

Year 1, Issue 3

March 2021

2332 Major EJG Holland, VC RCACC Newsletter



Edited and produced by the Social Media Team

A Message from the Commanding Officer

Can you believe a year ago we came together as a Corps and started our training virtually!!! Since then, Cadets have participated in several Virtual Zoom training sessions and engaged with the Corps in FUN Social Media activities. Since we have started our Virtual training year, we have had the opportunity to invite many special guests who would not have been able to attend our Corps in person during regular times. We also started the 2021 year with our Master Cadets leading our second period of training and engaging our Cadets in FUN Virtual games and started us off with a physical activity towel exercise!!

By this time in March, we would have completed our Regional Biathlon competition and getting ready for Nationals. We would also be ramping up our Marksmanship practices for the Zone competition in March and continue our Drill and Band practices for competition. This year with our in-person restrictions our Cadets are continuing to keep up their skills and training. Our Biathlon Cadets have been practicing their skiing at home and running to keep up their cardio. Cadets have the opportunity to participate in a joint Marksmanship Virtual Workshop that started in February and some of our cadets have been participating in a [Virtual joint Cadet Music Program](#) that started in January to continue practicing their skills in Band.

As the Cadet program participated in Bell Let's Talk Day. I wanted to share that the [Canadian Forces Morale & Welfare Services](#) has developed a Canadian Forces Member Assistance Program (CFMAP) where cadets and their families have access to a confidential, 24/7 line to help with well-being and work performance concerns.

Make sure to email 2332trg@gmail.com and register for the Cadet Activity Program that has been postponed to April 16-21st. Time goes by fast; we have another 3 months until our Annual Ceremonial Review. I look forward to seeing everyone over the next few months as the training staff and Master Cadets have a few more FUN activities and special guests planned.

We Will Only Get Stronger
Major Patricia Bonacci
Commanding Officer

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DCO's Message

Hello, 2332!

As we continue into the last 3-4 months of our Training year, keep an eye open for more guest speakers & special activities from your Master Cadets! All of them are looking forward to providing us with their unique ideas and stories.

Keep on your toes! We've already had our first winners with the 2332 Virtual Training Incentive Program, and the next 3 months are your opportunity to engage yourself even further to earn those prizes! With each new month is a new opportunity to compete on a fresh slate - it's always a good time to do those little things to better your chances. There's even a new Annual Cadet Review (ACR) award tied to your accumulated points from February to June 2021, so aim for the skies & show us your best! All that being said, don't forget to enjoy the last of the wintry season outside of the Cadet program as well - Spring will be here before you know it.

Whenever you face any challenges in life, remember "We Will Only Get Stronger".

Cheers,
Captain Steven McNaughton
Deputy Commanding Officer

RSM's Message

Hello, 2332!

As we head into March we are getting closer and closer to the end of our 2020/2021 Cadet year! Over the past few months, I have had the honour to attend Virtual Training and see our cadets joining in to share the fun! Recently we have begun making our second period into an activity period led by one of our senior cadets, and it's amazing to see all of our cadets participating and having fun while staying safe at home.

2021 has been a very successful year for 2332 and I look forward to these last few months of the training year and hope to see more and more cadets out here. We have also had the chance to have a few special guests join in, including a Detective Sergeant from the O.P.P. and a nurse to talk to our cadets about their careers and answer questions from our cadets.

Last but not least, I'd like to thank all of the adult staff for ensuring our training is running smoothly. Thank you all for participating! Stay safe and happy March!

CWO M Raza
Regimental Sergeant Major

TRAINING INCENTIVE PROGRAM

How would you like to get prizes for participating in 2332 RCACC Virtual Cadet Program?

To help increase engagement & morale during our Virtual Training, the training staff have put together a points program.

WHO CAN PARTICIPATE?

- All Cadets as an individual!
- All Star Levels as a team!

WHAT CAN I WIN?

- \$15 Amazon Gift Card to the Top #1 Individual each month
- \$10 Amazon Gift Card to every **attending** member of the Top Star Level each month

WHEN ARE PRIZES AWARDED?

End of every month!

HOW DO I GET POINTS?

Reward Points:

- +5: Video On
- +6: Audio Used
- +7: Chat Used (see FVC)
- +5: Reactions Used (see FVC)
- +5: Correct Uniform
- +2: Uniform meets Standard
- +10: In Waiting Room by 18:25
- +5: Arrive after 18:30
- +5: Water Bottle Present

Penalty Points:

- -5: Spam Chat
- -5: Breach FVC

For more details check out our website:

<http://www.2332cadets.ca/2332-virtual-training-incentive-program.html>

Participate in the program and get a chance to win as an individual and part of a team!

TRAINING UPDATES

March 3 – Guest Speaker

Tina Wagner Mental Health Educator who will share a Mental Health Awareness discussion with us.

March 10 – PT Testing

This will be an introduction to all the components of the Physical Training Assessment. Once you know the basics you will have to evaluate yourselves at home and send us your results. This will be extremely important for those looking to be promoted! We need to enter your results to be able to move forward with any outstanding promotions

March 17 – PT Night

No towel exercise unless you guys miss them! Virtual PT night for all – bring your running shoes and water bottles!

March 24 – Training Night

Regular class followed by a fun activity brought to you by your seniors.

March 31 – CO’s Parade

Promotions and Company Time

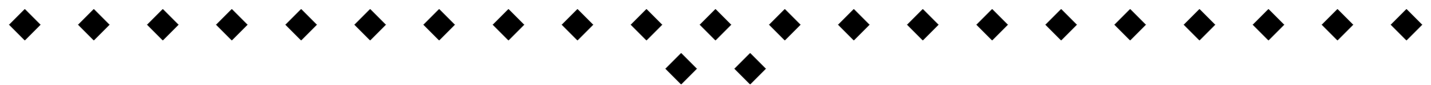
CAP – Cadet Activity Program

This has officially been moved to the new April school break, 12-16 April.

Day training activities throughout the week will include topics like team building, physical fitness, marksmanship, and biathlon activities. As long as in-person training is approved to proceed this week program will take place. Lunch will be provided.

In the event in-person training is not yet approved there may be a virtual component for the week.

Those interested **MUST** e-mail the Training Officer/2IC at 2332trg@gmail.com.



SOCIAL MEDIA



<http://www.2332cadets.ca/>



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