

# TAKE POST

THE JOURNAL OF THE TORONTO GUNNER COMMUNITY

Dec 2020 Edition 24

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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](mailto:jchau@sympatico.ca)

## REGIMENTAL NEWS




### OP LASER

Some notes of Thanks from the 266<sup>th</sup> Girl Guides unit to the 7 Tor Regt Gunners who volunteered for deployment on OP LASER

Dear Soldier,  
Thank you for coming to Toronto to help with covid. You are doing a very brave thing and I hope you stay healthy and safe.  
Thank you, Ethne

Dear Soldier,  
Hi, my name is Maddy and I am a 3rd year girl guide at the 266<sup>th</sup> unit in Toronto. I think you are so brave to try to help fight this virus, rather than running away from it. You are so brave, kind and strong and for that I say thank you! I hope you are staying safe, healthy and happy and that we can beat this virus!  
-Maddy

Hello!  
 Thank you for  
 Helping our Home  
 from COVID-19  
 Thank you again  
 -Gigi



Hello My name is Colette and i'm from  
 the 266 guides unit and i hope you  
 have a great summer. thank you for  
 Helping make the world a better place  
 me and my brother made you some pictures  
 So i hope you like them.

From: Colette


Thank You!



Dear Canadian Armed Forces employee,

I hope you are staying safe while working! We greatly appreciate all that you are doing for us and hopefully soon enough covid-19 will be over, stay safe! I hope that this letter will put a smile on your face because after all that you've done for us it's the least we can do.

-Amelia=^^=, A girl guide.



From Johnny

## REGIMENTAL ORDERS PART II

### Honours, Awards, Promotions & Appointments

### Promotions

Congratulations to those who have recently been promoted!

Rank & Name
Gnr Wong
Gnr Bland
Gnr Feng
Gnr White
Gnr Saprai
Gnr Koneswaran
Gnr Strazos
Gnr Melder
Bdr Jayetileke
Bdr Nabukenya
Bdr Barak
MBdr Altobello
Sgt Chan
Sgt A/L Litwin
Sgt A/L Rego
WO Laplante
MWO Murray
2 Lt McDermott
Lt Orellano-Castillo

### Awards

**CWO ROSA SERVICE SUPPORT AWARD** – MBdr Mason

**BEST BAND MEMBER** – MBdr Rego

**HOWARD CABLE AWARD** (Top Band Member Civilian) – Cpl (retired) Doriann Forrester

**HAWKEYE AWARD** (Top shot PWT 3) – Gnr Anagnostopoulos 49/49 perfect score!

**SENIOR NCO LEADERSHIP AWARD** – Sgt Harris

**GUNNER JOE GREEN AWARD** (Top Jr NCO as selected by his/her peers – MBdr Tenzin

## Appointments

As of 30 Sep

NAME	POSITION
<i>RHQ</i>	
LCol Grewal	CO
CWO Cooke	RSM
Maj Dean	2IC
<i>9 Bty</i>	
Maj Roach	BC 9
WO Murray	BSM 9
Capt Laxton	BK 9
Lt Fa	GPO
Bdr Fong	BQMS
<i>15 Bty</i>	
Maj McBride	BC 15
MWO Lombara	BSM 15
Capt Henry	BK 15
	GPO
Lt Cham	LUSAR TC
Sgt Harris	RECRUIT TROOP TC
<i>130 Bty</i>	
Capt Morningstar	ADJT
PO2 Watson	RC HRA
Sgt Wood	FIN NCO
Maj Graham	OPS O/RCPO
Sgt Bingham	OPS WO
Capt Radulescu-Galang	LUSAR SME
Sgt Noh A.	RQMS
Capt Clarke	PADRE
2Lt Orellano-Castillo	FINANCE OFFICER
Capt Arrigo	DIRECTOR OF MUSIC
MWO Hicks	BAND MASTER MUSICIAN
2Lt Malik	IBTS CELL TEAM LEADER
WO Etorma	IBTS CELL TEAM 2IC
MBdr Latta	RECRUIT OFFICER

## Other Recognitions

Commendation: MWO Bechmanis  
 Commissioning Scroll – 2Lt Cham  
 Appointment Scroll – HCol Clearihue



## Some thoughts from HCol Mark Clearihue

2020 will be remembered as one of the most challenging in our nation's history. The onset of the global pandemic posed severe hurdles to how we operate as individuals and as a society, including the CAF and 7th Toronto Regiment. I am exceptionally proud of the manner in which our Command Team and members have conducted themselves and overcome obstacles while ensuring training objectives were addressed and achieved. In particular, we salute those who deployed or were on standby during the year in support of COVID-19 related operations. You have made all members of the Regimental Family proud of your service.

While in-person meetings of various components of the Regimental Family, including the Toronto Artillery Foundation, Limber Gunners, Toronto Gunners, Cadets, and the IODE remain problematic, we continue to gather using video technology to keep abreast of activities and plan for future endeavours. Our efforts are directed toward supporting our serving soldiers to the best of our ability. Our purpose remains to help the Command Team in building cohesion, morale, and esprit de corp in our Regiment. To obtain community support for our troops and to raise funds to help do so. The pandemic does not alter that essential mission.

I would like to thank the many members of our Regimental Family who have responded in a very generous way to my Honorary Colonel's Annual Appeal letter. Your personal and financial support is so critical to supporting our soldiers and their families, and making things happen in the Regimental Family. Many thanks!

While the Holiday Season is traditionally festive, this year will undoubtedly be different. An important thing for each of us to remember is that no one is alone. You are part of the Regimental Family. If you, or someone you know, are experiencing difficulties of any nature, don't hesitate to reach out. Talk to your fellow gunners, to the chain of command, to your unit support cell members. We are all ready to help.

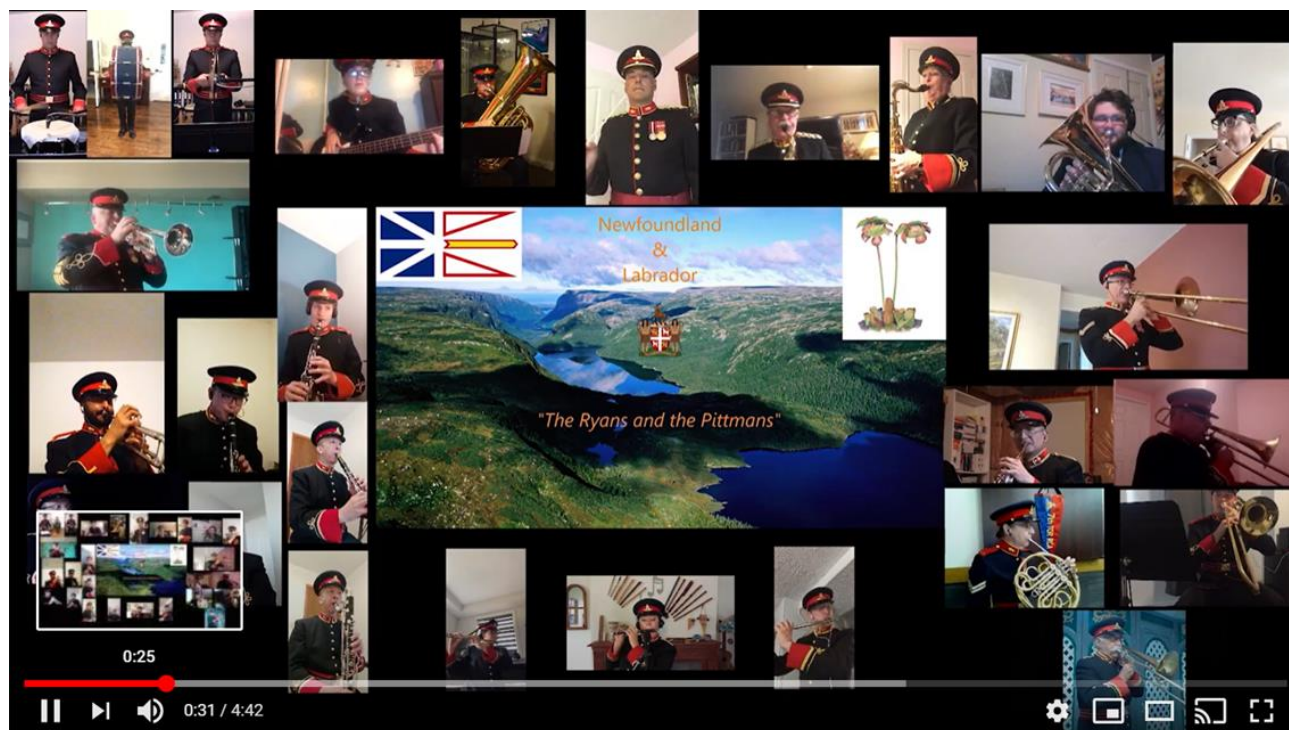
The Honorary Lieutenant-Colonel and I want to wish you a safe and sound Holiday period and all the best for 2021.

UBIQUE!

HCol Mark Clearihue



## MORE MUSIC FROM OUR REGIMENTAL BAND



In the last issue of Take Post we wrote of the outstanding virtual performance of our very own 7<sup>th</sup> Toronto Regimental Band playing Voice of the Guns:

<https://youtu.be/K9F3kw4RGjo>

Despite the challenges of not being able to practice together, the band has not been idle and have produced a second virtual performance for our listening pleasure - Howard Cable's The Ten Provinces March.

<https://youtu.be/fTn8SzbEsLM>

It is accompanied by video footage to acknowledge each of the provinces.

For those of you who know music and video editing, it can be seen that this production took a lot of time and effort to synchronize all the players.

It is a job well done by the love and passion for music by our Regimental Band.

UBIQUE!  
Good shooting!

## OP UBIQUE150

In 2021, we will be commemorating the 150<sup>th</sup> anniversary of the formation of A&B Batteries, which is acknowledged as the birth of the Royal Regiment of Canadian Artillery (The RCA).

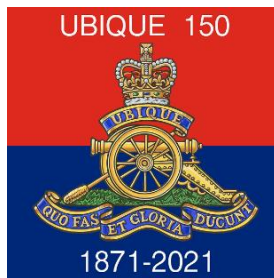
The RCA comprises 23 regular and reserve force regiments and independent batteries represented in 33 communities from Victoria to Yarmouth. 7<sup>th</sup> Toronto Regiment is one of them.

150 years is a significant amount of time and something to mark in a special way.

Artillery units across Canada are being challenged to create a video (can use just a smartphone) to help showcase the artillery and may be used for future recruitment or sources of pride for the units.

Topics:

- Why you should join the Artillery?
- The best part of the Artillery is...
- Why Artillery is an important part of the Army and the CAF?



## UBIQUE 150 “Good Shooting” Video Contest

*In conjunction with the commemoration of 150<sup>th</sup> Anniversary of A & B Batteries, The Royal Regiment of Canadian Artillery is pleased to announce a video production contest.*

Prizes will be awarded to 3 winners:

1<sup>st</sup> place receives \$2,000

2<sup>nd</sup> place receives \$1,000

3<sup>rd</sup> place receives \$500

### Important dates

Submissions accepted between	1 January – 30 April 2021
Judging starts	1 May 2021
Winners announced	26 May 2021

### Eligibility

Submissions are open to **teams** consisting of **current and/or retired members of The Royal Regiment of Canadian Artillery**. Each team can submit more than one entry but only one prize will be awarded to any unit.

All details on the contest and a Webinar on how to edit a video are at  
[ubique150.org](http://ubique150.org)



## 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 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.

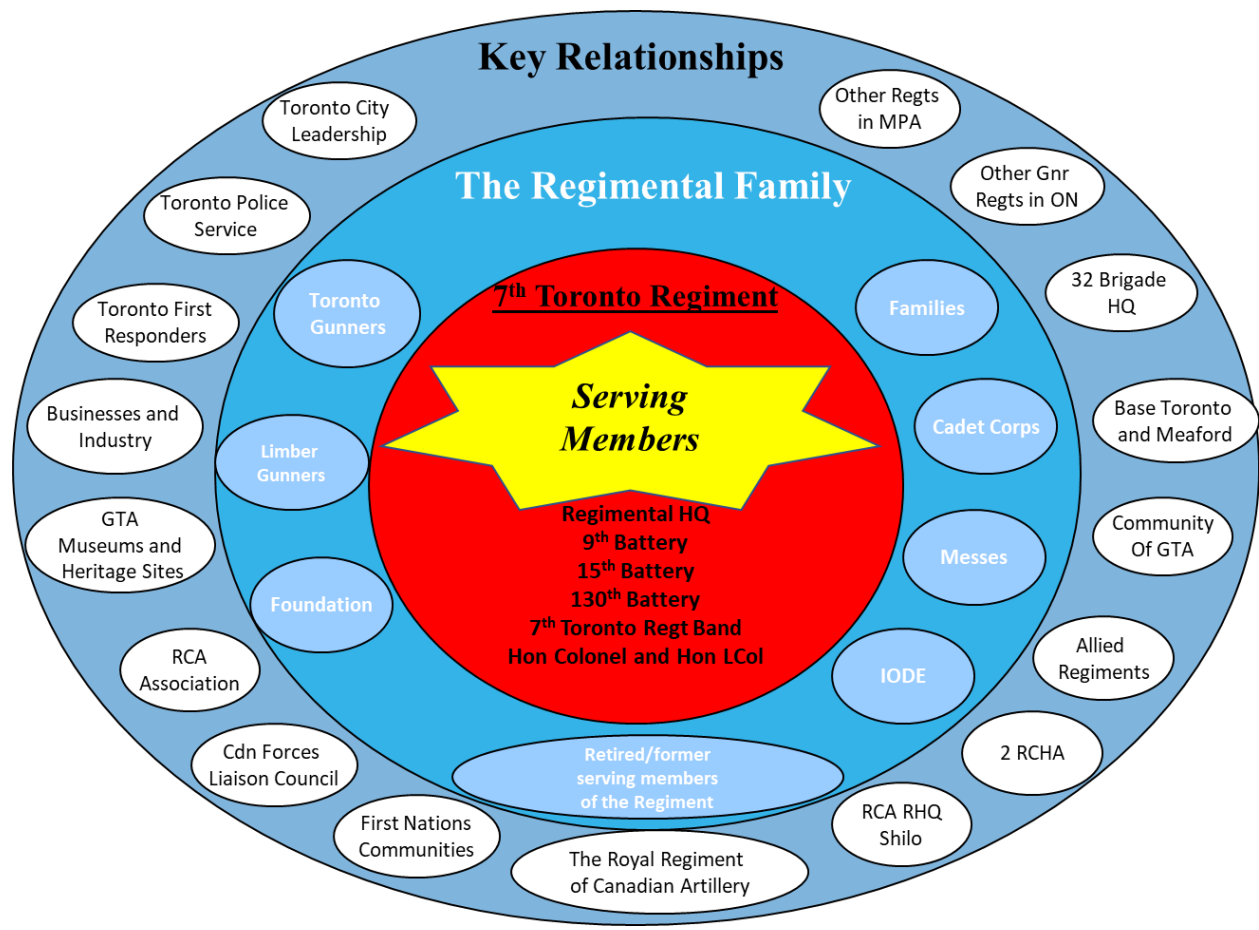
While both providing mental health supports, the key difference between CFMAP and the Family Information Line is that CFMAP provides referral to clinical counselling and mental health treatment services while the Family Information Line provides emotional support and counselling services.

### UNIT SUPPORT CELL

Reminder that the Regiment also has a Unit Support Cell for all members of the 7<sup>th</sup> Toronto Regiment. Should you feel you need to reach out to somebody during COVID 19, the following pers are available to receive your call:

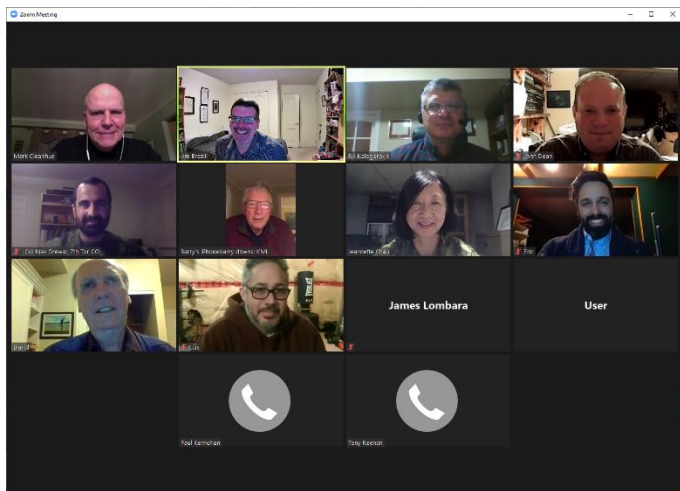
- a) Maj John Dean, Second in Command  
Email: [John.Dean@forces.gc.ca](mailto:John.Dean@forces.gc.ca)  
Phone: 647-649-7947
- b) MWO James Lombara, Battery Sergeant Major  
Email: [James.Lombara@gmail.com](mailto:James.Lombara@gmail.com)  
Phone: 647-829-9844
- c) HCol Mark Clearihue, Senior Regimental Advisor  
Email: [Mark.Clearihue@gmail.com](mailto:Mark.Clearihue@gmail.com)  
Phone: 905-330-3072
- d) HLCol Jeannette Chau, Senior Regimental Advisor  
Email: [JChau@sympatico.ca](mailto:JChau@sympatico.ca)  
Phone: 416-697-9511

# NEWS FROM THE REGIMENTAL FAMILY



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

**A REGIMENTAL FAMILY LEADERSHIP** meeting was held on November 23. How to keep and maintain the relationships of the Regimental Family in face of the challenges caused by the pandemic were a topic of conversation. More to discuss on this topic in the new year.



**LIMBER GUNNERS** – Unfortunately the COVID19 pandemic has put a halt currently to many of the activities of the Limber Gunners. The Limber Gunners plan to hold a virtual meeting in the new year.



**25 pounders**

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

The TAF held its Annual General Meeting on October 19, 2020. The financial statements were received, the auditor appointed, and the Board of Trustees for the coming year was elected.

The AGM was held virtually via Zoom for the first time.

**CADETS**  
**105 RCACC** (Streetsville Army cadets) and **818 RCACS** (Air Cadet Squadron) are currently conducting their training activities online due to the pandemic. 105 RCACC held a virtual awards ceremony on October 15 to recognize the achievements of their cadets.

# HISTORICAL NOTES

## The Origins of 7 Tor's Newsletter *Take Post*

By Lieutenant Colonel (Retired) Robert Christopher



LCol (Ret'd) R. Christopher

It was 1994 when the Commanding Officer LCol Don MacGillivray approached me, asking if I'd be interested in creating and being editor of a newsletter for 7 Toronto Regiment, RCA. I thought the idea was excellent, and I whole heartedly accepted the task. Producing *Take Post* became my secondary duty at 7 Tor, my primary being that of Forward Observer Officer (FOO) in the firing battery. I had only months earlier transferred in as an artillery Captain from 30 Fd Regt RCA, Ottawa. My civilian full time job was that of Intelligence Officer with the Canadian Security Intelligence Service (CSIS). CSIS had just posted me from Ottawa to Toronto for field operations, and so I switched from 30 to 7. Before moving to Toronto, I worked at CSIS Ottawa head-quarters in the Research Analysis and Production

(RAP) branch as a writer of threat assessments and intelligence reports. Furthermore, in addition to my past duties at 30 Fd as a FOO, my secondary duty there was that of creator and editor of the 30 Fd newsletter *The ByTown Gunner*, so I was comfortable taking on the job as editor of 7 Tor's newest endeavour, and *Take Post* was incepted.

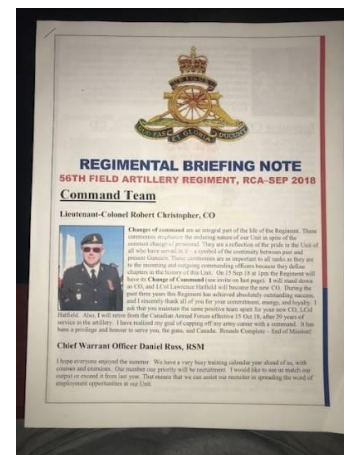
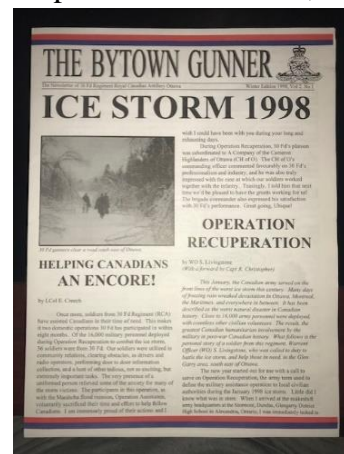


*Take Post* was designed to broadly communicate subjects of interest and concern to soldiers and friends of 7 Tor. It was also intended the newsletter have a lighter side, as it was an ideal place to publish amusing anecdotes, photos or comics. All soldiers and friends of 7 Tor were encouraged to contribute to *Take Post*. The six page newsletter was published bi-weekly. *Take Post* had unique features which included a parade schedule sized to fit easily in one's wallet, with little scissors bordering the schedule to encourage soldiers to cut it out. I'd go to a local printer and have hundreds of copies made. I'd then assemble the newsletter on my kitchen table. It cost about \$35 an issue. *Take Post* was then distributed to all soldiers and friends of the regiment. You

can see how the design of *Take Post* was similar to that of *The ByTown Gunner*, and 56 Fd Regt RCA's *Regimental Briefing Note* (RBN). To save time, I just copied what worked.

When my twins were born, I left CSIS for a safer more family oriented career in finance, joining Edward Jones Investments, and establishing my practice in Niagara-on-the-Lake and transferred to 56 Fd Regt RCA where I produced their newsletter as well.

Almost 30 years later *Take Post* continues to this day. Currently HLCOL Jeannette Chau is editor. The newsletter has evolved with the times and is now distributed electronically. It is a delight to see it still in circulation after so many years have passed. LCol (Ret'd) MacGillivray's great idea is still alive and well, bringing artillery news updates regularly to the Gunner community. May *Take Post* continue to inform and entertain for another 30 years. Ubique!





## LAST POST

**John McKenna** passed away on July 7, 2020. He was a former Commanding Officer of the 7<sup>th</sup> Toronto Regiment, as well as our former Honorary LCol and HCol, among many other achievements.

### Colonel John McKenna, CD

Commanding Officer (1969-1972)

HCol (1989-1992)

HCol (1991-1999)

Colonel (Ret'd) John McKenna has held senior positions in both the private sector and in the Reserve Forces of Canada. Over the period spanning 32 years he held a variety of key management positions in large multinational companies specializing in environmental process and industrial controls. Concurrent with his civilian career, John McKenna served as a reservist in the Canadian Army (Militia). He joined the 29th Field Regiment in 1957 which was reformed in 1965 as the 7th Toronto Regiment. He worked his way up to the position of Commanding Officer which he held from 1969 to 1972. He was elected National President of the Royal Canadian Artillery Association (1974). He was elected Vice-Chairman (Ontario) for the Conference of Defence Associations in 1986 and 1987, and served as the Chairman for 1989-1998. In July 1990, he became the Vice-President for Canada and Head of Delegation for the Inter-allied Confederation of Reserve Officers (CIOR) and relinquished that position in 1993. He was appointed as Honorary Lieutenant Colonel, 7th Regiment, Royal Canadian Artillery (M) and held that position from 1989 to 1992 and was the Honorary Colonel from 1991 to 1999. He is a Board Member and trustee for the Toronto Artillery Foundation. He is a Vice-President and Director of the NATO Association of Canada. He writes on military matters and has been published in the Canadian Defence Policy Review, the Royal Canadian Military Institute and the NATO Association of Canada's publications. He has been awarded the Canadian Forces Decoration with two clasps, the 1967 Canadian Confederation Centennial Medal, the Queen's Silver Jubilee Medal and the Queen's Golden Jubilee Medal.

The NATO Association of Canada mourns the death of Colonel John McKenna. Colonel McKenna was an active and vital member of the NATO Association (formerly the Atlantic Council of Canada) for many years. His humour and "can-do" attitude were invaluable to our organization. In addition to serving as a Vice-President and Director of the NATO Association, he led many of our NATO tours to Brussels as a way of engaging Canadian thought-leaders. Throughout his life, Col. McKenna held senior positions in both the private sector and in the Reserve Forces of Canada. Over a period spanning 32 years he held a variety of key management positions in large multinational companies specializing in environmental process and industrial controls. Concurrent with his civilian career, John McKenna served as a reservist in the Canadian Army (Militia). In 1957 he joined the Royal Canadian Artillery (Militia). He was elected National President of the Royal Canadian Artillery Association (1974). He was elected Vice-Chairman (Ontario) for the Conference of Defence Associations in 1986 and 1987, and served as the Chairman for 1989-1998. In July 1990, he became the Vice-President for Canada and Head of Delegation for the Inter-allied Confederation of Reserve Officers (CIOR) and relinquished that position in 1993. He was appointed as Honorary Lieutenant Colonel, 7th Regiment, Royal Canadian Artillery (M) and held that position from 1989 to 1992 and was the Honorary Colonel from 1991 to 1999. He was a Board Member and trustee for the Toronto Artillery Foundation. Colonel McKenna wrote on military matters and has been published in the Canadian Defence Policy Review, the Royal Canadian Military Institute and the NATO Association of Canada's publications. He was awarded the Canadian Forces Decoration with two clasps, the 1967 Canadian Confederation Centennial Medal, the Queen's Silver Jubilee Medal and the Queen's Golden Jubilee Medal. He was always present at Association functions with his dear wife, Helen, and added warmth and grace to all of our events. He will be missed.



Have a Happy Holiday!



UBIQUE

