

The Guards Star

Governor General's Foot Guards Regimental Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3
Regimental Website: www.footguards.ca/2013

SEPTEMBER 2015



EDITOR: ESTELLE LANE

Message from the President

MWO Marty Lane, CD (Retd)

Here we are starting a new training year with a new Chief Warrant Officer (RSM) in place and a new LCC about to take command of the Regiment. The Association welcomes both CWO Porter and LCol. Lynam to their new appointments within the Regiment and wishes them much success during their term of command.

The Annual Association Reunion Dinner weekend date has been finalized and it will be held the weekend of November 13-14, 2015. The Annual General Meeting and Meet and Greet will be held on Friday evening and the dinner and Memorial service will be held on Saturday evening. The cost for the dinner will be \$50.00 per person and the meet and greet will be \$10.00 per person. Tickets will be available shortly from mess reps and the Museum on parade nights.

The AGM on Friday evening will be held prior to the meet and greet. There will be an election of officers as part of the meeting and members are urged to consider submitting their names up for election. The term of office is a duration of two years and the time commitment to these positions is very minimal. New blood on the executive is always good as it can always have new and different ideas for the members. As this is your Association it would be nice to see a large number of serving members attend the AGM and get involved in the operation of your Association.

I hope to see a large number of members, past and present, at the dinner. It would be very nice if each member was to find and invite a former member of the Regiment to the Dinner. Another date to put down on your calendar is February 27,

2016. The bi-annual Regimental Ball will again be held at the Ottawa Conference and Event Centre. More information will be provided at a later date.

Up the Guards

Message from the LCol Comd

LCol Kevin MacLean, CD, AdeC

September is the time that we all get back together after a productive summer of courses, tasks and Ceremonial Guard. No matter how well we plan and organize ourselves before the summer, the first two weeks is always a routine of sorting ourselves out administratively, adjusting the Order of Battle and getting back in gear for the training year. Now that that is done we can get on with training.

For those of you that are not current serving members, we had the opportunity to recognize all the accomplishments from the summer on the 8th of September. Most notably was the welcome of those that completed Basic Military Qualification (BMQ) and their Infantry Trade Qualification (DP 1 INF). As I persistently brag to anyone who is a captive audience, particularly the families and friends of recruits when we swear them in, we had well over 350 young Canadians who expressed interest in joining the Regiment; we took the top 5%. We now see the results of that with top notch, newly trained Guardsman on the Drill Hall floor and a sharp lot of recruits that we are getting ready for the fall BMQ.

The 33 CBG Influence Activity Company continues to grow with a great deal of interest being expressed by many members. The challenge we face however is that the majority of the positions in IA are Sergeant to Major. These ranks are in short

supply throughout the Army Reserve so we have sought out a number of members from the Supplementary Reserve to augment our force generation efforts from other units. We may even see a couple of Naval Officers join our ranks. The Influence Activities capability will be the area that the Army will be looking to the Reserve to provide when the Division rolls into high readiness in 2017. Given the current global situation and our force posture internationally, there is a potential that we may be called upon once again to deploy this capability. As many of those who deployed to Afghanistan can attest, often opportunities arrive at very short notice when there is a gap that is required to be filled. This behooves us all to maintain individual readiness, individual soldier skills, a high level of physical fitness and marksmanship skills.

Speaking of marksmanship skills, it was a pleasure to attend the Canadian Armed Forces Small Arms Concentration Awards Ceremony on September 19. The 4th Canadian Division Team did exceptionally well with several medals being awarded to our members, most notably in biathlon and pistol shooting. It is our intent to continue to provide the lead for the 4 Div PRes team, I encourage all to participate in the additional marksmanship training that we run and soak up the lessons learned from some of the top shots in the CAF.

As the summer quickly draws to a close, so does three years as Lieutenant Colonel Commanding. When I was appointed, I was told that it would go by quick, I can tell you it certainly has. Although command was a short three years, it has been 28 years of a routine we are all familiar with of evenings, weekends and frequent times away from family. I am sure I can adapt, however I have already been advised by Tara to “find a hobby”. I will however continue to be busy as I devote my full-time efforts exclusively towards my work at the Directorate of Reserves leading the transformation of the pay and human resource system.

Commanding the Governor General’s Foot Guards has been both an honour and privilege,

which I credit to all members both current and past serving who have made us who we are and who will propel us into the future. There is a great deal to be proud of, however, I will single out the Band who continues to be the busiest sub-unit in the Regiment. It is largely through their profile in the NCR that the appetite for a greater ceremonial presence is in high demand. I would like to say thanks to all of those who I have consulted over the past three years on a range of issues you have all played a role in the success of the Regiment, in particular members of the Regimental Senate and the two Regimental Sergeant Majors CWO David Snyder and Sergeant Major Neil Porter, command truly is a team effort. Last but not least the indulgence of my family in tolerating the times spent either at home on conference calls or away from home doing "Army stuff".

Although I look fondly on the past, I am focused on the future of the Regiment and the Army Reserve. We have seen growth in the form of the 52 member strong 33 CBG Influence Activities Company and the potential to grow 150 positions as part of the Government's recent announcement to grow the Reserve Force. Direction on how this will happen has yet to be issued however suffice to say that there will be a challenge ahead to attract, recruit, enroll, train and retain soldiers. I look forward to seeing the Regiment continue to evolve as successive command teams lead us into whatever challenges the future holds.

Up the Guards!

Musical Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

Most of the band members were able to enjoy a few weeks off this summer following their annual tasking to the Army Reserve Operations Course Dinner at Fort Frontenac in Kingston. To those that were tasked to the Ceremonial Guard band over the summer we are glad to have you back as this fall promises to be as busy as ever!

We welcome to the band four members who have been with Ceremonial Guard band and/or are transferring from other units to us. They are Cpl Thomas Argent, Euphonium, Cpl Trevor Bowman, Trumpet, Cpl Stephan Bunguay, Trombone and Cpl Davide Da Silva, Trumpet. Over the summer we said goodbye to Cpl Sherri Harrington who has been a member of the saxophone section for many years. She also spent time in the Naval Reserve in Halifax before joining our band. In total her time with the Canadian Armed Forces awarded her the first clasp to her CD.. Sherri is a local music teacher and we wish her well as she finds some well-deserved extra time on her hands. Thank you Sherri for your continued commitment to the band.

We would also like to once again recognize Cpl H  l  ne Fortier who completed another full Ironman competition in Mont Tremblant, QC this summer. H  l  ne is nothing short of amazing and proof positive when you put your mind and determination to something anything can be accomplished. Well done H  l  ne!

The band now gears up for a very busy fall as per usual. The Army Run will be the highlight of September, this year occurring on Sunday September 20th. We will make a quick exit from the start line to once again join His Excellency, as Patron of the Army Run, on the grounds of Rideau Hall to cheer on the Half Marathoners as they run through the grounds.

It has now been confirmed and approved by the Commander of the Canadian Army and the Minister of National Defence that both the GGFG and the Camerons Pipes and Drums will represent the Canadian Forces at the Bermuda Tattoo in October! You may recall the bands travelled there back in 2009. This year marks both the 50th anniversary of the Bermuda Regiment (they have just been bestowed a "Royal" designation in honour of their service) and the 100th anniversary of the 38th Bn being dispatched to Bermuda. The bands are working on their routine which is sure to please the crowds as well as musically play tribute to both the historical connection of the 38th Bn and the 100th

anniversary of the writing of Lt Col John McCrae's poem, "In Flanders Fields".

Finally, Esgn Stefan Sikorski was promoted by the LCC in early September. He has become the Assistant Director of Music and will have a year to gear up for his inevitable appointment as the Director of Music to occur sometime late spring/early summer 2016.



The 2015 Shooting Season

Cpl Patrick Fortin

This year's 4th Canadian Division PRes team is composed of many returning shooters from the Governor General's Foot Guards, the Argyll and Sutherland Highlanders and the Queen's Own Rifles. But there is also new shooters this year from the Toronto Scottish Regiment and the 48th Highlanders. A welcomed change facilitated by our new team Captain, Capt Magnaye, from the Toronto Scotts.

This year, my 3rd year with the team, has proved itself as the most challenging due to a lack of training days and a very limited ammo allotment, which placed the team at a great disadvantage against rival teams with much more support. Despite these challenges, the team had its share of successes at most Ontario Rifle Association (ORA) competitions and the National Service Conditions Championship (NSCC). Our four man rifle teams won the majority of the ORAs and I won top rifle aggregate on two occasions. On multiple occasions, GGFG shooters beat regular force teams who had been practicing all summer. Sgt Alexis Dallaire even won top pistol shooter for the CAF at NSCC.

Going into CAFSAC this year, the team will depend heavily on its experience along with some luck to attain success. As always, the end state of this competition is achieved when competitors pass on the vast knowledge and experience they have acquired to their home units in order to increase its operational readiness. Judging by the amount of returning and new shooters the Foot Guards provided to the 4th Cdn Div PRes Team year after year. We can proudly say our marksmanship training program has been the most successful in the Division, by taking lessons learned from competitions to improve the shooting skills of all Guards.

The "Clean Sweep"

Capt Sean Gagnon, CD

The Governor General's Foot Guards Combat Shooting Team competed at a provincial service rifle competition hosted by the Ontario Rifle Association on the first weekend in July at the local ranges in Ottawa. The competition is made up of 4 matches, with multiple stages in accordance with CAFSAC course of fire and rule book; an international level competition held here in Ottawa during the summer months.

These operationally orientated matches include deliberate, snap, rapid, and fire & movement events at ranges from 25 – 500 meters shot from different positions with many magazine changes. The scoring for these matches are bull's eye based with an X-ring known as a V-Bull. The V-Bull is used to determine the winner between multiple high possible scores of a match. Competition at these events is intense because the matches are often determined by the V-Bull count.

The challenge was put forth to the soldiers as they quickly got on target and went to work at setting the standard with the C7 service rifle. Conditions were tricky and extremely hot, requiring high levels of focus to perform. Team Ypres consisting of Cpls Fortin, Muldoon, Altoft and Kathron set the bar high as the 1st place team, out shooting their competition by over 300 points. Cpl Fortin put in a "clean sweep" performance winning the 4 events and securing an individual grand aggregate Top Shot title with a 984/1050. Cpl Muldoon came in 2nd place 52 points behind Cpl Fortin. One of our new developing tyro shooter (novice shot), Gdsm Sakr took home some hardware. Gdsm Sakr won Match 11 for his class and came in 2nd overall in the tyro class in aggregate scores.

Up the Guards!!!



CAFSAC 2015 finished, Alexis Dallaire achieved the goals he had set:

NSCC Top CAF Pistol: Glock Award

CAFSAC:

Military Biathlon Top Overall

Military Biathlon Team of 2

Top Service Pistol Reserve Force

Service Pistol Reserve Force Team of 4

Pistol Match 21

Pistol Match 22

Pistol Match 23

Pistol Match 26



Congratulations to Cpl Valcour (GGFG) and the rest of the CAF Combat Shooting Team on their excellent performance in Bisley, UK.

Memorials and Tributes

Estelle Lane

DRAPER, Rita Mary

After a long life filled with much love, surrounded by her loving children, Rita Mary Draper (nee Gallant) passed away on Tuesday, June 16, 2015 at the Ottawa Heart Institute. Predeceased by her loving husband Alfred Draper. Beloved mother of Michael (Mike) Draper. The late Alfred served with 21 CAR(GGFG) and was a life member of the Foot Guards Association. Mike served with the Regiment in the early 70's and went on to a career in the RCMP.

IKKERS, Dainis (Denny)

On June 12, 2015, in his 83rd year, passed away quietly at the General Hospital in Ottawa. He was the father of Robert (Bob) Ikkers who served with the Regiment in the 70-80's.

JACK, Ishman

Passed away on Saturday September 12, 2015 after a short battle with cancer. He was 43. Ish was a former member of the GGFG and the Cameron Highlanders of Ottawa, and was serving with the Royal Canadian Mounted Police. His family, former and present colleagues, and friends filled Notre Dame Cathedral Basilica to full capacity for a very emotional farewell to a man who touched many people during his short life.

NEXT ISSUE....

**Submissions for the next edition
of the GUARDS STAR are due
December 1, 2015**