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The Guards Star

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

JUNE 2008

EDITOR: ESTELLE

President's Message

Marty Lane, CD

Here we are already into June and summer has appeared with a vengeance. Since the last Guards Star in March, the planning stages of the second annual Regimental Weekend tentatively slated for the weekend of October 17-19th have started. Please note that the Annual General Meeting of the Association, and the election of Officers will take place on Friday night rather than just prior to the Memorial Service and the dinner, as has been the custom for last few years..

Jim Milne has been busy getting bids to complete the work that is to be done on the Sharpshooter Monument. This work was mandated by the National Capital Commission as one of the conditions to getting the Statue moved to this site. With any luck this work will be done in time for the Regimental weekend. I would once again remind all members that this is your Association and we would like to hear from you with ideas that might be looked into by the executive.

I would like to take this opportunity on behalf of the Association to wish a safe deployment to all members of the Regiment who will be leaving this September. Remember to fly the flag high and keep up the good work of the Guards. To all – have a safe pleasant summer.

Message from the LCC

LCol Rob Foster, CD, ADC

The Regiment just passed its 136th birthday and the Officer's celebrated with a Mess Dinner at Cartier Square Drill Hall. Over 75 people were in attendance including the Assistant Deputy Minister (Science and Technology), Dr Bob Walker and his wife Karen, BGen Dave Fraser, Commandant of the Canadian Forces College and a former Guardsman, Colonel Paul Scagnetti, Commander 33 Canadian Brigade Group and the Honourary Lieutenant Colonel, Lieutenant General Jim Gervais and his wife Sande. Overall the dinner was a big success largely due to the return of a number of former serving Officers from the 1970s and 1980s – "the Cold

Warriors". To all of you who attended, thank you and I hope to see you again next year.

The last weekend of April, the Regiment deployed to CFB Farnham to participate in Exercise Valiant Thrust. Originally intended to be a combined arms exercise put on by 33 CBG, the training was decentralized. The GGFG was the lead unit with the CH of O, 763 Comms Regt, and 28 Service Battalion in support. It was a good exercise to remind the importance of training headquarters staff but also to ensure training at the platoon and section level.

Once again this year, we sent a three-person team to the NATO Reserve Shoot in Scotland where Capt Brulotte, Cpl Bonneville and Cpl Ryan did very well. Overall, they placed 10th out of 40 international teams.

The Band of the Regiment was given a free round of drinks by the Military Attachés for New Zealand and Australia for their continued support of ANZAC day. Both Officer's enjoyed themselves and were quite generous with the flow of drinks.

The GGFG has added yet another Lieutenant Colonel to its ranks. LCol Michel Lavigne has also received a promotion in his full-time position as a seconded Officer to the Department of Foreign Affairs. Congratulations!

Please read the Guards Star fully this edition so that you get all the details of the farewell barbeque for our soldiers deploying to Afghanistan as part of ISAF headquarters or Task Force 3-08. We will be hosting them, along with their families, on the 9th of August at the Drill Hall. We have extended an invitation to Her Excellency as Colonel of the Guards to attend so it promises to be a good event.

In closing, all the best to the Regiment and the Regimental Family as we enter into the summer training cycle. For all Guardsmen going away on course or training – luck is not an issue as you set the high standard expected in the Guards. Train hard, have some fun and be ready for September.

Message from the RSM

CWO Kevin Carleton, CD

The end of the training year is at hand, but it appears our military commitments are as busy as ever – if not busier. Several people have gone or are going off in different directions to represent the Regiment: Capt Brulotte, Cpl Bonneville and Cpl Ryan were recently in Edinburgh, Scotland to attend the NATO Reserve shooting competition. We sent MWO Art McKenzie off to Sierra Leone at the start of June for a six month tour of duty. We were fortunate on the Tuesday evening prior to his departure to surprise him in the Sergeants Mess by inviting his wife Josée and his father Art Sr. to share some time together before his deployment. Sgt Marc Chassé is on his way to Catterick, England at the end of June for a few weeks of relaxing, marching and port tasting on the All Arms Drill course. Finally, Cpl Emery will be representing the Unit in Korea for a week in July to commemorate the 55th Anniversary of the Korean War armistice.

We are fortunate this year to have 9 soldiers currently scheduled to finish their Primary Leadership Qualification in the summer. If all goes well we could have a section of new MCpls on parade. This is a very strong group that should prove to represent a strong future to the survival of the Regiment's command and leadership.

This year's Cut Knife Hill dinner went very well, with several faces appearing from the past that have not been seen for some time. It was enjoyable to reconnect with old friends and share a few war stories and laughs.

The Sergeants Mess had a rather subdued birthday dinner at Trattoria Vittoria restaurant downtown this year. Due to numerous other commitments and a busy schedule, not many members were able to attend, but the few of us that attended had our usual good time - without any arrests.

Please mark Saturday August 9th on your social calendar for this summer. We will be conducting a regimental Family Day and BBQ at the Drill Hall in honour of our 16 soldiers who will be deploying to Afghanistan in September: Major Cheff, Capt Barber, Capt Shanahan, MWO Snyder, CSgt Witol, Sgt Joly, Sgt Postma, MCpl Bramley, MCpl Perry, Cpl Altoft, Cpl Beckett, Cpl Hall, Cpl Mann, Cpl Westra, Cpl Wong, and Cpl Wright. This will be an excellent time to wish our soldiers well and also to introduce your own families to all of the people you work with – especially the ones who always get you into trouble. Have a memorable summer.

Notes from the Band

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

The Guards Star

When we last left you the band was busily preparing for The Army Ball. The evening turned out to be a spectacular event to a sell out crowd of 700, including many members of the Regiment who were able to see first hand how the band can entertain a crowd. The Director of Music still has her job as Staff Officer Army Bands, despite embarrassing and coercing the Chief of Staff of the Army, BGen Poulter, the Assistant Commander of the Army, MGen Thibault and the Commander of the Army, LGen Leslie to all have a few toots on the tuba in front of the crowd! It turned out that MGen Thibault used to play trombone and gave a modest attempt at "Flight of the Bumblebee" on the tuba. We couldn't get BGen Poulter to stop making "sounds", and well, as for LGen Leslie, he gave it the good old college try!! Fun was had by all and the band put on a polished performance. Thanks to Cpl Hill who, in front of such an austere crowd, put on a grand performance of insubordination which facilitated the requirement to audition for a new tuba player!

Other major performances included a Guard of Honour for the Chief of Defence of The Netherlands; supporting the New Zealand and Australian High Commission's annual ANZAC Day Ceremony; the National Honorary Colonel's Conference Mess Dinner; and the Fanfare Team's support to both the Governor General's Performing Arts Awards Gala and the Ottawa-Carleton District School Board's All Star Concert. The Saxophone Quartet also provided musical support to several Mess Dinners over the past two months.

On April 15th representatives of TFA/TSE Camp Mirage Roto 4 presented the Regiment and Band with a framed montage including a certificate, roto photo, roto coin and drawing by war artist Sylvia Pecota. This was in appreciation for the video that the band made last fall to assist in the re-dedication ceremony of the cairn located in Camp Mirage. On May 13th the Band underwent an inspection visit by Maj Jackson, Inspector Reserve Bands from the CF Music Centre, where they effectively demonstrated all of current musical capabilities – Parade Band, Concert Band, Fanfares, Brass Quintet and Saxophone Quartet. The inspection visit went extremely well and it was mentioned by Maj Jackson that the band is one of a few on the "A" list of Army Reserve bands.

Having completed his Intermediate Leadership Course in March, the Band Sergeant Major was promoted to Colour Sergeant last month. Well done, CSgt Birkinshaw. Cpls Hill and McKinnon were recently both promoted to MCpl. We welcome to the band MWO Terry Hoyle, father of MCpl Tammy Shaw, who retired from the RCA Band last year after a long career and has seen the light to join a reserve band! Congratulations to Cpl Jean Stephane Proulx who was the successful candidate chosen for the Regular Force trombone opening. We wish him well as he takes up his new position with the Royal 22^{ième} Band in Québec. We also bid

3

a fond farewell to our longest serving band member, CSgt Bill Fox. Bill has been with the band for almost thirty years and has contributed significantly to the band, including several years as Drum

Farewell Barbeque and Family Day

Captain Haider Ali

On August 9, 2008, the Regimental Family will host a farewell barbeque for the Soldiers and Officers who will deploy to Afghanistan this September. All members of the Regimental Family are welcome to participate in this day of fun and jocularity. Her Excellency has been invited as the Guest of Honour.

The barbeque will take place at Cartier Square Drill Hall. The event will begin at 1400 with briefings provided to spouses and family members, followed by children's activities and other entertainment including a concert by the Regimental Band. The dinner will begin at 1630.

The 19 departing members have sacrificed time from their families, civilian employment and educational pursuits to support Canada's defence missions abroad. These "citizen-soldiers" will integrate into the fighting and support units in the Canadian Battle Group in Kandahar province. Upon repatriation next spring, they will resume the civilian routines they left 18 months prior while reverting back to the status of part-time soldiers.

For planning purposes, we ask that if you are not a serving member of the Regiment, please advise Captain Ali, no later than July 15th, at 613-265-5533, or by email at haiderah@gmail.com.

Honours and Awards

Captain Robert Duncan

It is my privilege to inform you that Sgt Brad Hampson, of the Ottawa Police Service, and a Sergeant in the Regiment in the 80's was made a Member of the Order of

The Guards Star

Merit of the Police Forces by Her Excellency the Governor General on May 22, 2008.

In part the submission for Brad states:

Sergeant Brad Hampson is a natural leader who inspires dedication and initiative in those who work for him. In equal measures he easily earns the respect and admiration of his peers and senior officers. He is tireless in all his professional and personal undertakings and has the innate ability to foster esprit de corps within any group, whether that be a platoon of officers patrolling one of the toughest areas in Ottawa or a group of volunteers organizing a charity event.

Race Weekend

Captain Haider Ali

The GGFG Running Team participated in the MDS Nordion 10Km run on Saturday May 24, 2008, in Ottawa. This was the Team's first competitive run and the team members were able to complete the run with the following timings:



Gdsm Borysiuk: 49:00, Capt Ali: 49:57, Gdsm Neppel: 43:37 and Cpl Zuchowicz: 46:22,

Congratulations to all the runner on their effort. We look forward for their next competitive run."

The Officers Mess

Captain Grant Clason, PMC

Sergeants' Mess

MWO Dave Rennie, CD
PMC WOI Keating Club

Much has happened within the WO1 Keating Club since the last edition of the Guards Star. The Club enjoyed a very successful Cut Knife Hill dinner. This was the 81st dinner with some 56 members and guests attending. Our guest speaker was CWO Dave Mahon who gave a very interesting talk about honours and awards within Afghanistan today.

The month of May has been a busy period on the family side of life for two of the Keating club members. Sgt Dom Kowlessar and his wife, Franziska have an addition to their family of a baby daughter, Mia Harlow Kowlessar, born 4 weeks early on Sunday April 27th at 11:44 am. Sgt Gareth Webb and his partner Christina gave birth to baby Ethan. Congratulations from all members of the club.

Sgt Gord Birkinshaw was promoted to the rank of Colour Sergeant. Well done on a long awaited promotion. With not much time to spare prior to MWO Art McKenzie's deployment, the club had a small surprise party for him and a good time was had by all.

We still have numerous members still undergoing training for deployment and will get together with them at the unit BBQ on August 9th before they head out of country.

From the Guards Cadet Desk

Captain Joseph B. Horvath, CD

June of 2008 sees the Regiment's Cadet Company close out the 2007-2008 training cycle after a very successful rebuilding year. 2784 Royal Canadian Army Cadet Corps conducted their 42nd Annual Ceremonial Review on Wednesday May 28, 2008 at Cartier Square Drill Hall. Our Lieutenant-Colonel Commanding, LCol. Robert Foster, CD, ADC acted as 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 2008. The National Star Certification Examination was completed in the Province of Ontario with an overall pass rate of approximately 65% and an average student mark of approximately 74%. Four of our Guards Cadets passed this fifth level of training with combined averages for Phase One and Phase Two as follows:

Sgt. Victoria Carter	93.60%
Sgt. Mateo Farfan	98.30%
Sgt Miranda Lee	95.90%
MCpl Daniel Lister	91.10%

The top NSCE graduate in the Unit was Sergeant Mateo Farfan who also placed top in Eastern Ontario with a

The Guards Star

combined average of 98.30%. Sergeant Farfan has also been nominated for the Major General W.A. Howard Award as the Top NSCE Cadet in Ontario. If successful, this would be only the fourth time a Cadet from the GGFG Cadet Company will have won this award in the Unit's 42-year history. The three previous recipients were former Cadet Sergeant Major She-Ming Lau-Chapdelaine in 2003, former Cadet Sergeant Major She-Yang Lau-Chapdelaine in 2005 and Sergeant Jade Hopkins in 2007. All of our NSCE graduates will receive their own personalized and Guard's Star engraved Grohmann Canadian Forces utility knife this Summer.

With the summer fast approaching, we have begun receiving confirmation of postings for our approximately 75 Cadets that have applied for summer training or employment. Senior Cadets selected for employment at Cadet Summer Training Centres in 2008 include:

CWO Nicholas Asboth	in Rocky Mountain
CSgt. Amélie Asboth	in Whitehorse
CSgt. Christina Belway	in Whitehorse
Sgt. Mark Henderson	in Borden
Sgt. Steven McNabb	in Borden
MWO Michael Charbonneau	in Connaught
CSgt Cassandra Carter	in Connaught
Sgt Bradley Holt	in Connaught
Sgt Heather Madden	in Connaught
Sgt Gardy Nafulu	in Connaught
Sgt Tyler Shirley	in Connaught
CSgt Cassandra Hargrave	in Connaught

Due to their National Star Certification Examination results, personal discipline, high levels of physical fitness and efficient paperwork by Unit and Detachment staff, 5 of our Senior Cadets (with another 2 on stand-by) will be part of only 100 Cadets from the Province of Ontario attending advanced training during the summer of 2008 as follows:

Representing Canada on the National Rifle Team in Bisley, England: CSgt. Victoria Carter and Sgt. Daniel Lister

The Federal Republic of Germany Exchange:

Sgt. Mateo Farfan

The Army Cadet Exchange to Australia:

Sgt. Miranda Lee

The Outward Bound Wales Exchange in Great Britain:

CSgt. Tanner McHattie

Stand-by for any European Exchange:

CSgt. Cassandra Carter

Stand-by of CF Basic Parachutist Course in Trenton, ON:

CSgt Michael Charbonneau

The Unit is still awaiting Summer Course confirmations for approximately 50 first, second and third-year Cadets. Initial load-lists should be received by the second week of June.

5

The Guards Cadet Company Graduation Parade was held on Wednesday May 21, 2008 at Cartier Square Drill Hall. 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:

41 first-year (Green Star - Level One) Cadets graduated
20 second-year (Red Star - Level Two) Cadets graduated
18 third-year (Silver Star - Level Three) Cadets graduated
15 fourth-year (Gold Star - Level Four) Cadets graduated
4 NSCE Cadets graduated to join our previously qualified 11 NSCE Cadets

9 General Marksman Qualifications awarded
3 First-Class Marksman Qualifications awarded
6 Expert Marksman Qualifications awarded
10 Distinguished Marksman Qualifications awarded

Awarded Four year Service Medals:

Sgt. Mateo Farfan
Sgt. Daniel Lister
Sgt. Gardy Nafulu
Sgt. Jacquie Surges
Sgt. Nicholas Taylor

Awarded Fifth year Service Medal Bar

CSgt. Amélie Asboth
MWO Nicholas Asboth
Sgt. Christina Belway
CSgt. Cassandra Carter
CSgt. Victoria Carter
CSgt. Cassandra Hargrave
Sgt. Bradley Hold
Sgt. Miranda Lee
Sgt. Heather Madden
CSgt. Tanner McHattie

Awarded Sixth year Service Medal Bar

CSgt. Michael Charbonneau
Sgt. Tyler Shirley
MWO Alex Surges

Recognized as Most Improved New Recruit:

Gdsm Kyra Crowley

Recognized as Most Improved Junior NCM:

MCpl Mark Henderson

Recognized as Most Improved Senior NCM:

Sgt Heather Madden

During our 42nd Annual Ceremonial Review on Wednesday May 28th, the following Cadets were recognized with the following major Unit Awards:

Top Junior Marksman:

Gdsm Lisa Dang

The Guards Star

Top Senior Marksman:

CSgt Victoria Carter

The Kiwanis Club Music Award:

MCpl Craig Henderson & MCpl Jenna Roy

The Major R. Barrette Esprit de Corps Award:

CSgt. Tanner McHattie

The Cpl. King Boloko Memorial Award for Excellence in Athletics:

Gdsm Shainah Joseph, Gdsm Jenna Lee and
Cpl Scott Nadeau

Top New Recruit:

Gdsm Daniel Wang

Most Proficient Junior NCMs:

MCpl Alana Ale and MCpl Sarah Taylor

Most Proficient Senior NCO:

CSgt Christina Belway

The Guardsman Award:

CSgt Cassandra Hargrave

The Royal Canadian Legion Cadet Medal of Excellence:

MCpl Angus Baynham-McColl

The Lord Strathcona Medal:

MWO Nicholas Asboth

With the retirement of our two most senior Cadets, CWO Peter Zaveda and MWO Alex Surges, at the conclusion of our 42nd Annual Ceremonial Review, LCol Foster and the Regimental Sergeant Major, CWO Kevin Carleton, assisted in the promotion and appointment of our new Cadet Sergeant Major, CWO Nicholas Asboth, as well as the appointment of our new Cadet Drill Sergeant, MWO Michael Charbonneau. A great night of celebration was had by all!

After all is said and done, 2007-2008 was a challenging and rebuilding training year for the Guards Cadet Company. All of this years achievements could not have been realized without the hard work and generous support of my Senior Cadets and Adult Staff, the Cadet Parents 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.

Best Wishes to all members of the Regiment (and their families) deploying overseas this Summer/Fall. The GGFG Cadet Company would not be able to enjoy the life and success we have if it were not for your efforts and sacrifices as well as the efforts and sacrifices of the Regimental members that came before you. Rest assured, you will continue to be in our thoughts.

UP THE GUARDS!

The Guards Star

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

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
2008 GUARDS STAR IS AUGUST 25,
2008

Membership**Membership Application**Membership Fees**Annual \$25.00****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

REGIMENTAL KIT SHOP PRICE LIST
March 2008

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
**Coin, Regimental	\$ 8.00
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

The Guards Star

Shoulder titles, cloth, pair	\$ 2.00
Tie Bar, silver/star	\$ 15.00
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
**Wings, Para (Mess Dress Embroidered)	\$ 12.00

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

** Denotes new item