



The Guards Star

Foot Guards Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3
Regimental Website: www.ggfg.ottawa.on.ca

LANE

JUNE 2007

EDITOR: ESTELLE

President's Message

Marty Lane, CD

It's hard to believe that the year is half over already. As the old saying goes "time flies when you are having fun". I don't know if I am having fun or not but the time is sure flying by. Since the last Guards Star there has not been much happening within the Association. We have held an executive meeting and are now making preparations for upcoming events. In particular we have started the ball rolling preparing for the Regimental Weekend October 12th to 14th, and have commenced planning for the Regimental Ball in February 2008. More information on these two events can be found later in this publication.

Just a reminder to mark the dates on your calendar now and start saving for these events. Do not forget these are planned with you in mind, so if you have any suggestions or you would like to help with the planning please make your intentions known to MWO Rennie or the Association executive. We will not necessarily be able to implement all suggestions but will look at all that are submitted.

At this time I would like to welcome all of our soldiers safely back from their various deployments in Afghanistan and to congratulate both Corporal Makela on his Decoration and Corporal Duncan on receiving the Task Force Commanders citation. I would like to also wish well to all those that are downloaded on various courses this summer. Just remember wherever you are and whatever you are doing that "Once A Guardsman Always A Guardsman". To those that are participating with CG good luck and to all members of the Association a pleasant and safe summer.

UP THE GUARDS

Message from the LCC

LCol Rob Foster, CD, ADC

All the soldiers who deployed to Afghanistan are now safely home and have had an opportunity to rest and relax. I am immensely proud of the work that they all did and I was pleasantly impressed with the evaluations that each member received. All of them were above average, which to my mind is a testament to the calibre of the men and women serving in the Guards. Well Done!

One new responsibility for me as Commanding Officer was the job of greeting soldiers at the airhead in Trenton. I made the trip several times with the Sergeant Major and it became a bit of a ritual. First, we would stop at Tommy's (a local Greek/everything diner) and grab something to eat before heading to the hanger where we would watch countless soldiers come through the doors to be greeted by loved ones. The most interesting of these times was greeting Cpl Duncan as he arrived late in the evening around midnight. We shook his hand and that of his parents, bid him a safe trip home and then headed out into freezing rain. The ride home on the 401 entailed the Sergeant Major leaning out the window and pounding the ice off the windshield and then I would lean out the driver side while he held the steering wheel. We had to stop at one gas station to break off about three inches of ice off of the hood and grill of the car. We carried on and had to crank the heat to keep down the ice build up on the windshield only to open the passenger windows so that we didn't fall asleep in the overpowering heat. We made it home at about 5:30 am in time to go to work for the day.

Captain Mike Owen led the team of Foot Guards that participated in the Brigade and Area mandated exercises for the winter. Overall, our performance was considered quite good and we received distinct praise for the support of Exercise Digital Wolf which would have failed had it not been for the support of the GGFG as exercise players and support staff. The Chief of Staff for 33 Canadian Brigade Group noted that he was greeted by all ranks of the GGFG each morning unprompted, which he found unique to the members of our Regiment.

Captain Lynam, Lieutenant Clason and MCorporal Popadick have recently returned from the NATO Reserve Shooting Competition in Scotland where they achieved third place overall. Well Done!

I have received two letters of praise for Band performances, the first from the Commander of the Army for the great support during the Army Ball and the second by the High Commissioners of Australia and New Zealand for the Band's participation in the ANZAC celebrations.

I haven't had much opportunity to emerge from my office and the mountain of paperwork that I sift through nightly, so it was a pleasure to begin the interviews for soldiers interested in Task Force 3-08, which deploys to Afghanistan in August 2008. At present we are looking at least a dozen soldiers and officers that have made initial screening and have advanced to the Area level for final selection. I have every confidence that our soldiers will find spots with the Task Force and it is now a waiting game to find out how many.

Two officers, Ensigns Elliot MacDonald and Bryan Goat have returned from their Winter Dismounted Platoon Commander's course where they did exceedingly well, placing in the top third. Mr MacDonald was number four overall, which is outstanding. The Regiment has accepted three new officer's this year: Officer Cadets Fysh, Spencer and Kane who will be off to Aldershot/Gagetown to commence Common Army Phase training in June.

I'd like to point out two new additions to the Regimental Museum that all Guardsmen should make a point of seeing. Marty and Estelle Lane have done an excellent job in maintaining the Museum with professional looking exhibits.

First is the display of medals, swords and accoutrements of Colonel Clyde Rutherford Scott who served in the 2nd Battalion, CEF in World War One. His daughter, Barbara Ann Scott (King), the world famous Figure Skater presented the Museum with these Artefacts on May 25th and they are an important piece of history.

The second contribution is a bit odd only in the sense that a serving soldier donated the artefacts. Corporal Makela has donated the helmet, ballistic eye wear, and gloves that he wore when he dealt with the suicide bomber. The burn marks and deep scoring are a stark reminder of the dangers faced by our soldiers on a daily basis in Afghanistan and also a keen reminder that our equipment is world class and saves lives.

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Barbara Ann Scott-King following the unveiling of her Father's memorabilia

(Photo courtesy of Thom Fountain. Some of his pictures taken around Ottawa can be seen on his blog www.Ottawaat150.blogspot.com)

I'd like to single out two people that will be leaving us over the summer. The first is the current Commanding Officer of the Ceremonial Guard (CG), Major Shawn McKinstry. Shawn served as our Operations Officer, went on deployment to the Middle East and came back to take command of CG. He is the consummate professional who embodies strong tactical acumen, a wealth of operational knowledge, physical fitness and he also practices being an academic having completed his second master's degree in four years.

Shawn leaves to become the Canadian Liaison Officer to the United States Marine Corps at Quantico, Virginia. It would appear that Major McKinstry would be a hard act to replace but a good friend of his and a former Guardsman, Major Brian Hynes will take command on June 4th. He embodies the same qualities that made Shawn successful in his command. I wish good fortune to Shawn and his wife Joanne and at the same time welcome Brian back to the Regimental Family.

The second person leaving us is Captain Keith Howard, our Operations Officer. Captain Howard has served the Regiment over a number of years and is one of my trusted advisors. He has performed admirably well to all ranks and is commended for his diligence and his efforts in making training as realistic as possible. You can thank him for training weights! I would like to say that I have a replacement that will match Captain Howard, but at the present time we have no regular force officer identified to replace him in September. I will be seeking out reserve officers to fill the position.

Many soldiers have already disappeared from the Drill Hall to commence training at Ceremonial Guard and more will depart shortly for summer courses and training. To all of you - have a safe and enjoyable summer. Keep up the fitness regime, as we will hit the ground running in September. Lastly, I am reminded of the Mayor of Ottawa's recent remarks that he wants a city with some swagger. All he has to do is look at the Guards and we'll give him the swagger he needs. Do the jobs you have trained for and show all the people that you meet what it means to be a Guardsman.

Message from the RSM

CWO Kevin Carleton, CD

As the training year draws to a close, I wish good luck to all those who are departing on courses this summer. Several Senior NCOs have already returned from courses: Sergeants Marleau and Nevin completed the Intermediate Leadership Course in St. Jean, QC, and CSergeant Witol completed the Infantry Company Sergeant Major's Course in Gagetown, NB. The depth of skill and knowledge also continues to grow with others completing distributed learning for their respective courses.

With the return of our veteran soldiers from Afghanistan, LCol Foster and I agreed that the best way to reintegrate our heroes and maintain their interest is to give them their choice of employment for the summer. Both Corporals Cockerell and Duncan opted for long-term 3-year Class B employment in the local area, which they were able to obtain; and Corporal Makela asked to be loaded on a basic parachute course. That one has not come to fruition yet, but we are doing our best to give him what he has requested. Corporal McCallum is off to Ceremonial Guard and is also loaded on the Primary Leadership Course. Both Corporals Platte and Powell chose not to pursue summer employment, but rather to get caught up on missed schoolwork and enjoy some free time with family and friends.

Unfortunately I was not able to attend the annual Cut Knife Hill Dinner this year as my full-time job in the Army HQ had me off to Kandahar, Afghanistan for a week (as luck would have it, this was the same week the Stanley Cup was there). Rather than selfishly postpone the dinner for myself, I opted to have the dinner conducted "on the Saturday nearest May 2nd," as the Mess Constitution states. The dinner was of course left in the capable hands of the Drill Sergeant, MWO Art McKenzie. From all accounts a good time was had by all.

We have received confirmation that seven more of our soldiers have been picked up to start training this September to deploy to Afghanistan next August. Sergeants Joly, and Postma, Corporals Altoft, Beckett, Westra, Wong

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and Wright will be joining Corporal Penny who started earlier this month. More names are expected to be received shortly.

A reminder to all serving Senior NCOs and Life Members that we will be celebrating the Regimental Birthday on Friday June 8th at The Keg Manor restaurant on Richmond Road. As always, this is a mixed event at your own expense, if you wish to attend. If you have not done so, please forward your intention to attend to CSergeant Guy Doucette so that we may make timely reservations on your behalf. I hope to see as many people there as possible.

In closing, I wish everyone a good summer of training hard and partying harder to recount all of your "war stories" from courses and training.

Governor General's Foot Guards Regimental Association

MWO David Rennie, CD Membership Chairman

Being on the executive of the new Regimental Executive, one of my jobs is to look at the membership - well I have a few questions, so I thought I should share them with you the reader;

- What is the Association about!
- What can the Association do for the serving members!
- What can the Association do for the former members!
- How can we interest serving members in the Association!
- Regimental Reunion Weekend
- Guards Ball 2008!
- New Years Eve Party!
- Association Dues!
- Why do we ever need the Association!

What is the New Regimental Association? Well, you may have read about it. The new Association is the Guards Foundation and the Foot Guards Association combined to make the Regimental Association of the GGFG. Why - well numerous reasons - one I think mainly to provide more with perhaps less, we need to be more active, we need to be streamlined and cohesive with a plan of action!

What can the Association do for you and former members. Being a member of the Guards Family, you are more than just a member of any old Regiment; the Guards family is a vast organisation.

World wide there are former members of this great family, that being the Guards Regiments, and to that end you should be proud to belong to one of the best and if you are new to the Guards Family then welcome. The saying "Once a Guardsmen always a Guardsmen" should never be taken lightly.

The Foot Guards Association from conception had a task; it was mainly to look after former members who fell on hard times, to support families who suffered the loss of their loved ones in battle. Even from that very early stage, the Association still steps up to the plate, from visiting former members in hospital, to sending get well cards and gifts to sick members, to sending care packages to members of the regiment on overseas tasks.

Remember Canada is still involved in conflict, and should the Regiment lose anyone, the Association is still there to support the families.

Being a member of the Guards family also assists in employment "Networking" the "Brigade Tie" does go a long way in the world. It is recognized, and those who do recognise it, know that the person who is wearing it is bound by morals, standards and ethics.

The Association also supports unit initiatives in support of all Messes within the Regiment; the Association also supports the GGFG Cadet Corps. It may seem as though the association is a bunch of "older" Gentlemen; well, I guess it is, so this is where you come in, when elections happen step up to the plate, so what can the Association do for you (?) - well this is a question that can only be answered by you! What do you want it to do for you!

Why do we need the Association? I think this an easy question to answer - because we do; we look after our own while they serve and when they leave again. If you have ideas put them on the table send them to Rennie.DB@Forces.gc.ca and the Association will look at your ideas and act on them should they prove to be productive.

The current dues for serving members are \$15.00 per year; it has been this amount for many years. There has been no increase even though everything else increases. The association may be looking at increasing the dues to \$20.00 per year, what are your thoughts and if you disagree why!

How can we interest serving members in the Association once again we need your ideas and concepts use the e-mail address.

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The Guards Ball 2008

General Outline: The Regimental Association is involved with the organisation of the Guards Ball in 2008; the plan is to hold this event in the Ottawa Congress Centre (OCC) in the Colonel by Room, on February 9, 2008.

The plan is to have an excellent meal together with wine, 2 glasses per person is included in the cost of \$75.00 per person. Soft drinks for designated drivers are free at the Ottawa Congress Centre. (Those who have attended functions at the OCC would no doubt agree the food is of a very good quality and standard, well prepared to the highest standard well worth the cost).

Bars: There will be cash bars available; the cost of alcoholic drinks is no different to bars in the market area and the gratuity is included in the cost of all drinks less soft drinks.

Entertainment: We plan to have a DJ play after the dinner. It is hoped that we can obtain the string quartet from the Central Band of the Canadian Forces to provide dinner music.

Parking at the Ottawa Congress Centre is not an issue as there is plenty, and the Association will be talking with the local hotels to obtain a reduced rate for the weekend.

It is realized that the cost is \$75.00 per person to attend. The association is letting you know now what to expect, therefore you should be able to commit to this event. The Guards Ball only happens every two years, so let's make the next Guards Ball an event to remember.

Let's go a stage further - how about a New Year's Eve party at the Drill Hall - what are your thoughts?

Up the Guards!!

1st Annual Regimental Weekend Dinner

The 1st Annual Regimental Weekend will take place October 11-13, 2007 at Cartier Square Drill Hall. There will be a memorial service prior to the dinner to be held at the Sharpshooter Monument in front of the Drill Hall. As per the by-laws, the Association annual general meeting is to be held at this time. This meeting will take place on Saturday prior to the Memorial service. On Friday evening there will be a meet and greet held in the Officers Mess and ALL ranks are welcome to attend.

It would be nice to see as many former and serving Guardsmen as possible at this dinner and the meet and greet. So, please let anyone you know who has served with the

Regiment and who may not belong to the Association, that they are welcome to attend both the dinner and the meet and renew acquaintances. Remember as the saying goes **“Once A Guardsman Always A Guardsman”**. Lets make every effort to get as many former and serving members of the Regiment as we can and remember that spouses are welcome to attend. Please see the attach order form for tickets and timing.

Notes from the Band

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

The Band continues to perform extensively throughout the National Capital Region. Highlights include a performance at the sold out Army Ball held at the Crowne Plaza in April. The Band premiered a marching routine, choreographed by Sergeant Julie Hacquard, to Ravel's "Bolero" and received a standing ovation at the end of it. Another ovation came after MCorporal Tammy Shaw sang "Proud Canadian Soldier" while the band accompanied her. This performance led to an "instant awarding" of a Chief of Defence Staff coin to MCorporal Shaw, given to her personally by General Hillier. He told her the piece "sent shivers up his back". Well done, Tammy! The Band was also the duty band at the National War Memorial for the 90th Commemoration of Battle of Vimy Ridge. Various performances at several conventions and assistance to the New Zealand High Commission for their Anzac Day rounded out a very busy April.

By the time of printing the Ceremonial Guard Band will be in full swing and the Regimental Band is providing 16 musicians to the CG band this year. While this makes it difficult for the Regimental Band to perform through the summer months, we know our musicians will return in the fall with increased musical and marching skills and we are confident they will represent the Regiment well. Before the public duties season begins, the band will travel to Hamilton, Ontario to perform at the Canadian International Military Tattoo on Saturday June 9th.

The Band will be losing some key individuals this fall. Our ever smiling trombonist, Cprporall Megan Snow has transferred to the Royal Regiment Band in Toronto, where she has been awarded a full scholarship to complete a Masters in Mathematics at the University of Toronto. MCorporal Carey Godfrey will be moving back to her hometown of Kitchener, Ontario to pursue her teaching career there and be closer to family. Her stalwart dedication in keeping the band well above the administrative float line has been second to none. Sergeant Julie Hacquard has been accepted into a Masters in Music program at the Sorbonne in Paris, France for the next two years. Congratulations Julie! Sgt Louis-Claude Campeau has been accepted into the Intelligence Branch and will remuster

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to that trade over the summer months and begin to serve with 2 Int Platoon this fall. He has contributed significantly to the Regimental Band over the past twelve years and will be sorely missed. We wish these four valued members well in their future endeavours.

Sergeants' Mess

Sgt D.A Kowlessar

There were no shortages of activities for the Sergeants and Warrant Officers of the GGFG, both training and social, since the unit's holiday break. All Sergeants and Warrant Officers from the GGFG were heavily committed to delivering on assigned duties and tasks in 1 Coy (training in operations in built-up areas, physical fitness and marksmanship), 2 Coy (QL2, DP2A, PLQ, Recruiting) and 3 Coy (Ceremonial tasking, Unit Band).

Amidst the melee of activities, Sergeant Nevin and C/Sergeant Witol successfully completed their DP4 and ILQ courses respectively, again demonstrating a high-level of performance, standard and will for continuous improvement. Congratulations to both. Sergeants Marleau and Thomlinson have been nominated for the next Warrant Officer's qualification course this summer.

The summer training season is now upon us and several members of the Mess have been identified with occupying the following key positions in the Ceremonial Guard:

MWO Rennie:	-Drill Sergeant
MWO Snyder:	-CSM 1 Coy;
CSergeant Potter:	-Assistant Drum Major
Sgt Smith:	-RQMS, and
Sgt Postma:	-Platoon 2 I/C.

Operations and delivery of Public duties, a priority tasking of the GGFG, is expected to proceed smoothly given the extensive experience and expertise of these members.

The Sergeants and Warrant Officers' mess welcomed Sergeant Postma to the WO1 Keating Club. Sergeant Postma was promoted to the rank of Sergeant on April 17th. Prior to his appointment, he was awarded the plaque for Master Corporal of the year (2006-2007) for demonstrating exemplary leadership ability and performance in his position in 2 Coy. Sergeant Postma's performance as recruiting NCO for the GGFG was also duly noted. As a result of his efforts, the unit's strengths will be bolstered by over 50 new soldiers by September 2007.

On the social front, members of the Sergeants and Warrant Officers mess took time to come together and reinforce camaraderie through games night mess event. In

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addition, the mess held its annual Cut Knife Hill Dinner on May 5th, where over 60 members of the mess---current, ex-members and life members---came together to remember those have served and gave their lives in the Northwest Rebellion campaign of 1885. The Mess hosted guest speaker Mr. John D. Reid, a respected Public Servant and author of the book "The Ottawa Sharpshooters" published in 2005. During his speech, Mr. Reid gave a remarkable account of the Battle of Cut Knife Hill as he quoted abstracts from the letters of young soldiers posted at the front to their families. As a final event for the training year, members and guests from the mess will soon reunite once again to celebrate the Regimental Birthday on Friday June 8th at the Keg Manor.

Keeping with the commitment and long-time tradition of honouring our fallen comrades, the unit sent Sergeant Webb to participate and take a leadership role in the Battle of Vimy Ridge Anniversary parade in France.

The WO1 Keating Club would like to congratulate Chief Warrant Officer Carleton, Regimental Sergeant Major of the GGFG in his marriage to Estelle Éthier. The wedding took place in North Gower in a beautiful outdoor ceremony during perfect weather conditions.

In closing, the Sergeants and Warrant Officers mess would like to welcome back all the GGFG soldiers from TF-3-06 Afghanistan. We are glad that you are safe and congratulations on assisting with this important mission.

Birth Announcement

Benjamin Kyle Foster (Ben) on May 10, 2007, weighing in at 7 lbs. 4 oz. A son for LCol Robert Foster and his wife Colleen Kyle. A baby brother for Hannah and Emma.

Congratulations!!!!!!

Doors Open Ottawa

Held on June 2nd and 3rd, the GGFG Museum was open both days. While attendance was not as good as previous years, it was once again a great experience. We inevitably get people who had no idea there were museums in the Drill Hall, to family members of former members and former members.

Many thanks to Major (ret'd) Wayne Younghusband and his granddaughter Alyssa and LCol (ret'd) Roy Longbottom who so graciously came to rescue us for a lunch break.

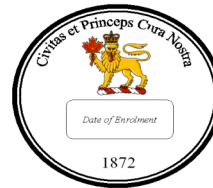
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Regimental Kit Shop

Marty Lane, CD

We now have a Regimental Coin as detailed below except that they are pewter and each one is numbered. They are available to any former member of the Regiment at a cost of \$8.00 each. Information required when purchasing one is: Name, rank, tos and sos dates.



Regimental Coin
Approx. 1.5 inches in diameter

Memorials and Tributes

Estelle Lane

Bennett, Wilfred Edward C 58513

On April 20, 2007 at Renfrew, Ontario at the age of 84. Wilf, a retired Ontario Provincial Police Officer, served with 21 CAR (GGFG) during WWII.

Hannan, Stephen Lewis

On Friday April 20, 2007 at the age of 86. He joined the Governor General's Foot Guards in 1941 and saw action in Europe with the North Shore New Brunswick Regiment.

Floysvik Mathilde

In hospital on Monday May 22, 2007, the day after her 97th birthday. Beloved mother of Harold Floysvik, retired member of the Governor General's Foot Guards Band. Harold is also a Life Member of the Foot Guards Association....

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

From the Guards Cadet Desk

Captain Joseph B. Horvath, CD

June of 2007 sees the Regiment's Cadet Company close out the 2006-2007 training cycle at another one of its highest training points ever. 2784 Royal Canadian Army Cadet Corps conducted their 41st Annual Ceremonial Review on Wednesday May 30th, 2007 at Cartier Square Drill Hall. Permission had been granted by our Lieutenant-Colonel Commanding, LCol. Robert Foster CD, ADC, to invite former Cadet Sergeant Major, Major Derek Cheff CD, to be the Reviewing Officer for this parade.

The culmination of Army Cadet Training came to a conclusion for our Senior Guards Cadets in late March of 2007. The National Star Certification Examination (NSCE) was completed in the Province of Ontario with an overall pass rate of approximately 65% and an average student mark of approximately 74%. Nine of our Guards Cadets passed this fifth level of training with combined averages for Phase One and Phase Two as follows:

Sgt. Amélie Asboth	82.80%
Sgt. Bradley Holt	82.70%
Sgt. Cassandra Carter	92.20%
Sgt. Jade Hopkins	98.40%
CSgt. James Cross	81.10%
Sgt. Christa Martel-Perry	87.40%
CSgt. Étienne Drapeau	93.10%
Sgt. Sebastien Uniat	84.20%
Sgt. Cassandra Hargrave	93.20%

The top NSCE graduate in the Unit was Sergeant Jade Hopkins who also placed top in Eastern Ontario with a combined average of 98.40%. We have also just learned that Sergeant Hopkins will be awarded the Major General W.A. Howard Award as the Top NSCE Cadet in Ontario. This is only the third time we have won this award in the Unit's 41-year history. The two previous recipients were former Cadet Sergeant Major She-Ming Lau-Chapdelaine in 2003 and current Sergeant Major She-Yang Lau-Chapdelaine in 2005. All of our NSCE graduates will receive their own personalized and Guard's Star engraved Grohmann Canadian Forces utility knife before departing for Summer Training.

With the summer fast approaching, we have begun receiving confirmation of postings for our approximately 85 Cadets that have applied for summer training or employment. Senior Cadets selected for employment at Cadet Summer Training Centres in 2006 include:

In Rocky Mountain: MWO Caroline Guertin
CSgt. Nicholas Asboth

In Borden: Sgt. Heather Madden
MWO Alex Surges

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In Connaught: CSgt. James Cross
CSgt. Deirdre Dooley

Due to their NSCE results, personal discipline, high levels of physical fitness and efficient paperwork by Unit and Detachment Staff, ten of our Senior Cadets will be part of only 100 Cadets from the Province of Ontario attending advanced training during the summer of 2007 as follows:

CF Basic Parachutist Course in Trenton, Ontario:

CSgt. Michael Charbonneau
Sgt. Jade Hopkins

Kayaking, Mountaineering and Glacier in Rocky Mountain, AB:

MWO Peter Zaveda
CSgt. Deirdre Dooley
Sgt. Cassandra Carter
Sgt. Bradley Holt
Sgt. Christa Martel-Perry
Sgt. Tyler Shirley

The Army Cadet Exchange to Europe:

Sgt. Amélie Asboth

The Outward Bound Wales Exchange in Great Britain:

Sgt. Cassandra Hargrave

The Unit is still awaiting Summer Course confirmations for approximately seventy first, second and third-year Cadets. Initial load-lists should be received by the end of the first week of June.

The Guards Cadet Company graduation parade was held on Wednesday May 23rd, at Cartier Square Drill Hall and our Unit Mess Dinner was held on Saturday May 26th at the Lord Elgin Hotel. Every single first, second, third and fourth year Cadet received their graduation certificates. Certain qualifications, Army Cadet Service Medals, minor Unit awards and appointments were presented as follows:

Green Star - Level One: 53 first-year Cadets graduated
Red Star - Level Two: 26 second-year Cadets graduated
Silver Star - Level Three: 15 third-year Cadets graduated
Gold Star - Level Four: 16 fourth-year Cadets graduated

9NSCE Cadets graduated to join our previously qualified 10 NSCE Cadets

19 General Marksman Qualifications awarded
14 First-Class Marksman Qualifications awarded
9 Expert Marksman Qualifications awarded
13 Distinguished Marksman Qualifications awarded

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Awarded the four-year Service Medal:

Sgt. Amélie Asboth
CSgt. Nicholas Asboth
Sgt. Christina Belway
Sgt. Cassandra Carter
Sgt. Victoria Carter
Sgt. Laura-Lee Desjardins
Sgt. Danielle Gallant
Sgt. Cassandra Hargrave
Sgt. Bradley Holt
Sgt. Guy-Olivier Lambert
MCpl. Miranda Lee
Sgt. Heather Madden
Sgt. Christa Martel-Perry

Awarded the fifth-year Service Medal Bar:

CSgt. Michael Charbonneau
CSgt. Deirdre Dooley
CSgt. Étienne Drapeau
Sgt. Daniel Flora
MWO Caroline Guertin
Sgt. Tyler Shirley
MWO Alex Surges

Awarded the sixth-year Service Medal Bar:

CSgt. James Cross
MWO She-Yang Lau-Chapdelaine

Awarded his Seventh-year Service Medal Bar:

MWO Isreal Jean

Recognized as the Most Improved New Recruit:

Guardsman Andrew McFarlane

Recognized as the Most Improved Junior NCM:

Sergeant Christa Martel-Perry

Recognized as the Most Improved Senior NCM:

Sergeant Cassandra Carter

During the 40th Annual Ceremonial Review on May 30th, the following Cadets were recognized with major Unit Awards:

Top Junior Marksman:

Cpl. Victoria Laflamme-Descarie

Top Senior Marksman:

Sgt. Victoria Carter

Kiwanis Club Music Award:

MCpl. Jacquie Surges

Major R. Barrette Esprit de Corps Award:

CSgt. Nicholas Asboth

Cpl King Boloko Memorial for Excellence in Athletics:

CSgt. Michael Charbonneau

Top New Recruit:

Gdsm David Joseph

Most Proficient Junior NCM:

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MCpl. Mateo Farfan

Most Proficient Senior NCO:

CSgt. Deirdre Dooley

Guardsman Award:

MWO Peter Zaveda

Royal Canadian Legion Cadet Medal of Excellence:

MWO Alex Surges

Lord Strathcona Medal:

CWO She-Yang Lau-Chapdelaine

After all is said and done, 2006-2007 was a very successful training year for the Guards Cadet Company. All of this year's achievements could not have been realized without the hard work and generous support of my Senior Cadets and Adult Staff, the Cadet Parent's Support Committee, all members of the Kiwanis Club of Ottawa, Branches 595 (Strathcona) and 462 (Eastview) of the Royal Canadian Legion, our Cadet Detachment Staff both in Trenton and Borden, LCol Lloyd G. Sainsbury and Connaught National Army Cadet Summer Training Centre, the Army Cadet League of Canada (Ontario) and the Army Cadet League of Canada, the Regimental Family and our Lieutenant-Colonel Commanding.

I would also like to take this public opportunity to thank Mr. Marty Lane and the GGFG Regimental Association for its generous donation to the Cadet Company. They have made some very underprivileged youth very happy in allowing us to conduct increased fun, rewarding and challenging training for them. Thank you for enhancing the Cadets' Guards Family experience.

UP THE GUARDS!

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 September 2007 GUARDS STAR IS August 27, 2007

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

Membership

It is now time to renew your membership. Please check the date beside your name on the envelope. A date of 09/06 indicates your membership is expired and payment of dues for 2007-08 is now required.

We will be happy to receive your membership payments during the reunion weekend, or kindly use the following membership application form to mail in your dues.

Membership Application

Membership Fees

Annual \$15.00

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_____

REGIMENTAL KIT SHOP PRICE LIST**June 2007**

Badge, cap, ORs, old slide type	\$ 7.00
Badge, collar, Sr. NCO, each	\$ 14.00
Badge, rank, Major, St. Edward's Crown pr	\$ 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 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 th 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 th (available 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

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**** NEW ITEM**