

Spruce Beer-The Forest Tot For Highlanders

by Capt-Lt. Mike Gadue

We in the 78th are lucky to have aficionados of single malt scotch. Being part Irish, I have never understood the desire to venerate and preserve scotch for a number of years, 'saving it' from consumption. Rather, it seems to me that you get better bang for the buck by consuming two shots of fifteen-year-old scotch rather than one thirty-year-old dram. However, I realize this pragmatic view is not shared by a number of gentlemen of the Regiment.

However, the Orders of the Day related to imbibulation for the Highland Regiments in North America during the French and Indian War were focused on spruce beer as a natural source of vitamin C, as a preventative for scurvy, as well as convenient and available sustenance, all at minimal cost. True, most of the regulations were prohibitory in nature, but as your loyal PMC, I choose to focus on what is possibly the sole military reference and official encouragement to drink!

Historically, spruce beer was first made known to Jacques Cartier by Native Americans as a common elixir, but the formula, though subject to variation, was not unknown to Scandinavia, and was spread throughout the globe by the British Navy. Though prepared in North America from the *genus* of red or black spruce, its preparation always involved the boiling of

spruce tops, needles, or buds, strained, and then mixed with molasses and other flavors to overcome what might have been a first, resinous and piney taste. Spruce beer could be made either in alcoholic or non-alcoholic versions, but our lusty Highlanders were not going to have much to do with tea-totaling a product of fir trees!

And, dear reader, there is of course a serendipitous connection between spruce beer and our recently appointed Deputy PMC, Charles Bierbrier. Not only does Charles have the *nom de guerre* of a purveyor and manufacturer of pilsners and ales in Quebec and Ontario, but he brings expertise in that necessary, arcane, and almost lost art, mixology. We expect great things from him in the future.

At the next scotch or whiskey tasting maybe we should also 'gin up' a little spruce beer. It might be good for our health, re-ignite our historic roots, and be a fun and educational elixir that is a cure for "what ails ya", especially in the deep miseries of northern winters, Brrr!

As an entrepreneurial lawyer, I will say however, that if the 78th plans to come out with a spruce beer that can be marketed to the masses, I would like to propose several possible names for our concoction:

"78th Frasers' Forest Tot", or "Pine 'en Away", or "Good Resin to Drink"

Speaking in bibulations, I remain,
Slainte,

Despatches



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Despatches

of The Fort St. Helen Garrison of the 78th Fraser Highlanders

Major Claude Larocque, Officer Commanding

July 2015

OC's Report



Hello everyone!

I am sure that many of you are aware that, owing to unusual circumstances, I am not presently acting as commanding officer of the Frasers. In fact, insofar as the home front is concerned, I seem to have fallen off the map.

A couple of weeks ago I was offered a position within the OSCE, (Organization for Security and Cooperation in Europe) as one of the representatives of Canada and given the opportunity to act as a monitor for the mission in the Ukraine in accordance with the OSCE mandate.

Because the mission could last a year, I have passed command of the unit to Paul Goodman who is the 2IC and who will replace me as OC. I am confident that Paul will do a fine job.

I am sorry that, because obviously the distances are significant, I could not attend the annual Fraser Fling. Please rest assured that you are in my thoughts while I am here. On the evening of June 19, I will be thinking of the wonderful evening this always is, knowing that you will be having a

marvellous time, and that you will be your very generous selves during the evening's silent auction. As always, your generosity will benefit the squad and help maintain the unit.

I thank you again for your past support and know that you will endorse Brevet -Major Paul Goodman in his new function as your Intermediate Commanding Officer.

Best Regards
Major Claude Larocque M.O.M.



On our trip to England late last fall, Gina and I were invited to a benefit concert, the main focus of which was to raise money for Gurkha veterans in Nepal in order to offer them some sort of comfort in their old age. The concert, organized by a local benevolent society, was held in Darlington, Yorkshire, and we were fortunate to attend as the event had been sold out. It was a wonderful evening and we were introduced to members of the band, members of the regiment, and were also privy to a demonstration of the famous Kukry.



The Quebec Thistle Council hosted the annual Auld Alliance Awards Ceremony at the Officers' Mess of The Black Watch (RHR) of Canada on May 9. The coveted awards went to the following:

AWARD WINNERS AND RECIPIENTS CATEGORY I AWARDS

Highland Dancing—Intermediate
Anne Lagacé

Highland Dancing—Intermediate
Marie-Ève Valiquette*

Highland Dancing—Senior
Betty Chapman

Athlete of the Year
Ian Baillie

Cuisine
Craig Sweeney

Cultural Activities
Moira Barclay-Fernie*
Suni Hope-Johnston

CATEGORY II AWARDS BLACK WATCH OF CANADA FOUNDATION SPECIAL AWARD FOR PIPING

Pipe-Major Josh Lord*

GORDON ATKINSON MEMORIAL PRIZE HIGHLAND MILITARY HISTORY

Capt R. Paul Goodman*

CATEGORY III AWARDS FELLOWS OF THE QUEBEC THISTLE COUNCIL

L/Col. Bruno Plourde*
Janice Stephenson

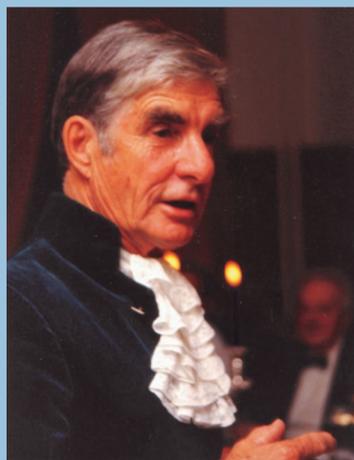
CATEGORY IV AWARD SCOTSWOMAN OF THE YEAR

May Cook

* Members of the 78th

In Memory of HCol The Hon. Kenneth C. Mackay QC, KCLJ

Sept. 29th, 1920-December 5th, 2014



It is with heavy hearts that we announce the passing of an outstanding Fraser, the Honorable Kenneth Charles MacKay, B.C.L., M.C.L., K.C.L.J., F.S.A., Scot, retired Justice of the Quebec Superior Court. He is survived by his sons, Dr. Fredrick Charles and Ian Nicolas, and his daughters Moragh, Meridith, and Victoria.

Mr. Mackay proudly served in the Royal Canadian Air Force during the Second World War. After the war, he enjoyed a distinguished legal career.

One of the original Honorary Colonels of the 78th Fraser Highlanders (Fort St. Helen Garrison), Mr. Mackay was proud of his connection to the Frasers and the members of the squad. He selflessly donated resources and time to the betterment of the regiment.

His wit, incisive mind, and towering presence will be sorely missed. His passing represents a true loss for the regiment.

In Memory of Milady Dawne Hutchison

1933-2015



Milady Dawne Noreen Bursey Hutchison, longtime Fraser supporter and co-chair of the Dinner Under the Stars Planning Committee, died earlier this year.

Married to Ian Hutchison, one of the Garrison's founding Honorary Colonels, Dawne was a fixture at Fraser events, bringing a lively energy and positive outlook that charmed those of us who knew her.

She volunteered her time to support the regiment, notably as co-chair of the Dinner Under the Stars committee. Dawne took a direct approach to everything, always asking insightful questions, and was stalwart in her dedication to making an event memorable.

With her passing, we have lost a profoundly elegant and charitable woman. She will be missed by all.



Judge Mackay (*center right*) with Colonel Harper in 1970

In Memory of Ensign Gary Aitken

March 28th 1941 - February 20th, 2015



The Garrison also mourns the loss of Ensign Henry Gordon Aitken, who died suddenly on 20 February, 2015. He is sadly missed by his wife Valerie (Josset), his sons Robert (Margaret) and Andrew, his grandchildren, sisters and other family members.

An exceptionally busy Montrealer, he was a member of the Board of Directors of the Montreal Chest Institute of the MUHC, Past President of the Grace Dart Institute, a United Empire Loyalist,

In Memory

Condolences are also extended to Milady Suzanne Gleason for the loss of her husband, R.N. Gleason-Bear. He is mourned also by their children Rosemary (Richard), Robert (Catriona), Rupert (Denise) and their grandchildren.

Our sympathies are also extended to Margaret Lefebvre, wife of Mr. Ronald Walker who died on 23 January 2015. Mrs. Lefebvre is a staunch supporter of the Frasers.

They will be missed.

Movie & Curry Night

by Brevet-Major R. Paul
Goodman

What happens when over thirty-five Frasers and friends are stuffed into the cosy but contained space of the Canadian Forces Sailing Club in Dorval? A revival of our curry/movie night event of course.

The objective was an informal evening with some good food and a bit of 18th century education topped off by a tempting Indian buffet. The food featured a good variety of dishes, consisting of such selections as butter chicken, lamb Patiala, vegetable biryani and many types of chutney. All spiced but none too spicy in my opinion.

The tenuous connection between curry and our own 78th was pointed out by the education officer: the connection depended upon another Highland regiment, raised during the Seven Years' War, and serving in India while ours was sent of course to Canada. The busy bar, staffed in part by one LCol. Bolton (warning: avoid his bloody Caesar), facilitated much good conversation and mirth. After the decidedly westernized cake dessert the other part of the evening commenced.

A showing of a 2007 documentary titled "Who Killed Wolfe?" featured experts on the era from Britain & North America and was narrated by one Andrew Wolfe-Burroughs who claims descent from the famous general, not explained but actually through Wolfe's mother's sister. Burrough's research leads rather too conveniently to the conclusion that the General was shot by a deserter from his own army who had joined the French. However, without any real smoking gun, probably the best that can be said is that this may be a possible theory.

A lively question-and-answer session followed the showing with the audience exhibiting signs of picking up some insights and details regarding the famous battle in 1759 where our regimental ancestors gained much acclaim.

So, a successful, tasty, light history lesson – no force feeding required.

Please welcome the new members
of the
Fort St. Helen's Garrison
Inducted at the
Regimental Dining In 2014

Ensigns

Scott Fraser
Robert H. Anderson



Miladizs

Sarah Lucasta Dawbarn
Milady Julie Perron
Rachel Fraser



Annual Regimental Highland Dining-In

by *Ensign Alec McGuckin*

It is said that Highland Regiments live and die with their traditions.

One of our long-standing traditions is the Regiment's Annual Dining-In, held this year on 14 November at the Officers' Mess of the Black Watch (RHR) of Canada.

The evening was, as usual, a complete success.



Carrying on a tradition started in recent years, the members of the Student Squad were invited to the dinner, where the annual set of awards was presented. Tickets for the Squad members were generously paid for by members of the Garrison.



The Guest of Honour at this year's dinner was LCol Christopher Phare, CD, Commanding Officer of the Black Watch. He delivered a stirring address touting the steel-like bond between the Black Watch and the Frasers. This was made all the more appropriate when our Officer Commanding, Claude Larocque, MOM, noted that ten current members of the Black Watch Pipes and Drums were, at one time, Frasers.



Guests enjoyed an excellent meal of either lamb or salmon, accompanied by seasonal vegetables. The pipers and drummers of the squad entertained all present with traditional music and highland dancing. This all augmented the perennial enjoyment of seeing old friends in a pleasant social



environment.

As the evening came to a close, it was clear to all that this dinner is a tradition worth continuing.

Oyster & Whiskey Night 2015

by *Captain Charles V. Bierbrier*

On March 19th, 2015 the 78th Fraser Highlanders held their 2nd annual whiskey night at the Maison Forget. For this year's event we added a special twist. In addition to outstanding whiskeys and a buffet, there was an oyster bar.

Brian McQueenie of Oui Dram presented an impressive selection of whiskeys. They included a twelve-year-old Bowmore, ten-year-old Highland Park, Laphroaig Quarter Cask, The Macallan Gold, and Auchentoshan Valinch. We enjoyed Brian's entertaining historic narrative and descriptive analysis of each whiskey, and relished the exceptional choices he offered us. Guests were also able to visit the oyster bar in the adjoining room and sample a selection of fresh oysters between tastings.



The oysters were presented to us by an expert oyster shucker from the Old Port Fishing Company. Included in the selection were Raspberry Point oysters from PEI, and Village Bay oysters from New Brunswick. The joyous crowd easily went through the several hundred fresh oysters that had been shipped in right from the ocean earlier that morning. Clearly this is an event we will have to repeat.

Guests continued to mingle and eat from the cheese platters and assorted treats provided by members of the Command Group as the night continued. Raffle prizes were drawn and, as is the usual 78th tradition, we could feel the room fill with heartfelt camaraderie, and a good time was definitely had by all. We will see you all at the next whiskey and oyster evening but remember to buy your tickets early as they go very quickly.

The Curling Event: 2015.

By *Brevet-Major R. Paul Goodman*

According to the Library Archives Canada website on the history of curling in Canada, it is agreed by common tradition that the game was first played on these shores by our own 78th Regiment on the frozen St. Charles River during the first winter in the Quebec City garrison of 1759-60. The story goes that our worthy ancestors cut iron cannon balls to forge those pioneering rocks.

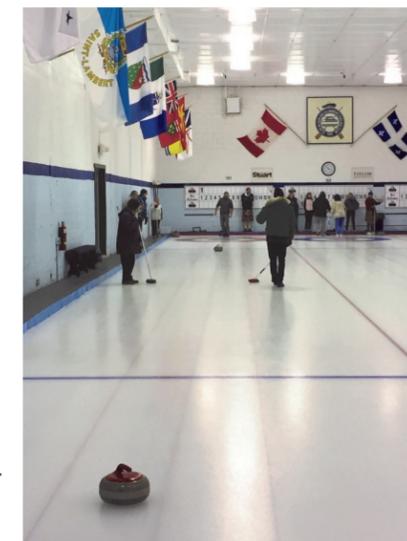


A great story, and one which we proudly commemorate with our yearly garrison event, even if we are happy to use modern curling technology. It should be mentioned that the story, which lacks firm documentary evidence, is most unlikely owing to the terrible conditions in Quebec City that winter and to the dreadful state of the health of the 78th. Both these facts are well documented: critical scurvy rates affected the Highland boys more than it did the regiments man-powered from Old England or the American colonies. However, the first recorded curling club was formed by some Montreal merchants in 1807; we are in good historical standing.

With the above in mind on a fine winter Saturday, February 28th last, the curling fraternity of our present 78th gathered to play, socialize, celebrate, eat and drink. Commencing in traditional style, a small intrepid group played a few ends outdoors on the banks of

the St. Lawrence at the old fort on Ile Ste-Helene on the best prepared rink your reporter has seen at this site. The ice was clear, smooth, and fairly fast for outdoor play with those twenty-five pound, old-style stones. We have suffered regimental casualties in the past from this more traditional form of play.

Then it was on to meet the others at the finely appointed rink of the St. Lambert Curling Club which we have used for the last few years. This was, as always, so well arranged by our own Hon. Lieutenant Colonel Okill Stewart. He is the only surviving founding member of the St. Lambert Club and as he put it to me later, "They [the other founding members] probably didn't eat their Wheaties". We had a draw of four teams this year, slightly down from our usual number competing for the yearly cup honours.



However, it was good fun with stiff, close competition and, after elimination rounds, the team skipped by Major Earl Chapman emerged victorious for a second consecutive year.

Later, accepting the cup presented by Lieutenant Colonel Bolton, Major Chapman having closely observed the metal plaques on the trophy recording the name and members of the winning teams, mumbled there wasn't much point winning if one's victory is not recorded for posterity. It seems the plaques are not quite up to date.

Much good conversation continued into the early evening when a now enlarged crowd of 78th members gathered to share in the simple but hardy three course communal meal prepared by the staff of the St. Lambert Club for our nourishment and enjoyment. This of course would have seemed like a fine feast to our regimental ancestors during that first Quebec City winter – especially since the ham was not boiled from the barrelled salted state.



In real 78th Highland style, the event was musically topped off by young squad "old boys": piper Josh Lord, and versatile drummer Peter Limeburner, who doubled as the sword dance performer. Peter would have lost two or three toes if true sharpened-edged broadswords had been used. It must be reported that he sported a very strange "Kaiser Wilhelm" style upturned mustachio. Drummer Limeburner had clearly mistaken his correct historical era. But for your reporter it added to the constant enjoyment and good humour of our "historic" event.





Ex-OC's Report

By HLTCol Peter B. Ferst

Dear OC Claude, friends in the command group, and fellow Frasers,

I have been most remiss in not sending you a signal (for non-Navy types = message) from this outpost in the Middle Kingdom or, to be more precise, Manchuria where I am now residing. I have no doubt that the OC will find a punishment for me commensurate with the crime.

I have been following your various activities and am so pleased to see that there is certainly life after the loss of the Fort and the Stewart Museum, and that you are all pulling hard on the oars to succeed.

Over the last months I have been crisscrossing China but will now remain here in the north-east for most of the winter. Not too far from the Russian border, the weather is warmer than but not dissimilar to what we have in Montreal. We are going through a beautiful autumn, albeit marred some days by smog and pollution. To be fair to China, they really are doing good things to improve air quality. I am part of that and gave a

lecture recently at the University of Changsha, where I have been appointed visiting professor.

On a per capita basis China is actually leading the world regarding money spent on pollution controls. Their current regulations are tougher than European and North America standards but the sheer size of the population makes it seem that progress occurs slowly.

I am sorry that I will miss the Regimental Annual Dining-In and the Haggis. I will just have to console myself eating chicken feet, roasted silk worms, jellyfish and sea cucumbers, which in China is up there in price with caviar. The food here is heavenly and people eat and eat. Hockey is our national sport; eating is China's. Restaurants big scale, small scale, street stalls everywhere. Mostly very clean, great food and, compared to home, cheap. No tipping and no GST/PST. The beer is very good, and their spirits are 56%. Recently it was my turn to invite some people to a restaurant.

Long story short, there were twenty-three of us. We ate like hogs, got drunk as lords, and the price in our money was \$240. Furthermore, there was so much food left over we all got care packages to take home. It drives me crazy that the Chinese love food, eat like horses and most are skinny as rakes. No fair!!!

I really like China and in particular the people who are friendly and welcoming, most with a very good sense of humour. In all countries there are pluses and minuses - China is no different. Yes there are

some dirt poor areas but in the vast urban and semi-rural areas, people are doing very well.

Security-wise I feel totally safe here. In the beginning I was wondering where the police, other than traffic cops, were. You see a greater police presence in Montréal than you do here and, as in England, they are armed only in exceptional cases.

The crime rate is very low and punishment is severe. A conviction for rape, death penalty; drug dealing or heavy drug use, death penalty; robbery with a weapon, death penalty. NOBODY I know drinks and drives - not even one beer! The penalty for a first offence: loss of your car, banned for ages, a big fine, and, depending on the level of intoxication, a possible jail sentence. A second offence can get you ten years in jail; kill someone under the influence, the death penalty.

When I am on the metro or train or in the crowded streets surrounded by a mass of people, every other person on a cell phone, all well dressed and well nourished as we dodge our way among the late model cars on the overcrowded roads, or when I am speeding along on the bullet trains at more than three hundred km/h and never fail to be on time, I see a mass of vibrant people who are happy with their lives.

Yours Aye,
Peter

(Editor's note: This article arrived between publications. Peter returned to Montreal for a spell and is back in China.)

PIPERS IN FRASER'S HIGHLANDERS, 1759 - AN UPDATE

By Major Earl Chapman,
Regimental Historian

The written historical record is unclear regarding the number of pipers carried by the Highland regiments which served in North America during the French & Indian War, 1756-1767. This is particularly so with regard to Fraser's Highlanders, the 78th Regiment of Foot. After years of study, piper-historian Dr. William Forbes mused "of all the Highland regiments during this period, the pipers of Fraser's Highlanders are the most elusive." This is because, in general, pipers were not formally carried on a regiment's establishment, although a few do appear as drummers. Based on a strict interpretation of the historical record, some historians believe that a very small number of pipers accompanied the Highland regiments to North America, and that Fraser's Highlanders had the least number, perhaps one or two.

New information has been uncovered which seems to indicate that Fraser's Highlanders carried four pipers to North America. In his *Historical Journal*, Capt. John Knox included a table showing the effective strength of the Quebec garrison on 29 October 1759. This strength return is somewhat unusual as it shows the number of "fifers" in the Quebec garrison, broken down by regiment. A quick reference to this table shows that Fraser's Highlanders carried twenty-five drummers and four fifers.

The column for "fifers" should have read "musicians" although in most regiments the term "fifers" would have been correct. However, for Fraser's Highlanders, it likely meant the number of pipers carried by the regiment, it being inconceivable that a Highland regiment would have carried fifers.

By October 1759, Fraser's Highlanders comprised fourteen companies, the last of the so-called "Additional Companies" arriving at Quebec just in time to participate in the battle on the Plains of Abraham. Each company would normally have two drummers, so the total number of drummers on 29 October 1759 should have been twenty-eight, and not twenty-five. However, the table shows the effective strength of the Quebec garrison so perhaps three drummers were on the sick list, or otherwise detached from the Regiment. The four pipers can logically be assigned as follows:

The Colonel's Company
1 piper
The Senior Major's Company
1 piper
The Junior Major's Company
1 piper
The Grenadier Company
1 piper

Capt. Knox's table is not conclusive evidence, but it presents a very strong argument that Fraser's Highlanders carried four pipers to North America. One of these four pipers would have been the Regiment's pipe major (likely the piper in the colonel's company). Unfortunately, his name is not positively known at this time, but there is some evidence to suggest that it was a piper named MacArthur. According to research conducted by Dr. Forbes, two 78th pipers can be positively identified: Alexander McIntyre, and Archibald MacDonald.

Regiments.	Colonels.	Majors.	Captains.	Lieutenants.	Ensigns.	Chaplains.	Adjutants.	Surgeons.	Mates.	Quarter Masters	Sejeants.	Drummers.	Fifers.	Rank and File.	Total of all Ranks.
15th - -	1	1	3	16	8	1	1	1	1	1	33	14	2	455	
28th - -	1	1	4	9	8	0	1	1	1	1	25	18	2	536	
35th - -	0	1	7	15	8	0	1	1	2	1	39	16	2	728	
43d - -	1	1	7	10	7	1	1	1	1	1	29	18	2	585	
47th - -	0	1	2	15	8	1	1	1	1	1	38	17	2	538	
48th - -	1	0	5	10	7	1	1	1	2	0	28	16	2	802	
58th - -	0	1	3	9	8	0	0	1	1	1	26	16	3	508	
2d Battal. } R. Amer. }	0	0	4	12	6	0	1	1	1	1	31	14	2	465	
3d Ditto -	1	0	6	16	7	0	1	1	2	1	34	16	2	540	
78th - -	1	0	7	24	12	1	1	1	2	1	50	25	4	978	
Rangers -	0	0	1	2	0	0	0	0	0	0	4	2	0	100	
Royal Artillery. }	0	1	2	9	0	0	1	1	0	1	6	6	0	195	
Total	6	7	51	147	79	5	10	11	14	10	343	178	22	6430	7313