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# The Guards Star

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Foot Guards Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3  
Regimental Website: [www.ggfg.ottawa.on.ca](http://www.ggfg.ottawa.on.ca)

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ESTELLE LANE

**DECEMBER 2007**

**EDITOR:**

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## President's Message

Marty Lane, CD

Here it is already another year gone with everybody preparing for Christmas. This year has been a very fulfilling one for the Regimental Association. Thanks to the dedication of the Executive, things are starting to look up as far as the Association is concerned. There are a number of projects that we are talking about and are beginning to look at in detail as to their viability. Thanks to Estelle who was this years Regimental Weekend Dinner Chair, a successful event was held in October.

The Statue project under the leadership of Jim Milne received membership approval at the Annual General Meeting to proceed with the required repairs and landscaping. A special thanks to all the members of the Executive who agreed to stand for office for another term eliminating the need for elections during the AGM.

MWO Dave Rennie is busy with the planning of the Regimental Ball and has a full report later in this newsletter. There are other projects that are in the planning stages and will be reported on as they come to fruition.

The Executive is always looking for ideas as to what you as members of the Association would like to see take place. If you have any ideas please bring them to us and we will definitely discuss. One idea that might be kicked around over a few cold ones would be an all ranks New Years Eve dance. Not this year of course, due to lack of time.

On behalf of the Association Executive, Estelle and myself I would like to extend to all members of the Association a Healthy and Safe Merry Christmas and Happy New Year.

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**Message from the LCC**

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LCol Rob Foster, CD, ADC

Fall has been extremely busy for all members of the Regiment as many members are working two and three weekends per month to ensure consistent and professional training. Just recently we completed the Individual Battle Task Standard (IBTS) training at Connaught Ranges. A few administrative hiccups slowed the training down and made for a late dismissal but the result was most of the 118 personnel from all sub-units of the Regiment who attended the training completed the Personal Weapons Test Level 3, the Battle Fitness Test and threw the practice grenades with the "Popper" practice charge. 1 Company personnel also completed Gas Hut training.

Our soldiers continue to do well on pre-deployment training in Petawawa. Lieutenant Barber was promoted to Captain by the CO 2 CER who is his full-time employer at the moment. CO 2 CER provided favourable words on the caliber of Captain Barber and the soldiers under his command.

Since my last update on Ceremonial Guard, new direction has been provided by Commander LFCA that will see the creation of one Rifle Company instead of two for support to Ceremonial Guard. This necessity is based on operational tempo and the failure of units to staff the requisite positions. I am working closely with 33 CBG to develop a longer-term view of Ceremonial Guard.

The training within 1 Company continues to emphasize the importance of core infantry tactics and the use of small arms. In November, 1 Company participated in a one-day range exercise practicing close quarter combat skills using the C7 and then transitioned to the 9mm browning. The training was extremely valuable and built confidence of the soldiers in using both weapons.

2 Company continues to support the 33 CBG Battle School with the part-time individual training courses. Currently the GGFG provides 11 instructors and is responsible for the Primary Leadership Qualification (PLQ) course and a Basic Military Qualification Course. Currently we have 36 personnel on course not including those on pre-deployment training.

3 Company has completed the Annual Technical Inspection, which was favorable as usual and is in the process of looking for innovative solutions to find storage solutions for our bulging equipment.

The Band continues to play exceptionally well throughout Ottawa at various engagements. Most recently they played at the Conference Defence Associations – Vimy Award Dinner, which was attended by Her Excellency the Governor General. The Band performed with John McDermott, a Scotsman known in Canada for starting the group the Irish Tenors.

Members of the Regiment gathered together for a surprise dinner for Marty and Estelle Lane to thank them for their great work with the Regimental Museum and the overall support they provide to the Association and to the Regiment. It was a wonderful evening and I think Marty and Estelle enjoyed themselves.

The Christmas Dinner will be on December 7, 2007 and the Children's Christmas Party will be combined with the Carol Service on Saturday December 15, 2007 at the Regimental Chapel, St Bartholomew's. I look forward to seeing all who can attend.

As 2007 draws to a close I wish all members of the Regiment and the Regimental Family a safe and happy holiday season. It is time to rest and be with family and friends. May all of your desires and wishes for 2008 be fulfilled. For me, I want all soldiers who deploy to return home safe, a second rifle company and an Armoury that belongs to one unit. I'll settle for the safe return of soldiers.

## Message from the RSM

CWO Kevin Carleton, CD

It has been an extremely busy start to the training year; both 1 and 2 Coy have been working numerous weekends on courses and core infantry soldier skills. Of course 3 Coy was right there alongside providing their typical high standard of support. With 7 NCOs in Petawawa training to deploy on Task Force 3-08 to Afghanistan, the remainder of the NCOs in the unit have been bearing the brunt of the workload in the absence of their deploying comrades. Unfortunately, this tempo should continue into the New Year. I am proud of the resilience, dedication and sacrifice that each member is making to ensure the continued success of the Regiment.

The Regimental Band has continued their steady list of high profile engagements. They too are short a few Sr NCOs who have moved on to other things, which presents an excellent opportunity for MCpls and Cpls to step up and

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assume more responsibilities. By all accounts, the band played on.

For the Remembrance Day ceremony at the National War Memorial we provided our usual Guard of 50+ soldiers and two dais sentries in greatcoat order along with the Band.

Due to a unique opportunity that developed at the last minute, the unit had the good fortune to send two soldiers on the basic parachutist course at the end of October. Our two new paratroopers are Cpl Daniow and Cpl McCallum. Unfortunately Cpl Daniow discovered that not all landings are soft ones. Airborne!

The annual Junior Ranks Christmas Dinner will be held on Friday December 7<sup>th</sup> this year, a week earlier than usual. Perhaps this buys us an extra week of warmer weather? Somehow the recent snowfalls we've had may speak to the contrary.

To all serving members, former members and their families, have a safe and pleasant holiday season. And remember to go for a run or two over the holidays to work off all of that excess turkey and heavy gravy before reporting back to the unit on January 8<sup>th</sup> – or else!

## Obituary

LCol RM Foster, CD, ADC

By now you will likely have heard of the passing of our Honourary Colonel, the Right Honourable Antonio Lamer. The focus of media attention, understandably, has been on his career as a lawyer and judge, which culminated with his appointment as Chief Justice of the Supreme Court of Canada from 1990 to 2000. During his significant career in law he helped reshape Canada's justice system.

I wish to expound upon his military career and his accomplishments with the Reserve Force and most recently with the Governor General's Foot Guards.

He joined the Royal Canadian Artillery in 1950 under the Canadian Officers' Training Corps program and saw service in Shilo, Manitoba and with the 62<sup>nd</sup> Field Regiment in Shawinigan, Quebec. He left in 1960 to further pursue his law career.

He became Honourary Lieutenant Colonel of the 62<sup>nd</sup> Field Regiment, RCA in 1992 a position held until 1998 when he was appointed Honourary Colonel of the 2<sup>nd</sup> Field Regiment, RCA which he held until 2004.

In the aftermath of the CF deployment to Somalia, and the various inquiries and reports that were generated as a result, significant amendments to the NDA were made in 1998

by Bill C-25. The changes to the military justice system effected by Bill C-25 were profound. In order to assess the efficacy of these changes, section 96 of Bill C-25 required that an independent review of the provisions and operations of the Bill be conducted within five years of that Act receiving Royal Assent. Pursuant to this requirement, the Minister appointed the Right Honourable Antonio Lamer, former Chief Justice of the Supreme Court of Canada, to conduct the review as the Independent Review Authority. Former Chief Justice Lamer submitted his report on the provisions and operation of Bill C-25 (the "Lamer Report") to the Minister on 3 September 2003, and the Minister tabled the report in Parliament on 5 November 2003.

From 2002 to 2004 He was appointed as a Special Advisor to the Chief of Land Staff and was the Chair of the Counsel of the Honouraries for the Army helping to forge and shape the role of Honouraries within the Army particularly for the Reserve Force during the final stages of the Land Force Reserve Restructure.

Appointed to be the Honourary Colonel of the Governor General's Foot Guards in 2005 he helped to start and provide oversight of two significant regimental projects. The first was the reorganization of the regimental association, where his personal expertise in the management of not for profit entities was a valuable source of information and has put the structure on the road to success. Second, Honourary Colonel Lamer was spearheading a project to establish a community of prominent Canadians interested in promoting the Canadian Forces through the Governor General's Foot Guards. Both projects will continue under the direction of the Honourary Lieutenant Colonel, LGen (Retd) Jim Gervais.

The Honourary Colonel position dates back to the formation of the British Regular Army in the 17th century. Today a Regiment asks an individual to accept the appointment as a mark of recognition and respect. The Honourary Colonel does not involve himself in the military operation of the Regiment, but is concerned with its ceremonial, social and "family" aspects and traditions, while lending his or her prestige to the Regiment's activities. Under this guidance The Right Honourable Antonio Lamer served very well. His deep concern for the Guards was well known and it was only due to his failing health that he did not participate further. His last parade with the Regiment was at the Association Dinner held in October. He commented to the Lieutenant Colonel Commanding, "I am extremely impressed with the professionalism and dedication of the Guardsmen of the Governor General's Foot Guards and I am privileged to be associated with them"

We will not forget his kind words, his astute advice, his service to the Guards and his service to Canada. He will be remembered as a great Canadian.

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### Annual Christmas Carol Service

The Carol service will start at 1300 hours, and will begin with all the children in the chapel. After the opening 3 carols the children will be invited to the Church Hall under direction of the Children's party volunteers to make some Christmas crafts and other activities. Parents can remain in the chapel or go with their children.

When the service concludes, the reception in the Church Hall will begin. When we are all in the Hall, Santa will arrive and distribute presents to the children. **These presents will be bought and provided by the parents.** There is a limit of \$15 max per child in order to achieve a rough standard on the gifts and yet have a gift that suits each child and their taste. Santa's bag will be by the coat racks to leave the gifts in upon arrival.

### Notes from the Band

Major Fran Chilton-Mackay, OMM, CD  
Director of Music

There is no surprise that the band has once again found itself extremely busy this fall. With the Sens win at this year's Season Opener on October 4<sup>th</sup>, we are hoping that the band will become "Regulars" to perform the anthem at each year's opening game. And who knows, maybe anthem requests at the Stanley Cup Finals are around the corner. Although a very tight race, Bob Dodd was proclaimed "Director of Music Emeritus" over Guy Fortier at the Association Dinner this year, although Guy did manage to once again put on an impressive show. Well done, Bob!

Earlier in October the Army News team came to the Drill Hall to videotape the band. From this they produced a DVD, which has now been sent to Camp Mirage in Dubai, where it will become an integral part of a Fallen Comrades Monument Rededication Ceremony to be held in early December. The October 28<sup>th</sup> concert at the Canadian War Museum was very well received and the band performed extremely well. The Fanfare Team also received a last minute request to perform for HRH Prince Edward (Earl of Wessex) at The Duke of Edinburgh's Gold Achievement Awards last month. The band was in fine form at the National Remembrance Day Ceremony this year and thankful for the unusually milder weather. They also performed the previous day at the City of Gatineau Remembrance Parade.

The highlight of the fall was their performance at The 2007 Vimy Award Gala Dinner held this year at the Canadian War Museum to a capacity crowd of 600 including Her Excellency the Governor General. Numerous comments were

received about the band and how it added immensely to the dinner. The band performed some selections with Canada's noted tenor, John McDermott, as well.

The band will finish off 2007 with performances at the Mayor's Christmas Party, to be aired live at 6:00 pm on Friday, December 14<sup>th</sup> on CJOH TV and a concert at St. Joseph's Parish, Orleans on Saturday, December 15<sup>th</sup> at 7:00 pm. This concert will be taped for multiple viewings over the Christmas Season on "Salt and Light TV". Proceeds from the concert will go to local charities. The Brass Ensemble will also perform earlier in the day at the Guards Christmas Carol Service at St. Bart's Church.

We welcome Cpl Chelsey Reiter, Mscn Dan Beaulac and Mscn Gabriel Bouchard who transferred into the band from the CG Band in September. Congratulations also to Cpl Marie-Nôel Gauthier who gave birth to a baby boy, Miguel, last month. Perhaps another clarinet player down the road! Finally, the Annual Band Christmas Party will take place on Tuesday, December 4<sup>th</sup>, which always promises to be a lively affair as former members mix and mingle with our current musicians. A safe and happy holiday is wished to all.

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## 1<sup>st</sup> Annual Regimental Weekend Dinner

Estelle Lane

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The Regimental weekend was a big success. Approximately 60 people attended the wine and cheese on Friday night and we sat 140 people for dinner on Saturday, which was an increase over last year due in great part to the support of the serving members of the Regiment..

This could not happen without the cooperation of a lot of people. A vote of thanks is extended to LCol Foster for his support in providing a lot of helping hands which made the task a lot easier. Many thanks to: the QM Staff, Capt Lypps, RQMS Chasse, Sgt Albert, Cpl Demaine and M/Cpl Pawlowski, who are always so cooperative; the Junior Officers, Lts Petric, Lymer, Fysh, Goat and Spencer, and Ensg Kaine, who helped set up and tear down, and polished the memorial plaques; Major Fran Chilton-MacKay and the Band for the entertainment.

Also a big thank you to all the people who attended the dinner and enjoyed the party after, which lasted till almost one a.m. Last but not least, a big thank you to Capt Rob Duncan who put so much effort in setting up the dinner program and acted as emcee, yet again. You do a great job Rob.

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### Guards Ball 2008

MWO David B. Rennie, CD

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The Guards Ball will take place on Saturday February 9, 2008 at the Ottawa Congress Centre. The function will be held in the Col By Room which overlooks the canal. Cost: see the attached ticket order form.

The venue will be set up with round tables of 8 persons. The Regimental Band will perform during the dinner. After dinner there will be a Disco, and the DJ has been asked to play appropriate music for those attending the function.

Prior to the dinner, there is an area inside the Col By room that will be used as a meeting/cocktail area, and there will be two fully stocked bars. Please note all prices include tax and gratuity. There will also be hors d'oeuvres that will be passed around.

The service provided by the Ottawa Congress is "French service" which means each table will be served by a server, and all plates will be hot to ensure the food is kept hot. The dinner menu is as follows:

|              |   |
|--------------|---|
| Salad:       | Baby greens with strips of crisp prosciutto ham, sliced fresh mozzarella and toasted pine nuts, served with poppy seed vinaigrette; |
| Soup:        | Potato, pear and chestnuts with chives;   |
| Main Course: | Roasted Angus contre-filet in a blueberry and merlot sauce<br>Oven roasted Parisienne potatoes<br>Fresh seasonal vegetables         |
| Dessert:     | Chocolate truffle torte with an espresso sauce<br><br>Coffee, decaffeinated coffee and tea<br>Rolls and butter                      |

The cost of the meal includes two glasses of wine per person, which will be either Jackson Triggs Cabernet Sauvignon/Cabernet Franc or Jackson Triggs Chardonnay. Additional wine will also be available for guest to purchase. Port for toasting will be Sandeman Port (Portugal)

If anyone has food allergies this should be brought to the attention of the dinner chair soonest so that an alternative meal can be obtained.



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Local Hotels: the dinner chair is meeting with the local hotels to obtain accommodations at a reduced price and will be confirmed soonest.

Tickets will be available in the new year. Representative will be selling tickets. In conclusion, remember this is your Regimental Ball, your attendance is required to ensure its success.

If you have any questions please contact the undersigned at [Rennie.DB@Forces.gc.ca](mailto:Rennie.DB@Forces.gc.ca)

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### 33 Brigade Military Skills Competition

Esgn Nicholas Fysh

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On the weekend of October 19-21, the Foot Guards sent a 9 man team to compete in the 33 Brigade Military Skills competition in Petawawa to face off against 15 teams from other units. The team was composed of MCpl Dan Popadick, Esgn Andrew Spencer, Cpl Adam "The Warrior" Bahm, Cpl David "Hollywood" Bellefleur, Cpl Toomas Emery, Cpl Nik Zuchowicz, Gdsm David Henry, Gdsm Owen "The Rookie" Lewis and myself, Esgn Nicholas Fysh. I was somewhat worried going into the competition; I had every confidence in the team, but would have liked to have squeezed more practice time out of an already busy training schedule. The team would quickly dispel any worries I had about our preparedness.

The Saturday was composed of a round robin of stands. The team started out at the weapons assembly stand and then moved on to the range. Here we showed our shooting prowess taking first overall in the day shoot and getting the maximum score on the grenade throw. Next we were off to the pugil stick fighting stand where we faced off against the SD&G Highlanders. Cpl Bellefleur showed himself to be a force in this area, completely decimating his opponent. Our next stand was the judging distance range where the team placed 2nd overall. Following that we moved on to the stalk where the team came 3rd largely thanks to MCpl Dan Popadick who identified 7 targets. Only 4 teams were able to identify any targets on this stand.

The next event was the joint first aid, radio communications stand. We tied for 3rd on the first aid and tied for 1st on the comms portion. Right after came the assault boats. The Foot Guards team pumped up their boat and paddled across the water at breakneck speed. We were the fastest team to cross the approximately 1.5 km bay with a time of 31 minutes and 10 seconds which was good enough for 1st place in the event. Next, we were off to the obstacle course where the team continued to prove that we were the most physically fit team on the ground by finishing with the top time of 10 minutes and 22 seconds. The last stand was the

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mechanical target range where the team was able to stalk up to and knock down 12 of 15 pop up targets.

With the conclusion of the day stands, we had a quick break for supper and then departed for the night shoot and the night navigation. We once again dominated the ranges, taking first place in the night shoot. The night navigation portion of the competition took place in the Highview Tower area of Petawawa which boasts some of the worst terrain to negotiate during the day, let alone at night. Thick brush, deadfall, large variations in elevation as well as swamps are all features of this area. The team had to navigate its way to as many points as possible, worth varying point values, over a period of 5 hours. MCpl Popadick and I alternated as lead navigator, checking each other as we went and offering a break for one another when bush bashing at the front of the group became frustrating. Cpl Emery and Cpl Bahm supported us by counting the pace and proved extremely accurate despite the rough terrain. What is usually the worst part of the competition for morale was actually a pretty enjoyable tromp through the bush for our high spirited Foot Guards team. Our teamwork was rewarded as we tied for 1st place in the night navigation portion of the competition by reaching 7 navigation points.

With Sunday morning came the last event of the competition, the battle fitness test which composed of a 13 km rucksack march while carrying 24.5 kg of kit followed by a fireman's carry and a trench dig. At 0636 hrs, the team started the march with 3 teams that had stepped off before them. With Esgn Spencer setting the pace, the team was able to pass all three teams ahead of them by just past the halfway mark. We were the first full team to cross the finish line and the only team to complete the march in less than 2 hours with a stunning time of 1 hour 54 minutes and 4 seconds. The team easily completed the dig and the fireman's carry to end off the competition on a high note.

Overall the team finished a very close 4th place with the top 4 teams within 8 points of each other. Rankings aside, the Foot Guards team showed itself to be the strongest soldiering team on the ground. A special thanks to Cpl Fournier who was ready to go as an alternate for the team. The team would also like to thank Shooting Coach Capt Sean Gagnon who continually provided support and direction for the team in the lead up to the competition.

I am very proud of the team, for volunteering to represent the Guards in what was a very tough competition, as well as for the high standard of soldiering ability and teamwork displayed throughout by all members. You all did exceedingly well. UP THE GUARDS!

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### **Coldstream Guards, Victoria Barracks, Windsor UK**

Lt Alex Parker

Currently attached to the PWOR while attending Queens University

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Through Queen's University I found myself in England this summer, attending courses while residing in a castle of East Sussex. This presented me with the unique opportunity to be able to travel through England at length. Not wanting to miss this chance, I asked to be put in touch with the Coldstream Guards. With the help of our Adjutant Capt. Hladik, I was able to make contact with Capt. Bill Matthews, Assistant Regimental Adjutant of the Coldstream Guards. It was through him I was able to arrange a stay at the Guard's Victoria barracks in Windsor, UK.

In Windsor, the current location of the Coldstream Guards, I was attended to by different members of the Mess, lead by Capt. Tom Baily, who showed me the town, the "camp" (barracks and compound), Windsor Castle, and the local pub. From my time with the Coldstream Guards I made many observations, of which I will attempt to share the most interesting.

All five Foot Guard units who share in the guarding the various Royal properties, performance of public duties, and participate in active duty around the world, have their distinctions, both in dress and attitude. Interestingly the Coldstream Guards were the unit first in precedence, but "having chosen the wrong side" in a certain rebellion, at the end of hostilities the unit was required to formally place down their arms, and then pick them up again. In doing so the Coldstream guards were momentarily not a unit and lost their precedence. As a result they are now officially second in the order after the Grenadiers, but refuse to acknowledge it. For the times where all units are to line up in order, the objecting Coldstream Guards will move to the very end, past the newest of the units in protest.

Their life in barracks was different from what I had expected, in that all but the most senior of Officers or NCOs were living there in the camp; this made for a unique atmosphere, as there were the three Messes (Officer, Warrants/Sergeants, and the troops), each containing a mess as we think of, dining facilities, and also all their living accommodations. Officers would all dine together, in a collegial and relaxed atmosphere. Attendance for both tea and dinner was important. Although dress for the day was fine for tea, dinner was a fancy event, and suits were required. Also retiring to lounge after dinner went late, perhaps because they were entertaining visitors, ensuring guests were never without a drink and never paid. All were equal in the Mess (excepting Generals or above), and Officers used first names only both inside and out of the Mess, presumably a result of living

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together. Sr. NCOs were friendly and joking with Officers, while never missing a compliment.

Also on camp were the QM stores and a recreation facility including a full boxing ring. The troops barracks held the company lines, and would also have information displays for their upcoming mission, in this case there were maps of Afghanistan, the AOR, pictures of actual terrain and threats.

When working sentry a group would be dispatched to the location including all the required NCO's, troops and Guard Commander. They would reside in the location for 2 days in austere barracks for the troops, individual rooms for NCOs, and a small apartment for the Officer of the Guard. Displays within the troops areas would bear reminders (photos and titles) of Royalty and Nobility to be saluted. Officers were free to walk about, talk to the public, and even entertain in their supplied apartment. The Posting Sergeants were able to talk during the movements and postings. In conclusion, this was a great opportunity, and connections to the Coldstream Guards should be reinforced and encouraged. They were very welcoming and friendly, as they ensured I saw all that I wanted, and even offered to bring me out to the work up training that was occurring.

As a result of this visit I shall end with three recommendations for those who visit our affiliated British unit:

1. Don't forget to have combats as well as the suit,
2. No matter what they tell you, DO NOT EAT marmite on your toast, and
- 3, Bring a healthy liver and aspirin

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### **The Officers Mess**

Capt Gray Shanahan, PMC

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So far this year, the Officer's Mess has enjoyed several successful events. Our Fall Dining-in last month had the Officers and many retired members reunited for a welcome evening of camaraderie and banter. Especially welcome to see was the now rejoined mess member LCol Delaney and his guests, whom he served with on his recent tour in Afghanistan. Lt Parker also made his appearance at the dinner and sent his best wishes from Queen's Law School.

On the sporting side, the Officers saw another year with a razor close loss to the Sergeant's Mess for the Adjutant's Cup. It was a good showing and a well fought (flag?) football game. However, suspicions are the Sergeant's Mess may have overcome their many disadvantages by employing "Rubbie" to distract the Officer's game, for they had to continually check their belongings for absconded items.

The Mess has also seen some recent promotions.

Esgn Spencer and the trusty Band Liaison Officer, Esgn Fysh, were both promoted this September; as were Lt Lymer and Lt Petric. And word from Petawawa is that TF-3-08 now has a Capt Barber, promoted in October.

Upcoming events are the New Years Levee on January 1, 2008 and the Guard's Ball on February 9<sup>th</sup>.

## **Sergeants' Mess**

MWO Dave Snyder, CD

There is not much to report as far as the Sergeants' mess goes. The biggest event of course was the traditional annual defeat of the Officers for the prized Adjutant's Cup held in early November. The next event will be the annual New Year's Levee.

Sergeant (now Corporal) Joe Gauthier has left the unit after many years of service to pursue a role in the regular force in the communications branch. Best of luck to him and his family. Sergeants Webb and Kowlessar both have announced that their wives are expecting – good news for them.

Mess elections for the new year will be held on December 11<sup>th</sup> with the new committee taking over in January.

## **Junior Ranks Mess**

Cpl Bryson Bell, PMC

This year, the Junior Ranks Mess is seeing record attendance. I owe it to the enthusiasm of our new recruits and die hard returning Guardsmen, Corporals and Master Corporals. This year we have hosted a Halloween party and a poker tournament since my hand over to become P.M.C.

My marketing strategy is simple. Show up, show up in numbers, and bring your friends! My theme is based on the push by the C.D.S. to recognize the regimental family and everyone who supports our men and women in uniform. This gets people to see what a great time military life can be, and possibly even spark interests from friends and families of our Mess members to look into Canadian Forces career opportunities. Also, I market the Mess by playing photo slideshows of what you missed out on the following Tuesday after major events. We live in a media driven age and no interest group would be complete without having a footing on facebook.com, but in a private fashion naturally.

Coming up, we have the Men's Christmas Dinner on December 7<sup>th</sup>, which is always a great time and I am looking forward to holding a place at the head table. A busy January will start the new-year right. Starting Tuesday January 15, 2008, our Mess will have three major Tuesdays in a row of

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entertainment. We have planned a band in the Mess, an Amateur Film Festival for January 22<sup>nd</sup> and a talent show night for January 29<sup>th</sup>. I strongly encourage our members to start thinking about these events and get creative over the holiday season.

As well, we have planned a trip to Montreal on January 18<sup>th</sup>, 2008, which in the past has proven to be a legendary event for members to have a wonderful night out with a change of scenery. More to follow for this event.

Our committee is brainstorming charity events, offering tuition prize money for students and experimenting with better pizza served on Tuesday parade nights and special events to better serve you, the proud GGFG junior members. Thank you to John Makela (V.P.M.C.), Jon Cheff (Treasurer), Dan Popadick, Ian Reidel and Chris Edgecombe (Entertainment Reps), Erik Temple and Lauren Reade (Band Reps) and Ryan Dwarka (New Member Rep), Tim Van Veen and Alex Britnell (Charity Reps) and last but not least our former P.M.C., Alexis Dallaire (Secretary).

I hope to see you all out in the days leading up to the holidays. Thank you for starting the year off right, and let us keep going strong!

## **Memorials and Tributes**

Estelle Lane

### **Hagar, Walter**

On Friday August 31, 1007 at the age of 74. Walter was the brother of Dave Hagar, a former member of the Regiment and a Life Member of the Sergeants Mess.

### **Adams, Elizabeth**

On Saturday September 8, 2007. Elizabeth was the wife of 62 years of the late Major Roy Adams. Major Adams served overseas with 21 CAR (GGFG)

### **McKnight, Allen C 102330**

At St. Peter's Hospital, Hamilton, Ontario on Sunday September 9, 2007. He served with 21 CAR (GGFG) was a Life Member of the Association.

### **Leduc, Lilian**

On September 13, 2007 at the age of 79. She was the dear sister of Herve Migneault, a veteran of 21 CAR (GGFG) and a Life Member of the Association.

### **Craig, Warren D 145436**

At Almonte Country Haven on Monday October 1, 2007 in his 83<sup>rd</sup> year. He served overseas with 21 CAR (GGFG)

### **St. Jean Napoleon (Paul) C 58692**

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Peacefully at Madonna Long Term Care on November 10, 2007 at the age of 86. He served overseas with 21 CAR (GGFG) was a Life Member of the Association.

### Langlois, Alena

Peacefully at the Queensway Carleton Hospital on Wednesday November 14, 2007 at the age of 86. Alena was the dear mother of Steve Langlois a former member (Sergeant) of the Regiment.

### Lamer, The Rt Honourable Antonio, PC, CC, CD, LLD

Peacefully at the University of Ottawa Heart Institute, on November 24, 2007, at the age of 74. (Please see LCol Foster's Obituary for more details)

*May their souls and the souls of all  
the departed, rest in peace*

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## From the Guards Cadet Desk

Captain Joseph B. Horvath, CD

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I am very pleased to report to you that as your Cadet Company closes-out 2007, it has been recognised both locally and provincially for another one of its most successful training years ever. The Governor General's Foot Guards Cadet Company learned in October that the Unit had won the Lord Strathcona Shield as the "Most Proficient Army Cadet Unit in Eastern Ontario" for the eighth time in the last nine years. Then in November, we learned that the GGFG Cadet Company has been awarded the Colonel John H.C. Clarry Trophy as the "Most Proficient Army Cadet Unit in the Province of Ontario" for the fifth time in the past seven years. The Army Cadet League of Canada (Ontario) as well as Reserve and Regular Force Support Staff from our Regional Headquarters have decided upon both of these Unit Awards with selections being made from amongst 110 Army Cadet Units and 5500 Army Cadets throughout Ontario. I believe that this is a very strong testament to the professionalism of the Cadet Company's Senior Cadets and Staff as well as their determination to emulate the Regiment in all aspects of their training and conduct.

September was a period of transition for the Cadet Company with over thirty-five Cadets leaving the Unit due to ageing-out, University/College acceptance or being posted-away with their parents. Our most senior Cadet, CWO She-Yang Lau-Chapdelaine, retired from the Cadet Company and has joined the Regiment. He took part in Ceremonial Guard this summer and is now pursuing his post-secondary education at the University of Ottawa. A Change of Cadet Sergeant Majors was held on September 25<sup>th</sup> at Cartier Square Drill Hall and was presided over by our Lieutenant Colonel Commanding, Lieutenant Colonel Robert M. Foster, CD, ADC. Cadet CWO Peter Zaveda was promoted at this time,

## The Guards Star

and appointed as the Cadet Sergeant Major, while MWO Alex Surges was appointed as the Cadet Drill Sergeant. We wish well to our former Drill Sergeant, MWO Isreal Jean, in his post-secondary studies and his joining the Cadet Instructors Cadre as an Officer Cadet with 2804 RC(Army)CC in Casselman. We also wish the best of luck to Sergeant Danielle Gallant who has commenced her studies in Brazil as well as Sergeant Jade Hopkins who has commenced her studies at the University of Ottawa and begun her recruit course with the Regiment.

October saw the Cadet Company shift into high gear with regards to training and recruiting. In addition to regular Wednesday night training and Monday night band, biathlon and marksmanship training, we began the month with a NCO development weekend held at Gatineau Park's Lac Phillippe sector. Here, second, third and fourth-year Cadets took part in canoeing, caving, hiking, leadership and navigation activities. The end of the month saw our senior Cadet, CWO Zaveda, join the Governor General and assembled Veterans for the First Poppy Ceremony at Rideau Hall. The Cadet Company held its Recruit Fall Exercise at Connaught Ranges and Primary Training Centre where the Cadet NCOs led 70 of our first and second year Cadets through safe and challenging training on the air rifle range, assault course, bivouac sites and rappel tower under the guidance and supervision of their adult staff. The last week of October saw over 50 Cadets take part in multiple shifts helping the Eastview and Strathcona Branches of the Royal Canadian Legion with their 2007 Poppy Campaign.

The Cadet Company also took part in the City of Ottawa youth job fair known as "Work 4U2". Held at Aberdeen Pavilion, every English speaking grade eight student in the City of Ottawa visited and researched prospective future careers. The GGFG Cadet Company was chosen to represent the Army Cadet Program and needless to say, it was a great recruiting opportunity.



MCol Farfan and MCpl Surges at work

Activity increased yet again during the month of November with another 50 Cadets from the Cadet Company again taking part in a week of Poppy Campaign support. The Unit as a whole participated in no less than 21 different activities in support of the community for Veteran's week including time spent with Veteran's Affairs Canada, The City of Ottawa, The Kiwanis Club of Ottawa and our two Royal Canadian Legions. These activities ranged from assisting with the First Poppy Ceremony at Rideau Hall, visits to the Perley-Rideau Veteran's Home, participation in the Kiwanis Remembrance luncheon, participation in the City of Ottawa Candlelight Ceremony and participation in the Billings Bridge Veterans Appreciation day to participation in parades at the National War Memorial, National Military Cemetery and at the Eastview and Westboro Branches of the Royal Canadian Legion on November 11th itself... just to name a few. Our Unit Recruiting initiative was still going strong in November, with three more schools visited, and 55 prospective Cadet Recruits to date having visited the Cadet Company to view training and consider joining. Our Cadet Drill Sergeant, MWO Alex Surges, was our busiest Cadet during Veteran's week taking part in at least 12 different activities in support of the Unit.

## The Guards Star



Preparing to lead the Veteran's parade at Billings Bridge

December will see the continuation of regular Unit training, the increase in intensity of Biathlon Team, Drill Team and Marksmanship Team supplementary training as well as the beginning of National Star Certification Examination Training and initial file preparation for the 2008 Cadet Summer Training Program. There are two social events the Cadet Company would like to invite all members of the Regimental Family to. The first is our Annual Cadet Christmas Dinner being held at Connaught Ranges and Primary Training Centre on Saturday December 8<sup>th</sup> at 1815 hrs in the kitchen/mess facilities located at 4 Snider Road. This includes a full turkey, with all the trimmings, dinner for a cost of \$15.00 per person. The second event will be the Cadet Company Recruit Graduation and the presentation of the Colonel H.C. Clarry Trophy on Wednesday December 19<sup>th</sup> at 1930 hrs inside Cartier Square Drill Hall. All guests will be invited to the Ottawa Garrison Cadet Staff Cocktail Party being hosted by the Staff and Parents Committee of the Guards Cadet Company after the parade and beginning at approx 2100 hrs. Dress for **both events** will be full uniform or Regimental jacket and tie w/medals. If you would like more details, do not hesitate to call me at 613-991-4294 (work), 613-291-2784 (cell) or e-mail me at [horvath.jb2@forces.gc.ca](mailto:horvath.jb2@forces.gc.ca)

The Cadets, Parents and Staff of the Cadet Company would like to take this moment to wish all of our Canadian Forces Members and their Families the very best of a safe and happy Holiday Season.

**UP THE GUARDS!**

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**Thank You**

Further to LCol Foster's remarks: Thank you to all who attended (and those who couldn't) the "Marty and Estelle appreciation night". We really enjoyed the evening and it was especially a lot of fun to get Marty to the Headquarter's Officers Mess without him knowing where he was going. Your thoughtfulness is greatly appreciated, and we are looking forward to using our gift certificate for an "Overnight Escape" at The Carmichael Inn & Spa.

Marty and Estelle

## **The Mail Box**

Dear Marty:

I recently received the latest edition of the Guards Star – a publication that I read in its entirety from cover to cover when it arrives. Having served with the Regiment briefly (1980-1982) most of the names and people are unfamiliar to me but a few do stand out over the passage of the years. On May 26<sup>th</sup> I received a certificate of service signed by General Hillier reflective of 24 years of service as a primary reserve infantry and cadet instructor cadre officer. Looking back: I was neither a very good or outstanding guardsman or Officer of the Guard. I survived the experience and subsequently served with other regiments and organizations. Most of my "concerns" about the GGFG were reflective of my naivety and inexperience – but even as an infantry officer coming into the Regiment I did not have the life experience to realize that. As a CIC officer I had the privilege of commanding three cadet corps – and as the years passed I found myself pulling on the experiences of the varied people of the Guards family for assistance in dealing with some of the issues of command and continuity that any CO faces on a daily basis.

It is a hard lesson to realize the value of something that you have been involved with or the people that you have served with after the fact. For those members of the Guards family that have helped in so many areas over the years – even without being aware of it – I can only express my gratitude and thanks for the value of your example. Not everyone appreciates the value of the Guards – it took me a while – but I also remember a long service corporal on deployment to a UN tour – terrified of his new section commander – a Sergeant of the GGFG. The "young" Corporal came to me for advice on how to deal with his new section commander.

The Guards Sergeant was not representative of anything that he had known of or encountered elsewhere in his reserve service. I had not known him personally – but had read of him in the association newsletter. My counsel to the Corporal was simple – do your job, don't snub the man and pay attention to what he says and does. If you do your job he will do his and take care of you as a section member. The Corporal went away somewhat unconvinced.

Nine months later his review of his section commander left very little to be desired. The GGFG sergeant

## **The Guards Star**

was the best section commander and infantry senior NCO that he had ever experienced in twelve years of primary reserve service and he was very thankful for having had him for his "boss" on an operational deployment.

In my own instance, whilst not fully appreciated at the time of my service, the experience of having been a Guardsman has helped to navigate the rocks and shoals of life in general and I regret that I could not have stayed longer or appreciated the Regiment more fully while I still wore the star. The first cadet corps that I commanded, as a parachute commanding officer, was in difficulty. The Corps had a full cadre of 7 officers, 12 cadets and a probation order leading to closure within 6 months. With the assistance of the former CO I turned over a cadet corps of 72 effective cadets and four officers to my successor. In one touching moment, watching the entire corps marching through the heart of a small town in Ontario, the former CO turned to me and said "You've turned them into a Guards cadet corps". I remember looking at him saying "they don't know that – but it worked".....

My kindest and best personal regards to all Guardsmen

(signed) Capt (Retd) J.M. Greenshields, CD  
London, ON





Sgt Hopkins, C/Sgt Dooley and MWO Surges at the 65th Anniversary of Dieppe Parade.

### **NOTICE**

Please do not forget to notify us of your new address if you are planning to move.

By telephone: 613-834-9539

By email: elane22@rogers.com

**DEADLINE FOR THE MARCH 2008 GUARDS STAR IS FEBRUARY 26, 2008**

## **Membership**

It was voted on and approved at the AGM that annual membership fees are increased to \$25.00.

### **Membership Application**

Membership Fees

**Annual \$25.00**

## **The Guards Star**

**Life \$100.00**

Life membership may be granted to a member of the Foot Guards of a lump sum of money once the member has reached the age of sixty-five (65).

Please return this section to the Association

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email address \_\_\_\_\_

Dates of Service from \_\_\_\_\_ to \_\_\_\_\_

Decorations \_\_\_\_\_

Date of Birth \_\_\_\_\_

Please find enclosed \$ \_\_\_\_\_ for Annual/Life Membership in the Foot Guards Association.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Applications and dues to be returned to:

The Foot Guards Association  
PO Box 1212, Stn B  
Ottawa, ON, K1P5R3  
Attention: Membership Chairman

REGIMENTAL KIT SHOP PRICE LIST  
December 2007

|   |          |
|---|----------|
| Badge, cap, ORs, old slide type                                   | \$ 7.00  |
| Badge, collar, Sr. NCO, each                                      | \$ 14.00 |
| Badge, rank, Major, St. Edward's Crown                            | \$ 32.00 |
| Badge, rank, small, CWO   | \$ 26.00 |
| Bag, AWOL   | \$ 25.00 |
| Bag, Flyers, khaki  | \$ 40.00 |
| Bag, Garment, khaki   | \$ 57.00 |
| Bag, NBC, khaki   | \$ 60.00 |
| Ball caps, crested  | \$ 15.00 |
| Belt, black, w/crested buckle                                     | \$ 18.00 |
| Belt, riggers, khaki  | \$ 10.00 |
| Binder, small 3-ring  | \$ 15.00 |
| Blazer crest, silver wire   | \$ 25.00 |
| Block note pad with Regimental Crest                              | \$ 8.00  |
| Book, Regimental History (hard cover)                             | \$ 50.00 |
| (soft cover)  | \$ 25.00 |
| Book, The Sharpshooters   | \$ 20.00 |
| Boot bands, pair  | \$ 1.25  |
| Buckle, belt, crested   | \$ 14.00 |
| Bungee cord kit   | \$ 12.00 |
| C.D., Ceremonial Guard Band                                       | \$ 15.00 |
| C.D., Regimental Band(On Duty with the Guards)                    | \$ 15.00 |
| C.D. Canada's Heritage of Military Marches                        | \$ 18.00 |
| (performed by the Band of the Governor General's<br>Foot Guards ) |          |
| Coasters, Mylar   | \$ 5.00  |
| Coffee Mug, plastic w/lid, khaki                                  | \$ 8.00  |
| Collage and war map   | \$ 2.00  |
| Cord, gold, (per inch)  | \$ 1.00  |
| Cord, white, (length)   | \$ 3.00  |
| Cover, field message pad, khaki                                   | \$ 14.00 |
| Cufflinks, silver w/star  | \$ 15.00 |
| Decals  | \$ 1.50  |
| Earrings, silver w/star   | \$ 10.00 |
| Flag, Regimental  | \$ 60.00 |
| Fridge Magnets  | \$ 2.50  |
| Garter Star pair  | \$ 32.00 |
| Golf shirts, crested  | \$ 30.00 |
| **Helmet Liners, khaki  | \$ 13.00 |
| Key chain, plastic, Regimental Colours                            | \$ 4.00  |
| Kit bag, flyers, khaki  | \$ 40.00 |
| Lapel pins (Guards Star)  | \$ 7.00  |
| Pens, ball point  | \$ 1.00  |
| Plaque, Regimental Crest, (pewter)                                | \$ 90.00 |
| Plaque, Regimental Crest, (painted)                               | \$ 50.00 |
| Regimental Coin   | \$ 8.00  |
| Shaving kit   | \$ 15.00 |
| Shoulder titles, cloth, pair                                      | \$ 2.00  |

## The Guards Star

|  |          |
|--|----------|
| Tie pins, silver w/star  | \$ 8.00  |
| Tie, blue w/Regimental star, (polyester)                                       | \$ 12.00 |
| Tie, Brigade of Guards, (silk)   | \$ 35.00 |
| Toy Soldier, 125 <sup>th</sup> Anniversary Commemorative Set                   | \$ 25.00 |
| Track suits, crested   | \$ 70.00 |
| Tuques, fleece   | \$ 13.00 |
| T-shirt, V-neck, khaki, w/star   | \$ 12.00 |
| T-shirt, crew neck, navy, crested,   | \$ 18.00 |
| Video, commemorating the 125 <sup>th</sup> (available<br>In French or English) | \$ 10.00 |
| Wallet, field, khaki   | \$ 14.00 |
| Windbreaker, cotton, Regimental Colours (M only)                               | \$ 25.00 |

NOTE: 1. Prices subject to change without notice

2. Prices do not include the cost of shipping  
and handling.

3. Allow 4-6 weeks for delivery.

4. All orders must be prepaid by cheque, money  
order or Visa

Telephone: 613-834-9539  
 Email: elane22@rogers.com

**\*\* NEW ITEM**