



2332 Maj EJG Holland V.C. RCACC  
**Weekly Routine Orders**



<b>Date:</b>	Wed 02 Nov 22
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**CAF Member Dress:** 1

<b>RO No.</b>	22-044
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**Cadet Dress:** C1

**Training Night Routine**

**DUTY PERSONNEL**

(All times use 24hr clock)

	Start	Finish
Arrival / Sign-In	18:00	18:15
Opening Parade	18:20	18:40
Period 1	18:45	19:15
Break	19:15	19:20
Period 2	19:20	19:50
Break	19:50	20:05
Period 3	20:05	20:35
Closing Parade	20:40	21:00
Dismissal	21:00	

**Primary Duty Officer:** Lt Dang, A.

**Secondary Duty Officer:** Lt Galaska-Doak, K.

**Duty NCO:** WO Shaheen, A.

**Duty Cadet:** TBD

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**MANDATORY TRAINING**

		Period 1 18:45 to 19:15	Period 2 19:20 to 19:50	Period 3 20:05 to 20:35
<b>GREEN STAR</b> 	PO/EO #	MX04.03	CX04.04	CO
	PO/EO Title	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	Attend a Personal Fitness and Healthy Living Presentation	CO's Parade
	Instructor	Guest Speaker	Guest Speaker	Maj Bonacci, P.
	Location	Parade Square	Parade Square	Parade Square
<b>RED STAR</b> 	PO/EO #	MX04.03	CX04.04	CO
	PO/EO Title	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	Attend a Personal Fitness and Healthy Living Presentation	CO's Parade
	Instructor	Guest Speaker	Guest Speaker	Maj Bonacci, P.
	Location	Parade Square	Parade Square	Parade Square
<b>SILVER STAR</b> 	PO/EO #	MX04.03	CX04.04	CO
	PO/EO Title	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	Attend a Personal Fitness and Healthy Living Presentation	CO's Parade
	Instructor	Guest Speaker	Guest Speaker	Maj Bonacci, P.
	Location	Parade Square	Parade Square	Parade Square
<b>GOLD STAR</b> 	PO/EO #	MX04.03	CX04.04	CO
	PO/EO Title	Participate in the CFA and Identify Strategies for Improving Personal Physical Fitness	Attend a Personal Fitness and Healthy Living Presentation	CO's Parade
	Instructor	Guest Speaker	Guest Speaker	Maj Bonacci, P.
	Location	Parade Square	Parade Square	Parade Square
<b>MASTER CADET</b> 	PO/EO #	M504.01	M504.01	CO
	PO/EO Title	Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness	CO's Parade
	Instructor	Guest Speaker	Guest Speaker	Maj Bonacci, P.
	Location	Parade Square	Parade Square	Parade Square

**Patricia Bonacci**  
 Major  
 Commanding Officer