



The Guards Star

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

SEPTEMBER 2008

EDITOR: ESTELLE

LANE

President's Message

Marty Lane, CD

Well here we are, September already and nobody seems to know where the so called summer we were supposed to have went to. The weather sure was not very good for vacations and also for Fortissimo; one presentation rained out and the third moved from the evening to afternoon and just got finished when the rain began again. So much for summer.

The Vice-President of History and Traditions Jim Milne has been busy this summer with the renovations to the Monument, which are still underway at this time. These changes were mandated by the National Capital Commission as part of the deal enabling us to move the Sharpshooter Monument to its present site.

At this time I assume that all members that were on courses and Ceremonial Guard during the summer are back home. It is hoped that all did well on their respective courses in true Guards fashion and did the Regiment proud.

As this article is being written some of the people deploying to Afghanistan are already gone and the remainder are preparing to leave shortly. To all members deploying we wish you well and a safe return from your assignment.

The Executive is at present planning the Regimental Weekend on October 17-18, 2008. The Annual General meeting of the Association will take place on Friday evening before the meet and greet. It will commence at 1900 hours sharp and this is your chance to let the Executive know your ideas for events that can be planned for the coming year. **To all members of the Regiment** - do not forget this is your Association and the Executive needs your support and needs to know what your interests are so that events can be planned.

The Meet and Greet on Friday night and the Dinner on Saturday night are open to **ALL** members of the Regimental Association, former members of the Regiment, spouses/significant others, widows and guests. The meet and greet will start at approximately 2000 hours on Friday night where refreshments will be served and a cash bar will be available. On Saturday, there will be entertainment provided by the Regimental Band before the dinner, as well as a disc

jockey for your dancing (or just listening) enjoyment after the dinner.

Mess Presidents will have tickets available for both the meet and greet on Friday evening and the dinner on Saturday evening and there will also be tickets available in the Regimental Museum. As your President it would give me great pleasure to see the Drill Hall floor filled with tables and chairs with a warm body at each chair. Please see the attached application form for further details and cost.

Hoping to see you all soon! UP THE GUARDS!!

Message from the LCC

LtCol Rob Foster, CD, ADC

Let me begin my comments by saying how proud I am of the accomplishments of the members of the Regiment this past summer. Out of 282 effective members of the GGFG over half were on military training or tasks this summer.

Over 75 individual training courses were completed this summer. I won't list them all by name but I would like to highlight a few people: Gdsm Ryan who was the Top Candidate for his Platoon on the Soldier Qualification course in Meaford, Cpl Makela, Cpl Edgecombe, Cpl Paik, Cpl Ryan, Cpl Bell, Cpl Bott, Cpl Bahm, Cpl Bonneville, and Cpl Cormier who completed the PLQ Mod 6 (infantry) and have been promoted MCpl as a result.

WO Villeneuve, our new Chief Clerk, who will join the unit in time for inclearence, received a CO's coin from CO ATC Meaford. Sgt Roos, a Stds NCO for ATC Meaford also received a CO's coin from CO ATC Meaford. Sgt Simard who completed the R871 MUS QL7 BASIC CONDUCTING, Sgt Chassé who represented the Regiment in the UK on the Basic Drill instructor course, CSgt Birkinshaw who completed his ILQ course, Esgn Spencer and Esgn Fysh who are now qualified Infantry Platoon Commanders, Lt Paquette, who completed the BASIC CLASS TRG LAND RES PT 2 and BCT Phase 3 (Sup and Tpt), Capt Hladik, Dismounted Company Commander Course and Capt Lynam, Army Operations Course. I want to also congratulate all others who have completed training this summer including BMQ, SQ,

2

Muscn training, PLQ mods 1-5 and BIQ. All of you can be proud of your accomplishments.



Gdsm Jusufi was presented an award from BGen Stafford, DComd LFCA, for being Top Candidate on DP1 Infantry.

Building on the success of the NATO Reserve Shoot where Capt Brulotte, Cpl Bonneville and Cpl Ryan did exceedingly well. We have put together a team under the instruction of Capt Gagnon to prepare for CFSAC at Connaught Ranges during the third week of September. The GGFG have also been given the lead to produce a 16 person team for the US Armed Forces Skill at Arms Meeting in Arkansas in October representing the Canadian Forces. The team will have 14 shooters and two support personnel. Best of luck to all shooters!

Eight members of the GGFG participated up North on the Sovereignty Operation NANOOK in the area of Iqaluit, Kimmirut and Pangnirtung. We have received word that MCpl Steele has received a CDS Coin for her work as part of the Operation. Well Done.

Cpl Emery was selected to represent the GGFG as part of the Canadian Forces contingent supporting the Veterans Affairs Canada (VAC) delegation of veterans and dignitaries to the Republic of Korea to commemorate the 55th anniversary of the Korean armistice.

The GGFG provided 87 soldiers to Ceremonial Guard this past summer, which included personnel to the headquarters, the band and the rifle company. In speaking with the CO of Ceremonial Guard, Major Brian Hynes, he noted that the rifle company went exceedingly well under the command of Capt Hladik. The performance of Lt Goat, Lt Petric and Sgt Marleau were of immense value to the success of the Guard and they are to be commended. From the Band, the work of CSgt Simard was extremely important in ensuring

The Guards Star

a high calibre of musical performance. The Ceremonial Guard has had to adapt and change its structure as a result of increased operational tempo within the CF and also with the changes to the individual training program. I expect further changes to the structure and organization over the coming months.

Once again the emphasis for all soldiers this fall is physical fitness and we will participate, on the 21st of September, in the first annual Army Run. Check out armyrun.ca for details. In October, we will complete the Individual Battle Task Standards including the Battle Fitness Test and then move on to Patrolling for one company, individual training courses for two company and of course the service support we expect from three company. The Band has a busy schedule lined up and they are also planning to do a recording in the Spring of 2009.

In closing, we have nineteen Guardsmen who are deploying overseas this year. The majority will be in Afghanistan with one in the Sudan and one in Sierra Leone. All of them have prepared physically and mentally for the challenge of an operational deployment. As part of our Regimental Support we hosted a barbeque for all family members and I was very happy to see so many members of the Regimental Family participate. It was a wonderful event and well executed by Captain Ali and Sergeant Webb. For those of you deploying, you are foremost in the thoughts of all serving and former Guardsmen. We are all proud of your commitment and know that you will serve the Regiment proud in the execution of your duties. I look forward to your safe return! UP THE GUARDS!

Message from the RSM

CWO Kevin Carleton, CD

As we enter the fall training period and prepare for the return of all of our soldiers from various summer courses and tasks, we embark on what may quite possibly be the busiest training year in my experience. As you have seen in LCol Foster's article, the unit has been well represented on courses, exercises and competitions in the finest of Guards' traditions.

With the complexity of military operations in today's environment and the reliance more and more on the Reserve Force soldiers for deployed operations, the level of training and professionalism expected of the Army Reserve has risen greatly. Indicative of this is the unit's contribution of 19 soldiers to the current rotation in Afghanistan in the form of 7 Corporals, 2 Master Corporals and especially at the senior leadership levels where we are deploying 5 Senior NCOS and 3 Officers.

3

On the 9th of August the Unit hosted a send-off party for our soldiers departing to Afghanistan. This was an opportunity for their families at home and their Regimental family to unite and meet to have questions and concerns answered in an informal social setting. It was interesting to note that several of our WWII veterans were in attendance to celebrate the deployment of our new generation of young veterans.

While we may feel a crunch this year lacking some of our senior leaders, we have recently added robustness at the junior leader level by qualifying and promoting 9 new Master Corporals. As they represent the future of the Regiment, I eagerly anticipate their efforts in the coming year, where we will utilize their skills and abilities to the utmost.

I have been receiving regular emails from MWO Art McKenzie, currently deployed to Sierra Leone, West Africa. He reports that all is well and he is teaching on a jungle warfare course and will be taking leave in Europe for the last three weeks of September. He returns from Africa in early December to shovel snow like the rest of us.

While I have intentionally kept this article short to this point, and briefly touched on a few notable subjects, I would like to draw particular attention to our 19 soldiers who will be deployed in hostile terrain during two important days over the next six months, namely Remembrance Day and Christmas. This year I hope we can all take a few moments on Remembrance Day to not only remember our brethren who have fallen in previous wars, but to toast and wish for the safe return of our own 19 in harms way. And again at Christmas while we are all comfortable in our homes with our own families, we should not forget that part of our Regimental Family is far away in Afghanistan.

When you have a free moment, believe me these soldiers would all love to receive a letter or small care package of any sort just to let them know that no matter where they are, the Guards Family is still always behind them.

Our Family:

| | |
|-------------------------|--------------------------------------|
| Major Derek Cheff | MCpl Patrick Bramley |
| Capt Ryan Barber | MCpl Tim Perry |
| Capt Grayson Shanahan | Cpl John Altoft |
| MWO David Snyder | Cpl Thomas Beckett |
| CSgt Gregory Witol | Cpl Jesse Hall (deploys in December) |
| Sgt Dominique Kowlessar | Cpl Nicolas Mann |
| Sgt Luc Joly | Cpl Anthony Westra |
| Sgt Andrew Postma | Cpl Henry Wong |
| Cpl Joseph Wright | |

Please take the time in the coming weeks to make use of the following addresses:

(Maj Cheff, MWO Snyder only):

The Guards Star

RANK/INITIALS/NAME
UNIT/SECTION
KABUL 100
PO BOX 5058 STN FORCES
BELLEVILLE ON K8N 5W6

(Capt Barber, CSgt Witol only):

RANK/INITIALS/NAME
UNIT/SECTION
Provincial Reconstruction Team
OP ATHENA
PO BOX 5005 STN FORCES
BELLEVILLE ON K8N 5W6

All other Afghanistan soldiers):

RANK/INITIALS/NAME
UNIT/SECTION
OP ATHENA
PO BOX 5058 STN FORCES
BELLEVILLE ON K8N 5W6

MWO Arthur McKenzie only):

NAME RANK INIT
UNIT
OP SCULPTURE
PO BOX 5201 STN FORCES
BELLEVILLE ON K8N 5W6

Guidelines for mailing letters or packages can be found at the following internet link:

http://www.forces.gc.ca/site/Community/Messageboard/guidelines_e.asp

News from the Missions

PARIS – First aid training put into practice!

Provided by Capt Jamie Bell

The colleagues of André-François Giroux and Christopher Jackson at the Canadian Embassy in Paris wish to pay tribute to their act of bravery in saving from drowning a woman who had accidentally fallen into the Seine.

While jogging during lunch time on July 25, Christopher and André-François noticed a woman in difficulty in the Seine. They quickly understood the urgency of the situation and, without losing a second, put their magnificent teamwork into play. While Christopher ran to get a life buoy from a nearby "bateau-mouche", André-François kept a close eye on the woman.

As soon as it became evident that she was no longer breathing, André-François immediately dove into the water to lend assistance. Christopher very quickly followed suit. Using life-saving techniques, André-François and Christopher

succeeded in reviving her. Once she had regained consciousness, our colleagues brought her safely to the pier where first-aid workers intervened to provide medical support...not without noting that Christopher and André-François had, that day, saved a life.

The woman has since been released from the hospital and is in good health.



The colleagues of André-François (right) and Christopher (left) at the Canadian Embassy in Paris applaud, with pride, this act of bravery and dedication. Bravo!

Christopher Jackson served as a Captain with the Regiment from 1999 to 2002.

About Turns and Bacon Baps

Sgt Marc Chassé

I was recently a candidate on the British Army's Basic Drill Instructors Course in Catterick, United Kingdom. The first thing I did once I arrived in Catterick was to take a walk around the base to shake off the jetlag. Although it was a

The Guards Star

sunny day, without a cloud in the sky, it was somehow still raining lightly. Par for the course, as far as what I'd heard about British weather. I was off to a good start.

The course began with a brief word from the Drill Wing RSM who is a Warrant Officer Class One with the Coldstream Guards. Oddly enough, he eerily resembled an older, taller and more serious version of our own CWO Carleton. We then proceeded to receive a "tour" of the base, which in reality is the course staff's version of dry British humour. For the next 45 minutes the course was marched, about-turned, left-turned, right-turned, marked time, all at the quick time, around the base. We were never once halted and would mark time for several minutes at a time in front of buildings while the staff would give detailed descriptions about the history and function of the building. It was all very Monty Python-esque, for those who have seen the skit, except I was not allowed to leave and 'go learn to play the piano'.

We were told this was to "evaluate" the candidate's level of personal drill. This is all fun and games for the staff and they just want to see the candidates 'play the game'. The British Army definitely tries to inject humour to any type of instruction, and the Colour Sergeants are quite adept at it. The candidates came from all areas of the British Army: Logistics, Infantry, Communications, Regular Force, Reserve Force, etc. Everyone got along famously and being a Canadian, a francophone and a Guard, I quickly became the target of my fair portion of good-natured ribbing.

The goal of the course was to have the candidates learn how to instruct and pass 3 drill lessons. I would be required to instruct a lesson at the halt, one on the march and one rifle movement. Once we began our lessons it quickly became apparent that I would have two challenges to overcome.

First, there was the accent(s). Having grown up on a steady diet of British television and movies, I never thought that I'd have difficulty understanding the British people. My section's instructor was Welsh so I understood only about half of everything he said. I had difficulty not laughing whenever he asked me a question. He was very patient with my repeated "What?", "What?" and finally "I'm sorry Colour Sergeant, I have no idea what you said". There were also Scottish, Irish, Cockney accents and of course the ubiquitous slang. It worked both ways though, I was met by laughter the first time I asked "What's going on, eh?" and blank stares anytime I said anything in French.

My second challenge was British drill in itself. Coming from a Guards regiment and having done my time at Ceremonial Guard, I was confident that the drill instruction would be easy. In the British Army, you attend the Drill Instructor's course as a senior NCO. The Canadian Army trains its drill instructors at the PLQ level, i.e. much earlier in

our career. I was taken out of my comfort zone quickly as that British drill is *just* different enough, that often I looked like a recruit learning drill. My personal demon was the About Turn at the Slow Time. Their drill is 85% the same as ours, but particular movements would be called on a different foot and the rifle drill is entirely different.

The British method of instruction is also a change from what we are used to in the Canadian Army. The instructor is expected to teach a drill lesson word for word from the drill manual. The demonstrations, explanations, practice and any instructions to students are verbatim and instructors are not allowed to deviate on a single word. Although I was frustrated at times, I enjoyed the challenge and by the end of the course I was as adept an instructor as any other candidate. Being outside of your comfort zone is always good; it forces you to learn new techniques and keeps you on your toes.

Other highlights were that senior NCOs are treated as a different class within the army and there are perks that come along with the territory. We eat and sleep in the Sergeant's Mess which is staffed by stewards who serve tea and your meals, they even clean up after you! There were also the daily hour long breaks at 10 am for "Tea and Toast". The candidates would break from lessons and head back to the mess for tea and a small snack. My favourite was a Bacon Bap which is a plain English muffin with a slab of pea meal bacon. No butter, no mayo, no taste and very British!

There were two games a night at the mess, where the usual shenanigans such as Horse Races and Port Pong occur. Canada Day fell on one of such games night and I led a cheery toast to all things Canadian. The day before returning home, I was invited to a Canada Day-Independence Day BBQ by an RCR officer and a US Army NCO who were on exchange at Catterick. I was able to enjoy good Canadian hospitality, burgers, familiar accents and my only cup of Tim Horton's coffee while in England.

I thoroughly enjoyed the course and was able to further my instructional techniques. The best parts were certainly the camaraderie and the experience of working with a foreign, but closely related army. I would highly recommend this course to all who enjoy a good challenge, namely attempting to decipher the Welsh accent.

Sergeants Mess

MWO David B. Rennie, CD, PMC WOI Keating Club

Since the last edition of the Guards Star not much has happened with the Sergeants Mess. The unit held a well-attended farewell BBQ in August for all those members and their families of the Regiment who are deploying to

The Guards Star

Afghanistan on Task Force 3-08. We say farewell and good luck to the following members of the mess: MWO Snyder, CSgt Witol, Sgt's Joly, Kowlessar and Postma. Keep your heads down!

CSgt Guy Doucette married Julie Capistran on the 16th August 2008. Good luck to both of you from all members of the Keating Club.

Events to look forward to: there will be muggings out of several members in the near future. With the busy fall training schedule, a date has yet to be confirmed by the Mess Executive. We will be looking to send out packages to all of our members who are on Task Force 3-08 to help them get through the Christmas period.

Notes from the Band

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

Fall will see the return of our musicians who were employed by the Ceremonial Guard Band this summer or who were off receiving training at the CF School of Music in Borden. The highlight of the summer for those musicians who were not otherwise employed, was providing the nightly music at the RCMP Sunset Ceremonies. Fifteen members of the Regimental Band joined with an equal number from the Central Band of the Canadian Forces and performed for 'sell out' crowds each night. The RCMP organizers were extremely pleased with the impact the band made on the crowds and are anxious to make this a yearly event.

Due to reduced manning, the only other engagement the band was able to undertake this summer was performing at the Army Operations Course Mess Dinner at Fort Frontenac, Kingston in July. This dinner culminates a year long course taken by over 100 Army Officers, including foreign students. It was nice that one of our own (GGFG) Officer, namely Capt Lynam was on the course and was able to enjoy the sounds of the band that evening, which included playing forty-six regimental marches at the end of the dinner!

The band will kick off the fall season with the Town of Russell Fall Fair Parade on September 6th; the Chief of Land Staff Mess Dinner on September 19th, providing music for the Army Run on September 21st; and for the third year in a row, will perform the anthems at the Senator's Season Opener on Saturday October 11th. Look for the band to put on another choreographed and "interactive show" at the Association Dinner on Saturday October 18th. It may be more than just replacement conductors we are looking for this year!

Report from Sierra Leone

Hello from Freetown, Sierra Leone. As I write this article I am approaching the half way point of my six month deployment to OP Sculpture ROTO 15. I am working with the British army as part of the International Military Assistance Training Team (IMATT). I am staying in the capital of Freetown and drive to their Armed Forces Training Centre about 45 minutes every day. I work with 6 British Senior NCOs and a British Major as a sort of standards team that supervises their courses to make sure everything is going as per the training schedule and according to set standards.



This is a picture of an army cook showing how they cook their meal in the field. One pot is full of rice and the other is a sauce of palm oil, casava leaf and ground nuts

There are 6 other Canadians as part of OP Sculpture ROTO 15. A Task Force Commander (LCol) and another MWO (Royal Newfoundland Regiment) who visit the different locations where the Republic of Sierra Leone Armed Forces (RSLAF) army battalions are located to make sure their operational training is run correctly. There are two training development officers (both majors), one holds a position in the RSLAF at the Minister of Defence office and the other works at their Training Academy developing courses. We have a navy PO2 that works with the RSLAF navy mainly on the engineering side to keep their boats running. Finally we have a medic Sgt that travels to the various RSLAF battalion areas in Sierra Leone to assist their military to develop their medical capabilities.

The Guards Star



Dudes at Invicta Range- This is left to right Sgt Mio (medic), Major Harding (Training Development Officer), and me arriving at the local military rifle range.

Presently, I just finished a month in the jungle where I work with a British CSgt as advisors on the RSLAF Jungle Warfare Instructors Course. From September until the end of my tour in December I will be working with a CSgt from the Coldstream Guards as advisors on the Platoon Sergeant's Battle Course which is the RSLAF's course to be promoted to CSgt.



MWO Ray Murrin & I Bo Bast House - Ray Murrin and I at the "up country" BAST House located in Bo, Sierra Leone.

Besides my normal duties, I was also given an opportunity to go "up country" and visit some of the RSLAF positions that are located next to the border with Guinea as well as act as Quick Reaction Force for some of the crises that have arisen. More details on those over a cold one in the mess. Also in my first month here I got to meet Tony Blair, the former British Prime Minister, who thanked us for our assistance. He has a particular interest in Sierra Leone as he was born here.



Art & Ray Murrin Canada Day - This is MWO Ray Murrin (RNFLD Regiment) and myself making moosemilk for the Canada Day party.

The weather here is actually bearable since it varies between 23 degrees and 30 degrees Celsius but it is constantly raining. Once October comes the rain will stop and we will get some very hot days well into the 40 degrees Celsius range.

My time here has been rewarding and despite many set backs I have seen improvements due to our work here. I look forward to seeing everyone at the Men's Christmas Dinner upon my return in December.

Memorials and Tributes

Estelle Lane

Joiner, Bert

At home after a brief struggle with cancer at the age of 81, on Sunday July 20, 2008. Bert served with the Regiment during the 1950s. He was the younger brother of Capt (Retd) Dave Joiner. He was a life member of the Foot Guards Association.

Delaney, Donald

In Regina, SK on Friday August 8, 2008 at the age of 87. He served in the RCAF from 1942 to 1971. He was the father of LCol Stephen Delaney, 2 i/c 33 Brigade and a former LCC of the Governor General's Foot Guards. A memorial service will be held at Kelly Funeral Home, 585 Somerset St W, on Monday September 15, 2007 at 11:00.

McKergow, F. Chester

Major Retired, peacefully in his sleep on Monday August 18, 2008 in his 97th year. He joined the Governor General's Foot Guards in 1940 and served overseas with 21 CAR(GGFG) until his return in 1946. He joined the Association in 2004

The Guards Star

and we are told by his nephew that he greatly enjoyed reading the Guards Star.

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

Regimental Museum

Marty and Estelle Lane

After a long wait, we have received the loan of a CWAC war time uniform from the War Museum. In order to complete our display we need pictures showing CWACs interacting with members of the Regiment during the second war. Donations of pictures or copies would be greatly appreciated.

We would also appreciate pictures of CWACs who were active with the Regiment in the 50s, 60's and 70s.

We can be reached at 613-834-9539 or on Tuesdays at 613-990-0620.

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 December 2008 GUARDS STAR
IS NOVEMBER 25, 2008**

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 VisaTelephone: 613-834-9539
Email: elane22@rogers.com**** NEW ITEM**