



2015
PRIMROSE HACKLE

THE PRIMROSE HACKLE

ANNUAL NEWSLETTER OF THE LORNE SCOTS (PEEL DUFFERIN & HALTON REGIMENT)



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Editor

Corporal Christopher Banks, CD

Special Thanks to all Contributors of this years issue.

Future Contributions are to be sent through your Chain of Command to the Unit Public Affairs Office.

LORNESCOTS.PAO@forces.gc.ca

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GET READY!!
THE LORNE SCOTS 150TH ANNIVERSARY YEAR
STARTS NOW!!

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Regimental Battle Honours

YPRES 1915-17, Festubert 1915, MOUNT SORREL, SOMME 1916, ARRAS 1917-18,
HILL 70, AMIENS, HINDENBURG LINE, PURSUIT TO MONS, SICILY 1943,
ITALY 1943-45, NORTHWEST EUROPE 1944-45, Afghanistan

(The Battle Honours in capital letters are emblazoned on the Regimental Colours)

Freedoms Awarded

1969 & 1979
City of
Brampton

1981
Region of
Dufferin

1984
Town of
Oakville

1987
Town of
Halton Hills

1998
City of
Toronto

2004
Communities
of Dufferin
County

2009
Town of
Milton

2014
City of
Mississauga

The Colonel-in-Chief

Field Marshal, His Royal Highness Prince Edward, Duke of Kent
KG, GCMG, GCVO, CD, ADC(P)

Honorary Colonel

Honorary Colonel G.D. Reamey

Honorary Lieutenant Colonel

Honorary Lieutenant Colonel W.A. Adcock, OMM, CD

Commanding Officer

Lieutenant-Colonel Duane E. Hickson, CD

Perpetuating

The 37th, 74th, 76th, 126th, 164th and the 234th Battalions,
Canadian Expeditionary Force 1914-18

Regimental Birthday

14 September 1866

Regimental Headquarters

Deputy Commanding Officer

Major T.A. Ruggle, CD

Adjutant

2Lt E. Simmons

Regimental Sergeant-Major

Master Warrant Officer A.F. McKelvey, CD

Officer Commanding Peel Company

Captain M. Proulx

Officer Commanding Halton Company

Captain S. MacMaster

Officer Commanding Dufferin Company

Captain S.E. Hurst, CD

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Drum Major

Drum Major I.D. McGibbon, CD

Allied Regiment

The Royal Regiment of Fusiliers
London, UK

Affiliated Royal Canadian Army Cadet Corps

557 Royal Canadian Army Cadet Corps, Brampton, Ontario
676 Royal Canadian Army Cadet Corps, Georgetown, Ontario
1188 Royal Canadian Army Cadet Corps, Oakville, Ontario
1849 Royal Canadian Army Cadet Corps, Orangeville, Ontario
2990 Royal Canadian Army Cadet Corps, Milton, Ontario

Regimental Disposition

Regimental Headquarters

2 Chapel Street
Brampton, Ontario
L6W 2H1
(905) 451-5724
Fax (905) 454-1533

Dufferin Company

2 Chapel Street
Brampton, Ontario
L6W 2H1
(905) 451-5425
Fax (905) 454-1533

The Lorne Scots Regimental Association

2 Chapel Street
Brampton, Ontario
L6W 2H1

Halton Company

The Colonel John Roaf Barber,
ED, CD Armoury
91 Todd Road
Georgetown, Ontario
L7G 4R8
(905) 702-2251
Fax (905) 877-8827

Halton Company—Det Oakville

90 Thomas Street
Oakville, Ontario
L6J 3A6
(905) 844-0604
(905) 844-7399

Peel Company

12 Chapel Street
Brampton, Ontario
L6W 2H1
(905) 451-2741
Fax (905) 454-1533

The Lorne Scots

Pipes & Drums Band

The Colonel John Roaf Barber,
ED, CD Armoury
91 Todd Road
Georgetown, Ontario
L7G 4R8
(905) 702-2272
Fax (905) 877-8827

The Lorne Scots Regimental Museum

48 John Street
Brampton, Ontario
L6W 2H1
(905) 451-5724
Fax (905) 454-1533



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Colours of the Lorne Scots

The Colours of the Lorne Scots (PD&H) Regiment

On the 14th September 1991, the 125th anniversary of the formation of the Unit, the Colonel-in-Chief, Field Marshal, His Royal Highness, The Duke of Kent, KG, GCMG, GCVO, CD, ADC (P) presented a new Stand of Colours to the Regiment.

The Queens Colour



The Regimental Colour



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The State of the Regiment

Well another year has passed and we are rolling into what will be one of the biggest years in our Regiment's history. The Lorne Scots participated in a number of brigade and unit driven exercises including two Cold Start winter exercises, Aggressive Vipers I and II and the April and May TBG workup exercises to Stalwart Guardian 15. Many of these exercises will be written about in this addition of the Primrose Hackle so I will let our members tell their stories. The Regiment was called on by 32 Canadian Brigade Group to fill to many tasks to count. As always you rose to the challenge and led the brigade filling these tasks. We are being called on a lot to fill last minute requests and have put a lot on our members. A number of serving and association members attended the 100th Anniversary of Gallipoli in Bury, England with our allied regiment, The Royal Regiment of Fusiliers in April. The celebrations were spectacular and we were treated well by our hosts. Our contingent along with The Lorne Scots Pipes and Drums marched through the streets of Bury with the fusiliers, attended numerous social functions and laid a wreath on the Fusilier memorial at the National Memorial Arboretum, Staffordshire. Our hosts were very gracious and we will return the hospitality when they join us for our celebrations in September.



I would like to congratulate MCpl Wojtal who was the only member to deploy overseas in the past year. He deployed on OP Reassurance in Poland to act as a rifleman with 3RCR from Feb 15 returning Aug 15. Maj Rob Ryan was forced to leave us after being promoted and posted to CFB Shilo as the base Operations officer. He left us with a big hole to fill and will be missed in the RHQ. I thank him for his years of service with the regiment but I know he will not stay away for long and will be back with us in a year or two. Approximately 28 new recruits have been sworn in over the past year and I welcomed them all to the regimental family and wish you all a safe and successful career in uniform. Even some old timers returned when WO Kase returned to the fold. This Dec marks the end of yet another distinguished career for Capt Steve Hurst. A dedicated soldier that began his service in the British forces before jumping the pond and joining The Lorne Scots. A career that brought him through the ranks to become our Regimental Sargent Major, Brigade Sargent Major and then return as an officer in command of Halton then Dufferin companies. Well done Steve and don't be a stranger.

The coming year will not be any easier. We are expected to force generate sections and platoons for all CBG exercises for which we will. The usual tasks are on our plate such as IBTS and the Able Warrior exercises completed in Sept/Oct. This coming February we will once again send solders on Ex TRILLIUM RESPONSE to Bearskin Lake, ON in Canada's north. The Commander of 4th Can Div has initiated OP Reinforcement which will shape our Individual and collective training over the next two years. As 2 CMBG and 3 RCR move to RTHR, Road to High Readiness, they have called upon reservists to **CONT...**



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force generate sections and platoons to augment 3 RCR to allow them to effectively train as full strength units. This involves our soldiers participating in exercises such as Ex COLD RESPONSE 16 in Norway from 21 Feb to 11 Mar 16. STALWART GUARDIAN 16 will be driven by 3 RCR with reserve augmentations up to platoon level. This opportunity for our soldiers will allow them to participate in a number of live fire shoots advancing from pairs to coy level over the coming year. Other exercises available for reinforcement include MAPLE RESOLVE 16. This is a new concept in training and we will have many obstacles to overcome but I know our headquarters staff and soldiers will work hard and deliver quality work. How this will influence other Regimental training remains to be seen but as they are orders we will respond accordingly in completion of the mission. An initiative to eliminate sexual harassment and misconduct know as Op Honour is fully underway. The CAF has a zero tolerance for this behavior and we as leaders and soldiers have a responsibility to each other to allow all member's to operate in a safe and secure environment.

There is no surprise as The Lorne Scots enter our 150th year of service to Queen and Country. Dating back to 14 Sept 1866 with the creation of The 36th Peel Battalion and two weeks later The 20th Halton Battalion of Infantry on 28 Sept 1866, to our reorganization on 15 December 1936 as The Lorne Scots (Peel Dufferin and Halton Regt.) We will celebrate with a number of events culminating in a Reunion weekend on 23 – 25 Sept 2016 with a Trooping of the Colours and Gala with a strong possibility of new Regimental Colours being presented that weekend. Other initiatives including commemorative monuments being dedicated in the three communities we serve in the presence of our Colonel-in-Chief, Field Marshal, HRH, The Duke of Kent. There is a lot to do in concert with The Regimental Association driving a lot of the social events with the regiment handling the ceremonial duties. Association President, Sgt (Ret'd) Daryl Porter and the executive are working hard with us to put together a wonderful and affordable weekend for all our past and present members. Mark your calendars NOW!

So what I ask of you is to stay involved and aware of the training timetable, take your career courses when they come along and plan ahead for the 150th events. Being involved and asking questions will set you and the unit up for a successful and enjoyable year to come. Reach out to past members and get them involved in the 150th celebrations. I wish you and your families a Merry Christmas, Happy Holidays and a prosperous New Year. Have a safe and enjoyable stand down and come back in January ready to go.

Air Son Ar Duthchais

Lieutenant Colonel D Hickson, CD
Commanding Officer

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From the Regimental Sergeant Major's Desk

This year just past has proven to be a busy one for the Regiment. We have engaged in multiple training and operational activities throughout the last twelve months. Regardless of the scale or whether deploying overseas or domestically, The Lorne Scots have continued to provide highly trained, motivated and combat capable soldiers for all these occasions. In short, we have lived up to our tasks and responsibilities. This is a tribute to the dedication, esprit-de-corps and motivation of all the members of the Regiment.

One of the highlights of the year for me was accompanying the Commanding Officer and members of the Association to take part in the 100th Anniversary of the Gallipoli landings hosted by our Allied Regiment, The Royal Regiment of Fusiliers in Bury, Lancashire. Although our stay was a short one, I think we did much to foster and maintain the close links that have developed between our two units over the last ninety years. My hope is that it will remain as strong for the next ninety years.

Another event that I was proud to take part in was the welcoming into the Regiment of all the newly minted Lorne Scots following their graduation from RST. It always fills me with pride to shake their hand and provide them with their Regimental coin. The next time I saw them was in CFB Petawawa during Exercise Stalwart Guardian and although they were wet, tired and footsore, morale was high and they were determined to get the job done. This too went for all the members of the unit attending the exercise and it pleased me to see that. To all who attended, well done!

As important as field work is, the ceremonial side of soldiering is equally so. The opportunity to show of our prowess arose when we asked for and received the Freedom of the City of Mississauga this past September. Although the weather proved uncooperative, the parade was still a success and that is due to the hard work of all those who marched that day. It was an honour for me to be among you.

Looking forward to the upcoming year the Regiment will, if possible, be even busier than before. Operation Reinforcement will be in full swing and our commitment to support 3RCR in all their training activities will put great demands on our personnel and resources. Engage your chain of command and get involved in this opportunity to train with our affiliated Regular Force unit.

Another activity that we will be taking part in is the Nijmegen March in the summer. We are the lead unit for this endeavour and a chance to go to The Netherlands and compete should not be missed. Start your preparations now so you will be ready when the opportunity arises.

Lastly, our 150th Anniversary celebration is fast approaching. Over the coming months you will start the practice and rehearsals that will need to be conducted in order to make this event a success. The presentation of new Battle Honours and Colours along with a Trooping will make for a long and difficult parade but I have no doubt that we will rise to the occasion. After all, for a Lorne Scots "difficult" is easy. The parade itself is just on part of a weekend of activities that are being planned for us all to celebrate this milestone in the Regiment's history. Make sure you mark the weekend of 23-25 September 2016 on your calendars so you can be a part of it.

AIR SON AR DUTHCHAIS

RSM AF McKelvey, CD



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Honourary Lieutenant Colonels Message

As the leaves fill my lawns once again and the ducks are feeding off the fish on our river front it is time to reflect on our most recent visit to England to share an important moment in history with the Allied Regiment. On Monday the 20th of April we arrived at Pearson International Airport counted heads and realized everyone had arrived on time . The Pipes and Drums had all their equipment and at 2130 we left for England.

On Tues we arrived in bright sunny England, quickly cleared through customs , loaded the bus and headed for the hotel in downtown Bury. The Band was picked up by members of the Fusilier Band and headed for their quarters at the local cadet camp. In fact things went too smoothly. We arrived at the hotel ahead of schedule and of course our rooms were not ready. Since the sun was shining brightly we seized the opportunity to take a walk about. We did a quick recce of the pubs and restaurants and later some of us went to the Fusilier Museum introduced ourselves to our host for the week Col Mike Glover. It was Lina and my first visit to the new museum and we were very impressed by the whole complex. That evening Gary and Joanne Reamy hosted a dinner at the best Italian Restaurant in Bury. It was a great start to our visit.

Wed was our only free day so many took the opportunity to explore the shopping opportunities in Bury and Manchester. It was rumoured that the RSM and his lovely wife Nova went to audition for roles in Coronation Street. It certainly did not take Judy Hendy, Jackie Dunn and Lina Long to discover a hat shop in the local mall. I took the opportunity to plan the route to the East Lancashire Railroad Station and to confirm the weekend agenda with Col Glover. In the evening once again led by Col Reamy we dined in a local Pub

On thurs we all met in the lobby of the hotel and walked over to the East Lancashire Railroad station to begin our steam train pub crawl. On the way we noticed that the pubs were already full and many were wearing Fusilier Regimental Jackets and ties. We suddenly realized it was St Georges Day. We introduced ourselves and made a promise to meet up with them in the evening. This might have been a mistake for some of us. When we reached the station we met the band and took time for photos with the crew of the train and the mayor of Bury before boarding the train. Again we were blessed with a beautiful sunny day . We departed the station in a cloud of steam and began our journey up the Irwell Valley. The country side was just like a post card of rural England. It was a carpet of green , hills shimmering in the sunlight and the inevitable flocks of sheep grazing in the fields. A pub lunch was served on the train with a selection of local beers to choose from. We travelled up the Valley to Rawtansall a market town steeped in history with cobbled streets and original shop fronts. The train turned around and went back down the valley. We stopped at the historic Victorian Mill town of Ramsbottem (our guide suggested that sheep might have something to do with the name of the town). We spent several pleasant hours visiting the Irwell Brewery and exploring the shops and enjoying the sights . Later in the evening we had dinner with our old friend Col Brian Gorski and his lovely Lady Helen Smith. After dinner the HCol, Daryl Porter I joined some of the Fusiliers still celebrating St Georges Day. Some of us(HCol and HLCol) abandoned the President of the Association around mid-night and left him in the hands of the Fusiliers. The next morning he was not his usual energetic self.

On Fri morning several of us (LCol Duane Hickson, Maj Rob Ryan, Capt Stew Sheriff and HLCol) jumped back on the steam train went back out to Ramsbottem and climbed up to the Peel Tower. The Tower was named after Sir John Peel , Prime Minister of England who was born in Ramsbottem. Peel Tower stands at the top of Holcombe Hill with a beautiful view of the West Pennine Moors. We had a pleasant hike up to the monument without too much huffing and puffing, enjoyed the view then made our way back to the hotel. In the early afternoon Lina and I visited the famous Bury market voted the best in England. I have never seen a bigger fish market. Of course the hi-



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lite of the day was the Gallipoli Dinner held in the main dining room at the Fusilier Museum. The Dining Room was packed with Fusiliers, former Fusiliers, members of HMS Euryalus and The Lorne Scots. Our Band was the hit of the Dinner especially after the drum section did their solo number, receiving a standing ovation at the end of the set. LCol Hickson replied to the toast to the Allied Regiment and presented Brig David Paterson Colonel of the Regiment with a beautiful hand crafted Hat Badge created by RSM Derek Murphy. With the help of Dr Clive Snape who found a local craftsman the cape badge was mounted on a beautiful piece of wood. It was an excellent evening.

Sat was a busy day. All members of our contingent attended the official opening of the Gallipoli VC exhibition. The exhibition was very moving with audio visual displays that gave us the minute by minute details of the deeds of all those brave men on that day 100 years ago. We were also able to meet the descendants of all six of the VC recipients and discovered the stories behind the medal winners. After a quick lunch we made our way to the Parish Church for the Recital of the Gallipoli suite. Gallipoli 100 was the brainchild of Helen Smith, General Manager of the The Fusilier Museum. The aim of the project was to commemorate the Centenary and create a lasting legacy for future generations. Each piece of music was matched to the months, days and weeks leading up to that disastrous day in 1915. The music reflected the mood of the time. It was exciting, sad, depressing and hopeful. The Band of the Royal Marines was exceptional. We were all impressed and moved by the whole experience.

Sunday Morning dawned wet and rainy but you could feel the excitement in the air as we walked to the Parish Church. The streets were crowded with marching units from the 1st Bn RRF, Fusilier Cadet Corps and Fusilier Associations. Political leaders from Manchester and Bury as well as Senior Officers from the British Army flowed into the church. The church was packed to overflowing. The First Battalion marched their colours into the church and the service began. The sermon focused on that day in 1915. The Padre described the horrors of War and the sacrifice of the men who left the mills of Bury to fight on W Beach. He described the actions of those six members of the 1st battalion who won the Victoria Crosses before Breakfast on the 25 of April 1915. The Fusilier story did not end on the 25th of April. As a consequence of this campaign the Lancashire Fusiliers suffered 1816 all ranks killed in action and an estimated 6000 wounded. In this campaign the Fusiliers were awarded six Victoria Crosses, 3 Companion of the Bath, 8 Distinguished Service Medals, 25 Distinguished Conduct Medals and 10 Military Crosses. Our band was part of the church services and the haunting notes of the pipes made the service complete.

After the service all the marching units were organized into Contingents behind their own bands. The parade was led by the Band of the 1st BN RRF. The Lorne Scot Contingent was of course led by our Regimental Pipes and Drums. We were all overwhelmed by the numbers of people lining the streets of downtown Bury. We estimated that there were 10,000 cheering and clapping as we marched. Many were shouting thank-you Canada. It was another hi-lite in a visit that had many. The parade was followed by a lunch at the Museum. We were greeted by many well-wishers thanking us for making the effort to attend this significant event. We said our Good byes to our old friends as well as many new found comrades. There were promises from many to see us in 2016.

Early Monday morning the Group led by our dear friend Capt John O'Grady boarded a very large coach and set out for the British Memorial Arboretum. The British Arboretum is a national site of Remembrance which honours the fallen and recognizes service and sacrifice not only for the military but the police and fire and rescue. It even recognizes children who have died because of abuse. John and another old friend of the Regiment Maj Brian Bath had worked very hard to fund and organize this visit. The trip to the Arboretum was very relaxing especially with the wine and snacks provided by John and his team. Upon arrival we were met by Brian Bath who had organized a guided tour of the grounds. We then met our band at the Royal Regiment of Fusiliers Monument. We laid a wreath, observed a moment of silence and marched past the reviewing Officer Col Ian Cartwright. After a busy morning we had an excellent lunch in the Arboretum Café. Again it was sponsored by the Fusiliers. After Presentations to our hosts we had some time to stroll the grounds. The grounds and the individual monuments are magnifi-



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cent. Each monument is truly unique. It felt as if we were on hallowed ground. It was truly a spiritually uplifting place. What a perfect way to end our visit to the Allied Regiment.

After saying goodbye to Brian at the hotel the The H Col's, their Ladies and the CO met Col Gorski at the hotel and were whisked away to his beautiful 500 year old country house for a tai dinner prepared by his significant other Helen Smith. We had a delicious dinner with copious amounts of wine. We then sampled Brian's ample scotch selection late into the evening. Before we knew it, it was mid-night and time to say goodbye. Our wakeup call was for five thirty the next morning. I discovered that my recovery rate was not what it used to be but we all made it.

At the airport the CO, Lina and I said our goodbyes to the band and the group and headed for London for our meeting with the Colonel In chief. On tues afternoon we had a great visit with Brigadier Ian Liles at the tower of London. Ian is the Regimental Secretary of the RRF. We thanked him for contributing to the success of our visit and invited him to come to Canada and help us celebrate our 150th Anniversary. On a wet wed morning at St James palace, the CO and I cleared through security had coffee with the Colonel in Chiefs personnel secretary then met with His royal Highness for a 20 minute visit. The CO briefed him on the state of the Regiment and we formally invited him to the 150th Anniversary Celebrations in Sep 2016. He was very enthusiastic about our invitation and has tentavily put the date in his diary. Let's hope he can make it.

I would like to thank the following for their efforts in making the visit to our Allied Regiment such a great success, RSM(Ret'd) Jim Antrobus, Maj Tom Graham, Mrs Lina Adcock, Mrs Jackie Dunn, LCol(Ret'd) Robin Hessler, LCol Duane Hickson(CO), Maj (Ret'd) Ian Kirkwood, CWO(RSM) Alex Mckelvey, Mrs Nova Mckelvey, Sgt (Ret'd) Daryl Porter, Regimental Association President, HCol Gary Reamy, Mrs Joanne Reamy, Maj Rob Ryan (Adj), Mrs Judy Hendy, Capt Stewart Sherriff (Halton Coy 2i/c), Capt(Ret'd) Clive Snape, Mrs Mary Snape, LCol (Ret'd) Ross Welsh, Mrs Christine Welsh.

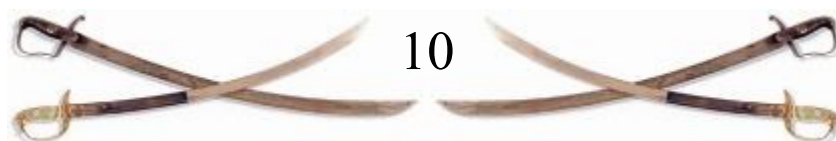
The visit of course would not have had the impact it did without the efforts of our Regimental Pipes and Drums. Please find attached the band report on the visit

Since the trip the President of the Association, the Honorary's, the CO and his command team have been very busy planning the 150th weekend. The final plans for the monuments are well underway and the fundraising campaign is being launched this month. In the meantime Maj Ruggle and Capt Steingasner have several projects in the planning stages.

Commemorative Scrolls
Regimental Association Medals
Whiskey Project

Although all our plans are moving forward we still will need many volunteers as we get closer to the main event. The one critical weakness in our plans is a complete updated mailing list. We need our Regimental Family to reach out to your friends and former members of the Regiment and have them contact the Association. We do not want anyone left out so please help us in our efforts.

HLCol Wm Adcock, OMM, CD
Honourary Lieutenant Colonel



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From the Association President

Dear Members of Lorne Scots Regimental Family,

I hope this article finds you all in the best of health and spirits. For our serving members, I trust you are having a successful training year. I would like to provide a small update to the work your association has been doing on your behalf and what you can expect from us in 2016.

This year, we successfully “rebooted” our website which can be found at lornescots.ca. The website is current and offers updates on association members, their activities and events as well as pictures of exercises and operations conducted by the Regiment. We are proud of our site and all the work that has gone into it.

We conducted three main events this year: the curling tournament, the annual softball tournament and the golf tournament. The events were all successful and continue to remind us of the importance of getting together as a Regimental family in a social, and sometimes competitive, environment.

I would like to take this opportunity to thank all the volunteers who helped us this year. There are too many to mention individually but I can assure you that your contribution is valued and very much appreciated.

Now to set our sights on next year and it will likely be a very busy one. 2016 marks the year of our 150th Anniversary and we plan to celebrate this important milestone in style. The reunion weekend is scheduled for the 22nd through to the 24th of September 2016 and will consist of a Meet and Greet on the Friday, The Trooping of the Colour and a Gala on the Saturday and the unveiling of new Lorne Scots Monuments on the Sunday. Stay tuned for more information as you will be receiving regular correspondence regarding the reunion weekend in the New Year. We will certainly be calling on you for your support to make this the best celebration of Regimental Heritage that we have ever seen! Stay tuned...

I would like to take this opportunity to thank you for your support. Wishing you all the best for 2016 and beyond!

Daryl Porter

President, The Lorne Scots Regimental Association.



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From the Halton Company Desk

In an effort to avoid jargon and clichés, I will not comment that 2015 was a busy year. The Reserve training year is always busy and 2015 was no exception. Halton Company continued down the Reserve road to readiness by constantly reorganizing to meet changes in personnel and training at the individual, section and platoon level.

In addition to the usual unit training exercises, members of the Company took part in a variety of events outside of the usual locations such as EXERCISE SOUTHERN DRIVE at Fort Knox Kentucky, OPERATION REASSURANCE in Poland, the Gallipoli 100 commemoration at Bury, Lancashire, England and EXERCISE STEADFAST TOMMY at Otterburn, Northumberland in England. Be sure to take a look at the articles on these events elsewhere in the Hackle. As this article goes to the editor, Cpl Singh has been selected for and is in work up for OPERATION PROVISION, the Syrian refugee relocation plan.

Raising the presence of the Regiment and the Company in the local community has also been a priority this year. EXERCISE ULTRA NIAGARA proved to be a unique challenge to the Coy. Sgts Rieder and Wiafe along with Cpl Schorr-Bigg did an outstanding job, finishing second overall in the 100 km running team event, overcoming the time handicap awarded for not have a female team member. Doors Open in September was very successful in Oakville with over 200 visitors stopping into the Armoury and some 50 visitors at the Georgetown Armoury, which almost doubled the number from last year. The information display at the Georgetown Highland Games also generated a lot of interest and led to the re-establishing of connections with a number of individuals and organizations. The year wrapped up with the annual Remembrance Week Speakers tasks with Halton Company filling its' share of the requests. Unfortunately, the number of requests again was larger than the pool of members available to fill them.

Space constraints do not allow me to list all the personnel changes in the Company this year. Over 30 personnel have left the Company, for other subunits of the Regiment or branches of the CF or retirement of one form or another and 15 new personnel have come into the Company. Some of these have previously served with either the former A or C Companies and some are new but all are welcome and will hopefully enjoy their time with Halton Company. To those who have left the Company, best wishes to all in whatever endeavours you undertake. The usual round of promotions also occurred, so congratulations to Sgt Brioux and Muir, MCpl Watson and Cpls Chaudhry, Dandy, Dunford, Gouge, Middleton and Plotycia.

The Company is beginning to plan for our part in next years' 150th anniversary celebration. We will play a large part with the Friday Meet and Greet taking place in Georgetown, the parade on Saturday and then monument unveilings in Oakville and Georgetown on Sunday.

To close, I would just like to mention that Halton Coy has achieved another bit of recognition from 32 Canadian Brigade Group. The poster for EXERCISE TRILLIUM RESPONSE 16 features a picture of troops marching in a winter section. The leader is Cpl Schorr-Bigg from the Oakville Platoon, which shows that hard work and effort will be recognized. Best wishes to all for the Holiday Season from all ranks of Halton Company.

Captain JS Sherriff, CD
2IC Halton Company



From the Peel Company Desk

The Christmas season is often seen as a time for members of the Regiment to look back on all that has been accomplished since beginning of the training year. The soldiers, NCOs and Officers of Peel Coy have had their hands full on exercises (weekend and concentration) and have recently started to deploy on Operation PROVISION, providing assistance to Syrian Refugees entering Canada.

Over the past decade, these articles have often sent personal messages to the members of the company who were about to deploy, currently overseas or returning for deployment. This is the first time I am writing an article without reference to an overseas operation. With that being said, the following has come to my mind.

The Canadian Armed Forces has identified that there will be a shift in our training. In an uncertain global climate, the chain of command has mandated that the army will start training again for contemporary operations against an enemy that actually has the power to defeat us, while moving away from counter insurgency operations that our soldiers experienced in Afghanistan over the past decade. The concept of fighting another free standing army may seem like a long shot, however we do not have the luxury of looking into a magic crystal ball and knowing exactly what the enemy of 2016 (and beyond) will look like.

As I look around the parade square on Thursday nights, I see a new group of soldiers who are caught in the middle of this training vacuum, and I don't consider it a bad thing. Having experience in all operations of war is beneficial to a modern professional soldier. Unfortunately it seems like every week we lose another member of Peel Coy with operational experience to retirement.

I encourage all Soldiers, NCOs and Officers to focus and really embrace the basic soldier skills and the importance of Canadian Army doctrine. As I had mentioned earlier, with an uncertain global climate, we do not have the luxury of deciding where we might deploy to next. Doctrinal soldier skills are the most important foundation to build on in a most uncertain future.

This year, Peel Coy is fortunate to have a fully qualified Coy HQ (something which has rarely happened in the past) along with extremely experienced and qualified PI HQs which has resulted in the largest turn outs on weekly, mandatory and weekend training events that I can remember. I have seen an increase in morale and the emergence of very competent junior leadership from those in the company who have recently returned or are preparing to go on the PLQ Infantry. Members of Peel Coy have truly embodied our newly founded motto "we lead".

Having held nearly every position within this unit, it is with conviction, that I say this command has been the most fulfilling of my career and I am extremely proud of all members of the company. On behalf of Peel Coy, I would like to extend our wishes for a safe and happy holiday season.

Captain Matthew Proulx
Officer Commanding Peel Coy



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From the Dufferin Company Desk

Another busy year for Dufferin Company and much has changed. Dufferin Company was lead for IBTS Exercises Ballistic Galley and Able Warrior 1 and 2.

RQ has a lot to spend on uniforms and Cpl Cassey and Sgt Monteith are working their fingers to the bone on acquiring new tunics, hose, tabs and gloves. They are also working on getting new uniforms for the Band. The QM spent a lot of hours getting ready for Ex Stalwart Guardian. And ATI went well again this year.

Cpl Elson has also departed for his Component Transfer.

Sgt Katona-Smith has taken over the Signals Cell from MCpl Pearce who has moved to the Training Cell. For the moment, though, the Bn is pooling the 522s.

Cpl Forrest has left to go back to the PPCLI. The PPCLI in return has loaned us MCpl Tsvikovsky who is now the Transport NCO. He is also the OIC Armoury for Oakville and Georgetown.

The Training Cell has changed as Sgt Robertson moved to Halton Company. Sgt Crispin and MCpl Yataco have joined the Training Cell. Together, with Sgt Taylor leading, they have come up with Pre course packages, a Basic Winter Warfare course package and timetable and scenarios for Exercises.

Ops and Training have switched location with Finance. Now Ops, CO, Adj and RSM are all in close proximity! WO Diotte needed to work fast on booking ranges as many are being closed down for repairs. Burwash was a good discovery and will be used again. And, although it is hard to tell, WO Diotte does work hard on filtering down the number of emails sent to the Companies.

The Band is doing well and you can read about their exploits in the Fortissimo article and the Bury article.

Among other things the PA Cell was busy with the Doors Open, and organizing the Hackle to get articles like this in! Cpl Banks will along with all the rest of Dufferin Company will have a lot to do to get ready for next year's 150th.

The BOR now belongs to Dufferin Company. Welcome!

Also, welcome to 2Lt Koopman and Capt Schubert. Capt Schubert will be taking over for Capt Hurst as OC Dufferin. The Mandatory Training Day and Christmas Dinner will be his last day. He is retiring and we wish him well!

OC Capt S.E. Hurst, CD
CSM WO J.R. Colter, CD

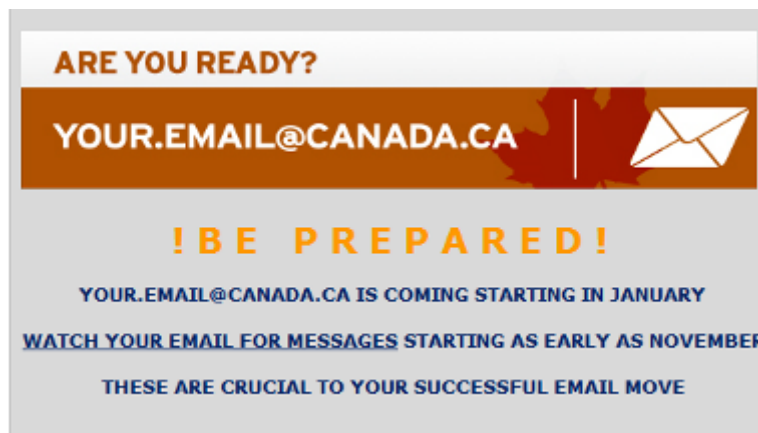


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Email Transformation

As many of you already know, or have at least seen an alert in your Outlook, the Government of Canada is completing its multi-year program to consolidate the email servers and Government of Canada employee email addresses into one system. Your current email address (firstname.lastname@FORCES.GC.CA) will be changing, as well as those in all other federal departments and agencies (i.e. RCMP, CSC, CBSA, etc.) to the new system in the new year. Your new email address will be firstname.lastname@CANADA.CA and will be changed sometime in the new year. The transformation will begin on January 17th and go through to March. If you have a DWAN account, be sure to check your inbox as instructions for the migration will be sent to you, your action is required to set up your new account. You will receive an email with instructions 28 days prior to your accounts migration.



CF Appreciation

Most of the readers have heard, at least in passing, of the CF Appreciation Program, but what is it?

The CF Appreciation Program is a program designed to give discounts on products and services to serving members. The program is available to Serving CAF Members (Reg F, Class A B or C reserves) and their families. The Program offers discounts on everyday purchases such as fuel at Petro Canada, cellular phones and plans at Rogers, and meals at restaurants such as Hard Rock in Toronto, Ruth's Chris Steakhouse in Toronto or Mississauga, or Mysteriously Yours in Toronto. There are also discounts on products for your house and home and discounts on travel such as discounts on airfare and accommodations.

To qualify for these discounts you will need to register for a free membership and obtain your CFOne card, your family members may also request their own card.

Register at CFAppreciation.ca



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OP Reassurance

2015 was supposed to be a new and exciting year for me. The previous summer I had completed my PLQ course and was to begin the year as a section commander in Oakville. However shortly after Christmas leave, I received an email from the CSM asking if I wished to be a part of Op Reassurance Roto 3. I immediately stated that I was more than willing to go.

Being of Polish decent, I saw this as an incredible opportunity to go to Poland to better my language skills while also developing my skills as an infantryman. Once it had been confirmed that I was to be deployed, I withdrew from my last semester of university, and managed to put every bill and financial obligation I had on pause. My pre-deployment training was out of Garrison Petawawa and lasted one month. During this time period I got used to the lifestyle of being attached to 3 RCR, November Company on a full time basis. After formal introductions with my platoon, it was clear that they were very relieved knowing they had an imbedded translator who was also an infanteer.

Once we arrived in Poland on 01 March, the first thing everyone noticed was the green landscape and above average seasonal temperature, which was a welcome change after spending all of February in Petawawa. After landing in the city of Poznan, we had a 4 hour bus ride to where we would call home for the next four months. The Drawsko Pomorskie Training Area, the largest in Europe, featured very familiar terrain that one would find here in Canada and I would have to sometimes remind myself that I was away from home.

The first month of training consisted of establishing and confirming unit Standard Operating Procedures. Not having worked too much together back in Petawawa, this was where I really got to know the guys in my section. After a couple of weeks going through countless scenarios to work on section level SOP's, we then ran through countless scenarios again working on Platoon SOP's. After March came and past the real fun began. The first two weeks of April, consisted of a multinational exercise that included American and Polish forces. The scope of the exercise was to increase interoperability amongst NATO nations. The final week of the exercise saw platoon level helicopter insertion drills into a small urban operations village, which then would be cleared with Polish Air Cavalry. At the end of the two week exercise, there was a small ceremony and BBQ which provided a great opportunity to interact socially with our fellow Polish and American soldiers.

Later in April we headed for training in Zakopane, a mountainous region in Southern Poland. We arrived after a long bus ride and once we debussed at the bottom of the mountain, we were equipped with cross country skis with special skins on the bottom that allowed us to ski up inclines. Naturally, our next task was to ski up to our chalet which was over 800ft higher than the debussing point. Each day, while using the chalet as a base for our daily training, we split up into our sections and departed to do our individual training. The first day we hiked up to the peak of a mountain that 1600ft above sea level which was a neat experience. The second day we used snow shoes to climb to the very same peak. The instructor was sure to point out that we shaved off 2 hours off of our one way journey to the top to show how efficient snow shoes can be. On our last day we used our skis to again climb up to another peak, this one being almost 2000ft. This particular peak was more interesting because of its shared border with Slovakia, being in two countries at once was an interesting experience.



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The remaining two months in Poland saw me participating in many community events with local schools as a translator. Our platoon was tasked with building a fence and facilitating several sports games arranged against the surrounding communities. There was also a chance for some friendly cross-border competition when we faced the Americans in floor hockey, tug-o-war and soccer (beating them in every contest).

The later-half of May saw the entire rifle company deploy to Romania for three weeks on Exercise Sar-mus. Here we worked on interoperability between the British, Americans and Romanians. Sadly, the British and of course us, were light infantry while the Americans and Romanians were mechanized. Advancing to contact wasn't as fun as one would hope knowing that the Stryker's and BTR's had rolled through several hours before. Nevertheless, the experience was still an extremely unique one and one that very few soldiers get to experience.

Once we returned back to Drawsko Pomorskie from Romania, there were 3 weeks of preparation for redeployment back to Canada. Since 3 RCR was being relieved in place by the Van Doos (R22R), every-thing had to come back with us. It was at this point in time where most of our follow up kit began to be sent home, and the end was nearing. Although I was not exactly ready to go home, it was a bittersweet experience to be back home in time for Canada Day.

MCpl Jacob Wojtal



Opposite Page: Helicopter Insertion drills during a 2 week ex with Polish Forces

Left: November 3RCR in Drawsko Pomorskie

Right: PM Harper meets with MCpl Wojtal in Poland

Photos courtesy of MCpl Wojtal



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Ex Stalwart Guardian



The long awaited Stalwart Guardian came with much hype and anticipation surrounding it, just as it had the previous years. Many of us had high hopes entering this year's ex because it was said to have been force on force. As Reservists, it was a great opportunity for us to finally take our soldiering skills that we had acquired throughout the training year and put them to the test. Moreover, it was a good way for us re-evaluate where we stood as Canadian soldiers and see if we met the standards that the Reg Force had set in place, seeing as they were going to be our opposition for this exercise.

The first week was solely focused on reconnaissance. We were privileged enough to have the 3RCR's reconnaissance team members come in to polish and refine our skills. For the most part, the material that was taught to us were things we already knew. However, since this knowledge wasn't always put to daily practice back at the garrison, it acted as a good refresher course. On top of that, the 3RCR's made it their goal to critique and harp on the smallest flaws and pinpoint areas needed for improvement. Overall, we learned a great deal and some of the side notes they shared with us were very eye opening. I personally got accustomed to bush walking as our section spent the greater part of the days mapping and navigating through the dense forest. We were surrounded by poison ivy and raspberry fields almost everywhere we went. I'd say by the end of our first week, most of our uniforms were torn to pieces.

The following week was our defensive where we devoted most of our time to digging and riveting. Being out in the open as opposed to having some shade in our first week quickly had us all realizing how unforgiving and brutal the Petawawa weather could be. For the most part, we were either soaked from head to toe with sweat or with rain. Petawawa's bipolar weather was as comparable to Meaford's, except that it was more extreme in its cold and hot temperatures. Heat rash, trench foot, and heat exhaustion became something of a norm in our platoon.

But despite all these obstacles, I think the one factor that kept us motivated all throughout this gruelling period was the fact that the Reg Force were constantly talking so highly of themselves. Some of the men in my section even overheard the Reg Force guys boasting how easily they were going to walk through our lines on their first go. We all had something to prove at this point. All of us were very eager to get in contact with the enemy, therefore, we spent many sleepless nights keeping a close eye out for any movement. We were all under the impression that we were going to be bumped on a regular basis several times a day. However, this was not the case. We only got into one skirmish, but performed well regardless and took only one casualty from our side. And according to the OPFOR it was humbly stated that they were unable to locate our trenches due to us having been dug in so well.

One of the biggest pet peeves during our defensive ops was the tactical feeding that was emplaced. The CP was a 30 minute walk from our trenches and, on top of that, we had to carry out all



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round security for the other platoons whenever we went out for meals. We definitely could have made better use of the time spent walking and providing security for trench maintenance if they had a helicopter swoop over and drop meals nearby like they did on our last day. This would have saved so much more time. Wearing the WES gear was also a nuisance. Had the WES gear been put to use, it would have been beneficial; but this too was not the case. During our one skirmish with the enemy in our second week, the OPFOR were not properly employing their WES kit and so we did not benefit anything from wearing the equipment at all.

Interestingly, we began to have more regular encounters with bears than we did with the OPFOR near the end of the ex. They seemed to be freely roaming the entire camp grounds. It was a rather disturbing feeling knowing that there were bears walking around while we were in our sleep or walking through the forest. My shocking encounter with one was on the second last day, when I was woken up in the middle of the night by a bear cub which was staring down into my face from merely a foot away.

In all my years as a soldier, Stalwart Guardian 2015 was by far the most challenging exercise I have been in. Looking back, as tough as it was, it was worth it and I look forward to doing it again next year. I have had the privilege to work with a great group of people and learned a great deal from the Reg Force instructors. And having to hear from the Brigade Commander say that our platoon set the example for the entire battalion motivated and continues to motivate me to improve and excel as a soldier in the Canadian Forces.

Corporal Kim

Opposite Page: WO Kase and Cpl Schorr-Bigg extract Cpl Veale to the CCP

Top left: Privates Silva, Gordon, Wilbur and Dhillon take a break from C6 trench digging

Photos courtesy of Cpl Kim



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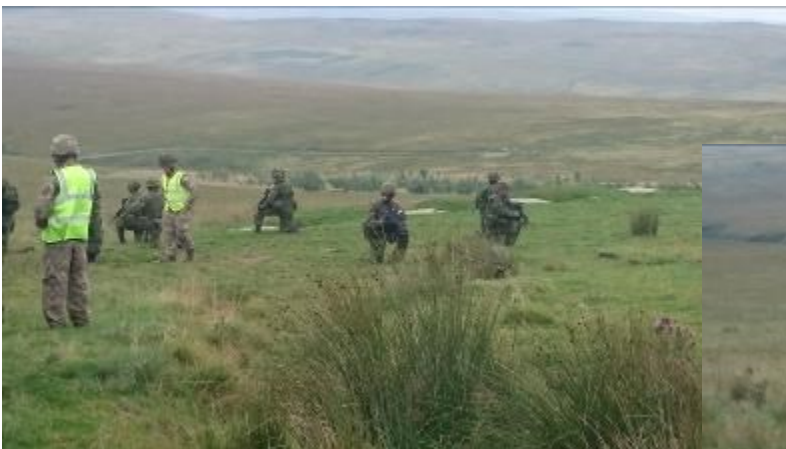
Exercise Steadfast Tommy



In September MCpl Banks, Cpl Albaity, Pte Silva and myself were lucky enough to join the Tor Scots in their annual trip over to England to work with the London Scottish Regiment. After an 8 hour flight and 6 hour bus ride we finally ended up at camp Otterburn in northern England, just a few km south of Scotland. That night we kicked off the ex with a smoker that the British had prepared for us and we got to know our British counterparts.

On day 1 of training we were taught how to use the British rifle the SA80 including everything that we needed to know to be able to use it in combat as well as to clean it, followed by zeroing and individual jungle lanes. The ranges are run by a civilian company so rounds could only go down range between 0900hrs and 1700hrs. We walked nearly everywhere through their training area which doubled as farmland for local farmers, on the few occasions when we were heading to a range too far to walk we were strapped into a harness in the back of cargo truck with a roll cage around each soldier. After our days at the ranges we would typically go back to the NAAFI and relax with some burgers and wi-fi, we also listened to an American soldier we nicknamed 'Russell Peters' as he told us stories from his time deployed to New Orleans during Katrina.

Day 2 we broke up into section size groups and rotated between multiple ranges. There are 2 ranges from that day that stick out when I think back. The first range was a pairs range, there were 2 lanes set up with multiple obstacles to train you how to employ good cover while shooting before you continue into fire and movement with your fire team partner. The second range we split up into assault groups and ran as a team for about 2kms, before pepper potting 100m to the static firing line, everything was a competition, the Canadians beat out most of the British and American teams taking 4 of the top 5 spots. The remainder of the training days consisted of tea time while learning the British tactics of a section attack which is always a flanking. As well as getting to know some of our allies. We integrated sections with Canadians, British as well as the few Americans from the National Guard that were there and conducted multi-national live fire section attacks using tactics from all 3 countries.



Top: SA80 Service Rifle issued to all ex participants
Bottom Left: UK range staff issue orders to Cdn troops
Bottom Right: Stepping off for a 1.5km section attack



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I was fortunate enough to be appointed by MCpl Banks to lead the last section attack of the ex leading Canadians from 32CBG, Brits from the London Regiment including some from our Allied Regiment the Royal Regiment of Fusiliers and a couple Americans. It went pretty well for my first time leading a live fire section attack.

The landscape of the training area was breathtaking... literally it took your breath away climbing up some of the massive rolling hills that the ranges were on while avoiding all the sheep droppings from the free range sheep that roam the ranges. It was a really cool experience learning how the Brits employ their tactics, as well as using the SA80.

After the training part of the ex was over we hopped on a bus for 6 hours and drove to London where we stayed at the local armouries. The final 2 days before we came back to Canada were used as tourist days. We had purchased our all day train and bus tickets and went out in groups touring the sites in London. This turned into one massive pub crawl. We must have visited over 20 pubs, bars and clubs as well as tried over 10 different local brews. Besides a few incidents at the Heathrow airport on the way back home, this experience was amazing. If we are invited to attend again in the future, I highly encourage other deserving members of the Regiment to put their names in to go.

MCpl Watson
Halton Coy



Left: MCpl Banks & Cpl Watson pose with a member of the Royal Regiment of Fusiliers
Top Right: 1 of 2 of the combined military platoons composed of members of the London Regiment, 32CBG and the US National Guard.
Bottom Right: The Canadians on the last range day

Photos courtesy of Cpl Banks



Some Anniversary Thoughts

As we close with the current year, our focus is on 2016 and our 150th anniversary activities. But, before we leave 2015 behind, we need to recognize a significant anniversary that affects us as a Regiment in our traditions, what we wear and how we as soldiers are recognized. Specifically, I am referring to the Battle of Waterloo. This is the 200th anniversary of that epic event which ended the Napoleonic era. It began a tradition of awarding of medals, named to the recipient, in recognition of their service to the state.



Prior to Waterloo, recognition of service in the armed forces was restricted to the 'Officer class' and then only at the levels of larger formation commands such as Battalion, Divisional and Army commanders. Waterloo changed all that. In April 1816, it was officially announced that "The Waterloo Medal was conferred upon every Officer, Non-Commissioned Officer and Soldier of the British Army who took part in one or more of the following battles: Battle of Ligny (16 June 1815), Battle of Quatre Bras (16 June 1815), and the Battle of Waterloo (18 June 1815)."

The medal was issued to every soldier present at one or more of these battles. A total of approximately 39,000 were awarded with every medal individually named to the recipient including their rank and Regiment. This was a massive shift in thinking at the time. Effectively, it changed the perspective of looking at the British army as a big red wall to that of the individual 'bricks' which made it up. Each 'brick' had an identity in the form of an individual soldier and, more importantly, quietly recognized their valuable contribution to achieving this victory.

The link to this individual's story is through the name struck on the rim of his medal. From this information, one can access their attestation papers, pay records and, if he was fortunate enough to get there, pension records. Here's an example of what can be discovered.



Waterloo Medal – named "Edward Price. 1st Reg. Dragoon Guards". Edward Price was born in 1792 at Yenton, in the city of Birmingham, Warwickshire and attested for service with the 1st King's Dragoon Guards (KDG) at the age of 21- on the 5th of June, 1813, having previously worked as a labourer. He was present with the 1st KDG at Waterloo, and was severely wounded in the charge of the Household Brigade. The wound was to Edward Price's left arm, showing an attempt towards the torso and heart by a French Lancer. All in all, the 1st Kings Dragoon Guards suffered some 11 officers killed, wounded or missing, and 264 rank and file killed wounded or missing. The total of 275 casualties from an original unit strength of 530 shows what a high casualty rate they suffered (51.8%), and just how heavily involved the 1st KDG were on the day. Recognition of the service of individual soldiers developed from that point onwards with the 'heraldry' of medals evolving along with it.

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Scroll forward now to Afghanistan. Not in the 21st century. But, the 1880s. This conflict in Afghanistan, already the second round – the first Anglo Afghan war being 1839-42 – had already engaged the British army in that region since 1878. The Kabul to Kandahar Star was awarded to those troops who participated in the 320 mile march from Kabul to Kandahar in Afghanistan between 9–31 August 1880, under the command of General Frederick Roberts to relieve Kandahar from Ayub Khan and his forces in 1880. It was made from metal of the Ayub Khan's captured guns and immediately gave it a link to the ultimate medal, the Victoria Cross which was manufactured in a similar tradition from guns captured in the Crimean War. Another historic connotation lay in the fact that the ribbon was the same as that used for most of the medals from the First Afghan War (1839-42), the colours representing the Indian sunset. 10,000 or so men were eligible for the Kabul to Kandahar Star, perhaps the most unusual recipient being General Roberts' horse. All medals were, again, named to the individual soldier.



Scroll forward again to the First World War and another campaign star commemorates service in the 'Great War'. The star was awarded to all who saw service in any theatre of war against the central powers between 05 August 1914 and 31 December 1915. Again, it was named to the recipient with 71,150 issued to Canadians.

Finally, scroll forward to the present day and consider the General Campaign Star which currently is so closely associated with the Afghanistan conflict of the present century. This general service award has been created as a means to recognize those who serve in operations in the presence of an armed enemy. Rather than creating a new honour for each new Canadian Forces operation as it arises, the General Campaign Star

- with theatre or service specific ribbons - can be awarded in future to honour participation in any operation that meets the criteria. Once again, significantly, the medal commemorating campaign service of the individual soldier is a star and is always issued named. It's a tradition that began with Waterloo!

Captain I Steingaszner, CD
Finance O / Band O



Pipes & Drums in Bury



In April of this year, I was given the privilege to take part in a nine day unit trip to Bury, England to aid our sister regiment in commemorating the 100th anniversary of the Gallipoli Landing. This was my third trip to the UK with the band, and it was wonderful to see old friends and new experiences.

From the moment we landed in Manchester, we hit the ground running. A few hours to get settled into the barracks at Holcombe Moor Training Centre, then out onto the parade square to begin rehearsal. Thankfully the weather was not that different from home (meaning the bagpipes wouldn't need to acclimatize too much), and within no time we were in the circle, running through our repertoire. With the rest of the

day left for uniform prep, it was then time to relax in anticipation of the busy week ahead. Those of us who had been there before were quick to show our newer members the local amenities down the road in Ramsbottom, AKA The Hare and Hound, which soon became the end of day haunt for our group.

Our first day began with a concert at the former Wellington Barracks. Arriving early granted us the ability to tour the buildings, which had been converted into offices while retaining elements of the original interior. The renovations were fantastic, and each of the band members were gifted pens made of wood from one of the original crossbeams, over 200 years old. After an excellent reception laid on for us, it was then time to rush back to the camp to change for a combined rehearsal with the Fusilier Band.

Rehearsal at Castle Armoury meant meeting up with old friends, and after some technical tweaks we were all ready to play as a combined band. Everyone was playing in top form, and one could feel the excitement in the room that comes from a good rehearsal.

The next day was our sightseeing adventure, consisting of a Pub Train tour. It was at this point that with a slightly less full day, the jet lag began to hit, and the band was happy for the relaxing event. The classic steam train began at Bury Station and stopped at various small villages along the way to Ramsbottom, offering interesting craft brews en route. Everyone enjoyed sampling the myriad liquid refreshments available, and certainly found their favourites.

The following days were a whirlwind of performances. Band showcases at the Armoury and Fusilier Museum (twice!) were packed and well received, and helped to make up for those performances cancelled due to typical English weather.



DMaj McGibbon, CD



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Fortissimo

Unlike most trades in the army one needs to audition for jobs if you want to be a musician within the Ceremonial Guard. We compete against people from as far as British Columbia all the way to Nova Scotia. This means that amongst all the people who audition only a select few are accepted. Once you are accepted the summer is one hell of a tasking. The sound of the Bagpipes is very powerful with all the grade 3 and higher-level players, and as my friend Killick says, "Bagpipes cure everything... including hangovers!" I personally had fun playing in the mornings and interrupting Sgt Summerfield while he was trying to talk to his troops. He made not very nice hand gestures at me.

One of the more entertaining performances that CG puts on is Fortissimo. It has changed every year but generally it's a free massed Military bands performance, as well as military drill and artillery performance on Parliament Hill. This year, like some past years, the German soldiers were scheduled to come. They have a Drum and Fife team as well as a precision Drill team, which were going to be the highlight of the show. Unfortunately, due to unforeseen circumstances their flight was cancelled and their part in the show needed to be made up for. I was told that in 24 hours I needed to put together a Highland Dance team good enough to show Canada and visiting tourists. Fortunately in past years I have been teaching the pipers, and some drummers, highland dancing. MWO Clark had requested of me to carry on the tradition of pipers being able to dance. Most of the guys felt they didn't want to learn; yet a little birdy told me that once they were in the beer tent at Maxville Highland Games they were showing off their Highland Fling to anyone who would watch. Therefore I selected 3 of our best, and myself, to dance the broadsword. I also asked around the visiting pipe bands to see if there were 4 other dancers because I was told we had more swords at our disposal. It turns out that there were indeed 4 others dancers, including Lorne Scots band member Alanah Kelly, who were able to dance a traditional sword dance. I then organized to make sure we had 8 swords and that everyone had highland dance shoes that would fit. We were given time to practice and I put MCpl Langevin in charge of the visiting dancers practice. I then organized the dance teams choreography with aesthetically pleasing kilt coordination. The CO approved and we did exceptionally well. So well that the crowd was cheering and clapping the tempo out as we danced. To show his appreciation the CO gave each dancer a coin as thanks.

Once Fortissimo is over its back to regular work days of playing for the tomb of the Unknown Soldier, the Governor General's house, and the Changing of the Guard Parade on Parliament Hill. I have enjoyed it so much that I have gone for 6 years and am auditioning to go again.

DMaj McGibbon, CD



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Yoga Fit



Military organizations around the world are using ancient techniques such as yoga and meditation to sharpen the minds of soldiers, help them make better decisions on the battlefield, and heal them from emotional and physical trauma. The word to be embraced is “resiliency” which can be described as an individual’s ability to cope with stress and anxiety and bounce back when confronted with hardship. Yoga is a physical, mental and spiritual practice (or discipline) with origins dating back to the Pre-Vedic Indian traditions of 8000-10,000 BCE. What is the purpose of yoga and how does it really affect us?

The basic purpose of yoga is to sync your movements with your breath. This decreases mental chatter and increases grey matter volume in the brain. Grey matter is the dark tissue of the brain responsible for muscle control and sensory perceptions such as speech, vision, hearing, memory, decision making, and self-control. With age, chronic stress, smoking and even multi-tasking grey matter volume eventually decreases. It is also important to note that 20% of the oxygen taken into our body goes to the brain, and 95% of that oxygen goes directly to the grey matter.

There are hundreds of studies proving the many physiological benefits of yoga, such as improved immune function, lower blood pressure, and significant improvement in chronic pain and depression. It is also proven to help combat veterans who have experienced intense periods of terror and trauma. Yoga has helped veterans get out of the constant state of ‘fight or flight’ once they returned home by reducing their hyper arousal mode and evoking the relaxation response. This is a very unique method of unlocking bottled-up disturbing memories in ways that a regular therapy cannot. This is because the speech center of our brain often shuts down during a traumatic experiences, limiting our right brains to only record visuals and some other sensory events causing you to have no words to express the trauma.

From a workplace health and safety perspective, the objective of implementing a regular yoga practice within the Canadian Armed Forces is to increase strength and flexibility—two vital aspects of military life. By using isometric exercises and meditation to relax the mind and increase self-awareness, yoga helps prevent accidents during training and work. The main focus of these yoga classes is to increase mental resiliency and flexibility, develop proper body alignment, and improve breath control. The development of strength, mobility and stability is gained through the various poses and movements practiced in



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class. Through individual surveys, the participants' physical improvements be monitored along with any changes in their mental health and where applicable recovery from previous injuries.

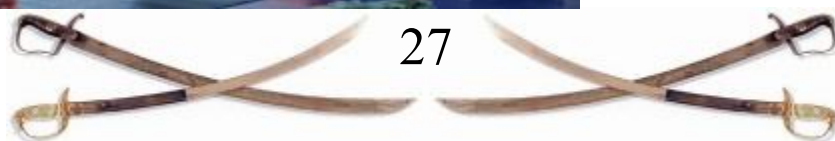
The yoga classes began on October 1st, 2015 at the Georgetown Armories and were held each Monday and Wednesday at 20:00. The classes are free and open to the entire regiment with yoga mats and blocks provided. Each class begins with a short guided meditation and breath control exercises that allow participants to relax their central nervous system and calm their minds. After warming up the class proceeds with various 'flows' that focus on balancing, deep stretching, and strengthening exercises. The yoga movements require strength and flexibility and work not because the poses are relaxing, but because they are stressful. It is in the attempt to remain calm during these stressful poses that an individual can reap yoga's greatest neurobiological benefit. The challenge is to stay aware and focus on your heart rate and breathing. By keeping them under control, an individual may re-train the brain to stop the habit of automatically invoking the stress response in unnecessary situations. The theme for each class is very specific to the needs of a soldier's work environment ranging from an intense 'Power Gas Mask Yoga' class designed for a CBRN environment to 'Restorative Yoga' meant to have the participants feeling looser and more relaxed.



Each class is designed to improve the soldier's posture, ability to perform during training, and recovery after rigorous exercise. There are various modified postures to accommodate each individual's needs. These also help recovery from previous injuries by improving blood circulation and enhancing spinal reflexes. After the cool down, the last pose called 'savasana' or the 'corpse pose' is everyone's favorite challenge. In this pose, participants lie down with soothing music and guided meditation that causes beta brain waves to decrease and shift to slower alpha brain waves for a deep meditative state.



Pte Chaudhry



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Tug of War

Maxville Ontario hosts a National Highland Games Competition each year in August. The Stormont, Dundas & Glengarry Highlanders organize a Tug of War Competition within the Highland games. This year Highland Regiments from all Ontario and Quebec were invited.

This year the Lorne Scots sent WO John Colter (Captain), WO Rob Roper, Sgt Andrea Katona-Smith, Sgt Matt Muir, MCpl Brett Meyer, Cpl Matt Davis, Cpl Michael Maloney, Cpl Don Nguyen-Ly and Cpl Mandeep Singh.

The Cameron Highlanders won the competition with the SD & G's as runners up. The Lorne Scots came third in their group.

WO LeBlanc's Poor Angus provided some of the entertainment at the Games which was good to see and hear!

All had fun and now that we know the rules, competition and venue, next year can provide much improvement.

WO J.R. Colter



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Places & Faces



Top Left—Cpl White, Cpl Dunford, Sgt Summerfield and Cpl Otterson as members of Ceremonial Guard pose with Governor General David Johnson in Ottawa

Photo courtesy of Cpl Dunford

Top Right— The Honourary Colonel, the CO, the RSM and the Officers and NCO's of the Lorne Scots at the True Patriot Love Dinner in November

Photo courtesy of MCpl Singh

Middle Left— WO Kase and Cpl Vander Burgt at the Annual Remembrance Day Ceremony at the Georgetown Legion

Photo Courtesy of WO Kase

Middle Right— Cpl Varga, Cpl Quirk, Cpl Dao and MCpl Quiroz

Photo courtesy of MCpl Quiroz

Bottom Left— MCpl Singh, Cpl Quirk, Sgt Yataco and Cpl Abela

Photo by MCpl Quiroz



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Top Left: Section Attacks during a 2 week exercise with the Polish Forces on OP Reassurance

Photo courtesy of MCpl Wojtal

Top Right: MCpl Wojtal conducting Mountain Training in Poland on OP Reassurance

Photo courtesy of MCpl Wojtal

Middle Left: MCpl Wojtal conducting Mountain Training on Poland's highest peak on OP Reassurance

Photo courtesy of MCpl Wojtal

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Top: Capt Sherriff gives a tour of the Officers Mess to visitors during Doors Open Brampton

Middle: MCpl Singh and MCpl Chu at the kit & equipment display during Doors Open Brampton

Photos by Cpl Banks

Bottom: The Pipes & Drums play in Bury, UK

Photo by Cpl Cunningham

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Top Left: As per tradition, the CO is stopped by the City's Chief Constable prior to entry into the city; in Mississauga LCol Hickson meets with Peel Regional Police Chief Jennifer Evans
Top Right: The Lorne Scots on Parade at Celebration Square for the Freedom of the City
Middle Left: Mayor Bonnie Crombie inspects the Guards
Middle Right: MCpl Chu is presented his Humanitus Medal for OP Renaissance
Bottom Left: WO Kase and the Colour Party
Bottom Right: DMaj MacGibbon leads the Pipes & Drums
Photos by 2Lt Koopman

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All: Remembrance Day Parade in Brampton
Photos by MCpl Quiroz

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Top: Ex Aggressive Viper 1 in Meaford showed what November in Meaford has to offer

Bottom: Despite the weather, morale was high for Canada's finest

Photos courtesy of Capt MacMaster

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The Lorne Scots Association

Every Member of the Regiment, past and present, is part of the Regimental Family, the Association is what supports that family.

Visit the Association Website : www.LORNESCOTS.ca

Check out the Association Newsletter : www.LORNESCOTS.ca under the Communications tab

NOTES

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By Authors Celia Lee & John Lee comes the story of HRH The Duke of Kent.

HRH The Duke of Kent you may know as Prince Edward, you may also know as the Colonel in Chief of the Lorne Scots (D&H Regt). The Lorne Scots are featured in this book and it looks to be a good read. The book description is below.

His Royal Highness Prince Edward The Duke of Kent KG GCMG GCVO ADC(P), first cousin to Her Majesty Queen Elizabeth II, has devoted his life to the service of his country. Even before he served twenty-one years as a regular soldier in the British Army, he was introduced to this life of service by his widowed mother, HRH Princess Marina, The Duchess of Kent, during an extensive tour of the Far East at the time of his seventeenth birthday. His interest in modern technology, especially computing and engineering, in issues of health, fitness and social welfare, and in the development of the intellect, has seen him become the patron, president or active member of more than one hundred charities and social organisations.

His military service, and deep interest in military history, sees him making a particularly important contribution to many military-related organisations – the chief of which must be the Commonwealth War Graves Commission. At the time of his eightieth birthday on October 9, 2015, Prince Edward remains one of the busiest members of the royal family. This book is offered as a tribute to his life of service, and to the myriad organisations, large and small, local, national and international, that make up the fabric of the United Kingdom in the twenty-first century.

The book is on sale now from Amazon.ca and other book stores.



150th Anniversary Lorne Scots Watch

A Proud Past A Strong Future



Older than Confederation and most Canadian Armed Forces units, the Lorne Scots (Peel Dufferin & Halton Regiment) has a rich military history grounded in honour, tradition and sacrifice.

The Regiment's humble origins began when settlers in the areas which would in time become the Regions of Peel and Halton and surrounding Dufferin County, took up arms in the early 1800s to defend their families and homeland against foreign invasion.

For the next 150 years, the men and women of the Lorne Scots would go on to serve Canada at home and abroad. From domestic disasters and internal security tasks to global peacekeeping and humanitarian efforts and ever dauntless in active combat, there has seldom been a place on the globe where Canada has made its mark and where the Lorne Scots have not faithfully served.

In 1899, officers from the Regiment answered the call in the South African Boer War. During World War One, the Regiment deployed hundreds of officers and enlisted personnel in the 1st Canadian Division. In World War Two, the Regiment was to be one of the first units mobilized, organizing into Defence Platoons which quickly attached to brigades, divisions and army headquarters. In fact, the Regiment can proudly attest that Lorne Scots would fight in every Canadian engagement of the Second World War except in the 1941 defence of Hong Kong.

In the years since, the Regiment has sent officers and soldiers to Cyprus, the Golan Heights, Egypt, the Montreal Olympics, Manitoba Floods, Ontario/Quebec Ice Storm, Cambodia, the Former Yugoslavia, Bosnia, Croatia, Namibia, the Philippines, Afghanistan, the 2010 G20 Toronto Summit and in on ongoing and vital Arctic Sovereignty Patrols. In each instance, Lorne Scots faithfully volunteered for deployments while supporting their families at home and taking time from their careers and schooling to serve Canada.

The Lorne Scots are truly privileged to be one of a handful of regiments in the Canadian Army to wear a Hackle, a battle honour awarded to the Lancashire Fusiliers- now part of the Royal Regiment of Fusiliers. This distinction was bestowed on the Lorne Scots in 1966 as a lasting token of affection and high regard which had emerged between the two Regiments. The Primrose Hackle worn by all Lorne Scots will forever perpetuate the remarkable history of the Lancashire Fusiliers.

As the Lorne Scots celebrate 150 years of service, they look back to the proud legacy of service and sacrifice which have marked their lineage and unflinching loyalty to Canada.

The Lorne Scots Regiment is now extremely pleased to partner with one of Canada's leading watch designers, Time is Ticking Inc., which has a long and honourable tradition of creating watches which reflect our nation's great military legacy.

To show your pride in the Regiment and its enduring tradition of loyalty, duty and valour, we offer a Limited Edition 150th anniversary Lorne Scots watch. The cost to you is only \$79.00 plus applicable tax and postage. The watch is being sold far below its retail value of approximately \$200.00. Generous proceeds from each timepiece are being returned to the Regiment for them to use for a special initiative.

The slim-line watch has a Seiko Japanese movement, 24K gold plating on its face, engraved case back and designer leather strap which is being offered in black, red and blue. The watch will be delivered in an embossed velveteen collector's box. This limited edition commemorative watch will make an excellent gift. All sales are final.

In marking this historic anniversary the motto of the Regiment, the Gaelic expression 'Air Son Ar Duthchais', is unreservedly fitting. It is, therefore, indeed the proper time to purchase a Lorne Scots commemorative watch - 'Air Son Ar Duthchais' - For Our Heritage.



Size approximate.
Suitable for men
and ladies.

O R D E R F O R M

Name: _____

Address: _____

City: _____ Prov.: _____

Postal Code: _____

Telephone (Home): _____ (Work): _____

Please make your certified cheque or money order payable to Time is Ticking Inc which will be processing orders on behalf of the Lorne Scots (Peel Dufferin & Halton Regiment). Order forms should be mailed to: Time is Ticking Inc., PO Box 10066, Don Mills, Ontario, Canada M3C 0J9
Postage and handling - \$12.00 per watch in Ontario and Quebec. All other provinces \$14.00.
Postage and handling outside of Canada will be quoted at a reasonable rate.

Payment : Visa MasterCard Money Order Certified Cheque
Card Number: _____

Expiry: _____ Signature: _____ E-mail: _____

All sales are final. For further information or to place an order, please contact: Time is Ticking Inc., by phone at 416-925-5520
Fax: 416-925 5641 • E-mail: timeisticking@sympatico.ca • Website: www.timeisticking.ca

Description	Quantity	Price Each	Total
<input type="checkbox"/> Black Band 		\$79⁰⁰	
<input type="checkbox"/> Extra Long Band*		Subtotal:	
<input type="checkbox"/> Blue Band 		Postage:	
<input type="checkbox"/> Red Band 		HST (13%):	
*Black band only		TOTAL:	

All Sales Are Final