

# The Can Scot

The Canadian Scottish Regiment (Princess Mary's) Regimental Association  
PO Box 44180 RPO GORGE, Victoria, BC V9A 7K1  
August 2022

## 2422 RCACC Nanaimo Instruction being given to C/WO Knight from MCpl Daniel Niles



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Deadline for October 2022 Newsletter – Sunday, October 1

## Executive Roster 2022-2023

Ron Cullen	President	250-592-4123
Pat Bulmer	Vice President / Association Pipes and Drums	250-472-0875
Lee Tucker	Secretary Treasurer	250-308-4843
Don Tulloch	Past President	250-385-1787

### Directors:

CWO B. Fairall	Regimental Sergeant Major	
Jim Dumont	Editor "The Can Scot"	250-477-1346
Steven Hayward	Social Director	778-351-3376
Hank Lowe	Endowment Fund	250-592-2898
Charles Middleton	Membership	250-893-7954
Don Stedeford	Trustee Liaison	250-741-7758
Dave Stewart	Association Pipes and Drums	250-426-4419

## President's Report - Ron Cullen

Here we are into August and we are still talking about the virus. One has to wonder if and when it is going to end - one must also wonder if we will ever get finished taking vaccine shots.

Your Executive continues to carry out normal activities and work with the Regimental Family. I would like to ensure all members of the association that we do our best at looking after the soldiers that are deployed by sending them care packages. I would like to point out that we must get the names from the serving regiment with the soldier's particulars and the soldiers address of where they are deployed and in conjunction with the Women's Auxiliary, we get packages ready and approximately halfway through their deployment we send all of them a package.

The Regiment has at this time seven members that are or will be deployed. Three will be deployed from June 15 to December 15 of which two will be attached to 2nd Battalion Princess Patricia's Canadian Light Infantry and one to 1 Service Battalion. Two more will be deployed from January 15 to July 13, 2023 of which one will be attached to 2nd Battalion Princess Patricia's Canadian Light Infantry and one to Task Force Latvia Headquarters. We will be sending packages to them. We would like to let those members know that we will be thinking of them and wish them

a safe deployment. Two others will be deployed to operation UNIFIER(Ukraine) and they will also be receiving packages during their deployment.

On the Tuesday, June 6 we held a small service at our cenotaph in Pioneer Square to commemorate D-Day which was attended by members of the serving regiment, the association, the association Pipes and Drums and we were also honoured to have members of the Veterans Motorcycle Club Canada West Coast Chapter join us. The club is made up of current serving and retired military members. Special thanks to General Mike Heppell and Padre Andy Gates for a job well done.

The bursary committee has received four applications and I expect they will be making their decision shortly on which two persons will each be awarded a \$1,000.00 bursary.

We have attentively booked the Cloverdale Legion Branch No. 6 for our reunion in 2023 and will keep you informed. There will be a little more information in this newsletter and more information, hopefully with an itinerary and registration form in the October newsletter.

On behalf of the association, we would like to wish both Stephen Sawyer and Wade Calder, who are having medical sissies, a speedy recovery.

## **Command Team Message – 24 July 2022 - LCol David Proctor, CO; CWO Braid Fairall, RSM**

The world continues to be dominated by events in Ukraine, and The Regiment maintains focus on training and readiness for domestic and international operations. As we have always done, The Canadian Scottish Regiment (Princess Mary's) stands prepared to do whatever our Nation asks.

Our efforts in the Spring and Summer have focused primarily on individual and small unit tactics training and community relation events. This has seen a number of diverse exercises conducted or scheduled:

Exercise COUGAR GAUNTLET in May B 39 CBG's culminating training event  
Exercise SCOTTISH GAMES in May B Victoria Highland Games  
Exercise COUGAR SENTRY in June B Changing of the Guard at BC Government House  
Exercise SCOTTISH STADIUM in July B Okanagan Military Tattoo  
Exercise SCOTTISH RIVER in August B Campbell River Highland Games  
Exercise GRIZZLY DEFENDER in August B 41 CBG Urban Ops Exercise  
Exercise SCOTTISH COUNCIL in August.

Other major activities The Regiment is leading or supporting are the 39 CBG CITY training courses: BMQ course, Infantry DP1 Course in Nanaimo / Wainwright; Infantry DP1 course in Chilliwack / Chilcotin. As well as BMOQ A in Edmonton.

Leadership training continues to be an important aspect of training. This summer has seen 4 members either complete or be in the process of completing various levels of leadership training to become MCpls or Sgts.

Early Spring saw the Regiment participate in the 39 Brigade Training Event, Exercise COUGAR GUANTLET - a joint amphibious warfare exercise in the COMOX/NANAIMO area, with around 30 soldiers taking part. Approximately 320 soldiers from BC and Alberta took part, as well as 450 sailors from the RCN.



Photo credit -S1 Larissa De Guzman, 19 Wing Imaging.

18 May 2022 marked a significant event for the life of any unit B The Change of Appointment Parade for RSM Gary Newcombe and RSM Brad Fairall. The Pace Stick was handed over after four years of stellar support and first-rate leadership by RSM Newcombe - I thank him for his service and dedication.

May Long Weekend saw The Regiment support the Victoria Highland Games and the Victoria Military Music Society's Sunset Ceremony, showcasing the Pipes and Drums led by the Pipe Major Roger McGuire. The Regimental Pipes and Drums also participated in The Queen's Platinum Jubilee Beacons event on 2 Jun 22, performing 'DIU REGNARE' at Beacon Hill Park, in celebration of this unique moment in The Queen's reign, and in her life.

As usual, supporting Reserve Summer Training is our main effort during the summer months, and we are leading the DP1 Infantry Course, as well as support local, 39 Brigade, 3 Canadian Division and national level tasks B this will likely see almost half of The Regiment's personnel on service at one time or another during the Summer.

Commencing 4 June 2022, and running for three successive weekends, The Regiment led Exercise COUGAR SENTRY - a posting and changing of sentries at BC Government House in support of The Queen's Platinum Jubilee celebrations.



Photo Credit: Capt Cam Park



Photo Credit: Capt Cam Park



Photo Credit: Capt Cam Park



Photo Credit: Capt Cam Park

On the first day of Cougar Sentry, we had the honour of having the Lieutenant Governor of BC, the Honourable Janet Austin, conduct the inspection of The Guard. This occasion also saw the first official duties performed by Wallace VII, the Regimental Mascot, guided by Sgt Jesse Hunt as his handler. On completion of the

ceremony, we were hosted to a small reception hosted by her Honour, where she presented all members of The Guard and Pipes and Drums, the BC Lieutenant Governor's challenge coin.

With a return to public duties, this will be a very busy summer for the Regimental Pipes and Drums. They will be performing at the Okanagan Military Tattoo in Vernon 23-24 Jul 22, and the Campbell River Highland Gathering, 5-7 Aug 22. This summer also sees Pipes and Drums return to perform as part of the finale for the Victoria Symphony's Splash Around Town, 31 Jul 22 on the grounds of the BC Legislature.

August will see a contingent of soldiers participate in 41 CBG's Brigade Training Event, Ex GRIZZLY DEFENDER, operating in a complex urban environment at the Wainwright Urban Ops training area. Considering current events in Ukraine, this will provide our soldiers an opportunity to hone their skills in fighting and operating in a built-up area.

In addition to all these activities, The Regiment continues to support soldiers and leaders on deployment in support of international operations. Many of whom will serve in LATVIA on the front lines of NATO's deterrence force. I would like to remind all readers: this is why we train and why we exist as a Regiment. Our training focus must always be on warfighting. We have in the past, are currently, and will always, send soldiers and leaders into combat or potential combat zones in support of Canada.

## **16th Battalion (The Canadian Scottish) CEF King's Silk Union Flag** By Mike Heppell

On March 10th, 1919 at Antheit, Belgium, the 16th Battalion (The Canadian Scottish) CEF was presented a King's Silk Union Flag in recognition of the Battalion's commendable service while serving with the Canadian Expeditionary Force during World War One.

The Battalion was demobilized at Winnipeg on May 8th, 1919 and the Flag was held in safekeeping in Vancouver until the Battalion was officially disbanded in 1920, the same year The Canadian Scottish Regiment was established through the reorganization of the 88th Regiment (Victoria Fusiliers) and the 50th Regiment (Gordon Highlanders). With the establishment of The Canadian Scottish Regiment, it was announced that it would perpetuate the 16th Battalion and the King's Silk Union Flag was presented to the Scottish until 1933 when it was placed in Christ Church Cathedral, Victoria, where it has remained on public display for the past 89 years. With the passage of time the Flag's condition has become very fragile with visible signs of deterioration which will result in its eventual destruction.

In order to preserve this most valuable Regimental artifact the Regiment's Trustees Society recommended to the Commanding Officer, who endorsed the proposal, that the Cathedral be requested to approve transfer of the Flag to our Regimental Museum to be professionally mounted behind glass for display as a lasting tribute to the commendable service of the soldiers of the 16th Battalion in the cause of peace and freedom during the War. As a result, approval by the Cathedral's rector was granted and on June 14th, 2022 the Flag was removed from the Cathedral and is currently being installed in a custom built display case for eventual installation in the Museum which is expected to occur in the Fall.

## **Regimental Association Bursary Award - Patrick Bulmer, Committee Chair.**

Thank You to all the Bursary applicants. All were of merit. We had four applications and unfortunately, we award only two. The two that were picked by the Bursary committee are MCpl Carlow and Pte Morrow. Congratulations to both from the Regimental Association and Members.

Thank You to Graham Burton, Hank Lowe and Jim Dumont for their help in reviewing and updating the Bursary guidelines and selecting the two Bursary Award winners.

## **Regimental Museum – Randy Evans – Director**

A correction from our last article in The Can Scot B Jack Drysdale was not able to attend the Organization of Military Museums (OMMC) course in New Brunswick as the Government did not fund the event this year (for the first time) and the museum, even with our recently acquired DHH Museum Development funding, could not afford the travel and course costs. The \$1,200 course is usually paid for by the Crown, and we did not have enough in our education budget to pay the \$1,700 air fare. Next year Jack and I hope to attend the course which will be held in Kelowna (we can hitchhike...).

The Museum has hired a professional, experienced, Museum Consulting firm B D. Jensen & Associates, who have started putting together a Master Plan for the museum. The plan, being developed with our input by the same firm that assisted the Seaforth Highlanders in their very successful museum face lift. It will be ready to submit to the Directorate of History and Heritage at the end of November. We are hoping the cunning plan will garner the museum additional funding to see the plan to fruition.

In addition to our museum staff busily providing material for the museum Master Plan, we have also been working on the museum's website. John Azar has already put in a lot of time and work developing and improving our current site and is currently identifying three website developers/builders to request quotes on the project. The professional firms will help spruce up and put finishing touches on the burgeoning site.

We are currently purchasing materials and items for our ADiscovery Boxes@ which will include artifacts and information on the C Scot R to be disseminated to schools for our Student Education Outreach program. Jack Drysdale, our resident teacher, is busy organizing and building the content and materials to be enclosed.

The Bay Street Armoury will be open to the public, with restrictions, starting in August. The Museum will open for the month of August on Tuesdays, 10:00 AM B 12:30 PM, Wednesday, Thursday and Friday 10:00 AM B 2:00 PM. Masks are required and hand sanitizer will be available. We will return to our winter schedule in September B Tuesdays, 10:00 AM B 12:30 PM.

## **Women's Auxiliary - Rhonda Scott**

The Women's Auxiliary does not meet over the summer and have decided to start our training year off in September with a luncheon at the Trafalgar/Pro Patria Legion Branch No. 292, 411 Gorge Rd East on Sept 24th. This will be considered our first meeting of the year as well as our Annual General meeting and election of Officers. If any lady would like to put her name forward as an executive member, please contact Rhonda Scott at [fourscottys@telus.net](mailto:fourscottys@telus.net).

We are still collecting silent auction items. The dinner and silent auction has been planned for Saturday, March 25th. Once again, Covid and health regulations will be our guide, so everything is tentative.

Our next meeting of the Women's Auxiliary will be held in the BSA Wednesday, October 5th, and will be the first meeting for those who cannot attend our luncheon.

## **Association Pipes & Drums - David Stewart**

We are back practicing on our regular Thursday evenings again at the Bay Street Armoury, nice to be able to do so.

We had a disappointing turnout for the final Cadet parade before they stood down for the summer. Various members were unable to attend at the last minute. Our commitment to the Cadet program was reviewed and re committed to by the membership following this poor turnout.

We had a good turnout for the D Day Ceremony at the Regimental Cenotaph on June 6th and then went on to the Trafalgar/Pro Patria Legion for a drink and some social time together afterwards.

We have been continuing to work with one of the cadet piping students keen to continue with her instruction and she is making good progress. We are prepared to return to these lessons in the fall as cadets show an interest with both piping and drumming instruction as required.

We have taken a break for ourselves until August 18th when we will resume in door practices at the armoury. We are planning to have a band BBQ during August sometime, the date has not been set yet.

For the fall, we are anticipating participating in the Terry Fox Run in support of their fundraiser for cancer research. There is also a 50th reunion event of Jim Fishers class at Royal Roads on September 11th that we are participating in.

The DEU issue has been addressed and, the half hose for the pipers is still to be sorted out

That's it for now. Hope we get a summer and that we can all enjoy it.

## **Received from Frank Mahieu in Belgium**

Last week I again was at Normandy (my 5th trip there) and paid tribute at a number of special Canadian sites, e.g. Abbaye D'Ardenne and Audrieu where Canadian soldiers were brutally executed by the SS.

I also paid tribute to the Canadian Scottish, with a small ceremony, at the CS memorial at Putot en Bessin. A special tribute there I did for Pte. Ralph Brydon.

## **Local Support Committee - 2136 C Scot R - RCACC Victoria Emily Ratcliffe**

The 2136 RCACC Local Support Committee has one member. My name is Emily Ratcliffe. I have three interested parents, that helped me through the Highland Games raffle and draw. My mission is to bring more parents on as members, to help fill the open executive positions. I have a family history with the Regimental Cadets and also a few ex serving family members. Two of my children are associated with the 2136, and my youngest has to wait another year before she can join. If anyone in your family is interested in joining and helping this worthwhile cause, please contact Captain Devlin in the Cadet Office.



# **Cadet Write-Ups about Activities**

## **Lance Corporal Grace Martindale - 2136 Victoria.**

I joined 2136 RCACC in Victoria in October 2021. I joined because my older sister had joined in 2019, and I was following a family tradition of becoming a Canadian Scottish Regiment cadet. I thought it would be fun and I could meet new friends. I like the people, and all the activities, like going to Wild Play, and sports night. We also have party nights and FTX's. I am learning lots of stuff, like using a map and compass. Because it is my first year, I went to Summer Training Camp for one week at Ashton Armoury and I had lots of fun with my cadet friends and the new cadets I met during camp. We were taken on a tour of the Museum at Ashton Armoury, it was really interesting. Afterwards, we went swimming, then on other days we went hiking and went to the National historic site, Fort Rodd Hill.

Note: Lance Corporal Grace Martindale was awarded the Most Improved Cadet Award at the Annual Ceremonial Review in June. Congratulations.

## **Why I joined Marksmanship - Private Graeme Sanders -2422 Nanaimo**

I got my first gun when I was 10 years old. It was a BB rifle. My Dad taught me about gun safety. I learned about field of fire and to always treat a gun as if it was loaded. I enjoyed shooting pop cans for targets. I got a feeling of accomplishment every time I hit a can.

When I joined Cadets, I wanted to go into marksmanship to challenge myself. It's been harder than I thought it would be. Hitting a small circle at 10 metres is harder than hitting a pop can. I just found out I need glasses so I do expect to see a quick improvement.

## **My Cadet Experience - Corporal John Fraser -2422 Nanaimo**

My experience with Cadets has been positive, I have met a lot of good people. The Officers supervising and instructing us are open to questions pertaining to cadets and military topics. They allow us to learn about cadet and military history including stories from their own experiences. While the Captains and Sergeants try to keep everything professional and regulated, the young age of some cadets makes it difficult to maintain order sometimes. One thing I would like to change is more opportunities for the older cadets who joined later.

## **Regimental History - Warrant Officer Hayden Sterczyk -2422 Nanaimo**

Regimental history evening, this one and the one that I can recall participating in when I was in my first year of Cadets, is likely one of the most informative and pride-invoking engagements in the Cadet calendar. In it, cadets are exposed to the artifacts, exhibits and people that make The Canadian Scottish Regiment the unit that it is.

On our most recent regimental history evening, we were very privileged to have been paid a visit by Mr. Marc Marchand and Sergeant Gord Thomson (Ret'd.), both of the Canadian Scottish Regimental Association Nanaimo Branch. Mr. Marchand and Sergeant Thomson gave us a most interesting tour of some of the artifacts located around the armoury and added some very stimulating commentary and insight at each stop.



When Mr. Marchand and Sergeant Thomson were through with the tour, they were most kind to present the whole Corps with hoodies emblazoned with the cap badge of The Canadian Scottish Regiment. During the presentation, Sergeant Thomson reminded us that (and here I paraphrase) AY whenever you wear this hoody in public, you represent the Corps.@

I find it very endearing that the organization of retired Can Scot officers in Victoria finds the time to prepare and present the hoodies to us. As an extension of the Regiment, it is a great honour to wear them in public as a display of the loyalty that the past and present glories of the Regiment inspire in us. It is greatly appreciated.

Note: WO Sterczyk was awarded the Lord Strathcona Medal which is the highest award which can be bestowed upon a Canadian cadet in recognition of exemplary performance in physical and military. Congratulations.

## **My Cadet Marksmanship Experience - Master Corporal Owen Kwiatkowski -2422 Nanaimo**

I started marksmanship during the summer of 2021 at CAP. I enjoy marksmanship because it helps me focus and calm myself which had been hard for me to do before. The best part about it is that the more I shoot the better I get and its just fun in general. The coolest thing about my shooting is that I am one of the top 10 shooters on the island and I have earned my expert marksmanship badge. I also worked really hard to be accepted to train in Vernon this summer which I am super excited for.

## **Tanks - Cadet Chantel Barnes -2422 Nanaimo**

Dear Mr. Marchand and Mr. Thomson

Thank you for the informational and enjoying evening, as well as the comfortable hoodies. This has made my cadet experience a positive one as it was my first day attending the Corps. In my opinion, the information about the tanks was my favourite part and is now helpful to me as I am working on a project about tanks in school. I enjoyed seeing the old designs of tanks compared to the more current designs I've seen. I do wish to learn more about tanks, but more specifically the evolution of them

Thank-you again for taking your time to share all this knowledge with us.

## **What I Like/Dislike about Cadets - Corporal Caleb Watt -2422 Nanaimo**

What I like about cadets - I like marksmanship, playing capture the flag and snack time. I also like the tanks at the front of the building.

What I dislike about Cadets - I dislike that I am the shortest and youngest. I don't like drill, it kills my legs and my mental health.

## **Regimental History - Corporal Syrein Blair - 2422 Nanaimo**

The regimental history evening was a very informative and quite interesting evening that had many different components. Coming into Cadets, I didn't know much of anything related, but during that time with Marc Marchand, President, CSRA, Nanaimo Branch and Gord Thomson, Secretary CSRA, Nanaimo Branch, I learned all about the Regiment's history, the importance of the pictures that line the walls of the Armoury and the forms of transportation stationed outside. The evening was one of the most enjoyable I have experienced and I would just like to thank them both for coming to teach us and to present the hoodies.

## **What I Like/Dislike about Cadets - Corporal Damion Catherine -2422 Nanaimo**

Why do I like Cadets? - I like Cadets because we sometimes do really fun stuff.

What do I don't like about Cadets? - I don't like standing still for a long time.

What I want to change in Cadets? - I want more snacks(fresh).

What is my favourite memory? - I liked it when we did rock climbing and the park that we played capture the flag.

## **The Canadian Scottish Remembers - Derek Egan**

The Endowment Fund is looking for individuals to sponsor deceased former members of the CSR for entry into the Book of Memory. Sponsors will receive a certificate with the sponsored soldier=s particulars of service, including place of birth, date and place of enlistment, time, and location of death, and where memorialized if they died on active service. A donation (minimum \$25.00, suggested donation \$50.00) will secure sponsorship. Sponsors may wish to make their donation perpetual on an annual basis, for example on the anniversary of the soldier=s death or Remembrance Day, or through a monthly allocation (This can be accommodated through Canadahelps.org). We are currently focussing our remembrance effort on 16th Bn soldiers KIA soldiers in the first war. We are seeking sponsors for the following soldiers:

77824 Pte. Everest, Cyril Fielding 16th Bn KIA France 09-10-16

29062 Pte. Edwards, Henry 16th Bn KIA France 22-04-15

1000364 Pte. Eccles, John 16th Bn KIA France 14-08-18

427468 Pte. East, Benjamin Hicks 16th Bn KIA France 28-04-17

151632 Pte. Eardley, Albert Edward 16th Bn KIA France 8/9-10-16

420042 A/L/Cpl. Dwinnell, Wilfred 16th Bn KIA France 4/7-09-16

718294 Pte. Dupas, Joseph 16th Bn KIA France 15-04-17

718675 Pte. Duncan, Firth 16th Bn KIA France 09-04-17

186552 Pte. Dunham, Walter Bruce 16th Bn KIA France 25/28-09-16

72585 Pte. Dunning, Warren Edward 16th Bn KIA France 20-05-15

Please return your completed nomination form identifying the soldier you wish to remember with your donation by mailing to: Treasurer, CSR Endowment Fund, 4746 Beaver Rd, Victoria, BC, V9E 2J7.

Help us remember those who served with the Regiment in peace and war and to support the Regiment into the future.

Please contact us at [cscotrendowment@gmail.com](mailto:cscotrendowment@gmail.com) to learn other ways you can support the

## **Cadet Old Guard – Rhonda Scott**

The Annual General Meeting and election of officers took place on Tuesday, July 12th. Bruce Allan is now President, Paul Smith is Vice President, Don Tulloch is Secretary, George Copley is Consigliere and Ron Cullen, Rae McDonald, Rhonda Scott and Janet Dube are directors. At the present time, the Old Guard is supporting Captain Victoria Stuart with her efforts to host a three corps training exercise during May 2023. The three cadet units will attend the Museum, partake in a Mess Dinner, attend the Pioneer Square and Afghanistan Memorial and the Highland Games amongst other items of interest.

It's been a slow training year, but each cadet has had the opportunity to attend local summer training camps.

## **Business Co-Ordination - Charles Middleton - Membership**

This is an open invitation to all members of the Canadian Scottish Regimental Association. I would like to be able to provide members with a networking environment that would allow members who want to declare the type of business they are in or that they were in. This would allow other members to send enquires to the Membership coordinator and I would pass along the information. At some point if we have enough participation, we can even announce some of the business within *The Can Scot* to assist and support members. This can also be used to mentor members if they are thinking of going into a certain line of work and need advice. What I require from members is an email to [Charles.middleton@shaw.ca](mailto:Charles.middleton@shaw.ca) that you would like to participate in this and if you are currently working or retired and the type of work or business that you do or did.

This information will only be shared within the Regimental Association.

Thanks for your support.

## **Association Reunion June 2-4, 2023 - Jim Dumont**

As the President announced in his report that we have tentatively booked the Cloverdale Legion Branch No. 6 for our 2023 Reunion. We held our 53rd Annual Reunion there in 2015 which was very successful and were well looked after by the Legion Staff.

The tentative plan right now is to follow the regular format which includes registration and a Meet and Greet on Friday. Saturday will be free time during the day, a possible short information meeting Saturday morning, and the Dinner Saturday night. We will hold our Cenotaph Ceremony at the Cenotaph on Sunday at 11:00 AM followed by lunch at Legion and farewells for another year.

At the Dinner we will be taking nominations for hosting the 2024 Reunion and want to remind all persons that they will be the hosts and just about all of the work will be looked after by the Association Executive. It was planned that Stan Baird would be the host when the 2020 Reunion was scheduled for Cloverdale and unfortunately he has passed on since that time. We ask anyone who is interested in hosting the 2024 reunion to please let us know so that we can get on with some preplanning as 12 months, in these days, is short notice to plan this type of event, especially booking a location.

## **Lunch Dates - Jim Dumont**

The first lunch this fall will be Saturday, September 17. This year the Red Poppy Restaurant is open 11:00 to 5:00 PM on Saturday's so they are not having a special opening for us. This will be the 22nd year (although the last two years were minimal because of Covid) that we have been gathering for lunch and everyone that attends enjoys getting together with other members of our large Regimental Family. It is also great when we have some members that travel from up island, the mainland and even sometimes from eastern Canada to join us.

Charles will notify the people with email, which he will do about a week before every luncheon and will include the latest regulations in place at the time. If you don't have email and would like to be reminded by phone, please let me know and someone will call about a week ahead to remind you. If you have email and Charles does not have your address, this would be a good time to send him your address and be on his list for all important announcements.

The lunches are held in the Lounge of the Trafalgar/Pro Patria Legion at 411 Gorge Road East. You have to enter the building through the parking lot on Dunedin Street. It is also a great time for those who do not like to drive at night to get out for a couple of social hours. All we ask is that you try to notify Charles or myself a few days in advance so that we can reserve the appropriate number of tables.

We had a good attendance in previous years but would like the numbers to increase this year. It would be nice to see 50-60 persons or more in attendance. With our large family, that should be easy to achieve. These lunches are a great time for you to meet members of the Regimental Family. Last year we averaged over 20. All components of the Regimental Family, plus friends and relatives are welcome to attend. The Legion is now licenced to allow children into the premises while the restaurant is open, so you can now bring your children, grandchildren and others.

One important change at this time is that the Legion is now open at 11:00 AM so we will start ordering lunch about 11:30 AM and after. The company is great, the food is great, the refreshments are great and the prices are great.

All the luncheons are held on Saturday and the dates for the 2022-2023 period are as follows: September 17, October 15, November 5, December 3, January 7, February 4, March 11 and April 1. Once again, we are hoping to have the Association Band provide a short program at the December and April Lunches.

## **Our Cover - Captain Victoria Stuart - Deputy Commanding Officer 2422 Nanaimo**

The cadet in the foreground is C/WO Larkyn Knight, the cadet standing in the background is MCpl Andras Sipos, the cadet laying behind WO Knight is MCpl Siren Blair.

The Can Scot member is MCpl Daniel Niles (teaching WO Knight). MCpl Niles and MCpl Carl Ortloff (not seen in the photo, but in the background) have been helping me daily with instruction and CAF familiarization throughout the summer with the Cadet Activity Program running in Nanaimo. With permission from their Chain of Command they, along with other members, will continue to work with me once they have returned from Wainwright.