

The Guards Star

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

Regimental Website: www.footguards.ca

MARCH 2010

EDITOR: ESTELLE LANE



Message from the President

MWO Marty Lane, CD (Retd)

Here it is March already and the weather outside is looking more like summer than winter or spring. The executive and Regimental Ball Committee are just in the process finalizing this year's Ball. As your President, I must say that I was very pleased with the attendance at this year's event. The executive was especially pleased with the turnout from the members of the protective services branch of our city and also the fine attendance from the Staff of 33 Brigade and the Military Attaches from the various embassies. I would like to thank the Ball Committee headed up by MWO David Rennie as Chairman and the three mess representatives Capt Alex Parker, C/Sgt Guy Doucette and Cpl Stuart Thomas and the executive of the Regimental Association for their hard work. It should be known that if anyone in the Regimental family has anything they want sold they should hire Cpl Thomas to do so. After listening to his sales pitch to the members of his mess I am convinced that he could sell a freezer to an Eskimo. Stuart you are to be congratulated on a job well done.

Well, now that the Ball is over the executive will be looking for ideas as to what you the members might like to see as ways of getting together socially. If you have any ideas please submit them to the Association executive or to the President of your respective mess so that they may forward them to the committee for consideration. We are also still looking for another director to fill the vacancy of V/President fund raising on our Committee. This position is going to be a necessary one in the near future as we soon have to start long range planning for the Regiments 150th Anniversary which takes place in 2022. A long way off many may say, but when it comes to planning events such as this that is not so far off.

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

Message from the LCol Comd

LCol Derek Cheff, CD, AdeC

"Always do more than is required of you."
General George S. Patton

Fellow Guardsmen,

It feels like spring is already here, especially given the great weather. As this time of the year hits, our thought (my thoughts?) turn to the summer operations and training season, including Ceremonial Guard, Op Cadence, Regional Summer Training in Meaford, and all taskings in between, including the big one, Task Force 1-10. This message was put together with these thoughts in mind.

For the few of you who missed the Guards' Ball, it was an impressive event, with attendance of about 278 people, including significant representation from our Guards' brethren in Montreal and Toronto. Where I sat, the event was seamless, and given the number of friends and significant others who were there, I believe it was the best possible venue to present the Sacrifice Medal to Sergeant Kowlessar. Once again, my personal thanks go to the Guards' Ball Committee, headed by Master Warrant Officer David Rennie, with the support of Marty Lane and many others.

The fiscal year is about to wrap up, which means we will have a new budget in April. The upshot is sustainable funding with regular and predictable employment patterns. Our budget has been reduced significantly from last year, but we will be funded sufficiently to maintain the usual training cycle. Like all Army Reserve units, we expect limited capacity to recruit this year – but I believe we will do well this year in relation to other units.

We now have a first cut of what we will be required for summer training. The plan remains to get 50 people to Ceremonial Guard. Currently, the billets are ours for the taking. The hitch is that the Regiment must provide a complete platoon to Op Cadence this summer. These two key summer tasks will require approximately 80 personnel alone. We are now looking for firm commitments as we move ahead. For those of

you who need letters to secure employer support, please provide your chain of command with the details as early as possible.

The TF 1-10 Family BBQ date has been confirmed as 10 April. This will give us an opportunity to do a final link-up with family members to ensure that they and we are ready for this deployment. As with the previous events of this nature, all family and friends are welcome.

Every once in a while, I check my Soldier's Handbook to see if I and you continue to meet the intent for the training year, and what adjustments we need to do to remain on target. I find this activity in turn, useful and masochistic. By and large we are getting things done, and the command team continues to revise plans as needed. When I went through this process last week, I was reminded of the above quote, which I had long forgotten. I thought it was useful at framing how to approach the rest of the training year, and to gear up for the summer.

For those of you who are able to enjoy some form of March Break this spring, I hope you enjoy your time off, and take an opportunity to relax and unwind. Once you've done all of that, it will be time to check your Soldier Handbook, and to think about what is required of you.

Up the Guards!

Message from the RSM

MWO A McKenzie, CD

In the last issue of the Guards Star I wrote of what it meant to do things the "Guards Way" and it is definitely being made clear in recent months.

The Army has gone through some very trying times recently due to monetary cut backs and the unit has been forced to reduce its full time staff significantly and cancel some training days. Despite this set back the troops of the Regiment have taken the punch on the chin and carried on fighting. Training events have continued to be well attended, we fill all taskings that we are assigned and the Regimental Band continues with its busy schedule of musical engagements. There was even a good turnout for the Regiment's all ranks "Hard Times" party on January 29.

The Regimental Ball was also a huge success and all the members of the organizing committee are to

be commended for all their hard work. It was great to see a number of people from the Guards family I had not seen for a number of years. We even had representation from our Guards compatriots, the Governor General's Horse Guards and the Canadian Grenadier Guards.

Finally, a warning to all present and former Sergeant's Mess members that on May 1, 2010 we will be celebrating the 125th anniversary of the Battle of Cut Knife Hill at our annual Cut Knife Hill dinner. I have been speaking with the mess committee and they are preparing a very special event that will properly commemorate such an important event in the Regimental history.

Guards Ball 2010

MWO David B. Rennie, CD

As the Guards Ball Chair I would like to thank all those who attended this year's Guards Ball at the Fairmont Chateau Laurier Hotel. The turnout was indeed impressive; I would also like to single out Cpl Stewart Thomas PMC of the Junior Ranks Mess for his hard work in making sure there was indeed a large number of Junior Rank in attendance at the ball, well done indeed.



Lt Mike Petric and Major Kevin MacLean



Maj Kevin MacLean and Capt (Ret'd) Wendy Gilmore



Tara Sweeney, Major Kevin MacLean and Mr. Jay McGuffin

Many thanks to all of the committee members who were involved with the Guards Ball from the Thomas Ross Club the WO1 Keating Club and of course the Regimental Association of the Governor Generals' Foot Guards.

One point that should be observed is that the Guard Ball is a Regimental event. As such it dictates that if you are a member of the Regiment and you are attending the Ball you should be dressed accordingly; Officers, Warrant Officers and Sergeants wear their Mess Dress, Junior Ranks should be wearing Guard Order or DEU etc, it is not really an option.

In closing well done to those who did attend, and if you did not come this year you missed a great event.

See you there in 2012.

Thanks to Major Kevin MacLean for the Ball pictures

WO1 Keating Club

CSgt Guy Doucette, CD

Hangover complete – rehydration check – Guards Ball a success check, Canada wins Gold at hockey– check. Not a bad February all told.

The WO1 Keating club is gearing up for a busy spring. On the 6th of March we held the Life Member dinner for ex Sergeant Major CWO Kevin Carleton. A good time was had by all, thanks to the entertainment committee for the good work getting it set up.

After a suitable hangover and recovery period, the Keating Club will be hosting the Regiments Master Corporals for MCpl's night on Friday the 19th of March. Team building and steeple chasing is on the agenda.

The 10th of April will be busy. We are participating in the unit farewell BBQ for members deploying on task force and the Keating club will be having a life member and mugging out dinner. Life membership is being given to LCol Foster, CSgt (Ret) Bill Fox, and Mugs to ex Sgt, Lt Heath Bott, Sgt (ret) Don Walton and Sgt (ret) Chris Legault.

The Battle of Cut Knife Hill 125th anniversary dinner will be held at the Drill Hall on the 1st of May. Details are still in the works and invitations will be sent out in the near future. All persons attending the dinner will receive a commemorative Cut Knife hill 125th wine glass.

Other upcoming events to plan on, The WO1 Keating Club will be hosting a 1st annual Golf tournament, either this summer or early fall. If interested in participating please let the entertainment committee know - Sgt Luc Joly, Sgt Jean Benoit or Sgt Marc Chassé.

Good luck and stay safe to all the members of the unit who are about to deploy on TF 1-10 in particular to members of the WO1 Keating Club: CWO Kevin Carleton, CSgt Tim Woods and Sgt Tim Perry.

Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

After a whirlwind fall, budget restraints have necessitated the band to curtail engagement taskings and focus primarily on parade night rehearsals. Some exhausted band members may have found this a welcome relief; however the pace will pick up as the busy April to June season approaches. The Band performed again for the Conference of Defence Association Dinner at the Army Officers' Mess on March 4, to a veritable who's who list of Canadian Forces brass, past and present.

The band is now busy preparing for three major events in April. They will put on a public concert at the Canadian War Museum on Sunday April 11th at 2:00 pm and hope a large Guards' family will be in attendance to enjoy their music. Following that will be their annual performance at The Army Ball on Sat April 24th to a capacity crowd of nine hundred persons and an early rise the next morning for the ANZAC Day Ceremony at the War Museum commemorating the Australian and New Zealand Armed Forces on Sunday April 25th.

The band welcomed their newest musician Liam Andrew Hoyle Shaw, born on February 7th, weighing 8 lbs, 15 oz, son of French hornist and vocalist MCpl Tammy Shaw and her husband, Lyle. Tammy and Lyle are quickly adjusting to having a new boss in their house!

Your support to ensure a large audience for the band concert at the Canadian War Museum on Sunday April 11th is appreciated.

Task Force 1-10 BBQ

MWO Marty Lane, CD (Retd)

Task Force Afghanistan 1-10 will be leaving during the latter part of April. The Regiment will be providing 10 members to this operation. The Regiment will be holding a special day for these members on Saturday April 10, 2010. There will be an indoctrination session in the morning for the members and their families followed by a BBQ. All members of the Regimental family are invited to attend this BBQ starting at 12:00 until 4:00 p.m. The BBQ is free but the bar which will be available during the afternoon is on your own. The LCol Commanding would like to see as many Association members as possible attend this event. Please make your attendance known by **APRIL 5, 2010** to help in planning the catering end of this event. Please contact me by phone at 613-233- 6979 or at elane22@rogers.com to confirm your attendance.

Operation SAFARI

Deployment as a UN Military Observer in Southern Sudan

Captain Jamie Bell

In September, 2009 I deployed to Sudan as a UN Military Observer, (referred to as an UNMO). Leaving my spouse Teri and my son Liam behind, as well as taking a leave of absence from my work, the Regiment and other responsibilities is difficult but "it seemed like a good idea at the time". Actually, despite many challenges, it remains a good idea, even now as I am heading into last three months of the mission and soon coming home.

Operation SAFARI is Canada's participation in the [United Nations Mission in Sudan](#) (UNMIS), and the military component of the Canadian whole-of-government engagement in southern Sudan that also includes activities by the [Department of Foreign Affairs and International Trade](#) (DFAIT), the [Canadian International Development Agency](#) (CIDA) and the [Royal Canadian Mounted Police](#) (RCMP). Actually, the RCMP component includes additional police officers from forces across Canada. UNMIS was established under U.N. Security Council Resolution [1590](#) of March 24, 2005, with a mandate to support implementation of the Comprehensive Peace Agreement (CPA) in Sudan and to perform functions relating to humanitarian assistance, and protection and promotion of human rights. The Comprehensive Peace Agreement, signed on January 9, 2005, by representatives of the Government of Sudan and the Sudanese People's Liberation Movement/Army, ended 50 years of civil war.

Most of the Canadian Forces officers here are UNMOs and deployed in team sites throughout the south. Army, Navy and Airforce from across Canada contribute to this mission - and more than half are reservists. I am assigned to Team Site MELUT, in UNMIS Sector III. Its quite far south, on the bank of the Blue Nile at about at 10° latitude. The Observer Team here is a multinational group of 20 officers, from many different countries, such as Sweden, the Netherlands, Peru, Ukraine, Benin, and Yemen. I and another Major from Quebec City represent Canada. So, what do we do here in this mission? Our job is to patrol our AOR, an area of some 500 kms from end to end, observe and interact with all sides of the conflict, investigate incidents violating the peace agreement and ensure that all the different forces in the area are respecting the peace agreement. Essentially, we are at

the far end of the line, a long, long way from UN Headquarters and are their “eyes and ears”, reporting daily on what is happening here on the ground.

Since 2005, the Mission has already supervised the separation of Northern and Southern forces. Most of the work now involves patrolling to various military camps (mostly SPLA or joint SAF/SPLA formations created by the peace agreement) to verify numbers of troops and weapons. I am lucky that the AOR I am in is quiet, with only small problems that usually relate to drunken soldiers. Poorly led/ill disciplined troops + AK47s + cheap booze = problems. Lucky for me, the worst I have so far experienced has been a couple of soldiers stopping our vehicle, pounding on the windows with the least drunken ones pulling away the real problem before he gets out of hand. Our patrol quickly extricated itself from this situation, visited the County officials (who control the troops) and arranged for the soldiers to be detained and disciplined. This sort of thing is pretty close to the average training scenario we were tested with during the UNMO training course, validating our training. Also, that time as a Subaltern on Picquet for the Junior Ranks Christmas Dinner helped my preparation!

Of course, one of the best part of this experience is driving so far from anywhere (we usually operate in a team of two Nissan Patrols SUVs, with 4 UNMOs), and quite literally might be the only vehicles driving for 100s of kms. South Sudan is very, very poor, underdeveloped and it seems sometimes the end of the world. In my AOR there are few roads, none of them paved, just dirt tracks really. We cannot stray too far off-road because of the mine-threat, so this limits our movements quite a bit (and most everyone else too). Lucky for me, the roads are mostly passable because it is the dry season here, meaning there has been absolutely no rain since I arrived 3 months ago. This is also unlucky for me, as it's HOT and DUSTY. Day time temperatures range from 27 to 40 degrees here. Great if you are at the beach, but not so great you are spending the day in a patrol vehicle. There are no gas stations or mechanics anywhere in our AOR, except on the UN base. We take what we need with us. Sometimes, it's like being in an African rally, as our two SUVs bounce down the tracks, usually no more than 40kms an hour, traveling hours to cover very short distances. Driving here really means “driving”, not just steering. Obstacles can include just about anything you can imagine, even tribes of Nomads moving with hundreds of cattle!

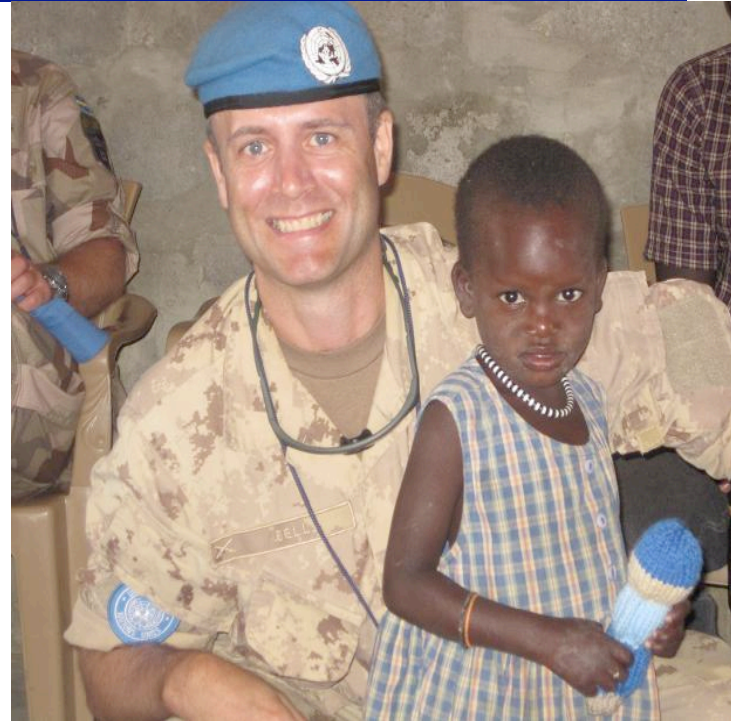


Experiencing something like these tribes on the move, is right out of National Geographic. These people are a third part of the population of Sudan, separate from the North or South. They have migrated across North Africa, settling in this region a few generations ago. Each Dry Season (or winter), they move all their animals and possessions hundreds of Kms from the North of Sudan to the South, then back again when the rains come (summer). All on foot, or riding their cattle or, for the chiefs, on camel back. Although not very involved in the conflict or society as a whole, they are often fighting with different tribes as they migrate (probably urged on by one side or the other, in the overall conflict). So we try to monitor their movements, be seen by them and investigate any incidents.





All of the tasks we do involve interacting with as much of the population as we can. I especially like meeting children who almost all eagerly come up to us, the only foreigners to likely visit their villages in months if ever, and immediately start greeting us with whatever English they can. Hello! How are you? Where are you from? It is a very encouraging sign indeed to see most kids under 10 speaking English fairly well, considering they have absolutely no access to TV at all, practically no access to any books or the Internet, and only one radio station (if they can get to a radio). No iPods or Xbox here. School is usually held outside, under a tree for shade, with no teaching materials. Amazing to see children with smiles in such poverty and adversity.



There are unfortunately few other encouraging signs. Some reconstruction here and there but not nearly enough when you consider it's been 5 years since the peace agreement. Everywhere is the worst poverty I have ever seen, with little being done about it. Most seem satisfied that there is comparatively little fighting going on, although everyone seems in a state of readiness to either start fighting again, or run.

The next few years will be a test for Sudan, to determine the outcome of their long standing North-South Unity issues. It's an even bigger test for the UN and the world community. National elections will take place this year and a referendum on unity next year. Until then, the UN and the world community seems to be crossing their fingers, it remains a place where it is impossible to predict what may happen. I expect Canadian Forces Officers will continue to deploy to Sudan for at least the next few years. Regardless of the outcome of the North-South unity issue, so many other challenges will remain for the people of Sudan. Perhaps, if peace lasts long enough, development and prosperity, just a little, will follow.

I return in April, and look forward to hearing what others in the Regiment have been up too. I am sure the usual tempo is being maintained in 2009-2010, with preparation for the next deployment to Afghanistan, the Olympics, courses and training, and the Band's usual hectic schedule.

I hope 2010 brings everyone health and happiness. Up-the-Guards!

Homeward bound

Dr. J.E. (Rick) Zamora

We board the Hercules for the long journey home and taxi down the runway. As I reflect on a month that seems as if it has only just begun, countless memories and images begin flooding my consciousness.

Was it only 2 weeks ago that the routine of our day had been interrupted by word that 9 Canadian casualties were being brought to our hospital?

Their armoured vehicle had driven over an improvised explosive device. Nurses, technicians, medics, physicians' assistants and doctors moved quickly to prepare our trauma bays to receive the wounded. A second surgical team was called in.

Then we waited. We heard the helicopters approaching and our patients began coming through our doors shortly thereafter.

We all knew our roles and we all performed precisely the tasks that needed to be done. We would be very busy that day. No one shouted. Our teams asked direct questions, made requests for assistance and supplies, and offered words of comfort for the wounded as we worked quickly to assess and resuscitate.

We brought the first patient into the operating room and transferred him from his stretcher to the operating room table as gently as we could. We tried to converse with him as we untangled his monitor cables and intravenous lines.

The words come back to me: "Where are you from? ... Are you having much pain? ... Try to lie still."

One of our nurses applied an oxygen mask as I prepared to give the medications to induce anesthesia. The patient had a troubled look on his face and asked: "Wait, how are the other guys? Are they all OK?"

Blinking away tears, I exchanged glances with the nurse. Thankfully, all of the occupants of the vehicle had been relatively lucky. Before he lost consciousness I spoke softly and told him: "They're going to be alright... Don't worry. ... Take some deep breaths. ... Close your eyes. ... You're all in good hands here."

My thoughts shifted to a week later, when 4 of our surgeons were in the operating room working to stop bleeding, debride the wounds and apply external fixators to the shattered limbs of a wounded soldier. The anesthesia team was administering blood products as quickly as we possibly could.

We were still working on the soldier when we received word — 3 Canadians had been killed in a separate incident.

Their ramp ceremony was held on the airfield the next day.

As I recall, it was almost dusk. Three armoured vehicles, their rear doors open, slowly rumbled to their positions on the tarmac at the end of 2 columns formed by several thousand soldiers. Inside each of their dimly lit interiors was a casket draped with a Canadian flag.

The Task Force was brought to attention and then to a salute as the fallen and their bearers slowly made their way towards the dark grey silhouette of a Hercules.

For a few moments the airfield, usually a hectic and noisy place busy with helicopter, jet and transport traffic, was uncharacteristically silent. And peaceful. The sun had set and a cold breeze was blowing in from the nearby mountains. A crescent moon and several stars were now visible in the clear night sky. The only sound was that of the piper playing his lament.

I leave Khandahar airfield with mixed feelings. Although I am looking forward to returning home, I am sad to be bidding farewell to some of the best people and finest teams that I have ever worked with.

My thoughts drift back to the present as I notice the increasing noise and vibration from our aircraft's engines. We are already in the air, homeward bound.

This article actually deals, in part, with the incident that Sgt. Kowlessar was injured in. I should make it clear that, although the specific patient that I write about might not be Sgt. Kowlessar, I know that all of the soldiers in that LAV that day were probably thinking the same way. Dr. Zemora

Editor's Note;

Dr. Zemora is an Assistant Professor of Anesthesiology at Queen's University in Kingston. He served with the Regiment, attaining the rank of Cpl, from 1985 to 1990.

He attended the Guards Ball and was pleased to reconnect with the Regiment and Sgt Kowlessar.

Memorials and Tributes

Estelle Lane

Hodson, Ian Albert LCol (ret'd)

In Kingston, Ontario on January 30, 2010, at the age of 90. Colonel Hodson served with the 1st Battalion, Royal Canadian Regiment from 1939-1946. He joined the Governor General's Foot Guards in 1952, appointed LCol Commanding from 1964 to 1967. Col Hodson was a life member of the Foot Guards Association.

The following all served with 21CAR (GGFG) during WWII.

The information was gleaned from the Last Post, Mar-Apr 2010 edition of the Royal Canadian Legion magazine.

C58233 Lockwood Earl

On July 18, 2009 in Stittsville, Ontario at the age of 88.

D77598 Taylor, Harry S.

On August 17, 2009 in Montreal, Quebec at the age of 86.

B116858 Jackson, Clifford

On November 22, 2009 in Owen Sound, Ontario at the age of 95.

*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 May 28, 2010**

Membership Application

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Annual \$25.00

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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).

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