



“Take Post”

The Journal of The Toronto Gunner Community

Edition 1, 15 September 2014

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 and region community.

This is the first edition, and we’ll see how it goes. The intent is to publish Take Post every second month, the next edition being in November, then January, March, etc. Future editions will be more “newsy” and less wordy!

Notes to the “Editor” can be sent to: e.beno@yahoo.ca

7th Toronto Regiment - IRONMAN Warriors

The seven member team from 7th Toronto Regiment, RCA achieved an outstanding performance in this year’s IRON MAN competition in Petawawa, ON. They demonstrated the very essence of what it is to be a soldier by overcoming adversity, showing mental resiliency, and proving physical robustness. We couldn’t be more proud of them. This was the 31st year that The IRONMAN competition has been run. Approximately 240 individuals competed. Competitors wear their army boots, pants, and a unit t-shirt, and carry a 40lbs rucksack. They run 32km, then portage a 50lbs canoe 4 km, paddle the canoe 8 km, and finally a 6 km sprint to the finish again with the rucksack. It is notable that 7 Tor Regt was the only Reserve unit to compete in the IRONMAN. There were other reservists competing but mainly as individuals and sometimes with formations.



Group photo of the 7th Toronto Regiment IRONMAN Team standing on the start/finish line in front of the gym. From left to right: Bdr Krulevich, Bdr Yip, Sgt Spanos, Maj Smid, Bdr Browne, MBdr Kase, and Bdr Breker.

Sgt Spanos, Bdr Krulevich, and Major Smid had the three fastest times for the 7 Tor Team. MBdr Kase placed 4th overall in the female category – absolutely OUTSTANDING! Major Smid placed first in the Masters category (over 40) and 12th overall in the competition – again, OUTSTANDING. Well done team!

Brigadier-General H.E. (Ted) Brown, OBE, ED, CD, BA, Turns 102!!!



Honorary Colonel Ernest Beno and Lieutenant-Colonel (Retired) Barry Downs shared a small libation and wonderful dinner with Brigadier Ted Brown for his 102nd Birthday. Brigadier Brown (Hawkeye) is still as sharp as ever, and certainly sharper than the two characters with him in this photo.

He received greetings and well wishes from Prime Minister the Honorable Stephen Harper, Minister of Veterans Affairs, the Hon Julian Fantino, and many dozens of Gunners and friends. What a great Gunner!

A Shot Downrange – Words from Honorary Colonel Ernest Beno

To all members of 7th Toronto Regiment, RCA and our extended Regimental Family - I am tremendously pleased to have been selected as your Honorary Colonel and look forward to doing what I can to support the members of this fine Regiment, and all Gunners and friends associated and affiliated with us. I began as a Gunner and Lance Bombardier in 42nd Medium Regiment, RCA, at the former University Avenue Armouries a long time ago (I won't say when!). My life since has been one of serving The Royal Regiment to the best of my ability, and I intend to continue doing so with 7th Toronto Regiment.



In a nutshell, this is my philosophy of how I will support the Gunners of Toronto. I intend to:

- **Communicate** – Communicate by presence, participation and personal interaction, communicate via the website and social media, and communicate through an enhanced email capability. This is priority ONE – Communicate, communicate, communicate! Internally, and externally!
- **Facilitate** – Provide support to the Commanding Officer and members of the Regiment, without becoming involved in or meddling in operational matters and matters within the purview of the Commanding Officer. Help the Regiment through financial support, moral support, raising friends and encouraging supporters. Clearly, all components of the Regimental Family (i.e., Toronto Gunners, Limber Gunners, Toronto Artillery Foundation, 7th Tor Band) should be clear on what they are doing to facilitate the Regiment and support those who serve in it.
- **Collaborate** – Enhance the collaboration between all components of the Regimental Family (TG, LG, TAF, Band, Cadets, etc) - all organizations in the Regimental Family should share information, resources and talent, and work together reinforcing each other.
- **Celebrate** – Whenever and wherever possible celebrate Regimental and individual milestones, accomplishments, honours and awards and personal achievements. Parades, salutes, historical events, dinners, family days, etc., are opportunities to celebrate, and we should do so. We have every right to be proud of the great accomplishments of our Regiment and our people.

I thank former Honorary Colonels for their dedication and hard work supporting 7th Toronto Regiment and I thank my co-Honorary, Hon Lieutenant-Colonel Tom Bitove for his support. I ask for the full support of all in maintaining the proud history and traditions of this fine Regiment, in continuing to build strong relationships with the Toronto community and garrison community, and especially in supporting the men and women in uniform serving 7th Toronto Regiment, RCA.

7th Toronto Command Team

A warm welcome to all of our Regimental Community members to this inaugural edition of “Take Post.”

While this newsletter has existed in many forms over the years, this new edition marks a notable divergence from the past; it now comes under the editorial production of the newly-reinvigorated *Regimental Senate*, and leadership of our Honorary Colonel and former Regimental Colonel Commandant, Brigadier-General (ret’d) Ernie Beno, OMM, CD.

This change is anything but superficial. It tangibly represents almost two-years of hard work by our Regimental Associations and operational-unit leadership to realign and calibrate our mutual activities more cohesively with each other and with Canadian Army, 4th Canadian Division, and 32 Canadian Brigade Group (32 CBG) strategic objectives.

A most-evident change is the term ‘community’ as deliberate expansion on the term ‘family.’ This is clear acknowledgement that our current and past body of service must embrace the broader Canadian community if we are to remain strong and relevant to those citizens whom we serve. It is but one of many changes as the Unit undergoes a three-year integrative transformation to its operations, professional development, and associate activities, collectively known as the “Campaign Plan.”

Operational success under this plan has now seen the Unit routinely field two simultaneously- and independently-operating firing batteries, and is a stepping-stone to its role in summer concentration STALWART GUARDIAN 15 as lead Artillery planner. Under professional development, the Regiment directed over 50 leaders from nearly all 32 CBG units on a staff-college level training exercise to Gettysburg, PA for an intensive study of how the operational level of war and campaign planning link strategic aims to tactical outcomes, and how such is relevant to their own contemporary operations.

Under Regimental Community, the Unit and Associates proudly marched down Yonge Street for Remembrance Sunday 2013. Our Foundation also raised almost \$40,000 towards a \$200,000 goal at the “Two Worlds of ‘Charlie-F’ Friendraiser” in March to support soldier morale, welfare, and development. This event engaged a broad swath of Toronto business community and civic leaders, and hosted Chief of Defence Staff, General Tom Lawson as keynote guest. The Regiment will also host the Toronto Officers’ Garrison Ball 2015, featuring a unique 1940s theme in recognition of the 70th Anniversary of WW 2’s end, and all of Toronto’s Regimental Community. Upcoming events include:

- 27 October, Honorary Colonel’s Stand-To Parade;
- 09 November, Toronto Gunners Remembrance Sunday Yonge Street March;
- 05 December, St. Barbara’s Day Regimental Family Annual Gathering; and
- 28 March 2014, Toronto Officers’ Garrison Ball.

These are exciting times for the Unit and its Associations, the latter now-operating under a singular Senate structure. We invite you to build upon these successes by engaging with your Associations, chains of command, and colleagues (civilian and military) to be an active part of our Regimental Community. Ubique!

-- Master Warrant Officer P. Mardie Reyes, Regimental Sergeant-Major

-- Lieutenant-Colonel Paul A. Szabunio, Commanding Officer



*Commanding Officer 7th Toronto Regiment,
Lieutenant-Colonel Paul Szabunio – “He
always has his eye on the target!”*

The Band of the 7th Toronto Regiment, Royal Canadian Artillery

The band has undergone growth and change this Spring and Summer. Of its many accomplishments we include a Canada Distinction medal with first bar to Corporal Amy Sandford, and Canada Distinction medal with 2nd bar to Corporal David Archer and Warrant Officer Raymond Woodhams. Corporal Greg Moffat and Drum Major Sergeant Darrin Hicks qualified their QL6b up at Borden this summer. Corporal Katie Vallar and Corporal Moffat also took their BMQ Land courses which allow them to attend PLQ courses in the fall and winter. Pte David Boutin-Bourque, Pte Dawn Rego and Corporal Caitlin Coppell worked straight through the summer for the Ceremonial Guard. Corporals Katie Vallar, Greg Moffatt, and Elena Cimolai were all instructors at the School of Music in Borden. We congratulate our members for their hard work this summer.



The band has continued to rehearse and perform for the betterment of the Regiment and community. Notable performances included;

- June 14, we participated in the Highland Creek Heritage parade and we marched proudly in front of our Limber Gunners.
- June 26 we performed at the Canadian Forces College Grad Ball. Graduates enjoyed our mess dinner band and they danced until 1 am to the sounds of our show band
- July 1st the band warmed up the audience at Queen's Park for a one hour concert before the Gun Salute
- July 18th Members participated in the WW1 Commerative Ceremony at Varsity Stadium as members of the 32 Brigade ensemble.
- July 25th some of our members played in the Battle of Lundy's Lane Ceremony in Niagara Falls
- Aug 13th a ten piece band performed for the Path Finders of Canada as they kicked off their RCM Academy to provide extracurricular work for teens and young adults.
- Aug 16 We contributed to the 32 Brigade contingent of the Warrior's Day parade
- Aug 16th, 23rd and 25th the 7th Toronto Band performed in the Mardi Gras Parade at the CNE and then thrilled the audience in front of the Canadian Forces Pavilion.
- Aug 18th and 31st we participated in the combined ensembles of 32 Brigade at the CNE
- Sept 5 we performed at the Tin Hat Mess Dinner for Veterans and Guest Speaker; Major General Michael Hood (Director of Staff, Strategic Joint Staff)
- Sept 13th a 25 piece band will perform for the Polish Roncesvalles Festival. We will perform one of the four concerts that weekend.

Additions and Retirements - This September, we welcomed three new members to the band; Corporal Anna Dickey, Corporal Aubrey Kelly, and Corporal Jack Erdmann. This last few months have also been bitter sweet for the bands as we say "happy retirement" to the Corporal David Archer after 32 years (June 17, 2014) and the Director of Music Captain Graziano Brescacin after 42 years (March 26, 2014) of exceptional service to the band and the Regiment. Both Gentlemen are professional musicians and excellent soldiers. We thank them for sharing their expertise and leadership for so many years. And appointed to the position of Director of Music was Lieutenant Nicolo Arrigo (Commissioned from the ranks).



The band enjoys a tight knit community and we look forward to our upcoming engagements; RCMI at Roy Thomson Hall, October 26, Our Sunday Church Parade at St Clements when we will parade in front of the Regiment up Yonge Street and into the Church for the 11 am service; Toronto Old City Hall Remembrance Day Service at 11 am November 11th.

We will publish future performances in the upcoming new letters.

The Toronto Gunners

Our motto is “Once a gunner, always a gunner” and no truer words were ever spoken. The Royal Regiment of Royal Canadian Artillery reaches across the country, all of us are linked by the one cap badge and as the motto on our cap badge states so proudly – “UBIQUE”, we gunners are “Everywhere”!

The Toronto Gunners (TG) is the family in which all those retired from the Regiment belong and, in addition, we also provide the home for those gunners who have come to live in the greater Toronto area, even if they never served with the 7th.



*Toronto Gunners
and Limber
Gunnery serving
BBQ Dinner for the
Regiment*



Our main purpose is to use our resources to support the CO and the 7th Toronto Regiment, RCA. We stay connected with the wider gunner family through the national organization known as the Royal Canadian Artillery Association (RCAA).

As well, through our Limber Gunner (LG) element within the TG, we connect with the local community through our mobile museum, the gun tractor, limber and 25 pounders using our guns to fire salutes with the Regiment as well as firing for community events and memorials.

Our biggest challenge is, and YOU can help us with it, namely, tracking down and finding those who have previously served in the 7th and those gunners who have moved into the GTA and not yet found us. Where have all the gunners gone? Once a gunner, always a gunner, we need to find them.

Who do you know that is out of the Regiment? Who did you serve with, where are they now, can you connect with them and help us get in contact with them?

We are easy to reach – president@torontogunners.ca See: <http://www.torontogunners.org/>
UBIQUE - Your Toronto Gunner Executive

The Limber Gunners of Toronto

The Limber Gunners is an organization formed to assist with both the current and future acquisition, restoration, maintenance and display of the historic artillery and associated military equipment owned under the umbrella of the Toronto Artillery Foundation (TAF) and on loan to the 7th Toronto Regiment, RCA.

The formation of this organization was a joint effort of the Toronto Artillery Officers Association and the Toronto Artillery Ex-Sergeants Association on behalf of the Toronto Artillery Foundation and its Historic Gun Committee to oversee their combined assets.



A number of interested ex-gunner types got together informally in June 1997 at the request of the Toronto Artillery Foundation Historic Gun Committee to see how the equipment held by the Foundation could be better cared for and displayed to the public. Out of these ad hoc meetings came the Limber Gunners.

Our association has been named the Limber Gunners after the gun number of the gun detachment who was detailed as the "Limer Gunner" to care for the maintenance and preservation of the detachment's gun which today are the tasks of our association.

We are always looking for recruits ready to serve the guns of Canada and supporters to help us financially! **WE WANT YOU!!!**

See our website: <http://www.limbergunners.ca/>

Contact Ron Paterson, Chairman, Limber Gunners: chairman@limbergunners.ca

The Toronto Artillery Foundation (Established 1978)

Welcome to the Foundation page of the first edition of the Take Post, the newsletter of the Toronto Gunner Family. Your Foundation exists to "To receive and maintain property and funds and to apply from time to time all or part thereof and/or the income therefrom for the purposes of the efficiency, welfare and well-being of the 7th Toronto Regiment, RCA or members thereof". Additional purposes are:

1. Equipping and maintaining the band(s) of the Regiment
2. Establishing and maintaining a Regimental Museum
3. Holding property for the use of the Regiment



And finally of course there are the intangible purposes and benefits such as esprit-de-corps, morale, etc.

With each new publication, we hope to introduce the Foundation's purposes, history and operation to you, our local Gunner Community. Some of these articles will include more in depth information about membership, the permanent committees of the Foundation, current affairs, our historic equipment, fund raising, etc.

As we proceed further we would direct you to our website, www.torontoartilleryfoundation.ca to provide you with some initial insights into the Foundation.

With this edition we would like to remind our members of the upcoming Annual General Meeting on 27 October 2014 and the Regimental Senate Meeting immediately after. The appropriate notice will be forthcoming in the near future. Ubique - The Executive, The Toronto Artillery Foundation

105 (7 Tor RCA) Army Cadet Corps

If you know any youth aged 12-19 yrs then you might check out **105 (7 Tor RCA) Army Cadet Corps** located at 170 Church Street in Streetsville. It's a completely free programme and currently have approximately 120 cadets, 9 Officers, 3 Civilian Instructors and 2 -7 Toronto Regiment staff. One of the aims of the cadet programme is to foster an interest in the Armed Forces so we take our association with our affiliated Unit, 7 Tor RCA with seriousness and pride.

Training occurs every Tues evening from 1830hr to 2100 hrs. Cadets will receive training in Drill, Map and Compass, General Military Knowledge, Fieldcraft/ Bushcraft, Knots and Lashings, Leadership, Instructional Techniques, Community Living, Sports and Fitness, and Expedition training to name a few and is a 5 year progressive, meant to begin at 12 years of age, so each year builds on the previous, giving the cadet time to grow and develop. After completing training, cadets become the instructors and actually teach the younger ones. To supplement the regular training, there are 4 mandatory weekend training exercises per year spread out over the training year that allow the cadets the "hands on" experience.

Additionally, cadets are expected to participate in "Community Events" like Remembrance Day services and Santa Claus Parade, and sometimes other events our sponsor(s), like the Royal Canadian Legion or 7 Tor Royal Canadian Artillery Regiment, may need assistance with. Cadets will earn "Community Service Hours" for attending such events which is counted towards high school graduation prerequisites. If a cadet stays in our programme for 4 years they will have no problem earning the required 40 hours service.



There is a summer programme run nationally and independent from the Corps. Cadets can choose courses they want based on their training level and camp is FREE-housing-feeding-transporting to and from-clothing- all free!! AND the cadets will receive a \$60 per week allowance from DND while there!! Best kept secret out there. They are 2 or 3 or 6 week overnight camps. Once a cadet is 16 years of age, they can also apply to work at camp as staff and

be paid a very competitive salary. There are opportunities to attend summer camps nationally and internationally. This past summer we had 1 cadet, MWO Billy Campbell, who was chosen to attend the Parachutist Course- run parallel to Regular Armed Forces personnel - in Trenton, and earned his jump wings! Our Corps RSM, CWO Ashley Anderson (pictured front and centre above), was also chosen to attend an International Expedition Adventure in Peru this month!

Overall cadets offer youth many attributes they can take with them well into their adult life and they form friendships and memories forever! They become Great Canadians!

818 (Falcon) Squadron, Royal Canadian Air Cadets, Toronto



7th Toronto Regiment RCA is proud of 818 Squadron, Royal Canadian Air Cadets, Moss Park Armoury. The aims of the Air Cadet movement are:

1. To develop in youth the attributes of good citizenship and leadership;
2. To promote physical fitness; and
3. To stimulate an interest in aviation and the air element of the Canadian Forces.

We will have an article in the next edition of Take Post.

See: <http://818torontofalcon.weebly.com/info-on-818-cadets.html>



Obituary:



VICTOR JOHN BULGER RCHA WO2 (Ret'd). "Once a gunner, always a gunner." Ubique Born in Peterborough, Ontario on 30 October 1921 to Mary Loretta (nee Grady) and Thomas Dennis Bulger of Cobourg, Ontario. Beloved husband of Betty (nee Arnold).

Victor will be missed by his close friends, members of the RCHA Sergeants Association, graduates of the Soldier Apprentice Program and Apeldoorn family. He was very respectful of his friendship with Brigadier General H.E. Brown. Victor enlisted in the Canadian Army at 17 years of age on 26 August 1939 and spent the next six years overseas during WWII. Victor was proud of being one of 'The D-Day Dodgers', the Allied servicemen who were involved in the invasion of Italy and of being one of the Liberators of Holland. He remained in the Canadian Army after the War for another 19 years.

Victor was a proud Canadian and a prolific writer of his army experiences. He was the spark behind the creation of and a major contributor to "RCHA--Right of the Line: An Anecdotal History of the Royal Canadian Horse Artillery from 1871." Victor was also proud to have been an active participant for several years in 'The Memory Project', wherein he visited schools commemorating Remembrance Day and spoke to students about his wartime experiences. Part of his personal war history can be found on 'The Memory Project' website. Victor's family was very important to him as was his Irish heritage.

PART II – HONOURS, AWARDS, PROMOTIONS & APPOINTMENTS

The following was awarded the RCA Colonel Commandant Commendation:

- WO R.J. Morningstar

The following were awarded the Commanding Officer, 7 Tor Regt (RCA) Commendation:

- MBdr M.B. Jackson
- Bdr O.G. Fleet

The following was awarded the General Campaign Star – ISAF 2nd Bar:

- Sgt J.M. Murray

The following were awarded the Queen's Diamond Jubilee Medal:

- Sgt J.M. Murray

The following received their Canadian Forces Decoration (C.D.) 2nd clasp:

- WO. R.D. Woodhams
- Cpl D.C. Archer

The following received their Canadian Forces Decoration (C.D.) 1st clasp:

- Cpl V. Sandford

The following received their Canadian Forces Decoration (C.D.):

- Maj N. Grewal
- Sgt C. Lalor
- Sgt J.M. Murray

The following was promoted to Sergeant

- Sgt. E. Laplante

The following were promoted to Master Bombardier

- MBdr S. Choi
- MBdr E.C. Mikkola
- MBdr B. Moniz
- MBdr K. Noh

The following were promoted to Bdr

- Bdr K. Ahmed
 - Bdr. Y.S. Park
-

Regimental Family Calendar Of Events

- 15 Sep – Regimental Dining-in – MPA (Regimental family)
- 25-27 Sep – RCAA and AGM – Fort Saint Jean, Saint Jean sur Richelieu. (Gunner family)
- 27 Sep – Regimental Family Day – 4 Cdn Div TC Meaford – (Regimental family)
- 27 Sep – Open Doors Mississauga – Long Branch Arsenal (Limber Gunners)
- 17-19 Oct – Ex Able Warrior II – CFB Kingston (7 Tor Regt)
- 26 Oct - RCMI Massed Band Spectacular – Roy Thompson Hall (Limber Gunners and 7 Tor Regt'1 Band)
- 27 Oct – Senate Meeting and Change of Honorary - MPA (Guests TBC)
- 9 Nov – Remembrance Day Church Parade – march from Eglinton & Yonge Street to St Clements Church (Regimental Family and Toronto Gunners)
- 11 Nov – Remembrance Day Salute – Queen's Park (7 Tor Regt and Limber Gunners)
- 21-23 Nov – FTX Cougar Spirit 1 - 4 Cdn Div TC Meaford (7 Tor Regt)
- 6 Dec – St Barbara's Dinner – MPA (Guests TBC)
- 13 Dec – Soldiers Christmas Dinner – MPA (7 Tor Regt)
- 15 Dec – Holiday Stand Down Parade – MPA (7 Tor Regt)
- 20 Dec – Kids Christmas Party – MPA (7 Tor Regt)

NOTICES

1. Family Day at Meaford – 27 September

This is short notice to you that the Regiment has been authorized to hold Family Day at Meaford on Saturday, 27 Sep 14 in which the members of the associations along with family members of the gunners serving in the Regiment are invited to join in watching the guns and mortars in action.

This event has always been a highlight for the members of the associations as we finally get back out in the field to reminisce on what we used to do and watch how the new batteries fire.

The bus will leave Moss Park at 0730 hrs and return 1800 on Saturday, 27 Sep 14 and so we need to know who can make this date.

Please inform David Burnett (dburnett@endtoend.com) if you plan to attend and he will pass names to RHQ.

2. Take Post, Edition 2

The next Take Post will be published by 15 November. Articles to be submitted by 7 November to: e.beno@yahoo.ca

3. Toronto Gunners and Limber Gunners – Recruiting Now

WE WANT YOU!



Toronto Gunners and Limber Gunners

Join this illustrious group of men and women who serve the men and women of 7th Toronto Regiment, RCA and the greater Artillery community.

4. 7th Toronto Regiment Senate Meeting – 27 October, 2014

The next 7th Toronto Regiment Senate meeting will be 27 October. It will be brief – essentially reports from all components of the Regimental Family on what they are doing for the Regimental Family, and a briefing on the 2015 Toronto Garrison Ball.

5. Toronto Garrison Ball Organizing Committee – Looking for Volunteers!

7th Toronto regiment, RCA is responsible for organizing the Toronto Garrison Ball, to be held 28 March 2015. The Organizing Committee seeks volunteers for any number of functions, such as communications, fundraising, protocol, museum display, accounting, ticket sales, etc. Please contact David Burnett and or Major Ryan Smid.

dburnett@endtoend.com and/or Ryan.Smid@forces.gc.ca