



“Take Post”

The Journal of the Toronto Gunner Community Edition 12, 14 July, 2016

THIS EDITION

- Great People serving 7th Tor – Col Hubel, John McDermott
- 2RCHA – Comrades in Arms
- Farewell – Maj Ortiz-Sosa and Capt Brad Stewart
- Two Centuries of Firepower
- 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

7th Toronto Regiment, RCA



**Major Ortiz-Sosa Receives his
Service Certificate (20 Years)**



**Mr. Guy Vallee receives
Commanding Officer's
Commendation**

Regimental Part II Orders

Honours, Awards, Promotions & Appointments

The following was awarded the Commanding Officer's Commendation:

- Mr. Guy Vallee
- Lt Lum
- Bdr Noh, A

PROMOTIONS

The following were promoted to Master Bombardier:

- MBdr Noh, A
- MBdr Espeut

Commanding Officer's Commendations Bombardier Allen Noh and Lieutenant Jeremy Lum



Commanding Officer hands out 9th Battery 150th Anniversary Pins to IODE and Limber Gunners



Colonel Andrew Zalvin (Centre), Commander 32 Brigade Visits 7th Toronto Regiment – Two Centuries of Firepower



REGIMENTAL CALENDAR	
July - August	Summer Training
13-28 August	Exercise EX STALWART GUARDIAN 16 – Petawawa
10 September (TBC)	Regiment exercises Freedom of the City of Toronto – Celebrate 150th Anniversary of 9th Battery, CFA
10 September	Gun Dedication and Family Day
12 September	Regimental BBQ, Welcome Back
12-16 September	Adventure Training – Bruce Peninsula
16-18 September	EX SHARP SHOOTER 2 - Meaford
20-22 September	2 CMBG Ironman
01 October	John McDermott Concert with Toronto Artillery Foundation Concert Band "Lest We Forget: A Tribute to those who serve in song and verse"
21-23 October	EX HOGTOWN GUNNER 1 - Meaford
6 November	Regimental Remembrance Church Service
11 November	Remembrance Day
25-27 November	EX HOGTOWN GUNNER 2 – Meaford
December	Regimental Dinner and Dance Saint Barbara's Day Christmas Activities and Events
10 December	Soldier's Christmas Dinner

Regimental Family Day and Summer "Stand-Down, 23 May 2016





7th Toronto Regiment, RCA Command Team

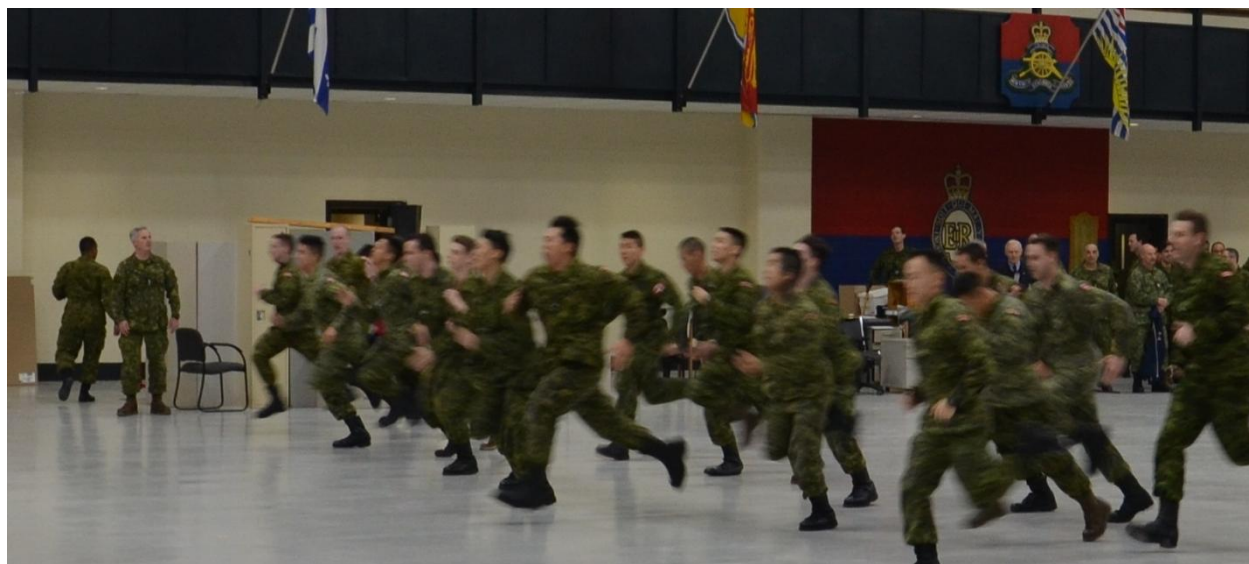
Aiming Point – Commanding Officer and Regimental Sergeant-Major

By LCol Smid and MWO Reyes

Thus far the RSM and I have been using this forum to describe to you our philosophy on the aspects of operational readiness. We have noted that operational readiness is the fundamental reason for our unit's existence and that it consists of individual and collective training; physical fitness; mental resiliency; and personal readiness. In previous articles, we have described our thoughts on training and physical fitness. In this article, we would like to discuss what is required to be mentally resilient.

The Canadian Army has had myriad physical fitness regimes throughout its history and one can argue the merits of them but fundamentally they all recognized the rather obvious importance of a soldier being physically fit. However, it has only been in the last number of years that the Army has recognized that a soldier's mental health is equally important and also requires training in order to increase its strength or resiliency.

These soldiers have received both individual and collective training and they look physically fit - but are they mentally resilient?



Virtually everything about the Army leads to stress: having to meet timings; having to perform certain drills; having to complete certain tasks; having responsibility for your fire-team partner; having responsibility for the subordinates you may command; the list is almost endless. On top of those direct stressors, are the stressors caused by the environment in which you will likely be working: away from your family for prolonged periods of time; potentially in a domestic crisis which directly affects you or your loved ones (think of the stress on the firefighters of Fort McMurray); potentially overseas in a culturally confusing environment; and potentially in a high intensity conflict where your life is constantly threatened by an enemy and where you will be asked to kill within a prescribed set of rules of engagement. This is the life of a soldier.

To be clear, a certain amount of stress is actually good for you. In fact, your best performance comes when stress is introduced. Just think of the number of athletes who set world records during the Olympics. But once you go beyond a certain amount of stress your performance begins to decrease. The Army wants you to operate in that ‘sweet spot’ where you are setting ‘world records’! The Army recognizes that it needs to train you to be able to do this and accordingly has introduced a mental resiliency package which is slowly being incorporated into every developmental level within the individual training cycle commencing with an introduction during Basic Training.

The mental resiliency program is modularized and consists of different levels ranging from a simple introduction to a week-long “train the trainer” type of course. It will no doubt grow and change over time in order to adapt to what is working and what can be improved. The basic tools that it provides though are pretty straight forward and it is these tools that we wish to share with you. They are: goal setting; visualization; positive self-talk; and tactical breathing.

Goal setting, and the accomplishment of those goals, sets the conditions for success from the beginning. Everyone feels good when they set out to do something and then successfully do it. The trick is to break down large goals into smaller more manageable goals. Your overall goal may be to be the RSM someday. Great goal to have but if that is your only goal then it is going to be a long twenty years in the Army! You need to break that goal down into bite size pieces: your first goal is to pass Basic Military Qualification! Then you would have a series of goals regarding course qualifications and the gaining of experience (it could be a goal to attend at least one Regimental exercise throughout the year, for example). Even these goals can, and should, be broken down into smaller goals so that you feel like you are making progress. How many of you have at one time or another thought of quitting something, like perhaps during the field portion of the Primary Leadership Qualification? That is a pretty hard course and it may represent the first time you have had to spend that much time in the field under less than ideal conditions. When you feel like quitting then you need to make your goals smaller in order to achieve success. A goal might be to just make it to lunch time. Then at lunch, once you have successfully achieved it, make a new goal to get to supper time. Then at supper, make a goal not

to quit until breakfast. Each time you are successful, it will reinforce your will and make you just a little bit more mentally resilient.

So you have some goals both big and small. We spend a lot of time in the Army physically practicing things (rifle drill, command post drills, gun drills, etc) but virtually no time mentally practicing things.

Visualization is essentially conducting mental rehearsals of the things you will need to do in order to meet your goals. If your goal is to successfully lead the next fighting patrol, then take a few moments to calm your mind and go through all the things you need to do to be successful

(inspections, rehearsals, the formation you will use, actions on contact with the enemy, resupply, etc). This is more than just a mental checklist, you need to see yourself successfully doing these things because it is preparing your mind for success. These mental rehearsals will make the actually task easier because you have literally already done it!



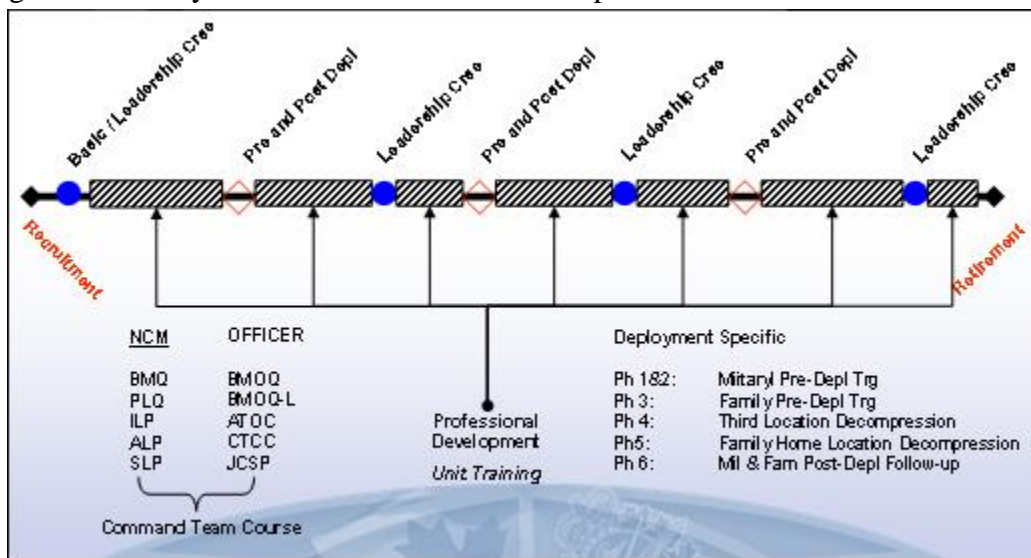
Physically Demanding Field Training

As you are reading this, you are probably having a number of different conversations in your head simultaneously. One of them is probably wondering if you locked your door before you left the house this morning, one of them might be watching a butterfly out your window and thinking how beautiful it is, another is probably looking ahead to the next thing you have to do like walking your dog when you get home from work, and one of them is probably thinking that the CO and RSM sure do write long winded newspaper articles! In fact, the human mind is capable of ‘talking’ at about 700 – 900 words per minute and having a number of conversations going on at the same time. Imagine for a minute if all those words and conversations were all directed at you in a negative way. Unfortunately, all too often this is the case and we become our own worst enemy. Does any of this sound familiar: “I should have studied more”; “I wish I had practiced more”; “Why can’t I understand this subject”; “I’m too stupid to pass this course”; “I’m not strong enough to complete this task”; “I’m the worst soldier in this section”, etc. When you read them out loud, they sound ridiculous but I am pretty sure that everyone has spoken to themselves in this manner at some point and probably much worse. So instead of allowing your own self to sabotage your performance, you need to do the exact opposite which is ***positive self-talk***.

Now imagine 700 – 900 words per minute of this: “I am ready to do this test”; “I have practiced hard for this event”; “I wouldn’t be on this course if my chain of command didn’t think I was

ready”; “I know that I can do this task”, etc. You sometimes need to be your own cheerleader. Sometimes you will get support or encouragement from your superiors or from your peers but most of the time you can only count on yourself. Be your own best friend and treat yourself with respect. Remember, whether you think you can or cannot do something, you are right.

The final tool that you can use to improve your performance under stress is *tactical breathing*. The other tools we discussed already are all mental tools, this one is actually physical. When you are under stress, your body reacts physiologically. This is to say that you react physically such as increased heart rate, sweating, dilation of the pupils, increased cortisone and adrenaline levels and much more. All of these things are your body preparing itself for action and in and of themselves are good. However, they cannot last for an extended period of time or they take a toll physically on the body as you can well imagine. Therefore, one needs to calm the body and allow it to remain in the “zone” of best performance physically. This is what tactical breathing allows you to do. Essentially, you need to control your breathing such that you are inhaling for a four count and exhaling for a four count. You need to use your diaphragm, not just your lungs, in order to get a deep breath. If you were to lie on your back, you should see your stomach rising, not just your chest. Most of us breath incorrectly, which is to say too shallowly. As an experiment, try tactical breathing for one minute and take your heart rate both before and after. Your heart rate should decrease. This is not yoga or the latest spiritual craze, this is a simple physiological fact that you need to harness in order to perform better.



This graph demonstrates how mental resilience training is interconnected and delivered throughout the span of service in the Canadian Army

The four tools that we have discussed in this article are all skills and therefore, like all skills, need to be practiced in order for them to remain effective. It should be obvious to you by now that these skills can be used not just while serving in the Army but in your civilian professional and personal lives as well. We hope that you will use these tools to make you more successful in

uniform, but also to make you more successful in life. Should you wish to learn more about mental resiliency, don't hesitate to contact your chain of command as there are many excellent packages available for your perusal. See: *The Big Four: Enhancing Performance and Mitigating Mental Illness*

<http://www.forces.gc.ca/en/caf-community-health-services-r2mr-career/enhancing-performance-mitigating-mental-illness.page>

On a closing note and different subject, the RSM and I wish to say that it was a great pleasure to have worked with LCol Sonny Hatton, Commanding Officer 2RCHA, and we wish him well as he transitions to Army HQ. We know LCol Geoff Hampton to be an exceptional officer and we are confident that the relationship between our units will continue to grow under his leadership. Thanks also to RSM Wayne Lundrigan for his support to Colonel Hatton and now Colonel Hampton – and his support to us. Our relationship between 7th Toronto Regiment and 2RCHA has been exceptional and mutually beneficial because of these great leaders.

And, lastly, our best wishes to Major Ortiz-Sosa and Captain Brad Stewart for their exceptional service to the Regiment. All the best in your future endeavours. Good Shooting!

Good shooting! UBIQUE!

RD Smid, MMM, MB, CD
Lieutenant Colonel, Commanding Officer

Mardie Reyes, CD
Master Warrant Officer
Regimental Sergeant Major



9 Battery – Bettering Themselves: Bdr Litwin, Sgt Laplante, and Sgt Gawley

By: Sergeant Matt Jackson

Although 9 Bty is 'stood down' with the rest of the regiment for the summer, it is by no means inactive. Members of the battery, of all ranks, are engaged throughout the summer in work to better both themselves as well as the regiment as a whole. Three good examples of this would be those of Bdr Litwin, Sgt Laplante, and Sgt Gawley.

Bdr Litwin spent a few weeks in June at CFB Meaford, earning the OP qualifications that will serve him in good stead for his position as an OP Det 2IC starting in September. Bdr Litwin, as most of the regiment knows, has a wealth of experience in his military career; in the late 90s, he served for 3 years with 2RCHA. After releasing and finding success in his civilian career, he re-enlisted with the Reserves and opted to join 7 Toronto Regiment to utilize his skills in Artillery, despite his qualifications being long expired and the commute from Barrie being the stuff of nightmares. Bdr Litwin re-did his required qualifications and endures the drive however, for his passion for gunnery is without peer. By summer's end, Bdr Litwin will be well-prepared to excel in his new role in the Regiment.

Sgt Laplante is enjoying his role in CFB Meaford as a detachment commander with the 48 Bty "firing troop". Although he is scheduled to complete the GATSM course later this summer, for the time being he is enjoying his time back on the gun-line. It has been over a year since he'd acted in this role, but the old skills are coming to him with ease.

Sgt Gawley, unlike Bdr Litwin and Sgt Laplante, is focusing on his civilian career this summer, and staying within Toronto for the duration. Sgt Gawley's summer is more than just growing his hair long, enjoying soda on storefront patios. He is also actively preparing for participation in the September 2016 Iron Man Competition in Petawawa. Sgt Gawley quit smoking months ago, but now makes a point of running, rucking, or otherwise prepping himself several times a week (largely following the goals outlined by 2Lt Proner, who is the OPI for this year's team). *"The goal, when I started thinking about this a few months ago, was initially just to finish."* Sgt Gawley stated recently *"Now though, as I see my running pace improve more and more, the intent is to finish with a 'good' time."* When pressed for what specifically that is, he laughs *"No, I haven't settled on an exact hour and minute goal. In this kind of event, like a marathon, the only person you're racing against, really, is yourself!"*

As the summer goes on, more and more members of the regiment will be conducting military-relevant courses and activities. The delicate balance every member maintains between civilian, military and familial commitments will continue to dictate the pace at which the various members of the battery work, but ultimately the regiment will be the stronger for their efforts. In addition, numbers are still coming in for attendees for Ex STALWART GUARDIAN in August, which looks to be an engaging challenge for all involved when it is undertaken.

15 Battery – Training and Taskings, and Training and Taskings!

By: Capt Ethan McBride

As the 2015-2016 training year has come to an end, 15 Battery has continued to remain busy and at the forefront of 7th Toronto training and taskings. From the moment that the clock struck midnight and the date changed from 31 March 2016 to 1 April 2016, thereby voiding all previous

IBTS qualifications that members of the Regiment may have completed not even a day before, 15 Battery began enacting plans to once again bring its members “into the green” (at least on Monitor Mass anyway) and have its members re-qualify on what seems an unending list of ***Battle Task Standards*** that every soldier of the Canadian Army is expected to meet. While this training was mostly conducted on Monday Regimental parades, 15 Battery saw a number of its members act as staff and participants on an IBTS training weekend in which those that attended not only were able to qualify on the PWT3 for the C7, and by extension also have the opportunity to achieve the title of marksman, but also test their physical readiness by conducting the a load bearing march of 13.2km with full kit and fighting order in a time just shy of two and a half hours.

While maintaining the IBTS standard which is what allows a member to be eligible to deploy, 15 Battery leadership has also been responsible for ensuring that the members of the Battery also receive the PERs, the annual performance review that outlines how well a member has performed as well as what they will need to do to progress in their career. While this seems like a simply task to the outside observer, in reality it is a complicated and often tedious task which requires a great deal of coordination due to the various dates of Battery members departing for courses and taskings for the summer. Luckily, the leadership of 15 Battery, under the guidance of its Battery Commander, Major Grewal was able to develop and execute a plan in which the all members of the Battery who were eligible received PERs.

As mentioned previously, the April- May timeframe of ever year is always a busy one for every unit not only due to the need to have members re-qualify on Battle Task Standards or receive a PER, but mostly due to the fact that this is the time when many members will depart to act as either staff or students on a number of courses and taskings and 15 Battery is no exception. This year saw many of the Battery’s members attend RST in Meaford to train as 48 Depot Battery in the Demonstration (Demo) Troop or as part of one of the many number of Artillery courses that run throughout the spring and summer months. Furthermore, many members of the Battery began their leadership career by attending the PLQ course which is run out of Petawawa and which ensures that the next generation of leaders within the Battery has the competence and physical ability to meet the standards laid out by their predecessors.

All in all, 15 Battery has been extremely busy since the new fiscal year began in April. Its members continuously serve the Army by teaching and attending courses and its leadership has remained occupied in managing the various needs and goals of its members. UBIQUE!

Our Meaford Gunners – RST Phase 1, June and July 2016

By: WO Lombara, WO Bankasign, Bdr Ferral-Jobst



We are currently half way through reserve summer training 2016 and already we are moving at a sprint. Having just finished OP Detachment Member (OPDM), Gun Area Technical Supervisor Mod 1 (GATS), Gun Detachment 2i/c and Gun Detachment Commander and most importantly MSVS with Gun Tow we are now ready to train and prepare another generation of Gunners.

Gun Detachment 2ic was the first course to kick off the summer in late May. The course produced six new qualified MBdrs who met the many challenges throughout the three long weeks. MBdr Choi, who worked extremely hard to overcome the disadvantage of being a last minute addition to the course, came out top candidate.

The short but eventful OPDM course in early June produced twelve new OP members. The course provided many new opportunities for its members such



**Gun Detachment 2 I/C Graduates
MBdrs Bucella, Espeut and Allen Noh
7th Toronto Staff in Back**

as a night navigation exercise through the dark wooded areas of *Meafordand* an opportunity to set up a tactical OP position. WO Sylvester worked hard as the course programmer to ensure every student got a fair taste of what life is like in the OPs.

GATS Mod 1 kicked off with mutuals on T-16. Sgt Kase was the only student from our regiment on the course. She performed very well. As the course progressed they transitioned into solving survey problems and learned how to supervise technicians operating the GLPS. During the exercise, the students were able to conduct multi-director position, solve a survey problem with a physical battery centre, recce an alternate position and then actually deploy at that position after a crash move and conduct normal and maximum night reconnaissance. By the end of the course, the students were confident in their abilities to be effective Recce Sergeants.



***Observation Post
Detachment Member
Course – Taking
Lunch to the OP***

Last but certainly not least was the MSVS course with Gun Tow. With the regiment suffering for years with a lack of qualified personnel we were finally able to qualify a new batch of qualified and quality drivers ready to head back to the regiments. This course came with a gruelling schedule consisting of long hours of driving both day and night with a considerable amount of blackout driving through the treacherous woods of Meaford. Through the skilled expertise of its staff the course went off without a hitch producing one of the first gun tow courses to make it to completion without incident.

With the first phase of RST completed we are now carrying on to phase two. With two serials of DP1 Artillery, Basic Recce, GATS mod 2-3 and OP 2i/c it is looking like a busy summer for the soldier working with 48 Depot Battery. Hopefully we all return successful with new skills to better ourselves at this summer's concentration as well as back with our home units.

WO Lombarda, WO Bankasign, Bdr Ferral-Jobst of 7th Toronto Regiment are all serving as Instructors at 48 Training Battery, Reserve Summer Training, Meaford

Springtime in 130 Battery

By: Captain Paul Thompson

Spring and summer is when 130 Battery's year-long efforts show fruit. The battery stands-up each September with the framework for Training Troops and a fluid and developing plan that gains steam as the year progresses and more civilians are recruited into the Regiment. They are civilians when they join the battery and will only move on once they are Gunners.

Of the 16 untrained soldiers that were in the Training Troops, 12 of them will return to the Regiment in September as fully badged Gunners --- you are welcome 9 Battery. The Battery has also sent 3 direct-entry officers to Gagetown for Phase 2 training. These gentlemen will return to fill out positions in a gun battery and one will be staying with 130 to become the Regiment's Paymaster.

The staff of 130 Battery is also taking the time to develop their individual soldier skills, MBdr Potts and Gnr Vaz are taking OP Courses. MBdr Espeut and MBdr Moniz are taking Gun Leadership courses and are then moving on to teach on the DP1 course that the above noted recruits will be on. Bdr Narraine is finishing PLQ while others achieve driver qualifications. The OR's clerks are moving forward with QL3 courses.

The spring and summer season is also busy for the RQ as it deploys almost all of its assets to Meaford, E and F Troop turn over, the Orderly Room churns out travel claims for the entire Regiment and the Band maintains a busy rehearsing and playing schedule.

Captain Brad Stewart is Moving On

Captain Brad Stewart was posted to the 7th Toronto Regiment, RCA in the summer of 2010. Originally from Halifax; Brad had previously served as a Reservist while in school but became a Regular Force Gunner Officer at W Battery at CFB Gagetown prior to moving to the GTA. Brad was posted-in as the Operations Officer under LCol Mike Gomes and has become an institution in the Regiment ever since. Brad was never off-the-clock and consistently worked "reservist hours" on top of his Monday to Friday 0800-1600. He provided and maintained proud, professional and ethically principled Regular Force support to the Regiment throughout his posting. Brad's example was present in the rest of the full-time staff when operations in Tibet and in-support of Op PROVISION called for it. His work-ethic, coordinating skills and leadership ensured that the Regiment's *raison d'etre* was fulfilled. For his devotion Brad was recognized with a Brigade Commander's Commendation for his efforts specifically pertaining to HRH Prince Philip, the Duke of Edinburgh's visit during the Battle of York bicentennial in 2013.



***Captain Brad Stewart with his
Christmas Sweater and the Raptor
Girls!***

When Brad became the Adjutant working for LCol Paul Szabunio he became engaged with the associate workings of the Artillery in Toronto. Brad became an advocate for the Limber Gunners and Toronto Gunners and has developed working friendships with the executives of

those Associations as well as being a main point of contact for Honorary Colonel's Ernie Beno and Tom Bitove.



Captain Brad Stewart, at the RCMI, receiving a plaque from Lt Paul Kernohan on behalf of the Limber Gunners for his support throughout his time with 7th Toronto Regiment

Brad has left his indelible mark, always humbly and without much recognition on the Regiment in the last 6 years, from developing junior officers and NCM's to his work as Vice PMC and the extra-regimental efforts of the *Two Worlds of Charlie F* and the Garrison Ball events.

In January of this year Brad was loaded on the Army Operations Course with a view to be posted. He recently completed this course and he and his better half, Tara, have purchased a new house in Petawawa. Brad will be reporting to 2nd Regiment, RCHA in August as Battery Captain, "D" Battery. He will be leaving behind his beloved Blue Jays, Raptors and used book stores but he and his Christmas sweaters will always be welcomed back to Moss Park.

Leaving the Regiment



**Captain Brad Stewart
Departs to become Battery
Captain, "D" Battery,
2RCHA**



**Major Miguel Ortiz-Sosa Leaves
for 56th Field Regiment, RCA
Good Shooting, Miguel!**

Major Miguel Ortiz-Sosa is Moving On



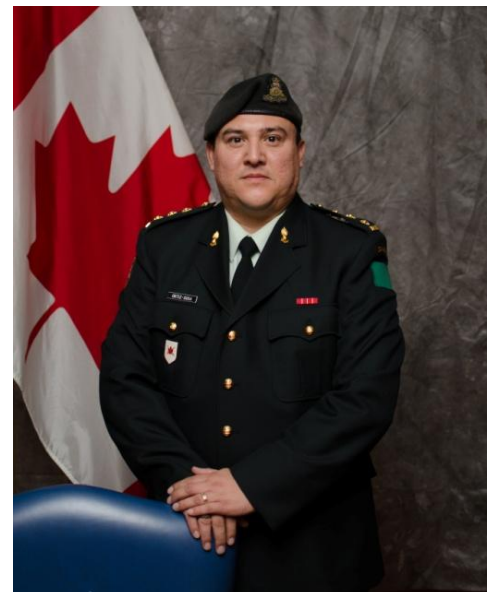
A mainstay with the Regiment for almost 20 years Maj Ortiz-Sosa has selflessly served the guns, the Regiment and Canada as a first-generation Canadian.

Pte Ortiz-Sosa joined the Regiment as a university student, eventually reaching the rank of Master-Bombardier before receiving the Queen's Commission. He has held nearly every position and filled every roll other than Commanding Officer culminating with

assuming command of 9 Battery in 2016 during its historic 150th Anniversary.

Maj Ortiz-Sosa leads with his presence; he rarely, if ever, missed a Field Exercise and normally assumed a key position on the Summer Concentration Exercises. He was also the OPI behind the successful Gunner Ball in 2012.

He is employed with the Province of Ontario in the Social and Community Services and he, his wife Terry and their four young children have relocated to Ancaster.



While no longer on our nominal roll Maj Ortiz-Sosa will not be a stranger to the Regiment. We will surely see him in the Field as his career will continue with 56th Field Regiment, RCA. He will now be parading out of Brantford as either the DCO or Field Battery Commander. The Regiment wishes him the best as it scrambles to replace his leadership and experience.

Two Centuries of Firepower

Following up on a successful inaugural event in 2015 the Regiment lead and provided the bulk of the effort in the 2016 Open Doors Toronto event. Teaming up with the Fort York Garrison Battery, the Limber Gunners and a detachment from 2RCHA; birds of a gunnery feather flocked together to Historic Fort York on 28 May.

Two-Thousand-Sixteen is a special year for the history of the Artillery and the composite battery was made of artillery pieces from across the centuries. This past May recognized the 300th Anniversary of the founding of the Royal Artillery, the 150th Founding of 9 Battery and the observance of the 90th birthday of our Captain-General.

GPO Capt Paul Thompson shook some rust off his fire discipline during the first of 4 gun salutes during the unseasonably warm and cloudless spring afternoon. The first mission was notice for tourists, passersby and locals alike to descend on Fort York Common to pay the gunline a visit as the volley's reverberated off the high-rise condominiums that surround the Fort. From the left, a 6-pound SBML manned by the Fort York Battery in 1812 uniform, then a 9-pound rifled-muzzle-loader manned by RCHA in full-ceremonial dress, then a QF 25 Pounder from WW2, the C3 105mm detachment commanded by MBdr Moniz and 7 Tor soldiers and finally an M777 155mm that was graciously brought to Toronto for the weekend by 2RCHA soldiers headed by Lt Selbie.



As mentioned, the Limber Gunners led by WO (ret'd) Gord Kowalishen, were front and centre with their 25-pounder but this was a full effort of the Regimental Family as the Band provided fanfare to call the gunners to post. The IODE was present, Recruiting was on hand and Maj John Stewart and MBdr Scott Roodzant flipped burgers and grilled hotdogs in the oppressive heat.

The gun line was visited by 32 CBG Commander Col Zalvin as well as 2RCHA CO and RSM LCol Hatton and CWO Lundrigan. It was also a place for reunions as HCol BGen (ret'd) Beno was greeted by a great friend who knew him as Captain Beno from the 60's and 70's (1st RCHA and the School), Peter Gulovics, one of the best Survey and Locating NCOs ever in the Royal Regiment of Canadian Artillery.

The Regiment has to thank Kevin Habib, Battery Commander of the Fort York Garrison Artillery and all the staff at Historic Fort York for allowing this worthwhile event to take place. Historic Fort York is a City of Toronto property and continues to be the leader in local military history as well as the original heart and home of the Toronto Garrison.

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

Master Gunner of St James's Park Visit. The Master Gunner St James's Park visited Canada in June on the occasion of the 300th Anniversary of the Royal Artillery. He visited Canadian Gunner units in Halifax, Saint John, Gaagetown, Quebec, Valcartier, Montreal and Petwawawa. He also visited the McRae Statue at the National Artillery memorial in Ottawa and laid a wreath at the National War Memorial. His final stop was the historic Fort Henry in Kingston – a Gunner stronghold. He had, by all reports, “a cracking great visit” to Canadian Gunners.

General Sir Timothy Granville-Chapman, GBE, KCB Master Gunner St James's Park Visits Fort Henry, Kingston



**Lunch with Distinguished
Gunners (2nd from Right)**



**Master Gunner St James's
Park Fires 12 Pounder**

Major Miguel Ortiz-Sosa and Captain Brad Stewart. We are losing two fine officers to the Regiment, but we all gain in that they will continue to play key roles in the greater Royal Canadian Artillery. Major Miguel Ortiz-Sosa and Captain Brad Stewart have had a great impact on our fine Regiment. As Honorary Colonel I wish to thank them for their dedication, professionalism, hard work, enthusiasm and inspiring leadership. Best wishes to them and their wonderful families. Good Shooting in 56th Field and 2RCHA! UBIQUE!

Toronto Artillery Foundation Band. It gives me great pleasure to advise all that our Toronto Artillery Foundation now has its own Band. With over 30 members, all volunteering in civilian capacity, this Band will be able to support Gunner (and other) functions in support of our Foundation. In turn, our Foundation supports the Regiment and the Regimental Family.

I wish to offer a special thanks to those who were so incredibly generous in offering financial support to purchase “uniforms” for our Band. The uniforms are blazers with Artillery crests and buttons, and Gunner ties.



LCol Sonny Hatton, Commanding Officer 2 RCHA. I would personally like to thank Lieutenant-Colonel Sonny Hatton, Commanding Officer 2 RCHA for his outstanding support to 7th Toronto regiment and the greater Gunner community in the GTA and Ontario. Sonny, you are a true professional and an inspirational leader. We have greatly benefitted from your vision, relentless efforts and personal example. Thanks much. Good Shooting!





Good Shooting! UBIQUE!

Ernest Beno, BGen (Retired), Honorary Colonel

FEATURE VETERAN GUNNER - Larry Levy, an Amazing and Proud Veteran of World War II! By: Major John Stewart



Larry Levy as a young Canadian soldier and this year with his French Legion of Honour

When Germany invaded the Netherlands on May 10, 1940, Larry was a high school student at Central Tech in Toronto.

We are proud to bring you a series of articles focussing on our most senior Gunners who have served our country and our Regiment with dignity and who we would like to honour by telling their story. In this edition, we are introducing Larry Levy.

Devastated by the loss of so many of his friends who had been killed at Dieppe on August 19 in 1941, Larry decided to join the Army and enlisted in the Militia in the Royal Canadian Engineers in 1942. Wanting to get overseas, he then transferred to the regular Force and became a

member of the Royal Canadian Artillery, where he would serve throughout the war. He settled on being a radio operator, and began his training at Camp Petawawa, where he was successful in all of his initial training, and was then sent to Kingston for the next phase of his specialty, Signals. There, he became a motorcycle driver and surprised himself by coming 16th out of 60 candidates, much to his delight! Larry would then go on to finish his Signals training and deploy to England.

In the midst of what was a very crucial time of the allies, when things were not going well, Larry was assigned to 2 Survey Regiment, RCA where he would find himself in the thick of battle and become one of the many veterans to whom Canadians owe their freedom. Larry was assigned to a 5 man survey crew who arrived on the battle field on the very front edge, where an entire regiment was dug in. He would later find out that they were in fact beside the storied Royal Winnipeg Rifles. His crew consisted of 2 sergeants, himself and two other gunners. They were armed with 2 machine guns, 50 grenades, and the sergeants carried pistols. Larry was left with a STEN gun. After the battle at Caen, Larry and his detachment moved with the Royal Winnipeg Rifles to the Arne River and was dug-in in front of the 12th SS Division, which was terrifying, as they were at that time surrounded. They were trapped and what was particularly dire about this situation was that the SS was at that time taking captured Canadians and executing them in the Ardennes Forest.



Levy feels lucky to be alive. He was hospitalized with barbed-wire cuts and a broken nose, but otherwise remained relatively unscathed as he battled through Belgium, Holland and Germany. He admits that the bombing and shelling scared him at first. "But after a while you get used to it – it becomes everyday life."

Levy acknowledges the unique link between veterans who have faced the enemy face to face in different wars. "Like any veteran I'm proud to see these guys," he says of the returning Afghanistan veterans. "There is a connection."

The German Artillery was not without effect. When 24 Polish tanks arrived and dug in next to them, the Germans spotted them and bombarded the tanks with the infamous 88s. Larry and his detachment rushed over after the bombardment to help, but not one soldier in those tanks survived. Later the Regiment crossed the Seine River, moving on to Calais to set up positions. They were the first troops south of Rouen, and found the area in total chaos. The civilians were shaving the heads of female collaborators, and were executing all of the male collaborators. After continued operations, Larry finished in Europe in Belgium and then was to be sent to Japan as a part of the Far East Force. He returned to Canada and was to head to Fort Benning in Georgia to train with the Americans and be part of 69 Observation Regiment in Japan. As August 1945 came and the atomic bombs

were dropped, the war ended for Larry before he could start the course in Fort Benning, Georgia.

Returning to civilian life, Larry started driving taxis in Toronto and was making \$2.00 a week. He felt rich, as that was a lot of money, and no one had any! He and two friends wound up working, saving and investing and eventually bought a fleet of cabs and had a thriving business which he then sold in 1960 and went into real estate.

He stayed in that field, moving into real estate developments and retired only 5 years ago at the age of 86. Larry is now almost 92 and is a thriving and amazing person to be with. His infectious energy, enthusiasm and joie de vivre, make him a life force to be reckoned with and a joy to know!

Larry, 7th Toronto Regiment is proud to know you, and have you as one of us. **Once a Gunner, Always a Gunner!**

PARTICULARS OF SOLDIER		PARTICULARS OF ASSIGNED PAY, ETC.	
Regimental Number: <i>B 139017</i>		Assignment of pay:	Effective date:
Name in full (Surname first): <i>LARRY LAWRENCE BERNARDO</i>		(a) \$ <i>28.00</i>	<i>July 44</i>
Date of Attestation: <i>ROVAN 43</i>		(b) \$	
State whether married, widower or single: <i>5</i>		(c) \$	
If married after enlistment, state date of marriage:		(d) \$	
If married, give full postal address of wife, or if widower, name and address of guardian of children, if any, or if single, name and address of next-of-kin, stating relationship to the soldier (see para 1-5-31-4):	<i>MRS ANNIE LEEV (M) 940 CLIO AVE TORONTO ONT CANADA</i>	Name, address and relationship of soldier:	
		(a) <i>FATHER</i>	
		(b)	
		(c)	
		(d)	
		Dependent's address, payable to: (state relationship)	

Major Douglas Higgins – 9th Field Battery, World War I

By Lieutenant Colonel (Retired) Colin Mouatt, CD

In the last issue of “Take Post”, we reported on the latest acquisition of the Toronto Artillery Foundation – the map case carried by Lieutenant Douglas Higgins during the Battle for Vimy Ridge.



British Canadian WW1 CEF BEF Artillery Officers Map Case. Named LT DG Higgins 9th Bty CFA. Doug Higgins had temporary command of 9th Bty during the battle of Vimy Ridge.

I was trolling the internet doing some research on the history of 9th Battery when I came across the map case on the site at www.militaryantiquetoronto.com/. A quick email to the Honorary Colonel determined that the foundation was indeed interested in acquiring the map case. Paul

Kernohan stepped in and contacted the “Army Outfitters” store; making the arrangements to purchase the map case.

But who was Douglas Higgins?

Douglas Higgins was born at Toronto, Ontario on December 1, 1895. At the outbreak of war he was working for the Toronto office of the Norwich Union Insurance Company.

Douglas was one of three brothers to serve the guns in the First World War; his brother Terence served as a Gunner with the 5th Siege Battery and brother D’Arcy was a Staff Captain with the Headquarters of the Canadian Corps Heavy Artillery.

At age 19, on July 14, 1915, Higgins, with former Militia service with the 9th Mississauga Horse, enlisted as a Lieutenant in the 4th Regiment Canadian Mounted Rifles at Valcartier, Quebec. On arrival in England he was transferred to the Reserve Brigade, Canadian Field Artillery and shortly after assigned to the 9th Field Battery.

Major General A.W. Currie’s Routine Orders for 1st Canadian Division dated February 24th 1916 contains the following entry: “Under authority War Office letter 121/overseas/1660(A.C.6.) dated 17.2.16 the following officers are permanently attached to 3rd Canadian Artillery Brigade ...Lieut. DG Higgins to 9th Battery..”

In his published diary¹, Signaller Donald Macpherson noted that on February 19th 1917 “a party of eleven of us, with Lt Higgins in charge, journeyed to some new gun positions west of Souchez. Our work is to dig fortified emplacements for a 4.5 Howitzer battery (perhaps ours) to take over in the near future. Already the valley in which we are at work, and adjacent valleys, are occupied by a number of batteries of various calibres which this evening opened up quite a heavy bombardment on enemy positions beyond Vimy Ridge.” But the positions prepared by Lt Higgins’ group near Souchez would not be for 9th Battery; on March 8th and 9th the battery moved into new positions south-west of Neuville St. Vaast in preparation for the assault on Vimy Ridge. During the battle of Vimy ridge Lieutenant Higgins had temporary command of the battery; Major Cook, the Battery Commander, was in hospital and the Battery Captain was to the rear ensuring the flow of ammunition.

Douglas was made an Acting Captain on June 21st 1917 and promoted to Temporary Captain on December 24th 1917 – becoming the Battery Captain.

Douglas Higgins was awarded the Military Cross; his citation reads *“Capt. Douglas Gordon Higgins, 9th Bty., 3rd Bde., Can. Fld. Arty. For conspicuous gallantry and good leadership between 31st August and 3rd September, 1918, during the capture of the Drocourt-Queant*

¹ A Soldier’s Diary, the WWI Diaries of Donald MacPherson, Vanwell Publishing Limited. p 44

line, and other ground in front of Arras. He was in charge of the ammunition wagons, and brought up the ammunition along roads which were constantly shelled. On 2nd September, while leading forward the battery to a position far forward in support of the infantry, one of his teams was hit by a shell. He showed great coolness in removing the wounded and rearranging his teams, so that little delay was caused. Throughout the engagement, though the battery was constantly firing, the ammunition supply never failed.”²

Higgins served twenty-seven continuous months with the 9th Howitzer Battery. He survived the war without a scratch, but while waiting to be repatriated to Canada, Douglas contracted the “Spanish Flu”, which was quite prevalent at the time – and was admitted to the 8th General Hospital in Rouen. On release from hospital a week later he was posted to the Reinforcement Depot, but made his way back to the Battery.

Captain Higgins finally sailed for Canada aboard the S.S. Aquitania on May 18th 1919 but would not be demobilized from the Canadian Expeditionary Force until June 30th 1919.

Following the war Douglas remained with the 9th Battery (Militia) for three years, during which time he was promoted to Major and assumed command of the Battery. In civilian life, Douglas returned to his insurance career.

A strong proponent of peace and defence, Douglas served as Vice-President and later as President of the Toronto Branch of the; League of Nations Society in Canada. The league was founded in 1921 to promote international peace by developing public knowledge of and support for the League of Nations.

On the occasion of the 100th anniversary of the 9th Battery Major Higgins made a personal pilgrimage to visit the graves of every member of the battery killed during the first and Second World Wars.



Officers of 9th Battery, 1918. Captain Higgins 2nd from left with his horse “Major”

² London Gazette, 31158 February 1st, 1919

2nd Regiment Royal Canadian Horse Artillery and 7th Toronto Regiment Meaningful Mutual Support!



**2nd Regiment
Royal Canadian Horse Artillery**



**7th Toronto
Regiment, RCA**



RCHA and 7 Toronto a first class example of what great intentions, solid effort and complete follow-through and can achieve. Over the last two or three years, our relationship has never been better. There have been many times in the past in which 2 RCHA was augmented by Gunners from 7 Toronto Regiment, particularly during the many peacekeeping missions and in the days of Canadians serving with NATO in Germany, and augmentation for Afghanistan.

It's true; the Artillery is an amazing family. Like all families, we are there for each other in good times and bad, especially on the battlefield. But how is our relationship in the garrison, with other Artillery Regiments?

You might call the great relationship between 2

"I would like to thank 2 RCHA for the mentorship and guidance they provided me as 12 RCA RSM. It was a very rewarding position that allowed me to practice those RSM duties in the field. I'm also very thankful to 2 RCHA for looking after our troops as their own during their augmentation.

We look forward to continuing to grow our relationship in a true Artillery corps fashion."

MWO Mardie Reyes, RSM 7th Tor

These days, it is no different, except that the pace has picked up and we are seeing even more interaction between the two great regiments, to our mutual benefit. Consider the following: We were the main reserve unit supporting Exercise STALWART GUARDIAN 15 last year. Serving as 12th Regiment, RCA in support of 2 RCHA and in fact integrated with them. Major Stewart was the CO 12 RCA, Major Grewal was the 2IC in week 1, Major Dean was the BC of Callsign 1 for week 1 and Regimental 2iC for week 2. Major Ortiz-Sosa and Captain Thompson were BKs, 2Lt Proner was a Safety Officer, Lt Tempeny was a GPO, Sgt Kase, and MBdr An were Detachment Commanders. That was a lot of 7 Toronto senior leadership in the field, all in support of 2 RCHA. During the last year, in terms of employment directly in 2 RCHA, Bdrs Krushnisky and Klaver have been working in support of MATA/PATA Backfills, and have both



been very successful not only on the courses, but in their duties in the Battery.

2 RCHA has been generous beyond belief in including us in their training. In terms of individual training, we have had 10 personnel attend the M777 courses held between 13 - 21 Feb and 12 - 20 March 2016. We had personnel on the LCMR course run 29 Mar - 5 Apr, and our own Bdr Krushnisky topped the STA Detachment Member course held 29 Mar - 21 Apr 16. Other courses that have been run by 2 RCHA on which 7 Toronto Gunner have partaken include: C16,

***"The spirit of cooperation that exists among the artillery units of 4 Division is unparalleled and serves as the model for Op REINFORCEMENT."
LCol Ryan Smid, CO 7th Tor***

OP Det Member, LCMR Det Member, Recce Tech, Driver Wheel, Artillery Communicator, LAV, OP Det 2 i/c, CP Tech, 25 mm TOC, Gun Det 2 i/c and 81 mm Mortar. This is an amazing array of courses and qualifications, but what is really impressive is that because of this training, not only do members of 7 Toronto Regiment have the ability to claim participation on courses run by the very best soldiers in the Artillery,

they also have solid working relationships and sound friendships as a result.

2 RCHA has also been instrumental in supporting 7 Toronto Regiment initiatives, and has been an amazing partner in producing the now well-known "Two Centuries of Firepower" display at

Fort York National Historic Site. For two years, 2RCHA has supported us in that community outreach operation, and has participated with a 9 Pounder gun and an M777 Gun detachment to Toronto, this year including the CO and RSM of the Regiment, both of whom came to support us. We are so fortunate to have this amazing support from 2 RCHA, and there is more to come. We too have been more than happy to do what we can to support them and have been stalwart supporter of their special events. Only three weeks ago, our Limber Gunners with a 25 Pounder went up to Petawawa to take part in the Change for Command of 2RCHA and were on



"I am extremely grateful for the support that 2 RCHA has provided to our Regiment in recent years. It has made us tactically stronger and strategically more relevant."

LCol Rvan Smid, CO 7th Tor

parade when the Regiment rolled the Colours by the Regiment. Our Regimental Band has also been featured at 2 RCHA and is well respected and admired for what they are able to bring to the special occasions when regimental spirit is enhanced by our very talented musicians – in fact they played for the recent visit of the Master Gunner St James's Park. Our Honorary Colonel who is a former CO of 2RCHA and our Regimental

Major who has enjoyed a long history with 2RCHA also are endeavouring to assist them with their effort to form an association, and create outreach among their supporters and the broader community. Across many fronts, our two great regiments lead the way, but in their friendship, they are steadfast, and an example among other regiments of our great family we have in the Royal Regiment of Canadian Artillery.

Our thanks to all ranks 2RCHA for your support over the past several years, and we pledge our support to you in the coming years. **Good Shooting! UBIQUE!**



2nd Regiment RCHA Change of Command



2nd Regiment RCHA Change of Command





7th Toronto/11th Field Regiments working with 2 RCHA in the 80's

Reflections By: Lieutenant-Colonel (Retired) Colin Mouatt

In 1982, we received authority to officially call the operationally tasked unit "7 RCA". The batteries were 9th (from Toronto commanded by Major Don Macgillivray) and 29th (from Guelph commanded by Major Mike McKay). These two batteries had served together in the 11th Army Field Regiment during WW II.

In the summer of 1982 over 100 vehicles and trailers were delivered to this Reserve Regiment. 7th Toronto was indeed fortunate that a fully qualified transport officer had just transferred into the unit from the 30th Field Regt. (Capt Shannon Regan)

Recruiting budget and Class B reservists were significantly increased and authority was received to trades train personnel out of sequence. In addition vacancies on regular force courses were made available. A seasoned IG (Capt Dave Holt) was assigned to the 7th Toronto as Unit Support Officer. The RCPO was an Ex-Regular Force gunner, Capt Brian Leonard.

25 (Toronto) Service Battalion provided a maintenance troop of 12 pers under command of an MWO. The Toronto Signals Regiment provided a Signals Officer and a detachment of signallers.

2 RCHA contributed significantly to the training of the Regiment – LCol (later BGen) Ernie Beno assisted in the development of the training plans. “E” Bty was tasked to support providing mentors to key personnel and assisting in the conduct of CPX and firing exercises. (2 RCHA soldiers enjoyed spending the weekend in Toronto for the CPXs and there was never a shortage of volunteers). Signallers, weapons techs, vehicle techs and supply techs from 2 RCHA assisted with weapons, equipment and stores. In recognition of the support given by 2 RCHA, the 7th Regiment presented the statue of the White Horse that is currently mounted outside of 2 RCHA’s HQ Building.



The operational tasking aided retention – with the additional recruiting made available, the strength of the regiment increased significantly. When I turned over command in 1985 there were over two hundred soldiers on parade from 7th Toronto – the parade square at Moss Park Armoury was so full that the size of the band had to be reduced.

LCol (ret'd) Colin Mouatt [CO 7 RCA 1982 – 85]

The Toronto Gunners “TORONTO GUNNERS STEP UP”



**The Toronto Gunner's
monthly lunch at the RCMI**

I would like to take this opportunity of thanking the Toronto gunner family for financially stepping up this year in support of the Regiment and its CO, LCol Ryan Smid, MMM, MB, CD, the Limber gunners and the RCAA through the annual call for dues.

In addition, our Toronto gunner family stepped up to support our HCol BGen (Ret'd) Ernie Beno, OMM, CD in his appeal for support of the long term investments of the Toronto Artillery Foundation.

Lastly, the recent campaign to outfit the newly formed Band of the Toronto Artillery Foundation hit its goal and the “uniforms” are on the way.

This has been an outstanding year of support from the Toronto gunner family and I thank you.

Over the last few years, we have not had any financial appeals and it was such a pleasure to see the response from so many different areas of our gunner family. More importantly, however, in my opinion, is that paid membership is up and several gunners who had languished as “Friends” of the Regiment have become “Supporters” and this is quite encouraging.

If you are receiving the Take Post but do not receive my Toronto gunner distributions electronically, please contact me.

UBIQUE

David Burnett, President, The Toronto Gunners

Work: 905-415-2012, Cell: 416-560-6552

email: dburnett@endtoend.com

President@Torontogunners.org or dburnett@endtoend.com

Victoria Day 2016

By: Lt Jerry Ma

Victoria Day 2016 was a special hallmark occasion for the 7 Guns this year. Each year Victoria Day is celebrated by Canadians as the official recognized birthday of our Sovereign. This year however, marked the 90th birthday celebration of her Majesty, Queen Elizabeth II, the Captain-General of the Royal Regiment of Canadian Artillery. In keeping with tradition, members of the Regiment would celebrate this momentous occasion by firing a 21 gun salute at the Queens Park Legislature. In addition to this year’s Victoria Day celebration, the Regiment would also host its annual Family Day festivities at Moss Park Armoury following the salute.

Members from all batteries along with the Limber Gunners Association arrived early at Moss Park to ready the guns. The atmosphere was marked with excitement as members were given a glimpse of the festivities being prepared on the parade square for their return. A mysterious maze comprised of cam-nets, being set up for children, was readily the first thing that caught the attention anyone entering the armoury. This evoked apprehensive emotions for some gunners, whom have had some not so pleasant field memories of the cam-nets prior this year.

At 10:30am the convoy of guns rolled out towards Queen’s Park. The gunline was comprised of two gun detachments of C3 105mm Howitzers along with one detachment of Limber Gunners on the 25 Pounder. A recruiting stand, 81mm mortar display and a booth for the Imperial Order of the Daughters of the Empire were also set up for the public. As the time approached for the first round to be fired at 12 noon, many members of the public began to congregate on the gun

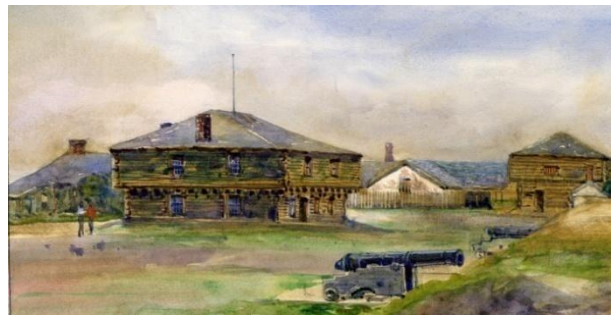
position. The event was well attended by over 300 members of the public, who were also complemented with a wonderful medley of music that was put on by the Regimental Band.

As the GPO of the guns, it was a satisfying sight to see the entire Regimental family participating in the salute. Two selected members from 105 Streetsville Army Cadets and 818 Squadron Toronto Falcon Air Cadets were also given the opportunity to fire the guns during the salute. The timely firing of the guns was well executed and met by a positive reception for all in attendance. After a job well done, members retired back to Moss Park to enjoy the Family Day festivities with their families.

FIRE MISSION FORT YORK! Two Centuries of Firepower a Booming Success . . .

By: Major John Stewart

An exciting and very successful Artillery event took place at Fort York on Saturday, 29 May when the second "Two Centuries of Firepower" was successfully executed at Fort York, National Historic Site. This was a very special day which drew well over a thousand spectators to the Fort for three feature events: the 48th Highlanders of Canada's 125th Anniversary



Tattoo, and Doors Open Toronto: Two Centuries of Firepower. The event was manned by Gunners from The Fort York Garrison Artillery, the 7th Toronto Regiment and 2 RCHA. In addition, the UBIQUE Chapter of the IODE was there under the leadership of its President, Patricia Geoffrey, supporting the Regiment and providing both old and new friends of the Regiment with some great examples of 19th century baking. It was true Gunner teamwork and showmanship at its best! On display for the public to see were guns that spanned over 200 years of service, including a 9 Pounder from the Fort York Garrison Artillery, a 9 Pounder from 2 RCHA, a 25 Pounder from our own great Limber Gunners, and an M777 from 2 RCHA. To the thrill of on-lookers, three fire missions were executed in perfect format 12:00, 1:00 and 2:00. Each mission was announced by a very impressive trumpet flourish from our regimental band. The 9 Pounder and 25 Pounder guns were fired over the actual Fort York Common. This was the battle ground to the West of the fort where actual fighting took place and where some of the 82 British soldiers and sailors who gave their lives fell in defense of York, as Toronto was then known.

It was a wonderful to visit with our fellow Gunners from the Fort and from 2 RCHA. Both LCol Sonny Hatton, CO of 2 RCHA and CWO Wayne Lundrigan, RSM of 2 RCHA came to Toronto

to offer their support and encouragement in what has become a wonderful way to connect with Canadians right here in the heart of downtown Toronto. The OPI of the event was Major John Stewart, BC 130 Bty, and he was able assisted by MBdr Joe Cocker, the Regimental Mascot who appeared in his CADPAT uniform to visit with troops and civilians alike. In command of the Gun Line was Major Ortiz-Sosa, whose skills in diplomacy and ability to organize were very much appreciated. We also had great support from our friends at 25 Field Ambulance, who demonstrated casualty simulation as a "Kiddie-pleaser" part of the display that was centered on Artillery.



Kevin Hebib, BC of Fort York, BGen Beno, HCOI 7 Toronto Regiment and Bdr J.T. Douglas of E Bty, 2RCHA

We have many opportunities to introduce ourselves to, and interact with the public; our fellow Canadians whom we serve. This event has proven to be so popular not only because we get to take part in a great event at the Fort, but because we get to work with our close friends of 2RCHA. We look forward to doing this again next year!

The First Annual 7th Toronto Regiment Family Day

By: Lisa Smid

Gun salutes, great food, obstacle courses, Regimental capability displays, outstanding food and esprit de corps all combined for an extremely successful Family Day at 7th Toronto Regiment on 23 May 2016. The soldiers of the Regiment side by side with members of the Limber Gunners conducted an outstanding Gun Salute at the Legislature Building with 7th Toronto Regiment family and friends and Imperial Order of Daughters of the Empire (IODE) UBIQUE, Toronto Gunners and Limber Gunners there to show their support and conduct information campaigns. The Honorary Colonel, BGen(ret) Beno was also in attendance demonstrating once again his outstanding support to all Regimental endeavours. With the guns roaring in the distance and the smell of cordite in the air, members of IODE UBIQUE, 7th Toronto Regiment and the Limber Gunners were busy preparing Moss Park Armoury for Family Day activities.

7th Toronto Regiment Family Day



**Commanding Officer Cutting
the Cake
with the "Youngest Gunner!"**



**Military Family Resource
Centre Booth**

When the Gun Salute detachments returned from the Legislature, followed soon after by many, many family and friends, they arrived to a MPA transformed. Over 250 people were greeted by the mouth-watering aroma of grilled hamburgers and sausages prepared by the Limber Gunners. As Maj (ret) Ron Patterson directed operations on the BBQ line and Ms Jackie Coleman sliced and diced watermelon, IODE UBIQUE members Anne Arrigo, Klara Pronerova and Lisa Smid served hamburgers and sausages and kept the food line flowing. Squeals of delight from children and adults (including many 'hard core' soldiers) were heard as they traversed the 40 foot obstacle course bouncy castle and an outstanding combat obstacle course/maze designed by Sgt Evan Laplante. The wonderful magician and amazing balloon dude, YoYo Dave, kept

everyone mystified with his mysterious sleight of hand and fascinating balloon creatures. Army and Air cadets used cam paint to transform children into a wide variety of interesting creatures including combat cats and butterflies. Ms Judy Sebastian and her outstanding team from MFRC had a large and extremely informative display of services MFRC offers to soldiers and their families. The Limber Gunners displayed their capabilities with pride at an info booth with outstanding military art as a backdrop.



Karen Jackson, Heidi Steinberg, Tracy Chan and Klara Pronerova provided excellent information about the history and mission of IODE UBIQUE at our info booth and were successful in recruiting new members. Adults and children alike were very interested in learning more about what the soldiers of 7th Toronto Regiment do as they toured the lines of displays of capabilities from each battery.



The day concluded with the summer stand down parade led by LCol Smid. He thanked all families and friends for attending the day, stressing their importance to the success of the Regiment. YoYo Dave received an honourable mention for keeping all of the kids entertained during the parade. Members of IODE UBIQUE, Limber Gunners and Toronto Gunners who worked very hard to make Family Day a success, were presented with 9 Battery 150th Anniversary commemorative pins. LCol Smid thanked the soldiers of 7th Toronto Regiment for their hard work over the past year and for their dedication in participating in RST this summer.

This First Annual 7th Toronto Regiment Family Day was co-led by 7th Toronto Regiment Operations Officer, Maj John Dean and IODE UBIQUE Vice President and Membership Officer, Lisa Smid. IODE UBIQUE would like to thank the many people who were instrumental in the great success of the day with special mention to a few. Maj John Dean produced the excellent Family Day instruction and provided outstanding leadership in bringing all 7th Toronto Regiment capabilities together. He was the instrumental link to all Regimental requirements and capabilities for Lisa as she coordinated the IODE UBIQUE groupings and tasks. Lt Jeremy Lum worked tirelessly in ensuring all details and last minute requests were coordinated. Sgt Evan Laplante designed the super amazing combat obstacle course/maze that was thoroughly enjoyed by adults and children alike. MBdr Ray Li provided great leadership to his team as they worked tirelessly all day long from set-up to tear down to ensure all requirements were met. Maj (ret) Ron Patterson used his charm to have the food donated and organised a delicious BBQ.



Army Cadet Face Painting



A Proud and Happy Air Cadet

**Balloons, Face Painting and
Bouncy Castle**



The great turn out, camaraderie, esprit de corps and overall fun time enjoyed by all are all indicative of the success of Family Day. This Family Day was a true example of the Greater Regimental Family inclusive of the 7th Toronto Regiment soldiers and their families and friends, Limber Gunners, Toronto Gunners and IODE UBIQUE all coming together and working together to achieve success. The next Family Day will be even better...Fire For Effect!

105 Royal Canadian Army Cadet Corps

By: Lt Bianca Fung and Major Paul Preikschas



Picture 1: 105 Royal Canadian Army Cadet Corps photo – 11 June 2016

It has been a very busy new year for 105 Royal Canadian Army Cadets thus far. Several senior cadets have taken part in regional expedition opportunities and have represented the corps very well. Cadet Warrant Officer Kendrick Fu took part in the Killarney Eastern Traverse Expedition, Cadet Warrant officer Robert Dobrowolski took part in the Ultimate Adventure Expedition which took place in the Bruce Peninsula and many more senior cadets have applied to Expedition Trillium and Madawaska Expedition. Each expedition is unique on its own as they highlight different physical skills. Only the most deserving cadets will have an opportunity to represent their corps and province. Expedition Trillium will be taking place in Algonquin Arrowhead, Killbear and Georgian Bay Provincial Park and will focus on hiking, biking and sea kayaking. The Madawaska 2016 will be taking place in Algonquin and Madawaska River Provincial Park and will focus on hiking, biking, moving and flat water canoe. The National Expedition has just been released and will occur in early September, taking place in Cape Breton, Nova Scotia.



WO Fu pictured second from the left.



MWO Dobrowolski second from the right standing

We held our 41st Annual Review Ceremony on the 11th of June 2016 at Moss Park Armouries. The Regiment was well turned out in support of the event despite many being away on training. Our RO for the event was the President of the Army Cadet League of Ontario, Lieutenant-Colonel (Retired) Dan Matthews who started his military career with the Ontario Regiment (Royal Canadian Armoured Corps).

105 cadets put on a display of drill and music keeping the audience tapping their toes. Tentatively mark down our next annual for June 10th, 2017 at Moss Park Armouries.

This summer, 105 RCACC has 80% of their cadets selected for summer camp across Canada! They will be covering four camps across the country including, Whitehorse CSTC, Rocky Mountain CSTC, Blackdown CSTC (in CFB Borden) and Connaught CSTC. Attending summer training is a cadet's highlight of the program. Cadets will face new challenges, meet new friends and focus on a portion of the Cadet Program that interests them the most.

105 RCACC has senior cadets attending the Leadership and Challenge course, where they will have an incredible opportunity to white water kayak, mountain bike, glacier climb and trek through the Rocky Mountains. Some senior cadets courses include, Air Rifle Marksmanship Instructor, Drill and Ceremonial Instructor, Fitness and Sports Instructor and Fullbore Marksman Phase 2 where cadets have an opportunity to compete for a spot on National Rifle Team Canada (NRT). Cadets who do make the NRT will compete in the Imperials in Bisley, England. More junior cadets will attend camps that are shorter than instructor courses, however, they will still have amazing opportunities, new experiences and wonderful stories to share once they complete the course!

THE TORONTO ARTILLERY FOUNDATION

(Established 1978)

Membership Update - July 2016



Foundation/Regimental Membership Fund Raising Initiative (Canadian Forces Revised Pay System for the Reserves)

At the Regimental all ranks Christmas Dinner last December, the new CO, LCol Ryan Smid, introduced a Foundation membership program so that individual serving soldiers could accumulate monies toward Permanent Membership in the Foundation utilizing the Canadian Forces automatic charitable pay deduction system.

Some 25 members of the Regiment signed up for the program representing a potential \$3,000.00 annually to the Foundation. The first cheques were received and deposited in the Regimental Foundation Income Bank Account for transfer to the Foundation commencing with the last pay period in January.

As of the mid-May pay period these 25 Members from the CO to Junior Officers to Senior NCO's to Bombardiers and Gunners have donated some \$1,450.00⁺ to the Foundation. Each and every one has been acknowledged by means of a charitable receipt which, when accumulated, will eventually lead to Permanent Membership in the Foundation with their names being placed on the Foundation Plaque located in the 7th Toronto Regiment, RCA Officers' Mess.

Acquisition of Uniforms for Our Band

As you will be aware the Band of The Toronto Artillery Foundation was stood up this year officially on 9 April 2016.

In order to differentiate it from the official Regimental Band it was decided to outfit the Foundation Band with Blue Blazers with Badge, Grey Flannel Pants and of course Artillery Ties as its official uniform. Measurements have been taken and the uniforms are on order and should arrive this month (July).

In order to maintain ownership of the uniforms in the name of the Foundation it was agreed that the Foundation would purchase the uniforms as a capital expenditure. To accomplish this, our Chairman, BGen (Ret'd) Ernest Beno commenced a fund raising initiative with a goal of \$12,000.00. To date some \$9,750.00 has been raised. It is not too late if you wish to contribute to this worthwhile endeavour. BGen Beno can be contacted at beno@kos.net. To arrange for a donation to be made or the Treasurer can be contacted at treasurer@torontoartilleryfoundation.ca.

John McDermott Remembrance Concert - 1 October 2016

Preparations are well under way for this great event scheduled for 1 October 2016 at Yorkminster Park Baptist Church. Please mark this date on your calendars and let your friends and neighbours know so that they may partake in this musical celebration with the renowned Celtic Singer, John McDermott and some very special guests. The beneficiary of the concert will be the Toronto Artillery Foundation so it is incumbent upon the Toronto Gunner Community to make the most of this event to support the Foundation to maximize its funds under long term investment for the eventual use of the Regiment.

Upcoming Foundation & Regimental Events

Please keep the following meaningful dates on your horizons:

- 10 September 2016 - 9th Battery 150th Anniversary Freedom of the City
Parade and Celebration
- 01 October 2016 - McDermott Remembrance Concert
- 17 October 2016 - Foundation Annual General Meeting
- 11 November 2016 - Remembrance Day
- December 2016 - St Barbara's Day Celebrations - Date to be determined
- 09 April 2017 - 100th Anniversary of the Battle of Vimy Ridge

Ubique

Paul Kernohan

Treasurer, The Toronto Artillery Foundation - treasurer@torontoartilleryfoundation.ca

IODE Ubique And Two Centuries Of Firepower



**UBIQUE Chapter – IODE
Patricia Geoffrey and Lisa Smid**

Imperial Order of Daughters of the Empire (IODE) UBIQUE was extremely pleased to participate in the great celebration of Two Centuries of Firepower at Fort York on 28 May 2016. Working side by side with members of the Limber Gunners and soldiers from 7th Toronto Regiment and 2 RCHA, IODE UBIQUE proudly displayed an information booth and delectable treats for all in attendance. Under the excellent direction of our President, Patricia Geoffrey, members of IODE UBIQUE baked goodies in the “old-style” way with recipes used 200 years ago. Rachael Johnston started the day with Patricia with Lisa Smid and Melinda Parker-Thompson joining Patricia later in the day. With the guns firing in the background and the smell of cordite in the air, soldiers and civilian personnel alike were treated to Shrewsbury cakes, Derby cakes and makeroons

all made by IODE UBIQUE members.

For some of us the baking was a challenge; however all treats were quite delicious and enjoyed by all. Over \$200 was donated to IODE UBIQUE by those who enjoyed the tasty cakes and makeroons.

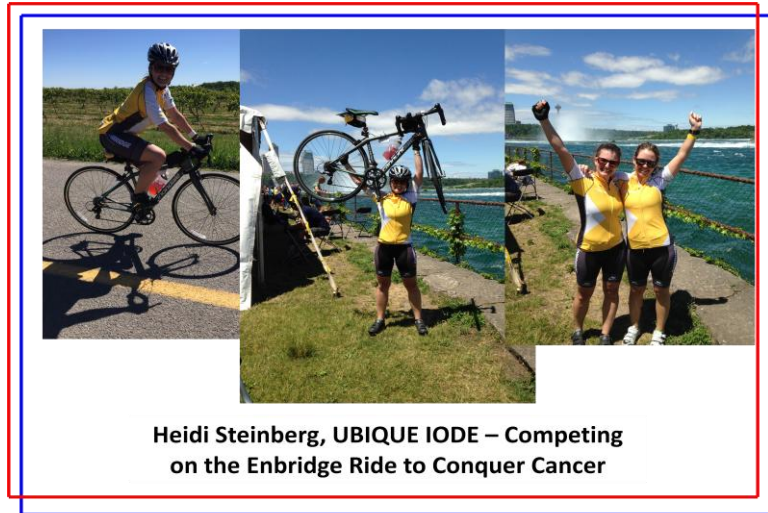
IODE UBIQUE would like to thank LCol Smid for inviting us to participate side by side with the Regiment for Two Centuries of Firepower activities. We look forward to many such future events!



IODE Ubique Making Great Strides

For many, summer may mark the beginning of relaxing on the beach and cool dips in the pool; however for two Imperial Order of Daughters of the Empire (IODE) UBIQUE members the month of June was a little more strenuous. Heidi Steinberg and Lisa Smid both proudly displayed the IODE UBIQUE flag promoting community involvement and citizenship as they biked and ran to raise money for charities.

The weekend of 11-12 June, Heidi successfully completed the gruelling Enbridge Ride to Conquer Cancer. This ‘little bike ride’ consisted of over 200 km of biking from Toronto to Hamilton on Day 1 (95km) and then on to Niagara Falls on Day 2 (115 km). Riders consisted of a mix of ages and abilities with cancer survivors amongst the pack. Heidi said it was an incredible weekend and she is signed up for next year already! She



worked extremely hard to promote this event and fundraise for this very important cause. In fact, Heidi exceeded her fundraising goal of \$2500 with \$2626 raised. At the end of the race and still smiling a tremendous smile, Heidi stated: ‘I set out on two missions: one to cycle further than I’ve ever gone before, and two, to fundraise so that cancer research could go further than it has ever gone. Pedal by pedal and donation by donation, the whole ERTCC pack (riders, volunteers, donors) all came together with the ultimate goal to conquer cancer in our lifetime. I’m so happy that I could partake in this great and inspiring event.’

Heidi you inspire us! We look forward to promoting this very important cause throughout the Greater Regimental Family and watching you in action again next year.

On 5 June, Lisa ran the Niagara Women’s Half Marathon. This event promotes a number of charities and participants may run for a charity of their choice. Lisa chose to run for a charity currently very close to her heart, IODE UBIQUE. The 21.1km race took runners past Niagara Falls twice and then along the beautiful Niagara Parkway. Participants included runners of all ages and abilities from all provinces and territories in Canada and from four countries, with the common goal of supporting their community through various fundraising efforts. Lisa said it was such an inspiration to meet people who were running to support their child with cancer or who wanted to complete one more half at age seventy-two! Kathrine Switzer, the first woman to be permitted to compete in and successfully complete the Boston Half Marathon was the



inspirational guest speaker and fired the starting pistol. With Lisa's husband Ryan and daughters Tatyana and Natalya cheering her on, Lisa finished 19th of 4000 participants with a time of 1:42:48. Sporting a big smile, Lisa stated: 'Physical fitness is very important to my husband Ryan and I and as with everything we do, we try really hard to set a good example for our young daughters. We both want to participate in a half marathon with our girls at some point thus we have to keep running now so we can keep up

with them in 10 years. It was great to have a fun way to support and promote IODE UBIQUE.'

Lisa was sponsored by local organizations and with a final, generous donation from BGen(ret)Beno, she raised \$550 for IODE UBIQUE. Lisa is now looking towards the Army Run and is being encouraged/'coerced' by her husband to participate in the Canada-US International Marathon between Niagara Falls and Buffalo...and she will participate if he runs it with her! ☺

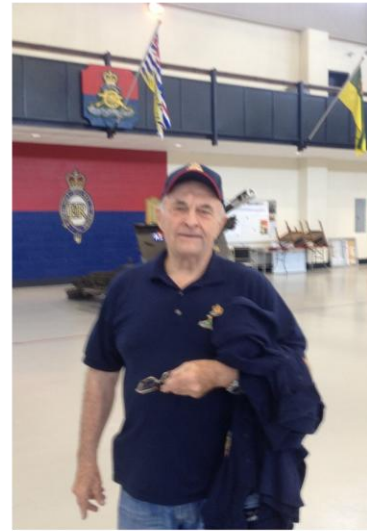
Limber Gunners Artyfacts - for July 2016 Take Post



The Limber Gunners have been having another busy summer this year with the following events:

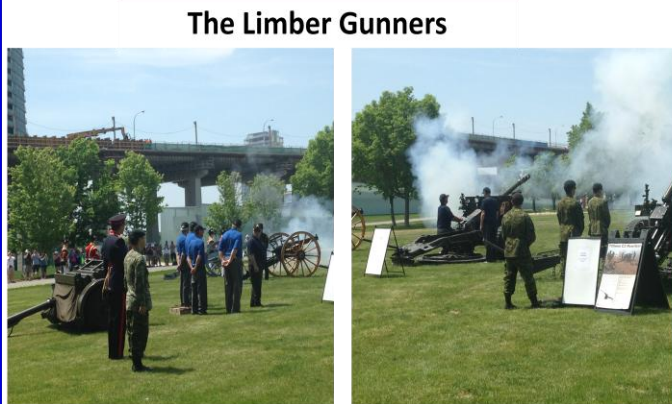
May 23rd Victoria Day Salute and Artillery Family Day Bar-B- Que

The Guns of the Regiment and the Limber Gunners one 25Pdr. fired a 21 Gun Salute at Queens Park for Victoria Day and prepared a Bar-B-Que for the Artillery Day Family Day at MPA. A special thanks goes out to Lisa Smid for her organization and help in the preparation and serving of the food for Family Day. I would like to thank all the following LG members Dave Anderson, Sandy Burnett, Dave Thompson, Larry Goucher, Gord Kowalishen, Jannett Chau, Frank Lloyd who took part in the Victoria Day Salute and Frank Moore, Jackie Coleman, Otto Skerlan, Ken Foster Dave Rae, Brian Higgins, Ian Farquharson and Ron Paterson who took part in the Artillery Day Family Day Bar-B-Que . The Regiment served over 150 personnel at the Family Day.



Limber Gunners at Family Day

May 28th Two Centuries of Fire Power at Old Fort York



Two Centuries of Firepower

This event was a great day for the Artillery in Toronto spanning the time from War of 1812, Boar war, WWII and the War in Afghanistan. The 7th Toronto Regiment, 2 RCHA, the Fort York Guard and the Limber Gunners took part in the static displays and firing salutes at Old Fort York. The Fort York Guard fired the 6 Pdr., the Limber gunners fired the 25 Pdr.QF Howitzer. And the 7th Toronto Regiment fired the 105 mm C3 Howitzer. 2 RCHA provide the 9

Pdr and the M777 155mm Howitzer. I would like to thank the LG members Gord Kowalishen, Ken Wallace, Ian Farquharson, Sandy Burnett, Brian Higgins, Paul Kernohan and Bill Wallace who supported this event. A special thanks to Sandy Burnett, Quad driver, who resides in Windsor supported the Victoria Day Salute and the Two Centuries of Fire Power.

May 28-29 Aquino Day Ontario Regiment Museum Fire and Movement display – Oshawa

This event was a very exciting program of fire and movement depicting different periods from World War II, Viet Nam and Desert Storm. The Limber Gunners with a 25Pdr. Q/F Howitzer

being towed by a 1950's ¾ Ton Truck fired at four different events for the two days. The LG also had a display tent that sold Arty Ball Caps and Arty Golf Shirts and displayed some of our Artifacts. Frank Moore, Otto Skerlan, Ron Paterson and two volunteers put the 25Pdr into action and fired at each of the four events. All of the participants were covered in dust and the 25Pdr was covered in mud but we had a great two days.

The Limber Gunners



May 28-29 Aquino Day Ontario Regiment Museum Fire and Movement Display – Oshawa



June 18th Highland Creek Heritage Day Parade and Static Display

The Limber Gunners took part in the 31st annual Highland Creek Heritage Day Parade. This event involves the community of Highland Creek Village with the 7th Toronto Regimental Band , local theme floats ,and local marching groups and bands in the Scarborough area. The Quad, Limber and 25Pdr . took part in the parade from Branch 258 and through the Village of Highland Creek. The Limber Gunners set up a Static Display in the village and handed out LG information. I would like to thank Frank Moore, Ken Foster, Otto Skerlan and Ron Paterson for their support.



June 29th 2 RCHA Regimental Change of Command Parade from LCol Hatton to LCol Hampton at CFB Petawawa

This involved the coordination of the 7th Toronto Regiment, 2RCHA and the Limber Gunners moving the Quad and 25Pdr for MPA to CFB Petawawa for the Change of Command Parade on June 29th and returning the equipment back to MPA on June 30th for the Canada Day Salute. Ron Paterson and Steve Singh met M/Cpl Mapp and 3 members of 2 RCHA when they arrived at MPA on June 21st. We decided that the Equipment would be loaded on the 2 MSVS Trucks and Beaver Tail Trailers on June 22nd at 0800hrs.

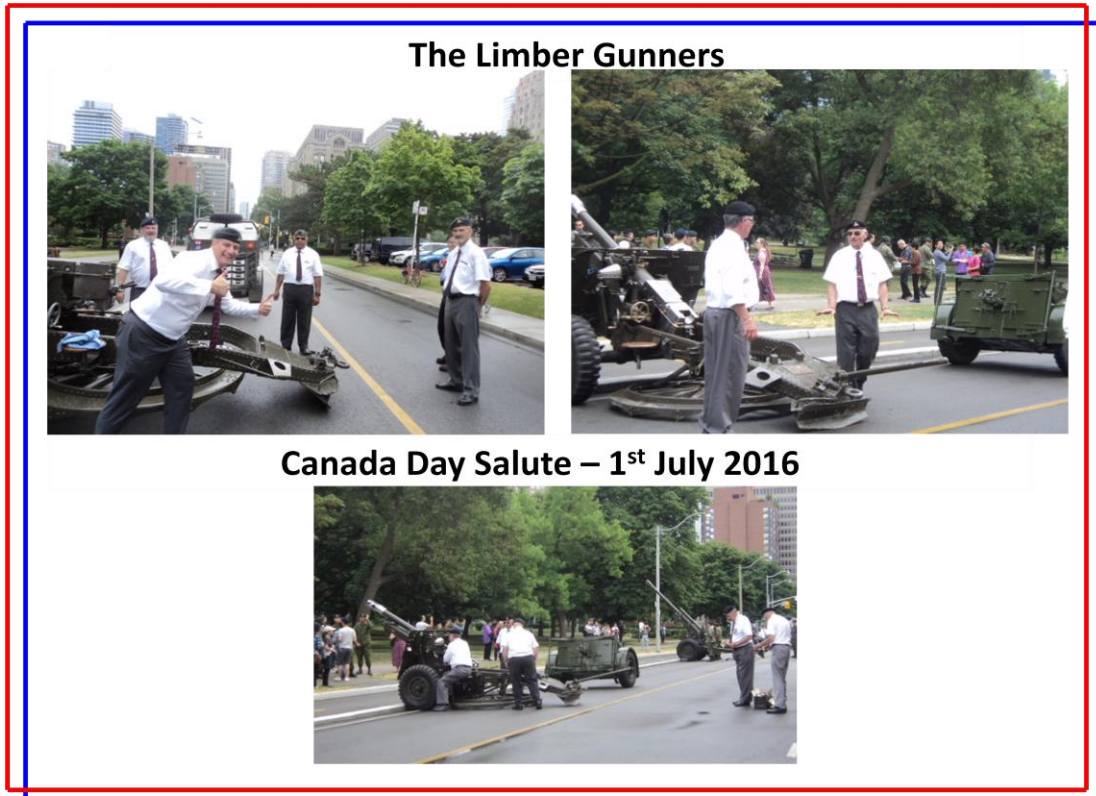


Steve Singh and Frank Moore arrived at CFB Petawawa on June 28th and dressed in Battle Dress drove the Quad ,a borrowed Limber and the 25Pdr. Q/F Howitzer on the Change of Command Parade on June 29th. Following the CoC Parade Frank Moore hooked the borrowed 2 RCHA Limber to his CUCV and headed for Toronto on June 29th but enroute around Peterborough the borrowed Limber tire separated and Frank managed to get the Limber to his home near Hampton. MCpl Mapp and the 3 members of 2 RCHA left with the equipment after CoC Parade for Toronto. Ron Paterson and Steve Singh met them at MPA at 2315 hrs. On June 30th at 0800hrs Steve Singh,Ron Paterson, M/Cpl Mapp and 3 members from 2 RCHA and 2 members of the 7th Toronto Regiment unloaded the Quad

and the 25 Pdr. Steve Singh and Frank Moore indicated that 2 RCHA treated them very well with accommodation and food at CFB Petawawa

July 1st Canada Day 21 Gun Salute at Queens Park

The Regimental 105 C3 Howitzer and the Limber Gunners two 25Pdr. Q/F Howitzers fired a 21 Gun Salute at Queens Park. There was a very large crowd of spectators for the salute. The Regiment and the Limber Gunners intermingle with the spectators after the salute. I would like to thank Dave Thompson, who resides in Port Huron Michigan, who brought his 1942 Jeep that led the convoy to and from Queens Park. Dave also supported the Victoria Day Salute. I would like to show my appreciation to the LG Member Dave Anderson, Larry Goucher, Joe McCormack, Frank Moore, Ken Foster, James Kirpesak, Gord Kowalishen, Steve Singh, Brian Higgins, Dave Rae and Ron Paterson. A special thanks to Frank Moore who used his CUCV and a borrowed 2 RCHA Limber to tow the 2nd 25 Pdr. Q/F Howitzer.



July 7th The Eleventh Annual QOR Golf Tournament at Station Creek Club Link Golf Course

The Queens Own Rifles Regiment Association requested that the Limber Gunners fire the 25Pdr for the Shot Gun Start at their fundraising Golf Tournament. Several QOR members fired four rounds to help raise funds for their Golf Tournament. I would thank the following members who gave their support for this event; Rich Bennett, Ian Farquharson, Larry Goucher, Steve Singh, Bill Wallace, Paul Kernohan, Ken Foster, Joe Mc Cormack and Ron Paterson. The day was a

success however on the return trip to MPA the Quad broke down and we return to MPA on the back of an Abrams tilt and load recovery truck.

Frank Moore of the Limber Gunners will be installing a modified transmission, changing the clutch and installing a new fuel pump on the Quad during July/August

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

The Limber Gunners



Opening Shot - The Queens Own Rifles Golf Tournament

Upcoming Events

- August 20th CNE Warrior Days Parade – the LG will take part in the CNE Warrior days Parade with the Quad Limber and 25Pdr. And Dave Thompson’s WWII Jeep.
- August 24th Ontario Police memorial Golf Tournament Deer Creek Golf Course – The Limber gunners will fire a Shot Gun Start with the 25Pdr for this fund raising Golf Tournament
- September 10th The Celebration of the 150th Anniversary of 9 Battery – The Regiment will be holding various events to celebrate this momentous occasion. The Limber Gunners will take part in all the events required by the Regiment

To the members of the Regiment that have retired, and you if you like the smell of the gun power, driving a WWII Field Artillery Tractor and 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 located a second Limber and is in the process of negotiation with the owners of the Limber. The LG has a line on a second Quad.

Join the Limber Gunners!

UBIQUE! Ron Paterson sevenartygunner@rogers.com



7th Toronto RCA Brass Quintet Plays for the Master Gunner

The 7th Toronto brass quintet played in CFB Petawawa, Normandy Mess on 24 June Thursday for 2RCHA dinner in honour of the Master Gunner visiting from England. The evening began with cocktails on the patio overlooking the Ottawa River and the weather was perfect for pleasant conversations and the traditional firing of the three miniature cannons.

The guests retired inside for the dinner and the 7RCA quintet, ably by Band Sergeant Major WO Darrin Hicks, played a wide variety of brass chamber music ranging from classical to pop and jazz. At one point, the ensemble played an arrangement of the James Bond Themes which the Master Gunner immediately recognized and personally thanked the band for the selection.

The brass quintet on this occasion was actually more than a quintet. The brass players, WO Darrin Hicks and musician Kim Eriksson on trumpet, Cpl Amy Sandford on French horn, WO Philip Trow (ret) on trombone and WO Ray Woodhams on tuba were joined by musician Taylor Gamble on drums. Taylor, who is recruiting into the 7th Toronto RCA Band was able to improvise excellent percussion parts for the brass selections which normally had no drum part. She continued to distinguish herself with drum lines for the parade of marches at the end of the dinner.

The evening was completed by the traditional artillery music selections including the very special favourite “Screw Guns”. The entire room sang all six verses and it was very easy to hear the clear, lusty voices of 7th Toronto’s own Honorary Colonel, BGen Ernest Beno, Commanding Officer LCol Ryan Smid and the RSM MWO Mardi Reyes.

Special thanks to Commanding Officer LCol Smid for authorizing the Band to fill this musical need.

The 7th Toronto Regiment RCA Band – UBIQUE!



The program of the Special Guest Master Gunner dinner



*WO Darrin Hicks playing the trumpet calls at the 2RCHA Special Guest Night
Lieutenant-Colonel Hatton, CO 2 RCHA, Front and Centre*

7th Toronto RCA Band

The band has been out in the community playing many venues this spring. After the successful Spring Concert in April, we prepared for the Victoria Day Salute and the 200 years of Firepower. On the same day, 28th of May 16 members of the band combined with the bands of the Royal Regiment of Canada and the 48th Highlanders of Canada to play in the 48th's 125 year Anniversary Tattoo. It was a beautiful Saturday afternoon to be in ceremonials and all were kept hydrated and safe.

June saw other opportunities to keep busy and in the public by playing at Highland Creek on Saturday 18th June.



On 23 June our brass quintet went to Petawawa to perform at a special Mess Dinner. The Guest was the Master Gunner from England. The quintet members have written their own report also in this issue.

Two young privates and a Corporal went off to BMQ/L in early May. Private Daniel Howells, Private David Marshall, and Corporal Taryn Jackson ventured to complete the training that would allow for progression in their careers. Below is an excerpt from Private Marshall:

BMQ- L went really well. It was really challenging, but everyone from the CG band was really well prepared. I think that having multiple people who know each other from the bands was one of the main things maintaining a flow of communication and making the group coherent.

I ended up being in the same section as Taryn, Sarah Faber, and Campbell (from the QOR), and a fire team partner with Sara. Despite both me and Sara dying twice in battle, we made great partners and helped each other with everything that came up -- from getting rucksacks on, reminding each other of proper weapons or password drills, to swapping candy and protein bars in the trench. Taryn and Campbell were also amazing throughout the course. Campbell ended up being the only person in the group who (on a C9) no one had any complaints on his weapons drills.

Taryn managed to get control of and organize the entire section or group multiple times throughout the training, and about always ended up sorting out whatever the issue at hand was within a few minutes. She was also incredibly helpful to everyone around her, always ready to offer assistance, and always able to help us relax and regroup ourselves when we were stressed. She ended up being chosen as top candidate at the end of the course too, which I'm sure someone else has probably already told you about by now. Whatever she tells you about this herself, she's probably being too modest. It was pretty clear to everyone I talked to that she strongly deserved it.

As one further note, the day of C9 training that me, Taryn, Dan, and some others did a weekend or two before the course ended up being really helpful.

Thanks for all your help in getting us on onto this course. It was an amazing experience for all of us. Thanks, - David (now Corporal Marshall)



7th Toronto's Ceremonial Guard Contingent. (left to right) Cpl Dan Howells, Cpl David Marshall, Cpl Jack Erdmann, Cpl Joanna Venturanza, Cpl Taryn Jackson, Cpl Caitlin Coppell, Cpl Stephen Rush.



Proud Corporals Looking forward to their return for the CNE.

Canada Day Gun Salute

The band took Post on the steps of the North side of Queen's Park on July 1st to welcome the morning visitors for Canada Day. We performed many appropriate selections for the day which included Don't Rain on My Parade and Storm Chasers, which had a profound affect as our musical interlude was not interrupted by the weather.

As Major Stewart gave the orders to fire at noon, the band performed God Save the Queen and O Canada. The Band is always proud to be part of the Gun Salutes and we thank the Regiment for its support.



Left: Captain Arrigo observes the firing of the Guns. Right: Capt Arrigo with Capt Canada. This Gentleman is a regular at the Gun Salute.

Upcoming Events:

Aug 22nd at the CNE; Aug 29th at the CNE; Sept 2nd at the CNE; Sept 5th at the CNE; Sept 10th
Freedom of the City Parade Toronto

**7th Toronto Regiment Band
Canada Day, Queen's Park – Canada Day July 1st**



Colonel Jim Hubel – A Great Gunner of 7th Toronto Regiment



Our Colonel Jim Hubel is a great Gunner. He began his service with Hastings and Prince Edward Regiment for two and one half years, followed by 29th Field Regiment (Self Propelled), Royal Canadian Artillery in Toronto in 1961. When 29th Field Regiment (SP) was disbanded in 1963 he joined 7th Toronto Regiment, RCA as a Lieutenant. He served in 7th Toronto continuously from 1963 to 1979, having commanded the Regiment at the rank of Lieutenant Colonel. Then Lieutenant Colonel Hubel completed several command and staff position including Senior Staff Officer Artillery at Central Area HQ. In 1992 he returned to 7th Toronto as Commanding Officer, and concluded 36 years of active service.

Colonel Hubel was appointed Honorary Lieutenant Colonel 7th Tor in 1999, serving four years in that role followed by four years as Honorary Colonel. Concurrently Colonel Jim Hubel loyally served with and supported the Royal Canadian Artillery Association, being appointed Vice President and President and being appointed a Life Member. He served as Aide de Camp for four Lieutenant Governors. Jim has been a member of Fort York Branch 165, Royal Canadian Legion and was appointed President in 2004. He has dedicated his life to helping Veterans at Sunnybrook Hospital. Our Colonel Jim Hubel served in uniform for a total of 46 years. He is a great Gunner, a wonderful humanitarian, and an outstanding example of an officer, gentleman and loyal Canadian. We should all follow his example. Once a Gunner, Always a Gunner!

The following are extracts from recent articles recognizing the community service of Colonel Jim Hubel:

- **Colonel Jim Hubel Receives Award:**

Congratulations to Colonel Jim Hubel, who on April 19th received the Don Valley West Community Service Volunteer Award from Premier Kathleen Wynne. At the 7th annual awards celebration, Colonel Hubel was among more than thirty leaders of the community who were recognized for their dedication, passion and service to others. For sixteen years, Colonel Hubel has worked tirelessly to support Sunnybrook veterans and has achieved many successes. From spearheading a full restoration of the Veterans.

Photo: Jim Hubel and his lovely wife Irene



- **Making a difference in the lives of Sunnybrook Veterans:**

Jim Hubel, Fort York representative for Sunnybrook, presents a cheque for \$10,000 on behalf of the Fort York Branch of the Royal Canadian Legion to Katherine Baldwin, manager of recreational therapy and creative arts therapies. Every fall, members of RCL, Fort York Branch 165 raise funds in support of veterans at Sunnybrook through its annual appeal and Poppy Trust initiative. Sunnybrook is most grateful for the leadership of the Fort York Branch and their long-standing support of Sunnybrook's veterans.



- **Canadians recognized for their dedication to Veterans:**

TORONTO, June, 16, 2016 /CNW/ - The Honourable Kent Hehr, Minister of Veterans Affairs and Associate Minister of National Defence, today presented the Minister of Veterans Affairs Commendation to the following Greater Toronto Area residents, honouring their contributions in the service of Canada's Veterans:



Through their efforts, these citizens provide invaluable support to the Veteran community, promoting greater awareness of the sacrifices and achievements of Canada's Veterans, and dedicating themselves to Veteran care.

- **Minister of Veterans Affairs Citation:**

Citation:

“Mr. James Hubel served in the 7th Toronto Regiment of the Royal Canadian Artillery, Militia Officers Training School and Land Force Central Area Headquarters for 36 years. He was president of the Royal Canadian Artillery Association and a member of the Advisory Council of the Army Cadet League of Canada. Mr. Hubel was an aide de camp to the Lieutenant Governor of Ontario, and was appointed deputy chief aide de camp before he retired in 2013. Since retiring, Mr. Hubel volunteers endless hours to many charitable causes, with particular interest in advocating for Veterans at the Sunnybrook Veterans Centre. He is a leader of their Wheelchair Escort Program, and a member of both the Veterans Advisory Committee and, until recently, the Comfort Fund. Over the past sixteen years, Mr. Hubel was a key player in the restoration of the Veterans Chapel. He is a member of Royal Canadian Legion (RCL) Fort York Branch 165, where he served as the president and is the current Sunnybrook Liaison Officer.

James Hubel is recognized for his volunteer work for many charitable causes & advocating for Veterans at the Sunnybrook Veterans Centre. Thank you, James!”



Monument to Canadian Soldiers of the Italian Campaign Unveiled in Toronto

25 June, 2016, Toronto

by Mr. Mark Clearihue (Hon LCol Designate, 7th Tor)

In a ceremony today at Nathan Phillips Square in downtown Toronto, a memorial sculpture was unveiled and dedicated to Canadian troops who fought and died in the Italian theatre during WWII.



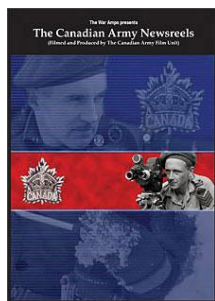
When many Canadians reflect on our nation's tremendous contribution to the liberation of Europe, thoughts often go firstly to Dieppe, Juno Beach, the Scheldt Estuary, and Holland. But from 1943-45, more than 93,000 Canadian troops participated in Allied efforts to dislodge German forces from Italy. The fighting was fierce and difficult over rugged terrain and extreme weather conditions. The Guns played a prominent role in these battles. Canadians suffered 25,000 casualties, including nearly 6,000 who made the supreme sacrifice. This important chapter in our history is sometimes overlooked, but major battles at Assoro, Monte Cassino, Moro River, Ortona, the Gustav Line, the Hitler Line, to name just a few, warrant remembering as some of the toughest fighting faced by our forces during WWII.

Canadians of Italian heritage do remember. A six-year project called "*Peace Through Valour*," lead by prominent Italian-Canadians in Toronto to create a memorial honouring the sacrifices of our troops during the Italian Campaign, has culminated in the creation of a permanent monument next to Toronto City Hall. The monument was built by Canadian artist Ken Lum. It is a bronze sculpture landscape of a section of downtown Ortona, following its liberation by Canadian forces. A picture of a town destroyed by war, with four Canadian soldiers at each corner of the monument, standing in strong but solemn guard over a terrible but victorious battle scene.



Among those attending the unveiling ceremony were a number of Canadian veterans of the Italian Campaign. It was great to see them there being honoured. The Consul-General of Italy said during his remarks that the memorial is long overdue. *“With so many Canadians of Italian heritage living in the GTA and Canada, a wonderful place to live and lead our lives, our mother country Italy owes Canada and its brave troops a thousand thanks. Grazie, grazie, grazie.”*

World War II Canadian Army Newsreels



There are over 100 of World War II Canadian Army Newsreels available at the following site: <https://www.youtube.com/playlist?list=PL04CC43B7CD63C686>

This website gives a thumbnail sketch of the content of each film:
<http://www.waramps.ca/pdf/english-site/other/canr/canr-booklet.pdf>

John McDermott – One of us – The Regimental Family, 7th Toronto Regiment



John McDermott is an outstanding Canadian and a great friend of 7th Toronto Regiment and the Toronto Artillery Foundation. For years, internationally renowned tenor John McDermott has offered an annual private holiday concert for veterans and their families at Sunnybrook. He has gone even further by pledging a transformative gift to refurbish the veterans' palliative care unit within the hospital's Veterans Centre (establishing McDermott House Canada).

Born in Scotland, McDermott calls Toronto home, but he has also found a home as an international recording star known as much for his successful musical career as for his commitment to veterans' causes. His first album, *Danny Boy*, garnered strong sales in the U.S. and Canada, and he has since recorded five Canadian platinum records, received five Juno nominations, and enjoys a solid international touring schedule.

Sunnybrook Palliative Care Renovation Project

In 2000, a transitional home for veterans in Washington, DC, was named John McDermott House. His album, *Journeys*, featuring the haunting song "Bringing Buddy Home", was recorded to help support fundraising for Fisher House Boston. In 2010, John registered a not for profit foundation called McDermott House Canada to support veterans and veterans causes; the initial project is the renovation and expansion of the palliative care unit located in K (Veterans) wing in Sunnybrook Hospital, Toronto. Thanks to a generous gift from McDermott House Canada, the first stages of a renovation to the palliative care unit have begun. The revitalized space will offer patients and their loved ones the most comforting environment possible, while receiving top-quality care from our dedicated palliative health care professionals.



Roses Bloom for John McDermott

International singer and veteran supporter, John McDermott was one of this year's recipients of the Sunnybrook Foundation's prestigious Rose Award. In the fall of 2014, John McDermott presented a cheque for \$1.2 million towards McDermott House. His passion and commitment for veteran causes and his dedication to the Veterans Centre is extraordinary.



***Don Stewart, Mac Joyner, Sheldon Lawr
and John McDermott at the Rose Award
event.***

"When I first started out I promised my father if I had great success, I would always remember the sacrifice our military men and women made to give me that freedom. I am fiercely passionate about keeping the awareness and respect

for our military and for the ultimate sacrifices they give and continue to give to this day."

Photos from Our Past

NOTICE - Old Pictures:

We are looking for photos from Days Gone By for our Website.

Digital Photos can be emailed to Captains Paul Thompson or Eric Laxton:

paethompson@hotmail.com or elaxton@gmail.com

Hard Copies – address them to one of the above at the Orderly Room, or drop them off.

Take Post, Edition 13

The next Take Post Edition 13 will be published by 15 September, 2016.

Articles to be submitted by 08 September, 2016 to: beno@kos.net



Good Shooting!

UBIQUE!



THE UNKNOWN BATTLE

THE BATTLE OF THE FORT ERIE DOCKS JUNE 2ND 1866

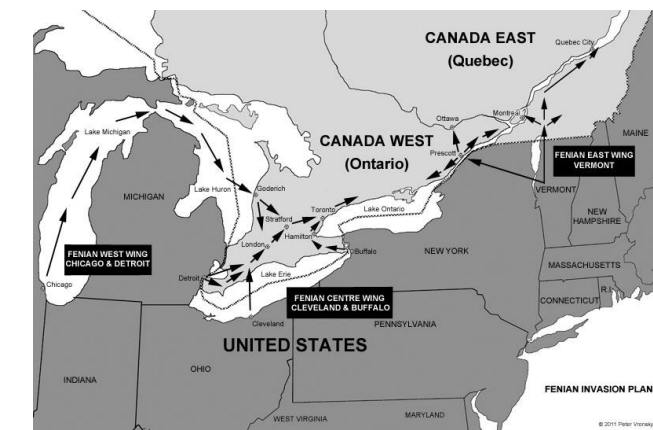
By: Lieutenant-Colonel (Retired) B.A. Reid, CD – AKA “*Reid BA of the RCA*”

June 2nd 2016 was the 150th anniversary of the last battle against a foreign invader on Canadian soil, the Battle of Ridgeway. But Ridgeway was not a single event. Besides the battle fought a short distance north of the little village that gave it its name, there was a second engagement later that day. It was fought in the streets of Fort Erie between the Fenians and a small party of Canadians, most of whom were members of the Welland Canal Field Battery, now the 10th Field Battery, 56th Field Regiment, RCA. This was the first time that a unit of the Royal Regiment of Canadian Artillery engaged the enemy, albeit as infantry.

While it is tempting to dismiss the Fenians as a band of misguided buffoons, at the time people considered the threat to be both real and serious. Their landing near Fort Erie in the early morning hours of June 1st precipitated a major mobilization and deployment of both British and Canadian forces to counter it. In fact, by dawn of June 2nd the British and Canadian troops in the area outnumbered the Fenians by more than two to one, with thousands more on the way. British Lieutenant Colonel George Peacocke, the commander of all the British and Canadian forces in the area commanded two columns, each roughly the size of an infantry brigade. One, consisting of the Queen’s Own Rifles and the 13th Battalion as well as independent rifle companies from York and Caledonia,



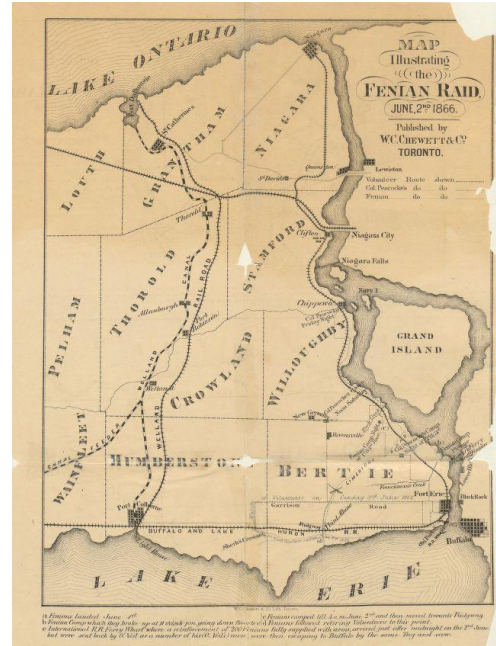
Canadian Militia during the Fenian Raids



was defending Port Colborne. Peacocke personally commanded the second guarding the bridges over the Welland River at Chippawa. It consisted of elements of two British battalions and a field battery as well as the 10th and 19th Battalions.

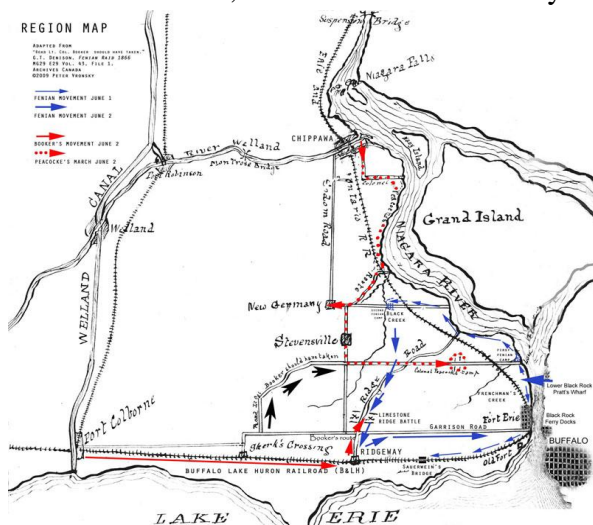
Unfortunately taking the Fenian threat seriously had not extended to making sensible preparations. The militia was poorly equipped and trained and lacked basic necessities such as blankets, water bottles and haversacks to carry rations, if anyone had thought to obtain some. The defenders were unfamiliar with the terrain and did not even have maps that showed the roads and terrain features. This was in sharp contrast to the Fenians who had had an agent on the ground for several months and were familiar with the area.

To turn back the clock, the troops who fought at Ridgeway had been concentrated at Port Colborne on the southern end of the Welland Canal on June 1st to defend against a possible Fenian advance from Fort Erie. There, on the early morning hours of June 2nd the Canadian commander, Lieutenant Colonel Alfred Booker of Hamilton's 13th Battalion, received orders to rendezvous at Stevensville with Peacocke's column from Chippawa. Confusion and fuzzy thinking combined with the lack of planning before the operation resulted in Booker's troops moving by train to Ridgeway, a few kilometres from where the Fenians waited for them astride the road to Stevensville.



Peacocke had previously ordered the Port Colborne column to send a party by ship to patrol the Niagara River to prevent Fenian reinforcements from crossing and to block any withdrawal back to Buffalo. This task fell to the Welland Canal Field Battery and the Dunnville Naval Brigade, who also crewed the fast tug W.T. Robb that carried them. Lieutenant Colonel JS Dennis, a staff officer from headquarters in Toronto, assumed command of this blockading force that sailed for Fort Erie at about 0330 hours.

Initially things went well and Dennis landed the troops who patrolled for several miles north along the Canadian bank, capturing a few dozen Fenians who had been left to secure the bridgehead. During the morning locals began to report a battle between the Fenians and the Port Colborne column, but details were sketchy and conflicting. Eventually a horseman reported the



Fenians were approaching and Dennis decided to engage them. He reached this decision without any intelligence regarding their numbers and intentions and without determining if other British and/or Canadian troops were pursuing them. Captains King and MacCallum, the commanding officers of the battery and the naval brigade respectively, had decided on a course of

action that was more in line with their orders and embarked their troops.

Dennis would have none of it and ordered the troops to land. They were then formed up in the streets of Fort Erie to engage the Fenians who outnumbered them roughly ten to one. A fierce little fight soon ensued, although Dennis missed most of it as he scurried away to the rear after the first rounds were fired. The Canadians fell back under fire and continued to fight until their ammunition was expended and most surrendered. Captain MacCallum and a small party of his men managed to evade capture and were picked up by the crew of the tug, which then returned to Port Colborne.

Incredibly no Canadians died in this fierce little fight, although they killed and wounded a number of Fenians, including two who succumbed to bayonet thrusts. The Fenians then arranged to be evacuated, which took place during the night. They were taken into custody by a US Navy gunboat as they entered American waters and were confined for several days until they were ultimately disarmed and released to return to their homes.



***Artists Impression of a
Slain Fenian***

It is worth reflecting on what could have happened if Dennis had obeyed his orders. With their evacuation route blocked and short of ammunition, the Fenians would have been forced to take refuge in the ruins of the War of 1812 fort. On June 3rd at least three British and five or six Canadian infantry battalions supported by cavalry and artillery would have confronted them. Now, 150 years later, instead of barely remembering the two engagements that came to be known as the Battle of Ridgeway, we might very well be commemorating the Fenian Alamo.

Lieutenant Colonel Brian Reid (retired)

Brian was born in Fort Erie, Ontario and grew up on a farm near Ridgeway. Shortly after his 18th birthday he enlisted in the Canadian Army (Regular) as a Gunner in December 1957. It soon became obvious he would never make a soldier and he was commissioned in the Royal Regiment of Canadian Artillery under the Officer Candidate Programme in 1961.

During a military career that spanned 37 years Brian served on regimental, staff and liaison appointments in Canada, Europe and the United States. After retiring in November 1994 he has divided his time between military history, hanging out near water in the summer and not shovelling snow in places like Baja California, Texas, Florida, Georgia and more recently, Arizona. His published works include: *Our Little Army in the Field: The Canadians in South Africa 1899-1902*; *No Holding Back, Operation Totalize, Normandy August 1944*; and *Named by the Enemy, A History of The Royal Winnipeg Rifles*. He is currently working on a history of Canada's Airborne Gunners and "*With a Few Guns, The Canadian Gunners in Afghanistan.*"



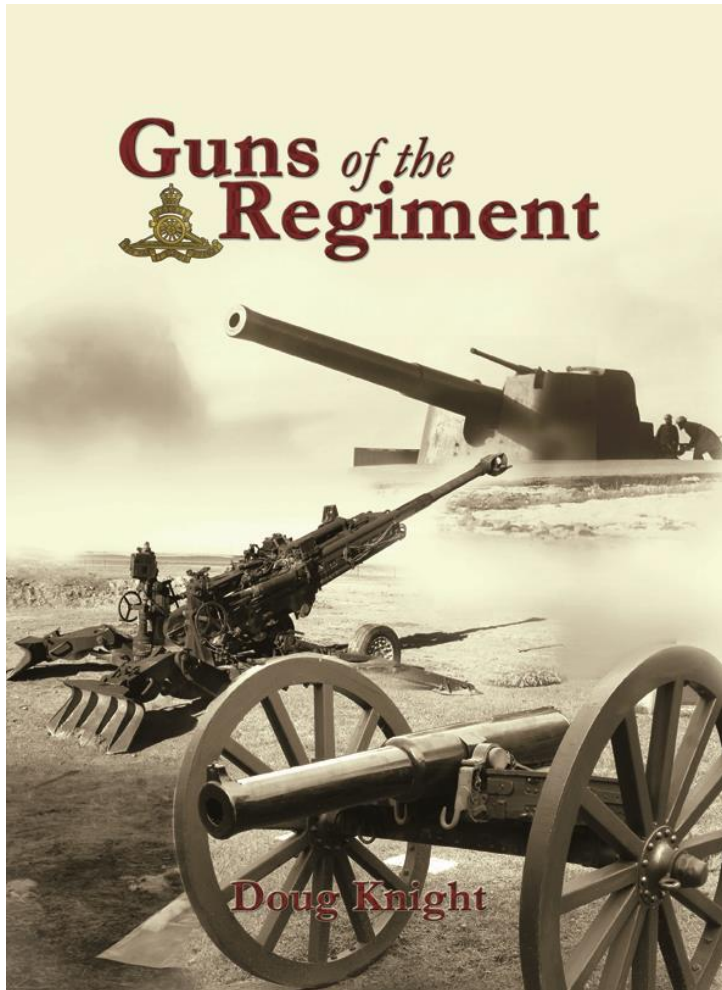
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