

TAKE POST

THE JOURNAL OF THE TORONTO GUNNER COMMUNITY

Summer 2020 Edition 23

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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 and Letters to the "Editor" can be sent to HLCol Jeannette Chau at jchau@sympatico.ca

REGIMENTAL NEWS



OP LASER

There are a total of 24 soldiers from 7th Toronto Regiment deployed on OP LASER

7th Toronto Regt Troops in Borden on Op LASER (Total 12)

Graham	Maj
Radulescu-Galang	Capt
Evans	Capt
Latta	MCpl
Moreau	Cpl
Fong	Cpl
Kwan	Cpl
Albarahmeh	Pte
Gaudet	Pte
Koneswaran	Pte
Ramdial	Pte
Silva	Pte

7th Toronto Regt Troops on OP LASER employed with LRU – 2 TBG, Total 12.

LCol Grewal	LCol
CWO Cooke	CWO
Capt Proner	Capt
Capt Arrigo	Capt
2 LT Orellano – Castillo	2Lt
2LT Malik	2Lt
2LT Cham	2Lt
OCdt MacDermott	OCdt
Sgt Noh	Sgt
Bdr Altobello	Bdr
Bdr Collins	Bdr
Bdr Hill	Bdr



Care packages from the Regiment to those deployed on OP LASER in celebration of Artillery Day, May 26

REGIMENTAL ORDERS PART II

Honours, Awards, Promotions & Appointments

Promotions

No Promotions have been awarded during COVID 19

Appointments

HCol Mark Clearihue
HLCol Jeannette Chau

Other Recognitions

- Former 7 Tor Regt officer Shannon Regan has been appointed HLCol of 32 Signal Regiment effective March 1, 2020.
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Change of Honoraries

On May 11, 2020, a virtual Change of Honoraries ceremony took place.



Outgoing HCol Barry Downs | Incoming HCol Mark Clearihue | Incoming HLCol Jeannette Chau

Thanks goes to HCol Barry Downs for his service to the Regiment! Good shooting!
The new HCol and HLCol look forward to serving with the Regiment.

The role of those appointed to the Honorary positions are to provide support to the Regiment and to be the bridge between the Canadian Armed Forces and the Public.

Some thoughts from HCol Mark Clearihue

On 11 May, 2020, 7th Toronto Regiment conducted its Change of Honoraries parade by videoconference. This was the first parade of its type for the Regiment, brought on by COVID-19, and the technology went very well.

My thanks to CO Nav Grewal and RSM Tim Cooke for their efforts in making this a special event despite the limitations imposed by the current crisis. We live in interesting times and, while it would have been nice to conduct this event in person, it was still great to connect.

7th Toronto also received a great show of support from participation in the event by the Colonel Commandant, BGen Jim Selbie, and the Director of Artillery, Colonel Sonny Hatton. Wonderful to have them on the call.

The past 3.5 years as your Honorary Lieutenant-Colonel have been a great experience for me. I've learned a lot about the Army Reserve, the Artillery and, most importantly, the high calibre of people we have serving in and supporting 7th Toronto Regiment. I expect to keep learning with your help.

I'd like to thank outgoing HCol Barry Downs for his many years of service to the Regiment

and his guidance over recent years. I am sure that we will continue to see LCol Downs at many 7Tor functions.....it's in his blood.

I would also like to welcome our new Honorary Lieutenant-Colonel Jeannette Chau to the role. Jeannette is hardly a stranger to 7Tor, having previously served as an officer in the Regiment and as a longstanding member of the Regimental Family.

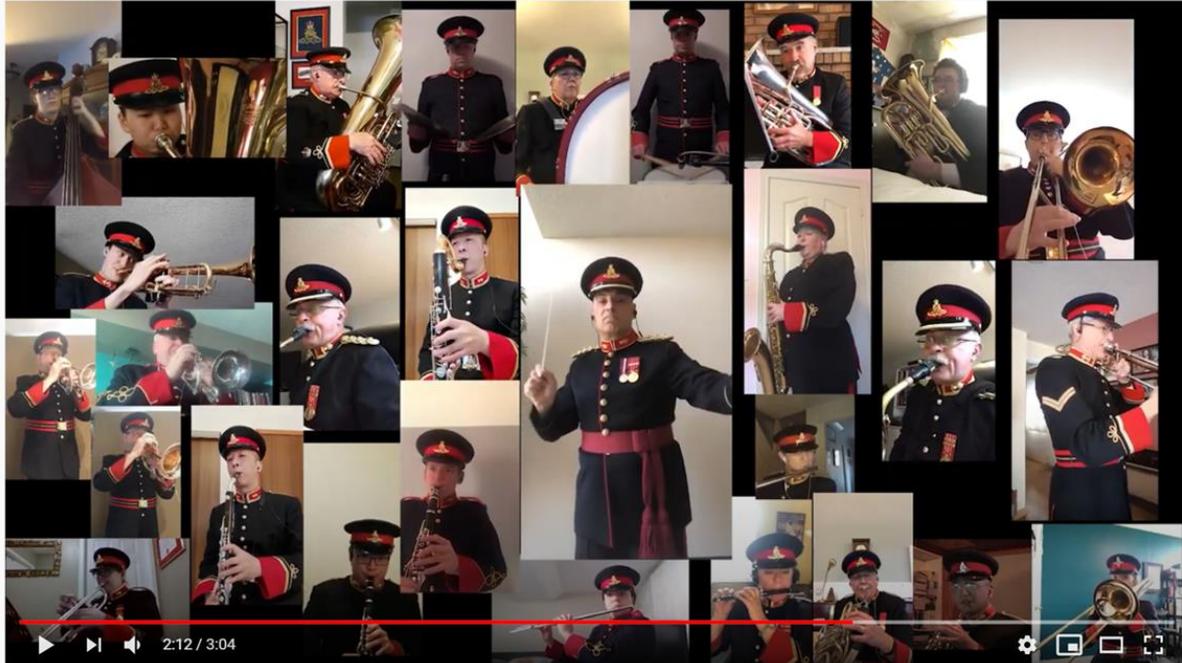
Both Jeannette and I look forward to working with the various people who make up the 7th Toronto family in support of our great Regiment.

To those serving members, know that the reason I feel honored to accept this appointment is my great respect and admiration for the sense of duty and service that each of you bring to being a soldier in the Army's primary reserve.

I have gotten to know many of you and hope to get to know you all. Canada's military has shown itself to be a group of men and women of character in difficult times. The present situation will prove to be no exception.

HCol Mark Clearihue

OUTSTANDING VIRTUAL PERFORMANCE BY REGIMENTAL BAND



One of our favorite gunner marches is the Voice of the Guns written in 1917 by Kenneth J Alford in honour of the Royal Artillery.

The social isolation forced upon us by the pandemic did not stop our unstoppable and creative band from producing an outstanding virtual performance of this march with 26 members of our amazing 7th Toronto Regimental Band remotely playing together, conducted by Capt. Nick Arrigo. They were the first regimental band to do so prompting an email of congratulations and wide distribution by our Colonel Commandant, Brigadier-General (Ret'd) Jim Selbie, OMM,

CD and raised the bar for other regimental bands to try and follow.

Their recording of the Voice of the Guns can be heard and seen at this link below:

<https://youtu.be/K9F3kw4RGjo>

Listen for the timely firing of the C3 and 25 pounder guns.

It is an outstanding virtual performance by the Band of 7th Toronto Regiment RC

Well done!

RESOURCES

FAMILY BATTLE BOX

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 by clicking the graphic below, or 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.

Both can be found within the 'Family Battle Box' and both are open to Regular and Reserve Force members and their families, for any reason.

UNIT SUPPORT CELL

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 during COVID 19, the following pers are available to receive your call:

- a) Maj John Dean, Second in Command
Email: John.Dean@forces.gc.ca
Phone: 647-649-7947
- b) Capt David Clark, Regimental Padre
Email: Clark.David.A.R@gmail.com
Phone: 905-699-8751
- c) MWO James Lombara, Battery Sergeant Major
Email: James.Lombara@gmail.com
Phone: 647-829-9844
- d) HCol Mark Clearihue, Senior Regimental Advisor
Email: Mark.Clearihue@gmail.com
Phone: 905-330-3072
- e) HLCol Jeannette Chau, Senior Regimental Advisor
Email: JChau@sympatico.ca
Phone: 416-697-9511

COVID19 MILITARY INFO

For information on the military response regarding COVID-19 and prevention tactics: <https://www.canada.ca/en/department-national-defence/campaigns/covid-19-military-response.html>

LAST POST

JACKIE COLEMAN



Jackie at Scarborough Toyota.
Photo courtesy of Gord Kowalishen.

Jackie Coleman passed away in June due to cancer and is at rest now. Jackie was a great member and supporter of the Limber gunners and the Regiment and she will be missed. A memorial service will be held when the restrictions on the coronavirus are eased.

WE REMEMBER

With the COVID 19 pandemic causing the cancellation of many WWII remembrance ceremonies and events that had been planned this spring, an online initiative was conducted to still honour those who died in WWII.

7 Tor Regt along with other artillery regiments across Canada were

assigned the names of those artillery members who are buried overseas in order to request tribute markers. Each marker needed to be requested by a separate individual person. Tribute markers were placed in front of each of the graves requested.

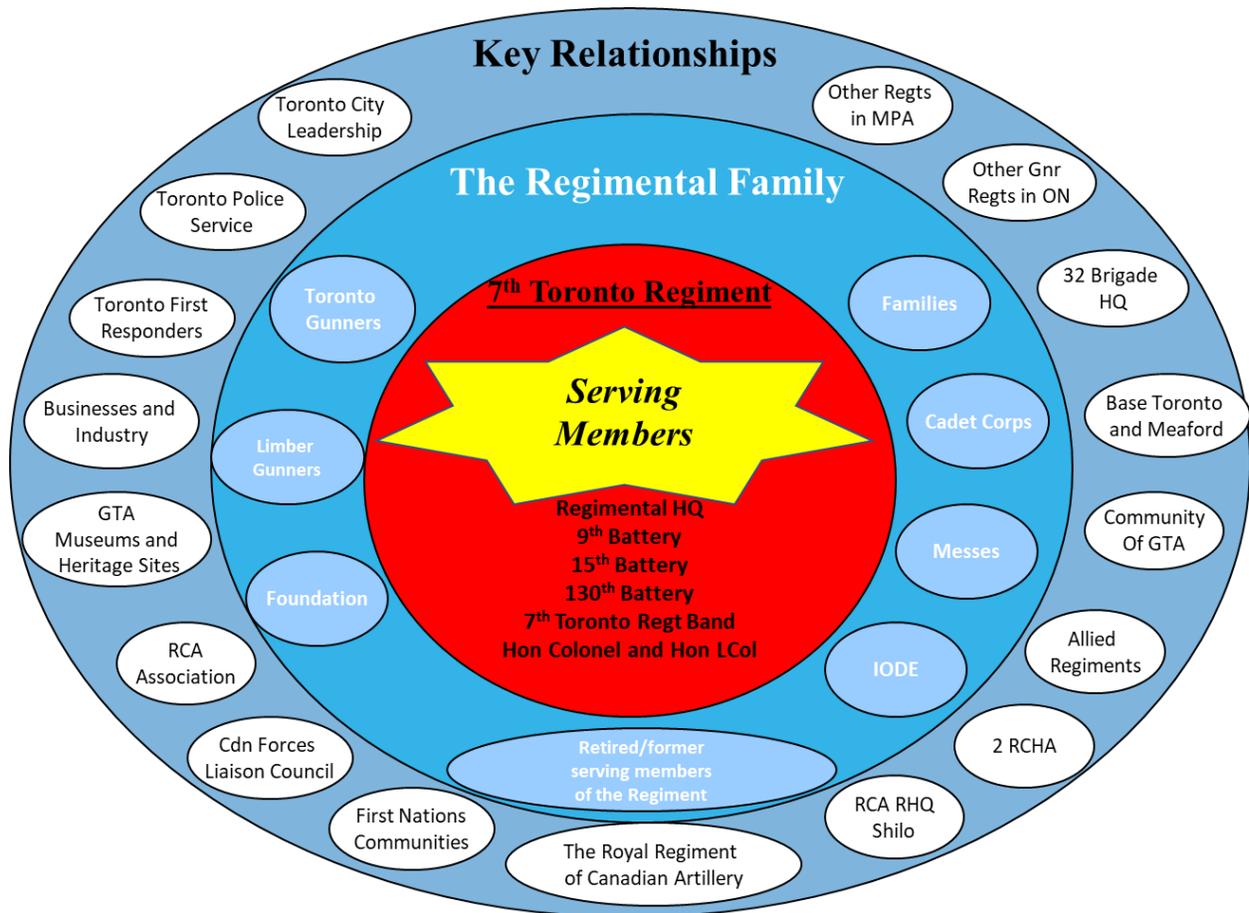
Twenty-three artillery persons were assigned to 7 Tor Regt.

Above is a sample of a marker that was placed at the headstone of Capt Tice, 14 Field Regt, 29 years old, who died on June 9, 1944.

UBIQUE QUO FAS ET GLORIA DUCANT



NEWS FROM THE REGIMENTAL FAMILY



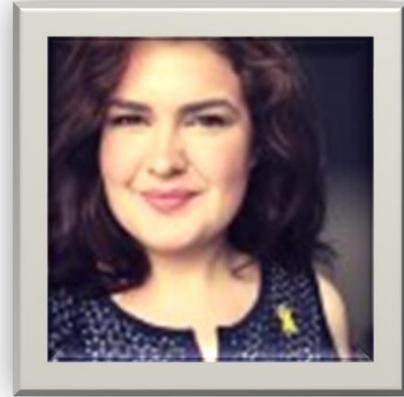
The Regimental Family consists of many components, all working together in support of the Regiment.

LIMBER GUNNERS - The next time you are down in the gun park you may notice that the 25 Pounders have moved closer to the QM side and the Quad in their old position. This move was done on June 4th in a properly protected manner by members of the Limber Gunners.



Photo: Don MacGillivray, Ron Paterson, Joe McCormack

IODE (Imperial Order of the Daughters of the Empire) – Brooke Timpson is the new President of the 7 Tor Regt IODE.



Brooke Timpson

TORONTO ARTILLERY FOUNDATION (TAF) – The TAF raises money and receives donations to provides funds to help support the unit.

Recently a very large donation was received from Kathryn Langley Hope as the executor of the Trisha A. Langley Estate. She would like \$10,000 to be ear-marked for the 7th Toronto RCA Band usage and \$25,000 to go towards the Foundation which supports the troops.

THANK YOU, Kathryn and the Langley family!!

HISTORICAL NOTES

The first *TAKE POST* newsletter was conceived and issued in the early 1990s by then LCol Don MacGillivray who was the commanding officer of 7th Toronto Regiment at the time.

Several of those mentioned in the articles are still active members of the Regimental family and can be seen at Regimental events.

Once a Gunner always a Gunner!

TAKE POST

The Newsletter of 7 Toronto Regiment Royal Canadian Artillery, Toronto, Ontario.

Summer 1995, Vol. 3, No. 2

TRILLIUM GUARD 95

by Bdr T. Johnson

Well CAC '95, or should I say Trillium Guard '95, is over. Call it what you will, it's still the same tough exercise as it is every year - just a wee bit shorter this time. I look back on this period of scorching heat, pouring rain, and the occasional hunger cramp, with fondness.

I for one enjoyed a particularly unique excitement when on the very first day of the exercise, I discovered I was the only 7 TOR person in the command post. Not only that but I was the only *qualified* sig. There was to be no teching for me. The other sigs were sent to the gunline due to a manpower shortage on the guns.

So CAC didn't start out the way I had hoped, but it did get better - at least for me. A (Please see Trillium, p.2)



(Photo by Bdr T. Rogers) Left to right - Bdr De Guzman, Bdr Neri, Capt Zurbrigg, Bdr Surcon, at Trillium Guard 95.

THE COLONEL

by LCol D. MacGillivray

As announced at our first parade on 11 September 1995, I intend to pursue a vigorous approach to training in the coming year and to make unit exercises as interesting and challenging as possible.

Individual Battle Tasks Standards (IBTS) training is now in full swing and thus far, results have been encouraging. The time to qualify is short however, so I would ask that every member, as in past years, put forth the maximum effort to pass IBTS testing by 30 November 1995.

Live fire gunnery training will

also be initiated this fall commencing with Ex Autumn Gunner, scheduled for 3-5 November 1995 at MTSC Meaford. In addition to 9 Bty, we have invited other Land Forces Central Area (LFCA) artillery units to participate. Both 11th and 30th Fd Regiments RCA have agreed to supply enough personnel to form an additional composite battery for the exercise.

In 1996, training will emphasize defensive operations, and one gunnery exercise will be held in January, February, March and probably April. Busy yes, dull no.

Adventure training was carried out in September with a seven person team travelling to Vancouver Island to hike the West Coast Trail. (Please see CO, p.2)

NEW HONORARY



HLCol Roy MacLaren.

by Capt R. Christopher

On 3 June 1995, in the officer's mess, the regiment warmly welcomed the new Honorary Lieutenant Colonel (Please see Honorary, p. 2)

TAKE POST



The Newsletter of 7 Toronto Regiment Royal Canadian Artillery, Toronto, Ontario.

Fall 1995, Vol. 3, No. 3

SEASON'S GREETINGS

THE WEST COAST TRAIL

by Maj B. Sherman

The warm, bright weather matched our moods as we began the West Coast Trail, where we hiked 77 km in six days. If you think this was a piece of cake then your Ontario ignorance is showing. Compared to Vancouver Island, Meaford's Blue Mountain ranks as a speed bump. The regiment's trekking party included LCol D. MacGillivray, myself, Sgts J. McCormack and S. Wroblewski, Bdrs S. LeBlanc and (Please see TREK, p.2)



(Photo by Maj B. Sherman) From left to right: LCol D. MacGillivray, Sgt J. McCormack, Sgt S. Wroblewski and Bdr C. Neri.

THE COLONEL

by LCol D. MacGillivray

It has been both an eventful and very busy fall for the regiment. Warrior training progressed well. The Dickson Commission has completed the review of the militia and many of their recommendations are positive. What it means for our regiment in real terms remains to be seen, but I am hopeful we will continue not just to survive but to prosper. For the first time in three years, we engaged in gunnery training during the fall. Autumn Gunner was a success and my hat is off to all the gunners who participated under what only could be described as extreme weather conditions. Your determination and high morale on this exercise was a credit to you and the

regiment.

I recognize that reduced parading in recent years has resulted in many regimental members seeking other civilian employment. As stated in my opening address to the regiment last September, I have directed most of the unit budget into training. At the very least, the unit has four evening parades a month, one full day on a weekend, and of course, a weekend exercise. This represents a significant opportunity to receive the training you joined up for as well as to obtain a reasonable pay cheque. Often, the unit requires soldiers for additional work ranging from advance party details to general duties with the Quarter Master (QM), transport, and so on. Your participation is what makes the regiment function. Parading consistently and taking advantage (Please see CO, p.2)

SWEEPING CHANGES?

by Capt R. Christopher

A long awaited report from the *Special Commission on the Restructuring of the Reserves* is in. Of the 41 recommendations made by the commission, the more notable ones are as follows. Land Force Central Area (LFCA), as with other Areas, is to be reorganized as a Divisional Headquarters. LFCA's 43 militia units are to be reduced to 22, with the infantry taking the brunt of the cut backs. Reservists are to be guaranteed a minimum of 4 days of training per month. Reservist's pay is to increase to 85% of his reg force counter part. Each Area is to cut its personnel by

UPCOMING

Upcoming activities are currently dependent on COVID 19.
We look forward to being able to hold our stand up parade on **Monday 14 September 2020**.

UBIQUE

