

TAKE POST

THE JOURNAL OF THE TORONTO GUNNER COMMUNITY

June 2023 Edition 30

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This journal, "Take Post", is published under the authority of the Honoraries of the 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, letters, and articles to the "Editor" can be sent to HLCol Jeannette Chau at jchau@sympatico.ca

MESSAGE FROM THE HCOL



Hoping this issue of Take Post finds you well as we head into Summer.

I am just back from Normandy, France and commemorations marking the 79th anniversary of the D-Day landings on the 6th of June, 1944 and the ensuing three month Battle of Normandy. Canada played a significant role in that conflict and the efforts our Armed Forces are held in high esteem by the Norman residents with Canadian flags flown outside many homes and

businesses. It is wonderful that those liberated with our help have not forgotten.

The Artillery played a critical part in our Army's success and many Gunners made the ultimate sacrifice in battle and lie among the 5,000 Canadian dead in our two cemeteries in Normandy.

As well, after the war a veteran Gunner, Lt. Garth Webb formed a vision of a place for remembrance and education which resulted in the creation of the

Juno Beach Centre in Courseulles-sur-Mer. The JBC is now celebrating its 20th anniversary as a place where Canadians and visitors from around the world can gather and learn of Canada's contribution to victory in the Second World War.

Gunner history is strong in Normandy and in other major engagements in Europe where the Canadian Army conducted operations. Make sure visiting some of these battlefields is on your personal lifetime "bucket list" of things to experience.

Fast-forward to today, and we are witness to a terrible war in Ukraine. That conflict continues to demonstrate the importance of Artillery in the profession of arms. Gunnery remains a critical function of the Army and therefore a core responsibility in preparation for future operational and training missions. Know that the combat trade in which you are training is essential to the defence of Canada.

It is pleasing to note the return to normal operations for our Regiment this year after a long period of interruption and stand-downs due to the pandemic. After having to forego traditional training and routines during much of the past three years, it is great to see things returning to the way they should be. The COVID years will not be remembered fondly but, despite their challenges, our Regiment continues to function effectively thanks to the efforts of all serving members.

Unit and individual dedication to training and self-improvement is paramount in maintaining 7Tor's readiness. Well done to all in pushing forward and striving to achieve battery and individual milestones.

All branches of the Canadian Armed Forces continue to face a significant shortfall to authorized strength. This is largely a result of weak enlistment/recruiting during the three years of the pandemic. The Chief of Defence Staff has issued an order prioritizing recruitment and retention among all services to re-strengthen levels in the CAF.

The only positive news here is that our Regiment was recently cited by the Royal Regiment of Canadian Artillery as one of the two top-performing arty reserve units in the country in maintaining strength to complement. Well done to the Command Team and all those involved in the recruiting process. Still, we can always welcome more recruits! So, if you know someone that could be a good fit with our Regiment, there is no better endorsement than from a serving member. Help bring good people to us!

The organizations that exist to support 7th Toronto continue to carry-on with their respective missions. Our Regimental Family Leadership team, The Toronto Artillery Association and the Limber Gunners are meeting throughout the year, working on ways to support all members of the Regiment and its family.

The Limber Gunners continue to be officially impacted by a federal Order-in-Council concerning their 25 pounders, which centres on tightened firearm restrictions for civilians. We are hopeful for relief from that legal restriction soon through amended legislation currently in process. In the meantime, the Liberal Gunners have been out and performing static displays of their historic guns.

My appointment term as your Honorary Colonel will be coming to an end soon. Being part of the Regiment and its extended family has been a great experience and privilege. I look forward to spending my remaining time seeing you at parades, in the field, and whenever opportunities arise over the next few months.

Wishing you a wonderful and safe Summer season. Keep moving forward!

UBIQUE!

HCol Mark Clearihue



WORDS FROM THE CO



LCol J.W. Dean, CD
Commanding Officer
7 Toronto Regiment, RCA

The last six months have been very busy for the Regiment. We finished up our Artillery Communicator Course, graduated a DP 1 Artillery Coop Course and have returned to pre-COVID field exercise activities with regular Gun Exercises and Small Arms IBTS Shoots.

The Regiment is also beginning to enjoy regular social events with the hosting of the Chess Club, Artillery Day Dinning In and regular monthly Gunner Luncheons, the Band hosted their first Spring Concert since the pandemic.

The Regiment has unfortunately had to say goodbye to a number of fallen friends and past serving members including: Capt (Ret'd) Jack Rhind, Sgt (Ret'd) Dieter Lorenz, WO (Ret'd) Gord Kowalishen, and The Rev Maj (Ret'd) Arthur Macrae. The

Regimental Family has shown strong support for these fallen members representing in large numbers both current serving and extended family. We were fortunate to take part in the Celebration of the King's Coronation by firing a 21 Gun Salute on 6 May 2023. The Regiment also fired Salutes on Victoria Day and Canada Day.

The Army is keeping track of the health of PRes Units across Canada. Regimental Health is determined by the total effective strength of the unit, the overall readiness of the Regiment based on Personal Readiness Verification (PRV), and Individual Battle Task Standards (IBTS). 4th Canadian Division is in the COMMITTED Phase of the Managed Readiness Plan (MRP), which means opportunities for deployment will continue to increase over the next 6 months. Being ready to deploy not only looks good on the Regiment, but also increases your chances of being selected for overseas tasks as opportunities present themselves.

The Chief of Defence Staff has identified recruiting as a top priority. If you have brothers, sisters, friends who are interested in joining the military, you should invite them down to the Regiment on a Monday night so they can see what we do on parade. We can help interested applicants with getting their applications through the recruiting process ensuring that they are made members of 7th Toronto Regiment. Cold Weather Operations is also an increasing priority at the National Level. The Regiment will be holding a Cold Weather Operations Course over a series of weekends in Feb 2024.

Some upcoming activities to look forward to are: the CNE (Band Performances, and Gun Display (18 Aug – 4 Sep 2023), Exercise Summer Gunner – Artillery Concentration in Petawawa (18 – 27 Aug 2023), Limber Gunners welcome back BBQ / Regimental Parade (11 Sep 2023), Fall IBTS Small Arms Ex (23 Sep 2023), and our next live Gun Ex (3 – 5 Nov 2023).

It is great to see the Regiment bouncing back to Pre-Pandemic levels of activity. Good Shooting!

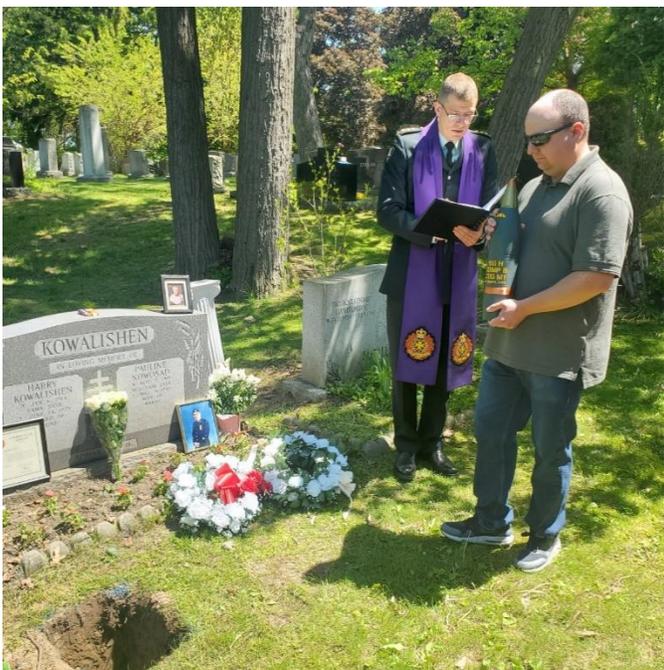
LCol J.W. Dean



Toronto Police Service Horse Bunny stands Guard at Sgt Dieter Lorenz's Funeral



Gnr Delby Jefferys is awarded an Artillery Coin for being Top Candidate on the DP 1 Artillery Coop Course. Capt Morningstar and WO Smith (56 Fd Regt) teamed up as the Course Officer and Course Programmer



The Rev Capt David Clark presides over the Internment Service of WO (Ret'd) Gord Kowalishen. (Gord was buried in a 3D Printed 105mm Round)



2Lt Kingsley executes her Local Defence Plan under the guidance of Maj Roach



Simulated Troops defending the Gun Position



Lt Carina Lam – Director of Music
listens as Dori-Ann Forrester announces
the next 7th Toronto Regt Band Performance during
the Spring Concert

REGIMENTAL ORDERS PART II

Honours, Awards, Promotions & Appointments

**January to June 2023*

PROMOTIONS

Sgt Bassi
Sgt Koch (A/L)
MBdr Gaudet
Bdr Canuto
Bdr Fernando
Bdr Kwon
Bdr Llapitan
Bdr Lypko
Bdr Meehan
Bdr Scoville
Bdr Seedial
Bdr Shapiro
Bdr Villavona

AWARDS

CANADIAN FORCES DECORATION

Capt Galloway
Capt Henry
Capt Lum
MCpl Damolidis
MBdr McGarr
MWO Murray – 1st clasp
Capt Morningstar – 2nd clasp



Congratulations to all!



Appointments

As of Apr 2023

NAME	POSITION
<i>RHQ</i>	
LCol J.W. Dean	CO
CWO M.I. Bechmanis	RSM
Maj C.R. Roach	2IC
<i>9 Bty</i>	
Maj E.J. McBride	BC 9
MWO J.C. Lombara	BSM 9
Capt T.C. Cooke	BK 9
Lt S.K. Cham	GPO
	BQMS
<i>15 Bty</i>	
Maj P.A. Thompson	BC 15
MWO J.M. Murray	BSM 15
Capt J.A. Henry	BK 15
2Lt J. Kingsley	C TP, TC
Sgt C.J.R. Harris	C TP, 2IC
2Lt C.A. Fredericks	IBTS Cell Tm Ldr
<i>130 Bty</i>	
	BC130
Capt R.J. Morningstar	ADJT
PO2 S.N. Hamilton	CHRA
Capt L.F. Orellano-Castillo	FINANCE OFFICER
Sgt J.C.S. Wood	FIN NCO
Maj S.A. Graham	OPS O/RCPO
Capt M. Galloway	FSCCO
WO B.R. Bingham	OPS WO
Sgt E.C. Mikkola	RQMS
Capt D.A.R. Clarke	PADRE
Lt C. Lam	DIRECTOR OF MUSIC
MWO D.M. Hicks	BAND 2IC
32 CBG	RECRUIT OFFICER

SECONDARY APPOINTMENTS

As of Apr 23

UNIT SECONDARY POSITION	RANK AND NAME
Information Management Officer (IMO)	Capt D. Arseneau-Bruneau
Information Systems Security Officer (ISSO)	Capt R.J. Morningstar
Assistant ISSO	Sgt J.C.S. Wood
Security Committee Members	See Routine Orders para 17
Unit Security Officer (USO)	Maj C.R. Roach
Assistant USO	Capt R.J. Morningstar
Safety Committee Members	See Routine Orders para 16
Unit General Safety Officer (UGSO)	Maj C.R. Roach
Assistant UGSO	Capt R.J. Morningstar
Environmental Safety Officer	Lt S. Cham/Sgt R. Johnston
HAZMAT Rep	MCpl M. Petersen
Explosive Safety Officer/NCO	Capt R.J. Morningstar/MCpl M. Petersen
Ammunition Safety NCO	MBdr K.A. Rooley
Unit Fire Warden	MCpl M.Petersen/MBdr K.M. McGarr
Crypto Rep	WO B.R. Bingham
Unit Ethics Coordinator	Capt D.A.R. Clark
Custody Review Officer	Maj C.R. Roach
Harassment Advisor	Capt R.J. Morningstar
Casualty Support Assisting Officer	Capt D.A.R. Clark
Return to Work Advisor	MCpl P.B. Koch
Unit Public Affairs Officer (UPAO)	Lt S. Waterman
Unit Public Affairs Rep	Bdr A.L.K. Fuglicek
NPF Officer	Capt L.F. Orellano-Castillo
MPAO	Capt L.F. Orellano-Castillo
PMC Officers' Mess	Capt L.F. Orellano-Castillo
PMC Senior NCOs' Mess	MWO J.C. Lombara
PMC Junior Ranks Mess	MBdr T. Gaudet

CO-OP COURSE



From Pte (B) Volk, Xu, and Simion

The Co-Op course was a great and unforgettable experience. It was an exciting change of scenery from a big city high school to a cold, wet and sandy training area in CFB Borden.

To most people it would be incomprehensible how much I've done in only three months of training.

I am a 16-year-old private working for the Canadian Armed Forces, and in a short period of time I have learned and have been qualified through numerous lessons and lectures on various weapons such as the C6, C7, C9, grenade, and much more.

Almost every day I have been confronted with hardship. From performing in garrison under my instructors during B.M.Q to operating in the harsh winter weather in Canada for a week.

I am grateful for the opportunity to struggle through hardship and apply relevant learning in the field.

The program has also been by far the most enjoyable and worthwhile means of earning four high school credits.

Though I spent just as much time in lectures as I would've in school, these lessons were focused on soldiering, working with army equipment, weapons, but most importantly working as a team.

Learning to perform as a Gun Detachment Member on the C3 105mm Howitzer, conduct maintenance on the breach and the gun itself has been a rewarding experience.

In the field, we were combined with our sister course from 56 Fd Regiment. It was

established that we were all working together to make it through the Field Training Exercise, despite not knowing each other until the day we arrived in the field.

I found that everyone on the course was always trying their hardest and that everyone on the course wanted to ensure the team succeeded.



BAND NOTES

The Band

Highlights from January to May 2023

Author: Sgt David Marshall

Three months into 2023, the 7th Toronto RCA Band has actively represented our regiment throughout Toronto.

On January 30th, 7th Toronto Band members joined with Regimental Bands within 32 Brigade in the state funeral for Lieutenant Governor (ret.) David Onley.

On February 17th, our regimental brass quintet supported a cadet mess dinner event held at Denison Armoury.

The highlight of the first part of 2023 was the Band's Spring Concert event, ***Then and Now***, held on May 9th, which was open to the public and held at the Glen Gould Studio.

This concert was the first public concert the Band has done since these were interrupted by the pandemic. The newly formed regimental jazz combo, directed by Sgt Suraj Rajkumar, gave their inaugural performance for attendees before the start of the band concert.



Spring Concert, March 29, 2023

On April 16th, the 7th Toronto Band joined with student musicians from the Toronto French School in order to perform at a commemoration of the Battle of Vimy Ridge, held at Old City Hall, in collaboration with the City of Toronto and with the French Consulate.



Vimy Ridge Ceremony with the Toronto French School, April 16, 2023

Members of the 7th Toronto RCA Band also performed in ceremonies to mark the Coronation of King Charles II, on May 6th.

The Band once again joined the Regiment at the Victoria Day Gun Salute, providing music support at Queen's Park. This was the first time the full Band took part in this engagement since the onset of the Pandemic.

The Band welcomed two new recruits in 2023, Pte Tony Luo, and Pte Justin Couto.

Several members of the Band have completed career and professional development milestones in the January to April 2023 period as well.

...continued

Pte Devon Symonds completed their BMQ,
Bdr Nic Dennison completed their RQ MCpl,
and Lt Carina Lam completed their DMus
qualification.

Congratulations to the Band!



Victoria Day 21 Gun Salute, May 22, 2023

SNAP SHOTS



7 Tor Chess Tournament



Forces fitness testing



Chess Grandmaster playing 7 Tor members simultaneously.



Celebrating International Women's Day and the progress of women in the military



Learning infantry tactics at Moss Park Armoury



BMO 0152 Gunner Wood from 7 Tor participated in the Basic Mountain Operator course run by the Queen's Own Rifles



Cold Weather Ops Course



DP1 Artillery C3 Course, graduation



Victoria Day Gun Salute

106th Commemorative Ceremony of the Battle of Vimy Ridge
16 April 2023, Old City Hall



Vimy Ridge reception, 7 Tor Officer's Mess



King Charles III Coronation Day 21 Gun salute
Queen's Park, 6 May 2023



Kneeling Gun Salute drill was utilized for the royal salute



RESOURCES

SOCIAL MEDIA ACCOUNTS



Capt Arseneau-Bruneau

7th Tor Regt RCA is on social media and we are **seeking your help!**

Our aim is to promote unit cohesion, increase recruiting, as well as showcase our accomplishments.

We would encourage you to share with us any pictures of courses, FTXs, promotions, parades or any other unit events that you think would be appropriate.

More specifically, we are looking for pictures which reflect professionalism, and generally good soldiering (proper kit, professional conduct, something you would be proud to show your family).

To address your concerns, there have been a few unofficial social media accounts from the unit over the years. The difference now is that we are operating officially, with transparency, and following all CAF rules and policies. We also have oversight from 23 CBG PA to ensure we are compliant.

How to share pictures: Send them directly to the Instagram account in a private message. Make sure to include the names of those in the pictures as well as a short description.

Our social media team is composed of:

- Capt Arseneau-Bruneau
- Lt Waterman
- Bdr Wan
- Gnr Clarke

Please Like and follow us here.



Instagram: <https://www.instagram.com/7torrca/>



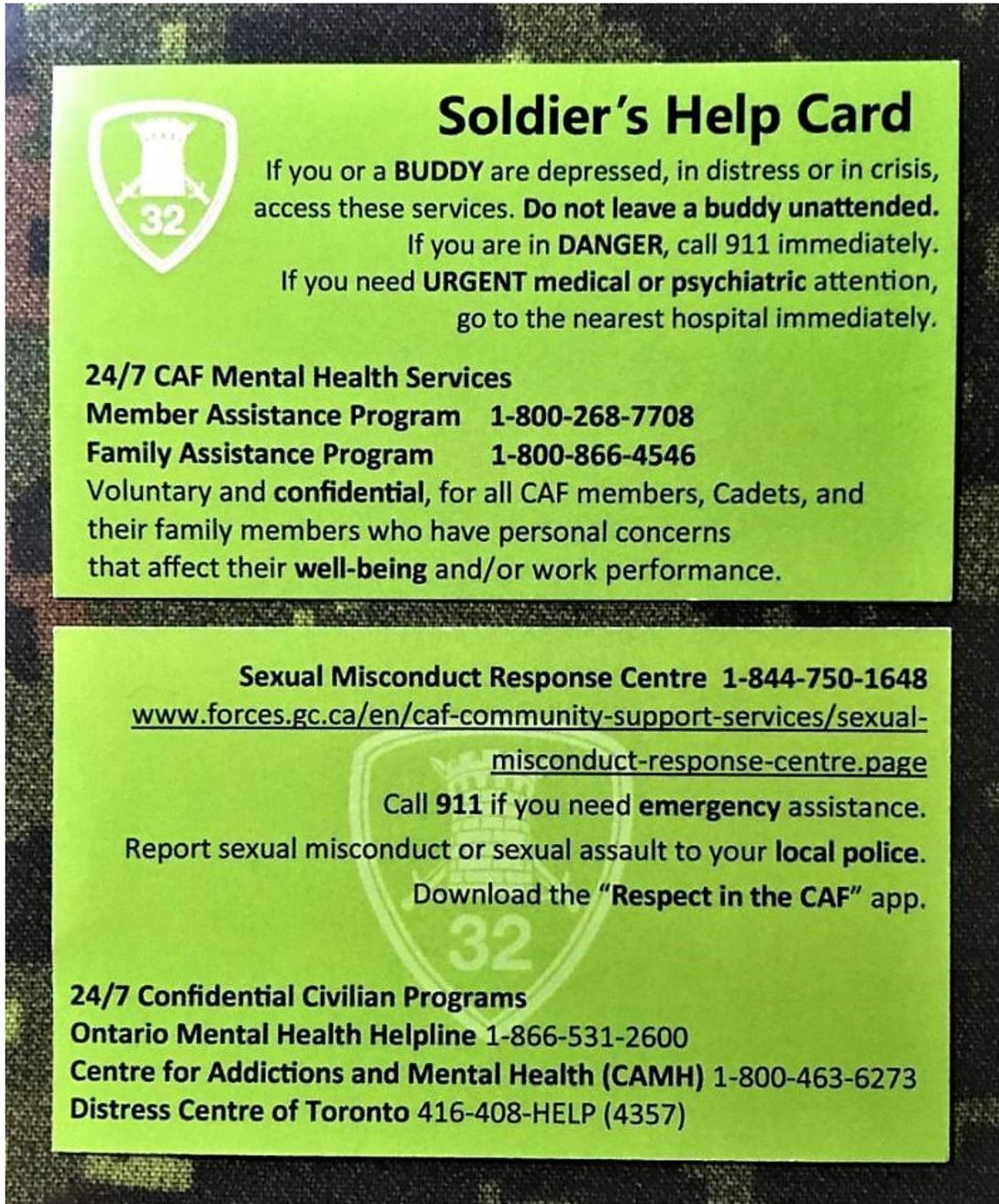
Facebook: <https://www.facebook.com/profile.php?id=100087386679882>



Twitter: <https://twitter.com/7thTorRegtRCA>

SOLDIER'S HELP CARD

Soldier's Help Card below. Hardcopies may be obtained from the Padre.



Soldier's Help Card

If you or a **BUDDY** are depressed, in distress or in crisis, access these services. **Do not leave a buddy unattended.**
 If you are in **DANGER**, call 911 immediately.
 If you need **URGENT medical or psychiatric** attention, go to the nearest hospital immediately.

24/7 CAF Mental Health Services
Member Assistance Program 1-800-268-7708
Family Assistance Program 1-800-866-4546
 Voluntary and **confidential**, for all CAF members, Cadets, and their family members who have personal concerns that affect their **well-being** and/or work performance.

Sexual Misconduct Response Centre 1-844-750-1648
www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct-response-centre.page
 Call **911** if you need **emergency** assistance.
 Report sexual misconduct or sexual assault to your **local police**.
 Download the "**Respect in the CAF**" app.

24/7 Confidential Civilian Programs
Ontario Mental Health Helpline 1-866-531-2600
Centre for Addictions and Mental Health (CAMH) 1-800-463-6273
Distress Centre of Toronto 416-408-HELP (4357)



The 'Family Battle Box' provides resources intended to inform and support Military and Veteran families. It includes support services and crisis services available 24 hours a day, 365 days a year and can be accessed at this link: <https://my.stickyfolios.com/tgyzr1p41qdp>

Any member, Regular Force or Reserve Force, or a member of their family may contact the Canadian Forces Member Assistance Program (CFMAP) for any reason. CFMAP counsellors will ensure that families are connected with supports appropriate to their unique situation. While both providing mental health supports, the key difference between CFMAP and the Family Information Line is that CFMAP provides referral to clinical counselling and mental health treatment services while the Family Information Line provides emotional support and counselling services. **CFMAP - Canadian Forces Member Assistance Program**: 1-800-268-7708

Are you: a currently serving reserve force member whose issue is individual and NOT in the context of a family need or issue?

Are you: a family member of a regular or reserve force member; or a currently serving regular force or reserve force member and the issue for which you are seeking help is in the context of a family need or issue? We will help you find appropriate support

Contact **TMFRC Prevention, Support and Intervention Coordinator - Shara Claire**, Shara.Claire@TorontoMFRC.ca

UNIT SUPPORT CELL

Reminder that the Regiment also has a Unit Support Cell for all members of the 7th Toronto Regiment. Should you feel you need to reach out to somebody, the following pers are available to receive your call:

- a) LCol John Dean, Commanding Officer
Email: John.Dean@forces.gc.ca
Phone: 416-999-5175
- b) MWO James Lombara, Battery Sergeant Major
Email: James.Lombara@gmail.com
Phone: 647-829-9844
- c) HCol Mark Clearihue, Senior Regimental Advisor
Email: Mark.Clearihue@gmail.com
Phone: 905-330-3072
- d) HLCol Jeannette Chau, Senior Regimental Advisor
Email: JChau@sympatico.ca
Phone: 416-697-9511

EDUCATIONAL BURSARIES

Educational bursaries are available to members of the Primary Reserves and their families to help offset the barriers to post-secondary education and to encourage academic achievement.

- a. **Captain General's Diamond Jubilee Bursary Program (CGDJBP)**
 - i. Bursary value is \$1,000. Application deadline this year is **30 Sept 23**.
 - ii. For details and application: <http://canadianartillery.ca>

- b. **Lieutenant-Colonel Jack De Hart, MC, CD Bursary**
 - i. Awarded by the RCAA. Bursary value is \$1000. Application deadline this year is **31 Dec 23**. **Applicants must be recommended by Commanding Officer**
 - ii. For details and to apply: <http://canadianartillery.ca>

- c. **The Geoffrey Brooks Memorial Essay Competition**
 - i. Awarded by the RCAA. Bursary value is \$500, \$300, and \$200 for first, second, and third place respectively. Application deadline this year is **TBC**. **Applicants must be recommended by Commanding Officer**
 - ii. For details and application: <http://canadianartillery.ca>

- d. **The Master Gunner E.M. "Chip" Evoy MM and Bar Bursary**
 - i. Awarded by the RCAA. Bursary value of \$1000. Application deadline is **31 Dec 23**. **Applicants must be recommended by Commanding Officer**
 - ii. For details and application: <http://canadianartillery.ca>

- e. **The Royal Regiment of Canadian Artillery Photo Contest**
 - i. \$100 award per quarter. Submissions due at the end of March, June, September and December
 - ii. For details and application: <http://canadianartillery.ca>



NEWS FROM THE REGIMENTAL FAMILY

TORONTO ARTILLERY FOUNDATION

LCol (Ret'd) Jim Brazill

Unit Historical Collection Getting a Home

The Regiment has a large collection of historical artifacts reflecting the history of the artillery in the Toronto area, some of which predates the First World War.

The unit also has far more of these artifacts than could be displayed in the decaying display cases available in the messes and unit lines. Thanks to the efforts of HLCol Jeannette Chau and the support of the Toronto Artillery Foundation, that is changing for the better.

After numerous renovations of the messes and other areas of Moss Park Armoury much of the collection was sitting in boxes and untidy piles in the side room (formerly known as the Gunner Room) of the Sergeants' and Warrant Officers' Mess. HLCol Chau gained the agreement of the CO, LCol Dean, and the RSM, CWO Bechmanis, as well as that of the Sgts' and WOs' Mess to repurpose the side room into a proper display area for the unit historical collection. Then the work began.

HLCol Chau contracted with a company in Guelph for four modern, sturdy and well-lit display cases to better house our collection.

We took delivery of these cases in January and thanks to a work team from the unit we got the cases in place in the display room. Bdr Kurt Esteba, Gnr Evan Scoville, Gnr Nisean Thiru and Gnr Tom Wood provided the necessary muscle power to get the cases in place and then joined HLCol Chau and LCol (ret'd) Jim Brazill to start getting the cases filled and organized



Three of the four new cases after they were brought into the display room

The team focused on getting things placed on the shelves or into the storage cabinets underneath the shelves to start with. So far, the items are only loosely organized but it is already a great step forward from where we were.



Gnr Evan Scoville, Bdr Kurt Esteba, Gnr Nisean Thiru, Gnr Tom Wood, HLCol Jeannette Chau



Gnr Nisean Thiru, Gnr Evan Scoville, Gnr Tom Wood, LCol (retd) Jim Brazill & HLCol Jeannette Chau

The work has just begun but there are lots of interesting things to look at in the cases now.



Since the initial installation some mannequins, flags and poles have been acquired to further improve the display area and more work continues steadily.



In future there will be some painting done, labelling of the artifacts and overall organization and improvement of how the collection is displayed. This will be an ongoing project for quite some time but we anticipate having a grand opening to show off our work in progress some time withing the next few months. The biggest obstacle right now is the renovation work going on at the second floor of Moss Park Armoury but we look forward to the time where we can show off our collection to the wider Regimental Family.

If you have any questions about our collection, please feel free to reach out to HLCol Chau through the unit Orderly Room or to me by email at jbrazill@rogers.com.

LIMBER GUNNERS



WWII era 25 Pounder at Aquino Day 2023

The Limber Gunners (LG) successfully dealt with equipment moving problems caused by the construction work in the basement at Moss Park Armouries.

The LG attended Aquino Weekend at the Ontario Regiment RCAC Museum in Oshawa. A special thanks goes out to our members James Brazill, Jeannette Chau, Ian Farquharson, Paul Kernohan, Don MacGillivray, Joe McCormack, Ron Paterson, Erich Schmidt, Steve Singh, and Phi Trow.

The Limber Gunners were awarded **Best Display in the Show** by the OMVA, The LG also fired four blank rounds on two occasions to support the Firing and Movement by the WWII Armour display on June 11 and 12th.

On the evening of Sunday June 11, the LG fired a special round to commemorate the passing of long time LG member Gord Kowalishen. Gord's brother, Mark Kowalishen, was present.

The Limber Gunners will support a static display of the 25 Pounder with the Regiment firing a 21 Gun Salute for Canada Day at Queens Park.

The LG will also take part in the Warrior Days Parade at the CNE on the 19th of August, the Durham Region Police Golf Tournament Shot Gun Start on September 7, the QOR Golf Tournament Shot Gun Start on September 8, the Regimental Barbeque on September 11, and the Remembrance Day Salute on November 11th

I would like to invite some of the past serving members of the Regiment to **join the Limber Gunners**. The LG takes part in various events such as Aquino weekend, parades, and Shot Gun Starts at Golf Courses. As a member, you would not be required to attend all events. Some of our members have recently passed on. The Limber Gunners need your support.

Ron Paterson
Liber Gunners

TORONTO POLICE MILITARY VETERANS ASSOCIATION

C'est Possible!

The Toronto Police Military Veterans Association (TPMVA) held their annual Vimy Commemoration dinner on April 1st, 2023, at the Royal Canadian Military Institute (RCMI) which several members of the 7th Toronto Regiment attended.

The intertwined history of the Toronto Artillery and the Toronto Police is a rich one. Forged over a century, including two world wars, other conflicts and domestic service, our two organizations have shared members and values for a long time.

At this year's Vimy Commemoration HLCol Jeannette Chau, CD, of the 7th Toronto Regiment RCA, was invited to give a talk on the evolutions and role of the Artillery at the Battle of Vimy Ridge.



105 RCACC STREETSVILLE ARMY CADETS

105, Stronger Than Ever

Returning from three years of Virtual Training, 105 is back Stronger than ever, ready to take on whatever may come their way in order to restore and build community in Mississauga and at their corps.

Article By: Master Warrant Officer Nicole Jackson, Cadet Correspondent

105 Streetsville Royal Canadian Army Cadet Corps

Date: May 20th, 2023



*105 Gathered after presenting the Streetsville DAM with a \$5000 donation.
Photo by CSCM Audrey Poon*

After nearly three years of various Cadet Corps across the country undergoing a mixture of online and hybrid learning due to the Covid-19 restrictions set in place, returning in person is finally becoming a common theme among Cadet units!

2022-2023 marks the first official year of regular training resuming, which means cadets will be able to get the most out of the Cadet Program once again.

Many cadet units have experienced a decline in new recruits, however, 105 Royal Canadian Army Cadet Corps (RCACC) has overwhelmingly skyrocketed with **60 new recruits** since June 2022, where 105 RCACC will be **wrapping up the 2022 to 2023 training year with 150 cadets!**

Since returning back to in-person training, cadets have taken part in several extracurriculars offered by the corps, which aim to promote cadet engagement beyond our typical weekly training night every Tuesday.

The extracurriculars offered include, our band and marksmanship programs, drill team, orienteering team, where in addition we also have bi-monthly sports nights, team building activities, fitness nights and fundraisers.

Marksmanship, Drill & Band

Cadets of all levels, background and previous experience are able to partake in a variety of teams and clubs at our Corps as our main goal is to promote community at 105.

Between our marksmanship, band and drill teams, each team and their respective members have been practicing weekly throughout the training year, developing their skills to go to competitions.



Marksmanship team A, Jagora, Cao, Lee, Iskandarani & Luk at provincials!

The Marksmanship Team, under the direction of Captain Fung and MWO Lee, placed 1st at their regional competition at Denison Armoury this past February.

After having the highest scores of the Niagara Greater Toronto Area, team A moved on to provincials, where team captain MWO Lee scored 2nd overall and 105 placed 11th in the province.

The 105 Band, under the direction of Lieutenant Hovenden, MWO Cao and much assistance from the former Director of Music at 7th Toronto Regiment RCA, Captain Arrigo, cadets have spent weeks learning their instrument of choice and improving their skills.

Our band has been working hard this year to prepare for their demonstration at our Annual Ceremonial Review set to be on Saturday, June 17th, 2023.



Capt Arrigo, 7th Toronto's former Director of Music helping cadets get a feel for their new instruments!
Photo by Linda Worsley

The 105 Drill team, under the Direction of Civilian Instructor Pecore, and MWO Chaudhry, have attended early weekend practices every Saturday since February, preparing for their competition at Denison at the end of April.



105 Drill team after their performance at the NGTA Drill competition!
Photo by Capt Pecore

With only 12 practices to create a flawless routine, the team did well with their performance. Although we may not have come home with an award, **105 was the only Army cadet corps with arms to participate at this competition.**

The team made a lot of progress in just 12 short weekends, receiving some beneficial and positive feedback from the judges!

Way to go 105, cannot wait to see the demonstration at our Annual Ceremonial Review!

Fitness & Sports



105 at Mississauga Celebration Square for their fitness night!
Photo by CI Maitland

Another fundamental part of the cadet program is physical well being where our unit has made it our goal to increase our fitness levels through daily activities.

105 has incorporated several sports nights throughout the year, both indoor and outdoor like skating and swimming, within Mississauga.

Cadets have had the chance to attend all day sports events, with sports like volleyball, basketball, soccer and everyone's most loved, dodgeball! Our master cadets and staff were also able to spend an afternoon at Activate Brampton, participating in team building activities!

Senior Leadership Days

A crucial part of the cadet program is creating leadership and a sense of responsibility within our local youth.

In order to create leadership opportunities, for our seniors specifically, we run several senior leadership days for our gold star and master cadets, with a variety of activities and lessons.



Master cadets receiving their positions for the 2022-2023 training year!

Photo by CI Maitland

Seniors are able to practice teaching both in class and drill lessons to their peers, refining their mentoring skills and spending time leading each other through scenarios to enhance their problem-solving and leadership abilities!

Through these leadership days, skills are not the only thing built, but community as well from bonding and working together to attain a common goal. In return from the given experience, our senior cadets are able to implement what they have learned back into our corps for the younger cadets where further community is built upon.

Volunteering & Fundraising



105 at their Lisgar community clean up!

Photo by Capt Pecore

Community involvement, by means such as fundraising, is something 105 takes pride in.

Both cadets and our Corps Support Committee (CSC) members are actively involved in raising funds for both our corps and our community.

Our CSC, composed of league members and parent volunteers, spent their time at the Rama Gaming Center, in order to raise funds to donate to local Mississauga services, such as the Eden Food for Change (EFFC) and the DAM in Meadowvale.

The funds raised through the shifts covered by our CSC members also allowed cadets to participate in activities like bowling and buses to our drill and sports competitions. Those funds raised have allowed us to purchase band instruments, water bottles, corps shirts, hoodies and other needed training supplies that directly benefit our cadets.

Fortunately enough, 105 was able to donate \$5000 to both the DAM and EFFC, while also raising 371 food and toy items for EFFC, just in time for the 2022 holiday season!

Cadets help out with community fundraisers and events like Meadowvale Coldest Night of The Year walk, and Lisgar Community Clean Up.

In addition, our cadets are involved with Legion activities, including; Poppy sales, Overnight Vigils and community dinners.

Ontario's Top Large Army Cadet Corps

From our Corps' acts of Community service, the Army Cadet League of Canada (Ontario), named 105 RCACC as the **Top Large Cadet Corps in Ontario**. The Royal Canadian Legion Branch 139 is also a big supporter of our corps, donating funds to support our unit.

Our CSC supervises cadet excursions and fundraising events and helping with regular cadet activities.

Thank you to our CSC, we couldn't have done it without you



*CSC Members Audrey Poon and Elaine Rowan accepting 105's Top Large Army Cadet's award!
Photo by Capt Pecore*



LAST POST

In Memory of GORD KOWALISHEN

14 Feb 1950 – 15 Jan 2023



WO (retired) Gord Kowalishen joined 7th Toronto Regiment, RCA in October of 1967 and he served continuously until his honorable release in February of 2010 – a total of over 42 years of dedicated service.

Gord grew up in 1950s in the west end of Toronto, attending school and playing baseball. When he reached the age of 17 Gord enlisted in the Canadian Forces. It was a tense time and he remembers well the threat of the USSR and the emerging Cold War. He became an artilleryman, working on the 105 and 155 mm howitzers. Gord was deployed to Germany on a NATO mission during his time, working with the British to broaden his skills in the event of a hot war.

Gord filled many unit appointments in the field and in garrison including Battery Commander's Technician, Troop Sergeant-Major and Battery Sergeant-Major. He also served as a Senior Recruiter at the Canadian Forces Recruiting Centre in Toronto.

WO (retired) Kowalishen has been awarded the Canadian Forces decoration with 3 clasps and the Queen's Golden Jubilee Medal.

Prior to the COVID-19 Pandemic, WO (retired) Kowalishen served as a Detachment Commander on one of the Limber Gunners' historical 25 Pounder guns. He has helped to represent our proud artillery history during gun salutes as well as many other public events and celebrations.

The digital edition of The Gunners of Canada Volumes I and II was made possible by the donation of the physical volumes of the books for the digitization process by Warrant Officer (retired) Gord Kowalishen.



In memory of WO (retired) Gord Kowalishen



3D printed Artillery shell Urn



Funeral service by unit Padre Clarke



Gord's ashes are laid to rest



Special round fired by the Limber Gunners in honour of LG member Gord Kowalishen



In Memory of Capt (retired) JACK RHIND World War II Veteran

1 May 1920 – 23 Mar 2023



Capt (retired) John Arthur Rhind 'Jack' was born May 1, 1920 in the Toronto neighbourhood of Rosedale. His father was a successful dentist. The coming of the war signaled a massive change for Jack. Already enrolled at the University of Toronto, he and some friends joined the Officer Training Corps, and Jack made the decision to specialize in artillery training.

He was called up into the regular army in May 1942; training took place on Vancouver Island and at Camp Petawawa, and the troop ship quickly followed by the end of that year. Jack left via New York City, and a difficult journey followed: a storm hit, they lost their convoy, and they were forced to dock in Iceland. After almost a month they docked in Liverpool, and from there they weren't to do additional training in England. He eventually got attached to an artillery battery and they were sent to Ireland for training, which turned out to be a ruse to get them on a ship and on their way to the Mediterranean. Sicily would be their first stop, and quickly they found themselves in Italy, arriving in Ortona after most of the fighting had concluded. A young artillery officer, Jack and his men began their push up the peninsula.

Intense fighting took place at Montecassino, and this is where Jack found himself at the heart of his wartime experience. He and his troop were stationed around the abbey, firing uphill at the Germans occupying the fortress, and finding themselves under counter-bombardment very often. Jack was lucky to escape with just a leg wound, though he lost men under his command. With the victory at Montecassino, Jack and the other "D-Day Dodgers" continued moving north, forcing the Germans to retreat all the while crossing difficult terrain. As 1945 dawned, Jack's troop was called to northern Europe, to take part in the liberation of the Netherlands; like other Canadian veterans, Jack remembers fondly the Dutch civilians who greeted them every step of the way. VE Day came while Jack was in Holland, and he spent the summer there while waiting for orders to return home, which came in the fall.

He went on to pursue a career in business in the life insurance industry after completing a Masters degree, rising to the position of Chief Executive Officer at two prominent insurance companies.

He served on the Boards of over 25 public and private corporations and charitable institutions. Until just before he turned 100, Jack played tennis at the Badminton and Racquet Club, competed in the club championships at the Osler Bluff Ski Club and could shoot this age at the Toronto Golf Club.

7th Toronto Regiment remembers him fondly as a visitor and guest speaker to the unit over the years. A transcript of his war diary was made by his daughter and a copy provided to the regiment.

In Memory of DIETER WILHELM HANS LORENZ

24 July 1953 – 28 March 2023



LORENZ, DIETER WILHELM HANS passed away suddenly, but peacefully, after a courageous battle with cancer, on Tuesday, March 28, 2023, in his 70th year.

Dieter was a 23-year member of the 7th Toronto Regiment serving many roles contributing much.

Dieter served 36 years with the Toronto Police Service where he was also member of the Toronto Police Ceremonial Unit. After his retirement in 2011 he became a member of the Toronto Police Military Veterans Association. He received a large turnout and honour guard of police at his funeral.

As a former member of the 7th Toronto Regimental Family he will be missed.



Some members of the 7 Tor Regimental Family attending Dieter's funeral

Police horse 'Bunny'

Editor's note: The Toronto Police maintain a police horse named 'Bunny' in honour of police horse Bunny who was one of 19 donated to the Artillery in WW1. Bunny was the only one who survived the war. Note the artillery crest embroidered on her saddle blanket.

In Memory of Kenneth John Foster

25 April 1940, 1953 – 19 May 2023



It is with sadness that we announce the passing of Limber Gunner Ken Foster on May 19, 2023 after a very heroic and determined health battle. Left to cherish his memory are his beloved wife of 63 years, Sandra Patricia (Pat), along with his four children, his grandchildren, and great-grandchildren..

Ken was born April 25, 1940 in Hamilton, ON and later moved to Winnipeg, Manitoba at the age of 17 when he joined the army. Moving to Shiloh, MB for his training, he attended a wedding of mutual friends where he met his future wife and the love of his life Pat.

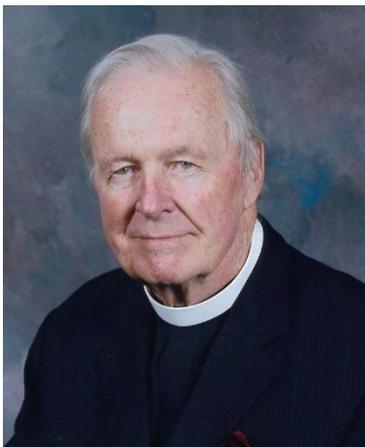
Ken was very involved in the Elmwood Community in Winnipeg – coaching hockey, mentoring his players, organizing equipment swaps to ensure everyone had an equal opportunity to play the sport they loved. He became President of Kelvin Community Centre. From 1973-1975 while holding the position as President of Kelvin Community Centre, he was also elected to the role of (the first) President with River East Minor Hockey Association.

He began his career as a Bus Operator with Winnipeg Transit June 1974. As a member of the Amalgamated Transit Union (ATU), Winnipeg Local 1505, he served as Union Steward, Recording Secretary and Vice President, prior to being elected as the General Executive Secretary of the ATU, Canadian Council in July 1983 which brought him back to Ontario. That role evolved to Canadian Director ATU Canadian Council and the very role he retired from in 2006.

Upon his retirement Ken and Pat would spend winters in Texas. His involvement with the 7th Toronto Regiment Limber Gunners kept him busy when he was home from Texas. His daughter wrote to let us know how much being part of the Gunners meant to him and the pride he took in participating in the events. The Limber Gunners are saddened by the loss of Ken, another one of their members.



In Memory of The Reverend ARTHUR MACRAE
26 August, 1931 – 31 May 2023



Major (retired) Arthur MacRae was the 7th Toronto Regimental Padre for many years. He presided over Remembrance Day ceremonies and the marriages of quite a few unit members.

The Padre was born in Westmount, Quebec in 1931 and passed on May 31st, 2023 in his 92nd year, succumbing to esophageal cancer.

He joined the McGill COTC in 1949, serving at Camps Valcartier and Borden and with the 27th Brigade in Germany (the Black Watch Company of the 1st Canadian Highland Battalion).

He was ordained deacon in the Church of England in Canada in 1955 and priested in the Anglican Church of Canada in 1956. After a curacy at the Church of St. James the Apostle, Montreal, he founded St. James the Apostle, Brampton and St. Joseph of Nazareth, Bramalea. Later he served in an honorary capacity at St. Patrick's, Willowdale, the Church of the Redeemer, Toronto, and St. Clement's Church, Toronto, as an Honorary Assistant in 1990 for 30 years.

He served with the RCASC School as an instructor and, on ordination, he transferred to the Chaplaincy. In this capacity, he served with the Victoria Rifles, Montreal, the Lorne Scots, Brampton, and the 7th Toronto Regiment, RCA, Toronto.

After a spell at Toronto Militia District Headquarters, he became Central Militia District Area Chaplain (P), in charge of the 36 regimental chaplain positions in the province. While chaplain, he was instrumental in having the Regiment become St. Clement's regimental church.

As a teacher, he taught at Saltfleet District High School, White Oaks Secondary School, Oakville, Jarvis Collegiate, Toronto, and Newtonbrook Secondary School, where he became Head of Extended French (Late Immersion) for the North York Board of Education.

He joined the Association of Translators of Ontario in 1989, becoming certified in French, Spanish, Italian and Portuguese into English. He then became President of the Canadian Translators and Interpreters Council.

The Reverend MacRae was awarded both the Queen's Golden and Diamond Jubilee medals.



LEST WE FORGET

