

The Guards Star

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

Regimental Website: www.footguards.ca

DECEMBER 2009



EDITOR: ESTELLE LANE

LCol Derek Cheff, CD, AdeC

Message from the President

MWO Marty Lane, CD (Retd)

It is beginning to look like winter as the first snow fall has arrived. Thought that we would have a green Christmas the way the weather was behaving. The thought of Christmas and winter means that another year has passed us by. This Christmas unlike last year sees most of the Regiment at home with family and friends.

The Association executive have been hard at work during the past year and have accomplished a task that I thought was never going to be completed. The amalgamation of the Association and Foundation into one body has now been completed. The statue project is also now complete with all the loose ends tied up.

The Regimental weekend took place in September this year and this was mainly due to training commitments later on in October and November. I would at this time thank Guy Doucette for the fine job he did as dinner chairman filling in for Dave Rennie who due to another commitment at the last moment could not be with us. Once again I would like to thank my executive committee for remaining on for another year in their positions. At this time we have the position of VP fund raising vacant due to the resignation of the incumbent member. If any one has a flair for fundraising and would like to join us as the VP fund raising we would be glad to have you.

Once again I appeal to all members of the Association for new ideas to bring forward to the executive for consideration. We will look at all suggestions that are submitted to the Committee.

Estelle and I would like to wish each and every member and their families a safe, healthy Merry Christmas and a Happy New Year. Hoping to see you all soon! UP THE GUARDS!!

Merry Christmas Everyone,

For those of you who have not heard, an unwanted gift was left under the Regiment's tree this Christmas in the form of an extended Regimental stand-down of six weeks. This may be welcome to a few, including our significant others, but in reality it hits many in the pocketbook at the wrong time of year, and throws the collective training for a loop. As I said to the Regiment as a whole last week, this will not affect Individual Training, and in the meantime, senior NCOs and Officers are doing what they can to help mitigate the financial effects to our soldiers. Look forward to a 19 January stand-up, but I encourage those looking for employment to keep in touch with your section commanders.

As with every fall, the pace of regimental activities has been astounding. Collective and Individual Training commitments have all three companies moving with common purpose, while Band engagements have been unyielding. I am continually amazed by the professionalism of our personnel, and there has been a myriad of instances this fall where I have seen a dogged commitment excellence and self improvement.

At the command brief in September, I indicated that one of the key regimental priorities for this year was excellent attendance. For this fall, this has been delivered in spades, to the point where attendance for training nights has exceeded what was planned. Regardless of the operational pause we take at Christmas, we must see the same outstanding level of commitment going forward. Doing so will ensure that we can continue to properly achieve the battle tasks standards associated with Domestic Operations in 2008, and that in the longer term, we can grow the Regiment.

On 28 November, the Regiment hosted a half day Employment Workshop, which provided guidance and concrete assistance for our personnel to transition from post-secondary studies or Class B service to the public or private sector. Colour Sergeant Witol and Captain Brulotte were very compelling speakers, and

Message from the LCol Comd

provided excellent insight into the transition to full time employment. Along with the other 27 participants, I was very impressed with this information provided there. Given that the CDS and CLS have already given direction to reduce the reserve full-time service going forward, the Regiment will continue these workshops twice a year to ensure that we support soldiers in the transition from school or full-time service to a profession off their choosing.

Looking ahead, the Junior Ranks Christmas Dinner will take place next week and I look forward to the same excellent attendance that we have had all fall. At the dinner, two lucky junior ranks will walk away with a certificate for one night's room stay at the Chateau Laurier on the 20th of February (courtesy of the Thomas Ross Officers' Club). For those of you concerned, this is not tied to performance; you just need to be at the dinner.

Speaking of the Guards' Ball; it's coming up fast, so save your pennies. My expectation is that all members of the Regiment will turn out to this exceptional event. The discussions that I have had with the members of the Guards' Ball Planning Committee indicate that the planning and preparation for the Ball is well in hand. Not only will this be an event for the enjoyment of you and your significant other, it will be an important event for the Regiment's profile in the National Capital Region.

Nancy and I extend to all of you and your families, our Best Wishes for the Holiday Season. We will be at St Bart's with our kids at the Carol Service on the 19th of December. If you are in Ottawa over the holidays, I hope we see you there. Please also take a moment to connect with those regimental personnel preparing for Task Force 1-10, and if possible to drop a line to Captain Jamie Bell, TF Sudan, and Padre Dobec who is on mission from God (and the Army) at the Landstuhl Regional Medical Center, Germany. For all others, I hope you all manage to make it home for Christmas to enjoy time with your families over the festive season. Be safe.

Up the Guards!

Message from the RSM

MWO A McKenzie, CD

Since taking over as the Sergeant Major I have, on several occasions, had conversations with personnel both internally and externally to the regiment where they have brought up "The Guards Way" of doing things. The feedback I have received usually alludes to the opinion that our way of doing things is somehow "stuck up", "conceited", or "by the book". While reading the latest edition of the Guards Magazine I came upon an article that is titled "The Household Division Way". It is a short essay that "tries to describe how the regiments of the Household Division seek to be different from other regiments and corps of the Army in the pursuit of high professional standards." I felt that the points made by its author Major General W.G. Cubitt, Irish Guards, were relevant to the Governor General's Foot Guards way of doing things. I encourage everyone to read the full article to get its full meaning as I will quote only the highlights here.

"The Household Division way of doing things is:

- 1) To be smart and keep things in good order under all conditions
- 2) To be highly disciplined, courageous and reliable
- 3) To be meticulous in attention to detail
- 4) To lead
- 5) Discipline—Maintenance of Standards—Care for Subordinates—Pride—Leadership
- 6) To be adaptable and imaginative, at the forefront of the Army and
- 7) be distinctive"

If following these points gives an impression other than professionalism then the fault is in the interpretation not in the execution.

WO1 Keating Club

CSgt Guy Doucette, CD

Half of a training year is done already. It has been busy, with quite a few challenges and the use of a few colourful pro-words. "It is a good time to be in the Army" to quote Sgt Marleau.

Since the last Guards Star the WO1 Keating Club and Thomas Ross Club held their annual football game. I am not sure what was more exciting, our game or the Grey Cup, but a grudging congrats to the officers mess on their "victory" - 1 in a row and counting.

The Keating club starts the New Year off as always with the New Years Levee, We will be open for

the traditional drinking of the moose milk and CH of Ode to the Haggis at 10am on January 1st. Followed by visits to the other messes in town. The mess will also look to hold an event for all current and former members of the WO1 Keating club early in the New Year, a games/movie night or super bowl party. The next big event is the Guards Ball at the Chateau Laurier on 20 February 2010.

A reminder to all current and life members that 2010 is the 125th anniversary of the battle of Cut Knife Hill. The dinner will be held on the 1st of May. Planning has already commenced for this important anniversary.

The Mess sends it deepest condolences to MWO Dave Rennie on the un-timely passing of his daughter.

Number One Company,

Major Chris Lynam, CD

As would be expected, Number One Company had a busy fall with both Tuesday night and weekend training focusing on a range of battle task standards.

We kicked off the official training year with a visit to Farnham, Québec from September 25-27. The mission was to complete individual battle task standards in order to set them up for success throughout the year. The main focus was the qualification on the C7 rifle and the battle fitness test, which consists of a 13km ruck march followed by a simulated trench dig and a one hundred meter fireman's carry.

The electronic ranges at CFB Farnham increased the efficiency and effect of the training at hand. The computerized range system raises and lowers targets, track scores and even produces coaching feedback for individual shooters. Needless to say everyone was happy not to have to do their turn in the butts and after an arduous day of work the rifle company had qualified all of its shooters, with the headquarters and support elements completing their required training as well.

Sunday morning the Regiment awoke to an overcast day rife with misty rain, perfect for a long march. Over the pursuant two hours and twenty six minutes, the minimum time within which to complete the march, all members of the Regiment successfully completed the standard. Some of the Regiment's more

valiant members even took a small scenic 'detour' along the way. The soldiers demonstrated their toughness and spirit by exhibiting plenty of energy during the fireman's carry and trench dig, capping off a successful weekend exercise which managed to qualify all members in the areas required.

EXERCISE GUARD WARRIOR ONE

On 23 October 2009, the company deployed to Petawawa as part of a fictional Coalition operation in country of West Isle. Following a successful road move to Forward Operating Base (FOB) OSGOODE on Friday night, 1 Coy elements broke into platoon and section level training focused around urban operations in built up areas (OBUA), detainee handling and rules of engagement scenarios. Elements of 33 CER provided essential and highly professional support during assault boat training. Following stand training, the exercise moved into its second phase, a tactical raid on the fictional village of ROSSO (Petawawa OBUA site). Recce elements deployed late on the 24th while two platoons deployed early on the morning of the 25th, with both groups being supported by elements of 33 CER with an daring assault boat crossing of Clement Lake in the dead of night. Elements of 763 Comms Regiment provided communications support throughout. Following a link up with recce, both platoons were in place by 0700 and the assault was launched. The assault teams were able to draw very close to the enemy objectives before being spotted and surprised enemy elements. Maintaining high momentum throughout, the assault teams neutralized the objectives quickly and secured the village, capturing or killing all opposition forces with only light casualties. With the raid complete, 1 Coy withdrew to the rendezvous site before end ex.

The Company looks forward to continuing challenging training in the new year.

Notes from the Band

MCpl Rob McKinnon

As another winter season approaches, the GGFG Band has been keeping busy with a flurry of musical engagements supporting the Canadian Forces and our local community. As with last year, the band made a

major contribution to Army Week playing for the Army Mess Dinner at Ottawa City Hall, the CFSAC Awards Ceremony at Connaught Ranges and the 2nd Annual Army Run from September 18 – 20. The band also provided a marching band for the Freedom of the City granted to 28 Service Battalion in September and to 763 Communications Squadron in November.



Certainly the highlight of this autumn for many was the 2009 Bermuda International Tattoo. A 75 member contingent from the GGFG Band and the Pipes and Drums of the Cameron Highlanders put on a spectacular show at the tattoo to celebrate the 400th anniversary of the founding of Bermuda. The band put on an excellent marching performance to the tune of David Foster's *Winter Games* and was joined by vocalist MCpl Tammy Shaw and the Cameron's Pipes and Drums in a rendition of *You Raise Me Up*. The performance was received with great enthusiasm and much applause from the nearly full-capacity audience every night of the tattoo.

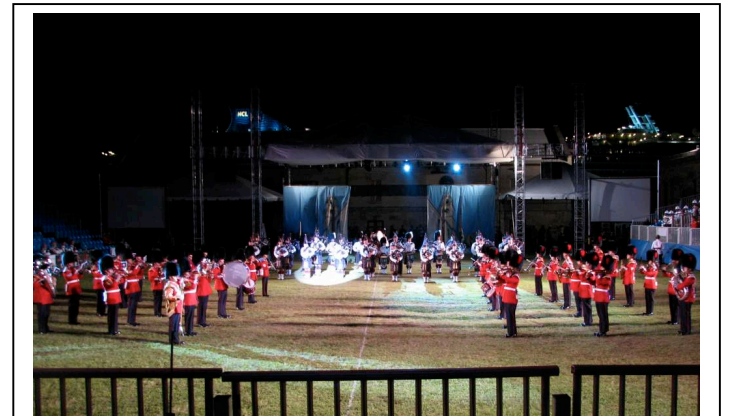


The band was joined by other bands from around the world including the Band of the Scots Guards, the Military Band of the Azores, the Royal Barbados Police Force Band and, of course, the Band and Corps of Drums of the Bermuda Regiment among others. During the tattoo, the band also visited Purvis Primary School to play for a group of wildly enthusiastic youngsters. Even DMaj Luc Joly found a few new fans among the children as he marched them through the school gymnasium with the band playing *The Standard of St. George*.



DMus Scots Guards, Major Douglas Robertson and DMus GGFG LCol Fran Chilton-MacKay

In return for the excellent hospitality that the GGFG band was shown by the Bermuda Regiment at Camp Warwick, all three of their messes were presented a small plaque adorned with the Guard's Star which we hope will be an enduring symbol of the friendship that developed between the two regiments during our stay in Bermuda.



The band welcomed several new members into the group this autumn. Musicians Yolande Laroche, Flora Lei, Jessica Sullivan, Allison Zaichowski and Cpl Craig Lutes come to us from the Ceremonial Guard. We also are happy to welcome MCpl Stefan Sikorski from the 7th Toronto Regiment RCA Band and CSgt Steve Guerin, formerly with the Central Band of the Canadian Forces. We are also happy to have Sgt Julie Hacquard back with us. Sgt Hacquard returns to the regiment having spent the last two years studying at La Sorbonne in Paris, France. On the other side of the coin, we said goodbye in October to Mscn David Benson who will be in Australia for the next two years in service to his church. It is anticipated that Cpl Claude Anne Spiecker will transfer to the Regular Force in the new year as a Training Development Officer. We wish her all the best in her new found career. Congratulations to Masters Corporal Trevor Argue, Lauren Reade, Eric Temple and Sgt Matt Spencer on their recent promotions and to Cpl Dan Beaulac who will be getting married early in the New Year.

As we head into the Christmas season, the band is preparing for a few more engagements before we stand down to enjoy a well-deserved holiday. The annual Christmas Concert at St. Joseph's Parish with the Parish Choir will be held on December 13, 2009 at 2:00 pm. For those who have come to the concert in the past, please take note that the concert will be held on a Sunday afternoon this year and not a Saturday evening. The church is located at 2757 St. Joseph's Avenue, Orleans.

The last event before the holidays, the GGFG Christmas Carol Service, will be held the following week on December 19, 2009 at St. Bartholomew's Church, 190 MacKay St., Ottawa. The GGFG brass choir will be there to provide music for the service and the GGFG saxophone quartet will entertain the children at their Christmas party.

Memorials and Tributes

Estelle Lane

Weber, Helen

In Ottawa on Thursday September 17, 2009 in her 102nd year. Helen was the wife of the late Sgt Guy Weber who served with 21 CAR (GGFG) and with the Regiment

after the war. Guy was the Regimental cook for several years.

Rennie, Louise Marion

Suddenly, after a short illness, on Wednesday October 21, 2009 at Lincoln County hospital in the United Kingdom, at the age of 27. Louise was the youngest daughter of MWO David Rennie, Drill Sergeant at Ceremonial Guard.

Price, Harry

In hospital on Saturday November 14, 1009. Harry was a Korean veteran with PPCL 2nd Bn and served with the GGFG during the 1950's.

Corrigan, WO1 (RSM) Henry, CD

On Monday November 23, 2009 at the age of 83. Henry served in the Royal Canadian Navy in the Second World War. On April 19, 1949 he joined the Regiment and was promoted to Sergeant on October 20, 1951. He became Regimental Sergeant-Major on August 1, 1966 and served in that capacity until retiring on September 14, 1970.

Cross, Geraldine Elza

On Thursday November 26, 2009 at the age of 76. mother of Major (Retired) James Cross. Major Cross served in the Regiment, first as a Guardsman, in the early 80's, Commissioning and continuing to serve until his retirement within the last year

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

NEXT ISSUE....

**Submissions for the next edition of the GUARDS STAR
are due February 26, 2010**

Note from the Editor: May thanks to LCol Rob Foster for the new format of the Guards Star. LCol Foster offered to do the Guards Star in September to take some pressure away from me due to a bit of an ordeal I was going through. I would also like to thank the guys (whose names I don't know) who folded and stuffed the envelopes. It was appreciated much more than words can say.

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

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

Annual Christmas Carol Service

The annual Regimental Carol Service will be held on **Saturday December 19, 2009** commencing at 13:00. The Service will be combined with the children's Christmas Party. This will be followed by a reception and visit from Santa in the Church Hall.

ERRATUM

The last Guards Star indicated Annual Membership Fees as \$15.00. This should have read: **\$25.00**

