

# The King's Own Calgary Regiment (50 CEF/14 CTR) Association



President's Message

Spring 2024



LCol (ret'd) Dick Cruickshank,  
Association President

Greetings to all, I hope Christmas and New Years was kind to everyone. We definitely had the full range of warm weather, decent snow falls, and some deep freeze temperatures. All typical for Alberta.

The winter period has been busy so far. The Regiment has had a full schedule of training events, to the point of cancelling one of the long-standing traditional Mess Dinners. Considering their OPTEMPO, that was understood and fully supported. We wish them all the best as they continue to hone their skills at various rank levels, and enter the 3rd Canadian Division's High Readiness cycle. One key event over the holiday period, was the Change of Regimental Sergeant-Major (RSM) appointment parade. Chief Warrant Officer Troy MacGillivray stepped down to try his luck in the Commissioned Ranks. Best of luck Troy, it is a big step as a few of us can attest to! And a huge Welcome to the new RSM, Master Warrant Officer Pablo Fernandez. Pablo has definitely done his time in the Regiment, earned his spot in this unique club of RSMs, and will bring a wealth of experience to this position. The Association is looking forward to working with the new RSM, and there has been initial correspondence back and forth already. Members of the Association were able to be in attendance for this parade, which was held just before the annual Soldiers' Appreciation Dinner, a traditional Christmas event where the Officers and Warrant Officers & Sergeants serve the troops a holiday meal, with all the trimmings.

The Churchill Tank "upgrade" project is still moving along, albeit slowly. That said, after one setback, a new opportunity has surfaced, and the initial meeting was very positive. MGen (Ret'd) Jay Milne, Chair of the Regimental Funds Foundation and I will continue discussions and I will provide updates as they formalize. Please see the article further down in this Newsletter. Fingers crossed.....

## INSIDE THIS ISSUE

Monthly Luncheon

King's Own CO and RSM  
Message

Meet the New RSM

Museum Update

Last Post

Churchill Tank "Regiment"  
Project Update

Henry Wise Wood Secondary  
School Veterans' Tea

Patrick Airlie Elementary  
School Remembrance Day  
2023

Remembrance Day 2023 –  
North Glenmore Park

Darrel Sundholm, CD,  
Recipient of the Veterans'  
Ombuds Commendation

Membership

Upcoming Events

President's Message (cont'd)

We have a busy period coming up this spring. The Regiment has put together a committee to organize the Regimental All Ranks Ball the evening of 19 April. Please keep an eye out for additional details that will be distributed through our email, and details of that event will also be distributed, and posted, in due course. Details for St George's Day on 21 April still need to be promulgated, and we will keep the Association members updated. The 82nd Anniversary of the Dieppe Raid commemoration ceremony is planned for 18 August 2024, but this may change depending on progress of the Churchill Tank project, and the busy schedule at The Military Museum. Further details will be distributed as we get closer.

Since the last Newsletter, sadly, we have lost some former members of the Regimental Family. We extend our sincere condolences to their families and friends, and We Will Remember. Their names are noted in the Last Post section of this Newsletter. Please remember our monthly Old Guard luncheons at the Members' Lounge, 2nd Floor, of the Kensington Road Legion (Branch #264 Royal Canadian Legion), and if you are available, you will be most welcome. Please enjoy this Newsletter.

In closing, I would encourage all our members to get in touch with us. We would like to hear from you as to what you would like to get out of your association membership. Please feel free to contact us at our main mailbox at [KOCalgRAssoc@gmail.com](mailto:KOCalgRAssoc@gmail.com), or to contact me directly at [dcruick55@gmail.com](mailto:dcruick55@gmail.com)..

ONWARD

Dick  
President  
403-512-2738

Cruikshank

Monthly Luncheons

Please join us for our monthly Association Luncheon at the Kensington Legion. We meet in the Members' Lounge on the second floor.

12:00 – 1:30pm - First Thursday of the month. Kensington Legion is located at 1918 Kensington Road NW, Calgary



The poster features the Legion logo with a red flower icon. Below the logo, it lists the lounge hours for each day of the week. The text is enclosed in a red border.

Sunday	10am - 2pm Brunch
Monday	CLOSED
Tuesday	11am - 9pm No Food Service Until 2pm
Wednesday	11am - 9:30pm Dart Night
Thursday	11am - 9pm
Friday	11am - 9pm
Saturday	11am - 9pm



*LCol J. Fisher, CD, Commanding Officer*



*MWO P.R. Fernandez, CD, RSM*

## Commanding Officer (CO) and Regimental Sergeant-Major (RSM) Message

From the turret of the CO, and the office of the RSM, Greetings to the Association, and many thanks for an opportunity to provide an update regarding the Regiment's focus and busy OPTEMPO.

The training year 2023-2024 has been a time of high tempo, activity and significant change at The King's Own.

Intensifying international commitments, new mission tasks and changes, everywhere from the tactical to the organization levels, promise to change the face and character of the Regiment and the armoured reserves as a whole.

In an attempt to address platform shortages and procurement challenges Forces-wide, the Regiment was issued ten Civilian Off The Shelf UTVs with the direction to conduct a trial designed to test a novel procurement approach for new equipment and add-ons, capabilities of the vehicle as part of sustained field operations, as well as the tactics and limitations that may shape how and when the UTVs are used in a cavalry context, and by whom. These trials – particularly as they relate to transporting the vehicles and securing the necessary kit they require for operations – have proven challenging. But through bold and creative action, soldiers have been able to successfully employ the vehicles in different scenarios and mission tasks.

The King's Own is also leading the charge in the resurrecting of the Assault Troop. The Assault Trooper, a capability that was long part of the corps' identity and abolished more than two decades ago, has been brought back to life by the RCAC, with The King's Own being tasked to provide an assault section to operations. As the Corps has struggled to define what capabilities the new assault trooper will bring to the Corps, and what qualifications will build those capabilities, the Regiment's Assault Troop hit the ground running in fall 2023, diligently working on perfecting dismounted tactics, support weapons, and mobility in the battlefield.

Finally, one more area where King's Own soldiers have had to blaze their own path is in the delivery of the Corps' new Master Corporal qualification. As this qualification is not delivered centrally, previously qualified master corporals and PLQ-qualified corporals are currently engaged in a nearly-year-long course. Again, and due to need and time constraints, leaders in The King's Own embarked upon this task as requirements and qualifications were still being finalized by the school. Those are now defined, and nine candidates are set to graduate this spring.

Meanwhile, the high pace of deployments continues, with three King's Own set to augment the LdSH (RC) as it sends a tank squadron to Latvia in the summer, while a half dozen King's Own line up to relieve them as part of a second LdSH (RC) tank squadron heading to eastern Europe in the beginning of 2025. To help in this endeavour, and to increase the Regiment's own internal expertise and capabilities, The King's Own continues to work closely with the LdSH (RC), slotting our soldiers in Leopard 2, LAV-6 and TAPV courses.

And, as of the writing of this update, news has just been made public that a rebalancing of the two armoured regiments in Alberta, The King's Own and South Alberta Light Horse, will result in A Sqn SALH (Medicine Hat and Lethbridge) being put under operational command (OPCOM) of The King's Own, with the view of those SALH members eventually being rebadged King's Own. The change means that, eventually, the establishment of the Regiment will grow to nearly 280, and will see The King's Own take over the Medicine Hat armouries and the armoured presence in Lethbridge. The OPCOM process is already underway, and even though the how and when of the rest of this plan will unfold is uncertain, this development has kept the command teams of both regiments and the brigade extremely busy and has caused emotional turmoil within the SALH family. This journey is just beginning and will require the entire regimental family's effort to ensure The King's Own comes out of this episode as healthy and as strong as this plan intends.

All this is happening under new command teams for both A and HQ Squadrons, as well as the Regiment. Having taken command of The King's Own in the spring of 2023, this is the first full year of command for myself as CO. Meanwhile, the Regiment's new RSM, MWO Pablo Fernandez, took over from CWO Troy McGillivray – who had served as King's Own RSM since 2018 – during the soldiers' holiday dinner in December.

This year of change and challenges is but setting the tone for what the next few years will be like. Operations in Latvia will continue for the foreseeable future and The King's Own will be expected to continue to step up. Recruiting continues at a rapid pace and the need to produce Sr NCMs and Officers is apparent and critical, while at the broader regimental level, new honouraries will have to come on board and a new Colonel-in-Chief will have to be welcomed at some point. As a Regiment we are becoming more focused and are being sharpened by our desire to meet these challenges. However, these are the kinds of challenges and pressures that demand the effort and the best from the entire regimental family.

We look forward for the continued support of the Association as we move down the trace, and on to the objective.

ONWARD

LCol John Fisher, callsign 9er

MWO Pablo Fernandez, callsign 9erCharlie

## Meet the New RSM – MWO Pablo Fernandez, CD

MWO Pablo Richard Fernandez, The King's Own Calgary Regiment's Regimental Sergeant Major, has been a King's Own since he joined the Army in 1990 at the age of 17. Operationally, he deployed with Op Cavalier, the United Nations peacekeeping mission in Bosnia and Herzegovina, and later in NATO's mission in that same region, Op Palladium. He deployed as a Cougar driver with B Sqn, Lord Strathcona's Horse, (RC), and as a cougar gunner and crew commander with A Sqn LdSH (RC), respectively.

Domestically, MWO Fernandez served as Ops WO for Op Abacus, and has served as an instructor during long stints at the RCA Battle School and the PPCLI Battle School, as well as at the Western Armoured Reserve Training Centre, teaching everything from basic training, basic trades training and gunnery, to leadership courses and crew commanding.

At the Regiment, he has held appointments at every level. He most recently served as the Regiment's Technical Quartermaster Sergeant, and previously held appointments as Squadron Sergeant Major of A Sqn, of B Sqn and of Head Quarters Sqn. Previously, he served as a troop WO in a reconnaissance troop, and prior to that as Tp Sgt and Troop WO in a direct fire troop.

MWO Fernandez started off his journalism career in 2000 in a smalltown newspaper in Invermere, B.C. In 2002, he was employed as a staff reporter at the Calgary Sun, before becoming the publication's first digital editor in 2008. In 2012, he became The Huffington Post's Alberta Editor. Then, in 2014, he transitioned to public relations, taking on the role of Manager, Strategic Communications at the O'Brien Institute for Public Health at the University of Calgary. As of 2022, he is the Manager, Marketing and Communications for the University of Calgary's School of Architecture, Planning and Landscape.

MWO Fernandez is an honours graduate from the SAIT journalism program and has a master's degree in professional communication from Royal Roads.

In his not so-spare time, the MWO Fernandez is an avid hiker, backcountry traveler, canoeist and motorcyclist, and is a dedicated but not very good guitarist, skier and dog owner.

Above all, the RSM is the proud father of a bold and resilient teenage son, Nathan, and of a creative and brave teenage daughter, Isabelle.



## The King's Own Calgary Regiment Museum News

Submitted by Roy Boehli

The past six months have been very busy for the museum and its volunteers. The summer months of July and August 2023 provided the opportunity for the museum volunteers to participate in some professional development "targets of opportunity" as described below. On 27 July 2023, the museum volunteers travelled to Drumheller, Alberta and visited the Badlands Museum, the Drumheller Cenotaph, the (former) Drumheller Armoury, the historic Rose Deer Hotel at Wayne, AB, and the Strathmore Branch of the Royal Canadian Legion's historic collection. Then on 17 August 2023, the museum volunteers travelled to Lethbridge, AB to visit and view the Nikka Yuko Japanese Gardens and Interpretive Centre, the location of the former WW II Prisoner of War camp located adjacent to Henderson Lake Park, the memorials also located around the lake dedicated to local Lethbridge military units, the Galt Museum and Archives, the site of the former BCATP aerodrome at RCAF Station Pearce, Alberta, and the General Stewart (Lethbridge) Branch of the Royal Canadian Legion's historic collection.

The PD activities to date have proven to be of significant benefit to the museum volunteers. These activities have allowed the volunteers to view other methods of interpreting and displaying information, artifacts, and history to museum visitors. This enables the regimental museum's volunteers to compare our museum to other museums and facilities with a view to improving the interpretation and presentation of the Regiment's past, present, and current history.

Two other items of note were: the museum's support through an additional temporary exhibit for the annual Dieppe Commemoration conducted by the Association, and, with the Integrated Personnel Support Centre

moving out of The Military Museums to new quarters offsite, resulting in our museum receiving dedicated office space in the west wing of the facility, which is a very welcome addition to our museum's space allocation.

September 2023 saw the Commanding Officer appoint Captain Natasha Mellish as the new Regimental Museum Officer and Museum Committee Chair. Captain Mellish has been a volunteer at the museum since 2019, and in addition to her regimental duties, is a valuable member of the museum team. Also in September, the museum received two new acquisitions. The first being the purchase of four new laptop computers to replace our existing computers that had reached the end of their service life.

The second acquisition was a Polish Radom P-35 9mm automatic pistol gifted to the museum on behalf of an estate. The P-35 pistol has WWII German stamp marks on it as well as bearing a low production serial number, and is a welcome addition to our museum's collection. The P-35 pistol was manufactured for the Polish Forces prior to WWII; however, when Germany invaded Poland, the factory was taken over for German production. The museum's good fortune continued into the month of October with the gifting of the uniforms, militaria, and papers of Major John Dewart and Nursing Sister Charewelle Roe (Dewart) in the Italian and NW European Theatres and were gifted to the museum by John Dewart Jr and his spouse Susan.

Additional activities included the attendance of Jay Milne and Roy Boehli at TMM Council on 24 October as well as the TMM Governance meeting on behalf of the Commanding Officer on 23 November. Later in November the museum again received the gifting of the Mess Dress



uniforms and Service Dress uniforms of Lieutenant Colonel Marty Raine, who was the Commanding Officer from 1986 to 1989, and were gifted to the museum by his son, Mark Raine, on behalf of the family. Also in November, as a result of a routine inspection of the gallery, a review was made of a crawl space behind some display cabinets that is not routinely accessed. It was discovered that a spider web of extension cords had been used to power lighting and sound equipment, and had probably been in this state since the gallery upgrade in 2014. Myself, along with the invaluable assistance of Association Director Jim Bauert (a journeyman electrician) were able to untangle the "web" and tidied up all the wiring in that crawl space to ensure the safety, security, and effective operation of the gallery systems. A big thank you goes out to Jim Bauert on behalf of the museum for his efforts on our behalf.

The museum continues to receive requests for information (RFI) regarding former members of the Regiment. This year we have completed or are in the process of completing nine RFI's on behalf of family members. The research process can take usually eight to twelve hours per individual, as we must go through our documentation manually, page by page, as many of the source documents are very sensitive to environmental and handling conditions due to their age.

On the morning of Saturday 27 January, the museum hosted 15 soldiers of B Squadron's Personnel Awaiting Training (PAT) Troop. Tours were conducted of the museum's gallery, artifact collection, and archives, and the new soldiers of the Regiment learned about key moments in the Regiment's history as well as the selfless sacrifice of the members of the Regiment that came before them. Welcome, members of PAT Troop, to the Regimental Family and we encourage you come back and visit the museum often.

Lastly, I would like to put a plug in for the museum's Online Tour of the Regimental History. For members who are unaware, the museum and the Regimental Funds

Foundation partnered with Valour Canada during COVID, to produce this interactive online exhibit for the benefit of the Regimental Family and the public. If you have not already done so, I would encourage everyone to visit the online virtual history tour at the following link:

<https://valourcanada.ca/vr/kocr>



*Polish RADOM P-35 9mm Automatic Pistol and EIS recently gifted to the Museum. Photo – Roy Boehli*



*German manufacturing and acceptance stamps shown - Photo – Roy Boehli*

## Last Post

---

*We remember our King's Own Veterans, Family and Supporters who have passed away. Please accept our deepest condolences.*



*Lest We  
Forget*



WO (Ret'd) Ted McLeod, passed away 8 Oct 2023 in Crawford Bay BC, LdSH(RC) RSS King's Own.



MCpl (Ret'd) Patrick Major, age 67 years, passed away 10 Sep 2023 in Lethbridge AB, King's Own and S.A.L.H.



Tpr (Ret'd) Gordon Fennell, age 101 years, passed away 6 Dec 2023 in Montreal PQ, 14th Armoured Regiment (The Calgary Regiment)



LCol (Ret'd) Noel Raymond Bambrough, age 85 years, passed away 14 Dec 2023 in Atlanta Georgia. Former commanding officer The King's Own Calgary Regiment 1977-79.



Capt (Ret'd) Doctor Pamela Goebel, age 66 years, passed away 28 Feb 2024 in Calgary AB. King's Own

**WE WILL REMEMBER THEM!**



## Henry Wise Wood Secondary School Veterans' Tea – 18 October 2023

Introduction by Patricia Murphy, Main Text written by Henry Wise Wood Students. Photos submitted by Henry Wise Wood Students and Patricia Murphy

Every year since 2011, Henry Wise Wood Secondary School has held a remarkable event – a tea for Veterans, during which Veterans are able to connect with high school students one-on-one, respond to students' questions, and tell the stories arising from their service. The amount of work that the school puts into this tea is outstanding, from the band playing background music, to the extensive pictorial displays of remembrance, and even to the genuine China tea cups in which the pupils most politely serve the Veterans their tea!

I, along with other King's Own Veterans such as Col (ret'd) Roy Boehli, WO (ret'd) Jim Bauert, and Sgt (ret'd) Darrel Sundholm, have attended this event for the last two years, and it is an exceptionally rewarding experience to be able to answer students' questions and advocate for the selflessness of military service. It is an opportunity to talk about duty and honour (which perhaps does not figure prominently in the students' day-to-day discussions), and maybe even recruit a soldier or two!



*Remembrance display in School Courtyard honouring HWW High School graduates Michael Starker, class of 1990, and Chad Horn, class of 2004, who both fell in Afghanistan.*

Below please find the article that was written about the 2023 tea by the students at Henry Wise Wood School.

A group of about 25 veterans visited Henry Wise Wood High School, giving students the opportunity to hear about their experiences, ask questions and express their gratitude to each veteran.

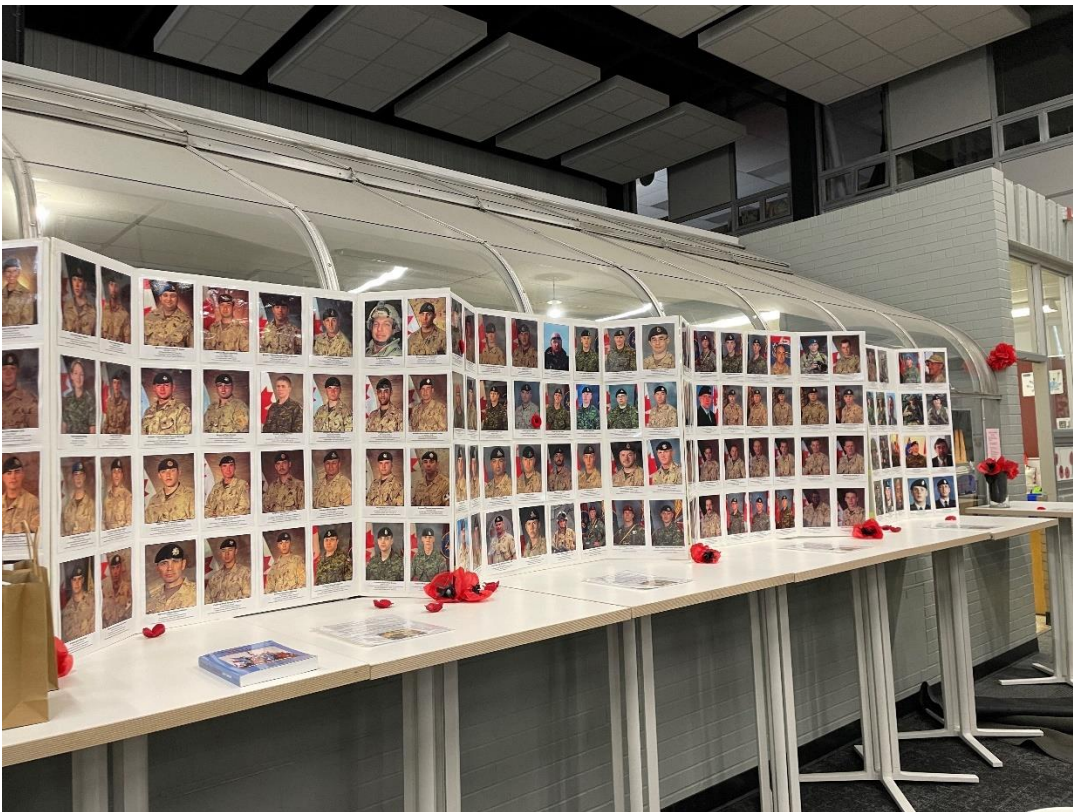
Students gathered in the school's courtyard on October 18th, 2023, to share tea and stories with local veterans during the school's 12th Annual Veterans' Tea. Teacher Reka Teleky came up with the idea of creating more opportunities for students to interact with the veterans who visit their school around Remembrance Day.

"My grandfather was a veteran, and I could not talk to him about his experiences. Through this event, I almost feel like I am hearing his voice," says Sophia, a Grade 12 student.

Principal Aileen Smyth said this event connects closely to the Social Studies Program. Students can experience a first-hand account of the history they are learning about in class. Discussions are held before the event, and students thoughtfully prepare their questions for veterans and engage in post-event reflections on their learning.

Students in Foods classes made tea and goodies for the event, and art students made decorations and poppies. The event also featured performances from the school band and a pop-up gallery with stories and remembrances of war experiences called the War in Pieces. Quilts of Valour, handmade quilt art pieces, were on display and gifted to the veterans in attendance as a thank-you for their service. Sergeant Darrel Sundholm remarked that interacting with students is as enjoyable for him as it can be for the students. He is amazed by their intelligence and says if we can encourage them to be great, they will do great things in this world.

Embodying 'Lest We Forget,' the event fosters a community connection between the veterans and the students, allowing important stories to be shared and passed from generation to generation.



*HWW High School Display honouring the 158 Canadians who fell in Afghanistan.*





## Churchill Tank “Regiment” Project Update

Submitted by Dick Cruickshank

As was alluded to in the President’s Message, we are continuing to pursue options to upgrade REGIMENT. Numerous discussions have occurred since last summer which have included site recces, Zoom meetings, and round table discussions. The Project Team, including Warrant Officer (Retired) Peter Jones, RFF Chair, Major-General (Retired) Jay Milne, and myself, have explored a number of topics relating to the project. Initially, the engagement with Southern Alberta Institute of Technology (SAIT) looked promising, and indeed SAIT was very keen to partner with us. But after an internal hard look at a number of factors, it was determined by SAIT, that the scope of what we were looking to accomplish was outside of their technical and logistical capacity to support. That said, SAIT was able to connect us with another option that has initially been quite positive, and we feel confident that SAIT will be able to assist with some of the “non-technical” aspects of a project of this type. I won’t get into the second option quite yet as we are in the very early discussion stage, and I don’t want to “situate the estimate”.

For context, the initial concept of Ops was to take steps to preserve REGIMENT in its current state, upgrade where possible, and complete a detailed examination of the internal workings. The project team would like to see

the endstate of REGIMENT more closely resembling a “Dieppe Raid” variant versus its present form of a Crocodile “Flame-thrower” that has been made to look like a “GunTank” with the addition of a welded on “barrel”.

This “conversion” would be more cosmetic than functional, as it was determined early on that we did not want to make REGIMENT a “runner.” Note that in the pictures below, the extended exhaust pipes, and air intake breathers extensions were designed for amphibious landings. It should be remembered that The Calgary Regiment was chosen from the units of the First Canadian Armoured Brigade to be the “first Canadian Regiment to see combat in WW all” and definitely was the “first Tank Regiment ever to be landed on an enemy beach, under fire, from Landing Craft, from the sea!”



Some of the exploratory discussions that Peter was involved with, included The Tank Museum in Bovington UK (<https://tankmuseum.org>) The Bovington folks have given us some initial advice, and have expressed interest in assisting from across the pond as we get further into our discussions. If we determine that some of the internal workings are not going to be preserved and/or retained, they (Bovington) might be interested in acquiring them. Examples could include the engine, and maybe some of the inside turret parts, but that is to be determined as we get further along.

All of this said, there will be a cost to completing this project. What that total might be is unclear at this time, as a number of factors will need to be considered, such as; where will this upgrade happen, what will we find when we start looking inside, can we open it up with minimum damage, what will we find when we start removing parts etc. Plus, we need to plan for an appropriate "REGIMENT Re-Dedication" ceremony. We could well be looking at the range of \$50K to \$150K.

If our Association members, or anyone they might know, are in a position to make a donation to this worthy project, it would be gratefully appreciated. Donations made through the Regimental Funds Foundation (RFF) are entitled to a Charitable Donation receipt as the RFF is a Canada Revenue Agency designated Registered Charity.

Donations could be made online through Canada Helps to The King's Own Calgary Regimental Funds Foundation. The link is:

<https://www.canadahelps.org/en/charities/kings-own-calgary-regimental-funds-foundation/>:

Or, a cheque could be made out to, and mailed to:

The King's Own Calgary Regimental Funds  
Foundation,  
c/o 4520 Crowchild Trail SW,  
Calgary, AB, T2T5J4.

Please make sure that it is indicated on the cheque that the donation is for the Churchill Tank Project, and that way the monies will be put aside specifically for this project.

If further information is needed, or there are questions, please reach out to the Association via email to [kocalgrassociation@gmail.com](mailto:kocalgrassociation@gmail.com)

We hope that this project can be completed in a reasonable timeframe, as we know that the longer REGIMENT stays in its current state, further degradation is inevitable.

Thanks for the opportunity to provide information on this historic project, and if there is ability to support, it will be very much appreciated.

ONWARD

Dick Cruickshank

## Patrick Airlie Elementary School Remembrance Day 2023

Article & Photo submitted by: Jim Bauert



In October 2023, Loreen Mitchell, a staff member at Patrick Airlie Elementary School, contacted the Regiment and the Association. Her intent was to re-establish contact after a 2 year break necessitated by Covid, and to see if our two entities could once again support their Remembrance Day Commemoration. The RSM, CWO Troy MacGillivray and Association Director, Jim Bauert, gladly answered the call, attending their ceremony and laying a wreath.

Patrick Airlie School is a K-05 facility with a large immigrant student body. Many of the students may not have had positive interactions with the military in their home countries. A tip of our hats to Loreen for taking the initiative and for passing on the lesson of remembrance to her students.



## Remembrance Day 2023 – North Glenmore Park

Article submitted by: Jim Bauert. Photo: Fonda Yang



The morning of 11 Nov 23 at the 137<sup>th</sup> Battalion, WWI Memorial in North Glenmore Park, found a warm sun but a brisk, cold wind which was wreaking havoc with the stands holding the commemorative wreaths waiting on the sidelines. The Padre must have asked for a favour because as the sounds of the approaching KOCalgR Band followed by the Regiment came near, the winds died down giving the 1000+ audience a bit of a reprieve from winters bite. The ceremony followed the standard format but none-the-less still leaves me feeling humbled and appreciative for the sacrifices made by those who went before us. As the Regiment marched off, and if by cue, the winds picked up with a vengeance. Good job Padre.

Lest we forget.

## The King's Own Calgary Regiment Profile: Sergeant (retired) Darrel Sundholm, CD, Recipient of the Veterans' Ombuds Commendation (Individual) for 2023

Submitted by: Dick Cruickshank and Patricia Murphy



### Ombuds' Citation:

Darrel Sundholm is a Veteran of the Canadian Armed Forces and works tirelessly to educate Canadians on the sacrifices that military personnel have made. He became the founder and operator of the CPKC Afghanistan Memorial Plaque Program – in honour of those who have been killed in Afghanistan and to preserve their memory. Darrel has personally travelled coast to coast to present these plaques and attended various dedication presentations.

### Nominator's Remarks:

These plaques make a big impact on the student communities at the high schools where they have been installed. Now the students can pay tribute to soldiers who are close to their own age. This is nearer to home. It has a relevancy to them to help them understand what service and sacrifice mean in their lives today, and in our communities today.

Darrel, you have always worked so hard. You're so dedicated, you're so passionate, but you're also so quiet and so humble about all of the work that you do. I'm just so proud of you.

### Other Information Concerning Darrel's Service:

Darrel has been a tireless volunteer with many organizations for at least the last 30 years. His dedication, especially to the military community, is outstanding. Being a former Canadian Armed Forces Reservist, Darrel's interest in supporting current and former serving veterans has been at the forefront of his efforts. All of his volunteer time has been focused on improving community outreach for organizations that support or commemorate military service to Canada, most of it focused on veterans.

Darrel started working for CP Rail while a serving Reservist with The South Alberta Light Horse (RCAC) in Medicine Hat Alberta. He eventually transferred to Calgary with CP Rail, and during the Afghanistan conflict, in coordination with CP Rail's commemoration and memorial program, Darrel became involved with coordinating, and in many cases attending, various dedications across Canada. Upon retirement from CP Rail, Darrel continues to be involved. Although CP Rail financially sponsors this program, Darrel usually represents the company and does the presentations on CP's behalf. The families of fallen CAF veterans are most appreciative to have their loved ones remembered by something tangible. Some previous dedication examples are: the dedication of a new Canadian Coast Guard ship (CCGS) named after Private James Robertson VC, a soldier of WW I, originally from Medicine Hat Alberta; and from his former reserve Regiment, Darrel was instrumental in the provision of a plaque commemorating the naming of the Chapel at St. Stephen's Anglican

Church in honour of Cpl Nathan Hornburg, MiD, a member of The King's Own Calgary Regiment (RCAC) who was killed in action in Afghanistan on 24 September 2007 while serving with Lord Strathcona's Horse (Royal Canadians).

Another organization that Darrel has actively supported is the Ypres Chapter (Southern Alberta) of the 3rd Canadian Army Veterans' Motorcycle Club (aka 3 CAV). A major event that 3 CAV supports is the annual Field of Crosses site in Calgary. Darrel is always part of the initial set up that takes place in advance of Remembrance Week, and then participates daily as a Sentry at the Cenotaph for the Sunrise and Sunset ceremonies. Rain or shine, sleet or hail, Darrel is always present.

Working with 3 CAV Ypres Chapter has exposed Darrel to the Veterans' Association Food Bank (VAFB) in Calgary. He continues to volunteer supporting VAFB, including construction and renovation, donation sorting, and delivery of food hampers to veterans across Southern Alberta. The impact of VAFB across the region has long-lasting, positive benefits. It has become a major resource for not only food hampers, but for outreach options for veterans needing financial, housing, and access to mental health support. Darrel is one of the many people who works behind the scenes, quietly doing what he can to support this vital organization.



In between volunteering his time with the above-mentioned organizations, Darrel was the catalyst who bridged the gap between the Second World War veterans of The Calgary Regiment (Tank), and the relatively recent former serving members of what is now The King's Own Calgary Regiment (RCAC). Darrel joined the post WWII 50/14 Veterans' Association and later became President of that organisation, a position he held for many years. Under his guidance and leadership, what was a failing Association was given the breath of life by Darrel's encouraging the membership of recent Militia soldiers and current Primary Reserve members.

One of Darrel's accomplishments was coordinating amongst the local Royal Canadian Legion Branch, the Association, and the Municipality of Olds, Alberta, for the installation of a time capsule at Centennial Park in Olds, and the creation of an in-ground sandstone plaque identifying the capsule. Darrel regularly takes the 90 minute drive to check and maintain the



site. Note that Olds, and other central Alberta towns were the traditional recruiting areas during the Second World War for members of The Calgary Regiment (Tank).



Darrel recently joined the Al Azhar Shriners in Calgary, an organisations well-known for its support of sick children.

---

## Membership Report as of 4 Feb 2024

Regular Members	36
Lifetime Members	<u>61</u>
Total Members	97

A reminder that memberships expire on 31 December and dues are payable annually by 1 April. We thank you if your dues have already been submitted for the 2024 year.

---

## Upcoming Events

- Regimental Ball – Friday 19 April 2024 – Location and ticket details TBD
- St. George's Day Weekend – 20 April 2024
- The King's Own Calgary Regiment (50 CEF/14 CTR) Association AGM 20 April 2024

## Serving Members and Veterans' Discounts


If you know of businesses that offer discounts to serving members and veterans,  
please let the Regimental Association know about them, and  
we'll pass them on in the next newsletter!





## CAF Community Discounts – CFOne Card

Visit [CFappreciation.ca](https://CFappreciation.ca) to learn more and get your card today!



**WELCOME CAF COMMUNITY!**  
You've got the card, now discover your connections!

One Community, One Million Strong

Discover savings in your home town for your everyday life.  
Find trusted military friendly businesses in your neighborhood.

## Parks Canada Admission

Government of Canada announces free daily admission to Parks Canada administered places for members and Veterans of the Canadian Armed Forces and their immediate family members.

<https://www.canada.ca/en/parks-canada/news/2023/12/government-of-canada-announces-free-daily-admission-to-parks-canada-administered-places-for-members-and-veterans-of-the-canadian-armed-forces-and-t.html>



## CANADIAN ROCKIES HOT SPRINGS

Currently serving members & veterans receive a discount of 15% off single entry admission fees for the CF member and their immediate family.

Visit Radium, Miette and Banff Upper Hot Springs on your trip to the Canadian Rocky Mountains.



## Veterans and Serving Members' Discounts

### Save on Gas!

Present your CF ID or CF1 Card and save 3 cents per litre every Friday at Canadian Tire Gas Bars.



## The Great Canadian Oil Change in Crowfoot Centre,

Located at 141 Crowfoot Way NW, Calgary, The Great Canadian Oil Change offers a 20% discount to Veterans on services provided.



## Veterans' Parking Program in Calgary

Did you know that Veterans and Serving Members of the Canadian Forces qualify for a \$120.00 annual credit with the Calgary Parking Authority? You know, the guys that run most of the pay lots and street parking in Calgary? There are a few eligibility criteria, but they are broad in nature. If you qualify, you'll receive a \$120.00 lump sum credit if you are registered at the start of the year, prorated thereafter. All unused credits are forfeited at year end, at which time another \$120.00 will be credited to your account.



Download their app and you can start and stop parking sessions from your cell phone, or you can phone them to do the same. Great part is you only pay for the time that you are parked, so no more guessing how much to plug the meter, and no parking tickets if you get back later than expected. Here's to free parking!

Visit them today [\\_https://www.calgaryparking.com/findparking/veteransparking](https://www.calgaryparking.com/findparking/veteransparking)

## Airline Baggage Fees

Both Air Canada and WestJet will waive the baggage fee for both active serving members as well as Veterans. This applies to both service related and personal travel. See their website for details and required documentation.



## For Veterinarian Care

# STONEY TRAIL VETERINARY

CF ONE CARD REQUIRED



202-11245 VALLEY RIDGE DR NW, CALGARY, AB, CANADA T3B 5V4

WEBSITE: [WWW.STVC.CA](http://WWW.STVC.CA)

(403) 247-2737

DISCOUNT  
10%

CF One Members receive a free first exam and 10% off goods and services at Stoney Trail Veterinary Clinic (STVC).

STVC is locally managed by CAF veteran and medical director Doctor Ryan Morgan. We understand how important your animal companions are to your life and are here to partner with you to provide the best medical care. CF One members will receive the discount upon presentation of a valid CF One Card.

STVC is a full-service general practice offering wellness care, nutrition consultations, general surgery, dental procedures, radiology, and in-clinic diagnostics. Doctor Morgan also offers animal rehab services including Veterinary Spinal Manipulation Therapy ("animal chiropractic"), medical acupuncture, laser therapy and rehab therapy for senior pets.

**VCA Canada** ID Required

**Your discount:** 10%

**Category:** Shops & Services

[Website](#) ♥ [Favourite](#)

[403-541-0815](tel:403-541-0815)

CAF Community receive free first general practice exam an 10% off of good and services at a general practice hospital.

At VCA Canada, we're pet people too. We understand the importance of morning cuddles, and the tail wagging excitement when you walk through the door - even if you were only gone five minutes. We're Canada's largest group of animal hospitals with 100 practices in 5

provinces. Collaboration, quality medicine, team development, and innovative technologies enable us to provide the best possible veterinary medicine for your pet. From annual checkups and wellness to emergency and specialty care, we're here for you. Visit [vcacanada.com](http://vcacanada.com) to learn more.

VCA Canada is offering military members a free first general practice exam and 10% discount on goods & services. VCA operates many clinics in the Calgary area. [vcacanada.com](http://vcacanada.com)

## Veterans Affairs Canada – Information for Veterans

The best way to reach us is through My VAC Account secure messaging, or by calling us at 1-866-522-2122.

For more information, please visit our Information for Veterans page.



## Calgary Military Family Resource Centre (MFRC)

Whether you're a Canadian Armed Forces (CAF) member, veteran, family member, loved one or friend, you understand and appreciate the unique challenges that make being in the military an occupation different from any other. At the Calgary Military Family Resource Centre (MFRC) we aim to help lessen the impact of these challenges.



We support families of CAF members within our service area of Southern Alberta, including Red Deer and south to Lethbridge. Our programs and services include prevention, support and intervention services, social activities, and events (Stampede Breakfast, Christmas party), personal development workshops, family separation and reunification support, counselling, crisis intervention, child and youth programs, discounted admission passes, and more.

The Calgary MFRC's head office is located in the Currie Barracks, on the west side of Crowchild Trail SW. The MFRC is in the General Waters Building (41 CBG HQ), in Room #128. We also have remote offices in Red Deer and Lethbridge. Sign up for our newsletter at [Calgary Military Family Resource Centre : Sign Up to Stay in Touch \(constantcontact.com\)](https://constantcontact.com).

For immediate support you can call our Family Information Line at 1-800-866-4546 – any time for any reason.

## Legion Can Help with Veterans Affairs Claims.

Did you serve in the military? Has your quality of life been diminished by back pain, bad knees or a loss of hearing? It's possible the problems are related to your service in Canada's military and that would entitle you to apply for a pension or other veteran's benefits under the Pension Act or Veterans Well-being Act.

This is the link to Legions Magazine, "2022 Veterans Benefits Guide". <https://legionmagazine.com/guide/>

The guide is an informative resource for veterans and currently serving military personnel to answer questions and navigate the paperwork when applying for benefits. Included are helpful tips on eligibility, how to apply, coverage, historic background and up-to-date benefit rates.

Contact Legion Dominion Command Veterans Services:

Toll-free: 1-877-534-4666

[veteransservices@legion.ca](mailto:veteransservices@legion.ca)



## Application Form / Membership Record

**Printed Name:** \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

E-Mail Address: 1: \_\_\_\_\_

E-Mail Address: 2: \_\_\_\_\_

Phone Number Home: \_\_\_\_\_

Phone Number Mobile: \_\_\_\_\_

Preferred method of contact: (email, phone, post) \_\_\_\_\_

**Alternate Contact (in the event we are unable to reach you)**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

E-Mail Address(s): \_\_\_\_\_

Phone Number(s): \_\_\_\_\_

**Your Regimental Particulars (IF APPLICABLE):**

Service Number: \_\_\_\_\_

Rank: (current or on retirement) \_\_\_\_\_

Medals, Decorations: \_\_\_\_\_

Unit (If not King's Own, current or attach-posted from):  
\_\_\_\_\_

Period of Service with The King's Own or if not a former or serving member, your relationship to the Regiment: (e.g. "general supporter" or "daughter of Cpl Jones who served with the Regiment from 1961 -1975").  
\_\_\_\_\_

Dues Enclosed: WW2 Veteran or Spouse: \$1.00 \_\_\_\_ All others: \$10.00 \_\_\_\_ Lifetime: \$150.00 \_\_\_\_

Additional Donation Amount Enclosed: \_\_\_\_\_

**Cheques for dues only, or for dues and / or donations which do not require a tax receipt, may be made out to: "The King's Own Calgary Regiment Association". However, if you wish to receive a tax receipt in respect of a donation, kindly make out a separate cheque in the amount of the donation to: "The Regimental Funds Foundation" and annotate the memo line: "For the Regimental Association".**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_





## The King's Own Calgary Regiment (50 CEF/14 CTR) Association Executive Committee

<b>Incumbent</b>	<b>Position</b>	<b>Secondary Duties</b>
Dick Cruickshank	President	Liaison Officer to the Regimental Funds Foundation and Regimental Council Assists Events Coordinator
Ron Senior	Vice President	Assists Monuments Officer Assists Events
Cathy Winkelmans	Secretary Pro Tem	Monuments Officer Newsletter Editor Alternate Liaison Officer to the Regimental Museum Committee Museum Volunteer
Denise Cruickshank	Treasurer	Advisor to Regimental Funds Foundation Treasurer
Patricia Murphy	Past President	Legal Advisor Liaison Officer to Second World War Veterans Liaison Officer to The King's Own Band Alternate Liaison Officer to the Regiment Council Assists Events Assists Newsletter Editor
Jim Bauert	Director	Membership Officer Communications Officer Bursary Committee Assists Events
Chris Brown	Director	Kit Shop Volunteer Assists Bursary Committee Website Editor
Peter Jones	Director	Cadets Liaison Officer
Jim Scott	Director	Liaison Officer to the Regimental Museum Committee Assists Newsletter Editor
Len Francis	Director	Director-at-Large
Chris Pavle	Volunteer	Website Editor

If you have any questions, comments, or concerns about the Newsletter or the Association and its work, please drop us an email at [kocalgrassociation@gmail.com](mailto:kocalgrassociation@gmail.com)  
Visit [www.kingsown.ca](http://www.kingsown.ca) website