

THE PACIFIC EXPRESS



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COMMAND CONNECTION

- Cdr Steph Gresmak, CO RCSU (Pac)

This week marks the resumption of face to face training opportunities for our organization, and I know that many are excited to see each other again in-person. By now, all staff should have completed the COVID Awareness training, as this will be a primary factor in approving activities.

I will also urge you to use caution, and proceed slowly, as we work towards a return to in-person activities. Your focus should still remain on providing fun, engaging activities online, enhancing the Cadet Experience with safe, well-planned activities where necessary.

In reviewing the responses to the Defence Ethics Survey, I know that many of you have concerns outside of the ethics sphere. I am planning to conduct Town Halls for both part and full-time staff in the near future but in the meantime, I want to ensure that all staff are aware that they can elevate concerns through the chain of command to their Area OC or, if necessary, directly to myself at Stephan.Gresmak@forces.gc.ca my virtual door is open to you.

Finally, I want to thank each of you that has gone the extra mile over the past couple of months to prepare your corps and squadrons to safely open the doors, and to those that have continued to work hard to develop and implement virtual training. I have seen excellent teamwork and resource sharing across the province, and encourage you all to continue this practice. BZ to all; I look forward to a successful re-opening.

IN THIS WEEK'S ISSUE:

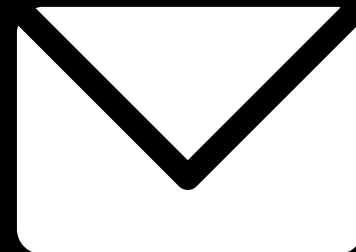
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SUBMIT YOUR CONTENT!

Is there something you'd like to see in the Express?

We want to hear your great stories, Bravo-Zulus, and announcements!

Email us at
PacCadets@gmail.com



BRAVO-ZULU!

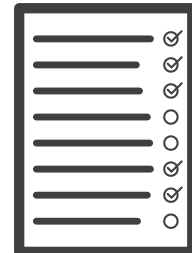
After over 18 years in the CAF, Capt Kenda Palmer has released from the Canadian Armed Forces. Kenda was the J3 Training Officer (Cadet Instructors Cadre Centre for Distributed Learning), and worked for RCSU (P) from Cornwall, ON from 15 April 2017 until 1 September 2020. She commenced her time with the CAF as Squadron officer in Alexandria, ON and quickly branched out to form a new Squadron (999 RCACS) in Amherstview, ON. She gained her experience with CIC training through RCIS Central as a Directing Staff member, Senior Instructor and support roles such as Administration Officer. Kenda was active with the Cadet Training Centres over the summer period as well, working at both HMCS ONTARIO CTC and Connaught CTC (as the OIC for an IACE), and provided surge support to movements at RCSU Central (at CFB Borden) in support of summer training.

THANK
YOU

Capt Kenda Palmer provided a wealth of knowledge to RCSU (P) as part of DL training, and will be missed. She is an active person who was dedicated to the Cadet Program despite maintaining a very busy home life – home schooling her four children and coaching swimming at the Royal Military College of Canada. We wish Kenda, and her family, all the best in her future endeavours!

WEBSITE UPDATES

Did you know that youth can now register for the Cadet Program at Canada.ca/join-cadets? More than 2,000 youth have already enrolled in this way. We've also updated information about each element so be sure to check out the new site!



ONE-DAY ACTIVITIES RESOURCE



Over the summer, a team of more than 60 B.C. cadets worked under the direction of LCol Barrett to generate a wealth of One-Day Activities for Pacific Region. In SharePoint, you will find a library of Warning Orders, Op Orders and Annexes, organized by Zones, to help you plan fun, engaging activities within your area. [You can access the library here.](#)

Please note that all activities still need to go through the approval process, and may need to be adjusted for current COVID protocols.

COVID AWARENESS RESOURCES

Formation has created an [infographic](#) to help us remember key points about in-person training! And be sure to check out the [Public Health Agency of Canada](#) for other helpful resources!

KNOW BEFORE YOU GO

Important information regarding the resumption of training on October 1st

- 1 SAFETY FIRST**

First and foremost, our number one priority is the safety of staff and cadets. This will always be the top consideration in the decision making process while we deliver training.
- 2 DELIBERATE DECISIONS**

RCSU Commanding Officers have the authority to make assertive and deliberate decisions based on conditions in their regions. That said, no in-person training or activities will take place until all checklist elements and PHMs are met.
- 3 ASYMMETRIC OPENING**

Because COVID-19 is spreading differently across the country, resumption of in-person training will be asymmetrical across the Formation, and possibly in your province, territory, or region. We must be prepared to impose restrictions as the situation dictates.
- 4 START-UP CHECKLISTS**

Every corps and squadron has been provided with in-depth checklists by the Canadian Cadet Organizations (CCO) which must be adhered to prior to conducting any in-person training. This, in concert with Commander CCO's intent and Regional direction, will be imperative in the decision-making process.
- 5 PUBLIC HEALTH MEASURES**

As each province and territory makes adjustments to their Public Health Measures (PHMs) regarding COVID-19, it is crucial that we remain in line with these policies prior to initiating any in-person training.
- 6 FLEXIBILITY**

Just as the situation with COVID-19 is constantly evolving, so will our training environment. It is key that we be ready for change to ensure that we are operating in the safest environment possible at all times.

Updates will continue to be provided as the situation evolves

FOR MORE INFORMATION CONTACT YOUR LOCAL CORPS OR SQUADRON
PLEASE FEEL FREE TO SEND FEEDBACK OR QUESTIONS TO
CADET-INFO@FORCES.CC.CA

HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S

- DO** wear a non-medical mask or face covering to protect others.
- DO** inspect the mask for tears or holes.
- DO** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.
- DO** ensure your nose and mouth are fully covered.
- DO** wash your mask with hot, soapy water and let it dry completely before wearing it again.
- DO** discard masks that cannot be washed in a plastic-lined garbage bin after use.

DON'TS

- DON'T** reuse masks that are moist, dirty or damaged.
- DON'T** touch the mask while wearing it.
- DON'T** hang the mask from your neck or ears.
- DON'T** leave your used mask within the reach of others.

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:

- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask.
- Those who have difficulty breathing
- Children under the age of 2

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.

Public Health Agency of Canada
Agence de la santé publique du Canada

PUBLIC AFFAIRS



Salute to Staff - [check out our latest story](#) on Capt Kimberly Shipton - CO of 353 Mile Zero RCACS in Dawson Creek, B.C., and a fabulous baker and owner of [Splattered Batter!](#)

Be sure to tell us if there's someone you think should be featured in this celebration of the diverse skill set in the CIC Branch.

Tribute Tuesday - As we move into the Fall training period, there are probably several cadets that performed well over the summer, worked hard to keep cadets connected at home, or just kept up a positive attitude. We want to hear about them for Tribute Tuesday, a recognition of all the types of leadership cadets display! Email a quick summary of your cadet to paccadets@gmail.com

BC Cadets Virtual Open House - During the month of October the BC Cadets Facebook page will be hosting a virtual open house! Look out for resources to help plan your own virtual Open house!



[@BCCadets](#) [@CadetsCA](#)
[@CBCadets](#) [@CadetsCAN](#)



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CADET HISTORY

October is Women's History Month. Did you know that girls were first allowed to join the Cadet Program in 1975? Maxime Corneau writes in a article for The Canadian Military Magazine *Esprit de Corps*:

"it was in 1975 that these same opportunities became open to females. Girls could finally join their local Army Cadet Corps. From that day forward, all the girls who joined also benefitted from being part of this program; however, it also helped them set their sights on higher goals and careers that weren't necessarily open or known to them before."

"Since 1975, young female cadets have been excelling in all fields of training in the Army Cadet program. Whether that is in marksmanship, biathlon, music, etc., more and more girls are excelling and receiving many awards. In fact, since 2005, when the Army Cadet League of Canada introduced its Top Cadet of Canada award, 7 of the 13 finalists have been girls. More and more female cadets are also taking on further challenges such as joining the elite Army Cadet Parachute Course (which is the same as the CAF basic parachutist course), which is offered annually to only 50 Army Cadet candidates. Almost every year, since the early 1980s, a handful of girls get their wings pinned on their chest alongside the boys, and in some cases, have finished top of their class. One of the very strong principles of this youth program is that all cadets are treated equally, regardless of race, gender, religion, etc., allowing all members to grow and learn with and from each other."

Read more from [Ms. Corneau's article "A Bright Future & Equal Opportunity" here!](#)

RESOURCES

Lastly, remember that your community is here for you. Reach out, check on your friends, and know you are not alone.

CFMAP - 1-800-268-7708

Family Info Line - 1-800-866-4546

Kids Help Phone - 1-866-668-6868

CAF Kids - text CAFKIDS to 686868

