



The 709 Communicator
The Magazine of 709 (Toronto) Communications Regiment
Vol 5: Issue 1 **June 2009**
Spring/Summer Edition



Colonel David A. Patterson, MSM CD
Commander of Operational Support Group



Colonel Patterson joined the Militia in 1979 as a Private Recruit in the 2nd Field Regiment Royal Canadian Artillery, in Montreal and was selected for officer training in the spring of 1980. After being trained he remained with his unit eventually holding most of the important positions in the unit. He assumed command of the 2nd Field Regiment in 1995. In November 1997, Col Patterson assumed the post of Director, Militia Command and Staff Course at the Canadian Land Force Command and Staff College, Kingston. In 2002 his position was re-titled Director, Reserve Training. In addition to being a Director, he has also been employed as an instructor at the college.

From June to December 2006 Col Patterson was the Task Force Commander on Operation AUGURAL and CF support to the African Union Mission in Sudan (Darfur) (AMIS). Col Patterson was the J5 (Strategic Plans) Advisor at the Darfur Integrated Task Force in Addis Ababa, Ethiopia and commanded the Canadian contingent's three detachments. He was awarded the Meritorious Service Medal in

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recognition of his service during this deployment. Col Patterson attended the Militia Command and Staff Course, at Kingston Ontario, in 1993 and is also a graduate of the USMC Reserve Command & Staff Course. Col Patterson is a graduate of Concordia University in Montreal, where he earned a Bachelor of Arts degree in Economics, and a Bachelor of Arts (Honours) degree in History. In 1997, Col Patterson received the Canadian Battle of Normandy Foundation Bursary for the study of military history. Before becoming Director Reserve Training, Col Patterson was employed as a management consultant at Coopers & Lybrand Consulting, in Montreal. In recent years Col Patterson has been a partner in Fields of Fire Tours, a company that organizes and conducts tours of Canadian battlefields in Europe.



Commanding Officer's Comments



Maj. Greg Stasyna CD
Commanding Officer

of the Communication Reserve on April 1 2008, the Regiment along with its sister units in 70 Communication Group have now passed into the next step of transformation as part of a larger Army Reserve restructuring process. At the time of writing, we have just completed another Commanding Officer's Parade that acknowledged the stand-to of our new formation headquarters called 2 Operational Support Group (2 OSG) and also to

The unit our Toronto Signals Band to the Ontario Trillium Foundation. This was also a composite parade made up soldiers from 709 (Toronto), another chap- 700 (Borden) and 705 (Hamilton) Communication Squadrons. 70 Communication Group Headquarters officially stood down and has been replaced with started on 2 OSG, which represents a broader formation April 2nd, consisting of 709 and 763 Communication 2008. Following the Stand-down Intelligence and Information Operations. 772 (Kingston) Electronic Warfare (EW) Squadron will be working in close relationship with 2 EW Squadron (regular force). Their placement within LFCA has not yet been determined. Our new Commander is Col David Patterson who replaces the outgoing and final 70 Communication Group Commander LCol Durwin McClellan.

The Regiment now enters into a new period

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Regimental Sgt Major's Comments

In 2008, we closed the training year with the Transition parade, which marked the return of signals to the Army. Exactly one year later, we marked the official stand-down of 70 Communication Group after approximately 35 years of existence and the stand-up of the new formation in LFCA to which we now belong – 2 Operational Support Group (2 OSG). The past two years have been years of significant change for Signals, which are exciting for the Troops and positive for the future of the Regiment. In spite of structural change, the dedicated troops of the Regiment didn't skip a beat in successfully achieving the multitude of tasks and training that were required of them. Excellent job and I hope you are proud of your individual and collective accomplishments. Without a doubt, the success of the Regiment is a direct result of your hard work and professionalism. For those who are not parading regularly, start, as you are needed.

As I said in the fall edition of the Communicator, there is immense opportunity for Signalers to deploy and if this holds any interest for you, I strongly recommend that you to continue your trades training and attend as many exercises as you can as this will deepen and hone your trade knowledge and skills. I also encourage you to consider instructing at CFSCE or any of the training bases, as the leadership experience will be valuable throughout your career. If a tour appeals to you, check out the LFCA Website to self-identify for the various



MWO April White CD
RSM

(Continued on page 18)



HONORARY COLONEL'S COLUMN

Hon Col Sally Horsfall SS StJ CD RN



As situations heat up globally and as more demands are made on The Canadian Forces, more demands are also made on the Reservist. Too often we take for granted the number of activities that a typical Reservist has to manage – the typical Reserve Soldier, Sailor or Air Force man or woman is either a student or a full time employee, and possibly a spouse and a parent – life must at times seem chaotic – how to juggle full time civilian responsibilities with weekly and sometimes weekend training activities, let alone time for extensive summer

courses or deployment. This spring I was privileged to be in Sydney, Australia during the International Conference on Employer Support for Reserves (ICESR 09). Canada's Canadian Forces Liaison Council (CFLC) was present in force and also presenting information on how employer support is facilitated in Canada. It occurred to me that perhaps, more needs to be done to ensure that our Reservists on the parade floor understand that there is support for them when they need time off from their job or studies for training or deployment. Two new and comprehensive publications are available from CFLC – "a Guide to Employer Support" which answers many questions for Reservists and "A Guide to Supporting Reservists" for employers and educational institutions. A number of these will be forwarded to the unit for anyone who wishes them or you can contact CFLC at www.forces.gc.ca or 1-800-567-9908.

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EDITORIAL

by Capt. Steven Brickenden CD

As part of my duties with 2754 (25 Service Battalion) Cadet Corps, I was one of the escort officers for approximately 100 young army and air cadets who took a one-week trip to Washington DC during the March break. One of our visits to the many sights in this city was Arlington National Cemetery; the final resting place for over 300 thousand American service men and women, dating back to the Civil War. Here, soldiers of the 3rd Infantry Regiment—The Old Guard—stand guard at the Tomb of the Unknowns, in all weather conditions, 24 hours a day, 7 days a week. Nearby that tomb stands a familiar Canadian military memorial, dedicated to American citizens who served and died with the Canadian Forces in WWI, WWII (before the US joined) and Korea.



Canadian Memorial in Arlington

(Continued on page 8)



JR Ranks Regimental Ball



The Jr Ranks Committee



A wonderful time was had by all that attended this year's event. Let's do it again next year, shall we.

(Hon Colonel—Continued from page 3)

I want to congratulate everyone involved with 709 on the high level of activity and change that has impacted us during the past year, and the fact that in spite of it all, 709 is stronger and better than ever. I couldn't have been more impressed with the Commanding Officer's parade April 6th – the stand to of 2 OSG. I am very proud to be part of such a great unit and I'm sure you all are too.

In closing, let us all thank the Editor, photographers, writers and publisher of The Communicator. This publication has gone a long way towards raising the profile both of 709 and Signals at a time when the Communications structure has been changing.

Thank you and have a great summer.
 Spiritus Manet



709 (Toronto) Communication Regiment

Maj. G.I. Stasyna CD
Commanding Officer

Capt. H. Buller CD
Adjutant

MWO April White CD
Regimental Sergeant Major

Col. S. Horsfall SSStJ CD RN
Honorary Colonel
and Chair Regimental Advisory Council

LCol. J. Lee CD
Honorary Lieutenant Colonel
and Unit Historian

Capt (Rev) F. Butler-Caughie CD Gr. COSJ
Padre and Unit Welfare Officer

Maj. Alex Moseanu SBStJ, CD, ADC
Museum and Archives

709 Communicator

Capt Steven Brickenden CD
Editor

WO1 (Retd) Eric Cozens
Editor Emeritus

709 Regimental Council
Publishing Support

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The editor reserves the right to modify or re-format material received, within reason, in order to make best use of available space, appearance and layout.

This is a limited production, domestic publication produced with the permission of the CO for the purpose of recording the activities within the Regiment and the Regimental family. It is intended to provide a wide variety of material relating to military communications and military affairs, both at home and abroad. Comments or submissions can be sent to

editor709@yahoo.ca



A Grief Observed

Padre Fred Butler-Caughie, CD

It was early Sunday morning in March when I received the call, "Padre, can you conduct a next of kin notification?" My immediate and impulsive response was "yes". The details of what had occurred; the names of Primary NOK along with street address and phone number were then relayed to me. I was also informed of the name and phone number of the Commanding Officer whom I would accompany to the family home.

I immediately contacted the LCol, planned a rendezvous point and time to meet. Once I was dressed I proceeded to the rendezvous point. We then left to inform the family of the tragic news.

Nothing can truly prepare a person for the response of family members when informed of the sudden loss of a loved. In this instance the response of the mother of the fallen soldier was very animated and vocal. Indeed, we had to assist her to a lying position on the floor so that she wouldn't harm herself.

What had occurred was an immediate entry into one of the stages of grief, Denial. In this instance it was sudden loss grief. Now this category of grief covers a very wide spectrum of causes of death, from heart attack, accident, homicide, suicide to death in a theatre of war.

At this point the mother was inconsolable. She pleaded, "Please tell me you are wrong." "My son is coming home at the end of the month...he cannot be dead?"

In denial we initially refuse to accept what has

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Commanding Officer's Parade—April 6, 2009



The Band



The Colour Party



Inspecting Officer



Promotions



Awards



The Troops





*Cpl Joshua Brimble
Soldier of the Year*



Photos taken by

Ted Cowie
VE3AAP

Sgt Federov
32 Brigade

And others who
are not identi-
fied .

Many thanks
for your work.

SEE ALSO
THE BAND
ARTICLE

The Editor

Toronto Emergency Communications (EmComm) Amateur Radio Certification Class 2009

The Toronto EmComm Team is pleased to announce that we have completed another successful Amateur Radio Course with twenty newly certified radio operators for EmComm /ARES operations.

Team leader for the course was Master Corporal David Spessot from the 709 Communications Regiment; David was a graduate of the Toronto EmComm 2007 course. Toronto EmComm staff, Jim Taylor VA3KU, Dean Cassar VA3SUG, Ted Cowie VE3AAP, Captain Hal Buller VA3HFB and Major Greg Stasyna VA3 VAB, oversaw the course. Other supporting instructors included Master Corporal Richard Lacroix and Second Lieutenant Justin Hood.

Course graduates included soldiers and officers from the 700 (Borden) Communication Squadron, 709 (Toronto) Communication



Regiment, 709 Cadet Corps and City of Toronto Police Services and other individuals interested in volunteering to support Toronto EmComm goals.

To date Toronto EmComm has trained 56 emergency radio operators in support of Emergency Management Ontario and the Toronto Office of Emergency Management. Course material used was produced by the Toronto EmComm Group, which can be found online at: www.emergencyradio.ca/course.

Jim Taylor, VA3KU



MWO GENE FRANCIS BERNIER RSM 700 Communication Squadron, CFB Borden

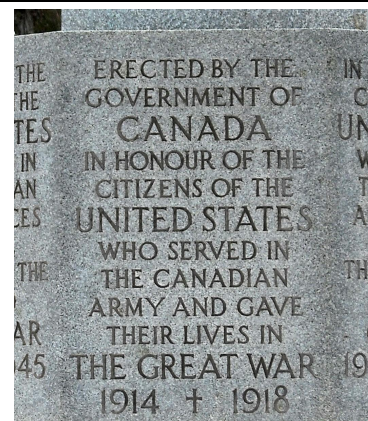


Frank was born in the Northern Ontario town of Chapleau April 3rd 1951, third son to Grace and Gene Bernier. He did his schooling in Chapleau prior to joining the Military on 14 Feb 1969. After completion of his basic training on the east coast at CFB Cornwallis Nova Scotia, he was posted to the Canadian Forces School of Communications and Land Ordnance Engineering (CFSCLOE) at Vimy Barracks in Kingston Ontario.

He completed his training as a Basic Radio Operator in Kingston and moved from the School to the 1st Canadian Signal Regiment in Kingston where he served until summer 1977. Both daughters, Grace and Lori were born in Kingston during this time. While serving in the Regiment he completed his first tour of duty in Cyprus in 72/73 and a tour in Cairo Egypt 73/74. Upon his return from Egypt, he was then posted to the west coast in Esquimalt on Vancouver Island to 3rd Battalion Princess Patricia's Canadian Light Infantry. He returned to Cyprus with the Battalion for his second tour of duty in Cyprus 74/75. Having been coast to coast in Canada, he was posted to 4th Canadian Mechanized Brigade Group Headquarters and Signal Squadron in Germany in 1977 where he served 4 years. In 1981 he packed his bags and was posted back to Canada – specifically, London, Ontario and served with the First Battalion Royal Canadian Regiment. He returned to the Signal Regiment in 1985 where he was deployed to Baghdad, Iraq in 1988. (In fact, Frank was fishing on Winnebagon Lake when recalled to Kingston for that deployment) In 1990 he then was posted across the road to the School of Signals where he served until 1994 when he joined 79 Communications Regiment- but still in Kingston. In 1996, he was then posted to 724 Communication Squadron in Gagetown New Brunswick where he retired from the Regular Force in 1997. He sold his house in Kingston and moved to New Lowell in Dec of 1997. He then was recruited into 700 (Borden) Communications Squadron where he will end his Military service on June 2nd 2009. He is married to Dee (Nee) Coleman of Stittsville and they have 6 grandchildren.

(Continued from page 3)

I must admit that I did not know that this monument even existed and as I read the words on that stone, I felt particularly moved. Each year we remember our veterans but ignore the fact that there are brothers who left their homeland to fight in **our uniform** in spite of the legal difficulties that went with serving in another country's military. This cross is a piece of our joint military history that should be visited often. If you go there, spend a minute to remember them too.

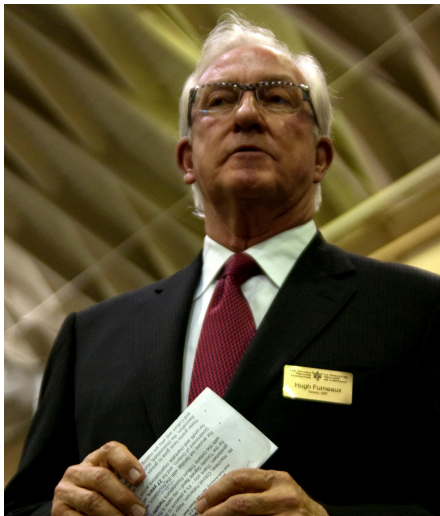




Toronto Signals Band Strikes the Right Note!

The Commanding Officer's parade on April 6th, 2009 was a major parade following the recent establishment of the new formation, 2 Operational Support Group (2OSG) within Land Forces Central Area. The Reserve Signals Units paraded together for the first time reflecting the true strength of a Signals Regiment. The parade also included 709 Cadet Corps, The Regimental Flag Party and Toronto Signals Band

To commemorate the evening, the Toronto Signals Band displayed the results of a \$15,000 grant from the Ontario Trillium Foundation. Mr. Hugh Furneaux, a volunteer with the OTF Foundation, and MPP Rosario Marchese formally presented Wilf Roblin, Drum Major and President of the Toronto Signals Band, with a plaque.



Hugh Furneaux, Ontario Trillium Foundation presented the band with a grant of \$15,000 - Sgt Federov



Eddie Robinson



Ron Jordan

provides tremendous support towards the bands mission to continue providing the high standard of quality entertainment to the community and the surrounding areas throughout Ontario. The OTF contribution also strengthens the band's ability to continue and further develop the actual programs through which they manifest their conviction that they passionately strive to preserve the heritage and traditions of Canada's oldest self-supporting volunteer military marching band.

Also, that evening, the band presented 2 long time members with their service badge, Eddie Robinson (50 years) and Ron Jordan (20 years) for their years of service to the band. Wilf Roblin announced that Ron Jordan is our oldest marching member at the age of 85 years young, and still going strong!

After the presentations, the band marched around the armoury playing some of the new tunes and ending with their signature tune, "John Peel."

The musical interlude was followed by a social where many Alumni members, as well as family and friends who were in attendance. All had a great night.

This year will be a very busy year for the band with performances in West Virginia, Hamilton International Tattoo, Woodstock Victoria Day, Fort George Niagara on the Lake, and the Drum Corp Alumni show in Rochester NY. Just to name a few.

Check our website www.torontosignals.com for all the events in which the band will be performing.

*Maude McHaffie
Public Relations Manager
Toronto Signals Band*

The members of the Toronto Signals Band expressed their sincere gratitude to the Ontario Trillium Foundation for their recent financial grant. The OTF commitment

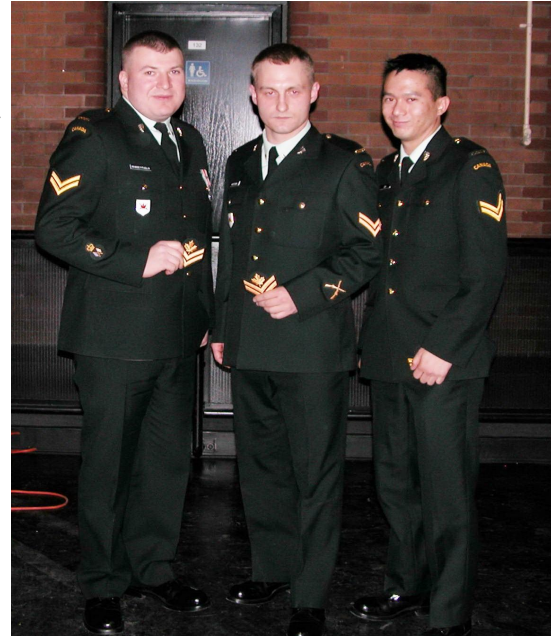


2008 Christmas Dinner

The Regimental Christmas Dinner last December saw awards and promotions. *The Communicator* congratulates you all.



Recipients show off their Regimental Coins



(L-R) New Master Corporals MCpl Mawbey-Puglia, MCpl Vachtchenko & MCpl Lau.

709 Trade Representatives at National Dinner



Cpl J. Brimble

It is a humbling thing when you are asked to represent your trade and your Regiment at a national Communications and Electronics Mess Dinner. Being selected as Soldier of the Year is probably what made it possible for MCpl Duncan Lloyd (last year's recipient) and Cpl Joshua Brimble (this



MCpl Duncan Lloyd

year's winner) to be present for the 2009 function, May 6th in Ottawa. In addition to seeing the sights, Parliament Hill, Rideau Canal, the War Museum and the Market, these two soldiers were among the sea of red mess kit at NDHQ. "It is an amazing experience to be in uniform and to be able to look at the history of the organization that you represent," said Cpl Brimble. "I was impressed with the displays and the amount of equipment that was shown and how they travel the timeline up to the present."

From the museum, they headed to CFB Leitrim, where they were given an opportunity to learn a lot about networking and how information flows in the Canadian Forces. Back to Ottawa, the trade representatives were given a couple hours to get ready for the dinner and meet down in the hotel lobby. In Cpl Brimble's words, "We travelled down to the NDHQ Officers Mess and were met with a sea of red from all of the mess kits. The building is beau-

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Capt Rick Leswick receives the Commanding Officers Certificate from Maj. Greg Stasyna on parade April 6.

CADETS RAISE OVER \$2600.

By Captain R.C. Leswick, CD

Money makes the corps go 'round. Due to the many cutbacks that the government has imposed, the Canadian Cadet Movement has had to become much more self-sufficient than it was in the past. This is not necessarily a bad thing because now the cadets themselves must take ownership of fund raising activities. Such was the case on the weekend of 02-05 Apr

when the entire corps, less three cadets who were excused, endured less than brilliant weather and participated in the cadet spring tag days. "The response was overwhelming," said 2Lt. Judy Brickenden, who coordinated the activity.

2Lt Andrew Milligan, once again one of the driving forces behind tag day announced, "As a result of the cadets' hard work, we raised more than \$2600.00. This is almost three times what we raised in the fall. Things are starting to work for the corps!"

The top taggers were: veteran campaigner, Sgt. MacPhail-Ferreira and newbie Cdt. Simon. Great appreciation is extended to the support persons, the officers, staff and parents who helped out during the weekend.

Fund raising is a necessary and important element of the cadet program and during the 2008/09 training year, almost \$7000.00 has been raised. The third annual St. Paddy's Pub night raised more than \$2000.00 alone.

The funds that are raised help pay for cadet combat uniforms; special training and other support items. DND now pays only for the cadet dress uniforms; officer pay; required training exercises as well as an annual stipend that amounts to about \$1500.00. Thanks to the generosity and personal support from distinguished members of the 709 Family and cadet fund raising activities, the cadet corps can continue and improve its program. You have invested wisely in our most valuable asset: The Youth of Canada.

Capt J.P. Ferron, CD Leaves Phantom Squadron for 709 Army Cadets.

The 709 cadet corps is most pleased to Captain J.P. Ferron, CD who has transferred from 707 RC (Air) C squadron. JP will be assuming the role of corps training officer and he is currently undergoing extensive de-programming to ensure that none of that sissy air cadet stuff gets into the army syllabus," the CO of 709 cadet corps, Captain Rick Leswick commented.

We all wish Captain J.P. Ferron the best of luck with his new posting and hope that he is

Civilian Instructor Jeremy D'Souza and his wife Darshni are the proud parents of baby **Sophie Grace Priya**



D'Souza born December 23rd at 0745hrs. She weighed 6lbs. 14oz. and was (a long) 21 inches. BF note for cadet recruiting officer, January 2021.



Salute to a brave and modest nation –

Kevin Myers, 'Reprinted with permission The Sunday Telegraph' LONDON UK

Until the deaths of Canadian soldiers killed in Afghanistan, probably almost no one outside their home country had been aware that Canadian troops are deployed in the region.

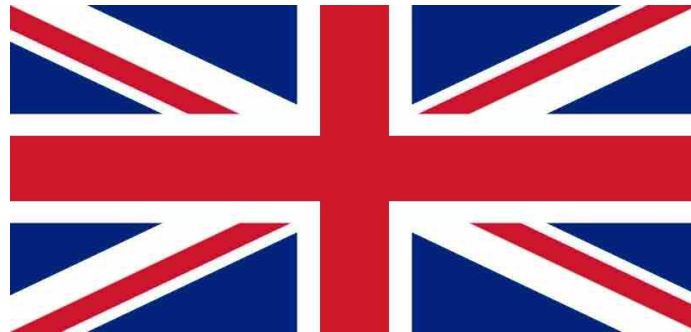
And as always, Canada will bury its dead, just as the rest of the world, as always will forget its sacrifice, just as it always forgets nearly everything Canada ever does. It seems that Canada's historic mission is to come to the selfless aid both of its friends and of complete strangers, and then, once the crisis is over, to be well and truly ignored.

Canada is the perpetual wallflower that stands at the edge of the hall, waiting for someone to come and ask her for a dance. A fire breaks out; she risks life and limb to rescue her fellow dancegoers, and suffers serious injuries. But when the hall is repaired and the dancing resumes, there is Canada, the wallflower still, while those she once helped glamorously cavort across the floor, blithely neglecting her yet again.

That is the price Canada pays for sharing the North American continent with the United States, and for being a selfless friend of Britain in two global conflicts.

For much of the 20th century, Canada was torn in two different directions: It seemed to be a part of the old world, yet had an address in the new one, and that divided identity ensured that it never fully got the gratitude it deserved.

Yet it's purely voluntary contribution to the cause of freedom in two world wars was per-



haps the greatest of any democracy. Almost 10% of Canada's entire population of seven million people served in the armed forces during

the First World War, and nearly 60,000 died. The great Allied victories of 1918 were spearheaded by Canadian troops, perhaps the most capable soldiers in the entire British order of battle.

Canada was repaid for its enormous sacrifice by downright neglect; it's unique contribution to victory being absorbed into the popular Memory as somehow or other the work of the 'British.'

The Second World War provided a re-run. The Canadian navy began the war with a half dozen vessels, and ended up policing nearly half of the Atlantic against U-boat attack. More than 120 Canadian warships participated in the Normandy landings, during which 15,000 Canadian soldiers went ashore on D-Day alone. Canada finished the war with the third-largest navy and the fourth largest air force in the world. The world thanked Canada with the same sublime indifference as it had the previous time.

Canadian participation in the war was acknowledged in film only if it was necessary to give an American actor a part in a campaign in which the United States had clearly not participated - a touching scrupulousness, which, of course, Hollywood has since abandoned, as it has any notion of a separate Canadian identity.

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OTTAWA SENATORS SHOW THEIR APPRECIATION TO THE CANADIAN FORCES.

by Capt Hal Buller



The Canadian Forces has a program known as “OP Connection”. It encompasses any event that brings the Canadian Forces into the awareness of the general public. The intent is to make the general public more aware of who we are, and how we go about doing what we do.

One recent event under this category was a Canadian Armed Forces Appreciation Night held by the Ottawa Senators. This was the fifth annual event. The Ottawa Senators Hockey Club solicits the public and specifically season ticket holders to donate tickets to the CF. Military personnel are invited to attend the game with these “free” tickets. Joint Task Force Central distributed these tickets throughout formations in Ontario, including 70 Comm Group. Ten members from 709 were thus able to attend a hockey game in Ottawa on November 4th, 2008. The Senators played an excellent game against the Washington Capitals winning against their American counterparts in overtime.

Messages of support and thanks were also played on the scoreboard screen from soldiers in Afghanistan. After the game a photo op took place on the ice surface. Soldiers were invited down to have their photo taken with the CDS, Gen Natynczyk.



Seeing the Value of Reservists in Action

By Valerie Keyes CD MA

In January 2009, a group of CFLC Chairs had the opportunity to travel to Afghanistan to visit members of the Canadian Forces and to see for themselves first hand the Operational results of their strategic efforts on behalf of Canada's Reserve Forces. The Chairs, accompanied by the Executive Director and the Director General Land Reserves, spent nearly two weeks travelling into theatre and meeting with many of the key players. Interaction with Reservists of all ranks who were serving in a wide variety of positions – in headquarters, on the front lines and in support units – formed the cornerstone of the visit. The number of Reservists on deployment is significant: approximately 600 are currently

being served, about 20% of the Canadian Task Force. While the vast majority are from Army units, there is also a substantial representation of Naval and Air Force Reserves, as well as medical and legal personnel, all working along side their Regular Force colleagues. Sadly, this increase in Reserve participation has also meant that there are many Reservists' names on the Cenotaphs in both Kandahar and Camp Mirage: the price of sending the best



(Continued on page 16)



Jimmy & Associates Elects New Executive

Jimmy and Associates held their Annual General Meeting on April 5, 2009. This was an election year, and we are pleased to present the new Executive: President: Maj. Alex Moseanu; Vice President: WO (Retd) Renny MacKinnon-deGroot; Treasurer: MCpl David Spessot; Secretary: WO (Retd) Steve Cheney; Entertainment Chairman Capt (Retd) Rose Kelly; Communications (PO Retd) Lisa Sansone; Flag Party Commander: Sgt (Retd) Jim Kelly; Past President: CWO (Retd) John Speirs. Jimmy and Associates would like to thank the outgoing executive - especially CWO Speirs who has served 3 terms as President over the years. He has served in all positions in the Association, including the post



New Pres. Maj Moseanu in his role as ADC to Ontario Lt Gov. David Onley

of Secretary - while holding the active position in the Regiment of RSM! Other highlights of the AGM included the unanimous vote to confer an Honorary Lifetime Membership to Sgt Robert Blenkhorn, a WWII Veteran, and the longest serving

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(Continued from page 5)

taken place. Often we may withdraw from our usual support system of family and close friends. This may be for a brief few minutes or much longer. It is important for us to realize and accept that there is no particular order or duration to the stages of grief. Indeed, not all go through all of the stages of grief. Strong nuclear families tend to come through grief at an accelerated rate because of the love and trust inherent in their family system.

Some therapists indicate five stages of grief while others seven. We shouldn't dwell upon the number of stages of grief but rather, upon the individual's progression through grief to inner healing.



Trooper Marc Diab returns home

Here below is a list of grief stages most widely accepted:

- Denial & isolation
- Anger
- Bargaining
- Depression
- Acceptance

During grief, it is common to have many conflicting feelings. Sorrow, anger, loneliness, sadness, shame, anxiety, and guilt often accompany serious losses. Having so many strong feelings can be very stressful.

Yet denying the feelings, and failing to work through the five stages of grief, is harder on the body and mind than going through them. When people suggest, "looking on the bright side," or other ways of cutting off difficult feelings, the grieving person may feel pressured to hide or deny these emotions. Then it will take longer for healing to take place.

The family that I was working with was a very strong close-knit family. They were also a family of faith and had very close ties to their community. As they worked through their grief the process had to accept and deal with new issues associated with that grief:

- Repatriation of the body of their only son;
- Working with the parish priests and myself on the development of the Funeral Mass;
- The committal at the cemetery; and
- A special Mass to commemorate the life of service and sacrifice lived by our fallen son, soldier, youth worker and hero.

It was following this latest Mass that I could see true healing with the mother, father and siblings. They speak of their son with such pride that he lived the life that he did. They speak of all the accomplishments he had achieved in such a brief life.

I have left out identifying information on our fallen soldier and his family in order to address the grief process in general and to respect the privacy of the family.

Grieving and its stresses pass more quickly, with good self-care habits. It helps to have a close circle of family or friends. It also helps to eat a balanced diet, drink enough non-alcoholic fluids get exercise and rest.

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Most people are unprepared for grief, since so often, tragedy strikes suddenly, without warning. If good self-care habits are always practiced, it helps the person to deal with the pain and shock of loss until acceptance is reached.

Capt Butler-Caughie is the Unit Chaplain

(Reservists in Action - Continued from page 14)

of the best into danger in the interests of securing the safety and prosperity of all Canadians.

Among the essential points, which were observed by the CFLC was the pervading sense of professionalism on the part of all the Reservists, their acceptance as part of the overall military team, and the diverse skills that Reservists bring to the mission.

The deployment for the Reservists is not without issues and concerns. Two Town Halls, one formal and one informal, held with a broad cross-section of Reservists highlighted *inter alia* the lack of understanding of, and the concerns about, the implementation of Job Protection Legislation. Specifically, how exactly it will affect Reservists in the months and years to come was a regular topic of discussion. These discussions also confirmed the view that few Reservists are aware of their own responsibilities towards their employers, and fewer know that their units all have Military Leave Representatives to whom they can turn for help.

The strategic importance for CFLC of the visit to the operational theatre is that it will give renewed focus to the Chairs' efforts on behalf of Reservists. The visit also left the Chairs with a clearer understanding of the di-

vision of responsibilities between the Council and the military chain of command. In addition, having a greater appreciation of the role and responsibilities of the troops, matched with hearing their day-to-day concerns, will enable the Council to continue to advocate for employer support within an even broader range of stakeholders, whilst influencing the level of understanding of the role of the Reserves at a time when they are so much in demand. The visit happened simultaneously with the publication of the Council's Strategic Plan, affording an ideal opportunity to align its activities with the needs of its prime clients, namely Canada's Reserve Forces.

BIO—Valerie Keyes was recently appointed Executive Director of the Canadian Forces Liaison Council at the Department of National Defence.

Valerie joined the Canadian Forces Communications Reserves in 1975, and was commissioned as a Communications and Electrical Engineering Officer in 1976. She served in both part and full-time positions, including Deputy Commanding Officer of the Communication Squadron in Baden-Soellingen, Germany and in Edmonton, Alberta, and as Staff Officer Operations and Training at Command Headquarters in Ottawa.



(Brave Nation Continued from page 12)

So it is a general rule that actors and filmmakers arriving in Hollywood keep their nationality - unless, that is, they are Canadian. Thus Mary Pickford, Walter Huston, Donald Sutherland, Michael J. Fox, William Shatner, Norman Jewison, David Cronenberg, Alex Trebek, Art Linkletter and Dan Aykroyd have in the popular perception become American, and Christopher Plummer, British.

It is as if, in the very act of becoming famous, a Canadian ceases to be Canadian, unless she is Margaret Atwood, who is as unshakably Canadian as a moose, or Celine Dion, for whom Canada has proved quite unable to find any takers.

Moreover, Canada is every bit as querulously alert to the achievements of its sons and daughters as the rest of the world is completely unaware of them. The Canadians proudly say of themselves - and are unheard by anyone else - that 1% of the world's population as provided 10% of the world's peacekeeping forces.

Canadian soldiers in the past half century have been the greatest peacekeepers on Earth - in 39 missions on UN mandates, and six on non-UN peacekeeping duties, from Vietnam to East Timor, from Sinai to Bosnia.

Yet the only foreign engagement that has entered the popular non-Canadian imagination was the sorry affair in Somalia, in which out-of-control paratroopers murdered two Somali infiltrators. Their regiment was then disbanded in disgrace - a uniquely Canadian act of self-abasement for which, naturally, the Canadians received no international credit. So who today in the United States knows about the stoic and selfless friendship its northern neighbour has given it in Afghanistan?

Rather like Cyrano de Bergerac, Canada repeatedly does honourable things for honourable motives, but instead of being thanked for it, it remains something of a figure of fun. It is the Canadian way, for which Canadians should be proud, yet such honour comes at a high cost. This past year more grieving Canadian families knew that cost all too tragically well.

Lest we forget.

(Continued from page 14)

member of the Flag Party (in his 80's and still serving today!). Bob has also held various positions on the executive of J&A, including serving as President several times. This hard working man is an inspiration and well deserving of this Honorary membership. The last two noteworthy outcomes from the meeting were in regards to finance: 1. The annual dues have been transitioned to a flat fee of \$20.00 per year regardless of a single or duo membership - this is intended to simplify the structure and make it easy for members to know what the fee is; and 2. The Honorarium which is sent to the Regiment as a tribute to our fallen members was increased. This is sent in lieu of flowers, along with a card to the family to let them know that Jimmy and Associates cares and remembers whenever a member dies.

As a reminder - Jimmy and Associates is an association open to all communicators past or present and their spouses, regardless of rank. It is a unique opportunity for younger members to interact and share the stories of our older members and vice versa. The older members enjoy hearing about the current experiences, and the younger can share in living history. We welcome new applications!

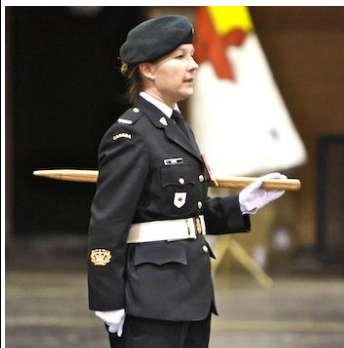
by WO (Retd) Renny MacKinnon-deGroot Jimmy & Assoc



(Commanding Officer—Continued from page 2)

of history with its sister units. 709, 700 and 705 will remain separate units within a Regimental type operation. Exact details have not yet been mapped out, but early planning indicates that a Regimental Headquarters will be stood up and commanded by a Lieutenant Colonel. Each signals unit will still maintain an Officer Commanding (OC) at the rank of Major. The Regimental Headquarters will take on some of the responsibilities of the former Group Headquarters. We will maintain our strong operating affiliation with 32 Brigade Group. At this time operating budgets along with independent unit line serials and Full Time Unit Cadres (FTUC) will remain with each of 709, 700 and 705. One benefit immediately felt from the transference to the land element is that our annual unit recruiting quotas have been increased to 25. However, as expected a bottleneck has occurred in getting new recruits on Basic Military Qualification (BMQ) and Solider Qualification (SQ) courses in a timely matter. Once again, I wish to thank all soldiers from both 709 and 700 that I am privileged to command and all of our regimental associations including the cadet corps. As I finish the latter half of my fourth year as CO, I look forward to stabilizing our position for the future and help to set the new course for the second decade of this century for Army Reserve Signals in western Ontario.

G. Stasyna
Commanding Officer



(RSM—Continued from page 2)

Operations. Self-identification doesn't guarantee you'll actually go on Operation but it's a first step in the application process. Congratulations to Cpl Kim who has returned from Afghanistan and to MCpl Gajewski who is training to deploy. In a nutshell, give some thought to your future and what you'd like to accomplish and then start planning to realize your aspirations. Use the resources available to you and as always, the Regiment will strive to support you.

Lastly, over the past several months, there were several awards including Soldier of the Year, Commanding Officer Commendations and Canadian Decorations as well as promotions. My sincere congratulations to you, these awards were well deserved and are an important milestone in your military career. Some of you may not be aware of this but the Regt continues to be the strongest Unit within the Group and having been the recipient of the Group Soldier of the Year Award for the past three years, needless to say we set a tremendous example. To those who are instructing this summer, thank-you. Without you, we would not be able to train the next generation of Signalers that we need to remain a healthy and successful Regiment. As always, I am very proud of the Regiment and I wish everyone a safe and successful summer.

MWO April White, CD
RSM



Silent Signals

PAT FREEMAN, wife of Frank Freeman passed away December 15, 2008. Pat and Frank are Honorary member of Jimmy & Associates. We will miss Pat at our annual BBQ's.

JACK D. MUNN, on September 13, 2008. Jack Munn has been a member of Jimmy & Associates for a number of years but was not active in the association. It is unfortunate that we didn't get to know a better. Archives do not have a picture of Mr. Munn. All the same we will miss Jack.



SGT BOB DAY April 15, 2009 at the age of 85. Bob joined the Canadian Army in 1940 with the 17th Duke of York, Royal Canadian Hussars; later joined the Royal Canadian Corps of Signals Army Physical Training Corps as a Sergeant, in Aldershot, England.

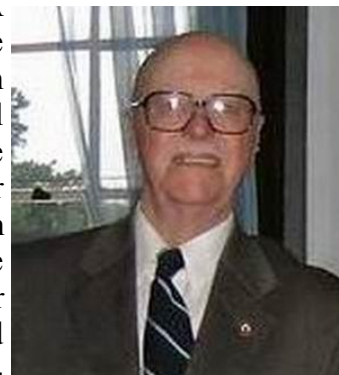
He proudly served in Normandy D-Day +4 and returned safely in 1945. Sgt. Day was active in the Jimmy and Associates activities and most recently retired from the Flag Party due to health. He is survived by his beloved wife Florence, his four children and numerous grandchildren. Bob will be missed.

ALAN LEYBOURNE— April 7, 2009 at almost 86. Alan served in the A Corp Signals Reserve 1941; Canadian Infantry 1942-44; 3rd Div



Signals 9th Brigade 1945. His most memorable day in the war was receiving the transmission that announced the end of the hostilities in Europe. He joined Jimmy & Assoc in 1983. His daughter wrote, "My dad also drummed his fingers all the time throughout his life and I thought it was a nervous habit in the hospital and it was not until after he died and I did our farewell we love you in Morse code did we think it would have been a way to communicate when his vocal cords became weak. Something for a family to think of if other signallers are in the hospital or have difficulty speaking."

TOM MARKHAM at Sunnybrook Hospital 30 March 2009. A memorial service has not yet been planned; but in all likelihood will be held in July or August.



Tom Markham was the founder of our Cadet Corps and was the commanding officer when Hon LCol Jack Lee was a cadet. He is affectionately remembered as "Chrome Dome".

CAPT JOHN PEARSON - December 31, 2008 . He was a long time member of Jimmy and Associates. No other information is available as of this writing.

JOSEPH RYAN, Dieppe Vet and the Royal Regiment and a member of the Army Cadet League of Canada, passed away May 16th at the age of 89





***Are you smarter than the average infantry soldier?
PLEASE ANSWER THIS SKILL TESTING QUESTION***



Having *The 709 Communicator* available to you on-line will:

- A. Make it easier for you to see it in colour;
- B. Save in printing costs;
- C. Save the environment (we will kill fewer trees and reduce the number of homeless squirrels, chipmunks and birds);
- D. All of the above.

If you answered D. then you need to send an e-mail to editor709@yahoo.ca and let me know.

Costs being what they are, and since this publication is dependent on volunteer donations and slave labour, starting with the December 2009 edition, there will be only be limited hard copies of *The 709 Communicator* printed.

The Editor

(Continued from page 10)

tiful and the wood panelling inside goes as far as the eye can see. Earlier on in the day we were given the lyrics to the Branch March. We had been memorizing all day and were dreading the fact that we would have to sing it in front of all the other members. It turned out that we did not but we were called up one at a time and a narration was read about our military careers. CWO Young who is under the Chief of Land staff read my narration. It was an interesting experience of having all of the senior ranks in the Branch listening to your personal military story. You want to pull away as you see all of the medals shining but it makes you smile as you are in a room full of Sigs.

The dinner started and I was seated at a table flanked by 2Lt right up to a Maj General retired. The meal was delicious and after we made the proper toasts to the Queen and the Branch. We ended up singing the Branch's March after the toasts and the band that had played all night joined in. It was a great night and I am very pleased and honoured with the opportunity to take part in such a great event.

Cpl Joshua Brimble

A TIME CAPSULE: When World War I broke out the 18 officers and 276 men of the Canadian Signal Corps were attached to the Canadian Engineers for discipline and administration. They provided visual signalling and dispatch riders.