

# 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)

SEPTEMBER 2014



EDITOR: ESTELLE LANE

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## Message from the President

MWO Marty Lane, CD (Retd)

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Here it is September, and once again we will be holding the Regimental Association Reunion Weekend on October 17-18, 2014. The Association Annual General Meeting will be held on Friday evening commencing at 19:30 hours followed by a meet and greet. On Saturday evening there will be a Memorial service at the Statue in front of the Drill Hall commencing at 18:00 hours and will be followed by the Dinner at 19:00 hrs. Tickets will be available in the Museum and once training commences they will be available from the various Messes. There is more information on the dinner later in this issue the Guards Star.

Also on the agenda of the Annual General Meeting, is the election of Officers for the coming year. There are a few positions that need to be filled for the coming term. Terms for executive positions are two years in duration. These positions do not require a lot of time and are a necessary part of the Association. If you are interested in serving in any of these positions and would like information on them please feel free to speak to me. Once again I would like to remind you that this is your Association and if you have any ideas or would like to volunteer for any of these positions please let me know.

Hope to see each and everyone at the Reunion Weekend Dinner. Looking forward also to connecting with some older faces that I have been told will be attending this year's Dinner. Once again I would like to thank the Executive of the Association for their time and contributions to the Association.

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## Message from the LCol Comd

LCol Kevin MacLean, CD, AdeC

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Welcome back after a summer of training and taskings that went by all too fast. I would first of all like to welcome all of our newly trained Guardsmen, after a full summer of training topped off by Exercise Stalwart Guardian. We have a very strong and healthy group that passed through training this year. This is the up side of having a very small strategic intake where we can take the top 10% of all applicants. The Sergeant Major and I had the opportunity to attend the DPI graduation parade in Meaford and present our new Guardsmen with their cap star. I would like to recognize the excellent work put forth by 2 Coy in both the attraction and processing of recruits by Sgt Smith and the BMQ and contact training conducted by our training cadre at the Battle School.

Over the summer I had the opportunity to visit Ceremonial Guard at Carleton University with Honorary Colonel Brulotte, as well as attend a number of parades culminating with the final mount on the 23<sup>rd</sup> of August. Certainly a very successful season and an interesting time for Ceremonial Guard as its mandate has been expanded to include the execution of the National Sentry Program which will run both before and after the summer guard mounts. I look forward to seeing as many of you as possible at Ceremonial Guard next year. A special congratulation to MWO Simard and CSgt Perry of Ceremonial Guard who were promoted at the conclusion of the parade by the Commander 4<sup>th</sup> Canadian Division.

Reports so far from Stalwart Guardian are mixed with plenty of lessons learned. Overall, however, 33 CBG validated that it can generate, deploy and exercise command and control of the

Territorial Battalion Group. From the lessons learned, we will see more focus on all collective training being done within the TBG construct. This is a good thing and will ensure continuity of command and control and allow us at the unit level to focus on individual soldier skills and readiness.

Although the unit was relatively quiet with almost all members other than the Chief Clerk tasked out, the Command Teams and BHQ were setting the conditions for the upcoming year and dealing with support to summer training and tasks. We welcome MCpl Slaunwhite from 1 RCR to the QM and Capt Paul Roos (no relation to CSgt Roos) also RCR as the Adjutant. Be sure to catch a glimpse of Capt Roos as he will be off on Army Operations Course residency in Kingston from September to January.

The Influence Activities (IA) Coy is now up and running albeit rather understrength. The IA Coy has been designated Number 4 Company GGFG so although there will be a variety of cap badges in the organization; the IA Coy is very much an integral part of the Regiment. The additional positions that the IA Coy adds to our establishment will mean that we have more opportunity and flexibility in employment than any other Reserve unit in the Army. I encourage all to seek more information on the training opportunities that exist with the IA Coy and I also encourage you to convince others from outside the Regiment to seek out a posting to the Regiment either in the IA Coy or to fill the holes in the organization from lateral transfers to the Coy.

The Band continues to do outstanding work and I have received several letters of appreciation for the multitude of events we have participated in. Always a favorite for the Army Operations Course mess dinner at Fort Frontenac in Kingston. Another busy year for the band.

Although the high tempo of force generation for Afghanistan is over, one simply has to watch the news to see that there are many situations brewing around the globe that may require us to answer the call once again. With a sudden change in weather or a catastrophic event either natural or man-made

we can be called to action at any time. We need to be organized, trained, ready and available to answer the call. Although we cannot predict the future we certainly can prepare for it, there is a role for every member of the Regimental family to fill no matter whether you are serving, former serving or a family member. We require your service and your support to achieve whatever mission comes our way.

Up the Guards!

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### Message from the RSM

CWO (RSM) David Snyder, CD

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I hope everybody had an enjoyable summer and is ready to parade again. I welcome everyone back.

Four lucky soldiers borrowed from Ceremonial Guard along with Lieutenant Makela represented the unit very well during a special ceremony presided over by the Lieutenant-Governor of Manitoba on August 6<sup>th</sup> in Winnipeg. The Canadian War Museum delivered the three Victoria Crosses won during the first-world-war by three soldiers who at one point lived very close to each other on the same street – Pine Street - in Winnipeg. Pine Street was renamed Valour Road to honour these soldiers, one of whom was Corporal Leo Clarke who won his Victoria Cross while serving with the 2<sup>nd</sup> Battalion of the Canadian Expeditionary Force. Because the 2<sup>nd</sup> Battalion (the “Iron Second”) is perpetuated by GGFG, the Guards were invited to send down representatives to serve in the honour guard and place the medal groups into a cabinet at the Manitoba Museum where they will remain on display until mid-November. See the article elsewhere in the Guards’ Star for further details.

I had the privilege of badging another nine new infantrymen into the unit at a ceremony held at the Division Training Centre in Meaford on August 15<sup>th</sup>. Congratulations on the results of your hard work and becoming a part of an old and storied regiment. I’m also happy with all the other non-

commissioned members who passed challenging courses such as Sgt McKinnon, MCpl Altoft, and Cpls Gagne and Bertrand. Good luck to those going on course such as Sgt Webb.

I was not able to attend Exercise Stalwart Guardian this year but heard that it was “interesting”. I have heard that guardsmen performed well when compared against other units within the brigade. Hopefully you can use your experiences in this year’s upcoming training.

I urge all members once again this year to conduct yourselves like guardsmen in that you put attendance at the unit as your top priority in your schedules (without getting fired from your job or jeopardising your education!), perform better than your superior expects you to, and have all your kit and equipment in top condition at all times.

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### Musical Notes from the Band

LCol Fran Chilton-Mackay, OMM, MSM, CD

The band was able to enjoy a few weeks off this summer following their annual tasking to the Army Reserve Operations Course Dinner at Fort Frontenac in Kingston. A record seven toasts (anthems) and 58 Regimental marches were played at the end of the dinner, including several foreign marches which had to be learned. I am proud to say every march was performed to a very high standard and the band was very well received once again.

Congratulations to Corporal Mandel whose version of Last Post was selected and recorded by the Royal Nova Scotia Tattoo organizers. The intent and custom at the Tattoo was for another musician to stand in the spotlight and lip sync the recording each night. Well after Cpl Mandel performed it flawlessly several times during rehearsals he was asked to perform it live himself for each performance. I must say to see him standing in the centre of the arena on the conductor’s podium with over 1000 cast members on the floor and the lone spotlight on him was inspirational and brought great credit and pride to himself and the Regiment. In fact Cpl Mandel was presented with an award at the

end of the Tattoo at a special presentation. Well done!!

Cpl. Gregory also performed Last Post at a concert commemorating the start of World War One at the Canadian War Museum on August 4<sup>th</sup>. She then carried on with the musical travelling group that gave the concert and performed later that afternoon on Parliament Hill. Congratulations to our two outstanding trumpeters.

The Regiment, and the Band, now has their first Ironman amongst our ranks. On August 17<sup>th</sup> Corporal Hélène Fortier, at age 51, completed her first full Ironman competition in Mont Tremblant, QC. She completed this grueling swim, bike and full marathon race in 13:51 hours. What an amazing feat. Please read her account of the experience.

The band now gears up for a very busy fall as per usual. The Army Run will be the highlight of September, this year occurring on Sunday September 19<sup>th</sup>. For the first time, His Excellency, as Patron of the Army Run, has permitted the Half Marathon route to go right through Rideau Hall. Their Excellencies and the Band will be whisked from the start line to the fountain in front of the house in order to wave and cheer on the 12,000+ Half Marathoners who will wind their way through the grounds. This should be very exciting indeed. The band has also been asked to perform the Anthem at the Sens Home Opener on Thursday October 17<sup>th</sup>.

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### *Never Alone: Supporting Veterans with PTSD*

By Duncan Shields, MA RCC

An estimated ten to thirty percent of our 811,000 Veterans and serving military personnel are expected to experience operational and posttraumatic stress injuries (PTSD) after their deployments, and sometimes not until long after. This translates into an estimated 81,000 to 214,000

Canadian Veterans who will struggle with PTSD, and an unknown number living with other difficulties after their service. Exposure to operational stressors can rewire the brain to adapt to the up-tempo of deployment, and this response doesn't necessarily "unwire" itself after coming home. This neural groundwork can then trigger a rollercoaster of intrusive reliving and physiological activation, and a desire to suppress and avoid triggering memories.

Males, who make up the majority of the military population, experience negative outcomes from PTSD at proportionally higher rates than their female compatriots, and also have significantly lower usage rates for treatment. Research suggests that valued "male" qualities, such as a high standard of self-discipline and emotional control over fear, and a strong "warrior" identity that is aggressive, dominant, and risk taking, can make admitting to difficulties and seeking assistance post deployment more difficult. These qualities, which can aid task performance in times of conflict, can contribute to a tendency to hide personal struggles and interpret trauma symptoms as weakness post-deployment. Operational stress injuries are not weaknesses, however, they are normal responses to abnormal events and the stigma and silence around stress injuries is continuing to isolate and kill good soldiers.

Isolation is the single most dangerous contributor to Veteran suicide, and Reservists, who often lose the company of comrades who they served beside in theatre, are sometimes hardest hit. Isolation is not only about being alone, but is sometimes about being with friends and yet unable to talk about what's happening. One Veteran of four deployments put the importance of talking about his experiences with other soldiers when he came home this way, "There is another battle when you come home – one for the mind. It takes every bit as much courage, and that battle is not done alone. You never go to battle alone".

Keeping connected to each other is one of the best ways that soldiers can help each other. You can "bust" a buddy who is isolating, take them for coffee and talk frankly about the challenges they face coming home. There is a time and place to be stoic, and a time to take off the armour, to rest and

heal the body and brain in readiness for challenges to come. The discipline of keeping personally fit includes care for the mind. As one Veteran put it, "anyone can go get drunk, but sitting down sober and talking about what's really going on takes real courage".

As soldiers and as citizens we have a vital role to play, not just in bringing Veterans home, but creating the conditions for them to finally and fully feel at home. We honour the service of our Veterans not just by hearing the stories they are proud to tell, but also by standing shoulder to shoulder with them as they speak courageously about the experiences they would rather forget, but cannot. Those who have served should never have to stand alone.

Duncan served with the Regiment as Guardsman (CG 85). He is the inaugural Canadian Institute for Military and Veteran Health Research, Wounded Warriors Canada Doctoral Scholar, and was the curriculum developer for the Veterans Transition Program, a national group program for Veterans helping Veterans with PTSD.

## Guards Win Big at the Canadian 3 Gun Challenge

By Cpl. Matthieu Valcour



Cpl. Fortin, Cpl. Muldoon and Cpl. Valcour seen in the photo proudly display their achievements, medals and prizes at the Canadian 3 Gun Challenge hosted by MilCun Training Center on 6 Aug 2014.

These three senior members of the GGFG's Marksmanship Program and 4 Cdn. Div. PRes

shooting team competed as civilians on their own time and dime against some fierce competition including a wide variety of police tactical teams from across the province.

In this one day competition, each participant was challenged with several different matches in 3 disciplines: pistol, rifle and sniper rifle. These 3 Guards alone managed to win a big portion of the awards including 7 gold medals, 2 silvers and 3 bronzes. Most notably is that Cpl. Muldoon won the overall sniper category, a huge achievement considering his competition of professional police snipers. Cpl. Valcour dominated the rifle portion winning all four matches with perfect scores.

Along with the medals, the event sponsors were generous and the three shooters collectively won some big prizes including a hydration pack, a vortex scope, MDTLSS rifle chassis, rifle magazines and an assortment of t-shirts and hats. However, the biggest reward for these shooters was the knowledge and experience they gained from this competition which will undoubtedly help them perform at CAFSAC this fall. The unit's Marksmanship Program will also benefit from this acquired knowledge and experience as these 3 shooters coach next year's top tyros.

Kudos to these three to have represented both the Foot Guards and the CAF with such professionalism.

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### Victoria Crosses of Valour Road

By Lt John Makela, MMV

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On the 6th of August, 5 soldiers from the GGFG participated in a ceremony to bring the Victoria Crosses of Valour road to the Manitoba Museum in Winnipeg. The reason the Foot Guards attended was because one of those Victoria Cross winners was Corporal Leo Clarke, one of the three V.C. winners the GGFG perpetuates. Leo Clarke lived on Pine Street in Winnipeg at the start of World War One and enlisted there, however was assigned to the 2nd (Eastern Ontario Regiment)

Battalion, Canadian Expeditionary Force, so that he could serve with his brother. The 2nd Battalion, CEF was formed from militia units around Eastern Ontario including the GGFG, which is why Leo Clarke plays an important role in the history of our regiment.

In the trenches during the battle of the Somme, Cpl. Clarke won his VC on the 9th of September 1916. After leading his section to capture an enemy position he found himself the only Canadian not killed or wounded. At that moment he was counter attacked by 20 enemy soldiers including 2 officers. Instead of surrendering, Clarke chose to fight and emptied his revolver twice before firing a German rifle he picked up from the ground. In the struggle that followed, a German officer bayoneted him in the knee before Clarke could shoot him. Wounded and bleeding, Clarke kept up the attack, and as enemy soldiers fled Clarke followed, killing four more and taking a prisoner. Though he was ordered to hospital, Clarke returned to battle the next day. Leo Clarke was killed a month later on the 19th of October 1916.

Clarke was however not the only resident of Pine Street to be awarded the Victoria Cross. Sergeant-Major Frederick William Hall and Lieutenant Robert Shankland both residents of Pine Street were also awarded the V.C. during World War One. The three became known as the "Pine Street Boys" and to honour their actions the residents of Winnipeg renamed Pine Street "Valour Road". You may remember the Canadian Heritage Moment commercial which briefly tells the tale of these three men.

Fast forward almost 100 years to the 6th of August this year. For the first time all three Medals were brought back to Winnipeg to be displayed in the Manitoba Museum just a few kilometres from where the Pine Street Boys once lived. This was a major event for the City of Winnipeg and the province of Manitoba. The ceremony was presided over by the Lieutenant-Governor of Manitoba with federal, provincial and municipal politicians along with hundreds of Manitobans in attendance. The military bearer party was comprised of the three

units which perpetuate the actions of the Pine Street Boys. From the GGFG, Corporal David Badger had the honour of carrying Leo Clark's V.C. while being escorted by Cpl. Warren, Cpl. Hardinge and Cpl. Nichol. Lieutenant John Makela commanded the bearer party as a whole.



In the audience were 18 members of the Clarke family who passed on the following note:

"We were truly moved by the ceremony and honour that these medals and their story were given. Although this is family history for us, we have always recognized that it is also a community story that touches all Manitobans. It truly is a gift and touchstone. Leo Clarke, Robert Shankland and Frederick William Hall were part of our community. Our family had three generations present at the ceremony. We also feel a deep, heartfelt recognition to those women and men now serving, as the Pine Street Boys did. It was both humbling and an honour to recognize Lt. John Makela for his actions in Afghanistan, and to realize he is about the same age as Leo was serving in France 100 years ago." The Clark Family

While the medals are currently on display at the Manitoba Museum in Winnipeg they will return to the Canadian War Museum here in Ottawa after the 14th of November. At that time you will be able to

find them in the hall of honour located in the centre of the museum.

"This ceremony and the recognition of Leo Clarke were very important for us as a Regiment as our participation provides a link between today's soldiers and all those who preceded them" LCol Kevin MacLean.

## Ironman Story

By H el ene Fortier

**1<sup>st</sup> Ironman at Ironman Mont-Tremblant on August 17 2014** So far, since 2010, I completed 12 marathons and 1 Ultramarathon 50k and have had the privilege to have the support of a spouse who's a strong and experienced marathoner (40 marathons, 8 Boston, sub-3 hour marathons) and to be part of a wonderful running community from Orleans Running Room! 2 years ago, my running friend Craig McHugh invited me on a Friday night to try a Sprint Triathlon the next morning with no swim and bike training. I loved it and a year later, last summer, with minimal swim and bike training, I did my 1<sup>st</sup> Olympic triathlon. Other Ironman friends were encouraging me to move on: Craig McHugh, Andr e Dion, Doreen Lipovski, Danielle and Brad Lawson, Leah Reinberger, Robyn Hardage, Jean Magne and Julie Paquette. I volunteered at Ironman Lake Placid 2013 and again at Ironman Mont-Tremblant 2013. I was tempted to jump in and sign in for the double Mont-Tremblant (half and full) but I needed a plan first. I found Matt Babcock from Alltriathlon.com and he assured me he would get me ready in a year for an Ironman and add my 4 marathons planned, a week of cycling in South Carolina in March, the Rideau Lakes Tour (Ottawa-Kingston 180km X2). He said I would have to be patient so I bought a 16 week very affordable personalized program, thinking that it would at least give me a start but I kept renewing it all year! He's been great and I owe him a lot! His program allowed me to have a wonderful experience at all my events and I stayed away from injuries... oops, except that I did injure myself twice this year: 10 stitches in November for cutting my hand very deep on a school fence (one month off of swimming)

and 9 stitches on an ankle 7 days before Ironman Mont-Tremblant...

### **Ironman race day plan before my injury...**

Up to 7 days before, I was feeling great, no aches and pains, rested, a bit nervous but feeling confident about my 1<sup>st</sup> Ironman. I had planned to put a post on my Facebook page the day before: "Tomorrow, I will run/walk my slowest marathon after a long swim-bike warm-up and I will try to smile!" Also, I had decided to dedicate every km of the run to 42 people who had encouraged me or inspired me and I took a lot of time to write to them and express what they meant to me.

### **Ironman race plan revised after my injury ...**

Seven days before the race, while I was on my bike encouraging the marathon groups on a hilly 26k training run, I made a mistake and fell on the side of my bike and my right ankle got caught by a wire from my bike and I ended up with 9 stitches. Thanks to Leslie Patry, Gilles and Angela Philion and many other running friends, I got bandages, water and a ride to a clinic. I thought it was no big deal: just a cut, until the next day... We're now 6 days before the Ironman and I can't put weight on my foot. It hurts and there's inflammation. All week, I had to be in complete rest, taking Advil and Tylenol to control the inflammation and the pain and trying to stay positive. It was tiring to walk around the house but by Wednesday, when I tried to jog for 3 minutes, I found out that the running position was more comfortable. By then, I knew that I would have to conserve my energy on the swim and the 180km bike and try to run the marathon course and avoid walking like most people do on and off at the end of an Ironman. I also had to be careful with hydration since I knew I would be taking a risk for the kidneys by taking anti-inflammatories + Tylenol during an endurance event. At least, we didn't have a hot day. While I was thinking about my new strategies, my head had a lot of ups and downs! Inflammation around my ankle, uncomfortable to walk around the house, it was difficult to imagine I would make it! By the end of the week, I had redness around my stitches and was worried about developing infection. The night before, I was so nervous, my heart was beating

fast, my leg felt all kinds of new aches, I couldn't sleep! What finally gave me 2 hours of sleep on and off is 2 Tylenol and saying to myself I was giving up: no Ironman!!! At 3:15, I woke up a different person! I said to Alan: "Today, I WILL be an Ironman!!!" We arrived at the site very early, I pumped my tires, prepared my "buffet" on my bike (a Stingy waffle, 1 Cliff bar, 4 fig Newton cookies and a bunch of sport gels and 2 Tylenol 1 that I took at the start of the run). I walked to the beach start with Alan and I was so happy to have him with me! Just before the gun, Patty Coons and I found each other and we had a good luck hug! The swim went fine although it felt more like an ocean swim than a lake swim. Right before the race, I had taken a 12 hour Naprosyn to avoid inflammation. I don't know if it had an effect on my performance but my swim was slow. I came out at 1:44 hour, 88/96 in my age category but around 200 other swimmers were still swimming or struggling in the lake. I had the pleasant surprise of seeing my friends Allyson Chisnall and Sylvie King who had a tough volunteer job staying for over 2 hours standing in the cold water on a cool morning to welcome the swimmers at the end of the swim. On the run from the beach to the bike, Alan was there with a smile and my Ironman friend Doreen Lipovski and Christian! Quick transition and up on my bike for a nice 180km ride! I guess the 1<sup>st</sup> hour on the bike is the only time of the day when I was not 100% positive. Going north on Highway 117, I was cold, was regretting not putting on more clothes, it was cloudy, we had a headwind and I couldn't stop thinking the conditions were so much better at the Ironman 70.3 (half) last June. Also, the cyclists around me looked tired and they were struggling with the headwind so I finally said to myself that I had to push a bit and pass them so I did. At the turn, what a relief to get that nice tailwind! I encouraged Patty who was on her way up and I did see her 2 other times on the bike course. All day, the volunteers and the crowds were so supportive and I felt so privileged to be able to talk to them because most of them were French and most of the participants were from the states or out of Quebec and couldn't speak much French. The local people were making us feel like heroes. On the loop we do on that commercial street in St-Jovite, I thought

about Josée Perrault because that's where she's from. After the 1<sup>st</sup> 90k it was nice to go back around the finish line and see Alan, my daughter Catherine and her friend Annabelle and my friends Lisa and Marianne and I also saw Allyson, Neale and Sylvie at that point too. I yelled "I'm not fast but I'm feeling fine!" In June, I had covered that 90k with an average of close to 30km/h and I was now under 25km/h, ah well... for the whole bike ride, I made sure I would drink a whole 500ml of Ironman Perform (electrolyte drink) and eat regularly. I stopped 4 times at porta-potties and was not ready to pee on my bike to save time like a real triathlete! My friend Doreen said she will train me for that next spring, lol! On the 2<sup>nd</sup> loop, going up a long uphill on Highway 117, my chain came off and as I was nervous, it took me longer than usual (5-10 minutes?). Then, I was nervous about going back on my bike and clip my feet because it was reminding me of my fall 7 days before and walking that long hill didn't look like fun. I finally got back on my bike but it made me nervous that my chain would come off again while doing the several steep uphill on Duplessis so I ended up gearing down much sooner at the bottom of the short but very steep hills. Talk about that last Duplessis stretch, by then, we got a heavy shower. It was pouring rain so it was hard to see with the wet glasses and the road was slippery. A lot of people were getting off their bike to go up the hills but I didn't but I did take it easy on the downhills to stay safe. The conditions didn't discourage me at all. I stayed very positive because my body was still feeling great and I knew I would run soon! I finished my bike with a clear sky, being welcomed by Alan, Catherine, Annabelle, Sylvie, Allyson, Neale and ... Patty Coons along the gate with a smile: it broke my heart! Quick transition + 2 Tylenol 1 and finally, I'm on my 2 feet, no more danger of crashing, falling, having a flat tire, watching that I don't draft, changing gears, just running, right, left, repeat! I was full of energy and very excited to run! I gave a kiss to Alan who was along the gate and he said after that he had been cutting onions right before, oh and before every time he saw me during the day, haha! So I started running around 4:15 pm with a nice temperature, beautiful scenery along that hilly road along the lake with the boats and then in the hilly village, and after

on that long flat stretch in the bush on the bike path Le p'tit train du nord". I had the pleasant surprise to have my ex step-daughter who was turning 30 years old that day meeting me on her mountain bike! Catherine (yes for 14 years, we had 2 Catherine) and her spouse Vincent just graduated from medical school and are crazy busy as new interns at Ottawa hospital but they did take their only day off and forgot about celebrating Catherine's 30<sup>th</sup> birthday but instead drove up to Tremblant for me! Catherine had herself done her 1<sup>st</sup> Ironman Tremblant 70.3 last June in 5:40 hour but with medicine and wanting children soon, the full Ironman plan will wait. On my 2<sup>nd</sup> loop, she even ran 2 kms with me on the trail and we chatted, wow, that was nice! Ok back to my run, my idea of dedicating each km was great. It kept me focused and positive. I had the paper in a Ziploc in my hand and thought about everybody on the list and had to honor them all and I couldn't walk their kilometer, so I ran! At my 1<sup>st</sup> water station, the few steps I took walking while drinking made me feel my ankle so I knew I couldn't walk for long. I even ended up taking an Advil at half-marathon point just to keep the inflammation away. I continued feeling great and energetic the whole run! I was eating gels and drinking Perform (electrolyte drink), water and Coke! They were offering lots more but I stayed with that. My friend Josée-Reine Poirier and I gave each other a big hug at the water station where she was on the path, with her daughter who now wants to do an Ironman and I learned yesterday that experienced Ironman Geoff Williams who I rode with at Rideau Lakes was at that station too but I didn't see him but he did and mentioned it to Josée-Reine after I passed. So, I continued running at a steady pace which was slowing down a bit but I was going by feel so I would run right to the end. Near the end of my 1<sup>st</sup> half-marathon loop, I caught up to fast David Ibit who was doing his 1<sup>st</sup> IM too and he looked tired but he was doing his 2<sup>nd</sup> half-marathon loop and he finished under 12 hours... It was nice to see him, great job David! The last stretch, I was feeling euphoric, the crowd was so loud all along that corridor at the finish line. I was trying to do the Usain Bolt finish I had rehearsed with Irène Dionne but close to the podium under the arch, I had to slow down because I would have hit the 3 Mexican



guys Alex, Alex and Jose who finished together, see the official Youtube Ironman Mont-Tremblant 2014 video for proof! And I finished and I was SOO happy and smiling: I did it, I'm an Ironman! I felt great the whole day! No aches and pain, no discomfort, no gastric problems, good energy and feeling positive!

**Looking back...**I finished in 13:51 hour. Could I have done better? Maybe yes, maybe no but considering I had to deal with an injury, I'm very happy with my result. Will I encourage people to join us doing Ironman: absolutely but with some warnings. It's a long day, I saw lots of people who were not smiling, some because they pushed themselves harder than me but some who were not ready for that challenge. You have to have a strong base, train consistently so you come prepared. Thanks to my previous marathon training, Matt Babcock from Alltriathlon.com. for his great program and his support, my Olympian swim coach Sharon Donnelly (I swam slow but I was even slower before, haha!), all the Ironman and non Ironman friends who have given me tips and advice all year, the Spinervals videos by Coach Troy Jacobson, the books I read, the triathlon magazines and web links, the patience and support coming from Alan, my daughter, my parents, my friends, colleagues, training friends, Ironman friends, I did come prepared and had a wonderful experience! People sent me positive vibes in person (or not) all day and it must have worked because I had tons of energy all day! Thank you! As usual, I'm always happy to share what I know and have learned.

**How I felt after?** Great after, then hungry, more hungry all day on Monday! My ankle didn't get worse but I still have inflammation and bruising but it will heal. It's Wednesday today and I haven't felt very tired so far but my quads still feel sore going down the stairs just like after the marathons alone because I ran the whole thing with hills. Now, recovery and easy exercise and slowly getting back to training for more exciting events: 3<sup>rd</sup> Boston Marathon in April, Ironman Tremblant 70.3 (half) in June, Ironman Lake Placid next July and maybe a marathon this Fall. Ok now I have to close this Ironman chapter and go this afternoon to my new

school: back to work in a few days after this wonderful summer!



### 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.younghusband@multiviewcorp.com](mailto:wayne.younghusband@multiviewcorp.com).

### Memorials and Tributes

Estelle Lane

#### **Jacobs, Devon Allison**

Peacefully on August 15, 2014 at the age of 49. Devon was a member of the Regiment from 1987 - 1987. Many of us around at the time would have known him. He was intelligent, outgoing and a true gentleman. Born in Antigua and raised in Etobicoke, "Jake" made Ottawa his home following studies at Carleton University. A proud Canadian, he served his country in the Royal Regiment of Canada and Governor General's Foot Guards.

**PAUZÉ, Mary Vivian** (nee Cunningham)

After a brief illness, Vivian peacefully passed away at the Elisabeth Bruyère Palliative Care Centre on Saturday, August 9, 2014 in her 88th year. Vivian was the wife of the late Phil Pauzé who served with 21 CAR(GGFG). Vivian was very active in the Ladies' Auxiliary of the Sergeants Mess.

*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 28, 2014**

**Membership Application and Renewal**

<u>Membership Fees</u>	<b>Annual \$25.00</b>
	<b>Life \$100.00</b>

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