

# The Guards Star

Governor General's Foot Guards Regimental Association, Box 1212, Station B, Ottawa, Ontario, K1P 5R3  
Regimental Website: [www.footguards.ca/2013](http://www.footguards.ca/2013)

JUNE 2014

EDITOR: ESTELLE LANE



## Message from the President

MWO Marty Lane, CD (Retd)

Once again it is time to report the activities of the Association for the past three months and the planning stages of the events of the coming months. The Association executive have been busy working on the By-laws and Constitution so that we are in step with the new Industry Canada and Canada Revenue Act that have been implemented by the Government. This will mean a change to our Constitution so that we comply with the changes that have been implemented by Industry Canada.

At present we are busy planning the upcoming Reunion Dinner that is scheduled for October 17-18. After consulting with the LCC it was decided that this date was the best available for both the Association and the Regiment. More information to follow as it becomes available.

As many of you may already know the City of Ottawa has named a city park for the Regiment. Estelle and I were in attendance when Foot Guards Park was officially opened on May 16 by the Mayor, Councillor Steve Desroches, LCol Maclean and the CWO Snyder. The park is situated right beside the new Chapman Mills Elementary School located in Barrhaven. The official opening of this park was hampered by a heavy rain storm, but in true GUARDS fashion the Quarter Guard complete with Regimental Band did a very good job of improvising when the opening was moved into the school gym with a short parade instead of the planned one from the school to the park. The students in attendance were very impressed with the after parade mingling with the members of the Regiment and being able to ask questions regarding the uniforms.



At the present time the VPres. History and Traditions Jim Milne is working on the purchase of tuba and euphonium covers for the band. The committee is also preparing for the Annual General Meeting in October and looking at what changes we have to make to the Executive to fall in line with the new Industry Canada guidelines. We will also be looking for people to fill the Executive positions that may come vacant or fill a couple of new positions that may be created. Once again I remind you that this is your Association and if you have any ideas please let the Executive know about them.

Wishing everyone a very safe and happy summer.

## Message from the LCol Comd

LCol Kevin MacLean, CD, AdeC

There is a great deal to report over the last quarter for this submission of the Guards Star and a great deal to make all serving and former serving Guardsmen proud. I would like to take this opportunity to send out a collective thank-you to all serving members, your personal drive and commitment to service makes it very easy to highlight our most recent accomplishments.

The most significant event in my mind was the National Day of Honour, recognizing all that served in Afghanistan. A very moving parade and ceremony was held on Parliament Hill as well as other cities in Canada on the 9<sup>th</sup> of May where we officially marked the end of Canada's involvement in our longest military engagement. Our contribution as a force generator to this mission was significant, filling a variety of positions from Guardsmen in the battle group to Lieutenant Colonels in ISAF Headquarters. This contribution has earned the Regiment the Theatre Honour "Afghanistan". Working behind the scenes on this activity was our own, past serving Lieutenant Colonel Commanding LCol Rob Foster who is the J3 Special Events at Canadian Joint Operations Command.

On the 16th of May the Mayor Jim Watson officially opened "Foot Guards Park" in the Chapman Mills area of Barrhaven. The Guard, commanded by Sgt Pat Alden and the Band under direction of LCol Fran Chilton-MacKay delighted the children of Chapman Mills Public School. Due to wet weather the ceremony moved into the school Gymnasium and the kids got a chance to get up close to the soldiers and musicians. We even made the front page of the Ottawa Citizen the next day. A big thanks to Counsellor Steve Desroches and Mrs. Andrea Ward for their efforts in making this a reality.

While all this was going on, halfway around the world our modern day "Sharpshooters" made up the majority of the Canadian Armed Forces team that

completed in the Australian Army Skill At Arms Meeting in Puckapunyal Australia; you can read all the details later on in this edition so I will not steal the thunder of that article. I will say however that we did exceptionally well given the competition of professional shooters from around the world. We continue to be the lead unit for the 4 Division PRes team and we continue to advance toward the Canadian Armed Forces Small Arms Concentration. Yet another reason to be proud.

Last Friday, myself and the Honourary Colonel paid a visit to Ceremonial Guard. It was wonderful to see the Guard under the capable command of Major Michel Lavigne. Although I could stand corrected, this is likely the first year that the Grenadier Guards have outnumbered us as far as providing officers and soldiers to CG. Obviously something we have to work on; we will have to get our Influence Activities Company working on the PsyOps campaign to that effect.

With the start of Ceremonial Guard we can officially declare summer is here. I look forward to seeing most of you sometime this summer and look forward to a new training year in September. Enjoy and stay safe.

Up the Guards!

## Message from the RSM

CWO (RSM) David Snyder, CD

There is a lot to be proud of in the unit as everyone prepares for their summer schedules. Members of the unit marched in the National Day of Honour parade on Parliament Hill on Friday, May 9<sup>th</sup>. Sergeant Dominique Kowlessar, just recently returned from his amazing journey to the magnetic north pole with the True Patriot Love organisation, participated in a detailed interview shown on television during the National Day of Honour proceedings.

A small armed ceremonial contingent and the band were present as Ottawa's Mayor – Jim

Watson – opened up the Foot Guards Park in Barrhaven on Friday, May 16<sup>th</sup>. More details and photographs can be found on the web site of Councillor Steve Desrosches.



Captain Gagnon and Colour Sergeant Dallaire returned with their successful team from Australia's premier shooting competition, with some prizes as always. Refer to CSgt Dallaire's article elsewhere in the Guards' Star.

Guardsman Roney will be experiencing a memorable journey as he represents the unit in Normandy for OPERATION DISTINCTION, the 70<sup>th</sup> anniversary of the actions in Normandy. We are looking forward to hearing his stories upon his return.

For serving members, during the summer, whether you are working for the military or not, maintain contact with your chain-of-command and subordinates. It is easy to stay in contact through a variety of means to pass along employment opportunities, important news, or points of interest. Stay in shape and don't break any legs like a couple of members have done this year.

Think about the Regiment on its birthday on Saturday, June 7<sup>th</sup>, its long history, and how to increase your level of commitment to it.

Be ready to start parading again in September. Have a great summer.

## Musical Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

The Band had a busy April and May performing on several occasions throughout the Nation's Capital, including The Army Ball at the Hilton Lac-Leamy Hotel, the Annual ANZAC Day Ceremony at the Canadian War Museum and the Governor General's Performing Arts Awards Gala at the NAC to mention a few.



Our small ensembles were also busy, in particular the Jazz Combo who has been regularly performing at Rideau Hall. The Celtic Ensemble entertained at our first Employers' Night in March. The Officers dined to both the Flute and Saxophone Quartets in April and the saxes also performed at Cut Knife Hill in May. A mess dinner band travelled to Brockville for their 98<sup>th</sup> Annual Mess Dinner to the delight of everyone in attendance. Another highlight in May was playing at the Legion Dominion Headquarters in Kanata as the Soldier On Relay arrived to meet the crowd and the Chief of Defence Staff during their relay from Trenton to Parliament Hill as part of the Canadian Armed Forces' Recognition Ceremony. Finally we were able to muster up a band of 20 for the opening of Guards' Park out in Barrhaven. Although the weather did not cooperate the students just loved touching the bearskins, instruments and medals at the 'show and tell' in the gymnasium after the official ceremony!



No doubt the premier performance of the band was The Army Ball at the Hilton Lac-Leamy Hotel on April 12<sup>th</sup>. The band featured prominently throughout the evening as the guests were brought down an historical journey depicting events between 4 Aug 1914 and Christmas Eve 1914. The band's own routine of a 1914 musical variety show was

also very well received. On a side note, the Ball produced and premiered a video that was made in our Officers' Mess in which Sir Sam Hughes, Minister of Militia and Defence, announced the outbreak of War in August 1914. Some fine acting by the LCC as LCol Woods, Corporal Craig Lutes as the official messenger and several serving and retired officers as the crowd made for a truly memorable "Heritage Minute" that we will now have as a permanent reminder to our own Regimental history.

The Band welcomed another "Junior Musician" into the ranks as MCpl Stefan Sikorski and his wife, Jola, welcomed their son, Frederick into the world. At the time of print MCpl Brigette Labelle and her husband are anxiously awaiting the arrival of their first child. And to our knowledge three other baby musicians may be along the way! We have recently said goodbye to Corporal Greg Jones who will be re-locating to Halifax after his summer at Ceremonial Guard. Cpl Jamie Leblanc, who has been attach posted to the 7<sup>th</sup> Toronto Artillery Band this year, will be moving out west to further his education. We wish them both well and have certainly enjoyed having their musical talents in the band these past few years.

In the weeks remaining before stand down, the Band will have performed a third concert of the season as guests of the Harmonia Choir in which the finale was a performance of Howard Cable's "From Sea to Sea" – a monumental and notable Canadian work for Choir and Band. Several other events in June to include the Regimental Birthday Dinner, The Kingston Garrison Ball, the Canadian Infantry Corps Mess Dinner, the St John Ambulance National Investiture and once again the band has been tasked to the Army Reserve Operations Course Dinner at Fort Frontenac, Kingston in July. For those band members who are not posting to the CG band for the entire season, others have volunteered to join the CG band and participate in Fortissimo, being held 24 – 26 July. Finally, Corporals Ann Gregory and Travis Mandel will participate in the Royal Nova Scotia International Tattoo to augment with Reserve Army musicians from the Atlantic Provinces. All in all a very fruitful, productive and

excellent year for the band in which I continue to be so very proud to be their Director of Music.

## Sharpshooters Down Under

C/Sgt Alexandre Dallaire

Last September, the 4 Cdn Div PRes Shooting Team had earned themselves an invitation at the Australian Army Skill at Arms Meeting (AASAM) by winning the Soldier's Cup at the CAF Small Arms Concentration (CAFSAC). Although a few modifications were made to the original team for AASAM, the CAF Combat Shooting Team (CAFCST) consisted of 15 CAF reservists from across the country:

- Team Captain – Capt Atkins, 30<sup>th</sup> FD
- Team Coach – Capt Gagnon, GGFG
- Team Driver/Storesman – Cpl Kathron, GGFG
- Rifleman – Lt Rogal, 39 Svc Bn
- Rifleman – MCpl Ash, Argyll and Sutherland Highlanders
- Rifleman – MCpl Ryan, GGFG
- Rifleman – Cpl Valcour, GGFG
- Rifleman – Cpl Fortin, GGFG
- Rifleman – Cpl Bertrand, GGFG
- Rifleman – Cpl Ferguson, 1<sup>st</sup> Nova Scotia Highlanders
- Rifleman – Cpl Hordo, Queen's Own Rifles
- Pistol/Gunner – CSgt Dallaire, GGFG
- Pistol/Gunner – Sgt Lavoie, Argyll and Sutherland Highlanders
- Pistol/Gunner – Cpl Muldoon, GGFG
- Pistol/Gunner – Cpl Wong, Queen's Own Rifles



With only 4 days worth of pre-competition shooting with our star coach and very own 2 times Queen's Medallist Capt Sean Gagnon, the team was able to shake out the rust and get mentally prepared for competition.

Flying to Melbourne Australia was a 30 hour journey through 4 flights, crossing the international date line resulting in a skipped calendar day and a 14 hour time difference from home. Our destination was the Puckapunyal Military Area an hour and a half North of Melbourne. The ADF were very organized and more than welcoming; all we had to do is what we do best: shoot. The CAFCST used Australian weapons and ammo for AASAM: Colt M4 carbines, 9mm Browning Mark 3 and the FN Minimi LSW. With little difference in weapons platform and our own C79 sights, the team was able to compete with something familiar.

The team's average routine was reveille at 0515 to be at the ranges NLT 0700. We would carry out a specific pre-match routine of serial memorization, practice, visualization and hours of dry firing. Competitors were given a specific time slot to complete each match. Most days would see the team spend a complete day at the ranges with an occasional night shoot. The CAFCST was mainly split into 2 competition groups as detailed above: 8 riflemen and 4 pistol and machine gunners. This ensured each could specialize and concentrate on specific matches. The Puckapunyal facility had 3 mechanical target ranges that helped save the competition a great deal of time by quickly streamlining multiple serials of shooters within only a few hours as opposed to days on a conventional range. Their weapons simulator, similar to our SATS, was also used to run a very fast match.

Here are some of the competition specs:

AASAM had 32 Australian teams and 16 international teams:

Canada, Indonesia, Philippines, Australia – International, New Zealand, Brunei, United Kingdom, Japan, United States – Marine Corps, United States – Army, Singapore, France – French

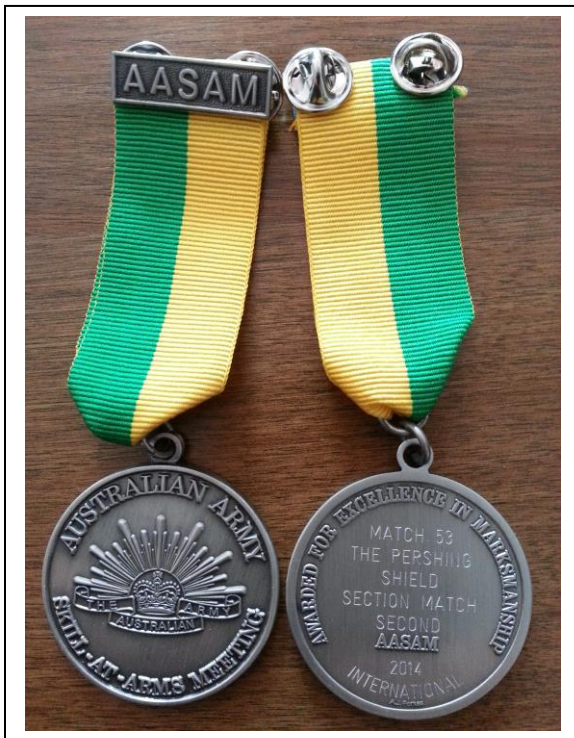
Forces New Caledonia, Papua New Guinea, Thailand, Timor-Leste, Tonga.

More than half these teams were professional shooting teams who concentrate on shooting competitions.

The CAF CST competed in over 32 matches.

The team earned 3 Silvers and 1 bronze:

- Match 6: 400m Deliberate – Cpl Ed Ferguson
- Match 15: Applied Marksmanship Practice – MCpl Ash, MCpl Ryan, Cpl Valcour, Cpl Fortin, Cpl Bertrand, Cpl Ferguson, Cpl Hordo, Lt Rogal.
- Match 61: Military Biathlon – CSgt Dallaire
- Match 53: Section Match Team Assault/Defense – CSgt Dallaire, MCpl Ryan, Cpl Fortin, Cpl Valcour, Cpl Hordo, Cpl Muldoon, Cpl Bertrand, Cpl Ferguson.



Overall, the Indonesians came out on top with the Canadians mainly around 5<sup>th</sup> place demonstrating to be a stronger team with a higher medal count than last year's CAF CST. Although AASAM was no place to learn new things, all team members had a valuable professional development

experience that will undoubtedly change the way they shoot in the future and how future teams can better ready themselves for competitions.

The highlight of AASAM was the international networking, friendships and exchanges between teams. That experience was reinforced during the international weapons familiarization and during the final international dinner. Every member of the CAF CST had a bottle of pure Canadian maple syrup which was offered as a gift of recognition and appreciation to members of international and Australian teams as well as the organizers.

For more information, photos and videos of the competition, visit the GGFG Facebook page at [www.facebook.com/footguards](http://www.facebook.com/footguards) and the AASAM Facebook page at [www.facebook.com/Aasam2013](http://www.facebook.com/Aasam2013)



### Do you have some time to help?

The Association is looking for someone with a bit of time and interest to help with maintaining the Museum website and email distribution application. For more information contact Wayne Younghusband at [wayne.youngusband@multiviewcorp.com](mailto:wayne.youngusband@multiviewcorp.com).

## GGFG SENTRY FUND



Value at 31 Dec 2012	\$53,752
Value at 30 Apr 2014	\$58,272
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.

## Memorials and Tributes

Estelle Lane

### Dion, Ronald E.

On July 24, 2013 at the age of 70. He was a member of the GGFG and the West Lincoln Br of the RCL, Grimsby, Ontario.

### WARD, John Oswald (Ozzie)

(Colonel R.C.A., Retired, R.M.C. #2915, BSc Queens, Korean War Veteran) Ozzie passed away peacefully and with great dignity in his 85th year surrounded by his loving family March 22, 2014 at May Court Hospice, Ottawa, following a short battle with cancer. Dear father of MGen (ret) Michael Ward, our HL/Colonel.

### KING, Adella Frances

Peacefully, surrounded by family, on April 15, 2014. Beloved wife of Harold King, former Bugle Major with the GGFG Corps of Drums.

### BUDGE, Steve Raymond Victor C58590

On Tuesday, May 6, 2014 at the age of 92. Steve was a Gunner with 21 CAR (GGFG) and a life member of the Foot Guards Association.

### TRUDEL, Roger Rodolphe

Passed away peacefully on May 25, 2014 at the age of 85 years. Beloved father of Madeleine Smith, who served with the Regiment from 1972 to 1978.

### STAPLETON, Pat

Suddenly in hospital, on Saturday, May 31st, 2014 at the age of 76 years.

Pat started his military career with the Band of the Royal Newfoundland Regiment under his father, Capt. Peter Stapleton. He joined the Band of the Canadian Guards and later served with the National Band of the CF, and the Central Band of the CF. He ended his military career with the Governor General's Foot Guards Band. Recently he was a member of the Centraires Concert Band and the Ottawa Community Concert Band.

*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  
August 25, 2014**

## CF Appreciation Program

Colin Bayne, Program Manager

The Canadian Forces Morale and Welfare Services (CFMWS) is connecting and reaching members of the Canadian Military Community estimated in excess of over 1 million people. In an effort to track and identify each of their relationships with the Forces, a card was created called CFOne. The CFOne card consolidates the primary functions of all membership based cards on bases and wings across the country and confirms the cardholders relationship to the Canadian Armed Forces (CAF). One card, One Community, One Million Strong.

The main benefits of the card's initial rollout provide members with the ability to collect and redeem points from CANEX Rewards as well as access the CF Appreciation Program discounts.

What kind of deals and discounts? Well, how would you like to have access to spacious accommodations at more than 3,500 locations in more than 80 countries, access to 41 major cruise lines, all inclusive packages and airlines at amazing prices through the [CF R&R Club](#)? How about enjoying discounts to some of your favorite local attractions? Deals on rental cars? Discounts on local dining? Basically, whether you're planning your next family vacation, shopping for a new car, or just looking for an evening on the town, the CF Appreciation Program has great offers to help you save money and have fun.

The Canadian Forces Appreciation Program is the official discount program designed to give back to the entire CAF community. We have partnered with thousands of businesses across Canada and internationally in order to offer exclusive deals and discounts to members of the Million Strong Community. We have discounts and promotions from coast to coast, and we continue to add new local and national industry partners on the [www.cfappreciation.ca](http://www.cfappreciation.ca) web site every day. What

are you waiting for? Check out our offers and join today!

## 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 \_\_\_\_\_ to \_\_\_\_\_

Decorations \_\_\_\_\_

Date of Birth \_\_\_\_\_

Please find enclosed \$\_\_\_\_\_ for Annual/Life Membership in the Foot Guards Association.

Signature: \_\_\_\_\_

Date \_\_\_\_\_

Applications and dues to be returned to:

GGFG Regimental Association  
PO Box 1212, Stn B Ottawa, ON,  
K1P 5R3  
Attention: Membership Chairman