

THE PACIFIC EXPRESS



11 DEC 2020, ISSUE 19

COMMAND CONNECTION

- Cdr Steph Gresmak, CO RCSU (Pac)

Over the past two weeks I have held Town Halls with all full and part-time staff in the region. Overwhelmingly from these forums I have heard that you need more communication, so I have committed to holding Town Halls much more often in the future; you can expect our next one to be early February. A recording of the Pacific Region Town Hall is now available on SharePoint and I encourage you to review it if you were unable to attend.

The Town Hall for part-time staff was particularly valuable as I noticed a lot of staff connecting and sharing resources in the side conversations. Although we can't gather in-person, it's important that we all make the most of any opportunity to connect with those around us for resources, best practices and guidance. I was pleased to see so much connection happening and I hope that our cadets will see the results of that in the New Year. I hope you will also continue to reach outside of your corps and squadrons to access the incredible efforts and skill-sets that exist within our organization.

I was also extremely pleased to be involved in recognizing many of our well-deserving staff, listed below. I know that there are many more of you doing excellent work; please use the resources available to recognize each other and celebrate accomplishments.

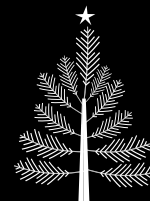
As we move into the holidays, I must ask all of you to remain vigilant in following the [guidance and direction from our health authorities](#). As CAF members we are held to a higher standard than most, and we must set an unimpeachable example at work, at home and in our communities. A message from our Formation Commander is now available on SharePoint and [Youtube](#) I ask you all to watch it as a reminder of what is expected of you as staff within this organization. The holidays are not the time to relax our defensive posture against the COVID-19 virus, and I look to all of you to continue the effort to keep our youth and their families safe by staying at home, socializing only within your household, and avoiding any unnecessary travel. Relax, reset, and enjoy this down time with your families.

IN THIS WEEK'S ISSUE:

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EDITORIAL NOTES

This will be the last edition of The Pacific Express until 15 Jan, except for a special RCAC edition that will come out 18 Dec



BRAVO-ZULU!

During the Class-A Member Townhall and the RCSU(Pac) Professional Development Day for Full-Time Staff Commander Gresmak had the opportunity to (virtually) present a number of awards and recognitions. Bravo-Zulu to all recipients!

VCDS Commendation

- LCdr Darrell Dudley



Formation Commander's Commendation

- Capt Kevin Cheung
- Capt Karen Dee Yi Leong
- Capt Brad McRobert, 889 RCACS
- Capt Marguerite Parsons, 1789 RCACC

CO's Commendation

- PO1 Anthony Goodwin, J2 Trg Supt Cord
- Capt Ken Russell, J5 Army Plans
- Capt Sandra Bradbury, 147 RCACS
- Capt Tanya Morin, 386 RCACS
- Lt(N) David Frey, 1726 RCACC
- Capt Alicia Kathrens, 521 RCACS



CO's Certificate of Appreciation

- MCpl Matthew Heighes, J4
- Sgt Todd Sheppard, J4
- Capt Selena Tenhoeve, J3 Zone TrgO
- CI Edwin Chau, 767 RCACS
- Capt Christina Stillborn, 2305 RCACC
- Capt Brian Kallert, 2305 RCACC



Special Service Medal - Expedition Bar

- S1 Jim Sinclair, J1



HONOURS & AWARDS CALL FOR SUBMISSIONS

Last edition we included ways you can informally recognize someone in our region. Please take the time over the holidays to think of at least one deserving cadet or staff member that you can nominate through our formal recognition process. National and Regional nominations are due to RCSU (Pac) NLT **5 Feb 2021**; please use the forms available on SharePoint (bottom right of the main page) to nominate individuals, and review the Honours & Awards Webinar found on SharePoint ([Library Icon > Folder O2 - J1 Administration > Folder: Honours and Awards](#)). If in doubt, your Zone Trg O or J1 staff are more than happy to help with your nomination, contact your Zone Trg O or Capt Lacey at evelyne.lacey@forces.gc.ca.

REMINDER: You can not email completed forms without encryption, please choose one of these options:

- mail the hard copy to RCSU (Pac) , Attn: J1 Svcs O (Honours ad Recognition)
- reach out to your Z Trg O, get the hard copies to them via mail and they will forward to J1 Svcs O via encrypted email
- email them to Evelyne.Lacey@forces.gc.ca by using a number or letter or “code” in the name section (leave off all names and personal information) and then send her a second email with the name and personal information.

GLIDER & POWER FLYING TRAINING COURSES

A mandatory briefing video is now available for any cadets intending to apply for flying training, their parents or staff members that wish to know about the process. Following the video, Q&A sessions are available to provide region-specific information. Q&A sessions will be held:

- Saturday, 12 Dec at 10:00
- Wednesday, 16 Dec at 19:00
- Friday, 18 Dec at 19:00
- Sunday, 20 Dec at 14:00

Please contact D/OC RCA Ops. Maj Rob Allison (Robert.allison@forces.gc.ca), for a link to the briefing video and to register for a Q&A session.



ARE YOU UP TO DATE?

If you have moved, changed contact information, completed education or made any other big life changes during the COVID-19 pandemic, don't forget to update the Orderly Room by emailing your new information to rcsupac.or@forces.gc.ca.

PUBLIC AFFAIRS



The Canadian Forces Newspapers Youth Reporter Competition gives young people like you a unique chance to tell your story in print, online or on social media with the help of Canadian Forces Newspapers journalists, editors and photographers. The winner will receive a grand prize package and a scholarship!

Youth interested should submit an application with their story pitch by December 31, 2020.

For more information go to:
CAFConnection.ca/YouthReporter

Cadet Correspondents - Congratulations to all the cadets who have completed the virtual Cadet Correspondent Workshop this Fall. The Winter CDTCOR Workshop is now open for registration. A tutorial for staff to help make the most of your Cadet Correspondents will be held 17 Dec at 1900 hrs PST, check the CCO SharePoint for connection details.



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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

