

The Newsletter of the Princess Louise Fusiliers

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Halifax Armouries

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PLF Terry Fox Run

“Even if I don’t finish, we need others to continue. It’s got to keep going.”

Terry Fox, July 10, 1980

Canadians would remember the iconic image of Terry Fox running for 143 days in 1980 in his Marathon of Hope. He was not able to complete his Marathon of Hope, so the Terry Fox Run was adopted. For almost 30 years his historic effort to find a cure for cancer has ignited a passion in all Canadians across the entire country. The Annual Run in Canada (www.terryfox.org) is usually hosted on the second Sunday after Labour Day, the month chosen by Terry, “to reflect on when he had to stop running and when Canadians had to start.”

Taking inspiration from Terry Fox’s example, the Princess Louise Fusiliers’ (PLF) based in Halifax, were honored to participate in marking the 30th Terry Fox Run on Sun, 19 Sep. Under the command of Lieutenant-Colonel Victor Grandy, 70 members of the



Photo: Terry Fox Foundation

PLF, with an enthusiasm and passion that would have done Terry proud, joined the event with other participants in the noncompetitive fundraising run. The PLF fully supports this important annual fundraising event for cancer research in keeping with the approach of its founder, Terry Fox.

Two of the commitments of the 36 Canadian Brigade Group (CBG) are to give: “support to national tasks;” and “ensuring that public

awareness and support are nurtured.” And in so doing, it was the PLF’s turn to inspire Terry Fox. The PLF raised \$580 in donations to support of the Terry Fox Run.

The following are personal accounts by two PLF soldiers, Cpl S.J. Kpolugbo and Cpl K. Butterworth:

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History of the Armouries

The Halifax Armoury is a prominent and historic structure in central Halifax Nova Scotia. The armoury was designed in 1895 by Chief Dominion Architect [Thomas Fuller](#), and was opened the next year and work on the structure was completed in 1899. While the exterior is based on a medieval castle, it was actually one of the

most advanced structures of its day. It was pioneering in its use of a series of Fink trusses to create a large interior space with no columns or walls, and is today the oldest surviving example of a such a building. It was also one of the first buildings in Halifax to be lit by electricity.

[More information online](#)



PLF Terry Fox Run...cont'd from pg.1



Lt. Col. Victor Grandy (first on left), Commanding Officer of the Princess Louise Fusiliers

Photo: Giacomo Bruno

"On September 12, 2010, the PLF training schedule took an unusual, 10 kilometre detour. We participated in the Terry Fox Run; perhaps the most celebrated annual charity event in Canadian history. Although participation was a last-minute alternative to the original plans of our annual infantry training, it was perhaps just as valuable to the soldiers. I cannot have been the only participant from our unit who has not run in this event for over a decade. Like many of my fellow soldiers, I haven't done the Terry Fox Run since elementary school. As members of the Canadian Forces we represent and reflect our nation's spirit and most cherished beliefs and Terry Fox is synonymous with that red and white flag we wear on our left shoulders. One of our greatest heroes, Terry Fox, has been a symbol of perseverance and hope to us all. In these times especially, it is important for us to remember that not all battles are fought by soldiers. Together, on a rainy day at Point Pleasant Park, we ran alongside our fellow community members in a fight against a foe who doesn't discriminate on the basis of age, sex, religion, or ethnicity. Not only was this an opportunity to raise money for cancer research, but it was also a chance to test our mettle. I was proud to see the level of commitment from everyone in the PLF who showed

up and ended up running a total of 10 kilometres or more, even if most of us did not have a chance to have some of those delicious-smelling waffles that were being served at the event." -Cpl. Kpolugbo, Silas James

"It was a crisp and rainy morning on Saturday, the 19th of September when the soldiers of the Princess Louise Fusiliers departed the Halifax Armouries on the first exercise of the year. This year however, the first exercise did not involve weapons, vehicles or leadership training. It revolved around a cause that being the 30th Annual Terry Fox Run in Canada. It was the first time the Princess Louise Fusiliers participated in the run and, while it was for a great cause, it also helped bring both new and old Fusiliers together for the first time in the training year.

Led by newly appointed Commanding Officer, Lieutenant Colonel Vic Grandy, the Fusiliers made their way from their Halifax Armouries garrison, through the Halifax downtown area and finished the 4.5 km warm up at Shakespeare by the Sea, in Point Pleasant Park. It was there that the Fusiliers, dressed in their Maroon and gold shirts, began the Terry Fox Run, completing two laps of the park. It was a great overall turnout for the run, with partici-

pates of all ages and all walks of life. Once the run was finished, it did not take the junior leaders of the Regiment long to muster their soldiers for the 4.5 km run back to the Halifax Armouries to continue the days training.

After all was said and done, the sole Infantry Regiment garrisoned in Halifax contributed to a great showing of the Terry Fox Run. While this was the first, there is a sense that many more Terry Fox runs will occur, becoming another unit tradition for the Princess Louise Fusiliers." -Cpl Butterworth, Ken



Story by OCdt. Whalen



The RSM, CWO Gray, rappelling over a cliff face during Ex Spartan Challenge

'Fideliter'
faithfully

PLF Family Picnic

On September 11th, 2010 the members of the Princess Louise Fusiliers celebrated their first annual Unit Family Picnic. The day's predicted rain held off just long enough to make for a great day outdoors on the patio. The event took place at the Military Family Resource Centre located in Windsor Park and proved to be the perfect spot for such an occasion. Mike Delude of the MFRC was a tremendous help and demonstrated just how valuable of a resource his organization is.

There was a great turnout with the majority of the unit in attendance. It was an easy going atmosphere that allowed everyone an opportunity to sit back and relax while they introduced their family to one another. Hotdogs and hamburgers were enjoyed by all and MWO Lambert ensured nobody left hungry.



The children in attendance had lots of fun with all of the games and activities; a bean bag toss and fish pond were just a few of the games the kids could play indoors, while outside they competed with their parents in various races and competitions. It wasn't just the children playing games however, at the end of the day One Platoon challenged Two Platoon to a good old fashioned Tug-O-War.

The unit's Commanding Officer, Lieutenant Colonel Grandy, took a moment to address those in attendance and thank them for their hard work and continued efforts, "We can enjoy these fun times because we know that we work hard when we train."

Next year we can expect to have another successful family picnic, and with rumours of a bouncy castle for the kids, we can expect an even greater turnout.



Story by 2Lt. Stone

History of the PLF Colours



Based out of Halifax, Nova Scotia, our infantry regiment traces its local roots as a Halifax unit of Militia back to 1798. The Halifax Volunteer Battalion of Infantry (today the PLF) was organized in 1869. At that time officers of the former 1st Halifax Regiment of the old Nova Scotia Militia became officers of the new unit, and carried their Provincial Militia commissions with them. They also brought the colours which had originally been used by the Halifax Regiment of Militia as far back as 1795 [1].

These colours were in use until 1901, after which, on 13 September 1903, they were deposited in St. Paul's Church in Halifax. New colours were presented to the unit, then known as 66th Regiment 'Princess Louise Fusiliers' 19 October 1901 on Halifax Common by His Royal Highness the Duke of Cornwall and York (later King George V). These colours were in use until new colours were presented to the regiment 30 September 1952. The

old colours were then placed in the army museum at the Halifax Citadel, and on 23 October 1955 were relocated to St. Paul's Church to rest with the oldest colours of the unit, the original colours of the 1st Halifax Regiment of Militia. New colours were presented to the regiment 6 July 1988 by Her Royal Highness, The Princess Margaret, Countess of Snowdon, and Colonel-In-Chief of the regiment. These are the colours we still use today, while the old colours were laid up in St. Paul's Church on 11 November 1988 [1].

Want to [submit](#) an idea for a story?

[1] Old Colours Never Die – Francis J. Dunbar and Joseph H. Harper (1992)



Research by 2Lt. Stark

PLF Exercises and Training

Spartan Traverse: was held over the weekend of 17 – 19 Sept at camp Aldershot. The range weekend was held to qualify all members of A Coy to the Individual Battle Tasks Standards (IBTS) for their personal weapon system, which includes; C7, C9, 9mm, and grenades. This is a critical component to our soldiers' annual training as personnel weapons handling is essential to all infantry soldiers but also this basic qualification is the foundation that further training and employment is build upon.

36 CBG has been tasked to Force Generate (FG) and Force Employ (FE) troops for Domestic Operations (Dom Ops). Currently, the Bde has been tasked to provide an Immediate Reaction Force on 48 hours Notice to Move from 15 September till 15 May. A Territorial Battalion Group (TBG) weekend held EX STABLE TITAN, between 1 -3 Oct to confirm the ability of all assigned elements to move, and communicate within assigned readiness timelines. The TBG is an excellent opportunity for members of the PLF to work closely with other local units to develop cohesion and put into practice many Standard Operating

Procedures (SOP) that will be employed.

The training was conducted by utilizing a number of training stands using the current standards and lessons learned from the current theatre of operations in Afghanistan.



Stout Target 1 & 2: For two consecutive weekends in early October, A Coy traveled to CFB Gagetown to complete a series of ranges to qualify personal on individual and crew served weapons, grenades, pairs fire and movement and section level live fire attacks. While IBTS ranges are conducted annually, to qualify members up to PWT level 3, this advanced level pairs and section live fire ranges builds off of the confidence and skills practiced during the IBTS shoots and were conducted in order to prepare A Coy to conduct day and night pl level live fire attacks in Feb 2011.

Exercise Scorpion Tombstone saw members of A Coy deployed to the southern areas of CFB Gagetown to conduct platoon and section level reconnaissance patrols. During the weekend of the 5 – 7 November, A

Coy deployed to CFB Gagetown in order to disrupt the operations of a small insurgent group in the area. Southern Gagetown offers extremely challenging terrain, and as such gave opportunities to employ the skill sets of those members with Basic and Advanced Mountain Ops training.



Story by 2LT. Carr