



NEWSLETTER

THE ROYAL HONG KONG REGIMENT (THE VOLUNTEERS) ASSOCIATION

www.rhkr.org

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Message from the Chairman

Maj Ron Taylor, MBE, ED

In May this year Europe commemorated the 65th anniversary of the end of the war in Europe. In August it is unlikely that Europe will give no more than a passing acknowledgement of the 65th anniversary of the end of the Pacific War. That war was known in Europe as the “forgotten war” and hence it is important that we, in Hong Kong, do not forget this significant anniversary.

As in previous years, with help from the Hong Kong Adventure Corps, the Association will assist the Prisoners of War Association in the holding a simple ceremony at the City Hall Garden of Remembrance on Sunday 15 August, exactly 65 years after the end of the Pacific War.

To mark this significant ceremony we have invited the Chief Executive, the Honourable Donald Tsang, to lay a wreath on behalf of Hong Kong. We have also invited heads of those government departments which have taken over those 1941 organisations which were directly involved in the battle.

This is a significant anniversary and an opportunity for all Volunteers to pay their respects and thanks to our predecessors who enabled us to enjoy our current lifestyle some 65 years later. Please do come to the City Hall at 1030hrs on Sunday 15 August for about an hour.

In November, this significant anniversary is expected to be marked by a pilgrimage to Hong Kong by the UK Royal British Legion and in December by a pilgrimage of Canadian veterans. Although the Pacific War was a forgotten war it is not forgotten by all. Let us not forget it.

NOTICE TO ALL MEMBERS

Regimental Associations

Volunteers remember giving one day's pay for Life Membership of the Regimental Association. That association organized the annual dinner, a “family's splash” night and the Regimental Dragon Boat. It relied on the Regiment for its administration and clearly that association could not continue

once the Regiment had disbanded. In 1993 its members voted for it to be wound up and dissolved. Hence that association no longer exists.

At the same time a new association, with a slightly different name, came into being on a legal basis which could survive without the Regiment's support. After disbandment this new association took over some of the duties previously undertaken by the Regiment. These included assistance to Trailwalker and other charities, organizing the Victory Day Ceremony at the City Hall and the Foundation Day Dinner. This new association became responsible for its own administration and the running of the club house which we did not have before.

This new association is open to all ex-Volunteers, members of the old association, on the payment of a small annual fee, only HK\$200 per year. This fee goes part way to maintain the clubhouse, financing the various organized events including the Happy Hour associated with film nights.

Last year this new association changed its legal name to be the same as that held by the pre-disbandment association, namely The Royal Hong Kong Regiment (The Volunteers) Association.

Family walk

Wong Siu Wing

The Family Walk 2010 took place on 10 January, just a few weeks before the Chinese New Year festive season. It was a nice and cool day with the temperature ranging from 15 deg C in the morning to 19 deg C in the afternoon. This was the best weather for a leisure walk around Sai Kung area where we could stay away from our daily routines.

The walk started at Pak Tam Au, we gathered at 0900; thank goodness the HKAC caterer provided a light breakfast free of charge. In particular we had the usual "regimental tea" that recaps our collective memories for exercises at the fields. Then we did a gentle climb along the trail towards To Kwa Pong. At To Kwa Pong, we enjoyed the beautiful landscape and the inland sea of Ko Tong Hau. One can have a close look of the mangroves along the shore. On the way to Wong Shek Pier we came across the Wong Shek Tree Trail where one can detour and do a little bit of research on trees.

We ended up at Wong Shek Pier at about 1200 with 13 members and families having joined the walk. It was a nice day and everybody enjoyed the walk and certainly the sumptuous seafood lunch at Sai Kung afterwards.

The Association subsidised \$20 for each member and spouses who joined the walk. We all thank C C Leung for arranging the walk and expecting a more challenging walk for the year to come, hoping that this will become the AFT for those senior members of the Regiment and families.



Volunteer Challenge Cup

The race for the Volunteer Challenge Cup was held on the evening on 3rd March. Almost a hundred members and their guests joined the race night and Mrs Chan, the wife of Dr John Chan, presented the Cup to the winner after the race.

156th Foundation Day Dinner

The 156th Foundation Day Dinner was held on 28th May this year on the 8/F., Happy Valley Stand which also fell on the same day of the 70th Anniversary of the Battle and Evacuation of Dunkirk. The British Consul General Mr. Andrew Seaton was the chief guest and the Chief Staff Officer of CAS, Mr. Liu Chi Keung, was also our invited guest. Other guests included representatives from the Hong Kong Ex-Servicemen Association, Mr. William Ching and Mr. Simon So. This year was very special in that we had some guests from the Government Flying Service, all had been members of the Royal Hong Kong Auxiliary Air Force, and they included Captain Michael Chan, now the Controller of the GFS. It was also our great honour to invite the CAS Band to play for us during the dinner and most importantly play the various Regimental Marches at the end.



New uniform unveiled

(Source from MOD website 20th December, 2009)

UK Armed Forces are to be issued with a new combat clothing to improve their operational effectiveness. The new uniforms include the first change in 40 years to the British camouflage pattern.



Personnel in Afghanistan operate across a wide range of environments - desert, woodland/jungle, compounds, crops, grassland and arid stone. They frequently move through environments during their patrols, and often go through several in the course of one operation - but existing camouflages are optimized for single environments. An MOD Urgent Operational Requirement (UOR) was authorized in April, and a programme of research has taken place since then to compare in-service camouflages with newly developed patterns

and commercial off-the-shelf products.

A wide range of camouflages and colours were trialled, in the UK, Cyprus, Kenya and Afghanistan. The trials included visual comparisons, objective assessments of the time to detect the different camouflages against different backgrounds, and subjective user opinions on the efficacy of the performance. Crye's Multicam technology was found to be the best performing across the widest range of environments by a significant margin - reducing the chance of detection in mixed environments - and it was selected as the new UK camouflage. It will be known as Multi-Terrain Pattern (MTP). Uniforms in the new pattern will be issued to all personnel deploying to Afghanistan from March 2010 and issued more widely to the UK Armed Forces from 2011. The roll-out of new clothing will also coincide with a change in clothing cut, to provide coherence with new ballistic protection systems.



Private Maxwell

Maj Ron Taylor, MBE, TD, ED

In the grounds of St John's Cathedral, near the memorial to the 1914-18 War, lies the grave of 3176 Private Ronald Douglas Maxwell HKVDC who was killed on 23 December 1941. Why was Pte Maxwell, a Catholic, buried in the grounds of the Protestant Cathedral and how did it happen?

Pte Maxwell was in No 8 Platoon, 3 Company and in a section with Pat Jorge, Willie Sprinkle and led by LCpl George Roylance. As many will remember, George subsequently served in the post-war regiment and his last posting was the command of Home Guard Squadron at which time he was the last HKVDC member to be on the Regiment's active list.

Pat Jorge tells the story that on 22nd December 1941 he handed his weapon to Maxwell so that he (Pat) could go and see his mother whose birthday it was on that day. When he returned to his post in Wanchai shortly after 3pm his colleagues were missing. He discovered from the "Street Angles" that Maxwell, who had been crouching behind a sand-bag, had been hit in the stomach by shrapnel from fire from Kowloon. The rest of the section had gone to Wanchai Police Station to report his death.

The following morning the section members wrapped the body in tennis netting and took him in a vehicle to St John's Cathedral as the only place available with a little greenery, other than the cricket ground (now Chater Garden). When they arrived George chased away an Indian digging a fox hole and they buried Maxwell under a tree. There was no time to obtain a casket so he was buried in the tennis netting. A recent attempt to have this story verified by George Roylance, now living in Vancouver, was unsuccessful as contact with George had been lost.

The burial is recorded in *The Jesuit's Under Fire*, an incredible book, published in Ireland in 1944 (while Hong Kong was still occupied). It gives a side of the Battle for Hong Kong as seen by the 21 Jesuits priests who were in Hong Kong at that time. "One of Fr. O'Brien's last acts before leaving Battery Path was the sad one of conducting a burial service of a Volunteer. He was one of a Catholic group, and his companions, greatly affected by his death, drove up on a lorry with the body and asked if a priest could come with them while they buried it. There was no possibility of going to a cemetery, and all that they could do was to bury it temporarily in the nearest possible place – the grounds of the Protestant Cathedral. They dug



a shallow trench and lowered the body wrapped up in a canvas sheet. Fr. O'Brien and Mr Wood stood beside it, and Fr. O'Brien said the prayers. While he was saying them some planes flew overhead, and a Volunteer covered his rifle lest the light might be seen to glance from the bayonet. Then they filled the grave."

By the early 1980s it was decided that the grave would be permanent. It had already been marked by a grave stone but it is not known by whom. The stone noted his death on 23rd December, a day after that apparently remembered by Pat Jorge. However the grave was not marked by a Commonwealth War Grave Commission head stone until earlier this year as a result of a visit in 2008 when the Director of the CWGC stopped at Maxwell's headstone in Sai Wan. That headstone noted "his body is buried outside St John Cathedral". The Commission's regulations do not permit an empty grave in one of their cemeteries so the old stone in Sai Wan has been removed and a new headstone provided at the Cathedral and blessed in a short ceremony in April.

Exercise and Health

Bernard Yuen

Time really flies fast and it is already 15 years after the disbandment of our Regiment. I believe even the youngest recruit of the last Cadre 49 is now almost of his mid 30's. Today, heart disease and stroke are the most common diseases among the urban people, particularly the middle age people, and it is time for you to concern about your health. Actually there is one easy way to maintain your good health i.e. exercise and healthy eating. If you haven't been active for years, it is time to start thinking of exercise and act now.

Just start out slowly and begin with a 10-minute period of light exercise or a brisk walk every day and gradually increase how hard you exercise and for how long. There are some ways you can sneak exercise into your day e.g. take stairs instead of elevator, go for a walk during your coffee break or lunch, walk all or part of your way to work and do housework at a fast pace. To receive the benefits of physical activity, it's important not to tire too quickly. Pacing yourself is especially important if you've been inactive.

Target heart rates let you measure your initial fitness level and monitor your progress in a fitness program. This approach requires measuring your pulse periodically as you exercise and staying within 50 to 85 percent of your maximum heart rate. This range is called your **target heart rate**.

The table below shows estimated target heart rates for different ages. Look for the age category closest to yours, then read across to find your target heart rate.

Age	Target HR Zone 50–85 %	Average Maximum Heart Rate 100 %
20 years	100–170 beats per minute	200 beats per minute
25 years	98–166 beats per minute	195 beats per minute
30 years	95–162 beats per minute	190 beats per minute

35 years	93–157 beats per minute	185 beats per minute
40 years	90–153 beats per minute	180 beats per minute
45 years	88–149 beats per minute	175 beats per minute
50 years	85–145 beats per minute	170 beats per minute
55 years	83–140 beats per minute	165 beats per minute
60 years	80–136 beats per minute	160 beats per minute
65 years	78–132 beats per minute	155 beats per minute
70 years	75–128 beats per minute	150 beats per minute

Your maximum heart rate is about 220 minus your age. The figures above are averages, so use them as general guidelines.

Note: A few high blood pressure medications lower the maximum heart rate and thus the target zone rate. If you're taking such medicine, call your physician to find out if you need to use a lower target heart rate.

When starting an exercise program, aim at the lowest part of your target zone (50 percent) during the first few weeks. Gradually build up to the higher part of your target zone (75 percent). After six months or more of regular exercise, you may be able to exercise comfortably at up to 85 percent of your maximum heart rate. However, you don't have to exercise that hard to stay in shape.

In future, the Association is planning for more events with little exercise so that you can be active and fit as you were before. I am planning to organize a hiking society and we can do our easy hiking once every month. (Source from American Heart Association)

Coming Events

1. Liberation Day Ceremony Sunday 15th August.
2. Annual General Meeting Thursday 2nd September.
3. Border Tour/ Battlefield Tour TBC
4. Trail Walker 2010 Friday 19th to Sunday 21st November.
5. Christmas Party Friday 17th December.

Editor

Bernard Yuen