

# RCSU CENTRAL MESSENGER

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1 May 2020

Issue 2

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## A WORD FROM OUR COMMAND TEAM

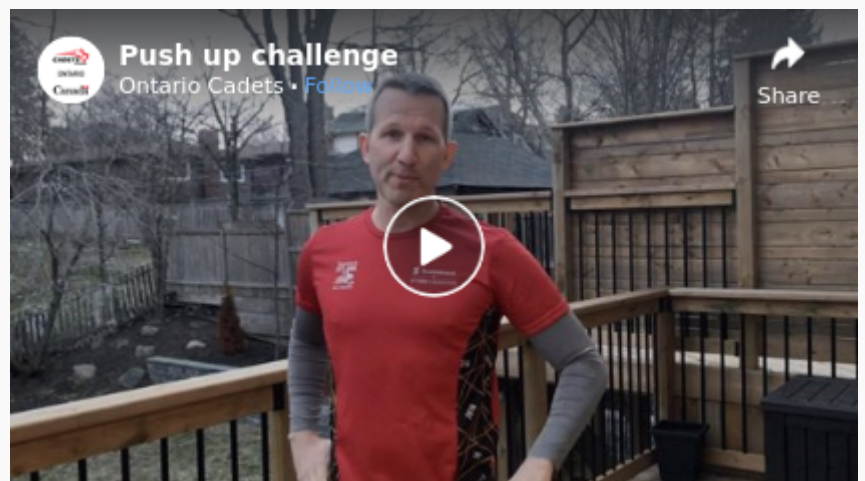
*LCol Barry Leonard and CWO Gilles Godbout*

RCSU Central:

Our Formation Commander, Brigadier-General Cochrane, in consultation with key stakeholders, made the difficult decision to suspend all in-person training up to 31 August 2020, including our CTCs. It is our priority to ensure the safety of all who participate in the Cadet Program and to ensure that we do not become a transmission vector for COVID-19.

This was not the way any of us thought the training year would end when we started in September. Instead, this has turned into our leadership moment; this is our time to continue delivering a positive and engaging cadet experience connected with our program aims of citizenship, leadership, and physical fitness. Your ideas showcase the same passion for the program we see every time we visited a corps or squadron. Your ideas, supported through your Chain of Command are going to help us re-invest in the program by thinking outside the box on what we have traditionally offered.

We want to ensure we are tracking these tremendous efforts so we can leverage these good ideas coast-to-coast-to-coast. Your input into the youth training and engagement survey will help guide us as we move forward.



We had the opportunity to join some of you virtually during your area and corps/squadron webconferences. As we remain in this physically distant posture, these opportunities to connect are vital to the timely sharing of information up and down the chain. Stay connected with your Area Offices by email, teleconference, or webconference. If you have not yet downloaded the CJCR app, now is the time to do so. This app, which has a similar look and feel to the CAF app, will get important information into your hands as quickly as possible and includes CANCDTGENs.

Where do we go from here? There is a team of hand-picked individuals across the Formation who are working to answer this very question. They are exploring the possibilities and are inspired by the work you are doing at the corps/squadron level. There are many questions to which we don't have answers yet but rest assured, we will. As soon as the information becomes available, it will be promulgated down the chain.

**Stay home. Stay safe. Stay healthy. Stay in touch.**

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## DIGITAL HYGIENE

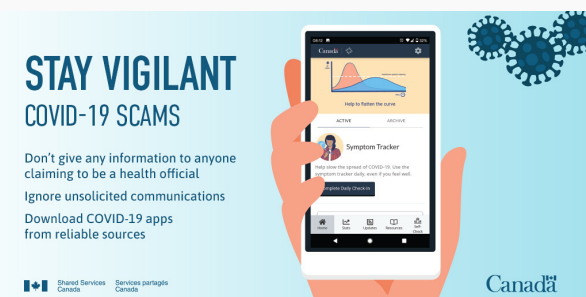
In our efforts to remain connected, the world has moved even further online. All should be aware of the increased number of phishing attempts that reference the COVID-19 virus appearing from legitimate sources but contain malicious links or attachments. When these are opened, it is possible for another user to gain access to your computer and network and retrieve your personal information or other credentials.

Make sure the address or attachment is relevant to the content in the email;

- Make sure you know the sender (look at the email address domain);
- Look for typos;
- Use anti-virus or anti-malware software and keep your computers up to date;
- Be cautious if the email appears to be urgent;
- Verify with the sender if you were not expecting an attachment (try calling them);
- Check the spelling of a URL;
- Type the URL in the search bar instead of clicking on it; and
- Hover over the link to make sure it is directing you to the correct website

For more information go to:

<https://cyber.gc.ca/en/guidance/cyber-hygiene-covid-19>



## #STAYATHOMECHALLENGE

We've always balanced safety with challenge so, in following public health guidance, we are bringing the challenge to you, at home. This week, we are asking what it looks like to be a good citizen. Post your answer on our social media channels in the comments. Look forward to seeing your participation!

## ADDITIONAL LSA - TEMPORARY RELIEF

As part of an ongoing effort to mitigate the impact of COVID-19, the Comd Natl CJCR Sp Gp has directed that additional LSA claims can be processed for the 2019-2020 fiscal year in order to provide additional and immediate support to all corps and squadrons.

An additional \$1,500 is available to corps and squadrons not housed in CAF facilities and \$500 for corps and squadrons who are housed in CAF facilities. These claims should be submitted as soon as possible but no later than 30 June 2020.

Ensure that expenditures and required paperwork follow what is outlined in CATO 17-34.

The full CANCDTGEN is available through the Extranet as well as through the CJCR app for all staff members.

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# #LEADERSHIP 101

Maj Lee Wendell, RCSU Central COS

We are often asked what makes a good leader? Consider that question for a few moments before you read on ... Although you may not know it, you are in a leadership position now, as leadership involves both leaders and followers, as we will soon discover. You can't have one without the other.

This series of articles will cover the types (or styles) of leadership, application, examples and how you can determine which style of leader you are. The articles are not intended to force you into one or the other type, but is meant entirely to provide some insight into leadership theory and how you can benefit from understanding the styles and applications.

So, to begin, are we born leaders or can we develop into good leaders? Is leadership a skill or an art? Consider these questions and perhaps write down a few notes as answers. It's your call, but if you consider your answers and come back to them in future articles, I hope to present you with some insight into your leadership style.

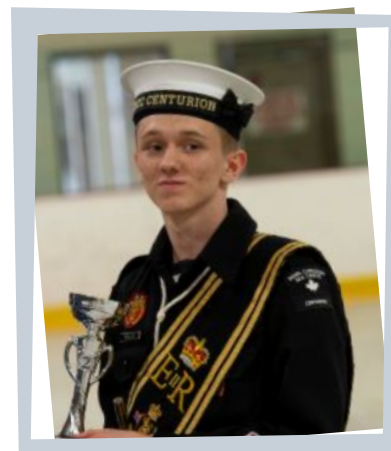
What is your definition of leadership? If you Google it, you will see there are a very large number of definitions. I will use the following: Leadership is generally defined as "a process of social influence, which maximizes the efforts of others, towards the achievement of a goal."<sup>[1]</sup> You will note that there are three components to this definition - influence, others and a goal. These are common throughout many definitions in one form or another.

Stepping back a few years ... Machiavelli (pronounced Mock - ee - ah - vell - ee) introduced a theory that 'the end justifies the means'. What does this imply? From these words, it appears that it doesn't matter what you do or how you do it, as long as the goal is reached you have performed well. Is this a good leadership style to live by? We'll come back to this throughout the series.

Some theorist believe that leaders were born and not made. Although these theorist lived a few years ago, there is still some gravity to this statement today. Do you think leaders are born or made? I believe there is truth to both but after completing the series, I will ask you the final question - 'are leaders born or made?' - and hopefully you will have a better understanding of your interpretation of leadership.

In the next article, I will attempt to answer that question and present an overview of the styles of leadership for you to consider. I will also present a few examples of good leadership and bad.

[1]Forbes,  
<https://www.forbes.com/sites/kevinkruse/2013/04/09/what-is-leadership/#210f8e005b90>,  
21 Apr 20.



## CONGRATULATIONS!

CPO2 Graham Rowland from RCSCC Centurion in Kanata, Ontario received the Navy League of Canada's National Music Award at their AGM. We join with our partners in congratulating CPO2 Rowland for his hard work in the music program.



Our Navy League partners also recognized the work of Lt(NL) Michael Pigeon with the Navy League Officer of the Year Award for his work bringing opportunities to the Navy League Cadets of Port Hope and Cobourg.

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## STAYING HEALTHY INSIDE AND OUT

Staying healthy is not just about washing our hands. We recognize that our lives have changed significantly and this has an impact on our mental health. Our resilience depends on each of us taking care of ourselves as well as each other. Are you having a hard day? Here are some ideas to help move you towards the green.

- video chat with a friend
- try an exercise video or dance to your favourite song
- create a routine that includes both work and play
- pause and take a few deep breaths
- take a bath or shower
- open a window for some fresh air
- watch a funny movie
- spend time offline



Reaching out for help is a sign of strength, wisdom, and courage. Keep these numbers available for those times when you or someone you know needs a helping hand.



## STAYING IN TOUCH

The majority of RCSU staff are working from home. Access to their office phone and DWAN account is reduced which may have resulted in delays or difficulties contacting us.

For a faster response:

- email both the member's CCONet and DWAN address;
- call their Blackberry, if they have one; and
- consult SharePoint for their updated listing

## Resources

CFMAP	1-800-268-7708
Family Info Line	1-800-866-4546
Kids Help Phone	1-866-668-6868
CJCR App	
CAF App	Android iPhone



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