



The Guards Star

Foot Guards Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3

Regimental Website: www.ggfg.ottawa.on.ca

ESTELLE LANE

SEPTEMBER 2007

EDITOR:

President's Message

Marty Lane, CD

Here it is September already and we are busy preparing for the upcoming Regimental weekend in October. More information can be found later on in this publication. At present the Association is looking into preparations for the Regimental Ball to be held in February 2008. More on this at a later date, so start saving the pennies now for this event.

The executive of the Association have been busy at their respective duties this summer and will be meeting shortly to discuss the various projects that they have been working on. One project in particular is the finishing touches to the Sharpshooter monument with gardens and chain link fence, that Jim Milne has spent considerable time working on this summer. As we all know, working with government takes time, and Jim has had to deal with three levels of government on this one.

As the new training year starts, I want to wish all members of the Regiment who have been selected for rotation to Afghanistan good luck in their training and safe return from their mission. Also welcome back to all the members of the Regiment, and I hope that you all had an enjoyable and successful summer.

It would like to remind you of the upcoming reunion weekend and it is my hope that as many as possible of you will make a concentrated effort to attend. This is your opportunity to meet and socialize with former members of the Regiment who like yourselves have served at different times from 1940's to the present. You just never know who you might meet that you were not aware had served in the Regiment at one time.

Once again let me say that the only way our Association can be successful is that you get behind the executive and support the events that they are planning for the future. As I said in previous editions of The Guards Star, if you have any suggestions as to events that you would like to see, please let the executive know what you would like and we will look into the possibility of having these events. **UP THE GUARDS**

Message from the LCC

LCol Rob Foster, CD, ADC

We have finished another summer and it is time to start planning for the upcoming training year. Before we do that, I want to acknowledge some of the Guardsmen who have done well this past summer: Cpl Makela for obtaining his jump wings, Cpl Riddell for completing the PLQ Mod 6, MCpl Perry and Dallaire for completing DP3A, the Section Commander's Course, Sgt Nevin and Sgt Marleau for completing DP3B, the Platoon 2ic Course, CSgt Witol for completing DP4, the Company Sergeant Major's Course, Esgn Lymer and Petric for completing the Dismounted Platoon Commander's Course, and Capt Quesnel for completing the Army Operations Course. I want to also congratulate all others who have completed training this summer including BMQ, SQ, Dvr Wheeled, IPSW and BIQ. All of you can be proud of your accomplishments.

Once again our soldiers have distinguished themselves in marksmanship. In the last four months we had a team compete in the NATO Reserve Shoot and came third overall. Congratulations to Capt Lynam, Lt Clason, and MCpl Popadick. In addition, the Musketry Officer, Captain Gagnon continues to excel in shooting as evidenced by his placing second and fourth in a variety of matches at the Operational Shooting Association Competition in July. Musketry continues to be an important factor of Regimental life and the first exercise will see all members of the rifle company competing in the Operational Shooting Association competition at Connaught Ranges.

I had a brief discussion with Capt Mike Owen who commanded the 33 CBG composite company that went to Exercise Maple Defender in Wainwright, Alberta. He described the venue as excellent and the most realistic training he has ever seen right down to calling in the 9-liner for casualty evacuation and having helicopters arrive to take away simulated wounded. All told 17 members of the Regiment participated in what was considered a very successful exercise.

We also successfully planned and executed Adventure Training this summer right on the heels of Ceremonial Guard. Eight members of the Regiment led by Captain Chris Lynam participated in a White Water Rafting expedition down the Ottawa River. The training was well planned and I look forward to hearing the accounts of the soldiers when they return.

The GGFG provided 116 soldiers to Ceremonial Guard this past summer, which included personnel to the headquarters, the band and the rifle company. It should be pointed out that for the second year in a row the two rifle companies were folded into one large rifle company as a result of problems in force generating the required number of personnel to fill the tasks of the companies. Some e-mails have begun to circulate to suggest that the future of Ceremonial Guard will be without the Canadian Grenadier Guards and even possibly without the Governor General's Foot Guards. At present, I can assure you that it is not the case. The CO of Ceremonial Guard and I have had some discussions about the future of Ceremonial Guard and its composition. He has been given the task to look at options for the future and rightly he has identified a number of radical solutions, which may shock many but it must be stressed that they are only options.

The Commander of Land Force Central Area, Brigadier General Howard, has made it clear in an e-mail dated August 21, 2007 that there will be no change to the composition of Ceremonial Guard for Summer 2008. While you may think we can all relax, the reality is that the CGG and the GGFG must come up with the required personnel to staff all the positions or it will be shared to other units, as has been the case in the past two years. This problem is exacerbated by the fact that 14 members of the Regiment (including one officer, five senior NCOs and nine Jr NCOs) have been selected for pre-deployment training for Task Force 3-08 commencing on September 4, 2007. They will deploy during the summer of 2008 to Afghanistan. I cannot put Ceremonial Guard ahead of the requirement to support obligations to international operations and I am proud that so many of my NCOs have been selected but as a result it will take a concentrated effort to make up the shortfall. I may have to call upon the likes of Joe Pelisek, Harold Blackman or Roger Corrigan to come back and lend their expertise once again to public duties.

Once again the emphasis for all soldiers this fall is physical fitness and we will be completing the Battle Fitness Test, which encompasses a 13 km ruck march, 100m Fireman's Carry, and the new Trench Dig. We will complete the training in November along with the annual Personal Weapons Test. Unfortunately the Honourary Lieutenant Colonel, Lieutenant General Gervais will not be participating. Instead he will be hiking 800 km with his wife across northern Spain. On behalf of all members of the Regiment I wish them well and a safe return.

This year will prove to be challenging as we look to maintain the standard of those who have gone before us. The training will be based on individual soldier skills within a Platoon/Company framework across the full spectrum of

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operations. This will allow the rifle company to focus on the core business of the infantry.

Message from the RSM

CWO Kevin Carleton, CD

As another busy summer has drawn down, a busy fall ensues. Specifically the unit will have 14 soldiers reporting to Petawawa in September to start predeployment training for Task Force 3-08. Another 2 will be joining the psychological operations (PSYOPS) community and starting their training in Toronto. All should be deploying between the spring and summer next year and return in January 2009. A fair amount of leadership from the unit is in this group (1 Lt, 1 MWO, 1 CSgt, 3 Sgts, 3 MCpls), so it should prove to be an interesting year and offer more opportunities for our junior leaders to assume more responsibilities. While it may be harder work for those left behind this year, the unit can only grow stronger when our members return from Afghanistan and bring their seasoned skills back to the fold.

CSgt Neal Porter will assume the appointment of CSM 1 Coy this fall, followed by CSgt Guy Doucette and MWO Dave Rennie as CSMs 2 and 3 Coy respectively. CSgt Doucette will also be double-hatted as the unit Ops WO and MWO Rennie as the DMaj. Once again Sgt Gord Birkinshaw will be the BSM.

This year will be a first for the autonomy of the Regiment: at the time of writing this we have no Regular Force members posted to the unit. All four were posted out this summer, with no one coming to replace them. In typical Guards fashion we will persevere and fill out the vacant positions from within by our own capable people.

Good luck to all of our people training this fall to go to Afghanistan. We look forward to sending you all off next spring with a small Guards Family social gathering at the unit:

Lt Barber	MCpl Bramley
MWO Snyder	Cpl Altoft
CSgt Witol	Cpl Beckett
Sgt Joly	Cpl Mann
Sgt Postma	Cpl Penny
Sgt Kowlessar	Cpl Westra
MCpl Perry	Cpl Wong
MCpl VanVeen	Cpl Wright

The Quintessence of Friendship

Capt Robert Duncan, CD



L-R: Rob Duncan, Bob Martin (Pl Comd), Bob Frye (in front), John Martin (behind Bob), Kathy Erb, Rick Booth, Madeleine Smith and Carolyn Caverly, all candidates.

Some time ago, as a young Guardsman, I concluded that going through a common challenging experience is the best catalyst to bring a group together. A fine example is the challenge faced by recruits on their Basic Military Qualification. For many, the greatest challenge they have faced as individuals.

In 1972, as a Corporal, I put my name in for an instructors vacancy on a summer recruit course, then called General Military Training, for the Summer Student Employment Program, or SSEP. The course ran 5 days a week here in Ottawa, the first half being run out of Cartier Square Drill Hall, the second half conducted at the old 3 Field Engineer Squadron facility on Lee's Avenue.

Course standards weren't quite what they are today, and some of our antics would probably be less than warmly received. For instance, I doubt that course staff today would do a roll past on a pushcart during morning inspection in order to get the candidates to laugh. To our great dismay, however, the candidates held their own.

In our defence I will claim the ignorance of youth and the firm belief that that was simply the way you did things in the Army. We were Corporals, damn it, Section Commanders in those days, and we knew what we were doing! Thankfully, we must have had a guardian angel watching over us because no staff or candidates were jailed, no administrative measures awarded, and no one was injured!

In any case, we accomplished our mission. Approximately 30 candidates passed the 6 week course and more than 20 returned to the Regiment in the Fall. Pretty good odds. But this wasn't necessarily a credit to the high standards

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and professionalism of the staff, as I've mentioned. No matter our efforts, the candidates stuck together helping and encouraging each other, and as their instructors saw, they developed a deep friendship. They were, and are, a good group.

Now, this is not news. Friendships always have and always will develop when people come together to overcome a challenge. What is noteworthy here is that a dozen or so of the instructors and candidates, and another dozen of the friends we made in the Guards along the way, came together recently to celebrate their 35th Anniversary. Through the years there has been a corps group that has stayed in contact, and every-once-in-a-while, we host a reunion. And it all began quite unnoticed.

That is all well and good, but the point is to take the time to value these things. Beyond appreciating the value of the lessons learned on course or exercise, take time to appreciate the friendships you're making along the way. The average "career span" of a reservist is somewhere around 2 years, some of the "long in the tooth" members of the Sergeant's Mess notwithstanding.... For most, then, your time in the Reserves is likely to be short. With a little luck, and the small investment of keeping in touch, friendships can last a lifetime. Or 35 years, at least.

1st Annual Regimental Weekend Dinner

This is a reminder that the 1st Annual Regimental Weekend will take place October 12-13, 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 attached order form for tickets and timings.

Notes from the Band

Major Fran Chilton-Mackay, OMM, CD

As members of the Regimental Band return from their summer taskings at either the Ceremonial Guard Band or qualifications at the School of Music in Borden, they gear up for another busy fall. Notable fall engagements to mark on your calendars will be the Senators Home Season Opener on Thursday October 4th and a Public Concert at the Canadian War Museum on Sunday October 28th at 2 pm. The Band will make another appearance at the Association Dinner on Saturday October 13th. At that time Guy Fortier will have to relinquish his Director of Music Emeritus Medal he was awarded last year and we will be auditioning new candidates that evening as they take the band through some favourite marches. Bob Dodd – we are expecting a repeat performance so you vie for the title again!

Cpl Darren Elford has accepted a one-year music teaching assignment in New Liskeard, Ontario and will be leaving the band for a period. Cpl Pattingale-Jones will not be returning from her maternity leave this fall. She and her husband have moved to a log house near Mallorytown, Ontario. We wish them both well.

At the time of print we are anticipating several new members to join us from the CG Band and look forward to welcoming them to the Regimental family as GGFG musicians.

The Guards Club

Joe Pelisek, CD

Cocktails-for-Two will be held on Friday September 28, 1830-2130, at Bains House and Gardens, 40 Fuller Street. Hostesses will be Grete Hale and sisters Gay Cook and Jean Piggot. Ottawa Mayor Larry O'Brien may be in attendance.

The combined Guards Club and Thomas Ross dining-in will be held on Friday November 9th. AGM and elections at 1830, dinner at 1930 at the GGFG Officers' Mess, Cartier Square Drill Hall.

The Christmas Luncheon will be held on Thursday noon, December 6th at the Somerset St Officers' Mess. Complimentary wine

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Governor General's Foot Guards Regimental Association

MWO David Rennie, CD Membership Chairman

(Reprinted from the June 2007 edition)

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 Guardsman always a Guardsman" 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.

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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.

The Officers Mess

Capt Gray Shanahan, PMC

It has been a busy summer for the Officers, with training, courses, babies and CG. OCdt Kaine, Spenser and Fysh joined the mess in the spring and successfully completed their first summer of training. Esgn Lymer and Petric completed their platoon commander course and Esgn Petric promptly shipped off to ex Maple Defender in Wainright with Captain Owen, who was the OC of C Coy.

Lt Goat and MacDonald completed a winter PI Comd course, where both did quite well. Capt Owen and Lynam will be focusing on part two of the Army Operations Course (the old MCSC) this training year, which will preclude them from company appointments. As well, Capt Quesnel was successful on his AOC and will be OC 3 this year.

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Major MacLean will also be less visible this year as he will be on Paternity Leave. The stork also has also recently visited the homes of Lt MacDonald and LCol Foster. On his road to that eventuality is Capt Ali, who is now happily married to a lovely Australian woman. And speaking of foreigners, Capt Bell has returned from his three year assignment in Argentina and will be OC 2 this year.

Lt Mesic made a successful application to the Ottawa Police Department and will be shipping off to London Ontario shortly for several months of training.

As for the customary CG update, Capt Hladik (OC), Barber (PI Comd) and Goat (PI Comd) completed a successful summer of drill at CG. To close I would like to mention the Dining-In taking place on November 19th and the Adjutant's Cup on November 4th.

Sergeants' Mess

MWO Dave Snyder, CD

The arrival of autumn finds the Sergeants' mess down in numbers, mainly due to the demands of Afghanistan Task Force 3-08. Six members will be reporting to CFB Petawawa or Toronto either at the beginning of September or December depending on their assignment within the Task Force. These members are MWO Snyder, CSgt Witol, and Sgts Kowlessar, Joly, and Postma. In addition to these losses, Sgt Louis Campeau, a long-serving member of the band, will be transferring to 2 Intelligence Platoon as an intelligence operator corporal. Good luck to him and thanks for many years of service to the unit.

The mess has been quiet socially but will start up again with a mugging out of former members on Friday October 19th. The Adjutant's Cup game is scheduled for Sunday, November 4th. The cup has already been engraved anticipating another Sgts' mess victory. Of course, Life Members are invited to all events and are to contact an ordinary member if they wish to attend anything. Sgt Joly is handing off his responsibilities for Mess Events over to CSgt Doucette.

Sergeant Gauthier has added to his family with the birth of a baby girl – Annabelle Elizabeth – on Saturday, July 21st. Congratulations to him and his wife.

The mess has welcomed a newcomer from a rival unit, the Canadian Grenadier Guards. Sgt Albert will keep his “grenade fired proper” cap badge for now in his role as the full-time Assistant Regimental Quarter Master Sergeant, replacing Sgt Joly who has held the position for a lengthy period.

Foot Guards Compete in the NATO Reserve Shooting Competition, Edinburgh, Scotland May 5-14, 2007

MCpl Dan Popadick.

In early May, Capt. Chris Lynam, Lt. Grant Clason and I travelled to the United Kingdom to participate in the NATO Reserve Shooting Competition. Shaking off a good dose of jet-lag, we arrived at the British Army’s Infantry Training Centre at Catterick Garrison where we met the teams from Quebec and British Columbia. Very shortly afterwards, we all headed off to tour local heritage sites, small towns and a nearly two hundred year old brewery. Sightseeing remained the theme for the next few days, and we saw many castles, priories, churches and the like. Our familiarization with the standard issue SA80 rifle used by the British was conducted with the backdrop of an extremely busy training base. Guardsmen, Paras, Gurkhas, and regular infantry recruits were to be found everywhere, and we had the pleasure of being instructed by some of their staff who were pulled off leave to assist us. The rifle turned out to be really “good kit”, and we became very proficient with it on the range.

After a week of training we drove north through the countryside, towns and cities of northern England on our way to Scotland. The weather turned for the worse once we arrived in Edinburgh. Due to an extreme amount of fog on the outdoor range, the shooting portion of the competition was completed on the indoor SATS range. The 9mm Browning portion was retained however, as were the first aid and map plotting events. The obstacle course was replaced with a bicycle race, which the Foot Guards proudly won. Overall we finished in 3rd place. There were big smiles all around at the awards dinner, where we enjoyed Haggis and other Scottish traditions.

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Fog on the range in Scotland. It could not be used due to the danger of hikers walking into the line of fire.



Lt Clason, Capt Lynam and MCpl Popadick in Northern England.

Memorials and Tributes

Estelle Lane

Herbert, Harold

On Wednesday June 6, 2007 at the Perley and Rideau Veterans' Health Centre in his 99th year. He served with the Governor General's Foot Guards during WWII.

McNulty, Ernest

Suddenly on Wednesday June 6, 2007 at the age of 79. He was the father of Joe McNulty, a former member of the Regiment, past president and Life Member of the Foot Guards Association.

Winter, Peter, CD LCol (Ret'd)

At home on June 19, 2007 at the age of 77. Peter served with the Governor General's Foot Guards from 1960 to 1974. He transferred to Ottawa Militia HQ, and later assumed command of the Cameron Highlanders of Ottawa Regiment. According to his wife Doris, he remained at true Guardsman at heart, and was a Life Member of the Foot Guards Association.

Corrigan, David

On Monday July 9, 2007, age 42. Youngest child of Henry Corrigan, former RSM and Life Member of the Foot Guards Association.

Hill, Howard Rodney, CD LCol (Ret'd)

At St. Mary's of the Lake Hospital, Kingston, Ontario on Friday July 20, 2007 after a courageous battle with cancer. Col Hill, also known as "Big Red" joined the Canadian Forces in November 1958, as part of the Canadian Officer Training Corps and was attached to the Elgin Regiment for training. He transferred to the Regiment in 1960 and commanded the Regiment from August 1970 to September 1973. He was a Life Member of the Foot Guards Association.

Charter, Vera Doris

At the Peter Clark Centre Ottawa, Ontario on August 15, 2007 in her 90th year. Vera, a British war bride, was the beloved wife for over 60 years of Art Charter. Art served with the Regiment both during and after the war and was for many years RQMS of the Regiment and is a Life Member of the Foot Guards Association.

Blackman, Dorothy

Peacefully on Thursday August 23, 2007 in her 94th year. Dorothy was the beloved wife of Harold for 67 years. Harold is a former RSM of the Regiment and the founder of the Foot Guards Cadet Corps and is a Life Member of the Foot Guards Association.

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

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The Governor General's Foot Guards Cadet Company would like to extend its' heartfelt condolences to our founder, Major Harold Blackman, on the loss of his wife of 67 years, Dorothy, this past week. Many thanks to Mr. Terry Whitty for bringing this sad news to our attention.

I would like to begin my report this year by again thanking the Regimental Family for all of the support that the Cadet Company received celebrating our 41st Annual Ceremonial Review on Wednesday May 30, 2007. Estelle and Marty Lane of the Regimental Museum, Mary and Joe Pelisek representing the Army Cadet League of Ontario (and the Guards Club and the Regiment!), Major Harold V.E.G. Blackman, as our Founder and first Officer Commanding, Major Guy J. Fortier, Corporal Todd Demaine, Sergeant Luc Joly, Sergeant Joachim Roos, Colour Sergeant Greg Witol (and his Regimental Advisors), Major Derek L. Cheff as our Reviewing Officer for his classy words to the Cadet Company and our Lieutenant Colonel Commanding, LCol Robert M. Foster. Everyone involved made the celebration of the completion of our 41st year a night to remember.

A total of 74 Cadets participated in Provincial, National and International Summer training, as follows:

15 Cadets - two or three-week Basic Training
26 Cadets - six-week Leadership Training
15 Cadets - six-week Leadership/Instructional Training,
10 Cadets -Advanced/International Exchange/CF Parachutist Training and
8 Cadets were employed as Directing Staff at Summer Training Centres.

I still have yet to receive all members' Summer Training Course reports, but I do know that Sergeant Jade Hopkins was awarded the top candidate on the Canadian Forces Basic Parachutist Course by Major General J.M. Robert Gaudreau, CMM, CD.

From the Guards Cadet Desk

Captain Joseph B. Horvath, CD



She was the first female Cadet candidate from across Canada to pass her Basic Parachutist Course, held at the CF Land Advanced Warfare Centre in Trenton, Ontario, since GGFG Cadet Master Warrant Officer (now RMC Officer Cadet) Véronique Schwalm passed in 2003. Sergeant Hopkins was also the first female Cadet to ever be chosen by the Parachute Instructors at CFLAWC as the top overall candidate.



Some other fantastic results that I have so far heard of from this summer include Sergeant Victoria Carter and Master Corporal Daniel Lister placing ninth and tenth

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respectively within the top 18 Cadet Marksmen in Canada. Both of these sharpshooters were awarded invitee positions by Lieutenant General Charles H. Belzile, CM, CMM, CD to travel and compete as part of the Canadian National Rifle Team in Bisley, England during the summer of 2008.



These two members will have a long year of fifth-year training, written examinations, practical testing, physical fitness and marksmanship competition before I will approve them for overseas competition. Colour Sergeant Nicholas Asboth was recognized as the most outstanding staff member at Rocky Mountain National Army Cadet Summer Training Centre in Rocky Mountain House, Alberta while Corporal Paul Rankin was selected as the top overall Basic Army Cadet at Blackdown Cadet Summer Training Centre located on CFB Borden, Ontario.

The 2007-2008 Cadet Training Year will again see as many as eight of our fifth, sixth and seventh-year senior Cadets retiring from the Cadet Company to pursue their post-secondary education and adult careers. The most senior of these retiring Cadets will be our Sergeant Major, Chief Warrant Officer She-Yang Lau-Chapdelaine, leaving on September 26, 2007. All members of the Regimental Family who wish to celebrate CWO Lau-Chapdelaine's Cadet career and attend his parade on Wednesday September 26th, at 1900 hrs at CSDH are welcome to attend. If you would like more details, do not hesitate to call or e-mail me at 613-991-4294 (work), 613-291-2784 (cell) or horvath.jb2@forces.gc.ca.

We will continue to honour all of these senior Cadets and their contributions throughout the year. The Cadet Company is also currently awaiting news on some major unit

awards that we have been recommended for this past training year.

The Cadet Company is again being considered for the Lord Strathcona Shield as the most proficient Cadet Corps in Eastern Ontario. Lord Strathcona believed that patriotism, physical fitness and discipline should be developed in young Canadians and that "The First Duty of a Free Citizen is to Defend their Country". If successful in attaining the Lord Strathcona Shield, the Cadet Company will then be considered for the Colonel John H.C. Clarry Trophy as the most proficient Unit in the Province of Ontario. I will have updates and full reports by the next issue of the Guards Star.

The Cadet Company begins the 2007-2008 training year with an ambitious recruiting initiative to again bring 100 twelve to sixteen year-olds down to Cartier Square on Wednesday evenings during the months of September to November and to expose them to the "Cadet Experience" with a "Guards" flavour. Our goal is to retain at least 60 of these new recruits and develop some self-discipline, national pride, physical fitness and an interest in the Canadian Forces within them during safe, fun and challenging training. Our recruiting will take place outside of regular Cadet training hours, will involve all adult and Cadet staff and will consist of posters, flyers, newspaper articles and school presentations. Our first parade night is Wednesday September 5, 2007 and begins at 1830 hrs at Cartier Square Drill Hall.

Autumn of this year will see the Cadet Company parading every Wednesday evening, conducting band and marksmanship training on selected Monday evenings and weekends as well as attending competitions, NCO development training, field training and citizenship activities on many weekends. We have Eastern Ontario Area NCO development training in mid-September, Regional Zone Expedition field training for our fourth year Cadets the last two weekends in September, a Unit NCO development weekend at Gatineau Park in early October, the Eastern Ontario and Central Region Army Cadet Challenge Competitions in mid-October as well as a Recruit Familiarization Exercise at the end of October. The Cadet Company has already been asked to attend Rideau Hall in October for the Governor General's First Poppy Ceremony while the Unit will be helping Royal Canadian Legion Branches 462 (Eastview) and 595 (Strathcona) with their Poppy Campaigns in late-October and early November. Another busy year is in the works!

Welcome Back All and UP THE GUARDS!

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Former Guardsman Dr. John Blatherwick received the Order of British Columbia at Government House in Victoria on June 14, 2007. John joined the GGFG in 1961 and remained until 1963 then joined the RCAF unit at the University of Alberta. He continued in the RCAF with 418 Squadron until 1969 when he became the Officer Commanding the RCAMC unit in Calgary for a brief time. While doing his Internal Medicine residency in Vancouver in 1971, he agreed to assist his senior resident at the naval reserve division in Vancouver, HMCS Discovery, during the summer -and stayed for 29 years retiring as the last medical officer in the naval reserve in 2000 with the rank of Commander. In 2006, he was named the Honorary Colonel of 12 (Vancouver) Field Ambulance. John retired in the summer of 2007 as the Chief Medical Health Officer of the Vancouver Coastal Health Board after a 36 year career as a Medical Health Officer in British Columbia. In addition to the OBC, he is also a member of the Order of Canada and the Order of St. John. His citation read:

A catalyst and innovator for public health in British Columbia, Dr. John Blatherwick has served as a medical health officer in B.C. - and a strong voice for improved health for 36 years.

Dr. Blatherwick is a persuasive champion of public health, and a force of influence in his community. He is Canada's longest serving medical health officer, having held his current position in Vancouver for 23 years.

Not hesitating to take controversial positions when he has believed doing so was important to public health, Dr. Blatherwick is known for his strong stands on tobacco use in the workplace, harm reduction programs for injection drug users, safe sex, and AIDS care, among many others.

Dr. Blatherwick pushed for drinking water treatment in the Vancouver area, introduced new immunization programs, and

school health initiatives that have improved the health of school children.

He took the lead for Vancouver Coastal Health in Olympic medical planning, served for 39 years in the Canadian Forces Reserves, and represented Canada for six years at NATO as the head of the Canadian Forces Reserve Medical Group.

Dr. Blatherwick has been uniquely skilled at turning complex medical information into straightforward messages he has delivered with skill to the public.

Even with his demanding and high-profile work life, Dr. Blatherwick has also been actively involved as a volunteer. This has included sitting on numerous community boards, while also playing, coaching and refereeing sports.

The Mail Box

I'm writing on behalf of my father, Allen McKnight. He served in the Guards during the Second World War. He is also a Life member of the Association. He is presently living in a Palliative Care Hospital in Hamilton. He has terminal lung cancer and has been given only a few months to live. He has always been proud of his service with GGFG and displays his service medals with much pride. I was wondering if the Guards Association would send him a card and wishes. He would just love it as he is low in spirits as he feels he is forgotten. His regimental number is C102330. The address is St. Peters Hospital, 88 Maple Ave., Hamilton, ON, L8M 3M9, Third floor east.

.Thanks Allen McKnight Jr.

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

The Guards Star

DEADLINE FOR THE September 2007 GUARDS STAR IS NOVEMBER 27,2007

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 _____

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**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

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

**** NEW ITEM**