

The Guards Star

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

Regimental Website: www.footguards.ca

JUNE 2010

EDITOR: ESTELLE LANE



Message from the President

MWO Marty Lane, CD (Retd)

In concurrence with the LCC, the weekend of September 24th-25th has been set aside for the Regimental weekend. The weekend will consist of the Annual General meeting (AGM) of the Regimental Association on Friday the 24th at 19:00 hours followed by a meet and greet. The dinner will be held on Saturday evening with a memorial service held prior to the dinner. It must be remembered that all members of the Regiment are members of the Association and that an effort should be made to attend these functions. The details as to costs and timings are enclosed. It is time now to start saving your nickels and dimes in order to purchase your tickets for the weekend. These events are opened to you the members as well as spouses and lady friends. Remember that there will be a DJ after the dinner for your dancing pleasure until the wee hours of the morning,

Just a reminder that the AGM is when the election of officers takes place for the coming year. This is in accordance with the Association By-Laws. At present we have one opening on the Executive for the position of Vice-President Fundraising. The Chairman of the Nominating Committee will be looking for nominations to the various positions of the Executive Committee in the near future.

The Regimental Association Executive, along with the various Mess Reps planned the Regimental Ball held in February at the Fairmount-Chateau Laurier with 279 members and friends of the Regiment present. If you want to go gray in a hurry try planning one of these events with numbers changing constantly. In any event the committee did an excellent job with the task at hand.

Once again, I remind all that this is your Association and if you have any suggestions as to different events please let the executive know them. It is requested that your ideas be submitted in writing so that we have a paper trail to fall back on. . If you do not know the members of the Association executive let the PMC of your mess know and they can pass them on to us.

To all members of the Regiment going to Ceremonial Guard, courses or summer employment remember that you are GUARDSMEN and keep up the Guards tradition. To those not going to any of the above have a safe and healthy summer. UP THE GUARDS!

Message from the LCol Comd

LCol Derek Cheff, CD, AdeC

Fellow Guardsmen,

Happy belated Regimental Birthday...you don't look a day over 137. We have reached the end of another successful training year. For this, most of us have been rewarded with summer tasks or training, and domestic or international deployments. In fact, virtually all serving members are committed to one or more of the above this summer. For those of you who have not been tracking the day to day operations within the Regiment, here is a sampling of what has transpired since 1 May:

- Cutknife Hill 125th Anniversary Dinner – 1 May
- GGFG acted as Host Unit for Canadian Infantry Association 2010 (included 150 Regular and Reserve Infantry COs and RSMs and all available Infantry Corps General Staff) – 7-8 May
- 1 Company conducted an Escape and Evasion Exercise – 15-16 May
- 42 personnel deployed to CG – 24 May
- 19 personnel deployed to OP Cadence - 3 June
- Unit Command Team After Action Review Meeting and Company Smokers - 25 May
- 33 CBG Comd's Conference - 28-29 May
- Submission of GGFG NPF Audit – 31 May
- PER Final Dash for Completion - 1 June (83 PERs complete - good work everyone, and Thank You)
- LCC Backbrief to Commander 33 CBG on GGFG Op Plan for 2010/11 – 1 June
- GGFG Cadet Corps Annual Inspection - 2 June
- 138th Regimental Birthday Dinner - 5 June

- Doors Open Ottawa - 5-6 June
- National Military Museum Conference – 30 May – 5 June
- Many Band Events
- Many Ceremonial Tasks, including the GG Performing Arts Awards

To achieve this diverse list of tasks, there was a vast range of support in terms of administration, service support, planning and preparation from all elements of the Regiment, not to mention a concerted effort and coordination between all members and of the Regiment. All of the above activities were not just executed, they were done very well. Indeed, the Regiment's profile was raised significantly through the hosting of EX Bayonet 2010, and I extend my thanks to those officers and NCOs who supported this activity.

For those of you who have not yet heard, the current Regimental 2ic, Major Dave Kelly will change positions from *trusted right hand* to *future nemesis*. The Brigade Commander recently announced that Major Kelly is to take command of the Camerons in September. Congratulations again Dave. I know that you will serve the Camerons very well (hopefully not too well). Major MacLean returns from parental leave to resume his role as 2ic following Major Kelly's departure.

This will be my last opportunity to communicate to the Regimental Family before next September. For all of you – in brief periods you find in between summer tasks, work, and training, please take the time to enjoy your family and some well-earned holiday time. I look forward to seeing you all Inclearance Weekend on 10 September 2010. Have a safe and productive summer.

Up the Guards!

Message from the RSM

MWO A.W.G. McKenzie, CD

Having just completed the three week Chief Qualification Course I thought in this issue of the

Guards Star I would pass on to the association members one of the future directions that the Canadian Forces (CF) is moving in with respect to senior non-commissioned member (NCM) leadership development.

Since 2002 the CF has been running leadership training at Fort St Jean near Montreal to enable personnel to move up the ranks from Colour Sergeant to Chief Warrant Officer (CWO). The courses are run with candidates being from all environments and all trades from across the CF both regular and reserve force. This has enabled a better understanding of each others environments and trades and gives a broad base of experiences on which to draw during training. Trade specific training is still conducted for the reserve infantry in Ontario at Petawawa, Meaford and Gagetown.

One of the key documents that is providing direction for NCM leadership development is *THE CANADIAN FORCES NON-COMMISSIONED MEMBER IN THE 21st CENTURY: DETAILED ANALYSIS AND STRATEGY FOR LAUNCHING IMPLEMENTATION (NCM CORPS 2020)*. NCM CORPS 2020 was issued in 2000 to direct NCM development over the next twenty years and now that we are at the mid way point the objectives and key initiatives within the document are now being assessed to gauge our progress.

One of the areas that is being closely looked at is the required education level of the NCM by the time they reach the rank of CWO in order to attain the strategic objective of a "Knowledgeable NCO Corps". It has been recognized that balanced career-long learning programs will provide NCMs with the intellectual skills and competencies needed to operate in a complex environment. The NCMs that hold leadership positions right up to the Canadian Forces Chief Warrant Officer are now considered to form part of a "Command Team" or "Leadership Team" with their respective officer.

Though the 3Ds of dress, deportment and discipline still play a critical role in the job of the Sergeant Major they are now expected to have a better understanding of the strategic level decisions that are being made by their commanders and be their commander's intellectual equal. It is thought that the Sergeant Major is therefore that much more qualified to advise his commander. Therefore it is now being studied at what level of post secondary education an NCM should be at upon attaining the rank of CWO. Whether it be certain key post secondary courses, a college diploma, university degree or some other level of

education. The idea would be that an NCM would have a career long learning plan that would get them to the required level by the time they reached the CWO level with possible levels to attain at various periods throughout their career.

The actual formulation of the plan for NCM education levels is presently being formulated with feedback from many levels and backgrounds and will be a hot topic over the near future.

A “Knowledgeable NCO Corps” is but one of the strategic objectives of NCM CORPS 2020 and I encourage anyone interested in this topic to peruse the document which is available on-line at <http://www.cda-acd.forces.gc.ca/pub/2020/ncm/doc/ncm-2020-sg-eng.pdf> . The document has been a subject of debate since its introduction and continues to be a living document that directs the NCM progression of the future

Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

The Band had a busy April and May performing on several occasions throughout the Nation’s Capital, including at The Army Ball, ANZAC Day, and at both the NAC for the Governor General’s Performing Arts Awards Gala and at Rideau Hall for the Investiture of the Performing Arts Awards recipients the evening before. They ventured to Kingston in early April to provide the music for the stand up of the Electronic Warfare Regiment. Their April concert at the Canadian War Museum was very well attended. Several audience members commented on the superb quality of the band and the musicians.

By the end of May fifteen members of the band will be tasked to the Band of the Ceremonial Guard for the summer. However, several key engagements will still be performed, including an open rehearsal for Doors Open Ottawa at the Drill Hall during the day on Saturday June 5th followed later that evening by the GGFG Brass Quintet for the Officers’ Regimental Birthday Dinner, a performance at the Kingston Garrison Ball on June 12th, and the Order of St John Investiture in the Senate Chambers on June 26th . The band will once again provide the music at the Staff College in Kingston at the end of July marking the end of the year long Reserve Army Operations course.

In early May one of our trumpeters, Corporal Cameron Walker, was tasked to the Canadian Forces contingent in support of the 65th Anniversary of the

Liberation of the Netherlands. Cpl Walker travelled with the group to the Netherlands as the Bugler and performed at several ceremonies marking the event. This is an extract of his comments from the experience and accompanying photo:

I was honoured to represent both the Canadian Forces and of course the GGFG when I was chosen to make the pilgrimage to the Netherlands. I learned quite a bit about our regiment’s involvement in the war that I did not know after doing a bit of research prior to departure. As I am sure you are aware there are many members of our regiment buried in the cemetery’s where I played and it was a truly remarkable experience to honour those who have fallen long before my time. A pretty emotional trip for me because I stood on the ground where my late grandfather fought during the war. Everywhere I went in uniform people had many questions to ask about the GGFG and some Dutch citizens of older generations knew who we were and what we did for them during the liberation campaign. I received many words of thanks and gratitude on behalf of our regiment.



For the third year in a row the band has been asked to perform for the RCMP Sunset Ceremonies, to be held nightly from Wednesday June 23rd to Sunday June 27th at the RCMP Stables. Don’t miss this great event. Hope to see you there.

Life of a Storesman

Cpl Jonathan Ouellet

When a soldier comes into the drill hall on a Tuesday evening, he will normally receive a weapon, and oftentimes other training aids. What that weapon and the training aid all have in common is they were given out and handled by someone from 3 Company. 3

Company's main components are the Quartermaster (QM) stores and the transport section. To sum it up, we provide 'the beans and bullets', as it was described to me by a certain Scottish CSM when I first started working in the QM several years back.

A typical night in the QM involves gathering together all the required equipment for the evening's training. That being said, it is important to realize that every single piece of equipment is crucial for the well functioning of our regiment. This almost always involves several laptops and power point projectors, weapons to outfit all of 1 Company, and depending on the night's planned training, can range any where from lanterns and stoves all the way up to vehicles for a trip to Connaught Range. As well, we get the stores requests from not only our own regiment, but brigade. Every so often when there is a brigade task, our QM staff will put together the necessary stores needed by our regiment and by the brigade in order to provide seamless support. Additionally, whenever a weekend exercise comes up, it is the QM staff that sign out the vehicles and tents, and any other equipment that is needed for the weekend. This is where my job comes in.

My title is 'Storesman', what this means is that I help the Assistant Regimental Quartermaster Sergeant (A/RQMS), Sgt. Joly, assemble all the needed stores for the evening, along with the several privates who are awaiting summer infantry training, who we have working for us. As well, if any vehicles are needed, I help MCpl Price, our unit Transport NCO, assemble the keys, and any other things that may be needed for the vehicles. Along with this, I assist in the cleaning of materials from previous nights and from weekend exercises, this will sometimes be weapons, or tents, or anything in between, and trust me, the QM can be very dirty after a weekend exercise.

As the logistics motto states though, "Servitum Nulli Secundus", which means service second to none. This is exactly what I and all others in the QM must do, provide service that exceeds the standard so that the unit can continue to operate at a higher level than most units. The role that I play, as well as that of the other QM staff, is very crucial to the operational effectiveness of the regiment. As stated earlier, any equipment that our regiment uses is handled by someone from the QM, so if a tent is ripped, we deal with it, if a projector is needed, we deal with it, if a vehicle is needed to get to Connaught, we deal with it.

The regiment cannot operate without equipment and logistic support. We make sure tasks are achieved on

time, with all equipment certified to the level requested (e.g. weapons are certified as safe for using in live fire taskings). Unlike most members of the unit, I wear the logistics cap badge. On it there are two interlocking chain links, although most will tell you it is a set of paperclips. This chain represents the theory that a chain is only as strong as its weakest link. I and the rest of the QM staff work so that we are not that weakest link and so we can help to make sure no one else becomes that weakest link due to supply issues.

No. 1 Company

Major Chris Lynam, CD

Following a reduced level of activity over the winter, Number One Company ramped up its training for spring 2010. Tuesday night training largely focused on getting ready for Exercise Guard Warrior Five that was held from April 16-18 in the western training areas of CFB Petawawa. After deploying from Ottawa, the Company began battle procedure and rehearsals to conduct platoon level live fire ambushes. After successful approaches, the platoons sprung the ambushes simultaneously using the full range of platoon weapons against simulated person and vehicle targets. The platoons then redeployed to the Company hide, received new orders and executed new ambushes on Saturday night. With the assistance of the Operations staff and other support staff, the training had a high level of realism and helped soldiers confirm a number of skills through the application of live ammunition in a field training scenario.





From May 14-15, the Company deployed to Petawawa to practice navigation and field craft skills as part of an escape and evasion exercise. After being assisted in escaping from the Opposing Force (OPFOR), soldiers had to move to a number of locations in the training area where they linked up with partisan forces and were provided with supplies and instructions on how to get to the next safe area. The exercise proved extremely challenging for most, particularly when faced with a highly capable OPFOR (Capt Gagnon, Sgt Dallaire, MCpls Bonneville and Ryan) that proved very adept at tracking down and recapturing the escapees. Congratulations to Corporals Gray, Abounassar, Henry, Gdsms Tait and Bertrand and Pte Baynhan (763 Comms Regiment) who successfully eluded capture and arrived at the final safe house within the allotted time.

On April 27, the OC's a 5 kilometer run was held as a test of fitness for members of the Company and other members of the Regiment. The run was followed by the annual Erno Kiss 100 meter run. Despite the wet snow and rain, participants appeared to enjoy themselves. Congratulations to Gdsm Muldoon and Cpl Fortier as the top male and female runners in the 5km race and to Cpl Thomas for winning the Erno Kiss 100m run.

From the Guards Cadet Desk

Major Silver Buckler, CD



A very successful 2009/2010 training year has come to an end for the Regiment's Cadet Company, culminating on 02 June with our Annual Cadet review (ACR). This year's Reviewing Officer, Colonel C. Fletcher, Director Cadets and Junior Rangers will see the advances the cadets have worked so hard to make over the past year. The ACR will also be attended by many other honoured guests, including both Regular and Reserve Force members, CIC officers, parents, family and friends.

In addition to our ACR, we have had several other events in the past year, including Change-of-Command Parades for the Cadet RSM (CWO Hargrave to CWO Surges), our Annual Unit Christmas Dinner at Connaught Range and Primary Training Centre in December, an exchange trip to Barbados, as well as our Graduation Parade on 26 May 2009.

The Graduation Parade on 26 May 2009 allowed the cadets to be recognized for their development over the past year. They have exemplified themselves, showing excellence in all aspects of the RCAC programme including the areas of Leadership, Citizenship, Physical fitness, and the promotion of knowledge of the Canadian Forces. The Grad Parade included the awarding of star level qualifications for all levels, including Green, Red, Silver, Gold, NSCE and Master Cadet. Bravo to the cadets, and the work they have put in over the past year!

Although all cadets deserve recognition, there are a few who set themselves apart. In particular, the following cadets will be recognized with a presentation of NSCE knives as a reward for successful completion of their national instructor's qualification level:

- Colour Sergeant Angus Baynham-McColl
- Sergeant Nicolas Bockstael
- Sergeant Anthony Boucher
- Sergeant Kayleigh Boucher
- Sergeant Rebecca Boucher
- Sergeant Ben-Joshua Chauhan
- Sergeant Scott Nadeau
- Sergeant Natasha Zaveda

In addition, Sgt Zaveda earned the top mark for the Eastern Ontario Region, and has been submitted as a candidate for the Major-General Howard award. Congratulations!



I would like to thank all Company members for their hard work over the course of the training year. Continue these efforts on your summer training and taskings and we will see you in September ready to begin another year of challenging training.

The Biathlon and Marksmanship, and Drill teams were also successful this year. This was due to the hard work and dedication of the cadets and staff in both practice and competition. The competitions were undertaken in true Guards' style, second to none.

This year saw a unique opportunity offered to the cadets of 2784. In December, we hosted a contingent of visiting officers from the Barbados Defence Force (BDF). The BDF officers wanted to see an example of Canadian Cadet training, and we arranged for them to be part of a CO's parade and a short (field training exercise) FTX (they were a little shocked by the cold). This resulted in a mutual interest in an exchange between the two cadet corps, and after a lot of administrative preparation, approval was granted to go to Barbados for a week!

Thirteen cadets were selected to go, which was incredibly difficult to do. All cadets were compared to their peers and evaluated by a matrix which included leadership, attitude, initiative, performance and citizenship. The end result was 13 deserving cadets going to Barbados, with many more deserving cadets not going.

The trip to Barbados was an amazing experience, fostering friendships with Barbadian cadets which will last a lifetime. The cadets were treated as honoured guests, and participated in many activities including tours of Barbados, HMBS Pelican, and Bridgetown. They were also given the chance to visit the beach(es), incredible underground caves, a working submarine (we went down 150 feet), various festivals and of course, shopping. On the military side, they were indoctrinated into Barbadian camp routine (they get up earlier than we do), a run and shoot competition, as well as an overnight FTX which involved navigation through Barbadian terrain. The Barbados experience was incredible, and we can only hope to offer them as rich an experience when they visit us in August 2010.

All of the hard work and dedication by the cadets has been supported by various people and organizations. We would like to thank the Kiwanis Club of Canada, Branch 595 Strathcona Royal Canadian Legion, the Army Cadet League of Canada, Support Committee, Officers, and Volunteers. Lastly, we would like to extend our gratitude for the help, supplies and role models offered by the Governor General's Foot Guards. The long history and professionalism of the Regiment has allowed the cadets to set themselves apart from their peers in their continued pursuit of excellence.

Un the Guards!

Memorials and Tributes

Estelle Lane

Charlebois, Millie

Peacefully on March 30, 2010 at Musgrove Park Hospital in England at the age of 86. Millie was the beloved wife of Roger Charlebois, life member of the Association and former member of 21 CAR (GGFG).

Conlon, Father Lawrence, O.M.I.

Peacefully at Springhurst Residence, Ottawa, on April 3, 2010, at the age of 87. Father Conlon was the brother of Major (retd) Cleve Conlon, life member of the Association and former member of 21 CAR (GGFG).

Bott, Don

Peacefully at home after a lengthy battle with ALS on Friday April 16, 2010, at the age of 55. Father of Heath, and Jeremy Bott who served with the Regiment and Aaron who is still a member of the Regiment.

Barber, Paul J. - C40004

Passed away peacefully in his 89th year at the Rideau Perley Veterans Hospital on May 22, 2010. Paul served with 21 CAR(GGFG). He joined the Regiment in 1938, retiring with the rank of Sergeant in 1954. He was a life member of the Foot Guards Association, and also served as its President

GREGORY, Gwyneth Ann

Peacefully in hospital on Saturday, June 5, 2010. Loving mother of Ann Gregory, a member of the Governor General's Foot Guards Band, and a member of the Foot Guards Association.

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

**Re article entitled Homeward Bound by Dr. J.E.
(Rick) Zamora in the MARCH 2010 Guards Star:**

"This article was originally published in the 12 May 2009 edition of the Canadian Medical Association Journal. It is the third in a series of three articles that Dr. Zamora published after serving at the Role 3 Multinational Medical Unit at Kandahar Airfield as the Canadian surgical team's anesthesiologist in November and December of 2008. It has been reprinted with the author's permission."

An erratum also needs to be disclosed as his name was mis-spelled . Correct spelling is "Zamora" (not "Zemora").

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

**DEADLINE FOR THE SEPTEMBER 2009
GUARDS STAR IS AUGUST 26, 2009**

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