



THE DUKE



THE REGIMENT WELCOMES THE 3300 BCR RCACC INTO THE FAMILY

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LCol Harjit Sajjan presenting the BCR Camp Flag to Major Jim Blomme
(Photo courtesy of Phil Edge)

On Thursday 14 March 2013 the 3300 BCR RCACC was officially launched with a banquet and Flag Ceremony at the Bombay Banquet Hall in Surrey. Over 700 supporters were in attendance to witness this historic event. Dr. Pargat Singh Bhurji, Chairperson of the Parents Sponsoring Committee, presented the 3300 Army Cadet Flag to the CO, Major Jim Blomme, with LCol Harjit Sajjan presenting the BCR Camp Flag to our new Cadet Corps. The presiding officer for the evening was Mr. Jasbir Sandu Member of Parliament for Surrey North. Mr. Sandu inspected the 52 new 3300 BCR Cadets that were on their first official parade. All levels of government were represented at this gala event including Senator Yonah Martin. The Formation Certificate signing ceremony included LCol Sajjan, CO BCR, Philip Sherwin,

President, Army Cadet League BC Branch, Commander Bates, CO, Regional Cadet Support Unit (Pacific) Dr. Bhurji, and Major Jim Blomme. The military band from the 2381 BCR Irish Fusiliers RCACC provided the music for the evening. The drill team, also from the 2381, put on an impressive display of precision drill for the guests and supporters. This was an outstanding event and one that will be remembered in the community for many years.

LCol Harjit Sajjan signs the Formation Certificate with the executive of the Sponsoring Committee of 3300 BCR



As the BCR Cadet Governor, I wish to thank the Friends of the Sikh Society, the Parent Sponsoring Committee and Mrs. Cathy Bach along with other members of her mentoring committee. Together, they have done an outstanding job of helping make this Corps a reality. I also wish to thank the 2822 RWestR RCACC, and the 1867 Seaforth RCACC . The COs of these Corps are providing Senior NCOs to assist with the supervision and drill instruction.

The 2290 BCR (101 DCOR) RCACC is having another successful training year. The Corps is currently parading 55 to 60 Cadets on an average parade night. Capt Yauck has been very successful in attracting some very capable CIC officers to assist her in the delivery of the Army Cadet programme. She also has three NCO training advisors attached to her Corps. Sgt Lozon and MCpl Quong from our Regiment and Mr. Stan Clark a former PPCLI MCpl. Ms. Raven McCallam a former 2290 RSM and winner of the President's award as the top Army Cadet in BC is in the enrolment process to become a CIC officer. The 2290 has a strong Parent Sponsoring Committee under the leadership of Lisa Wroblewski. The 2290 along with 2381 BCR Irish Fusiliers, participated in The Chinese New Year Parade on 17 February. A total of 75 BCR Cadets proudly marched in this very colourful parade through Chinatown. The 2290 will be parading at the Cenotaph on 7 April to commemorate the battle for Vimy during WW1. There will be approximately 300 Army Cadets from the Lower Mainland on parade to commemorate and remember this momentous time in Canadian Military history. Capt Yauck reported that C/MWO Kriston Chung achieved a very high standard in his pre Para course at Vernon over spring break and will be going to CFB Trenton this summer for Para training. This will be the same course that regular and reserve soldiers take to qualify for their jump wings. There are only 2 positions available for BC Army Cadets on the jump course. Congratulations Kriston.

2381 BCR (Irish Fusiliers) RCACC: This Corps continues to be one of the strongest Corps in the Province. They enter teams in most of the regional competitions that are offered throughout the year. They include band, first aid, drill, marksmanship and physical training. Major Law has 6 CIC Officers and 3 Civilian Volunteers delivering the program to 144 cadets. This Corps is very fortunate to have a large number of Senior NCO's including 1 CWO, 3 MWO's 7 WO's and 9 Sgts. The Corps participated along with the 2290 in the Chinese New Year parade on 17 February. A total of 75 BCR Cadets participated. The Sponsoring Committee under the leadership of Mr. Pius Chan is a great supporter of the 2381.

2827 BCR (Port Moody) RCACC: This Corps under the leadership of Capt Banman continues to perform to a very high standard. They currently have 45 Cadets with an average attendance of 40. Their retention rate is good as retention is an issue for most Cadet Units in BC. EX Snow Fox was conducted in Garibaldi Park 24/27 January. Cadets learned how to set up arctic tents and build snow caves. They conducted avalanche trg, and a snow shoeing EX. 37 Cadets attended the field training Ex and enjoyed their winter survival experience. The marksmanship team is practicing two times per week in preparation for the Zone competition. The 2827 has 4 CIC officers and 1 Civilian Volunteer currently on strength. They have a very active parent Sponsoring Committee that assists the CO in fund raising and recruiting activities.

2781 BCR (Powell River) RCACC: The staffing situation at our Powell River Corps is looking better than it did a few months ago. We appreciate the fact that Lt (N) Walker "stepped up to the plate" when it looked

like the Corps may have to stand down due to lack of a CIC officer to command. He has OCdt Joanne McCrea, 2 CI's and 6 civilian volunteers helping him deliver the program to 21 cadets. They had a busy Christmas season volunteering in the community with the Salvation Army, RCL and conducted a Cadets and families Christmas party. They participated in a field training exercise (FTX) at Haywire Bay in January and will conduct a winter FTX in early March. The Parent Sponsoring Committee is functioning at a very high level and assists the CO in managing Corps finances, fund raising activities and recruiting drives.

Major (Ret'd) Roger W Prouse CD
BCR Cadet Governor
"UP THE DUKES"

CO'S PARADE – 6 March 2013

The CO's Parade held on 6 March 2013 was quite noteworthy. Over eighty-five serving members were on parade and the Regiment looked great! Members of the Regimental Association were also in attendance.

The highlight of the evening was the presentation of the 2012 Bursaries sponsored by the Regimental Association and its Charitable Trust. President Bill Diamond and long-time member and supporter Ken Whitney presented the certificates and cheques of \$1,095.00 each to the following bursary recipients:

Trooper Nathan Palmer, The Lt. William H. Bicknell Memorial;
Trooper Jackie Mok, The Pte. Michael James O'Rourke, VC Memorial;
Trooper Zheng Yang Su, The Sgt. Major Hanna VC Memorial;
Master Corporal Bryan Copp, The Sgt. Pierangelo Dal Magro, CD Memorial; and
Master Corporal Jessica Schultz, The HMajor Raymond E. Glover Memorial

The bursary recipients were duly acknowledged and congratulated with a big round of applause by all those in attendance.



L to R: LCol Sajjan, Hon Col Hawthorne, Ken Whitney, Tpr Su, Tpr Palmer, Tpr Mok, MCpl Schultz, MCpl Copp, Bill Diamond and RSM Taylor

The Commanding Officer, LCol Harjit S. Sajjan, congratulated newly appointed President of the Regimental Association, Bill Diamond, and welcomed Honorary Colonel Ted Hawthorne to the CO's Parade.

Both President Bill Diamond and the Honorary Colonel were given the privilege of saying the “Last Words” to the Regiment. President Diamond congratulated the recipients and provided the serving members with an outline of the support given by the Regimental Association. The Honorary Colonel thanked the CO for the opportunity and complimented the members of the Regiment for their excellent turnout and their good work. In addition, he commended the Regimental Association for their tremendous support of the Regiment and, in particular, the tremendously successful Bursary Program. Also of further note was the first presentation of The Honorary Major Raymond E. Glover Memorial Bursary in memory of our great friend, colleague and Past President, the late Raymond Glover. It was truly a memorable evening!

Up the Dukes!

LFWA AREA COUNCIL SOCIAL – 8 March 2013



L to R: CWO Wishnicki, Col MacKenzie and CWO Arden



L to R: CWO Wishnicki, Col MacKenzie and CWO Arden

The Area Commander, Brigadier-General J.C.G. Juneau, OMM, MSM, CD, hosted the Area Council Social in the Officers’ Mess and Warrant Officers’ and Sergeants’ Mess of The British Columbia Regiment (DCO) on Friday, 8 March 2013. The Social was very well attended by Brigade Commanders and Senior Staff attendees of the Area Council as well as members of the business community. The Social was an excellent opportunity to connect with all guests and to establish and maintain relationships with the business community. BGen Juneau greeted his guests and gave a brief update including budget comments. The guests were then treated to a Change of Brigade Sergeant Major Ceremony commanded by 39 CBG Commander, Colonel Rob Roy MacKenzie, CD. The Appointment Certificates were duly executed by the parties and the symbolic pace stick was passed from outgoing BSM CWO R.G. Wishnicki, CD to incoming BSM CWO Mark Arden, MMM, CD. The Commander then proceeded to promote CWO Wishnicki to the rank of Captain. Both the Commander and BSM Arden assisted Captain Wishnicki in putting on his new tunic over CWO Arden’s comment that he continues to assist officers in matters of dress. Further presentations were made acknowledging the service of Captain Wishnicki to 39 CBG.

The Social was a great success and was enjoyed by all.

Congratulations to our very own 39 Brigade Sergeant Major CWO Mark Arden, MMM, CD on his appointment!!

PRESENTATION OF MERITORIOUS SERVICE MEDAL (Military Division) to LCol H.S. Sajjan, OMM, MSM, CD



His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presented 34 Meritorious Service Decorations (Military Division) to members of the Canadian and Allied Forces at Rideau Hall on 22 March 2013.

Our Commanding Officer, LCol Harjit S. Sajjan, was presented with his MSM at the presentation ceremony with his wife, Kuljit, daughter Jeevut, son Arjun, and his mother, Vidya Sajjan, taking in the very proud moment.



Congratulations Colonel. We look forward to your OMM Presentation Ceremony.

BC REGIMENT (DCO) IRISH PIPES AND DRUMS

Submitted by: Pat Connell

The Pipe Band completed a very busy three months capped off by a highly successful Whiskey Tasting event on March 1st hosted by the Officers' Mess. The event enjoyed a sold out crowd of 125 guests plus the Pipe Band. Under the direction of Pipe Major Pattison and Pipe Sgt. Giles, the band performed a new set of tunes with a vocal rendition of "The Star of the County Down". Six whiskies were sampled – all Irish.

The band's First Pipe Major, H/Capt. Gordon Barrett entertained everyone with his version of, "Barrosa Speech", to commemorate the Battle of Barrosa, 5 March 1811 when the Royal Irish Fusiliers captured for the first time, the Napoleon Eagle Standard.

Thank you presentations were made by H/CWO Jordan Sequin to members of the SFU Pipe Band and Dowco Triumph Street Pipe Band in appreciation of their support of our band over the past few years.

The busy March calendar included St. Patrick's Day coupled with the annual "Celticfest 2013". On Sunday, March 17th the band led the St. Patrick's Day Parade in Vancouver. During "Celticfest" the band played 12 venues in 4 days including the BC Regiment Association's St. Patrick's Day party in the Sgts' Mess.



Irish Pipes and Drums Band – St. Patrick's Day parade



Drummer Liam Diamond and Piper Thomas Budd with their Aggregate 4 and 3 Plaques

Solo band pipers performed at the Officers' Dining Out event on February 15th and Paardeberg Dinner on February 23rd. A mini band ensemble performed on St. Patrick's Day for Veteran residents at George Derby Centre in Burnaby.

At the B.C. Pipers' Annual Dinner on March 9th, Piper Thomas Budd was awarded the Grade 3 Aggregate Piping Plaque and Drummer Liam Diamond was awarded the Grade 4 Aggregate Drumming Plaque. Liam went on to win the Grade 3 Aggregate Drumming award at the B.C. Pipers' Annual Gathering at SFU during the weekend of March 30th. Terrance Cadiente, our Tenor Drummer, who joined in September 2008 and was trained by us from scratch, has been accepted to perform in the Grade 1 Competition Band Dowco-Triumph Street.

THE 41st ANNUAL CAVALRY LUNCHEON – 5 April 2013



L to R: LCol(R) Morin, LCol(R) Mathieson, MGen Bowes, Hon Col Hawthorne, LCol(R) Dorfman and Hon Col Taylor

The annual Cavalry Luncheon was held at The Albany Club, 91 King Street East, just down the block from The King Edward Hotel, in Toronto on Friday, 5 April 2013. As the heritage site of the Royal Canadian Military Institute ("RCMI") at 426 University Avenue is in the course of redevelopment, the historic Albany Club was chosen for this year's event. The excellent luncheon was preceded by a most enjoyable reception where attendees mingled and indulged in typical camaraderie.

Head table guests included the key note speaker, MGen Steve Bowes, the Master of Ceremonies, LCol (R) Jeff Dorfman of The Governor General's Horse Guards, the Honorary Colonel of The Toronto Scottish Regiment, Colonel (R) Gil Taylor, LCol (R) Leo Morin of The Ontario Regiment, LCol (R) Irv Mathieson, former CO of the Regiment and The Queen's York Rangers (1st American Regiment) and the Honorary Colonel of the Regiment, Ted Hawthorne. This event was a great opportunity to update fellow members of The Royal Canadian Armoured Corps Association (Cavalry) regarding the current status of the Regiment.

The guest speaker, MGen Steve Bowes, the senior armoured officer in Canada, addressed the members and provided a current update regarding budgetary issues and the many challenges facing the CF. The presentation was very well received by members and excellent questions were forthcoming and appropriately addressed by General Bowes.

During the customary Roll Call of the regiments, LCol (R) Irv Mathieson, Capt (R) Larry Page and Honorary Colonel Ted Hawthorne stood for the BCRs.

We certainly look forward to next year's Annual Cavalry Lunch to be held in the new premises of RCMI on 4 April 2014!

96TH ANNIVERSARY BATTLE OF VIMY RIDGE

The British Columbia Regiment (Duke Connaught's Own) honoured the 96th Anniversary of the First World War Battle of Vimy Ridge (April 9, 1917 - April 12, 1917) during the April 7th, 2013 Victory Square ceremony in Vancouver. The Regimental Association was represented by Jerry Couling, Treasurer and Bob Fearnley, Board Member.

The battle marked the first time that all four Canadian divisions, made up of troops drawn from all parts of the country, fought as a cohesive formation. This unity and cohesion in battle came to symbolize Canada's coming of age as a nation - and the development of national identity.

150,000 French and British soldiers had already died trying to take back the ridge, viewed by allied commanders to be impregnable. By the fourth day, April 12, Canadians controlled the entire ridge at a cost of almost 3,600 lives, and thousands more wounded. Remember with us.

Excellent turn out by over 250 cadets on parade, including the Flag Party, Vigil Guards and wreath layers! Well done cadets!



Vimy Day Commemoration
Vancouver, Sunday April 7 2013

Victory at Vimy Ridge:
A Turning Point in Canada's History

THE ORDER OF MILITARY MERIT



LCol Sajjan, Keith Maxwell and CWO Mark Arden

Lieutenant-Colonel Harjit Sajjan was appointed an Officer in the Order of Military Merit in December 2012 and will be inducted into the order and receive his insignia from the Governor-General later this year. This is the fourth appointment to the Order from serving members of The British Columbia Regiment (DCO) since its inception in 1972. Three members of the Regiment have been inducted as Members of the Order of Military Merit – Captain Don Neish in 2005, CWO Mark Arden in 2010 and Warrant Officer Ron Leblanc in 2010. The British Columbia Regiment (DCO) has an unusual concentration of appointments to the Order of Military Merit, reflecting the quality and high standards of the Regiment. In commemoration of the 40th anniversary of the establishment of the Order a number of commemorative

items were developed and made available for sale. At the BCR Association lunch on 25 April 2013 the Association President presented three Dukes who have been appointed to the Order with a 40th anniversary commemorative medallion (see photograph on page 7).

The story of the developments that led to the establishment of the Order of Military Merit is both interesting and little understood. At the beginning of this century Canada was a self-governing dominion within the British Empire. As the country evolved into an independent state, suggestions for the development of its own honours system grew. However, there was little early incentive to move beyond the simple policy decision that Canadian citizens could not accept knighthood or similar British honours which granted aristocratic titles. British orders, decorations and medals, from the lowest awards to the Victoria Cross, continued to be used, including during wars, when Canadian contingents formed part of deployed British forces.

Limited steps towards creating Canadian Military honours were taken in the middle of this century, beginning with a few unique medals during the Second World War. After the war, a common medal for military long service and exemplary conduct was created, the Canadian Forces Decoration. This was followed by a special campaign medal for service in the Korean Conflict, a uniquely Canadian version of the Commonwealth's award issued at the behest of our government.

The watershed in the conversion to national honours occurred with the Centennial of Confederation in 1967. Initial awards created at that time were followed by a deliberate expansion of the Canadian honours system in 1972. Since then, practice, experience and study have led to continued growth in the national system for recognizing the merit and deeds of those who serve Canada.

One guiding principle for military honours is that proposals for new awards are always made in consultation with the Canadian Forces, which are regularly consulted on such issues. A Canadian Forces Honours Committee, representing all components of the Forces, studies these matters in depth and is careful to maintain the high standards established in the past.

The Order of Military Merit is a military honour for merit that is, within the Canadian system of honours, the second highest order administered by the Governor General-in-Council on behalf of the Queen of Canada. Created in 1972 to replace a grouping within the Order of Canada, the three-tiered order was established to recognize members of the Canadian Forces — either regular or reserve personnel — who have demonstrated dedication and devotion beyond the call of duty, achieving conspicuous merit and exceptional military service.

Grades and precedence

The Canadian monarch, seen as the fount of honour, is at the apex of the Order of Military Merit as its Sovereign, followed by the governor general, who serves as the fellowship's Chancellor, and the Chief of the Defence Staff, who is the Principal Commander. Thereafter follow three grades— each having accordant post-nominal letters that are the same in both English and French. There are no limits to the population of any grade, and promotions are possible, though this is ordinarily not done within five years of the initial appointment. Any person thus honoured must return their lower grade insignia, as no member may at any time hold more than one appointment in the organization.

Upon admission into the Order of Military Merit, members are presented the appropriate insignia, though these remain property of the Crown. The Sovereign's insignia is a jewelled, 18kt gold crown of rubies, emeralds, and sapphires, from which is suspended a blue enamelled cross with four equal arms and three diamonds between each. At the centre is a disc bearing a maple leaf in pavé-laid rubies on a white enamel background, surrounded at its edge by a red enamel ring (annulus) bearing the words MERIT • MÉRITE • CANADA. The Chancellor wears the badge of a Commander. Upon installation as governor general, the

Governor General is granted a livery collar for wear at Order of Military Merit investiture ceremonies; this is composed of a series of gold medallions, and supports an enamel rendition of the shield of the Royal Arms of Canada, from which the governor general's badge is suspended.

The badges for inductees are of a similar design to the sovereign's badge, though without precious stones, and slight differences for each grade. For Commanders, the emblem is gilt with a red enamel maple leaf in the gold central disk; for Officers, it is gilt with a gold maple leaf; and for Members, both the badge itself and the maple leaf are silver. The reverse bears only a serial number, and all are topped by a St. Edward's Crown, symbolizing that the order is headed by the sovereign. These insignia are worn with the order's ribbon, which is blue with golden edges. Commanders wear the badge at the neck while Officers and



Insignia of the Order of Military Merit -
Commander, Officer, Member

Members display theirs on the left breast on a medal bar, suspended by, respectively, a bar of gold or silver decorated with a laurel motif. The ribbon bar, worn for undress, is the same for each grade, except for a miniature blue cross pattée with a maple leaf, the colour of which matches that on the badge of the grade that the wearer was appointed to; someone who has been promoted within the order may wear on their ribbon bar the pins of all grades that they have occupied. These same miniature pins also serves as a lapel pin for civilian wear.

Eligibility and appointment

Recommendations for appointment to the Order of Military Merit are made by a military advisory committee to the Chief of the Defence Staff, who then forwards the name or names to the governor general; per the Queen's Regulations and Orders for the Canadian Forces, neither the nominee, nor any member of his or her family, can be notified or otherwise made aware that they have been suggested for induction into the order. Nominations are processed by the Advisory Committee for the Order of Military Merit, which is a part of the Chancellery of Honours at Rideau Hall, and has six members: one appointed by the governor general, four by the Chief of the Defence Staff, and the Chief of the Defence Staff him or herself; the Secretary to the Governor General serves as the Secretary General of the Order of Military Merit.

Appointments take place annually and are limited to 0.1% of the previous year's total population of the Canadian Forces, including reserves; for example, the 60th list included 114 appointments in 2011. Submissions for appointments must be representative of the whole of the Canadian Forces population and nominators are advised that appointments are not necessarily commensurate with senior rank and long service. The level of Member is generally reserved for non-commissioned members of the forces, petty officers, and commissioned officers up to the rank of major. No more than six percent of those appointed to the order in total may be inducted as Commanders, and no more than 30% may be made Officers. Appointments are also not made posthumously, though members of foreign armed forces can be admitted as honorary members in any grade. More than 3,200 individuals have been appointed to the Order of Military Merit since its inception, 2,400 into the rank of Member.

At the Saint Julien Dinner of 27 April 2013 there was an unusual concentration of officers who had been inducted into the Order of Military Merit. The five Officers of the Order and one Member were photographed with Honorary Colonel Patrick Reid, who is an Officer of the Order of Canada.



L to R: LCol Sajjan, Col(R) Maxwell, MGen(R) Fitch, Hon Col(R) Reid, Col(R) Crober, Col(R) Dennis and Capt(R) Neish

FONCIE'S CORNER

Submitted by: Jim Stevenson



L to R: Darryl Turner, Kelly Parkes, Beanie Parks and Kaytor

Darryl's comments are as follows:

"This picture was taken near Murray Goldman's on probably a Saturday. I'm the one on the left. I was the senior Trooper close to promotion to Lance Corporal (23 years later I was the RSM). Next to me was Kelly Parkes, next to him his brother we all called by his nick name, Beanie, and the one trying to get in step was a young recruit named Kaytor. This would have been 1966. We paraded with A Squadron of the BC Regiment at the Beatty Street Drill Hall on Saturday mornings."

ANNUAL VETERANS' REUNION LUNCHEON

Kamloops – 21 April 2013

A piper's perspective by Thomas Budd

I had the great pleasure of attending my first Veterans' Reunion Luncheon on Sunday April 21 at the Kamloops Ramada Inn. Certainly a day to remember! I had the opportunity to meet our veteran guests 28th Armoured BCR Captain (R) Ted Weddell, Sergeant (R) Don Cameron and Trooper (R) Keith Moore

and special guests Mayor of the City of Kamloops, Peter Milobar, and Bill Clendinning, son of the late Sergeant Bill Clendinning who passed away during WWII. This year, representing the Regiment, we were honoured by the presence of HCol Ted Hawthorne and his wife Gayle, CO LCol. Harjit Sajjan and RSM MWO Pat Taylor and his wife Frances.

A special note of gratitude goes to our dear friend and former President, Ray Glover, for his diligence and efforts to ensure that our luncheon was a remarkable experience. After last year's lunch Ray contacted the hotel to book the room and make changes to the menu we had. Ray spared no expense, as he selected the full chicken breast instead of the cutlet. His endeavors certainly added to the enjoyment and camaraderie of this noteworthy event.

Don Cameron gave the Loyal Toast. Bill Clendinning gave the Toast to the Fallen and offered a most heartfelt speech in their honour. Ted Weddell offered the Regimental Toast. I was pleased to provide musical accompaniment during this important moment. Shortly thereafter, it was my privilege to play a rendition of Happy Birthday to celebrate Don Cameron's 96th birthday and Ted Hawthorne's 64th birthday (we figure he must be under 65 as he has not retired yet☺).

LCol. Sajjan and President Bill Diamond presented their reports on the "State of the Regiment" and "State of the Association." In his presentation, Bill thanked former president Ted Hawthorne, his wife Gayle and brother-in-law Bob Remple for their dedicated service to the Association and entire regimental family. Former CO Andy Conradi provided an excellent update on the memorial to the "Wait For Me Daddy" Parade in New Westminster. Ted Weddell and Don Cameron were active participants in this parade. According to Andy, there are exciting 'happenings' occurring between the Federal Government and the City of New Westminster. Stay tuned for future updates.

Special appreciation goes to Ted and Gayle Hawthorne, Archie and Lynda Steacy and their granddaughter Caitlin for their tireless efforts in arranging the room and receiving the attendees. Thank you to MCpl. Duke A. Bear for his usual cordial welcome. Gayle decorated all the tables with her exceptionally tasteful and gracious style, and Archie fashioned five pairs of his excellent wooden cap brass replicas which he kindly donated to each of our Veterans and special guests. Recognition and thanks to Bill Diamond for being an excellent MC. I appreciated his kind invitation to join him, with MWO Taylor and Mrs. Taylor, in travelling to and from Kamloops.

The event was a resounding success. All the attendees had a wonderful time, ever mindful of the soldiers who did not make it home after VE day. On this occasion, these men lived again in the stories told by our veteran guests. I look forward to next year's reunion.

2013 VANCOUVER STRATEGIC STUDIES CONFERENCE

Submitted by: Keith Maxwell

The third annual Vancouver Strategic Studies Conference was held on 26 - 27 April 2013 in the Presentation Room at Vancouver Community College in downtown Vancouver. The Conference was co-hosted by the Royal United Services Institute - Vancouver and the Simon Fraser University Stavros Niarchos Foundation Centre for Hellenic Studies. The aim of the Conference was to promote public education and information on strategic and international security matters and military history of importance to Canada. The general theme was the Middle East.

Presenters and Moderators for the Conference included:

- Mr Robert Fisk, senior Middle East correspondent for the Independent newspaper of London, UK. He has been described by the New York Times as, "probably the most famous foreign correspondent in Britain."

- Major General (retired) Edward Fitch, former Commander, Canadian Land Forces Western Area
- Commodore Scott Bishop, Commander, Canadian Fleet, Pacific
- Nelofer Pazira, Award-winning Afghan-Canadian director, actor, journalist and author. Co-Producer and Director of the film "Return to Kandahar"
- Mike Molloy, Canadian Ambassador to Jordan 1996 – 2000 and Senior Fellow at the University of Ottawa Graduate School of Public and International Affairs
- Colonel (retired) Patrick Dennis, Military Attache to Israel 2001 – 2004 and Visiting Professor to Wilfrid Laurier University Department of Political Science
- Mr Stewart Muir, former Deputy Managing Editor of the Vancouver Sun

The Conference began on Friday evening with the Keynote event. This was conducted as an interview with Robert Fisk on the subject, "Syria, Security and the Middle East", moderated by the Simon Fraser University Dean of Arts and Social Sciences, Professor John Craig. Robert Fisk gave an engaging and provocative review of the Syrian war including his firsthand accounts reporting from the front lines from both sides of the conflict. He emphasized the need for a better understanding of the conflict through eye witness reporting, the suspect nature of national analysis of events and the misperceptions associated with the conflict. His criticism of Western governmental accounts and analysis was thought provoking in a number of ways.

An expert panel made up of General Fitch, Ambassador Molloy, Colonel Dennis, SFU Professor Andre Gerolyatos, the head of the Hellenic Studies Centre, and Kam Razavi from Global National News made a number of insightful observations and provoked more in depth discussion on a number of aspects of the conflict. Questions from the floor were particularly interesting and well thought out.

An informal reception at the BCR Drill Hall followed where attendees had a chance to meet the presenters and discuss the issues brought out during the Keynote event. It was the first chance many had to visit the historical Drill Hall.

On Saturday morning there were more thought provoking and interesting presentations, as follows -

Ambassador Mike Molloy on "Jerusalem and Refugees: Challenges to Peace"

This presentation brought out the many challenges to peace between Israel and the Palestinian people and called on Ambassador Molloy's extensive experience related to diplomatic efforts, refugee issues and the peace process in the area.

Colonel (retired) Pat Dennis on "Slackers, Shirkers & Malingerers and other great myths about Canadian Conscripts in the First World War"

Colonel Dennis gave a fresh look at this area of study, long neglected by Canadian historians. The role of conscripts in the last six months of the First World War was both important and controversial; his research in this area will be published in a book on the subject later this year.

Stewart Muir on "The Soldier and The Journalist: An untold World War II story of the press, public opinion, politics and war planning on the west coast of Canada"

Stewart Muir's articles on this subject were published in 2012 as a part of the Vancouver Sun's commemoration of 100 years of publishing in Vancouver. The research gives new insight into

controversial aspects of the Sun's criticism of government plans for the defence of the west coast in 1942 - intrigue, deceit and misinformation were rampant.

Lunch was served in the BCR Drill Hall and attendees had another chance to visit the historical Drill hall.

Presentations in the afternoon included -

Commodore Scott Bishop, Commander, Canadian Fleet, Pacific. Topic on "The Royal Canadian Navy in the Middle East"

The RCN has been continuously on active operations in the Middle East and adjacent waters for more than a decade. Commodore Bishop's presentation gave an overview of the importance of the navy to Canada's national security and its international role in cooperation with allies in ensuring freedom of the seas and the interdiction of those who would do harm to our security and national interests.

Robert Fisk made a special presentation on the Middle East Security Environment

This overview of the security situation in the Middle East again gave an opportunity to explore and ask questions about current events and the international security situation in this politically complex region. A good exchange of ideas with the audience gave attendees another chance to question Mr Fisk on his observations and writings.

Major-General (ret'd) Edward Fitch made the Conference Capstone presentation on "Canada's role in the Middle East"

This provocative exploration of many aspects of Canada's role in the Middle East was preceded by General Fitch's observations on anti-Semitism and how it can be recognized.

Nelofer Pazira moderated a Panel Discussion on "The Middle East, Israel, Palestine, Iran – Is Diplomacy Dead?"

Ms Pazira began this session with her observations as a refugee from Afghanistan and guided a wide-ranging discussion on the state of diplomacy in the Middle East.

Funding and sponsorship for the Conference were generously provided by -

Royal United Services Institute – Vancouver

Simon Fraser University/Stavros Niarchos Foundation Centre for Hellenic Studies and the SFU School of International Studies

The Department of National Defence – Defence Engagement Program

British Columbia Regiment (Duke of Connaught's Own) Association

Royal Westminster Regiment Association

Seaforth Highlanders of Canada Association

The organizers and host organizations thank all of those who helped promote, sponsor, fund and assist in this successful event. It would not have been possible without their assistance.

The Proceedings of the Conference, giving a more thorough overview of the contents and conclusions of the presentations and discussions, will be made available on line by mid-May. A link to that document will be provided in the BCR Association's regular e-mail update.

39 CBG BMQ GRADUATION PARADE AND CO'S PARADE 16 January 2013

The Commander of 39 CBG, Colonel Rob Roy MacKenzie, was the reviewing officer for the graduation parade held at The Drill Hall on the regular training night. Out of the forty-five graduates, sixteen soldiers were from the Regiment. Encouraging words were conveyed to the graduates and to the many families and friends in attendance. The Commander also presented various awards to members of the BMQ graduation class. At the conclusion of the parade, a reception was held for the graduates, families and friends in the Junior Ranks' Mess.

An informal Commanding Officer's Parade was held after the 39 CBG Parade. The Commander of 39 CBG promoted Lieutenant Manjeet Vinning to the rank of Captain and presented the Commission Scroll and Notice of Appointment effective 28 October 2012 and issued by his Excellency the Governor General of Canada and the Minister of National Defence to Honorary Colonel Ted Hawthorne. The Commanding Officer then presented a Commanding Officer's Commendation and a CO's Coin to Alyssa Pultz and to Warrant Officer Brian Brown in recognition of their service to the Regiment.



Hon Col Hawthorne and Col MacKenzie



L to R: Col MacKenzie, Alyssa Pultz and LCol Sajjan



Col MacKenzie and Capt Vinning



L to R: LCol Sajjan, WO (now MWO) Brown and Col MacKenzie

PRESENTATION TO BC CANCER FOUNDATION BY THE JUNIOR RANKS' MESS 31 January 2013

The Commanding Officer, Lieutenant Colonel Harjit S. Sajjan, greeted the numerous guests to the monthly Curry Luncheon hosted and sponsored by the Officers' Mess and introduced the Honorary Colonel of the Regiment, Ted Hawthorne. Colonel Hawthorne recognized the President of the Regimental Association, Bill Diamond, for his excellent work in making the monthly Curry Luncheon the success that it is.

Colonel Hawthorne introduced and welcomed Steven Rayson, Development Officer of the BC Cancer Foundation, and PMC MCpl Jeff Pesklevits and Past PMC Steve Clews representing the Junior Ranks. Colonel Hawthorne acknowledged the service of the Junior Ranks to the Regiment and to Canada as well as JR's continuing good works in our community.

MCpl Pesklevits provided some background regarding the Junior Ranks' fundraising initiative and presented a cheque in the amount of \$5,000.00 to Steven Rayson on behalf of the BC Cancer Foundation. Mr. Rayson acknowledged the generous gift and commended the Junior Ranks for the great community involvement. Photographs of the presentation party were taken with a most impressive "larger than life" cheque.

Congratulations to the Junior Ranks!



L to R: CO LCol Harjit Sajjan, Steven Rayson, MCpl Steve Clews, MCpl Jeff Pesklevits and Hon Col Ted Hawthorne

BCR FAMILY DAY AT REVS BOWLING LANES 2 February 2013

A very enjoyable BCR Family Day was held at REVS Bowling Lanes on Lougheed Highway in Burnaby on Saturday afternoon between 5:00 -7:30pm. The event was well attended with many children, serving members, spouses and girlfriends. There was ample pizza and refreshments for all. Alyssa Pultz (MCpl Jeff Pesklevits' girlfriend), and MCpl Bryan Copp were the draw prize winners, each receiving a "vintage" bottle of "Black Beret" compliments of the Honorary Colonel, Ted Hawthorne.

A great time was had by all!

100th BIRTHDAY CELEBRATION FOR DR. P.C. SIMON – 10 March 2013

The 100th Birthday Celebration for Dr. Simon was held at Brock House in Vancouver on Sunday, 10 March 2013. Dr. and Mrs Simon were piped to their table by Cpl. Thomas Budd of the Irish Pipes and Drums of The British Columbia Regiment (DCO).

Honorary Colonel Ted Hawthorne was the Master of Ceremonies for the afternoon where Dr. Simon and guests were treated to many fine speeches, a flute solo by Lillian Ellis, a presentation of an exquisite book of official congratulatory certificates and messages, a wonderful luncheon and a delicious birthday cake and other treats.

Dr. and Mrs. Simon are regular supporters of the Regimental Association and were very prominent in their support of the 2012 European Battlefield Studies Tour.

Congratulations Dr. Simon from all of us!



L to R: Pat Connell, Thomas Budd, Hon Col Hawthorne, Dr. Simon and Lize Simon



Cpl Thomas Budd, Hon Col Hawthorne and Dr. Simon

ST. PATRICK'S DAY – 17 March 2013

Submitted by: Graydon and Sandra Young

The Regimental Association's annual "Wearing of the Green" event was once again held in the WOs' & Sgts' Mess at the Drill Hall on St. Patrick's Day. The event was very well attended, everyone enjoying homemade Irish stew along with classic tea sandwiches and decorated cupcakes for dessert. The BCR Irish Pipes & Drums and the RCL Colour Party joined the celebration following the Vancouver St. Patrick's Day Parade. At various times throughout the afternoon we were treated to a number of tunes played by the Band, including, "Happy Birthday" to Jerry Couling on the occasion of his 70th birthday, "I'm 95" played by Cpl Thomas Budd and the Band's performance on the parade square. It was good to see our good friend, colleague and member Jim Stanton from Labrador City (a little RNR in Vancouver never hurts in the winter!). The winner of the best costume for the "Wearing of the Green" was Gayle Hawthorne with Ozzie Hyland coming in a close second.

Archie and Lynda Steacy were so kind to put together the Blarney Stone and Pot of Gold game. Jamie Osmond guessed the exact number of gold coins and won half of the proceeds. The Toonies Toss game offered prizes of Glenlivet Scotch Whiskey, won by Steve Scott and Baileys Irish Cream won by Jamie Osmond (who must have a lucky charm somewhere). Also, many thanks to WOs' and Sgts' Mess for the use of their mess and to Sgt Kevin Baker for his tremendous support of this event! Our great day would not

have been complete without the usual support of the BCR Irish Pipes & Drums. Many thanks to Pipe Major Pattison, President Pat Connell and the entire group!

We would also like to thank all guests and the support of Ted and Gayle Hawthorne, Bill Diamond, Dan and Ellen McKenzie who helped make the celebration a great success.

On a more solemn note, we remembered the passing of our friends Bert Lincoln and Ray Glover with a tribute along with the Lament played by our Pipe Major. We will remember them!

Hope to see everyone and more next year!



L to R: Ellen McKenzie, Louise and Roger Prouse



Happy Birthday Jerry!
(with piper Thomas Budd)



MCpl Duke A. Bear on duty

EX CLEOMENES DUKE JOINT BASE LEWIS – McCHORD 22-24 March 2013

The main body of the sixty members of the Regiment participating in the Exercise departed the Drill Hall on Friday evening, 22 March 2013 with the remainder leaving early the following morning.

The Exercise was conducted at the US Army Joint Base Lewis-McChord, 15 km SSW of Tacoma, Washington. The range facility provided an excellent venue for the Regiment to conduct Ex Cleomenes Duke. Multiple targets up to 350 yards at the tree line and a good supply of ammunition provided ample opportunity for members to fire C7s, C9s (light machinegun) and C6s (heavy machinegun). All crew members participated in the recce component of the training schedule in order to practice target selection, and firing solutions from the G Wagons. A program of pistol shooting was conducted the following day.

The Honoraries enjoyed an excellent opportunity to meet with and to discuss the operations of our Regimental Family in support of the Regiment with Major Tim Ozmer, Operations Officer with the 1 – 303 Cavalry, 81st HBCT. With budgetary issues becoming the norm in the US, Major Ozmer and others have determined the need to establish links with the community for support purposes. The concept of a “Regimental Family” (as we define it) is relatively new to much of the US forces. Accordingly, we will continue to assist and provide advice on structural elements of the Regimental Family to our friends in the 1 – 303 CAV.

CF FAMILIARIZATION TRAINING

On Saturday, 13 April 2013, four of the five BCR Cadet Corps joined together at the BCR Drill Hall in Vancouver to participate in a full day of Canadian Forces Familiarization Training. These four BCR Army Cadet Corps consisted of 2290 Vancouver, 2381 Richmond, 2781 Powell River and 2827 Port Moody.

During the event, the BC Regiment Instructors carried out a full day of training that involved displays and demonstrations of vehicles, miscellaneous weapons, and other equipment utilized by the Regiment. The BCR Museum was also open for all cadets and staff to view and there were additional presentations on Regimental history and recent overseas tours.

This annual event was a major success and was thoroughly enjoyed by all participating cadets and staff. The Army Cadet Program aims accomplished during this special event were the following: To promote citizenship and to stimulate an interest in the Canadian Armed Forces.

Sincere appreciation goes to the HQ staff of the BC Regiment for their on-going support. I would also like to acknowledge the instructors for all of their hard work and efforts in making this a very successful activity: Cpl Quong, Sgt Lozon, Tpr Togeretz, Cpl Hill-Mah, Cpl Baelde, Cpl Sloan and Cpl Docherty.

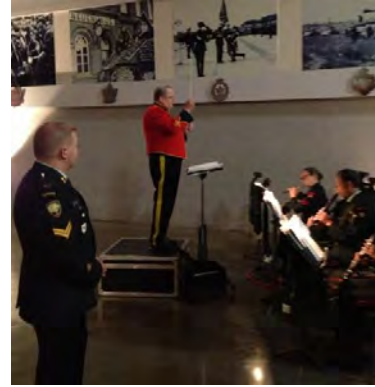
Best regards.
Up the Dukes.

Ken M. Prince, CD
Major
Area Cadet Instructor Cadre Officer
Training Group Delta / BCR Cadet Corps



ST. JULIEN MESS DINNER 27 April 2013

Another very successful Officers' Mess Dinner was held at The Drill Hall at the conclusion of the 2013 Vancouver Strategic Studies Conference. Head table guests included NWPD Supt Andy Hobbs, Henri Prévost-Allard, Mayor of St. Tropez, Sabi Marwath, BNS Vice Chair and Chief Operating Officer, Hon Lt. Colonel Scott Shepherd, The Honourable Manmeet Bhular (Minister of Service – Alberta), the Commanding Officer, LCol Harjit Sajjan, MGen(R) Ed Fitch, Honorary Colonel Ted Hawthorne, Councillor Lorrie Williams (NW – “Wait for me Daddy” Project Chair), Robert Fisk (The Independent – Middle East correspondent), Dean John Craig (SFU Dean of Arts) and PMC, Capt Vince Virk.



Hon Col Ted Hawthorne conducting

The Commanding Officer presented President, Bill Diamond, with a Commanding Officer's Commendation and CO's Coin in recognition of his great service to the Regiment. Congratulations Bill for your great work!

It was a great evening for our Members of the Regiment and the many guests.

2013 BLAIR SHOOT COMPETITION 3 – 5 May 2013



The annual Blair Shoot Competition was held on 3 - 5 May 2013 at the Major General Chris Volkes Range near Chilliwack, B.C. Competitors were as follows: 69 individual soldiers, 15 – 4 member teams, 40 pistol and 18 LMG competitors turned out from the following 39 Brigade Group Units: BCR, BCD, 5 Fd Reg't RCA, 15 Fd Reg't, RCA, 39 Sigs, 39 Cdn Engineer Reg't, R West R, C Scot R, , Seaforth, RM Rang, and 39 Svc Bn (11 and 12 Coys).

BCR Team Wins the 2013 Blair Shoot

LCol Blair Trophy: Top 4-Man Team.
Score – 1820

The Team also won the MBdr MacKeigan Trophy;
200 metre Mover Team. Score – 175



L to R: Cpl Hill-Mah, Cpl Canavan, Cpl Steacy, Cpl Chan, and MCpl Roder

Top Shot



Cpl Ryan Steacy



Cpl Ryan Steacy

Cpl Ryan Steacy TOP SHOT with a score of 503 with 27 V Bulls; being “Chaired” by fellow shooters. He was presented with the LCol Steacy Trophy for the Highest Individual Aggregate. He also won:

- Cpl Wills Trophy: High Deliberate Aggregate: Score, 49, 2 V Bull;
- Chief Warrant Officer Sorenson Trophy: Fire/Movement Aggregate: Score 138.7 and
- Match 12: 100 Meter Rundown: Score 49, 2 V Bulls.

MCpl Kyle Roder (BCR) took second place overall with a score of 497, 30 V Bulls and won

- Match 2: 200 Meter Snap. Score 49, 5 V Bulls

Sincere congratulations to our Dukes who “Stood To Their Front” winning the 2013 Blair Shoot Competition for the second year. These BCR Soldiers, who excel in small arms competitions, continue to proudly stand tall, as did many Dukes over the past 130 years of Regimental life.

Best to you all and Up the Dukes.

DID YOU KNOW . . . THE REGIMENTAL TIE

(Reprinted from an earlier edition of The Duke)

Submitted by: Romano Acconci

To understand our Regimental Tie, one must first have a little background on the Regiment’s colours, that is, the colours associated with the unit. When the Regiment became a Rifle Regiment in 1900, we formed an alliance with the Rifle Brigade and these two events began our long cherished Rifle traditions. The colours of the Rifle Brigade were rifle-green and black. Naturally we adopted these colours as our own, for the purpose of alliances in those early days were to give new units of both the British and Commonwealth armies a font from which they could draw inspiration and example in building a regiment from scratch.

Towards the end of 1929, and shortly before we were once again designated a Rifle Regiment, the Regimental officers were sanctioned to wear the Rifle Brigade Tie by that unit as a result of the courtesy visit to the Rifle Brigade Depot by Lieutenant Colonel (later MGen) Harry Letson. This tie was diagonally striped rifle-green and black. Very shortly after this, a silver stripe was added to our Regiment’s rifle-green and black colours as a further consequence of that visit. As related at the officers’ mess in 1979 by Gen Harry Letson, he spoke to Lt Gen Sir HMF Wilson, then Colonel Commandant of the Rifle Brigade, and asked if the Regiment could continue to use the rifle-green and black colours but add a thin silver stripe to give our unit its own distinctive colours. This was readily agreed to and much encouraged by Gen Wilson

and the Rifle Brigade. Gen Harry intimated that he chose the colour silver from a verse of one of Shakespeare's plays which likened England to a jewel set in a silver sea. Only in the case of our Regiment, silver denoted Vancouver's position on the Pacific coast – where indeed, it too, appears like a jewel set on the edge of a silver sea! Thereafter, our own Regimental tie was adopted in the form as we know it today, and as time passed, it rightly became available for wear by all ranks, Association members and Friends.

Heraldically, the sequence of the colours is silver, rifle-green and black. This is because in heraldry silver is a Royal colour and takes precedence after gold. On the tie itself it seems that the silver is between the rifle-green and black. But in fact, the top colour is silver, followed by rifle-green and lastly black – the sequence is then repeated, giving the impression that the silver is the 'middle' colour. The diagonal direction of the stripes of the tie are from top left to bottom right, just like our cross belts which go from the left shoulder to under the right arm.

Interestingly, with the recent amalgamation between the 'Dukes' and the 'Irish', a thin scarlet stripe will be added to the Regimental colours between the silver and the rifle-green. In due course, new Regimental ties will reflect this. Also of interest is that when the Rifle Brigade amalgamated in the 1960s with The King's Royal Rifle Corps and The Oxfordshire and Buckinghamshire Light Infantry to form The Royal Green Jackets, the new Regimental colours were rifle-green, scarlet and black. Scarlet being predominantly for the Oxs & Bucks L. I. who were line (red-coated) infantry – this is the same reason why our new BCR colours will include scarlet for the Irish Fusiliers of Canada (The Vancouver Regiment) who were also red-coated line infantry.

PORTRAITS OF JOHN TOOGOOD and ARTHUR LUNGLEY

Submitted by: David Sproule

Most Association Members will have fond memories of John Toogood and Arthur Lungley as a result of their wartime and peacetime service. They were men of great integrity and character who served the Dukes throughout their many years. The pride that we take in our Regiment and by extension all members of the Regimental family is due in part to the foundation that is their legacy for they represent the best of their generation.

It has been a concern of mine that over time their service and our memories of them will be forgotten. I raised the matter with the Commanding Officers' Committee that consideration should be given to having their portraits painted as a way of honouring them. This was unanimously approved by the Committee at our April meeting. I have spoken to both Audrey Toogood and Grace Lungley who are delighted that their husbands will receive this recognition.



John Toogood and Arthur Lungley

Cam Cathcart is working with me on the project and we have spoken to Michael Kluckner, a well-known Vancouver artist and author about the commission. He showed us some of his portraiture in oils and we believe that he will paint sensitive portraits that show the character of these men in their senior years as most of us remember them. The two portraits and framing will cost approximately \$3,000.00. Members of the CO's Committee have agreed to make personal donations and I am asking members of the Association to consider making a donation so that the paintings will become a reality.

If you want to donate to this cause, please donate by cheque made out to The BC Regiment (DCO) Trust and mail to The BC Regiment (DCO) Trust, c/o the Drill Hall, 620 Beatty St., Vancouver, BC, V6B 2L9 or to myself; LCol (ret'd) David Sproule, 4482 Crown St., Vancouver, BC, V6S 2K5. Donation amounts will remain anonymous and a tax deductible receipt will be sent to you. Thank you for considering this worthy endeavour.

THE TRUTH ABOUT CURRY

By Two Peas in a Pod Catering

Did you know? According to legend, one 19th century attempt at curry resulted in the invention of [Worcestershire sauce!](#) It's been a wonderful learning experience providing a taste of international curry lunches organized by Bill Diamond. The last lunch was based on a British theme. One might think – A British curry? Well, read on.....

Historically, the word "curry" was first used in British cuisine, to indicate dishes of meat (often leftover lamb) in a Western-style sauce flavored with curry powder. Interestingly, **curry powder**, is largely a Western commercial product. Dating back to the 18th century, curry powder was prepared by Indian merchants for sale to members of the British Colonial government and army returning to Britain. From the mid-19th century, curry became increasingly popular in Great Britain. During the 19th century, curry was also carried to the Caribbean by Indian farmers who were working off their debts.

The first curry recipe in Britain appeared in *The Art of Cookery made Plain and Easy* by Hannah Glasse in 1747. The first edition of her book used only black pepper and coriander seeds for seasoning of "curry". By the fourth edition of the book, other ingredients such as turmeric and ginger were called for. The use of hot spices was not mentioned, which reflected the limited use of chili in India — chili plants had only been introduced into India around the late 15th century and at that time were only popular in southern India.

Throughout the 19th and early 20th centuries, curry grew increasingly popular in Britain owing to the large number of British civil servants and military personnel associated with the British Raj. Following World War II, curry became even more popular in Britain owing to the large number of immigrants from South Asia.

Curry has become an integral part of British cuisine, so much so that, since the late 1990s, Chicken Tikka Masala has been referred to as "a true British national dish".

Other British curry derivatives include "Coronation chicken", a cold dish invented to commemorate the coronation of Queen Elizabeth II in 1953 - and **curry sauce** (or **curry gravy**), usually served warm with traditional British fast food dishes such as chips.

Since the mid 20th century, curries from many different origins have become part of the international or fusion cuisine now enjoyed by everyone. Yes, even at the Beatty Street Drill Hall, one can sit down to a traditional curry lunch from different origins, including Singapore, China, Japan, Korea, Malaysia, the Caribbean, India and Thailand and yes, Britain.

Curry is basically a generic term that symbolizes a wide variety of dishes using a blend of spices and/or herbs and usually fresh or dried hot chilies. In the original traditional cuisines, the precise selection of spices for each dish is a matter of national or regional cultural, religious practice, and simply, family preference.

Some favorite curries such as "[vindaloo](#)" have become well known internationally, where the name is usually used simply to indicate a spicy (fiery) dish of beef, lamb or chicken. The name "vindaloo" derives from the Portuguese *vinha d'alhos* or wine (*vinho*) and garlic (*alho*), the two definitive flavor ingredients. The

dish was originally made with pork, not taboo to the Christian Portuguese. The inclusion of potatoes was a later Indian addition, thought to be the result of confusion with the Hindi word for potato, *aloo*.

Punjabi curries are mainly based upon masalas which is either a blend of dried (and usually dry roasted) spices, or a paste made from a combination of spices and a base of garlic, ginger, onions and tomatoes. A popular cooking fat is pure desi ghee, and some dishes are often enriched with liberal amounts of butter and cream. There are certain dishes that are exclusive to Punjab, such as Maha Di Dal and Saron Da Saag (Sarson Ka Saag).

Chinese curries typically consist of chicken, beef, fish, lamb, or other meats, green peppers, onions, large chunks of potatoes, and a variety of other ingredients and spices in a mildly spicy yellow curry sauce, and topped over steamed rice. To enhance the flavour of the curry, some add white pepper, soy sauce, hot sauce, or chili oil.

Burmese cuisine is based on a very different understanding of curries influenced by India and Pakistan. The principal ingredients of almost all Burmese curries are fresh onion (which provides the gravy and main body of the curry), Indian spices and red chilies and usually meat and fish are the main ingredients for popular curries.

In Thai cuisine, curries are called *kaeng*, and usually consist of meat, fish and/or vegetables in a sauce based on a paste made from chilies, onions or shallots, garlic, and shrimp paste. Additional spices and herbs define the type of curry. Local ingredients, such as chili peppers, kaffir lime leaves, lemon grass, galangal and, in central and southern Thai cuisine, also coconut milk are used. Northern and northeastern Thai curries generally do not contain coconut milk. Due to the use of fresh herbs, spices, and other fresh ingredients, Thai curries tend to be more aromatic than Indian curries.

Food for thought...Some studies have shown that ingredients in curry may help to prevent certain diseases, including colon cancer and Alzheimer's disease.

So, come join us for lunch – we love what we do and would be happy to serve up your favorite country with a curry infusion. Feel free to contact us and provide your feedback to Cynthia twopeasinapodcatering@gmail.com

CANADA ILL PREPARED TO MOBILIZE IN 1939

By Peter Moon

(Published with the kind permission of Peter Moon. Larry Rose is a former Adjutant of the Regiment.)

While Canada did not formally declare war on Germany until September 10, 1939 many military units received orders to mobilize nine days earlier, when Germany invaded Poland.

Canada's armed forces were pitifully unprepared for war.

Their lack of preparation is the subject of *Mobilize! - Why Canada was Unprepared for the Second World War*, a book written by Captain Larry Rose, Fort York branch's secretary, which will appear in book stores in October, with a foreword by Jack Granatstein, the highly respected military historian. It is published by Dundurn.

Rose's five years of research for the book and his conclusions were the subject of a Branch 165 luncheon.

Many of the orders that went out by telegram and by telephone to units on September 1, 1939, he said, consisted of a one word order to "Mobilize".

On that fateful day Canada's army consisted of only 4,169 regulars, enough to fill only slightly more than a third of the seats in Maple Leaf Gardens. Its armour consisted of 14 obsolete tanks. The reserves had only 50,000 inadequately trained men. Half of the army's officers were unfit for duty.

The Royal Canadian Navy had only 3,500 regular and reserve officers and men, only 13 ships (including a sail boat), and no training for anti-submarine warfare.

The Royal Canadian Air Force consisted of 4,100 regular and reserve officers and men. It had 22 different types of aircraft, most of them obsolete, and only 235 pilots to fly them.

The reality in 1939 was that most European and Commonwealth countries were ill prepared in different degrees to fight Germany. "What singled out Canada was the degree of its unpreparedness," Rose said.

The country was still feeling the impact of the Great Depression of the 1930s while memories of the heavy losses in the First World War left much of its population unwilling to spend money on the military, Rose said.

Prime Minister Mackenzie King was an ardent fan of appeasement and while his government had a small re-armament program for the RCAF and RCN there was almost no extra money for the army.

French Canada was vehemently opposed to anything that might lead to conscription. "Every dollar spent on defence was seen as a further move toward involvement in a European war and that meant only one thing: conscription," Rose said. "So for King national unity trumped rearmament."

Yet King succeeded in bringing a united French and English Canada into the war, an achievement that many historians now say was his greatest accomplishment.

"If we were looking to find out why Canada was unprepared for war, we should look in the mirror," Rose said. "Canada has never been a military nation, except in an emergency. Our policy is to wait for a crisis, build up to fight a war, and then as soon as the crisis is past to completely disarm."

It took three years for Canada to raise and train large and efficient fighting forces that went on to play a significant roles in the ultimate victories of 1945.

For further details about "Mobilize" see <http://larrydrose.wordpress.com>

GRANT LARKIN (1925-2013)

by Andy Conradi



Grant Larkin

Former CO, Grant Larkin was born in Saskatoon and moved to Vancouver as a teenager. He attended Lord Byng high school and UBC, graduating with a B.Sc. in Dairy Science. He was instrumental in designing the Dairyland plant in Burnaby, which he managed until retirement.

He was an avid sportsman and outdoorsman, being active in rugby, tennis, squash, golf, fishing, hunting and gardening.

Although originally trained as a Naval officer, he was persuaded to join the BCR as a Tpr in around 1950 by Col George Okulitch, a former BCR who was his boss at Dairyland. Later commissioned, he rose to command the Regiment 1970-73 and was elected President of the RCAC (Cavalry) Association in 1972. After his command he retired from the Militia.

Although of a serious nature, he had a sense of humour, and was known to throw obnoxious people in the Officers Mess down the stairs. He organized the first Regimental hockey game in peacetime that ended in a broken finger, a slashed leg and a concussion. As CO he was a trainer, very big on field training and so field oriented that he also arranged an AGI in the field which coincided with a torrential downpour. His emphasis on training paid off because under his command we won the Worthington Trophy, for the best RCAC Militia unit. (I remember having to take a written exam as a Capt.)

During his command one summer, the Federal Government ordered the Drill Hall to be used as a hostel for "travelling youth" and when their time was up they refused to leave and told LCol Larkin he could not enter. The CO knocked the impertinent idiot down and entered his office where he was trapped while negotiations ensued. Many youth left, but those remaining, full of anarchist and Marxist baloney, were promised quarters at Jericho (from whence they were soon evicted by MPs)!

Grant Larkin is also famous for an incident that is described by Archie Steacy as follows: "Grant was overly extolling the virtues of water bumpers during a Ladies Dinning-In to the point that I got fed up with his chatter and told him that water bumpers were a farce. He immediately challenged me to a vehicle duel....[between his car and a unit 3/4 ton] I can still see Jim Clarke flying off the hood of the 3/4 ton on impact and landing on Grant's car hood! You know the rest!!! It cost him \$168.00 for repairs to bumper and grill; that was quite expensive in those days."

The good old times! Rest in Peace Col Grant - many of us 60 year olds (and older) have fond memories of you and your tenure of command. You trained us hard and let us play hard. Those were some of the best days of my life; thank you so very much.



ASLEEP

Chief Warrant Officer Albert (Bert) G. Lincoln served with the Irish Fusiliers of Canada (Vancouver Regiment), RSM of The British Columbia Regiment (DCO) RCAC and Chief Warrant Officer of 39 Brigade Headquarters. He received a classified commission in the rank of Captain continuing his service with BCR until retirement. Captain Bert passed away on 10 Mar 2013. Bert, Joan and family lived in Vancouver, B.C.

T70 94 22 42 MCpl Julia Bell, CD served with 44th Field Engineer Squadron, Trail, B.C and the Regular Force from 1968 to 1999 and the Cadet Instructor Contingent with the 223 Red Lion Air Cadet Squadron. Julia passed away on 19 March 2013. She was married to BCR Trooper (Ret'd) James Bell, CD. Jim and Julia resided in Vernon, B.C.

Lt Col Grant Blake Larkin, CD served with the University of British Columbia Naval Training Division in 1948; The British Columbia Regiment (Duke of Connaught's Own) RCAC from 1950 to 1973. Col Larkin commanded the Regiment during the period 1970 to 1973. Grant passed away on 01 April 2013; predeceased by his first wife, Paddy (43 years) and second wife Jacqueline (13 years) and is survived by his sister Doris (Pat), children Kathleen (Bill), Bruce (Kris) and grandchildren Ashley and Connor. Grant resided in Vancouver, B.C.

Thank you for your service to the Regiment and Canada.

At the going down of the sun,
and in the morning,
We shall remember them.