

GGFG Regimental Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3 Regimental Website: www.footguards.ca

SEPTEMBER 2011

EDITOR: ESTELLE LANE

Message from the President

MWO Marty Lane, CD (Retd)

Wow! What a beautiful summer we are having so far. But like all good things it must come to an end. Not too soon I hope. But once the LCC sends out the training plan for the coming year you know it is coming to an end. This means that the Association executive have started getting busy planning for the reunion weekend which this year will be held on the weekend of September 23-24th. The weekend information can be found at the end of this newsletter. Let us make an attempt to fill the Drill Hall with bodies both for the meet and greet on Friday evening and the dinner on Saturday. Both these events are mixed events and you are encouraged to attend with your wife or girlfriend and meet former Guardsman like vourselves. The other event that is being planned is the Regimental Ball which is scheduled for February 11, 2012. The ball will beheld at the Chateau Laurier with further information coming in the next issue of the Guards Star.

Once again, I remind you that this is your Association and that if you have suggestions as to events that you would like to see planned and support then you should speak to members of the executive. In the June newsletter there was a list of the executive with phone numbers and e-mail addresses to contact if you had ideas, we will listen to all suggestions.

Message from the LCol Comd

LCol Derek Cheff, CD, AdeC

In the process of writing this note, I received a call from our long-suffering editor, advising me that today (the 22nd of August), Major (retired) Cleve Conlon celebrates his 90th birthday, as did Marty Joyner just last week. I was actually talking about Marty, Cleve and others last week as I walked through the War Museum with my kids; there we talked about the history of Forceful III journey to get to the museum, but more importantly the soldiers and officers who were there with Forceful in the Northwest Campaign. Ninety years of age is an incredibly important highlight for anyone, but for our slightly more senior vets, this milestone highlights their increasing significance as living symbols of the Regiment's history. Happy Birthday to the both of you!

With the summer period wrapping up, the CF has seen the full withdrawal of combat forces from Afghanistan, and an end to Operation Athena. The transition to the training mission known as Operation Attention has now occurred. While we still have a couple members deployed to Afghanistan (the Sergeant Major and I have welcomed home several this summer), we do not expect wholesale force generation for Operation Attention.

As the newly named Canadian Army looks ahead, most soldiers and units are still waiting for the next significant activity. The Regiment of course does not have this problem; I spoke in my previous messages about our current task as the Territorial Battle Group (TBG) lead unit, and the attendant training implications. Domestic ops doctrine requires significant development,

particularly at the tactical level. This year, all unit personnel will have a hand in this development as we establish and refine tactics, techniques and procedures as the brigade's lead unit. To support this, a full-time planning cell of three has been hired. This cell will also plan and assist in the execution of Exercise Wolf Pack Endeavour in February 2012, as well as its preceding gateway training. Although they work out of Brigade headquarters, you will see them at weekly O groups and unit during field key training exercises.

This posting season has also brought us a new chief clerk, Sergeant Wayne Brunt, who comes to us directly from the Canadian Embassy in Seoul, South Korea. He brings with him a wealth of experience, a healthy dose of enthusiasm — and thankfully, he is no stranger to reserve administration. Sergeant Brunt, welcome to the Regiment.

The Sergeant Major and I had a busy couple of weeks in August, which was highlighted by our visit to the 42 unit personnel tasked to CG, and a subsequent office call with the new CO, Major Mike Plaunt. At that meeting it was clear that the priorities of both CG and the Regiment are aligned, and that the reputation of the Household Regiments will be carefully protected by both Major Plaunt and his sergeant major, Chief Warrant Officer Tupper. Major Mike, Sergeant Major Tupper - welcome to the Regimental Family.

Since I was a guardsman, September has always seemed to be two months jammed into one. Same goes for this fall - with the Arrival Assistance Group and IBTS Weekend, while several members of the Regiment participate in CFSAC for two full weeks. The Army Run fits in there, as does the Association Weekend later in the month. Each activity is important in its own right, and the expectation is maximum participation from all. For the Association weekend on 23-24 September, I encourage all of you to cajole former serving members of the Regiment to participate in some part of the weekend. It is always a great opportunity to see old friends and colleagues, as well as to expose our non-serving family members

to the Regiment and extend to them some Regimental hospitality.

I trust you will enjoy the waning days of summer days and re-orient for an interesting and challenging training year. Expect to be under a microscope this year; our success will be measured in terms of attendance, sound exercise execution and excellent leadership. I have directed the command team to make it hard on all of us. I look forward to seeing all of you in the coming weeks as we work towards the critical milestones and deliverables associated with the role of the TBG task. I know that those of you serving, will be up to the task of representing the Regiment well in every endeavour we undertake this year.

Up the Guards!

Message from the RSM

CWO A McKenzie, CD

This summer proved to be busy for the Regiment in terms of courses as we graduated personnel on the Basic Military Qualification-Land course, DP1 Infantry Course, Driver Wheeled Course, RMS Clerk Course and Primary Leadership Course. Amongst these numbers are 11 new Guardsmen proudly wearing their Guards Star. Though this is a considerable drop from previous years, due to recruiting restrictions placed on the Regiment, the quality of Guardsmen has not fallen. They will now join their counterparts in 1 COY for what is promising to be a challenging training year as the Regiment takes over command of the Territorial Battle Group.

This summer we also had an above average representation in terms of leadership positions at Ceremonial Guard and it reflected well on the standards achieved. With the onset of September the Regiment will now take over the ceremonial duties at Rideau Hall.

On August 11 the HLCol, the LCC and I attended the annual Fortissimo military show put on by the Ceremonial Guard each year. Following the

show I was fortunate enough to bump into CWO (Retired) John Falconer our SMaj from 1982 to 1985. He was in the Ottawa area visiting relatives and thought he would take in the show. I think the last time I spoke with John I was a Corporal and I certainly didn't address him as "John". He is presently living in Moncton, N.B. and I reminded him that he should try and attend the Cut Knife Hill Dinner or the Association Dinner so we could catch up on each others war stories.

This brings me to the topic of the Association Dinner. I strongly encourage all retired and serving members, along with their families, to make time to attend the annual Association Weekend with the Annual General Meeting and reception on Friday September 23 and dinner on Saturday September 24. Full details are available elsewhere within the Guards Star. This is a definite highlight of the fall season and gives the retired and serving members a chance to socialize. Serving members have been noticeably absent in past years and they should make an extra effort to attend so that they, as Guardsmen who are becoming part of our present and future Regimental history, can meet with those who made our Regimental history of the past.

Musical Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

With so many of our musicians posted to either the Ceremonial Guard Band this summer or taking courses at the School of Music at CFB Borden the band's activities slowed down considerably following their successful fourth year as the 'pit band' for the RCMP Sunset Ceremonies. Our only other engagement was to play at the Army Operations Course Mess Dinner in Kingston in July. Capt Bell was the lone GGFG officer on the course and the band enjoyed playing for Army officers from across Canada, the USA, Bermuda, New Zealand and Norway. Though the record was not broken the evening ended with forty-six Regimental marches being played!

We are pleased to report that nine of our musicians successfully completed various Oualification Courses at the School of Music this summer. Congratulations to Sergeants Hacquard and Steele for completing their QL 7 Administration and Conducting courses. We also had five musicians pass their QL 6B Instrument exams. This is the highest level to be attained by a Reserve musician and requires a very high level of musicianship to complete. Congratulations to MCpl Sikorski, and Corporals Jerome, Lei, Trahan and Zaichowski. In addition five of our corporals completed the Junior Leader Course this spring. Well done to Corporals Bebyck, Brisson, Hardy, Porter and Walker. The band now boasts thirteen qualified Master Corporals, though we do not have enough positions to promote them all to that rank!!

As announced in the spring Guards Star, Sgt Kris Richardson is now teaching in Korea for two years. We are also losing Corporal Adrianna Douvris who was accepted into Medical School at the University of Toronto. She has been juggling intense graduate and post graduate studies while playing clarinet in the band for the past six years. A very highly motivated and intelligent young woman who we know will succeed in her medial career. We will miss her and wish her well.

The band will start off with a bang again in September during Army Week, including the Army Week Mess Dinner for the Commander of the Army and all senior Army leadership, the Canadian Forces Small Arms Competition Closing Ceremony at Connaught Ranges and performing for over 15,000 runners at the start of the Army Run on Sunday September 18th. Once again the Senators have asked the band to be part of their season. This year they will play the anthems at the first Heritage Hockey Series Game, on Thursday October 13th. The Sens will be marking the 100th Anniversary of the Club. We have put in our bid to perform at the upcoming All Star Game and hope they will take us up on the offer. Time will tell!

Finally mark your calendars for three important public concerts. The first will be a Remembrance Week Concert at the Aviation Museum on Sunday, November 6th at 2 p.m. This

concert will be another joint concert with the Central Band of the Canadian Forces. Our Christmas Concert will be held at Saint Joseph's Church in Orleans on Sunday, December 11th at 2 p.m. Not to be missed will be the GGFG Foundation sponsored Queen's Diamond Jubilee Concert at Centrepointe Theatre on Sunday, February 6th at 2 p.m., marking Her Majesty's sixtieth year on the throne. Many other local bands will also be part of this show which promises to be a real extravaganza.



Cpl Ann Gregory, GGFG and Cpl Boulet-Gagnon, CH of O at the Ceremony of Remembrance of the Venerable Order of St. John, at the War Memorial, held on 25 September 2011



W.J. Keating Club

MWO Dave Snyder, CD

The bar is open in the Sergeants' Mess as the unit begins another training year. The last event held was the Regimental Birthday informal BBQ on Saturday, June 4th at the mess. Mess members and their families enjoyed "kwality" grilling that did not set off the fire alarms unlike the out-of-control 1 Company smoker. The next mess event is tentatively scheduled for Friday, October 21st. More information will be forthcoming in the mess.

During in-clearance this year, members realised that they now would be paying mess dues through a compulsory deduction from their pay. If anyone experiences problems with this introductory procedure, they are to contact the Vice PMC, Colour Sergeant Gord Birkinshaw, or the pay office through the chain of command.

The next mess meeting on Tuesday, September 13th will be sure to include mention of the many births mess members have enjoyed over the summer. Sergeant Carin Dodsley gave birth to baby boy Declan Stuart Jukes weighing in at 8 lbs 3

oz on May 29^{th} . Sergeant Roos also had a Declan at 0:dark 45 on August 2^{nd} . Sergeant Matt Bonneville and Eve had a son on July 25^{th} weighing 6 lbs.

Congratulations to all the happy new parents and good luck.

Perhaps getting ready for next summer's baby parade, Master Warrant Officer Neal Porter married Rebecca Briscoe at the Guards' Chapel – St. Bartholomew's – on a very hot Saturday, August 6th with many members of the mess present for the retro ceremony and celebration. The new 2 Company Sergeant Major was seen to even crack a smile and dance.

Colour Sergeant Greg Witol received the Unit Environment Officer qualification after an exhilarating foray into the world of safety and environment regulations. There is also a good chance that many mess members will be off to Gagetown later this summer for DP3B training as well

Good luck to all members during this training year and ensure you contribute to your mess and its fellowship as much as you can.

ADDITIONAL NOTICE

For any old-timers out there, we are hoping to write an article for the next issue of the Guards' Star about the old Guards' Hut that used to stand at Connaught Ranges. We would like to solicit any history, anecdotes, or photographs that you may have regarding its origins, use through the years, and final demise. This is timed around the recent restoration of the sign that used to be affixed. Please send any information of this nature to David.Snyder2@forces.gc.ca.

The Guards Star Number One Company

Lieutenant S.H. Stefanov

Returning members of Number One Company will notice quite a few changes from last year. A different Command Team: Captain Bryan Brulotte as the OC, MWO Doucette as your CSM; and three new Platoon Commanders: Ensign Chris Davey, Ensign Stuart Thomas, and Ensign John Makela. The remainder of the company should be fairly consistent. Congratulations to Ensign Thomas who was identified as one of the Top Candidates for the Dismounted Platoon Commander Course this summer.

Despite a change in leadership, Number 1 Company's focus on training will vary only slightly from the past few years. This year's training will prepare soldiers to conduct full spectrum operations in complex and adverse environments in order to support domestic and international deployments. Since the unit is currently responsible for the Territorial Battle Group, 1 Coy leadership should expect a larger planning and organizational role in the upcoming field exercises.



As has been done in the past, training will commence with an IBTS weekend in Petawawa, where the newly formed platoons will complete a BFT and shoot the PWT 3. However, the tempo will quickly pick-up around the weekend of 14-16 October during Exercise Amphibious Guard. The exercise will see soldiers conduct amphibious

crossings, advance to contact, and practice their OBUA skills.

This year's Exercise Wolfpack Endeavour will occur at the end of February, which should allow more university and college students to participate than in previous years. It is certainly going to be an experience that should not be missed as the unit will deploy to Fort Knox, Kentucky for a week long field exercise focused on Company level Ops within a Battalion context.

Once again, the year's training will culminate in a Platoon live fire attack, by day and night, in Petawawa. For those that will remain in Ottawa through the month of May, Number 1 Company will conduct an Escape & Evasion near the Town of Carp. As a way of saying "thank you" to family and friends, Number 1 Company will hold an open house on June 12, 2012 where everyone is invited to take part in the Bouncy Castle obstacle course, camo face painting, have some hot dogs, or take a look at the weapons and equipment display. All in all, it's forming to be another great year. Up The Guards!

Greetings from Afghanistan

LCol Robert M. Foster CD

Hello from Kabul, Afghanistan! I am now in my third month of living in the comforts of ISAF headquarters as the Chief Training for the ISAF Counter-Improvised Explosive Device (C-IED) Advisory, Plans, and Policy Team. I work in a multi-national section with Portuguese, Spanish, American, British, Australian, Greek, German and Irish officers and NCOs who develop the strategic plans and initiatives to help the Afghan Police and the Afghan Army reduce the threat of IEDs across the country of Afghanistan.



The Director of CIED for the Afghan Police with his training staff and his two training mentors.

In order to do this we work along three major tenets: attack the network; where we look at and train Afghans in the exploitation of IEDs by collecting forensic data such as finger prints and DNA but also to look at the supply chain of where the IED materials are coming from and how to disrupt them. The focus in attack the network is often based on the rule of law so that we can bring the IED makers, and suppliers to justice through the Afghan legal system. Of course, IEDs are also considered a terrorist activity so sometimes we use counter-terrorist methods to take out the insurgents that use IEDs. The second major activity is the ability to defeat the device. We have trained several Afghan Army and Afghan police teams to be able to respond and destroy IEDs in a safe and professional manner. They are trained to blow-in-place (BIP) or conduct render safe procedures (RSP) using modern equipment equivalent to what we use in Canada. In a perfect world they would RSP all IEDs so that we could exploit the evidence found on the IED to trace the network but often the operational demand is so high that they need to BIP and move on to the next objective.



An Afghan IED Disposal Operator goes through an exercise to destroy a suicide vest

The last tenet is train the force where we provide institutional training to build a credible and sustainable Afghan Army and Afghan Police capability to defeat IEDs. The entire process to train an Afghan IED team takes approximately one year. Because we are fighting an insurgency we have had to look at ways to shorten that training without sacrificing the quality. This means that we have a tiered level of capability to respond to IEDs and some of the teams are only authorized to respond to certain types of IEDs. As you can imagine this is a complex problem and you cannot apply western standards to the solution. You'll often hear in theatre the "Afghan Good Enough" solution. This is a poor term to use as the Afghan people are a very shrewd and intelligent people; they have to be able to adapt to the decades of war that they have faced and survived as a people. They just don't have the literacy or the education that we deem important.

I had the opportunity to look at their logistics system and it is the same as what we would have, ledger based system with each item accounted for and issued out. They pass orders, called ciphers, by messenger and it is quite effective. I sent a letter to three Generals and it reached them within 24 hours. The senior leadership was primarily trained in Russia so they have a soviet style process where orders are driven top down and they only do things that they have been told to do by their superior. They don't deviate or think of alternate options. Within the soviet type system you also have resources allocated down on a monthly basis as a ration (ie fuel, and other consumables). As a result of poverty, low pay, and a system which no real personal ownership or accountability exists, they have developed an entrepreneurial spirit where items such as fuel are sold on the black market which helps to augment meagre pay. It is a slow process to change the mindset but the Afghan people will get there in the time that they want to do SO.



Half way down the Gar at the Kabul Military Training Centre.



The C-IED branch climbed the "GAR" which is Dari for Mountain. It is about 800m high, so at the top you are 2200m above sea level

One opportunity that we have is to climb the "GAR" which means mountain in Dari. It is about 800m high and a challenge with the altitude if you are not used to it. The climb takes about 40 minutes to get to the top. The view is spectacular if you get a clear day. About 200 people climb it every Friday; with the condition that you are down and off the mountain by 08:00 so that the range can open and go live. The mountain is part of the Kabul Military Training Centre and its templates in the impact area for many of the ranges. Those of you, like me, who trained on Warsaw Pact enemies will appreciate the graveyard of old T-55s, BMPs, BTRs, and T-60s that you pass on the way to the climb.

I ran into MCpl Popadick although I didn't recognize him with the beard and also Capt Petric when I visited the Consolidated Fielding Centre (CFC). I heard Cpl Cross was here as well but didn't get a chance to see him. I have run across a few Coldstream officers as the Deputy Commander of ISAF is also a former Coldstream Guards officer.



By the time this is published I'll be back in Ottawa for some leave and then I am into the last half of the deployment. So far it has been a unique experience to work both in a multi-national headquarters and also with the senior leadership of the Afghan police and Army. One of the things we often forget is that we are here to fight a war; the Afghans are here to live so the solutions we come up with have to be agreeable and sustainable by them.

I trust that all members of the Regiment are having a good summer and holding up the traditions of being a Guardsman! Up the Guards!

Deployment to Afghanistan

Cpl David Henry

I first heard about Close Protection (CP) when MCpl Dan Popadick had completed his course back in 2009, but I never looked into it at the time and remained ignorant of what it meant to be a CP Operator (CPO) until last year. It was nearing the end of summer where I was taking part in the duties at Ceremonial Guard yet again when Cpl Andrew Cross, who had just completed his CP course in the spring of that year, informed me that the Canadian Forces Protective Services Unit (CFPSU) needed personnel for a deployment coming up very shortly. The deadline to apply for selection was only a few weeks away so I had to make a quick decision. With only a steady diet of Cross Fit and drill as my training I took the plunge.

Selection took place in beautiful and wet Esquimalt, B.C. It was a demanding few days, both physically and mentally. We were under constant assessment while working to complete tasks in small teams or individually. It was the first step into the world of CP and a great challenge.

Everything continued to move quickly after that. Only a week had passed and I was placed on course where I spent 8 weeks in the US learning how to be a CPO. It was an intense course focusing on shooting and driving skills. I'm very thankful for all the sharpshooting skills learned at the Regiment as it, without a doubt, aided in scoring above average during the weapons testing. It was some of the best training I had ever completed and I was looking forward to putting my new qualifications to the test.

Another week passed and I began predeployment training in Edmonton, AB. Fortunately, it lasted only two frigid weeks and focused on combat first aid. By this time MCpl Popadick and Cpl Cross were setting foot in Afghanistan and beginning their jobs. I was on leave for the next two months and finally joined them in Kabul in January. We each worked on different teams but saw each other regularly due to our proximity to each other. I was placed at the

Canadian Embassy where we were tasked to provide CP services to the Ambassador, the Honourable William Crosbie.

Living and working alongside civilians, wearing civilian attire and having a relaxed grooming standard made for a very unique tour experience compared to the infantry conditions I was used to. Each member of my team had their own air-conditioned room with a flat screen television, double sized bed, mini fridge and bathroom. Needless to say I felt very fortunate.

Working in Kabul was a trial by fire as the team had already been in place for two months and I needed to bring myself up to speed. Driving was part of our daily routine as our boss was busy attending official ceremonies, social functions and various meetings with government members. Imagine the city of Ottawa with a population four times as big, most of them on foot, a handful of traffic police and even less rules on the road - all the while no one understands your language. I quickly learned that to get anywhere my defensive driving tactics had to be balanced with an equally aggressive technique. As our driving instructors liked to tell us, "Movement is life".

The job itself sounds relatively simple. Move your boss from point A to B and back again in the safest and most efficient manner. It becomes much more complicated when you start to factor in the details. As a CPO we had to look at route selection very carefully, taking into consideration time, traffic, specific and general threats and other obstacles such as checkpoints or construction. Sometimes we had never been to the venue before so a recce had to be conducted to determine location, security threats, the layout and something as simple as where to stage our vehicles. We also had the challenge of constantly dealing with the local police or security guards who could barely understand us. Some days they were very helpful while others required a more forceful approach.

L-R: Cpl Andrew Cross, Cpl David Henry, MCpl Dan Popadick at their medal presentation.

We worked in a small team format with different positions and roles to fill. The Team Leader determined who would do which job and he gave us the opportunity to change it throughout the tour. This led to a broadening of my skills and kept things interesting. One of the most challenging positions I had was on the Advance Team where I would conduct route and venue recces and present my findings to the team so they knew where they were going and what they were getting into. It was always different which meant you had to constantly adapt to new situations as they arose.

Going to Afghanistan as a Close Protection Operator is an extremely rewarding experience. I'm very proud to have represented the Foot Guards and been a part of history as one of the Unit's first three qualified CPOs to have gone on tour. Each day presented itself with new challenges and experiences to learn from. In the end I'm most grateful for everyone coming back home safely to their friends and family. I'd like to extend my appreciation to Maj Morgan Hladik, Cpl Allison Grella and the rest of the staff in the BOR for expediting my application in such short notice. If it were not for their outstanding work I would surely have missed out on this amazing opportunity.

Infantry Phase 3 Experience

Ensign Chris Davey

The Dismounted Platoon Commanders course is the crucible all infantry officers must pass in the Canadian Forces. The course is physically and mentally draining. It was structured in five modular portions, each teaching a unique skill required for a dismounted platoon commander.

The first mod taught weapons available to the dismounted commander; this was followed by a range day which included a challenging ruck-sack march back to base. The second part included the defensive mod with an extra portion of flash weather and rain. The patrolling mod was universally agreed upon to be the most difficult; the modular was structured so that three 8-hour patrols were conducted a day over a period of five days. The hasty attack mod was the most physically exhausting; on average 12 attacks were conducted a day with four hours of rest over a period of eight days. The final mod concluded the course with Full Spectrum Operations which was a blend of all previous mods and tactics in the Current Operating Environment.



Personally, the mental aspect of the course was the most challenging. Being physically prepared for the course was the easy part. Being mentally prepared to go without the companionship of loved ones and the basic amenities of the modern world was the greatest challenge for me on this course

The Guards performed very well at the Infantry School. Ensign Stuart Thomas was designated as top candidate within his platoon. The

Guards excellent showing coincides perfectly with our lead of the 33 Territorial Battalion Group. *Up the Guards!*

The Consolidated Fielding Centre The gateway to security transition in Afghanistan

Canadian Forces staff advise Afghan National Army partners at unique facility

By Captain Alan Younghusband

In every practical sense, the Consolidated Fielding Centre (CFC) is the birthplace of the Afghan National Army. Located in the expansive Pol-e-Charki military reserve in Kabul's eastern outskirts, the CFC is where the ANA forms its units, equips and trains them, and then validates that training before deploying them to operational corps.

More than 100 Canadian Forces members deployed in the Kabul area on *Operation ATTENTION* serve at CFC. Most of them are advisors to the experienced Afghan soldiers of the CFC training staff.

Since 2008, when the CFC opened its doors, 135 ANA units of various sizes and types, from infantry companies to corps headquarters, have passed through the fielding and training cycle to validation. These 135 units account for nearly 44,000 ANA soldiers now serving in operational corps throughout Afghanistan.

As you can imagine, the work of the CFC is both larger and more intricate than merely handing out kit and sending the kandaks on their way.

The ANA is partnered or mentored throughout its chain of command, by the CFC training advisory staff, and by Operational Mentor and Liaison Teams (OMLTs) and Embedded Training Teams to ensure leaders of ANA units gain a full understanding of their duties and responsibilities. These advisors monitor and assess progress during each ANA unit's fielding and

training cycle at CFC. They also provide advice to leaders at all levels, on issues ranging from the tracking and assigning of soldiers to units to equipping the unit and getting it ready for operations.

The CFC process of fielding and training a new ANA unit begins with the assignment of officers and senior non-commissioned officers from the deployed corps it will join. They will become the unit's key leaders. Next, the junior NCOs and privates are identified from candidates at training centres across Afghanistan. When all the new unit's personnel have been selected, they are brought to CFC to begin a training cycle that not only teaches them the skills required to succeed in operations, but also welds them into a cohesive and effective unit.



Capt Alan Younghusband

CFC's training approach consists of a 16-week program for route-clearance companies and a nine-week program for all other ANA battalions and companies.

Both programs begin with an intensive twoweek package of leadership courses for the unit's officers and senior NCOs, whose judgment and decision-making skills will be tested later in the training program. The courses covers the military decision-making process (MDMP), troop-leading procedures (TLP), delivered by contracted trainers, and counter-insurgency (COIN) training, run by staff from the ANA COIN Training Centre.

After the two-week leadership training phase, soldiers and junior NCOs arrive at CFC for collective training — 14 weeks for route-clearance companies, and seven weeks for everyone else.

During the collective training phase, a variety of topics are covered, depending on the unit's assigned role. The emphasis can be on heavy weapons, maintenance or other specialties. The key though, no matter the technical focus of training, is that during these seven weeks skills are built and military values are instilled at all rank levels.

All units that train at CFC receive basic infantry training including section/squad level combat drills, ranges for all the weapon types used by the unit, reaction to ambushes, counterimprovised explosive device training and vehicle checkpoints. Infantry battalions receive more extensive infantry-related training while combat support battalions and logistics battalions receive further training specific to their roles.

At the end of the seven- or 14-week period of collective training, each unit completes a three-day exercise that includes validation by a team from ISAF Joint Command in Kabul. On Day One, the unit receives a brigade-level operation order that must be developed into a battalion-level operation order using the military decision-making process they learned during the two-week leadership program at the very beginning of their time at CFC. Day Two is for battle procedure and issuing of the unit operation order to all the levels of the battalion. On Day Three, the unit goes out to the training area and executes the plan.

Validation is followed by a detailed afteraction review in which the unit commander is briefed on areas for improvement. At this point, it is time for the unit to join its designated corps at one of the many ANA bases located throughout Afghanistan.

The final events are ammunition issue and roll-out. The new unit pulls out of the main gate of

Pol-e-Charki in a long vehicle convoy to begin the journey to its new corps and its true mission.

The CFC mission is like nothing Canadians have seen since the Second World War. Consider this: During our first nine-month rotation, the Canadian Forces advisors at CFC will help field units totaling some 18,000 soldiers, and issue nearly US\$150 million worth of NATO-supplied equipment to ANA units.

It's a massive feat, and an important mission that will enable Afghan national security forces to reach their goal of full responsibility for security across Afghanistan by 2014.

Note: This article originally appeared 26 Jul 11 as a CEFCOM Feature Story.

My nephew Alan served with the Foot Guards in his formative years then transferred to the PPCLI. He's on his third tour in Afghanistan.

Since arriving at 3 PPCLI in Edmonton Alan has been employed as a PL 2IC in A Coy as a WO and deployed as part of TF 1-08 OMLT to Howz-e-Madad as a CSM mentor from Feb to Sept 08. Alan took his commission in Nov of 08 and was later employed as Recce PL Comd until Sept 09. From Sept 09 until May 2011 he was 2IC A Coy (Para) until deploying to CFC in Kabul as the OIC Training Advisory Group to the Afghan National Army.

Alan and his wife Margaret (Maggie) are the proud parents of two daughters, Madeline and Evelyn ages 13 and 11, and son Jack aged 3 1/2.

In a recent email Al mentioned 'We have a guardsman employed here with us. Mike Petric is holding the position of the CFC S1 and is doing a great job. I was speaking with him today and found out that Rob Foster is in the area but I didn't get a chance to see him as most of our days are spent out in the training area.'

Wayne Younghusband (I think Al looked better in a bearskin!)

150th Anniversary – 2022

Marty Lane, CD

As mentioned in the last Guards Star, the Regiment will be celebrating its 150th anniversary in the year 2022. The Association has begun preliminary planning to mark the occasion, and has started a special anniversary fund. donations have already been received from members of the Association, but we will need much more funds to realize our tentative plans. Some of the projects include completing the memorial plaques for the VC winners, creating a memorial garden in front of the Drill Hall, just to name a few. Anyone wishing to donate to this fund may do so by sending cheques to the Association and marking them for this purpose. Income tax receipts will be sent out for all donations regardless of size.

95th AnniverIIsary of Vimy and Canadian Battlefields Tour April 2012

Capt R.J. Duncan, CD

My wife Marianne and I have been working with the CAA and Trafalgar Tours and we have arranged a 10 day package tour to visit many World War One and some World War Two sites. In a nutshell, the plan is to depart Ottawa for Paris on Tuesday 03 April 2012. The first day is yours to relax, but our second day in Paris will include a tour of some of the sights. On day 3 we depart for Caen and Juno Beach. After spending the night in Caen, on day 4 we make our way to Dieppe. On day 5 we depart for Arras, where we will spend 2 nights. We will spend much of Monday April 9th, the 95th Anniversary of one of Canada's most famous battles, on and around Vimy Ridge. On day 10 we depart for Ypres, Belgium visiting battlefields and cemeteries as we go. Day 11 will find us departing for London making a stop or two along the way. Our last three nights will be in London where we will spend two days touring. (I have a flyer with a more complete explanation of the itinerary available upon request. Please contact me at either of my email addresses, listed below.

Cost for the land portion of the trip is \$2750.00 (double occupancy), hotels, many meals, bus transportation, and guides included. It is too early to estimate cost for round trip air fare at this time, however, our agent believes that airfare from Ottawa should be in the range of \$1300.00, taxes, fees, and transfers included.

For further general information you can contact me at work at rob.duncan@forces.gc.ca or at home at vimyridge2012@gmail.com.

For details on costs, specific tour information, meals, or to make a reservation, please contact our travel agent at the CAA, Valerie Radwanski, vradmski@caaneo.on.ca or by phone 613-736-9696 extention 2634

It may seem early to be considering this opportunity, but since we have arranged this trip privately, we only have "control" of it for a short period of time. Our efforts at bookings have been successful so far so we have been assured a little more "exclusive time", but we expect that CAA will want to take control sometime early in the Fall to open it for their travel agents across Canada. If you are serious about going, I encourage you to consider contacting Valerie at your earliest convenience and making a deposit of \$250.00, per person, to ensure you have a place on our tour

Thanks for your interest. I look forward to having you join us on this tour.

MILESTONES

The following wedding anniversaries were celebrated in August:

Audrey and Len DeCarle 69 years, Guy and Betty Fortier 66 years and Harold and Del King 65 years.

And as noted by LCol Cheff Cleve Conlon and Marty Joiner both celebrated 90th birthdays.

Congratulations and best wishes to all!!

Memorials and Tributes

Estelle Lane

LAWTON, S. Laird C58341

Passed away at the Elisabeth Bruyere Health Centre on Thursday May 26, 2011 at the age of 93. Laird was a WWII veteran having served with 21 CAR (GGFG) from July 1940 to October 1945. He was a Life Member of the Foot Guards association.

CORRIGAN, Joseph Samuel Arthur

Peacefully on June 8, 2011 at the age of 87. Art was a veteran of WWII serving with the RCAF. He served with the Regiment from 1956 until 1971 leaving with the rank of Sergeant. He was a Life Member of the Foot Guards Association.

JEAN-LOUIS, Leslie

Peacefully on Sunday August 21, 2011 at the Ottawa Hospital – Civic Campus at the age of 82. Les served with the Regiment during the 1970s and was a Life Member of the Foot Guards Association.

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 November 22, 2011

Membership

Membership Application and Renewal

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	B 101
Telephone	
Email Address	
Dates of Service from	to
Decorations	
Date of Rirth	
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, K1P 5R3

Attention: Membership Chairman