



“Take Post”

The Journal of the Toronto Gunner Community Edition 14, 14 November, 2016 – Part A

THIS EDITION

- John McDermott Concert: “Lest We Forget”
- Director of Artillery Col Bishop
- Remembrance Service at Sikh Temple
- Our Regimental Church – St. Clement’s
- History Day,and much more!!

This journal, “Take Post” is published bi-monthly under the authority of the Honorary Colonel, 7th Toronto Regiment, Royal Canadian Artillery. Take Post reaches out to all Gunners and those interested in being part of the Regimental Artillery Family of the Greater Toronto Area. The purpose is to share information and strengthen the ties between serving members, retired Gunners, Gunner families, friends of the Artillery, and the Greater Toronto Community.

Notes and Letters to the “Editor” can be sent to: beno@kos.net



Regimental Part II Orders

Honours, Awards, Promotions & Appointments

Congratulations to:

Capt Adeel Zafar. 2x medals: Canadian Peacekeeping Service Medal (CPSM) and Operational Service Medal - Sudan (OSM-S).

Promotions

Congratulations on the following promotions:
MCpl Tolga D. Okem. Promotion from Cpl to MCpl



Major Stewart Promotes Cpl Okem to Master Corporal. Congratulations!



Capt Adeel Zafar receives the Canadian Peacekeeping Service Medal (CPSM) and the Operational Service Medal - Sudan



Bombardier Frank d'Amico and "Bombardier" Steve Singh recognized for Refurbishing Regimental Colours



Welcome Master Warrant Officer, Master Gunner, Dave Robinson, MMM, CD - Acting RSM, 7th Toronto Regiment, RCA



Raised in Guelph Ontario, MWO Robinson joined the Canadian Armed Forces in 1973 as a Gunner in the 11th Fd Regt RCA. In 1975 he made a component transfer to the Regular Force and was posted to 2 RCHA. Over the next 33 years he was posted to the Royal Canadian Artillery School, 5 RALC and several more times to 2RCHA. He is a Jump Master and Parachute Instructor with over 160 jumps to his credit.

Throughout his career MWO Robinson was employed extra-regimentally at the Canadian Forces Leadership Academy in Borden where he was a platoon commander with the Senior Leader Course and the Department of Applied Military Science at the Royal Military College of Canada in Kingston as Directing Staff for the Army Technical Warrant Officer Programme. In 1998 he served in Bosnia Herzegovina on Operation Palladium. MWO Robinson completed his last regimental duty in the Regular Force in the rank of Chief Warrant Officer as RSM 2 RCHA from 2000 to 2003 and has been appointed to the Order Of Military Merit. .

He retired in 2008 in Kingston but after only eight weeks he re-enrolled in the Primary Reserve and began working in the Directorate of Army Training at what is now the Canadian Army Doctrine and Training Center (CADTC). In 2013 he left CADTC to

become a Class “A” Reservist with 30th Field Regiment in Ottawa. On 14 Nov 2016 he was appointed the interim Regimental Sergeant Major of the 7th Toronto Regiment. MWO Robinson and his wife of 36 years reside near Kingston Ontario. MWO Robinson has four grown children and three grandchildren.

We are tremendously pleased to have this outstanding soldier as our Regimental Sergeant Major.

Editor’s Note: Having served with this outstanding soldier in 2RCHA in the 80’s, I can attest to Master Gunner Robinson’s leadership ability, dedication, hard work and command presence. A great role model for our NCOs. Welcome to 7th Toronto Regiment!



7th Toronto Members Go to Vimy



On the 100th Anniversary of the Battle of Vimy Ridge (9 April 2017) 100 Gunners from across Canada will join in the ceremonies. Amongst the Gunners will be five of ours: MBdr Allen Noh, MBdr Jasmine Buccella, Bdr Dominic Chan, Cpl Joanna Venturanza, Master Cpl Dennis Antonov. Additionally the Honorary Colonel, Hon LCol and Major Stewart will also participate. The 100 Gunners will also conduct Battlefield Studies at Juno Beach/Normandy, Dieppe, Ypres and Beaumont Hamel.



Congatulations!
Good Shooting!
UBIQUE!



REGIMENTAL FAMILY CALENDAR OF EVENTS		
25-27 November	EX HOGTOWN GUNNER 2	Meaford
02 December	Saint Barbara's Day Regimental Dinner and Dance	Mississauga – see poster attached
05 December	7 th Toronto Regiment Band Christmas Party	MPA. The Regimental Family is encouraged to attend.
10 December	Soldiers Christmas Dinner	MPA
17 December (TBC)	Regimental Children's Christmas Party	MPA
01 January, 2017	New Years Levee	MPA. 7 th Toronto Regiment Officers Mess. 11:00 to 14:00
20 January, 2017	Special Guest Night	Officers Mess. Former Commanding Officers are the "Special Guests." No spouses. All members of Toronto Gunners, Senate, Foundation members invited. Cadet Corps Officers invited.
25 February, 2017	Toronto Garrison Officers' Ball	Run by 32 Service Battalion.
01-10 April	Gunners Return to Vimy, France (and Battlefields of Europe)	Hon Col, Hon LCol, Maj Stewart and five members of the Regiment to participate



Take Post, Edition 15

The next Take Post Edition 14 will be published by 18 January, 2017.
Articles to be submitted by 11 January, 2017 to: beno@kos.net





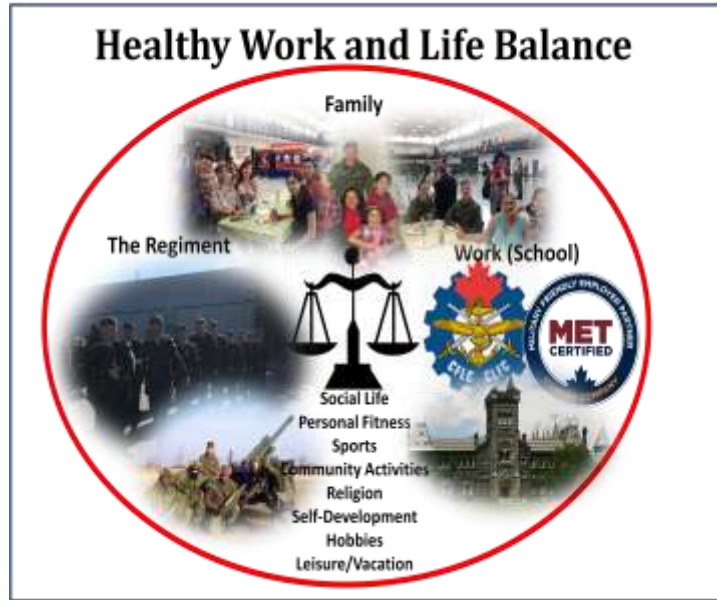
7th Toronto Regiment, RCA
Aiming Point – Commanding Officer
By LCol Smid

I find it difficult to believe that almost a full year of my command has passed already. I really couldn't be happier with the level of success achieved by the Regiment over the past year; success which wouldn't be possible without the hard work being put in by members of the Regiment. We have been extremely busy as our operational tempo remains at a consistently high level and because of this I am concerned that this success may sometimes be coming at the expense of individuals who are working beyond what is normal or healthy. Achieving a healthy work and life balance is not easy and thus I wish to use this opportunity to address this problem within the Regiment.

All of us lead pretty normal lives which are focussed on working/schooling (we need money to live), family (we have relationships either by blood or by choice), and hobbies (or what we like to do in our spare time). To be quite clear up front, your priorities should be family, work, and hobbies in that order. Your family will be with you forever which is not true of your work. Your hobbies are only available to you when the first two (family and work) are secured. Now, you can have as many hobbies as you have time, but I would hope that the Regiment is your number one priority amongst your hobbies! To wear the uniform is to tacitly agree to the subordination of yourself to the group for the betterment of the institution which inherently requires a significant commitment of time. Having established the priorities of effort, how do we find a balance between them? There is no easy answer to this one because each of us are very different people and each of us have very different personal situations.

I can help here though, by providing some guidance on how much of your limited time you should spend in uniform. This is fairly simple to explain and if you live by it then there is no reason why you can't have a fulfilling and successful career in the Reserves. Essentially the old adage of "one night a week and one weekend a month" is ideally what I am looking for from each of you. That works out to about 6 Class "A" days a month. The Army funds our unit based on each soldier in the Regiment parading 37.5 days per year. If you were to print out a spreadsheet of how many days each soldier in the

Regiment worked you would see a few surprises. There are a handful of soldiers who work close to 100 days per year (I will not authorize more than that). Most of the senior officers and BSMs are working around 80 days a year. A large percentage of our Regiment parades less than 20 days a year. Ideally, in my opinion, a healthy Regiment is one where the vast majority of soldiers are working at the 37.5 days per year level.



Now, of course, commanders and command team partners will always have to work a little bit more. For example, I would envision Detachment Commanders working an additional five days per year because of the additional man management and staff work that they must do to command their detachment. Accordingly, I would expect TCs and TSMs to put in an additional 10 days per year; and BCs and BSMs an additional 20 days per year. Evening out the large variances seen at both ends of the spectrum (100 days worked per year and 10 days worked per year) would lead to a healthier Regiment that would be stronger because there would be more highly trained individuals across the board which creates redundancy. As a personal project, I will shortly be determining the standard deviations within our own Regiment in order to use it as a measure of effectiveness moving forward.

Conceptually you can understand how much I am expecting from you from a time commitment. Many of you work much more often than that either because you wish to have the additional money or because you understand that the work needs to be done which demonstrates exceptional dedication. But the simple truth is that not everyone can work six Class "A" days per month for a variety of legitimate reasons. So it is necessary for you to prioritize what activities you should attend each month with your limited time. If you can only attend one weekend activity then you should always plan to attend our collective training field exercises.

Collective training is the end state to which we strive to confirm our operational readiness. Other weekend activities such as Church parades, soccer games, PD training,



etc, are all very much secondary. I notice who is or is not attending our collective training exercises. If you can only attend one Monday night per month then you should be attending the first Monday of the month as that is our Regimental parade night. You will get the most information about what is happening in the Regiment in the coming month, you will be able to complete IBTS over the course of the year, and on your birth month you will get a piece of cake! If you did nothing else over the course of the year except attend our three collective training exercises and the first Monday night of each month I would be quite pleased and you would be highly trained.



"Quality not quantity!"

"Find the balance in your life between work/school, family, and the Regiment."

The key to establishing a balance between work, family, and the Regiment is flexibility and I can assure you that the Regiment is prepared to work with you to provide you the flexibility you may need. I completely understand that sometimes life is busier than other times. When your personal situation changes, then we will adjust your responsibilities at the Regiment. Three officers in the past year have had children and in every case their responsibilities in the Regiment changed to accommodate their personal circumstances. The same is true of those who start a new job or begin a new program at school or choose

to travel for a period of time. You simply need to inform your chain of command so that we can work together to find a solution that works. Later when your circumstances have changed again, we will work to increase your responsibilities in accordance with your rank and experience. Short of moving from Toronto, there are no circumstances of which I can think that would necessitate a soldier having to release from the unit because of a change in their personal situation. Have confidence in your chain of command that they will assist you in achieving a good balance.

As members of the Army, we all tend to be “type A” individuals, mission-oriented go-getters who will work until the mission is accomplished. Those are indeed excellent traits but they need to be done within context so as to ensure overall success. Your career in the Army is a marathon, not a sprint. Pace yourself! We will only succeed as a Regiment by having a large number of individuals contribute of themselves at a reasonable level. Redundancy and load-sharing are key and will make us stronger as a unit while protecting each individual from exhaustion.

Good shooting! Ubique!

RD Smid, MMM, MB, CD

Lieutenant-Colonel, Commanding Officer



Colonel Commandant Audience with our Captain General,

Colonel Commandant, Brigadier-General (Retired) James Selbie, OMM CD Presents a Lt Col John McCrae Maquette to Our Captain General, Her Majesty, Queen Elizabeth II.





“Lest We Forget” John McDermott Concert, 1st October, 2016



On 1 October 2016, 7 Tor Regt RCA spent the evening at Yorkminster Park Baptist Church, for a concert hosted by founding member of the ‘Irish Tenors’, John McDermott. McDermott was accompanied by his personal musical staff, volunteer choir from the church, as well as 7 Toronto’s own regimental band. In addition to the impressive array of musical talent, among the assembled who came to see the concert were several renowned figures. Most prominent among them being former Prime Minister John Turner, former Lieutenant-Governor of Ontario David Onley, Honorary Colonel of the Army Blake Goldring, and 7th Toronto’s former Honorary Lieutenant-Colonel, Tom Bitove.

Settled comfortably in the pews of the church, the audience varied widely in demographics. It included members of the regiment (NCMs and officers from all three batteries, the CO, and his predecessor LCol. Szabunio), regular church attendees, and also fans of McDermott himself who had come to see the musician perform. Although the members of the regiment present were predominantly a younger crowd who were largely unfamiliar with McDermott’s work, they quickly grew to appreciate the famed musician’s talent and range.

“Until now, I probably couldn’t name a single McDermott song,” commented Lt. Lum “but after this? I’ll probably have a few of these songs put on rotation on my ipod.” Lt. Lum’s comment received a particularly enthusiastic reception from Capt McBride, the latter being a long-time McDermott fan.

In between songs, the mood was kept solemn and sombre with readings of first-hand accounts of Commonwealth soldiers from various wars, read aloud by members of the congregation. Of particular note was the grisly description of the beach at Gallipoli, from the viewpoint of a wounded Australian. Also during these intervals, McDermott was

presented with a gift from Honorary Colonel Beno: an Artillery Association blazer, which McDermott wore proudly for the remainder of the concert.

Closing out the evening, McDermott sang two very well-known songs; his own, “Danny Boy”, as well as a cover of Vera Lynn’s “We’ll Meet Again” (which was widely recognized among the listening troops from the movie *Dr. Strangelove*). At the conclusion, members of the regiment mingled with those of the congregation, with a number of both retiring to the restaurant across the street for dinner or a pint together.



Ultimately, the success of the event was two-fold; the Artillery Foundation raised funds as they had desired, and the regiment mingled well with the local community in a friendly, open atmosphere. In the days following the concert it was widely speculated that if the regiment/foundation were to host a similar event again at a later date, they would be well-advised to mirror this one as much as possible.



To view the whole program, go to:

<https://livestream.com/accounts/12182946/events/6434579>

See more photos at the end of Take Post 14



LEST WE FORGET

A TRIBUTE TO THOSE WHO SERVED
- IN SONG AND VERSE

WINDMILL PARK BAPTIST CHURCH
OCTOBER 1, 2016, 7:00PM



The
Toronto
Artillery
Foundation



Remembrance Day with Gursikh Sabah Canada



ੴ ਸਤਿਨਾਮੁ ਕਰਤਾ ॥

GURSIKH SABHA CANADA



The Regiment has a long standing tradition of coming together as a family and conducting a regimental Remembrance ceremony, each year, on the Sunday before Remembrance Day. This has always happened at the St Clement's Anglican Church since I joined the regiment. I have always participated as it is an important regimental tradition that honours our heroes, past, present, and future. As a practicing and visible member of the Sikh faith, I looked forward to my annual excursion to the place of worship of my fellow brothers in arms.

This year, this important tradition was continued at a different location. Gursikh Sabha Canada, a local Sikh Place of Worship (Gurdwara) opened its doors for the regiment to again come together, as it has done all other years, and honour our heroes. We

started this day off with a parade, that saw the 25 Pdr Gun, the 105mm Howitzer, the 7th Toronto Band, the serving members of the 7th Toronto Regiment, followed by our affiliated Air and Army cadets units. We were



The Regimental Parade arrives at the front entrance of the Sikh Gurdwara

welcomed by a large crowd of the local Sikh community, who were holding miniature Canadian Flags and cheering us on. As is the custom in Sikh Gurwaras, the regiment removed their headdresses and replaced them with green cloth head coverings.

There was a service held in the main Diwan hall which featured Sikh music, an Ardas (standing prayer), and a reading from the Sri Guru Granth Sahib (the Sikh text), followed by a communal lunch (Langar) in the basement. This was organized by a large team of volunteers, as it always is on a daily basis. Members of the regiment also assisted in serving the food to the congregation and regimental members. There was some time after the meal to engage with the local community members, and visit a historic booth set up by the Sikh Heritage Museum of Canada.



The President of the Gurdwara addresses the congregation



Major Grewal helps tie the head covering on Brig-Gen (Retd) Beno

This 2016 Regimental Remembrance Day hence became a historic moment in Canada, as it is the first known moment where an entire regiment conducted a remembrance ceremony inside a Sikh place of worship. This willingness to include a minority Canadian community broke headlines on major national news networks, including CBC, CTV, CP24, and Huffington Post. It resonated with the Canadian value of inclusivity, and celebrating diversity. It reminded me of the current government's mandate to have gender parity in its caucus. My comparison highlights that traditions and customs are an important part of an institution, but so is adding new customs and traditions that walk towards ever increasing success and relevance of the institutions of our society. This is the beauty of our great nation; unity triumphs our divisions. Our great nation serves as a global example of how numerous communities can live not only together in peace, but celebrate each other's uniqueness as a quality in its own right.



Sgt Mani Bhatti



Sgt Bhatti acts as the ceremonial guard of the Sri Guru Granth Sahib, the spiritual text of the Sikh faith



Parting Shots - Colonel Tim Bishop, Director of Artillery



On two occasions over the summer months I had the honour and the distinct pleasure to attend the badging of our newest Gunners to join the Regiment. As I seldom have the opportunity to join our Regimental members in the field I jumped on the invitation of the course Director – Capt Kevin Smith, to travel from Borden to Meaford to attend the events. As readers will well know our Central Area Training Centre is located in Meaford, and every summer Artillery Units across Ontario are given the opportunity to send their newest recruits there for basic Artilleryman training – which we call DP1.

On the first occasion, which was on 20 July, I met the course right after they had completed firing their qualifying rounds at the gun park and it was one of the hottest days of our summer to date so I proceeded with the badging without delay. On that course there were 42 graduates (10 of whom hailed from 7 Tor). The badging was completed very quickly given the heat and the fact that the candidates had just returned from their final field deployment – they were in no mood for a long and drawn out affair. To conclude the badging I told them all how proud their Regiment was to welcome them all to their new family and told them to wear their new cap badges with the pride that goes with being a member of the Gunner family.

The second badging was on the 09 Aug. I proceeded to Meaford late in the day so that I could meet with Capt Smith and move with him to the field before last light. On that occasion the course was still deployed and still had a night for night deployment to complete but they had fired their qualifying rounds and I therefore gathered them and staff in a hollow square and proceeded to badge them. There were 36 graduates (of which 8 were from 7 Tor) of the second serial, so a little smaller than the first, but none the less a very enthusiastic group. On this occasion I was also joined by (H) LCol Mark Clearihue who had driven in from Toronto specifically to meet his Regiment's newest members. At the completion of the badging I also welcomed them to the Gunner family. That done, the order was given to take posts as the move orders had been received and the newest gunners still had work to do! So they quickly disappeared into the now darkness to complete their first night of night deployments.

One of the great pleasures for me as the Director is when I have the opportunity to welcome our newest members to the family. Of course they did not complete their training without a significant and very dedicated effort of the group of instructors that were also present throughout the summer. Without their dedication and significant sacrifices these courses simply would not exist. I therefore also passed my sincere thanks to all of the other students and course staff that were present and without whom these young gunners would not exist.



I have included a picture which was forward to me by Capt Kevin Smith of some early morning Physical fitness training – Gunner style!

Ubique!

Colonel Tim Bishop – Director of Artillery (Soon handing over to Colonel Marc LaFortune – St Barbara’s Day)

Editor’s Note: Just recently Colonel Bishop was appointed to the Order of Military Merit. Good Shooting, congratulations and well done, Colonel Bishop!



The note that I got from Capt Kevin Smith was the he was informed by the life cycle manager that the guns were not getting enough exercise....so these are DP1 candidates at first light – exercising the Guns....Ubique!



Affiliation between St. Clement's Church and 7th Toronto Regiment enters 25th year... but how did the affiliation begin?

By: Padre David Clark

This year, members of 7th Toronto Regiment enjoyed opportunities to visit two faith communities as part of our Remembrance activities: on 6 November, the Regiment was warmly received at a Sikh *Gurdwara* (Gursikh Sabha Canada), and on 13 November, a contingent was welcomed to the Remembrance Sunday service at St. Clement's Church. Since the Regiment has maintained a



Lieutenant Colonel Smid at St. Clement's

connection with St. Clement's over the years, I was asked to find out when and how this affiliation was first formed: how exactly did a Regiment at Queen and Jarvis first connect with a church near Yonge and Eglinton? In the late 1980s, the Regiment found itself for a time without any affiliation to a place of worship. During this period, Remembrance Sunday parades continued, but they were held either at Moss Park Armoury or outdoors at Queen's Park. However, in the early 1990s, Padre Arthur MacRae (the Regimental Padre at the time) became the Honorary Assistant at St. Clement's Church, where he discovered that the congregation was already hosting a Remembrance

connection with St. Clement's over the years, I was asked to find out when and how this affiliation was first formed: how exactly did a Regiment at Queen and Jarvis first connect with a church near Yonge and Eglinton?



Honorary Colonel of the Army, Blake Goldring, MSM Lays a Wreath at St. Clement's



**The Reverend Canon
Jenny Andison,
Rector – to become a
Bishop in 2017**

Sunday service each year, complete with a bugler. Padre MacRae suggested that a relationship might be formed, and—with the support of leadership from both the church and the Regiment—St. Clement’s and 7th Toronto became affiliated shortly thereafter. In November 1992, the Regiment first paraded to St. Clement’s for a Remembrance Sunday service. This means that we are now approaching a milestone: next year, in 2017, St. Clement’s and 7th Toronto will have maintained this affiliation for 25 years!

My thanks to retired Padre Arthur MacRae for providing this historical background.

Captain David Clark, Chaplain, 7th Toronto Regiment (RCA)

Editor’s note: I have done a bit of reading into Regimental Churches (places of worship), and chapels therein, and “colours” resting therein, and the role that the religious leaders of all faiths play in Regimental life. It is a tremendously interesting and meaningful, nee profound relationship. Their role in building cohesion, esprit de corps and a Regimental Family spirit is noteworthy, but even more important is the role they play in building character, reminding us of the virtues of humanity and justice, and making us all better human beings. Our beliefs help us through the tough times, whether on a battlefield or when lonely and destitute, or in times of loss, or in recovering from traumatic experiences. What follows is a brief exchange from a member of our Regiment, and a friend. When needed, our Regimental Church was there. This note says it all:

Ernie A very personal vignette when my daughter died I was screwed up beyond belief ...I received a note signed by all of the ministers/priests/whatever at St Clements. It was a REALLY nice note and it offered me the services of any or all of them if I wanted/needed someone to talk to.

I never did. My wife went to various grief counselling sessions, but being a cement head I wasn't about to do that. I will tell you that I clung to that note from St Clement's. It was important to me knowing that they were there for me if I needed them. It was important to me WAY beyond my ability to explain.

A couple of years ago I was at a funeral at St. Clements and I got to tell one of the clergy how important that piece of paper was to me. Not just important to me briefly, but really important to me over a period of years.

They had considered me part of their community/church family as I was a member of the 7 Toronto Regiment Regimental family.

They had heard about my daughter and reached out to me to offer me any assistance that they could provide.....because I was "family".

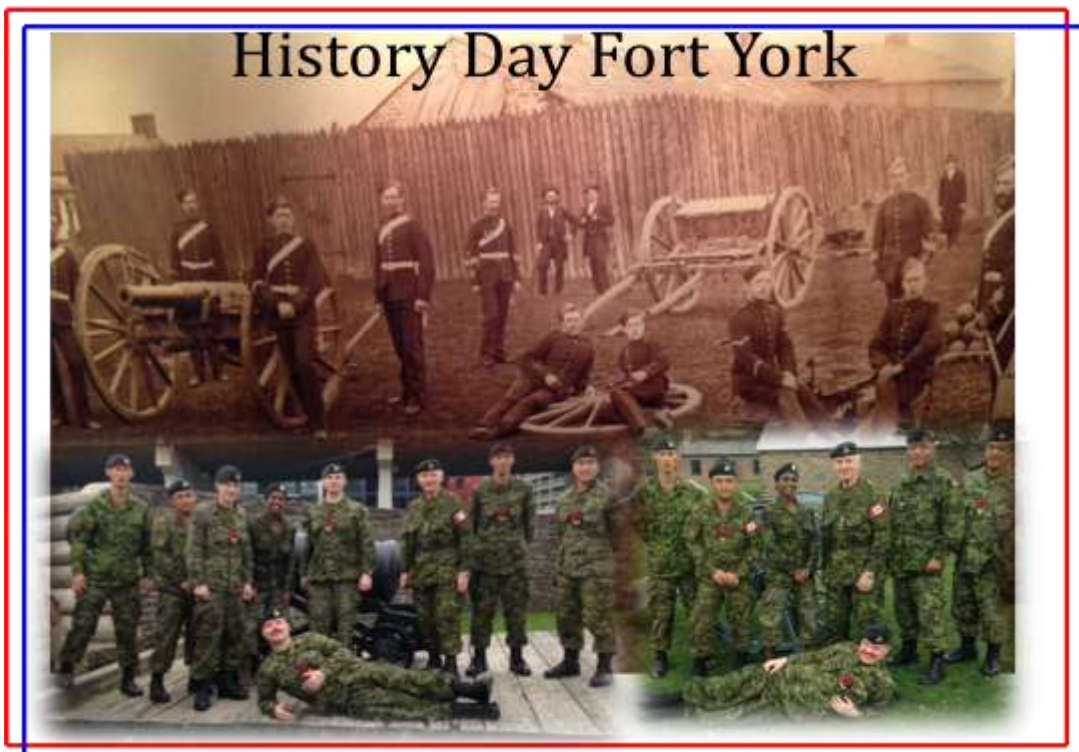
Regimental churches and Chaplains/Clerics are critically important to the well-being of a Regiment. They are a key component to a caring, all-inclusive Regimental family.

No one has to unfurl a flag or beat a drum or read a sermon about the importance of a Regimental Church. I have seen the magic of Padres (of all denominations) just sort of wandering around talking to soldiers. I have felt the magic of knowing that should I choose, they were there for me. And I know they always will be!



7th Toronto Regiment's Artillery History Day 29 October 2016

By Captain Paul Thompson



On an unseasonably pleasant Saturday morning the soldiers of 7th Toronto Regiment and 56th Field Regiment met at Scotiabank Theatre in Toronto's entertainment district.



The otherwise empty theatre brought together two Regiments



that have so much in common that day's like this should happen much more frequently. The Regiment's almost overlap in AOR among 32 CBG's units. All the soldiers know one another from RST gunner courses or SNCO or Officer courses in Gagetown or have worked together in amalgamated batteries on large FTX's such as STALWART GUARDIAN.

The topics of discussion at the Scotiabank Theatre were purely historic. HCol BGen Ernie Beno bashed through a slide show touching on the customs, traditions, pride and historic importance of the entire RCA. Then former CO7

LCol (ret'd) Colin Mouatt followed the perpetuations of the multitude of Toronto artillery batteries from 1812 through both wars, the Cold War and finally to 1965 where the current 3 batteries we know today were established. Capt Jim Hill, BC 10 Battery then followed Gunners history from a Niagara peninsula and Brantford point of view. It was special to have the two SME's of Southern Ontario artillery history in the room together as they spoke to the very minute details and historical riddles dating back 200 years.

Finally, Capt (ret'd) Jack Rhind, GPO9 gave us a primary perspective of his WW2 experiences. He took us from training in England through the Straits of Gibraltar and up the spine of Italy, lingering on Monte Cassino and finally the cake walk through NW Europe. As a civilian



***Capt Jack Rhind's
Diary – 1943/44***

volunteer soldier, rather than a career professional soldier he put a human touch on the devastation of Monte Cassino when he returned later years to see the Italian countryside as it should be rather than devastated by war. Showing the Earth repairs itself while human beings do not.



From there we moved to Historic Fort York for lunch and a tour of the grounds with a specific interest in artillery. The oldest artillery pieces existing in Canada are still housed



at Fort York and the soldiers could see the Colours that the Incorporated Artillery Company used against the American raid during the War of 1812. Shot furnaces, examples of antique munitions as well as a 3-pounder, 6-pounder and many 18 pounders are on site. The guide took E Troop through the gun drill on a SBML 6-pounder, a little different but the idea always remains the same. For more www.fortyork.ca.



What a Gun Detachment!!

We retired back to Moss Park to finish the briefings as former Regimental Major LCol Mike Draho visited from the Staff College and gave us a briefing on what Regimental Headquarters in Shilo does for the RCA and the future of the Regimental Family from a non-operational perspective.

NCM's were then dismissed and the officers and SNCO's retreated to their respective messes. The Officers' Mess was happy to host Capt (ret'd) Jack Rhind as well as LCol (ret'd) Mouatt to the mess.

This was a successful day and both regiments seem eager to repeat this tradition but next time 56 Field can take the lead and host us.

--Capt Paul Thompson



Hooked on a Feeling: Exercise Hogtown Gunner - 21-23 Oct 2016

2Lt Alex Won

The morning began with breakfast in the weather havens. I must admit, it was never quite so energizing. Breakfast was served with Blue Swede, and it was a fantastic way to start a hard day's work. The weather was exactly what we expected it to be that day – schizophrenic.



The Battery arrives after midnight to the weatherhavens in Meaford

Our first position by a tree line was hit by rain, snow, and a rainbow for about 5 minutes before it rained and snowed on us again.

Det Commanders Mbdr Stradalowicz and Sgt Bhatti led their troops through inclement weather admirably. I wish I had managed to get a picture of the CP at this position, but MBdr Noh showed us exactly what rugged and reliable means.

Right: MBdr Stradalowicz poses between receiving fire orders





At the second position the gunners went through their drills again in order to prepare for live fire exercises. The weather cleared up at this point as the gunners went through notional fire missions.

As we set up our bivouac site, Sgt Bhatti moved to complete battle procedure on his reconnaissance patrol to

Lt Lum and MBdr Noh calculating data at the Command Post scout WIAF K BTY which was set up north of our position. The troops rested and prepared for the night missions to follow.



25A under the command of Sgt Bhatti pose after recording the tube.



Soldiers prepare for the upcoming recce and fighting patrols

What came next is a story of tactical command and conquer. Major Graham, Lt. Lum, Sgt. Bhatti, MBdr. Stradalowicz and Mbdr. Hall put together a battle plan that moved with tempered fluidity. Travelling with Recce to the ORV, scouting the gun position, eating dinner in the tactical feeding area, creating a battle strategy and proceeding with the attack under cover of night were all executed with refined precision as the WIAF K BTY were effectively neutralized.

After the attack, the CP, Recce Tech, Mortar Troops and OP marched back to the bivouac site as the galaxy watched in silence. Another successful and challenging training day had passed.



15 Lightfighter Battery, Exercise Hogtown Gunner, October 21-23, 2016



Wounded Warriors Canada Highway of Heroes Bike Ride 2016

By: Captain Eric Laxton

Honour the fallen, help the living; That is the motto of Wounded Warriors Canada (WWC), a charity that supports Canada's ill and injured Canadian Armed Forces (CAF) members, veterans, first responders and their families.

158 CAF members made the ultimate sacrifice in the cause of peace and freedom in Afghanistan between 2001 and 2014. The stretch of Highway 401 between CFB Trenton and the Don Valley Parkway was designated as the Highway of Heroes, reflecting its use as the route for funeral convoys carrying our fallen comrades.





This year marked the first edition of the WWC Highway of Heroes Bike Ride (HHR), which saw a group of over 100 cyclists pedal along the 220 km route on September 24th and 25th to raise funds and awareness in support of those living with operational stress injuries and to reconnect Canadians with the Highway of Heroes, honouring our fallen.

Among those cyclists was Capt Eric Laxton (BK9) and Heidi Steinberg (IODE Ubique) riding on behalf of team 7 Tor Gunners. The team raised \$2,245 for WWC thanks to the support of friends, family and the regimental community, which included generous



contributions from current serving members, Honoraries and former CO's.

The HHR began with a service at the Afghanistan



Repatriation Memorial at CFB Trenton, and saw the cyclists participate in a number of ceremonies along the route, including a LAV dedication in Bowmanville and a musical tribute at the Park of Reflection in Whitby. The ride culminated with a service at Queen's Park, after a brief stop at Moss Park Armoury which was attended by the Ontario Premier.

The ride itself was grueling at times, with challenging climbs and long days in the saddle. These challenges, however are small compared to the challenges faced by our ill and

injured CAF members. We must continue to care for our own and to identify and treat mental health issues.

It was a proud and enjoyable weekend for all who participated, with total fundraising reaching nearly \$200,000.



7 Toronto Regt Conducts 21-Gun Salute in Honour of Remembrance Day

By: Captain Adam Maynard

Gunners of the 7 Toronto Regiment and its band joined members of the Limber Gunners in conducting a 21-gun salute at Queen's Park in downtown Toronto as part of this year's Remembrance Day ceremonies.

Despite the frigid weather and biting winds, a large public crowd gathered on the north side of the park named for Queen Victoria to commemorate fallen soldiers and veterans of the many international armed conflicts in which Canada has been involved in its nearly 150-year history.

The ceremony, led by Capt David Clark, padre for the reserve artillery regiment which operates out of Moss Park Armouries, began with The Act of Remembrance. After the bugler finished playing Last Post, at 11:00am precisely, two minutes of silence were observed.

Either side of the two minutes were marked with the firing of blank rounds from the ceremonial firing battery deployed on the north end of Queen's Park. The firing battery was made up of four guns: two C3 105mm howitzers, the service artillery piece for many reservist units in the 4th Canadian Division, and two Ordnance QF 25-Pounders, operated by two detachments from the Limber Gunners.

The Limber Gunners are an association formed in 1997 by members of the Toronto Artillery Officers Association and the Toronto Artillery Ex-Sergeants Association to



organize and oversee the maintenance and restoration of the various historic artillery pieces owned by or on-loan to the 7 Toronto Regiment.

The 21-gun salute began at 11:02 and ended at 11:23. In between rounds from the four guns, the regimental band played various traditional songs associated with Remembrance Day, including the bagpipe-focussed “Lament.” After the gun salute, the public was invited to mingle with members of the 7 Toronto Regiment and the Limber Gunners.

The exact origins of the 21-gun salute is debated, but most historians agree the ceremony has its roots in the navy, when a war ship would harmlessly fire its ammunition into the ocean to show another ship or port its friendly intent. Gun salutes are now used to mark many occasions, including Canada Day and Victoria Day. Remembrance Day salutes vary from others in that the interval between rounds is sixty seconds as opposed to the usual twenty-seven seconds.

The salute was supervised by LCol Ryan Smid, Commanding Officer of the 7 Toronto Regiment. The firing battery, along with historic vehicles driven by members of the Limber Gunners, was escorted to and from Moss Park Armouries by officers of the Toronto Police Service.

Other Remembrance Day ceremonies in Toronto included services at Fort York and the Old City Hall Cenotaph.



Exercise Hogtown Gunner I

By Sgt Gawley

On October 21st, 2016, exercise ‘Hogtown Gunner I’ began. Several members of 9 Battery shuffled into the armouries, drew their weapons and loaded on to the bus. For many of these members, it would be their first exercise since their DP1. For the Detachment Commanders, it marked the first exercise with their new respective detachments.

***Gnr Mazzilli, Pte Staikos, Gnr Gezhan,
Gnr Hill, Gnr Faccini***



The bus arrived in 4th Canadian Division Training Centre Meaford at 2300hrs. They disembarked the bus, and began to shake out the detachments. The Detachment Commanders scrambled to get their kit prepared to fire, and ensured that everything was still in good working order.



By 2345 the move orders had been issued by the GPO, Capt Maynard. The guns were hooked in, the drivers fired up the engines, and the battery was on its way to the first gun position. Upon arrival, the guns were dropped in their respective positions, the troops were ordered to go to ground.

0600hrs 22 October, REVELLE! The newly trained gunners scrambled to get out of their sleeping bags, and get packed up, as a hot breakfast was awaiting them. No rest for the young gunners, as the Det Commanders were hollering “TAKE POST”!! It was time to record the guns in the Centre of Arc. Once the guns were recorded, we prepared for the impending fire missions.

The afternoon of Saturday, the guns got the order “verify guns empty” from the GPO, and they were off to Cambrai pad for the Number 1s open actions shoot. Sgt Gawley was the first to fire. His 2nd in command, MBdr Espeut, was eager to jump between the trails and command the gun.

Sgt Gawley took up his position to the right of the gun, and began shouting out his orders. With the target destroyed, the order “end of mission” was given. Sgt Noh then took over the gun and began his open action mission. Only needing 5 rounds for adjustment, he quickly switched into fire for effect, also destroying his respective target.

That evening, the guns jumped into a coordinated illumination mission. At the same time, the 2ICs were tasked with setting up the local defense plan which was laid out by the GPO. The coordinated illumination went without a hitch. Sgt Noh was the illumination gun, while Sgt Gawley was the HE gun. Upon completion of the coordinated illum, the guns were put into a defensive role, to hone in on the local defense skills. At approximately 2130, 15 Lightfighter Battery, attacked the 9 Battery gun position. The left flank sentry caught one of the patrols sneaking onto position and gave the “stand too” for the battery. 15 Battery attack was swift, and effective. Shortly after 15 Battery retreated, 130 Battery OP troop snuck onto the position and made off with Sgt Gawley’s collimator. Both detachment commanders took this opportunity to teach the young gunners the importance of battery local defense. Once the dust had settled, the gunners were then ordered to go to ground, finishing training events for Saturday.

Sunday 23 October, 0600, Reveille. Once again, the gunners scramble to wake up, get dressed and get packed up. The “cease fire” orders were given, and the guns were packed up. The position was collapsed, and everyone linked up back at the weather havens. Troops were given time to kit down, and ensure their rucksacks were ready to go for the upcoming BFT. Upon completion of the BFT, the gunners were given a chance to get some much needed juice, and oranges into their now starving bodies.

The busses, were then loaded back up, the guns placed onto the flatbed trailers, and the entire regiment folded back to Moss Park Armouries.

The next exercise is scheduled for November 25-27, “Hogtown Gunner II”. This will include fire planning and Detachment level training.



CFB Toronto Tops Regionals as Underdogs

By Gunner Vaz and Bombardier Oerez (Editor’s note – I missed this in the last TP!)

In a weeklong soccer tournament hosted by CFB Petawawa, underdogs, CFB Toronto came out victorious after a series of thrilling performances. Beginning on August 8th, soldiers representing their respective bases gathered in Petawawa to participate in the regional event. Teams from Ontario including the likes of: CFB Borden, CFB Kingston, CFB North Bay, CFB Petawawa, CFB Trenton and CFB Toronto were all present.

CFB Toronto went into this tournament as underdogs but was lead by WO Gary Walters a coach who believed that anything was possible. Every team expected Toronto to be a

walk in the park, but little did they know that with a group of hard working athletes anything would be possible.

In the first game Toronto took on Trenton, and came out victorious with a 3-2 win. The second game took place the next day where Toronto took on Borden and with much surprise came out victorious again with a 3-1 win. With two wins in their pocket it gave the gents a well-deserved rest and chance to play in the semi finals.

Borden was able to beat North Bay in their third game to play Toronto once again in the semis. The semi final game was played on a hot dry day, which came down to who had the most heart, determination, and most of all fitness to come out with the win. Toronto came out victorious with a 2 -0 win advancing them to the



finals for the first time in CFB Toronto History. The team was on an emotional high and were up for the challenge to face a strong team from Petawawa.

It was David vs Goliath, Toronto against Petawawa, and all odds were against Toronto in the finals. Throughout the game the boys from Toronto battled together as one, from blocking shots in front of the net to making solid tackles around the pitch. They were determined to come back to Toronto with a Championship banner in their hands. That being said it was a tough fought battle from both teams and unfortunately the game didn't end in regular time, or in extra time. It had to go to a penalty shoot out, where one team was going home victorious, and the other would leave disappointed. In the penalty shootout Petawawa missed their first three shots, which opened up the gates for Toronto

to win their first ever Regional Championship.



CFB Toronto will continue their fairy tale journey in the upcoming weeks at nationals, which will be held at CFB Borden during the week of the 17th till the 22nd of September. More to follow



The Value (and Joy) of Military Service as a Reservist

By Lieutenant-Colonel (Retired) Ray Mikkola, CD

Being a reservist is a tough job. To succeed, a part time soldier must balance a civilian career (or school), family, and personal interests along with a sometimes very demanding military commitment. The challenge of keeping all of these contemporaneous “balls in the air” sometimes results in one or more balls being dropped. The stresses associated with maintaining the balance comes from professors or teachers, family members, work colleagues, clients, army buddies and mostly, the soldier himself or herself.

I suppose that it’s true that what doesn’t defeat you makes you stronger. Most of us continue or continued with military service because of the tremendous satisfaction that comes with being part of an effective team, unique in terms its ethos, spirit, honour and role in Canadian society. Happily, throughout the remainder of high school, undergrad and law school, the Regiment recognized the need to focus on exams and other school assignments, which could not always be said about all of the other units in the Brigade (or “Toronto Militia District” as it was then known). Work commitments were a different story, as clients expect their lawyer to put their issues ahead of all else, which is typical of any service industry. It wasn’t always pretty, but my military commitments seemed somehow to settle into the hectic canvas of life.



LCpl Ray Mikkola with several Former Commanding Officers

One of the great advantages of the combat arms is that it provides an opportunity to immerse oneself into a career that is, almost by definition, completely different from any civilian career. It sounds remarkable to those who have never been in the military that a week or two in Petawawa, Meaford or Grayling with little sleep and no access to dry clothing can actually recharge you in your civilian career. It’s partly due to the sudden re-introduction of the comforts of indoor work, air conditioning and hot running water, but that’s not nearly the whole story. It also has to do with the confidence that comes from having participated in a military exercise that requires you to face challenges wholly outside of the challenges faced by even the most recognized leaders in their civilian careers. I recall my colleagues in law school almost buckling under the pressure of exams that were weighted at 100% of the year’s final mark. While I studied hard for the exams, the pressure just didn’t seem to measure up against the stress associated with being GPO, safety officer, or running a live grenade range. For this reason alone, as much as the

military demands certain sacrifices from its members (which are inherent in service itself), it seems to me that in the final analysis we all get more out of military service in ways that are sometimes difficult to recognize.



***Two Generations of
Gunners:***

*MBdr Mikkola, R.H. from
1979 and a much more
recent photo of
Bdr (now MBdr) Mikkola,
E.C.*



It has been almost 15 years since I walked off the parade square and in retrospect I have come to recognize that my military service was instrumental in its positive effects on other aspects of my life. For the most part I view my years of service as central to who I am and who I have become, both for the lessons it taught me and for the friendships that it engendered and which continue to this day. I did not view it that way while I was in service, focussed as I was entirely on the task at hand. I have learned that sometimes the preciousness of a thing reveals itself only in its passing.

So try to enjoy your years of service. Believe me, they will be over before you know it! And they will be useful to you in many ways.

Ubique!

LCol R. H. Mikkola CD (Retd)





105 Royal Canadian Army Cadet Corps By: 2Lt Kelvin Chu



Cadet Master Warrant Officer Robert Dobrowolski answers the CBC during an interview on the importance of Remembrance Vigil, November 10, 2016



Cadet Master Warrant Officer Kendrick Fu takes the first shift of the Remembrance Vigil on November 10, 2016



*Left: Members of 105 - 7th Toronto Regiment, RCA, Royal Canadian Army Cadets stands post as a part of the Remembrance Vigil.
Below: Remembrance Day with Gursikh Sabah Canada*



818 Falcon Squadron, Royal Canadian Air Force Cadets –

818 Squadron - Remembrance Day with Gursikh Sabah Canada





THE TORONTO ARTILLERY FOUNDATION (Established 1978)

November 2016

John McDermott “Lest We Forget” Concert of Remembrance - 1 October 2016

The Concert was an overwhelming financial success with some \$60,000 +/- being raised in support of the Regiment for such things as the Vimy Project and for long term investment by the Foundation to enhance its future funding capability for Regimental use.

If you were unable to attend or wish to relive the performance, please go to the video link that follows: <http://livestream.com/accounts/12182946/events/6434579?t=1475365771>.

This was the Foundation's first excursion into this type of event and we will be looking to the future to organize more such events in support of the Regiment.

As always we are looking for volunteers to assist with the organization of such events. If any of our members are interested in volunteering for this or other facets of the Foundation itself, please feel free to contact the Secretary, LCol Jim Brazill (jbrazill@rogers.com).

Foundation Annual General Meeting - 17 October 2016

Along with the usual administration matters dealt with, this year's meeting featured a number of positive initiatives and changes to ensure the Foundation will be a viable organization well into the future.

To better reflect the Regiment within the Foundation, three new Trustees were confirmed at the meeting. They are:

- WO James Lombara filling the ex-officio position of serving officer as nominated by the CO, LCol Ryan Smid
- Capt Eric Laxton, currently serving as Assistant Secretary, elected as a Trustee
- Capt Paul Thompson, elected as an Honorary Trustee

Therefore, your Board of Trustees make up now consists of the following:

Chairman - HCol Ernest Beno

Vice Chairman - HLCol Mark Clearihue

Commanding Officer - LCol Ryan Smid

Immediate Past Commanding Officer - LCol Paul Szabunio

Regimental Second in Command - Maj Nav Grewal

Serving Officer - WO James Lombara

One other Former Commanding Officer - LCol (Ret'd) Mike Gomes

Six Foundation Members - Capt (Ret'd) David Burnett

- Lt (Ret'd) Murray Galloway
- Col (Ret'd) Bill Kalogerakis
- Lt (Ret'd) Paul Kernohan (Treasurer)
- Capt Eric Laxton (Assistant Secretary)
- Maj (Ret'd) Ron Paterson

- Honorary Trustees
- HCol (Ret'd) Tom Bitove
 - Capt (Ret'd) Jeannette Chau
 - LCol (Ret'd) Barry Downs
 - Lt (Ret'd) Tony Keenan
 - Capt Paul Thompson
 - Mr. Keith Wright

With the success of events like The Two Worlds of Charlie F, the McDermott Concert and various other fund raising appeals such as the HCol' Annual Appeal Letter, the Foundation, for the first time in some five years, has been able to fulfill its mandate and provide annual funding to the Regiment from the proceeds of the investments held by the Foundation. Although small to start, only \$2,000 +/-, it is a step in the right direction and it bodes well for future funding as the investment account continues to grow with the generosity of individual donors and other fundraising initiatives.

St Barbara's Day Dinner Dance - 2 December 2016

We encourage all Unit Members and the various components of the Regimental Family and their Guests to attend the upcoming St. Barbara's Day dinner dance to celebrate the Anniversary of St. Barbara and enjoy an evening of good food, dancing and camaraderie, and to connect to and show your support for the Regiment.

In order to maximize Regimental attendance and as part of its ongoing commitment to the welfare of Unit Members and the Regiment itself, the Foundation will be directly subsidizing the ticket price for the junior members. Further details will be forthcoming at the time of ticket sales.

Upcoming Foundation & Regimental Events

Please keep the following meaningful dates on your horizons:

- 02 December 2016 - St Barbara's Day Celebrations - Details to follow as they become available
- 01 January 2017 - New Year's Day Levee - 1100 hrs 7th Toronto Regiment Officers' Mess, MPA
- January - December 2017 - Celebrations for Canada 150 Official events/salutes, etc. not yet confirmed
- 09 April 2017 - 100th Anniversary of the Battle of Vimy Ridge

Ubique

Paul Kernohan
Treasurer
The Toronto Artillery Foundation



IODE Ubique

This is the first Christmas for I.O.D.E. Ubique and we are celebrating it by making a meaningful contribution that will see a happier Christmas for many children. We have three giving projects that have been very successful. In support of our holiday giving projects, we collected about 230 new books for infants, toddlers, and children. First, we are supporting Padre Clark in the gifts he has organized from the Regiment to families seeking help from Salvation Army. Second, we are supporting a young mothers' residence with books for their very young boys and girls, and third, we are supporting. . . A young mothers group.





The donations are all located in our neighbourhood - Connecting the MPA with the community.

We are so pleased that we are up to 13 members, and we have not even celebrated our first anniversary. This first several months in the life of our chapter has been one of initiating our organization and getting going, but we have not let “start up mode” get in the way of contributing; far from it! We have many more projects in the planning stage, and we are proud to already be contributing to a better world, and to support the Regiment in its community outreach operations. At this time, all of us serving with I.O.D.E. Ubique wish all members of the Regimental Family the happiest of times over the holidays, and a safe, happy and healthy New Year. Ubique!

Patricia Geoffrey RN, President, IODE Ubique



Limber Gunners Artyfacts - for November 2016 Take Post

The Limber Gunners are winding up the busy year with the two big events of the year; Sunday November 06, 2016 the 7th Toronto Regiment RCA paraded with the 105 C3 Howitzer and MSVS and the Limber Gunners Quad, Limber and 25 Pdr. to the Sikh Gurdwara in Scarborough, in what is believed to be the first-ever Regimental Remembrance Day service to take place in a Sikh place of worship.

The ceremony celebrated Canadian soldiers, including Sikhs who died in past wars and recognized current service members. The Limber Gunners that participated in the parade were

Frank Moore, Steve Singh and Ron Paterson who assisted with moving the equipment from MPA.



Friday, November 11th, 2016, the 7th Toronto Regiment RCA fired a 21 Gun Salute at Queen's park for Remembrance Day at 1100hrs. There was a Remembrance Day Service prior to the firing of the salute. The Limber Gunners manned 2 X 25Pdr. QF Howitzers and the Regiment manned 2x 105 C3 howitzers.

Dave Thompson left Port Huron, Michigan at 0300hrs with his Jeep in tow . Drove his 1942 Jeep that lead the convoy to Queens Park for the salute, fired the 25Pdr. as a #3 in Battle Dress, returned to MPA to clean the guns, ate lunch and returned to Port Huron after lunch. Thank you Dave for a supreme effort.

A special thanks to the guest No.#3's that fired on the 25Pdr. during the salute: BGen (Ret'd) Ernie Beno, OMM, CD, HLCOL. Mark Clearihue, Lt. (Ret'd) Tony Keenan, Mr. Doug Farrington and Mr. Marc Lefoy. Joe McCormack and Dave Anderson were the Detachment Commanders. The following Limber gunners took part in the firing of the 21 Gun Salute; Jame Karpresic, Bill Wallace, Dave Rea, Steve Singh, Jackie Coleman, Jeannette Chau, Frank Moore and Ron Paterson. Frank Moore towed the new Limber, on loan from 2 RCHA, and the 25Pdr A2 with his CUCV.

Joe McCormack spoke at his son's school for Remembrance Day after the salute. Frank Moore of the Limber Gunners repaired the carburetor on the Quad at MPA on Sunday November 06. The Limber Gunners realize that if we did not have Frank the LG would not be operational.

The Limber Gunners will be carrying out Driver training in April 2017, and will hold short administration meetings on the first Monday of each month followed by training



Upcoming Events

- The Limber Gunners will be carrying out a stores review and Equipment update after Remembrance Day.
- December 2nd – the Regiment will be holding a St. Barbara's Dinner Dance - All members are invited. See Jeannette or Dave Burnett for Tickets.
- January 1st – the Regiment will hold a Levee in the Officers Mess at 1100hrs – All members are invited.

To the members of the Regiment that have retired, and you if you like the smell of the gun powder, driving a WWII Field Artillery Tractor, firing salutes with WWII Equipment, and taking part in an active tank day join the Limber Gunners and meet some of your old Friends. The LG has a second Limber on loan from 2 RCHA and has a line on a second Quad.

UBIQUE! Ron Paterson sevenartygunner@rogers.com





7th Toronto RCA Band

It has been an exceptionally busy fall term in the Regiment.

September began with the overlap of the CNE and then we went non-stop into the Freedom of the City Ceremonies with at Old City Hall in Toronto on the 10th of September and 24th of September in Brantford where we marched for 56th Field. The Brass quintet stayed and performed for the mess dinner in the evening as well.

On the 17th of September 6 members of the band attended Field exercises to complete their PWT 1. Those members included Captain Nick Arrigo, Cpl Joanna Venturanza, Cpl Dan Howells, Pte Zach Everett, Cpl Amy Sandford, Cpl Taryn Jackson.

The next day on the 18th of September we performed at the Polish Festival on Roncensville in Toronto. The Band entertained the crowd with traditional marches, special Polish repertoire such as the First Brigade March written for the Polish First Brigade in the First World War. Still to this day the First Brigade March is revered as Poland's unofficial National Anthem.

October was no less busy for the Band as we prepared for performances and parades to come. And while Remembrance preparations were underway, 4 members of the band attended the Exercise in Meaford October 21-23.

Cpl Venturanza, Cpl Howells, and Pte Everett, were tasked to 15 Battery where they participated in Load Bearing March and Patrolling the fields as enemy force. Capt. Arrigo lent his support to radios in the CP. Cpl Howells commented that he was tired by the end of the weekend but he learned a lot.



On Saturday October 29th, we fielded two, quintets to play at the Officer's Mess Dinner and the Sergeant and Warrants Mess dinner. Both messes were provided the traditional opportunity to sing Screw Guns and they heard a variety of musical compositions throughout dinner.

Members of the woodwind ensembles included, Cpl Dawn Rego, Cpl David Marshall, Cpl Johnson Attong from the GGHG, Cpl Moira Taylor from the GGHG and musician Zeena Zaiyouna. Members of the Brass Quintet included Cpl Taryn Jackson, Cpl Dan Howell, Cpl Amy Sandford, Cpl Joanna Venturanza, and Pte Zach Everett.

The preparation for Remembrance Day and all the services leading up kept the Band members very occupied. Cpl Howell performed Last post at the Family Resource Centre on November 4th. Cpl Howells will also be playing on November 11th for Old City Hall. WO (retd) Don Mincoff performed two tasks this year, On Sunday November 6th, he performed at the Soldier's Tower at University of Toronto and he will play Last Post at Queen's Park for the Regimental Gun Salute on November 11th. WO Darrin Hicks performed Last Post at the True Patriot Love Dinner on November 9th(picture below) and Musician Kim Erickson will perform Last Post at her children's school on November 10th.



On November 6th, the Band marched up the streets in Scarborough at our first Church Parade at the Sikh Temple. We also participated with the Regiment in their Sunday Service and shared in their luncheon. The picture above is from that parade. The Picture below is our Bass drum being carried by Sgt (retd) Patricia Beck. On the right, Capt Arrigo captures WO Ray Woodhams,

Musician Anne Arrigo, Cpl Amy Sandford, Musician Shelly Glass, Cpl Dawn Rego, and WO(retd) Phil Trow



Upcoming Events

- Remembrance Day Old City Hall Toronto November 11th at 1100hrs
- St Clements Church Service November 13th at St Clement's Church
- Band Christmas Party Monday December 5th, 7th Toronto Officer's Mess
- All Ranks Christmas Dinner Saturday December 10th Moss Park Armoury.



Weston Golf and Country Club Remembrance Day Match



*7th Toronto Regiment Reps, in uniform:
Bdr Chan, Lt Lum, Sgt Noh, Hon Col Beno, MBdr Brekker, MBdr Dickenson, MBdr Potts*

Photos from Our Past



Best Gun Layer award December 1987. Bdr Mendoza; CO, LCol Gibson; CWO (RSM) Ron Paterson; BC 9, Maj. Barry Downs



Second Regiment, Royal Canadian Horse Artillery

Wishes All Ranks

**Happy Saint Barbara's Day
Christmas and Holiday Greetings
and a Happy New Year**





E Troop Stand Up

by Capt Ethan McBride

I was always told the best job within the artillery was being a FOO. It was hammered into us on our Phase 3 course, confirmed on my Junior Officer Course, and confirmed on my actual FOO course itself. Nothing sparked my adrenaline and stressed my mental and physical skills more than calling in indirect fire while advising an infantry or armoured combat team commander as to the best way to utilize the artillery in their plan. Perhaps the reason for this, is the fact that often, and in my short experience, always, the commander that I was advising knew little to nothing of the effects I was to deliver, which meant that they had a high expectation that I would create the means by which they would achieve victory.

September of this year, I had the honour of being appointed the Troop Commander of E Troop; an entire troop that was completely made up of OP qualified persons with the sole mandate of calling in indirect fire and perhaps more importantly advising the infantry and armoured units within 32 Brigade of the ways in which they can utilize the effects of artillery to better meet their own tactical aims. The troop itself, consists of four OP parties, that attend not only 7th Toronto exercises, but any exercise in which an infantry or armoured unit requests us to attend. To prepare for such a feat, E Troop has recognized that it cannot simply maintain their skills by attending one parade night a week, and instead additionally parade most Saturdays and other week nights outside of Monday parade.

The training mostly consists of shooting missions with the IFT, rehearsing missions and ensuring that each OP parties drills, fire discipline, and voice procedure are up to a working standard. However, as we are working intimately with other units, often in a dismounted role, we recognized that our



training needed to consist of more than just practicing our artillery skills; we needed to also ensure that our field skills were at the very least as strong as the units with which we were working, which meant that our training often saw us practicing in the wilderness with infantry instructors present to ensure that our skills were up to par.

While E Troop supports many units, perhaps the most special relationship that we have is with the Queens Own Rifles. Proximity and their role as airborne infantry, not to mention the strong will of our CO, LCol Smid, meant that it was vital to have a positive working relationship in providing support to them on their exercises. As such, those persons within E Troop who were already jump qualified, as well as a few selected individuals, were additionally tasked to parade with the QOR on Wednesday nights and provide them with a jump capable OP Party that could support them in the field. In parading with them, we began to learn their own SOPs and enhance our own infantry skills as well as to more informally give them idea of how the artillery functions. The relationship continues to blossom and will both units have agreed that it has created a more hospitable atmosphere and respect for each units' members. To highlight this relationship, LCol Banerjee of the QOR and LCol Smid worked out an arrangement in which upon the successful completion of an exercise in which members of 7th Toronto will complete a jump and full tactical exercise of the QOR, will be presented with a maroon beret and white jump wings, which they can wear, to signify this special relationship between the two units.

In all, and perhaps I am a little biased, the members of E troop are in my opinion the most dedicated soldiers within the Regiment. They have given up countless hours to training beyond their minimal commitment, and display an extremely positive and enthusiastic attitude to exceed our already rapid training pace. With each exercise in which we work with other units we are training ourselves in advising other units and increasing our own OP skills, while simultaneously demonstrating to those units the knowledge and skills that we bring to the battlefield.



A Shot Downrange – Words from Honorary Colonel Ernest Beno, OMM, CD

I'd like to congratulate our Regiment on the great successes over the past while, especially given the high tempo of activity – training, operational, community-focused, and social.

In the past two months we have enjoyed the wonderful experience of remembering – at the Queen’s Park Remembrance Service, at the Gursikh Sabha Sikh temple, and at our Regimental Church, St. Clement’s, and even at the Weston Golf and Country Club. We have seen our troops on exercise in the field, on the one hand, and enjoying John McDermott’s “Lest We Forget” concert on the other. We have reflected on our roots and the accomplishments our past in a Regimental History Day, and saw firsthand how early Gunners served Canada. All of these endeavours make us the strong, proud and capable Regiment we are.



The Cannon Ball is a 12 Pounder, British, fired at Fort Isle-aux-Noix (South of Montreal), 24 August, 1760.

The Musket is an Enfield manufactured in England in 1872 for the Canadian Army – and on its butt is: Halifax Garrison Artillery and “A” Battery Kingston.

The fellow holding them is also an Artillery relic – also now out of service.

I wish to echo the Commanding Officer’s call for all to find a healthy balance between family, work (school) and the Regiment. It is important that you not only be physically tough, robust and resilient, but you also must be mentally capable of dealing with today’s and tomorrow’s challenges. Each member of the Regiment needs to find the right balance in their life, as we do within the Regiment and the wider Regimental Family. The Regiment itself and the wider Regimental Family seeks to find the right balance – a balance of professionalism, comradeship, and fun. If life in the Regiment isn’t interesting, challenging and fun we won’t attract the right people and we certainly won’t retain them. If we don’t find the right balance with our volunteers we’ll lose them. Setting our sights high and being flexible will help us achieve Regimental balance.

The character of the Regiment is shaped by its members, its leadership, its community and those who identify with it. As can be seen in this Take Post, ours is a very steady, robust and resilient Regiment – a Regiment of character, a Regiment to be proud of. Perhaps also a Regiment of characters that make us the great Regiment we are. It’s interesting that we have two articles on the spiritual aspects of Regimental life, and other articles about remembering and nurturing our past and those who have gone before us. Add to that the toughness of training and field exercises. All of this builds character, and makes us who we are and determines who we will be and how we will serve Canada.

I wish to thank all those who have submitted articles to this and other Take Posts, and thanks for some wonderful photography by Capt (Retd) Jeannette Chau, Major John Stewart, Maj (Retd) Ron Paterson, Henry Regher and so many others.

In closing I ask that all members of the Regimental Family reflect on the great year we have had. Soon we will celebrate St Barbara's Day, the Christmas and Holiday Season, and the coming of a New Year. There will be partying, so please look after each other – that's what friends do. There will be some who face stress, loneliness, hardship and personal challenges, so please help them through the rough times – that's what fellow soldiers do. We will be judged by how we look after our comrades, so be there for your buddies, friends and mates. We have a strong and caring chain of command and a vast array of support structures, and we have each other. As the CO says, let's show that we can share in the load-carrying missions and that we have the redundancy, resiliency and robustness, i.e., the cohesion, esprit de corps and fighting spirit that are the mark of a great Regiment. Happy Saint Barbara's Day, Merry Christmas and Happy Holiday Season, and Happy New Year's.

Good Shooting! UBIQUE!

Ernest Beno, BGen (Retired), Honorary Colonel





Good Shooting!

UBIQUE!

