Governor General's Foot Guards Regimental Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3 Regimental Website: www.footguards.ca

DECEMBER 2013

EDITOR: ESTELLE LANE



Message from the President

MWO Marty Lane, CD (Retd)

The first major storm of 2013 is about to hit the city as I write this article. Once again the Association Executive is planning for the coming year. We are in the final planning stages for the Regimental Ball which will be held on March 1, 2014. There will be a full report on the Ball with all the necessary information further on in this edition. We are also working with the Junior Ranks mess in trying to arrange for a Charity poker night in mid March. This night will be open to all Association members and is an attempt to bring together all parts of the Regimental Family in a relaxed evening together.

Note to the former members of the Regiment: it sure would be nice to see a large turnout from you guys, just to show the current members that we still have an interest in the Regiment and its members. It is the intention of the Association Committee to try to have a few different events during the year in which the past and serving members can get together other than just the Reunion Dinner in the fall.

The Association has been busy during the past year with a couple of projects which have been going on for a while and finally been completed. I wish to thank Jim Milne, our History and Traditions Chairman, who has been busy correcting little things as per the traditions of The Coldstream Guards. As a result of this we have purchased new drill canes for the Regimental Sergeant-Major, Drill Sergeant, Regimental Quarter-Master Sergeant, and the Company Sergeant Majors, and also have purchased the proper white sword knots for their swords.

We are presently looking into the purchase of half covers for the tubas and euphoniums for the Regimental Band.

At the Annual General Meeting, at which time elections were held, we had no nominations for the position of secretary. The RSM stated that he would attempt to find someone from the Regiment to fill this position. I wish to thank Adam Orton for stepping forward and accepting the position of Association Secretary. There are a few other positions that have to be filled, so if anyone is interested please see me for more information. Maybe this and the card night in the Junior Ranks Mess will be the start of the Association rejuvenation, enabling us to conduct Association meetings on a regular basis.

Estelle and I would like to wish each and everyone a Merry Christmas and a Healthy, Prosperous and Happy New Year.

Message from the LCol Comd

LCol Kevin MacLean, CD, AdeC

As we enter the month of December, our thoughts turn to the myriad of activities that will happen between now and the New Year. I would like to take this opportunity to wish everyone a Merry Christmas and a safe and prosperous New Year. I also hope you and your families will participate in the Carol Service and Kids Christmas Party on Saturday 14 December at 1300 hrs at St. Bartholomew's and the New Years Levee in the Officers' and Sergeants' Mess on the 1st of January.

As we look forward to all we have on our plates in the New Year, it is an opportunity to reflect on our accomplishments over the past year.

Perhaps the most significant in my mind is that although we have a number of members of the Regimental family deployed in a civilian capacity through out the world in places such as Kenya, Djibouti and Afghanistan, this is the first time in over 10 years and possibly more that we do not have any members deployed internationally as members of the Canadian Forces over Christmas.

With the end of Canada's Mission in Afghanistan comes a heightened awareness that Canadians have a moral obligation to ALL veterans, to recognize their service and provide care and assistance required. There are numerous programs run through the Department of National Defence, Canadian Forces Morale and Welfare Services, Veteran's Affairs Canada as well as non-governmental organizations such as the Legion, Canada Company, True Patriot Love Foundation and the Last Post Fund who are there to assist both serving and past serving members of the Canadian Armed Forces.

Internal to the Regimental family, there is the critical role that the Regimental Association plays in keeping contact with past serving members so that we can utilize this network to both identify those that may need assistance and those that can help serving and past serving Guardsmen. Use of social media such as our Facebook group is yet one more tool that we now have at our disposal. I encourage all to identify past members that may have lost touch with the Regiment to reconnect through the Association and for those on Facebook and Linked-in to join our groups.

Guardsman past and present can be proud of the Regiment's accomplishments over the past year. All members of the Regiment have served us proud; be it on operations, full time reserve employment, individual and collective training as well as ceremonial and band engagements. All have continued to perform at the high standard expected of the Regiment. Not a LCC's parade goes by without presenting honours and awards or an honourable mention of someone who has been "caught" doing something well. As we all know with both good and bad deeds, not everyone gets

caught, so I congratulate all those who didn't get caught doing things right. Those that have been bad, you can present yourself to the Regimental Sergeant Major, he will assist you in remedial activity to get you on the "nice list" that he shares with Santa on an annual basis.

As we look forward to the New Year, we will be continuing to focus on collective training at the company level culminating in the 33 Territorial Battalion Group live fire at the end of March. The spring will be filled with Individual Battle Task Standard training followed by the summer training period, Ceremonial Guard and the summer concentration (Ex Stalwart Guardian) in August. We once again have the lead for the 4 Division Canadian Armed Forces Small Arms Primary Reserve Team and look forward to representing Canada at the Australian Skill at Arms Match this spring. After that we will focus our aim on collecting more hardware on the road to CAFSAC in September 2014.

New as well, will be our lead of the 33 CBG Influence Activities Company (IA Coy), the plan as it stands now is that this capability of Civil Military Cooperation (CIMIC) and Psychological Operations (PSYOPS) will be established under GGFG Command, meaning a growth of 52 positions for the unit. While a large number of special qualified members will be attached posted from other units, the command and control will be provided by the GGFG. This represents a huge opportunity for us to grow as a unit and have our members enhance their soldier skills specialty with courses and employment.

Our band continues to make us proud and delight audiences throughout the region; recently performing at the Vimy Awards at the War Museum, joining with the Central Band at the Aviation museum as well as marching in two Santa Claus parades this past weekend in Prescott and Ottawa. This is in addition to Remembrance Day and all the many small ensemble and group engagements performed. It is a pleasure, as the Lieutenant Colonel Commanding to attend events and be able to say "I'm here with the Band".

As you can see, the end of operations in Afghanistan has not slowed down our tempo one iota. I continue to be proud of the performance of all members of the Regiment including our Cadet Corp under the Command of Major Chris Sloan. Our cadets wear the Guards Star well and uphold the traditions of the Regiment well.

Finally, you may notice me sporting a new look come the New Year. As a result of the Regiment raising over \$1000 for the Movember men's health campaign; I will have my moustache shaved off during the Battalion Dismissal on 3 December. If you are in the area be sure to stop by for this historic event, it has been over 20 years since I have seen my upper lip.

Up the Guards!

Message from the RSM

CWO (RSM) David Snyder, CD

Some people mentioned in my previous article are again mentioned in this article. Marty Lane, as predicted, recovered nicely from his heart procedure. Once his health returned, Estelle decided it was her turn to take some sick leave and have Marty look after her for a while. I'm glad to see Estelle back to good health herself.

Sergeant Dallaire (recently promoted to Colour Sergeant) succeeded in his task of winning awards at this year's Canadian Armed Forces Small Arms Competition (CAFSAC, formerly known as CFSAC). His impressive list of awards is found elsewhere within this issue. He was able to take a collection of talented soldiers and mould them into a winning team. His efforts, plus those of the shooters themselves - many of them guardsmen - have again demonstrated to the rest of the country the high standards the Guards are capable of in any discipline.

Guardsman Hammill was awarded the top recruit of his platoon prize on his infantry course in

Meaford. That makes two years in a row that a GGFG member has achieved this honour. Well done to Guardsman Hammill, his fellow GGFG course mates for their support, and 2 Company for giving him the skills and attitude to allow him to excel.

Exercise STALWART GUARDIAN by most reports was a success. Organised by 4 Division (formerly Land Force Central Area), this training event had soldiers fighting a violent domestic enemy in and around the areas of Training Centre Meaford, including public lands. The use of laser operated simulation equipment enhanced the realism of the training, and it has been the first time in many years that most of our soldiers have seen such a large-scale activity. Anyone bumping into Sergeant Joly can ask how he managed to end up falling overboard during an attack from water assault craft!

The unit was involved in all aspects of the popular army run. The band will have an article describing their involvement, along with the recognition given to Corporal Fortier who was unable to run due to her commitment to the band. Also not able to run was Sergeant Joly who, at the last minute, had to provide key quartermaster support to help ensure a successful event, forfeiting his entry ticket for the half-marathon. Many members of the unit participated in all of the races.

Many thanks to the Association, particularly Major James Milne (retired), for their gift of traditional parade canes and sword knots, presented formerly the Lieutenant-Colonel during Commanding parade of October 8th. The sword knots are cylindrical in form as opposed to the acorn pattern worn by officers. They will be worn on the swords of those Warrant Officers who carry swords - the Drill Sergeant, Regimental Quartermaster Sergeant (RQMS), Band Sergeant-Major, and Drum Major. The canes, beautiful in appearance, are allocated to the Sergeant Major, Drill Sergeant, RQMS, and each of the company Sergeants Major. The re-adoption of these items comes at a time when many historical army terms and items are returning to use. It also helps to maintain the

customs we share with our allied unit – the Coldstream Guards.

I look forward to speaking with most of you at the upcoming Christmas dinner.

GGFG SENTRY FUND



Value at 31 Dec 2012 \$53,752

Value at 31 Aug 2013 \$57,700

Goal for 31 Dec 2015 \$100,000

The capital will not be spent. Only the income will be made available for regimental projects.

Cash donations are preferred, but gifts in kind will be welcomed.

Cheques payable to the Sentry Fund should be mailed to the GGFG Association, Box 1212, Postal Station B, Ottawa, ON K1P 5R3

Sentry Fund trustees: John Brockway, Roy Longbottom

and Larry Lomas.

Tel: (In Confidence) 613 720-3847.

Regimental Ball 2014

Marty Lane, CD

The Regimental Ball is being held March 1, 2014. We are going to a new venue which will be **The Ottawa Conference and Event Centre located at 200 Coventry Road and the Vanier Parkway**, which includes free underground parking that is connected to the Conference Centre and both Hotels, the Hampton Inn and the Courtyard Marriott.

The cost is \$75.00 per person and tickets will be available from your Mess Committee. We

have also negotiated reduced hotel rates for those wishing overnight accommodation.

The Hampton Inn (613-741-2300) 10 rooms (5 King beds and 5 with two Queen beds) allocated at the rate of \$145.00 + tax double occupancy and \$135.00 + tax single occupancy. When making your booking ask for booking **code GGF and group number 2014**. These rooms will be held until **February 1, 2014** and then released at regular rates. The Hampton also offers a complimentary breakfast bar.

The Courtyard Marriott (613-741-9862) 10 rooms (5 King beds and 5 with two Queen beds) allocated at the rate of \$139.00 + tax double occupancy. When making your booking ask for booking **code FGF.** These rooms will be held until **February 7, 2014** and then released at regular rates.

Musical Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

The Band hit the ground running again this fall and by the time our Christmas break rolls around we will have completed twenty-eight engagements. In addition to these full band and small ensemble engagements, we are increasingly receiving taskings to provide the bugler for Beechwood Internments and support to the Central Band when required. The Band was figured prominently during Army Week and the Army Run in September. In addition to performing the anthem with Lyndon Slewidge at the start of the Run for 22,000 runners, the Celtic Ensemble was featured on the Army Run stage throughout the weekend. The band provided musical support to the 30th Field Regt (RCA) when they dedicated their new temporary armoury; to HMCS Carleton for their Change of Command parade; and the Freedom of the City and Change of Command Parade for 33 CBG in October. They also performed the anthem at the Sens first Heritage Game on Saturday October 19th. Highlights in November included the annual "We Will Remember" Concert held at the Aviation Museum on November 10th in concert with the Central Band of the Canadian Armed

Forces. Over 450 people attended this excellent concert. The Brass Quintet performed earlier that day at St. Bart's Remembrance Day Service to a very full congregation and a brand new magnificent pipe organ.

Despite the elements, the Band performed for both the Prescott Light up the Night Santa Claus Parade on November 22nd and the Ottawa Help Santa Toy Parade on November 23rd. In both cases cadets from our own Cadet Corps volunteered to hold the banner and march in front of the band. Many thanks to Major Chris Sloan and our four cadets. See the photo of the cadets, the band and Spartycat who posed with the band before the parade took off!



I am pleased to report that Mscn Gordon Tait (formerly Scots Guards Band) has now been enrolled in the Canadian Armed Forces. It took nearly three years to accomplish but we are thrilled he is officially on strength with the band. CSgt Mark Rocheleau, retired member from the Central Band, is also effective on strength with the band. We have several other musicians attach posted to the band this fall including MCpl Biana Toledo (from Royal Winnipeg Rifles), Mcsn Daniel Desgroseilliers, Cpl Tristan-Hughes, Cpl Jeff Kingsbury, Cpl Cameron Beare, all from Ceremonial Guard Band.

Weddings and babies seem to be on a run within the band these days. Summer and fall weddings included those of Cpl Maxime Brisson, Cpl Angela Hardy to Cpl Cameron Beare, Sgt Melanie Mayor to MCpl Steve Hum, Sgt Julie Hacquard and Cpl Flora Lei. The band family increased in size with the birth of baby girls to Sgt Carin Dodsley (Lauren, her second child) and a first child, Averie, to Cpl Cameron Walker.

The band wishes everyone all the best of the holiday season. We hope to see you out at the GGFG Christmas Carol Service on Saturday December 14th at St. Bart's Church when the Brass Group will lead those in attendance in song.

Please mark Sunday February 9th, 2014 on your calendars. The Band will be in concert at the Canadian War Museum at 1400 hrs.

Sharpshooters of 2013, report from CAFSAC

Sgt Alexis Dallaire

The timing couldn't have been any better, I was just coming off a long term class B and on the look out for further employment when the LCC asked me to run the 4 Cdn Div PRes CAFSAC team along with team Captain Capt Atkins from 30th FD. From early June to early August, we managed to get 62 shooters from across the Division to participate at one of the 4 Ontario Rifle Association weekend competitions in order to register a score and fit somewhere within the provincial standings. From that list, 20 of the top shooters would continue further training and only 16 would pass final selection to compete at CAFSAC 2013... and of those 16, 8 were GGFG, 4 of which were Tyro shooters (shooters who have never competed in a National Championship).

The team participated in the National Service Conditions Championship (NSCC) organised by the Dominion of Canada Rifle Association (DCRA) from 27 August to 7 September. This competition brought shooters from across the country and the

USA to compete in pistol, sniper and service rifle matches. After only the first 2 days, the team established itself as THE competition after literally cleaning up the pistol awards winning 7 of 9 trophies. Then followed the sniper matches where we all had our doubts about our capability to score big from 800 meters with C7s... And we did, winning 3 more trophies and a gold medal. The competition grew bigger as more competitors had arrived specifically for the service rifles matches. Cpl Hordo from the QOR was seemingly unbeatable for the duration but after firing 2 haunting shots at the target next to him on the final match, it set him back 4 points from being chaired off the range and winning the championship like only a few elite marksmen had accomplished in the past, Capt Gagnon and MCpl Ryan for example! All in all, the results were amazing and the list of winnings is extensive:

Pistol: Commissioner Woods trophy for top team of 4 CF/RCMP: **Sgt Dallaire, Cpl Valcourt, Cpl Muldoon and Cpl Wong**

Series A Shield and Gold Medallion for top tyro and top CF/RCMP: **Sgt Dallaire**

Series B Shield and Gold Medallion for top tyro and top CF/RCMP: **Sgt Lavoie** (Argyll and Sutherland Highlanders (ASH, 31 CBG). **Sgt Dallaire**

DCRA plaque for Tyro Champion CF/RCMP: **Sgt Dallaire**

James Boa trophy for Pistol Champion CF/RCMP: **Sgt Dallaire**

Sniper: DCRA Plaque for tyro champion CF/RCMP **Cpl Fortin**

Dominion Cartridge Trophy for Sniper Champion CF/RCMP: **Cpl Hordo** (QOR,32CBG)

Molson Macpherson Trophy for Canadian National Sniper pair champions CF/RCMP: **MCpl Ash** (ASH 31 CBG),

Service Rifle: Sherwood Cup for snap aggregate: **Cpl Hordo** (QOR)

King/Dundonald Trophy for deliberate aggregate: **MCpl Ash** (ASH)

Wills/Morkum trophy for fire and movement aggregate: **Cpl Hordo** (QOR)

DCRA Gold Medallion for 300m phase aggregate: **Cpl Chang** (QOR)

DCRA Gold Medallion for 500m phase aggregate: **Cpl Hordo** (QOR)

DCRA 550 badges:

Helmer Memorial Trophy for stage 1 aggregate: **Cpl Hordo** (QOR)

PPCLI Service Rifle Trophy for highest scoring individual: **Cpl Hordo** (QOR)

Canadian National Service Rifle Champion: Silver medal to **Cpl Hordo** (QOR)

And finally, the scores for all 3 guns - Canadian National Three Gun Champions:
1st Place - **Cpl Hordo** (QOR)
3rd Place - **Sgt Dallaire**

Coming from the NSCC with this much hardware was a huge high for the team going in CAFSAC where the competition will be tougher, the days longer and the rule book twice as thick. Nonetheless, after 4 days of pistol competition the team took the following awards:

Pacific Militia District trophy for top tyro shot - reservist: **Sgt Dallaire**

Fox-Decent Trophy for Top Shot in Service Pistol - reservist: **Cpl Valcour**

The Royal Montreal Regiment trophy for top 4 man team - reservist:

Sgt Dallaire, MCpl Kim (QOR), **Cpl Valcour** and **Cpl Wong** (QOR)

The Soldier's Cup:

Sgt Dallaire, MCpl Ash (ASH), MCpl Ryan, Cpl Valcour, Cpl Hordo (QOR), Cpl Muldoon, Cpl Altoft, Cpl Fortin.

The Thomas Ricketts VC trophy for top team in match 32 – CASEVAC: **Sgt Dallaire, MCpl Ryan, MCpl Ash** (ASH), **Cpl Hordo** (QOR)

ATA Cup:

Sgt Dallaire, Sgt Lavoie (ASH), MCpl Ryan, MCpl Ash (ASH), Cpl Fortin, Cpl Chang (QOR), Cpl Valcour, Cpl Hordo (QOR), Cpl Muldoon, Cpl Altoft, Cpl Bertrand, Cpl Wong (QOR).

Service Rifle and Pistol Combined top 10 coins: 4th place – **Cpl Valcour.**

Division Commander SM The and personally congratulated the team after the awards ceremony. Aside from some obvious natural talents on the team, the progress that many team members made during one summer's training is astounding, more so for our tyro shooters: Cpl Langille (Tyro) for example increased his final score to 875, which is 173 points higher than his first shoot of the season; Cpl Bertrand increased 129 points to reach the 900's club at 906; same with Cpl Fortin and myself both increasing 115 and 94 points respectively, finishing with 926 and 927. With scores like that, these tyros are sure to make a mark as Seniors next year. I would like to highlight the services provided to the team by GGFG RQMS throughout the season. They worked long and weird hours to accommodate all of the team's requirements and did so with remarkable efficiency - greatly appreciated guys! Finally I feel the need to highlight the now tangible rewards of having a unit marksmanship program and the Combat Conditioning Club. Here are the stats: 11 of 12 GGFG shooters involved this summer are part of either or both clubs, 8 of which have picked up major awards either at NSCC or CAFSAC, 5 of which are now going to represent Canada at the Australian Army Skill at Arms Meeting in April.



NSCC, from left to right

top: Cpl Kathron, Cpl Lau-Chapdelaine, Cpl Muldoon, Cpl Valcour, Cpl Wong, MCpl Kim (QOR), Cpl Langille, Cpl Bertrand, Maj Chang-Fong,

bottom: Capt Atkins (30th FD), Cpl Wong (QOR), Sgt Lavoie (ASH), Sgt Dallaire, Cpl Hordo (QOR), MCpl Ash (ASH), Cpl Quinn, Cpl Fortin



CAFSAC, from left to right top: Cpl Langille, MCpl Hall (ASH, former GGFG), Sgt Dallaire, MCpl Ash (ASH), Cpl Altoft,

bottom: Cpl Chang (QOR), Cpl Bertrand, Cpl Valcour, Cpl Muldoon, Cpl Hordo (QOR), Cpl Wong (QOR), MCpl Ryan, MCpl Kim (QOR), Cpl Fortin, Maj Chang-Fong, Capt Atkins (30th FD).

From the Guards Cadet Desk

Major Christopher Sloan, CD

As always the cadet corps remains an active unit within the regimental family. We finished last year with 104 cadets on rolls, and were lucky to send 53 of these cadets to summer training as their trainees or staff across all of Ontario. We were fortunate to receive one position on the Cadet Serial of the Canadian Forces Parachutist course, and are happy to report that Cadet Master Warrant Officer Gavin Omand returned to the unit having successfully completed all aspects of the training and was awarded the CF Basic Parachutist wings.

The first half of the cadet corps training year has been an eventful one. Although we had a high number of cadets who chose to not return after summer training, the cadet corps numbers are again on the rise and we will continue to recruit new cadets until the end of March. If you know any young people interested in a challenging program, please point them in our direction. We started the year with the distinction of being the only unit in Central Region to have cadets selected for each of the Regions five (5) summer expeditions. In Total 12 cadets participated in the Regional Expedition program from the unit so far this year experiencing challenging multi-day navigation activities and physical challenges as they navigated courses of mountain bike trails, moving water canoe routes, and long legs of trekking across some of the toughest terrain Ontario has to offer. Our cadets acquitted themselves well and for the most part completed all of the challenges before them, and are now eligible for the National and International expedition programs. In September, the Corps had 21 cadets and staff participate as runners in Canada's Army Run, and we also provided 20 cadets to man the water and recovery area in Confederation Park at the end of the race route, in hopes of giving back to all of the runners who showed up to support Canada's Military Families. We hope to be able to expand the number of runners and volunteers next year.

For the fourth year in a row, our Orienteering team was skilled enough to have

cadets move on from the area competition to the regional competition at Borden during the month of October. At the area level, two cadets from the unit medaled at bronze and silver in Junior Female and Junior Male categories respectively, cementing their position at the Regional competition. They were joined by our composite female team who scored fourth overall qualifying them for the right to move forward as well. In total five (5) cadets from the unit competed at the Regional level, and although we did not medal at Regional's this year, it was the highest number of team participants we have sent to this competition ever. My thanks to Sgt. Jeremy Dixon as the team coach for preparing them for this competition along with our senior cadet coaches Cadet MWO Gavin Omand, and Cadet CWO Bryanne Asboth who took a significant amount of time to continue developing the cadets skills in this area.

October also saw the unit move many of its resources out to support activities across the community in Downtown Ottawa. Fifteen of our cadet participated in the Clean the Capital event picking up garbage and removing graffiti in two downtown parks and along the Rideau Canal. The corps also supported the Byward Market Business Association's first annual Family Ocktoberfest assisting in the family fun area and selling tickets for the event around the downtown core. This year it is the Corps' intent to ensure we are giving back to the community so you should expect to see us out in support of many more community events, and if you have an event that may need some support, please let us know.

As Remembrance week approached, the cadets were asked to support 13 separate events across the city including the Senate Remembrance Ceremonies, the Royal Canadian Legion and Veterans Affairs Candlelight vigil, and of course the Ceremony at the National War memorial. Of 9 army cadet units in the city, the Guards were the only unit able to provide cadet and officer support to all 13 events for the fifth year running. This speaks volumes to the dedication and commitment of our cadets to the act of remembrance, a commitment which will now shift to planning the

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The Guards Star

April8/9, 2014 Vimy Vigil which the unit will again take the lead on planning. The past month has also provided our cadets the opportunity to get into the field for several days of training, and has seen all of our specialty team again start preparing for their various competitions. The unit remains very active and we hope that every member of the Regimental family will take the opportunity to come see what we are doing or to stop by and support our cadets when you see them out in the community at large.

We were honoured this past weekend to host the Colonel Commandant of the Royal Canadian Army Cadets, Brigadier General (Retired) Roy Romses, OMM, CD, on his first official visit to Ottawa. He was impressed by both the cadets he saw training and the obvious support we receive from the Regimental family in providing us facilities, and the support we need to continue to operate a challenging program for the young people of Ottawa. As we approach the Holiday season, I would like to say thank you to all members of the regiment, and the regimental family for their continued support of the cadet corps in particular, but the cadet movement in general. We could not do it without your support. From the staff and cadets of 2784, we wish you a safe and happy holidays, and look forward to reporting our continued successes throughout the second half of our training year.

Up The Guards!

Regimental Museum

Estelle Lane

On October 26th, we were invited by the Nepean Branch of the Ottawa Public Library to set up a WWI display at Ben Franklin Place. Other participants were the City of Ottawa Archives, the Ottawa Genealogical Society, the Goulbourn Township Museum, and individuals who had an interest in Genealogy. It was a very interesting day and a great way to promote the GGFG Museum.



On November 7th, we again set up a display at Billings Bridge Plaza as part of Veterans Appreciation Week sponsored by Veterans Affairs Canada. Unfortunately, we don't have a picture, but wish to thank Cpl Eric Altoft and Cpl Max Kathron for participating in the opening ceremonies and helping us in answering questions from the general public. It's always nice to have the Regiment's support and the soldiers are a most welcome addition to our kiosk.

Wayne Younghusband has been working diligently to get a Museum Website up and running. There is still some work to be done, but there is already quite a bit of information, including the Guards Star and the Kit Shop along with other information.

Check it out at www.footguards.ca/2013

Tour La Nuit de Montréal

LCol (Ret'd) Larry Lomas. CD

In high gear and speeding down a major Montreal downtown artery, oblivious to the traffic lights, I braked for a ninety degree turn. On the turn I heard the guy directly in front shout out a woman's name as he braked hard to a stop. I braked hard then veered right into the slower traffic, then as I down shifted to rebuild speed I quickly glanced back. I smiled when I saw the two, kissing and joyously locking arms around each other. Their past

relationship and its future are left to one's imagination.

Now back in the fast lane on the left flank I wondered where Bob Crook and Bruce Burbidge might be, having lost track of them a few km after the start. I thought it best to assume they are both ahead of me as I worked the gears up to the highest on the downhill fast run, leading to the river and the down river run beyond. Passing by groups of Montrealers cheering us on from sidewalks, home verandas, and outdoor cafes, stokes ones energy bank.

While not a race, the "Tour la nuit" has become the main attraction of our annual spring mission to Montreal. It also includes walkabouts in its many attractions and, at the dinner hour, a recce of restaurants "commanding" us to "apportez vos vins".

We joined the regiment in the sixties when we were single, having fewer responsibilities and great expectations. We have been friends since having stepped into marriage and advancing to the point where we hope to meet our great grandchildren in time. Still physically active, now pumping smaller iron, we have somewhat less competitive spirit and are a tad more cautious.

This biking event held in late spring, and now in its eighteenth year, attracts bikers from Quebec, Ontario and neighboring US states. The start and finish line are separated by about twenty five km of streets totally devoid of traffic at least for this night, in this vibrant world class city. The start line is usually on a boulevard where we line up behind thousands of others wearing our event bibs. Both directions are occupied with bikers of all ages, some in family groups including young mothers with babies bundled on their back talking to others, some having their own precious bundle. One can see the sparkle in the baby's eyes and those of their older siblings, wide open as they take in the scene. There are flashing LED lights on both bikes and bodies, high energy music, giant balloons being bounced skyward and falling to be bounced again and impromptu dancing of couples, some having just met, all anxiously awaiting the start.

The increasing growth of participants in this event, now numbering more than seventeen thousand has necessitated careful planning. This includes a start line choke point and other measures for safety.

Once beyond the choke point less capable riders or those with young ones find a slower stream and their parents, some of whom may have participated long ago with their parents would look forward to the day when their offspring would be able to go the whole distance.

Bob, Bruce, me and the others enjoying the fast ride in the thinning crowd, know we soon will be taxing leg muscles and lung capacity working our way through the uphill route leading to the finish at one of large parks. If there is a finish line it would be impossible to see as it would be covered by an enormous party in progress. We three somehow meet again and distracted by the many activities lose interest in knowing who may have come in first.

On one occasion while riding back to our hotel and in search, along the way, of a pub we came across one that looked promising. We then noticed a couple beckoning to us from within through a large opened window. Instinctively, Bob and I knew they would be waving at Bruce our "mister congeniality". So after locking our bikes together and removing our helmets we tailed Bruce to be introduced to a younger couple from New Hampshire, he having chatted with them before the start. Forced by lack of space we got physically close to them and we became spiritually closer as they told us of their other biking adventures including the famed five boroughs ride of New York City drawing forty thousand bikers. That is the number of lottery winners allowed to pay the fee and go on the day long ride. Well, we will think about that one, in the meantime we are on again for Montreal's night ride next spring.

Memorials and Tributes

Estelle Lane

WALTON, Reginald Victor Sgt. Major (Retired) Passed away on Saturday, August 3, 2013 at the age of 94. Beloved father of Marilyn (Wally) Adams (H/LCol John Adams)

BOOTH, Rosalyn Mary

Passed away on Thursday, July 18, 2013 at the age of 81. Beloved mother of Lieutenant Commander Rick Booth, who served with the Regiment in the 1970's

RAPP-BOWEN, Helen Mary

Died in Ottawa on August 22, 2013 at the age of 88. Bomb girl, veteran of the Canadian Women's Army Corp, student of Art History and Inuit art, volunteer dynamo at the Queensway Carleton Hospital, Armed Forces Pensioner's Association and the Canadian War Museum amongst many others. Champion for veterans rights, particularly military widows. Helen was the wife of Gerry Bowen, Life Member of the Foot Guards Association.

SCRATCH, James

Passed away at the Benghazi Medical Centre, Tripoli, on November 6, 2013 at the age of 56. He was a Humanities teacher who worked at the International School of Benghazi.

He was a long time Reservist who served with our Regiment and before his service with us, with the Essex and Kent Scottish Regiment. I can't remember for sure, but I think I was Drill Sergeant or Regimental Sergeant Major during Jim's time. I remember him as dedicated, principled and strong minded. Jim also had a great laugh and was fun to be around.

(Thanks to Rob Duncan for the information)

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 February 24, 2014

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	Postal Code
Telephone	
Email Address	
Dates of Service from	
Decorations	
Date of Birth	
Please find enclosed \$ Membership in the Foot C	
Signature:	
Date	
Applications and dues to b	be returned to:

GGFG Regimental Association PO Box 1212, Stn B Ottawa, ON, K1P 5R3

Attention: Membership Chairman