



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



1 PPCLI NEWSLETTER (WINTER 2016)

CO's Remarks

It is hard to believe that 2016 is about to come to an end already – it feels like just yesterday that the clock turned on 2015, and the 1st Battalion was planning for major exercises such as PROMETHEAN RAM and MAPLE RESOLVE 16. These exercises, as well as many others, have come and went. 1PPCLI deployed soldiers on International Operations again this year, deploying a group based on Alpha Company to Poland as part of NATO Reassurance measures. I just returned from visiting these 1PPCLI soldiers in Europe – they are in great spirits, have been instrumental in providing support to our European Allies, and are highly respected by the foreign nations they have been working with. All of 1PPCLI's exercises and deployments have been highly successful thanks to the great work of all soldiers, NCO's and officers of the Unit. For those family members that are reading this newsletter, without your unwavering support we would not be able to conduct the essential business of protecting Canada, and Canadians – thank you. In order to support 1PPCLI families, the Unit has stood up a full-time Family Support Cell, which is described later in this newsletter; I encourage you to reach out at any time to the Family Support Representative. The upcoming year looks like it will be just as busy, so please enjoy your Christmas Holidays and stay safe.

L.W. Rutland
Lieutenant-Colonel
Commanding Officer
1 PPLCI



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



IN THIS ISSUE:

<u>Operation REASSURANCE: The First Half</u>	3
<u>Battalion Update</u>	5
<u>Family Support</u>	10
<u>Important Dates and Upcoming Events</u>	12



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



Operation REASSURANCE 2016: The First Half

By: Lt. Stanley J Bennett, 1 Pl Comd



1 Platoon members fire the C-16 AGLS on Studnica Range in Glebokie, Poland. Photo: Cpl Jay Ekin

A Company's deployment to Eastern Europe for Operation REASSURANCE ROTO 6 has provided us valuable opportunities to work with many different NATO countries across Europe. Upon completion of the relief in place (RiP) with C Company from the 1st Battalion of the Royal 22^e Régiment, we launched into our first multinational exercise; Exercise ALLIED SPIRIT V, where we were attached to the 1st Battalion, 503rd Infantry

Regiment (US), from 173rd Airborne Brigade. For the exercise, A Company detached a single platoon, outfitted with American HMMWVs, to the Battalion headquarters to be employed as a force protection element. The remainder of A Company was tested in the arduous terrain of Hohenfels, Germany. Despite the persistent rain, the company managed to destroy the armoured threat, ensuring the success of the Battalion. Upon return from Hohenfels, 3 Platoon began their preparation for Exercise SCORPION FURY 16.2 in Romania, while the remainder of the company conducted low-level training in Poland. The period between exercises gave the platoons opportunities to run weekly ranges. 1 Platoon conducted a C-16 Automatic Grenade Launcher System (AGLS) range where all members of the platoon shot High Explosive (HE) ammunition from the weapon system. This range provided a unique insight for the soldiers into the battlefield effects of the weapon system, and its destructive power. 1 and 2 Platoon ran anti-armour ranges utilizing both the M-72 Short Range Anti Armour Weapon (Light), and the 84mm Carl Gustav Short Range Anti Armour Weapon (Medium). After the conclusion of the low-level training in Poland, the Land Task Force was provided an opportunity to conduct a R&R visit to the Vimy Ridge Memorial in France. Being at Vimy Ridge offered the soldiers a chance to view



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



the battlefield where many Canadians lost their lives during that battle. Following the Remembrance Day service, members of the Task Force were able to visit the Canadian Cemetery, tour the Vimy Ridge Visitor Centre, and walk the tunnels that the PPCLI used during the assault.

Preparing for, and deploying to Exercise IRON SWORD 2016, located in Pabradė, Lithuania, was the next significant task for the Task Force. During this exercise, A Company had the opportunity to work alongside several different allied countries. For example: our Reconnaissance Section and snipers worked with a Luxembourg reconnaissance platoon; combat engineers worked with the American, Lithuanian, and British combat engineers, and the Forward Observation Officer (FOO) Detachment worked with a German artillery unit, where they had the opportunity to control the fire of the Multiple Launch Rocket System (MLRS). The two Canadian rifle platoons on the exercise were attached to a Lithuanian company, and soon stepped off to train with their NATO allies. The first week allowed the chance for the Canadians to refresh and refine the training they had received in Glebokie, as well as teaching the Lithuanians about our urban operations drills. So far, Op REASSURANCE ROTO 6 has been an excellent opportunity to work with our NATO allies across Europe, and increase interoperability between our nations.



A member of 3 Platoon fires a Carl Gustaf recoilless rifle in Romania during Ex SCORPION FURY 16.2. Photo: Cpl Jay Ekin



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



BATTALION UPDATE

Ex PROMETHEAN RAM 16 (4 April – 3 May)

As part of the 1st Canadian Mechanized Battle Group's Road to High Readiness, 1 PPCLI planned, designed, and built ranges for live fire attacks up to Combat Team Level (Enhanced Level 5), allowing Infantry Companies from 2 PPCLI and Armoured Squadrons from the Lord Strathcona's Horse (Royal Canadians) to conduct crucial live-fire training and validation. 1 PPCLI also took part in convoy escort training with 1 Service Battalion and 1 CMBG HQ & Signals Squadron. This included complex scenarios involving enemy ambushes, IEDs, and local police and paramilitary forces. The exercise culminated with Op TOTALIZE, a brigade level defensive operation.



Soldiers from B Coy take cover behind their LAV and repel an enemy ambush during a convoy escort live fire range. Photo: Greg Southam, Edmonton Journal

Ex MAPLE RESOLVE 16 (19 May – 7 June)

Run by the Canadian Manoeuvre Training Centre, Ex MAPLE RESOLVE 16 was the largest exercise of the year, involving more than 6000 Canadian Soldiers along with members of the US Army, US National Guard, US Army Reserves, US Marine Corps, and the British Army. 1 Canadian Mechanized Brigade Group (1 CMBG) operated as a complete Mechanized Brigade Group and was validated and declared operationally ready. The exercise allowed the officers and soldiers of 1 PPCLI to experience the full spectrum of military operations in a brigade context. It involved a complex scenario including both conventional and unconventional enemy forces, as well as civilian populations. During the exercise, the Battalion Headquarters served as the Rear Area Command (RACOM). A Coy worked with LdSH(RC) in conventional offensive and defensive operations. B Coy filled the role of rear area security, performing counter-insurgency and force protection operations, including convoy escort and engagement with key members of civil society. C Coy provided "real-life support" to the exercise, while Combat Support and Administration Coys were split amongst all elements.



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



2016 Canadian Armed Forces Small Arms Concentration

Upon the conclusion of Ex MAPLE RESOLVE, training began for the 2016 CAFSAC, a competitive shooting event demanding skill in different weapons from pistol to light machine gun. A highly spirited concentration, it involved teams from across the Canadian Armed Forces and from allied forces.

Under the leadership of the Team Captain, Captain Lexin Luciak, and Head Coach, Master Corporal I Pete Smith, the team underwent a two week selection camp, followed by a 6 week training camp prior to the concentration. 1 PPCLI members competed as part of the 3rd Canadian Division Regular Force CAFSAC Team, securing 2nd place overall in the competition.

Special mention to Cpl Brad Wright, who won the title of top pistol competitor!

Ex TRADEWINDS (6 -29 June)

A team from 1 PPCLI deployed to Kingston, Jamaica in support of Ex TRADEWINDS, training soldiers from Caribbean nations in counter illicit trafficking (CIT) and advanced small arms and tactics (ASAT).

After conducting small arms training and Close Quarters Battle (CQB) drills, the focus moved to urban operations and interior CQB. Individual and section drills were taught, practiced, and refined using Simmunition paint marking rounds in abandoned structures as well as a modern CQB facility and 30m conventional range. The exercise culminated with multinational sections clearing two complex structures before fighting their way through a simulated junkyard.



MCpl Joel Sutherland supervises soldiers conducting fire and movement.



Instructors train students how to recover and engage if knocked to the ground.



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



Ex ARCTIC ANVIL (11 July – 11 August)

B Coy deployed to Fort Wainwright, Alaska on a joint exercise with United States Army Alaska (USARAK). Working with USARAK's 1st Battalion, 24th Infantry Regiment (1-24), B Coy participated in battalion level offensive and defensive operations during a force on force exercise. B Coy also had the opportunity to work with the 70th Brigade Engineer Regiment (70 BEB) to conduct the breaching of complex obstacles during a brigade level attack. Near the end of the exercise, B Coy conducted a live fire company level attack, supported by American artillery, engineer, and attack aviation assets.

Ex ARCTIC ANVIL provided the soldiers and officers of B Coy with valuable experience in joint operations, as well as exposing them to the US Army's way of war. They forged working relationships and friendships with their American counterparts and came away with valuable lessons learned that will benefit the Battalion and the Canadian Armed Forces in future operations.

Photos by MS Ambre Anderson.



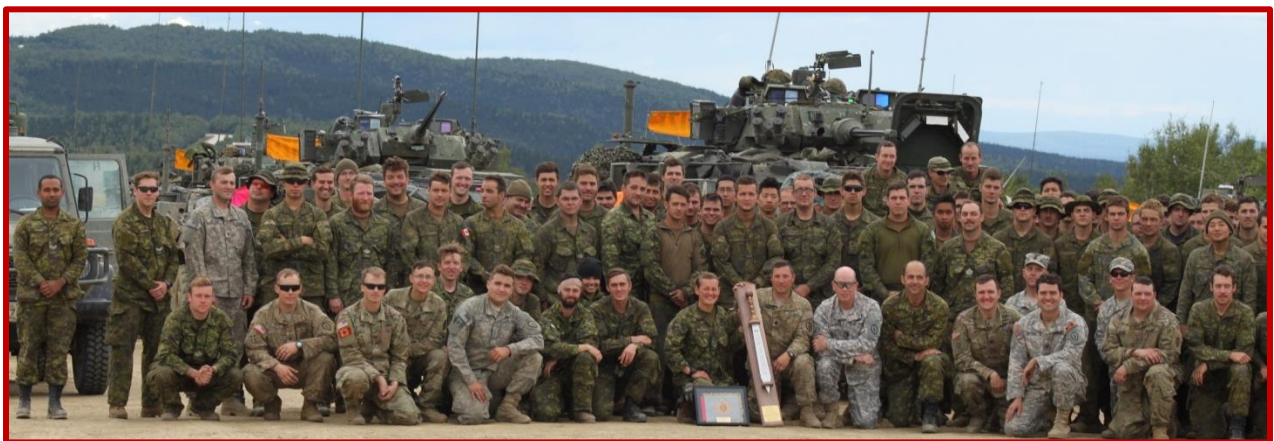
An AH64 Apache attack helicopter from USARAK flies overhead in support of B Coy during their live fire company level attack.



LAVs move through the woods during preparations for a brigade offensive operation.



Soldiers from B Coy and USARAK advance together behind a LAV during a live fire company attack.





FIRST BATTALION



Princess Patricia's Canadian Light Infantry

2016 MOUNTAIN MAN CHALLENGE

Coached by Corporal Adam Gee, the 1 PPCLI team competed in the 2016 Mountain Man Challenge on 8 September 2016. The competition consisted of a 32km run, 3.2 km portage, 10km canoe, and ending with a 5.6km run, all with an army-issued rucksack weighing no less than 35lb. Despite the majority of members being deployed on field exercises for much of the period leading up to the competition, they were able to prepare themselves for the event thanks to the great coaching and comprehensive training plan given by Coach Corporal Gee.

Congratulations to the 36 members of 1 PPCLI who competed!

Sgt STEPHAN COSTEN
 LCol WADE RUTLAND
 Maj JESSE VAN EIJK
 Pte MITCHELL EMPEY
 Pte ZANE FLEMING
 Pte ANDREW STRONG
 Cpl COLE LISOWSKI
 Cpl AUSTIN CIAFALONI
 Pte CAIL SPENCER
 PO2 JOHNATHON GLIBBERY
 Capt JUSTIN SIM
 Capt KAIT THEROUX
 Cpl TYLER MCFADDEN
 Pte ANDREW BARR
 Pte JESSE KELLAR
 Sgt JASON OP DE BEECK
 Cpl ADAM GEE
 Cpl JAMES MASON
 Pte AMBROSE ROBATAILLE-BROWN
 Pte SAM MOUNTENAY
 MCpl BRIAN HARVEY
 WO TREVOR PARKINSON
 Pte QUINN LOPEZ
 Cpl VALENTIN COSTACHE
 Cpl CHRISTOPHER GRONDIN
 Sgt STEVE WILKINSON
 Pte KALEB SUTTON

Pte CHRISTOPHER FUELLERT
 Pte KYLE ROESLER
 Cpl ERIC OLSEN
 Pte BRAD HINTON
 Cpl PATRICK BAIN
 Pte DANIEL LIM
 Sgt KYLE MCDONALD
 Pte ALBERT CHAN
 Pte KYLE DEIS



Ex PATRICIA ARES (11 – 23 October)

B Coy and C Coy deployed to Wainwright to continue training. They conducted Individual Battle Task Standards training and live fire attacks up to Combat Team level, confirming their operational readiness.

Canadian Patrolling Competition

1 PPCLI participated in this year's patrol completion with an 8 man team composed of soldiers from B Coy and Reconnaissance Platoon. They conducted their long range patrol from 23-25 Nov and were awarded a Silver Medal. Well done to all team members!



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



FAMILY SUPPORT

THE 1 PPCLI FAMILY SUPPORT CELL

The 1 PPCLI Family Support Cell (FSC) is now up and running! We are located in the old barber shop beside the Padre's office.



OP REASSURANCE

- Please contact the 1 PPCLI unit FSC rep or stop into the MFRC if you still need to fill out the Family Information Form.
- The unit FSC Rep contact info has been sent to family members of deployed pers who filled out the Family Info sheets.
- Business contact info cards and fridge magnets coming soon.
- Please take note of the mailing address to correctly send care packages.
- Call Base mail if you have specific questions related to mail.

780-973-4011 Ext 4813

Please do not send mail inside one month prior to the scheduled redeployment date.



PROVISIONS

- Unit news and information
- Advice and assistance
- Direction and guidance to proper contact info.
- Redeployment info for chalk dates and timings as directed.
- Support outlets through the base MFRC with available resources and programs.
- Offer manpower as required to the sick,

injured and pregnant.

- Prepared to initiate welfare calls as required.
- Act as primary point of contact for families of deployed.
- Answer Questions
- Provide solutions to problems.
- Available when needed.



UPCOMING CALENDAR EVENTS AT THE MFRC

Road To Mental Readiness

- A workshop to support families through the Deployment Cycle.
- Offers information and resources in preparing for deployment.
- Program to offer families a post deployment briefing to deal with the challenges of transitioning during reintegration.

Contact MFRC for dates and registration.

(780) 973-4011-ext.6300



FRANCOPHONE SERVICES

Language Services & Outreach Coordinator
 Sarah Ellis
 (780) 973-4011 ext 5081
language.services@mfrcedmonton.com



For the latest updates on all our events just add us to your list. E-mail the **1 PPCLI Family Support Cell** –

[+1 PPCLI Family Support@1 PPCLI@Edmonton](mailto:+1_PPCLI_Family_Support@1_PPCLI@Edmonton)



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



Family Support Contact Info

1 PPCLI BOS (24hr Duty phone): Cell 780-405-6593

1 PPCLI Duty Center: (780) 973-4011 ext 5500

Unit Family Support Cell - Sgt Justin J. St Onge: (780) 973-4011 ext 6708

Cell: (780)-934-8759

E-mail : justin.stonge@forces.gc.ca

1ppclifamilysupport@forces.gc.ca

MFRC Deployment Support Coordinator: (780)-973-4011-ext. 6304

MFRC (Military Family Resource Center) (780)-973-4011-ext. 6300

Garrison Social Workers/Mental Health: (780)-973-4011-ext. 5332/7444

Family Info Line (24 hr toll free) – 1-800-866-4546

Unit Padre- (780) 973-4011 ext. 5604

After Hours Chaplain Service – (780) 973-4011

* wait for Base Operator and ask for Duty Chaplain

WEB SERVICES- (PPCLI) WWW.PPCLI.COM

MFRC WWW.FAMILYFORCE.CA/SITES/EDMONTON

OP REASSURANCE MAILING ADDRESS

RANK, NAME, INT
UNIT/COY/SECTION
OP REASSURANCE
PO BOX 5208 STN FORCES
BELLEVILLE, ON K8N 5W6



Unit Mailing Address

1 PPCLI
403 Korea Rd, GG Brown Bldg
PO Box 10500 Stn. Forces
Edmonton, Alberta
T5J-4J5



FIRST BATTALION

Princess Patricia's Canadian Light Infantry



IMPORTANT DATES / UPCOMING EVENTS

17 Dec – 8 Jan: Christmas Leave

23-27 Jan: Ex STRONG CONTENDER

28-29 Jan: Ex RELENTLESS WARRIOR

25 Mar – 2 Apr: Spring Break