

# TAKE POST

THE JOURNAL OF THE TORONTO GUNNER COMMUNITY

December 2022 Edition 29

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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)

## MESSAGE FROM THE HCOL



Gunners of 7th Toronto and Friends of the Regiment,  
Hoping this issue of Take Post finds you enjoying  
the Holiday Season.

From a COVID-19 standpoint, 2022 was an improved  
year over conditions experienced during 2021. But it  
was still far from a normal one as we have again  
operated within some level of constraints related to  
the pandemic.

Things loosened up over the latter half of the year,  
for which we are grateful, and we hope this trend  
continues. It was great to see so many out to our  
Regimental stand-up BBQ hosted by The Limber  
Gunners in September.

Despite some of these challenges, our Regiment  
continued to function effectively, thanks to the efforts

of all serving members. Your dedication to training  
and self-improvement was evident throughout the  
year. Being able to adapt, persevere, and get what  
needs to be done accomplished are hallmarks of the  
Army. Well done to all in pursuing battery and  
individual improvements.

Similarly, the organizations that exist to support 7th  
Toronto carried on with their respective missions.  
Our Regimental Family Leadership team, The  
Toronto Artillery Association and the Limber Gunners  
continued to meet throughout the year, working on  
ways to support all members of 7th Toronto.

In November, our Foundation was able to team up  
once again with renowned Canadian tenor John  
McDermott to raise funds for the Regiment. More to  
follow on it later in this issue.

The Limber Gunners continue to be impacted by a federal Order-in-Council concerning their 25 pounders, which centres on tightened firearm restrictions for civilians. We were able to enter into a creative and workable arrangement this past summer with the Ontario Regiment Museum which has afforded the return of the Limber Gunners and the 25 pounders to ceremonial events. We hope to obtain formal relief from the Order. In the meantime, it is great to see the Limber Gunners and their historic guns out in public once again.

The war in Ukraine continues to demonstrate the importance of Artillery in the profession of arms. You are part of a critical function of the Army which could be called upon in future conflicts. 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.

As all are aware, the Chief of Defence Staff has issued an order prioritizing recruitment and retention among all services to re-strengthen levels in the CAF. While our Regiment has fared relatively well in maintaining our strength to complement, we can always welcome more recruits! If you know someone that could be a good fit with our Regiment, there is no better endorsement than from a serving member. Reach out and touch someone! You'll be helping the Army and opening a great new life chapter for that person.

Wishing you and your families a wonderful and safe Holiday Season and a very happy and prosperous New Year. See you soon!

UBIQUE!

HCol Mark Clearihue



## WORDS FROM THE CO



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

I would like to thank the men and women of 7<sup>th</sup> Toronto Regiment for the hard work put in over the past few months.

We have been very busy since our stand up in September and everyone has been extremely supportive in growing the Regiment.

Since September, we have fired a 96 Round salute in support of the passing of Her Majesty the Queen, we participated in one IBTS Small Arms Weekend Shoot in Borden, as well as two Gun Exercises in Meaford.

The Regiment returned to St. Clements Church for the first time in 3 years, we were able to fire a Salute in Honour of Remembrance Day, and we were even

able to host our first Soldiers Festive Dinner since being locked down with the Pandemic.

Moving into 2023, we will continue to support the Artillery Communications Course, as well as the first Unit Lead Co-op Course that we will have held in years.

Our primary focus as we move from the CONTINGENCY phase into the COMMITTED phase of the operation cycle is to be able to support operations both domestically and internationally.

7<sup>th</sup> Toronto Regiment will have lots of opportunity to be able to support Op IMPACT (Iraq), which 32 Canadian Brigade Group is the lead mounting force, and Op Reassurance (Latvia), which is being force generated and led by 2 RCHA.

It is of utmost importance that our members are constantly working towards maintaining a green personal readiness, so that when opportunities to deploy are presented we will be ready for the challenge.

Our winter training calendar will provide opportunities to qualify on the FORCE TEST, Personal Fire Extinguisher Training (PFET), and First Aid.

These are all requirements for deployment. Please follow up with your battery leadership to ensure you are present when this training is being run.

Members should be starting to think about what type of employment they would like to have this summer.

The army always has employment opportunities, whether it be as a student on course, an instructor, or employment in a general duties capacity. Our employment opportunities are tailored to work around the schedule of student completing a post-secondary education.

This is best time for members already employed in a full-time capacity to warn off your employer, if you are looking to take time off this summer for a career

course. The more time employers have to plan for your absence the better.

I remain available to assist in negotiating time off for any member of the unit looking to attend Regiment Training or Courses.

In addition to being ready for deployment opportunities, we are also looking to grow the Regiment under Op RECONSTITUTION.

The Chief of Defence Staff has stated that the Canadian Armed Forces needs to grow by 10,000 strong and 7<sup>th</sup> Toronto Regiment needs to capitalize on this opportunity.

If you have family or friends that interested in joining the Army, please advise your chain of command, so

we can invite them out on a Monday night to see what we are doing.

Everybody should be proud of the accomplishments we have made this year as we continue to work ourselves out of this post pandemic environment.

Looking forward to continued success in 2023!

Safe shooting and best wishes for a happy holiday season.

LCol J.W. Dean



## **REGIMENTAL ORDERS PART II**

### **Honours, Awards, Promotions & Appointments**

*\*to December 2022*

#### **PROMOTIONS**

Maj Thompson  
Maj Laxton  
Capt Orellano-Castillo  
Lt Lam C  
Lt Lam A  
Lt Waterman  
Lt Kwok  
2Lt Kingsley  
MBdr Collins  
MBdr Fong  
Bdr Anzures  
Bdr Feng  
Bdr Strazds  
Bdr Celaj  
Bdr Estepa  
Bdr Fuglicek  
Bdr Siddiqui  
Bdr Singh  
Bdr Suvendrakumar

#### **AWARDS**

##### **CANADIAN FORCES DECORATION**

Capt Arrigo – 2<sup>nd</sup> clasp  
CWO Bechmanis – 1<sup>st</sup> clasp  
MBdr Tenzin  
Bdr Devlin  
Bdr Farrell-Jobst  
Bdr MacDonnel



##### **REGIMENTAL COLONEL COIN**

Sgt Jackson  
Lt Lam

*Congratulations to all!*



## Appointments

**As of Sep 2022**

NAME	POSITION
<b><i>RHQ</i></b>	
LCol J.W. Dean	CO
CWO M.I. Bechmanis	RSM
Maj C.R. Roach	2IC
<b><i>9 Bty</i></b>	
Maj E.J. McBride	BC 9
MWO J.M. Murray	BSM 9
Capt T.C. Cooke	BK 9
Lt S.K. Cham	GPO
Sgt C.C.S. An	BQMS
<b><i>15 Bty</i></b>	
Maj P.A. Thompson	BC 15
MWO J.C. Lombara	BSM 15
Capt J.A. Henry	BK 15
2Lt A.F. McDermott	C TP, TC
Sgt C.J.R. Harris	C TP, 2IC
2Lt K. Chu	IBTS Cell Tm Ldr
<b><i>130 Bty</i></b>	
Maj E.C. Laxton	BC130
Capt R.J. Morningstar	ADJT
PO2 S.N. Hamilton	CHRA
Capt L.F. Orellano-Castillo	FINANCE OFFICER
Sgt J.C.S. Wood	FIN NCO
Maj S.A. Graham	OPS O/RCPO
Capt M. Galloway	FSCCO
WO B.R. Bingham	OPS WO
MBdr Mason	LUSAR SME
Sgt E.C. Mikkola	RQMS
Capt D.A.R. Clarke	PADRE
Capt N.A. Arrigo	DIRECTOR OF MUSIC
MWO D.M. Hicks	BAND 2IC
32 CBG	RECRUIT OFFICER

## CO'S DIRECTION AND GUIDANCE 2022-2023

*The following CO's Direction and Guidance for the 2022-2023 Training year was published in the 7 Tor Routine Orders and is reprinted here for your reference. It has been reformatted slightly for this publication.*



### COMMANDING OFFICER'S DIRECTION AND GUIDANCE TRAINING YEAR 22-23

References: A. 7<sup>th</sup> Toronto Regiment Operations Plan 2022-2023  
B. 32 CBG Operation Plan FY 2022-2023

#### Situation:

1. The intent of this document is to provide the Chain of Command with direction and guidance in order to outline my training priorities, as well as detail the expectations I have of our soldiers and leaders in the Regiment. This document will be amended and re-issued at the start of each training year, in order to capture any strategic changes being pushed out by the chain of command.
2. The Regiment is still working through post-pandemic issues. It is important that all levels of leadership remain positive as we continue to work towards pre-COVID training levels. Soldiers at all levels should remain focused on what they can do for Regiment in order to ensure its success. The Regiment will always look out for the best interests of its soldiers who look after it.
3. My intent is to employ a mission command philosophy where I identify the priorities and tasks which must be accomplished by the Regiment, while the intermediate and junior levels of leadership have the freedom to determine how they will complete the various tasks that are given to their batteries/detachments.

#### Mission:

4. 7<sup>th</sup> Toronto Regiment will Force Generate Artillery trained soldiers in order to support domestic and international operations.



Lines of Effort:

5. My lines of effort (LoE) mirror Commander 32 CBG's LOOs and are as follows:

- i) Support to Operations (Domestic and International);
- ii) Individual Training;
- iii) Readiness;
- iv) Personnel Sustainment; and
- v) Integration.

LoE 1 – Support to Operations: There are 3 areas within this LOO which the Regiment must focus on:

- i) Maintaining Green Level Personal Readiness Verification (PRV): By maintaining a green status PRV it ensures that all members are fit deploy when call upon to respond to Operations whether Domestic or International;
- ii) Accountability and Serviceability: This involves looking after our equipment and stores ensuring that they are in good working order, ready to deploy at a moment's notice (ie trucks fueled and maintained, radio batteries charged, guns/weapons clean and ready for inspection); and
- iii) Updating systems of record with accurate data: This part of the LoE 1 reflects the Soldier Readiness Program (Reserve) SRP-R. We need to ensure that member's individual qualifications are kept current on our online databases, so that when the Brigade or Division runs search queries they will have accurate reports with respect to who is ready to support. This includes Individual Battle Task Standards (IBTS) records as well as individual qualifications. If it isn't entered into the proper system of record, our Regiment appears to be less ready to support deployments.

LoE 2 – Individual Training: There are 3 areas within this LoE which the Regiment must focus on:

- i) Support to the Battle School/Arty RST 23: The Canadian Armed Forces (CAF) is short 10,000 soldiers. Recruiting efforts are focused on enrolling as many soldiers as the training system will handle this year. The Regular Force is focused on training their own soldiers. Primary Reserve Instructors are required in order to train Primary Reserve Soldiers. We need maximum support from our junior and intermediate levels of leadership to ensure that we can train our own soldiers. One of my priorities is to support a Brigade Level Co-op Course which is solely focused on recruiting soldiers for 7<sup>th</sup> Toronto Regiment;

ii) Support to Unit Level Courses: The Regiment identifies courses each year during the operational planning cycle. Once we have committed to running a course as part of our operational plan we have a responsibility to plan it, get it approved by the Battle School, staff it and ensure that required equipment is ordered well in advance to ensure that we are able to meet the minimum requirements set by standards; and

iii) Developmental Period Priorities: These priorities have recently been changed with the CDS issue of Op RECONSTITUTION. DP1 continues to be the top priority as the CAF works towards increasing numbers by 10,000 troops. DP2 is our secondary priority, followed by Primary Combat Function (PCF).

LoE 3 – Readiness: There are 6 areas within this LoE which the Regiment must focus on:

i) Individual Battle Task Standards (IBTS): The Regiment must achieve 90% overall qualification prior to 31 March 2023. There are 6 Key Identifiers being used to determine overall effectiveness, they are: Personal Weapons Test (PWT) level 1 (HQ and Svcs/Band) and Level 3 (9/15 Bty), Standard First Aid/CPR, Distance Learning Courses – CRBN Part 1, Media Awareness, Information Security, and Personal Fire Extinguisher Training (PFET). Soldier Readiness Policy – Reserve requires the Regiment to keep our systems of record up to date on all IBTS qualifications;

ii) Core Battle Task Standards – Artillery Level 3 Live. The Regiment must achieve Artillery Level 3 Live NLT 31 March 2023;

iii) Cold Weather Operations – Level 3 dry. This will be achieved by ensuring that all members of the Regiment have formally completed the Cold Weather Operators Course (Formerly Basic Winter Warfare);

iv) Collective Training – Exercise STALWART GUARDIAN 23 (or its equivalent). 7<sup>th</sup> Toronto Regiment will BPT support collective training events like Coop-Gunner (March 2023) and STALWART GUARDIAN (or its equivalent) summer concentration during which many courses will complete they confirmatory live fire requirements. STALWART GUARDIAN 23 lead has been identified as 11<sup>th</sup> Field Regiment in summer 2023;

v) Providing Support to the Territorial Battalion Group (Trillium Series of exercises). Current lead is the Lorne Scots Regiment (2022/2023); and

vi) Mission Task – 7<sup>th</sup> Toronto Regiment has been ordered to stand down on all Light Urban Search and Rescue (LUSAR) secondary mission tasks. This LoE will be updated once a secondary mission task has been assigned to the Regiment.

LoE 4 – Personnel Sustainment: There are 3 areas within this LoE which the Regiment must focus on:

- i) Recruiting – the Regiment needs to increase in overall effective strength. There is an opportunity to run a Coop Course through the Battle School which will result in approx. 30 new gunners for 7<sup>th</sup> Toronto Regiment. We need to capitalize on this opportunity;
- ii) Junior/Intermediate Level Leadership – The Regiment needs to focus on building up our Junior and Intermediate level leadership numbers. Specific ranks include MBdr to MWO, and Lt to Capt. Deliberate succession planning needs to occur within the unit to ensure members are loaded on career courses and placed into appointments enabling them to grow into positions of greater responsibility. Similarly, those members who are not contributing to the overall growth of the Regiment will need to be managed so as not to interfere with the success of others; and
- iii) Morale: It has been brought to my attention that the Regiment needs to focus on building up the morale of our Junior and Intermediate Leaders. All levels of leadership have a responsibility to make the best of every situation to ensure that effective and motivating training is occurring regardless of the obstacles that need to be overcome. Lead from the front.

LoE 5 – Integration: There is one area within this LoE that Regiment must focus on to ensure success moving forward:

- i) 7<sup>th</sup> Toronto will continue to build upon its working relationship with 2 RCHA and BPT provide individual augmentation on Exercises and Operations during the CONTINGENCY and COMMITTED phase of operations.

6. CO's Priorities: I have identified the following priorities within the LoE's detailed above:

- i) Priority 1 – Artillery BTS Excellence. 7<sup>th</sup> Toronto Regiment will achieve Artillery BTS – Level 3 Live NLT 31 March 2023. We will be BPT support Artillery – Level 4 training, specifically during Exercise COOP GUNNER 23 (March Combined Gun Exercise) and STALWART GUARDIAN 23 (Summer Concentration);

ii) Priority 2 – Support to Domestic and International Operations. 7<sup>th</sup> Toronto Regiment has consistently over delivered with respect to Domestic Operations. There will be an increase in International Deployment Opportunities coming up in FY 23 – 24. We need to ensure our soldiers are ready to deploy and support all operational tasks that are pushed our way;

iii) Priority 3 – Qualify 90% of the Regiment IBTS while maintaining systems of record as part of the Soldier Readiness Policy – Reserve. Members who have their IBTS and PRV complete will be prioritized for operational deployment; and

iv) Priority 4 - Build the Jr NCO/Jr Officer Corps through preparatory training while deliberately succession planning career courses and future appointments within the Regiment.

7. CO's Critical Information Requirements (CCIRs): Should any these occur, I need to be notified as soon as possible:

i) The death, serious injury or hospitalization of one of the members of 7<sup>th</sup> Toronto Regiment;

ii) The arrest of any member in the Regiment;

iii) Any alleged acts of criminal activity, or acts of sexual misconduct which breach the code of ethics and zero tolerance policy of the CAF; and

iv) Damage to or the loss of any serialized kit belonging to 7<sup>th</sup> Toronto Regiment.

General Guidance:

8. Leadership: My expectations are that leaders will promote a positive work environment and express a positive attitude regardless of the obstacles that we seem to be experiencing in this post pandemic training environment. Whether we are short of equipment, ammunition, or there are training area restrictions, etc, we need to create a work environment that will promote learning and foster retention in the Regiment.

9. Safety: All members of the Regiment are expected to promote a safe working environment. Injuries sustained during training will be documented on a CF98 – Injury Report, or DND 663 Accident Report so that our members can be looked after in the event that an injury has long term side effects extending beyond their service, and that any accidents can be reviewed and learned from so that we do not repeat them in the future.

10. Dress: All members in the Regiment will follow the CAF Dress Manual with respect to orders of dress, maintenance of hair, piercings, etc. All authorized forms of dress will bring credit to the CAF when being worn by members of the Regiment.

11. Conduct On and Off Duty: Members are subject to the Code of Service Discipline when they are being paid by the CAF. This is a black and white policy, but the age of social media has put us into a position where online postings can exist in perpetuity, meaning something posted online while off duty, can come back to haunt individuals when they report in for duty. Members must always hold themselves to a high standard, as you never know who is watching you, waiting to hit record on their cell phone. The Regiment did a great job in this area over the past year. Keep up the good work!

12. Exercise Attendance: The current environment we are working in is forcing us to conduct more and more training in a simulated environment under stricter time constraints. The best training experience will always be out in the field battling the elements and sleep deprivation. Training in the field also provides members with the best exercise stories! Expectations should be communicated to our members that their attendance in the field is expected on exercises unless there is a legitimate reason why they cannot attend. Leadership attendance on exercise is critical and expected to ensure maximum attendance. You get out this what you put into it.

13. IBTS/PRV/PERS/PaCE: The Regiment has a number of deliverables which the Brigade monitors. Keeping on top of these tracked items will ensure that interesting opportunities continue to flow to the members of 7<sup>th</sup> Toronto Regiment. Keeping systems of record up to date and flowing up with members who have outstanding deliverables is critical to the success of the Regiment. Ensure you are on top of your administration.

14. Communications: A message sent, is not a message received. Email and Groups.IO, and chat rooms are convenient ways to send out bulk messaging, but if our messages are not being read, or received by our soldiers than we have troops who are potentially missing out on opportunities. Leaders have a responsibility to ensure that tasks, exercise information, instructor tasks, etc are being received by our soldiers. Sometimes picking up the phone is the best option to ensure that messages have been received and are understood.

Conclusion:

15. Ultimately my goal for 7<sup>th</sup> Toronto Regiment is to grow the unit so that when my Command tenure comes to an end, I can hand over a stronger Regiment than when I received it. I would also like to ensure that all of members have a positive experience while belonging to the Regiment. I remain open for suggestions on how to make the Regiment stronger, and how to ensure that morale remains high. Good shooting!

John W. Dean  
Lieutenant-Colonel  
Commanding Officer.



## BAND NOTES

### **Capt Nick Arrigo**

The 7<sup>th</sup> Toronto Artillery Band has had an exceptionally busy year since recommencing performances post Covid 19.

In August, we played three concerts at the CNE on our own and provided support for the 32 Canadian Brigade pipe bands on their shows.

Our brass quintet performed once, and we assisted in the rock band show put on by the Governor General's Horse Guards.

In total, we performed 12 of the 18 nights of the CNE run.

On September 20, our band members participated in the ceremony held at St James Church to honour the passing of HM Queen Elizabeth II.

Performing in the combined 32 CBG band were Lt Carina Lam, MWO Hicks, Sgt David Marshall, Bdr Amy Hathaway, Cpl Nic Dennison, Bob Phillips, Bdr Sarah Bland, and Bdr (ret'd) Doriann Forrester.

On September 19, MWO Hicks sounded Last Post for Her Majesty at the Peace Garden at Toronto City Hall.

The band returned to St. Clements Anglican Church Nov 6<sup>th</sup> to perform with the St Clements Church choir for the Regimental Church Parade on Remembrance Sunday.

The band was welcomed warmly by the congregation of the Church and performed selections by Bach and Schumann, accompanied the fine choir. It was a moving service to remember those who gave the ultimate sacrifice.

We were once again invited to participate in the City of Toronto Remembrance Day Ceremony at Old City Hall on November 11<sup>th</sup>. Thousands of Torontonians attended the ceremony, and the band accompanied the Elmer Eisler Singers as they sang a Lydia Adams setting of 'In Flanders Fields'.

The success of the band has stretched to 31 Canadian Brigade Group for its professionalism and musicality.

We travelled to Guelph to play for three Mess dinners at the request of 11<sup>th</sup> Fd Regiment.

The first was a dinner hosted by 11<sup>th</sup> Fd for the Brigade Commander and all the units, the second was the October 1st start up officer's dinner, and the third was the St Barbara's Dinner on December 3<sup>rd</sup>.

All three were performed by the Band's subunit, the Brass Quintet lead by MWO Hicks and Sgt Rajkumar. Performing members included Bdr Amy Hathaway, John McGregor, Bdr John Dewhirst, WO (ret'd) Phil Trow, Bdr McCallister, Tony Lou, Sgt Suraj Rajkumar and MWO Darrin Hicks.

**Editor's Note: December marks Capt Arrigo's last month as 7 Tor Regt Bandmaster, capping off a remarkable career. Please see the next article from the CO regarding Nick's service with 7 Tor.**

## CONGRATULATIONS ON RETIREMENT NICK!!

**From LCol J.W. Dean**

*Please join me in congratulating **Capt Nick Arrigo** on his retirement from the Canadian Armed Forces after 33 years of dedicated service to 7<sup>th</sup> Toronto Regiment.*



Nick Arrigo

Originally joining as a Private, Capt Arrigo worked his way up to the rank of Sergeant prior to commissioning from the ranks in order to become the Director of Music of the 7<sup>th</sup> Toronto Regiment RCA Band.

The Band has thrived under Capt Arrigo's leadership and is constantly called upon to support the most important musical tasks in the Brigade, and sometimes covering off Division level musical tasks.

The Band has routinely been called upon to support Remembrance Day Ceremonies with the Province, playing key venues in support of the Canadian National Exhibition, as well as leading the Regiment on Parade.

Whether marching up Yonge Street, or on the Parade Square at Moss Park Armoury, Capt Arrigo would always be out front, sharply dressed leading the way.

Capt Arrigo has built a career of leading from the front, whether it was on the conductor's

podium, driving a van of musicians out to a range weekend to qualify on their person weapons, taking on the role of PMC of the Officers' Mess, or making a special appearance as St. Nicholas at the Children's Christmas party or Soldier's Festive Dinner.

Capt Arrigo was also no stranger to the field and could often be found supporting a Gun Exercise somewhere, or working as a Staff Officer in a Brigade Headquarters.

His leadership was infectious as evidenced by the number of soldiers who would follow him into the field on basic soldier related tasks.

After retiring as music teacher, Capt Arrigo became more involved with the Army working as the Brigade Bands Staff Officer, a position he held for a couple of years.

He also stepped up to work as a Duty Officer in support of Op LASER, the Division's response to COVID 19.

You will be hard pressed to find another member of 7<sup>th</sup> Toronto Regiment who is as dedicated as Capt Nick Arrigo.

Clearly a lover of all things music, I am happy to report that Capt Arrigo will continue to volunteer with the Band well into his retirement years.

I would like to pass on my thanks to Capt Arrigo for his unparalleled dedication and service to 7<sup>th</sup> Toronto Regiment and wish both him and his Anne a happy retirement.

Good playing Nick!

Ubique!

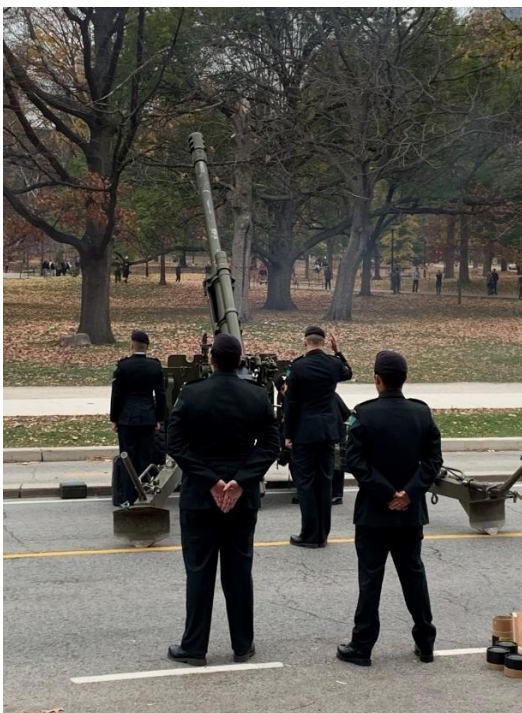
## SNAP SHOTS



96 Gun Salute in commemoration of Her Majesty Queen Elizabeth, 20 September 2022



Gun exercise, Meaford, 25-26 November 2022



Remembrance Day salute, Queen's Park  
11 November 2022

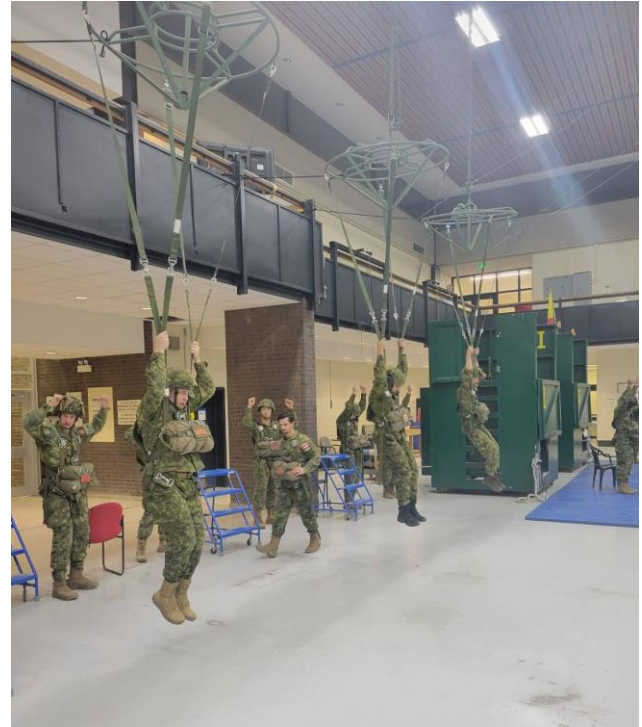


Firing in Meaford





Guard for St Barbara's Day Mess dinner,  
2 December 2022



7 Tor just hanging around...



Para training with QOR



7 Tor Band member MWO Hicks (middle)  
performing with Glass Tiger



St Barbara's Day Mess Dinner with Regimental Family



Soldiers Appreciation Dinner, 17 Dec 2022

## RESOURCES

### NEW SOCIAL MEDIA ACCOUNTS



Capt Arseneau-Bruneau

7<sup>th</sup> Tor Regt RCA is now on social media and we are **seeking your help!**

Our aim is to promote unit cohesion, increase recruiting, as well as showcase our accomplishments.

We would encourage you to share with us any pictures of courses, FTXs, promotions, parades or any other unit events that you think would be appropriate.

More specifically, we are looking for pictures which reflect professionalism, and generally good soldiering (proper kit, professional conduct, something you would be proud to show your family).

To address your concerns, there have been a few unofficial social media accounts from the unit over the years. The difference now is that we are operating officially, with transparency, and following all CAF rules and policies. We also have oversight from 23 CBG PA to ensure we are compliant.

**How to share pictures:** Send them directly to the Instagram account in a private message. Make sure to include the names of those in the pictures as well as a short description.

Our social media team is composed of:

- Capt Arseneau-Bruneau
- Lt Waterman
- Bdr Wan
- Gnr Clarke

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Please Like and follow us here.



Instagram: <https://www.instagram.com/7torrca/>



Facebook: <https://www.facebook.com/profile.php?id=100087386679882>




Twitter: <https://twitter.com/7thTorRegtRCA>



## NEW SOLDIER'S HELP CARD

An updated Soldier's Help Card is now available. See below. Hardcopies may be obtained from the Padre.



### Soldier's Help Card

If you or a **BUDDY** are depressed, in distress or in crisis, access these services. **Do not leave a buddy unattended.**  
 If you are in **DANGER**, call 911 immediately.  
 If you need **URGENT medical or psychiatric** attention, go to the nearest hospital immediately.

**24/7 CAF Mental Health Services**  
**Member Assistance Program 1-800-268-7708**  
**Family Assistance Program 1-800-866-4546**  
 Voluntary and **confidential**, for all CAF members, Cadets, and their family members who have personal concerns that affect their **well-being** and/or work performance.

**Sexual Misconduct Response Centre 1-844-750-1648**  
[www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct-response-centre.page](http://www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct-response-centre.page)  
 Call **911** if you need **emergency** assistance.  
 Report sexual misconduct or sexual assault to your **local police**.  
 Download the "**Respect in the CAF**" app.

**24/7 Confidential Civilian Programs**  
**Ontario Mental Health Helpline 1-866-531-2600**  
**Centre for Addictions and Mental Health (CAMH) 1-800-463-6273**  
**Distress Centre of Toronto 416-408-HELP (4357)**



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](mailto:Shara.Claire@TorontoMFRC.ca)

## UNIT SUPPORT CELL

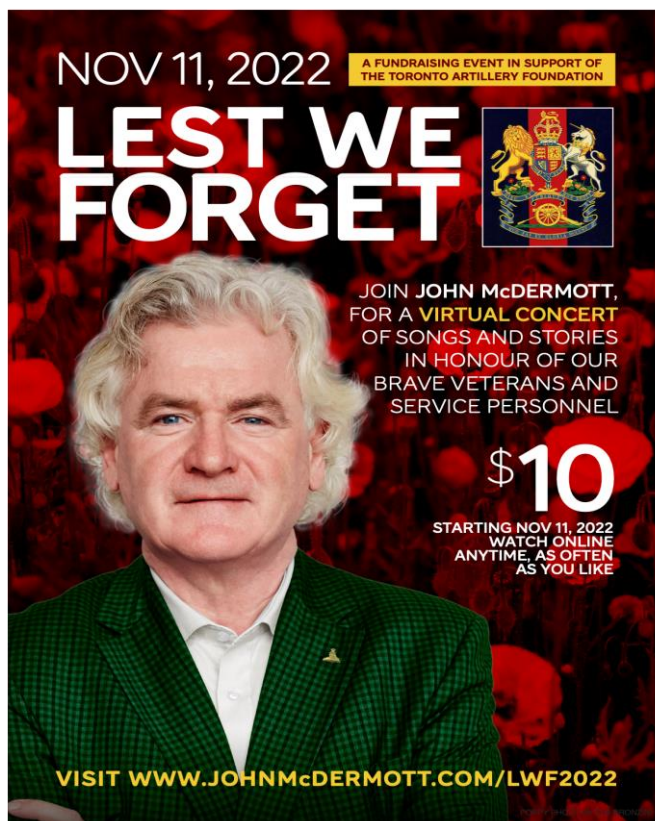
Reminder that the Regiment also has a Unit Support Cell for all members of the 7<sup>th</sup> Toronto Regiment. Should you feel you need to reach out to somebody, the following pers are available to receive your call:

- a) LCol John Dean, Commanding Officer  
Email: [John.Dean@forces.gc.ca](mailto:John.Dean@forces.gc.ca)  
Phone: 416-999-5175
- 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

### MCDERMOTT CONCERT TORONTO ARTILLERY FOUNDATION

by HCol Mark Clearihue



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

John held a brilliant Remembrance Day virtual concert that captured the spirit of remembrance and sacrifice. **He named the TAF as beneficiary of donations and net ticket sales.**

The financial results are still being tabulated, but it looks like this event will generate over **\$15,000** 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 is vital to the health of the Regiment.

**John, we appreciate your support!**



## LIMBER GUNNERS



Historic WWII era 25 Pounder being towed by Quad – Remembrance Day 2023

Thank you for all your support for the events that we participated in this year.

We finally started to get involved in a few events after the two years of COVID restrictions and firing restrictions imposed on the Limber Gunners by the Federal Government. The LG is very thankful for the support that the Ontario Regiment RCAC Museum in Oshawa has given us so that we are able to support these events.

The Limber Gunners Limbers and 25 Pounders are currently being stored on the MPA Parade Square due to sewer construction that is scheduled to start in January 2023. The Quad is being stored at a heated hanger in the north Oshawa Airport. The brakes on the Quad have been corrected by Frank Moore.

We look forward to supporting the Regiment and getting involved in more events for 2023.

We will be supporting Aquino Day at the Ontario Regiment RCAC Museum on June 9th to 11, 2023.

The Limber Gunners are very sorry for the loss of Larry Goucher and Jim McCullough. Larry's Remembrance service was held on May 21<sup>st</sup>, 2022 at the Royal Canadian Legion Branch 112 in Whitby.

Jim McCullough's Remembrance service was held at the Irving Funeral Home in Brockville on November 26, 2022.

I would like to wish all the Limber Gunners Membership Happy Holidays and we will see you in the new year.

Ron Patterson  
Liber Gunners

## 105 RCACC STREETSVILLE ARMY CADETS



Remembrance Day Vigil  
105 Streetsville Royal Canadian Army Cadet Corps

## LAST POST

### In Memory of JIM MCCULLOUGH, CD



28 Mar 1949 – 16 Nov 2022

WO (retired) Jim McCullough, CD passed away on Wednesday, November 16, 2022 at Brockville General Hospital.

He died of a heart attack at 74 years of age. Jim had suffered for some time with poor circulation in his legs and feet caused by Diabetes.

Jim served with the 7<sup>th</sup> Toronto Regiment for 20 years.

He joined the regiment when he was 18 years old as a recruit in 1968. He became a Sergeant, and three years later became a Warrant Officer.

Jim was a stalwart member of our WO & Sgt's mess and along the gun lines for so many years.

He left the Regiment in 1988 and moved to Brockville.

Jim leaves behind his wife Kathy, his daughter Maureen, and son Jimmy at their home in Brockville.

There was a memorial service held on Saturday November 26 at the Irvine Funeral home and Chapel, 4 James Street East in Brockville.

### LEST WE FORGET

