

# 41st Regiment of Foot JOURNAL

(Military Living History Group)



March - April 2004



## DRILL AT FORT MALDEN

On April 3rd an all-up drill was held at the historic Fort Malden in the town of Amherstburg, on the Detroit River. Seven members of the Regiment were in attendance - not the best turnout for an 'all-up' drill. Such events should be taken as 'Command

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The Journal and the Military History Group are dedicated to the life and work of the British soldier during the War of 1812, especially those who served in the 41st Regt. in the Canadas from 1799-1815

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Performances". However, the weather cooperated with the event and the company drilled in perfect sunshine, though a little cool.

John McLeod of the Fort Staff was on hand to assist us. Following a regulation musket inspection, the company drilled for two hours before lunch, and one a half hours following lunch.

The presentation of the Regiment is being refined with each drill, and the amount of practice taken over the winter shows as the season opening draws near. Lunch was taken at "Don Luciano's" and was excellent.



Members of the 41st marching in 32 degree heat at Ft George, August 2003.

# Physical Preparation for Events and a Re-Enacting Season - I

## Pre-Season Work-Outs

Private Tom Fournier, #4141

Looking from the outside, one might not think that ours is a very physically demanding hobby; but dealing with extended marches, carrying kit and accoutrements and dealing with the extreme vagaries of weather can all extract a physical toll. A little thought and planning can help to ensure that you have a comfortable, happy and healthy season!

Just like athletes, a little effort to get into shape before a season helps to ensure your peak performance at events. Perhaps this sounds a little too zealous but think of how many times at an event that your line-mates are huffing and puffing or moaning about sore feet or sore backs?

Face it, most of us now live a pretty sedentary lifestyle and it is a pretty radical shift to travel back nearly 200 years in time to when people were their own mode of transportation. That is they pretty much

walked everywhere they had to go. When was the last time that you walked for more than ten minutes? Some preparation will help you get prepared for a season of events where we are trying to recreate the past and we are also walking, marching and standing through the course of a day.

Try going for walks before the start of a season, or even throughout a season if there is some time between events and you are not physically active. Start slow and gradually ramp up the intensity of your *workouts*. To begin, go for a ten-minute walk at a leisurely pace. Within the next two days, go for a second walk also ten minutes in length but try increasing the tempo slightly. Again, within the next two days try another ten-minute walk at a more brisk pace.

Once you can comfortably walk for ten minutes at a brisk pace, try increasing the time. Add a minute every time you go for a walk and before you know it you will be surprised at how far you are going and how much distance you are covering.

Also, try adding a weight load ñ wear a backpack with some weights in it or old books (anything that will make you work a little harder), try some walks in your re-enacting footwear (you also have to condition your feet to walking in shoes to which they are not used to).

An alternate goal supported by walking could be weight loss. If you are striving for that svelte figure in a red coat, then you have to make sure that you increase both the length and intensity of your walks. For the first twenty minutes of a brisk walk, your body is working off the latent energy stored in your muscles. After twenty minutes, this energy has been expended and your body begins to consume fat as its source of energy. If weight loss is a goal then you have to work up your walks to a length in excess of 20 minutes. A brisk walk can be as good a workout as jogging without the rigorous demands on your knees, feet and back.

Remember to ease your way into a workout routine. The biggest pitfall is to be too aggressive and try to do too much the first time out. You end up feeling sore or with an injury and then there is no incentive to continue. Build a positive, comfortable routine and you will live a healthier life and will find yourself ready for the demands of the events of our season.



# The Third Annual School of Instruction for Officers and NCOs



Members of the Forty First in earnest conversation at Fort York, April 17, 2004

was held at at Fort York on April 17-18 this year. The School is arranged under the auspices of the crown forces Staff, and was led by Deputy Adjutant General, Peter Twist. Sessions were held on The Care and Maintenance of Muskets;

Forge Hats, Greatcoats and other aspects of

uniform and kit; Marching and turning from file into line on the march; Triple Salutes (due to Lieut. Generals); forming an infantry square to 'receive' cavalry and Light Infantry drill. We were instructed well by Peter, and Steve Hartwick (Sgt. Major), Ken Purvis (Ft. York), Roland Wardle (8th Regt), Paul Shaef (Adjutant to CF), Craig Williams (Brigade Major) and Doug De Croix (6th Regt.)

In the larger Crown Forces events, such as the Grand Encampments, cavalry will be used in the battle re-enactments, hence the importance of forming squares. The drill is complex, but the effect almost magical as the line changes swiftly into a 'hedehog' of bayoneted muskets, with front ranks kneeling and rear ranks standing at the ready.

Light Infantry drill was rehearsed because of the occasional need to use more than the current number of Light Infantry units as skirmishers. At present in the Crown Forces there are two Light Infantry British Regiments, the 1st (Royal Scots) and the 6th (Warwickshire). They are supplemented by the Glengarry Light Infantry, and the occasional appearance of Voltigeurs. Of the remaining regiments only the 41st, The Royal Newfoundland Regiment and the 10th Royal Veterans Battalion are dedicated to Line Infantry. The rest (8th, 49th and 89th) are Grenadiers. In the militia units the Incorporated Militia function mainly as Line Infantry, although they are strictly a Flank Company. The Norfolk Militia are flexible, and the 1st Lincolns as yet untried. Having all units rehearse Light Infantry drill provides more flexibility to the Crown Forces Command.

## UPCOMING EVENTS

The following are some of the reenactment events on the schedule for 2004.. It is hoped that the 41st will have a good turn-out at these events. Please make a note in your calendar (if you have not done so already) and make plans to attend.

**The Battle of Longwoods, Longwoods, Ontario - April 30-May 2**

**The Crown Forces Grand Encampment, Fort Meigs, Ohio - May 29-30**  
**A Forty First Official Event**

**The Battle of Stoney Creek, Hamilton, Ontario - June 5-6**