



The Guards Star

GGFG Regimental Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3

Regimental Website: www.footguards.ca

MARCH 2013

EDITOR: ESTELLE LANE

Message from the President

MWO (Ret) Marty Lane, CD

If I remember correctly this time last year we were just getting over a major storm that hit the area as I was writing my report for the Guards Star. Anyhow we have just gotten over the worst storm of the year and I think everyone is sick and tired of winter.

The Association Executive met with the members of the Junior Ranks mess about the Regimental Associations operation and what it is all about. We had promised them we would do this for some time now and we are finally got around to actually doing it March 5th, following the LCCs parade.

We are at present working on the forming of a committee made up of mess representatives and the Association for next February's Regimental Ball. We have tentatively booked the Chateau Laurier for the 15th of February 2014 and will have definite confirmation later in the summer. More info will be forthcoming in the next Guards Star.

The LCC and I are at present having discussions as to the date of the reunion dinner to be held either in September or October. Once we have this firmed up we will be making all the information available to you. Remember this is your Association and you have any suggestions as to how we can improve it please do not hesitate to speak to any member of the Executive with your ideas.

I would like at this time to thank Jim Milne, Chairman of the Heritage and Traditions Committee for the work that he did on the purchase of the new Regimental stole for use by the Padre on Regimental occasions, either at the Regimental Chapel or Memorial services conducted at the

Regimental monument. This stole will be presented to the Rector at St Bartholomew's at a later date.

UP THE GUARDS!!!!!!

Message from the LCol Comanding

LCol Kevin MacLean, CD, AdeC

The timing of this message could not have been better; I just sent a message to the Commander 33 CBG that all members of the Regiment have returned from Exercise TRILLUM RESPONSE in Northern Ontario. This was the second major deployment of the 33 Territorial Battle Group (33 TBG) since its creation. The first being last year's deployment under command of LCol Derek Cheff of the full strength Territorial Battle Group to Fort Knox Kentucky. As TRILLUM RESPONSE was an Area level exercise that included participation from all three Reserve Brigades, 2 Canadian Mechanized Brigade Group, the Royal Canadian Air Force and Canadian Rangers the full up Territorial Battalion Groups from each Brigade were not required to achieve the aim of the exercise so our contribution was certainly less that we are capable of fielding.

Within Canada, the Territorial Battalion Group is the Reserve capability to deploy; be it a planned security operation such as the G8 Summit or a no-notice response to a natural or man-made crisis. Your role within this construct is to attend unit and collective training, maintain your personal readiness and be physically, mentally and administratively ready to deploy with little to no notice. You will see that all future individual and unit level training will tie into and be validated during collective training at the TBG level. Exercise WOLFPACK APEX will be your next opportunity to fight as part of the TBG during a live fire bridge demolition guard scenario 22-24 March in Petawawa.

From my daytime perch at the Directorate of Reserves I can tell you that at a strategic level, more focus is being put on the capability of the Reserve Force while at the same time the army is seeking to find efficiencies. At the brigade and unit level this means continued focus on the deployability of the TBG, collective training and individual soldier readiness. Completion of the annual PRV (Personal Readiness Verification) ensuring that your soldier skills are current, personal administration in order, medically and physically fit will be key to your future as a valued member of the Reserve Force.

As we look forward to the new fiscal year beginning in April, training will be adjusted from what we have been used to over the past decade. We will be moving our Individual Battle Task Standards training to start in April so that come September we will be able to hit the ground running and take advantage of good weather in September and October for collective field training. We will see the re-introduction of the week long Reserve summer concentration in August followed by a weekend TBG exercise in September.

As we push forward it is important to look back every now and then. I quickly filled a page with all the activity since the last Guards Star and although I won't bore you with the entire list, the following are some items that not all may be aware of. On the 2nd of December Honorary Colonel Hale, myself and the Sergeant Major participated in wreaths across Canada at Beechwood Military Cemetery. This was the second year for this event and no doubt it will get larger each year. I was the reviewing officer for the GGFG Cadet Corps Annual Christmas Parade and had the opportunity to speak with Cadets Officers and the parents of the Cadet Corp. The Sergeant Major and I attended the Change of Authority parade for 33 Service Battalion, as well as the Cameron Highlander's of Ottawa change of Command parade.

LCol Patchett and CWO Dunn are an excellent command team and I look forward to continuing and expanding the excellent relationship we have. As we move forward with taking the lead

on all for infantry collective training with the NCR and northern infantry units we will have the opportunity to interact more than we have had in the past. I would be remiss if I did not mention the excellent work of our Regimental Band; they continue to be the face of the Regiment. Almost every week there is a letter of appreciation for their performances in and around the NCR. I had the pleasure of attending a number of performances and most recently at the Conference of Defence Associations Dinner on the 22nd of February, a special mention to their performance of the Saudi and Chinese National Anthems. Well done!

With excellent performance behind us and the road clearly laid out before us we continue to advance. Up the Guards!

Message from the RSM

CWO (RSM) D. Snyder, CD

The unit is continuing its busy pace now that the Christmas holidays are behind us. The soldiers are working hard on exercises and training, the band is preparing for the Army Ball, and preparations are already underway for the annual Cut Knife Hill memorial dinner. In addition, all members except recruits are ensuring that their service dress is ready for the Lieutenant Colonel Commanding's upcoming parade.

A reminder that guardsmen of all ranks and positions are responsible to have all of their uniforms and equipment serviceable and properly fitted at all times. This is an expression of personal discipline, attention to detail, and preparedness that can be applied to your duties as a soldier and elsewhere in life. Another expression of personal discipline is being able to stay on parade. It is disappointing and embarrassing when members fall out of parade. If you are well enough to be on parade, you are expected to remain there for the duration just as you would be expected to remain in your trench despite enemy action or difficult weather. The same applies to committing to a task, exercise, or event. Once you commit to one of these, you are expected to follow through on the

commitment. The lack of follow through, commitment, and dependability that exist in modern society are not to be emulated at the Guards.

The small contingent of members who deployed on the week long Land Force Central Area Exercise TRILLIUM RESPONSE have recently returned, even though some of their personal kit and unit stores did not. I am sure they have some good stories and hope that their infantry skills and individual mettle were challenged in the remoteness of Ontario's winter north. Welcome back.

My congratulations are extended to 3 Company whose efforts were responsible for the Guards being awarded the brigade safety award. All ranks are responsible for making working conditions as safe as possible despite the sometimes hazardous nature of our training.

Efforts are being made to update the Regimental coin registry. If you are a serving member who has not yet received a coin, ensure you notify your company sergeant major through your section second in command. Officers are managed by the Adjutant and former members can contact the museum for assistance.

Keep up the good work, remain focused on your military duties, and enjoy the companionship and experiences that surround you at the unit.

Musical Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

After another whirlwind fall the band's activities have slowed down somewhat since returning after the Christmas break. However the band recently supported the Army Commanders' Annual Mess Dinner at the Army Officers' Mess and the Transfer of Authority Parade for 33 Service Battalion (formerly 28 Svc Bn) as they once again become a unit within 33 CBG. The Fanfare Team performed brilliantly at the Annual Viennese Ball on February 2nd at the National Gallery. Proceeds from this event aided the Cancer Foundation of

Ottawa. An excellent photo of the team is attached. Small ensembles performed for the Conference of Defence Association Annual General Dinner at the Chateau Laurier Hotel on February 22nd.



The Band now turns their focus to the 9th Annual Army Ball being held on April 13th. As the Ball will commemorate the Bicentennial of the War

of 1812 some members of the band will replicate the sound of the early 19th Century military bands. In an eight minute marching routine the band will trace the origins of military music through to modern times.

On the social side the Band hosted the Band of the Scots Guards following their performance at the NAC on February 4th. It was a wonderful opportunity to reconnect with the musicians whom we played side by side with in Bermuda back in 2009. We have also welcomed Cpl Vince Clarke, another Scots Guards Band musician who has recently left the UK and has now settled in Ottawa. As I noted to the Director of Music of the Scots Guards, that makes it GGFG 2, SG 0 since the infamous 2009 encounter of the bands! Vince is an exceptional bass trombone player and we are very pleased to have him playing with the band. On that note, Cpl Lisa Bebyck and Gordon Tait, her SG beau, will tie the knot back in Scotland this month. We wish them all the best. Still no word on Gordon's application to join the Canadian Forces but the wheels are grinding, albeit slowly! In the meantime he has become an invaluable associate member of the band.

Ex Winter Warrior

OCdt Normandin

Exercise 'Winter Warrior' was held on the weekend of January 25-27 near Lac Philippe in Gatineau Park. Regardless of the average -20 degree Celsius temperature, close to 70 members of the unit were in attendance, along with 2 cadets and 2 CIC officers from our affiliated Cadet Corps.

The aim of the exercise was for soldiers to sharpen winter survival skills at the individual, section and platoon level in a non-tactical environment. Given that routine tasks become challenging when dealing with extreme cold conditions, the soldiers spent several hours on Saturday practicing tent routines in various locations. Between locations each section had to

navigate their toboggan through challenging narrow trails.

Training then shifted to individual skill lessons. Thanks to the Regimental Second-in-Command's experience in competitive biathlon, each soldier got to practice various cross-country skiing techniques. Although fun, it proved to be quite difficult. Soldiers also practiced fire construction, setting snares (from deer snares all the way to squirrel snares), and how to build improvised shelters and snow defenses. The exercise served to prepare members for more demanding winter training; specifically for the recent deployment on Exercise WOLFPACK ENDEVOUR. As Lt Stuart Thomas noted, 'Nothing can improve a soldier's confidence better than the knowledge that they have done it before.'

Overall, the exercise ran smoothly and moral remained high all weekend despite the bone chilling temperature, especially when the company 2IC made an unusual request for hot dogs to be brought in for the troops to enjoy over the fire on Saturday night.

Up the Guards!

Band History

Jim Milne, OMM, CD

Corporal Mandel's story in the December 2012 issue of The Guards Star of his duty playing the Remembrance Service calls at the Canadian Embassy in Washington and his later visit to Arlington National Cemetery brought to my mind a little known fact. How many of us know that a former member of the Governor General's Foot Guards is amongst those buried at the United States National Military Cemetery in Washington?



Arthur A. Clappé left the British Army in 1877 to accept the position of Bandmaster of the GGFG. He served in that position until 1879. During his term as Bandmaster he was instrumental in making many improvements to the standard of Canadian military bands. He later moved to New York City to become Bandmaster of the 22nd Regiment New York National Guard and later the West Point Military Academy Band. During World War 1 he was responsible for training Bandmasters of the expanded US Army. At his death in 1920 he was head of the US Army School of Music. His burial plot at Arlington National Military Cemetery is located in Section S LOC, Site 4295. You can hear one of Clappé's compositions "GGFG Two Step" in our regimental band's CD 'Encore'. It was composed for the regiment's visit to New York City in 1906.

Letter from Afghanistan

Cpl Alex Garcia-Nguyen

Thank you LCol MacLean, Marty Lane, the Guards Club and the Guards Association for the Christmas care package and letter. It was a welcome reminder of the unit's Christmas routine back home. I spent my Christmas Eve on base opening secret Santa gifts – I got a keychain pen – and Christmas

Day enjoying a turkey dinner with friends. Not a bad Christmas, all things considered.

For those of you who don't already know, I've been working as a civilian with the Combined Joint Psychological Operations Task Force (CJPOTF) in Kabul since September. I work on the military side of Kabul International Airport (KAIA), 5 km north of the city centre. But as a civilian I have the option of living in private accommodations in the city, an option that seemed less crazy every time I discussed it with some of my more Kabul-savvy co-workers. By November, I was satisfied that it was practical and, more importantly, safe so I moved into a house with a fellow CF PSYOPS analyst turned ISAF civilian.

Having a home off base can be a hassle, but the daily exposure to Afghan life has been well worth it. Despite its decrepit streets, unreliable electricity, abundance of poo dust and countless other problems, Kabul remains an oddly appealing place. Whereas much of Afghanistan remains relentlessly traditional, Kabul is a bizarre hodge-podge of burqas and skinny jeans, ramshackle horse-drawn carts and shiny new SUV's, extreme Islamic piety and not-so-Islamic *jigga jigga* parties.

Despite this peculiar charm, Kabul is of course a dangerous place and, by most accounts, it's becoming more so as ISAF scales down its operations. Expats are bound by different security restrictions and adopt different approaches to mitigating these risks. Some show up to dinner parties accompanied by private security details; others simply never leave their base or secure compounds; I mostly keep a low profile.

As an ISAF civilian, I'm unarmed and move around the city with an Afghan driver in the most inconspicuous vehicle possible – an old Toyota Corolla. And, luckily, for someone with no Afghan ancestry, I happen to look very Afghan, which allows me exceptional freedom of movement. On a recent trip to Herat, I managed to sneak onto the grounds of the spectacular Friday Mosque and snap some up-close photos despite the fact that, on that

particular morning, the area was apparently out of bounds to non-Muslims.



On the other hand, my “disguise” can also be a source of confusion, like when Afghans stop to ask me for directions on the street and I have to explain that my Dari is *khoob neest* or when I return from leave with a bottle or two of spirits in my carry-on luggage and I have to assure the Afghan customs officials that it’s okay because I’m not actually Muslim.

Needless to say, my time here has been a significant departure from what I experienced on my CF deployment. Fortunately, as a reservist it’s easy to fit in to both the military and civilian aspects of the ISAF work environment. In fact, many of my “civilian” work colleagues here are either ex-military or reservists like myself.

I look forward to seeing many of you when I return home on leave in the summer. In the meantime, all the best and thank you for your support.

Up the Guards!

2013 Executive

There is a new Executive for 2013. At the Annual General Meeting, held on Friday 19th October 2012, there being no other nominations, the members attending voted to affirm the Executive for 2013. Please find their names and contact information below:

President	Bryan Brulotte	613-562-9943
	brulotte@maxsys.ca	
Secretary	David Rennie	613-680-4306
	David.Rennie@rogers.com	
Treasurer	William Simmons	
Past President	Al Proulx	613-692-4894
	jane.proulx@sympatico.ca	

Guards Club Spring Luncheon

Our Spring Luncheon will be held at noon on **Thursday, 04 April 2013** at the Army Officers’ Mess, 149 Somerset Street, West. The Guards Club will provide wine with lunch, but the meal is at your expense. Tickets for a light or full lunch can be purchased at the bar. Please RSVP to David Rennie by 29 March 2013 or sooner so that I can ensure adequate seating, the location for the lunch is very dependant on numbers attending. The lunch will be either in the library or the main dining room.

Guards Club Christmas Luncheon

The fall luncheon will be held at noon on **Tuesday, 03 December 2013** at the Army Officers’ Mess, 149 Somerset Street, West. The Guards Club will provide wine with lunch, but the meal is at your expense. Tickets for a light or full lunch can be purchased at the bar. Please RSVP to David Rennie by 27 November 2013.

RSVP to: David.Rennie@forces.gc.ca or call 613-991-2117

Spring Social

The spring social is still to be determined as soon as this is firmed up I will inform all members

Regimental Birthday Dinner

Will take place on Friday 7th June 2013, this is presently in the planning phase. As soon as this is firmed up I will send out an announcement, this will also be posted in the Guards Star and will be announced through the Thomas Ross Club.

Membership

A gentle reminder that your dues are vital income for the Guards Club if we are to support social functions for you the members, keep in touch through the Newsletter and support the Regimental causes, such as our Guardsmen overseas and the Cadet Corps. If you haven't already sent in your 2013 dues, please make your remittance soon.

Memorials and Tributes

Estelle Lane

GREGORY, Horace Charles C 40039

Peacefully on Friday, November 30, 2012 at the age of 93.

He served overseas with 21 CAR (GGFG) and was a life member of the Foot Guards Association.

FORTIER, Guy Major (ret'd)

Passed away peacefully at home surrounded by his family on December 19, 2012. He had just turned 90 on December 7th. Guy and his wife Betty had been married for 68 years. Guy served with the PLDG during WWII and joined the regiment in 1957. In 1959 he was promoted to WO1 (RSM) retiring in 1966. Shortly after he was commissioned with the Cadet Corps as a Lieutenant and was subsequently promoted to Major and commanded the Cadet Corps. He was a life member of the Foot Guards Association.

WOOD, David Philip William LCol (ret'd)

Passed away peacefully on January 11, 2013 at the age of 86 with his loving family watching over him.

Joined the Infantry Corps in 1944 and served in Canada until 1946 as a Sergeant. In 1947 he joined the COTC of the University of Toronto, graduating with a degree in Applied Science and Engineering. In 1951 he was promoted to 2nd Lieutenant in RCEME. He was promoted to Captain in 1956 and in 1960, on transfer to the Militia, was promoted to Major working with 18 Militia Group HQ. He joined the Regiment in 1966 becoming company commander of No. 2 Coy and served as Commanding Officer from 1967 to 1970. He was a life member of the Foot Guards Association.

POLLEX, Mae

Passed away on Friday, February 8, 2013 at the age of 89. Beloved wife of the late Elwood Pollex, who served as RSM from 1970 to 1973, and father of Sergeant Bruce Pollex who served from 1962 to 1967. Mae and her family have faithfully attended the reunion dinners for several years.

*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 30, 2013**