



Sabre and Spur

Volume 3 Number 10

The Official Newsletter of The South Alberta Light Horse

2023 in Review



SABRE AND SPUR

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Volume 3, 10th Issue, 2023 Year in Review

The South Alberta Light Horse
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Cadets at Light Horse Park. Photo: Unknown



Cadets donning gas masks. Photo: 2Lt Sweet



MCpl Badmington giving lecture on C7. Photo: 2Lt Sweet

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A Note from the Editor

Good day members, families, and friends of the Regiment! As a new member to the Regiment, it is my privilege to assist in bringing you another issue of the Sabre and Spur, the official newsletter of the South Alberta Light Horse. Many thanks to all the contributors to this year's edition – it is a full issue!

As you will see, the Regiment was incredibly busy this year, with exercises, deployments, and competitions across our province, our country, and alongside our NATO allies. While you will read many exciting articles from our contributors, it was clear to me that the biggest highlight for the Regiment were the visits and engagements with the Cadets over the course of the year (see cover photos). These young leaders carry with them an energy and focused determination to serve their country that reinvigorates even the crustiest of

members and brings a smile to their faces. Our world needs more of that, and our country needs more Cadets.

My journey with the South Alberta Light Horse began in Summer 2023, where I took a bus to CFB Suffield for my BMQ (Basic Military Qualification). It was an amazing experience to undergo training on the windswept Canadian Prairies, the cradle of our Regiment, when our predecessors first answered the call of King and Country. They, and their successors, earned our Regimental motto, and we owe it to them to live by it. So, I will keep this note brief and brisk, and wish you pleasant reading, and a great year ahead.

SEMPER ALACER

2nd Lieutenant Adam Sweet



En route to CFB Suffield, Summer 2023 Photo by: 2Lt Sweet

Administrative Note... Going Digital

This edition of the Sabre and Spur marks the first time that a slightly different digital copy is being issued. It contains more photos (more pages) and will be available online on the Regimental Association website www.salhra.net or via email by request. This is due to multiple factors, including the continually increasing costs of printing and postage, as well as the gradual transition of our audience's preferences. We hope it will also make it easier for folks to share. If you want to only receive an electronic copy in the future, please send an email to info@salh.ca and we will make that change to our mailing list. You can expect further communication about this for the 2024 issue. Thanks!

Jenn Roggeveen
Foundation Coordinator



From the Desk of the Honorary Colonel **HCol Ralph Young AOE, MSM, LLD (Hon), P.Eng.**

I am pleased to report on the year 2023 for the Regiment and Foundation on behalf of HLCol Cathy Roozen and me. 2023 has been another active and successful year for the Regimental family. As Honorary Colonels, we hope to continue the long tradition of mentorship and support for the officers, soldiers and retirees of the Regiment. We are honored to represent the Regimental family as it serves the interests of the Canadian Armed Forces and Canada. The Foundation through its Members and Directors plays an integral role in providing resources and infrastructure to support the legacy and ongoing infrastructure support for the Regimental family.

On March 4 and May 13, we supported the presentations of Military Awards and promotions to officers and soldiers at Jefferson Armoury.

On April 15, in association with the Loyal Edmonton Regiment, we celebrated members of both Regiments who received the Queen Elizabeth II Platinum Jubilee Medals. Former Lieutenant-Governor Hon. Lois Mitchell presented the medals to Capt (Ret'd) John Hodgson, Sgt (Ret'd) Rob McCue, LCol Mike Onieu, Capt Steve Ridders, and Capt Brian Talty.

On May 4 and November 4, we supported the ceremonies to honor the freedom of The Netherlands at Jefferson Armoury, ringing the Welberg Bell in the presence of members of the Dutch Canadian Club and the Honorary Consul of the Netherlands Jerry Bouma.

On September 30, LCol Roozen and I were pleased to participate in the Change of Command Ceremony at Light Horse Park in Strathcona transferring the role of Commanding Officer from LCol Mike Onieu to LCol Tom Bradley.

On December 9, we supported the Soldiers Dinner at Patterson Armoury in Medicine Hat with soldiers from Edmonton, Medicine Hat and Lethbridge. On behalf of the Foundation, I was honoured to present Scholarship cheques to nine soldiers completing academic College and University courses.

During the year, the Foundation Board met on February 6, March 7, April 24, July 5 and Oct. 13 to conduct its business, as well as the AGM on April 25. The Board renewed its contract for Foundation Coordinator with Jenn Roggeveen to manage the administration of the Foundation. The Foundation sponsored the attendance of Captain Brian Talty to represent the Regiment at the presentation by the Canadian Government of a Meritorious Service Medal to Hon SAR Walter Cami in Brussels and also supported the Regiment in its attendance and competition in the Duchess of Edinburgh's Cup in the presence of the Colonel-in-Chief, Her Royal Highness the Duchess of Edinburgh, hosted in Hamilton by The Lincoln and Welland Regiment.

The Foundation under the leadership of Chair Angus Watt conducted a highly successful Military Cup event at the Royal Mayfair Golf Club on August 28.

On November 11, I attended the Remembrance Day Services at Holy Trinity Church and Light Horse Park. In attendance were MP Heather McPherson, MLA Rachel Notley, Pastor Danielle Key, members of B Squadron, and the SALH Regimental Association Old Guard. EPS Staff Sergeant (Ret'd) Ken Hykawy did a fine job as Master of Ceremonies. There was a large attendance of serving and retired Regimental officers and soldiers along with over 150 citizens.

On November 29, the Foundation organized a Regimental Cavalry Dinner for special community guests, with guest Col (Ret'd) Paul Taillon speaking about current world military security and conflict issues.

Semper Alacer,

HCol Ralph Young

The Commanding Officer's Message

Lieutenant-Colonel Thomas Bradley, MSM, CD



I am privileged to provide you with my first submission as our Regiment's Commanding Officer. Thank you to the many who are currently serving, who have served, and those who have supported our Regiment over the last difficult decade. At a time when the Army faces no shortage of challenges, you took the time to bring me up to speed on our issues and opportunities and hopefully you helped lay the foundation of our continued growth as a unit. I look forward to your continued advice.

I must also thank Lieutenant-Colonel **Mike Onieu** and Regimental Sergeants Major **Gerry Olsen** and **Marcel Chenier** for their leadership during a particularly difficult time. Throughout COVID and the immediate reconstitution period you provided the leadership this unit required.

I also have to thank this year's Sabre & Spur team of Second-Lieutenant **Adam Sweet** and Captain **Rob Baglole**. Without their work we literally would not have an important linkage like this publication within our Regiment.

The ultimate measure of every Combat Arms soldier remains the performance in the field. This year we have continued to excel with our Regiment's high number of volunteers who will be deploying with the Strathcona's as part of the Task Force Latvia Leopard 2 tank squadron, our brigade's highest number of participants in 3 PPCLI's validation exercise as the Global Response Task Force at the US Joint Pacific Multinational Readiness Center (JPMRC) Combat Training Center in Alaska. This past year also marked our first participation in the Duchess of Edinburgh's military skills competition where our team got to compete against other Regiments of the Canadian and British militaries where the Duchess is the Colonel-in-Chief. Professional excellence is the hallmark of each soldier who choose to commit to improving themselves by participating in these opportunities.



The Duchess of Edinburgh and our 2023 Team

I must admit that this past year has not been without its challenges for the Regiment. During the past year friendships were challenged and long-time relationships stretched. And we cannot ignore that our Regiment will continue to face challenges both from within the CAF, and others imposed on us by malign international actors. We are currently in the pre-war phase of conflict, and our work today in orienting ourselves towards becoming better members of the combined arms team is critical. Soldiering is the purpose of this Regiment, and we need to remain focused on those responsibilities in the coming years as there are dark clouds on the horizon. There will be challenges, bumps and bruises on this journey, but the Regiment which closed the Falaise Gap and later broke through the Hochwald defences has a strong tradition of overcoming adversity during difficult times and succeeding where others have chosen to quit.

In closing let me thank each of you for your continued dedication and support to the Regiment. Now more than ever we need to come together as a Regimental family and focus on facing the challenges of the future.

Semper Alacer!

Regimental Sergeant-Major's Message

Chief Warrant Officer Marcel Chenier, MMM, CD

Good day Light Horse,

As of this edition of the Sabre & Spur, the regiment has managed to stave off the attempt to rebadge A Sqn SALH into B Sqn KOCR. The initiative was not born out of any malice to our regiment, but the need to support the Lord Strathcona's Horse in their missions to provide armoured squadrons in Latvia, and to align our regiment with the city of Edmonton to recruit from a larger population than that of Medicine Hat or Lethbridge.

There will however be changes to the regiment. Our establishment numbers will flip between Edmonton and Medicine Hat & Lethbridge. What does this mean? This means that A Sqn will remain in the south, in the ancestral home of the Regt, but will be downsized to a Squadron minus and capped at 87 positions. B Sqn will be increased to full Squadron status and capped at 107 positions. Lastly, RHQ will be moved from Medicine Hat to Edmonton, as well as the empty positions of HQ Sqn. Have no fear, both the R2IC, Capt Talty and I will remain in the south until the end of our tenure.

Both the CO and I are impressed with the professionalism and the stoicism you the soldiers and officers displayed during the first few rocky months of 2024. What you may not have seen or heard of though, are the actions of the Regimental Foundation, the Regimental Association and the veterans of our regiment in the background. They were invaluable and spoke the words that we as soldiers were not allowed to speak. To them, I offer my personal thanks for their efforts.

While amalgamation has faded into the background for now, we have a more pressing matter to concern ourselves with, and that is the glass ceiling that our Jr NCOs have reached. "What glass ceiling are you talking about RSM?" I can hear you ask. The progression of our NCOs has stalled at the MCpl rank level, and this is due to the pre-requisites of training, specifically the need to be qualified on a turreted platform to progress to the rank of Sgt and higher. We used to get away with being qualified on the G-Wagon and C6, but this may no longer be the case, hence the importance of the TAPV RWS qualifications. Our regiment is not alone in this, each of the five other armoured reserve regiments in our Division are experiencing the same pressures. It is our intent to raise this topic at the upcoming RCAC Conference and to find a workable solution that will allow us to train and progress our soldiers and officers at a rate that fits the niche life of a reservist.

That being said, the Regiment is always looking at ways to get our people qualified; we are in conversations with the LdSH and soon with 1Svc Bn. We are working on a plan of sharing instructors and TAPVs for the betterment of all. I cannot stress enough however the importance of courses like: BMQ – RQ Tpr – RWS – PLQ and RQ MCpl. These are the steppingstone courses or qualifications for each soldier of the regiment.

I encourage each NCO in the regiment to help me train those that will eventually train those that follow us, if you are able to. Sign up for FTSE if you can, become an instructor during CITY or RST to strengthen our NCO Corps, and lastly speak with your SSMs as to the best time that the regiment can load you on courses.

"This is a fine Regiment; you can make it the finest."

RSM



The Padre's Corner

Captain Shane Hein



*For everything
there is a season,
and a time for
every matter
under heaven.*
Ecclesiastes 3:1,
[ESV].

By July of 2024, I
will have been in
the Army, serving
as a Primary
Reserve Chaplain,

for five full years. I understand that five years will not seem like a whole lot of time for some of you. Indeed, many of you have served in the Armed Forces of this nation for the better part of your adult lives. I thank you for that, as I thank everyone willing to serve Canada and her people via the profession of arms. From my perspective, though, there are times when it feels like I just got here. Five years have gone by, and it doesn't seem as if five years should have gone by. Yet, when I sit back and think of all the changes that have occurred in the South Alberta Light Horse over those five years, it suddenly feels like I have been here forever. So many people have gone on to other units or have left the CAF entirely to pursue other interests. I am on my third CO, and I can count on one hand how many people are still at the Patterson Armoury that were here the day I assumed my role as the regiment's Padre.

Time is a very strange concept when one really ponders it, but it is all a matter of perspective I suppose. I take comfort, however, in the knowledge that our Creator exists outside of time and space. Time does not constrain God in the same way it does us. For Him, time is a gift to us that provides us with a line by which we can measure our days, commemorate our milestone moments, and lay claim to our accomplishments. The trouble with time from the human point of view, though, is that it is limited. Everything will come to an end, because for everything there is a season. All the more reason, then, for us to grab hold of time as the gift of God that it is and use it for whatever it is He gave each of us to accomplish in this life. We are created for a purpose and some of the time granted to us is to find that purpose and pursue it. For those reading this article, you have found at least part of your purpose in the Canadian Armed Forces. Perhaps that is your sole purpose apart from your family and friends. Or perhaps it is steppingstone to a greater personal purpose, only time will tell. In any case, I encourage you to enjoy your journey through time discovering what purpose, or purposes you are given. And during those times of reflection on the nature of time, and what a gift to us time really is, take a few moments of that time to spend in thanksgiving to the One who grants it to us. God's richest blessings be upon all of you, ~Padre

Rev. Capt Shane Hein

South Alberta Light Horse Regiment Foundation News

September 2023 marked my one-year anniversary with the Foundation. Over the first year, I became familiar with the administrative and financial systems and tried to learn as much as possible about the Regimental Family. I had set a personal goal to visit Patterson Armoury & the Regimental Museum, and I was able to do that in September. I don't think I will ever figure out *all* the military acronyms and abbreviations, but I'm working on it!

I have realized that the general population, myself certainly included, is not well-educated or well-informed about the history nor about the current reality of the Canadian Armed Forces, let alone the Reserves. I feel lucky to have this opportunity to learn from and work with the SALH; it makes me realize how important it is for Foundation to live up to its objective to preserve and promote the history and heritage of the SALH and its predecessor regiments.

In addition to general administration, operations & finances, in 2023 I was heavily involved in the planning and management of both the Military Cup and Cavalry Dinner, handled printing and distribution of the 2021 Sabre & Spur, and managed the accession of two major donations to the Foundation (Milner and Quarton). I also attended a Welberg Bell ringing, Remembrance Day ceremonies at Light Horse Park, and the Change of Command. I just started an overhaul of the file system (hard copy & electronic), clearing out old financials & other related documents and digitizing key files. Policy development, collections management and further organization are on the horizon for this coming year.

SALH members, past and present, are always welcome at the Foundation office. You can reach me there at 780-425-4488 or at jenn@salh.ca. I work three days/week in the Prince of Wales Armouries, right next door to the superb Loyal Edmonton Regiment Museum (worth a visit if you've never been!).



Jenn Roggeveen
Foundation Coordinator
South Alberta Light Horse Regiment Foundation
Suite 116, Prince of Wales Armouries, 10440 - 108 Ave NW, Edmonton, AB T5H 3Z9

SALHRF Board of Directors 2023

HCol (Ret'd) Angus Watt	Chair
HCol Ralph Young	President
HLCol Cathy Roozen	Vice President
LCol (Ret'd) Brian Hodgson	Secretary/Treasurer
LCol Tom Bradley	Director
LCol Mike Onieu	Director

Cavalry Dinner – Wednesday, November 29, 2023 – Royal Mayfair Golf Club

Honorary Colonel Ralph Young and Honorary Lieutenant Colonel Cathy Roozen, along with the Commanding Officer, Lieutenant Colonel Tom Bradley, hosted a Cavalry Dinner on November 29th. After a few years hiatus, it was good to gather friends & supporters from the business community and re-establish the public face of the SALHRF. Guest speaker Col (Ret'd) J. Paul de B. Taillon OMM CD brought perspective on the current global situation and mingled with guests before dinner.

Military Cup Golf Tournament – Monday, August 28, 2023, Royal Mayfair Golf Club

The 4th Military Cup was a tremendous success! Held on a gorgeous late summer day, the tournament had around 100 golfers enjoying the course at the Royal Mayfair, learning about the Canadian Armed Forces, and supporting the Regiment. After 18 holes, an excellent dinner was enjoyed in the presence of Her Honour, the Honourable Salma Lakhani, Lieutenant-Governor of Alberta, and His Honour Dr. Zaheer Lakhani. A live auction after dinner included a golf weekend, Oilers tickets, a Denver Broncos package and more. Thanks to the generous support of participants, **the tournament raised \$102,000**. From these proceeds, the Foundation made donations to the Military Family Resource Centre at the Edmonton Garrison and to each of the Cadet corps affiliated with the SALH; the remainder of funds raised will support future Foundation initiatives.



BGen Graham, Commander 3 Canadian Division



HCol Young and BGen Graham ring the Welberg Bell to announce the start of play.

SPECIAL THANKS

Guests

BGen Steve Graham, Cmdr 3rd Canadian Division
Col Robbin Dove, Cmdr 3CDSG
LCol Darryn Grey & CWO Nathan Mills, CO & RSM Lord Strathcona's Horse (RC)

Title Sponsor - ATB Financial

All Sponsors and Supporters

Co-Chairs

HCol (Ret'd) Angus Watt and Doug Goss

Committee Members

HCol Ralph Young, HLCol Cathy Roozen, John Windwick, LCol Tom Bradley and Jenn Roggeveen

Tournament Managers

Jocelyn Davison & Rebecca Schulte, Bee Together Events, Design & Rentals



(Left to right) Pte Sherren, 2Lt Bhattarai, Tpr Putnam, Tpr Tran, MCpl Drinkell, a sponsor, and Pte Coupland



The arrival of The Lieutenant Governor, accompanied by HCol (Ret'd) Angus Watt,



Colonel Robbin Dove, Commander 3CDSG



Her Honour, the Honourable Salma Lakhani, Lieutenant Governor of Alberta



Honorary Colonel Ralph Young welcomes guests to dinner



BGen Steve Graham, Cmdr 3 Canadian Division (2nd from right), with the team from ATB Financial, including Curtis Stange, President & CEO (far right)

Updates from the Regimental Association

President's Message

2023 was another productive year for the Association. We conducted one major fundraiser, the Battlefield Tour was successful, and we continued to meet regularly and employ good governance principles. We welcomed some new volunteers and held a few social events. Planning for a few major activities in 2024 and beyond is underway.

Our most pressing need is an events coordinator for Medicine Hat. Captain (Ret'd) Greg Yanda is doing a great job with this role in Edmonton and has templates for all kinds of events. We have a few other opportunities where support would be welcomed. If you're interested in volunteering, please email me at president@salhra.net.

The St Nazaire Dinner saw a wonderful gathering of the Regimental Family in Edmonton at the Top of the Inn. This event raised funds for both the Association and Veterans Connect Canada. Our guest speaker, Mr. Oleksandr Danylieko, Consul General for Ukraine in Edmonton, reminded us that, even if the ongoing war in Ukraine isn't in the news, it still needs our attention and support. Care and diligence by the volunteers responsible for this event ensured that we were able to run the event at a very slight profit with very little financial risk.

We welcomed several new volunteers to the fold:

- Captain (Ret'd) John Hodgson in Edmonton is responsible for liaison with the Cadet Corps located in the Edmonton area.
- MCpl Terry Grabowski is the Regimental Service Officer. Please read his article in this newsletter. He's done great work for serving and former serving members of the Regiment.

Cpl Stephen Buchholz is our Social Media Officer. While he's been on course since his appointment, we look forward to seeing what he can do to get word about the Association out to a broader audience. He's already done a great job with our website.

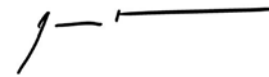
I have four major tasks ahead of me for 2024:

1. Complete the Standard Operating Procedure document. Lisa McLeod (our treasurer) has provided a ton of support in this effort. I would like to produce a set of SOPs that this and future boards can use to support activities that are beneficial to the membership with acceptable levels of risk.
2. Coordinate contact with our remaining WWII veterans. We've not been in regular contact with these folks since the departure of Sgt (Ret'd) Rob McCue from the Board, and this is an oversight that needs correction.
3. Generate a Mission and Vision for the Association. This was also on my to-do list for last year. If anybody out there wants to volunteer to help me craft something, I'm open to help.
4. At least one visit to Medicine Hat. I was lucky to end up in Medicine Hat for Remembrance Day in 2023. I'll be getting at least one trip to Medicine Hat in at some point in 2024. If you have something ongoing, reach out, and I'll see if I can attend.

Greg Yanda is working on an exciting fundraiser for late in 2024, and I hope we see everybody there! We'll see our regular social activities between now and then.

This year has been a great pleasure, and I look forward to another.

Yours,



Captain (Retired) Jason R. Watt CD
President, SALH Regimental Association

2023 Battlefield Tour

Submitted by Captain (Retired) Jason R. Watt CD, Chair, Battlefield Tour Committee

It's been several months now since the conclusion of the 2023 Battlefield Tour. This very busy tour saw us start in Portsmouth, UK on the 13th of October, and end in Welberg, Netherlands on the 4th of November. That's almost a full month. We had 36 participants join us at some point and visited 5 different countries. We travelled by plane, train, bus, foot, and ferry.

Thanks to all those who helped organize the tour and the tour participants. We had a lot of help with this one, which was much appreciated. It was a bit of an experiment with having a full-on committee to organize this, rather than the traditional pairing of myself and Captain Brian Talty. Participants came from a wide range of backgrounds, with four family groups taking up about half the spots on the tour. We had very few serving soldiers accompany us.

One of my favourite parts of the tour was appointing new Honorary SARs. We appointed three amazing ladies this time around:

- Margo Mulder, the newest Mayor of Bergen op Zoom. The Mayor of Bergen op Zoom has traditionally been appointed as an Honorary SAR to maintain our strong connection to this City. I had the pleasure of breaking bread with Her Worship, and I assure you that her interest in commemorative activities is far more than just ceremonial. Her moving speech during the ceremony at the Canadian War Cemetery focused on a soldier of the SAR, Trooper Dennis Hoare, killed by friendly fire on 28 October 1944 along the Zoom canal.

- Sandra Houtepen, Longtime volunteer with the Bevrijdingsmonument Welberg, the committee responsible for the Welberg Bell. Sandra has been a fixture at bell ringings for as long as I've been attending them. Sandra has stepped into a leadership role to ensure that Welberg continues to commemorate civilians, soldiers, sailors, and aviators who lost their lives in WWII.
- Francis van Dijk. Family is important to the Association, and Francis embodies this. Francis has carried on the tradition of her father, who was a great friend to the Regiment during past Battlefield Tours. I am proud to name Francis as a friend. Her continued support to the Association is often behind the scenes but is vital to keep our connection to Bergen op Zoom alive.

I suspect this will be the last tour of this scale for some time. We do plan to continue visiting our friends and significant locations in NW Europe, but perhaps more frequently, and in smaller groups and with shorter trips. Check elsewhere in this newsletter for comments concerning the planned tours for 2024.

As has been the case on every Tour I've been a part of this could not have happened without generous financial support. Swatty and Kitty Wotherspoon provide financial, spiritual, and pretty much every other possible kind of support. The SALH Regiment Foundation provided both financial and logistical support. Please thank our supporters or their representatives next time you see them.



*Group photo
Kapelsche Veer monument
Bergen op Zoom, Netherlands
Photo by: Jan Baan*



Group photo at the Hotel de Draak, Bergen op Zoom, Netherlands. Photo: Draak staff

2024 Battlefield Tours

We will conduct three smaller tours in 2024, with around 12-20 participants per tour.

In the third week of August, we will be in the United Kingdom and France. The main effort for the France tour will be to participate in the 80th Anniversary of the Battle of the Falaise-Chambois-Trun Pocket.

In mid-September, we will be in Belgium. The main effort here in Belgium is around the dedication of a new monument at Zelzate. We will be accompanied by a few retired Engineers.

In late October, we will be in the Netherlands. The main effort here is the 80th Anniversary of the Liberation of Bergen op Zoom and Steenberg.

For each leg, the total duration will be 7-10 days. The cost will be approximately \$3,000 plus air travel. We still have room on each leg. For serving soldiers who wish to join us on the Netherlands leg, we are arranging local billeting to keep costs down, and the Foundation has provided funds for subsidies.

These smaller, shorter tours will likely be the basis for our tours for the next few years. This allows us to keep our costs down while still maintaining our connections in Europe. If you wish to be involved in planning any future tours, please email me at president@salhra.net

Captain (Retired) Jason R. Watt CD

Canada and Ukraine

by Lt (Ret'd) Richard Mack B.A./B.Ed.

Canada and the War in Ukraine

The Invasion of Ukraine by Russia has now dragged on into a second year. The war has turned into a brutal battle of attrition involving Trench Warfare. The Russians launched their invasion with the intent of a “Blitzkrieg” attack to try to overwhelm the Ukrainians.

They launched their attack in March during a time of the year that made roads the only way to advance, as armoured vehicles would bog down. That is what happened. The Ukrainians reacted quickly and fought back with great courage. President Zelenskyy did not run and proved an example to his people of great resolve and determination. So, what led to this unprovoked attack? To understand what happened, we must look to the past.

Brief History of the Ukraine

Parts of Ukraine were a province within the Russian Empire until the upheaval and chaos when the Communists ended their involvement in WWI when Lenin and Germany signed the Treaty of Brest-Litovsk in 1917.

A chaotic period of war followed, including the Polish-Ukrainian War and the Soviet-Ukrainian War with Ukraine briefly being an independent country. The Communists regained control during the 1920's, but Lenin allowed them to be semi-autonomous within the USSR. The death of Lenin created a power struggle between Stalin and Trotsky, with Stalin gaining power, and Trotsky fleeing the country.

Stalin started a war of terror against anyone whom he imagined was a threat. He looked at the Ukrainians as a threat and started a process to deliberately starve and deport any who resisted to Siberia. Some say as many as 10 million died. There is a monument to this Holodomor outside of City Hall in Edmonton.

When Hitler and Germany invaded the Soviet Union in June 1941, many Ukrainians welcomed the Germans as liberators. They quickly found out that The Germans were just as brutal to the people. Gradually, German propaganda wore down the people, and some young men joined the Waffen SS to fight the Russians. The Waffen SS was like a “Foreign Legion” with many recruits from Norway, Finland, Denmark, France, Netherlands, and others. Unfortunately, this was also the organization that was responsible for Holocaust Death Camps that murdered millions of Jewish People and others. As the war turned against the Germans, Stalin again brought back a brutal control over Ukraine and many other countries.

When The Soviet Union dissolved in the early 1990's, Ukraine and many others became independent. They retained close ties with Russia, but gradually became closer to the West, seeing the many advantages of Western Capitalism.

As Putin gained greater power in Russia, he felt that his goal in life was to regain the glory of the Russian Empire. He invaded Chechnya, Georgia, and attacked Ukraine in 2014 to annex the Crimea, and control Eastern Ukraine. This attack went well, and they overwhelmed Ukrainian defenses quickly. This gave him the confidence to continue his attacks in 2022.

Canada and Ukraine

After completion of the railroad across Canada in 1885, the government tried to recruit people to settle the West. They primarily tried to recruit settlers from the British Isles with the contract requiring them to stay for 3 years to be able to own the land. This was a dismal failure.

Clifford Sifton, the Federal Minister for Western Development, thought that hearty peasants or “Men in Sheepskin Coats” from Ukraine would be suitable candidates. It worked very well. They came by the thousands and worked hard to develop the land.

Now Canada has the largest Ukrainian population outside of Europe. They have made their mark in all aspects of Western Canada. Alberta had a Ukrainian Premier, Ed Stelmach. Ray Hnatyshyn, a former Governor-General, was also of Ukrainian descent. Ukrainian-Canadians are hardworking and proud Canadians.

(continued)

Canada Today

Canada is part of the military alliance NATO (North Atlantic Treaty Organization) founded to counter the Soviet Union. If one country was attacked, all would be automatically at war. (Ukraine has wanted to join NATO for some time)

Following the Russian attacks in 2014, Canada had our Army train Ukrainian Soldiers, mostly in small unit tactics and field craft. After the most recent war started, Canada's government has sent millions of dollars to support the Ukrainian Army. We also sent a group to help augment NATO forces in Latvia. We recently deployed a Squadron of Leopard Tanks to help train troops in small unit tactics and gunnery. Canada remains a strong supporter of Ukraine, and our Armed Forces continue to provide a presence in Latvia.

We must not forget the heroic fight of our comrades in Ukraine, who continue to fight for freedom and the right to live in peace.

Regimental Association Membership

The Regimental Association is a group to foster friendship and camaraderie between past members (The Old Guard) and the current regiment, and to maintain historical connections with veterans and our comrades in Europe. It is a group of volunteers who continue to work together to bring together activities and services to members. The current membership officers are Paul Mast (Major retired) in Medicine Hat /Southern Alberta and Richard Mack, (Lieutenant retired) in Edmonton / Northern Alberta.

The Regimental Association currently has 144 members, including 112 Lifetime, and 4 Honorary. Yearly dues are \$20.00 or \$200.00 for a Lifetime Membership. Those who purchase a Lifetime Membership receive a display folder, with certificate as well as Battle Guidon.

Anyone can join the Association, but only those who have served in the Regiment can vote on Association matters. Most members are former soldiers, and some Cadet Officers, as well as family of soldiers who have served.

The Regimental Association conducts the following events and activities:

1. Roughly once a month we host a get-together.
2. Battlefield Tours
3. Annual Association Dinner & Silent Auction

4. Events in conjunction with the Regiment. (Change of Command and Remembrance Day are examples) Volunteer and Fundraising activities to keep the legacy of past soldiers. Examples of this are the work of Troy Steele and Sticks Gallard at Light Horse Park in Edmonton, as well as assisting in the construction of the Memorial to the 3rd Canadian Mounted Rifles, The 175 Battalion and maintaining The Sherman Tank in Veterans Park in Medicine Hat.
5. Financial Support to Cadet Groups, and Veteran Organizations.
6. Other volunteer work such as Edmonton's Riverfest.

It is easy to join: just go to www.salhra.net. You can download the application form and send it to Paul or Richard. We are also now set up for payment of dues by e-transfer.

As health care restrictions are now relaxed, we hope to see many of you in person to share memories. Once you are a member of "Alberta's Regiment" you are part of a special family that will hopefully give you fond memories of your service to your country.

Semper Alacer!

South Alberta Light Horse Regimental Association Kitshop

Order your PT gear, regimental ties and blazer crests,
license plates and bumper stickers, face masks
and other upcoming items

Place your order at kitshop@salhra.net

Payments can be made by
e-transfer at kitshop.pmt@salhra.net, cash or cheque

Orders available for pickup at each garrison and
through Canada Post (at cost)

The South Alberta Light Horse
Regimental Association

Update from the Association Service Officer

So, sometime back, Capt. (Ret'd) Jason Watt asked me if I would be interested in becoming active in the SALHRA as Service Officer. With support of the Association, the Commanding Officer & RSM, it was a no brainer, and a resounding affirmative from me.

First, let me introduce myself: my name is MCpl. Terry Grabowski. In 2002, I transferred into SALH (A Sqn) off the Supplementary Reserve. I served three years in the Regular Force with The Royal Canadian Regiment prior as a "hooked" or PTE (T). I served with A Squadron in the Regiment from 2002-2007 whereby I was medically released. During my short time, I was able to drive the Cougar, be a Cougar Gunner, a Crew Commander, recruiting NCM, and course Warrant Officer for one driver wheel qual. I can say two poignant memories for me (out of so many) are:

- When I was advance appointed to Master Corporal after I graduated from the Canadian Army's very last JLC/JNCO serials summer of 2002. It did suck! Oh, how I miss Wainwright.



MCpl. Terry Grabowski, kneeling front center after instructing on reconnaissance foot patrols. I hope some of you know the others. To my direct rear left is Tpr (now WO) Adam Symington.

- The second was being at the funeral service for Sapper Stephan John Stock of 12 Field Squadron, 1 Combat Engineer Regiment at Patterson Armoury on 30 August 2008. Many fine SALH soldiers like Steve transferred to the Reg Force and continued/continue their service to our Country proudly and with distinction. Steve, at the age 25 was killed on 20 August 2008 along with two Sapper comrades in Kandahar Province, Afghanistan. I will never forget getting to know him, and many other young soldiers whom I was able to train, support, and lead by example.

Okay, 'nuff said there. Two questions that could be asked of me by readers are: 1) So what does a Service Officer do? And 2) What activities has this guy been up to?

- 1) I have acquired knowledge of over 13+ years and can support across a wide variety of areas: VAC (Veterans' Affairs Canada), VSCs (Veterans Service Cards), Quilts of Valour Canada, applying for Certificates of Service, service pins, Medals, emergency supports, connecting with other Veteran NGOs, and much more. Remember, upon release you are a veteran and entitled to benefits and programs offered by VAC. It took me a long time to have the word 'Veteran' click in my own mind. Service is service.
- 2) Here are a few things here that I've been up to:
 - Able to provide direct support and advice to a former released member to get his Commander-in-Chief Commendation for being attached to 2VP during Medak Pocket.
 - Two medals for a former released member who has stage 4 cancer, which he was entitled to.
 - Applied on behalf of a member who received a permanent and life-altering injury in Bosnia 1994 for the wound stripe and metal wound stripe with accompanying certificate.
 - Helped a veteran apply for a denied C.D. to DND. With evidence from VAC, highlighted he received his long service medal for 12 years service just before Remembrance Day 2023.
 - Numerous Quilts of Valour online application submissions. Please do check it out – you can nominate yourself and others. You are entitled to a quilt for your service as thanks from grateful Canadians.
<https://www.quiltsofvalour.ca/eligibility-criteria>
 - Mental Health – support and resources info.

Semper Alacer!!!

MCpl. Terry Grabowski, CD
SALHRA Service Officer

P.S. Yes, I am still serving as a Canadian Ranger in the reserves. DO CALL ON ME anytime.

rcrman507@gmail.com or Facebook at

<https://www.facebook.com/terry.grabowski1998>

Cadet Unit Updates

3053 SALH (Lac Ste. Anne) RCACC

Captain Robert Heinz, CD

2023 saw the dark days of Covid slowly fading in the rear-view mirror, but the number of cadets left in our unit were very few! The priority now was to retain the survivors and begin to rebuild our numbers knowing it was going to be a slow process.



3053 RCACC winter survival training. Photo: Unknown

We were fortunate that at the end of January a couple of soldiers from the Regiment were able to join our unit at Lessard Lake (west of Edmonton) for winter survival training. They spent the day instructing our seniors in using snowshoes with toboggans to set up tents in the deep snow. At the time we were still not allowed to spend the night out in the field, but it was a start to finally be training in person. Small steps.

In June, our cadets travelled by school bus to Elk Island National Park for a day of hiking. It was a beautiful day, and the cadets had an awesome experience.



3053 RCACC members at Elk Island National Park on a lovely June day. Photo: Unknown

June 25th, our unit was able to hold our Annual Cadet Review with LCol (Ret'd) Troy Steele as the Reviewing Officer.

During the summer, we had two junior cadets attend a short week at Camp Wright for a basic course, and two senior cadets travel to eastern Canada to attend three-week courses there. Again, a slow return to normalcy.

September saw a return to training with a greater emphasis on recruiting by attending several trade fairs and community events.

At the end of the month, 3053 RCACC participated in a joint EX with other local army cadet units to learn bush craft and map and compass use. We were now permitted to spend the night out in the field, and it was another good weekend for all the cadets.



3053 RCACC Annual Review. Photo by: Unknown

A tri-service sports tabloid held in Morinville on December 10th was very unique in that there was no snow on the ground yet. This allowed the cadets to play soccer and broom ball outside, this doesn't happen very often around here at that time of year!

A potluck supper of smoked ham and turkey was enjoyed by cadets, staff, parents and guests in mid-December before the unit stood down for the Christmas holiday season. Looking forward to a great 2024!

2313 SALH (Kiwanis) RCACC Medicine Hat Captain Trevor Eichelbaum

2313 had an excellent and momentous year in 2023. This was our 75th year as 2313.

The year started with our marksmanship team competing in Stage 2 marksmanship competition at LHQ and successfully securing a position for Stage 3.

We conducted a 1-day winter training FTX at Patterson Armoury in Medicine Hat in February, thanks to equipment supplied by the SALH. Snowshoeing, setting up arctic tents, and learning to pack a sled were highlights of the day.

In April 2313 drill team competed in the Army Cadet League initiative South zone drill competition at Mawata Armoury in Calgary. We came away from that competition with the Spielman Cup (1st place drill team) as well as the Pinnacle award (best drill commander).

As the champions of the Spielman Cup, we secured our place for the Provincial competition held at CFB Edmonton in May. The team went on to win the Kozar Cup for best drill team as well as the MWO F. Bootle cup for best drill commander.

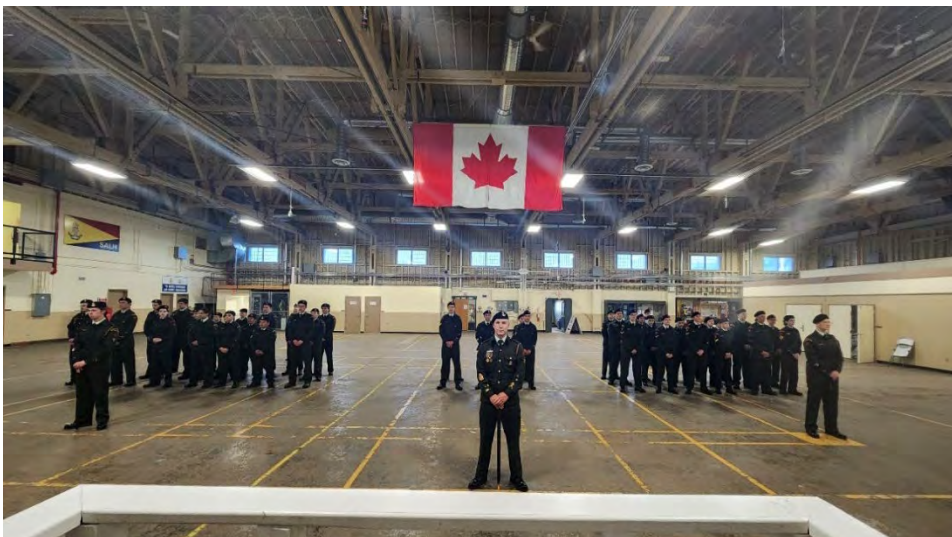
In May, we conducted Ex POINTED PRONGHORN, our annual navigation FTX weekend in the hills of Elkwater. The cadets were instructed and put to the challenge of using their skills to navigate from one camp to another.

During all this activity, in the background, the DCO, staff, support committee, and league worked tirelessly to finish this special training year by inviting and ensuring preparations were done to welcome General Wayne Eyre, CDS, to be the reviewing officer for the Annual Ceremonial Review. The decision to host the CDS was a result of knowing that General Eyre started his military career as a 2313 RCACC cadet, and we felt it fitting to bring him home to his corps for the 75th ACR.

There was a lot of preparation for our ACR with immense help from members of the SALH, CFB Suffield, and “The Old Guard”, a group of former 2313 cadets and SALH alumni. Turn out for the ACR was excellent, and once the ceremony was finished the CDS was more than happy to get pictures with each and every cadet. The ACR also included a closed banquet for the cadets and the CDS.



*2313 RCACC march past the CDS, General Wayne Eyre, on their 75th Annual Ceremonial Review.
Photo by: Jacquie Donohue*



On 15 June, a Change of Command Ceremony was held where then Lieutenant Trevor Eichelbaum took over command of the corps from Captain Evert Foster.

September brought a new training year and further growth for the corps, building on the number of active cadets as well as the number of active adult staff.

*2313 RCACC 2023 Corps
Photo by: Lt Crystal Eichelbaum*

*Members of the 2313 RCACC on
Ex POINTED PRONGHORN, May 2023
Photo by: Jacquie Donohue*



*Members of the 2313 RCACC practice their marksmanship skills
Photos by: Lt Crystal Eichelbaum*

*2313 RCACC drill team after winning the
Spielman Cup and Pinnacle Award
Mawata Armoury
Photo by: Lt Crystal Eichelbaum*



*2313 RCACC drill team after winning the
Kozar Cup and F. Bootle Award
CFB Edmonton
Photo by: Lt Crystal Eichelbaum*



2313 RCACC Change of Command
 from Captain Evert Foster to (then Lieutenant) Captain Trevor Eichelbaum with SALH CO LCol Onieu (centre)
 Photo by: Jason Nelson



Chief of Defense Staff General Wayne Eyre as the Reviewing Officer
2313 RCACC 75th Annual Ceremonial Review
 19 June 2023
 Photos by: Mrs. Jacquie Donohue

2051 19th Alberta Dragoons (Edmonton) RCACC

February 2024 marked a monumental milestone for the 2051 Dragoons as we celebrated our 80th anniversary. This year has been a testament to our resilience, dedication, and spirit. Emerging from the challenges posed by COVID-19, our corps has rebounded robustly, boasting a vibrant roster of 71 active cadets and welcoming new members each week.

Our training year kicked off with the exhilarating FTX Dirty Dragoons at Pelican Cove. Here, cadets demonstrated their survival prowess, mastering skills in fire building, shelter construction, and navigation. The camaraderie and practical learning set a dynamic tone for the year.

November was a month of honor and remembrance. We participated in the televised No Stone Left Alone Memorial ceremony at Beechmount Cemetery, followed by Poppy Day at Norwood Legion. Our unit was represented at Remembrance Day ceremonies at both the Norwood Legion and Holy Trinity Church. These events underscored our commitment to honoring our heroes and preserving their legacies.



2051 RCACC marching from Holy Trinity Church to Light Horse Park.

In January, our cadets and their families enjoyed a spirited Oil Kings Appreciation Night. Additionally, we had the privilege of being invited to Jefferson Armoury twice, where we delved into a CAF Familiarization presentation and honed our skills in map and compass navigation.

Spring brought a series of challenging and rewarding exercises. The FTX Cold Dragoons tested our cadets' mettle in cold weather survival, while the FTX Wandering Dragoons and ADA Orienteering Day sharpened their navigation and orienteering skills. A 20 km hike at Elk Island Park during FTX Wandering Dragoons further exemplified their endurance and teamwork.



2051 RCACC Biathlon.

This training year saw incredible success for our cadets and volunteers. In a heartwarming initiative, cadet Cpl Boone spearheaded a food bank drive, collecting nearly 200 lbs of non-perishable food and hygiene items for the Veterans Association, demonstrating the compassion and leadership we strive to instill in our cadets.

The Biathlon Team, under the expert guidance of Capt Stephanie Russell and CV Zach Flavell, showcased their endurance and precision, competing all the way up to the Provincial level. Our cadets gave commendable performances, laying a strong foundation for future success.

The Marksmanship Team, led by CI Charles Bernatchez and cadet coach CWO Elijah Becker, excelled this year. It was their first year creating a second team, and both teams made it to Provincials, where Team A secured first place and Team B achieved a commendable fourth, reflecting their hard work and dedication.

Our dedicated staff received well-deserved accolades from the Army Cadet League of Alberta. Captain Jon Gloss was honored with the Honor Officer award, and CI Charles Bernatchez received the Colonel Lee Thompson Award. Their unwavering commitment to the cadet program has been instrumental in our success.

As the 2023/2024 training year concludes, we reflect on our accomplishments with pride and look forward to an even more exciting and successful year ahead. Here's to the 2051 Dragoons—80 years strong and continuing to inspire future leaders!



2051 RCACC at Jefferson Armoury practicing map and compass skills and familiarizing themselves with the C7.



2051 RCACC at Elk Island Park. Photo: Unknown



2051 RCACC cooking outdoors on their FTX. Photo: Unknown



2051 RCACC Marksmanship Team. Photo: Unknown



2051 RCACC looking sharp for their CO's parade. Photo: Unknown

3068 SALH (Camrose) RCACC

Captain Chris Coombs

3068 SALH RCACC has been rebuilding post covid. With the return to in person activities the Corps strength has begun to increase. The support of the SALH has helped this along as participation in activities such as the opening of Light Horse Park, the opportunity to view the Change of Command Parade coupled with Regimental visits has been a highlight for many of the Cadets.

Being able to conduct weekend field training, including a Navigation and Trekking weekend that saw beautiful weather for the Cadets, was an asset to rebuilding morale and strength. This also helped with the training of Senior Cadets in taking on a Leadership role within the Corps, at a critical juncture as many senior Cadets aged out or left the program during the pandemic.

The past year has seen some excellent growth within the Corps, including one of the Cadets being chosen to attend the Expedition Team Leader course at Blackdown CTC in Kingston, and then that Cadet being selected for the Spruce Woods Trek in Spruce Woods Provincial Park in Manitoba. This Cadet, along with another senior Cadet were also selected for the Alpine Tour Expedition, a snowshoeing and ice climbing expedition to take place in the Rocky Mountains of Alberta.

Field Training is still one of the Corps Fundamentals and is important for the development of the Cadets for future knowledge towards expeditions as well as in developing leaders within the Corps. Aside from this, the Corps is still active in Marksmanship as well as Sports and Physical Fitness, recently participating in the Zone Sports and Drill meet in Wainwright, AB.

As the Corps moves forward with increasing numbers of Cadets, it is also preparing to increase the number of staff and their training. This will assist the Corps in providing the training and guidance needed to keep the Cadets moving forward. A new Corps Support Committee (CSC) executive was elected in the fall of 2023, the first committee elected to the position post covid, and the eagerness for the Committee to find ways to support the Corps is evident with the various ideas for fundraising within the new parameters as established by the Directorate of Cadets and Junior Canadian Rangers. The Corps is still searching for an Army Cadet League Representative.



Cadets from 3068 SALH RCACC review a map while at a visit to the Regiment. Photo: 2Lt Sweet

As activities increase and the Corps strength increases, a renewed optimism has come to the Corps. The staff are looking forward to being able to plan and participate in more activities and to watch the development of the Cadets as they progress into leadership roles. The Cadets take pride in wearing the SALH cap badge. As former SALH Commanding Officer LCol (Ret'd) Steele has always noted, the cap badge is not given, it is earned. Each Cadet wearing the cap badge does so with pride at our affiliation with Regiment.



MCpl Lyder familiarizes members of 3068 SALH RCACC with the interior of the G-Wagon. Photo: 2Lt Sweet



Members of 3068 SALH RCACC. Photo: Trish Akers



Members of the 3068 SALH RCACC learn to operate stoves and set up shelters, Photos by: Unknown



*With HCol Ralph Young standing by, LCol Bradley presents **Trish Akers** of 3068 SALH RCACC with a CO's coin for her dedication and commitment as a volunteer. Trish continued to work as the Parent Committee Chairperson throughout Covid, creating innovative ways to raise funds amidst the pandemic, all while her son had aged out of the Cadet program. She is currently a Registered Volunteer and is pursuing her enrolment as a Cadet Instructor with the Canadian Armed Forces. Photo by: 2Lt Sweet*

Cadet Visit to Regiment

The 3068 RCACC visited B Squadron's lines at Jefferson Armoury. They were given a presentation on the Regiment's history by Lt Lawrence and 2Lt Meurer, followed by a presentation on the armoured DP1 courses by Tpr Tran and Tpr Isley. The cadets were then given a hands-on tour in the vehicle bay of the LUVW G-Wagen with a C6 mounted and different weapon platforms to include the C9, C7, 9mm Browning, and M72 LAW. The following instructors did an outstanding job planning these stations and gave an energetic execution of them: MCpl Lyder, Cpl Becker, Cpl Jones, Tpr Tran, Tpr Isley.

MJC Meurer
2Lt
2 Tp, B Sqn



Cpl Buchholtz briefs the cadets. Photo: 2Lt Sweet



Lt Lawrence and 2Lt Meurer talking with the cadets about the Reserves. Photo: 2Lt Sweet

Change of Command Ceremony 2023

On 30 September 2023, Lieutenant-Colonel Thomas Bradley began his three-year term as commanding officer of the South Alberta Light Horse. The change of command ceremony was conducted at Light Horse Park in Edmonton. Lieutenant-Colonel Mike Onieu symbolically relinquished command by passing the regiment's guidon to LCol Bradley. The South Alberta Light Horse recognized and thanked LCol Onieu for his leadership through the difficult pandemic years.

The change of command ceremony is a military tradition. Members from A and B Squadron marched onto Light Horse Park, led by the Royal Artillery marching band. The soldiers were sharply dressed in their dress uniforms to mark the occasion. They stood for the ceremony, witnessed by fifty civilian attendees along with former members of the regiment. Conducting the ceremony in full view of the regiment allows all soldiers to witness their new leader assume the responsibility and trust associated with the position of commander. The ceremony was also attended by Commander 41 CBG Col. Chris Hunt, CD, and the SALH's Honorary Colonel Ralph Young, MSM, AOE.



LCol Onieu, Col Hunt, LCol Bradley signing the ceremonial scrolls. Photo WO Jones

30 September also marked the National Day for Truth and Reconciliation. In the spirit of reconciliation, MCpl. George performed a smudging ceremony for the command team. Smudging burns traditional medicine, in this case sage, as a cleansing act. Sage is a strong medicine,

traditionally used to prepare people for ceremonies. Sage was a fitting inclusion as the pronghorn is featured on the regiment's badge. Pronghorn feed on sage to survive the cold winters.

MCpl. George then addressed the audience of the importance of this Day of Reconciliation and the contribution of Indigenous soldiers to the Canadian Armed Forces. Truth and Reconciliation acknowledges the injustices committed against the Indigenous Community, including forced relocations, cultural assimilation and the residential schools. Public commemoration of this history is an important part of the reconciliation process, necessary to move Canada forward.

The incoming commanding officer, LCol Bradley, most recently served with the Army's Divisional Headquarters in Edmonton since retiring from Regular Force service in 2011. Over his twenty years in the regular armoured corps, Thomas Bradley served as Chief of Operations for Task Force Kandahar, the Chief of Staff for 1 Canadian Mechanized Brigade Group, and as Officer Commanding of Lord Strathcona's Horse Reconnaissance Squadron deployed to Afghanistan as part of Canada's first commitment of forces in 2002.

K. Samraj
2Lt
2IC, A Sqn



Col Hunt Cmdr 41 CBG receives a salute from outgoing SALH CO LCol Onieu, Photo by WO Jones.

Remembrance Day



LCol Bradley and CWO Chenier Remembrance Day in Medicine Hat. Photo: Unknown



Members on Remembrance Day parade Medicine Hat. Photo: Unknown



Armoured Troop Leader Course

This past summer, the Armoured School ran the fifth serial of ATL with 32 candidates, 27 of which successfully completed the course and became qualified troop leaders. The first two weeks of the course, the candidates were in the field operating out of Petersville for FTX 1. They were operated in UTVs to learn basic vehicle movement and mounted navigation. Following this, there was a week of theory containing lessons on CAV doctrine and what it means for the armoured core moving forward. In this time, the candidates also took advantage of the use of RC tanks and the VBS to go over troop level drills, troop movement, the sequence to adopt and crew commander's appreciations. Once this portion was complete, the remainder of the summer was spent in the field on FTX 2, where the candidates practiced five-hour traces cycling through crew commander positions and the troop leader. The candidates were able to practice their basic skills to manage a vehicle and crew in the various vehicle positions while also learning to troop lead and work within a squadron context. Throughout the summer, the VOR fluctuated greatly so there was a VBS rotation implemented where one troop a day would be practicing on the VBS. This allowed candidates to fine-tune their skills for fire control orders and troop leaders' appreciation. Over the duration of the course, the candidates faced many challenges as they learned how to troop lead including weather restrictions, VOR restrictions and staff limitations. Because of the obstacles encountered on the course, the candidates were able to gain new perspectives and insights to problem solving in a mounted context and are now better able to adapt to the changing environment they will be operating in within their new roles at the Regiment.

R. Westling

Lt

BC, B Squadron



Passed out in the back of a LAV.

Photo by: Unknown

Countess of Wessex Cup 2023

In early November 2023, the regimental Colonel-in-Chief, Her Royal Highness the Duchess of Edinburgh (formerly the Countess of Wessex) visited Canada to attend the annual Countess of Wessex Cup. The Countess of Wessex Cup was set up in 2012 and sees several units that are affiliated to Her Royal Highness come together to compete in a series of physically and mentally demanding challenges.

The 2023 Countess of Wessex Cup was hosted by Lincoln and Welland Regiment on their home turf of St Catharines, Ontario. Seven teams from the UK and two Canadian teams (Lincoln & Welland Regiment as well as the South Alberta Light Horse) participated in the competition. Our own regiment fielded a team for the first time, made up of 4 B Sqn and 4 A Sqn pers. Under the leadership of Capt Talty, the following people had the privilege of representing the regiment: MCpl Hall, MCpl Guszczewski, MCpl Lyder, MCpl Longstreet, Cpl Smith, Cpl Griffin, Cpl Hoffman and yours truly. Honourable mentions to the spares made up by Lt Perrault, MCpl Onoferchuk and Cpl Baron, who although did not travel with the team to Ontario, took part in all the work up training. A special thanks to Lt Perrault for organizing all team training to include the range day and swim test.

The team prepared for the competition with a range concentration that covered PWT3 and some snap shooting from various positions. This was followed by the CAF Basic Swim test, during which the team was determined to be mostly drown proof. MCpl Hall and Cpl Baron stood out as the most amphibious members of the team. The team then packed all our kit and caught our respective flights to Toronto. The team was delighted for the CO, LCol Bradley, and the RSM, CWO Chenier, to join us and show their support.

The Lincoln and Welland Regiment ran a challenging yet enjoyable competition. The competition consisted of five different challenges and one final culminating challenge. The five main challenges were:

- Orienteering/navigation at Short Hills Provincial Park where MCpl Longstreet made light work of his map and compass,
- Shooting (pistol, shotgun, & rifle),
- Rappelling followed by an Infantry Obstacle Course,
- STEM, and
- Trivia Challenge

Due to time limitations and the busy schedule of the Duchess the teams were not able to participate in all of the challenges. Our team was not able to take part in the STEM and Trivia challenge.

The final challenge consisted of a gruelling head-to-head race between the teams that involved a Canoe portage, stretcher carry of our team captain, MCpl Guszczewski, off of the beach at Winona Range and setting up of a section of a Mod Tent, then a further stretcher-carry of 1.6km. During the final challenge MCpl Hall left the competition in the dirt with his superior portage skills while the team of UK nurses blew past us on both portions of the stretcher carry.



Colonel-in-Chief, The Duchess of Edinburgh.

Congratulations to the Lincoln & Welland team who kept the trophy on Canadian soil with their win in the competition.

In conclusion, the competition was an exceptional professional development opportunity. It took members of the team to Niagara Falls, which was a first for many of us on the team. It allowed us to work with members of the UK Armed Forces as well as the Lincoln & Welland Regiment. Lastly, the team got to meet our Colonel-in-Chief, Duchess of Edinburgh. I am confident the regiment will participate in the challenge for years to come due

to its immense benefits on morale and extra-curricular opportunities. Special consideration must be given however to the aptitude of teams in the future. A focus on physical fitness, robustness

and excellent soldiering skills is paramount, so the Countess of Wessex cup can be brought to the prairies!



MCpl Longstreet, MCpl Guszczewski, Cpl Paul, MCpl Hall (hidden), Cpl Smith, Capt Talty



Members shooting C7.



Colonel-in-Chief, The Duchess of Edinburgh and Capt Talty.



MCpl Longstreet and Cpl Hoffman. Photo: Unknown



Capt Talty and members of The South Alberta Light Horse. Photo: Unknown



LCol Bradley saluting beside Colonel-in-Chief, The Duchess of Edinburgh.

OP REASSURANCE – A Squadron

Cpl Panta-le and I, Cpl Smith, were deployed to Latvia on Roto 23-01. We went to Edmonton in September of 2022, to integrate with Transport Plt of 1VPs Admin Coy. While there, we were trained on the MSVS SMP with LHS. We went to Wainwright in October on Patricia Wolverine, working within our positions and preparing for our work overseas.

In late November, we flew out of Edmonton on the first chalk to Latvia. Had a quick 2-day layover in Glasgow, and we arrived in Camp Adazi where we'd be staying for the next 6 months. Panta-le and I quickly settled in, separated by rooms and by sections within transport, however we often were tasked together and spent many of our off hours exploring the capital city of Latvia. While in Adazi early on, waiting for the rest of the chalks to arrive, we were qualified on the AHSVS and other vehicle platforms we would be operating.

Due to both of our leave blocks being in the beginning, we were also slotted as our platoon's signal representatives, tasked with changing crypto and making sure our radios were in working order. We were often eager to work with other countries, volunteering for different tasks on or off base, often testing each other's knowledge on our AFV recognition. We thoroughly enjoyed the main exercises in Camp Adazi, tasked with two very different jobs, Cpl Panta-le in POL section, refueling LAVs and the fighting company's cargo vehicles, while I worked in Cargo section, pushing ADREPs and supplies during our DP cycle.

Although unhappy we weren't employed in trade, we learned a lot of how an admin company operates, along with the differences between the echelons. We did have some fun within Admin Company, Cpl Panta-le and I participated in Exercise HORNED VIPER, a combat first aid competition between nations, along with checking other nations kit.

Closer to the end of Tour, I was sent as Cargo section driver to Estonia, in which we participated in Exercise SPRING STORM, held across Estonia outside of their training area. Cpl Panta-le was one of the resupply drivers who brought us much needed parts for vehicles which had broken down during exercise.

Throughout our tour, we thoroughly enjoyed the experience and hopefully we represented the Regiment well.

Smith
Cpl
A Sqn

Cpl Panta-le and Cpl Smith on their deployment to Latvia.

Photo by Sgt Reed, Regina Rifles



OP UNIFIER – B Squadron

I was privileged to deploy as part of the United Kingdom Training Element (UKTE) of Operation UNIFIER Roto 15. I augmented Palehorse Company (B Coy) 2PPCLI making up Training Delivery Unit 2 (TDU2) of Op UNIFIER UKTE which was part of the bigger British mission, Op INTERFLEX.

Based in southeastern England, I was employed as a det instructor training Ukrainian recruits. During my time deployed from February to July 2023, TDU2 trained a well over 2000 Ukrainian recruits, getting them ready for frontline service. The recruits were put through a basic infantry course where they learned basic weapons handling, NLAWS, lifesaving medical skills and how to operate in both urban and rural environments. Recruits also received wider lessons on Canadian/NATO tactics. This was all taught using foreign language interpreters with little to no military experience, which made for another unique challenge.

Being a det instructor was not what I envisioned when I first received news I would be deploying as a section driver on this mission. But from the get-go, it was clear that almost everyone on this mission would be delivering training to Ukrainian recruits in some way. I was fortunate to be in my role, seeing a section of Ukrainians go from day 1 of course with no knowledge of weapon systems to observing them take part in full-fledged tactical scenarios on the culminating FTXs. The training was delivered in a similar manner to Infantry DP1s back in Canada but with increased emphasis on core infantry skills and tactical level training rather than military drill/inspections etc.

As a non-PLQ qualified Corporal from the Armoured Corps, teaching CQB and trench operations were new to me. After a quick run down from my Infanteer peers, I quickly learned skills and drills that I was required to teach. Building upon my pre-existing soldiering skills, I quickly felt confident in my teaching material and demonstrations. From here on out, I could focus on delivering this knowledge and mentoring my section of Ukrainian recruits. My experience as a member of the SALH was a great asset. Combining this with the experiences of other Canadian instructors with backgrounds as Snipers, Medics, Recce Patrolmen, and Combat Engineers, we delivered a robust tool kit for the Ukrainians to use on the frontline.

Working in Europe also allowed me to be in a new country and travel on my limited time off. Due to being deployed in the area, I was able to visit London, Vimy and Belgium, as well as the local coastal area we operated in. The learning on this mission was not just one sided towards the Ukrainian recruits. I learned a lot immensely from fellow Canadian instructors, British soldiers and marines. Most importantly, I learned a lot from the Ukrainian Liaison cadre which consisted of experienced AFU members taking a break from combat operations.

V. Paul
Cplp
B Sqn

SALH Abroad

“You can’t deploy as RSS” I recall, as I am sitting in Poland as the Task Force Human Resource Manager and J1 Ops for Task Force Ukraine, Operation UNIFIER. At this point, I’ve been deployed in Eastern Europe since March 2023, where I’m stationed in Warsaw providing administrative support across most of Europe. We have support requirements in 11 Locations requiring a high level of creativity to administer. The unique set up of the SALH, being spread across 3 locations with limited access to DWAN, has proven to be a great asset for me here. Managing a dispersed area, with comms issues, isn’t new to me, and those same challenges are presented here, but on a grander scale. My experience has allowed me to implement new processes in support of virtual support, and consolidation of resources.

On three occasions, I got the opportunity to go to the Leopard training Element (LTE) led by LdSH. During my visits I got to meet another SALH member for the first time as that member had been employed outside the unit for my entire posting thus far. Cpl deRuiter, a crewman, is being employed by the LTE as an HRA! Situated in the UK is our UK Training Element (UKTE). Cpl Paul, another SALH, is representing our unit. One mission, 3 SALH members at the same time. This just goes to show that there are opportunities to deploy if you work hard and remain postured to respond.

C.M. Alexander
Sgt
CHRA



Sgt Alexander and Cpl DeRuiter standing in front of Strathcona tank in Poland. Photo by Cpl Kok

Cambrian Patrol 2023

Each year, the 160th (Welsh) Brigade holds an event considered by many to be one of the toughest patrolling competitions in the world; this premier event is known as Exercise Cambrian Patrol. Hosted in October, this event consists of a patrol of 8 soldiers patrolling across the Black mountains in Wales.

Over 48 hours, soldiers from many competing nations must patrol on average, 60 kilometers with rucksacks weighing about 32 kilograms but often more, while completing several challenging tasks at locations along their route. I was fortunate enough to be asked to take part in a team led by the Loyal Edmonton Regiment. The team consisted of 6 members of the LER, 1 member from 15 Field Ambulance, and me from the SALH, as well as two spare members also from the LER.

I first heard about this competition when I was a child. My father completed it 20 years before I had the opportunity, and it has been something that I have wanted to achieve ever since hearing about it. The stories of the mountains, the challenges and the brotherhood within the team were something I longed to experience, but these stories are often overshadowed by the stories of the heavy rains that come down in Wales.

As our training time in Canada came to an end, we learned that we would be staying with 1st The Queen's Dragoon Guards, an armoured reconnaissance regiment based just outside of Swanton Morley in the Northern area of the UK. This was exciting as being the only armoured soldier on the team, I had a unique bond with the regiment and felt extremely at home around them and their officers. We were lucky enough to spend a little over a week being brought up to speed on British tactics, procedures and kit. The training we received was extremely well taught and it was a great experience to take in how other nations conduct their training. I believe that, because of their hospitality, professionalism and fantastic attitude toward having a foreign team succeed, along with the grit, determination, and soldiering and patrolling spirit that we did well in this competition.

At the end of the competition every member of the team was proud to have been awarded a bronze medal as we were told that finishing the patrol within the time limit and medaling is something that is extremely hard. I could not have asked for a better section to have done this event with, and I firmly believe that more soldiers should strive to complete this event as I learned a lot about myself, both professionally and personally. There is not much more that can replace the pride felt knowing that you have completed something so physically and mentally demanding and I believe that every individual should strive to feel it.

J. Guszczewski
MCpl
1 Tp, B Sqn

Insight Into the FTSE Program

Empowering Canadian Reserve Soldiers

The Canadian Forces Reserve's Full-Time Summer Employment (FTSE) program has been a cornerstone of empowering SALH soldiers with meaningful summer employment opportunities. Designed to blend taskings and training courses, the program has provided soldiers with a unique platform for growth and development.

Throughout this summer, soldiers from the regiment have eagerly embraced the chance to participate in a wide range of courses, catering to varying levels of expertise. Basic Training to the CBRN NCO course – each step along this spectrum has allowed soldiers to delve deeper into their roles, enhancing their skills for more effective service.

In the interim between these formal training sessions, the soldiers' energy was channeled into intensive in-garrison exercises. These exercises covered an array of essential skills, including Close Quarters Battle (CQB) techniques, hard drilled section attacks, vehicle checkpoint protocols, navigation, voice procedures, patrolling operations, and the challenges of SAT engagement scenarios. Each lesson further solidified soldiers' readiness for real-world challenges.

Our soldiers also had exposure to a wide array of unique opportunities. Senior soldiers, Tpr. Whitaker and Tpr. Visser embarked on a unique task to the Peace Support Training Center (PSTC) in Kingston. Here, they contributed to training foreign diplomats and their families in navigating the complexities of dangerous and hostile foreign environments. This international outreach underscores the program's broader impact. Similarly, other seasoned soldiers like Tpr. Tran ventured to CFB Gagetown, contributing their expertise to the training of new Cavalry troops at the Armoured School.

Amidst these commitments, the soldiers maintained meticulous attention to detail, ensuring that the B-Sqn Quartermaster's cage was equipped for the forthcoming training year. Additionally, their partnership with the regional cadet support unit allowed them to engage with the local community through weekly presentations, offering insights into the life of a Cavalry Soldier and fostering mutual understanding and promoting interest to the future troops of the Regiment.

As summer nears its end, the legacy of the FTSE program continues to shine brightly. It not only enhances tactical skills but also demonstrates The South Alberta Light Horse soldiers' commitment to professionalism and service. The program's multifaceted approach to training and engagement sets a powerful example for the role of the Canadian Forces Reserve in building capable, well-rounded soldiers while fostering community connections.

S. Buchholz
Cpl
2 Tp, B Sqn

Exercise KING'S PRONGHORN

On the weekend of 24-26 November 2023, A Sqn of the South Alberta Light Horse had been tasked as the lead for collective training with the King's Own Calgary Regiment – an exercise that has paved the road for future joint training tasks. Both Regiments had worked together for several weeks behind the scenes to prepare for the dismounted live fire and movement exercise, which would lead up to the section level. This was a first for some of the most recent generation of soldiers, and a welcome refresher of infantry basics to those who have been in for some time. Local training was under way in preparation for the field, encompassing various tasks such as battle procedure at the section level, the conduct of section battle drills, weapon manipulation and dismounted movement.



*Col Hunt addressing JOCR and SALH soldiers during exercise Kings Pronghorn.
Photo by WO Romkey*

It was a very late and chilly Friday night when the soldiers from SALH and KOCR met and began camp routine. With a crisp and early start, the weapons were prepared, ammunition loaded, and buddies checked. Rotations of dry and live fire training ensued, starting with fireteam partners performing Zeroing shots and Pairs, winning hearts and minds in the training battlefield. Soon after, the allied elements increased in size and conducted Group movements – two fireteams coordinating and working together as an Assault Group.

Concluding the previous stage, Assault Groups teamed together into sections, and each Section Commander was given a mission task – Advance to Contact. Each leader prepared their soldiers for battle, and with the command “ADVANCE” echoing across the range, the section would begin their patrol in the Arrowhead formation. As the enemy begins their fire, a warning is called out to alert the others - “CONTACT!!!” The section fired back, suppressing the enemy and allowed commanders to take both command and control of the situation. With the soldiers pushing bounds down the range, ending with a barrage of rounds into the enemy’s trench, the battle had been won. However, the war was still at hand.

The following Sunday morning, a FRAGO came down to the RQ MCpl course that had been running concurrently, stating that the enemy was still in the area, and they must be eliminated. With the SALH at their aid, they formed two sections that over the course of several hours, had conducted numerous section attacks, until the day had been won. Overall, the soldiers had done an excellent job in training and executing their dismounted and leadership skills. And it couldn’t have been done without the joint effort of the Range staff, and the coordination between the King’s Own and the South Alberta’s.

SEMPER ALACER!

A.J. Longstreet
MCpl
3 Tp, A Sqn

Exercise PRONGHORN GUNNER

Enhancing Skills and Promoting Excellence in the South Alberta Light Horse Regiment

The South Alberta Light Horse Regiment recently conducted their annual gun camp, known as Exercise PRONGHORN GUNNER, from May 2nd to May 4th. This exercise, held in the Suffield training area, is a crucial component of an armoured crewman's yearly Individual Battle Task Standard (IBTS). It provides an opportunity for members of the regiment to put their acquired skills to the test in a live environment, significantly enhancing their abilities.

The action-packed weekend began on Saturday with a static shoot. Three LUVWs were positioned on a firing line, while gunners took aim and discharged a box of C6 Ammunition at a designated target, amounting to 220 rounds per gunner. This exercise allowed each crew member to participate in the static shoot before progressing further.

Following the static shoot, the vehicles were configured for a trace exercise. This gave the crew members a chance to practice their roles as both driver and gunner. The gunner's responsibilities extended beyond firing the weapon; they were required to identify and call out gunner-initiated contacts promptly. Additionally, they had to react swiftly if the crew commander initiated the contact first. Along the trace, wooden targets resembling infantry or other vehicles were strategically placed for gunners to engage. Each gunner had the opportunity to fire four boxes of ammunition during the trace, emphasizing the importance of proper weapon handling and care. It is worth acknowledging the invaluable contributions of Sergeants Iskiw and Jacobson, who diligently guided all members of their respective Squadrons through the traces.

Despite the constraint of using only ball ammunition due to the extreme fire warning, the gunners demonstrated exceptional skills and accuracy. They compensated for the absence of tracer rounds by skillfully judging the impact points of their bullets. Unfortunately, the fire warning also hindered the possibility of conducting a night shoot during the exercise. However, the Regiment remains optimistic about the prospects of incorporating a night shoot in the upcoming training year.

Concluding the range portion of the exercise, the Commanding Officer had the honor of promoting several members to the rank of Master Corporal. These deserving promotions were a result of the successful completion of the RQ Master Corporal Course, which had concluded a few weeks earlier. Additionally, a member of the regiment was promoted to the rank of Sergeant, further recognizing their dedication and leadership within the unit.

Throughout the weekend, despite facing challenges such as scorching daytime heat and sudden showers at night, the regiment's morale remained remarkably high. The commitment and enthusiasm displayed by the members ensured a productive and fulfilling weekend of training, reinforcing the regiment's core values of excellence and professionalism.

R. Westling
Lt
BC, B Squadron

Soldiers' Appreciation Dinner



Soldier's appreciation dinner setup Photo by: Unknown

South Alberta Light Horse members from all three locations came together at Patterson Armoury in Medicine Hat on the weekend of December 9th and 10th, 2023 to take part in the annual briefings and the Soldiers Appreciation Dinner.

The briefings on Saturday included Hateful Conduct, Victim's Rights and Summary Hearings, Harassment and Conflict Resolution, Suicide Awareness, Stress Management and Mental Health.

Early afternoon, on Sat 9 Dec, we boarded buses and headed to CFB Suffield to take part in a ball hockey tournament between teams made up from A and B Sqn. At the completion of the hockey tournament, a

Regimental Parade occurred at the Base Gym in Suffield where our annual awards were presented, and all soldiers returned to Patterson Armoury in preparation for the Soldiers Appreciation Dinner.

Members retired to the Light Horse Lounge while the Officers and Senior NCOs prepared for the Soldier's Appreciation Dinner. Tables were set, decorations were hung, a receiving line was formed, and the dinner was served. The Officers and Snr NCO's provided carolling during the dinner, and student bursaries were handed out by HCol Young on behalf of the Foundation. At the completion of the dinner, we moved to the Light Horse Lounge while the Snr NCO's and Officers cleaned up the dinner.

On Sunday morning, we conducted several other briefings prior to departing Medicine Hat for Edmonton. My first Soldier's Appreciation Dinner with the Regt was an enjoyable experience.

L. Panko
MCpl
Sqn OR B Sqn

Photos from 2023



MCpl Longstreet and Cpl Hoffman. Photo: Unknown



Member shooting shotgun at the Countess of Wessex Cup. Photo: Unknown



Members on Remembrance Day parade Medicine Hat. Photo: Unknown



LCol Bradley and CWO Chenier on ATS Range. Photo: Unknown



Field exercises, Photos by: 2Lt Iris



MCpl Longstreet. Photo: Unknown



*2Lt Meurer, tent city, Gagetown
Photo: 2Lt Skinner of the Lincoln and Welland Regiment*



The RCAC Col Comdt receiving a gift from LCol Onieu and the 41 CBG Comd Col Hunt. Photo by: MWO Paterson

Honours and Awards

Awards

Sgt Tom E. Milner DCM Cane	Top Sergeant	Sgt Iskiw
RSM Hamill Trophy	Top Rifle Shot	Sgt Jacobson
Cpl Ernest Walker Cutmore Award		MCpl Lyder
Leckie Trophy	Top Trooper/Corporal	Cpl Griffin
Operation UNIFIER Commander's Commendation		Sgt Alexander

Promotions

Lt	Elliott	MCpl	Layden
Lt	Perreault	MCpl	Longstreet
Lt	Westling	MCpl	Lyder
2Lt	Ikem	MCpl	Onoferychuk
2Lt	Meurer	MCpl	Waheed
2Lt	Ozsuer	Cpl	Gray
2Lt	Sweet	Cpl	Hoffman
Sgt	Iskiw, J	Cpl	Isley
Sgt	Sept	Cpl	Murray
Sgt	Veinot	Cpl	Norgaard
MCpl	Augustine	Cpl	Povago
MCpl	Badmington	Cpl	Séguin
MCpl	Butyniec	Cpl	Visser
MCpl	Guszczewski	Cpl	Vorotilenko
MCpl	Hall	Cpl	Whitaker
MCpl	Hatch	Pte(T)	Putnam
MCpl	Huvenaars		

Appointments

Lieutenant-Colonel T. Bradley, MSM, CD	Commanding Officer
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The Last Post

“At the going down of the sun and in the morning. We will remember them.”

20 Mar 2022 Mr. Larry Weatherhead

02 Nov 2022 Mrs. Ghislaine van Damme

20 Aug 2023 Mr. Ian Tokarski

*Our continued thanks to all members, family and friends for their assistance in compiling the Last Post.
Please pass any notices of lost Regimental Family and Friends to the Editor. Thank you in advance.*