

# THE PACIFIC EXPRESS



MARCH 5, 2021 - ISSUE 23

## COMMAND CONNECTION

- Cdr Stephan Gresmak, CO RCSU (Pac)

RCSU staff,

I would be remiss if I didn't address current events in the CAF writ large vis-à-vis the necessary culture change and the importance of it to all of us. I'd like to echo the message that you may/may not have already seen from the Acting Chief of the Defence Staff and the Deputy Minister. It is critically important that we all retain confidence in the process – that each and every member of our team know where to turn, and feel confident that if they bring allegations forward, the allegations will be treated seriously and investigated, while also letting the disciplinary and administrative system do its job, safeguarding due process. We all have to have trust in the system, and as these last weeks have shown, allegations will be treated seriously, no matter whom they may involve.

If you have experienced incidents of misconduct, I encourage you to bring them forward to your chain of command. Of course, my, and CPO1 Miller's, email inboxes are always "open". I am also cognizant that these difficult conversations are even more so with people you aren't familiar with. The following resources are also available to you:

- Sexual Misconduct Response Centre (1-844-750-1648, SMRC-CIIS.MND@forces.gc.ca)
- The Canadian Armed Forces Helpline (1-833-328-3351),
- Canadian Forces Military Police or your local police.

You are not alone – help is available if needed. By respecting each other we both show and earn trust – and are learn to have each other's back. Our mission depends on this. If you do not embrace and demonstrate respect, or if you espouse hatred, racist, or misogynistic views - then you have no place in our organization.

Maintaining the trust parents have in us to keep their youth safe is our no-fail mission, and if we don't have trust in each other we can't expect parents to have trust in us.

In the coming weeks, we will be reaching out to all of our CAF staff and having what may be, on the surface, difficult, but very necessary, conversations. We all have, or will, likely be, at the very least, a bystander to misconduct, or, at the least, unacceptable behaviour, and understanding how to deal with it quickly is the first step in real change in the organization.

Yours Aye,

Cdr Steph Gresmak

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# BRAVO-ZULU!

A huge BZ to **WO Tuba** and **Sgt Head** who have been working diligently in the OR to address the backlog of personnel requests.

The staff at **516 RCACS** in **Nelson** have been doing an outstanding job engaging cadets, with visiting author Kate Armstrong, and a meet and greet with cadets from Nelson, New Zealand.

During the CI-A Town Hall Cdr Gresmak the following individuals were recognized:

- **Capt William Wah** received a Formation Commander's Commendation for his unwavering dedication and commitment to the continued success of the Cadet Program.
- **2Lt Joshua Bruneau** from **204 RCACS** received his Commissioning Scroll.

The following members received their Canadian Forces Decoration (CD)

- **Capt Jeremy Cote, RCA Ops (PG)**
- **Lt(N) Graham Gueguen, 2556 RCACC**
- **Lt(N) Pam Gueguen, 2556 RCACC**
- **Capt Thomas Higgs, RCSU (CISS)**
- **Capt Megan McConnell, 2756 RCACC**
- **Captain Jason White, RCA Ops (LM)**

The following member received their Canadian Forces Decoration Third Clasp (CD3)

- **Lt(N) Jos Van der Linden, RCSU (CISS)**

**Lt(N) Michelle Harris** from **81 RCSCC** received her CD during Commander Gresmak's virtual visit to the Corps!

BZ to all!



*Pictured left to right, starting on the top row, as named.*

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# PACIFIC REGION TOWN HALL HIGHLIGHTS

The second Town Hall for part-time staff had a great turnout of more than 225 attendees, which is still only about 20 percent of our adult staff. Awards and honours were presented (see below) and key questions are summarized here:

## **Why aren't we doing in-person training like other youth groups?**

Many view our organization as a youth group and believe that we should be able to continue conducting in-person training as such. However, as a government organization, we are held to a higher standard. Some of our corps and squadrons parade in churches or other places of public gathering – how can we justify allowing our cadets to parade in these spaces when their own congregations are not permitted? Even in places where the virus is present only in low levels, there is risk associated in gathering and, as per the direction of our Formation, we will not allow our activities to be a vector for transmission of the COVID-19 virus.

## **What is happening for Spring Break CAP?**

Spring Break CAP will begin in just one week. We will be offering a full slate of virtual engagement opportunities through our regional training teams, and at this time, it seems unlikely that we will be able to offer any in-person options. However, we are reluctant to issue a blanket cancellation for Spring Break just in case the current restrictions are lifted. If there is an opportunity for corps and squadrons to conduct an outdoor activity in safe numbers, we want to ensure that you are still empowered to do so. The virtual CAP options are being centralized to ensure that we can engage as many cadets as possible in quality programming, without adding burden to corps and squadron staff. Please see below and the BC Cadets Facebook page for more information about CAP.

## **Workload at corps and squadrons**

The workload to staff is an ongoing concern and we are making changes to ensure that corps and squadron staff can focus on tactical delivery of the Cadet Program, pushing operational tasks to the Area and Zone staff. If you feel that the returns asked of you are impacting your ability to deliver training, please push back through the CoC so that we can get the right balance.

## **What will happen this summer?**

We ask you all for continued patience as we look towards planning for the summer. Instructions for closing out your training year will come in due time, and summer training staffing, courses and locations are an ever-evolving package that changes on a daily basis, as has been the case throughout the pandemic. The staff at RCSU are doing their best to keep you informed, in a timely manner and with the best information they can, while actively working on adjustments and solutions to developing challenges. We don't know yet what this summer will look like but I am certain that all of our full and part-time staff will do an excellent job in planning, coordination and delivery, just as they have at every challenge we have faced over the past year

# CAP

AT HOME

## WHO

CAP is available to all cadets, regardless of element and training level. Once registered, cadets will be organized into cohorts for management purposes and to provide a point of contact. They will not necessarily be training with their group each day, as each training session will have multiple choices to select from.

Dress will be civilians!

## WHAT

Cadets can expect four unique workshops every day, with the same options running on week two. Check out the Workshop List and Schedule for more information!

Some choices will only be available to certain levels, but most are open to all.

Joining Instructions will be released shortly!

## WHEN

March 15-19 & March 22-26

Cadets can attend as little or as much as they would like, and will be able to participate in any of the workshops running over the two weeks.

Note that some workshops have multiple mandatory sessions, and some workshops only happen once! Cadets are encouraged to carefully plan their week ahead of time.

## WHERE

Webex! Be sure the email listed in Fortress or provided by email, is the best address for each cadet to receive meeting invitations.

Each morning between 0830-0900 there will be an optional session for cadets to seek information:

Cisco Meeting #173 870 9462

URL: <https://canada.webex.com/meet/scott.bissell>

## WHY

The goal of CAP is to provide engaging content that differs from the traditional training plan. We want Cadets to use CAP as a way to meet new people and learn new things!

This program is designed for flexibility, so if you are only available for a short time each day - feel free to connect where you can.

## HOW

Cadets can be registered by their Corps/Squadron through Fortress, or they can self-register by emailing their Area's general inquiry inbox:

Vancouver Island - [RCSUPac.VI@cadets.gc.ca](mailto:RCSUPac.VI@cadets.gc.ca)

Lower Mainland - [RCSUPac.LM@cadets.gc.ca](mailto:RCSUPac.LM@cadets.gc.ca)

Interior - [RCSUPac.Int@cadets.gc.ca](mailto:RCSUPac.Int@cadets.gc.ca)

# CAP

## WORKSHOPS

AT HOME



### Build a Boat & Buoyancy

Cadets will learn how to construct a basic boat structure using local household items, while learning about the principles of buoyancy and weight distribution.



### Survivor: Desert Island

During this session, cadets will talk about the principles of survival and take part in an activity where you will rank the value of articles given a survival situation.

### Rockets

Cadets will dive into the history and future of the space exploration program. You will build a rocket using household items while learning the basics of how a rocket functions.



### Icebreakers

Cadets will go through some icebreaker activities that they can use at their Corps/Squadron, or in any other group they are part of. The objectives are to engage members of the group and create a general familiarity with each member.



### Photography

Photography will be delivered in 4 unique sessions: basics of photography, composition, storytelling and techniques. Cadets will also participate in a photo scavenger hunt.



### Instructional Techniques

This workshop will be for cadets interested in learning more tips and tricks to plan and deliver periods of instruction.

### Web Development

Over the duration of four sessions, cadets will learn the basics of how to plan, develop, create and maintain a personal website.



### Puzzles

This session does not have any cadet related topics but is filled with fun puzzles and challenges that will get your mind working in new ways.



### Op PALACI

Cadets will have the opportunity to join, in a virtual setting, the Canadian Armed Forces in action while conducting avalanche control in British Columbia.



### Human Synergistics

During this workshop cadets will see the development of a group through a fun activity. You will develop and experience decision making, interpersonal factors, group behaviour and feedback on team performance.

### Introduction to Music Notation and Rhythm

Cadets will learn about music notation (what music notes look like and how to read them). You will also learn to associate rhythms and notations with modern music.



### SCOP Module 1 (PCOC)

This session will be open to cadets of any element. At the end of this 8 hour session there will be an exam, and if successful cadets will receive their Transport Canada Pleasure Craft Operator Card for boat safety.



### Build a Temporary Structure

During this session cadets will learn about basic structure building and will have the opportunity to build a scaled version of a structure using household items.



### PO 513 Workshops

Throughout the week cadets in their 5th year of training will have the opportunity to complete their required workshops. Cadets who have already completed this PO will have the opportunity to participate in additional workshops if they are interested.

### Legislature Tour

Cadets will have the opportunity to join a BC Member of the Legislative Assembly, Maj Dan Davies, for a tour and discussion about provincial politics.



### Stress Management

This session will allow cadets to understand what stress is, and review techniques to reduce and manage stress. Note that this session will count towards PO 513 for those in their 5th year.



# CAP

## SCHEDULE

AT HOME

Timings	Monday	Tuesday	Wednesday	Thursday	Friday
0830-0900	Connection / Q&A	Connection / Q&A	Connection / Q&A	Connection / Q&A	Connection / Q&A
0900-1000	Welcome / Introductions	Photography #4 (Scavenger Hunt)	Photography #2 (Composition)	Introduction to Music Notation and Rhythm #2	Web Development #3
		Web Development #3	Survivor: Desert Island	Build a Temporary Structure #2	Photography #3 (Story and Techniques)
		Build a Temporary Structure #1	Web Development #1	Boats & Buoyancy Basics	Introduction to Music Notation and Rhythm #2
		Icebreakers	PO 513 - Team Building #1	Stress Management #1	PO 513 - Ethics, Making Tough Choices #1
		Instructional Techniques	Human Synergistics	PO 513 - Time Management #1	Puzzles
1000-1030	Break	Break	Break	Break	Break
1030-1130	Boat and Bouyancy Basics	Op PALACI (ALL COHORTS)	Photography #3 (Story and Techniques)	Web Development #1	Web Development #4
	Rockets #1		Web Development #2	Photography #1 (Principles of Photography)	Photography #4 (Scavenger Hunt)
	Photography #1 (Principles of Photography)		Rockets #1	Survivor: Desert Island	Build a Temporary Structure #1
	Icebreakers		PO 513 - Team Building #2	Stress Management #2	PO 513 - Ethics, Making Tough Choices #2
			Puzzles	PO 513 - Time Management #2	Instructional Techniques
1130-1300	Lunch	Lunch	Lunch	Lunch	Lunch
1300-1400	Rockets #2	Web Development #4	Photography #4 (Scavenger Hunt)	Legislature Tour with Maj Davies (ALL COHORTS)	Build a Temporary Structure #2
	Photography #2 (Composition)	Build a Temporary Structure #2	Web Development #3		Boats & Buoyancy Basics
	Web Development #1	Introduction to Music Notation and Rhythm #1	Rockets #2		Survivor: Desert Island
	PO 513 - Personality & Group Dynamics #1	Stress Management #1	SCOP Module 1 (PCOC) #5		SCOP Module 1 (PCOC) Exam
	SCOP Module 1 (PCOC) #1	SCOP Module 1 (PCOC) #3	Icebreakers		Icebreakers
1400-1430	Break	Break	Break	Break	Break
1430-1530	Photography #3 (Story and Techniques)	Introduction to Music Notation and Rhythm #2	Web Development #4	Web Development #2	Closing / Admin
	Web Development #2	Boats & Buoyancy Basics	Introduction to Music Notation and Rhythm #1	Photography #2 (Composition)	
	Survivor: Desert Island	Photography #1 (Principles of Photography)	Build a Temporary Structure #1	Introduction to Music Notation and Rhythm #1	
	PO 513 - Personality & Group Dynamics #2	Stress Management #2	SCOP Module 1 (PCOC) #6	Icebreakers	
	SCOP Module 1 (PCOC) #2	SCOP Module 1 (PCOC) #4	Puzzles	Instructional Techniques	
	Puzzles				
	Human Synergistics				

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## COMMONWEALTH CONCERT - WATCH PARTY

Join us on Monday, March 8th to celebrate Commonwealth Day by watching the Commonwealth Cadets Virtual Band Concert. Featuring musicians from Australia and the United Kingdom, and our own B.C. Cadets representing Canada! The concert will include traditional hymn "The Crown that Fadeth Not," Meghan Trainor's "All About That Bass" and the "March of the Cobblers" by Bob Barratt. [Watch the concert with us at 1900hrs here.](#)



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## CIC TRAINING

**Applications:** The process for applying for CIC training is in a period of transition as this task migrates from the Region to the Formation. All processes are currently being reviewed and updated, and we will communicate them to you as soon as they are available. Until such time, stay in contact with your chain of command to let them know you are interested in pursuing a particular course. We will continue to solicit interest through your Area staff, so it is important that you stay connected.

**Courses:** CIC training courses are still being refined and converted to the virtual platform where appropriate. When courses are ready to be offered, the Formation will advise us and solicit interest. The training calendar for next year has not yet been released, but we will ensure that it is communicated as soon as it is available.

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## AIR CADET LEAGUE EFFECTIVE SPEAKING COMPETITIONS

The Air Cadet League BCPC will continue to hold Effective Speaking competitions at the Wing, Provincial and National level this year through Zoom. Wing competitions will take place through March and April, with the B.C. competition taking place on April 17th. For more information on the Wing competitions, contact B.C.'s Effective Speaking Coordinator, Jermaine Chu at [effectivespeaking.bcpc@gmail.com](mailto:effectivespeaking.bcpc@gmail.com)

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## ARMY CADET LEAGUE 50TH ANNIVERSARY

Do you have a memorable activity, person or event that occurred because of a League or local support committee member? Maybe there's a tradition of pizza that's always stuck with you, or a person that made your night when you visited the canteen. Let us know through a quick video, contact [paccadets@gmail.com](mailto:paccadets@gmail.com) to get the technical details. Videos are due NLT 15 March.

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## MERIT INTERVIEWS - DATE CHANGE

The Merit Interviews for the cadets that are applying for Power Pilot Training Course or the Glider Pilot Training Course will be delayed until **10 – 11 April 2021**. The Interviews will be completed with a panel of three in a Virtual format. Cadets will be sent an email to their email address with an invite to attend the Merit Interview on WebEx. The Interview schedule will also be forwarded to Squadrons for staff awareness of the Interview time. Additional details regarding the interviews will be published separately.

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## PUBLIC AFFAIRS

**Updates to the CJCR Network Model** - As of March 5, BC Cadets will be joining the exciting world of Instagram, as [@BC\\_Cadets](#) and [@CadetsCB](#). Be sure to encourage your cadets to give us a follow - and buckle in for a more dynamic and youth-focused platform!

Instagram will soft-launch on March 5 for BC Cadets, with an official launch announcement on BC Cadets and Cadets CB Facebook on March 8.

We will be retiring [@BCCadets](#) and [@CadetsCB](#) on Twitter, however, you will still find the RCSU (Pac) Commander's positional account on Twitter - [@CORCSUPac](#)



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



[@BC\\_Cadets](#) [@CadetsCA](#)  
[@CadetsCB](#) [@CadetsCAN](#)



[@CORCSUPac](#)  
[@ComdCJCR](#)



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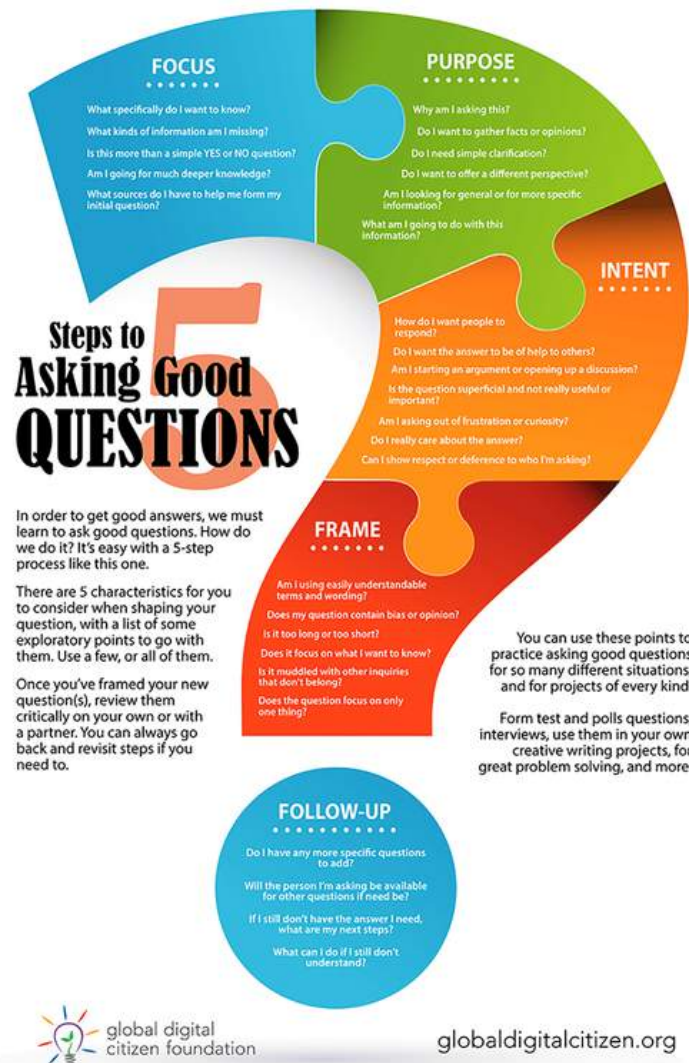
# GUEST SPEAKERS AND EXCHANGES

We are hearing about so many corps and squadrons hosting incredible guest speakers and exchanges. We also know that some corps and squadrons are challenged in organizing some of these unique opportunities so we are challenging all of you to invite others to engage in your activities. We can announce your event on the BC Cadets Facebook page so that other staff can connect with you for access, it's also a great way to showcase the way our program continues to thrive through the pandemic. Contact us at [paccadets@gmail.com](mailto:paccadets@gmail.com) to get sharing!

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## VIP VISITS - ASKING GREAT QUESTIONS

Check out this handy infographic from Global Digital Citizen about asking great questions in a constructive way, a handy resource as we start to experience more VIP and leadership visits to our corps and squadrons. Help ensure your staff and cadets are asking the right questions at the right level to make the most of the opportunity. See the SharePoint message board for more information.



# CF ONE CARDS

Did you know Cadets and COATS members can register for a CF One Card? Cadets are reminded to use this digital token (Admission #) when registering!



## 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**

