



41 CANADIAN BRIGADE GROUP

THE GRIZZLY

FALL-WINTER 2020

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Tell yours

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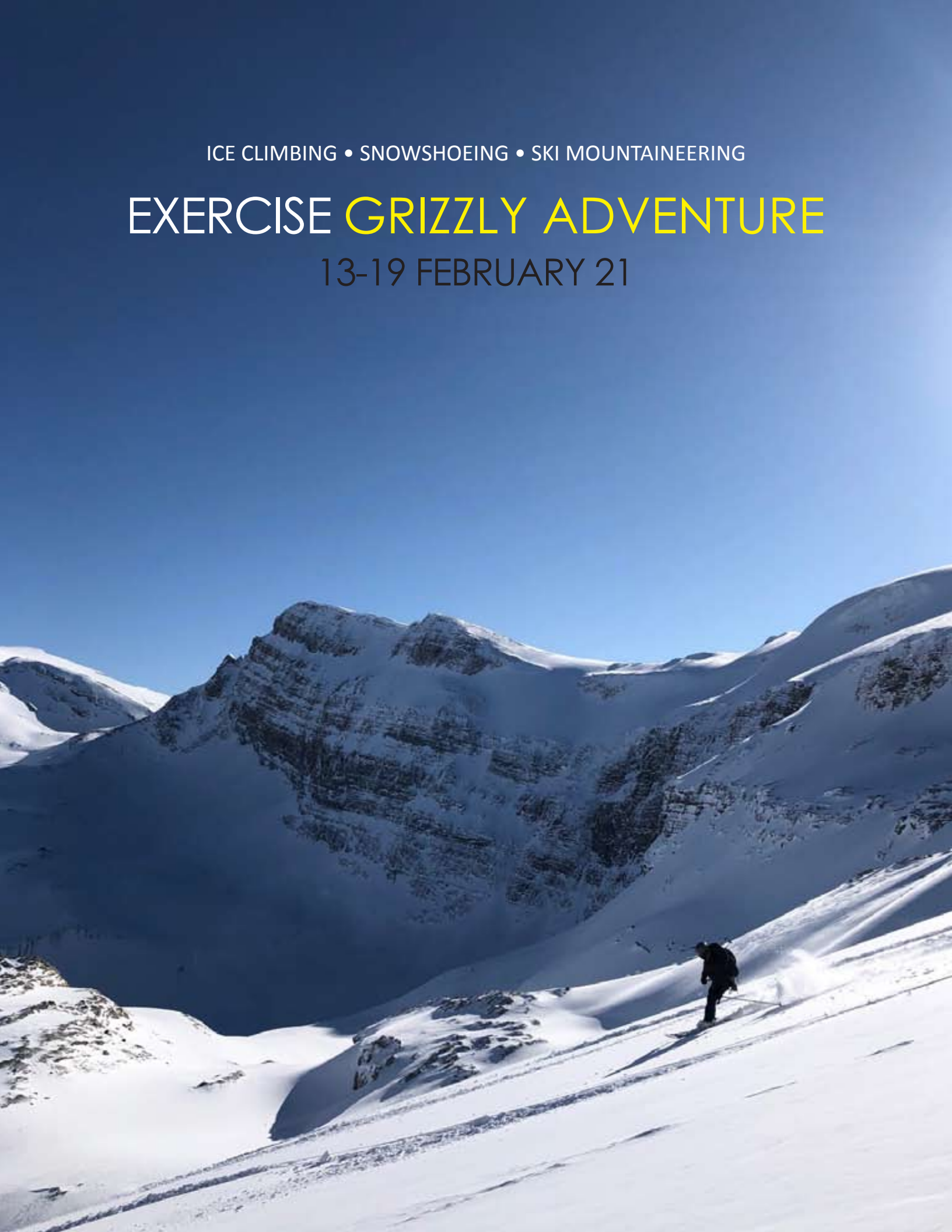
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Submission deadline for the next edition is 14 May 2021.
Photos should be 3 MB or larger for best resolution.



- + **Changes of Command**
- + **41 TBG and Brigade Battle school**
- + **DEPLOYING - Individual Augmentation**
- + **Boot Review**
- + **Exercises - UNIFIED GUNNER I, and CREW FOX**

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41 CANADIAN BRIGADE GROUP

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FALL-WINTER 2020



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THE COVER

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From the Commander



“May you live in interesting times,” is allegedly an ancient Chinese curse. (I must be a “glass half-full” kind of guy because I’ve long considered it a blessing.) Perhaps it’s both.

Well, this has certainly been an interesting year. Not exactly what we had planned. There was certainly no mention of a global pandemic in our operations plan for 2020-2021! And it ain’t over yet.

But as others before us have noted, such “interesting” times of uncertainty and upheaval often lead to spurts in creativity and growth. This is how we in the brigade and the Canadian Armed Forces at large have responded to COVID-19 ever since the Chief of the Defence Staff ordered us into our homes on Friday the 13th of March.

Since that somewhat ominous date, we have all had to grapple with changes in our personal lives, how we work together, and socialize with others. At various times, it’s been confusing, frustrating and fatiguing. But we’ve all adapted--in our personal lives and in our training--because we had to. I’m particularly grateful to the brigade and unit staff who’ve worked so tirelessly over the past nine months, drafting and redrafting the orders needed to take us over hurdles and through these transitions.

We had 450 members of the Brigade volunteer for Class C service with our Territorial Battalion Group during Op LASER this past summer, a level of volunteerism on par with our response to the 2013 Calgary floods.

Having so many personnel on Class C permitted us to pivot in mid-summer in order to conduct a highly-successful Battle School in Wainwright in July-August that salvaged Reserve Summer Training and established a model for future training.

Units returned to parading in September with masks on, and demonstrated it’s definitely possible to train effectively in a COVID environment. To date, we’ve had fewer than 10 confirmed COVID cases within our 1800-member brigade, thanks in large part to your scrupulous adherence to public health measures.

In light of what we’ve come through in 2020, it would be foolish to attempt to predict what’s in store for us all next year. But I’m confident a vaccine will make a difference. And I know we must continue to plan and train, in order to be ready to serve Canada if and when we are called upon to assist with domestic and international operations.

With this in mind, we will conduct a centralized Brigade Battle School in Wainwright again next summer, followed by Exercise WESTERN SABRE--a week-long concentration for all three Army Reserve brigades in 3rd Canadian Division 21-29 August 2021. The exercise, our first concentration in five years, will emphasize live fire training. Combined with the Battle School, it will set us on the path to re-establishing a more predictable summer training rhythm. Both will create excellent opportunities for training (and socializing) with our fellow reservists from all across the West. The year will also yield more opportunities for integration with the Regular Force soldiers of 1 Canadian Mechanized Brigade Group.

Thank you very much for all that you’ve done this past year. I wish you and your families a warm and restful holiday period, and look forward to training with you in the New Year.

Fortune Favours the Bold,
Colonel Mike Vernon
Commander
41 Canadian Brigade Group



From the Brigade Sergeant Major



Let me start by addressing the elephant in the room right from the beginning. COVID-19 has not gone away nor is it going away anytime soon. We, as an organization, have adapted and overcome and in some bright cases, improved our way of business to move forward while in this particular environment. Society, in general, has not. The numbers are now worse than we were at the beginning of the pandemic.

Those who have gone on operational tours are aware of when most casualties occur. At the beginning when we are new in theatre and have not “learned” what does not look and feel right, and at the end when our minds wander from the task at hand and the dangers that surround us. We are now nine months into the pandemic and we need to keep our focus and ensure our families and friends follow suit. Let us not forget why we are following the directions of our public health officials and for whom we are following these directions for.

Wear your mask in uniform and out, wash your hands, keep your physical distance, and gently remind those around you to do the same.

The Brigade sits now at more than 1700 soldiers, this is double what it was in 2009 and for that there are a few people who need to be recognized. The Brigade recruiters who are at the forefront of this effort and in most cases are the face of the Army Reserve for all new applicants. As well those soldiers who have volun-

teered to be at attraction events who then feed the recruiters with more fresh faces to possibly add to our ranks. Then there are those that take this raw material and refine these new recruits into soldiers. The Master Corporals, Sergeants, Warrant Officers, and Lieutenants of the Brigade over the past years are overwhelmingly responsible for our success. These ranks, or more particularly the lack of these ranks, will define our success when it comes to Individual training.

The Army Reserve, as most of you are aware is responsible for all steps from recruitment to DP1 completion, and sending instructors to the various Centres of Excellence and schools for the higher-end courses. Those aforementioned ranks shoulder this task singly and without these ranks, both the CT and IT “bills” of the Brigade and your units will go unpaid. The coming summer IT schedule is looking very robust for all trades in the Brigade, and this is in order to chip away at the remaining backlog of untrained soldiers.

Mcpls, Sgts, WOs, and Lts are the keystones of IT, without them, courses may be reduced in size or cancelled outright, which then results in more untrained soldiers. Your units, the Brigade, and the Army Reserve as a whole cannot continue with this growing amount of unqualified soldiers. You are all aware of what happens when someone is not trained, they are not included on exercises as often and they lose interest, they stop parading and then go NES or release. That means that soldiers with great potential have left your unit and the Army Reserve because we cannot train them, not the system, not the schools, us the Brigade.

When I was in the key instructional ranks, I supported the RST for many summers; sometimes this was my plan A, sometimes RST was my fallback plan, but looking back at those years what I am proud of are those members who are still in the Army Reserves and contributing to it, in whatever unit they belong to and however high in the rank structure they achieved.

For those of you who are still in the instructor ranks, take a minute and look at the number of personnel you have had a hand in training. Then look at their impact

on your unit, be it as a great section member, an upcoming junior officer, or a middle of the road performer who shows up for exercises on a regular basis. If you can look at those who may have component transferred and the impact they have had on the system outside the Army Reserve. No matter where they fall, you have given back to the system and more importantly, your units.

Those of you who are going on your PLQ in the coming months, let me assure you, no one is ever ready for this step in their own minds, I wasn't, there will always be self-doubt. You can prepare your skills and improve your physical aptitude, the course is made to test you, which is its purpose. Meet the challenges head-on, give it your all, and learn from your instructors and fellow candidates. Once you have passed the course, the learning never stops and the responsibilities remain high, I have no fear that you will continue to meet the high standards expected of you.

Finally, what I am asking you is this, those of you in the keystone ranks who have not taught on a course recently, find the time in your schedule both personal and professional to give back to your unit and the brigade. Find a course that you can commit to, engage your employer/school/family about this commitment and carry it out. For those going on PLQ, give it your all, find the measure of yourself, and come back to your unit to instruct its future soldiers. For those who are already instructors pass on your knowledge and experience to the new soldiers, shape the future of your Regiment by being engaged at the start of someone else's beginning.

Enjoy the holidays with your loved ones and friends. Keep safe and see you in the New Year.

*Chief Warrant Officer Scott Doyle
Brigade Sergeant Major
41 Canadian Brigade Group*





Changes of Command



Lieutenant-Colonel Boyle (left) handed over command of 41 Service Battalion to Lieutenant-Colonel Longhurst (right) during a ceremony presided over by Colonel Vernon (center).

41 Service Battalion

Lieutenant-Colonel Graham M. Longhurst took over command of 41 Service Battalion from Lieutenant-Colonel Peter J. Boyle on 26 September 2020 during a ceremony held at the Sir General Arthur Currie Building in Calgary.

The Change of Command ceremony was presided over by the Commander of 41 Canadian Brigade Group, Colonel Vernon. The ceremony highlighted the symbolic passing of responsibility, authority, and accountability of command from Lieutenant-Colonel Boyle to Lieutenant-Colonel Longhurst.

“It is a great privilege and honor to be trusted with the stewardship of 41 Service Battalion.” said Lieutenant-Colonel Longhurst.

“I am incredibly honored to be following in Lieutenant-Colonel Boyle’s footsteps. His dedication to the unit has produced some incredible results. Some of which we have not experienced in many years.”

Due to restrictions related to COVID-19, the ceremony was conducted virtually. However, over 120 members of 41 Service Battalion from both Edmonton and Calgary attended the Change of Command ceremony remotely.



Lieutenant-Colonel McCully (left) handed over command of the Loyal Edmonton Regiment to Lieutenant-Colonel Barr (right) during a ceremony presided over by Colonel Vernon (center).

The Loyal Edmonton Regiment

The Loyal Edmonton Regiment conducted a Change of Command Ceremony 3 October 2020 at the Jefferson Armoury.

The ceremony saw Command transfer from Lieutenant-Colonel Jonathan W. McCully, CD to Lieutenant-Colonel Christopher B. Barr, CD, presided over by Colonel Mike Vernon, CD, Commander, 41 Canadian Brigade Group.

In keeping with the Canadian Armed Forces COVID-19 direction, manning for the ceremony was held to a minimum with everyone following masking and distancing protocols.

During his tenure as Commanding Officer Lieutenant-Colonel McCully oversaw the successful transition of the mortar tasking back to the Infantry and led the Brigade’s effort to field a mortar platoon

comprised almost entirely of reservists for deployment to Latvia as part of Operation REASSURANCE.

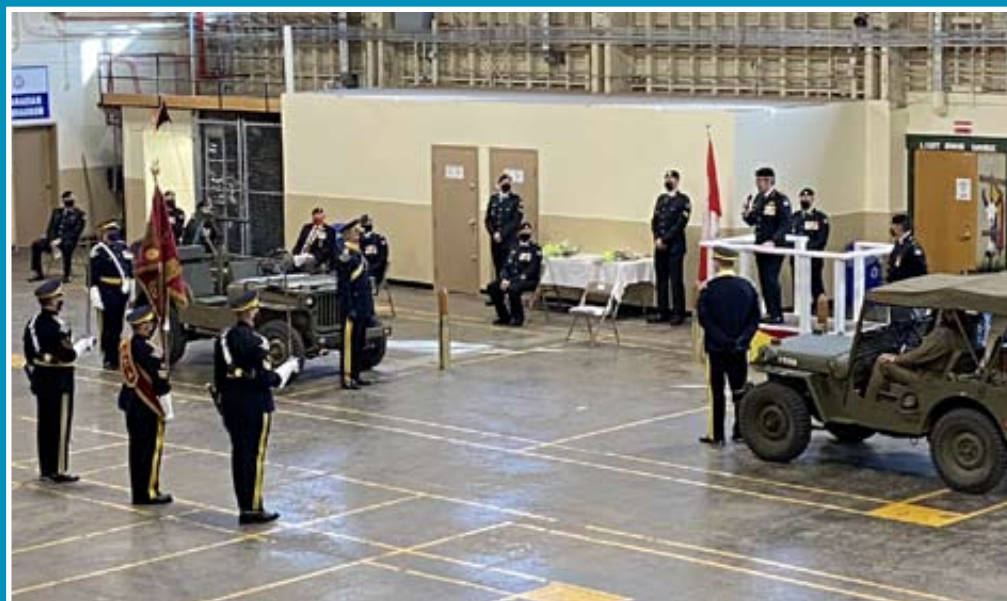
Lieutenant-Colonel Barr brings a wealth of experience to the Regiment with numerous overseas deployments during his years of service in the Regular Force with the 2nd and 3rd Battalions, Princess Patricia’s Canadian Light Infantry.

The Loyal Edmonton Regiment is a Primary Reserve infantry unit of the Canadian Forces based at Jefferson Armoury in Edmonton, Alberta and Yellowknife, Northwest Territories.

As a light infantry unit, its main focus is to provide trained infantry soldiers and mortarmen to meet the operational requirements of the Canadian Forces.



The South Alberta Light Horse



Commander 41 CBG, Col Mike Vernon addresses the ceremony, commending the outgoing CO LCol Shawn Thirlwell and welcoming incoming CO SALH LCol Mike Onieu, while recognizing the Regiment's undying "Cavalry Flair" on 18 October 2020.

On Sunday, 18 October 2020, The South Alberta Light Horse conducted a change of Command Ceremony. Lieutenant-Colonel (LCol) Shawn Thirlwell completed his duties as Commanding Officer (CO) having had a successful three years of collective training and growth. The Regiment was busy between training periods commemorating key 75th Anniversaries of the South Alberta Regiment's exploits in the Second World War.

The circle is a common theme throughout history. The newly appointed Commanding Officer, LCol Mike Onieu, he has returned to command the Regiment 18 years after he departed as the Regular Support Staff Officer. LCol Onieu retired from the Regular Force in 2019 after completing his tour of duty as the Commander of Canadian Forces Base Suffield. LCol Onieu and his wife Carolyn decided to remain in Medicine Hat.

LCol Onieu is the Executive Director of Medalta in the Historic Clay District.

As part of the simple ceremony, Master Warrant Officer (MWO) Garry Rolls passed the Regimental Guidon to LCol Shawn Thirlwell. As the outgoing CO, LCol Thirlwell passed the Guidon and command to Honorary Colonel Ralph Young, who in turn, transferred command of the Regiment to LCol Onieu by passing him the Guidon.

Two "Old Salts" had their final Regimental parades as members on strength. MWO Rolls had reached his retirement. Upon receiving the Guidon back from the CO, LCol Onieu, MWO Rolls passed off the Guidon for the last time to WO Trent Hiscock who fell in line with the Guidon Party escorts.

Alberta's Regiment continues to train to meet its Mission Tasks in order to generate trained soldiers for a full troop for training and operations at home and abroad.



Lieutenant-Colonel Ryan Palmer, Commanding Officer, The Calgary Highlanders, and Master Warrant Officer Jamie Moreau, Regimental Sergeant Major, The Calgary Highlanders, lay a wreath at the base of the Calgary Highlanders plaque at Calgary's old city hall.



Master Bombardier Stephan Figueroa from 20th Independent Field Battery, RCA, stands vigil at the Lethbridge Cenotaph during the Remembrance Day ceremony in Lethbridge.

41 Canadian Brigade Group marks November 11th across Alberta

REMEMBRANCE DAY 2020



Salomon Guardian

Rocky S2V

LOWA Z-8S

BOOT REVIEW

By Warrant Officer Jesse Anderson, The King's Own Calgary Regiment

There was a time when members of the CAF only had one option for their choice of combat boots; the name of which normally rhymed with MK II, MK III or MK IV. The Combat Boot Reimbursement Program changed all of that and it has brought about a host of boot options to choose from. In this article, I'm going to provide you with a quick review of three different sets of boots I have tried over the years – the LOWA Z-8S, the Rocky S2V, and the Salomon Guardian. All three of these boots meet the requirements of CANFOR-GEN 127/18 and are available at local Calgary retailers.

The first option we'll look at is the Salomon Guardian. A lightweight and breathable boot, I've found this one to be a good "in Garrison" option. It doesn't come with any waterproofing however; its sole allows for good traction

in a variety of weather situations. Easy to break in, overall I've found these to be a comfortable boot ideally suited for someone who isn't spending a great deal of time in the field. The durability of the Salomon Guardian isn't as high as that of the other two boots, but then neither is the price tag which I will touch more on later.

Our next option is the Rocky S2V. A popular boot out East, you'll find this option a staple in almost every CANEX store. The first thing I noticed about the S2V was that I had to have the upper portion of the boot tightened to the point where the eyelets were touching each other and yet the boot still felt a bit loose for my liking. Now, I know what you're thinking and no, I don't skip leg day. The second thing I noticed was their Rocky Air-Port™

cushion footbed; it's extremely comfortable and feels like you're walking on a cloud. A bit heavier than the Guardians, these boots do require a small breaking-in period, but they are built to last. Their "Advanced S2V Sieve™ technology," does keep the water out while allowing your feet to breathe and making these a solid boot for the field.

Our final option is the LOWA Z-8S. Available with or without a Gore-Tex membrane, I've found these boots to be good to go right out of the box. I picked up a set of the Z-8S about five years ago, before the BOOTFORGEN, and that pair is just now coming to the end of its days. The tread is almost gone, but the rest of the boot is still in solid shape. Lighter than the Rockys yet more durable than the Salomon, I've found these to be an excellent blend of comfort and durability. I've worn my

LOWAs up mountains, through rivers, and across the frozen tundra of CFB Suffield and they have never let me down.

The Z-8S are on the higher end of the price point chart with an average of \$360 and the Rockys come in around \$340. The Salomons are a good option for those who may be on a tighter budget and would have a difficult time shelling out the cash up front and then waiting the 4 to 6 weeks for the reimbursement to arrive. My final bit of advice is this: avoid the Original SWAT or Magnum type boots out there - these were designed for security guards at the mall, not troops in the field. Your best bet is to make full use of the Reimbursement Program and get a quality pair of footwear. Remember, take care of your feet and they will take care of you.

41 Territorial Battalion Group and 41 Brigade Battle School APRIL-AUGUST 2020

By Lieutenant Colonel Ryan Palmer, Commanding Officer
Photos by Corporal Daniel Limb, 3 Troop, The South Alberta Light Horse

The spring of 2020 proved momentous for most Canadians and for the soldiers of 41 Canadian Brigade Group (CBG), caught up in these events. As schools closed and many aspects of routine life were curtailed or significantly altered in March and April, Alberta's Army Reserve Soldiers were answering the call to service. As part of Operation LASER, the Canadian Armed Forces response to the COVID-19 pandemic, over 8000 reservists volunteered for full-time service, representing the largest reserve mobilization since World War Two. This included over 400 41 CBG soldiers who were formed into a Territorial Battalion Group (TBG) as well as Local Response Forces (LRF) in each major center, all grouped under 41 Brigade HQ as the Land Component Command for the province of Alberta for the purposes of COVID-19 response.



After individual readiness was confirmed by the soldiers' home units in early April, the TBG and LRF set about preparing for a range of domestic response scenarios. The COVID threat environment presented unique challenges, with the overriding imperative of keeping the force healthy at the front of everyone's mind. Consequently, the TBG and LRF teams operated largely in an online "work from home" model, with designated groups of soldiers coming together only for essential activities such as preparing vehicles and equipment, and staff planning exercises. Leaders made extensive use of Zoom and other technological means to keep soldiers engaged, and deliver a variety of training programs. Though the Canadian Armed Forces elements were called to provide support to Long-Term Care Facilities in Ontario and Quebec, no such task materialized in Alberta, and many soldiers received S100 Firefighting training in anticipation of potential tasks supporting provincial authorities fighting wildfires.





The month of June brought new challenges as the Army pivoted to a restart of the individual training system, and we were required to re-purpose on very short notice to deliver that training. To that end, most of the soldiers brought onto full-time service were reorganized into 41 CBG Battle School (BSL) based at Garrison Wainwright. 41 CBG BSL delivered 14 individual training courses over the months of July and August, to include Basic Military Qualification, and initial occupational training for Infantry, Armoured and Combat Engineer soldiers for a total of 412 course candidates. All ranks were required to follow strict force health protection protocols to include a 14 day isolation period on the commencement of training. This isolation allowed courses to operate within their own “bubbles” without the need for masking or physical distancing. Through the diligence of all, training was completed in a safe and effective fashion without a single case of COVID among the BSL soldiers.

The BSL deployed with a full range of supporting actors to include a Signals Platoon, Health Services Platoon, and a Combat Service Support Company including transport, supply, maintenance, and food services capabilities that were essential to the success of the school’s operation. These teams provided essential support while offering practical training opportunities to their soldiers. Further, 41 Service Battalion HQ Coy executed many tasks to support operations including the long-haul transport of equipment across the country and providing 2nd Line CSS support to multiple organizations over extended periods.

Whether providing the Government of Canada with a credible domestic response capability in Alberta, or training the brigade’s soldiers to be ready for future operations, Alberta’s army reservists adapted to changing circumstances, and achieved their missions.





Number One making sure the tube is level

WARHEADS ON FOREHEADS! LET 'ER BUCK!

By Lieutenant Alex Prenoveau, The Calgary Highlanders.
Photos from 1 Canadian Mechanized Brigade Group

As students went back to school in September, so did soldiers of The Calgary Highlanders, The Loyal Edmonton Regiment, and 3rd Battalion Princess Patricia's Canadian Light Infantry who went on their Basic Mortarman course. Soldiers spent two weeks learning and operating the 81mm Mortar at Canadian Forces Base (CFB) Edmonton. Over the last few years, all three regiments have been building their mortar capability and together sent a combined mortar platoon to Latvia in early 2020 as part of Operation REASSURANCE.

This serial is the first cohort to go through the Basic Mortarman course since the return of the mortar platoon from Latvia. Not only was this the first group but the second iteration of the mortar capability since its reintroduction to the infantry corps, a tasking given to the artillery decades earlier. The Strengthening the Army Reserve initiative saw the capability reintroduced to the infantry corps to develop a greater operational focus for Army Reserve units. Like many army courses, the course began with long days of high volume information by Powerpoint, followed by written tests on material learned the day

before. This led to late nights studying, and memorising, and preparing for the next day. It was important to teach the basics of indirect fire and mortar theory before handling the mortar itself. Once the theory portion was completed, a full week was devoted to full days of hands-on drills on the mortar tubes. Students were split into three-man detachments (dets), each on a mortar tube, and took turns rotating through the different positions, Number One, Number Two, and Number Three; each with a different role within the det.

The Number One, usually the more senior soldier of the det, is overall in charge of the det, acts as a liaison to the (mortar) Line NCO, and supervises the tube. The Number Two, usually the most junior of the three, is in charge of their side of the tube and levelling cranks, as well as preparing and dropping bombs. The Number Three, takes care of the overall levelling and siting of the mortar based on instructions given by the Number One. Teamwork and good communication between all three positions is essential to ensure the tube is set up, lined up correctly on objective, and is firing promptly on time and on location.

Mortars provide a unique and deadly capability because of the nature of their high trajectory, compared to artillery guns. Because of this, the radius of impact is greater. Mortars are also much closer to the front lines and mobile allowing them to move and reposition more quickly than the artillery.

As the final confirmation and culmination of everything learned and practiced over the last two weeks, soldiers went down to CFB Wainwright to conduct their live-fire shoot. Every soldier was able to drop bombs, smoke, and illumination rounds. The unofficial signal or command phrase to allow the mortar tubes to fire was 'LET 'ER BUCK'. Certainly, that was every soldier's favourite moment. At the end of the day, the goal was to ensure bombs were dropped on time and on location.



The Number Three making sure the tube is level

Exercise RESILIENT MUSTANG II

Members of 41 Service Battalion (41 SVC BN), consisting of 14 Company, Battalion Headquarters, and IS Company completed training in conjunction with 41 Signal Regiment, 3 Squadron from 19 to 20 September 2020.

The training took place concurrently at the Sir General Arthur Currie Building in Calgary and Kipp Rifle Range in Lethbridge, Alberta. The focus of the training was completing the Individual Battle Task Standards (IBTS) in order to maintain the operational effectiveness of the members of both units. IBTS elements captured during the weekend included C7 PWT 2, CBRN IS 1, C6, C9, 84 mm Carl Gustav, M72 SRAAW, and grenades.

While relays completed their shoot over the course of the weekend, remaining personnel underwent the completion of outstanding IBTS items. Upon completion of the remaining IBTS, members were familiarized with the operation of communications equipment used by signals operators. There was excellent participation from all members as it was a wonderful opportunity to be familiarized with how the other elements within the Army operate. Furthermore, many of the instructors were well versed in their occupation, with some having recently returned from participating in Operation REASSURANCE.

The training weekend was concluded with a visit by 41 Canadian Brigade Group Commander, Colonel (Col) Vernon and the Brigade Sergeant Major, Chief Warrant Officer Doyle. During their visit, Col Vernon addressed the units and provided an opportunity for the members to ask the command team any questions they had. Overall, the training weekend was very successful as many members achieved the outstanding IBTS. The increase in morale and soldier proficiency has paved the way to ensure the success of future exercises.



Alberta's Gunners come together for Exercise UNIFIED GUNNER I

by Captain Brad Young, 20 Independent Field Battery, RCA
Photos by Bombardier Matt Dallas, 20 Independent Field Battery, RCA

From 23 to 25 October 2020, soldiers from 20th Independent Field Battery, RCA (20 Ind Fd Bty), 20 Field Regiment, RCA (20 Fd Regt), The Loyal Edmonton Regiment (L Edmn Regt), and 15 Field Ambulance (15 Fd Amb) participated in Exercise UNIFIED GUNNER I (Ex UG I) at Canadian Forces Base (CFB) SUFFIELD.

Ex UG I was the Battery's first artillery live-fire since October 2019. The focus of the exercise was for the Detachment Commanders. The Detachment Commanders would conduct sniping gun, harassing fire (HF), and open action tasks, as well as a local defence of their positions with C6 and C9s.

The exercise started the week prior Using 1 Canadian Mechanized Brigade Group's IRON GUARDIAN as the scenario, the Battery conducted its battle procedure the weekend before. During the scenario, the Battery would provide direct support for a delay action by the

Lord Strathcona's Horse (Royal Canadians). Over the week, personnel walked through a detailed map model set up on the Armoury floor, ran gun drills, and practiced calling in fire in the Indirect Fire Trainer.

Friday evening, the units converged on CFB SUFFIELD, with all arriving at the FOB outside Range Control. With all vehicles parked and guns offloaded, personnel went to ground.

On Saturday, five gun detachments, two from 20 Ind Fd Bty, two from 20 Fd Regt, and one composite detachment led by a qualified Number One from The L Edmn Regt, received their first orders in the FOB before moving onto the range and to the ammo point.

Rolling into the ammo point, the detachments drew their 105 mm rounds, received any amended orders, and moved up to the assembly area for the first task.

The first task was the sniping gun. A sniping gun is a single-gun action against a target. Once in the assembly area, each detachment commander was given a target. It was up to the detachment commander to move their C3 into position and engage their target. Exercise staff assessed each detachment on how quickly they hit their target.

Once the sniping gun task was complete, all detachments returned to the ammo point for orders, ammunition, and rations. As night fell, the guns moved into position for the HF task. Under the direction of the Forward Observation Observer, each gun fired five illumination rounds.

On Sunday, the detachments bombed up to conduct an open action and local defence. The open action is the direct fire of the C3 Howitzer on a target. Once the guns fired on their targets, the gunners rushed to their local defensive positions and manned the C6 and C9s.

With the L Edmn Regt acting as Assisting Range Safety Officers, the gunners fired the machine guns and C7s to defend their positions, engaging a series of pre-positioned targets.

With all rounds complete, units moved back to Lethbridge, Red Deer, and Edmonton.





Calgary Highlanders Awarded the Lieutenant Governor of Alberta Trophy

Lieutenant-Colonel Ryan Palmer received the Lieutenant Governor of Alberta Trophy on behalf of the Calgary Highlanders at Mewata Armoury in Calgary, Alta. on November 21, 2020.

Colonel Mike Vernon, Commander of 41 Canadian Brigade Group (41 CBG) presented the trophy to the regiment in a small ceremony.

The Lieutenant Governor of Alberta Trophy is awarded annually to the 41 CBG unit that has achieved the highest results in Individual Battle Task Standards and other criteria, and is rated the most proficient unit.

The Calgary Highlanders' 'citizen-soldiers' have been serving Calgary since the unit's inception in 1910. The reserve unit has sent soldiers overseas during both World Wars, on numerous UN peacekeeping and NATO missions, and deployed over 125 soldiers overseas during the war in Afghanistan.

The regiment's motto is Airaghardt--Gaelic for "Onward."



Colonel Mike Vernon, Commander, 41 Canadian Brigade Group (41 CBG) and Chief Warrant Officer (CWO) Scott Doyle, Brigade Sergeant Major, present Lieutenant-Colonel Ryan Palmer, Commanding Officer, Calgary Highlanders, and Master Warrant Officer Jamie Moreau, Regimental Sergeant-Major, Calgary Highlanders, with the Lieutenant Governor of Alberta Trophy.

Honours and Awards

Westbury and Sanofsky Trophy Winners for 2019-2020

The Westbury Trophy for the Top Junior Officer in the Brigade was presented to Captain Ryan Morgan of the King's Own Calgary Regiment. The Sanofsky Trophy for the Top Non-Commissioned Member was presented to Sergeant Daniel Ames of 20 Independent Field Battery, RCA.



Captain Ryan Morgan was presented the Westbury Trophy for his outstanding performance during the 2019-20 training period by the Commander of 41 Canadian Brigade Group, Colonel Mike Vernon at Mewata Armoury on November 21, 2020 .

Donated by Major (Ret'd) Dick Westbury, this trophy is presented annually to the most deserving Junior Officer (Second Lieutenant to Captain) who has displayed exceptional leadership. The recipient demonstrates exemplary professionalism and dedication to duty in service to 41 Canadian Brigade Group during the past training year.



Sergeant Daniel Ames, 20 Independent Field Battery, RCA, (20 Ind Fd Bty) is this year's winner of the Sanofsky Trophy.

Named for Chief Warrant Officer Sanofsky, this trophy is presented annually for overall excellence and efficiency. The recipient demonstrates the highest levels of dedication and achievement for a Non-Commissioned Member at the rank of Sergeant to Warrant Officer. The trophy is awarded in recognition of dedicated service, devotion and commitment to 41 Canadian Brigade Group during the past training year.

Sgt Ames will be presented with the Sanofsky Trophy by the Commander in January.



REVIEWS

Hardcore History – A Podcast for History Lovers – A Review

By Major Michael Feiner, 41 Canadian Brigade Group Headquarters

Dan Carlin's Hardcore History Podcast is a popular history podcast which provides in depth retellings of some of history's most fascinating

stories. In this review I'll cover some pros and cons of the podcast, good intro episodes, and where you can find the podcast.

Dan Carlin is a former radio host who has shifted his focus largely to the production of his several podcasts – Hardcore History, Hardcore History Addendum and Common Sense. Carlin's background in radio is evident in his smooth presentation and ability to make complicated and little known historical events accessible to his audience. His professional background is also clear in the production value of the show. The sound quality is very high and the show is also well edited, providing an easy flow to the episodes, which is critical given their length.

Hardcore History is true to its name on two fronts: first, it usually covers fairly extreme periods in history (war & conflict primarily), and secondly, it delves into its chosen topic with great detail and at great length. While there are some one-off episodes, the true hallmark of the podcast are the multi-episode arches, in which Carlin addresses significant historical events: the First World War, the Pacific Theatre, etc. Carlin weaves together a cohesive narrative by considering, and reconsidering the significance of specific events from multiple points of view. Carlin can make you taste the mud of the soldier in the trenches, understand the pressure of a general presiding over a desperate campaign, and feel the despair of a city "put to the sword," all while providing historical context and analysis. While this approach is absorbing, it also results in long episodes. As such, the show is better suited for extended listening sessions than quick jaunts.

A consequence of episodes being long and of high quality is that there is always a significant wait time between new episodes being released. For example, take Carlin's current project "Supernova in the East," which covers the Pacific Theatre during the Second World War. The first episode was released in July of 2018, with subsequent entries in January 2019, October 2019 and June 2020. With the series kicking off in the inter-war period and only having reached mid-1943, it is far from complete! While this lag between

episodes is certainly notable, it's not a deal breaker by any regards. The episodes are all self-contained enough to stand on their own and are more akin to novels in a series than chapters in a book.

For first time listeners there are two routes to take when getting into this podcast – either dipping your toe into one of the shorter, one off episodes or diving in with one of Carlin's full on multi-episode series! For those preferring a shorter dose of Carlin to start off with, I recommend episode 8 of Hardcore History Addendum, "Caesar at Hastings." The addendum feed features shorter, stand-alone episodes which don't fit neatly into the longer narratives of the main feed. At a "mere" two hours "Caesar at Hastings" is a relatively easy listen and covers a "what if" scenario of two forces which conquered Britain ten centuries apart meeting on the field of battle (Caesar's Roman Legion's vs. the forces of William the Conqueror). Alternatively, for listeners eager to dive into the deep end, my recommendation are episodes 56-58 of the main feed, the "King of Kings" series. These episodes provide a fascinating look into the Achaemenid Persian Empire. Known in popular culture as the 'bad guys from 300', the Achaemenids receive a much deserved deeper exploration in Carlin's podcast. Coming in at just under thirteen hours over the three episode arch, the "King of Kings" is still relatively short by Carlin's standards, and also stands out as the only complete series on the free to listen feed.

The first place to go for Hardcore History, and Carlin's other podcasts, is your usual podcast application. On there you will find his most recent episodes, which are all free to listen to. That said, episodes 1-55 of the show are only available on www.dancarlin.com, and range from a few dollars for a single episode to \$75 for the entire back catalogue. While I have not paid to download any older episodes of the show, I have been tempted to, and strongly recommend the "Blueprint for Armageddon" series, which greatly expanded and completely redefined my understanding of the First World War. The fact that such a high quality show is available for free at all is truly remarkable.

In closing, Hardcore History is one of my favourite podcasts. Its combination of professional production and in depth, yet accessible, coverage make it a leader in the genre. I whole-heartedly recommend this podcast for anyone with an interest in history.

LIVE FIRE AND MOVEMENT • ALL ARMS COOPERATION

EXERCISE WESTERN SABRE 21

CFB WAINWRIGHT
21-29 AUGUST 2021

Officer Commanding 3 Squadron, Captain Brad Murdoch instructs junior officers on a signal reconnaissance during Exercise CREW FOX at Nose Hill, Calgary, AB., October 24, 2020.



For Private Ahmad Zeiter this was his first-ever exercise with the Canadian Armed Forces (CAF) and the regiment.

“I learned how to use the radios and how cables are very important to the set-up of a comms unit,” he said. “The exercise has been really good so far.”

Operating capabilities to be achieved during the exercise included setting up the following communications equipment: a secure VHF voice network from the Command Post (CP) signals duty station, the deployment of one Radio Rebroadcast (RBB) detachment, telephony connection between the CP and RBB locations, deploy four Land Command Support System (LCSS(U)) network terminals and determine an alternate CP location.

“The capabilities we’ve deployed on this exercise reinforce the skills that these soldiers will need to be effective when deployed as a signaller during a domestic operation,” said Lieutenant Justin Schaan, Officer Commanding Exercise. “I’m happy to see our soldiers learning and passing on their knowledge so we can continue to support in our role.”

Despite the unseasonable weather conditions, the troops were in high spirits as they put their training into use. Proper clothing and the correct manner on how to wear the issued clothing systems are key to ensure there are no weather-related (in this case, sub-zero October temperatures) injuries.

“The main difference between setting up in a cold-weather environment and a temperate environment is ensuring that troops are dressed properly and know the various techniques of how to operate in a cold-weather environment, such as taking frequent breaks and hydrating when needed,” commented Corporal Michael Orr.

Troops also adhered to COVID-19 restrictions by ensuring that tasks were performed (where possible) with 2 metres separation between members as well as the use of non-medical masks.

The 41 Signal Regiment command team, Commanding Officer Lieutenant Colonel Steven Flavel, and Regimental Sergeant Major Chief Warrant Officer Andrew MacAlister visited all three squadrons on Saturday, October 24, 2020, and addressed the troops.

41 Signal Regiment conducts Exercise CREW FOX

By Lieutenant Richard McKenty, 41 Signal Regiment

41 Signal Regiment conducted a distributed exercise (CREW FOX) on the weekend of October 23-25, 2020, at three sub-unit locations (1 Squadron-Edmonton, 2 Squadron-Red Deer, and 3 Squadron-Calgary). The focus was on Signals Battle Training Standards, level 2. The exercise involved signals reconnaissance, deploy and operate a communications detachment, deploy and operate a Satellite Communications (SATCOM) detachment, and deploy and operate a radio rebroadcast detachment.

Exercise CREW FOX confirms personal skills and equipment serviceability to prepare the regiment to support domestic and international operations. The weekend exercise allowed troops of all levels of experience to participate in a meaningful way.



Sergeant Dean Bruckshaw conducts a radio check at the notional command post during Exercise CREW FOX at Nose Hill, Calgary, AB., October 24, 2020.



Corporal Michael Orr operates the radio during Exercise CREW FOX on the drill deck at HMCS TECUMSEH, Calgary, October 24, 2020.

DEPLOYING

Force Generation and Individual Augmentation

By Captain Chris Tucker, 41 Canadian Brigade Group Headquarters



The logistics of sending soldiers overseas is, at times, an arduous one and is mostly due to systemic issues in the institution. Training, screening, qualifications, IBTS, TMST, etc., are just some of the examples of the extensive list of boxes that need to be checked, and I haven't touched the administrative side yet. Having been on a few different tours overseas, I have augmented Force Employers individually as well as part of a Sub-Unit (SU) attached to a Gaining Unit (GU). Both types of augmentation have their advantages and disadvantages. Before I talk about that, there are three things I would like to get across for any soldier who is looking to deploy.

Physical Fitness, IBTS and Qualifications

No matter what trade you are, if you want to deploy anywhere, you must be physically fit, full stop. The CF Force Test and Combat Force Test are the minimum standards. Showing up on work-up training or to TMST to start improving your fitness is dumb. You are a burden to the GU if you show up not fit for battle. Be the good soldier and be physically fit to keep up with the soldiers around you.

Individual Battle Task Standards, we know all four of them (First Aid, Force Test, CBRN, PWT3), and they are a requirement every year to complete (First Aid every three years) and every unit in the army, Regular and Reserve, must do them. Further, we have the tools to track IBTS for each soldier. We can see if it's been seven years since you completed your last PWT3. Get it done, and don't be a burden.

Individual training (IT) is essential for you. The more qualifications you do have, the more employable you are to the GU. When I prepared the mortar platoon to deploy overseas I had a very capable cadre of NCOs and soldiers who worked tirelessly to ensure they had the qualifications needed for the platoon to be successful. Although I had a core of soldiers with qualifications, we needed more soldiers with "basic" qualifications. Because I had qualified soldiers, we were able to run concurrently a basic mortar course, a driver wheel (LUVW-Milcot), and two back to back LUVW-SMP conversion courses (side note: we did have help from the KOCR who were able to run the two conversion courses and 41 Svc Bn to run the MSVS-SMP course and thanks for that). This IT was essential for the platoon to function as a mortar platoon.

Individual Augmentation

We see this in various overseas missions. This is where reserve soldiers plug gaps or fill the ones or twos in a force employers' organization whether it is an infanteer in a rifle company, a mechanic in a maintenance company, or a "one of" position that can't get filled. Training and administration is the responsibility of the gaining unit. Soldiers are expected to have completed a certain level of administration (security clearances complete) and finished a certain amount of gateway training (IBTS complete and current) before showing up for the mission. Much of this preparation is incumbent on the individual soldier and the Home Unit Op staff to schedule and complete.

That said, no soldier wants to be a burden on the gaining unit. Therefore all soldiers must have completed IBTS before showing up at the GU's doorstep.

Training and administration are primarily the Gaining Unit's responsibility once Theatre Mission Specific Training (TMST) starts. Updates in Monitor Mass and qualifications received during this time must be tracked by the individual soldier to ensure they are recorded, and all paperwork is collected. This is where soldiers fail to see the importance of their BOR's, and further compound the problem by not staying in touch with their chief clerk. Soldiers are quick to blame the HU for administration issues while acting as a detractor, not a multiplier. Numerous times I found myself on leave sitting outside the BOR sorting claims and other paperwork.

Soldiers are detached from their Home Units (HU) for extended periods and will feel isolated and, at times, alone. This is where a robust rear party at the HU is essential to ensure the soldier(s) do not feel forgotten and still part of the regimental family. Soldiers who are deploying for their first time and even soldiers who have previous deployments may experience difficulty assimilating into the Gaining Units because this is all personality-driven. Contact with the HU is essential in these cases, and this is the same for both regular and reserve soldiers.

Sub-Unit Augmentation

I have deployed as part of a Sub-Unit (SU) organization, such as the Composite Reserve Infantry Company (CRIC) on Roto 11 Bosnia in 2002 and the Force Protection Coy in Afghanistan in 2008. As part of a formed unit, much of the training and administration was handled by the SU itself through the GU. How this manifests itself is of no concern to the soldier but definitely to the NCO's and Officers of the SU. Soldiers will train with members of their HU and members of other reserve units and share experiences that will galvanize friendships.

Administrating a captive audience such as this allows for a focus on reserve issues and policy. Appointments for medical, dental, social workers, clothing stores, etc. can be scheduled on masse for a large group increasing self-sufficiency and reducing the imprint on the GU. Unfortunately, most of this falls on the NCO's and officers of the SU.

If I had a choice, to choose between deploying as an individual augmentee or as part of a sub-unit organization, hands down, I would rather deploy as part of a sub-unit. The biggest advantage when deploying is knowing the people you are working with. In several cases, I knew many of the soldiers from courses and taskings in Wainwright and Shilo and from the larger collective training concentrations such as COUGAR SALVO, WESTERN DEFENDER, and other opportunities. The friendships within a soldier's HU, other reserve units will always be a deciding factor. I have and will continue to work with many of the reserve soldiers in all kinds of collective training like WESTERN SABER 21 and instructor tasks in Wainwright.



A Loyal Edmonton Regiment soldier adjusts his kit during a water break at Ezio Faraone Park during a ruck march in support of Valour Place's Walk for Valour 19 September 20.

Loyal Edmonton Regiment Soldiers Step Up in Support of Valour Place

Story and photos by Captain Derrick Forsythe, Public Affairs Officer, 41 Canadian Brigade Group

Rucking up and heading out for a march is part of the life of an infantry soldier. So, it didn't seem out of place to see members of A Company, Loyal Edmonton Regiment taking advantage of a cool fall morning to head out for some physical activity after completing unit in-clearance activities for the 2020-2021 training year.

This particular march, however, held special significance for the 32 soldiers and two officers taking part in the 10-kilometre march as they were doing so as part of the annual Walk for Valour in support of Valour Place.

"The idea for Valour Place was conceived by our then Honourary Colonel, Dennis Erker," Major Bryn Wright, Officer Commanding A Company stated. "Because he was, at the time, our Honourary Colonel, the Regiment took the opportunity to support his efforts and we're continuing that commitment here today."

Valour Place is a temporary home away from home for all Canadian Forces members, RCMP, Families of the Fallen, Veterans, and First Responders along with their families who require medical treatment in Edmonton.

Since opening its doors in 2012, the 12-unit facility, located on Kingsway Avenue, has provided a total of 15,000 nights accommodations to more than 1,000 families enabling them to face the challenges of rehabilitation in a warm, welcoming, and supportive environment at no cost.

Valour Place is sustained through the generosity of corporate and individual supporters, and through fundraising efforts including the annual Walk for Valour.



Soldiers from A Company, Loyal Edmonton Regiment marching through Edmonton's River Valley as part of the Regiment's participation in Valour Place's Walk for Valour 19 September 20.

BMQ/PLQ/COMBAT FORCE PREP

By Nicholas M Pyke, DFHP, CPT
Fitness, Sports and Recreation Coordinator; PSP Calgary

Program Focus:

The goal of this program is to prepare military members to successfully complete the Combat Force Test or prepare for courses such as BMT or PLQ.

Primary: Aerobic Capacity, Muscular endurance, Odd object strength

Secondary: Aerobic Power, Injury prevention

Equipment Required	Preparing Sandbag
<ul style="list-style-type: none"> Comfortable small pack (CADPAT smallpack) 2 x regular sandbags 1 x sturdy garbage bag Sand or filler weight Old clothing 	<p>Fill the garbage bag with the prescribed weight of sand and place in the first sandbag. Use old clothes or the like to fill the rest of the sandbag space and try and evenly spread the weight. Secure the end with string and tape. Place in the other sandbag and secure with string and tape. Sandbag can be used for small pack weight as well as the functional exercise day.</p>

Combat Force Test consists of:

- Load Bearing March
5 km loading bearing march
Time to Complete: no more than 60 mins and no less than 50 mins
Equipment – FFO + Battle Order (total of approximately 35 kg or 77 lbs)
- 5 Minute Break
- FORCE Circuit**
Equipment – CADPAT + FIGHTING ORDER (approximately 25 kg or 55 lbs)
Continuous timed event – time starts at the commencement of the 20m Rushes and ends once the Sandbag drag is complete
Rifle carried for 20m rushes and slung for all other events
Time to Complete: Continuous 15 mins or less

APPROXIMATE MASS	EQUIPMENT
3.0 kg	CADPAT Clothing (including boots, pants, shirt)
1.5 kg	Helmet
4.7 kg	C7 or C8 rifle (including sling, C79 sight, magazines)
8.0 kg	Fragmentation Vest (including front and rear ballistic plates)
4.5 kg	Tactical load bearing vest (including four full magazines, bayonet, 2 x grenades)
2.3 kg	NBCD Mask and Carrier
1.0 kg	1.0 litre (full) canteen/hydration
10 kg	Small Pack/Day Bag

THE PROGRAM

Week	Day 1	Day 2	Day 3	Day 4
1	5 min. Warm Up walk to run 2 x 5 min. run/1 min. walk 5 min walking cool down Total Time: 22 min.	5 min Warm Up/Mov't Prep Workout A 2 x 12	5 min Warm Up/Mov't Prep Time: 20 min Pack Weight: ~12kg Record Distance:	5 min Warm Up/Mov't Prep Workout B 2 x 12
2	5 min. Warm Up walk to run 2 x 6 min. run/1 min. walk 5 min walking cool down Total Time: 24 min.	5 min Warm Up/Mov't Prep Workout C 2 x 12	5 min Warm Up/Mov't Prep Time: 25 min Pack Weight: ~12kg Record Distance:	5 min Warm Up/Mov't Prep Workout D 2 x 12
3	5 min. Warm Up walk to run 2 x 7 min. run/1 min. walk 5 min walking cool down Total Time: 26 min.	5 min Warm Up/Mov't Prep Workout A 2 x 12	5 min Warm Up/Mov't Prep Time: 30 min Pack Weight: ~12kg Record Distance:	5 min Warm Up/Mov't Prep Workout B 2 x 12
4	5 min. Warm Up walk to run 2 x 5 min. run/1 min. walk 5 min walking cool down Total Time: 22 min.	5 min Warm Up/Mov't Prep Workout C 2 x 12	5 min Warm Up/Mov't Prep Time: 20 min Pack Weight: ~12kg Record Distance:	5 min Warm Up/Mov't Prep Workout D 2 x 12
5	5 min. Warm Up walk to run 3 x 5 min. run/1 min. walk 5 min walking cool down Total Time: 25 min.	5 min Warm Up/Mov't Prep Workout A 3 x 12	5 min Warm Up/Mov't Prep Time: 20 min Pack Weight: ~16kg Record Distance:	5 min Warm Up/Mov't Prep Workout B 3 x 12
6	5 min. Warm Up walk to run 4 x 5 min. run/1 min. walk 5 min walking cool down Total Time: 30 min.	5 min Warm Up/Mov't Prep Workout C 3 x 12	5 min Warm Up/Mov't Prep Time: 25 min Pack Weight: ~16kg Record Distance:	5 min Warm Up/Mov't Prep Workout D 3 x 12
7	5 min. Warm Up walk to run 5 x 5 min. run/1 min. walk 5 min walking cool down Total Time: 35 min.	5 min Warm Up/Mov't Prep Workout A 3 x 12	5 min Warm Up/Mov't Prep Time: 30 min Pack Weight: ~16kg Record Time: Record Actual Weight of Equipment:	5 min Warm Up/Mov't Prep Workout B 3 x 12
8	5 min. Warm Up walk to run 3 x 5 min. run/1 min. walk 5 min walking cool down Total Time: 25 min.	5 min Warm Up/Mov't Prep Workout C 3 x 12	Time: 25 min Pack Weight: ~16kg Record Distance:	5 min Warm Up/Mov't Prep Workout D 3 x 12
9	5 min. Warm Up walk to run 2 x 8 min. run/1 min. walk 5 min walking cool down Total Time: 28 min.	5 min Warm Up/Mov't Prep Workout A 3 x 12	5 min Warm Up/Mov't Prep Time: 25 min Pack Weight: ~20kg Record Distance:	5 min Warm Up/Mov't Prep Workout B 3 x 12
10	5 min. Warm Up walk to run 2 x 10 min. run/1 min. walk 5 min walking cool down Total Time: 32 min.	5 min Warm Up/Mov't Prep Workout C 3 x 12	5 min Warm Up/Mov't Prep Time: 30 min Pack Weight: ~20kg Record Distance:	5 min Warm Up/Mov't Prep Workout D 3 x 12
11	5 min. Warm Up walk to run 2 x 12 min. run/1 min. walk 5 min walking cool down Total Time: 36 min.	5 min Warm Up/Mov't Prep Workout A 3 x 12	5 min Warm Up/Mov't Prep Time: 35 min Pack Weight: ~20kg Record Distance:	5 min Warm Up/Mov't Prep Workout B 3 x 12
12	5 min. Warm Up walk to run 2 x 8 min. run/1 min. walk 5 min walking cool down Total Time: 28 min.	5 min Warm Up/Mov't Prep Workout C 2 x 12	5 min Warm Up/Mov't Prep Time: 25 min Pack Weight: ~20kg Record Distance:	5 min Warm Up/Mov't Prep Workout D 2 x 12

WORKOUTS

Exercises that are set up in pairs should be done alternating with 30-45 seconds rest between sets. Exercises that are set in triplets are to be conducted as C1, C2, C3, C2, C1, C2,... until all sets are complete, with 30 seconds rest after each set.

Scheduled sets and reps apply to all the exercises of the day except the plank, which would be double. Weight should be selected to provide a challenge but allow all reps to be completed in that set with proper form.

Workout A	Workout B
A1) Step Ups A2) Incline Bench	A1) Single Leg Deadlift A2) Dumbbell Overhead Press
B1) Back Squat B2) Lat Pull Down	B1) Glute bridge B2) Seated Row
C1) Landmine Press C2) Plank C3) Upright Row	C1) Dumbbell Lateral Raise C2) Side Plank C3) Face Pull
Workout C	Workout D
A1) Lunges A2) Bench Press	A1) Deadlift A2) Overhead Barbell Press
B1) Side Lunges B2) Lat Pull Down	B1) Sumo Deadlift B2) Dumbbell Bent Over Row
C1) Landmine Press C2) Plank C3) Shrug	C1) Dumbbell Front Raise C2) Side Plank C3) Reverse Fly

WARM UP/MOVEMENT PREP



Plank Arm Reach

While maintaining a solid plank position, Alternate reaching each arm out in front bringing biceps beside same side ear. Do not allow hips to: Twist, Dip, Shift, Drop or Pike. Perform 5 on each side for a total of 10 alternating reps.



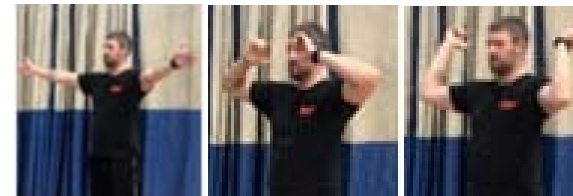
Quadruped Rotation

Start on all fours. Sit hips back to heels and lower down on to forearms. Bring forearms together under mid line and bring elbows to knees. Place one hand in small of back. Leading with the head, rotate head and shoulders to look up towards ceiling. Do not allow hips to shift in either direction or to come up. Rotate as far as is comfortable. Pause for one breath and return to starting position. Perform 5 on one side before repeating on other side.



Single Leg Hip Bridge

Laying on your back, knees bent and feet flat on deck. Bring heels to touch finger tips. Draw one knee to chest and support with both hands. Driving through the heel of the down leg, lift hips off of deck, bridging between heel and shoulder blades. Hold for one breath and return hips to deck. Do not allow hips to drop or shift but focus on fully extending through the hips. Perform 5 reps on one side before repeating on other side.



Sun Glasses

Standing Tall with arms out at 45 degree angle to body. Leaving elbows in place, bring hands towards eyes as though putting on sunglasses. Bring hands past head and complete a full circle until hands return to the starting position. Draw as large of circles as possible while exploring as much ROM as possible with elbow remaining in same relative place in space. 10 per direction.



Toe Touch

Standing tall, reach down to touch toes, keeping legs straight. Reach as far as possible, pause for a breath and slowing return to standing. Do not bounce in bottom. Perform 5 reps, attempting to reach a little farther each time.



Walkout Push-up

Start standing tall with feet approx shoulder width apart. Reach down to floor bending knees only as much as needed. Once hands are on the floor, walk hands out until you reach the top of the push up (high plank). Brace hard and perform one push up. Reverse direction and return to standing. Perform 5 reps



Top Down Squat

Start standing all with feet in squat stance. Reach down to feet and grasp toes, bend knees only as much as needed. Once holding toes, pull down to the bottom of squat with elbows inside knees with a long tall spine. Reach both arms above head and stand strong, with shoulders and hips raising as one unit. Heels must remain on deck at all times. Perform 5 reps.

MOBILITY PROGRAM

To be performed at least 2 times per week, can be performed on same day as other workouts.

Child's Pose/ Sphynx Pose

- Alternate between the child's pose and the sphynx pose spending 5-10 breaths in each position. 5 reps total

The Bretzel 1.0

- Lay on side with shoulders and hips stacked
- Flex top knee up to rest on floor in front of belly button and hold in place with bottom hand
- Bring bottom foot up to butt and hold in place with top hand
- Pull bottom knee as far back as is comfortable looking for a stretch in that quad
- Breath, relax, look behind you and allow the top shoulder to fall behind you
- Relax and try to rotate a little farther on each exhale.
- Remain in position for 5-10 breaths
- Repeat on other side.

Hip Flexor Stretch

- Starting in Half Kneeling maintain a neutral and level pelvis.
- Press toes of back leg into ground to make Glute engaged and hard on that side.
- If using dowel, drive dowel into ground to engage hip flexors
- While keeping pelvis neutral and tucked, lean forward looking for a stretch in the hip flexor of the down leg.
- Hold for 5-10 breaths, return to start and repeat one more time
- Repeat all steps on other side

Pigeon

- Bring one knee between hands and feed that foot through to other side of body.
- Sit up tall
- Search for a stretch in the hips, while rocking the hips side to side.
- Breathe and relax, maintain position for 5-10 breaths
- Repeat on other side

QL Straddle Stretch

- Sit tall with legs open as wide as comfortable.
- Maintaining a tall posture and NOT leaning forward, reach your right hand towards your right ankle
- At the same time, reach your left hand to the ceiling, over your head and towards your right toes
- Side bend as far as needed to feel a stretch up your left side
- Perform 5 slow controlled reps holding for 5 – 10 seconds
- Repeat on other side

Bretzel 3.0

- Sit all the way on to side hip
- Set up front thigh so its parallel with the front end of your mat
- Place hands between thigh and edge of mat
- Back leg can be in any comfortable position
- Look over back shoulder to bring shoulders also parallel with edge of mat
- Hold for 5-10 breaths
- Keeping shoulders square and parallel with front edge of mat
- Move to resting on Forearms
- Hold for 5-10 breaths
- Maintain square shoulders.
- Straighten front leg as far as comfortable
- Reach heel of straight leg away from body
- Hold for 5-10 breaths
- Return leg to bent position
- Reach arms out to side
- Lay out flat on chest
- Head facing same direction as front knee
- Goal is to get fronts of both shoulders touching mat
- Hold for 5-10 breaths
- As long as there is no discomfort, try looking the other direction
- Hold for 5-10 breaths
- Return head to starting position
- Slowly return to sitting

Prone Tea Cup Drill

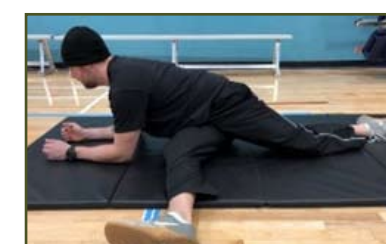
- Laying on your stomach, extend one arm out to 45 degrees and use the other arm as a lever
- Your goal is to keep the wrist and elbow of the extended arm touching the mat at all times and to keep the shoulder of the extended arm as close to the mat as possible.
- Slide palm of extended arm down under your face.
- Thread that hand under your armpit
- Extend it straight out with palm up
- Sweep that arm back up to the starting position and flip palm down when arm reaches shoulder level
- Use the opposite arm to prop your body up and allow the "working arm" to pass under your body
- Perform 5 in one direction then 5 in the opposite direction
- Repeat on other side

MOBILITY PROGRAM EXERCISES

Child's Pose/ Sphynx Pose



Bretzel 3.0



Hip Flexor Stretch



The Bretzel 1.0



Pigeon



QL Straddle Stretch



Prone Tea Cup Drill



Leadership Development and Project Management Certificates

The Canadian Armed Forces is committed to promoting the continuing education of its members by facilitating access to a wide variety of post-secondary institutions and their programs. As part of that effort, 41 Canadian Brigade Group (CBG) has partnered with the Faculty of Continuing Education and Extension at Mount Royal University (MRU) on a memorandum of agreement (MOU) that recognizes certain Army courses.

Non-commissioned members who have completed their Primary Leadership Qualification - Army (PLQ-A) course, as well as the Intermediate Leadership Qualification Army (ILQ-A) course, can now apply their credentials to Mount Royal's Project Management Extension Certificate and Leadership Development Extension Certificate. (This also applies to officers who have completed the Army Operations Course). Both programs are offered in class or online.

Members interested in registering with MRU programs can either check with their chain of command or consult the following MRU links:

Project Management Program:
<https://www.mtroyal.ca/ProgramsCourses/ContinuingEducation/projectmanagement/projmancert/index.htm>

Leadership Development Program:
<https://www.mtroyal.ca/ProgramsCourses/ContinuingEducation/businesstraining/leadership/index.htm>

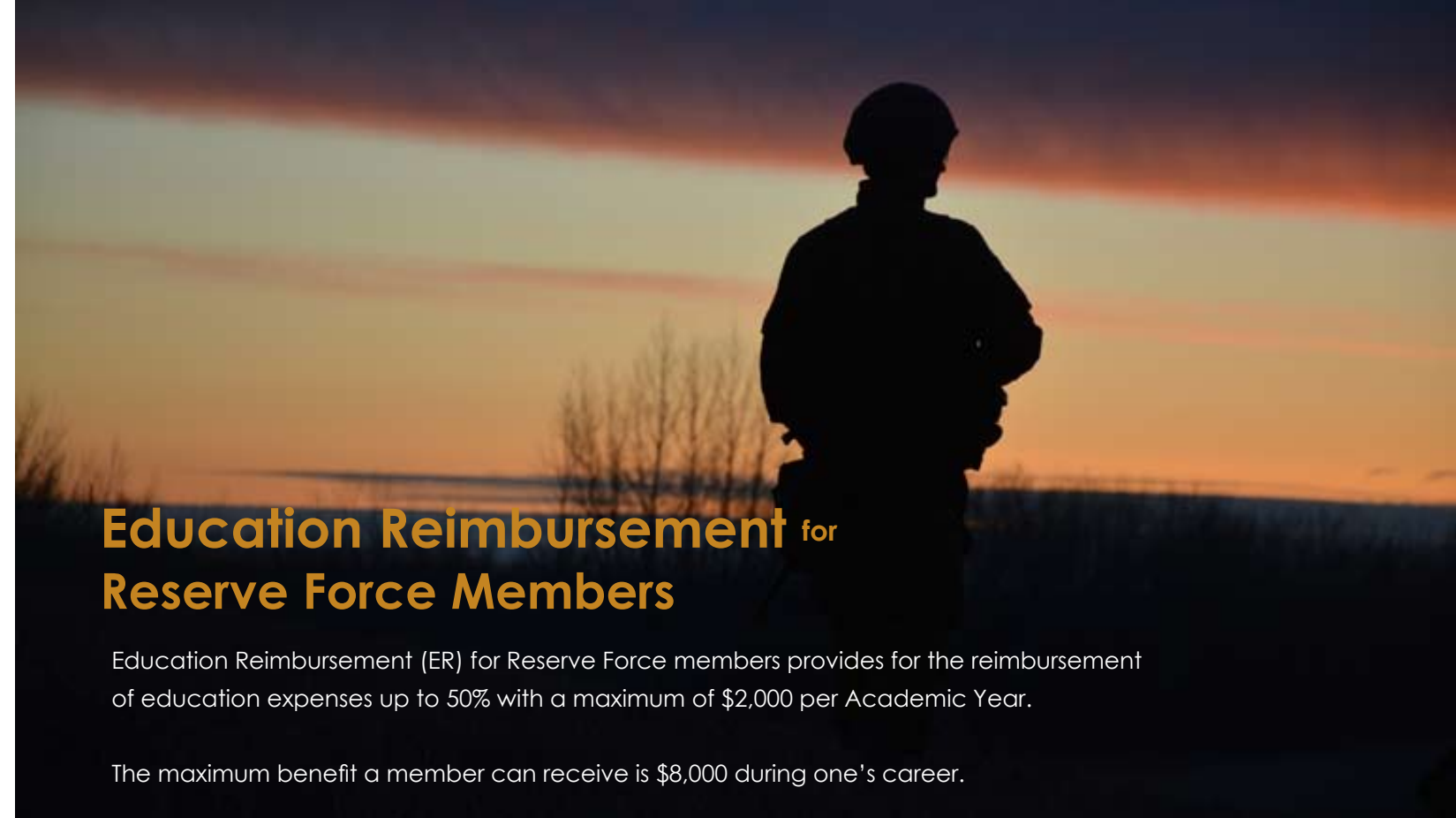
The Certificate in Applied Civil-Military Leadership is designed to provide students with knowledge that bridges the gap between highly specialized military training and academic enrichment.

The Certificate will be awarded when a student completes all the requirements for a University of Alberta undergraduate degree (including 12 credits from the approved list of courses), as well as the Canadian Armed Forces officer or non-commissioned member classification training courses for Development Period 1 (DP1). This embedded Certificate will be awarded at the same time as your undergraduate degree, and recorded on your transcript.

The Certificate is open to students who are currently enrolled in any undergraduate degree program at the University of Alberta. To complete the required military training, interested students must apply to join the Canadian Armed Forces and serve part-time in an Army Reserve unit while pursuing their studies and completing their DP1 military training.

For more information, visit www.ualberta.ca/arts/programs/undergraduate-programs/majors-and-minors/militaryleadership

Certificate in Applied Civil-Military Leadership



Education Reimbursement for Reserve Force Members

Education Reimbursement (ER) for Reserve Force members provides for the reimbursement of education expenses up to 50% with a maximum of \$2,000 per Academic Year.

The maximum benefit a member can receive is \$8,000 during one's career.

Eligibility

Reserve Force members enrolled in a degree or diploma program at a Canadian university or college are eligible for reimbursement if they meet the following criteria:

- Have an Individual Learning Plan (ILP) approved by the Canadian Defence Academy (CDA). It must be submitted prior to completion of the course.
- To register your ILP with the CDA, go to the ILP website on the DWAN at: <http://eilp-paie.kingston.mil.ca>
- Successful completion of basic military qualification (BMQ or BMOQ) course
- Remained on Effective Strength (ES) for the entire academic year (AY) from 1 September to 31 August (unit-approved ED&T is not NES)

To Submit a Claim

To receive ER, submit a CF 52 General Allowance claim with all receipts of education expenses and proof of successful completion of all courses to your Orderly Room or Armoury Support Centre after completion of the academic year.

For More Information

Lieutenant (Navy) Gwen Rodgers, Personnel Selection Officer/G1 Recruiting
41 Canadian Brigade Group Headquarters
Telephone : 780-973-4011 ext 6844
gwen.rodgers@forces.gc.ca

CBI 210.801 - Education Reimbursement for the Primary Reserve
<http://www.forces.gc.ca/en/about-policies-standards-benefits/ch-210-misc-entitlements-grants.page>

