

**REGIONAL CADET SUPPORT UNIT (PACIFIC)**



**JOINING INSTRUCTIONS  
YEAR 5 WORKSHOPS  
MARCH 17-19, 2023**

## INTRODUCTION

1. RCSUs are providing Professional Development Workshops for cadets enrolled in Phase 5, Master Cadet, or Proficiency Level 5. The Year 5 Program can be conducted over one or more years and is designed to extend the cadet's knowledge through the end of their involvement in the program. Year 5 cadets from all three (3) elements across the Pacific Region are required to attend at least four Professional Development Workshops hosted by RCSU (PAC) in order to receive a completion for their PO 513 workshop requirements.
2. These joining instructions will provide you with useful information about the **In-Person Workshop being offered 17-19 March, 2023 at Vernon CTC**, including transport schedule and timings located in the Annexes. It is important that you read these instructions carefully.
3. If a cadet is no longer able to attend, the cadet and/or unit staff are to inform the OPI immediately. Cadets must be signed up on Fortress to attend.

## DRESS INSTRUCTIONS

4. Dress for both travel and workshops will be C3s for all cadets (parka may be worn if desired).
5. Appropriate civilian attire may be worn during the evening at the completion of all formal training.

## LOCATION

6. Workshop will be held at Vernon CTC, 2950 15 Ave, Vernon, BC.

## TRANSPORTATION

7. Cadets will have transport arranged for them. Cadets will have to arrange for parental drop off and pick up at assigned pick-up locations. Transport plan and timings are found in Annex A.
8. Cadets that have flights arranged for them are to be at the Airport indicated in your flight details **NLT 2 hours before departure time. Flight information and booking details have been sent to cadets directly using their cadet email** with a cc to the general unit mailbox. Cadets will be greeted at the final destination and picked up as indicated in Annex A.

## CONTACT INFORMATION

9. Transport contacts  
Bus Escort Officer - NCdt Tsang, 604-442-6978  
Kamloops & Salmon Arm Pick Up Officer - Capt Shaw, 250-480-9554  
Airport Pick Up/Drop Off Officer - Lt(N) Wong, (778) 320-1919
  
10. General inquiries and workshop OPI - Lt(N) Crystal Leong, [Crystal.Leong@cadets.gc.ca](mailto:Crystal.Leong@cadets.gc.ca) or phone 604-726-1448 & Capt Christopher Kung, [Christopher.Kung@cadets.gc.ca](mailto:Christopher.Kung@cadets.gc.ca) or phone 778-706-5236.
  
11. Command and support oversight - Capt Brad Justason, [Brad.Justason@cadets.gc.ca](mailto:Brad.Justason@cadets.gc.ca), or phone 250-363-0969

Annex A - Transportation Plan and Schedule

TRANSPORTATION FROM OLIVER, BC TO VERNON CTC

Timing	From	To	Corps/Sqn and # of Cdt	Remarks
<b>MARCH 17, 2023</b> <b>Bus escort officer: NCdt Tsang</b>				
15:30	Oliver		2 cadets RCACS 232	Pick up Address: 5856 Cessna St, Oliver, BC
16:10	Penticton		2 cadets RCACS 259	Pick up Address: 853 Eckhardt Ave, Penticton, BC
16:50	West Kelowna		2 cadets RCACS 909	Pick up Address: 1441 Green Bay Rd, West Kelowna, BC
17:05	Kelowna	Vernon CTC	9 cadets RCACS 243 RCSCC 93	Pick up Address: 720 Lawrence Ave, Kelowna, BC

TRANSPORTATION FROM VERNON CTC TO OLIVER, BC

Timing	From	To	Corps/Sqn and # of Cdt	Remarks
<b>MARCH 19, 2023</b> <b>Bus escort officer: NCdt Tsang</b>				
13:00	Vernon CTC			
13:45	Kelowna		9 cadets RCACS 243 RCSCC 93	
14:00	West Kelowna		2 cadets RCACS 909	
14:40	Penticton		2 cadets RCACS 259	
15:30		Oliver	2 cadets RCACS 232	

TRANSPORTATION FROM KAMLOOPS TO VERNON CTC

Timing	From	To	Corps/Sqn and # of Cdts	Remarks
<b>PICK UP, MARCH 17, 2023</b> <b>Driver: Capt Shaw</b>				
15:00	Kamloops		3 cadets RCACS 204 RCSCC 137	Pick up address: 169 Briar Ave, Kamloops, BC V2B 1C2
16:30	Salmon Arm		1 cadet RCACS 222	Pick up address: 170 Shuswap St S, Salmon Arm, BC V1E 4H9
17:30		Vernon CTC		

TRANSPORTATION FROM VERNON CTC TO KAMLOOPS

<b>DROP OFF, MARCH 19, 2023</b> <b>Driver: Capt Shaw</b>				
13:00	Vernon CTC			
14:00	Salmon Arm		1 cadet	Drop off address: 170 Shuswap St S, Salmon Arm, BC V1E 4H9
15:30		Kamloops	3 cadets	Drop off address: 169 Briar Ave, Kamloops, BC V2B 1C2

AIRPORT PICK UP SCHEDULE

Transport Arrives at Airport	# of Cadets	Remarks
<b>MARCH 17, 2023</b> <b>Driver: Lt(N) Wong</b>		
14:00	4 cadets	3 cadets arriving at 13:55 1 cadet arriving at 14:35
16:15	5 cadets	1 cadet arriving at 16:15 4 cadets arriving at 16:28
18:15	3 cadets	1 cadet arriving at 18:15 2 cadets arriving at 18:21

## AIRPORT DROP OFF SCHEDULE

Transport Leaves Vernon CTC	# of Cadets	Remarks
<b>MARCH 19, 2023</b> <b>Driver: Lt(N) Wong</b>		
7:30	4 cadets	Cadets must arrive at airport 2 hours before their departure time.
9:30	3 cadets	
12:00	6 cadets	

Annex B - Training Schedule

<b>IN-PERSON SCHEDULE, MAR 17-19, CTC VERNON</b>		
<b>Friday, 17 March 2023</b>		
<b>Time</b>	<b>Activity</b>	
10:00	Lower Mainland Staff Arrive	
15:00	Cadets Arrive, In Routine	
19:15	Dinner	
20:30	Evening Briefing	
22:30	Lights out	
<b>Saturday, 18 March 2023</b>		
<b>Time</b>	<b>Classroom A</b>	<b>Classroom B</b>
7:00	Reveille	
7:30	Breakfast	
8:30	Welcome Briefing/Opening Ice Breaker	
9:30	<b>Personality &amp; Group Dynamics</b>	<b>Ethics: Making Tough Choices</b>
11:30	Lunch	
12:30	<b>Time Management</b>	<b>Dynamic Instruction</b>
14:30	Break	
14:45	<b>Supervision</b>	<b>Healthy Relationships</b>
16:45	Dinner	
18:00	<b>Activity Planning and Collaboration</b>	<b>Team Building</b>
20:00	Workshop Feedback/ Networking / Evening Activities	
22:30	Lights out	
<b>Sunday, 19 March 2023</b>		
<b>Time</b>	<b>Classroom A</b>	<b>Classroom B</b>
6:30	Reveille	
7:00	Breakfast	
9:00	Clean Barracks/Out Routine	
11:30	Lunch	
13:00	Bus Departs	

## Annex C - Kit List

- Toiletries
- Towel
- Shower sandals
- Water bottle
- Change of clothes x3
- Shoes (civies)
- Writing utensils and notebook

Linen will be provided.

All valuables and electronics to be brought at your own risk. We are not responsible for lost, broken, or stolen items.