

# THE PACIFIC EXPRESS



16 OCT2020, ISSUE 15

## COMMAND CONNECTION

- Cdr Steph Gresmak, CO RCSU (Pac)

This week, we had the pleasure of hosting Commodore Josée Kurtz at 386 RCACS in Comox (pictured below), where she observed a hybrid training night that consisted of both in-person and virtual training. BZ to Capt Morin and her team for an outstanding parade night; I continue to be impressed by the way that all of our staff and cadets have worked to Flexecute and continue offering engaging and meaningful experiences for our youth.

Cmdre Kurtz has already headed a significant change for the Formation, changing the name from National Cadet and Junior Canadian Rangers Support Group to be simply Cadets & Junior Canadian Rangers (CJCR), better reflecting the command nature of the Formation. We have also aligned the titles and reporting structure for many senior staff in the region, to better reflect the reporting nature of corps and squadron COs to Area OCs. Find out more about our new Commander and her priorities in the [introductory video here](#).

As we continue to move towards in-person training, it is more important than ever that we keep ourselves safe, and that includes getting a flu shot. The flu vaccine is easily accessible for all Regular and full-time Reserve members, and is highly recommended for all Class A staff and their families. I continue to encourage all of you to take every measure possible to keep yourselves, your staff and your cadets safe using all available means. Keep up the good work, I look forward to conducting more virtual visits soon.



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### FLU SHOT CLINIC!

Getting your flu vaccine is a simple action that can save lives. Let's all do our part to help protect our cadets, colleagues, friends and loved ones.

The Flu Shot Clinic for RegF and Class-B members at the CFB Esquimalt Base Hospital is now open.

Flu shots will be conducted by appointment only, call 250-363-4116 to book.

Class-A members can find a flu clinic near them through the provincial immunization webpage, linked here: [Immunize BC](#).

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## CHIEF'S CORNER

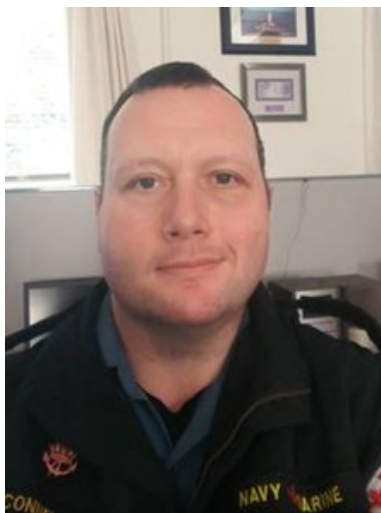
As corps and squadrons across the province start opening their doors to in-house and outdoor in-person activities, I am struck by the determination and effort that our CIC Officers, COATS staff, CIs, volunteers and partners are showing, and very impressed with the care they are taking to ensure the safety of all our participants. Cadets is by nature a very social organization and this return to one on one interaction with our peers, even if short lived, should go a long way towards bolstering our collective morale.

Last month I asked the Senior Cadets to reach out to me and tell me about themselves and their units; the response has been great and many of you have shared your successes as well as your concerns. The primary concern is how to keep our newest members engaged, and how to drive recruiting, in order to share this great organization with the next generation. I believe that the answer to both those questions is to keep participating and to lead by example. Share your experiences with your friends and let them know that it is never too late to join. The best recruiting campaign is a personal one; if you can make a connection with someone that you know and share with them the benefits that you are receiving, I think we will continue to grow. Keep posting your corps and sqn's activities and share them with all your connections on social media; when they see what you are up to I am confident they will want to learn more.

We have gotten where we are in our current plan by paying attention to details and gaining the trust of our various partners. Because of your efforts, we are one of the few organizations that has been afforded the opportunity to start doing in person activities. Now is the ideal time to introduce cadets to your friends and family that are looking for a new adventure. With this trust comes a lot of responsibility, but from all of the plans I have read thus far, I know our leaders are up to it, and I am calling on all of the Senior Cadets to ensure we keep the plan and our activities on track.

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## WELCOMES & DEPARTURES



**PO1 Daniel Connelly** (pictured left) joins RCSU (Pac) as a Training Support Coordinator for Vancouver Island.

PO1 Connelly has been in the CAF for 18 years and joins us from RCSU (Cen), where he was a Training Support Coordinator for Central Ontario Area out of CFB Borden. PO1 Connelly is a former air cadet, and most enjoy instructing and traveling within the CAF. Outside of work he enjoys reading, hiking, history, football and yoga.

Many thanks go to **Lt Katelyn Miskulin** for several years of service in the claims department at RCSU (Pac); she completed her full-time reserve service on 30 Sept.

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## BRAVO-ZULU!



**Major James Barrett** was presented with the Sovereign's Medal for Volunteers on October 13th

The following staff were recognized for outstanding service to the Air Cadet League of Canada and Royal Canadian Air Cadets at the BCPC AGM on 4 Oct, follow the hyperlink to read more about each individuals contributions to the Air Cadet Program:

[Capt Ken Boyd](#)

[Capt Deborah Law](#)

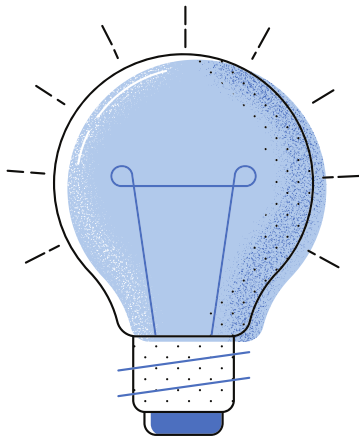
[Capt Tanya Morin](#)

**Sgt Todd Sheppard** and **MCpl Matthew Heighes** (J4 Supply in Vernon), were awarded Commander's Commendations from 39 Canadian Brigade Group in recognition of the integral role they played in assisting with the stand-up for the Vulnerable Persons Response Force during Op LASER at Vernon Military Camp over the summer.

**Ms. Terri Hinton** was elected president of the Air Cadet League BC Provincial Committee at their AGM on Sunday, Oct 4th. [Check out the announcement here.](#)

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## PROFESSIONAL DEVELOPMENT



One of the topics raised in the Defence Ethics Survey was ongoing professional development, especially for junior officers. Did you know that all Class A staff can access the Canadian Armed Forces Junior Officer Development (CAFJOD) program? The CAFJOD Programme is intended to orient the junior officer to select topics within a professional body of knowledge related to the military profession. From this body of knowledge, officers will begin to enhance their critical thinking skills and develop innovative responses to a myriad of issues. COs should be including this in all professional development plans for staff. Even if you've been in uniform for a long time, it can be a great resource for refreshing your knowledge and keeping sharp.

You can access CAFJOD 1-5 through the DLN at <https://dln-rad.forces.gc.ca/login> and searching for CAFJOD.

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## CAF SPORTS DAY

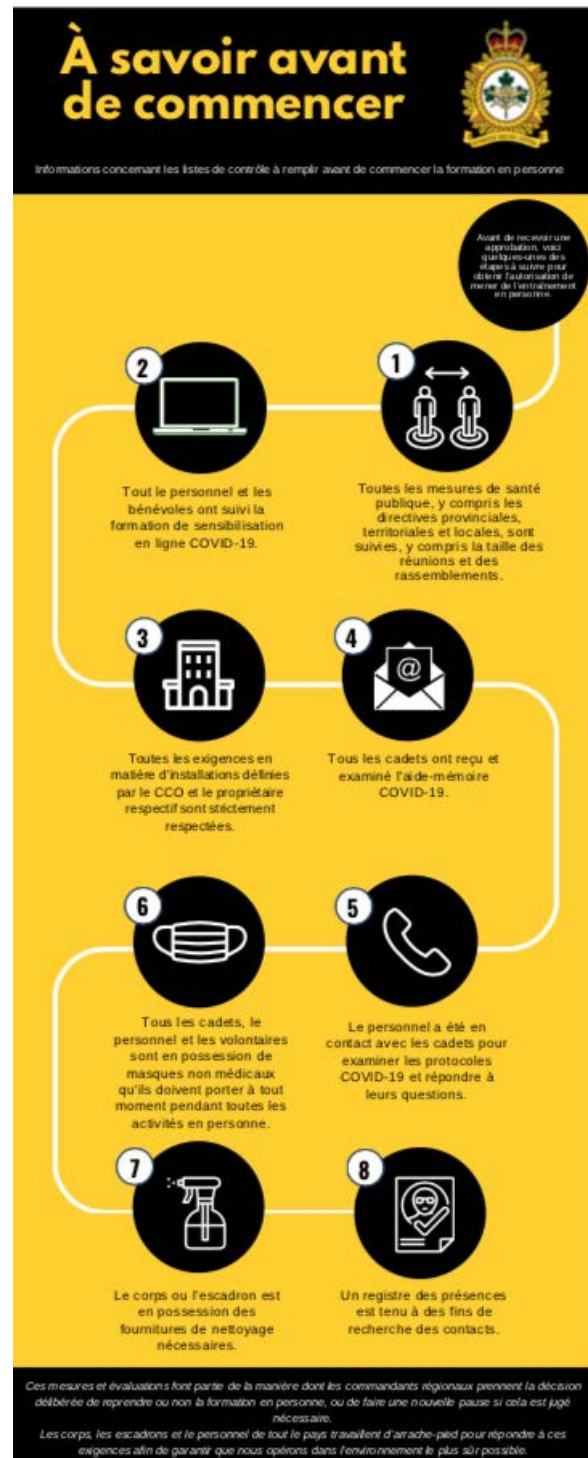
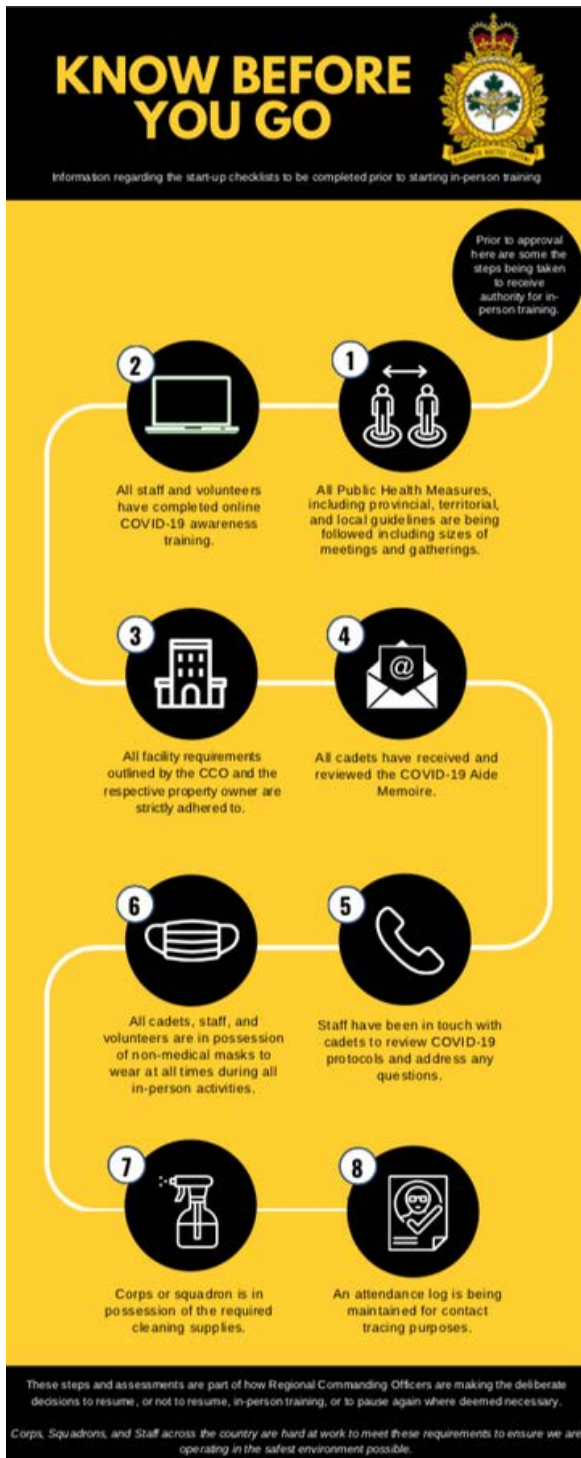
October 22 is CAF Sports Day and all staff are encouraged to get out and get active on that day. If available, engage in activities offered by your local PSP staff, or simply take the time to try something new on your own.





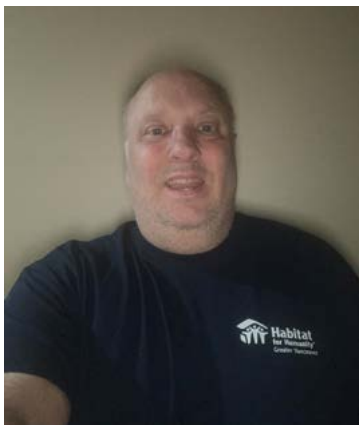
# COVID AWARENESS RESOURCES

The formation Public Affairs team has been hard at work creating tools to help us remember key points about in-person training, check out these infographics! Be sure to check out the [Public Health Agency of Canada](#) for other helpful resources!



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## PUBLIC AFFAIRS



**Salute to Staff** - check out our latest story on **Lt Mitch Hayes** - TrGO of 3300 BCR RCACC in Surrey, B.C., and a builder for Habitat for Humanity.

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](mailto:paccadets@gmail.com)

**BC Cadets Virtual Open House** - B.C. Cadets is currently hosting a 3-week-long virtual open house about the Cadet Program in British Columbia! Our goal is to provide tools, content, and ideas for Corps and Squadrons to host their own virtual open houses - and support them in making the best out of an otherwise tricky training year. Don't forget to follow along, and encourage your cadets to engage with our posts!

**A Note on Imagery** - The use of imagery that does not demonstrate adherence to PHMs should be avoided. When the use of such imagery is absolutely necessary, the caption, social media text content or video slate immediately following the title must explain why adherence is not apparent. For example, that a quarantine period was observed prior to deployment, or that the image predates the period of PHMs.



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



[@CadetsCA](#)  
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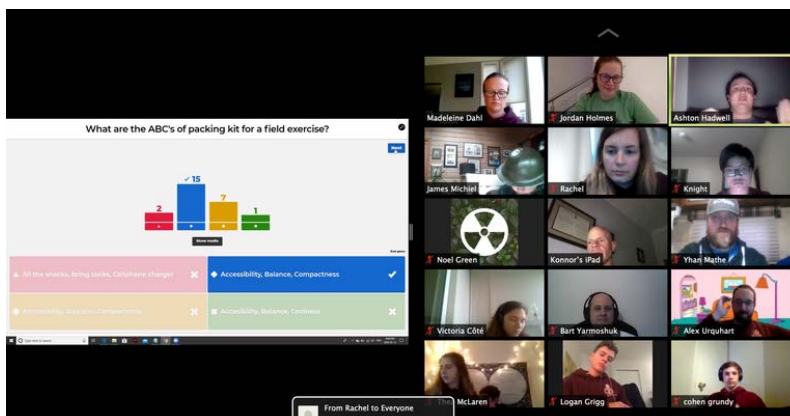


[@CORCSUPac](#)  
[@BCCadets](#)

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## VIRTUAL ENGAGEMENT - WHAT'S A KAHOOT?

**KAHOOT** is a free virtual engagement tool you can use to create quizzes, games or trivia. Lots of corps and squadrons have already been using Kahoot to provide fun, engaging activities for cadets and staff, and may be able to share resources, or check it out and create your own.



## 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**

