

RCSU CENTRAL MESSENGER

10 April 2020

Issue 1

IN THIS ISSUE

A Word from Our
Command Team

Initiatives and Ideas

#StayAtHomeChallenge

Recognition

Resources

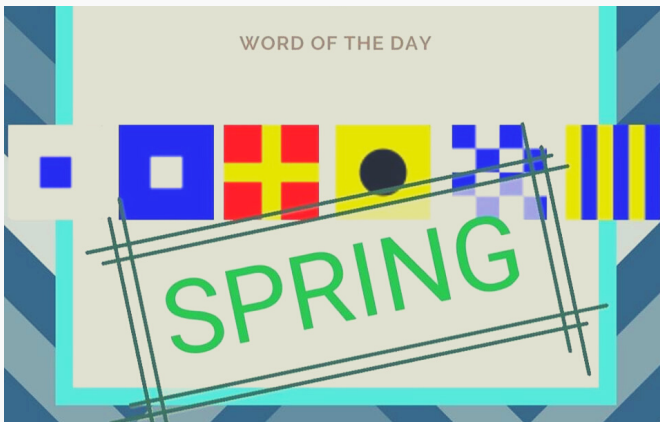
CFMAP 1-800-268-7708

Family Info Line 1-800-866-4546

Kids Help Phone 1-866-668-6868

[CJCR App](#)

Flag identification



Boot polishing competition



Build a (miniature) bivouac site



A WORD FROM OUR COMMAND TEAM

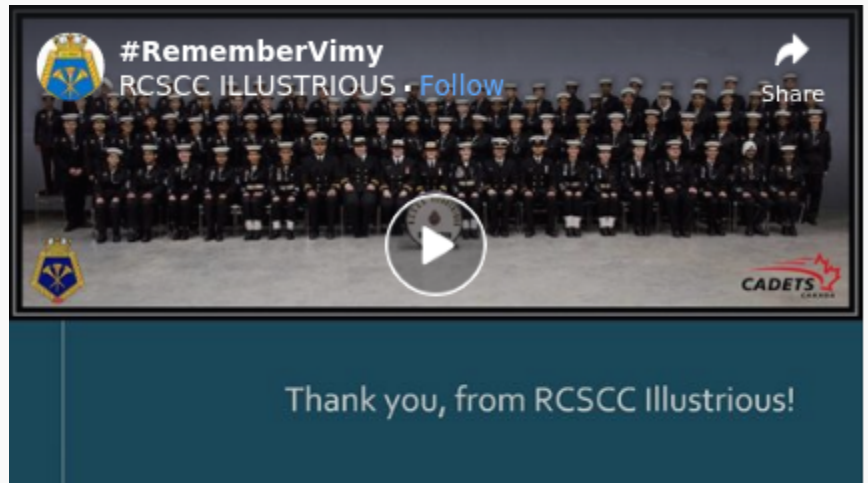
LCol Barry Leonard and CWO Gilles Godbout

Ontario cadets, staff, parents, partners:

We created this newsletter to stay connected with you as municipal, provincial, and national authorities focus their efforts to reduce the impact of COVID-19.

These are truly unprecedented times and that's no understatement. We understand how tough it is to not be able to parade, to meet, and to engage in person in the amazing activities Canada's Cadets offers. It can be worrisome, trying, and even frustrating.

As you know, safety is our priority #1. We must follow the guidance from our authorities to respect physical distancing. This is why all in person cadet activities across the country have been suspended until the end of April. While we maintain our distance, stay connected with your Area Offices and within your corps and squadrons. Obtain your information from credible sources, like Canada.ca. For all staff members, latest CANFORGENs and updates from our CDS are located on the CAF app. Likewise, the latest CANCDTGENs and information from our Commander, is available on the [CJCR app](#), and is an excellent resource for information and updates.



You can expect to hear more information in the coming weeks regarding the Cadet year and the CTC season. Your input and suggestions have been invaluable in this process and we appreciate all the excellent ideas you've proposed to your leadership. I'm inspired daily by the number of passionate people dedicated to this truly outstanding program and by their creative ways to continue delivering the aims of the Cadets. Remember, youth-leading-youth remains the core of who we are and what we do, and your creativity, your commitment, your professionalism, is what makes the Cadet organization Canada's finest youth program. This is what CWO Godbout calls "the magic". You've shared with us through your Area Offices some excellent ideas, some golden nuggets if you will, to keep the magic going; we've selected a few to share with you in this newsletter. Keep sharing and networking together. And remember:

- Take care of yourselves, take care of each other, respect physical distancing.
- Remain flexible, creative, and focussed on meeting our aims of citizenship, leadership, and physical fitness.

And, in the words of our CDS:

Stay home. Stay safe. Stay healthy.

Thank you for your active participation in our Virtual Vimy Memorial last night. Lest we forget.

INITIATIVES AND IDEAS

We have been compiling your ideas and efforts so that we can share widely the great initiatives you have developed and are engaged in delivering. If you are in need of some inspiration, here are some ideas being done by other corps and squadrons as well as some that have yet to be done!

Networking during this time is key! Be in touch with other corps and squadrons in your area as well as throughout the region to brainstorm and collaborate together.

186 Sea: [Virtual band performance](#)

540 Air: [Master Chef episode](#)

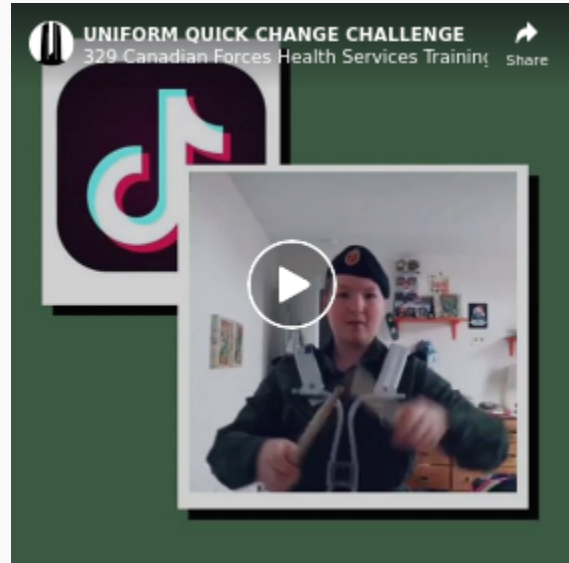
[2332 Army](#), and [102 Air](#): Online parade nights

[134 Sea](#) and [104 Sea](#): Radio operator course

[226 Sea](#), [172 Air](#), [1913 Army](#): Mock MRBs



Virtual Vimy Memorial, 100 Army



Citizenship

Online tour of [Canadian Museum for Human Rights](#)

[Virtual visits to those in nursing homes](#)

Fitness

[385 Sea](#): Online workout

[686 Army](#): Biathlon videos

Aviation

[Online tour of aviation museum](#)

Sailing

[Virtual Regatta](#)

Public Affairs

[Free photography classes \(Nikon\)](#)

Uniform Care and Maintenance

Boot polishing competitions

How-to videos

Field Craft/Survival

[164 Air](#): Build model bivouac sites

#STAYATHOMECHALLENGE

Staying home is not a barrier to us coming together. Focused on our program themes, Cadets Canada is using national and regional social media channels to issue challenges to cadet corps and squadrons keeping us engaged and united. Start preparing your submissions for next week and don't forget to share. The theme will be: uniform tips. Let's see what you've got!



A reminder about our virtual band and choir. This online performance will feature cadets at home playing our national anthem, in uniform. There is one more week to send in submissions, which should be emailed to new.mediaRCSUCentral@gmail.com.

RECOGNITION!

Navy League of Canada - Ontario Division has announced their award recipients for 2020. Alongside our League partners, we congratulate:

Sea Cadet of the Year:

CPO1 Willow Bramwell, RCSCC Trillium

Sea Cadet Musicians of the Year:

CPO2 Graham Rowland, RCSCC Centurion

CPO2 Annabel Zhu, RCSCC Centurion



CPO1 Bramwell

Medal of Excellence Recipients:

PO1 Skye Pinto

CPO2 Henry Coupland

PO1 Isabel Coupland

CPO2 Johnathan Gershkovich

CPO2 Adrian Stockford

CPO2 Morgan Eastop

CPO1 Catherine Roskammer

CPO1 Lauryn Fay

CPO1 Willow Bramwell

PO1 Zachary Thao

CPO2 Jacob Cameron

CPO2 Brock Robbins

CPO2 Addison Mackenzie

CPO1 Nicolette Griffith



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