



THE GUARDS STAR

Editor: Cpl Jeff Kingsbury, guardsstareditor@gmail.com ♦ Deadline for submissions for the next edition is May 30th, 2022 ♦ Send all submissions and email additions/corrections to the Editor.

- March 2022 -

From the GGFGRA President

MWO Stephane Marleau, CD

As the Regiment returns once again to normal activities, the Association would like to highlight a few moments that may be an indication that we are starting to finally return to normal after a long two years. At the annual Holiday Dinner the Association presented a regimental tie to Pte Elias as the most improved Gdsm. Cpl Jonathan Cheff, the CFO for the GGFGRA, was on hand to present it to him. Congrats!



Also special thanks to Joe McNulty for organising the usual crew of food servers and helpers (pictured above).

The Association would like to extend its condolences to CSgt Rob Nevin on the passing of his father.

Looking ahead we are excited for several activities to commemorate our Regiment's 150th Birthday. In particular I want to highlight the 150th Birthday Party/Smoker on the 7th of June 2022, (for serving and former members) at Cartier Square Drill Hall as well as our Reunion Weekend Activities on the weekend of Nov 19th. Stay tuned for more on those activities, as we get closer.

In these troubled times it is good to see that the GGFG past and present are able to celebrate our key milestones.

Up the Guards!



Message from the Lieutenant-Colonel Commanding

LCol Vincent Quesnel, CD, AdeC

Fellow Guards,

We are now only a few months away from the start of our 150th year. Our planning is in full swing, and we are now clearly able to see the shape of things to come. Unfortunately, the Chief of Defence Staff has decided that, for 2022, the CAF, as a whole, will not participate in the Queen's Guard in London as the focus of the Acting Commander of the Canadian Army (A/CCA) is to dedicate all resources towards reconstituting the Canadian Army, which is in dire need of reconstruction. While certainly disappointing, the A/CCA was clear that this was a postponement of the task and not a cancellation.

I wish extend my personal and heartfelt thanks to all the members of the Regiment who were prepared to make significant changes in their personal lives to ensure the success of this high profile public duties task. Over one hundred and thirty soldiers and leaders signed up to participate, which is nearly half of the Regiment's establishment, and the majority of our active members. This overwhelming level of commitment from a Reserve unit was noted by the both Brigade and Division, and both commanders were highly supportive of the Regiment's participation and ability to perform the task. Although the A/CCA's priorities are elsewhere this year, his acceptance of their recommendations led to a commitment to consider the Regiment as the Army's frontrunner for the task in 2024.

Now, our attention is turned to the upcoming Freedom of the City parade, on June 4th, which is the first in a series of celebratory events for the year. The weekend will centre on the parade and the re-dedication ceremony for the Regimental Colours laid up at City Hall. With the help of the Mayor and the City of Ottawa, the events of the weekend will aptly mark the start to the yearlong celebration. Your 150th planning committee, along with the leadership of the Regiment, is committed to making this a very memorable year for the Regimental family and the city. We have numerous events scheduled throughout the year as well as a number of very exciting projects underway that will be revealed as the year progresses. All the details can be found on our purpose built website www.ggfg150.ca. I encourage you to sign up early for the events, many of which are no cost, as they open up.

Finally, I would be remiss if I did not say a few words on the developing situation in the Ukraine which has captured the world's attention these last few days. We've had members of the Regiment serve on Op UNIFIER and Op REASSURANCE, in the past and recently returned; and I recognize how difficult this is as we watch the events unfold. As I write, Colonel Rob Foster is still serving there, continuing his long support to the Ukrainians, now from Poland. Our thoughts and prayers are with you Rob, our Ukrainians friends, and all the brave people of Ukraine as they fight for their freedom and weather this most terrible storm. May peace find them soon.



What Does It Mean to Be a Guard?

CWO Greg Witol, CD
Regimental Sergeant Major

As this year marks the 150th anniversary of the Regiment, I've been giving a lot of thought to the question of "What does it mean to be a Guard?". Anniversaries are a time to celebrate, and to reflect. 150 years is a significant amount of time, and the Regiment has demonstrated its strengths, and experienced challenges, throughout those years.

But through it all, it is the soldiers themselves, who make up the Regiment, that ultimately define it. Tradition and history provide a context, but it is each serving generation that keeps the Regiment alive and thriving.

So what is it that makes the GGFG such a strong unit, and a success? What are the attributes that we must teach, and absorb, to thrive?

First, I would emphasize a priority to duty. As a reservist, we all have multiple competing demands on our lives; day jobs, families, and other responsibilities, to

which we have to include the Regiment's tasks. This balance can be hard to achieve, and it requires a lot of personal sacrifice. But over my decades in the Guards, it is clear to me that those I most admired and respected always found a way to meet those other demands, and keep their Regimental tasks as a priority, whether they were parading, on exercise, teaching, or any of the other missions that make up the Regimental life.



Second, the Guards are resilient. After all, we literally refuse to "take a knee" and will stand until we can't stand a moment longer. That's an ethos that serves you well in every aspect of life, but particularly in the military. Regardless of how difficult, demanding, or even hopeless a situation may look, refusing to give up will always be the better option.

Third, and closely tied to the second, is personal discipline. Even if no one is watching you (or you think no one is watching you), do you still do what is right? In training, on operations, or standing sentry, there are always opportunities to cut corners. I'm not talking about finding a more efficient or effective way to accomplish a task. Rather, we should always do what we know is correct, regardless of whether or not it is hard.



Fourth, the Guards have always been marked by a commitment to excellence. Whether that is in taking pride in your personal appearance, your fitness, your marksmanship, or your skills, we strive to be the best that each of us can be. That doesn't always mean being

better than everyone else; it means being the best that you can be. And it means trying to improve, and be better than you were yesterday.

While my previous points were all about individual effort, the last point is probably the most important – teamwork. Of course, we all know that each of our individual actions can affect the whole task – the C6 opening up early and giving away the assault team’s surprise on the object; being out of step; or a wrong note in a piece of music. But more important is to have everyone working towards the same goal. As a team, we can fix individual mistakes, but developing Unit cohesion and pride in working together is what allows us to excel. And it means supporting each other, from your fire team partner to your company and higher. That demands trust, commitment, and respect amongst us all, and it is composed of so many individual tasks, from showing up to support your fellow soldiers on training nights, to ensuring your own full understanding of orders. In the end, we succeed together, or we fail separately.

I’m looking forward to celebrating our upcoming 150th, and I challenge all of us to live up to the standards that have made us so successful for the last century and a half, and to continue to grow stronger as a unit.



Message from the Honorary Lieutenant-Colonel
HLCol Mark A. Matheson, MSM, CD

One of the things I’ve learned in my 42+ years of military service is that it is often the intangible things that matter most. Sure, rifles, machine guns, bearskins and sentry boxes are “cool”, but often times it is fuzzy things like morale and esprit de corps that matter the most. I was reminded of that recently as part of our 150th Anniversary Charitable Campaign. Hopefully by now most of you have heard our appeal to support the establishment of the GGFG Youth Achievement Awards. Responding to the year-end pitch to support the Awards, I was delighted to hear a voice from the past over the holiday period, Maj (Ret’d) Dougall Agnew – now living in Lincolnshire UK. While Dougall joined the regiment shortly after I left for the Regular Force, we became acquainted through our connection to the regiment and mutual friends. Despite the geography, we bonded through a shared camaraderie that I’ve always thought of as “the Foot Guards Spirit”.

While his days in the regiment may be behind him, it is clear the “Foot Guards Spirit” continues to burn brightly in Maj Agnew’s heart. I’m pleased to report that Dougall & his wife Joyce have very generously volunteered to underwrite one of this year’s Youth Awards. What’s more, he has requested the award be presented in memory of our mutual friend, Capt Stephen

Pallas, CD. Stephen (or Jumbo, as he was known) started in the GGFG Cadet Corps before joining the regiment as a subaltern. I believe I took over for him as the Jr Sub in the Officers’ Mess – much to his relief! Stephen proudly served many years with the regiment until business ventures caused him to take his release. Despite that, like Dougall, his heart was always with the regiment. Sadly, Stephen passed away – much too young – in 2001.

I am delighted and extremely touched by Maj Agnew’s thoughtful gift to the regiment. At one fell swoop he is not only remembering our past, he is also investing in the future by supporting deserving youth in our community. What a fantastic and fitting tribute! To me, such selflessness truly epitomizes the Foot Guards Spirit. Obviously the old adage is true – once a Foot Guard, always a Foot Guard.

I know the Foot Guards Spirit is alive and well. The charitable campaign continues to make steady progress towards achieving its goal thanks to that intangible spirit of passion and commitment. If you would like to contribute to the Youth Awards please go to the 150th website at <https://www.ggfg150.ca/donations> and be sure to mention “Youth Awards” in your memo/note.

The Foot Guards Spirit is just one of the many things that make me proud to continue to be part of our regiment. Thank you for your generosity. Up the Guards!



From the Executive Director,
150th Anniversary Organizing Committee
LCol Fran Chilton-Mackay, OMM, MSM, CD (Ret’d)

Welcome to our 150th Anniversary year! Planning is in full swing as we ramp up for our first weekend of activities beginning on Saturday June 4th with the Exercising of the Freedom of the City Parade, followed by the unveiling of a new Colour Case housing

our Seventh Stand of Colours inside City Hall. Following the unveiling, a reception will be held on the Drill Hall floor. All are welcome. That evening a mixed Birthday Dinner for the Officers and Sr NCOs will be held at the historic Ottawa Hunt & Golf Club. Lt Col James Woods, the LCC from 1910 to 1917, was the Founding Father and first President of the Club. On Sunday June 5th the Regiment's birthday will be recognized during the morning 10:30 am service at St. Bartholomew's Church (The Guards' Chapel) with a reception following. On our actual birthday, Tuesday June 7th, a tree planting ceremony will be held at Beechwood Cemetery, Canada's National Military Cemetery, with a plaque unveiled commemorating the 150th. The tree will be planted by the gravesite of William Osgood & John Rogers. To cap off the day, the annual Company smoker BBQ will be held that evening at the Drill Hall, at which former members are invited to attend.

All of these events are posted on the www.gfg150.ca website. Presently, we are very close to having registration for each event open. Where a fee is not required your registration still gives us an idea of how many people will be attending in order that we may plan accordingly. So please go to the website and register for the events you wish to participate in. In the case of the Birthday Dinner, should you be a former Officer or Sr NCO and would like to attend, please email the OPI for the dinner, Captain Arthur Konopka (Arthur.konopka@forces.gc.ca) to have your name added to the list. Capacity is limited to 150 persons and the price per person is \$125. We will do our best to accommodate all who wish to attend. Deadline to do so is Friday April 29th. A block of rooms has also been set aside at the Lord Elgin Hotel for Friday and Saturday nights, June 3-4. Rates are \$175 for a standard room and \$185 for a park facing room. The www.gfg150.ca website has the link to make your reservation. You can also access the Lord Elgin Hotel June weekend block booking here: <https://bookings.travelclick.com/12200?amp;hotelID=12200&groupID=3428055#/guestsandrooms>. The room block will be released on May 4th out so make sure you book early. All room bookings are an individual responsibility. Please ensure you are aware of their cancellation policy.

We are still looking for a few more volunteers to be part of the LPGA Women's Open taking place at the Ottawa Hunt Club from Aug 22 - 28, 2022. With enough volunteers we will be given our own hole to Marshall throughout the week through their Adopt-a-Hole programme. This is an exciting opportunity. Please get in touch with me if you want to be part of this great event and watch world class golfers up close and personal (mackay3468@rogers.com). Family members may also participate. Each volunteer must put in four shifts throughout the week. Visit the LPGA website for more information to see what the Volunteer package includes. (<https://www.cpwomensopen.com>)

Thank you to all who have submitted their photos for the coffee table book, "The Regiment at 150". We are still looking for hi resolution photos (300 dpi) to

consider for inclusion in the book. Prizes will be awarded to the top submissions. Your photos can be historical, from deployed or domestic operations, ceremonial or social in nature. We are also looking for photos for our "Where are they now" page spread or images depicting multi-generational family members who have been with the Guards. Deadline for submissions is Friday March 25th.

The full line of Guards 150 items is on sale through CANEX and sales are going very well. (see link from the 150 website) CANEX will also be setting up a kiosk at the Drill Hall on Saturday June 4th, and again on the November Reunion weekend. A 150th Guards rugby shirt will shortly be added to the 150 website (GGFGRA on line store) for pre-payment orders only. More information for deadline to order and pricing will be on the website.

The Association is working hard planning for the Reunion Weekend with a host of activities from Friday November 18th – Sunday November 20th. Keep checking the 150 website to register for these events as well, including the Friday night Meet & Greet at the Drill Hall and the Guards' Ball at the Chateau Laurier Hotel on Saturday November 19th. More information will be provided in the next edition of the Guards Star. Rooms at both the Lord Elgin (rates \$163/\$173) and the Chateau Laurier (rates \$199/\$224/\$249) have been set aside (Friday and Saturday nights). Links are on the www.gfg150.ca website or you can access them here: Chateau Laurier Hotel link: <https://book.passkey.com/go/0922GOVE001> (room block will be released on October 19th)) Lord Elgin Hotel November weekend link: <http://bookings.ihotelier.com/bookings.jsp?groupID=3428190&hotelID=12200> (room block will be released on October 19th). All room bookings are an individual responsibility. Please ensure you are aware of their cancellation policy. If you join the Chateau Laurier/ Accor Hotels loyalty program you will have access to a number of benefits, including complimentary Wi-Fi. For more details visit All Accor Live Limitless Enrollment Form (become-a-member.com)

We have much to celebrate this year. I encourage everyone to take part. The memories of reconnecting with old friends and fellow Guards will stay with us until the 175th rolls around! I recently received this musing from a former Guard who was in the Regiment from 1992-93: *Tradition cannot mean anything if we do not have our hearts in the present, and our eyes to the future. Recruitment of fresh blood, breaking in new boots, is essential to the lifeblood of the Regiment. Understanding our legacy is the first step towards honouring it, by living it in our daily lives. It is by appreciating our past that we may continue to serve in the present and in the future even as so many of us may have moved on from active service. Being a Guard is not something that ends when you take off the uniform. It becomes you. Being a Guard is for life.*

Be part of our 150th year and participate! Up the Guards!



1 Coy on the move

An infantry leader must be smart, strong, independent, and knowledgeable in their field. Between 3-5 Dec 2021, CSgt Kolwessar and his experienced team of instructors conducted advanced training aimed at preparing the soldier of today, into the leaders of tomorrow. The GGFG Leadership Development Program is a year-long training program that prepares regular soldiers for their Infantry Section Commander Course (ISCC). Throughout the year, soldiers refine their basic soldier skills and participate in challenges that push the limits of their physical and intellectual comfort.

In this photo, soldiers are refining their bayonet fighting skills - a craft not commonly practiced outside of a course environment.



Teamwork is an essential trait that all soldiers must possess. The C6 GPMG is a 7.62mm NATO open bolt, belt-fed, air-cooled machine gun capable of engaging targets upwards to 800m when fired by a lone infantry soldier with a bipod. That range can be extended to upwards of 2500m when implemented with the sustained fire kit, and an additional fireteam buddy.



In these photos, a member of the GGFG, 2 Irish Regiment, and the Algonquin Regiment (North Star company) site and set up a C6 GPMG in its sustained fire kit in preparation of EX (OP) PRIMUS, a live-fire defensive exercise consisting of members in the North Star Company.



Members of the GGFG conduct all-around security in a Section RV as they await for a Relief in Place (RIP) to be conducted.



Cpl Label acts as a link man as Cpl Ducharme moves up to his defensive position.



Cpl Macentire engages targets as directed by his section commander and 2 IC.



Smoke obscures the battlefield as the enemy disengages with the section in contact.



Every infantry soldier must maintain a high level of mission readiness and physical fitness is a key aspect of an infanteer's job. On 23 Nov 2021, members of GGFG 1 Coy conducted a quick 5 km ruck march along the Rideau canal. Major Wright from the Royal Canadian Regiment, the acting 1 Company OC, sets the pace for the company.



GGFG Regimental Band Projects for the 150th Anniversary

Capt Stefan Sikorski, Director of Music

As has been already highlighted, this year marks the 150th anniversary of the Governor General's Foot Guards (GGFG), the senior reserve infantry regiment in Canada. To help celebrate this momentous occasion and to highlight the unit's past, present and future, GGFG's band is looking to host multiple events, competitions, and collaborations throughout the coming year.

One event will be a quick march composition competition. The aim of this competition is not only to commemorate GGFG, but also to inspire and cultivate the creation of new, exciting music for the military band. With multiple phases, this competition will be a joint effort of both select judging panels and public votes in order to determine our ultimate winners. Open to the global musical community, this competition will also aim to achieve some of the primary goals of the music branch which include fostering morale and "esprit de corps", as well as promoting DND and Canadian aesthetics and values both nationally and abroad. The band is excited to hear and perform what are sure to be some thrilling and inspiring new pieces of music.

Much in line with the march competition, the band will also host a region-wide solo competition where the winners will perform their solos accompanied by the band. Open to NCR residents and Reserve Force members within the surrounding regions of Ontario and Quebec, participants will choose from a list of pre-selected music for concert band instruments and winners will be chosen from the following categories: a) post-secondary and adult civilian musicians b) high-school civilian musicians and c) P Res musicians. The aim of the competition is to foster relationships with musical associations and stakeholders for future collaboration while upholding the Regimental Band's excellence and high-quality musicianship.

As an homage to the 'good ol' days', the band's various small ensembles will be performing pop-up concerts in various parks this spring and summer. No mic's, no speakers, just pure acoustic music. The mini-concerts will consist of two or more small ensembles performing a 20-30 min set while the others mingle with the public informing them on the regiments 150th and answering any questions they may have. Keep an eye out as we may be performing some weekend in a park near you!

As part of our school outreach initiative, we're planning on recording two different versions of O Canada. The first will be with an intro and voice over which briefly talks about our units 150th. This version will also be accompanied by a video montage of various photos (and possible videos) of the regiment. The second will be the official version of O Canada which the schools will be able to use for years to come. If you have kids (or grandkids) in school, let them know to keep

their ears peeled for a new version of O Canada coming their way this fall.



The Evolution of Our Regimental Music: Part 1

Maj Jim R. Milne, OMM, CD (Ret'd)

The use of identifiable regimental marches in Canada traces its roots, as do many other Canadian military traditions, to the British Army. The British use of an identifiable tune belonging to a particular regiment can be traced back to the 1600's. The oldest identifiable march in the British Army is the Royal Scots "Dumbarton's Drums", the use of which by the regiment is chronicled by Samuel Pepys in 1687. Other regiments are known to have used particular tunes for periods almost as long. In other cases the march changed from time to time. This was sometimes the result of a new colonel (in the days of purchased Colonelcies), an amalgamation or other restructuring of the regiment.

In his Memoirs of the Royal Artillery Band, Henry Farmer states "Some corps certainly had traditional marches, which they held sacred, but others played certain tunes because the Colonel's wife liked the air, or perhaps the colonel fancied that his men marched to it better than any other". It was considered the duty of a new Bandmaster to compose or select regimental marches. The use of such tunes was left to the customs and whims of the regiment.

The introduction of reforms in the British Army by the Secretary of War, Edward Carswell in 1881 led to the formalization of the Regimental March in the army. Regiments were required to submit the music for the regimental marches that they were using for approval. General Order No. 54 1-4-1883 gave notice that "Regimental quick steps...have been approved and printed." . From that date regimental marches became officially regulated by the War Department and particular tunes were authorized for use by regiments.

Militia units formed in Canada followed the customs of the British Army. However there was a lack of structure and discipline, which was reflected in observations and directives given in the Militia Orders of the time. The first attempt to regulate regimental marches in Canada appeared in Militia Order No. 32 of March 10, 1899. Paragraphs 2 of that Order states "It is essential that each Regiment of cavalry and Battalion of Infantry have a regimental march

The names were to be submitted to Headquarters by the end of that month. But responses were slow. By June 30, 1899 a total of 74 infantry battalions, 4 artillery and one cavalry regiment had responded. Militia Order No. 123 of June 30, 1899 showed The G.G.F.G had selected " The British

Grenadiers" as the Regimental March. No mention was made of slow marches.

It is not known why the GGFG chose "British Grenadiers" as their regimental march. It would seem that the regimental march of the Coldstream Guards "Millanolo" would have been chosen given that the new regiment uniforms. etc. were more or less a direct copy of the Coldstream's. It is also notable that the esteemed Director of Music of the Coldstream Guards Band, Major John Mackenzie Rogan composed a march titled "The Red Feathers – Regimental March of HE the Governor Foot Guards of Canada" which was published in 1906. That march was never adopted by the GGFG, who continued to use "British Grenadiers". The situation seems to have carried on until 1920 when a formal alliance between the Coldstream Guards and the Governor General's Foot Guards was formed. " Millanolo" and "Figaro" then became the quick and slow marches of the Governor General's Foot Guards.



Carleton Students Design New Gate to Mark 150th Anniversary of GG's Foot Guards

Staff Writer, Ottawa Citizen

Originally posted on OttawaCitizen.com, 9 March, 2022

A pair of Carleton University architecture students have designed a new gate at Confederation Park's Laurier Avenue entrance to commemorate the 150th anniversary of the Governor General's Foot Guards. "We were looking to build a new signature landmark in downtown Ottawa, and the complex criteria were synthesized into a stunning design," Maj. Gray Shanahan, the leader of the project, said in a release.

The Governor General's Foot Guards was established in 1872 and performs the Ceremonial Guard on Parliament Hill.



The architecture school took on the challenge and eight design proposals were produced by third-year students in the conservation and sustainability program, led by adjunct professor Lyette Fortin. Students Erika Colmenares-Di Maria and Tess Coman produced “Standing Steady,” which has been chosen. The winning proposal is made up of three linked stone arches: The centre arch will be for visitors, while the adjacent smaller arches will hold bronze sculptures of foot guards at attention.

The design takes inspiration from the three arches on the Cartier Square Drill Hall across the street, where the regiment is based. The student designers will receive \$5,000.

The GGFG is fundraising for the gate, which they hope to build next year. The goal is \$1 million.

Editor’s Note: The proposed site at the south entrance of Confederation Park is across the street from the Cartier Square Drill Hall. The regiment was housed in the park location in 1872 before the Drill Hall was completed in 1879. The band would practice in The Arena (and home to the Ottawa Senators) at the future park site before the building was torn down in 1927. The regiment still utilizes the park for regimental events and activities. The memorial gate would reinstate the regiment’s presence in the park after the Rogers and Osgoode statue was relocated from it in 2006.



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