

TAKE POST

THE JOURNAL OF THE TORONTO GUNNER COMMUNITY

January 2022 Edition 27

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This journal, "Take Post", is published under the authority of the Honoraries of the 7th Toronto Regiment, Royal Canadian Artillery. Take Post reaches out to all Gunners and those interested in being part of the Regimental Artillery Family of the Greater Toronto Area.

The purpose is to share information and strengthen the ties between serving members, retired Gunners, Gunner families, friends of the Artillery, and the Greater Toronto Community.

Notes, letters, and articles to the "Editor" can be sent to HLCol Jeannette Chau at jchau@sympatico.ca

MESSAGE FROM THE HCOL



Hoping this issue of Take Post finds you well.

2021 is now behind us and many might say “good riddance.” We are now almost two full years into the pandemic and COVID continues to be a

dominating factor in our lives. The past year has been frustrating in that many exercises and events planned were either cutback or cancelled. This has been our reality since COVID began.

Moss Park Armoury is currently closed except on a very restricted basis. Opening and then closing again made for a bit of a roller coaster in 2021, with signs of the pandemic easing last Fall and then the outbreak of the Omicron strain throwing us right back to the starting line, or so it seemed. As I write, there are again some positives on the horizon, and the provincial government has announced some partial re-openings effective at end of January. We can only hope that we are seeing progress in bringing the COVID situation under sufficient control such that we can resume our usual activities soon this year.

We particularly 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.

Despite COVID hindering both our recruiting and training objectives, 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.

There were a couple of positives this past year. 2021 was the year of UBIQUE 150, marking the 150th anniversary of the Guns in Canada. With the adoption of our UBIQUE 150 uniform patches and various events held mostly virtually, gunners across Canada found ways to modestly celebrate this milestone and mark the historic and important contribution of the Artillery to the Canadian Army.

Also, the Toronto Artillery Foundation, which exists to support the serving Regiment, was able to once again team up with renowned Canadian tenor John McDermott to raise funds for the regiment. More to follow on it later in this issue.

While COVID has certainly thrown-up its share of obstacles, let’s stay focused on planning and moving forward as best we can. Stick with your best practices at home, at work, and with 7th Toronto Regiment. Being able to adapt, persevere, and get what needs to be done accomplished are hallmarks of the Army. These clouds will eventually lift and we need to be as ready as possible when they do.

Despite the pandemic, the world is not stopping. There are areas of tension in several parts of the world, and being prepared to contribute to Canada’s security when called upon is a sacred obligation of our nation’s Reserves. You do your part when staying dedicated to your individual and unit responsibilities.

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.

Wishing you all a healthy and prosperous 2022. And hoping to see you in person soon!

UBIQUE!

HCol Mark Clearihue

WORDS FROM THE CO

Reflecting on 2021 and Moving Forward into 2022

LCol J.W. Dean

I would to start by wishing everybody a Happy New Year and best wishes for a successful and prosperous 2022!

The Regiment continues to push forward while working within the restrictions of COVID 19. Congratulations to all of you for the effort and work you accomplished in 2021.

The Regiment was able to start parading in person back in July/August of 2021. I was happy to see members transition back to parading in person as we resumed the 2021/2022 training schedule. We were able to record the kneeling gun drill round for the Ubique 150 celebrations, conduct 2 X Small Arms Exercises, as well as our first live Gun Exercise in almost 2 years.

Those of you who were able to attend the Remembrance Day Gun Salute will recall that we were met by Premier Doug Ford who expressed his appreciation and support to all serving members in the CAF. It was certainly a busy Fall and was shaping up to be an equally busy winter.



Premier Doug Ford inspects troops from 7th Toronto Regiment during a Remembrance Day Salute 11 Nov 2021.



Sgt Musgrave – Gun #1 Fires during the Remembrance Day Salute.



Sgt Potts – Gun # 2 Fires during Remembrance Day Salute.



Sgt Latta – Gun #3 Remembrance Day Salute.

As you know numbers have spiked again with the virus affecting our in person parading at Moss Park Armoury. Planned training events will continue as scheduled to include things like: Exercise Frigid Fighter 22 – 23 Jan (Cold Wet Weather Preparations) and Exercise White Walker 25 – 27 Feb (Meaford Gun Exercise – May be run at MPA). There will also be a Command Post Exercise held in March 2022 where we will practice firing at the Regimental Level.

It is important to maintain regular attendance at the virtual meetings on Monday nights so you can keep yourself up speed with what is happening at the Regiment as we continue to move forward through the training year.

I would like to remind everybody that the Regiment is working towards achieving a 90% completion rate of all Individual Battle Task Standards (IBTS). Our key deliverables with IBTS is to get everybody qualified on their personal weapon (C7), Chemical Biological Radiological Nuclear (CBRN) qualification - available on the Defence Learning Network (DLN), Media Awareness (DLN), Information Security (DLN), and First Aid/CPR.

The Regiment will be holding a First Aid Training session at Moss Park during the weekend of 5 – 6 February 2022. Members should consult their chain of command to confirm your qualification status as we still have a number of members who require this training.



Butts Party - Ex Sharp Shooter 1, Borden ON

It is my hope that everyone and their families are able to continue working, or going to school during the pandemic. I look forward to being able to return to 100% parading in person at some point in the near future. Stay safe and healthy!

Ubique!



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

MESSAGE FROM THE RSM



CWO Michael Bechmanis, CD

Professionalism and resiliency – these are the tenants that are the focus of my first broadcast as RSM to the Regiment.

Acknowledging that there's been changes happening within this institution over the last few years, the foundational realities of being a soldier shall never alter. Soldiers are required to be professional and be resilient through adversity. Canadians expect us to deliver effects; whether it's domestically or being sent overseas to conflict zones. It behooves us to take this time and ensure that we're prepared for the realities of today and the challenges of tomorrow.

We have a lot of expectations placed upon us as soldiers: Professional in our dealings with each other, with the general public, how we act and how we do our jobs.

How do we prepare for this as members of the Profession of Arms? We achieve this goal through hard work and effort. Ensure that we're tactically and technically proficient in our trade and as soldiers. This permits us to produce the desired effects and therefore be trusted by Canadians to do the job.

Take the time to train, physically and mentally, expose yourself to the different facets of military life

to gain experience and seek out opportunities to learn how to lead. Care about what you do as a member of the Regiment and how your actions (or inaction) reflects upon yourself, the Regiment and the CAF.

While Canada, and the rest of the World, continues to emerge from the pandemic we continue to be called upon to assist in a full spectrum of operations. We must be willing to answer that call – domestically or expeditionary.

Being a member of the Profession of Arms requires us to be mentally resilient and physically ready to respond rapidly regardless if assistance is desperately needed in a permissive or non-permissive environment or our personal comfort. Therefore resiliency, and building up intestinal fortitude, in order to complete the mission or task at hand is a requirement. Understand that you're not building this skill alone – you're part of the Regimental family. You have access to resources (people) to build up this required skill which will arm you to handle or adapt to any situation which you find yourself.

As we move forward towards another RST, understand that there are many opportunities to build up these skills. There are opportunities to train and grow as Gunners, experience different facets of military life through various tasks and learn how to lead. Take the first step and express your interest and availability to your immediate supervisor. Decide to contribute to the success of this institution and the missions assigned to it. Decide to be better and a positive influence.

CWO Michael Bechmanis, CD
Regimental Sergeant Major
7 Toronto Regiment, RCA

REGIMENTAL ORDERS PART II

Honours, Awards, Promotions & Appointments

Promotions

Congratulations to all those who have been promoted!

Rank & Name
LCol J. Dean
Capt Arseneau-Bruneau
Capt T. Cooke
Capt F. Fa
Lt Cham
CWO M. Bechmanis
WO Bingham
Sgt J. Latta
Sgt Marshall
MBdr S. Chlipala
MBdr M. Hill
MCpl P. Koch
MBdr D. Weaver
Bdr. K. Anagnostopoulos
Bdr S. Bacon
Bdr A. Estella
Bdr J. Haigh
Bdr T. Gaudet
Cpl T. Govender
Bdr M. Gradecka
Cpl S. Sevastyanov
Bdr A. Wong

CO/RSM COMMENDATIONS

2Lt S.K. Waterman
Sgt R.S. Johnston
MBdr M.K. Hill
Bdr J. Silva
Bdr R.P. Dos Santos

CANADIAN FORCES DECORATION

Bdr P. Devlin
MCpl P. Koch
Bdr Y. Krulevich
Cpl J. Smith
Bdr L. Yip
2Lt S. Waterman
Maj E. McBride



OPERATIONS SERVICE MEDAL

Operations Service Medal – Expedition – OP IMPACT:
Capt M. Galloway

Operations Services Medal – Humanitas – OP Renaissance :
Sgt B. Bingham





Appointments

As of Jan 2022

NAME	POSITION
RHQ	
LCol J.W. Dean	CO
CWO M.I. Bechmanis	RSM
Maj C.R. Roach	2IC
9 Bty	
Maj E.J. McBride	BC 9
MWO J.M. Murray	BSM 9
Capt M.R. Galloway	BK 9
Capt F.Y.H. Fa	GPO
Sgt M.M.W. Litwin	BQMS
15 Bty	
Capt P.A. Thompson	BC 15
MWO J.C. Lombara	BSM 15
Capt Jones	BK 15
2Lt A.F. McDermott	LUSAR TC
Sgt C.J.R. Harris	RECRUIT TROOP TC
2Lt K. Chu	IBTS Cell Tm Ldr 1
2Lt F.T. Malik	IBTS Cell Tm Ldr 2
130 Bty	
Capt E.C. Laxton	BC130
Capt R.J. Morningstar	ADJT
PO2 D.M. Watson	CHRA
Lt L.F. Orellano-Castillo	FINANCE OFFICER
Sgt J.C.S. Wood	FIN NCO
Maj S.A. Graham	OPS O/RCPO
Capt T.C. Cooke	FSCCO
Sgt B.R. Bingham	OPS WO
MBdr Mason	LUSAR SME
Sgt A.W. Noh	RQMS
Capt D.A.R. Clarke	PADRE
Capt N.A. Arrigo	DIRECTOR OF MUSIC
MWO D.M. Hicks	BAND 2IC
Sgt J. Latta	RECRUIT OFFICER

CP TECH 2022



Written by: MBdr Altobello

7th Toronto regiment recently concluded a Command Post Technician course, persevering through the continuing and changing difficulties that the ongoing pandemic has caused. The dedication shown by members of the regiment made this possible, with both instructors and staff working during their so-called ‘off hours’ to ensure that the course was a success. The course ran over a period of three months every weekend with the exception of two breaks.

CP Tech is the best technical course for Gunners of the CAF to take to have a better understanding of the science that goes into shooting the guns. Candidates learned how to produce firing data for the guns in various types of missions and special procedures. The best part about the course is getting into the academics of why certain

things are done in a specific fashion really allows a more well-rounded understanding of every other role on the gun position. After their DPI, every Gnr knows by rote memorization the basics of Fire Discipline, but until they’re fortunate enough to complete CP Tech the meaning and principles of those words are just that, rote memorization.

CP Tech teaches you more about types of ammunition, fuses, trajectory, weather, and ballistics. Another, unexpected benefit of the course is that it makes the students wonder more about the information that *isn’t* covered. For example, we all have passing knowledge that the Canadian Corps in the Great War fired off a (for the time) complicated fire plan in the battle to take Vimy Ridge, but now I wonder how they were able to calculate that much information on that scale without the aide of modern instruments.

The course graduated after completing their live fire exercise (done in conjunction with 11 Field) over the weekend of 19-21 November 2021, which included various types of missions but all agreed that the most intense thing we did was fire planning. Co-ordinating the intentions of the originator and recording targets while under a strict timeline proved that while fire planning seems simple, in practice it can be very stressful. Sgt Chris An, a candidate on the course, was the one ‘in the breach’ for the fire plan, and performed admirably.

Ultimately the regiment was able to persevere despite the material and logistical difficulties of the course and generated several new qualified technicians for the CP. Everyone who completed the course successfully was able (and encouraged) to take great pride in their accomplishment, with CP Tech being recognized as one of (if not *the*) the most difficult courses that are run by the Primary Reserves. As Sgt Allen Noh was quick to remind the candidates however, “Don’t rest on those laurels yet...**now you need to do GATS!**”

PARA TRAINING



On December 6, 2021, 9 Battery had an introduction to para training with parachute instructors from the Queen's Own Rifles. This is "required" to go on the basic parachutist course and was a good experience for all who took part.

UBIQUE!

7th TORONTO RCA BAND

This article recounts the happenings of the band from Sept 2021 -Jan 2022.

In the early fall, the covid numbers were low and most of the Canadian Forces were resuming training but bands were still adopting a wait and see posture that did not allow for in person training.

Discussions were underway since the summer to bring about a resumption to rehearsals and dare I say, performances in public.

Virtual training was a major part of our Monday evenings. This included Individual Battle Task Standards (IBTS), and individual practice since the Regiment was back in Moss Park. But our lives ramped up when the Division Commander allowed the go ahead for rehearsals to resume.

DALTON ARMOURY became the home of the all the brass/reed bands of the Brigade.

Technically, Dalton Armoury is the main area of the Battle School. It is a newer building by Armoury standards; the space is conducive for one platoon, or for our purposes a band of 25 spaces 2 metres apart.

Our rehearsals, as always were Monday nights and we began just after Thanksgiving.

The space was very live which meant that the echo in the room lasted 3 seconds. This caused the band to produce a booming sound.

The only solution was to temper all musical output. If the piece was to be loud, the band would have to play half volume to allow the echo to minimally impede the rehearsal.

Our time at Dalton allowed us to bond again as a subunit of the Regiment even though we missed our direct contact with our Artillery family. For most, we had not seen each other in since March 2020.

The band did begin immediately to prepare for our first performance in conjunction with 48th Highlanders at Old City Hall for Remembrance Day.

The city of Toronto asked for a small contingent for the ensemble and it allowed for the debut of Sergeant Dawn Rego to take the roll as Drum Major for the Ceremony. She did an outstanding job. Thanks to the preparation provided her by MWO Darrin Hicks.



Sgt Dawn Rego at Remembrance Day at Old City Hall, Toronto

Around the beginning of November, an order came down the Chain allowing for more loosening of restrictions. Dinners were allowed in Garrison and bands were allowed to rehearse back in their own band rooms. So, we packed up all the equipment and returned to Moss Park as we prepared for the Soldier's Christmas Dinner for December 18th.

Unfortunately, the Omicron variant brought all training to a halt the night before the dinner and the event was cancelled.

There are some good things happening in the band while we are still not parading. We

welcome to the rank of Sergeant, David Marshall. We expect good things from him in the next few years as he accepts more leadership responsibilities in the band and the unit.

The band members look forward to spring and the possibility of getting back to work in the unit as soon as we can.

Capt Nick Arrigo
Director of Music
7th Toronto Regiment RCA Band

JOHN MCDERMOTT CONCERTS



Lest We Forget / A TAF Virtual Fundraising Concert

In honour of Remembrance Day 2021, John McDermott presents a virtual concert of songs and stories in honour of our brave Veterans and Service Personnel. (A fundraising event in support of the Toronto Artillery Foundation.)

The Toronto Artillery Foundation, which exists to support the serving Regiment, was able to once again team up with renowned Canadian tenor John McDermott.

John held both a Remembrance Week concert and his annual Christmas concert virtually, with the TAF as beneficiary. The financial results are still being tabulated, but it looks like these events will generate several thousand dollars to our Foundation. This is



great news and we thank all who participated through donations and purchasing tickets. A healthy Foundation allows expenditures for things not covered by government and vital to the health of the Regiment.

Thank you, John! We are very appreciative!

Thanks also to HCol Mark Clearihue who led this undertaking.

UBIQUE 150 COMES TO AN END



Between 1 April and 4 December, the RCA celebrated the 150th anniversary of the establishment of A and B Batteries – the first “full-time” or “regular” elements of the artillery– which is a significant Canadian military milestone.

7th Toronto Regiment also celebrated in this year its 155th anniversary of its formation as a volunteer, militia unit.

A cross Canada video contest was held that produced 15 outstanding productions from Regiments across the country, including one from 7th Toronto featuring our amazing band.

The UBIQUE 150 Patches on operational dress during the commemorative period are no longer to be worn, as our celebration time has come to an end.

We were able to record the kneeling gun drill round for the end of the UBIQUE 150 celebrations.

Each of the units of the Royal Regiment of Canadian Artillery fired a single round salute to celebrate UBIQUE 150, which was put together into one video for a cross Canada salute. Regiment Right! One Round Fire For Effect!



Watch [here](#) to see the guns in action, including 7 Tor.

Music performed by the Royal Canadian Artillery Band

GOOD SHOOTING!

CONGRATS TO THE 7 TOR ARMY RUN TEAM!



Congratulations go to all the participants of the 7th Toronto Regiment Canada Army Run Team!

In 2021, the annual Canada Army Run themed the virtual 5K and the 5K+10K runs in honour of UBIQUE150 - so it was the Artillery's year to shine and put in a team! It was also a fundraiser for Support our Troops.

The 7th Toronto Regiment Team had 30 team members consisting of serving members,

regimental family, family and friends walking or running in either the 5K up to the 26.1K.

The team placed 6th overall in fundraising for Support our Troops, out of over 300 teams, and was right behind 2RCHA. Way to go team!

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

LAST POST

In Memory of David J. Anderson, CD2, WO, Retired May 1964 - December 2021

By Joe McCormack

WO Anderson joined the 7th Toronto Regiment in the spring of 1982 as part of the Summer Recruit Training Program SRTP. His course started June 17, 1982.



He trained as an Artillery Communicator after his recruit course in Borden, then gunnery training in the fall of 1982 until the spring of 1983. WO Anderson rose through the ranks quite quickly, BDR in 1983, MBDR in 1985 and SGT in 1993, he was promoted to WO in 2001 after his advance tech course.

WO Anderson was qualified in Gunnery, Artillery Communications, Artillery Technician, Artillery Diver Wheeled, Driver non-trade/TQ1 MSEOp, Artillery Detachment

Commander, MSEO (Reserve), Jnr NCO (which I took with him), Radiation Safety Officer, SLC and finally QL6B pt 1 and 2.

During this time, he managed to get his diploma in Business Administration from Seneca College, graduating in June of 1986, WO Anderson gained employment out of high school with an industrial pump company, originally Hydro Dynamics, who he was still working for upon his passing, this is rare dedication.

WO Anderson filled many roles with the unit over the years, Gunner to Sig, Arty Tech to Det. Commander, many a Gunner may have had their first interaction with WO Anderson while he was the unit Recruiting Sgt. He enjoyed this job the most as he really liked travelling to schools and malls as the unit Recruiter.



He was also the BQ which many a Det. Commander appreciated as he was the Radar O'Reilly of the unit, somehow, he always had what you needed regardless of what the RQ said! Grease pencils to gun tape to paracord, he never disappointed. If you forgot

something or ran out, he was sure to have packed it and brought it to the field.

WO Anderson also had an important role within the unit as the 9Bty Tech WO, this is a job that he excelled in and one that had him train many a CPO in the finer arts of running the Box.



He was organized and quick witted, always taking care of the troops first, himself second, but most will remember his grub box, which was always the envy of the gun line. While I was TSM I made sure to stop by for a tasty morsel when the smell of fresh bacon wafted over the gun line, he was never lacking fresh food on a weekend EX.

He also ran many courses at the unit, Spearheading the pre 6A to help MBdr's get ready for their 6A which resulted in a large increase in the pass rate for 7Tor members taking the 6A/ Det. Commander course.

His leadership while running Sig. Driver and Gunnery courses was second to none as he was Course WO on many an Area (at the time) and later, Brigade run courses. The Battle School was always his second home while still fulfilling his unit duties, he worked tirelessly,

giving more personal time to the unit than anyone.

He was the Treasurer of the WO and Sgt's Mess and then a vice and finally, PMC. He was trusted and admired, the days of his leadership in the mess were some of the better years we had, many a function was run by him with the guidance of Sgt. Maj Denise Gordon, the 2 of them ran some of the best Arty Day and St. Barbara day dinners ever.



His last position in the unit was as BSM of 9 Bty, all the WO and Sgt's, as well as the Officers mess, respected and listened to WO Anderson. He was articulate, kind, well prepared, always there when called upon, eager to give advice to a gunner or a Major.

His commitment, guidance, leadership, communication and passion for the Bty and the unit as a whole, was reflected back into the commitment of the Sgt's in key positions and then down to the MBdr's whole took their lead from him. These were some of the best years for 9 Bty, at times when the unit was sagging in numbers, 9 Bty was always strong as a direct result of his hard work.

WO Anderson worked tirelessly for the unit, devoting much of his personal time to filling

in many of the unoccupied positions which were customary of the 90's and early 2000's. Like many of us, wearing many hats was something that he thrived doing, BSM to TSM to BQ, all in one weekend, he led by example, which we all emulated.

He was also the Founding Member of the LODB, a sub unit organization which he created to promote Camaraderie, Esprit De Corps and brotherhood within the WO and Sgt's mess, while the unit was going through lean times. This brought cohesion to the shrinking numbers but brought us closer together and created a stronger bond in the mess to the remaining members.

WO Anderson retired in the fall of 2006 and was released from the Supplementary Reserve on 31 January 2016, literally stepping into a senior role with the Limber Gunners.



Devoting personal time as a volunteer, always counted on to be there when needed, he was the supplier of the large BBQ many a welcome home feast was cooked on when the unit came home after summer training.



In his role with the Limber Gunners, he was always there when called upon for salutes and displays, rarely missing any events unless there was a conflict with family.



In later years he was a devoted son to his ailing parents, being the caregiver to his mother Maryn and his father Bob until both passed on.

For someone to be asked to write a Bio for a best friend there is no better person to write about, there was never a worry about something to cover up, never something to hide, he was the epitome of a Leader, devoted to his craft.

WO Anderson passed away just before New Years Eve 2021, leaving 2 brothers in blood but many brothers-in-arms. There are many left to carry his torch, when you see us please ask for a story as there are many.

LEST WE FORGET

NEWS FROM THE REGIMENTAL FAMILY

818 ROYAL CANADIAN AIR CADET SQUADRON

Capt Daryl Abbott

The first half of the 2021/2022 Training year has been a rollercoaster with another lockdown taking opportunities away from our cadets but we're looking to get back on track quickly.

Positively the Training Year started with the optimism of a return to in-person Training by early October and with the help of leadership at Moss Park Armoury, the Cadets of 818 Squadron were one of the first groups in the Toronto Core to return in-person.

With an almost 2-year absence from practical Training our Senior Cadets were excited to return, but also in need of that "old school" in-person leadership development. Therefore, for the first 6 weeks, a program was adopted where only our Senior Cadets would attend and the Staff of 818 Squadron would help build teamwork as well as training and develop their leadership and instructional skills in preparation for the group of junior cadets they would be leading throughout the year.

The entire Canadian Cadets Organization understood that this Training Year was modelled to emulate a crawl, and not a sprint to get back to normalcy. That means that there is a lot we cannot do with our cadets, just yet, outside of regular training nights.

However, we are all working to make the best out of what is at our disposal to give the cadets as many opportunities to develop skills, learn new things, understand the importance of serving and advance themselves and those who they aim to impact.



818 Sr Cadets after they completed their 6 week developmental Training Course.



A newly promoted Flight Sergeant teaching a drill class to a group of new recruits.

105 RCACC STREETSVILLE ARMY CADETS

New Beginnings: Cadets at 105 RCACC Look Forward to a Hopeful and Exciting Training Year!

Article by: Master Warrant Officer Karen Nayiga, Cadet Correspondent,
105 Streetsville Royal Canadian Army Cadet Corps



After one and a half years of connection issues and virtual field training exercises, it is safe to say that many cadet units found relief with the approval of in-person training.

For cadets at 105 Streetsville RCACC, the return to in-person training brought a feeling of excitement, hope and togetherness. Along with the addition of more than sixty new recruits, training and cadet engagement has reached new heights at this steadily growing cadet unit, located in Mississauga, Ontario. From volunteering during the poppy campaign to constructing a bell tent, here are some of the many activities that cadets at 105 have taken part in from September to January.



MWO Maltland places a poppy during the Remembrance Day Ceremony. Photo by Capt. Shannon Pecore, Unit Public Affairs Representative.

Legion Poppy Campaign and Remembrance Day Ceremony

In the days leading up to Remembrance Day, over 92 cadets volunteered their time to support the Royal Canadian Legion with selling poppies. The support of the cadets was unwavering and continued well into the solemn overnight vigil and Remembrance Day ceremony.

Bivouac Field Training Exercise (FTX) and Cooking Lessons

Cadets bundled up for a weekend of outdoor activities during the Bivouac FTX. Activities included lessons on survival skills and team building in the field, as well as building a bell tent and lighting a lantern. The success of the FTX would not have been possible without the many officers and civilian instructors who helped facilitate the exercise, including Sgt Litwin from the 7th Toronto Regiment. Fourth-year cadets also participated in live cooking lessons held on November 30 by the senior cadet instructors. Cadets enjoyed a variety of meals that were prepared, from burger-style sandwiches to garlic shrimp pasta!



WO Haidry instructs cadets during the Bivouac FTX, held on November 13-14. Photo by Capt. Shannon Pecore.



MWO Nayiga (left) and WO Newall (right) smile next to the food items collected for the donation challenge. Photo by Capt. Shannon Pecore.

Holiday Hope Donation Drive

Just in time for the season of giving, 105 Cadets challenged 186 Haida Sea Cadet Corps in a food donation challenge for Eden Food for change. Lasting until December 18, an incredible 1272 food items were collected by both corps, with 752 collected by 105's very own cadets. The generosity of cadets at 105 continued as they donated items to make the holidays special for two local families in need.

Despite the emergence of the omicron variant that has led to a return to virtual training, 105 cadets remain hopeful that the rest of the training year will be abundant with exciting training and leadership opportunities. Together as one unit, cadets at 105 Streetsville RCACC will continue to overcome whatever challenges life throws at them. It may not always be easy, but along the way, cadets will create a bright path for future 105 leaders

ST BARBARA'S DAY LUNCHEON



Photos from LCol (Ret'd) Jim Brazill

A St Barbara's Day Gunner luncheon was held at the RCMI (Royal Canadian Military Institute) and open to all in the Regimental Family. It was held offsite since the Armouries were not open to the public due to Covid restrictions. We were fortunate to have it take place before the lockdowns came into effect again.

Happy St Barbara's Day to all!

St Barbara is the patron saint of the Artillery and is celebrated on December 4th.

THE LAMP

Major (retired) Konrad Mech

I am sure that when the 7 Tor Officers' Mess opens, some members may wonder **what's the story with the Illum Round lamp by the bar?** Here it is.

In the mid 1980s, when 7Tor was operationally tasked to provide 2 RCHA with a gun battery and an RHQ, the Regiment exercised like crazy. Summer concentrations in particular were very active.

One summer at CFB Petawawa, I was FOO and my crew was MBdr Roger Noke as Arty Tech and Bdr Dave Apperley as OP Sig. 2 Horse were throwing the blocks to us this

summer, and one night I was tasked with a tactical night occupation of an OP in the middle of the impact area.

The kind gentlemen of 2 Horse gave our OP a location right by a swamp. And there was a heat dome, so the temperature at night was in the high 80's with not a breath of breeze.

We parked the jeep with trailer and approached our OP on foot. When we went to ground for the night, the mosquitos were hellish.

We lathered up with CF-issue DEET (the woods-strength Muskol that is so corrosive it strips the orange paint off of pencils) which seemed to act as an attractant rather than repellent. They were so bad we were forced into our down sleeping bags despite the temperature. Even with mosquito netting over our faces, it was virtually impossible to breathe without getting one or 2 in your mouth. It was sheer misery.

Then Noke and I heard this low-volume keening, with steadily increasing slapping sounds, until finally Apperley cried out in sheer frustration: "ah- Ah- **AH- AAHHHH - I THINK I'M GOING OUT OF MY MIND!!!**"

Tactical OP or no Tactical OP, Noke and I broke into hysterical laughter for several minutes.

Next day got no better for Apperley when he stepped onto a ground wasp nest and got mauled with several stings.

Anyway, the lamp.

While Dave was being stung, I came across an expended 155 illum round still attached to its parachute. I had a look at it and did an expedient field assessment of range declarations. I determined that this object was not a live round, or an expended casing. All those things are back at the gun line.

This thing was just an empty metal canister, like a Folgers' coffee tin. So I cut off the chute and stuffed it in my pack.

It spent several months at home, until Dennis Downs mentioned at the mess one Saturday he was going to get something bronzed.

I asked him if I could add this round to the order and so it got bronzed. When I got it

back I realized it would make a nice lamp, but I didn't have the tools to drill it out.

So the bronzed round travelled with Kim and I to Montreal, then three separate house moves in Vancouver before I took it to my work and asked our machinist to take it on as a project in his down time. He had it for 2 years before he got around to making it into the lamp.



The finished lamp was really well done. Then I realized that the only home that made sense was my first Regiment, 7Tor.

I flew to Toronto on family business this past July, and handed it off to John Dean up at CFB Downsview.

I am happy it has found a home in our mess after these many years.

Ubique,

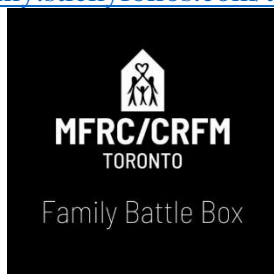
Major (retired) Konrad Mech, CD

(Note from the editor: Thanks to Maj(ret'd) Mech for his donation of the Illumination Round Lamp and the historical account of how it was found and came to be.)

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>



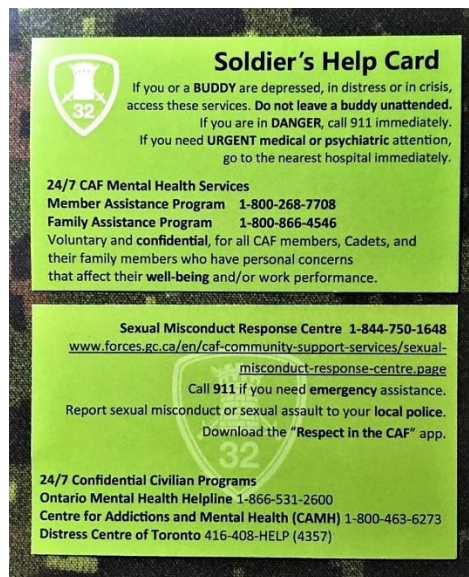
Any member, Regular Force or Reserve Force, or a member of their family may contact the Canadian Forces Member Assistance Program (CFMAP) for any reason. CFMAP counsellors will ensure that families are connected with supports appropriate to their unique situation. While both providing mental health supports, 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) LCol John Dean, Commanding Officer
Email: John.Dean@forces.gc.ca
Phone: 416-999-5175
- b) MWO James Lombara, Battery Sergeant Major
Email: James.Lombara@gmail.com
Phone: 647-829-9844
- c) HCol Mark Clearihue, Senior Regimental Advisor
Email: Mark.Clearihue@gmail.com
Phone: 905-330-3072
- d) HLCol Jeannette Chau, Senior Regimental Advisor
Email: JChau@sympatico.ca
Phone: 416-697-9511

Good shooting!

UBIQUE

