

2784 Governor General's Foot Guards



2784 GGFG Royal Canadian Army Cadets Corps, Cartier Square Drill Hall, 2 Queen Elizabeth Driveway

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Contacts

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Links

[Calendar](#)
[Facebook Group](#)
[Instagram](#)
[Website](#)

Upcoming events

Virtual classes:
Wednesday 1830 - 1930
hrs
Fitness Challenge
Bottle Drive: Date to be
determined

Cadet Teams

Cancelled until further
notice



Senior Cadets teach a cooking class. Photo by MWO Adam

Recent Events

Virtual Engagement Sessions

In September 2020, senior cadets and officers organized weekly engagement activities for all cadets. The sessions began with a virtual Commanding Officer's parade to kick off the start of the cadet year. Other sessions included a cooking class by CWO Geoffrion, MWO Nguyen and CSgt Sutton-Long, during which cadets learned how to make ramen, smoothies and eggs.

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Recent Events

Online training

Starting in October 2020, cadets have returned to their respective star level training. Officers and senior cadets have been using the Google Classroom online program to organize fun weekly lessons and activities. Lesson topics include leadership training, survival skills and teamwork. Google Classroom allows cadets to easily join the online classes from any device and communicate with the other cadets in their star level, as well as the officers organizing the classes. These classes are necessary for completing star levels, as such all cadets should be attending when possible. Classes are taught every Wednesday evening from 1830 - 1930 hrs and you can find the classroom links on the Corps [website](http://www.2784ggfg.com) (www.2784ggfg.com).

Remembrance Day Activities

Due to the ongoing pandemic, cadets were unable to participate in the National Remembrance Day ceremony, as they had in previous years. Instead, they took part in a virtual Remembrance Day ceremony that included many activities to help cadets commemorate Remembrance Day. Activities such as researching Canadian soldiers and sharing what was learned, allowed cadets to gain a better understanding of the sacrifices made by so many Canadians. Cadets also got the opportunity to send postcards to Veterans, thanking them for their service. Thank you to all the officers and senior cadets who organized this event and to all those who participated.

(Retired) Chief Warrant Officer Geoffrion's Aging Out

(Retired) Chief Warrant Officer (CWO) Geoffrion recently aged out of the cadet program after joining six years ago. The now retired CWO has had an incredibly successful cadet career during which she made the most of her experience in the program through her participation in cadet activities and her community involvement. By joining the biathlon, orienteering and drill teams, she got many unique opportunities, one of which was competing in the provincial biathlon competition on two occasions. In addition to her sports proficiency, CWO Geoffrion has also been an active member of her community, always finding a new way to volunteer and help others. In January 2020, she led cadets in an effort to make care packages for a women's shelter.

As the highest ranking cadet, CWO Geoffrion took on many extra responsibilities during her final year, but she still made time to talk with other cadets and make sure that everyone felt welcome. To celebrate her final night, cadets and officers discussed her achievements and thanked her for the energy and drive that she brought to the cadet program.

Upcoming Events

Fitness Challenge

An exciting new fitness challenge has been organized by the officers! The goal is to collectively run, walk or bike 2784 kilometers. Everyone is encouraged to participate by downloading the Strava App and joining the '2784 Army Cadets' club.

There will be a prize for the cadet who logs the most kilometers.

Bottle Drive

Date: The bottle drive is currently postponed due to the lockdown.

Locations: To be confirmed in the future.

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All proceeds will go to the Cadet Program and there will be a prize for the person who collects the most bottles/cans (including referrals).

Cadet Activities Program(CAP)

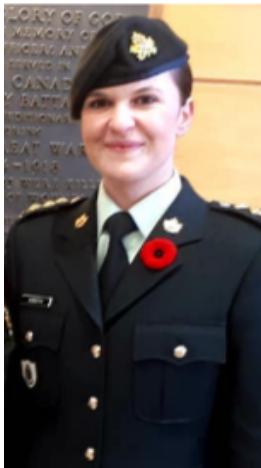
CAP is a fun opportunity for cadets that will start over March break and will continue during the summer. CAP is open to cadets wishing to participate in multi-unit activities. All cadets are encouraged to apply, especially those in first and second year.

Check out our [Facebook group](#) and [Instagram](#) for more information about all upcoming events.

Commanding Officer's Message

Message from Captain Amélie Asboth, Commanding Officer of 2784 GGFG

Last year, 2020 was said to be a year with many changes. We experienced a turbulent environment as the global economy shifted to a deceleration phase. It was a very difficult year, reflecting unpredictable conditions with the COVID-19 pandemic having profound repercussions for public health and the global economy from the beginning of the year. This situation continues even now.



In the environment surrounding 2784 RCACC, the staff and the cadets are seeking new value, and this has brought rapid change to our online and potential in-person engagement.

Dear current cadets and future cadets: as a group of young Canadian youth leaders, playing the core role of helping to create an affluent society through our contributions to your participation and discussions during online classes have been playing a pivotal role in your development as an Army Cadet member. With this pride and engagement, let's keep bringing passion to this program in relation to our existing values.

I am wishing all cadets, staff and families good health and the best of success for the year ahead.

Message from the Support Committee

Message from Marc Rosove, Chair of the Support Committee

For those that don't know, the support committee is made up of adult volunteers who work mostly in the background to help run the cadet corp. In particular we help coordinate extra-curricular and fundraising events like the holiday dinner and the poppy campaign, we act as parent representatives and liaisons, and we make ourselves available for anything else that may come up.

Naturally this year we've had to adapt. We have not been able to run any in person events, including fundraising. So we've looked for creative solutions. We ran a "drop off bottle drive" in the Fall, and are looking to run another one later this winter once it's safe to do so.

We've been holding our monthly meetings virtually.

There's no doubt that this has been a slow year. But it's important to remember that things will get back to normal soon enough and with that will come a boom in youth participation. In preparation

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for that, I would encourage all to come check us out.

The committee is open to all adults; parents, alumni, or other friendly folks. Our meetings are held on the first Tuesday of every month and are listed on our Facebook group. You can also get more information by contacting supportcommittee@2784ggfg.com.

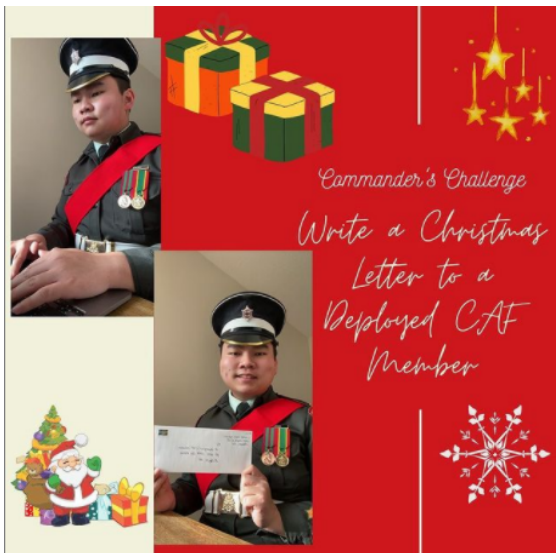
Calendar

Visit the calendar [here](#). Please consult our 2784 GGFG Army Cadets website for other helpful information. If you have any more questions, contact your section commander or platoon commander.

Uniform

Click [here](#) for any information on 2784 GGFG Army Cadets uniforms. If you need new uniform components contact your section commander.

Photos



Commander's Challenge. Photo by MWO Nguyen



Virtual 5k run. Photo by CSgt Sutton-Long



CWO Geoffrion. Photo by MWO Nguyen



MWO Adam receiving the Bronze Duke of Ed Award