



RCSU-CENTRAL MESSENGER

20 August 2020

Issue 6



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COMMAND TEAM CORNER

LCol Barry Leonard and CWO Gilles Godbout

RCSU-Central Team:

As we move through August and approach the end of summer 2020, which included many successful virtual activities and projects, and the participation of thousands of cadets across Central Region (Ontario), now is the time to look ahead with optimism to the fall and winter program — and we have some good news on that front.

It has been five months now since we began operating in a COVID-19 environment, during which time we have faced and overcome numerous challenges in delivering the Cadet Program virtually. We understand that these months have been frustrating for some and that many adjustments to normal routines, personal and program, have been necessary.

As we move forward, maintaining the safety and security of our cadets and staff as a top priority, we have received encouraging direction and guidance regarding the way ahead. Known as Task Order 002, our updated direction from Ottawa (see page 4 for further details) is set to allow limited in-person cadet activities starting October 1 or shortly thereafter.

The month of September will allow additional planning time for limited in-person gatherings in October and beyond, and an ongoing opportunity to connect virtually with cadets, parents and other stakeholders.

In-person fundraising participation by Corps / Sqn adult staff and cadets is not permitted, however, our League partners may continue fundraising using their League volunteers. Overnight activities also remain on hold, however, approved day-only field trg will be permitted – including day camps (known as the Cadet Activities Program, or CAP) during spring break 2021, with a focus on safe, fun and exciting cadet activities.

Your area OIC, CO's and other leaders will be communicating with you soon regarding what we expect to be a safe and challenging Cadet Program over the upcoming fall and winter months. We need your enthusiastic participation – as cadets, parents, leaders and others – to make this year a success; working together to achieve our goals.

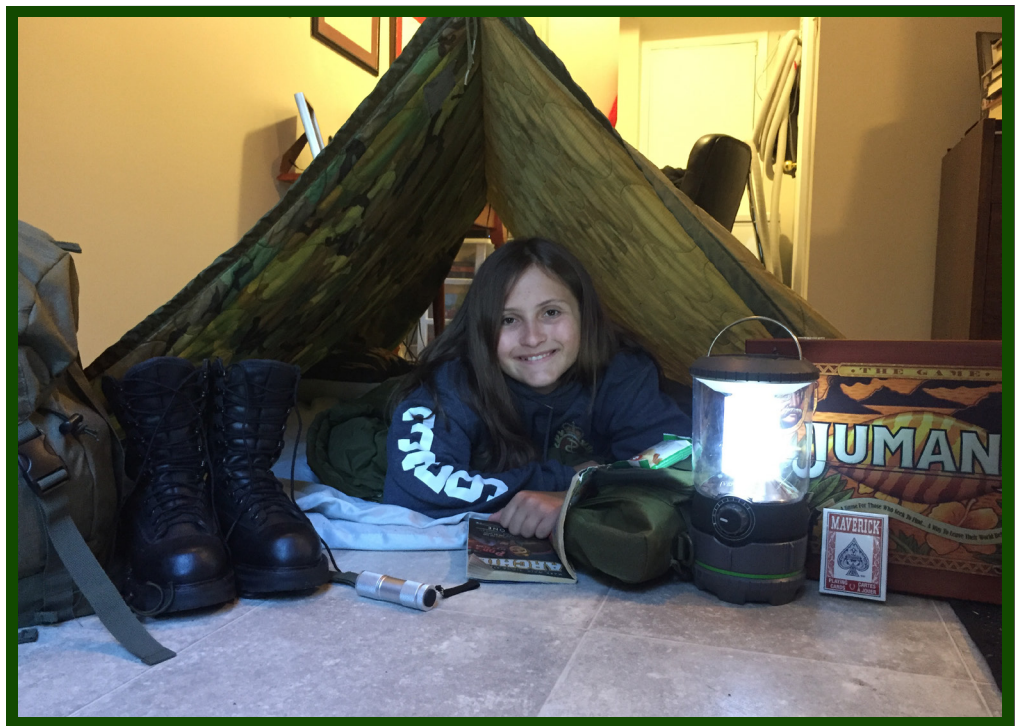
Stay safe, stay healthy and stay tuned for more information on the Cadet Program this fall!

Virtual Cadet Training Centre Wrap-Up

As summer 2020 comes to an end, we would like to congratulate all cadets for your patience and resilience during this unusual summer, as we have adapted using the virtual CTCs and ACR.

Many cadets enjoyed their time and experience as we shifted online; Cpl. Ross from 329 Canadian Forces Health Services RCACC was very excited to try this new way of learning:

“I am excited to participate in a virtual CTC because it lets me continue to learn skills as a cadet when we can't be together. I am learning about field training and survival, and this week I slept in a shelter in my basement,” she said.



Central Region Art Challenge Winners

By FSgt Tristan Soo Lum, Cadet Correspondent

Thank you to all the participants of the Central Region Art Challenge. Members and supporters of the program are amazed by the work and effort put into every submission! Our top three winners — Sgt Espe, PO2 Andrews, and CPO2 Patterson — have shared their stories and inspiration.

From 151 Chadburn Squadron in Oshawa, Sgt Lauren Espe joined cadets three years ago. While very timid and shy, she made a lot of great memories at summer training — meeting new people throughout her cadet career by being an active member of various teams such as band, drill, orienteering, and sports, which all motivate her to utilize her strength and abilities to improve the squadron. The day the art competition was announced, Sgt Espe knew summer training would not be happening this year, although painting the events of last summer helped alleviate the disappointment of not going.



“My message is to appreciate things while you have them. During this pandemic, I realized that I have taken a lot of things for granted, such as school, the ability to see my friends and family, my health, cadets, and, more specifically, camp. This painting was a reminder to me of how precious my time in youth is — because I’m running out of time in this program. I only have two years left, and these past four have gone by so fast. Take the time to enjoy what you have now, because it won’t be here forever,” said Sgt Espe.

PO2 Desirée Andrews is 14 years old and is from 104 Brilliant RCSCC in North Bay, Ontario. She joined sea cadets because of the experiences through the navy league. Andrews enjoys every aspect of the program, especially meeting new people and

competitions. She also volunteers for everything the program has to offer, additionally raising money for North Bay’s Elk club through her corps. This would have been her second year as drill commander and her third year in marksmanship competitions and biathlon. Her best experiences were participate in sailing, scuba diving, summer training and receiving her boating license and first aid. Considering the pandemic, PO2 Andrews found the art competition a learning experience after not painting for many years.

“The message of my art piece is about how grateful I am to have these amazing experiences and to of met a bunch of amazing people through the program. This program has given me many different opportunities and it’s something I’m truly grateful for. The middle is the biggest part of the painting because it shows the people, I am grateful to have in my life. The outside shows all the amazing things I have gotten to take part in because of the program,” said PO2 Andrews.



CPO2 Rebecca Patterson, a 17-year-old from 89 Ajax RCSCC in Guelph, Ontario, joined the navy league at the age of nine, before moving forward to the sea cadets at the age of 12. Her inspiration for joining cadets was mainly influenced by her family being a part of the program and the opportunities members can receive. She is an active member of her corps band and range team.



This year she would have been spending her summer on an international exchange if it wasn’t for the pandemic. What inspired Patterson’s art was her depiction of her favorite memories from sailing. “My message would be to enjoy the smaller moments in life, because, as we found out this year, they may not always be back,” said CPO2 Patterson.

The Plan for Fall/Winter 2020-21

(details of Task Order 002)

As noted in the command team's message on page 2, formation (national) has just issued its directive – known as Task Order (TO) 002 – providing direction and guidance for the way ahead this fall. With the coming of the fall season normally comes the close of our summer activities, and a return to our regular routines – however, this year continues to be very different. It is assumed the COVID-19 pandemic could last 18 months or longer, and the virus will likely return in multiple waves, continuing to pose a threat to the Canadian public. A return to normalcy is, therefore, not forecasted any time soon and we should expect to prepare for a new normal.

The safety and security of all who participate in our programs remain our top priority, and has been at the heart of every decision made. Steps to ensure that the proper precautions have been taken to ensure we do everything we can to protect our cadets and staff, and prevent the Cadet Program from becoming a vector for the further transmission of COVID-19, are being put in place.

Here is a more detailed overview of TO 002 and the plan for what the return of the Cadet Program will look like in the coming months.

Limited in-person activities

- To provide corps / squadron staff time to ensure they are able to support the possible resumption of limited in-person cadet activities, there will be a delay in the start-up of these activities until at least 1 Oct 20. Corps and squadrons are encouraged to use the time in September to connect virtually with their cadets and parents.
- No in-person training, events or activities are to commence prior to 1 Oct 20. Virtual engagement may commence on 1 Sep 20, while preparations for in-person gatherings are underway.

- Facility and event checklists will need to be completed by corps/squadron COs for approval by the chain of command prior to allowing limited in-person activities for parade nights and other activities.

Planning

- Preparations during September may include staff meetings at the parade location (adults only), provided public health measures (PHM) are adhered to.

- Summer cadet activities (aka: virtual CTC's) were completed 14 Aug 20 and lessons-learned will be gathered and applied to the upcoming cadet year.

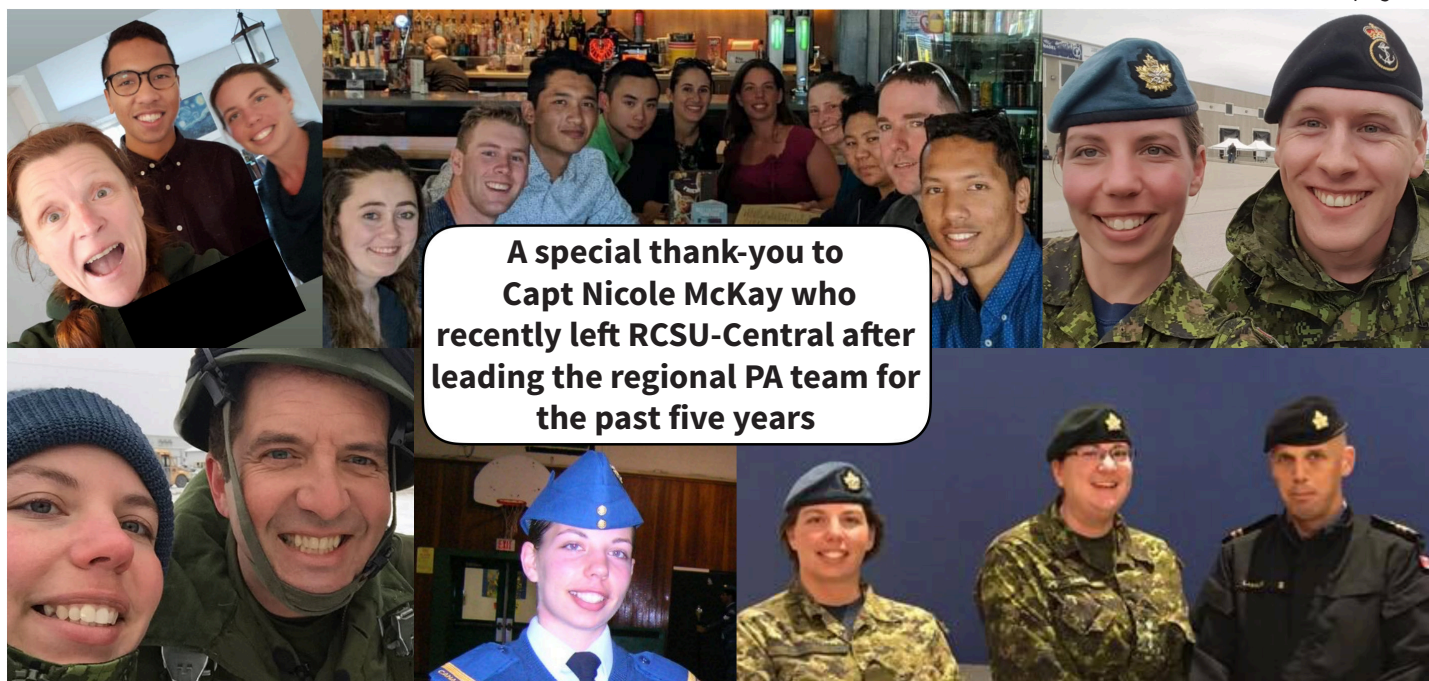
Fundraising

- No in-person fundraising activities involving cadets or adult staff are authorized until further notice.

When training and other activities resume

- Cadets and adult staff (CAF, CIs, and volunteers) must inform their chain of command if they have been tested for COVID-19 and also the results.
- When the time comes for in-person activities, non-medical masks (NMMs) will be provided by the CAF to all cadets and staff; however, in the interim, cadets and staff may use personally procured NMMs.
- Wearing of non-medical masks during in-person activities will be dependent on the local situation (e.g., school board direction, provincial / municipal regulations), ensuring 2m physical distancing. Additional direction may follow prior to 1 Oct 20.

continued on page 6 ►



Formation (NCJCR Sp Gp) is rolling out a series of attraction, engagement and outreach tools to assist regions and local units. First up is a new online registration tool to make the registration process easier – parents/guardians and prospective cadets can now visit our website at www.canada.ca/join-cadets. More tools coming soon!

Former Cadet Stands Guard At The National War Memorial

#CadetAlumni

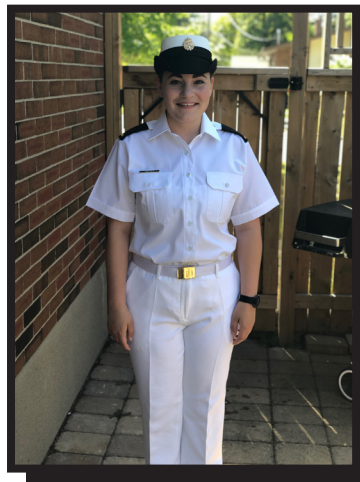
By 2Lt Anthony Vukojevic, Public Affairs

As COVID-19 restrictions begin to ease across the country, the National Sentry Program resumed late June, allowing a former cadet to finally accomplish her dreams of standing guard at the Tomb of the Unknown Soldier in Ottawa this summer.

Late June at the National War Memorial in Ottawa, former [RCSCC ILLUSTRIOUS](#) sea cadet and chief of general training at [HMCS Ontario](#) Cadets, Erin Marsden served as a sentry standing proudly on guard. Since she joined the [Canadian Armed Forces](#) (CAF), it was always her goal to be part of the National Sentry Program. Ordinary Seaman (OS) Marsden is a naval reservist with [HMCS Carleton / NCSM Carleton](#) as a boatswain.

"I could not be prouder to put my uniform on everyday this summer and stand sentry at the Tomb of the Unknown Soldier in Ottawa. It is an absolute honour and I am so proud that I am able to say that I accomplished my dreams."

OS Marsden finished her cadet career on a high note, ageing out of the [#CadetProgram](#) as the Coxswain of [RCSCC ILLUSTRIOUS](#), where she took pride in mentoring her senior and junior cadets into future leaders of the sea cadet corps. However, her accomplishments did not stop at the local level. OS Marsden was awarded the top sea cadet in Ontario by the [The Navy League of Canada - Ontario Division](#) back in 2017.



During her time in the [#CadetProgram](#), OS Marsden received the once-in-a-lifetime opportunity to be deployed on a Tall Ship in U.K. and France for two weeks. She was also able to experience a weeklong training program on a [Royal Canadian Navy](#) (RCN) vessel during her Orca deployment in 2016.

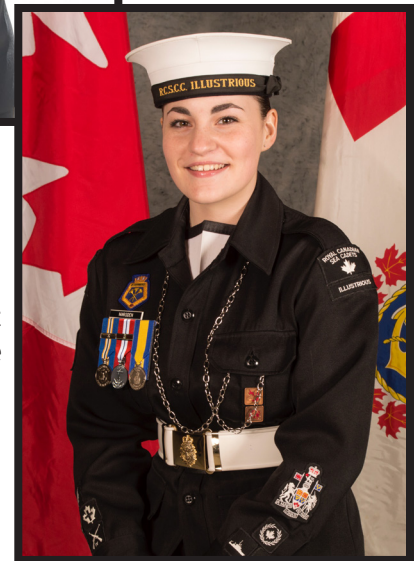
"This deployment made me really interested in being a boatswain in the RCN," said OS Marsden.

Shortly after graduating high school and ageing out from the [#CadetProgram](#), OS Marsden enrolled in the CAF as a [Boatswain](#) for the RCN. As a boatswain, OS Marsden is the seamanship specialist on the ship. She is responsible for the safe operation and maintenance of the ship's rigging, shipboard cargo handling equipment, boats and small craft.



She always knew that she wanted to serve and give back to her country from a young age, a dream that she was able to accomplish because of her time and experiences gained while she was a sea cadet.

"I am the happiest on the water, so having a career that I can sail around the world, meet new people, experience different cultures and protect Canadians abroad and at home sounded like the most perfect job for me," said OS Marsden.



OS Marsden will continue to stand on sentry until mid-August, where she will then prepare for her final year of her undergrad at [Carleton University](#) as she finishes her degree in criminology and criminal justice.

The next dream on her list she is hoping to cross off is to become an officer with the [Canada Border Services Agency](#).

Barrie Sea Cadets Interview Mayor

By Capt Rachael Tracey



On Wednesday, August 12, the cadets and staff of Barrie Sea Cadets had the opportunity to chat with Mayor Jeff Lehman of the City of Barrie about leadership and decision-making in a time of chaos.

Over Zoom, we talked about topics that included: how he made the decision to declare the state of emergency on March 23 (including how long it took); how the city is operating while under the state of emergency; how his own leadership styles and strategies have been impacted; the differences in impact between SARS and COVID-19; innovation in terms of city services; and what he likes to do in the City of Barrie when he's taking some downtime.

The motivation for this event was the Simcoe County Community Coordinating Committee meeting on June

18. Here it was discussed that corps are encouraged to reach out to their respective communities to see how both can work together in a mutually beneficial relationship. Capt Rachael Tracey was able to leverage her knowledge of how municipal governments operate to reach out to the mayor's office to ask if Mayor Lehman would be interested in participating in a meeting with the corps.

It's important to note that almost all aspects of the interview were handled by cadets. CPO2 Talia Rossit created our biography, so that the mayor knew more about us and the project team, and managed the chat during the session: MS Torrey Barker created the incredibly insightful questions that were asked; and MS Emelia Glenn conducted the interview with a tonne of confidence. The only things they needed from their supervisor was the contact with the mayor's office, liaising with RCSU-Central for approval, and help with the fine-tuning things: Bravo Zulu! Plans are already in the works to see if we can engage other community members (and parents) in different sectors as virtual guest speakers.

Throughout the interview, the corps made us all proud and represented us, themselves and the CCO very well. I am always very proud to be a part of RCSCC Barrie, but this was definitely a pride booster!

The Plan for Fall/Winter 2020-21 (continued from page 4)

- If COVID awareness training is required for all occupants to enter a facility (e.g. an armoury), cadets will individually complete our online COVID-19 training course and advise their corps/squadron staff of completion, prior to entering the facility.
- Previous direction regarding international cadet training/events remains extant. Given the state of COVID-19 and global projections, no international cadet training/events will occur prior to 1 Sep 21; this includes all exchanges (i.e. ISCA, IACE, Maple Leaf, etc.).
- Inter-provincial/territorial travel is limited to program participants who reside within one hour of a provincial/territorial border and must cross it in order to attend regular parade nights or other approved day-only training activities. There will be no commercial air travel; ground transport must be arranged and carried out in a manner that ensures two metre distancing between passengers, along with appropriate cleaning protocols. Self-travel for any cadet activities is limited to within one hour of a parade location in order to maximize parental drop off/pick up of their child. Exceptions to the one-hour limitation will be approved by the RCSU CO.
- No overnight travel is authorized until further notice. This means, therefore, day-only field exercises and no recreational trips outside the one-hour driving limitation.

- We are planning for day camps during the spring break 2021 period, across Canada, with up to approximately 6,000 cadets participating, being dropped off and picked up by parents. We are exploring the use of local armouries and other facilities with the focus being on safe, fun and exciting cadet activities.

Subsequent updates

- Subsequent direction regarding CTCs for summer 2021 will follow, but not before 1 Nov 20.

Power Pilot, Glider Pilot Training Course (PPTC/GPTC) and other flying activities

- The decision to conduct future PPTC and GPTC will be made by the comd Natl CJCR Sp Gp in the Nov-Dec 2020 timeframe.
- Force generation of glider instructors will need to be the first priority to ensure viability of the glider program into the future.
- A selection process for both GPTC and PPTC is planned for this training year.
- PPTC and GPTC could resume, conditions permitting, during summer 2021, but there are no guarantees that approval will be given to conduct these courses, given COVID-19.
- Additionally, cadet familiarization flying (power and glider) could also resume, conditions permitting, but no earlier than summer 2021.

Provincial Parks and Cadets

By Capt Linda Fogen Madsen, ZTO NOA, Thunder Bay West

Living in North-Western Ontario, we certainly have an abundance of nature around us; the Canadian Shield is home to many amazing forests, mountains, rivers and lakes. What that nature sometimes doesn't offer is an abundance of suitable areas in which to hold outdoor training. Wild, thick underbrush, marshlands and sometimes no signs of "civilization" for miles are the norm. So, where can a unit turn for good, quality training spaces without having to bushwhack for days? We think we've found the answer: Ontario's provincial parks.

our provincial parks are the first choice for a field training exercise. Even the Thunder Bay Expedition Site is housed at Sleeping Giant Provincial Park – about an hour east of the city. The trails and Lake Marie Louise offer excellent, safe and well tested places for trekking, mountain biking and canoeing.

A little bit west of Thunder Bay is Kakabeka Falls Provincial Park, which has

been used many times by both army cadet units and the air cadet unit in town. With its large, well-maintained group camping site, nearby trails and of course, the breath-taking falls themselves, it amounts to an ideal site to conduct training.

With the "FTX" season being just off-set from the parks open camping seasons, there are usually very few or even no other people

around — and there is normally



Kakabeka Falls Provincial Park

no fee levied for the day use of the parks. Some parks may charge a small fee for firewood to ensure that there is no damage to the live trees on the grounds.

Further to the west, the two parks used most often for field exercises are Aaron Provincial Park (just east of Dryden, ON) and Blue Lake, located in Vermilion Bay, ON. Both of these parks offer the same amenities as Kakabeka and Sleeping Giant Provincial Park, giving the users a sense of continuity and comfort with the similarities of the area's natural features and what they can expect to encounter.

Without this cooperation between the Cadet Program and the provincial parks, delivering this type of safe, enjoyable and dynamic training would be much more challenging for some units that are not situated near privately available land. These parks offer great spaces where multiple units can come together to learn, share best practices and get to know their fellow cadets in the area.

Here's to a long and happy partnership between these two great Canadian organizations.



Sleeping Giant Provincial Park, Silver/Gold Star Expedition Staff

In Northern Ontario Area West (NOA-W) we have our share of beautiful provincial parks to choose from — offering well-established camping spaces that are safe for our cadets – some of whom may be out in the "wilds" for the first time in their young lives. Groomed hiking/trekking trails, covered picnic spaces to stay out of the rain/snow, electricity and sometimes even access to hard shelter should the elements decide to turn nasty on us unexpectedly, are all bonuses to these sites.

Now, not all (parks) are used — a few privately owned camps are utilized as well, but for the most part



Blue Lake Provincial Park Fall Joint FTX

LEADERSHIP 101 - Part 5

By Maj Lee Wendell, RCSU-Central COS

Recall I asked you in the first article ‘what makes a good leader?’ You should now have a better understanding of the styles of leadership as I introduce you now to the Leadership Principles and Philosophy. Principles are a set of fundamental truths that serve as the foundation for a system of beliefs or behaviour. Dictionary.com defines principles as “an adopted rule or method for application in action.”

Leadership principles are strict and clear. According to Leading People – Leadership in the Canadian Forces, the principles applicable here are:

- ☐ Achieve professional competence and pursue self-improvement;
- ☐ Clarify objectives and intent;
- ☐ Solve problems and make timely decisions;
- ☐ Lead by example;
- ☐ Build teamwork and cohesiveness; and
- ☐ Keep subordinates informed, develop them, and treat them fairly.

As you can see, the principles seem to equate to ‘treat your subordinates like you would like to be treated’. However, not all leaders treat their subordinates this way. Can you think of a scenario where you would not treat them fairly? These situations usually involve the Authoritarian style ... perhaps a firefighter team lead, directing one or two firefighters into the house to fight the fire over, say three others. Not a situation you want to have a debate over to see who goes in and who stays out. If you follow these principles, your leadership style will emerge and develop, given the right opportunities. Seize those opportunities to engage in situations where leadership styles need to be exercised. You do not develop through passive engagement and inactivity.

Philosophy is defined as “a system of principles for guidance in practical affairs.” With the principles listed above, you can develop your own philosophy as you gain more experience and responsibility. Cadets leading cadets is prime philosophy. The CAF philosophy involves an extra principle, that of Distributed Leadership. Can you guess the intent of that principle?

Given the size and level of involvement around the globe, leadership flows from the top down, and across elements. If you consider your Corps or Sqn, one element in a large organization, you have CO’s, with DCO’s, AdminO’s and TrgO’s responsible to the CO. Each has a specific job and responsibility. Moving outside your Corps or Sqn (and element), the Area OIC has a

DCO, AdminO, and Zone TrgO that oversee your area CO’s. The RCSU HQ oversees the operation of the Areas. Distributing their responsibilities allows for local control and global oversight of how we operate ... maybe not on as large a scale as the CAF, but you see the point. Smaller segments to lead with overall responsibility to see the organization functions well.

I would like to spend a little more time on how we utilize the principles, in a distributed leadership manner, to better explain how you, as a cadet leading cadets, can become a more effective leader and contribute to the overall mission goal of creating the future Canadian leaders ... in the next segment.

If you have a leadership question or scenario, please contact me at Lee.Wendell@forces.gc.ca or Lee.Wendell@cadets.gc.ca and I’ll respond. I may present your question as a case study for consideration here.

Taking Command



One of our #CadetAlumni makes our COATS family extremely proud, achieving a personal professional success in his CAF RCN career. Former sea cadet and CIC officer from RSCC Quinte in Belleville, ON, Commander Drew Graham (left), was appointed as commanding officer of the Canadian warship HMCS Fredericton by Commodore Richard Deltham, commander of Canadian Fleet Atlantic on July 31.

Congratulations Cdr Graham on your new command! Your COATS family wish you the best. Our cadets, fellow staff members, and the community of Belleville are humbled by your successes.

Fair winds and following seas, sir! #ReadyToLead

#CadetAlumni

Flying To New Heights

By 2Lt Anthony Vukojevic, Public Affairs

An Ontario CIC officer, and former air cadet, is a recipient of the very first ever [Air Canada](#) — Captain Judy Cameron Scholarship. This scholarship will assist her with her post-secondary studies, as well as help her in accomplishing her dreams of becoming an airline pilot. This is an important goal for her as she strives to increase the opportunities and equality within the industry of aviation.

Second Lieutenant (2Lt) Yasna Taieb graduated as a Warrant Officer Second Class from [540 Golden Hawks RCACS](#) after a very successful cadet career. She was able to obtain both her glider pilot and private pilot licences through the [#CadetProgram](#). However, 2Lt Taieb didn't stop there!



Once she got the taste of flight, 2Lt Taieb decided that she wanted more and enrolled at [Conestoga College](#) in their aviation-science and arts program, where her next goal is to achieve her commercial pilot licence.

After two years of hard work and dedication to her post-secondary studies and her flight training at the [Waterloo Wellington Flight Centre - WWFC](#), 2Lt Taieb is one out of four recipients of the first ever [Air Canada](#) — Captain Judy Cameron Scholarship! The scholarship is named after retired Captain Judy Cameron, the first female pilot to be hired at Air Canada, in 1978.

“As an Afghan-Canadian female, I am working to bring change to the lives of underrepresented females across Canada. I am committed to organizations that promote females in STEM and aviation, and strive to become a successful airline pilot.”

The Captain Judy Cameron Scholarship recognizes and celebrates the achievements of accomplished women studying in aviation and aerospace. It makes significant financial assistance available to young women enrolled in post-secondary aviation flight or maintenance programs. Out of 113 applicants, only four are selected to receive the \$5,000 scholarship.

#CadetAlumni

Currently, 2Lt Taieb is the head instructor with the ground school programs at [540 Golden Hawks RCACS](#), [80 KW Spitfire Royal Canadian Air Cadet Squadron](#), [822 ‘Tutor’ Royal Canadian Air Cadet Squadron](#), [530 Havoc RCACS](#) and [296 City of Cambridge Squadron](#), Royal Canadian Air Cadets.

Annually, 2Lt Taieb turns out 20-25 pilots by preparing and mentoring them to do well on their entrance exam for our pilot training courses.

“Cadets has been monumental to my personal and professional growth as an individual, a leader, and a pilot. Air Cadets evidently gave me the opportunity to achieve both my wings, but it also solidified my goal to not only become an airline pilot, but to also ensure that I increase the opportunities and equality within the industry.”

This summer, 2Lt Taieb was hired as the summer student for the role of executive assistant for the [Northern Lights Aero Foundation](#) — a foundation that holds an annual gala and often sees senior female cadets from across the province in attendance.

The foundation's mission is to inspire and encourage increased participation in aviation and aerospace with women in Canada, as well as ensuring that they are successful in their careers by promoting awareness of the best career opportunities within. They work closely with



organizations to ensure they recognize and benefit from women's diverse talents.

2Lt Taieb will continue

to teach and mentor young air cadets across Southern Ontario, whether that be in-person or virtually online. She has inspired many young cadets, especially females, to accomplish their goals and chase their dreams no matter how many obstacles are in the way.

2Lt Taieb will continue to inspire our youth as [#LeadersOfTomorrow](#) and will always encourage them to reach their full potential. [#BravoZulu](#)

Junior Toastmasters

By Lt(N) Mark Phillips, Commanding Officer 304 Chaudière RCSCC

In early January, 21 sea cadets from RCSCC Chaudière, located in Milton, ON signed up to begin what would

become a very challenging and unique personal journey, as they began the first of nine 2.5-hour sessions of our inaugural Junior Toastmasters

Program. The Toastmasters Youth Leadership Program was hosted and instructed on Monday evenings at our building, by LCdr (ret'd) Richard Lewis of the South African Navy, and his wife, Beverly — both members of Toastmasters International.

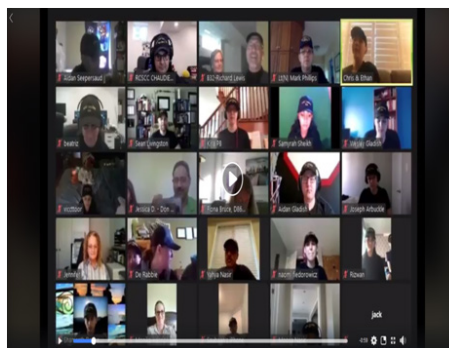
As we met each week, the cadets initially began to grasp the basic skills required to become an effective public speaker. At the beginning cadets would prepare short topics of discussion and speak to the group only for a brief time. And after a while the cadets would take turns evaluating the individual cadets that were speaking to the group.

Some of the topics that cadets selected themselves to speak about were: What is Canada's national summer sport?; the positives and negatives of caffeine; woman in history; self-harm — what is it?; and climate change is real. Throughout the different sessions, guest speakers from the Milton Toastmasters Club were invited to speak to the cadets — providing important information about effective public speaking, such as “How to prepare a speech in 15 minutes”. These guests would comment and contribute feedback and encouragement for cadet speeches.

Then in early March we were unable to meet in person at our building due to COVID-19, so the program was

moved online with Zoom. At first it was a challenge for all, but quickly the cadets gave us feedback that they were surprised that they were finding out more about each individual cadet on Zoom than they did when they met in person. The program quickly became a real ‘team-building’ exercise. The cadets

eventually would give a 4-6 minute speech to the other participants, however they really liked it when they would be assigned a ‘table topic’, where they would debate another cadet for 1-2 minutes on a topic that they had never seen before, with only one minute to prepare their argument.



After our final session the cadets were excited to find out that they had successfully completed the program and each of them were invited to a virtual graduation and certificate ceremony. At this ceremony, some of the cadets chose to speak about their personal challenges and their learning, while becoming more confident and effective public speakers.

Some of the cadets' comments at the graduation were: “I found the course useful, and I learned how to speak in the spotlight, without losing control of my words”; “As it's my first year in cadets, I was able to boost my confidence when speaking, and made friends in the course”; “I got to know people a little better... finding out what people's likes and dislikes are”; “I found Junior Toastmasters interactive, interesting, educational, and I gained some essential life skills while having fun”; and “I know I sound more professional when giving a speech and it has defiantly boosted my self-confidence”.

All in all, the program was a big success and a great opportunity for sea cadets at our unit. Through this well-structured program our cadets gained introductory skills and knowledge of how to be effective public speakers.

Are you a cadet alumni or alumnae?

*How has cadets shaped you into the person you are today? Let us know for your chance to be our next **#CadetAlumni** story.*

*Send us a direct message to our page or email Anthony.Vukojevic@cadets.gc.ca and share your story with us of how you continue to be **#CadetProud**!*



Ontario Cadets



@cadetsca