

## Session Catalogue CAP at Home Spring 2021

### Individual Sessions (all times in Central Standard Time)

Session	Description	Week 1	Week 2
<b>CAF Familiarization 435 Squadron</b>  Maj Dubuc, DCO 435 Squadron	Maj Dubuc is DCO of 435 Transport & Rescue Squadron, who uses their CC-130 Hercules aircraft to transport supplies, air-to-air refueling, and SAR tasks. As DCO, she will give an overview on her career, 435 T & R Sqn, and how it fits into the rest of the CAF team.	Tuesday 30 Mar 21 1300 – 1340  Serial: 21CV06	Tuesday 6 Apr 21 1300 – 1340  Serial: 21CV20
<b>CAF Familiarization AVN/AVS Technician</b>  Cpl White, AVN Tech 435 Squadron	Cpl White will walk-around a CC-130 to show how he keeps the aircraft airworthy, while describing his career, training, and his part of the CAF team.	NA	Wednesday 7 Apr 21 1300 – 1340  Serial: 21CV24
<b>Corporate Airline Facility Tour</b>  Capt Hanson, Vulcon CFS	See the inner workings of a corporate air operator and maintenance facility! Included are detailed walkthroughs of various aircraft and the operation that supports them! I show our facility offices, lounge, flight operations area and hangar. Join the discussion included career options in dispatch, support roles, flight crew and maintenance. Your tour guide's, Capt Hanson, civilian occupation is at Take Flight Group as an Aircraft Maintenance Engineer team lead.	Wednesday 31 Mar 21 1300 – 1440  Serial : 21CV10	Monday 5 Apr 21 1300 – 1440  Serial : 21CV18
<b>Goals of the Artemis Program</b>  FSgt McElroy 301 RCACS	<p>The Artemis program is humanities first missions to the moon since the seventies. It would put people from many countries on the moon and partner with commercial space companies like SpaceX to further diversify space exploration.</p> <p>In this presentation you learn what the Artemis program is, what it aims to accomplish, how it could help life on Earth, and how it will further space exploration.</p>	Tuesday 30 Mar 21 1400 – 1440  Serial: 21CV07	Wednesday 7 Apr 21 1400-1440  Serial: 21CV25

<p><b>Health and Stress</b></p> <p>CPO2 Nguyen 49 RCSCC</p>	<p>Join a discussion about the link between physical health and stress.</p>	<p>Wednesday 31 Mar 21 1100 – 1140</p> <p>Serial: 21CV09</p>	<p>NA</p>
<p><b>History of the Space Race</b></p> <p>FSgt McElroy, 301 RCACS</p>	<p>The original space race was a decade long period where humanity created ground-breaking technologies at a rapid pace. Now that more countries are involved in space exploration, a new space race has begun, the end goal this time being Mars. Discuss the original space race (technologies created, how it divided the world, and the aftermath), what we have accomplished between space races, and what the new space race even is (countries involved, technologies being developed, what needs to happen to step foot on Mars)</p>	<p>NA</p>	<p>Friday 9 Apr 21 1000 – 1140</p> <p>Serial: 21CV29</p>
<p><b>Human Synergistics</b></p> <p>TBA</p>	<p>During this workshop cadets will see the development of a group through a fun activity. You will develop and experience decision making, interpersonal factors, group behaviour and feedback on team performance</p>	<p>NA</p>	<p>Friday 9 Apr 21 1300 – 1440</p> <p>Serial: 21CV30</p>
<p><b>Ice Breakers</b></p> <p>TBA</p>	<p>Meet cadets from across the Region from the comfort of your own home. Join in some ice breaker activities that you can use at your own corps or squadron.</p>	<p>Wednesday 31 Mar 21 1000-1040</p> <p>Serial: 21CV08</p>	<p>Wednesday 7 Apr 21 1100-1140</p> <p>Serial: 21CV23</p>
<p><b>Introduction to First Aid</b></p> <p>Capt Stenner, Calgary CES</p>	<p>Anyone can save a life with some basic first aid skills. In this session you will learn some basics of first aid and take part in a practical exercise to demonstrate some basic first aid skills. Steps of emergency scene management will be covered along with treating some common injuries.</p>	<p>Monday 29 Mar 21 1100 – 1140</p> <p>Serial: 21CV02</p>	<p>Monday 5 Apr 21 1100 – 1140</p> <p>Serial: 21CV17</p>

<p><b>Journey into the Unknown</b></p> <p>Capt Stenner, Calgary CES</p>	<p>Caves are one of the last unexplored frontiers of our planet. With so much left to discover, amazing breakthroughs are being made right here in Canada, where a golden age of exploration is continuing to this very day. You will hear about some of the modern cave expeditions happening in the mountains right now and some remarkable discoveries. These include recent exploration in Canada's longest cave, Castleguard cave, and exploration of an amazing marble stripe karst cave in Glacier National Park, BC, which has revealed the most diverse and spectacular cave formations in the country. As well, the presentation will highlight the efforts of the Bisaro Caves Project, which recently confirmed Bisaro Anima cave north of Fernie, BC as the deepest cave in Canada, and the connection the project team made between the cave and Canada's military history.</p>	<p>Tuesday 30 Mar 21 1000 – 1040</p> <p>Serial 21CV05</p>	<p>Tuesday 6 Apr 21 1000 – 1040</p> <p>Serial 21CV19</p>
<p><b>Mental Health First Aid</b></p> <p>Capt Stenner Calgary CES</p>	<p>Mental health is as important as physical health and people must take care to learn strategies to deal with mental health concerns. In this session you will learn some basic skills to recognize and respond to a mental health issue from the perspective of a first aider. You will learn about mental health on a continuum and some tips to respond with empathy and the principles of C.A.R.E. These skills are even more important in challenging and stressful times and have benefits to yourself and your peers</p>	<p>NA</p>	<p>Wednesday 7 Apr 21 1000 – 1040</p> <p>Serial: 21CV22</p>
<p><b>Opportunities in Cadet Marksmanship</b></p> <p>CPO2 Gillet 49 RCSCC</p>	<p>Cadet their experience as a member of a successful Marksmanship team.</p>	<p>Monday 29 Mar 21 1400 – 1440</p> <p>Serial: 21CV04</p>	<p>NA</p>
<p><b>Opportunities for a Cadet Musician</b></p> <p>CPO2 Shaw 49 RCSCC</p>	<p>Cadet musician discusses their experiences and unique opportunities she has had thanks to the cadet music program.</p>	<p>Monday 29 Mar 21 1000-1040</p> <p>Serial: 21CV01</p>	<p>NA</p>
<p><b>Opportunities for a Cadet Sailor</b></p> <p>TBA</p>	<p>An experienced cadet discusses the unique opportunities and experiences they have had as part of the Sail Training program.</p>	<p>NA</p>	<p>Monday 5 Apr 21 1000-1040</p> <p>Serial: 21CV16</p>

<p><b>Puzzles</b></p> <p>TBA</p>	<p>Give your brain a workout and meet new people with an hour of fun puzzles and riddles. This session does not have any cadet related topics but is filled with fun puzzles that will get your mind working in new ways.</p>	<p>Monday 29 Mar 21 1300 – 1340</p> <p>Serial: 21CV03</p>	<p>Tuesday 6 Apr 21 1400 – 1440</p> <p>Serial: 21CV21</p>
<p><b>Technological Advancements from the Space Exploration</b></p> <p>FSgt McElroy, 301 RCACS</p>	<p>Research done in order to advance space exploration efforts has also contributed to major technological breakthroughs down on Earth. From prosthetic limbs to GPS, space has done more for Earth than you would think. Discover major technological breakthroughs and describe how space exploration contributed to them.</p>	<p>Thursday 1 Apr 21 1300 – 1340</p> <p>Serial: 21CV12</p>	<p>Thursday 8 Apr 21 1300 – 1340</p> <p>Serial: 21CV27</p>
<p><b>Trust and Teamwork</b></p> <p>Capt Stenner, Calgary CES</p>	<p>As leaders, one of the best ways to achieve results is to develop trust and teamwork within your group. In this presentation, you will hear about strategies to enhance your ability to lead groups by developing an environment of trust. Examples are used which demonstrate the strategies, starting with a real-life example. At 400 meters deep and two days below the surface of the earth in Canada's deepest cave, Captain Stenner's expedition co-leader suffered a serious injury. Learn how teamwork and trust helped the outcome in this and other dynamic events during expeditions around the world.</p>	<p>Thursday 1 Apr 21 1000-1140</p> <p>Serial: 21CV11</p>	<p>Thursday 8 Apr 21 1000 – 1140</p> <p>Serial: 21CV26</p>
<p><b>Virtual Instruction Workshop</b></p> <p>Capt Ogilvie, RCSU Northwest</p>	<p>A virtual classroom is not the same as a physical classroom. This workshop covers a variety of techniques, best practices, and other resources that are available to you to help adapt your classes to the virtual environment. Share your successes with cadets across the region.</p>	<p>Thursday 1 Apr 21 1400 – 1530</p> <p>Serial: 21CV13</p>	<p>Thursday 8 Apr 21 1400 – 1530</p> <p>Serial: 21CV28</p>

**Qualification Courses** (all times are in Central Standard Time)

Qualification		Week 1	Week 2
<p><b>Pleasure Craft Operator Certificate (PCOC)</b></p> <p>Week 1: Lt(N) Bezugley Lt(N) Neufeld Lt(N) Stewart</p> <p>Week 2: SLt B. Boczkowski SLt Tyssen</p>	<p>Description:</p> <p>Learn safe boating practises, and regulations required to attain a Pleasure Craft Operator Certificate.</p> <hr/> <p>Time Commitment:</p> <p>Cadets must participate in each session throughout the week. Success completion of exam is required to attain PCOC.</p>	<p>Instructional Sessions: 29 Mar 21:1015 – 1230 30 Mar 21: 1015 – 1630 31 Mar 21: 1015 -1230 1 Apr 21: 1015-1630</p> <p>Exam: 1 Apr 21</p> <p>Serial: 21CV14</p> <p>Registration Deadline: Sunday 28 Mar 21</p>	<p>Instructional Sessions: 5 Apr 21: 1015- 1230 6 Apr 21: 1015 – 1630 7 Apr 21: 1015 – 1230 8 Apr 21: 1015- 1230 9 Apr 21: 1415 – 1630</p> <p>Exam: 9 Apr 21</p> <p>Serial: 21CV31</p> <p>Registration Deadline: Sunday 4 Apr 21</p>
<p><b>Restricted Radio Operators License (Aeronautical)</b></p> <p>Capt Keller, 52 RCACS</p>	<p>Description:</p> <p>This course consists of virtual classroom and self-study in preparation for the Restricted Radio License (Aeronautical) exam. Based on the RIC-21 guide, this course will take approx. 3 hours to complete followed by an exam.</p> <p>The course will bring candidates from zero radio theory/practical knowledge to fully licensed. Topics covered will include general theory on how radios work to practical use lessons like air law, distress, air-to-air and air-to-ground communication, VFR and IFR communication. The course will conclude with the Radio License Exam where if successful the cadet will receive their operator’s license from Innovation, Science and Economic Development Canada.</p> <hr/> <p>Time Commitment:</p> <p>Registered cadets will receive paperwork and a pre-course package Monday of the week of the course. This information is to be reviewed prior to the first online session. Cadets must participate in each virtual session during the week. Successful completion of exam is required to attain license.</p>	<p>Instructional sessions: Wednesday 31 Mar 21 1000 - 1400</p> <p>Exam: Thursday 1 Apr 21 1300 – 1530</p> <p>Serial: 21CV15</p> <p>Registration Deadline: Monday 29 Mar 21</p>	<p>Instructional sessions: Thursday 8 Apr 21 1000 - 1400</p> <p>Exam: Friday 9 Apr 21 1300 – 1530</p> <p>Serial: 21CV32</p> <p>Registration Deadline: Monday 5 Apr 21</p>