

# The Guards Star

Foot Guards Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3  
Regimental Website: [www.footguards.ca](http://www.footguards.ca)

SEPTEMBER 2009



EDITOR: ESTELLE LANE

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## Message from the President

MWO Marty Lane, CD (Retd)

The Regimental Association Executive has been busy planning for the coming year's events. The paperwork necessary for the name change of the Foot Guards Association to "The Governor General's Foot Guards Regimental Association" has been completed and is now in the hands of the responsible Government Agency.

The Annual General Meeting of the Association will take place on Friday night September 11, 2009. The meeting will begin 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. The meeting will be followed by a meet and greet in the Officers mess, which all members of the Association are encouraged to attend. The cost is \$5.00 per person to cover the cost of refreshments.

We are also finalizing arrangements for the reunion dinner to be held on Saturday September 12<sup>th</sup>, and we hope to see a large number in attendance. The remembrance service will be at 1800 hours followed by cocktails at 1830 for dinner at 1900. Cost of the dinner is \$45.00 per person and will be followed by dancing and/or reminiscing with your fellow Guardsmen. There will be a church parade at the Guards' Chapel (St. Bartholomew's Church) at 10:30 A.M. on Sunday September 13<sup>th</sup>.

We are currently in negotiations with the Chateau Laurier, which will be the venue for the Regimental Ball which will be held on Saturday February 20, 2010. More information on this event will be forthcoming in the next issue of the Guards Star.

Do not forget, this is your Association and the executive need to know what your interests are so that plans can be made to make things happen. At this time, we are looking for some new faces to assist the various committee chairs in carrying out their respective tasks. This is your chance to assist in the operation of your Association.

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

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## Message from the LCol Comd

LCol Rob Foster, CD, ADC

This will be my last article for the Guards Star as the Lieutenant Colonel Commanding. In a few short weeks I will hand over to my successor a Regiment that is stronger than when I started.

The completion of command is bittersweet as it means that I must move out of the Regiment and leave all that it means behind. A hard task after twenty three years of Tuesday and Friday nights.

Over the last three years we have had some challenges and exciting times. I was asked by a senior NCO at the Cutknife Hill Dinner what my legacy for the Regiment will be. I was stumped and waffled on the answer. I blame it on the scotch which followed the port which followed the wine which followed the beer. Now that I have had some time to reflect it is clear that my legacy will be the Regiment that is second to none in the Brigade. After all, everyone knows who the Guards are. The other Regiments? Not so much.

The challenges that we faced were very much a team effort. My command team understood my intent and were given the latitude to make decisions to ensure good training and support to the soldiers. My thanks to Sergeant Major McKenzie and to Sergeant Major Carleton for their staunch support and invaluable advice. To Major Cheff and Major MacLean holding ground as the second-in-command and being a sounding board for the tough decisions that we faced. I am particularly indebted to Capt Hladik for filling the role of Adjutant for two years and as Operations Officer for the past year on top of being OIC Drill Hall. To the Officer's commanding the companies and to the Director of Music, thank-you for a job well done. As always each and everyone of you could be counted upon to support the Regiment.

For the Guardsmen of the Regiment it was my pleasure to be the recipient of so many accolades from the CDS, CLS, Comd LFCA, and the Comd 33 CBG. I think this quote from the Chief of Staff of 33 CBG following Exercise Digital Wolf (DW) in 2007 summed up the strength of the Guardsmen compared to other units, "I just wanted to send you a quick note to express my appreciation for the strong participation from your unit in DW this past weekend. GGFG was clearly out in strength and the exercise would not have happened without that involvement both in sp staff and PTA. I was impressed with their bearing virtually all of them spoke up with a morning greeting when I saw them even when not

solicited. This confidence must be something the unit teaches as it is somewhat unique.”

The Regimental Family played a significant role in shaping the Regiment and I would like to thank LGen Gervais and Mrs Gervais for their wonderful support as the Honourary Lieutenant Colonel (and Mrs). Both provided me with advice and mentorship. I would also like to thank Marty Lane for taking on the role of curator of the Museum and also President of the Association. Both positions are demanding and Marty excels at his support of the Regiment. By his side, Estelle is another key member of the Regimental family. As curator and archivist for the Museum and also as Editor of the Guards Star she provided me with insights on the Regimental Family that I would not have otherwise.

I wish you all the best success for the future.

## Once a Guardsman, Always a Guardsman

### Message from the RSM

MWO A McKenzie, CD

This summer proved to be very successful for our NCO's. We graduated 8 Cpls from the Primary Leadership Qualification Course and they are now our newest additions to the rank of Master Corporal (MCpl). We also graduated 41 Gdsm on their DP1 Infantry course and 5 MCpls completed their DP3B course. The unit has received back their course reports and all graduates performed well and kept up the Guards tradition.



#### 1 GGFG Newest MCpls with the LCC and RSM 4 Sep 09

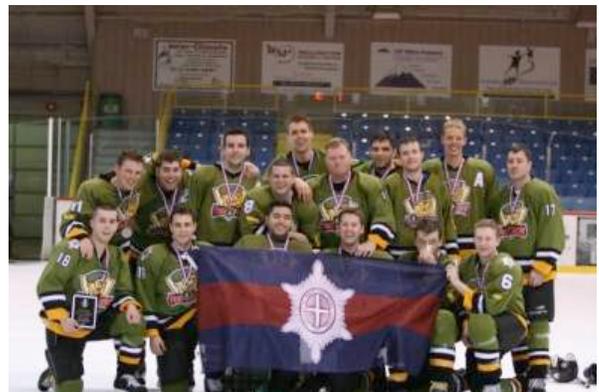
On the evening of September 22 we will be conducting our Change of Command from LCol Foster to LCol Cheff. Though my time serving as Sergeant Major with LCol Foster has been short, I also served as his Company Sergeant Major and enjoyed a very good working relationship with him. I wish him well in his future endeavours both at his Class B employment and as the Commanding Officer of the Territorial Battalion Group. He is leaving the Regiment on a very solid footing. I also look forward to working with LCol Cheff over the next several years.

I am also looking forward to the Annual Regimental Association dinner which is always a good time enabling the serving and retired members along with friends and family to get together to catch up on each others lives and honour our fallen comrades. I encourage all to attend this Guards Family event.

Finally, I am putting out the feelers right now and warning all present and former Sgt's Mess members that on May 1, 2010 we will be celebrating the 125<sup>th</sup> anniversary of the Battle of Cut Knife Hill at our annual Cut Knife Hill dinner. I have instructed the mess committee to begin planning now and to ensure that we properly commemorate such an important event in the Regimental history.

## Guards Hockey Team 2008/09

The GGFG Hockey Team won the Divisional Championship in Brockville in March 2009.



## Marksmanship 2008/09

Capt Sean Gagnon, CD

With operations and training as busy as ever, soldiers from No 1 Company managed to find time to get out to the ranges. Soldiers took the time to refine and develop their marksmanship skills while in the pursuit of excellence.

*National Service Conditions Championships (NSCC) & Canadian Forces Small Arms Competition (CFASC):*

Over half of the 34 soldier LFCA team was made up of soldiers from the Regiment. The Team as a whole was very successful. Many of the individual soldiers performed to a very high standard and results spoke for themselves. The Team won almost all the events they were entered into and came in 2<sup>nd</sup> over all in the Soldier's Cup event; the Soldiers Cup team for LFCA consisted of an 8 man team all from the Foot Guards. Of the 12 individual rifle matches, the Team won 10 of them and of those 10, 6 of those went to Foot

Guards. Capt Sean Gagnon also won his second Queen's Medal for Champion Shot.

American Forces Skill At Arms Meet (AFSAM):

The Regiment was well represented at this international event in Little Rock, Arkansas. For the first time the Canadian Forces Combat Shooting Team (CFCST) was completely comprised of soldiers all from the Governor General's Foot Guards; 16 in total. International teams competing at this event have representation from throughout their respective countries with many years of shooting experience. Everyone took note that all competitors from Canada were all from the one Unit; The Governor General's Foot Guards. The very young team was up to the challenge going against seasoned professional marksmen. There were many respectable finishes in the many different types of shooting events that are operationally orientated. One of the 4 man sub-teams managed a 4<sup>th</sup> place finish on moving targets at 200m in the prone, kneeling and standing positions; the first time most had ever fired at a moving target.



**2 GGFG AFSAM Team**

Combat Pistol Training:

Soldiers participated in a one week intensive combat pistol training at CRPTC this spring. Skills learned throughout the challenging training further developed individual soldier marksmanship skills and confidence with hand gun type weapons platform.

NATO Reserve Shoot in Scotland:

Lieutenant Wil Lymer led the 3 man team including MCpl Stephen Oliver and Gsdm Owen Lewis. The Regiment was well represented during the 6 events including pistol and rifle matches, battle casualty drills, map marking, indoor simulation range, confidence course, a cultural visit opportunity to see the Crown Jewels of Scotland at Edinburgh Castle and the Ode to Haggis at the Awards Banquet dinner.

Australian Army Skill At Arms Meet (AASAM):

Capt Sean Gagnon represented the Regiment as a member of the CFCST to Puckapunyal, Australia. Despite numerous equipment failures Capt Gagnon still brought home a silver medal for an individual rifle event and a gold medal as part of a four man pistol team.



**3 Capt Gagnon with the Cdn Pistol Team**

Canadian Forces Combat Shooting Team(CFCST) to Bisley, England:

MCpl Callum Ryan, Lt Nick Fysh and Capt Sean Gagnon represented the Regiment as part of the very successful CFCST in Bisley, England. The Team was made up of all 3 services and was a mix of half regular forces and reserve soldiers for the 16 man contingent. The Team was very mission focused for this event. Over all the Team brought home 4 gold, 10 silver, 2 bronze medals. Capt Gagnon won a gold medal for an individual rifle advanced moving target application, and was a member of the 8 man sub-team that won gold medals for Team Combat Snap and Team Night Shoot matches.



**4 MCpl Ryan, Capt Gagnon and Lt Fysh at Bisley**

Local Provincial Events - Ontario Rifle Association (ORA) & Operational Shooting Association (OSA):

A number of soldiers participated and competed at local events hosted by the ORA and OSA. The events follow the national service rifle program run by CFSAC and NSCC. These events are used as part of the workup training towards

the National level shoots. A great number of medals are being won by members of the regiment at these events further reinforcing the skills learned for the individual marksmen.

If we are not shooting - we are either communicating, running for cover or we are reloading...

#### **NOTICE**

**Please do not forget to notify us of your new address if you are planning to move.**

**By telephone: 613-233-6979**

**By email: elane22@rogers.com**

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## **Ceremonial Guard 2009**

Lt Stuart Kelly  
3 Pl Comd, Public Duties Company

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Another summer of Ceremonial Guard has drawn to a close and the soldiers of CG have returned to their home units. This year Public Duties Company was composed of soldiers from units throughout Land Forces Central Area, Land Forces Quebec Area and Regular Force members from LFCA Training Centre Meaford. The many returnees to Ceremonial Guard from the Governor General's Foot Guards and Canadian Grenadier Guards were an integral part of PD Coy. With them came much valuable experience and knowledge. While the rank and file of PD Coy are no longer filled exclusively by Guardsmen, many key posts were filled by Guards Officers and NCO's. This year, such positions ranged from the Adjutant, Drill Sergeant, Drum Major and the three PD Coy Platoon Commanders; to a number of Division Sergeants, Corporals, Guardsmen and Musicians. Ceremonial Guard has evolved to incorporate a more diverse cross-section of Canadian Forces units and members; yet as a Foot Guards Officer, it is encouraging to see that the GGFG and CGG still play an integral role in its success.

It was a busy summer for the Ceremonial Guard. It began as it always does in early June, with the Drill and Duties phase followed by a period of intensive drill. Naturally, this period is designed to mould the many new troops into well disciplined soldiers capable of exceptional drill. The Officer Commanding PD Coy and the Company Sergeant Major, both new to Ceremonial Guard, ensured that the Officer's and NCO's were well prepared when it came time for the first mount on June 27<sup>th</sup>. This summer, we experienced an unusually high amount of rain, which resulted in a handful of parade cancellations. Despite this, the Hill was as busy as ever, with spectators and tourists eager to catch a glimpse of the Changing the Guard.



**5 Canada Day Parade**

Perhaps one of the most exciting moments of the summer was the Canada Day Parade. The day began with a Guard Mount in the morning, followed by a One Hundred Man Guard of Honour for the Governor General. Also in attendance was the Prime Minister. As was expected, the Canada Day Guard Mount drew the biggest crowd of the summer and was without a doubt the most exciting parade of the summer.

The Ceremonial Guard was also very happy to welcome the Canadian Guards Association; as this summer marked the 50<sup>th</sup> anniversary of the Changing of the Guard ceremony. It was an exciting day when nearly two hundred retired members of the Canadian Guards sat in the VIP section and watched the Guard Mount. At the reception that followed, the members of the Canadian Guards Association shared their fond memories of the days when they held the task of Changing the Guard.

The Ceremonial Guard was also busy in other areas. OP Connection consisted of the Drill Team and Band and participated in the Halifax Military Tattoo. What is more, OP Connection was given the unprecedented honour of marching with bayonets fixed during a ceremony in the Arlington National Cemetery in Washington, D.C. This was the first time a foreign body of troops had been allowed to do this and was a huge honour to the Ceremonial Guard, its Commanding Officer and its soldiers.

Just as the summer seemed to become routine, August approached and preparation for Fortissimo began. This event showcased the Band of the Ceremonial Guard in a moving performance. Fortissimo brought together bands from across the Canadian Forces and included the 78<sup>th</sup> Highlanders Ceremonial Pipe Band from Halifax and the Lowland Band of the Royal Regiment of Scotland. The event also showcased Ceremonial Guard's Drill Team and the RCMP Drill Team in a joint performance. This year, Ceremonial Guard welcomed both the Chief of Defence Staff and the Chief of Land Staff as guests of honour at Fortissimo. Both gentlemen thoroughly enjoyed the show and offered congratulations to the Ceremonial Guard for a job well done. They also recognized the scale of the production as Fortissimo has continued to grow over the years and has evolved into a truly impressive spectacle.

To close out the summer, the Ceremonial Guard bid farewell to its Commanding Officer Major Bryan Hynes and welcomed its new Commanding Officer Major Greg Miller

during a change of command ceremony on August 13<sup>th</sup>. From my perspective, the Ceremonial Guard had many successes over the summer and proved to be a great experience for all involved.



**6 Public Duties Company awaits arrival of Emperor of Japan**

## Time Capsule

Canadian Army News

Visit Army news to see a time capsule film clip of the GGFG and CGG Arriving in England in WWII. The transcript reads: *History was made when senior officers of the Coldstream Guards joined with Canadians to welcome their Allied regiment, the Governor General's Foot Guards. Brigadiers greet the Commanding Officer. Then the Foot Guards marched off to their new quarters to train for the day that they'll add to the glorious achievements of the old CEF Iron Second. With the band of the Grenadier Guards playing them into the station, the Canadian Grenadier Guards arrive. In this historic moment, a keen interest was taken by the senior regiment of the Empire in its Canadian namesake. Guards officers waited while the unit detrained and fell in on the station platform. Major H.G. Griffith was greeted by Lieutenant-Colonel Pyle, Commanding Officer, and the former Brigadier Commander. Like the foot guards, the Canadian Grenadiers are now an armoured regiment, and form part of the Fourth Division. They now dawn battledress, and the grease and sweat of the tank soldier. Somewhere in the future, lye great names to be added to the battle honours already won. Names like Hill 70, Passchendaele, Canal du Nord, and Vimy. Welcome indeed to the Canadian Army in England are these two proud units with their proud traditions.*

<http://www.army.forces.gc.ca/land-terre/news-nouvelles/story-reportage-eng.asp?id=3728>

Gdsm Valerie Samson

Two weeks home from Meaford where I completed my DP1 infantry course, and I was ready to go on my first exercise, Maple Defender. I didn't know what to expect but was very enthused to meet other people from the unit, see Alberta but most of all, train with the WES (Weapons Effects Simulation) gear, as I had seen on the Discovery documentary "Combat School".

In the beginning, the troops didn't seem very optimistic about Maple Defender after spending one very hot night in the Belleville's armories and arriving in Wainwright in the pouring rain. Then we tried out the WES gear: a halo on your helmet with an umbilical cord attached to your tactical vest with 2 boxes on your shoulder blades, one of them having an antenna and another censor in the middle on your chest. It wasn't too bad by itself, but with the small pack carrying our rations for the day, it did make things uncomfortable at times. After using this gear for 10 days, I think that it was great and that it did help in making the exercise more realistic.



**7Gdsm Samson in Wainwright**

The objective of this exercise was to simulate Afghanistan. Although I haven't been and can't compare, I did learn a lot. Sgt Joly, who just came back from tour and was my fire team partner on this exercise, shared a lot of his experiences and it made Maple Defender an excellent learning experience for myself and for the other troops in my section. The first few days of the exercise, my section was joined by some American soldiers, most of them coming back from Iraq. It was somewhat hectic on our first attack, being that the vocabulary we used didn't coincide with some of the terms they used, as well as their tactics. These problems in communication just demonstrated how important it is to do this type of training in order to have a better understanding of each other. Later on, my section had two engineers that were working with us. Again, this was a great experience because I got to know what their job consisted of, and how we as infantrymen work with engineers in Afghanistan. We worked as a team, and as a result found simulated IED's (Improvised Explosive Devices).

On this exercise they had mock villages and actors to simulate Afghanistan. I don't know how Wainwright could compare to Afghanistan but it did make me feel different in this environment. It was an eye opener for me because I was

placed in a situation where I couldn't communicate and understand what was being said to me. It's training like Maple Defender that make troops adapt to different types of environments and cultures, so that training in unfamiliar environments become easier.

Overall, Maple Defender was a good experience, where I learned from other people's experiences and to better work as a team.

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## Thomas Ross Club

Capt Alex Parker

Welcome to another year in the Officer's Mess. As we ramp up to the September stand up of the unit there are many things to be ready for. First of all, in my case I am assuming the role of PMC. This will be a new challenge and I look forward to organizing an exciting year for the Thomas Ross Club. Between the start of a new associated social club, welcoming back members, and seeing others off, it will be another year filled with change.

The year of 2009 has seen several Officers deployed on tours throughout the different theatres in which Canada has operations. For example this September will begin with Major Cheff, Captain Barber and Captain Shanahan back in the Mess. However we will be wishing all the best to Captain Bell as he leaves his post of PMC and departs for Sudan.

There will be a new organization associated with our Mess that stands to make events this year larger and even more interesting. The Honourary Company of Sharpshooters will begin in November. As the name suggests it is an organization honouring the Company of "Sharpshooters" deployed to Northwest Canada to assist in quelling the Riel Rebellion. Assuming 4 Coy's flag the association will be a meeting place for distinguished members of our community as a method of increasing the GGFG's presence within the city.

This will be a busy year for the Mess, starting with the Regimental weekend 11-13 September. This will include a casual event in the Mess the evening of the 11<sup>th</sup>, the Regimental dinner on the 12<sup>th</sup>, and the Church service on the 13<sup>th</sup>. The AGM of the Guards Club and Dining-in is scheduled for November 6<sup>th</sup>, and is to be held at the Somerset Mess. On December 11<sup>th</sup> the Jr. Ranks Christmas dinner is to occur. Of course there will be the usual New Year's levee to start 2010. And the Guard's Ball is set to be exceptional, with the date scheduled for 20 February at the Chateau Laurier; it is an event you will not want to miss. Watch for other events to be added from time to time.

Finally, I would be remiss if I did not mention the departure of the current Lieutenant Colonel Commanding. His Change of Command is scheduled for September 22, 2009. As the commanding Officer of the Foot Guards he will be missed, but furthermore it is clear that the Officer's Mess will not be the same without him.

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## Visit to 1<sup>st</sup> Battalion Coldstream Guards

Lt Nick Fysh

This summer I was in England representing the Canadian Forces at the Bisley Shooting competition along with Capt Gagnon and MCpl Ryan. During the competition we took a drive down to Aldershot which is near Bisley and managed to locate the Battalion headquarters for 1<sup>st</sup> Bn Coldstream Guards.

I popped in to pay a visit. To my dismay the building was for the most part deserted. Luckily I happened upon the office of the Battalion 2<sup>nd</sup> in Command Maj John Mayhead. He was happy to learn that the GGFG were well represented at Bisley. Maj Mayhead explained that the lack of activity at Battalion headquarters was due to the fact that the Coldstream were getting ready to Deploy to Afghanistan in October and when I stopped in they were heading out on exercise to Salisbury Plains. He extended me an invitation to join them in the field and we exchanged phone numbers.

Following the end of the Shooting Competition I took a week vacation to tour around England. I called Maj Mayhead and he suggested I visit on the Saturday before I leave as it should be a quiet day. I made my way out to Salisbury Plains and found my way to the Strong Point being occupied by the Coldstream. I was brought into the Battalion Headquarters and found that everyone was in a rush. Maj Mayhead explained that a warning order had come down 4 hours ago and that he was about to give confirmatory order in 15 minutes and there wasn't much time to be a good host.

The confirmatory orders were for a raid on a compound. A map model thrown together with the materials on hand was laid out on the floor and the Battalions officers and it's attached assets were filing in. The whole operation was being tied together at the last minute. Everything was very off the cuff but problems were addressed in an efficient manner. "What about fire support?" "It'll take too long to coordinate, just make due with the Apaches." Confirmatory orders finished up and all the loose ends had seemed to be tied off. An hour later I was carrying a british SA-80 rifle and getting ready to board a Merlin Helicopter with the rest of 3 Company. I was attached to the combat camera team as their security element.

The objective was actually only 4 kilometres away from the strong point but the helicopters took the scenic route to simulate the travel time such an attack would take in Afghanistan. I was very glad they did as I was able to see Stonehenge out the back of the helicopter as we flew over.

The choppers approached the objective low along a river bed and set down behind a treeline out of view of the compound. We dismounted quickly into an all around defence and then moved into the woodline to commence the attack.

Also taking part in the raid was a Polish platoon. They were there to simulate working with Estonian forces as the British do in Helmand province. The British NCOs were able to negotiate this language barrier skilfully by yelling, swearing and pointing.

3 Coy swept through the compound while their engineers checked each building for booby traps. All occupants were detained. Two Apaches circled overhead throughout creating a strong sense of security. I moved one bound behind the lead platoon with the combat camera team who were sometimes to eager to get into the thick of it with Camera at the ready as opposed to rifle. The compound was secured very quickly and the only friendly casualties were minor wounds suffered by the Poles on the approach from the woodline.

Once the objective had been consolidated the helicopters began ferrying us back to the strong point. Upon our return I gave an interview with the fake media in character as the Canadian Liaison officer over from Kandahar province. When the interview was over I met Lieutenant Colonel Toby Gray, The Coldstream Guards Commanding Officer. He was very pleased that I had managed to make it out and although the visit had been somewhat busier than anticipated was glad I enjoyed myself. After watching the Coldstream in action I returned to Canada feeling confident that our allied regiment was well prepared to fight the Taliban in Helmand and will perform admirably.



8 Lt Fysh meets LtCol Gray, CO 1<sup>st</sup> Bn

## WO1 Keating Club

CSgt Guy Doucette, CD

The members of the mess are looking forward to a busy return to the training year and more specifically to the 125<sup>th</sup> anniversary of the battle of Cutknife Hill in May.

The mess held a well attended regimental birthday BBQ in June to welcome home our returning members and families from TF 1-08. We will probably keep the same format in the future. We will just need to work out the style of our Hawaiian shirts.

Congratulations to Sgt Jean Benoit and her husband Peter who had a baby girl (Kayla) on July 23<sup>rd</sup> and to Sgt Wil Jason and Louise who had a little boy on June 23<sup>rd</sup> (Liam) and also to Sgt Trevor Thomlinson and Julie on the birth of their little girl (Ava) on the 8<sup>th</sup> of June

This September we start off with the regimental association AGM and dinner on Saturday the 12<sup>th</sup>. We will follow that up a little later in the fall (date TBC) with our Life member's

night event. In November we have the yearly "classic" football game pitting the Sgt's Mess against the officer's mess for the Adj't's Cup.

Best of luck to CWO Carleton and CSgt Tim Woods on their upcoming deployments to Afghanistan. Best of Luck to Sgt Heath Bott who is leaving the unit to pursue a career as an Aerospace Control Officer; he will be moving to Trenton to join his wife Melissa and their daughter in October. We know you will do well.

## 1 Company

Major Chris Lynam, CD

As the incoming Officer Commanding of Number One Company, I would like to thank the outgoing OC, Captain Sean Gagnon, for his leadership over the past three years in continuing to develop our guardsmen and junior leaders. Training for Number One company will build on his efforts and again challenge soldiers and junior leaders both mentally and physically in order to prepare them for both domestic and international operations.

Training will focus on full spectrum operations in complex and adverse environments while stressing marksmanship, physical fitness, individual soldier skills and continuing to develop our junior leaders. To assist in these efforts, training will incorporate the skills and lessons learned by our soldiers who have recently returned from Afghanistan. The Company will also conduct innovative training in order to prepare for potential deployments in support of Canadian Forces' domestic operations in 2010 such as the Winter Olympics or G8 Summit in Huntsville.

Exercises this fall will include qualifying on personal weapons and completing the battle fitness test (September), platoon-sized operations in urban terrain in cooperation with other combat arms (October), responding to a complex domestic security emergency (November) and a challenging computer assisted exercise using the latest individual and collective battle simulation software (December).

Other training highlights will include the Army run on September 20, weekly use of the small-arms simulation trainer, combat conditioning events, monthly range nights and regular cooperation with other combat arms and combat service support units.

My message to our soldiers is prepare yourself for challenging training, get yourself in shape and have your ruck sack packed at all times. Let's have a good year.

## 2 Company

Capt Vince Quesnel, CD

With recruit courses (BMQ) looming in October, this year's recruiting drive is already well underway with Sgt Postma at the helm of the recruiting cell. This year the Regiment is authorized to recruit up to 20 new soldiers according to the strategic intake plan (SIP) issued by LFCA headquarters. Sgt Postma has been hard at work selling the Regiment and engaging our contacts over at the Recruiting Centre, with the result that nearly a dozen new recruits are already in hand as we kick off this new training year. Our new recruits are scheduled to start training on the BMQ course in early October, and the winter BMQ course, which starts in January 2010, will see the remainder of our recruits in attendance. If you happen to know of any aspiring guardsmen, the Recruiting NCO can be found down at the Drill Hall during the week and on Tuesday evenings. He can also be reached by email [andrew.postma@force.gc.ca](mailto:andrew.postma@force.gc.ca) or on his cell at (613) 668-2061.

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## Notes from the Band

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

By the time you receive this edition of the Guards Star, the GGFG Band CD, "Encore!

Music from Canada's Capital" will be hot off the press. As mentioned in our last article it is a reflection of the varied musical genres that the band performs through their many engagements in and around Ottawa. It was recorded over one weekend in March at the Canadian Forces Central Band room at CFB Uplands. It is of excellent quality and one the band and regiment can be rightly proud of. Two of the tracks, namely "The Red Feathers" (1904) and "GGFG Two Step" (1906), have not been previously recorded.



The Band will be extremely busy once again this fall. Following the Association Weekend, they will partake in three principal Army Week activities from Sep 18 - 20 – The Army Mess Dinner hosted by the Commander of the Army, CF Small Arms Competition Awards Ceremonies and the Army Run. The band will perform marches and the anthem at the start line of the Army Run on Sunday Sep 20<sup>th</sup>. A host of Mess Dinners, a Freedom of the City Parade for 26/28 Service Battalion, outreach performances for the Help the Aged Society and the Distinction Awards for the Government Technology Exhibition Conference will lead up to the third performance at the Sens Home Opener on Thurs Oct 8<sup>th</sup>.

The Band will depart for Bermuda on Sunday Oct 18<sup>th</sup> to participate with The Cameron Highlanders of Ottawa Pipes and Drums at the Bermuda Tattoo, celebrating the 400<sup>th</sup> Anniversary of the founding of Bermuda. This is indeed a great honour for our two Ottawa Army Reserve bands to be

chosen to represent the Army. Plans are underway to pay tribute to the 38<sup>th</sup> Battalion during the routine, as the 38<sup>th</sup> was stationed in Bermuda from 1915 – 1916. How appropriate the Guards and Camerons are able to return to Bermuda once again on this historic occasion. Part of the routine will include a rousing rendition of "Will ye no come back again" which was the 38<sup>th</sup>'s official air.

The Band welcomes five new musicians as they transfer from the Ceremonial Guard Band to the Regiment this fall – Cpl Lutes, Muscns Laroche, Lei, Sullivan and Zaichkowski. We welcome back Sgt Julie Hacquard, who returns to the Regiment following her two year educational leave in Paris, France. WO Steve Guerin, retired from the Central Band will be coming off the Supplementary Reserve to join the band. MCpl Hum transfers from the 48<sup>th</sup> Highlanders, and MCpl Sikorski from the 7<sup>th</sup> Toronto Regt, RCA. Congratulations to newly promoted MCpl Temple, MCpl Reade and MCpl Argue!

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## On the Web

Capt Vince Quesnel, CD

With the rapid changes happening in the way people communicate, the GGFG website development team is looking for fresh ideas and some new talent to boost the our presence on the Internet. The following skillsets are sought in members of the Regiment to assist the significant development that will happen over the Fall:

- Website development,
- Web programming,
- Media and communications, and
- Graphic design.

Any interested individuals are to make themselves known to Capt Sean Gagnon ([seanpgagnon@hotmail.com](mailto:seanpgagnon@hotmail.com)) and identify how they would like to contribute to the site. We will also be looking for content providers, so if you have an item of interest or an article to provide, contact Capt Gagnon or put it up through the chain of command.

Already some changes have begun and I'd like to also take the time here to announce that a new domain name was recently secured and the website can now also be found at [www.footguards.ca](http://www.footguards.ca). The existing address of [www.ggfg-ottawa.on.ca](http://www.ggfg-ottawa.on.ca) will remain active and be made to point to the new site which is developing. I encourage all members of the Regiment and the Regimental family to make the GGFG website a regular stop in your journeys into the 'Net, and to take the time to make your comments and suggestions on what you'd like to see there.

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## Memorials and Tributes

Estelle Lane

Little, Sanuel James

In Victoria, B.C. on June 10, 2009 in his 104<sup>th</sup> year. For over seventy years he played the violin and clarinet in bands and orchestras from Quebec to Victoria, including the Governor General's Foot Guards Band from 1942 to 1966.

#### Graham, Ian

At the Credit Valley hospital in Mississauga at the age of 76. Ian served with the Regiment during the 1950's, and had a career with RCME, serving in Canada's first UN peacekeeping mission to the Gaza Strip 1957-58.

#### LeBlanc, Romeo, PC, CC, CMM, ONB, CD BAed, LLD.

On June 24, 2009 in Grande Digue, N.B. at the age of 81 after a lengthy battle with Alzheimer's disease. Governor General of Canada and Honourary Colonel of the Regiment from February 1995 until October 1999.

#### McKenzie, Louise

Peacefully surrounded by her family at the Ottawa General Hospital, on July 31, 2009 at the age of 68. Beloved wife of Art McKenzie Sr, a life member of the Foot Guards Association, and mother of the Regimental Sergeant Major, MWO Art McKenzie

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



**The Guard's Ball 2010  
Chateau Laurier, Ottawa  
Saturday, 20 February 2010  
Tickets on sale in October**

**Submissions for the next edition of the GUARDS STAR  
are due 24 November 2009**

## Membership

### 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

**NEXT ISSUE....**