



“Take Post”

The Journal of The Toronto Gunner Community

Edition 10, 11 March, 2016

THIS EDITION

- IODE Bestowal Ceremony
- Junior Ranks Dinner – What a Blast!!
- Gunner Rachel Krushnisky – Top Candidate 2HA STA Course
- M777 Conversion Course
- International Women’s Day!
- And Much More!

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

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



A Regiment on the Move!!

Regimental Part II Orders

Honours, Awards, Promotions & Appointments

Honours and Awards

- The following was awarded the 7th Toronto Regiment Honorary Colonel Commendation:
 - 2Lt Young
- The following were awarded the Canadian Forces Decoration:
 - Capt Thompson
 - Sgt Min
 - MCpl Antonov

Promotions

- The following was promoted to Major:
 - Maj Ortiz-Sosa
- The following was promoted to Second Lieutenant:
 - 2Lt Fa
- The following was promoted to Warrant Officer:
 - WO Lombara
- The following were promoted to Bombardier:
 - Bdr Altobello
 - Bdr Thayaparan



Regimental Family Calendar Of Events

REGIMENTAL CALENDAR	
18-20 March	Exercise BLACK HAND/CO-OP GUNNER, Meaford, Regimental Live Fire with 56 Field Regt
2 April	Toronto Garrison Officers' Ball
8-10 April	EX STALWART VALIDATION 16 - Meaford
23 May	Victoria Day Salute
23 May	Regimental Stand-Down for Summer, and Family Day
28 May	Two Centuries of Firepower, Fort York
28 May	Limber Gunners, Oshawa Military Equipment Demo
May	Artillery Day Activities/Mess Dinners, to be determined
30 May	818 Squadron Change of Command
6 June	818 Squadron Royal Canadian Air Force Cadets Annual Inspection
June to August	Summer Training
13-28 August	Exercise EX STALWART GUARDIAN 16 – Petawawa
12 September	Regimental BBQ, Welcome Back
10 September (TBC)	Regiment exercises Freedom of the City of Toronto – Celebrate 150 th Anniversary of 9 th Battery, CFA
10 September	Gun Dedication and Family Day (Possible Regimental Dance)
12-16 September	Adventure Training – Bruce Peninsula
18-18 September	EX SHARP SHOOTER 2 - Meaford
20-22 September	2 CMBG Ironman
Late Sep-Early Oct	John McDermott Concert with Toronto Artillery Foundation Concert Band
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 Dance Saint Barbara's Day Activities and Events. Christmas Activities and Events

Aiming Point – Commanding Officer and Regimental Sergeant-Major

By LCol Smid and MWO Reyes

The most important mission of the Regiment is to produce combat capable soldiers for deployment. Accordingly, our training is devised to ensure that our soldiers are operationally ready. There are a number of aspects to operational readiness which includes mental resiliency, individual and collective training, and personal readiness. In this article, we would like to address the aspect of physical fitness.

The Canadian Armed Forces (CAF) directs that every member undertake the FORCES test annually as the minimum acceptable standard of physical fitness to remain in the CAF. One advantage of this test, as compared to previous tests, is that there is only one standard regardless of sex or age. This makes sense given that our enemy (whether human, terrain, or time) is not likely to distinguish between sexes or different ages. An unfortunate disadvantage is that FORCES test is not particularly difficult to pass and it is our opinion that it does not fairly represent the expectations that we would have of you if deployed to a theatre of operations.

The Canadian Army has moved to reinstitute the Load Bearing March (13 km march in marching order, ie weapon, helmet, tactical vest, and rucksack) to serve as a minimum threshold for those soldiers in the Army to meet if wishing to deploy on expeditionary operations. Accordingly, you will see in our training plan for next year (April 16 to March 17) a minimum of four separate opportunities to conduct the Load Bearing March either in your Battery or as a Regiment.

More challenging than the Load Bearing March is participation in the annual 2 Canadian Mechanized Brigade Group Ironman competition. This competition consists of running 32 km in your army boots, pants, t-shirt, and 40 lbs ruck sack, followed by a canoe portage of 4 km, followed by an 8 km canoe paddle, and culminating in a 6 km run to the finish line. In total, it is 50 km and takes anywhere from 6 to 12 hours to complete. Our Regiment has successfully competed the past two years and we will be fielding a team again this year. The competition takes place in September and your CO and RSM will both be competing. ***If you are interested in participating then simply let your chain of command know.***

In order to assist you in improving your level of physical fitness, you will be permitted to participate in physical fitness training on Saturdays at Moss Park Armoury. This training is designed specifically to assist you with the Load Bearing March and the Ironman competition. It will be supervised by officers and Sr NCOs, and you will be able to sign for pay on the days that you participate.

Maybe marching and running are not your thing but you do like to play sports. Great, because we will be starting an outdoor soccer team in September, which will represent the Regiment in a local league. This will then turn into an indoor soccer team once the weather turns. Of course,

the name of the team will be the Gunners! Again, when you participate on the team, you will be entitled to pay. *If you are interested in either organizing, coaching, or playing on the team then let your chain of command know.*



Members of 7th Toronto Regiment participating in a CO and RSM's PT Challenge on 7 March 2016

Although there are many opportunities to improve your level of physical fitness in the Regiment, it will always remain an individual responsibility to do so. This is probably the biggest challenge, finding the time and making the effort to either remain fit or become fit. If you find that you are having difficulty keeping up with our PT during Regimental parades then that should serve as an indicator to you that you need to do something about it. Physical fitness is vitally important to not just your level of success on the battlefield but the success of your entire team, from fire team partner all the way up to the Regiment. You also have a team at home, your family, who rely on you. Being physically fit will play a large role in being able to support them too. There is no shortage of reasons to be in good shape! What's yours?

Good shooting! UBIQUE!

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

Mardie Reyes, CD
Master Warrant Officer
Regimental Sergeant Major

Exercise Cold Start II – The Mud Gunners of 15 Battery



15 Battery at the end of a successful exercise

On the 19th to 21st February 2016, I was in Meaford with 15 Bty for Exercise Cold Start II. Exercise Cold Start II was an experience that I enjoyed very much. During this exercise I was employed as both a Recce Tech and CP Tech. The exercise began on Saturday morning and we were immediately tested on our basic soldiering skills. The Bty was split into 3 groups and dropped off in separate locations by our (simulated) “helicopter,” the MSVS. While carrying all of the necessary equipment in our rucksacks the three detachments began to navigate to a designated RV. I was placed as the detachment commander for the CP/Recce detachment for this portion. During this navigation we had the most junior members of each detachment take the lead as a navigator. After marching over muddy snow and water all three detachments met up at the RV.

At the RV we covered our arcs and conducted a “listening halt.” During this halt we were attacked by the enemy force and through the quick wit and leadership of Lt. Lum we were able to push the enemy back and win the firefight.

After we regrouped the recce element went forward to see if we were able to cross a raging river directly in the way from our location and our objective. After a scan we decided that we lacked the necessary equipment to cross the river effectively. It was decided that we would travel around and take a riskier route on the road instead. After quickly traversing this obstacle we reorganized at a mortar group RV. From there the recce element departed first to recce out a

possible mortar tube position. After finding a tactically suitable position we radio'd back to the mortarmen waiting at the RV to come forward to their new position. Once they arrived we conducted another listening halt. During this halt the CO of 7 Toronto, Lieutenant Colonel Smid, along with the Padre had come to our position to see 15 Bty operating in the field. After a few words, a prayer and a boost in morale we were given a final moment to take a breather. "Sir, I believe the troops are just eager to get back to work" from Lt Lum was all it took for all the members of 15 Bty to know that it was time to do what we do best.

This is when the exercise transformed into a true test of gunnery skill. We quickly deployed the tubes and were ready to fire. With experienced members at all positions along the mortar line we were able to quickly send rounds down range. During these fire missions it was the first time Bdr Chan and I ever fired the mortars live using the mortar plotter board. We fired through the night, and in what felt like no time at all we were able to successfully fire all rounds on the mortar platforms. It was at this moment when I exited the CP tent to find that the mortar tubes had been dug into the ground waist deep. Thanks to the wet ground and thick clay, we found ourselves spending time digging it through the mud to try and get our baseplates out. These are the moments that would usually be accompanied by the words "this sucks...!!". However the comraderie amongst the troops on the ground was great and the morale remained extremely high even as we dug the mortars out during a cold wet night.

The next morning we quickly loaded up our stores and mortars and met up with our transport, taking us back to base. All in all it was a great exercise in which everyone learned something new and got to practice both their gunnery and basic soldiering skills. UBIQUE!

Bombardier Allen Noh

M777 Conversion Course – The Big One

By Master Bombardier Jasmin Bucella



February 13-21st, myself and 3 others from 7th Toronto RCA; Bdr Park, MBdr Moniz, and MBdr Choi attended the M777 conversion course held by 2RCHA in Petawawa, Ontario

The M777 is a 155 mm light howitzer that can be towed by an HLVW truck or slung by Chinook helicopter. Mounted on the gun is the digital gun management system (DGMS) which consists of navigation, pointing and self location. This allows the gun to come into action quickly and accurately.

A detachment of 10 soldiers is ideal to operate the M777, but if circumstances require, the howitzer can be fired with 4 soldiers. The howitzer has a fast rate of 4 rounds per minute. Depending on the type of ammunition used, the M777 can fire up to 40km.

During our time on course we were equipped with knowledge of the components, maintenance and operation of the M777. We woke up early each day conducting our physical fitness before starting our compact days of classes. We completed the course working alongside other reserve units.

The final confirmation of what we had learned was to put rounds down range. On February 20th, 2016 our course went into the field with 2 RCHA and some honorary guests including Colonel Peter Williams (who fired his last round), Brigadier-General Patterson and Lieutenant Colonel Meehan. All in all, it was a great learning experience and a wonderful opportunity to work with the 2nd Regiment, RCHA.

UBIQUE!

Master Bombardier Jasmin Bucella

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

What great soldiers and volunteers we have in 7th Toronto Regiment, RCA. Serving in, with, and for 7th Tor is not a job, it's a calling – and what great people we have stepping up to the plate and making things happen. This Take Post shows, yet again, the outstanding Regimental spirit of 7th Toronto Regiment whether in garrison (the Moss Park Armoury) or the field, whether on active service or supporting the broader Regimental Family, whether serving the nation or our local community.



2016 is clearly off to a great start. The Regiment is well into its collective training program to develop and improve operational efficiency, and the rest of the Regimental Family is demonstrating its great support to serving and retired members. And, as this Take Post illustrates, there is much going on keeping us all active, productive and in high spirits.

Thanks to all those who contribute the wonderful articles and photos to Take Post. It is so incredibly important that we communicate, collaborate and share experiences – and celebrate our great accomplishments. Take Post helps remind us and tell others of the great stories behind this outstanding Regiment.

I am truly humbled by the quality of our soldiers and those who volunteer to support them. We can and should be incredibly proud of our service to the Brigade, the Division, the Army and Canada.

Good Shooting! UBIQUE!

Ernest Beno, BGen (Retired), Honorary Colonel

4th Division Celebrates International Women's Day 2016



This year, 4 Canadian Division HQ hosted International Women's Day 8 March 2016, with the support of 32 CBG Regiments. The event took place at The LCol George Taylor Denison III Armoury.

Officially established by the United Nations in 1977, International Women's Day (IWD) celebrates the collective power of women around the world, past, present and future. It all started in the early 1900s in North America and across Europe when women's rights were placed on the global agenda. IWD has become a world event where women across all continents, regardless of national boundaries, ethnicity, linguistic, cultural, economic or political differences unite to celebrate on-going achievements and victories.

The past three years of this event have seen exceptional and inspirational speakers. This year we were very excited to announce our key note speakers, The Honourable Elizabeth Dowdeswell, Lieutenant Governor of Ontario, and the Chief of Peel Police, Jennifer Evans. Furthermore; Peel Regional Police was well represented with a contingent of female officers whom also attended the event.

The International Women's Day Chair was Sergeant Prentice, and the Co-Chair and 32 CBG Representative was Sergeant Kase. The guests arrived and walked under Howitzers into a transformed drill Hall. Sergeant Laplante did an excellent job of lighting up the speakers and displays. Bombardier Farrell-Jobst and Bombardier Perez manned the 81mm in full fighting order and great cam, in a Mortar pit. In addition, Master Bombardier Noh, Bombardier Noh and Bombardier Chan conducted flag raising and lowering drills for the Lieutenant Governor of Ontario on her arrival. Seven other 32 CBG Regiments hosted displays.



The respective speakers provided great insight on women's issues, and raised powerful messages about the event and women's issues in the international setting. The question and answer period at the end also brought perspectives from both inspiring women to the audience and evoked change in the way the culture of women's issues should be viewed.

An added bonus's was the singing of Happy Birthday to the Queen for her 90th Birthday; which was requested by the Lieutenant Governor of Ontario.

Overall this year's International Women's Day was a great success and was well received by both guests and speakers.

I personally would like to thank all who attended.

Sergeant Amber Kase
Co-Chair, International Women's Day

7th Toronto Regiment Junior Ranks Dinner – 27 February, 2016

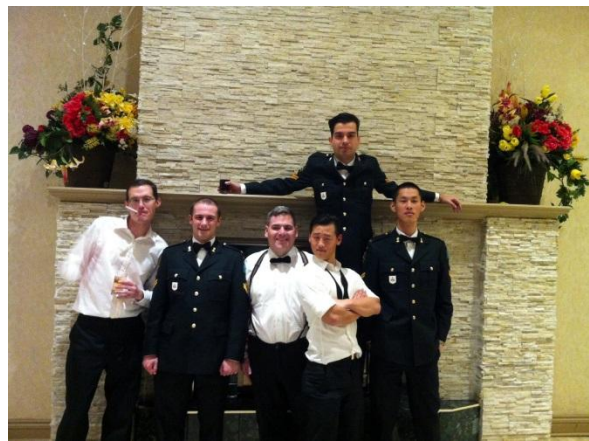
By Bdr Eric Sullivan

With the weather starting to melt Meaford into the famous "*Mudford*" we, as Gunners, know that the winter is over and once again it will be that time of year to head off for RST. While the nights are still long and the wind whips coldly down through the streets of Toronto we aim to finish the training year off with high morale. On Saturday, February 27, 2016, 7th Toronto Regiment RCA hosted our second annual combined **Junior Ranks Dinner**.



Members from both 11th and 56th Field Regiments enthusiastically returned in larger numbers than last year, and they were joined this year by representatives from both 42nd Field Regiment (Pembroke) and 2 RCHA (Petawawa). All were welcomed into Mississauga's Capital Banquet Hall by the bumping jamsour's own DJ, Sgt Lalor. The evening was a concoction of camaraderie with friends and family from all over Ontario; both new and old faces mingling together. This beautiful banquet hall, with fantastic staff, gave us the perfect atmosphere to unwind and be reminded that all of us are flawed human beings that we both love and hate; the purest definition of family. Upon finishing cocktail hour we had the pleasure of the 7th Toronto Band serenading us with a wonderful selection of musical numbers. While most of the time we wear camouflage to hide from prying eyes our band is always dressed to impress and is often the face of our regiment. It is always a privilege to be able to have a band of such calibre showcase their talents for us.

This dinner would not have been possible without so many people working over the last few years to organize not just 7th Toronto but to coordinate with the four other regiments and the venue. For those who were unable to attend the event, you unfortunately missed out on fabulous food, awesome raffle prizes, and the humorous dance moves of some of the higher ups. We hope everyone enjoyed themselves and can't wait to see more of you out next year. And lastly – **Well done Bombardier Allen Noh.**



Bdr Eric Sullivan



Battery Commander 15th Battery – Our First Honorary Colonel Frank Fauquier Arnoldi, DSO and Bar (1889 – 1953)



- Battery Commander 15th Battery (France & Flanders) and 67th Battery (Siberia),(WW I);
- Commanding Officer 7th(Reserve) Toronto Regiment (WW II)
- Honorary Colonel 7th (Reserve) Toronto Group, RCA

Frank Fauquier Arnoldi was born in Toronto on July 7, 1889. He attended St. Alban's Cathedral School in Toronto and in September 1906, at age 17, he was enrolled at Upper Canada College. Upon graduation in 1908 he joined the Royal Military College (RMC) in Kingston. While at RMC he was a member of the Rifle Team and in 1910 won the Kingsmill Bugle. Arnoldi graduated RMC as a corporal in 1911.

Arnoldi enlisted for service in WWI at Toronto on December 7th 1914 was attested at Toronto on January 4, 1915 and was appointed as a Captain in 15th Battery of the 4th Brigade. He deployed overseas on May 29, 1915 arriving in France on September 13, 1915. He was promoted to Major September 14, 1915 and assumed command of 15th Battery. He was awarded the Distinguished Service Order (DSO) on January 1, 1917 [LG 29886 1 Jan 1917] and was Mentioned in Despatches by General Sir Douglas Haig [LG 29890 4 Jan 1917].

While on leave in England in December 1916, he was admitted to hospital and was transferred to the General List. On March 14 1917, suffering from severe Septic Arthritis in the knees and ankles, he was placed on disability leave and returned to Canada; returning to England on November 26 1917 he was declared fit. On May 23, 1918 he was promoted Acting Lieutenant-Colonel and assumed command of the Reserve Brigade CFA at Witley, England. On 21 August he relinquished the acting promotion and assumed command of 67th Battery of the 16th Brigade, CFA for service with the North Russia Expeditionary Force arriving in Archangel on October 1, 1918.

The Gunners of Canada Volume 1 notes “[a]pplication for inclusion in the brigade far exceeded the number required. It was possible therefore to be highly selective in forming the batteries”. Arnoldi was awarded a Bar to the DSO [LG 31359 27 May 1919]: *“He has handled his battery on all occasions with marked determination and skill. Major Arnoldi’s work in connection with the retirement from Seltyo and the battle of Toulgas on the 11th November, 1918, was of a very high order. He has many times made difficult reconnaissances, and to him is largely due the splendid technical fitness and offensive spirit of the battery.”* The Russian government awarded him the Order of St. Stanislas, 2nd Class with Swords. He arrived in Canada from Russia via England on July 19, 1919 and was discharged on the same date. He was brought to the notice of

the Secretary of State for War for valuable services rendered during the war [LG 31938 11 Jun 1920].

During the Second World War Arnoldi served as a major with No. 81 (Arty) Reserve Company Veterans Guard of Canada, and later, in 1941, Arnoldi was promoted to Colonel and given command of 7th(Reserve) Toronto Regiment retiring in September 1944. Later in 1944 Colonel Arnoldi was appointed as Honorary Colonel of 7th (Reserve) Toronto Group, RCA.

By profession, Colonel Arnoldi was an engineer. He was first employed at railroad contracting and later with the Hinde & Dutch Paper Company. Colonel Arnoldi died at Bracebridge Ontario on August 6, 1953.



Eight soldiers of the Siberian Expeditionary Force pose around an 18-pounder. Crates of shells are stacked behind them. The soldiers are in uniform with winter dress hats suited to the weather. Sitting next to the gun wheel is Major Arnoldi.

Operation Provision/Operation Trillium Response/Course Provision/BWW/LOSV & DabDoobs

By Master Bombardier Kevin Noh

Marhaba! (Arabic: *Hello!*) In preparation for the influx of Syrian Refugees the Canadian government has announced, Operation Provision was activated and the call was announced. Within days notice, my chain of command reached out to the unit personnel asking for volunteers for this operation that was about to unfold. Eight soldiers from 7th Toronto Regiment RCA were chosen and sent to Denison for a day long excursion of paperwork, waiting, and anxiety. In the end, three 7th Toronto soldiers were chosen; a platoon was formed to support OP Provision at 8 Wing Trenton. ILS Trenton, ILS Meaford, ILS Borden, ILS Kingston, ILS Petawawa were the CAF bases chosen to provide Intermittent Lodging Sites (ILS) for the Syrian refugees.



During the early stages of the operation I was placed as No 1 Section 2IC, and then later moved up to No 1 Section Commander. Other gunners within the platoon were Sgt Held (3 Section Commander, 56th Field), Bdr Kyle (56th Field), Bdr Sutton (56th Field), Gnr Dowd (56th Field), Gnr Smith (56th Field), Bdr Espeut (7th Toronto), and Bdr McCulloch. (7th Toronto). Captain Leslie (7th Toronto) and Bdr Rae (7th Toronto) were placed in the A-Pod for Operation Provision. (More on this later)



We deployed the Night of November 25th, 2016 and hopped on buses heading to Trenton Airbase. In preparation for the operation, we conducted 'pre deployment' training which included classes on cultural awareness, basic Arabic, IBTS, BFT's, First Aid, ROE's, Escalation of Force, Force Protection, CQCB, Vehicle and personnel searches,

and many situational briefs conducted by the Wing Commander. For weeks we practiced our training and applied them for two months of Force Protection of 8 Wing Trenton. Within the platoon, section commanders were able to take their sections out for 12 hour shifts, mirroring the 21MP Flight's schedule, conducting security measures throughout the base - security measures such as personnel and vehicle searches, R.I.D.E. checks, presence patrols and ID checks throughout the base.

On the Morning of 27th January 2016, JTF-C ordered the formal shut down of ILS Trenton, ILS Meaford, and ILS Petawawa and was told to redeploy as soldiers of Operation Trillium Response. So in Preparation for the new operation, the platoon internally and simultaneously conducted a Basic Winter Warfare and LOSV course at Base Petawawa.



Picture: While playing in the streets, 7 year old boy lost his leg during NATO Airstrikes, he yet asked for military styled clothing in honour of the soldiers who helped him in the A-Pod

At the end of the second week in February, most personnel were on planes headed to Operation Trillium Response. I however was held back and placed with the ‘A-Pod’ on Operation Provision. The A-Pod directly assisted Immigrations Canada with the clothing, transitioning, and welcoming of Syrian Refugees at Toronto Pearson Airport. Alas, I was finally going to shake the hands of my first Syrian Refugees.

An emotionally pure experience, one by one Syrian Refugees disembarked the aircraft into Pearson Airport, where a team of smiling Canadian Soldiers assisted the clothing, and welcoming of refugees. Soldiers were seen frantically chasing over the best pink snow boots, glamorous overcoats, and warmest mitts for the family members. My language training during Pre deployment training came in useful as I was able to connect quickly with the refugees. For the most part, I walked around with pockets full of “dabdoobs” (Arabic: Teddy Bears) saying



hello and handing these teddy bears to children and families just to ease the transition that much more. I spoke to teenagers eagerly ready to start school in Canada, and parents ready to work and contribute to the Canadian Society. I put crying babies to sleep and listened to individual stories of war, heartbreak and happiness.

My couple of nights in the A-Pod was worth the two and one half months of ‘pre-deployment’ training. Operation Provision was a whirlwind of an adventure, full of anxiety, disappointment, and joy. It was all worth the wait.

***Master Bombardier Kevin Noh
1 Section Commander ASF Platoon
A-POD Operation Provision
Official Teddy Bear Man***

My Surveillance and Target Acquisition Course with 2RCHA

By Gunner Rachel Krushnisky



2 RCHA Surveillance and Target Acquisition Course



Gnr Rachel Krushnisky receives the Top Candidate award from Maj Sykora

For my entire military career as a reservist, I was narrow-minded in the fact that I did not pay attention to any further artillery assets besides the guns. Taking a contract with 2RCHA in Petawawa was one of the best choices I could have made as I can now see the role of the artillery in a larger scale.

Going into my contract, I was not really sure what Surveillance and Target Acquisition (STA) even meant, but I did know that I was going to embrace it and try to learn as many new skills as possible. From January 11th to February 16, 2016, other gunners and I were given the opportunity to take the STA tech course, and I was finally able to see the entire battle space, not just the gun line. Being qualified in this tech course ensured all of us came out of it being prepared to work in an STA Coordination Centre (STACC).

Over the 5 weeks of course, we learned how to generate maps, as well as analyzing fragments of artillery rounds found in craters in order to determine the calibre to aid in finding hostile batteries. We learned the threat model of armies around the world, what kind of equipment they use, as well as the Intelligence, Surveillance and Target Acquisition, Reconnaissance (ISTAR) and its process. Through ISTAR, we have seen how to gather Intel, determine where it came from, and then incorporate it into the battle plan. Being able to figure out a possible threat, as well as their capabilities, and locate where they are is a great tool to have in STA.

Going into this course I was nervous because I was new to STA, especially being loaded onto such a technical course, but I soon learned how much I really enjoyed learning about the STA side of the artillery, and so I studied, and worked hard leading me to the Top Candidate award. I truly believe that being a part of 2RCHA for 7 months will benefit me for the rest of my military career. It's a great way to experience the Regular Force lifestyle, especially for those interested in transferring over from the Reserves to Regular Forces. So far my time at 2RCHA has proved to be a great place to serve, and I hope to continue to meet new people and gain various skill sets that I can utilize in the future.

Gunner Rachel Krushnisky

Gettysburg – Civil War Battlefield Tour

By Sergeant Matt Jackson



From 26-28 February 2016, members of 7th Toronto RCA (LCol Smid, WO Lombara, Sgt Gawley, Sgt Edwards and Sgt Jackson) engaged in a fast-paced, hands-on learning opportunity at several sites

of key battles during the American Civil War.

After a day of travel by bus, alongside members of several other regiments in the brigade, the group arrived at the USMC base in Quantico, Virginia, early on the morning of the 26th. The remainder of the day was spent at various points on the base itself, followed by a visit to Arlington Cemetery, and topped off by seeing the location of the war's first battle, near a river called Bull Run. The following day was divided between Fredericksburg and Chancellorsville, accompanied by guides provided by our USMC hosts, who provided a seamless



Sgt Jackson poses with a reenactor

narrative and context to each of the locales. The trip culminated with an entire day spent at Gettysburg on the 28th, the most famous battle of the war, and a thorough study was given of the grounds where the Confederate dream of an independent plantocracy was crushed.

The intent of the trip was to give participants an appreciation and greater understanding of the ‘big picture’ when conducting operations. On the 7th of February, context was given in the form of a series of lectures from LCol Smid detailing how the Canadian army conducts the “Operational Planning Process” (OPP). With that in mind, each member was given a series of questions regarding aspects of the OPP and how they could’ve been applied to the battles of the war (e.g. “What was the Union’s center of gravity in this engagement?”).

Their knowledge of the different aspects of the war was varied, but each member came away with newfound appreciation of the logistical and operational hurdles of the conflict. Sgt Gawley noted at one point that while the objectives of the Confederacy, on a whole, seemed very straightforward, he could now see the merits and detriments behind Lee’s plan to invade the north (which culminated at Gettysburg), and how difficult it must’ve been for the leadership of the Confederacy to settle on a plan.

WO Lombara expressed surprise at a more tactical level, finding it impressive that both armies were able to field such numbers in relatively small areas (most notably the infamous wall that formed a Confederate bulwark at Fredericksburg).



Sgt Jackson, LCol Smid, 2Lt Metherel, Lt Abruscato, Sgt Dubas, Sgt Edwards, WO Lombara, Sgt Gawley

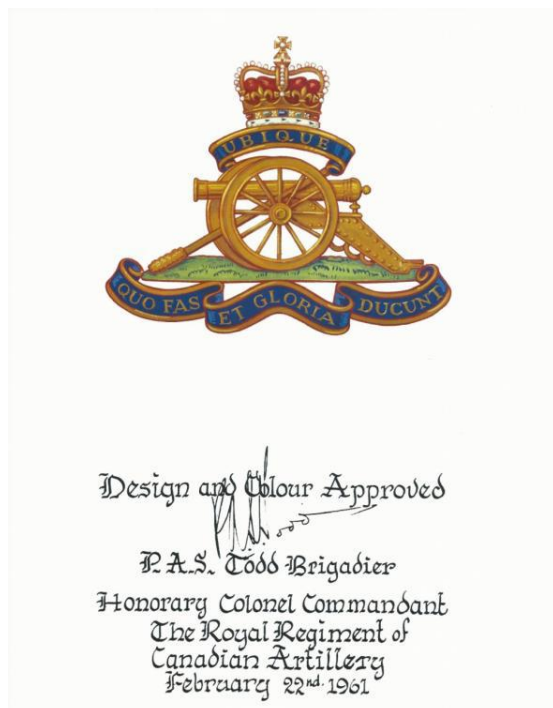
Of particular importance was the introduction of the OPP to the regiment's NCOs. While LCol Smid and other officers are accustomed to planning 'big picture', it was largely unfamiliar territory for the NCOs who are more accustomed to viewing both training and operations "in the weeds". This was most apparent at Gettysburg, where participants were directed to see the various key points of the battle from several different locations and how each affected, indirectly or directly, the other. An example of this was noted by Sgt Edwards when looking out from the famed 'Little Round Top'; he saw how crucial the site was to the battle due to the protection it offered the Union flank, but pointed out to the rest of the group that Culp's Hill, which was relatively far away, was arguably just as important concurrently for the exact same reasons.

By the time the group returned to Moss Park, following vigorous, good-natured debate on the bus, all were in agreement that the complexities of the OPP were more byzantine than a first glance suggested. A solid PD opportunity, and all involved were the better off for it.

Sergeant Matthew Jackson

New Cap Badges – To be Worn By Artillery Day, 26 May, 2016

Please note that the official badge of The Royal Regiment of Canadian Artillery changed in 2006. The 1961 badge is depicted on the left, and the 2006-approved badge is on the right, below:



Henceforth (by Artillery Day, 26 May 2016) Officers are to wear the bronze badge, below, and NCMs the brass badge:

**Officer, RCA Cap Badge
26 May 2016**



**Non-Commissioned
Member RCA Cap Badge
26 May 2016**



The Officers bronze badge on the left (Insignia Service Cap Offr, RCA) reflects pre 68 colour/finish and style retaining the spinner wheel.

The NCM gilt badge, on the right (Insignia Service Cap NCM, RCA) reflects pre 68 finish and style with the addition of the spinner wheel.

The RSM and Adjutant will advise on procurement and wearing of these cap badges.

105 Royal Canadian Army Cadet Corps

By Lt Bianca Fung and Maj Paul Preikschas



On February 27, 2016 the 105 RCACC marksmanship team competed in their annual zone level competition in Orangeville. The team practiced for several months leading up to this competition and have worked very hard to improve their standing and prone techniques.

The five members of the marksmanship team performed very well earning them a silver medal in the team category. Cadet Bdr. Alfonso placed 3rd in the junior category and special mention goes out to Cadet Warrant Officer Amoroso and Cadet Warrant Officer Mak for placing 4th and 6th overall.

The zone level competition is the first stage of marksmanship competition for cadets across Canada. Depending on how other corps scores throughout the province, 105 RCACC may earn a spot to compete at the Regional level competition in Trenton.

There, the top teams from Ontario compete for a spot to represent the province at the week long National Cadet Marksmanship Championships.



(Left) Major Preikschas, Cadet WO Amoroso, Cadet MBdr Sinaga, Cadet Jin, Cadet Bdr Alfonso, Cadet WO Mak, Lt Fung (Team Coach), Lt Harper (Right)

Lt Bianca Fung has been selected as the National Rifle Team Training Officer (Head Coach) with this summer at Connaught, which will include taking the NRT to Bisley, England.

The 105 RCAC cadets are looking forward to summer training opportunities this year.

Many have applied to participate in summer courses on bases across the country. Each year, cadets may apply to courses which target their interest, which may include, drill and ceremonial, fitness and sports, marksmanship, music or expedition to name a few.

Senior cadets have an opportunity to practice their leadership skills in a staff position. There are also advanced camp opportunities which include the CAF basic parachutist course, international exchanges and a leadership and challenge course which takes place at Rocky Mountain CSTC. Two members of 105 RCAC, Cadet Warrant Officer Fu and Cadet Warrant Officer Dobrowolski have been accepted to take part in the 6 week course in the Rocky Mountains this summer! The cadets are excited and eager to know which courses they have been accepted on this summer of 2016!

THE TORONTO ARTILLERY FOUNDATION
(Established 1978)



March 2016 – Foundation Membership Update

Benefactors

- **Maj H. David Rea, CD.** The Foundation is both pleased and proud to announce the elevation of Maj Dave Rea to the level of Benefactor. Dave first became a Permanent Member of the Foundation on 17 May 2009.

Dave served with the 29th Field Regiment, RCA (M) from 1950 to its amalgamation with the 42nd Medium Regiment, RCA (M) and the 1st Locating Regiment, RCA (M) to form the 7th Toronto Regiment, RCA where he served as BC 130 Bty until his retirement in the early 70's. As BC he was responsible for implementing and operating the Student Militia program which so many of our associates and members went through and remember so well. He has also been a longtime supporter of the Gunner Family in Toronto through the Toronto Artillery Foundation, the Toronto Artillery Officers' Association, the Toronto Artillery Association, the Limber Gunners and now the Toronto Gunners.

Permanent Members

- **HCol John B. Newman, OStJ, MSM, CD.** With the assistance of our Chairman and HCol, Ernie Beno, HCol John Newman was recruited to become a Permanent Member of the Foundation. John is a former HCol of the 48th Highlanders of Canada and is heavily involved in the Ranger Foundation as Chairman. Our Foundation appealed to HCol Newman with our emphasis on “boots on the ground” work with our community involvement through our Mobile Museum operated by the Limber Gunners on



behalf of the Foundation and our support of the day to day activities of the Regiment to enhance its esprit de corps and soldiers' morale.

- **WO Gord Kowalishen, CD.** The Foundation recently received a very generous top up donation from WO Kowalishen. Gord served with the 7th Toronto Regiment, RCA until his retirement approximately six years ago. Since his retirement, Gord has been an active member of the Limber Gunners and the Toronto Gunner Community in general.

For those Permanent Members who feel that they may be closing in on the Benefactor level, please do not hesitate to contact the Treasurer to verify your status of donations and consider becoming a Benefactor of the Foundation.

And for those wishing to become a Permanent Member do not hesitate to do so. The Foundation is open to all ranks and small donations will be accumulated until you reach the \$1,000.00 mark at which time your name will appear on the Foundation Plaque located permanently in the 7th Toronto Regiment RCA, Officers' Mess as a Permanent Member. Please go to www.torontoartilleryfoundation.ca for further details.

Foundation/Regimental Membership Fund Raising Initiative

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. Approximately 45 members of the Regiment signed up for the program representing a potential \$5,000.00 annually to the Foundation. The first cheques have been received and deposited in the Regimental Foundation Income Bank Account for transfer to the Foundation.

Foundation Committees

- **Executive Committee.** This year it was decided to establish the Executive Committee to better manage the Foundation in situations which may require a rapid response and decisions when the Board of Trustees may not be immediately available to do so. The Committee is made up of the Chairman, Vice Chairman, Secretary and Treasurer of the Foundation.
- **Fund Raising Committee.** A Fund Raising Committee has been established under the leadership of the former HLCol Tom Bitove and the current HCol, Ernie Beno. Included on the committee are Mark Clearihue, David Burnett, Barry Downs, Jeannette Chau, Tony Keenan, Paul Kernohan and Ken Wright. Of course its mandate will be to raise funding for both long term investments under the control of the Investment Committee and short term initiatives to benefit the Regiment directly for special projects. More

information on specific fundraising opportunities and events will be forthcoming in the near future.

- **Investment Committee.** The mandate of the Committee is to essentially preserve the Foundation's capital and to grow it within the portfolio to maximize return on investments for the future use of the Regiment. The Committee has oversight over our investment advisor and reports to the Foundation. The Committee is made up of the Chairman, Murray Galloway and two members, Barry Downs and Bill Kalogerakis.
- **Communications Committee.** A Communications Committee has been established to better co-ordinate our message and get it out well beyond the current local Gunner Family. This will be done in conjunction with the Fund Raising Committee. The committee consists of Tony Keenan, Jeannette Chau and Eric Laxton.
- **Historic Gun Committee.** This Committee is responsible for new equipment acquisitions, restoration and general maintenance of the Foundation's Historic Suite of equipment. The current members are Co-Chairman David Burnett and Co-Chairman/Treasurer Paul Kernohan. At the moment this committee is dormant. Its last acquisition was the Irish 25 Pounder in 2010.

Status of HCol Annual Appeal. The HCol's annual appeal has garnered some \$6,425.00 for long term investment to benefit our only beneficiary the 7th Toronto Regiment, RCA. If you still wish to contribute, please go to the Foundation website at www.torontoartilleryfoundation.ca to determine which method of payment best suits you.

Ubique!

Paul Kernohan, Treasurer, The Toronto Artillery Foundation

IODE UBIQUE - The Regimental Family Grows . . . Again!



On 04 February, the 7th Toronto Regiment welcomed a new organization to the Regimental Family, namely the Ubique Chapter of the I.O.D.E. At the same moment that the chapter was declared to exist, it was welcomed as the latest addition to the Regimental Family. Only twice in the last 50 years has a new chapter of the I.O.D.E. been stood up, and the brand new Ubique Chapter is calling the 7th Toronto Regiment its main affiliation. The entire Regiment was on parade in very impressive numbers as the official ceremony took place, with senior representatives of the I.O.D.E. bestowing the official charter upon the new chapter.

The ceremony involved the charter members of the Ubique Chapter standing before the Regiment and taking their membership oath in the I.O.D.E. After that, they were "pinned" by Mrs Shirley Elms, a senior Member of the I.O.D.E who coincidentally is the wife of HCol Geordie

Elms, MSM, CD, a former Officer in, and current Honorary Colonel of the 48th Highlanders. She was assisted by other members of the Provincial Office of the I.O.D.E.



The highlight of the ceremony was when the official charter for the Ubique Chapter was signed by Shirley Elms and by its first President, Patricia Geoffrey. At that moment, the 116 year old organization began its relationship with the 7th Toronto Regiment Family. After the Charter was signed, the 7th Toronto Band played the I.O.D.E march past, which is a delightful and very traditional tune. The Ubique Chapter has had 3 new members join since that evening and is on its way to becoming a force in the Regiment!

It was fitting that the Regiment was on parade to welcome the Ubique Chapter of the I.O.D.E. as these ladies are here to not only support their aims and objectives of the I.O.D.E. in its fabulous tradition of community service, but they are also here to support the Regiment where they can – especially in terms of bringing the Regiment closer to our surrounding community through charitable works and by forming relationships with our neighbours through positive outreach and support. In addition to their primary function and aim of supporting youth through scholarships and other



programmes, they also aim to support the Regiment in its family activities. Already, they have committed to having volunteers attend the Regiment's family day on the Victoria Day weekend in May as well as the "Two Centuries of Firepower" on 28 May at Fort York.

The parade saw not only the bestowal of the charter on upon the Ubique Chapter of the I.O.D.E., but also saw the involvement of the Regimental Mascot, MBdr Joe Cocker. Joey appeared in his new full dress uniform and was also on parade with Major John Stewart who is BC 130 Battery. This is the second event that Joey has attended, the first being the Niagara Marathon, and he will be meeting more members of the Regiment again soon. It is interesting to note that the Executive leadership from the I.O.D.E also pinned Joey during the ceremony as he is also by virtue of his office their mascot too.



At the parade, the Ubique Chapter expressed its admiration for the Regiment, and their gratitude for the bestowal parade, and since then has been "setting up their headquarters". The Ubique Chapter has started on the road to its admirable mission of charitable service and support. What a great beginning, all starting with a great parade!

Please contact the following email for more information: ubique.iode@gmail.com

Patricia Geoffrey, RN
President, Ubique Branch, IODE



Limber Gunners Artyfacts for March 2016

The Limber Gunners are having another busy year in 2016. The Limber Gunners, with great sadness must report the passing of our good friend and fellow Limber Gunner John Bremner on 18th January 2016.

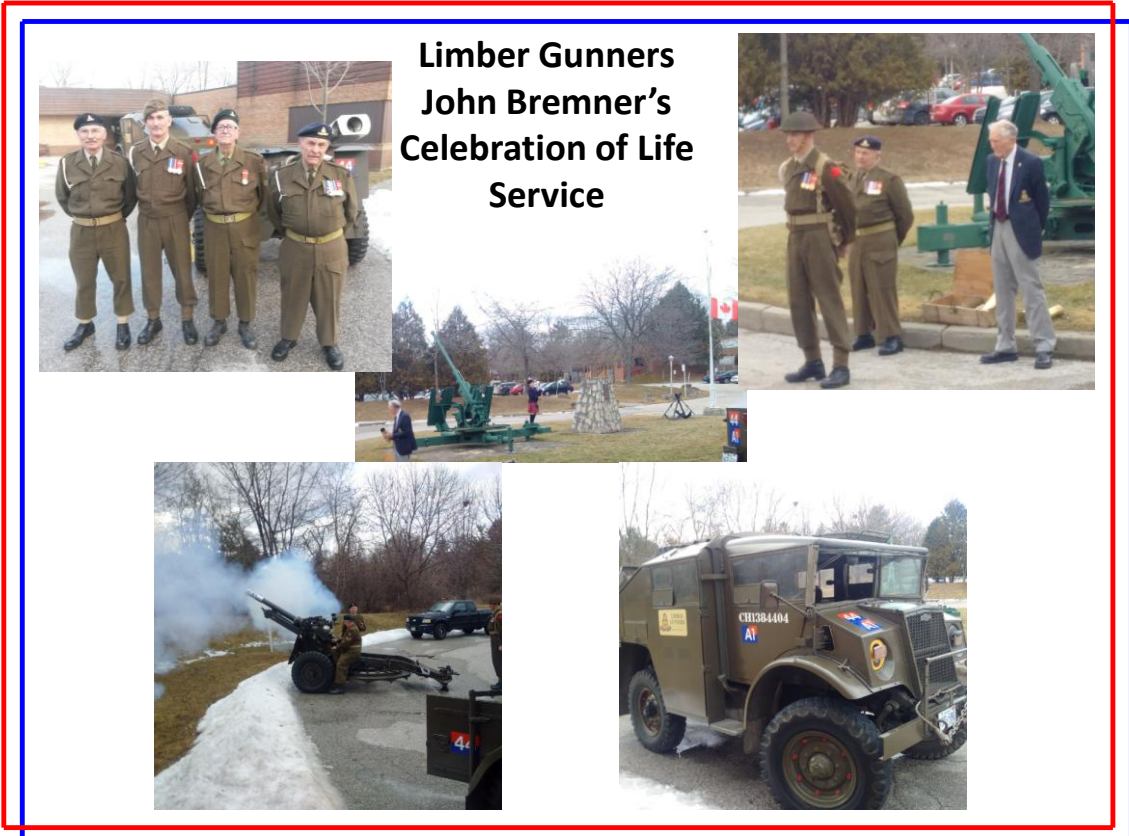
John Bremner Celebration of Life

John was a Gunner in the 42nd Medium Regiment RCA in the late 1940s. He served in the Korean War in the Service Battalion as an ammo driver, driving for the artillery.



In the photo above, John is standing beside his baby - the Artillery FAT. John came to the Limber Gunners through his association with the former RSM and Captain, Bert Saul, and as a member of the Toronto Ex- Sergeants Association. After serving in Korea John joined the North York Police Force. He served for 40 years in Metropolitan Toronto Police Service. After retirement John served in the Metropolitan Toronto Police Pensioners Associations, the Toronto War Veterans Association and the Widows' and Orphans' Funds, and also played in the Toronto Police Pipe Band. The Limber Gunners were indeed fortunate to have John drive the Quad.

We fired a three gun salute at John's service with Joe McCormack, Dave Rae, Ian Farqharon, Larry Goucher and Ron Paterson as the Gun Detachment. They were dressed in Battle Dress to fire the salute. I would like to take all the members that were able to attend the Celebration of Life Service for John. He will be sorely missed.



The Limber Gunners carried out a stores inventory record check on Saturday February 27th. Steve Zurbrigg, Frank Lloyd, Otto Skerlan, Frank D'Amico and Ian Farqharson carried out the inventory. (See photos below)



Frank Moore of the Limber Gunners will be installing a modified transmission and changing the clutch on the Quad during March and April 2016 – and we thank him much for this.

The Limber Gunners are carrying out training through to April 2016, with brief administration meetings on the first Monday of each month, followed by the training.

- January 4th - Loading the 25pdr. casing with primer and black powder (completed)
- February 1st – Gunner Training (completed)
- March 7th – Gunnery Training (completed)
- April 4th – Driver Training
- April 9th & 16th – Driver Training

The training is open to all members of the Regiment!

Upcoming Events

- April 2nd – The LG will fire a salute for the start of the Garrison Ball
- May 1st – the 17th annual Ontario Police Memorial Remembrance Ceremony Salute at Queens Park
- May 23 – the LG will be firing 2X 25Pdr. with the Regiment’s Guns for the 21 Gun Salute at Queens Park for Victoria Day.
- May 28th – The Limber Gunners will be taking part in a display and firing a salute for 200 Years of Firepower at Old Fort York
- May 27,28,29th – The Limber Gunners will be taking part in a display and Firing Movement for Aquino Day Militaries Show at the Oshawa Ferret Club Museum

To the members of the Regiment that have retired ,and you if you like the smell of the gun powder, driving a WWII Field Artillery Tractor 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.

Join the Limber Gunners!

UBIQUE! Ron Paterson sevenartygunner@rogers.com



7th Toronto Regiment, RCA Band

While January and February are usually quiet months for the band we have kept busy preparing for a concert at Copernicus Lodge on January 30th where we surprised the mostly Polish audience with a medley of Polish tunes and a tribute to the First Brigade established in 1914. The

First Brigade comprised 3 infantry regiments (the 1st, 5th and 7th), a cavalry regiment (the 1st), artillery battalions, and support units. Even today The March of the First Brigade is revered as Poland's second national anthem.

On February 8th, we performed for the bestowal ceremony of the UBIQUE Chapter IODE, 7th Toronto's newest addition to our Regimental Family. We performed a short excerpt of Eric Coates' Three Elizabeths for the occasion and renamed the excerpt UBIQUE. Also, that night was our Staff Visit. Captain Christian Richer, the Staff Officer for Reserve bands from Ottawa came to observe the band in parade and concert performance.

On March 8th, Cpl Venturanza and Cpl Jackson performed in a brigade quintet for the International Women's Day. The picture below was taken at the event.



Seen left to right:
Sgt Lindsi Jennings GGHG,
Sgt Shelia MacMillan QOR,
Cpl Esther Khew QOR, Cpl
Joanna Venturanza 7 RCA,
and Cpl Taryn Jackson 7
RCA

A long standing tradition in the band has been to celebrate as well as perform. Usually the beginning of the March is the time we celebrate Mexican Night. This is an evening of our salute to Spring Break or a time to shake off the winter with a social event. We bring out a set repertoire of Latin/Mexican music, then enjoy a reception of chips, dip, salsa, or Ice Cream. Pictured is Cpl Sandford, Lt Arrigo and Cpl Rego (photobombing).



In House Recce Tech Course Lays It All Out!

By Lt Mike Galloway

Well before the guns are able to fire, a number of steps must occur in preparation by the reconnaissance party. Prior to the arrival of the guns, a suitable location is determined and battery survey must be conducted. Orientation and fixation must be obtained and as guns arrive they are placed on a common orientation. This can be achieved with different instruments and devices, such as the Theodolite (T16) or the Gun Laying Position System (GLPS). This procedure is aided by the knowledge and ability of the Artillery Reconnaissance Technician (Recce Tech).



Candidates deploy at Cherry Beach on FTX 3

After a busy first half of the training year, the Regiment ran an Artillery Reconnaissance Technician course from 09 January to 14 March 2016. The schedule was demanding and covered every weekend during this period, with the exception of the Regiment's regularly scheduled exercises of COLD START 1 and COLD START 2. The Recce Tech candidates endured a schedule of 10 straight weekends of training, and managed to maintain the balance between course and their civilian lives. The course had 12 candidates, 11 of which were from 7th Toronto Regiment and one candidate from 56 Field Regiment, and all ranks from Gunner to Sergeant were represented.



Recce Tech Training at Cherry Beach

The course took place at Moss Park Armouries on Saturdays and Sundays and consisted of lectures and practical exercises. Candidates were tested in several different areas, such as, use the theodolite (T16), use the Gun Laying Position System (GLPS), use the prismatic compass and assist in the conduct of battery survey. There were also a number of other valuable skill sets learned such as measuring distance and most candidates were introduced to the Defense Advanced GPS Receiver (DAGR).

All of the material taught on this course was confirmed by way of three field exercises that were conducted throughout the course. FTX1 and FTX2 were conducted at Cherry Beach in Toronto with candidates getting practical

experience on the T16 and GLPS. FTX3 was conducted at Denison Armouries, where further hands-on experience was obtained and mortars were deployed with the help of 15 Battery. The regiment did not wait to use these newly learned skills as several candidates also got their final confirmation as they were immediately deployed as a Recce Tech on Ex BLACK HAND 16, which was conducted the weekend after the course concluded.

The expertise of course programmer Sgt Etorma and instructors WO Bankasingh, Sgt Wood, Sgt Laplante and MBdr Choi made sure that the candidates were well prepared and had a firm grasp on the knowledge taught to them. The course staff sacrificed most of their weekends over the first couple months of the year to ensure that the course ran smoothly and the candidates had maximum training value. They were able to achieve this in addition to their regular duties within their respective Batteries, and their dedication should be commended.

Overall this course has contributed to a successful start to 2016 training for 7th Toronto Regiment. We were able to produce 12 newly trained reconnaissance technicians for 7th Toronto Regiment and 56 Field Regiment. After a demanding schedule these candidates should be proud of their accomplishments, and confident in their ability to operate as a Recce Tech. UBIQUE!

Lt Mike Galloway

7th Toronto Regiment Wins Second and Third in Volleyball Tournament

By Bombardier Sandro Costa



*7th Toronto "Ballz-tillery" Volleyball Team
Led by Bombardier Noh*

During the period February 16-19th, 7th Toronto Regiment participated in the volleyball tournament hosted by PSP at Denison Armoury; similar to both the basketball and soccer tournament held earlier.

In this year's tournament, 7th Toronto had quite a good turnout for volleyball. 16 players had put their names up so we had two teams, each of 8 players. The two teams had taken the name of "**Ballz-tillery**" led by Bdr Noh and "**Arty-ballz**" led by Sgt Lalor.

Both teams started off with poor teamwork, since no one had played together before in volleyball and some people had more experience on the court than others - so it followed with terrible communication at first. But as we played more, we began to communicate more and better understand each other from playing such a collaborative sport that required a lot of team effort.



7th

***Toronto "Arty-ballz" Volleyball Team
Led by Sergeant Lalor***

The tournament was played on two courts with three teams playing on each side. Each side was a separate pool and had the teams play each other twice. During the preliminary games "Arty-ballz" and "Ballz-tillery" played against each other, ending up with a "Ballz-tillery" victory. They also played each other in the semi-finals, but in a huge upset "Arty-ballz" had pulled through and went on to the finals to face against "Atomic Fireballs". "Ballz-tillery" was to play for third place against "Miller Minions". "Ballz-tillery" had easily swept "Miller Minions" and had taken third place. "Arty-ballz" had started off the finals against Atomic Fireballs with high

morale. It was a tough game but in the end they were out done by last year's champions and had to settle for second.

Both teams, having made it to the semi-finals, placed 2nd and 3rd in the tournament. A great achievement for 7th Toronto Regiment!! This reminds us all that participating in competitive sports teaches us so much about fitness, leadership, communications, collaboration, cohesion, team spirit and the drive to win – qualities that are all so tremendously important to us as soldiers. Well done to all players!

Bombardier Sandro Costa

Master Bombardier Roodzant, The Fastest of Them All!

By Bombardier Allen Noh



Ladies and Gentlemen! On the 26th of February 2016 the greatest competition known to the history of Go-Karting took place. After two quick rounds of preliminary competition the final race was ready to go. There were eight racers ready to put it all on the line for the grand prize of absolutely nothing! At the front of the starting line was the fan favourite, the man with the fastest

recorded lap-time, MCpl Antonov. Lined up behind him in order; MBdr Roodzant, MCpl Shvetsov, Bdr Noh, MBdr Moniz, MBdr Isip, Lt Lum and Sgt Tallud.

Engines were roaring, the fans on the ceiling were cheering and the tension was high. **GO!** The light turned green and with a slam on the pedal the race had begun. Right from the first lap MBdr Roodzant demonstrated his drift king skills by quickly over taking MCpl Antonov for the lead. The rubber tires were burning hot on this eventful Friday afternoon. After a couple more laps and a couple changes in the order of standing, no one seemed to be able to even get close to the leader.

However, there was a violent battle for second taking place. MCpl Antonov tried with all his might to prevent Bdr Noh and MBdr Isip from passing him on the track. It was the final lap, the checkered flag was waved, the fans seemed to spin on the ceiling even faster. MBdr Isip currently in third place was ready to pull off what could've been the most sensational piece of skill ever witnessed. However a miscalculation in timing caused him to go from "2 Fast 2 Furious" to a spinning deride on the track. He spun out, fell way behind and ended up crashing into Sgt Tallud. Some say it was an accident, others say it was deliberate, the truth will never be known. While this chaos occurred Bdr Noh took this moment to quickly pass MCpl Antonov for 2nd place!

Then... it was all over, the shenanigans had come to an end. Who else would win, but of course, 7th Toronto's very own Transport NCO. With a pop of no champagne and cheesy photo on the podium, **MBdr Roodzant** had earned the title of "The Fastest of them All".

Bombardier Allen Noh



MBdr Roodzant
"The Fastest of them All"

Photos from Our Past

**Who are these Gunners?
Where are they now?**



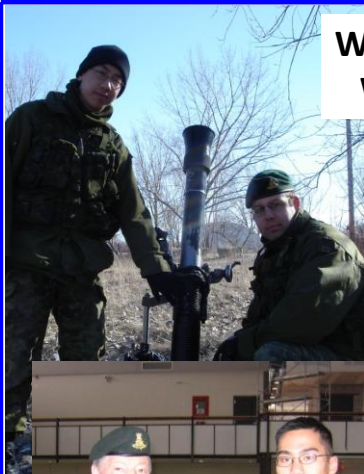
**Who are these Gunners?
Where are they now?**



**Who are these Gunners?
Where are they now?**



**Who are these Gunners?
Where are they now?**





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

elaxton@gmail.com

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

Join our Facebook Page: "7 Guns - The Black Hand"

Take Post, Edition 11

The next Take Post Edition 11 will be published by 13 May, 2016.

Articles to be submitted by 06 May, 2016 to: beno@kos.net

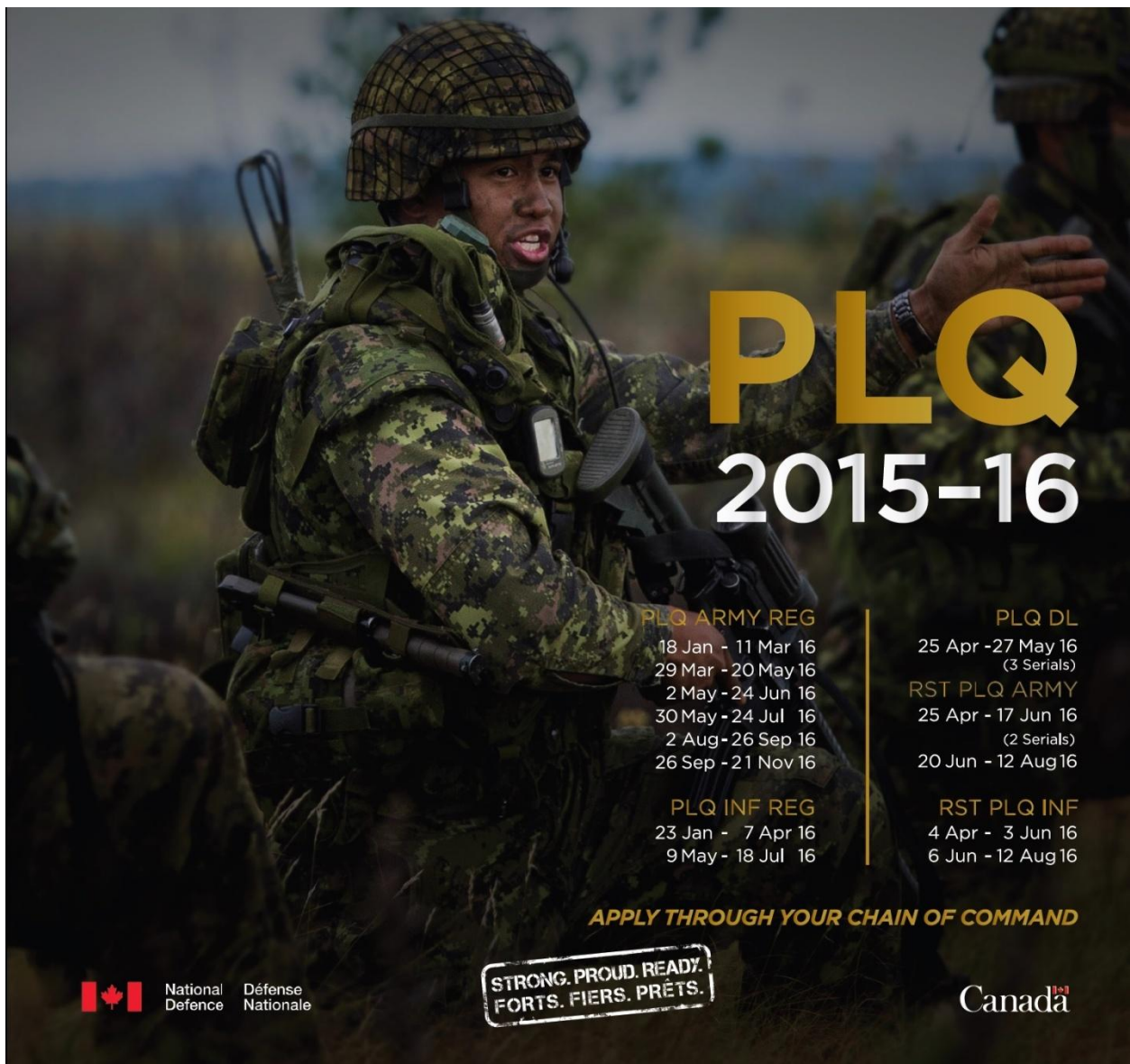


Good Shooting!

UBIQUE!

**WE ARE ALL RECRUITERS!
ENCOURAGE YOUR FRIENDS AND RELATIVES TO
JOIN!**

**TELL THEM WHAT A GREAT REGIMENT WE HAVE, IN A GREAT
BRIGADE
TELL THEM WHAT ITS LIKE TO BE PART OF THE TEAM!
STRONG, PROUD, READY!**




**PLQ
2015-16**

PLQ ARMY REG	PLQ DL
18 Jan - 11 Mar 16	25 Apr - 27 May 16 (3 Serials)
29 Mar - 20 May 16	RST PLQ ARMY
2 May - 24 Jun 16	25 Apr - 17 Jun 16
30 May - 24 Jul 16	(2 Serials)
2 Aug - 26 Sep 16	20 Jun - 12 Aug 16
26 Sep - 21 Nov 16	
PLQ INF REG	RST PLQ INF
23 Jan - 7 Apr 16	4 Apr - 3 Jun 16
9 May - 18 Jul 16	6 Jun - 12 Aug 16

APPLY THROUGH YOUR CHAIN OF COMMAND

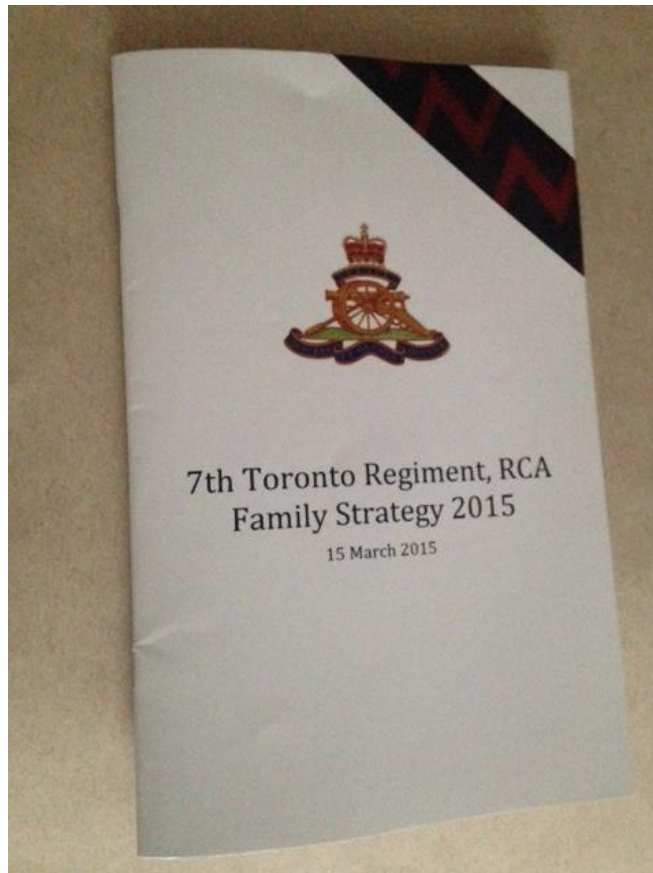
**STRONG. PROUD. READY.
FORTS. FIERS. PRÊTS.**

 National Defence / Défense Nationale



Reminder
Read up on the Regimental Family Strategy:
(Soon on our Website)

Mission
To foster a credible, relevant, cohesive and valued 7th
Toronto Regiment



Centre of Gravity of 7th Toronto Regimental Family
People – the right number of the right people doing the right
things for 7th Toronto