THE CABAR FEIDH





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SEAFORTH HIGHLANDERS OF CANADA

Regimental Family Newsletter: The Cabar Feidh

Welcome to the first edition of the Seaforth Highlanders of Canada Regimental Family Newsletter. As 2013 progresses, with the Regiment in its new temporary home at Jericho, it is only fitting that we celebrate the triumphs and achievements of the Seaforth Highlanders of Canada Battalion and its family, together known as the Regimental Family. The Regimental Family is made up of several subsections, that all have the same philosophy and goals in mind, which consist of supporting the Regiment and to share the traditions and beliefs of the

Seaforth Highlanders of Canada with honour and pride.

One of the objectives of our first issue is introducing those of the family that do not know who your Honorary Officers are. These gentlemen will be seen on many occasions such as exercises, cadet, patrons and association functions.

Another objective is to request to all the family, especially the Battalion for support in stories and pictures. Without you the newsletter will not flourish.





The past training year (2012/2013) proved to have been one of the busiest for the Regiment in recent memory despite not having any soldiers on operational overseas deployments for the first time since 2006. Having all of our soldiers in one place allowed the unit to focus on training and professional development and all ranks continued to display a high level of professionalism and leadership within 39 CBG, contributing a significant number of critical players to the planning conduct of Exercise COUGAR DUCIMUS 2013, the 39 CBG Brigade Infantry live fire concentration in the Chilcotin Training Area while also assuming key exercise and leadership positions in annual 39 CBG Brigade concentration, Ex COUGAR DEFENDER 2013. Concurrently, we continued to conduct individual training (IT) within the Brigade, by assuming the lead on the winter serial of Basic Military Qualification (BMQ) Course and the Basic Military Officer's Qualification (BMOQ II) Course at Jericho Garrison followed by two Development Period (DP) 1.1 Infantry Courses in Chilliwack which saw 16 trained Seaforth infantry soldiers graduate.

This past Training year also saw the long awaited seismic upgrade and renovation plan for the Seaforth Armoury put into motion. By August 2012, the Regiment was ready to move and the flag was lowered at the Armoury in September 2012 and put in the safe keeping of the Museum as all ranks marched with Colours flying and bayonets fixed from the Armoury to our temporary home at Jericho Garrison where the unit will reside until August 2015; at which time it will march back into a significantly improved and renovated Armoury much better suited to training soldiers in the 21st Century.

In addition to all of this activity, the Regiment also took the time to honour the 70th anniversary of the invasion of Sicily where the Seaforths first saw action during the Second World War. As part of the many commemoration activities that took place that past summer, the unit was honoured by having our Pipes and Drums selected by the Canadian Armed Forces as the only band to represent the official military delegation to Sicily. Of the many ceremonies where the Pipes and Drums played while in Sicily, the most emotional for all who witnessed it was their re-enactment of the beating of retreat by the Seaforths in the town of Agira following its liberation in 1943.

The 2013/14 training year is currently proving to be every bit as intense as last year and will see the Seaforths continue to contribute to, and participate in key IT activities, such as the enhancement of key infantry skills for members of the Rifle Company as well as the conduct of more BMQ training for soldiers of the Brigade and a DP 1.1 Infantry Course. From a Collective Training (CT) perspective, the unit will also shift the main effort of A Coy in late Fall 2013 towards the preparation for, and participation in, Ex KOOTENAY COUGAR 14, to be conducted in Trail, British Columbia, which will be a demanding Brigade Skills Competition in the style of the Cabrian Patrol in the UK. In preparation for this exercise, the Rifle Company will conduct demanding collective training from November 2013 through May 2014 throughout British Columbia and Washington State with all of the Infantry Units of the Brigade as well as with elements of the Royal Canadian Navy. All in all, the Regiment while busier than ever looks forward to the upcoming year with great enthusiasm and anticipation.





At the request of the Regimental Secretary I find myself conveying some of my final words as the RSM to you in this newsletter. I will start by saying that it has been an honour to have been your Regimental Sergeant Major for what is fast approaching four years. In being the RSM one has a unique viewpoint at many different levels. To say there have been numerous trials and tribulations over the last few years would be an understatement. This position could have easily been a full time job. In November of 2010 we celebrated our 100 Anniversary and changed our Regimental Colours. The collaborative effort of everyone who made that event happen was simply magic. It was a testament to our finest traditions perpetuated by the Soldiers, Pipers, Drummers, NCOs, Officers and Cadets of this fine organization. It also would not have been possible without help of our Patrons and Associate members. It was Regimental collective effort at its best.

In April 2011 we laid up our old Regimental Colours at Christ Church Cathedral. Everyone maintained momentum once again displaying the Regiments talents. With a Change of Command parade rolled in and finally, the march out of our Armory, the ceremonial load was beyond expectation. Meanwhile, our Officers and NCOs continued to run courses, train soldiers and go on exercise. Our Pipers and Drummers continued to maintain their active training and ceremonial schedule. I often asked myself at what point will our people get completely burned out but everyone just, "soldiered on." This never ceased to amaze me.

If one were to ask what I remembered most of my tenure I would have to say the extraordinary commitment made by many, and who continue to make in service of the Regiment, often at the expense of family and personal lives. It is rare that one has to tell someone to stop working so hard but this happened on a number of occasions with a number of individuals. I can't remember anyone who was provided this advice actually taking it.

Concurrently, and more importantly, a whole new generation of Veterans filtered back into our ranks returning from operations. There is no doubt in my mind that their experience, skill, and expertise will be very much demand now and into the near future. While the Afghanistan mission has wound down the world continues to be highly volatile, unpredictable and uncertain. Moving forward, the Regiment inherits a seasoned, experienced professional as the incoming RSM assumes his position. MWO John O'Connor, soon to be CWO O'Connor is a soldier's soldier. He is a fine example of what an RSM ought to be. There is no doubt in my mind that the Regiment will benefit greatly from his service.

In closing, I would like to thank everyone for this wonderful (read challenging) opportunity and my memories of this experience will inevitably be the good ones. Until the next time, most likely as a Captain.

Tulloch Ard! Gormley, CP



WESSAGE FROW THE HON. COL. SHIELDS



This is the first issue of a new Regimental publication that will tell the present and on-going story of The Regiment's continuing service to our country. Our service started in 1910, at the formation of the Regiment. We served throughout World Wars I and II. Since then our members have been in many places, including Korea, Germany, Egypt, Cypress, Bosnia, Kosovo and Afghanistan. Over 60 of our soldiers were on active service in Afghanistan. It is a great privilege and honour to be the Honorary Colonel of the Seaforth Highlanders and especially so, for me, as this is where I was commissioned and saw service. I have been asked to give some background to my military service and civilian activities.

My first military experience was as a Canadian army cadet during a short period at the time of WW II. In 1951 I joined COTC at the University of British Columbia and in the fall joined The Seaforth Highlanders of Canada. I served with the Regiment until 1957 transferring as a lieutenant to the unpaid reserves. In 1992 I joined the Seaforth Patrons Corps and since 1993 I have been a Director of the Corps and for most of that time its Treasurer. From 1995 to 1997 I was chair of the 72nd Seaforth Cadet Corps sponsoring committee and in 1997 was appointed Honorary Major and the Cadet Liaison Officer to our then 4 Army Cadet Corps. (We now have affiliations with 6 Army Cadet Corps and one Air Cadet Corps.) I was appointed the Honorary Lieutenant Colonel in 2007 and then in 2011 I was appointed the Honorary Colonel following the retirement of Colonel the Honourable John A. Fraser.

I was founder and Chair of the Seaforth Foundation and up until recently the Treasurer of the Regiment's private accounts. I am a Trustee and past Chair of the Seaforth Highlander Cadets of Canada, and Chair of the Seaforth Museum. I arranged for the museum to obtain recognition as a Canadian Forces museum. Most of my business career was spent as a corporate officer in a marine tug and barge company operating primarily on the west coast of British Columbia including interests in commercial real estate.

My volunteer work has included past Trustee and Chair of both the Vancouver Maritime Museum and the Vancouver Museum and Planetarium Association. I have been a Trustee and past Chair of the Vancouver Academy of Music, and remain as an Honourary Trustee. I am a Director and former President of the Sir Winston S. Churchill Society, a Knight of the Sovereign Order of St John Knights Hospitaler, and a Director of the Bowen Island Museum and Archives.

The putting together of this publication is the volunteer work of several members of the Regimental family. They are to be congratulated for the many hours spent in getting this first issue together. To maintain it, and to keep it relevant, to you the reader, the editors will require your input. The editors need to know what you like, what suggestion you have for improvement, and what subjects will make it of more interest and of importance to you.

Again, congratulations to all those who have brought this about.

Michael Shields, CD Honorary Colonel





CV of the Honorary Lt. Colonel Rod Hoffmeister

I am honoured to be associated with the Regiment. My father commanded the Seaforths when they invaded Sicily 70 years ago. This July I was with a group marching the route the Seaforths followed in 1943 from Pachino to Catania. We remembered those soldiers that fell during Operation Husky.

I am Vancouver born & educated graduating from UBC in 1967 with a BA in Economics

I have worked in various management positions in the BC Forest Industry for over 40 years in manufacturing, sales, and marketing.

I was successful in introducing a number of new value added wood products into the marketplace.

I currently own and operate a Business Development Consultancy, R.H. Forest Products Ltd with a focus on bio-energy. In this capacity, I was recently appointed Vice-President, Sales & Logistics, Nations Energy Corporation.

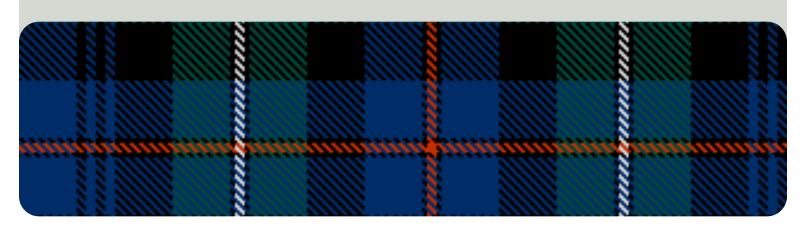
I continue to be active in the community:

- Honorary Lieutenant Colonel, Seaforth Highlanders of Canada
- President, Seaforth Highlanders of Canada Regimental Association
- Member Seaforth Highlanders of Canada Patrons Corps Executive
 - Member, Canada Company
 - •Former board member, UBC Alumni

Association

- Member, UBC Rowing Gold for Life committee
- •Member, Capilano University School of Business

I continue to be active in the community







Regimental Major Kerr has had a long history with the Regiment as his father was a Seaforth before him and Major Kerr was a member of the Regiment from 1963-1971. Although he left the regiment to continue his studies to become a Chartered Accountant, he continued his relationship with the Regiment by becoming a Patron some years later.

After living on the Island for 14 years Regimental Major Kerr returned to the Mainland and re- connected with his Seaforth Roots. In 2010 he acted as the treasurer of the very successful centennial celebrations. When H/Lt. Col Hoffmeister moved up from his H. Major position Regt. Major Kerr was asked to take on that role.

In his capacity as the Regimental Major he takes on several important functions. He acts as the Liaison Officer for the six Seaforth Sponsored Cadet Corps. As the Cadet Liaison Officer it is his responsibility to bring cadet issues to the Regiment and to ensure that the cadets recognize their role within the Seaforth Regiment.

Regt. Major Kerr is also a director and Treasurer of the Seaforth Highlanders of Canada Foundation and the Seaforth Highlanders of Canada Cadet Fund. This role involves accounting for the revenue and disbursements of the funds, responsibility for all government filing and annual reports and working with the funds auditors for annual statement of financial position of both funds. The Foundation is a registered charity, owner of the museum collection and can receive gifts of artefacts and archival material. The cadet fund is also a registered charity and has funds deposited with the Vancouver Foundation.

As is tradition, the Regimental Major sits on the Regimental Committee. This committee is comprised of the Honorary Colonels, the Honorary Lt. Colonel, the Commanding Officer and all former Commanding Officers. This committee oversees a number of Regimental issues, not relating to the actual management of the infantry battalion itself. The Commanding Officer may seek the advice of the committee regarding the management of the battalion.

In addition to the above roles but not connected to the role of Regimental Major, Major Kerr is also the Chair of the Seaforth Highlanders of Canada Patrons Corps. The Patrons Corps is made up of a number leading businessmen and women who wish to support the regiment in its soldiers. The Patrons Corps is the leading source of revenue for the Foundation.

Wessage From the Regimental Headquarters:



MEMBERS:

Regt Secy: Capt (Retd) Allen McLeod, CD

Asst Regt Secy: 2Lt (Retd) Rick Ciccone, CD

Communications: Ms Shannon Johnson

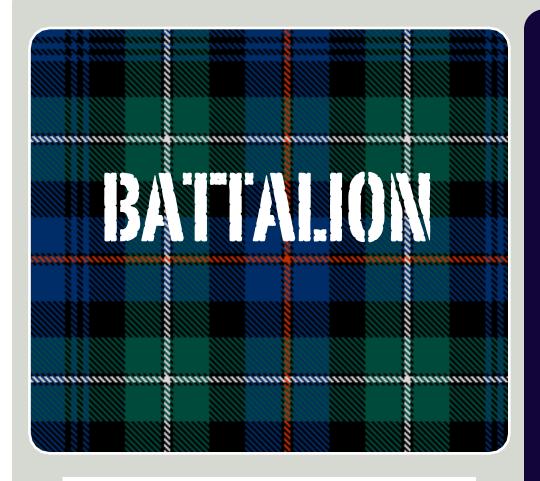
WO/Sgt Mess Liaison : Sgt (Retd) Doug Newton, CD For many of the Regimental Family the concept of a Regimental Headquarters (RHQ) is new. This is not to be confused with Battalion Head Quarters in which most are acquainted. The RHQ is a working committee which represents all facets of the Family other than the serving Battalion. This includes the Patrons, Cadets, Association, friends of the Regt, and those areas of the Battalion Messes that the serving members have limited time for. The RHQ answers to the Regt. Committee which is headed by the Commanding Officer, Hon. Col, and Hon. LCol. Chairing the RHQ is the Regt. Secretary who is a member of all the messes and functional areas of the Family outside of the serving Battalion. RHQ's main purpose is to coordinate and or help all areas of the Regt. Family other than the Battalion. To accomplish this, the members of RHQ are usually serving or retired personnel from those areas of the Family.

At times RHQ has been confused with being the Association, which we are not. As with all other areas of the Family, the Assoc. is but one part of the RHQ and is represented by a member of the Assoc.

I hope this explains the new concept of RHQ and some of the work that is being done on behalf of the Family.

Regimental Secretary: Captain (Retired) Allen McLeod, CD





For further information on the Seaforth Highlanders of Canada — www.seaforthhighlanders .ca

BATTALION

In recent years the Seaforth's has seen a dramatic increase in troop strength and community outreach. The culmination of which was our centenary celebrations. The Seaforth Highlanders of Canada Look forward to their next century of service.

Commanding Officer LCol S. Raesler, CD

Deputy C.O.
Maj T. Green, CD

Adjutant Capt W. Annand, CD

RSM CWO C. Gormley, CD

Pipe Major CWO M. Bain, CD

Padre Maj. J. Short, CD



Marching out of the colours



Looking very smart for the Commanding Officer



March Out Of The Armouries

The historic home of the Seaforth Highlanders of Canada is now closed for seismic upgrading, which is estimated for a period of 3 years. It was a bittersweet moment for the Seaforths as they marched out to their new temporary home, the Jericho Garrison. More than 100 soldiers marched down West 4th Ave. to be met by many of the Regimental Family. The Regiment will be waiting anxiously for the repairs to be completed so that they may returned to their much loved home. But as the Commanding Officer, LCol S. Raesler stated, the Regiment is where the Colours and Soldiers reside.





Colours entering their temporary home



A last present and farewell to our Armouries

Change of Command

On the Sunday afternoon of January 5th 2012, Seaforth's command passed from LCol Ursich to his long-time friend and former cadet trainer LCol Raesler. The Change of Command was held at the Regiment's Armoury on Burrard Street where about 500 people, including other military personnel, cadets and members of the public were in attendance. LCol Raesler will have a new mandate, while maintaining his Battalions readiness for further deployments he will also now have to focus on civil



BATTALION









"Spotlight: Operation Husky July 10 - July 31, 2013" - Hon. L/Col Hoffmeister

Operation Husky 2013 was a March of Remembrance across Sicily to honour those Canadian soldiers who fought and those who died liberating the island seventy years ago. Any equally important objective was to have Canadians and Italians learn about the first WW2 invasion of Europe. Both of these objectives were met. I had the honour to represent the Seaforths and to be one of the marchers. We walked from the beach in Pachino where the Canadians landed, north to Assoro where hostilities ended for Canadians.

During the march, we placed markers to honour each of the 562 Canadian soldiers who died during the campaign. The markers were placed on the date that the soldier died and as near as possible to the place where he was killed.

The walk on a typical day would begin before sunrise and end between 10 and 11am. A marker ceremony with prayers mentioning each of that day's fallen and the playing on the pipes of Lament would often take place along the route. We would enter the town that was our objective for the day accompanied by the pipes & drums. We would proceed to the town's war memorial for a ceremony conducted by the mayor. This was usually followed by a long lunch with other activities scheduled for the balance of the day. This was the schedule for the 15 days we marched.

The who trip was an emotional one for me as I was following in the footsteps of my father Bert Hoffmeister who let the Seaforths into battle those 70 years ago. I was able to on several occasions to walk the exact route he had traveled on foot with his men.

There are several memories that will stay with me forever.

On July 21 – The battle of Leonforte began 70 years ago on this date. I did not march but dug the holes and placed 26 markers for the Seaforths that died capturing Leonforte, I placed the markers on top of the hill above the town facing uphill, the direction they were traveling when they died. It was a really moving sad task.

Agira on July 30 was the other really significant day for me. It began with a ceremony at the Canadian Cemetery at Agira.. Several days before the ceremony, I visited the graves of the 58 Seaforths buried there. The ceremony was attended by 60 members of the Canadian Forces, a similar number of Italian Military, and several hundred Canadian civilians. As part of the ceremony, there was a roll call for the 484 soldiers buried there. A civilian or a soldier stood in front of each grave to answer as the name was called. There was not a dry eye to be seen.

That evening, 15 members of the Seaforth Pipes & Drums recreated the Beating of Retreat in the Agira town square. While 70 years ago there were few spectators other than the CBC's Peter Stursberg broadcasting to the BBC and the CBC, this year there were about 4,000 spectators on hand. Hearing the church bells peal again as the band marched in playing Cabar Feidh was a huge thrill. The evening ended with Canadians and Sicilians singing together – at fitting end to the day.

In summary, Operation Husky 2013 was an unforgettable month in my life.

For further information and photos visit

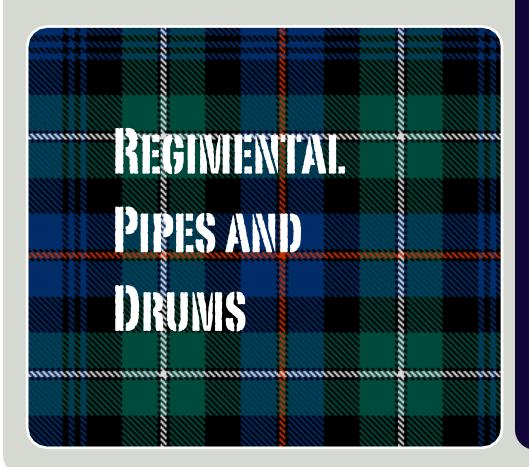
www.seaforthhighlanders.ca

www.operationhusky2013.ca

The Ceremonial Guard (CG) is an annual four to five month summer posting in Ottawa for ceremonial duties (Changing of the Guard on Parliament Hill, Mount Sentries on the National War Memorial, Guard Mount at Rideau Hall, etc.). There is a foot guard, a brass and reed band and a pipes & drums contingent, totalling about 400 members, both reservists and regular force.

The CG pipes and drums have about 24-28 positions available and is competition is high. For each of the last two years, the Seaforths have had six successful candidates participate. There is also an annual military music tattoo called Fortissimo held on Parliament Hill in August. This year we were invited and able to send a contingent of four to augment the Massed Pipes and Drums.

Our Drum Major, WO Rob Deans, was the Drum Major for the Massed Pipes and Drums, as well as the Massed Drum Corps portion of the show.



PIPES & DRUMS



Our members playing pipes and drums with the ceremonial guard in Ottawa



WO Deans giving some needed drill to the Guards



In July the Pipes and Drums will be performing in Agira Sicily. This will be a re-enactment of the wartime performance. For the Canadian public and the CBC this was the first broadcast from the war zone.

PATRONS

The Patrons Corps is made up of leading citizens who are friends of the Seaforths and wish to offer their support in a number of ways. They may offer their specific talents; of course their time and most importantly they are the major fundraising source for the Seaforth Highlanders of Canada Foundation.

The Patrons Corps currently has over forty active members and we intend to grow to over fifty within the next two years.

In May of 2012 we held a fundraiser in the Anderson Room of the "Old" Armouries. The purpose was to raise funds to support the pipe band in its desire to attend Operation Husky 2013 in Agira, Sicily. We also committed to raise funds to continue the support of the Regimental Museum and its desire to create a virtual museum on the "net" which would then reach to interested parties around the globe.

In November of last year the Patrons had a "meet and greet" held at the new temporary home of the Seaforths in Jericho. It was very well attended and many of the

Patrons were able to meet and mingle with the soldiers that they support. In addition, Capt. (ret.) MacDonald, the museum curator, took the Patrons on a very interesting tour of the Museum and its many artifacts relating to our Regiment. By all accounts by those that attended it was a very enjoyable and informative evening. We were also able to introduce four new members to the group.

This year the Patrons did not do a fundraiser but instead attended and supported a fundraiser by the Operation Husky Organizing Committee. The funds from this effort were to be donated to the Seaforth Foundation to augment the funds already raised by the Patrons I am pleased to report that, between the Patrons and the Operation Husky Organizing Committee, the Pipes and Drums of the Seaforth Highlanders of Canada will have committed themselves admirably in re-enacting the program put on by their counterparts some two generations ago.

May 31, 2013 was a big night for the Patrons as the Patrons Corps hosted a Dining Out night for our former Honorary Colonel, John Fraser. Although hosted by the Patrons Corps, the Dining Out night received the full support of the

Commanding Officer, Scott Raesler, and both the Officer Mess and the WO and Sqt's Mess subsidized their tickets so they could attend this dinner and pay their respects to HCol (ret.) John Fraser. The evening was a huge success thanks to the support it received from the Battalion and Regimental Headquarters as over 130 members, guests, spouses and dignitaries enjoyed a sumptuous meal in the very elegant setting of the prestigious Vancouver Club. I believe the highlight of the evening was the very eloquent speech by the guest of honour and the excellent "Reply to the Toast to the Regiment" given extemporaneously by the Commanding Officer. It proved that the Battalion is in excellent hands and bodes well for the future of our fine Regiment.

On a final note, we are still looking for committed leaders to join the Patrons Corps. If you know anybody you think may be interested in supporting the Regiment, either financially or otherwise, please let Regiment Headquarters know and they will contact the writer for follow-up.

Regt Major B. Kerr

Chairman, Patrons Committee



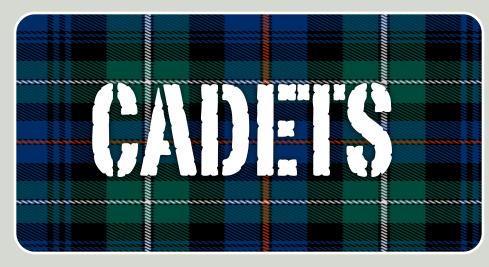
The Museum is currently in a period of transition. Under the leadership of former Curator Rob MacDonald, the collection was removed from the Seaforth Armouries and placed into storage for the duration of the renovations to the building. The Museum will reopen in improved facilities late in 2015.

In the meantime, key items in the collection are being displayed in the Regiment's temporary home in the Jericho Garrison on West 4th Avenue in Vancouver.

The main effort of the current Acting Curator, Captain Jim Purdy, and his volunteer staff led by Assistant Curator, Cpl. Dave Strachan is to digitize the collection of artifacts and archives and to mount exhibits on the website www.seaforthhighlanders.ca. The first exhibit, Operation Husky, went live in July. As well as numerous photos and videos, it contains the Regiment's War Diary along with many other documents. Next will be The Battle of Ortona scheduled to be presented late this fall. Both these exhibits are in recognition of the 70th anniversary of the invasion of Italy in 1943.

As various anniversaries are recognized, the full Museum collection will go on line.







Update on the Cadets:

The six Seaforth Cadet corps (currently numbers close to 450 cadets and 32 officers) had a very successful summer. Some of the highlights included two cadets on exchange to the UK, three cadets competing in the Bisley Marksmanship matches in England and close to 200 cadets at other summer training centers throughout Canada. We had several cadets who placed top on course and top in platoon along with one of our cadets who was selected to be the company Sgt. Major for a course at Vernon.

All of the cadet units and sponsoring groups are currently working hard to get ready for the coming Scottish Exchange. We have Our Scottish quests will arrive on had a very October 9th and will be with us for successful just under two weeks. We have a summer host of cultural and social activities planned for them during their stay complete with hockey games and visits to first nations displays. The selection process for the Canadian Seaforth Cadets and officers who will be traveling to Scotland in March 2014 as the second part of the exchange will be completed by the end of September.

Work is still moving along for the proposed Cadet Academy in Delta, we expect to have it

accepting students for Sept of 2014 and following a trial

period to go into full operations by Sept of 2015. In the meantime the newest two Seaforth Cadets units in Langley and Delta continue to thrive and grow with numbers expected to be over 80 cadets in each unit following the recruiting drives underway this year. Total numbers for the Seaforth Cadet Battalion are expected to exceed the 500 mark this year.

Finally the cadet units are also working to conduct a joint Ortona Dinner at the

Cloverdale legion December 8th 2013 that will involve all six corps.We expect to pack the legion to capacity for the event and have the army cadet league history videographer signed up to document the event as well as the history of Ortona He hopes

to use the footage and along with some interviews with the few remaining Ortona Vets, put it all into a production that will be available in a number of sites and venues (potentially carried by a local TV station).

Major Rob Thompson ACICO

SEAFORTH HIGHLANDERS OF CANADA REGIMENTAL ASSOCIATION

The Regimental Association was formed in 1917 primarily to promote and maintain the comradeship of the war time years. When the Regiment returned from active service it also took on the responsibility of providing assistance to members and their families who needed help in readjusting to civilian life. The organization's role has remained more or less the same since that time although the nature of the support it provides to the regiment and its extended family has changed over the years. The principal of "Once a Seaforth – always a Seaforth" remains.

The Association is in transition as the number of our WW2 veterans decline, The challenge is to become relevant within today's Regimental Family. In this regard, we are appealing to a wider audience. All former members of the unit, the cadet corps and the patrons are entitled to membership and, last year, eligibility was extended to all former members of any Highland Regiment in Canadian or allied forces.

This Year the Association Has:

- Established a Bursary program to assist with secondary education needs within the Regimental family
- Co-sponsored a plaque in Ortona commemorating the 1943 battle and Christmas dinner
- Financially supported digitizing the collection of the Seaforth Regimental Museum
- Offered support for a Unit Family Day and Children's Christmas Party

We look forward to building the membership and supporting the Unit in the years ahead.

President HLCol Rod Hoffmeister

Vice President Sgt(Rtd) Doug Newton