



The Guards Star

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

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

LANE

MARCH 2008

EDITOR: ESTELLE

President's Message

Marty Lane, CD

Well, here it is the end of February already and there is no sign of winter leaving us any time soon. Even with all the snow we have managed to survive so far. The Regimental Ball was held at the Congress Center and all who attended seemed to have a good time.. Some members have come forth with suggestions to improve the Ball and these will be noted and looked into before the next Ball. The Executive welcomes any suggestions that members may have with regards to this and any other event. Thanks to MWO Rennie and his Ball Committee for another successful event.

The Association has a mandate to finish our monument and Jim Milne is at present hoping that the snow will soon disappear so that he can get started on the job at hand. When the National Capital Commission agreed to let us move the monument to its present location we had to agree to a number conditions regarding landscaping the site.

The next big event that we will be preparing for is the Regimental weekend that will take place in October, so start saving your pennies now. We have tentatively set aside the weekend of October 17-19th, subject to training commitments, for this event. There will be a meet and greet on Friday evening and the dinner on Saturday. The dinner committee will be looking into venues other than the Drill Hall for this year's dinner. More on this in future issues of the Guards Star.

Message from the LCC

LCol Rob Foster, CD, ADC

This past week I began writing the Operations Plan that will carry the Regiment from 1 April 2008 to 31 March 2009. This process begins with a review of documents provided by 33 Canadian Brigade Group (CBG) and of Land Force Central Area (LFCA). To my surprise the GGFG continues to maintain the largest effective strength in 33 CBG and one of the largest in LFCA. This year the operations plan focus will be aimed at reducing attrition of our soldiers and emphasising the need to obtain qualifications to ensure that we maintain our current strength.

In particular I am looking at qualifying as many Master Corporals as possible. This first leadership rank is critical to the future of the Regiment and we have not done a good job in getting personnel qualified in the past, largely due to the length of time of the course. The RSM tells me that we have six people ready to take the final module of the course this summer and I hope to double that number by this time next year. To reduce attrition, it is more than looking at qualifying personnel on courses, it involves the development of interesting and unique training.

For this upcoming year the emphasis will be on patrolling. As a core activity of Light Infantry, it will serve as a conduit for challenging and professional training that is needed in the contemporary operating environment. The individual soldier skills (fitness, navigation, weapons handling, fieldcraft) coupled with section and platoon skills (team work, contact drills, casualty evacuation, support weapons, application of fire bases and manoeuvre teams, social/presence patrolling, resupply, etc..) will put all soldiers of the Regiment in good stead for deployments domestically or internationally.

I recently learned that the person I thought to be the oldest Guardsman in the Regiment isn't. Major Harold Blackman, Retd who turned 96 is a former Sergeant Major. I read in the paper that another former Sergeant Major, Jim Fleming turned 97. I would like to extend a Happy birthday (albeit belated) to those two distinguished gentlemen and on behalf of the Regiment wish them many more.

The Guards Ball was an outstanding success at the Congress Centre this year. My thanks to MWO Rennie, MWO Marty Lane (Retd) and Mrs Estelle Lane for their hard work in organizing and setting up the venue. I'd also like to pass on my appreciation to the Saxophone Quartet and Musician Bouchard for his solo. I should also mention the great work by Cpl Bell in putting the slide show together. Well Done to you all!

One Company has recently discovered a new (or rather old) training area – Farnham, Quebec. Units from Montreal (including our sister Regiment the CGG) often use Farnham, but the last two exercises of 1 Company have been held in the location which allowed the rifle company to make

use of the Forward Operating Bases grenade ranges, and a different training area to challenge navigation and movement.

Two Company continues to provide stellar support to the local Battle School and is also in recruiting mode for both Ceremonial Guard and the Fall Basic Military Qualification serials.

Three Company recently finished the Annual Technical Inspection achieving a satisfactory rating and they were acknowledged for their positive attitude.

The Band continues to perform at a variety of venues including the Conference of Defence Associations Annual dinner, a number of changes of command, and other mess dinners. The highpoint of the year will be the performance at the Army Ball on April 19, 2008 at the Westin Hotel. I had a chance to review the DVD that was produced of the Christmas Concert that was held at St. Joseph's Church in Orleans on December 15, 2007. The Band was in fine form and sounded wonderful. If you have the opportunity get a copy of the DVD from the Director of Music.

This year we will provide a 3-person team to the NATO Reserve Shooting Competition in Scotland for the third year in a row. As a result of our shooting record we have also been asked to provide the Administration Officer to attend the competition as well. Capt Gagnon, as our Musketry Officer, will be making selections to determine the most deserving and the best soldiers to compete.

The GGFG has added another Lieutenant Colonel to its ranks. LCol Jim Davies in his new position as Assistant Chief of Staff Strategic with Director General Land Reserves was promoted in January. He apparently celebrated with his Land Staff colleagues at the Elephant and Castle. We'll be looking to get our drinks when you show up at the Drill Hall next, LCol Jim! Congratulations!

In closing, all the best to the Regiment and the Regimental Family as we enter into Spring and the final part of the training year.

Message from the Honourary Lieutenant Colonel

LGen (Retd) Jim Gervais CMM, CD

The Guards Star

When the CDS, General Rick Hillier, called on the Canadian Government to give clear and timely direction to the military for the mission in Afghanistan, I was reminded about the requirement of all of us in the Regimental family to do our part by supporting our Guardsmen. The Regiment has sent its members on a previous rotation and they distinguished themselves: fifteen more are undergoing training for the next rotation, so it is incumbent on us to give moral support to them. It is important to remind ourselves as we go about our daily work and busy schedules, that the first duty of the military is to serve our country on missions set by the Government of the day. I am very pleased to see our Guardsmen volunteer for Afghanistan and other missions and I congratulate them on their sense of duty.

A lot has happened since I last wrote in the Guards Star. My wife and I walked the El Camino in Spain for a second time last Fall. (Having walked with a backpack about 1600 kms, I feel that I am a qualified Guardsman and so does my wife). Regretfully, we lost our HCol The Right Honorable Antonio Lamer who served the Regiment so well during his brief time with us. He was generous and warm hearted and enjoyed socializing with all ranks. He gave us good advice based on his extensive experience and he will be missed.

The Regiment continues to meet and exceed its training commitments and provides the backbone of the highly visible and successful Ceremonial Guard during the busy summer months. Our Cadet Corps under the leadership of Capt Joe Horvath continues to surpass itself by winning the majority of trophies on a recurring basis. The Foot Guards Band under the capable direction of Major Fran Chilton-Mackay remains omnipresent in the Ottawa region through the high quality of its musical repertoire. The Guards Association under the able guidance of its President Marty Lane and assisted by the hard working Estelle has held successful social activities, thus contributing to the morale and welfare of the Regimental family. The Guards Ball held this month was one such activity and I congratulate MWO Dave Rennie, who was Dinner Chairman, for a superb evening.

Clearly the quality of the people who make up the Regiment and its affiliates is very high, and I congratulate the CO LCol Rob Foster and all ranks serving and retired for their loyalty and steadfast support to the Regiment

Message from the RSM

CWO Kevin Carleton, CD

With the start of the New Year, we are already looking forward to summer taskings for all of the soldiers and our annual manning of Ceremonial Guard. Unfortunately Ceremonial Guard will look very different for the Regiment this year. For some unknown reason, we have only been given the opportunity to provide one platoon this year, despite our history of having provided an entire Company. All

3

trained soldiers with good attendance can be assured a summer task at Ceremonial Guard this year if so desired, but this will greatly hinder our ability to generate new recruits.

Our soldiers training for deployment to Afghanistan at the end of the summer have spent the month of February at Fort Bliss in Texas, conducting their first collective exercise with the entire Task Force. Rumour has it they did not receive nearly as much snowfall (or any snow for that matter) as we have back here. I'm sure they are envious of us all and our igloos.

We can now add a new name to the deployment roster: soon we will be saying good-bye to MWO McKenzie for six months as he will be deploying to Sierra Leone in West Africa at the end of May – right at the start of the rainy season. At least it won't be forty degrees everyday, more in the neighbourhood of a more bearable low-twenty degree mark. The Cut Knife Hill Dinner on May 3rd will be a good opportunity for the Sgts Mess to send him off properly, and we should see him return in December just in time for the Men's Christmas Dinner. It seems he plans his deployments around Regimental dinners!

In closing, I would like to assure everyone that despite the cold and snow outside, Winter is over and it is now Spring; it must be, Tim Horton's has started up the r-r-roll up the rim campaign again! Remember, whatever you win, I will generously split it with you 50/50.

Notes from the Band

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

The band started off 2008 with several Brigade taskings providing musical support to the Changes of Command and Mess Dinners for both the 30th Field Artillery and the 33 Combat Engineer Regiment. An appreciative audience of patients and their families made for a lively and entertaining concert at St Vincent's Hospital on January 20th.

The GGFG Saxophone Quartet is quickly becoming a sought after ensemble. They were very well received at the Guards' Ball, as was Mscn Gabriel Bouchard who has been seen up in the JRs Mess on the occasional Tuesday night in addition to performing at the Ball. His guitar and vocal stylings are indeed impressive. Well done!! The band also performed for the Conference of Defence Association Annual Dinner at the Army Officers' Mess on February 22nd.

At the time of printing, the band is busy preparing for their annual show at The Army Ball, hosted by the Commander of the Army, LGen Leslie, to be held this year at

The Guards Star

The Westin Hotel on April 19th. This year's show is going to feature the tuba triumvirate of Cpl Dan Hill, MCpl Angela Steele and Sgt Michel Simard performing the trumpet feature, "Bugler's Holiday". We have renamed the piece "Tublar's Holiday" and believe me it is no vacation at all to perform this piece on the tuba. Part of the act may include trying to get some senior general's up for a blow on the tuba before the trio takes off 'in flight'. We will get back to you with the results in the next installment of The Guards Star!

Once again the band will be sending over half of its members to the Ceremonial Guard Band this year. Before this occurs there will no doubt be a rash of engagements to complete.

Foot Guard's Compete in Annual OSA Shooting Competition

MCpl D. Popadick

1 Company deployed on exercise the weekend of September 28-30, 2007 to compete in a shoot put on annually by the Operational Shooting Association. Despite an initial lack of both transport and drivers, 1 Company was able to arrive on time and eager to compete on Saturday morning.

The Guards, making up the vast majority of competitors, were thrown into the mix of experienced shooters, civilian and military alike. Under the tutelage of the more experienced sharpshooters in the unit, the new competitors, or tyros, caught on quickly to the various matches. Despite the efforts of the local wildlife, the competition ran smoothly and did not turn into a wild turkey shoot. It was probably the first time in the history of Connaught that it did not rain or snow excessively.

Some of the winners included Sgt. Thomlinson with a perfect score of 50 on match No. 4 and 3rd grand aggregate; and the Foot Guards team Golf, consisting of Ensign. Fysh, Lt. Lymer, MCpl Beaudoin and myself, finishing third overall. Cpl Ryan was second place in the C7 issued rifle category, as well as 2nd in match No. 10.



Without a doubt, it was a very good experience for all who attended. Corporal Lau-Chapdelaine, a first time competitor, said "It was a good experience, and it was good to shoot from as far as the 500m point". Overall, the soldiers in 1 Company are generally very pleased with the focus that has been put on marksmanship this year, and are glad to have been able to participate in a training event somewhat out of the ordinary.

Guards Ball 2008

MWO David B. Rennie, CD
Guards Ball 2008 Chairman

With the Guards Ball 2008 behind us, there are a few questions that need to be asked. But before I get into that, I would like to say that this year's Guards Ball well, for those who attended, was a major success. The venue was excellent, the Colonel By Room at the Ottawa Congress Centre was laid out perfectly, the food was as always a very high standard, and the service during the dinner was above and beyond the norm found at most fine dining establishments. Dinner music was provided by our own Regimental Saxophone Quartet - Cpl's McKinnon, Jerome, Cousineau and Trahan played, while Musn Bouchard also played guitar and sang. Kudos to the band - well done!

Dancing after dinner was to Quality Entertainment. The DJ "Jay" did an excellent job keeping everyone on the dance floor by playing a very varied selection of music. But I feel the most important thing that makes the ball is the company of those attending. So! if you did not attend then you really did miss a very good time. The question is why did so many of the Regiment not attend! The Guards Ball takes place every two years. The next ball will be in 2010 so put it in your calendar. The Executive heard many reasons why they could not attend; some due to cost, or it was not advertised or I did not know it was happening. The cost was

The Guards Star

and always is a major factor. We endeavour to keep the cost as low as possible and this was achieved. Some did not attend due to very legitimate reasons, family, deployment etc

It will be proposed for the next Guards Ball that members of the Regiment will be able to pay over a period of time prior to the ball. Will this work? Will this encourage more to attend? If you have an idea then pass it forward, better still, attend the Association Meetings and bring your points forward. In June, September and December 2007 there were articles in the Guard Star about the Ball and the Association. Members were invited to comment etc, yet there were no comments from anyone! There are always ideas/comments after the fact!

In closing I would like to thank Marty and Estelle Lane, Cpts Hladik and Shanahan, MWO McKenzie, Cpls Bell and Makala for there help and assistance in making this year's ball a success.

The Officers Mess

Capt Gray Shanahan, PMC

This winter has been good for the Officers mess. The Guard's Ball was quite an enjoyable experience for all who attended and we would like to extend our thanks to those who organized such a fine event. It was also noticed what a good job Cpl Bell and Capt Gagnon did on the slide show.

As far as promotions go, this winter we have had two – congratulations to Esgn Kaine and Capt Clason. Late February saw a new addition to the Mess - Capt Bryan Brulotte. He will be spending the rest of the training year in the various companies getting a feel for the Regiment. He previously served in the Royal 22nd Regiment and was and Aide de Camp at Rideau Hall.

Also rejoining us, is Lt Mesic, who has successfully returned from the Ontario Police College and now serves with the Ottawa Police Force. A dearth in March will be offset in April in terms of social events, seeing the Port and Stilton night on April 4th, the Army Ball on April 19th and the Officer's Dining in on April 25th. Following that is the May 16-19th Niagara Wine Tour and the Regimental Birthday dinner on June 7th.

Sergeants' Mess

MWO Dave Rennie, CD
PMC WOI Keating Club

Not much has happened in the Sergeants Mess since the last edition of the Guards Star. We still have MWO Snyder, CSgt Witol, Sgts Joly and Postma on Task Force 3-08 and we welcome back Sgt Kowlessar from his training. Since the

5

Men's Christmas dinner, the mess has been very quiet. We had a good attendance at the New Years day levee, as once again, there is proof out there that the Sgts Mess is very popular with other agencies within Ottawa. With Christmas and New Year behind us the next event was the Guards Ball in February. The next scheduled event will be our annual MCpl's night when we bring the MCpl's of the Regiment into our fold. This event will be held in March and always proves to be a very good evening,. More details to follow on this one.

Our congratulations go out to Sgt. Jean Benoit who tied the knot on Saturday February 2, 2008 when she married Peter Van Der Zander. The wedding and reception took place at the NDHQ WO & Sgt Mess and a great time was had by all. Good luck to both of you!

At the beginning of the year we held elections and the new Mess Executive is as follows:

PMC:	MWO D.B. Rennie
Vice PMC:	CSgt G. Doucette
Secretary:	Sgt D. Kowlessar
Asst Secretary:	Sgt G/ Webb
Treasurer:	Sgt H. Bott,
Asst Treasurer:	Sgt/ S/ Marleau
Auditors:	CSgt Porter, Sgt Chasse, Sgt Di Cesare
Entertainment Committee:	Sgt G. Birkinshaw, Sgt B. Nevin, Sgt J. Roos
Sick Committee:	Sgt J. Benoit
Mess Dress Committee:	CSgt Woods
Property:	Sgt W. Jason
Remembrance Book:	Sgt J. Kralt

I would like to take this opportunity to thank the outgoing executive for their hard work during the past year, and I look forward to working with the new executive over the next twelve months. As a reminder, the Sgts Mess will be holding the Annual Cut Knife Hill dinner on Saturday May 3rd 2008. All former Sergeants Mess Members and Life Members please take note. It would be good to see all attend, details will follow

Junior Ranks Mess

Gdsm Dwarka
JR's Mess New Members Representative

Greetings from Guardsman Dwarka! I figured I would take up a bit of space in the Guards Star to reflect on my experiences over the past ten months as a new recruit to the Governor General's Foot Guards and on my experiences as a member of the mess.

The Guards Star

It was a dark and stormy night, or rather, a cold and blustery day back in early May when I arrived at Cartier Square Drill and was shipped off on a bus to go for basic training. Given the culture shock that hits you (or at least me!) at the start of Basic Military Qualification (BMQ), I spent some time during the course wondering just what I had gotten myself into! However, little did I know at the time that what I had gotten myself into would become a positive life changing experience that affects me now as a new recruit and will continue to affect me well into the future.

After BMQ I spent the rest of the summer doing Ceremonial Guard. The standard of drill as well as dress and deportment were yet another aspect of the military culture that I had to adapt too, but once I got the hang of boot polishing and ironing, I managed to halt my attendance at "show parade" at two. It was also during CG that I eventually met some of the best friend's I have ever had, all of whom come from the unit.

After Ceremonial Guard had ended, being a little (okay, a lot) naïve I did not expect the unit to offer me the same level of training and camaraderie that I had experienced over the summer. I was wrong of course, as the unit has presented me, along with all the other new recruits, a chance to develop our individual soldier skills on field exercises to a degree that we never practiced on course throughout the summer. The unit is also where I've met new friends and discovered the delights of the Junior Ranks Mess.

Firstly, I must say that ever since discovering the mess, I spend time talking with friends in there every Tuesday night regardless of what events I have planned the next day. I enjoy the social atmosphere of the Junior Ranks Mess and how even a private recruit such as myself can talk to a Master Corporal in a relaxed, informal way. The events planned by the mess committee, including amateur video night, the Montreal trip and Nurses in the Mess are commendable and require a great deal of hard work and organization to pull off in order to make them as ridiculously fun as they are! My favorite part of the mess by far however, is pizza and beer at the end of a Tuesday training night! What better incentive to come to work and attend the mess then knowing you can treat yourself afterwards? And with more traditional events I have yet to discover, like "A very Dirty Bird" coming up in April, who could ask for anything better out of a club I now belong to.

My time at the unit, though short, has thus far given me some of the best times of my life. From the training to the people you meet to the mess, the GGFG is truly a unit where I feel I belong.

I wish you all to be in good health and good spirits!

Birth Announcements

Tyler Christopher Daman, 7 lbs 10 oz born on January 25, 2008 (Robbie Burns Day) a grandson for Capt Robert Duncan and his wife Marianne.

Lucy Carol Anne Parker, 7 lbs 11 oz. born on February 17, 2008, a granddaughter for Rev (Capt) Canon Bruce Glencross and his wife Carol

Congratulations to everyone!!!

Presentations

The following presentations were made at the Commanding Officer's parade, held on Tuesday February 25, 2008:

The Bar to his CD to: **M/Cpl Patrick Alden**

"The Stick" and a monetary prize awarded to the best turned out soldier on parade as judged by the C.O. and the R.S.M.:

Cpl David Henry

LCol Commanding's Commendation to:

Gdsm Owen Lewis

Excellent attendance over this training year. He is also noted for consistently approaching all tasks with a high level of confidence and commitment. In addition he shows above average leadership potential through his reliability, accountability, consistent effort and devotion to his unit. He is commended for his exemplary service and

Memorials and Tributes

Estelle Lane

Corrigan, Roger

Peacefully on Monday October 8, 2007, father of Sgt (Retd) Wayne Corrigan (Canadian Guards), and brother of WO1 (RSM) (Retd)

Henry Corrigan and C/Sgt (Retd) Art Corrigan. Roger served as CSM of No. 1 Coy, RQMS, and on his retirement from the Regiment, he joined the Band as a civilian member. Roger served as the Secretary/Treasurer of the Canadian Guards Association for a number of years and also held various positions as a Life Member of the Foot Guards Association.

Fleming, David Alexander

At Norway Lake on December 8, 2007 in his 70th year, brother of WO1 (RSM) (Retd) Jim Fleming.

Honey, Lorne B134718

The Guards Star

On Monday December 10, 2007 in his 86th year. Lorne served overseas with 21 CAR (GGFG) and was a Life Member of the Foot Guards Association.

Dore, Jean Col. (retd) CD, S.B.StJ, KCLJ

On Monday December 17, 2007 after a lengthy illness. He served as Gentlemen Usher of the Black Rod, served with Les Fusiliers Mont-Royal, the Canadian Guards Regt and was LtCol Commanding the 5th Bn R22eR and Commander No.1 Militia Dist Montreal. He was a Life Member of the Foot Guards Association.

Bianco, Joseph

WWII Veteran R.C.A.S.C. at the Perley & Rideau Veterans Health Centre on Friday, January 11, 2008 at the age of 92. He was the father of Sgt (Retd) Joe Bianco who served with the Regiment from 1971-87.

McDougall, George C58693

At the Smiths Falls Hospital on Tuesday January 15, 2007. George served overseas with 21 CAR (GGFG) and was a Life Member of the Foot Guards Association.

Duck, Ronald

On February 6, 2008 at the age of 86. He was member of the RCMP and DND fingerprint sections, and an original member of the RCMP Band formed in 1939. He also played with the GGFG Band in the 1960s-70s.

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

From the Guards Cadet Desk

Captain Joseph B. Horvath, CD

A very successful 2007 came to an end for the Regiment's Cadet Company in December. As you may know, 2784 Royal Canadian Army Cadet Corps was awarded the prestigious Lord Strathcona Shield as the most proficient Unit out of 24 in Eastern Ontario. The Cadet Company was also presented the Colonel John H.C. Clarry Trophy, awarded annually to the top Army Cadet Unit in Ontario, by Mr. Sid Dunning of the Army Cadet League of Ontario at Cartier Square Drill Hall on Wednesday December 19, 2007.



Our annual Unit Christmas dinner was held at Connaught Range and Primary Training Centre on Saturday December 8th. In attendance were Unit Cadets and Staff from the Cadet Company, as well as a number of members of the Kiwanis Club of Ottawa who are the main financial supporters of the Unit. Cadet parents were also invited to this turkey “with all the trimmings” dinner for a minimal charge. Over 140 Cadets and adults enjoyed the savoury delights served at the fantastic mess facilities located at Connaught.

The Unit annual Christmas parade and recruit graduation, held on Wednesday December 19th, saw the swearing-in of 32 new Cadet Recruits into the Guards’ Family under the watchful eye of our Reviewing Officer, Major Robert Barrette. We also recognized the retirement as Cadets of five of our more Senior Members. MWO Caroline Guertin retired after serving five years and Sgt Daniel Flora has retired after serving five years and moving to the United States for University. Sgt Danielle Gallant retired after four years and is attending school in Brazil. Sgt Guy-Olivier Lambert has left the Unit after four years, while Sgt Jade Hopkins has left the Cadet Company after four years to join the Regiment.

The Guards Star



It was a fantastic parade and reception with lots of old and new faces! Over fifteen former senior Cadets from the 1990’s attended to see Major Barrette presented with the first bar to his Canadian Forces Decoration by Lieutenant Colonel Foster. 2008 sees the Cadet Company strength currently sitting at approximately 112 Cadets with 103 parading on a regular basis. Local headquarters training continues every Wednesday evening at Cartier Square Drill Hall with supplementary, NCO and specialty competitive team training taking place on select Monday evenings and weekend days as can be booked through the OIC Armouries.



Two of our specialty competitive teams have done very well this past month with both the Eastern Ontario Biathlon and Marksmanship Competitions. The Guards Cadets, male and female Biathlon Relay Teams, commanded by MWO Nicholas Asboth, placed third and second respectively in Eastern Ontario and have advanced to the Provincial Competition. Sergeant Cassandra Hargrave won a Gold Medal as the top individual senior female. C/Sgt Francis Levesque won the Silver Medal as the second overall

individual senior male and Cadet Scott Nadeau won the Bronze Medal as the third overall individual junior male. Special thanks go out to all of the Cadets involved with biathlon and the mentorship of their coaches: Civilian Volunteer Daniel Weaver-Ruttan and our Regular Force Liaison Officer, Major Clayton VanVolkenburg.



The Guards Cadets Marksmanship Team commanded by Sgt Victoria Carter placed second, winning Silver Medals in the Eastern Ontario Area – Zone 17 marksmanship competition and are still awaiting word if they will be advancing to the Provincial championships as a wild-card team. The 2007 Guards marksmanship team consisted of Seniors Sgt Victoria Carter, M/Cpl Victoria Laflamme-Descarie and M/Cpl Graham Phillips and well as juniors M/Cpl Angus Baynham-McColl and Cadet Lisa Dang. Spares were M/Cpl Daniel Lister, M/Cpl Sarah Taylor, Cpl Andrew McFarlane and Cadet Pamela McNabb.

Of special note, Sgt Carter finished as the second overall ranked marksman in individual standing and won a Silver Medal. A number of this year's team members will be attending Marksmanship Development Summer Training and we hope to challenge for a top spot in 2009. Special thanks go out to all of the Cadets involved with marksmanship and the

The Guards Star

mentorship of their coaches: Major Robert Barrette, Civilian Coach Asmir Arifovic and Civilian Instructor/Coach Crystal Cuthbert.

On the weekend of February 15-17, 2008, the Cadet Company completed its annual winter exercise at Larose Forest near Limoges, Ontario. Needless to say, it was a very cold weekend with lots of snow where the Cadets snow-shoed, built outdoor winter shelters and erected arctic tents while learning how to cook, clean and survive in a cold-weather environment. Many thanks to our cold-weather indoctrination instructors, Captain Sloan and Lieutenant Belbin, for preparing such an educational and fun outdoor exercise.



Seven of our senior Cadets, who have been with the Unit three years or longer, have been aggressively training since September of 2007 to write their National Star Certification Examination (NSCE) during the months of February and March 2008. Phase one of the NSCE consists of a written examination based upon the four levels of Army Cadet Training; this will take place at the end of February 2008. Phase two of the NSCE consists of a practical map and compass portion, a fieldcraft portion, an Army Cadet fitness test portion as well as the preparation and presentation of both a drill period and a classroom mutual period of instruction all conducted during a weekend of assessment held at CFB Trenton during the weekend of March 28-30, 2008.

Provincial ranking after this examination will determine if the Cadets are eligible for advanced summer training such as the Canadian Forces Basic Parachutist Course, the Rocky Mountain Leadership and Challenge Course in Banff, Alberta or International Exchanges in Texas, Australia, England, Scotland, Wales, Germany and the Cayman Islands hosted in conjunction with the American, British and German Military. The Guards Cadets are looking forward to doing the Guards family proud. Best of luck on phase one and two to:

Sgt. Victoria Carter Sgt. Heather Madden

Sgt. Mateo Farfan
Sgt. Miranda Lee
MCpl. Daniel Lister

Sgt. Steven McNabb
MCpl. Nicholas Taylor

The first priority lists and groupings of our summer training applications have been submitted with over 75 Cadets applying for courses such as the Canadian Forces Parachutist Course to Basic Cadet Introductory training. More updates to follow next Guards Star!

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 JUNE 2008
GUARDS STAR IS MAY 27, 2008

Membership

Membership Application

Membership Fees

Annual \$25.00

Life \$100.00

The Guards Star

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

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

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** Denotes new item