



The Blue Hackle

Semi Annual Newsletter of
The Cameron Highlanders of Ottawa
(Duke of Edinburgh's Own)



INSIDE THIS ISSUE

From the Editor	1
Command Team	2
Honorary Col and LCol	4
Regimental Updates	5
Company Updates	8
Padre's Corner	13
Regimental Association.....	14
Regimental Foundation	15
Cameron Cadet Corps	16
Feature Article	18
Member Profile	
Col R. Jurkowski...	19
The Back Page.....	21

FROM THE EDITOR



Welcome to the first edition of the Cameron Highlanders of Ottawa Regimental Newsletter.

The intent behind the Newsletter is to improve communication within the Regiment and to the wider Regimental Family. In the past, we have not excelled at maintaining contact with each other or passing on news and information to our Regimental Family; nor have we done well at fostering engagement with our past service members or drawing them back into the fold to participate in regimental events and support the serving members. This newsletter is one of several initiatives intended to improve communication with serving members as well as the extended Regimental Family. Our long term success, and how interesting and informative these will be going forward will depend on all of us. I would like to see a newsletter published twice a year, once in the early fall to outline the plans and objectives of the regiment, foundation, association and cadets for the coming year, and one in the spring summarising the accomplishments of the last training year and providing some details on the activities planned for the summer.

There is a lot going on in the regiment and every year the assigned tasks and workload increases. With everyone's head down into their own tasks it is easy to lose awareness of what is going on in the rest of the regiment. This newsletter is one of the vehicles available to the members of the regimental family to obtain updates on current activities and regimental news. The others are the regimental Facebook pages and the regiment's and foundation's websites. You will find the links to those on the back page.

This issue, and those that will come after, will become part of our regimental history. A copy will always be available online, and a few copies will be printed to share with those without computer/internet access, to share with our affiliated regiments, and to store as part of our historical records.

I would like to thank all the contributors to this inaugural run. A lot of work went into the articles and other content provided. I hope you will all agree that the efforts were worthwhile. It should only get better from here.

Finally, we continue to look for contributions from the Regimental Family and look forward to seeing submissions for future issues. Everyone has stories from their time in the regiment, experiences on exercises or in garrison, social events, lessons learned, cudos to members who have made an impression on you, or memories of those who have since left us. I strongly encourage you to sit down and put some of those memories on paper and submit them for a future issue. We have a long and rich history, much of it only exists in your memories. Let's not lose those.

Advance!

James (Jim) Seguin.

THE COMMAND TEAM

COMMANDING OFFICER: LCOL H.G. SCHARF

Fellow Camerons,

We are now back to doing what we all signed up for: training! We are now back to operating in person with COVID a fact of life and a consideration we must prudently plan for as we execute our training plan for the year.

I hope that you have all had time to do both military training this summer and had an opportunity to relax with friends and family to give yourselves a break before we begin the next training year. I would like to take the time to write you in order to provide you with my (and the RSM's) expectations for the next year.

The history and traditions of this Regiment are admirable. We, as professional, part-time, soldiers need to master the profession of arms by understanding the tactics and phases of war, being physically fit and performing to the highest ethical and moral standards in all we do. The RSM and I believe there are some fundamental principles we need to focus on as a Regiment:

Commitment. Your commitment must serve as an example to those you lead and inspire them to achieve the same standard.

Communication. Effective communication is critical to ensure proper passage of information and awareness to minimize the risk of misunderstandings and ensure unity of effort. Soldiers must know well in advance what is expected of them so they can plan their lives accordingly.



The objectives for the year are to train Mission Ready Sections that are prepared to force-generate for operational tasks, to strengthen our organization by meeting our recruiting and attractions targets

Courage. As we continue to improve our overall culture within the CAF and the Regiment, we as leaders must have the courage to do what is right. Doing the right thing generally means making decisions that are not based on your own personal needs, that don't expand your popularity, nor to enforce your personal beliefs. It means doing what is best for the greater or common good.

The objectives for the year are to train Mission Ready Sections that are prepared to force-generate for operational tasks, to strengthen our organization by meeting our recruiting and attractions targets, to effectively administer all personnel on our establishment and maintain a pervasive presence within our local community.

With these points in mind, I ask you what you are able and willing to do for the Regiment. How can you make a difference? I have outlined my fundamental issues that I believe we need to work on. If you are able to rise to the challenge of making the Regiment a better place then I expect you to be all in. I look to you to be a leader in your own right.

THE COMMAND TEAM

REGIMENTAL SERGEANT MAJOR: CWO I .PORT

Welcome back from the summer; it was good to see 75 personnel on the first weekend going through the ranges and getting PWT's out of the way before we embark on another busy period of training. As discussed prior to stand down, the idea is to get as many personnel parading and getting IBTS qualified as possible, this will enable us as a unit to then get where we want to be and completing live section attacks at the end of the training cycle.

This year we listened to what you the troops wanted and have implemented a structured system within A Coy to get people qualified and where they need to be in a timely manner, with the rest of the Platoons within the Coy following close behind.



The Regular force are currently instructing Ukrainian NCO's in England and the sustainability of that task will be pushed in the near future opening up possible tasking's and postings to the UK for Reserve personnel.

As the situation changes daily within eastern Europe tasking and Operations will be readily available for soldiers wishing to deploy. To ensure that you are ready to deploy you will need to ensure that you DAG Green and have all your documentation correct along with Passports and Security clearances completed or applied for. The Regular force are currently instructing Ukrainian NCO's in England and the sustainability of that task will be pushed in the near future opening up possible tasking's and postings to UK for Reserve personnel.

A fitness challenge gauntlet has been thrown down by the CO and myself as the "Ruc Challenge 22". From now through to 01 Dec, Fire teams are to complete as many Km's as possible recording distances. At the end the Fire team with the most Km's will be awarded the RUC Cup which will be displayed until the following year when we run the challenge again, this will be an annual event so ensure that you are in it to win it! Beware that the Comd team are out there already and we have the Padre as part of our team so we have the big man on our side!

HONORARY COL. AND LT. COL.

HON COL D.S.C MACKAY AND HON LCOL B. FARBER

Honorary Colonels

The Cameron Highlanders of Ottawa (Duke of Edinburgh's Own)

The Regiment's first honorary appointment was LCol William White CMG, VD of the 43rd Ottawa and Carleton Rifles. He was appointed the Honorary Lieutenant Colonel of the 43rd in 1898 and held that position until 1912. Since then, the Regiment has had a succession of both Honorary Colonels and Honorary Lieutenant Colonels. Today our two honorary appointments are: Honorary Colonel Dan Mackay, OMM, CD and Honorary Lieutenant-Colonel Barbara Farber.

The primary role of the Honorary Colonels is to act as the guardians of our Regimental history and traditions. We do this by fostering the Regiment's esprit de corps. We participate in a wide range of Regimental activities such as Remembrance Day services and Change of Command parades.

We are involved in supporting Camerons deployed on operations, Regimental sports teams like tug of war teams or cycling teams and we act as ambassadors of the Regiment in numerous community events. One very important role we play is as advisors to both the Commanding Officer and his Command Team on virtually all issues excluding operations.

So who can be an honorary appointment? To be eligible for an Honorary Colonel appointment, a person must: be a former Canadian Armed Forces officer, a former officer of any of His Majesty's Forces who has a record of distinguished service, a distinguished Canadian citizen or a distinguished British subject.



Honorary Col. D.S.C MacKay



Honorary LCol. B. Farber

“To be eligible for an Honorary Colonel appointment, a person must: be a former Canadian Armed Forces officer, a former officer of any of His Majesty's Forces who has a record of distinguished service, a distinguished Canadian citizen or a distinguished British subject.”

dian citizen or a distinguished British subject.

The Minister of National Defence, on the recommendation of the Chief of Defence Staff is the approving authority for all appointments. The Commanding Officer is responsible for staffing all honorary appointments through the chain of command for final approval. Honorary Colonel appointments are normally for a period of three years and may be renewed if resubmitted by the Regiment.

Honorary Colonels are authorized to wear the rank of Colonel but do not exercise the authority of a commissioned officer wearing the Colonel rank. Accordingly, an Honorary Colonel cannot issue a legal order or exercise any disciplinary authority normally commanded by the rank. However, they are fully deserving of respect.

For over two years the Covid19 pandemic has greatly restricted the many Regimental activities we have normally participated in like the Annual Regimental Association Dinner. As these restrictions are gradually loosened we both look forward to seeing everyone once again in person!

ADVANCE

HCol Dan Mackay. HLCOL Barbara Farber

REGIMENTAL UPDATE

2022 was another busy year for the Regiment, as the lockdowns eased and in person activities resumed, we were once again called upon to do some heavy lifting to support the Brigade and 4 Div in the execution of individual training, collective training, and ceremonial tasks. Some of the highlights so far this year include:

- Supporting 4 Division mandated Individual Training which including supporting the Basic Military Qualification (BMQ), Infantry DP1 and First Aid (FA) courses run within the Brigade;
- Acting as the lead for the brigade, conducting the Infantry Basic Machine Gun Course;
- Organising and coordinating multi-unit exercises mandated by the Brigade;
- Providing Sentries and support staff during the visit of Her Royal Highness Princess Margarite of the Netherlands to Ottawa;
- Sending seven members of the regiment to participate in the Liberation of the Netherlands celebrations in Holland;
- Supporting various ceremonial tasks as the City of Ottawa's Regiment including Remembrance and Freedom of the City events;
- Providing a Flag Party for the Redblacks; and
- Providing a Flag Party, Pipes and Drums, Attractions Exhibit and Tug-of-war demonstration for the National Capital Highland Games.



The cadence of the Pipes and Drums has not let up either. While still rebuilding post pandemic, the P&D have maintained their usual high tempo supporting the City of Ottawa and various Headquarters located in Ottawa such as the Canadian Joint Operations Command, the Canadian Forces Support Unit (Ottawa-Gatineau) and Beechwood National Military Cemetery. This year they also supported several unique events including the visit of Princess Margarite as part of the celebrations marking the Liberation of the Netherlands celebrations.

Beyond the tasks and collective training members participate in each year, each member is also expected to progress their careers and obtain the qualifications required to ensure they are operationally effective. Reflective of this effort, the following summary outlines the effort put forth by our members since the beginning of the year:

- 24 new members of the regiment completed the Basic military Qualification
- 11 members completed the DP1 infantry qualification,
- 4 members completed the Infantry Basic Machine Gun course
- 36 members qualified (or re-qualified) as First Aiders
- 2 members achieved their Pipes and Drums qualification
- 3 Officer Cadets completed DP1.1
- 5 members completed the Primary leadership qualification (Mod 1)
- 5 members completed the Infantry Section Commander Course
- 2 members completed the DP3B Platoon 2ic course
- We also had several Officers complete critical and challenging career courses. These included the Army Tactical Operations Course and the Army Operations Course for Captains as well as the Joint Command and Staff College course for Majors.
- And finally, several NCO's completed the Advanced Small Arms course.

REGIMENTAL UPDATE

There were many personal and professional achievements this summer, a few of note include:

Pte Foley-Watson was awarded Top Candidate on his DP1 Infantry course. He received the award from his training company's Officer Commanding, Major Gill.



Pte Murphy was awarded Top Candidate on his BMQ this past summer. Pte Murphy (4th from the left) poses with his fellow Camerons following completion of the BMQ.

Pte Law was awarded the tomahawk award for being the best shot on his DP1. Pictured here is Pte Law receiving the tomahawk from the training company's Officer Commanding, Major Gill..



REGIMENTAL UPDATE

The Regiment saw the change of Regimental Sergeant-Major appointment this spring with Chief Warrant Officer Drummond Robertson handing over to Chief Warrant Officer Ian Port. CWO Robertson, a long time Cameron with 34 years of service has left a lasting legacy with his professionalism, enthusiasm and dedication. CWO Port joined the Camerons 5 years ago after emigrating to Canada after a stint in Bermuda and lengthy career in the Regular British Army with over twenty five years of service.

Members of the Regiment have also been involved in charitable events. In August, the Cameron's Cycling Team successfully completed the 168-kilometre journey from the gates of CFB Petawawa to Cartier Square Drill Hall and raised over \$3,200 for Wounded Warriors Canada Mental Health Programs. This year's team set a new record for the ride completing the journey in six hours and twenty-one minutes. In October, the Camerons Highlanders of Ottawa Tug of War Team participated in the Ottawa Fire Truck Pull. The team raised \$1,160 for Epilepsy Ottawa! The event involved different teams attempting to pull an 10 tonne fire truck 100 feet. The Cameron team won the competition with the fastest pull of 23.5 second and best team spirit! Congratulations and ADVANCE!

Finally, 4th Canadian Division will be entering its committed phase of the managed readiness cycle and will be tasked as the primary force generator for the Army component of all major CJOC missions. As is the way with the Camerons, many members have stepped up with over 20 identifying as willing and able to deploy in support of this effort. This will see the largest number of Camerons deployed at any single time since Afghanistan, with members supporting several missions including OP IMPACT, OP REASSURANCE and OP UNION among others.



REGIMENTAL CALENDAR

Event	Date
Exercise Highland Warrior 2	18-20 November
St. Andrews Officer's Mess Dinner	26 November 22
Highland Summit II Leadership Conference	3-4 December 22
New Year's Levee	01 January 23
Regimental Association Meeting (CSDH)	9 January 23
Exercise Northstar Claymore II	27-29 January 23
Robbie Burns Junior Ranks Mess Dinner (CSDH)	January 2023 date TBC
Wolfpack Summit II Leadership Conference	19 February 23
WO & Sgt Mess Hochwald Dinner (CSDH)	25 February 23
Exercise Frozen Claymore	17-19 Feb
Exercise Northstar CLaymore III	17-19 Mar

Association Meetings are typically the first Monday of the month September through May.

COMPANY UPDATES

AMIENS COMPANY



“A” Company, now known colloquially as Amiens Company after our Regimental battle honour, will soon be flying its royal blue company pennant. As the Regiment’s main effort for collective training and operational readiness, the company’s priority this year is to ensure its members achieve a high standard of core soldier skills. This will ensure the Regiment can fulfill its support of an increasing demand for operational deployments.

Amiens Company closed out training year 2021-2022 with a strong performance in both marksmanship and patrolling. In April 2022, members successfully carried out a personal weapons test (PWT) shoot and individual battle task standard (IBTS) weekend, dubbed Exercise Highland Marksman. In May 2022, members effectively competed in a navigation and fieldcraft skill competition named Exercise Highland Scout. The summer of 2022 remained busy with many members successfully completing and instructing on formal courses. In fact, a number were recognized for outstanding work by their chain of command or for top performance on national courses, such as the DP1 (Development Period) Course at Canadian Forces Base Petawawa.

The 2022-2023 training year started strong with a September PWT and IBTS ‘in-clearance’ weekend named Exercise Highland Return at Connaught Range Primary Training Centre (CRPTC). It was doubly successful thanks to a visit from the Honourary LCol Barbara Farber and a well-received morale-raising BBQ courtesy of the Regi-

“As the Regiment’s main effort for collective training and operational readiness, the company’s priority this year is to ensure its members achieve a high standard of core soldier skills.”

mental Association. The company this year will both lead and partake in a number of combined training exercises, known as the Highland Claymore Series, at CFB Petawawa, in coordination with other Units within the context of offensive operations.

Over the weekend of 28-30 October 2022, Amiens Coy led the execution of Exercise Northstar Claymore 1 at CFB Petawawa. This combined training exercise saw an A Coy group that included a Platoon of GGFG, supported by Regiment de Hull, 33 Service Battalion, 33 Signals Regiment and 7 Intelligence Company. The intent was to practice the infantry rifle section in offensive tactics at the section level. The company group cleared their way north up the Mattawa Plain and deeper into hostile territory against a stubborn opposing force. The tactical situation required establishment of platoon-level patrol bases overnight. In the end, we achieved a number of critical battle task standards, all while enjoying some rarely seen pleasant Petawawa weather.

COMPANY UPDATES

Finally, with fitness at the forefront, company members are currently competing and logging many ruck march kilometres in the Regimental Sergeant Major's Fitness Challenge and the winning team will be announced at the 2022 Festive Soldiers' Dinner in December 2022.

ADVANCE!

Maj Ryan Hendy
Officer Commanding
A (Amiens) Coy

BLAZERS COMPANY

Blazers Coy PRE-RECCE

For most young Canadians, the summer months offer an opportunity for rest, relaxation, and a suntan. For Camerons aspiring to be reconnaissance soldiers however, the training continued. Our member's summer was dedicated to building upon their core infantry skills: navigation, patrolling, and fieldcraft. In July, they completed training on re-sections, meaning identifying one's position through landmarks without GPS. CHofO's pre-recce group will return to the field in September for further navigation and patrol training. Throughout, members maintain a robust fitness program specially developed by PSP.

Academics are a crucial part of pre-recce training. Members are expected to be proficient in battle procedure, mapping products and weapons systems. Lectures are delivered by recce qualified individuals from various units. Pre-recce section members are also given the opportunity to learn the mental resilience and resolve required to achieve BRP assessment standards from those who have lived it.

Theory meets reality in the field where candidates are expected to stealthily assess objectives while carrying up to 70 pounds of equipment in any terrain, under stress-inducing condition. Section members will join candidates from 1 or 3 RCR on the nine-week course in Garrison Petawawa. The successful completion of BRP, often passed by less than 50% of candidates, enables individuals to not only be employed within the Reconnaissance Platoon as a patrolman, but also acts as a prerequisite to more specialized training such as Basic Sniper, Advanced Reconnaissance Patrolmen, and Patrol Pathfinder.



COMPANY UPDATES

While pre-recce training prepares members for a successful BRP, they have already begun to employ their skills. They set an excellent example as proficient infanteers and have led training for the unit. There is no doubt they will continue to be vital in the conduct of training upon their return from Garrison Petawawa as recce qualified individuals.

Capt J. Robinson
OC Blazers Coy

NORMANDY COMPANY

Organized with the Battalion Headquarters (HQ) (Command elements) and Combat Services and Support (CSS) Company named 'Normandy'. Normandy Company is comprised of both HQ and CSS, which also includes the Regimental Quarter Master, Operations, Transport, Orderly Room, Finance and Pipes and Drums. Normandy Coy's main focus is to support the mission to provide trained infantry soldiers to meet the operational requirements of the Canadian Forces. Whether it is augmenting Regular Force units on overseas operations such as Afghanistan or fighting floods at home, we ensure the unit and its members are at high readiness throughout the year.



Commanding Officer's Parade, Nov 2019

To succeed, it is of utmost importance to ensure our soldiers are well taken care of whether its administratively or logistically. Our dedicated full time staff, part-time reservists and civilians, work countless hours behind the scenes, whether it's at the Cartier Square Drill Hall or Lynwood Training Site, to ensure that our rifle company can focus on the mission and getting the job done. This year, our focus will be on ensuring all of our members complete their Annual Personal Readiness Verification (APRV), are qualified at the Individual Battle Test Standard (IBTS), while continuing culture and awareness events, such as Remembrance Day, Christmas Dinner, End of Year BBQ.

Lt Hendy
2IC Normandy Coy

COMPANY UPDATES

33 CIMIC COMPANY

The CH of O houses a unique capability in 33 CIMIC Coy (formerly the 33 Influence Activities company), which is composed of highly analytical and dedicated members with relevant civilian careers that bring a in-demand skillset to 33 Brigade.

As a result of imposed limitations on information related capabilities from DND/CAF, 33 CIMIC Coy is transitioning to focus exclusively on producing skilled and capable CIMIC operators and staff officers that can support the CAF's mission on domestic and expeditionary deployments. (Previously, the company also trained in psychological operations and information operations).

The core function of CIMIC is to work with civilian populations to support a commander's mission. Doctrinally, CIMIC works to liaise with civil actors, coordinate actions between civilian and military to support the force, and coordinate to support civil authorities and agencies relevant to the mission.

Whether in a domestic or expeditionary deployment, CIMIC is an essential function to enable a commander. CIMIC teams help provide the commander with essential situational awareness of the area of operation and can undertake projects to help engage civilian agencies to ultimately promote mission success.

Members of 33 CIMIC Coy, while trained in CIMIC, also have additional training that offers specific value to the brigade. Most members are qualified as NATO Gender Focal Points, meaning they can conduct a gender and sex-based analysis of some of the critical components that can impact a mission. Members are also qualified in standardized Ontario and FEMA emergency management protocols, enabling most members to add additional value in a domestic emergency or natural disaster that the CAF is supporting.

Capt M. O'Keefe
OC 33 CIMIC Coy



Currently serving and past members of the regiment, including 33 CIMIC Coy pose for a picture following the Senators CF appreciation night game in Nov 2022

COMPANY UPDATES

THE PIPES AND DRUMS

Unlike the combat trades, life in the Pipes & Drums (P&D) doesn't start with our arrival at BMQ. Before members are accepted into the CAF, they must demonstrate competence through an audition process. For many, this means starting quite young, and arriving at the unit as a skilled applicant. Many recruit P&D members have found themselves on parade shortly after joining the unit, as the basic skillset is already in place.

BMQ teaches basic military competence but not trade related skills; that preparation is required to have already been done before enrolment. Further training occurs during trade's level training, which focus on technical aspects of music, instrument maintenance, musical leadership, and the drill and ceremonial aspects associated with being a piper and drummer specific to the ceremonies being supported.

The Pipes and Drums are the public face of the Regiment as seen when on parade or while performing at events. What you see during those moments is the result of long hours spent practicing and memorizing music and preparing for each unique event, much of which occurs, and is maintained at home and on members own time. The Pipes and Drums use training nights to learn new music and refine abilities, both separately as a group. Time is also spent rehearsing drill needed for any upcoming performances.

Over the years, the Pipes and Drums have had the distinction of representing the Regiment as well as the Canadian Forces in many national and international events. The Edinburgh Tattoo, Virginia International Tattoo, Bermuda Military Tattoo, Jamaica Military Tattoo, Canada Day, Fortissimo, and The National Remembrance Day ceremonies are just a few of the high profile events where the Pipes and Drums have been tasked.

Over the past year, the pipes and drums have seen steady growth, and are currently in a state of rebuild. Many members have not only been enrolled over the past 2 yrs, but the Pipes and Drums have seen many members qualified BMQ, Trades training at various levels, as well as some members receiving Primary Leadership Qualifications and promotions through the ranks. The Pipes and Drums are led by a Pipe Major, and Drum Major who are the command team for the Pipes and Drums, and are staff appointments within the Regiment.



MWO A. Clark

Pipe Major

PADRE'S CORNER

Capt (Padre) Michael Perreault joined the Cameron Highlanders of Ottawa in March, 2021. Padre Perreault has called Ottawa home for most of life, and lives in the east end with his partner Sabina. He has three children, Aidan (20), Isaac (17), and Naomi (1).

Rev. Perreault has been a minister with the United Church of Canada since 1999. He has served Rothwell United Church in the Beacon Hill neighbourhood since 2007. Padre Perreault has also been a chaplain at The National Military Cemetery at Beechwood for nearly ten years.

His background in world religions has helped him serve people with a variety of backgrounds, including (and increasingly especially) those who do not profess any particular religion at all. Padre Perreault felt drawn to military chaplaincy through his work at Beechwood and his interest and deep respect for the CAF.



CAF chaplains are responsible for fostering the spiritual, religious, and pastoral care of Canadian Armed Forces (CAF) members and their families, regardless of religious affiliation, practice, and/or belief. CAF chaplains have privileged access to CAF members of all ranks, have no command authority, and are prohibited from bearing arms. Their responsibilities include:

- Providing an active, personal, and supportive presence
- Officiating at special functions, service, events, and ceremonies
- Advising the Chain of Command regarding spiritual/religious accommodation issues, ethical dilemmas, as well as spiritual and moral issues pertaining to the Formation/Unit/Squadron
- Applying knowledge in general military administration and RCChS policies.
- Liaising with local area civilian Faith Tradition leaders
- -Referring CAF members and their families to other helping professionals, such as social workers, psychologists, or medical personnel, as required
- -Providing compassionate and caring support during, and following, significant life events and incidents

In addition to the above, Padre Perreault is joining the team in the unit responsible for "Culture Change" to support the CAF's commitment to more inclusivity regarding racial, sexual, and religious diversity.

Padre Perreault is also running the unit's "Sentinel Program" which trains members to provide peer support through listening skills and sharing CAF mental health resources.

Padre Perreault is looking forward to getting to know the Cameron family and growing into his role. His door is always open. He can be reached at 613-299-9259 (and not just on Mondays and Thursdays!)

ASSOCIATION, FOUNDATION, CADETS

REGIMENTAL ASSOCIATION

The Regimental Association was founded shortly after the Second World War. The objectives of the Association are:

- To provide continuous and unqualified support to the Regiment thereby assuring the Association's rightful role as a valuable and viable member of the Regimental Family.
- To uphold the traditions of the Regiment and maintain Regimental esprit-de-corps.
- To foster associations and friendships gained throughout the years and promote comradeship among the members of the Association.
- To assist and help comrades to the extent of the capacity of the Association.



Throughout the years the Association has endeavoured to fulfil these objectives. Our main event for bringing the Regimental Family together is the Annual Reunion Dinner. Founded 77 years ago it ran continuously every year in the fall until 2020 when we had to cancel the dinner because of the Pandemic. We are glad to be able to once again host the reunion dinner. This one being officially our 75th anniversary.

Other events the Association has been involved in include:

- hosting an in-clearance BBQ for the Regiment
- hosting an end-of-year BBQ for the Regiment
- assisting the Foundation with Canada Day BBQ and Beer Tent
- purchasing full dress accoutrements, such as buttons and badges, sporrans, hose and spats.
- financial assistance to Regimental extra-curricular activities such as the Regimental hockey team.
- Mayor's award for volunteer service in the community. The award being handed out at the Wine and Cheese get together the Friday of the reunion dinner.
- Provide care packages in conjunction with St. Giles for members serving overseas.

All members of the Regimental Family, both past and active are welcome and encouraged to join the Association. Our meetings are once a month on the first Monday of the month except in September and January when it is held on the second Monday. Meetings are held in the Wo's and Sgt's Mess. Members alternate providing a light meal before the meeting start of 2000 hrs.

Please check out the Foundation web site for more details and information on how to join the Association.

ADVANCE,

Jeff Hill

President Cameron Highlanders of Ottawa (Duke of Edinburgh's Own) Regimental Association.

ASSOCIATION, FOUNDATION, CADETS

REGIMENTAL FOUNDATION

Welcome to this first edition of the Regimental newsletter from the members of the Regimental Foundation. The Foundation is a registered charity with the Canada Revenue Agency and can issue income tax receipts for donations. The Foundation's ongoing mission is to obtain donations in order to financially support the furtherance of the goals of assisting the Cameron Regimental Family with respect to Welfare, Tradition, Education and Research. The membership of the Foundation is open to current serving and past members of the Camerons and individuals who wish to support our mission. An elected group of directors from the membership provide the decision making body for the Foundation.



Foundation President Doug Palmer presenting the 2020 bursaries to Pte Pte G. Calvano (L) and N. Burrell (R).

The Foundation maintains and staffs the Regimental Kit shop. Items can either be bought directly at the Kit Shop or ordered on line through our web site at: <http://camerons.ca/kit-shop/> or email the kit shop at kitshop@camerons.ca

Annually, we award two \$1000.00 bursaries and provide financial support to Regimental athletic teams such as the hockey team and the tug of war team. One of the biggest efforts in the past in the areas of tradition and research produced the Regimental History book that is available in the Kit shop. Specific highland dress and accouterments have been procured by the Foundation for both the unit and the band.

COVID 19 has certainly impacted fund raising. We have started to renew our efforts in this area with the intent to run a whisky-tasting event in late spring next year if conditions permit it.

We are looking to renew our web site. We would prefer someone who is a Cameron to do this so if you have some interest in web site design and want to help please contact us via e mail at: treasurer@camerons.ca

Do you have questions about the Foundation, believe there is a need for support to an individual or group within the Regimental Family or have an idea for fund raising? Don't hesitate to reach out to Chris or Gerry in the Kit shop on a Thursday night or send us an e mail at: treasurer@camerons.ca.

ADVANCE

Doug Palmer
President,
The Cameron Highlanders of Ottawa Regimental Foundation

ASSOCIATION, FOUNDATION, CADETS

CAMERON CADET CORPS

The Cameron Highlanders of Ottawa Army Cadet Corps is an up and coming unit located in Bells Corners. Its members share a strong sense of companionship and they are actively working towards making their presence known in the community. Since their debut, the Cameron Cadets have participated in a variety of fun, valuable, and adventure filled activities. The program is open to all youth aged 12 to 18, and offers unique experiences for leadership, citizenship, and physical fitness in an adventure themed program.

Last year, cadets enjoyed weekly training at the unit and had various opportunities to attend exciting weekend activities. While they started off the year virtually, this did not stop the Cameron Cadets from having a fun-filled and memorable year. Some of their notable activities included marksmanship training, participating in the poppy campaign, sports nights, and a winter field training exercise where they got to test their skills in the field.

Each year, a final parade is held, during which cadets received many awards to recognize their accomplishments. This past year they concluded the training year by heading out to a local movie theatre, where they had the pleasure of watching the new *Top Gun* movie with their peers.



Sgt Nathan Guerard of the Cameron Highlanders of Ottawa Army Cadet Corps practices his marksmanship abilities while partaking in the Fullbore Marksmanship Phase One summer training course at Connaught Cadet Training Centre.

Photo By: MWO Sophia Nikolakakos

For many Cameron Cadets, training continued throughout the summer. Several of the unit's cadets got selected to attend unique summer training programs at Connaught Cadet Training Centre. Many first and second year Cameron Cadets participated in the Cadet Activity Program (CAP) over the summer. This program is an opportunity for junior cadets to collaborate with other cadets in their area while learning more about leadership, teamwork, and general cadet knowledge. "CAP was an amazing experience that I am happy to have attended. My staff and fellow cadets were all very kind and respectful throughout the program," said Cameron Cadet Corporal Fraz Mehmood.

At the senior level, Sgt Nathan Guerard attended the Fullbore Marksmanship Phase One summer training course, where selected cadets learn to operate the C11 rifle. During this course, he sharpened his marksmanship abilities and made progress towards his goal of someday shooting in a national marksmanship competition. Additionally, two other senior cadets, MWO Sophia Nikolakakos and MWO Tasha Bajpai, were present at Connaught Cadet Training Centre as staff cadets.

ASSOCIATION, FOUNDATION, CADETS

CAMERON CADET CORPS

With our return to training in September, our focus is on growing the unit and getting back to all of the activities the program has to offer. We have started with our first field training exercise, and will move into adventure training and an opportunity to conduct familiarization training on the C7 in early November. We will be introducing our first unit Pipe Band this year and look forward to a challenging year of competition and training.

If you, your family or neighbors know of anyone between 12 and 18 years of age that is looking for something a little more challenging to add to their lives please let them know that we are actively recruiting throughout the year. Have them drop by on Tuesday evenings between 1830 & 2130h at our Bells Corners Armories Location. Additional information about our program can be found at our website: www.cameroncadets.ca.

ADVANCE!

MWO Nikolakakos / MWO Bajpai

**The Cameron Highlanders of Ottawa
(Duke of Edinburgh's Own)
Cadet Corps**
1826 Robertson Road, Bells Corners

JOIN THE ADVENTURE!

Free for all Youth
Ages 12 to 18
Tuesday Nights
(6:30 to 9:15pm)
September to June

Advancing Ottawa's Youth, Advancing Ottawa's Future

FEATURE ARTICLE

CULTURE CHANGE ON THE GROUND

Over the past 18 months, CAF leadership has been forced to recognize that not enough has been done to reduce and eliminate inappropriate behaviour and sexual misconduct in our organization. Recent events and the response of our personnel to them, both women and men, have highlighted our shortcomings and shown that leaders in the CAF must do more to address inappropriate behaviour and support those who have been the recipients of and witnesses to such acts.

To provide on-the-ground insights and support to the CO, members of the CH of O established a Regimental Support Network that was designed to both assess the wellbeing of women in the Regiment and provide anonymous insights to the CO and RSM on the experiences of their members.

Unsurprisingly, many members in the Regiment expressed that they have either experienced or witnessed inappropriate conduct. As part of this effort, members wanted to be constructive in suggesting a way forward for the Cameron's to promote culture change and better support each other.

As part of recommendations accepted by the CO, members in the Cameron's have now undertaken Sentinel training and those who are attending courses – either as candidates or instructors – are receiving support and guidance to become more aware of gender-specific health requirements, diversity considerations, appropriate conduct, bystander intervention, reporting procedures, and the impact of power-dynamics between staff and students.

As all members of the CAF work towards cultivating a safer and more appropriate workplace, the CH of O is putting effort towards ensuring that all members of the regiment have access to the supports they need to succeed as members of the Army Reserve.

Capt O'Keefe

Officer Commanding 33 CIMIC Coy

SUPPORT SERVICES

Sexual Misconduct Response Centre (SMRC):

1-844-750-1648

Military Family Resource Centre (MFRC) Ottawa, Building 471
330 Croil private, Ottawa,

613-233-8478

Counselling and Family Service
Ottawa, 310 Olmstead
Ottawa,

613-233-8478

Military Police NCR/Ottawa , 60
Moodie drive, Ottawa,

613-995-0123

<https://strongproudready.ca/missionready/en/canadian-army-sentinels-peer-support-program/>

<https://www.caf-dndsexualmisconductclassification.ca/en/support>

FEATURES

MEMBER PROFILE—COL RYAN JURKOWSKI

In each issue we will profile a past or serving member of the regiment in order to learn more about the member's activities since leaving the regiment, their past service with the regiment or their interests and career outside the regiment.



Colonel Ryan Jurkowski joined the Canadian Armed Forces as a Sapper in 1993 with 3 Field Engineer Squadron in Ottawa prior to receiving his commission and joining the Cameron Highlanders of Ottawa.

Colonel Jurkowski spent his formative officer years with the Cameron's from 1994-1997. Serving as a Platoon Commander in that period, he was with Regiment when it was at CFB Uplands through to their move back to Cartier Square Drill Hall. Colonel Jurkowski proudly participated in every major and weekend exercise, was at every parade night, and at every social event or mess dinner all while privileged in soldiering with the various Platoons he was working with. While with the Camerons, he was asked to support Ceremonial Guard at time when it was strictly a 'Guards only' task given his close relationship with some of the Guard's officers that was not overly common. He is pictured with the Guards that summer in the Cartier Square Drill Hall Officer's mess in their picture of the Queen.

On graduating from the University of Ottawa in 1997, Colonel Jurkowski joined the Van Doos in their 2nd Battalion as one of the few Anglophones at that time, which was made easier with thanks to the phenomenal leadership, esprit, and experience the Camerons provided – a bedrock that continues today. While with the Van Doos, Colonel Jurkowski participated on Op RECUPERATION, the domestic response to the Ice Storms.

In 1999 Colonel Jurkowski changed regimental affiliation to the PPCLI where he joined the 2nd Battalion, which was in Winnipeg and remained with them until 2002. He deployed to Bosnia-Herzegovina with them under Op PALLADIUM Roto 7 as the Task Force's Anti-Armour Platoon Commander then again with Op GRIZZLY, which was the security component of the 2002 Kanaskis G7 Summit, as a Company Second-in-Command.

Colonel Jurkowski has been awarded the Meritorious Service Medal, Mention-in-Dispatches, the Commander-in-Chief Unit Citation, a Chief of Defence Command Commendation, a Chief of Defence Staff Commendation, a Deputy Chief of Defence Staff Commendation, a Commander Canadian Army Commendation, the Queen's Diamond Jubilee Medal, and the US Army Commendation medal.

Colonel Jurkowski was then posted to the Joint Staff that was then under the old Deputy Chief of Defence Staff organization where he was one of two Desk Officers for Canada's missions in Africa. He was then posted back to regimental duty with the Patricias to the 1st Battalion where he served first as Company Second-in-Command a second time, but this time deploying to Afghanistan in 2006 under the US-led Operation Enduring Freedom and Canada's Task Force 1-06, also known as Task Force Orion. Colonel Jurkowski returned as the Battalion Operations Officer and was then promoted to Major and selected as the Area Commander's – now Commander 3rd Canadian Division – Executive Assistant where he remained until returning to the 1st Battalion as a Company Commander returning to Afghanistan from 2009-2010 now under NATO and Canada's Task Force 3-09.

FEATURES

MEMBER PROFILE—COL RYAN JURKOWSKI

Colonel Jurkowski was then selected to be the Executive Assistant to the J5, who as also dual-hatted as the Senior Canadian, to NATO's Joint Force Command Brunssum in the Netherlands from 2011-2013. Promoted in Brunssum to LCol, Col Jurkowski returned to Canada where he worked in the Canadian Army Doctrine and Training Centre first as Chief Integration then as the Deputy Chief-of-Staff Army Training Authority before deploying to Kuwait as the Deputy Combined Joint Plans to the newly-created US-led Combined Joint Task Force Operation Inherent Resolve to defeat ISIS.

Returning from that mission, Colonel Jurkowski assumed command of the 5th Canadian Division Training Centre in Gagetown from 2015-2017. Colonel Jurkowski was then posted to the 1st Canadian Division, Canada's high readiness Division HQ, as the J3. Promoted to Colonel in 2018, he was then posted to the Canadian Forces College in Toronto as the Director of Programme from 2018-2020. Following that, Colonel Jurkowski was then posted to be the Chief-of-Staff of the Canadian Defence Academy in Kingston. Colonel Jurkowski was then selected return to the US-led Combined Joint Task Force Operation Inherent Resolve, this time to Iraq and Kuwait, as the mission's Director of Strategic Communications from 2021-2022 in their continued mission to eradicate ISIS, this time through the Iraqi and select Syrian military forces.

Colonel Jurkowski is currently the Canadian Armed Forces Visiting Defence Fellow to Queen's University in Kingston. He is married to his wife that he met while serving with the Camerons with a son now in University and a daughter finishing High School.

Throughout his career, Colonel Jurkowski was awarded the Meritorious Service Medal for his first deployment with Operation Inherent Resolve, a Mention-in-Dispatches for combat operations in 2006, the Commander-in-Chief Unit Citation while deployed with Task Force Orion in 2006, a Chief of Defence Command Commendation for his time as a Company Commander with Task Force 3-09, a Chief of Defence Staff Commendation for training support provided the Polish Army in 2008, a Deputy Chief of Defence Staff Commendation for his time on the Joint Staff, a Chief of Land Staff Commendation – now a Commander Canadian Army Commendation – for support provided the family of one of the fallen Patricias killed in 2002 at Tarnak Farms, the Queen's Diamond Jubilee Medal, and the US Army Commendation medal. None of those recognition would have happened without the teams he was working with at the time and the foundation that Camerons gave him.

THE BACK PAGE



ASK ALMOST ANYTHING

Do you have a question you wanted to ask about the Regiment or the CAF? A query about pay and benefits? Curious about Regimental traditions or perhaps the traditions of another Regiment or Branch within the CAF? Let us know what they are and we will endeavour to find the answers for you! Email your questions to

DID YOU KNOW?

- ◇ In July 1900 the authorised strength of the 43rd Regiment was set at 382 all ranks. During an inspection on June 20th the following year the regiment paraded 474 all ranks. For those of you with poor math skills that is 92 over strength. - Regimental History of the 43rd Regiment—Capt Ernest J Chambers, R.O. , 1903
- ◇ CWO Robert Gagnon (Ret), RSM from May 2009 to Sept 2012 was awarded the Order of Military Merit in Dec 2020 in recognition of his accomplishments and years of exemplary service. Rob joined the Camerons in Aug 1978 and served with us until 2012. His last appointment with the Camerons was as RSM from May 2009-Sept 2012. Following his appointment as RSM of the Camerons he was asked to transfer to the Brockville Rifles where he first served as a CSM, then as RSM from Dec 2016 - Oct 2020.
- ◇ We want your submissions. Stories, Articles, Jokes, Questions, comments and suggestions. Email your input to chofo-newsletter@googlegroups.com

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Ottawa, Ontario
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Phone: (613) 990-6678

Private Facebook Page
<https://www.facebook.com/groups/587769775282974>

Public Facebook page
<https://www.facebook.com/cameronhighlandersofottawa/>

Regimental Website
www.cameronhighlanders.ca

Foundation Website
www.camerons.ca

Newsletter Submissions
chofo-newsletter@googlegroups.com

Regimental Kit Shop
treasurer@camerons.ca
kitshop@camerons.ca

