

# THE PACIFIC EXPRESS



JANUARY 28, 2021 - ISSUE 21

## COMMAND CONNECTION

- Cdr Stephan Gresmak, CO RCSU (Pac)

We are moving quickly towards Spring and I'm delighted to see so many corps and squadrons continuing to engage youth in meaningful ways through fun and developmental activities. I've heard great things about cadets from **692 RCACS** creating podcasts, have seen some incredible guest speakers in **Nelson, Cranbrook, and Victoria**. As we turn our eyes towards warmer weather and the promise of lifting restrictions, I encourage all of you to promote Spring CAP and the summer employment and training opportunities among your staff and cadets. The most important thing we can do is positively plan for a more open future, and be prepared to adapt if we are unable to deliver. As disheartening as it can be, it is much easier to turn training off than it is to plan at the last minute when an opportunity arises. We will be able to determine the viability of in-person CAP for Spring Break by 15 Feb, and the viability for CTC (in-person) by 1 May. Until then, forge ahead and get your applications in, and keep up with the incredible work you are all doing.

### IN THIS WEEK'S ISSUE:

COMMAND CONNECTION  
BRAVO-ZULU  
SAVE THE DATE - CAP  
SUMMER TRAINING STAFFING  
CYBER SECURITY COMPETITION  
WELLNESS CHALLENGE  
SPACE-X VISIT  
LED TALKS  
SAVE THE DATE - BAND CONCERT  
PUBLIC AFFAIRS  
RESOURCES

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the Pacific Express?

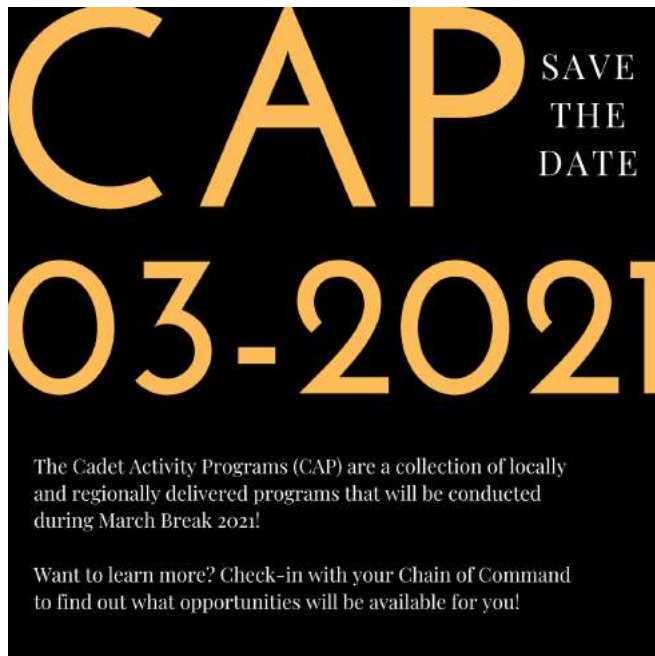
Send your feedback and  
story ideas to  
[paccadets@gmail.com](mailto:paccadets@gmail.com)

## BRAVO-ZULU!

A huge BZ and thank you to all of the cadets and staff that have volunteered to be part of the **guest speaker program** in the Interior Area. Reaching out to share your perspective and expertise has been invaluable in keeping cadets and staff engaged.

Congratulations to **Mr. Michael Johnson**, the ACLC BC Branch Treasurer, who is the recipient of the 2020 Major Charles Whisker Top Volunteer Award. [See more about the award here.](#)





We are hard at work preparing for the Cadet Activity Program (CAP) - a collection of locally and regionally delivered activities and training opportunities for cadets during the March Break!

We'll be sharing more about CAP here on BC Cadets every Thursday. In the meantime - check in with your Corps or Squadron Chain of Command for more information!

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## SUMMER TRAINING STAFF CALL-OUT

Have you got your application in for summer training employment opportunities? There are several positions for both CTC (Virtual) and CTC (In-Person) that are still open. Get your applications in soon to be part of a memorable summer at Vernon, Quadra, or as part of the team that delivers virtual training courses. Check the December ROs or contact [rcsupacstaffing@forces.gc.ca](mailto:rcsupacstaffing@forces.gc.ca) for more information.

The course catalogue for CTC 2021 offerings is expected in the next couple of weeks, keep your eyes open for updates.



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# CYBER-SECURITY COMPETITION

Last summer many cadets participated in a cyber-security course during summer training. Last weekend, a team of BC Cadets competed in Cyber Patriot, a competition that involved four separate challenges. The first three challenges consisted of virtual machines operating Windows 10, Ubuntu Linux and Windows Server 2019. The virtual machines contained existing vulnerabilities that the cadets were to find and correct as well as manipulating many settings to harden their security status to prevent some future vulnerabilities. The 4th challenge was a very challenging Cisco networking exam and configuration exercise. Thanks to lead coach **Lt(N) David Grant** and assistant coach **Capt Billie Sheridan** for leading the team to a 21st place finish in the silver tier, with an overall 50th place finish of 72 teams. The teams will now prepare for CyberTitan in May 2021.

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## WELLNESS CHALLENGE

### **Pacific Region Winter Wellness BINGO Challenge!**

This BINGO is a virtual BINGO!

Every square has a wellness-related challenge on it that is intended to be done in a day. When you complete a square, either mark it off digitally or print the card and initial. See the next page for your playing card!

BINGO (any line) = 1 entry in the draw

Blackout (all squares) = 10 entries in the draw

Enter for a chance to win CJCR swag from the CANEX kit shop OR a \$25 gift card of your choice from giftcards.ca! Any currently active member (cadet or staff) from Pacific Region is eligible to win a prize.

- Email your entry (one per person) to [pacificregioncadets@gmail.com](mailto:pacificregioncadets@gmail.com) on or before 28 Feb 21.
- Make sure your corps/squadron and name are on the BINGO card or in the body of your email.
- In order for the entry to be verified, you must also attach at least one photo related to the challenge that could be shared on British Columbia Cadets social media pages.

The contest runs for the month of February. We encourage you to share your daily journey using the hashtag #BCCadetChallenge

If you are looking for some motivation, workouts, workshops, how-to videos, webinars, etc, check out the [CF Morale and Welfare Services YouTube channel](#) as well as the [PSP youtube channel](#) for total body circuit workouts.

For an additional challenge, check out the [PSP Winter Challenge](#) that anyone with a CFOne card can participate in to win prizes!



# Winter Wellness Challenge

## Pacific Region Cadets

Enter to win some CJCR swag from [canex.ca](http://canex.ca) or a \$25 gift card of your choice from [giftcards.ca](http://giftcards.ca)!

BINGO (one line) = 1 entry in the draw  
Blackout (whole card) = 10 entries

Every square has a wellness related challenge on it that is intended to be done in a day. When you complete a square, either mark it off digitally or print the card and initial.

We encourage you to share your daily journey using the hashtag **#BCCadetsChallenge** and tag us at BC Cadets

10 push-ups (any style - repeat x5 throughout the day)	Complete a virtual (online) workout	Hydrate! Only drink water - no other liquids today	Tidy up your physical space - clean your bedroom	Get some fresh air - at least 60 minutes outside being active
Spark your creative side - 30 minutes (draw, paint, write, sing, build, create, play an instrument etc)	10 squats (repeat x10 throughout the day)	10 burpees (repeat x5 throughout the day)	60 second plank (repeat x5 throughout the day)	Check in on a friend - talk on the phone or video chat
1 km run / jog / walk	Cross two things off your to do list today	15 mountain climbers 15 lunges (each side) 15 jump squats	Eat fruit or veggies with every meal today	Work on your flexibility - 20 minutes of yoga or stretching
20 sit-ups (repeat x3)	Start a positive self inventory journal - write down at least 3 things you like about yourself and 2 things you are grateful for	Jumping jacks for 2 minutes (repeat x5 throughout the day)	5 km run / jog / walk	Write and send a thank you note (card, letter, email, message, text etc) to someone
No junk food for a day	Wall sits - total of 5 minutes throughout the day	Read a book for 30 minutes	10 crunches 10 push-ups 10 supermans (repeat x3)	Dance to your favourite song

Corps / Sqn: \_\_\_\_\_

Name: \_\_\_\_\_

Submit your BINGO card to  
[pacificregioncadets@gmail.com](mailto:pacificregioncadets@gmail.com) before 28 Feb 21!

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## SPACE-X VISIT



On January 26th, 61 cadets and staff from BC and Ontario welcomed Kyle Dedmon, Senior Manager, Construction and Facilities at SpaceX! Mr. Dedmon gave a presentation on innovation and problem solving, and how the SpaceX teams collaborate to achieve goals in the pursuit of space exploration.

Big thanks to **OCdt Tannis Liviniuk** from **2924 RCACC** for organizing this event!

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## LED TALKS

Have you heard about LED Talks? The LED talk series supports the Phase 5/ Level 5 /Master Cadet programs and will be centered around the topic of leadership. They are designed to be a learning and development tool for senior cadets. Keep an eye on the [Cadets Canada YouTube channel](#) for upcoming LED Talks!

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## SAVE THE DATE - COMMONWEALTH CADET BAND CONCERT

In celebration of the Commonwealth Nations, a virtual mass band concert will be held on 8 March 2021, including 16 BC Cadet musicians, along with cadets from Australia and the United Kingdom. We'll be holding a watch party on the BC Cadets Facebook page that evening, so save the date and keep an eye out for more info!



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## PUBLIC AFFAIRS

We want to hear from you - do you have a cadet that has joined your corps or squadron during the COVID-19 pandemic? Have them interviewed by a Cadet Correspondent to share their experience, then send it over to [paccadets@gmail.com](mailto:paccadets@gmail.com)!



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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**

