone



The crew of T11A from left, WO Harry Delaney, Cpl Matthew Collier, Cpl Darren Macpherson and Cpl Chris Headge, just before boarding the helo to depart forward operating base Ma'sum Ghar for the last time.

but the majority were looking forward to being back with loved ones back home and a break from "Decompression".



Cpls Philip Septhon, Darren Macpherson and Kerrie Jesse hunting for shell fish in Cypress during decompression.

The Chief of Defence Staff sent up CF 18's to escort our airbus into Ottawa where we were given a very warm greeting! We were finally back in Canada! But Edmonton still seemed far away. When we landed in Edmonton we were met by the howling north wind that seems to blow all the time in our city but we had finally made it home! The familiar sights were comforting for some as we rode the bus as the fine men and women of Edmonton City Police and Fire Rescue escorted us back to the base in a fine fashion.

As the buses got closer to the LTF, soldiers caught glimpses of loved ones (some in which they hadn't seen in eight months). There were many sighs of relief and tears of joy. It was A Squadron's second tour of duty in the long list of Squadrons our Regiment has provided for the mission in Afghanistan.



Capt Jack Nguyen (aka Captain Jack Sparrow) and his ship in Cypress during decompression.



WO Harry Delaney on the hotel cliff in Cypress during decompression.



A Sqn TF 3-08 Pictures





*B Squadron
Fall 2009*



B Squadron

By Master Warrant Officer T. Holland

Time, it wears heavy on us all. For the individuals of B Squadron, Lord Strathcona's Horse (Royal Canadians), our time begins at birth and at some hazy distant future it will end. In that time we will have the privilege to have been a part of B Squadron for a short period of our lives. For the Squadron, time started back in 1900, with no sign of reaching an end anytime soon. All the Soldiers who have ever joined and left its ranks have left their impressions and legacy for all who follow them. With B Squadron now on its 3rd tour of Afghanistan in a short three years, that heritage continues to build as a new young group of soldiers begins to leave their mark on their journey with the Squadron.



Tpr Juan Miguel Daos and Cpl Kyle Bengtsson working on their tank

To say that January 2009 came in with a bang would be a bit off the mark. The Squadron so recently formed in November of 2008, hit the ground not running but sprinting. Within 1 month all forms of preparatory work, training and qualifications needed to be complete so that by 2 February 2009 we could join with our Task Force (TF 3-09) to train collectively to deploy to Afghanistan in September. Let's just say the learning curve for the young soldiers was more of a cliff. Undaunted, as with all Strathcona's, they just leaned into it even harder. By the start date for the task force we had run several Heavy Logistic Vehicle Wheeled (HLVW) qualifications, Tactical Combat Casualty Care (TCCC), Leopard gunnery refresher training, Individual Battle Task Standards (IBTS) training, Standard First Aid, and we sent our first troops to Germany for Leopard 2 Training. To our surprise, training gained even more speed as when we joined the Battle Group.



Cpl Sergio Mendez-Vargas and Cpl Jeremy Charlton chilling out.

February and March saw the Battle Group and the Squadron race madly to complete all lower level training before our first field deployments at sub-unit level in mid March. It's said that all units must face their Waterloo at some point. For B Squadron that was EX STEEL BAYONET. At that point for most of our young soldiers the learning curve was no longer a cliff but an overhang from which they were dangling. As winter conditions and austere living pushed them to new limits that they didn't know they had, the Troop Warrant Officers pushed back harder still by barking back at the weather and providing the example all such young people

need... that old people are a lot tougher than anyone thinks. As we returned to the Regiment and prepared for the Battle Fitness Test and Moreuil Wood week, many crewmen had a new respect for their trade.

With Moreuil Wood festivities completed and Spring Break leave in front of us, our tanks headed south to Suffield and we took some time off (thanks Headquarters Squadron). Come the start of Ex DESERT RAM 09, however, we were eagerly "back at it" for combined arms training in Suffield. Although the cliff had turned into merely a steep hill, that hill got awfully tall. Still the



MCpl Glenn Duffield Standing Post on Remembrance Day



Squadron forged on. Troop and Squadron level training ensued and went nonstop intertwined with mandated Battle Group training. Except for the haunting of CFR 158, the Squadron pushed heavy to meet the Troop Platoon range. This live fire was the critical combination we worked toward as most of our tasks overseas would be at that level within our battle space. The good thing about being the only Tank Squadron was that our troops all had the opportunity to complete the range at least 3 times while the Battle Group platoons had only the opportunity to complete it once each. As always the arguments would start:

Tanker- "You can't go there, you'll get stuck. I've seen it twice now."

Infanteer- "I'm in charge, Follow Me!"

Tanker- "We need to recover another LAV. Push T28E forward again please!"

With the ongoing destruction of Suffield up to and including Brigade Level training, the Squadron finished its work up training prepped and ready for its final collective gateway training exercise, Exercise MAPLE GUARDIAN 0901. After a bit of leave, we split into two separate groups. Two troops went to Germany for Leopard 2 training with the remainder of the Squadron participating in the exercise. Following a month of hard fought battles in Wainwright and the Gasthauses of northern Germany, we all reunited for summer leave, except Maintenance Troop, who as always, did things differently and spent the summer in the Munich area on their Leopard 2 fleet courses(At least that's what they say they were doing in Munich). Suddenly, in mid August it was the third period, 5 minutes left with a 0/0 tie.



Capt Mike Gough promoting Tpr Maxime Janvier

It was like the last minute sprint of a marathon when we were required to finish every last bit of training and preparations for deployment that were unattainable to that point. Training wasn't a problem as we imposed any and all required difficulties on ourselves. That being said we were well ahead of the Battle Group in deployment preparations, as the 2I/C, **Capt Mike 'All Girl Crew' Gough**, and the BC, **Capt Peter '2 Right Boots' Beitz**, spearheaded important returns such as HLTA and Relief in

Place plans to name a few. Their tireless effort often prompted the Battle Group staff to complete required returns and associated preparations. Mysteriously enough, our spreadsheets were suddenly Battle Group templates.

Finally with our preparation complete, our training met, D-day came, and we bade farewell to our families and the Regiment, commencing the B Squadron's third tour to Afghanistan. With this, probably the last mission for the Squadron to that country, those of us passing through will endeavour to leave a glowing account of ourselves knowing full well that when we pass forward those reins the Squadron will continue to endure.



Tpr Jory Thorn, Cpl Michael Frenette, and Tpr Lucas Slyford making new friends.



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C Squadron



C Squadron The Story Continues

By Captain G. Kallos

We pick up our story of C Squadron TF 1-09's deployment where we left off our story from last year. When we last checked in on our heroes they had just commenced their first serial of training in Germany, let's recap.

November 2008 marked the beginning of the final stages of training for C Squadron's deployment to Afghanistan. Two four-week long serials at the German Armour School in Munster Germany saw the Squadron both train on and conduct live fire exercises with the newest iteration of the Leopard Main Battle Tank. For many soldiers, this was the first time climbing aboard the Leopard 2A6M and as the serial progressed, everyone came to realize the capabilities of this truly amazing machine. As Regimental Ambassadors, the soldiers of C Squadron, under the guidance of **Maj John Cochrane** and **SSM Richard Stacey**,



The Sebos and the PM

took great pride in representing the Strathcona family during the day by maintaining an astounding level of professionalism. While during the evenings, the soldiers donated a great deal of personal time in an effort to help the Germans erase some of their national debt by supporting numerous local pubs.



Promotions

We now continue our story in January of the New Year, with 1st and 2nd Troop travelling to Fort Bliss, Texas for Ex REFLEXE AGUERRIE. This exercise, spanning three weeks, saw the 2 Troops further hone their already sharp skills with members of the Battle-Group on the final stage of the pre-deployment training cycle. Combining firepower and mobility, the Troops were able to train in an environment that simulated the harsh desert-like conditions that the Squadron would be operating in while deployed. When the exercise was all wrapped up, an unknown American soldier threw down his gauntlet challenging the Canadians to a "honey-bun" eating contest. Stating that the Ft. Bliss record was ten, this American underestimated the

Canadian ability to consume sweet pastries, and defied anyone to even come close to the record. Not one to pass up a good challenge, **Sgt Mark Denson** represented the entire Canadian Battle-Group and did his Regiment proud easily inhaling fourteen of the sickly-sweet honey-buns, thus a new standard was established in Ft. Bliss.

As our story progresses we now find that it is April 2009 and C Squadron complete has arrived in theatre. Following a rapid Relief in Place at FOB MAS'UM GHAR with A Squadron, C Squadron assumed it's newly anointed Area of Operations and was quickly engaged in numerous operations. Over the course of the tour, the soldiers faced a myriad of challenges including extreme heat, vehicle maintenance and a very high operational tempo. However throughout all the challenges, the unique sense



Call sign 36



Admin Troop

of humour that only armour soldiers can appreciate manifested itself numerous times. During the Afghan Presidential Elections, **Capt Dave “The” Gottfried**, C Squadron 2IC, was sent on a liaison task for several days; immediately prior to his departure however, he found time to build himself a deck in front of his accommodations. While deployed, the FOB had several rocket attacks with one landing close to the Squadron 2IC’s quarters. The SSM and **Sgt Scott Clipsham** decided to take the remnants of the rocket casing and create a post impact scene in the 2IC’s deck. When the 2IC returned from his task, he found mine-tape, an “unexploded” rocket, and a large hole in his deck. Arguably the worst part of the prank was that **Capt Graham Kallos** had to house the 2IC (and his snoring) in his ISO for an evening. On

another occasion the OC, SSM, FOB firefighter and the entire Medical Team masterminded a prank on **Tpr Derek Tonn** who was greeted at the helicopter landing pad, post HLTA in Thailand, by a “HAZMAT-Medical Team”. A full-body hose-down, white HAZMAT suit, and a gasmask were all utilised while young **Tonn** was quarantined in the completely confused Padre’s tent.

Despite the moments of levity the Squadron was extremely busy during its 6 month deployment. With over two-hundred and twenty Quick-Reaction Force (QRF) calls and dozens of deliberate Operations, C Squadron established a strong presence in the Area of Operations, which ultimately helped mitigate hostile aggression towards the locals living in the District of Panjwayi.

Finally following the Afghanistan Elections and moving into late September, our heroes saw the light at the end of the tunnel with the first elements of B Squadron arriving at the FOB. By the first week of October, the Squadron had traded plastic Port-A-Potties and warm drinking water for porcelain and frosty beverages at an ocean view resort in Cyprus.



Call sign 32B

On completion of post deployment leave, C Squadron returned to work and was quickly caught up in supporting A Squadron’s Road to War assuming numerous safety staff positions for EX MAPLE GUARDIAN 1001.

Thus in early 2010 while the Regiment will deploy on Op PODIUM and A Squadron will be in California training for Afghanistan, our heroes will remain as “the foot on the ground” at the Regiment supporting both in what ever way is required.



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Cpl Daniel D’Orsay - Maint Tp



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*Recce Squadron
December 2009*



Recce Squadron The Road to PODIUM

By Lieutenant M. Kaye

When it was announced that the world would be coming to Vancouver during the 2010 games, no one could have imagined the impact it would have on the Canadian Forces and in particular, LdSH(RC). In typical Strathcona fashion, we dug in our heels and began preparations to get the job done. This task however would be a little different than what we were used to in training for Afghanistan. We would be participating in a domestic operation where we would play a supporting role to the RCMP.

After a little rest and relaxation during summer block leave, August would be witness to a skeleton crew mostly made up of the former B Squadron members now known as Recce Squadron. While manning was being sorted out, Recce Squadron took the opportunity to move around the province to reach out to the community. **MCpl Chris Oliver**, **MCpl Ryan Vigar**, **Cpl Leon Van Heerden** and **Tpr Kevin Crowe** participated in a pancake breakfast during the Army supported Ralston Rodeo. From there they would move on to Medicine Hat for a Military Appreciation Day and took the opportunity to display some of the Coyote's surveillance capabilities and interact with the public.



*Tpr Kyle Cameron, Tpr Derek Murdoch,
Tpr Kevin Crowe, and Cpl Curtis Romkey
acting as COEFOR*



MCpl Ryan Vigar overlooking as safety staff.

Squadron individual training started with small arms ranges for a week to complete Personal Weapons Tests 1, 2 and 3. This was a great opportunity for the troops and the commissioned desk jockeys to polish their C-7 marksmanship skills. The month would roll along quickly seeing Recce Squadron conducting the Battle Fitness Test, gas hut, firefighting and Theatre Mission Specific training.

From 17 Sep to 25 Sep, Recce Squadron would participate in the first big exercise in preparation of Op PODIUM, Ex UNIFIED SENTINEL. It was a great opportunity to start to define what our individual leadership roles would consist of. It was also an opportunity for those in Task Force Vancouver (TFV) to work

With September rolling around, Recce Squadron took a more permanent shape and dove into Individual Battle Task Standard Training and Ex UNIFIED SENTINEL in preparation of Op PODIUM. **Lt Stephen MacKillop** was delighted to see the Troop Leader of 41, **Lt Michael Kaye**, finally arriving in September to lighten the load and tackle the seemingly bottomless pile of paperwork that comes with troop leading and pre-deployment training. Recce Squadron was also happy to welcome 60 to the team in September for training.

Recce Squadron was now complete, or so we thought, and ready to move forward as a collective and prepare for our respective tasks.



Heading to Shilo for Ex KAPYONG SASQUATCH



with Foxtrot Coy and to create some cohesion with the Task Force Whistler (TFW) Recce elements. The injects challenged our thought processes and there were some great reactions and some scenarios that left us on a steep learning curve. It was a successful exercise with many lessons learned.

The first week of October would see Recce Squadron's Battle Captain, **Capt Al Wong** drag along 41's troop leader and his youthful Troop Warrant, **WO Kevin King**, to Shilo to take part in Ex VIRTUAL SASQUATCH. It was an exercise much like Ex UNIFIED SENTINEL, but concentrated on TFW and some of the issues they could be confronted with during Op PODIUM. It was also the first exercise that the Persistent Surveillance System (PSS) was incorporated into game play. All three Strathcona's left Shilo feeling very much apart of the team.



Sgt Jason Pargeter and MCpl Nathan Mills as safety staff.



Section Attack on pause to assist Lockheed Martin

October continued to be a very busy month with Ex SPARTAN RINGS taking place 19 to 24 Oct. This exercise was another excellent opportunity for confirmation and to finally see the ground where we were actually going to be during the 2010 games. It was in Calcheak Quarry where, **Lt Michael Kaye** and **Lt Eric Sylvester** joined the Squadron's 2IC, **Capt Mike Mallette** as Task Forces Whistler and the LCC's representation. They got to stay in ATCO trailers and eat from the military kitchen while **Lt Steve MacKillop** was in Vancouver living in a hotel eating lobster for lunch as part of Task Force Vancouver.

The pace did not relent as it was also the dreaded PDR season where the troop leaders would become witness to **Capt Mike Mallette's** 'Red Pen of Doom', as he introduced them to the Regimental standard. During all of this, all three troops sent off the majority of their soldiers to Revelstoke for 5 days for a little winter training. Here they would get to operate in the cold and snow in preparation for the conditions they were going to be living in both Vancouver and Whistler. Upon return, Recce Squadron pulled soldiers from all three troops and stood up what was commonly known as "Balloon Troop" or 43 to be lead by **Sgt Jerry Peddle**, and they would begin training with the PSS in preparation of Op PODIUM.

No pre-deployment training is complete without a visit to sunny Wainwright. So that's what we did. Recce Squadron complete, for the last time, headed to Wainwright from 6 Nov to 13 Nov augmented by 71 and 72 (TFV Force Protection Platoons) for Ex STEELE RANGER and Ex STEELE SHOOTER. It was there that all 5 troops took part in live-fire pairs and section attacks - a task that was new to most of the younger soldiers and something the more experienced had not done for some time. Ex STEELE SHOOTER saw 60, 71, 72 and eventually Foxtrot Coy conduct platoon live fire attacks while 42 played a supporting role putting up Observation Posts and 41 took on the role as safety staff and enemy force.



MCpl David Olaes volunteering for duty.

No rest for the wicked. Two days after redeploying to Edmonton, 60 and 42 headed to Vernon for two weeks on Ex STEELE MEDAL. This would be the final confirmation exercise for both troops. TFW's 41 headed in the opposite direction, east to Shilo again, hopping on a bus for Ex KAPYONG SASQUATCH for their final confirmation with TFW. Recce Squadron complete returned to Edmonton for a much needed break over Christmas Block Leave.



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Foxtrot Company



Foxtrot Company

By Captain A.J. Graham and Captain C.J. Evans

Soldiers from ten Army Reserve units of 39 Canadian Brigade Group and three reserve signals squadrons reported in Richmond, British Columbia at the beginning of September 2009 to form Foxtrot Company (F Coy). Our mission was to support the RCMP in ensuring the safety and security of the Vancouver 2010 Winter Olympics as part of the Strathcona-led Task Force Vancouver during Op PODIUM. This was the start a seven month commitment consisting of three busy months of progressive training leading in to deployment on the mission after Christmas 2009. This was an operation of firsts for many of the soldiers of F Coy. First time on an actual operation, first time being east of the Rockies, first time on snowshoes and snowmobiles, first time in Wainwright in winter, and for some the first time participating in an exercise that lasted more than a weekend.



MCpl Tristan Scott watching his arcs for possible enemy movement.

For those coming from outside of the BC Lower Mainland where the company stood up, nothing but the finest in accommodations was provided at the La Quinta Inn and Suites. La Quinta, which is Spanish for “the home”, proved to be much more than just a home away from home, providing our soldiers with a gym, a pool, and a rooftop patio, all of which were well utilized.



Mbdr Stephen Dawe happy to be tearing down FOB at end of Ex. STEELE FALCON

F Coy was graciously hosted at Sherman Armouries (the future home of Task Force Vancouver Headquarters during Op PODIUM) by 12 Service Battalion who provided a number of offices and classrooms for our use. The first three weeks there were spent getting to know each other and an invigorating review of Individual Battle Task Standards. These classes were taught by F Coy NCOs using army reserve ingenuity to produce creative and effective training for a company that had been together for mere days.

Ex STEELE FLINTLOCK, our first time out in the field together, took place over four days in our own beautiful Chilliwack Training Area. The main focus was on the C7 rifle Personal Weapons Test Level 3 (PWT 3) which resulted in quite a few pats on the back handed out for our slew of marksman-level shooters. Top shot went to Sgt Mann from 3 Platoon who, with a perfect score, proved that target indication is a must for any shoot. The remainder of the exercise focused on navigation and Chemical Radiological Biological Nuclear (CRBN) training. This is where a couple of soldiers found out that they had a previously-unknown resistance to CS gas.

While F Coy’s platoons were exercising at lower levels, the Company headquarters (Coy HQ) joined Task Force Vancouver as a lower control station for Exercise UNIFIED SENTINEL in Edmonton in mid-September. In addition to shaking out the



WO Gordon Cutting and Sgt Robert Veltman discussing the new snow mobiles we received for training.



Sgt Robert Veltman, Pte Randal Evans, and Pte Alden Heslip waiting to advance during live fire platoon attack.

company command post, this exercise was the origin of the Coy HQ's addiction to Peek Freans "Fruit Cream" cookies. They were the healthy snack of choice, because, as Officer Commanding F Coy **Maj Chris Quinlan** rationalized, "if it has fruit in the name it must be healthy".

Ex STEELE FALCON followed on the heels of Ex STEELE FLINTLOCK and was conducted in the Interior of British Columbia at the Chilcotin Training Area approximately 60 km west of Williams Lake. This ten-day exercise taught and confirmed battle task standards up to the section level through patrols, observation posts, and section attacks. The highlight of this exercise was the live field firing from pairs up to platoon level. This took the soldiers off of a conventional range (many

for the first time) and confirmed that they possessed the situational awareness and skills necessary to move, shoot, and communicate on the battlefield.

After a well deserved Thanksgiving weekend at home, F Coy continued on with a week of Theatre Mission Specific Training (TMST). We received lectures from subject matter experts in media awareness, stress management and use of force in domestic operations.

For two weeks in late October and early November F Coy cycled through a three day Basic Winter Warfare Course in Revelstoke, British Columbia, Ex STEELE WINTER. This was again a first time for some F Coy soldiers who had never before slept in 10-man arctic tents in the snow, snow shoed, skied across the back country of a mountain range or used a snowmobile. (It is possible to grow up in the cities of the Lower Mainland and Vancouver Island and have never spent a night out when it was below freezing!)



Pte James Galbraith and Cpl Andrew Belicka preparing to depart on a patrol.

The month of November consisted of two confirmatory exercises, Ex STEELE SHOOTER and Ex STEELE MEDAL. The company conducted platoon level warfighting tasks during Ex STEELE SHOOTER in Wainwright, Alberta and took it's turn behind Recce Squadron occupying and attempting to secure Forward Operating Base Austere (AKA Fobzilla). Ex STEELE MEDAL, in our backyard of Vernon, British Columbia, was the final confirmation for the sub-units of TFV. This exercise brought us together with our future operational team-mates call sign 42 from Recce Sqn and force protection platoon callsign 72. For



Maj Chris Quinlan and MWO Ron Silva watching over stand training during Ex. STEELE MEDAL.

realism the exercise modeled Vernon and the surrounding cities to the Lower Mainland of British Columbia to replicate the time and space of the Olympic theatre as realistically as possible. For F Coy, the Vernon Military Camp became our future Olympic venue – a much smaller and easier location to patrol and secure than we will face this winter.

As the intense pre-deployment training cycle of the fall wraps up and we look forward to a few weeks of with family, we never forget one of the company's most valuable lessons: when you bring soldiers from more than a dozen units and all combat arms trades together "there's no such thing as an F Coy SOP."



Strathcona Family Support

By Corporal V. Bleasdale

It was another interesting and challenging year for the Strathcona Family Support Troop. With both C and B Squadrons being deployed on Task Forces 1-09 and 3-09 consecutively as well as the stand up of personnel for Operation PODIUM in support of the Vancouver 2010 Olympics, the year proved to be challenging and fulfilling for all involved in the Troop. In addition to the numerous deployments, the Troop made a number of staff changes as new members took over from seasoned veterans like **Cpl Curtis Davis** and **Tpr Johanna Wood**. We were able to recover from the loss of their experience and continued to maintain the standard for Families of deployed, returning, or soon to be deploying members.



FST receiving a new Ford Flex donated by Kentwood Ford

Throughout the year we were able to plan and carry out many different events geared towards maintaining both social and support networks for the families. Rundle Park proved to be an excellent venue for a family outing as families enjoyed paddle boats, canoe rentals, mini golf and a BBQ put on by the Troop. With the winter coming we were forced to move inside to the West Edmonton Mall Water Park. Families were able to take advantage of all the services this venue has to offer. The event proved to be a success with more than 30 people attending. As well as the big events, we were able to participate in smaller weekly events that allowed us to get to know and build relationships with the families. Weekly coffee at the MFRC, pizza movie nights and events planned by the deployment support group made this a reality. The Family Support Troop, with funding from the Regiment, is able to facilitate these events for the families and maintains a much needed interest in their well-being. Throughout the year we have received great feedback from the families and have encouraged them to take advantage of these services. These events continue to be a great success due to the generous support of the friends of the Regiment and the participation of the families. With the current number of deployed members we expect to gain support as more families become aware of the services at hand.

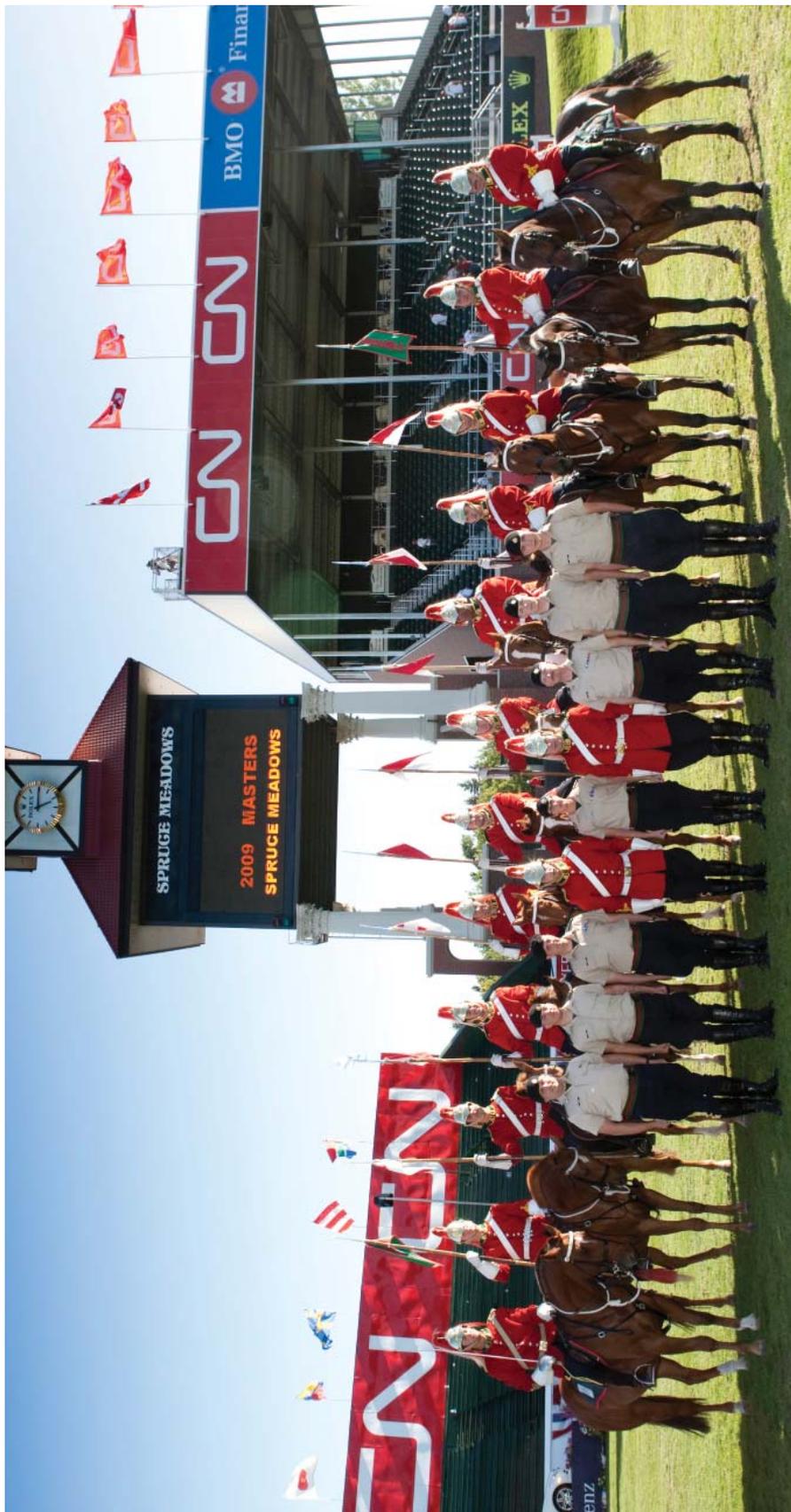


Halloween Fair

2009 had its share of rewarding challenges for the Family Support Troop but we were able to maintain the relationships needed with families to ensure the needs of all were met. We continue to make monthly phone calls, coordinate monthly events and share related information with the deployment support group in order to continually improve this service. We plan to continue this into the New Year as it proves to be just as challenging as the last.



Strathcona kids enjoying the waterpark.



*Strathcona Mounted Troop
Summer 2009*



Strathcona Mounted Troop “....Boys, this is The Big One.”

By Lieutenant C. Prince

The 2009 ride season was a year of challenges and hard work for the Strathcona Mounted Troop (SMT). **Sgt Wade Alexander**, the SMT Ride master, was faced with the task of training fifteen new riders with only five experienced veterans held over from the previous season. The months of January through March saw an equine course filled with sweat, pain, and a few gut checks as many of the new members had never been eye to eye with a horse in their lives. Despite the saddle sores, bruised egos, and bruised bodies, SMT was able to overcome and start the season strong with a full 16-horse ride.



Sgt Wade Alexander receives an Award of Recognition for his years of service as Ride Master with SMT from Mr. Ron Southern at the Master's Tournament in Spruce Meadows.

In addition to horsemanship, the new members of the troop were introduced to the multitude of ceremonial tasks and duties that come along with being in SMT. Vedettes were stood throughout the year for galas, dinners, and ceremonies in Edmonton, Calgary, and as far away as Toronto. They also received a crash course in public relations as a human thank-you card printing press. The Stables were also host to prestigious visitors; such as the Minister of National Defense, the **Honourable Peter Mackay**,



The Minister of National Defense, the Honourable Peter MacKay, and the Chief of the Defence Staff, General Walter Natynczyk, prepare to ride with the Troop.

the Chief of Defense Staff, **General Walter Natynczyk**, and Commander Land Force Western Area, **Brigadier-General Mike Jorgensen**.

A significant portion of the 2009 ride season saw the Troop at their home away from home in Spruce Meadows. Fulfilling their duties as the Colour Guard, Strathcona Mounted Troop engaged in countless radetzkie, vedettes, escorts and musical ride performances. All were involved when the Troop took to the International Arena with A Squadron for the Queen Elizabeth II Cup. The Feu-de-Joie saw much excitement for **Cpl Darren Roberts** and **Cpl Adriano Bernardo** as their mounts **Steele** and **Seville** took exception to A Squadron's drill. Luckily the 100-man guard was able to stand down from fixing bayonets.

The Troop will always remember Time Faults, our Spruce Meadows watering hole. Thank you **Capt Liz England**, the “Boys” will always carry your words of inspiration from your impassioned pep talks. And thank you Spruce Meadows for teaching us that if you bring the watering hole to the horse, **Southern**, he will drink. Thank you for allowing us to discover the actual existence of the glass boots from the movie “Beer Fest” and to then produce our own Canadian version of “Das Boot”. And most of all, thank you for leading us to the shocking discovery in the International Ring that **Lt Charles Prince** was actually “a man”.



MCpl James Doucette, Tpr Jason Reid, Cpl Derek Romkey, and MCpl Mike Murphy answer SMT fan mail.



Lt Charles Prince leads the Troop in The Charge.

The 2009 Ride Season had many memorable snapshots. The Musical Ride in Jasper, saw a level of crowd involvement not seen all season, followed by a pancake breakfast served by the local fire department. In Black Diamond, the Troop performed their parade duties in the face of a freak June blizzard, adding a touch of red to the white-out conditions. In Calgary, the CO rode with the Troop in the Calgary Stampede Parade, and thanks to **Spirit**, was able to show the men what eight seconds is all about. **Cpl Daniel Graham's** impression of a human lawn-dart in front of the children of Muriel Martin School in St Albert, was superbly performed, but was never attempted by the other members of the Troop. The Canadian Finals Rodeo in Edmonton, saw the Troop spearing their targets by saber and lance at the gallop as true cavalymen, to the cheers of more than eleven thousand fans.

The Troop will never forget the experiences of the 2009 Ride Season and all the hard work it took to put the shows together. The Troop proved more than once their dedication and professionalism by treating their tasks, no matter the venue or the crowd, as "...the Big One".



Sgt Wade Alexander and Saxon show the Troop how tent-pegging is done.



A piece of fan mail sent to the Troop from Muriel Martin School, St Albert.



Capt Liz England with two veterans of the Royal Canadian Mounted Police, reviewing the performance of the Musical Ride on Canada Day at Ft Calgary.



The Troop maintains their spacing in a Charge, at the gallop, with fifteen horses abreast.



Historical Vehicle Troop

By Master Corporal A. Baird

The sound of a Centurion Tank engine (Alberta) roars into action as **Sgt Eric Petersen** and **Capt Dave Biener** finally get her started again. Throughout this fall Historical Vehicle Troop (HVT) has started its annual maintenance period getting all our toys up to par. This fall especially is important because of the 110th Anniversary coming up next summer and the Commanding Officer would like everything running for the parade. With help from the HVT Crew, **Sgt Eric Petersen**, **MCpl Andrew Baird**, **MCpl Patrick Sullivan**, **MCpl Edward Pickell**, **Cpl Joel Mousseau**, **Cpl Kyley Parker** and **Tpr Anthony Burton**, we can get the job done. We currently have two new members for HVT this fall, **Tpr Paul Morgan**, and **Tpr Brian Collier** which is always a bonus because we are always looking for volunteers to help out.



MCpl Andrew Baird

HVT continues to showcase a unique and physical link to the history of the Regiment during events such as the mural unveiling at the Norwood Legion dedicated to the Canadian Forces. At the unveiling we had Catherine out on display and the Veterans as well as the public really enjoyed seeing the Sherman and asked many questions. HVT is looking forward to this upcoming year for more dog and ponies, car crushes and the 110th Anniversary.



Norwood Legion Mural unveiling



Cpl Kyley Parker atop Catherine

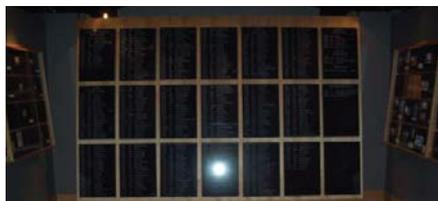


Regimental Museum

By Warrant Officer T. MacLeod

Our Museum has seen a great number of changes in 2009. We have completed a number of long-term projects and have launched on a couple more.

In the gallery, the biggest change was the completion of the Wall of Honour. This was a multi-year project designed and researched by **Sgt Todd Giberson** and installed by **Keith (Slider) Welch** and **WO Ted MacLeod**. With the inclusion of a new carpet, inset with our 1912 bimetel cap-badge and centrally located in our gallery, the display pays correct and timeless respect to those on our Honour roll.



Honour Wall

The entire gallery has a new look, achieved at low cost through new paint and fixture changes. The new paint gets rid of the somewhat dated green in favour of a lighter series of tans, browns, greys and blues. This has had the effect of lightening the gallery space and making the displays stand out from their background. As part of the cosmetic changes, we managed to replace all the old half mannequins that display our tunics. These half mannequins are found in practically every display and were an odds and sods collection of hand-me-downs and home made forms. The new mannequins were engineered from a



New paint brings out displays

number of commercially available parts that weren't originally designed to work together. With a little imagination and elbow grease we managed to produce robust and adaptable museum quality display forms that didn't break the budget but still gave a consistent look to the gallery. We also installed a number of large format graphics, in some cases resurrecting old themes and in others, situating artifacts in front of life sized period pictures that help the visitor understand the use of the item. The gallery renovations have helped our volunteer gallery hosts **Bob Wallace**, **Doug Cooper** and **Dave Cathcart** engage the public with our distinguished history.

2009 has seen the continuation of our storage upgrade project. Using a series of grants from the Alberta Museums Association and the Directorate of History and Heritage (DHH) over the last five and a half years we have managed to install museum quality enamelled steel storage fixtures throughout the collections area. 2010 will see us finish the uniform storage and start on art storage. As important as gallery presentation and research is, the proper storage of our artifacts will ensure their preservation into the next century.

In the archives, **Cpl Mark Fuchko** continues to provide world-class research work to the Regimental Family and the public as we continue our effort toward proper conservation and storage of our paper holdings. In 2010 we plan to install some new archival grade storage fixtures using money from DHH and the Calgary Foundation.

Overall, a busy year with no break in sight but our museum is flourishing and moving forward in a positive manner.



New Paint mannequins and graphics



Edmonton Chapter of the Regimental Association

By Captain D. Biener

I would like to start this article by thanking the outgoing Association President, **Mr Bob Lett**, for doing an outstanding job. Although this was not his first time in as President he jumped right in and quickly came up to speed. Bob was very helpful when it came to advice and support for Reunion 2010 and also the start-up of the Edmonton Chapter. Thank you Bob, it was a pleasure working with you. Good luck with your future plans.

We also want to welcome **Howie Owen** in as the new Association President. Although he has some big shoes to fill, Howie is also a keener and I'm sure he will do a fine job. Although he should know that as President, it is no longer polite to take all the prizes at golf tournaments! Congratulations to you Howie and your new Vice-President, **Peter Wonderham!**

I am happy to report that the Edmonton Chapter membership and attendance continues to increase, however slowly. For the last couple of events we have had over 20 people out, which is pretty good, considering we used to carry on with 4 or 5 people. **Keven Phinney** organised a very successful golf tourney in June and we even managed to bring up some golfers from Calgary.

We had a good turn out for our Christmas Dinner at the German Club where even the minus 30 weather couldn't keep people away! The two or three regular meetings we did have were well attended and the luncheons were also a success. We will continue to focus on bringing in new members and having fun. I encourage you to come out and join in everyone is welcome.

Perseverance .



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Dian Denkowyc
Associate



Strathconas at the Armour School

By Captain T. Day



Maj Trevor Gosselin competes with the CO of CFSME to fill in a hole during the Armour School/CFSME officer PD day.

This year, as with past years, the Strathconas at the Armour School have been working hard to provide the Armour Corps with qualified crewmen and leaders at all levels. It is a task that is taken very seriously and which keeps us in the field the majority of the year.

As in Edmonton, the Strathconas at the Armour School here in Gagetown celebrated the anniversary of the Battle of Moreuil Wood in March. The celebrations included an all ranks BBQ at the school canteen in the 'K' Lines and a mess dinner for the officers.

This year has seen its share of momentous occasions. October saw the arrival of the first four Leopard 2A4s to the Armour School. This marks the first step towards training Armour Corps personnel on the Leopard 2 here in Canada. The Armour School is developing a programme to train personnel on the new platform and there are several Strathconas who are intimately involved in that process.

Speaking of Leopard 2 training, several Strathconas have been supporting the Leopard 2 conversion courses in cooperation with German instructors. In addition to supporting Leopard 2 conversion training, Strathconas at the Armour School have also been part of whatever the Armour School is responsible for and have been involved in several ongoing working groups for various Armour Corps procurement projects. However, the majority of the work being done is in support of mounted reconnaissance training.



Lt Cam Meikle gets instruction on how to operate a grader during the Armour School/CFSME officer PD day.

Even though our current duties keep us far from the Regiment, the Strathcona spirit is alive and well in New Brunswick. Gagetown has the highest concentration of Strathconas outside of Edmonton and it always helps to see familiar faces every day. We do miss the Regimental family in Edmonton, but we understand that the work we do here to support the rest of the Corps is essential and as a result, professionally rewarding. We send our best wishes to the Regiment and the rest of the Regimental family. Remember, to look us up the next time you find yourself on the East Coast.

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Strathconas in Wainwright

By Major C. Nolan, Captain D. Cronk,
Captain E. McGowen and Sergeant M. McGarity.

Life for the Strathconas at the Canadian Manoeuvre Training Center (CMTC) in Wainwright is as busy as ever with CMTC Headquarters continuing to plan and coordinate various exercises, Observer Controller Trainer (OCT) support to training being run by the rest of the Army, and the dedicated Contemporary Operating Environment Forces (COEFOR) provided realism to each training event.

CMTC deployed to Mississippi, Texas, Suffield, Gagetown, Petawawa and Vernon this past year to support deployment training, CTC and Op PODIUM. There was a lot of interaction with the mothership this year, and the co-operation between LdSH(RC) and CMTC made for some excellent training.



MCpl Robert Smith looking nefarious...

Despite the end of a CMTC era with **LCol Scotty Long's** departure for theatre this summer, the Strathconas continue to have a strong presence at CMTC at all levels. New to CMTC OCTs this year are **Maj Ian McDonnell**, **Capt James Anderson** and **Sgt Marvin MacNeill**, who have all arrived since January 2009. **Sgt MacNeill** was in time to participate in DESERT RAM and Ex MAPLE GUARDIAN in the spring, and **Maj Ian McDonnell** and **Capt James Anderson** were able to take part in Ex MAPLE DEFENDER, assisting Reserve units from Ontario and the Maritimes in their annual readiness training. **Capt Ed McGowan** and **MWO Walt Laughlin** were more than happy to show the ropes to the new-comers.



*Swapping Leopards for Milcots,
Maj Ian McDonnell leads the OCT Tank Team,
along with MWO Walt Laughlin,
Capt James Anderson, and Sgt Marv MacNeill*

COEFOR soldiers, under the leadership of outgoing OC, **Maj Chris Bradley** and current uber-Malik **Maj Mark Lubiniecki**, along with platoon commanders **Lt Steve MacKillop** and **Capt Evan Wiome**, provided their unique ability to add visual and audio training effects, with their simulated IEDs and other tools. COEFOR provided the invaluable element of giving the training soldiers actual people to interact with during the exercise. Having COEFOR present at training events adds a dimension of realism that would be impossible to achieve without them. Take all the deployments mentioned above, and add at least three more FTX and five weeks in the field for these troops. With the likes of **Sgt Mike Craig**, **MCpl Glenn Baker**, **Cpl Aaron Hodgkin** and **Cpl Blaine Hatter**, one can't discount the dimension of chaos any primary training audience can expect to experience.

Maj "I have a plan" Vince Kirstein and **WO Lanny Hill** at CMTC HQ are representing the Strathconas as the Plans Team Leader and G3 WES at CMTC HQ. We will all see their hard work come to fruition next fall during Ex MAPLE GUARDIAN back here in Wainwright, preparing another group of soldiers for deployment to Afghanistan.

Although Strathconas posted to LFWA TC may be outnumbered 10 to 1 by their Patricia counterparts, we few still manage to play an important role at the Army of the West's main training establishment. In A Company, **Sgts Laki Christopholous**, **Ben Holmes**, **Gary Hewitt** and **Scott Lang** find themselves busy



CMTC COEFOR- Lords of Chaos

training the future Master Corporals of the Army on numerous Primary Leadership Qualification (Land) Courses, when they are not providing junior soldiers with their Basic Military Qualification (Land) Training, and of course **Capt Dave Cronk** is up to his ears in administration as the Company Second-in-Command. Training Support Company's role of providing the administrative support to the School is often overshadowed by the challenges of commanding the Personnel Awaiting Training (PAT) Battalion on strength. To the dismay of the Officer Commanding, **Maj Chris Nolan**, requests for just one summary execution to quash the limitless disciplinary infractions by his PATs are being repeatedly denied by the Commanding Officer.

Sgts Ron Irwin and **Owen Knott** are busy in the Operations and Training Cell sorting out the challenges of managing the numerous courses run here at LFWA TC. In the Standards Cell, **Sgt David Thompson** faithfully ensures that courses are being run as effectively as possible. Even though, we have had to adapt to working in an environment outnumbered by our Infantry combat team partners, we Strathconas still manage to make our presence felt.

Posted to Area Support Unit (ASU) Wainwright we have **CWO Dave Lee** as the Base RSM. He knows how to play a mean game of foosball, as the Edmonton Police Swat team found out the hard way, one evening while conducting training on the Base. **WO Frank Kasawan** is the Base Ops Sgt and is in charge of all bookings that outside units and agencies request and can be heard saying "I envy you young guys, you're so lucky to be able to be young and able to do your job, crew commanding Leopard 2 tanks". Down at Range Control is **Sgt Michael McGarity** who's working mostly with civilians like retired **MWO Kevin "Chooper" Lovett** patrolling the training area. At Base Vehicle Kitting **Cpls Gordon Hoyt, Trevor Scott, Paul Kruhlak** and **Kevin Ferguson** take care of the kitting and issuing of the LAV 3 and other vehicles for Ex MAPLE GUARDIAN and Ex MAPLE DEFENDER. This year we saw the departure of **Cpl John Hallingdrake** back to 1 CMBG HQ Sigs, **Cpl Richard L'Heureux** to Suffield Range Control, and **Sgt Darin Beaumont** retiring from the Military.



CWO Dave Lee, Cpl Gordon Hoyt, Sgt Michael McGarity, Cpl Trevor Scott

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Strathconas in the National Capital Region

By Lieutenant-Colonel P. Peyton



CEFCOM Strathconas

For those who have never had the opportunity to serve in Canadian Forces Expeditionary Command (CEFCOM), I say with absolute sincerity that it is an opportunity like none other. We three merry Strathconas: **Col Dog Rundle** (ACOS Support), **LCol Paul Peyton** (Southwest Asia Plans Integration), and **Maj Sheldon Holmes** (J1 International Operations), not only raise the level of “class” in Canada’s joint operational headquarters, but regularly occupy ourselves with solving the world’s most interesting problems. Rest assured that those most interesting problems require a response due 10 minutes before you were aware of the problem, and will endure for months after everyone else thinks the problem has gone away.

CEFCOM is the Force Employer for all of Canada’s international missions, across the spectrum from humanitarian assistance to combat. This headquarters drafts the operational campaign plan, issues the direction to our Task Force Commanders, oversees and directs the flow of support to our soldiers, sailors, airmen and air women, monitors the day to day operational developments (although some might argue the minute to minute tactical nuances), and is the interface with our whole of government partners. Interpretation: CEFCOM is a lot of TD, a lot of face time with generals, and a lot of diving into the unknown to sort out issues. If you can’t be at the tip of the sabre, the best you can do is to have a have a grip on the handle.

In addition to our small contingent at CEFCOM, multiple Strathconas continue to serve throughout the National Capital Region, some of whom deserve special mention in this year’s version of the Strathconian. On return from Afghanistan, **Col Paul Fleury** was promoted and assumed the duties of Director Military Capability Management, as was **LCol Vince Fagnan**, who – with **Capt Mike Lakatos** – is currently moving a number of significant projects forward in Director Land Requirements. Further, **Mark Connolly’s** promotion to LCol (and associated pay raise) was fast tracked as he and Cindy were expecting their seventh child. Meanwhile, after four long years of hard labour in the Land Staff as Acting Director Land Force Development, **LCol Steve Kelsey** finally implemented his exit strategy and he is now deployed to Kabul. His replacement, **LCol Trevor Cadieu**, was seen recently in Chapters reading a copy of ‘Capability Development for Dummies.’ Unfortunately, the book was upside down and there were no pictures. As proof that there are actually interesting jobs in Ottawa, **Maj Warren Deatcher** has landed a gig as Liaison Officer to the RCMP, while **Maj Earl Jared** somehow managed a posting to the Canadian Forces Experimentation Centre at Shirley’s Bay. Finally, the Armour Corps benefitted tremendously this past year from having **CWO Jim Dorrance** as the soldiers’ Career Manager.



LCol Vince Fagnan and Capt Mike Lakatos

Perseverance.



The Kingston Crew

By Major C. Fifield

So another year has come and gone here in Kingston. For those of us fortunate enough to have been posted to what is arguably one of, if not the nicest, Army posting in Canada, it has been a year of challenges and successes. Whether we're employed at LFDTS (DAT, DAD, DLSE, ALLC), PSTC, CLFCSC, CFB Kingston, RMC, CFJHQ, CFJSG or any other alphabet combination you can think of, Strathconas here undoubtedly stand out from the crowd, usually much to the amusement of our counterparts. Traditionally, Kingston maintains a healthy population of Strathconas and the past year was no exception.

Col Jamie Cade and family moved to Kingston this summer as he assumed the mantle of Commandant of CLFCSC. He has the daunting task of shaping young, and not so young, Captains into potential Majors. And just to ensure that he's kept somewhat busy, he also wears the black hat of Director of Armour. The other heavy hitter in the crowd, **Col 'Spike' Hazleton** returned from Afghanistan in Nov 08 and re-assumed his throne as King of Garrison Kingston. Needless to say, mess profits were up as a result of his return and several livers were also destroyed. After a failed attempt to retain his reign, he handed over command end June and thereafter became a golf pro until September when he was subjected to professional development. Something the Army noted he was lacking and thus he was sentenced to a year long French course. In addition to this simple task, he has also committed to completing his Masters degree as well the National Securities Programme. In sum a three year task to be completed in 10 months. It is no wonder that mess profits are now down as he finally has to do work. There is a rumour that there maybe a statue being commissioned as a result of his past accomplishments in Kingston but these rumours have proven to be unfounded as the City has realized that no artist alive is capable of capturing the true Spike! Between his studies Col Spike still finds time to occasionally surface and harass Dragoons!

LCol Dave MacLeod has been hard at work as the Command Chief Standards Officer, at least when they let him do that job, so from time to time he gets to visit soldiers undergoing training and has even snuck in a few visits to Regimental lines while in Edmonton. Otherwise, he's has been busy with a Board of Inquiry (his therapy sessions are going well)! After 10 1/2 months in Afghanistan as the Afghan National Security Forces Development Officer in Regional Command (SOUTH) Headquarters, **LCol Chris Rankin** returned back to Kingston and the Director of Army Doctrine. Working in a NATO HQ in Afghanistan proved an interesting cultural experience (and working with the Afghans was as well, if you catch the drift).

But enough about the Colonels in the crowd, everyone knows it's the Major's that move the yardsticks (I can say that now! Even though Stoo will tell you otherwise) and there are more than a few in K-Town. **Major Chris Young** is back in Canada after 5 years in Fort Knox as the last Armoured LO to the US Armour Center. He is now a cubicle dweller in doctrine, writing those manuals that everyone uses for book ends or to balance the coffee table but never reads. In 2009, **Major Michael Froess** moved from his previous position as OC Training to become the Deputy Commandant of the Peace Support Training Centre. Despite being burdened with the less glamorous tasks of a unit 2IC (ie. business planning, budget management and NPF), he still managed to stay involved in the training side of the house. The highlight was a month in



Major Clayton Fifield hard at work with Capt Don Morison on an Adv Trg Recce to Lake Temegami. At least we know we won't starve during the trip.



Ireland as the senior foreign instructor on their United Nations Military Observer and Staff Officer Course. Post-course, **Major Froess** took the opportunity to have his family join him for a two week vacation during which time they travelled throughout most regions of the Republic and Northern Ireland. As for yours truly, **Major Clayton 'Fly' Fifield**, after a long battle with a French language profile, the Corps saw fit to promote me to the lofty heights of Major and issue a brand new shiny job as G1 LFDTS...yea (as a plus, I got to keep the previous two jobs). In true Strathcona fashion and in keeping with my long standing tradition, I managed to organize yet another fishing adventure training exercise over the course of the summer in order to alleviate the stress of being posted to such an inhospitable location. **Capt Don Morison** (former Strathcona and now PSO in North Bay) was able to act as 'guide' for the trip, and was keen to catch up on the Regimental happenings. **Major John Grodzinski** continues to be employed as an Assistant Professor at the Royal Military College, while his wife Helga remains at Land Force Doctrine and Training System in the APO. **Major John Stuckart** still had his hands full as the Chief of Staff of CFB Kingston. Although rumour has it much of his time is spent trying to placate the grumpy Adjt (see below).

With a quick 5 week French course under his belt **Captain 'Stoo' MacLean** still wasn't able to match Fly's potential and has remained the President of the Cranky Captain's Club (past Presidents Chris & Kelly having moved on). Deciding to focus outside of work, he has purchased a 25 ft sailboat "La Dolce Vita" (which may or may not float) and will start working on his George Hamilton like tan this summer in the 1,000 Islands,



Still a bunch of subbies at heart.

occasionally allowing Fly and LCol 'Dave' to tie up for refreshments with charters to follow shortly. As a means of escaping the rigours of Base Adjt, he is still looking for a tour to a Battle Group location, having missed Cyprus & Bosnia but managing Cambodia and Congo. Task Force Afghanistan is his preferred option but unfortunately he is still deemed essential as a staff wienie, the scourge of a competent memo writer (Stuckey, Brownie, Robin and Steve would be so proud! - 4 Regt 2ICs in 2 yrs!!!!). **Captain John Rickard** is still leading a double life (not what you think) as Director of Army Training 5-5-3-a whole lot of other numbers. Outside the Grant Building his other full time job remains teaching history by correspondence to military college students in the US. If his cunning plan comes to fruition, he may eventually find himself teaching at the Royal Military College in the next year or two. **MWO Kevin Mulhern** remained busy as the CFB Kingston G3 Training. **WO Bill Irving** was posted in to the Joint Headquarters Operations Warrant Officer seat this summer and since then has gone on the Law of Armed Conflict course, Joint Strategic Objective Plan course, and a Commercial Product Acquisition Team deployment to Bangladesh, Thailand, and Singapore. To top it off, he has also been busy with numerous Disaster Assistance Response Team and Non-Combatant Evacuation exercises. It sounds glamorous, but probably not nearly as exciting as the Army G1 conference.

All Strathconas, whether serving or retired, are actively involved in both Regimental and Corps events that take place locally throughout the year. These include Moreuil Wood, Melfa River, the Armour Corps BBQ at the Milner's, currie luncheons, various golf tournaments, Ironsides and any other excuse we can think of to get together and enjoy a few refreshments. If you're ever passing through, give one of us a shout...we're always looking for an excuse to hit the pubs!

Kingston...the next best thing to being at the Regiment!



1 CMBG HQ

“The Island of Broken Toys”

By Captain A. Dwyer

This year a staff transformation occurred in the Brigade Headquarters (Bde HQ). The Commander’s chain of Black Hat Strathcona influence (**LCol Tom Bradley**, **Maj Kevin Mead**, **Capt Craig Volstad**, **Capt Allan Dwyer** and **Capt James Anderson**) was broken down until all that remained was **Captains Volstad** and **Dwyer** (G3 Ops and 3 Ops 2). Losing the “Most Dangerous of all staff entities,” **LCol Bradley** fled his post as COS to take the mantle of ASU Edmonton Commander. **Maj Kevin Mead** passed (or threw) the torch of G3 to **Maj Mike Wright** and was welcomed home to the Regiment. Not to leave the two Ops cell cronies alone under the Staff influence of Patricia’s, the Regiment sent **MWO Dave Proctor** with reinforcements (**MCpl Ryan Torney** Ops NCO/99 Tac and **Cpl John Hollingdrake** Trg NCO) in order to ensure the Strathcona’s maintained a firm footprint and identity in the Bde HQ. Now with the impending departure of **Capt Volstad** sometime after Op PODIUM, we search for the cavalry on the horizon once again.



Capt Craig Volstad and Capt Allan Dwyer during Ex GOLD

Perseverance.



Capt James Anderson’s life as a PA.



LCol Tom Bradley (The COS), and Maj Kevin Mead (The G3) and G\$ (pronounced G Money) during their reign of terror in Ex DESET RAM.



Greeting once again, from Colorado deep inside Granite.

Captain D.A. Gardner

This is my sixth year in Colorado, six years working inside Cheyenne Mountain AFS. The special privilege to serve in NORAD and now USNORTHCOM remains the highlight of this posting. I am currently employed as the Missile and Space Domain (MSD) Standardization and Evaluation Senior Evaluator for the MSD Deputy Chief crew position.

I spoke during my last report about the NORAD/USNORTHCOM transformation and the move of the NORAD command center out of Cheyenne Mountain Complex to the new Command Center Peterson AFB. The combined missions' have brought interesting employment and great job satisfaction here, with new levels of activity and operational focus. The real time current events which occur in and over North America and around the world are funnelled through the new NORAD/USNORTHCOM Command Center, termed N2C2. This new environment rarely has a slow day!



The Missile Warning Center my original position and the MSD have remained inside Cheyenne Mountain Complex. Our duty location is inside the original and newly built NORAD Cheyenne Mountain Command Center, where we complete our mission and keep the remainder of the systems in a hot back up mode. Over past two years we have been on a 12 hour shift schedule working four day shifts then four days off and four night shifts then four days off.

Ok, so what do I do? In short, I use a multibillion-dollar worldwide network of some 20 space and ground based sensors that provide the President of the United States/Prime Minister of Canada, Commander NORAD/USNORTHCOM real world warning of missile attacks against North America, US and Allied forces worldwide. Over the past two years alone the crews of the MSD have processed over 423 events.



Being 2000 ft under the top of a mountain we are protected from the elements and for the most part are far from harms way, we do provide timely and accurate information to the troops deployed around the world which assists in their protection and security. While my employment does not involve much danger, grease or cordite anymore, I can still appreciate the soldierly efforts which you are displaying on a daily basis. My sincere wishes for professional and personal success go out to you all and as always a safe return to the harbour.

Perseverance.



JTF-A HQ / TFK Strathconas

By Captain J. Miller

Afghanistan continues to be a central focus for the Regiment and an ongoing commitment of manpower. The deployment of Tank Squadrons every rotation is not the only demand from the Canadian Forces on the Regiment. The staffing of the Headquarters (HQ) for Joint Task Force Afghanistan (JTF(A)) is a national priority and the Regiment was asked to contribute ten officers/senior NCOs for this purpose in 2008.

The mission of Task Force Afghanistan is to conduct operations, with Afghan and International partners, along three main lines - security, governance, and reconstruction/development - in order to increase and solidify the Afghan people's support for the Government of the Islamic Republic of Afghanistan while removing the insurgent influence over them.

BGen Jonathan Vance, the current Commander of JTF(A), was charged with commanding the Canadian Battle Group including a LdSH(RC) Squadron, the Provincial Reconstruction Team (PRT), the Operational Mentoring and Liaison Team (OMLT), the CHF(A), the National Support Element (NSE), Camp Mirage and US Task Force 2-1 IN who later were relieved by 1-12 IN. Task Force Kandahar (TFK) is the Commander's Brigade HQ element and Task Force 5-09 (TF 5-09) served in this capacity for the current rotation.



TFK actively participated in Loops for Troops in honour of Cpl Nathan Hornburg on 21 Jun 09.

Training began for this rotation in the spring of 2008 with Ex MAPLE GUARDIAN in Wainwright. The rotation officially stood up and began training in August with Ex UNIFIED WARRIOR and followed by a second Ex MAPLE GUARDIAN in October/November of 2008. The Final confirmation for the HQ was Ex UNIFIED READY in January of 2009 and the deployment began with the Advanced Party arriving in Afghanistan on the first of February. Two main flights soon thereafter carried the remainder of the HQ and the task force was complete in Afghanistan on the 12th of February.

Strathconas had the opportunity to work in a variety of different positions for the task force: **LCol Pascal Demers** was Chief of Staff; **Capt Darryn Gray** was G3 Operations; **Capt Doug Ross** was the Operations Officer for the Afghan National Security Forces (ANSF) Operational Command Center for Kandahar province; **Capt Russ Ells** was Intelligence, Surveillance, Target Acquisition, and Reconnaissance (ISTAR) Plans; **Capt Tom Lacroix** was J3 Operations; **Capt Clyde Penney** was J3 Training and Equipment; **Capt Jon Miller** was a G3 duty officer; **WO Tom Falls** was the CQ; and **Capt Kirk Watson**, who was the Regimental Maintenance Officer, was deployed in the capacity of G4 Plans. **Capt Tyler Collings** was also a deployed as a G3 duty officer but was transferred to the OMLT in April and WIA following an IED strike on the 28th of April. He was later repatriated back to the Regt where he recovered from his injuries and returned to duty.



TFK Comd hosted the visit of Governor General and CDS.

During the rotation, TF 5-09 had the unique opportunity to directly influence the US Force Expansion with the movement of approximately 8000 US troops into the AO including TF STRYKER (5-2 Stryker Brigade Combat Team), TF PEGASUS (82 Combat Aviation Brigade), and TF THOR (US RCP Bn).



Other significant events included the Afghan Elections that were held in August of 2009 and the restructuring of the AO to accommodate this increased US presence. This restructuring had US Forces assume responsibility for Maywand and Ghorak (TF STRYKER / TF 2-1 IN), Arghandab and Sha Whali Kot (TF STRYKER / TF 1-17 IN) and Spin Boldak (TF STRYKER / TF 8-1 CAV) Districts. US TF 1-12 who had replaced TF 2-2 remained under TFK command and moved from Maywand District to Zhari District to continue operations in the new TFK AO effective 15 Sep. This influx of US forces allowed the 2R22eR/1 PPCLI BG elements to shift into Panjwayi and Dand districts enabling them to a closer integrate with the civilian populace. In addition to the 5/2 Stryker Brigade Combat Team US Force Expansion two other additions were made to the TFK structure. 97 Military Police Bn took over total control of the Afghan National Police



TFK Tug-o-War team, could not be beaten...any guesses why?



Joint Op with C Sqn and TF 1-12 IN.

(ANP) within Kandahar City and 4/82 AB 2-508 IN tool over mentorship of ANP and ANA within Zhari, Panjwayi and Dand Districts. The establishment of Platoon Houses and movement away from the FOBs (Forward Operating Bases) is the road ahead. These Platoon Houses strengthen the hold on the Panjwayi and Dand Districts and allow for the Provincial Reconstruction Team to further the build in the region. The village of Deh-e Bah, being one of the only locations in RC(S) that Counter Insurgency is being conducted in its fullest is an example that has gained international attention as a model village for a new Afghanistan.

Following the success of the Deh-e Bah project, TFK then focused the effort to Clear, Hold and Build in the villages of Rumbasi, Temeriuian and Walakan. This has deepened the hold in the Dand District and significantly improved the security in the district. TF 5-09 has thereby contributed to the ongoing war efforts and the transfer of command authority for the rotation, scheduled for 19 Nov 09, will complete a year and a half commitment including training and the 10-month rotation.

Overall working in the HQ was a rewarding experience and it fully gave me an appreciation of how various manoeuvre elements operate on the battlefield. With the significant US expansion, it made allocating resources to support the Troops on the ground significantly easier as there were a multitude of enablers to choose from. The Canadian soldiers directly benefited from the vast amount of US soldiers and equipment that began to operate in Kandahar Province.



TFK Strathconas Salute the memorial to commemorate Moreuil Wood.



10th (Polish) Armoured Cavalry Brigade

The small town of Świątoszów situated in the south-west of Poland some 50km from the German border and about 100km from Berlin is the home to the 10th Armoured Cavalry Brigade, unique within Polish Armed Forces for its main combat equipment, the German Leopard 2A4.

The Leopard tank seems to be a visible link between the past and the present of Świątoszów garrison. The rich history of Świątoszów military field training centre and its growing importance in this area dates back to the end of the 19th century. Prior to the World War I huge barracks for the German troops were built. The years between the two world wars were marked with intensive progress for the garrison. After 1933, when Adolf Hitler came to power, the whole garrison was extended and built up. While there were 2400 soldiers in 1934, 2 years later in 1936, there were about 8600 soldiers in Świątoszów. New buildings were built and installations prepared in order to maintain even more troops. At that time Świątoszów was one of the greatest and the best known German military field training centers. After the WWII, in 1945, Świątoszów was assigned as a military base to the Soviet Union's 20th Zwiennogrodzka Armd Div. Soviet presence in the garrison was covered with mystery and the area was out of bounds for Polish civilians. In 1992 the 10th Armoured Cavalry Brigade inherited the enormous training area and its infrastructure from the previously stationed Germans followed by Soviets.

Through the years, the 10th Armoured Cavalry Brigade soldiers proudly participated in various foreign missions, including peacekeeping in Kosovo, Bosnia and Herzegovina, Syria and Lebanon. Combat operations have also been part of the brigade's deadly business. Organic elements of the brigade participated in the Stabilization Mission in Republic of Iraq in 2003-2005 and 2007 and in Afghanistan in 2007. The brigade has not missed the African continent either. In 2008 it sent its troops to CHAD for a mission under the auspices of the European Union and then the United Nations. This mission was completed in May of this year.

2009 was rather busy for the brigade. Foreign assignments let the brigade personnel gain precious experience in the field of multinational cooperation. This cooperation is continued daily while working in concert with the German 1st Armored Div from Hannover, integrating the 10th Polish Armored Cavalry Brigade into the framework of the Allied Command Europe Rapid Reaction Corps.

Logistics cooperation with our German partners has continued with maintenance and the smooth flow of spare parts for German produced equipment owned by the Brigade. On the eve of 2009, the Brigade opened its new international cooperation chapter. In early December 2008, Lord Strathcona's Horse (Royal Canadians) paid its first visit to the Brigade. This launched, we all believe, a long lasting cooperation to the benefit of both organizations. This partnership is very valuable regarding Afghanistan lessons learned by our experienced Canadian partners.

In the early fall of 2009, the brigade went through the Polish Land Forces Inspection aimed at evaluating the brigade's peacetime functioning, and resulted in the Brigade receiving highest marks. This formed a strong foundation for reorienting towards preparations for the Brigade's deployment to Afghanistan next year.

Following the inspection, the Brigade immediately commenced its preparation for the ISAF mission. The whole process of getting ready for the deployment will last nearly 1 year. The Brigade's obligation is to prepare two Battle Groups (BN level) and staff of the Brigade Combat Team. Regarding the composition of the Polish forces contributing to the ISAF mission, the Polish contingent constitutes of roughly 2000 soldiers operating in the South Eastern part of Afghanistan in Ghazni Province. Our mission will be to maintain stability in the assigned Area of Responsibility assisting and training the Afghan National Army while helping to rebuild Afghanistan and strengthen national democratic structures of the country.



While preparing for the mission the Brigade will encounter new training challenges. Conventional war-fighting training will need to switch into mission specific training. For many soldiers complexities associated with local culture and counterinsurgency warfare are not yet known. They will have to learn how to do nation-building and combat simultaneously. The process will be supported by the fact that our component is to be augmented for the period of preparation and deployment by the US Illinois National Guard team. We will surely rely on the Afghan experience of our American friends. A demanding tour resulting in no casualties through strong leadership, harsh training and a high professional standard is our final goal.

Exercise MAPLE GUARDIAN 0901 B Squadron's Final Confirmation

By Sergeant S. Churchill and Trooper M. Sirois

After a week of spring leave, Ex MG 0901 commenced on 22 May 09. Many soldiers of B Squadron were anxious to find out how this final exercise would unravel with 1st and 2nd Troops in Germany being trained on the Leopard 2A6M, leaving only Squadron Headquarters (SHQ), 3rd Troop, Administration Troop, and Maintenance Troop to be members of the primary training audience. The maintenance requirements of the tanks kept the soldiers extremely busy since the Squadron's tanks had been moved directly from Ex DESERT RAM 2009 in Suffield to Ex MG 0901 in Wainwright. After spending about four days at the simulated Kandahar Airfield (KAF), the Squadron got enough tanks running to begin the force-on-force portion of the exercise on 29 May 09.

Members of 3rd Troop immediately constituted a Quick Reaction Force (QRF) while Administration Troop and SHQ were responsible for the overseeing of day-to-day operations and for the camp defence of the simulated Forward Operating Base Ma'Sum Ghar (FMG). With continuous operations, gate guard, run-ups, and QRF on-going for the next two weeks, everybody had their share of work. Vehicles were fitted with Cubic Weapons-Effects Simulator (WES) gear, effectively a large scale laser tag game. Dismounted personnel of the Battle Group had WES tactical vests and a laser sensor on their personal weapons as well. When soldiers got "shot" by the laser system the sensor on the vests generated an appropriate injury to that soldier based on the trajectory and range of the laser. In such scenarios, the casualty received first-aid treatment and had to be medically evacuated by helicopters back to FMG (a.k.a. Centurion Field or KAF in "Wainwrightistan.") Incurring several mobility kills from such simulated events as rocket-propelled grenade attack and roadside bombs, B Squadron's crews were put through their paces. In one particular case, Capt John Kim's crew had to literally break track to simulate maintaining track and replacing road wheels while receiving insurgent fire.



The crew of T23C conducting track maintenance in KAF (Wainwright Airfield)

Ex MG 0901 was the most realistic training for Afghanistan that the Squadron had undergone to date with sea-can villages and actors dressed up as Afghan National Army, Afghan Uniformed Police, insurgent suicide bombers, and Afghan local nationals. With so many dynamic players in the battlefield, soldiers of the Squadron had to be very vigilant with the use of their big guns in order to minimize collateral damage and observe the rules of engagement. In summary, Ex MG 0901 was a definitive indication that B Squadron's Road-to-War campaign had come to a successful conclusion and that the Squadron was capable of prevailing in any and all situations that it would encounter while deployed in theatre.



EX DESERT RAM 09 – An RHQ Signals Perspective

By Warrant Officer D.W. Hitt

Ex DESERT RAM 09, conducted in Suffield, Alberta became a test of all things Signals and a test of the patience of all members of Regimental Headquarters (RHQ). As it was decided to exercise our ability to deploy to a new location and setup an entire Battle Group HQ from the ground up, this posed a particular challenge from a Signals point of view. It was decided that due to the fact we were deploying a Regimental Headquarters for the first time in quite a while, this could also be used as a test bed for our next major deployment - Op PODIUM - just to add a little extra challenge to the entire Exercise. So, with our 5 ton loaded and our LSVW not making too many funny noises, we moved our major equipment to Suffield and set up the Command Post (CP) in hopes that both us and 1 Brigade HQ & Sigs Squadron could work a miracle. That part didn't quite go as planned, but eventually everything came to life. As we had been given permission to purchase many new and shiny items for the Regt CP for the eventual support of Op PODIUM, we had a bunch of new kit to test. Most notably was a 65 inch "situational awareness screen"! With a few smaller ones we were able to make the CP look very impressive, even if most of it didn't do that much in the beginning. As the exercise progressed and services slowly came to life, our new equipment even started to make sense to the most sceptical of our hardened "Field Signallers". These new items actually looked only slightly out of place in the CP as by now most personnel have been overseas. Most CPs in Afghanistan have made copious use of "situational awareness screens", even if they were only hooked up to XBoxes, PlayStations, and terrible German Satellite TV.



Pte David Tremblay and Lt Michael Timms watching the "situational awareness screen".

This exercise was also a test of many other alternate means of communication, as the beloved DWAN did not make an appearance until halfway through the deployment. The "Wireless Handheld Device" proved its worth and cell phones became impossible to live without, much to the dismay of the Sig O and his OPSEC lectures. Many lessons were learned, however, and new systems were implemented on a major scale (a bit of a first for 1 Brigade). Having seen a glimpse of the future of just how many different means of communications can be extended to the field, we have now opened Pandora's Box, from which we will not be able to step back.

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A Late Summer CTCC Excursion

By Lieutenant R. Sturgeon

Field exercises in CFB Galetown are often defined by the season in which they fall. Elements of A Squadron, who recently returned from supporting this year's Combat Team Commander's Course (CTCC), were fortunate enough to enjoy the short window between 'bug' and 'moose hunting' season. These individuals managed to enjoy probably the most elusive and envied annual window the Lawfield Corridor has to offer. This lofty claim deserves further explanation!

Early in September soldiers made their way east via a variety of domestic flights. This briefly required call sign 13, to be dispersed across the country but in due course, all parties arrived in New Brunswick and enjoyed an 'air conditioned' evening in the newest transitional quarters available on the Camp. Elements of



*Tpr Andrew Burris sampling a fine vintage.
Yes that's right... its BBQ sauce!*

the 12e Regiment Blinde du Canada, based out of CFB Valcartier also joined the fray bringing a troop from Quebec in support. Arriving at FOB Petersville Officer Commanding A Squadron, **Maj Robert "Hogg" McKenzie**, patiently demonstrated the use of school buses for route recce tasks. This ensured all were apprised of surprise road closures and the requisite detour routes. The rest of the day was filled preparing the tanks for exercise and linking up with the final augmentation to our force. **Capt Alex Nitu** and **Capt Jack Nguyen** may have thought their recent postings to the Armour School distanced them from the Regiment but nothing could have been further from the truth. Under their leadership two more troops of notional tanks

(Tracked Light Armour Vehicles) swelled the ranks. The now complete CTCC A Squadron fell into step like only a coalition of representative forces can. It was time to execute the mission; supporting the free and independent government of Independencia.

The next weeks were spent executing the orders of a variety of student combat team commanders. Even with the focused efforts of our armour coupled with infantry, artillery and engineer support COEFOR was not easily defeated. It was discovered that **Capt Evan Wiome** had switched alliances as he led his BMPs and T72s in a seemingly endless numbers of suicidal defensive engagements. Only after clearing the Lawfield Corridor twelve separate times were these enemy forces quelled. The Regiment was also well represented in the student cadre with **Maj Mark Lubiniecki** showing off his full beard and **Maj Chris Nolan** demonstrating the correct methods of smoking Cuban cigars on the line of departure.

During brief periods of down time the soldiers demonstrated an extreme dedication to heavy maintenance keeping the tanks running throughout the course. **Tpr James Arsenault** continued to show his commitment to the moustache providing added camouflage to his upper lip. **Tpr Jacob O'Brien** managed to defend his stuffed monkey which received continued threats to be placed above a blank 105mm round and fired down range. **Tpr Andrew Burris** showed his resistance to peer pressure by demanding payment for drinking a bottle of steak sauce during an impromptu BBQ. **WO Douglas Paquette** ensured the tank park was well defended while all components of his Fire Control Systems (FCS) were systematically replaced. Final entertainment for the exercise was generously provided by the 12e RBC when they demonstrated the ability of a tank to flatten any stripped minivan the enemy force could place in the way.



Monkey Driver C/S13 and Tpr Jacob O'Brien



With weeks more field experience under their belt the mosaic that was CTCC's A Squadron returned to their respective home units and the Strathconas involved started preparation for their next adventures to Germany, California and onto Afghanistan.

Op PODIUM Pre-deployment Training A Reservist's point of view

By Corporal W. Barnard and Corporal K. Kulyk

The media knows we are there. The athletes will feel our presence. The RCMP will be counting on our support. If we do our job you'll never even notice us. That is, unless you happen to stumble upon one of our strategically placed check stops designed to bottle neck traffic. Please do not hesitate to bring an extra Double-Double because you and I will be chatting for some time while you try to make up a grand excuse as to why you are late to work.

The training we are currently undergoing convinces different trades to cohesively work together, destroying preconceived notions of superiority within each individual's trade. Rather, the environment is encouraging members of Op PODIUM to use everyone's strengths as an advantage. In much the same way, we are embodying what Canada always has and always will stand for; unity through diversity. This is why we, as Canadians, are proud to once again host the Olympics.



Members of 72 Pl Conducting an afternoon Patrol of Mt. Revelstoke During Ex STEELE WINTER

When Op PODIUM training commenced in September, we found ourselves surrounded by strangers and an angry Sergeant Major with a British accent. We started our training with Individual Battle Task Skills (IBTS) and ended with section attacks, lots of section attacks. While confusing at first, the realization has come about that there is no playbook for a domestic operation of this magnitude. The challenge is to have a trained soldier that is fully capable of handling security while simultaneously staying in the RCMP's shadow.

With that said, Op PODIUM has been an opportunity for us to train in exciting new ways. We conducted winter warfare training in Revelstoke where a course dominated by the infantry gave us, the artillerymen, engineers and armoured recce a chance to snowmobile, train for avalanches, and snowshoe. We conducted section and platoon live fire training in Wainwright and two weeks was spent in Vernon, BC acclimatizing to the cold weather and routine that will transition us into Vancouver in 2010. It should be a smooth transition at that, provided we do not return from Winter Block Leave 20 pounds heavier than before.



Members of 71 Pl established in base camp on Mount Revelstoke during Ex STEELE WINTER

We all volunteered our time away from our families, our homes and our loved ones to become a part of a tradition that's bigger than all of us. The Olympics are not just about sports and medals; they symbolize the same ideals that Canada has always stood for; unity through diversity. That is something we all believe is worth protecting.



Moreuil Wood 2009

By Sergeant A.J. Graf

The end of March 2009 saw the Strathcona's gathered to celebrate the 91st anniversary of the Battle of Moreuil Wood. While Senior NCOs and Officers both enjoyed their respective Mess dinners early, festivities officially started on the 26th with Regimental sports day. This year saw a departure from the base gym and twin arenas and the usual rivalries between Tprs/Cpls and MCpls, or Snr NCOs and Officers. Instead, Thursday morning saw the Squadrons of the Regiment battling each other not in hockey, broomball, or volleyball, but rather with sticks and stones in a Curling Bonspiel at Bleachers. HQ Squadron ended up taking the honours this day with Recce Squadron taking 2nd place. RHQ took 3rd place and B Squadron 4th.



The Old Guard on parade

On Saturday morning, the Regiment, as well as family and friends, filed into the Lecture Training Facility for the annual parade. Mounted Troop was on full display as both the stands and the seats were filled to capacity. Honoured guests included Commander of 1 CMBG, **Col André Corbould**, Commander of LFWA, **BGen Mike Jorgensen**, the Senior Serving Strathcona, **BGen Craig Hilton** and the Reviewing Officer and Colonel of the Regiment, **Col John Roderick**. Once the Old Guard, RCA band, and all Squadrons had been inspected by the reviewing party, **Padre Richard Larsen** led us in a benediction. We remembered the actions of Strathconas from years gone by but also took a moment to think of and pray for those that could not be with us this day, namely A Squadron, who were deployed in Afghanistan.



Canadian Forces Decorations ready for presentation on parade

Finally, the all ranks dinner and dance saw another departure from the norm. This year's event was held at the Fantasyland Hotel and although the dress was to be casual for the dinner and dance many went all out and dressed to the nines. The event was very well attended and fun was had by all.



Col of the Regt inspecting the Old Guard



Strathconas at the Curling Bonspiel



Remembrance Day

By Lieutenant S. MacKillop

Remembrance Day is a time to commemorate the sacrifices made by the men and women who have served in the Canadian Forces. This year LdSH(RC) continued to uphold that tradition in the face of multiple commitments both domestic and international. A Squadron held a Remembrance Day ceremony at the Fort Saskatchewan Legion. The Squadron marched in the Historical Vehicle Troop with “Catherine” being parked alongside the cenotaph as part of a long-standing tradition. After the ceremony, soldiers made their way to the Strathcona Legion to enjoy the camaraderie that comes with this special occasion. Strathconas also represented the Regiment in the towns of Calmar and Clyde and at the Alberta Legislature and the Butterdome.



*Recce Squadron in formation during
Ex STEELE SHOOTER.*

Preparing for operations, Recce Squadron was in the field during the month of November. An exercise pause was held to conduct a ceremony. It began with an introduction by Officer Commanding, **Major Kevin Mead**, who discussed the importance to remember the commitments that Canadian soldiers have made, both past and present. Afterward was a speech of Flander’s Fields, God Save the Queen and a two minute silence. Soldiers were dismissed from the parade to place their poppy onto a small bush, and then carried on with the exercise.

Although the Regiment was very much separated geographically for Remembrance Day, all sub-units took the time to ensure that this solemn occasion was properly observed.



Presentation by Cpl Nathan Schmidt.



*Remembrance Day presentation by
Major Kevin Mead.*



*Force Protection Soldiers placing a poppy at the
culmination of the ceremony.*



Starting with a Bang

By Lieutenant M. Timms

With the posting season squarely upon us, the successful return of A Sqn (Task Force 3-08), the pending stand up of Task Force 1-10 in September and Operation PODIUM in support of Vancouver 2010, Lord Strathcona's Horse (Royal Canadians) conducted a re-organization of its personnel on June 29th. For Task Force 1-10 deploying to Afghanistan early in 2010, A Squadron is the designated Tank Squadron to support the 1st Battalion of the Royal Canadian Regiment. In order to complete this task, A Squadron was reorganized and new personnel were posted in. The new Officer Commanding, **Maj Robert McKenzie**, and the new Squadron Sergeant Major, **WO David Jones**, are leading an eager group of soldiers, both new and experienced. The Squadron's first task however was to act as the 100 man Guard in support of the Regiment's annual participation in the Calgary Stampede Parade and in the Spruce Meadows Queen Elizabeth Cup. This provided an excellent opportunity for the new A Squadron to begin developing its team cohesion and to begin forming the professional relationships that will serve them over the next 10 months on their road to war and throughout their service in Afghanistan.



Stampede Parade



The 100 man guard at Spruce Meadows.

After much drill practice A Squadron, with attachments from Prince of Wales Squadron and Regimental Headquarters, departed Thursday afternoon for their 4 day trip to Calgary. The first event would be the Calgary Stampede Parade on Friday, July 3rd. In the parade the Regiment had the Strathcona Mounted Troop, a 100 man formation of soldiers, a Coyote Reconnaissance Vehicle, a Leopard C2 Tank and an Armoured Recovery Vehicle. The Commanding Officer, **LCol Derek Macaulay**, and the Regimental Sergeant Major, **CWO Joe Ramsay**, rode with the Strathcona Mounted Troop in the Parade. The marching soldiers

were accompanied by the Royal Canadian Artillery Band. The Parade went from the Stampede grounds on the far-east side of downtown Calgary, down 9th Avenue to the far-west side of downtown Calgary, then back to the east down 6th Avenue. The streets were packed with over 300,000 people. Of the nearly 200 floats in the parade, the soldiers from Lord Strathcona's Horse (Royal Canadians) were the crowd favourite, receiving a deafening cheer that did not stop from the parade's beginning to end. During the parade a salute was given to the Chief of Defence Staff, **General Walt Natynczyk**.

On Saturday, July 4th, and Sunday, July 5th, the Squadron provided the 100 man honour guard for the annual Spruce Meadows ceremonies. The guard was accompanied by the Royal Canadian Artillery Band, Strathcona Mounted Troop, and Lord Strathcona's Horse (Royal Canadians) Guidon Party. In honour of the Queen Elizabeth Cup the guard performed a Feu de Joie on both days. Representing the Queen, the ceremonies' Reviewing Officer was **BGen Mike Jorgensen**. Those in attendance were very impressed by the soldiers' sharp drill and performance.



Guidon Party at Spruce Meadows

The success of the parades was a positive way to mark the beginning of the summer leave block and the troops journeyed back to Edmonton with the pride of knowing they are supported, as was so well demonstrated by the people of Calgary and Spruce Meadows.



Regimental Christmas Celebrations

By Captain R.A. Cooper

The 2009 Christmas season saw a number of historic upsets in the various activities played. Though the Regiment was short both B Squadron (deployed to Afghanistan) and much of A Squadron (drinking beer and learning about the Leopard 2A6M in Germany), there were still enough people on the ground to make the various events interesting.

The Regimental Sports day saw fierce competition. For the first time in recent memory, the Senior NCOs and WOs beat the Officers in both Ice Hockey and Volleyball. The Officers gave as good as they got, leading by 1 – 0 for most of the Broomball game, only to have the NCOs tie the game in the last minute of play and score the winning goal in overtime. On the other side of the court, the Tprs and Cpls beat the MCpls handily in Ice Hockey, Volleyball, and Soccer. With the highest aggregate score, the Tprs and Cpls won the overall trophy for sports day.



Tpr Pee-Wee Tremblay gets his first hook.



Tpr Lucas Mullens receives his Sacrifices Medal from Comd LFWA.

Sports day was followed by a hard night of singing for the subbies during their carolling for the Squadron Commanders. At the Regimental parade the next morning, many of the Lts and Maj's complexions matched their uniforms, a testament to a night well spent. During the parade, **Capt Tyler Collings**, **Sgt Tom Bowden**, **MCpl Jason Doucette**, **Cpl Serge Poitras**, and **Tpr Lucas Mullens** were all awarded the Sacrifice Medal for their difficult service in Afghanistan. **Tpr Mullens** was also awarded his General Campaign Star and promoted to Tpr (trained), making him an instant triple threat.

After the parade, the Soldiers' Christmas Dinner was held in the Junior Ranks' Mess. In order to ensure things remained under control, the beer was only served by "responsible" Sgts and Maj's, with junior officers looking after the food service. After being serenaded by a terribly off-key rendition of "Jingle Bells" by the subalterns, a number of important announcements were made. First, **Rick Moreau** donated an impressive oil painting of the Battle of Moreuil Wood from a German perspective, suggesting that the RSM should decide where to hang it. Then, **LCol (for a day) Nick Norman** declared Friday 11 December a "snow day" and **RSM (for a day) Greg O'Neill** declared the oil painting would hang in the Track Pad, all the while **Tpr (for a day) Derek Macaulay** and **Cpl (for a day) Joe Ramsay** looked on benevolently.

Celebrations were concluded with the annual "at home" where the Mariner Room was finally able to give the coveted "horse's ass" trophy back to the Sarcee Room, the trophy's rightful owner.



The R2IC is a busy man.

In all, the annual celebrations again demonstrated the origins of the old cliché: "work hard, play hard" and good times were had by all prior to a well-deserved holiday break.



LdSH(RC)

ON BEHALF OF MY FAMILY, I WANT TO THANK THE ENTIRE REGIMENT FOR YOUR COMMITMENT, CAPABILITY, & PERSEVERANCE THROUGHOUT THESE PAST TWELVE MONTHS.

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Regimental Sports 2009

*By Capt M.J.D. Mallette, Regt Sports O
and Lt D.P. Williams, Asst Regt Sports O*

The Regiment had another successful year of sport despite the operational tempo challenges presented by preparations for continued deployments to Afghanistan and forming Task Force Vancouver for deployment in support of RCMP security operations for the Vancouver 2010 Olympics. The focus of the Regimental Sports program remained on physical training and team-building and continued throughout the year, although the Regiment was unable to field teams for this year's inter-unit winter sports session.

Early in the year, the Regiment hosted a Charity Minor Hockey Tournament, with all the proceeds going to the MFRC. There were 18 minor hockey teams invited to the tournament, coming from multiple locations in western Canada, representing Bantam Boys, Atom Boys and Midget Girls divisions. In addition to the Regiment providing static displays throughout the tournament to interact with the participants as a way to connect with Canadians, we successfully raised money for charity.



*Tpr Kjartan Goodmanson-Morris and
WO Harry Delaney at
Loops for Troops in Calgary.*



The competition was fierce in the Tug of War.

Squadron for top spot throughout the summer softball tournament. Despite a dreary and rainy fall, Recce Squadron took the title by a single point.

In accordance with Regimental tradition, the year closed out with a Christmas Sports Day that pitted the Track Pad against the Green Point Lounge and the Sarcee Room against the Mariner Room. In the morning following a Regimental muster parade, the messes faced off on the ice playing broomball and hockey. In the afternoon everyone moved indoors for soccer and volleyball. Christmas leave started on a high note for the Track Pad and the Sarcee Room both winning their respective pools.

The Regiment was well represented at Ex STRONG CONTENDER again this year and fielded teams for six sports: Ice Hockey, Ball Hockey, Volleyball, Indoor Soccer, Cross fit Competition, and Curling. Although the Regiment played with a depleted bench it took the top three seeded teams to deal us the losses that eliminated us from the tournament.

During the Melfa River sports afternoon on a sunny May afternoon, Recce Squadron and HQ Squadron set the tone for the summer sports session, competing for top prize in the Regimental tug of war. Prince of Wales Squadron won the day. Not to be outdone, Recce Squadron answered the challenge battling HQ



*Sgt Dwaine Barker warming up for the Mariner
Room vs Sarcee Room Hockey Game.*



Perseverance on Ex MOUNTAIN MAN

By MCpl M. Fardy

The Mountain Man Competition is a race that tests the physical and mental limits of the competitors in a way that many have never experienced before. It consists of a 32km forced march/run, 3.2km canoe portage, 10km canoe paddle and a final 5.6km run to the finish line. All of this while wearing a 35lb rucksack! It takes extreme mental toughness to encourage your body just to take that next step or stroke of the paddle. This year's competition was no exception, in fact, it was made more challenging with the re-institution of the portage (as opposed to the sand bag carry of previous years) and the intense heat.



MCpl Mark Fardy - Team Coach

The Regiment was well represented by a team consisting of members of different trades from across the Unit. They were motivated to do their best but at the same time unaware of the training requirements to be ready for the race.

The glowing and eager volunteers probably began questioning their resolve after their first PT session but aside from three leaving due to injury, they all stayed with it till the end. This is an outstanding example of drive, determination and Strathcona Perseverance! Most unit teams experience almost a complete personnel change during training due to injury.

As for the race itself, it was GRUELING!!! The uncharacteristic heat and the fact that we had to carry canoes for the portage (previous races had this substituted with two 35lb sandbags to avoid damage to both the canoe and park landscape) made for a very long and challenging race. Despite these factors the Team did AMAZINGLY well! We came in fourth place overall by just 15 seconds (teams receive an aggregate score based on the top performers in each rank group. i.e. Officer, Snr NCO, Jr NCO). This is the best the Regiment has done in quite a long time and with the level of difficulty of this year's Mountain Man, this was quite a fantastic achievement! The team also took home two awards; Top Masters Male - **WO Harry Delaney** and Top Masters Female - **Cpl Lee Heffernan** (CO's Coin recipient). The members of the Regiment, both past and present, should feel very proud of their Mountain Man Team for their display of PERSEVERANCE!



WO Harry Delaney

Team Members:

Lt Mike Dullege- OPI/Captain
MCpl Kevin Piatkowski
Cpl Kevin Brown
Cpl Brennan Dunbar
Sig Michel Sibilo
Tpr Nick Morin
Lt David Williams

WO Harry Delaney- Team WO
MCpl Jon Hall
Cpl Grant Eidem
Cpl Vaughn Bleasdale
Tpr Fred Villarete
Tpr Kyle Cameron
Lt Stephen MacKillop

MCpl Mark Fardy- Coach
Cpl Lee Heffernan
Cpl Donald (Donnie) Reid
Sig David Tremblay
Tpr Brett Herbert
Capt Elizabeth England



Subbie's Corner

Observing the Herd

By *Lieutenant D. Williams*

This year the honour, privilege and ulcer-inducing title of Senior Subaltern has been my proud albatross to bear. Guiding the Regiments 36 Subalterns (yes that's right...36) through the intricacies (and dangers) of Regimental life has been an interesting observation in herd and group behaviour.

The first trend in behaviour noticed was the Jeep and Honda show room-like appearance in the Harvey Building Parking lot after the return of **Capt Jack "Baby Jesus" Nguyen**, **Capt Tim "Assistant Trailer Park Supervisor" Day** with A Squadron, **Lt Adam "Dragon-Slayer" Brown**, **Lt Dan "Ginger" Gray**, and **Capt Graham "The Greek" Kallos** with C Squadron, and **Captain Tyler "King of Cig'rets" Collings** from the OMLT. Not to be outdone, **Lt "Former Senior Serving Second Lieutenant" Warren Kerek** and **Lt Cam "Punchy" Meikle** joined the Jeep club in rapid succession. Unfortunately, **Capt John Miller** was unable to partake upon his return from Task Force 5-09 as his Visa was firmly lodged in his wife's purse.



Punchy and The King of Cig'rets.

Also of notable mention were the peculiar marriage rituals of the Edmonton-bound Subbie. It seems that marrying in secret or in seclusion is the customary practice as demonstrated by **Capt Jack Nguyen**, **Capt Mike "Missa" Boyce**, and **2Lt Andrew "No problem Mon!" Warlow**. Appropriate post-union festivities were conducted by the remainder of the herd, and the Strathcona subbies are now assuredly black-listed from various Edmonton entertainer lists.

In my tenure as Senior Subaltern I have also noticed a remarkable collective generosity and patience in the herd in their adopting and rearing of various feral Reservist Subbies, augmenting the Regiment for Op PODIUM. Retraining the uncouth and brazen ways of **Lieutenants Dennis "The Deenis" Liposcak**, **Karl "G" Goertzen**, **Seth "Swiney" Hunter**, and **Brian "No Wheels" Sylvester** was an arduous and seemingly insurmountable task, however the dedicated maternal instincts of the Strathcona Subbie herd succeeded in reclaiming these wild youths.



Lieutenant Dave Williams and Cod at this year's Downhomer

The final trend observed was the remarkable capacity to "take one for the team" exhibited by various herd members. **Capt Ian "Mr. Fall" Nash** and **Capt (Ret'd) Clint "Mr. Winter" Guenther** in particular demonstrated their dedication to the herd with multiple double-digit stints at the duty centre. An interesting correlation (not necessarily a causation) noted was the subsequent ulcer-like symptoms contracted by the Commanding Officer as a result of various concerns regarding the conduct of his Subbies.

The robust size of the Subbie Herd has also ensured a healthy Mess life, with adventure training including characteristic brawls, Red-Bull Vodkas, and gazebo rock-climbing abound. Despite the size of the herd, the Strathcona Subbies continue to hone their ability to act "confidently, with a touch of audacity."



The Mariner Room

By Lieutenant W. Kerek

Over the last year the Mariner Room has seen a flurry of activity both in and around its midst. Despite the ever-increasing operational tempo, the number of social functions has remained at a torrid pace.

It seems odd to note that while everyone has been away conducting training for Op PODIUM, Task Force Afghanistan, or deployed overseas, the amount of bread consumption has remained the same in the Mariner Room. In fact, consumption seems directly correlated to the increasing Regimental tempo.

Social events over the past year were a resounding success. Another rendition of the Down Homer saw the best attended mess event of the year in the Edmonton Garrison Officer's Mess, with some new decorations on hand. This year's event included a fishing vessel in the upper lounge and for those who stayed late enough, the option of "boat service" by the gracious bar staff. There was also the opportunity for the subbies to present themselves in their Christmas finest for Subbies' Carolling, as each dressed up as their favourite Christmas character. **Lt Mike Dullege** takes the cake for the most socially unacceptable costume dressing as the "snow miser." Whether it was the white face make-up, or the blue sweater, memories were forever seared with the image.

A fond farewell was bid to a number of Officers sucked into the whirlwind of the annual posting season. Departing this year were **Maj Kelly Callens, Maj Ian McDonnell, Capt Eric Angell, Capt Vince Kirstein, Capt Richard Larsen, Capt James Anderson, Capt Al Dwyer, Capt Andy Dillon, Capt Tim Day, Capt Alex Nitu, Capt Matt Johns, Capt Jack Nguyen** and **Lt Cam Meikle**.



Broomball against the Sarcee Room.

The Mariner Room also saw a handover of PMC duties from **Maj Chris Adams**, to **Maj Derek Chenette**, as a welcome back present to the Regiment. A new Mess Secretary complimented the gift, as **Lt Warren Kerek** took over duties from **Lt Nathan Hevenor** who had enjoyed a brief but busy handover from **Lt Dave Williams** earlier this year.

While those changes are certainly important to the Mariner Room operation, they dimmed in comparison to the "dark ages" of change to morning coffee. Late spring saw muffins replace the steadfast "Cookie Tuesdays" and "Donut Fridays," a shock to the Mariner Room membership. There was a light at the end of the tunnel, as rejoicing commenced in late summer when the return of cookies and donuts were announced.

And so the year closes with many fond memories and possibly some embarrassing ones lurking in our subconscious. As it has been said before, the Regiment is in a period of increased operational tempo. This year remains no different, but the membership is as vibrant as ever, carrying the fine tradition of Strathcona heritage into the future.



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The Sarcee Room

By Warrant Officer A.S. Mayfield

The New Year has seen a lot of activity in the Sarcee Room. Since April, we have had the pleasure of adding new members to the mess with no one escaping the PMC, **WO Tony Mayfield's** grasp. Within seconds of being promoted the new members' mess dues were updated by the clerks and attendance at the now "recommended" functions assured. Newly promoted to the Mess are **Sgt T 'Junior' Oake**, **Sgt M 'That Guy' Koestlmaier**. Not much later, the Sarcee Room had the opportunity to mingle with the Mariner Room during the Rededication of the Mariner Room which, was attended by **BGen Craig Hilton**, the Senior Serving Strathcona, and **Col John Roderick**, Colonel of the Regiment. During this event the combined heads of the Senior NCOs and Officers of the Regiment endeavored to find a new Regimental beer and wine. After a moving rededication of the Mariner Room, the Senior NCO's and Officers embarked on a wine and beer tasting enjoying not only the beverages but some good stories and fellowship as well. The labels of the chosen beer and wine will sport the Regimental crest available to be shared amongst all ranks.

June had us saying good-bye at the Koutuki-Ouzeri Greek restaurant to mess members who were either posted or retiring. All who attended this event enjoyed themselves especially **Sgt Laki "Plate Smasher" Christopoulous**. Some people were quite surprised to be in the beaten zone when the porcelain began flying. Belly-dancing later ensued with the assurance that no pictures or mention of names would ever be made. Speeches made by SSM's and the RSM, **CWO 'Hips' Ramsay** were well received and although the Stanley Cup playoffs were on, good times were had by all. Note to PMC: Check the hockey schedule and don't schedule functions during game nights during the playoffs.

Apologies to **WO 'Red Wings' Hughes**. Mental note to all who attend mess functions: Don't bring your hockey jersey, it's BAD LUCK! Summer parades and new members becoming qualified also saw more people added to the mess only to be posted as a caveat to their promotions.



The RSM seals the deal!

The next set of Regimental activities saw the Sarcee Room taking on the Mariner Room for Christmas sports. This highly anticipated event saw the members of the Sarcee room handily defeating the "Stacked" Mariner Room team in hockey. Broomball was a close match seeing the Senior NCOs' taking the win in overtime after pulling **RSM "The Goalie" Ramsay** with one minute remaining in regulation time. The afternoon sports were not so fruitful, with the Mariner room being allowed to win soccer just to save face only to be defeated by the Sarcee room in volleyball.



SSM Recce after realizing just how "special" Sergeant Dan 'Joe Dirt' Michaud really was.

The Regimental Christmas parade saw two members of the mess being promoted and one new member promoted into the mess. Promoted were **WO Trent Hiscock**, **WO Brad Smith** and **Sgt Chris Hornby**. After the parade and the Soldier's Dinner the Sarcee room was hosted by the Mariner room for the "At Home" at the Garrison Officers Mess. Events that were scheduled for this included Wii Bowling and tennis, Euchre and to draw the evening to a close there was a "Big Glove" boxing event. A good time was enjoyed by both Messes and Christmas cheer shared by all.



The Green Point Lounge “What once was few now is many”

By Master Corporal C.W. McDougall

What once was few now is many. As we look forward to a new year, the last was a whirlwind. With promotions, courses, and competitions, the Green Point Lounge (GPL) is running on all cylinders.

Since the beginning of 2009, the MCpl ratio has grown quite considerably from previous years, a welcoming sign of things to come. As PMC, I'm happy to say that the back log of administration has been addressed. With canes and coffee cups distributed, the GPL now has more room on the shelf, and the members seem to be quite happy with all the new arrivals. Mess dues, although voluntary, seem to be taking care of themselves. I'd like to thank the Regt carpenters for all their hard work on producing the canes for us to give to paying members as they leave the Regt or get promoted.

The operational tempo has remained constant. Deployment of B Squadron, re-deployment of C Squadron, A Squadron preparing for the road to war, Recce Squadron preparing for OP PODIUM, and HQ Squadron supporting it all, the role of the MCpl rages strong. **MCpl Kevin Piatkowski**, with training from **MCpl Mark Fardy**, produced excellent results during EX MOUNTAIN MAN. **MCpl Noel Reid** and **MCpl Edward Morley** are the newest tank commanders in A Squadron and from SMT, **MCpl Jason Doucette**, **MCpl Peter Fedshyn**, and **MCpl Bryson Murphy** successfully completed the ARCC. This just demonstrates the Regiments diversity of MCpls.

Although our numbers were great, our sports aptitude was something to be desired. The Track Pad helped us out with a few of their hockey players and the GPL still got spanked. With a year to prepare, hopefully broomball won't be our only saving grace next year.

As the 2010 year rolls on, hopefully so will the promotions, courses and competitions keeping the GPL running on all cylinders and fully stocked up.

Perseverance.



A Pregnant MCpl Erin Bowden supporting the Regimental Canteen!



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The Track Pad “New Beginnings”

By Corporal L. Heffernan

Many changes occurred in 2009 making it a successful year for the Track Pad. The renovations are complete, the finishing touches being done, and a lot of hard work by many people went into completing the Track Pad. I would like to give thanks to all those who volunteered and a special thanks to **Cpl Brennan Dunbar** and the Carpentry Shop for all the help and countless hours they put forth to complete the job.

There has been more activity within the Track Pad since the completion as well due to 71 and 72 joining the Regiment for Op PODIUM. It is excellent to see the support for the Track Pad.

Over the past year a new constitution was written and is to be presented in the New Year to carry on with the positive changes for the Track Pad. Many new ideas are being addressed which will favour the Track Pad as a whole.



Cpl Brennan Dunbar running to the finish line.

In 2009 the Track Pad implemented an entertainment committee with **Tpr Jesse Blain** helping out extensively. This allowed us to have someone in charge of fund raising to generate extra funds for the Track Pad. We held two BBQs and a chilli cook which helped raise money for the Track Pad. Again thanks to all those involved and a big thanks to **Tpr Kate MacEachern** who made the chilli and rolls from scratch. Outstanding!!

It should also be mentioned that the Tprs and Cpls made an excellent contribution by representing the Strathcona's at this year's Ex MOUNTAIN MAN. The Strathcona's fared well however, it wasn't about the winning as much it was about training together as team and finishing the race. We played hard at the Regimental Sports day and were rewarded by beating the MCpls in all but one sport. Next year, it will be a clean sweep for the Track Pad!

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Reunion 2010 Committee Report

By Captain D. Biener

You will all be happy to know that all systems are a go as we drive full speed ahead to Reunion 2010. We are now only 6 months away and things are starting to come together nicely. We have close to two hundred people attending with hopefully lots more to come. I would encourage you to book your room and get your registration sent in as soon as possible. If you check out the Association web page at www.ldshrc.ca you will find a list of your friends and comrades who have already registered along with all the information and downloadable forms that you need to register. You will also find a link to the Regimental Society page www.Strathconas.ca

As most will know by now, The River Cree Resort with the Marriott Hotel is our Reunion location in Edmonton. The dates have not changed (still 24 to 27 June) but there has been an amendment to the Regimental piece of the Reunion. The Regimental Parade that was originally slated for Friday the 25th of June will now take place on Saturday the 26th. This parade will involve a Change of Appointment between the outgoing and incoming Colonel of the Regiment.

The Reunion Committee continues to work hard planning this event on your behalf. As a reminder the committee consists of **James Strayer**, **Keven Phinney**, **Bill Fitzpatrick**, **Tony Sowards**, and **Randy Page** on the Edmonton side, with Association President **Howie Owen**, and his team, **Slider Welch**, **Claire Lane** and **Ron Howard** from Calgary.

I would like to mention the fundraising piece of the Reunion. I am very happy to report that as of 15 January we have raised over five thousand dollars. This money will go towards expenses such as transport, entertainment and photographer but we are still short of our fifteen thousand dollar goal. We have two



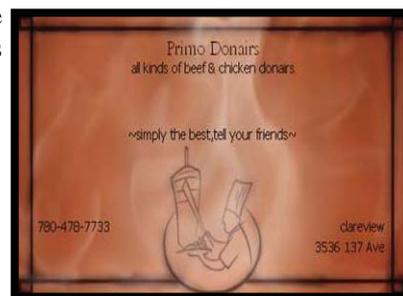
Reunion 2005

fundraising events left to conduct. One will be an online auction where donated items will be auctioned off to the highest bidder. If we can get the groundwork in place and get enough donated items, we will start the bidding on 01 March with a completion date of 31 March. So far we have about 6 or 7 very nice donations including paintings and service certificates that we can auction but we will need a few more. Watch the Association Web page for details. The last item we have is an association wall calendar that we hope to get in production shortly.

As I have stated before, Regimental Reunions only happen every 5 years, so I would encourage all Strathconas past and present to take advantage of this event and get your butt out to Edmonton in June of 2010. I can guarantee you a fun filled event with lots of camaraderie! Bring your helmet and hope to see you there!

Please feel free to contact me if you have any questions (780-973-4011 ext 6884). Updated information will be sent via Strathcona e-news and will be posted on the Edmonton Chapter web page www.ldshrc.ca as soon as it becomes available.

Perseverance!





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Col	Forestell	J.R.	Canadian Defence Attaché - UAE	Maj	Steeves	J.A.M.	International Peace Support Training Centre
Col	Hazleton	C.M.	CFB Kingston	Maj	Stuckart	J.A.	CFB Kingston
Col	Rundle	D.A.	NDHQ	Maj	Wright	S.R.	JTFN Yellowknife
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LCol	Connolly	M.A.	NDHQ	Capt	Angell	E.D.	CFB Wainwright
LCol	Demers	P.P.J.	JTF-A HQ 5-09	Capt	Bentley	M.D.R.L.	CFB Gagetown
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LCol	Senft	D.J.	CFB Esquimalt	Capt	Kirstein	V.G.	CFB Wainwright
LCol	Steward	R.T.	LFWA	Capt	Lacroix	T.A.	1 CMBG
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Maj	Barnett	M.A.	CFC Toronto	Capt	Leonard	P.E.	CFS St. Johns
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Maj	Dyck	G.A.	CFB Kingston	Capt	Nitu	A.	CFB Gagetown
Maj	Fifield	C.S.	CFB Kingston	Capt	Paronuzzi	A. C.	GGHG
Maj	Fournier	C.D.	NDHQ	Capt	Penney	C.S.	1 CMBG
Maj	Froess	M.D.	CFB Kingston	Capt	Reiten	K.A.	CFB Gagetown
Maj	Gooch	S.J.	3(UK) Div Bulford	Capt	Rickard	J.N.	CFB Kingston
Maj	Gosselin	T.P.	CFB Gagetown	Capt	Ross	D.A.	JTF-A HQ 5-09
Maj	Grodzinski	J.R.	CFB Kingston	Capt	Swainsbury	R.J.	1 PPCLI
Maj	Holmes	S.W.	NDHQ	Capt	Volstad	M.C.	1 CMBG
Maj	Hunter	J.R.	CFB Gagetown	Capt	Walters	D.R.	CFB Gagetown
Maj	Jared	E.G.	NDHQ	Capt	White	C.G.	38 CBG
Maj	Lubiniecki	M.	CFB Wainwright	Lt	Meikle	C.W.	CFB Gagetown
Maj	MacEachern	E.G.	CFB Gagetown	Lt	Pett	T.D.	1 PPCLI
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Maj	Nolan	C.O.	CFB Wainwright				



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MWO Catterall	J.B.	LFWA	Sgt Sobczuk	G.	SALH
MWO Izzard	M.A.	CFB Borden	Sgt Stringer	G.W.	CFB Wainwright
MWO Laughlin	W.A.	CFB Wainwright	Sgt Thompson	D.H.	CFB Wainwright
MWO Mulhern	A.B.K.	CFB Kingston	Sgt Webb	J.A.	CFB Gagetown
MWO Proctor	D.R.	1 CMBG	Sgt Woodrow	M.A.	CFB Gagetown
MWO Stacey	R.	NDHQ	MCpl Baker	G.I.	CFB Wainwright
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WO Falls	T.C.B.	1 CMBG	MCpl Bolger	J.G.	CFB Suffield
WO Halfkenny	T.G.	37 CBG	MCpl Bustard	J.T.	CFB Gagetown
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WO McGregor	J.I.	CFB Gagetown	MCpl Holmes	B.E.	CFB Wainwright
WO Pirie	P.G.	Sask D	MCpl Kentfield	C.A.	CFB Gagetown
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WO Warren	D.E.	CFB Gagetown	MCpl Parsons	S.M.	CFB Gagetown
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Sgt Allen	R.T.	CFB Gagetown	MCpl Smith	R.W.	CFB Wainwright
Sgt Beaumont	D.A.	CFB Wainwright	MCpl Sorel	J.M.R.B.	St-Jean
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Sgt Caufield	M.J.	CFB Gagetown	MCpl Stewart	C.M.	CANSOFCOM
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Sgt Christopoulos	L.B.	CFB Wainwright	Cpl Acorn	N.A.	CFB Gagetown
Sgt Clarke	G.R.	CFB Gagetown	Cpl Adby	R.	CFB Gagetown
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Sgt MacNeill	M.C.	CFB Wainwright	Cpl Hollingdrake	J.E.	1 CMBG
Sgt McGarity	M.D.	CFB Wainwright	Cpl Howell	E.W.	CFB Gagetown



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Cpl Kruhlak	P.E.	CFB Wainwright
Cpl Lavoie	N.R.	CFB Gagetown
Cpl L'Heureux	R.A.	CFB Suffield
Cpl MacDougall	I.M.	CFB Wainwright
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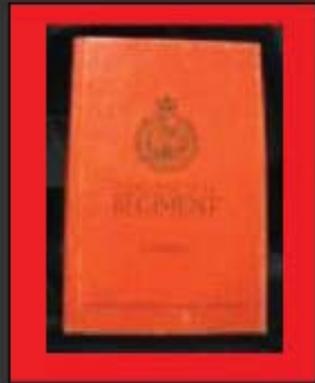
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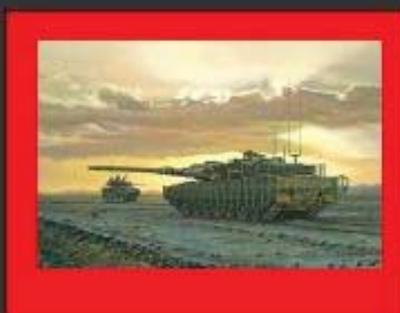
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