

TAKE POST

THE JOURNAL OF THE TORONTO GUNNER COMMUNITY

August 2021 Edition 26

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UPDATE



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

WORDS FROM THE CO



It feels like just yesterday I was standing on the parade square at 0830 hrs on a Saturday morning learning foot drill as an Officer Cadet right off the street. I remember the movements by 'squad', and the morning sunrise pouring in through the east windows on Moss Park Armoury.

Now over 20 years later, I am closing a significant chapter in my military career and finishing my tenure as the Commanding Officer of the Regiment that I grew up in. Many years have passed, but even more memories have been made. My time with the Regiment has certainly molded me into the person I am today and I am grateful for that.

It has been a true privilege to be a soldier and officer in the Canadian Armed Forces, and especially as a gunner. Although my feelings on what it means to be a soldier have evolved over my career, one thing has remained – my pride in being an artillery officer.

The Royal Regiment of Canadian Artillery is truly a remarkable group of people, sharing the common purpose of bringing firepower to the battlefield.

As the last conflict where gunners brought fire down on enemy targets is well in our rear-view mirror, I

would like you to remember that our core skill as experts in firepower must always be at the centre of your gunner mindset.

I know this can sometimes become lost in the constant pressure to maintain IBTS training and statistics, completing PERs and conducting staff checks for any number of miscellaneous non-training related tasks. However – always remember why you wear this uniform and have that gun on your cap badge. Along with being excellent at gunnery, our leaders must also exercise correct judgement, provide a high level of leadership and maintain discipline.

Leadership is not an easy job. It takes natural ability, dedication, willpower and humility. If you're fortunate to hold a Command position in your career, it will be the most difficult and most rewarding job you'll ever do. What other institution places the amount of responsibility and trust on the shoulder of a young leader and Commander?

As a leader or Commander, you're being entrusted with our nation's most precious resource – Canada's women and men. I am grateful to the CAF for having trusted me with the Command of this regiment and its soldiers.

At the closing of this note, I would like to express my sincere gratitude and appreciation to the NCOs and Senior NCOs who were patient with me and mentored me throughout my career.

Thank you to all the officers I served with and from whom I learned many things. Thank you to all the soldiers who carried out all the orders and hard work so our missions could be accomplished.

Ubique.

LCol Navraj Singh Grewal, CD
Commanding Officer
7th Toronto Regiment, Royal Canadian Artillery

MESSAGE FROM THE HCOL

Hoping this edition of Take Post finds you all well.

On June 30, Ontario commenced Phase 2 of the province's Roadmap to Reopen. This is good news and hopefully signals the light at the end of the COVID-19 tunnel. It has been a long journey so far and has brought its share of frustrations for us all.

Moss Park Armoury is now open on a restricted basis for training. We look forward to having the full Regiment parade again soon and also to be able to welcome members of the Regimental Family to visit and participate. Fingers crossed that this can happen at an early date.

In the meantime, the Regiment continues to function effectively, while hampered by the longstanding impact of the pandemic. Primary functions are being addressed. At the same time, communications, fitness, and meetings have been facilitated by technology that affords contact and involvement. Still, we can certainly feel at times that we are missing the human interaction that is at the heart of the Regiment and its purpose. Thanks for your professionalism and dedication to service in working with your Command Team through these times.

In particular, the pandemic has hindered our recruiting efforts and this is being felt at Reserve units across the CAF. Recruiting is "a contact sport" and it's much more difficult to achieve goals in this restrictive environment. But it is possible to reach out and find potential new members for the Regiment and start the process. I recently became aware of a candidate interested in the Artillery and 7th Toronto in particular and we can readily start things rolling even before we meet them in person. So, if you know of someone who might be interested in joining the finest Reserve regiment in Canada, reach out to them and your chain of command and let's bring them into the fold. Much better to do that now rather than wait for sunny days.

Summer is here which means training courses are underway and scheduled. I am looking forward to visiting 4CDTC Meaford and meeting 7Tor members on DP1 and DET 2IC courses as well as other members engaged there as trainers. Good luck with your courses!

A final comment. We have all seen recent media reports regarding alleged misconduct by senior officers in the Canadian Armed Forces. It's troubling and our leadership has taken several hits in terms of the public's confidence in their ability to guide the CAF. It can also be disturbing to those, like you, who serve our country faithfully every day.

Canada is a great country and our Armed Forces have served it well over many decades. When there are problems, we put them out front for everyone to see, debate, and resolve. This situation will be no different. These matters will be dealt with in accordance with our framework of laws and values. And the Armed Forces will come through and hopefully be stronger institutions as a result. I urge you to have faith in the Army and the CAF and support them during difficult times by doing what you do best: the right thing each and every day.

In the meantime, please stay safe. If you need assistance of any kind, reach out to your colleagues, your chain of command, to the 7Tor support unit, or to your Honoraries. We are all family and in this together.

UBIQUE!



HCol Mark Clearihue

REGIMENTAL ORDERS PART II

Honours, Awards, Promotions & Appointments

Promotions

Congratulations to those who have recently been promoted!

Rank & Name
Gnr Cajamarca
Bdr O. Albarahmeh
Bdr R. Melder
Bdr j. Mendoza
Bdr I Hemming
Bdr J. Silva
Bdr D. White



Congratulations to Gnr Cajamarca on being presented his first chevron!

32 CBG COMMENDATIONS

Capt J. Proner
MCpl D. Leong

CANADIAN FORCES DECORATION

MCpl D. Leong

COMMISSIONING SCROLL

Capt R. Morningstar

Recipients of UBIQUE150 coin

97 - MBdr J. Latta

#98 - Gnr S. Bland

#99 - MWO Hicks

#100 - Sgt R. Harris

#101 - MWO Lomba



Appointments

As of June 2021

NAME	POSITION
<i>RHQ</i>	
LCol Grewal	CO
CWO Cooke	RSM
Maj Dean	2IC
<i>9 Bty</i>	
Maj Roach	BC 9
MWO Murray	BSM 9
Capt Laxton	BK 9
Lt Fa	GPO
Sgt An	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
MBdr Mason	LUSAR SME
Sgt Noh A.	RQMS
Capt Clarke	PADRE
Lt 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

WINNERS OF THE UBIQUE 150 VIDEO CONTEST

- 1st Place – OUTCAN Lcol Joe O’Donnell and family – We are Gunners/Nous sommes Artilleurs
- 2nd Place – 56th Field Artillery Regiment, lead by Bdr Kyle Runnquist – Where Right and Glory Leads: Canada’s Guns of UBIQUE 150 / Là où le droit et la gloire mènent: les Canons Canadiens de l’UBIQUE 150
- 3rd Place – 1 RCHA, lead by Capt Eric Taborowski – 1 RCHA – UBIQUE 150

1st place

<https://youtu.be/p4LmS0itWHO>



2nd place

<https://youtu.be/6Rt82WED4zs>



3rd place

https://youtu.be/Oys7t2_sd8



7th Toronto Regiment entry
<https://youtu.be/UoXZ-ARSSH0>



UBIQUE 150 – A REASON TO CELEBRATE!



A reason to celebrate! UBIQUE-150 activities continue.

Between 1 April and 4 December, the RCA is celebrating the 150th anniversary of the Artillery's contribution to the defence of Canada. Originally, the RCA had several key physical gatherings scheduled across Canada as a way to celebrate. Unfortunately, the continued effect of COVID-19 has caused many of these get-togethers to be cancelled. So, the celebrations have pivoted towards unit activities and virtual events. Some highlights are:

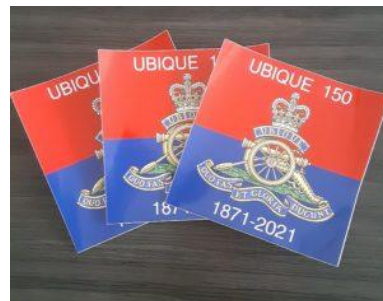
- A video contest was held that produced 15 outstanding productions from Regiments across the country, including one from 7th Toronto featuring our amazing band.
- On May 26, Artillery Day, a Coast-to-Coast Toast was held with 600 participants ready to celebrate and meet current and old friends.
- This year's Canada Army Run, specially branded as U-150, will be held virtually in September. HLCol Chau and Bdr David are coordinating a team from our Regiment to participate, including your HCol. I better get training!
- Re-dedication of the RCHA Memorial in Kingston to include the names of the fallen from Korea to Afghanistan.
- Wearing of UBIQUE 150 Patches on operational dress during the commemorative period. Patches available for purchase from CANEX.
- Commissioning by the Royal Canadian Artillery Association of a special UBIQUE 150 whisky from Glen Breton distillery.
- Other events are in the planning stages.

To see the videos and for more U-150 information, check out <http://rca-arc.org/heritage/ubique-150/>

Ubique!
HCol Mark Clearihue

UBIQUE 150 COMMEMORATIVE ITEMS

Cool phone screensaver – download and save to your phone!



4"x4" Stickers \$5

For those of you interested in purchasing other commemorative items:

<http://rca-arc.org/heritage/ubique-150/ubique-150-commemorative-items/>



Pin \$7.99



Coin \$14.99



Whiskey Glass \$12.99



Face mask \$12.99



Mugs from \$8.30



Patch \$8.99

JOIN THE 7 TOR ARMY RUN TEAM!

No Ordinary Race
Run, Walk or Roll
UBIQUE – Everywhere

SEE ALL EVENTS

VIRTUAL
5K + 10K
September 10

VIRTUAL
5K
September 10

VIRTUAL
10K
September 10

VIRTUAL
21.1K
September 10

VIRTUAL
26.1K
September 10

7th Toronto Regiment has formed a team to compete in the Canada Army Run!

This annual run which first began in 2006 has traditionally been held in Ottawa.

Due to COVID, the run was held virtually in 2020 and again this year, making it easier for runners to participate from wherever they are.

The 5K is the largest 5K in Canada with thousands participating from **both the public and military**.

The Canada Army Run is about Canadians and the Canadian Armed Forces – Air Force, Army, and Navy – joining together in the spirit of camaraderie and community.

This year, the Army Run has themed the Virtual 5K and the 5K+10K (where you run both 5K and 10K) in honour of UBIQUE150 - so this is the Artillery's year to shine and put

in a team! It is also a fundraiser for Support our Troops. See armyrun.ca for more info.

The **7th Toronto Regiment Team currently has 30 team members** consisting of serving members, regimental family, family and friends walking or running in either the 5K up to the 26.1K. **More are welcome to join the team and get in the spirit!**

The team leads are HLCol Jeannette Chau and Bdr Donnie David.

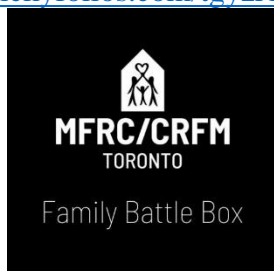
Let the Artillery be a force to be reckoned with this year! Three of the top four fundraising teams are artillery units. 7 Tor is currently in 4th place.

If you are interested in joining the 7th Toronto Regiment Team (can walk or run), or donating to the team, please contact HLCol Jeannette Chau for more information at jchau@sympatico.ca

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>



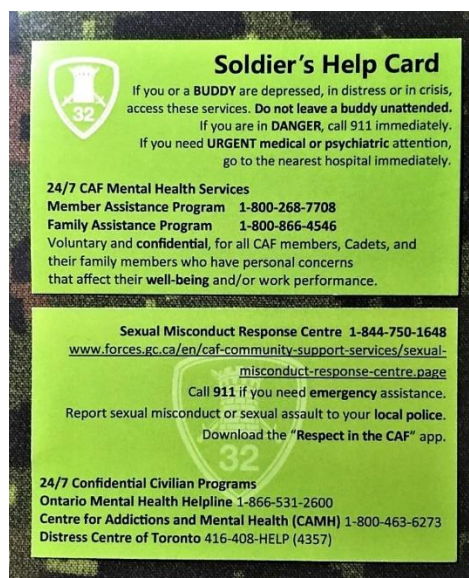
Any member, Regular Force or Reserve Force, or a member of their family may contact the Canadian Forces Member Assistance Program (CFMAP) for any reason. CFMAP counsellors will ensure that families are connected with supports appropriate to their unique situation. While both providing mental health supports, 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. **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 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) 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

INSURANCE SAVINGS!

RCAA Members get Preferential Insurance Rates from TD Meloche.

The screenshot shows the TD Insurance website header with the logo and navigation links: Products, Online Services, Claims, Contact Us, ON, En, and Login. Below the header is a green navigation bar with categories: Car, Home/Condo/Tenant, Travel, and Motorcycle & RVs. On the right of this bar are buttons for 'File a Claim' and 'Get a Quote'. The main banner features a woman and a man looking at each other, with a green overlay containing the text: 'You could save when you bundle car and home insurance with us' and an orange 'Get a quote' button.

Coverage that fits your needs

Welcome Royal Canadian Artillery Association Members

Being a member means you have privileged access to the TD Insurance Meloche Mannex program, which provides savings through lower preferred insurance rates, plus enhanced protection that can be adapted seamlessly to your changing needs.

See how TD Insurance coverage fits your needs

A horizontal row of five icons on a light gray background. From left to right: a car icon labeled 'Car', a house icon labeled 'Home', a suitcase icon labeled 'Travel', a motorcycle icon labeled 'Motorcycle', and a boat icon labeled 'Recreational'.

As members of the Royal Canadian Artillery Association (RCAA), soldiers of the 7th Toronto, RCA are eligible for preferential Auto and Home Insurance rates from TD Meloche.

“The Royal Regiment of Canadian Artillery <http://rca-arc.org/> – also referred to as “The Royal Regiment”, “The Regiment” or “The RCA” – comprises the Regular and Reserve units and personnel of the artillery branch of the Canadian Armed Forces.

In order to obtain these rates simply go to <http://rca-arc.org/the-rca-association/join-us/> click on the **Serving Members Join Here!** button and fill out your information. Your member fees have already been paid for by the Regiment.

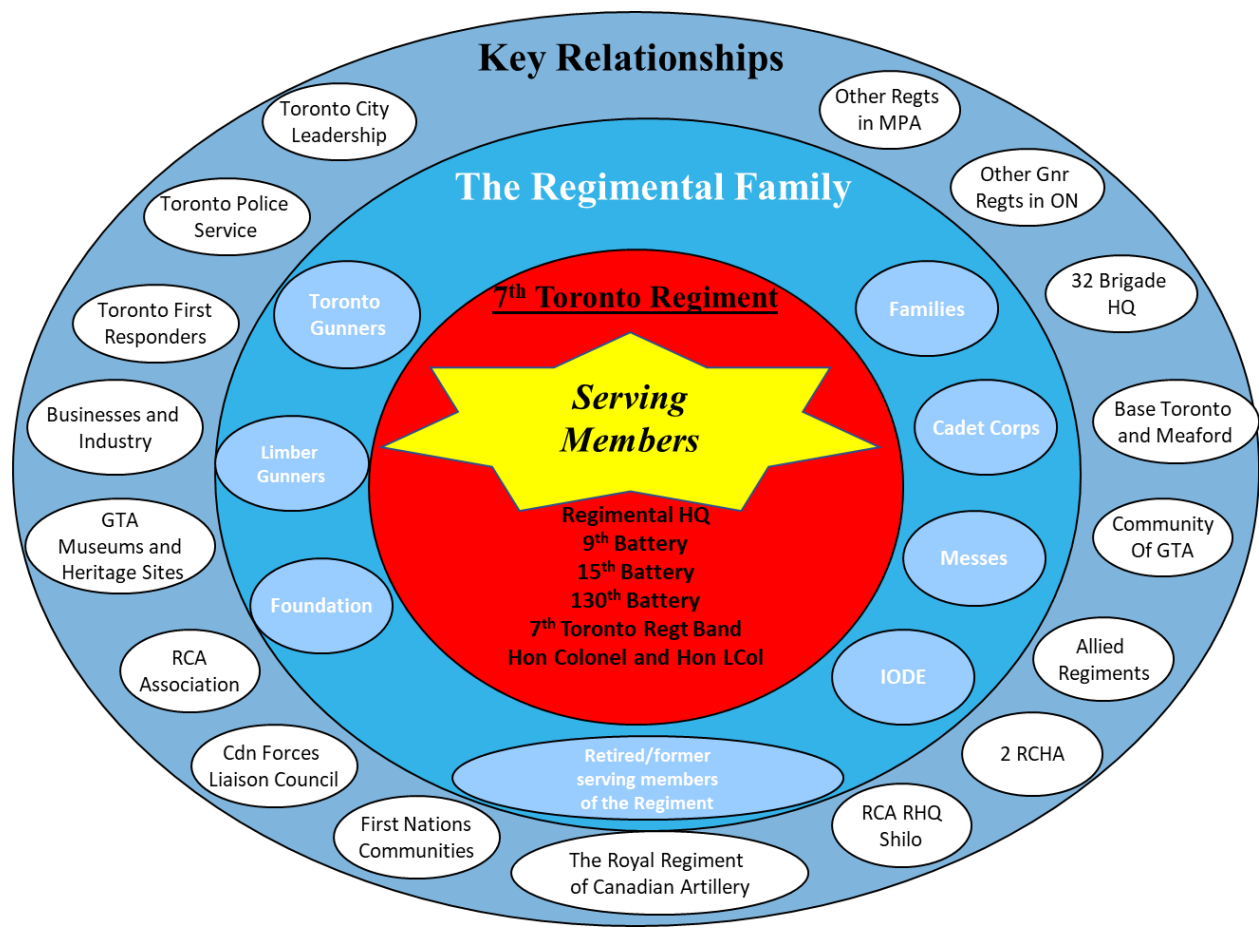
Once that is done you can contact **TD Meloche** by clicking on <https://www.tdinsurance.com/affinity/rca-aarc> or calling them at **1 877 777 7136**.

Be sure to mention you belong to the Royal Canadian Artillery Association and are seeking their preferential affinity rates. I recently signed up myself and the rates were quite competitive. Also, you are helping the RCAA and its support programs as they get a small contribution from TD Meloche.

Ubique!

B. (Bill) Kalogerakis, CD
Colonel (Ret'd)
Vice President, Royal Canadian Artillery Association, &
Former CO, 7 Toronto, RCA

NEWS FROM THE REGIMENTAL FAMILY



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

WHO ARE THE LIMBER GUNNERS?



25 pounders

The Limber Gunners (LG) of Toronto is an organization formed to assist with the maintenance, restoration, display, and future acquisition of historic artillery and associated military equipment owned by the Toronto Artillery Foundation (TAF).

The Limber Gunners operate the following equipment for ceremonial gun salutes: a Quad Field Artillery Tractor, 2 x 25 Pounder Quick Firing Howitzers and 2 x 25 Pounder Gun Limbers.

In a normal year, the LG re-enactors participate in approximately 18 events. The events include

supporting their affiliated unit, the 7th Toronto Regiment, RCA on the Victoria Day, Canada Day and Remembrance Day Salutes.

In addition, the LG supports the wider community with salutes and displays which helps with outreach, recruiting and raising money for upkeep of the equipment.

The LG have approximately 70 members of which about 20 will participate in an event. Depending upon the event, the LG re-enactors will dress in post WWII Battle Dress, Blue Blazer and Gray Flannel pants or Artillery Golf Shirt and Artillery Ball Cap.

105 RCACC STREETSVILLE ARMY CADETS YEAR-END UPDATE

by WO Emily Lee

The cadet year of 2020-2021 has been full of ups and downs during this pandemic. However, 105 Streetsville RCACC has worked hard to make this year an eventful and purposeful one.

For the majority of the year, Ontario has been in lockdown, therefore all training has been performed on online platforms, such as Google Classroom, Zoom. However, although there were no in-person activities, the Corps made numerous efforts to make this virtual year as fun and entertaining as possible.

In October 2020, there was a Pumpkin Carving Contest. In order to participate in the Pumpkin Carving Contest, cadets had to attend a mandatory knife sharpening lesson to ensure their safety when carving pumpkins at home.



Bdr Ganeva's entry for the Pumpkin Carving Contest.

There was also a Gingerbread Man contest in December 2020. They had to decorate the cookie by themselves. The cookies were judged by creativity,

difficulty, and appearance of deliciousness, resulting in 3 different awards.



3rd place award to MWO Kim's entry for the gingerbread decorating contest

Another way that 105 celebrates the winter holidays is by concluding the year with an annual Mess Christmas Dinner. Unfortunately, this event was not run in-person, therefore the singing of "Screw Guns" and the raffle prizes did not occur. However, cadets still ate their own dinners together on zoom and held their Christmas spirits by socializing with cadet friends. This year's Christmas was still a very meaningful Christmas, as there were 2 charities that the Mess Committee decided to donate \$378 of their funds towards: The Shoebox Project and Plan International. Our corps is very proud that we still managed to have an impact throughout this tough time at home.

In the cadet program, there are certain mandatory cadet activities that must be completed in order for cadets to pass their Star level. One of these activities is Fitness Testing. Normally, the Fitness Testing would be conducted in-person at a gym. However during quarantine, cadets have been given a number of exercises to complete in their homes.

Another way the Cadet Corps has encouraged cadets to stay active is by introducing fun Zumba nights. All the cadets were to have their cameras on to show their awesome moves and to have fun with fellow cadets.

There were also special nights where special guest speakers were invited to the zoom meetings to give insight on what the cadet program could lead into.

As cadets were to also attend all 4 mandatory FTX, as part of their training, the Cadet Corps has found a virtual way to run the FTX this year. All 4 FTX took place on Saturday mornings with interactive lessons and activities taught by Master Cadets. At the end of the FTX, cadets were assigned FTX assignments that forced cadets to go outside and simulate the same activities that would've taken place in person.

For example, the winter FTX was conducted in February 2021, and cadets were to build snow and improvised shelters, in either a nearby park or their backyard, and show their knowledge of how to dress for the frigid temperatures. The remaining 3 FTX were conducted in May 2021. The Navigation/Trekking FTX had an optional assignment that encouraged cadets to go outside on a trek/walk with their backpacking kit and to try identifying the types of plants, trees, and wildlife that they were taught in their lessons. The Orienteering and GPS FTX taught cadets how to use a compass and how to read a map. There was an optional assignment that encouraged cadets to go to Erindale Park and navigate their way from each point, according to the map given. Lastly, the Bivouac FTX taught cadets how to survive in the wilderness, such as how to make fires, find and collect drinkable water, and set up types of tents, such as hoochies. The Master Cadets did an excellent job in running the FTX and teaching cadets the essential skills they will need for the upcoming years when training resumes in-person.



Retired RSM CWO Tang in his snow shelter to complete the assignment for the winter FTX

During the cadet year, there was a change of RSM from CWO Tang to CWO Mehta.

Another important change in the cadet year is the stepping down of CO, Major Edelsward. On June 19th, 2021 there was a change of command for the Corps of 105. This is an important change, as Major Edelsward has been serving with 105 since November 2000. The entire cadet corps is so thankful for all the 20 years of his service to the corps, including 4 and a half years under his commands as CO. It is a special change as it occurs every 3-4 years, and we wish him the very best as he moves on to another cadet unit.

In his place, Captain Shannon Pecore has been made the Commanding Officer of 105.



The virtual Annual Ceremonial Review taken place on zoom featured a video of the Change of Command take place in person, following COVID-19 guidelines.

This cadet year was a memorable one and the Cadet Corps did as much as they could to make this a fun and productive year that had not gone to waste. On behalf of the cadets of 105, we fully appreciate all the hard work and effort that has been put into this virtual year. Thank you.

818 ROYAL CANADIAN AIR CADET SQUADRON YEAR-END UPDATE

The Training Year has come and gone for the Staff and Cadets of 818 Squadron Cadets.

This year has been challenging but very rewarding at the same time.

We all have learned a lot about ourselves and how important teamwork and adaptability really is in a program like the Canadian Cadet Organization.

As you may know, for the entire year all In-Person Training for our group was suspended and 100% of our meetings, training and activities were to be conducted virtually.

We transitioned smoothly. I am proud of what we accomplished.

Our Squadron unfortunately lost a lot of members going from around 70 in 2019/2020 down to 35-40 members at the end of this year. However, 100% of our cadets who actively participated passed their training levels and were will be promoted once we can return and they can fulfill practical assessments like drill and parade formats.

As the CO, I can see a lot of potential in how we were able to create flexibility by utilizing virtual training platforms and really want to explore new ways to keep virtual elements in our Training Program even when we finally return to in-person opportunities.

There still remains a lot of uncertainty, as to how the future of our program will look, but I believe our Squadron will bounce back as we rebuild.

The staff and I are prioritizing two things this summer. First, developing an engaging and comprehensive training plan. Second, strengthen the relationship through better communication, with our cadets and their parents to ensure good retention and recruitment for a strong start to the 2021/2022 Training Year.

It is an honor to be a part of the 7th Toronto Regiment Family and I thank you all for the years of support and guidance during the best of times and the worst of times. I hope that next year brings more opportunity to collaborate together.

From all the cadets and staff of 818 RCACS I wish everyone a safe, healthy and fun filled summer.

Daryl Abbott
Captain
Commanding Officer
818 RCACS

CHANGE OF COMMAND



CHANGE OF COMMAND

From

Lieutenant-Colonel Navraj S. Grewal, CD

To

Lieutenant-Colonel John W. Dean, CD

Reviewing Officer

Commander 32 Canadian Brigade Group
Colonel John M.C. McEwen, CD

2000 for 2030 hours

Monday, 27 September, 2021

Moss Park Armoury, 130 Queen Street East, Toronto, Ontario

Additional Family, Friends, Employers, and Guests Welcome
RSVP by 07 Sep 2021 to Derrek.Watson@forces.gc.ca

SMALL ARMS TRAINING AT MOSS PARK

Good shooting!



UBIQUE

