

### ***PILLARS 2010 Activities Suggestions***

| <b>Serial</b> | <b>ACTIVITY</b>               | <b>DESCRIPTION</b>   | <b>ADMINISTRATION</b>  | <b>PARTICIPATION</b>  |
|---------------|-------------------------------|--|--|---|
| 1.            | Sports Day                    | Blind Volleyball<br>Jerry Can Race<br>Blind Soccer<br>Backward Baseball  | Public or school playground<br>Sports equipment<br>Could include families  | All cadets, officers and families                                 |
| 2.            | Fishing Derby                 | Local lake, pier or river location for most, biggest, fish?  | \$10 entrance fee<br>Local authority may be required<br>Cadets organize and supervise  | Officers, cadets, parents, friends and community                  |
| 3.            | Cadet activity and skills day | SNR NCOs plan and conduct activities: Knots, Bush craft, F/A, Marksmanship, navigation, physical fitness, etc. | Team effort with all levels on each team.<br>Specified tasks by age/experience<br>Ribbons and awards   | All cadets<br>Potential to bring friends and encourage recruiting |
| 4.            | Archery                       | Archery familiarization with local Rod and Gun or Archery Club   | Buy arrows<br>Arrange instructors and equipment<br>Safety supervision required   | Cadets, officers, parents   |
| 5.            | Mini-Ironman Triathlon        | Mountain bike, canoe, Abseil, run, swim, etc   | Instructors and safety for specific activities are required<br>Could be multi-day duration.<br>Planning is critical<br>Route and site approval is required | Open to all cadets and conducted in team                          |
| 6.            | Digital Scavenger Hunt        | Teams get photos of specified items, attractions, events, places, etc.   | Purchase disposable cameras<br>Arrange adult supervision<br>Public transport can be used<br>Local maps and information                                     | All cadets, parents, officers, etc.                               |
| 7.            | Indoor Rock Climbing          | Local facility required  | Waivers required<br>Advanced booking<br>Payment arrangements   | All cadets, parents, officers, etc.                               |

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| 8.  | Overnight hike/bike to local area attraction | Senior cadets plan and execute the trip in cooperation with a Naturalist/Outdoor Club<br>Glacier, lake, mountain, farm, river, campsite. | Each cadet is responsible for an aspect of the planning,<br>Meal planning and preparation,<br>Equipment planning and collection<br>Transportation to start point<br>First Aid and safety planning   | All cadets.  |
| 9.  | Disco Bowling                                | Casual evening or weekend activity   | Arrange for bowling during the "disco" periods at the bowling avenue when there is great music, flashing strobe lights and active video. Forming mixed teams with cadets from all years provides better "camaraderie". Reservations are likely required<br>Prizes can be novelty items. Check the dollar store! | All cadets and perhaps their friends<br>CIC staff<br>DND/Parent transportation |
| 10. | Zip Line Excursion                           | Day trip to facility   | Book with company<br>CAP for transportation, etc<br>Rations or restaurant?<br>Instructors and safety from company<br>Is there an age limitation?<br>Expensive but great fun!  | All cadets with permission   |
| 11. | Public Speaking<br>Debating                  | Start small to build skills and confidences<br>Note: Air cadets have program we could follow   | Select topics, time, aids, etc.<br>Do as part of other activity i.e. around the campfire.<br>Topics can be personal, military, topical, educational, humourous, etc.<br>Seek adjudicators/mentors from Toastmasters. Kiwanis. Lions, etc,<br>Prizes for major events  | All cadets   |
| 12. | Bike Rally                                   | Various levels and skills<br>Existing trail, Kettle Valley, Lochside, Galloping Goose, etc   | Bike check and maintenance prior to departure.<br>Safety team and equipment<br>Transportation and follow-on vehicle<br>Limitless possibilities for locations  | All cadets could include friends, parents, etc.                                |

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| 13. | Cooking Skills           | Could be competition, bake sale or BBQ for family and friends to raise funds<br>Chilli Cook-off<br>Cadets plan, acquire and prepare all meals for an FTX | Team activity with all cadets participating<br>Could be public event for funds<br>Simply menus but challenges for presentation, innovation, etc.<br>Food and fire safety considerations<br>Cadets could develop their own recipes | All cadets                                      |
| 14. | Geo Caching              | Using GPS for navigating to defined locations for information or items.<br>Could be an "Amazing Race"?   | GPS(s) - borrow from family and friends or outdoor clubs.<br>Define locations<br>Prepare caches and instructions<br>Public caches are available in some areas at online geocash websites.   | All cadets could include friends, parents, etc. |
| 15. | Community Service        | Working with a community partner on a project  | Visiting Vets, building benches, park/road/ beach clean-up<br>Many opportunities through town, service clubs, etc.  | All cadets, families and friends                |
| 16. | Obstacle Course          | There are "blow-up" courses for cadets as seen on Scottish Exchange  | Several Corps could pool their resources to purchase elements of the course<br>Good recruiting event for friends  | All cadets, families and friends                |
| 17. | Guest Speakers           | Have speakers for corps or star levels throughout the year.  | Police - Dog Squad - Patrol Car<br>Fire Fighters<br>Martial arts Instructors<br>Reg./Res. CF members  | All cadets                                      |
| 18. | Round Robin Sports Night | Cadets design, set up and run stations   | Orienteering, wheelbarrow/ 3legged race, rope course, jungle gym, beam, weights, jerry cans, commando crawl, etc.   | All cadets in teams                             |
| 19. | Winter Training          | Winter skills, snowshoeing, skiing, ice fishing, arctic gear indoctrination and training, survival training (Quincy)                                     | Arrange for necessary gear<br>Arrange for location and transportation<br>Need experienced instructors   | All cadets                                      |

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| 20. | CF Familiarization                | Visit CF facility and CF Reg/Res units at local bases or armouries              | CFB Esquimalt, Navy ship, PPCLI<br>Equipment familiarization, Regimental History  | All cadets, families and friends |
| 21. | Citizenship                       | Visit Provincial, Municipal buildings and activities Museums and archives       | Attend council meetings, legislative activities,  | All cadets, families and friends |
| 22. | Fitness P/T Exercise              | Snr cadets design and conduct an exercise activity based on cadet P/T standards | Designed to qualify cadets for the various levels of fitness called for in the cadet program  | All cadets                       |
| 23. | Marksmanship Challenge            | Parents and Officers vs Cadets  | Fun competition<br>Regular range set-up<br>Safety staff and instructors required<br>Cadets train parents on the weapons                         | Cadets and parents and officers  |
| 24. | Festivity Dance                   | Valentines, Halloween, etc evening Dance  | A evening to dance, socialize and relax<br>Organize DJ - perhaps a cadet? Sponsors to provide food, etc   | All cadets                       |
| 25. | Training Group Sports Tabloid     | All corps meet and play sports against each other                               | Variety of skilled (Soccer) and general (dodge ball) games<br>Trophies by sport and corps and star level  | All cadets and staff             |
| 26. | Skiing Trip                       | Day trip to local ski hill  | Negotiate ski pass, lessons and equipment rentals<br>Officers and parents to supervise  | Cadets and parents and officers  |
| 27. | Snorkel and SCUBA familiarization | Have local SCUBA club or shop provide introduction training                     | Conduct training in local pool and provide potential for cadets to follow certification program<br>Fairly expensive but offers a good challenge | All cadets and staff             |

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| 28. | Fund raising pie throw   | Identify appropriate charitable cause and have pies thrown at officers and corps personalities | \$20 donation provides pie and target individual<br>Require sponsor sheets, pies, advertising, etc.<br>Identify venue and publicity.<br>Clean up is essential                      | Cadets and parents and officers, public |
| 29. | Pool Night               | Everyone goes swimming. Can have some skills training and testing                              | Easy to arrange and usually very popular   | Cadets and parents and officers         |
| 30. | Movie and Pizza Nights   | Arrange movie and pizza as recruiting activity   | Open house atmosphere with displays before movie. Award for most friends brought?  | Cadets and friends                      |
| 31. | Canoeing/Kayaking        | Half day instruction and paddle.   | Arrange for boats and instructors either from PCSU(P) or local organization<br>Conduct basic training and a paddle activity<br>Safety equipment and staff are critical             | All cadets and staff                    |
| 32. | Bike Scavenger Hunt      | Cadets travel around town to identify local history, knowledge, locations, etc.                | Information from signs, buildings, plaques, phone books etc.<br>Some questions fun - What is Mayor's dog's name, How many kinds of Tim Horton's Donuts are made at the local shop? | Cadets and friends                      |
| 33. | Joint Exercise with Navy | Plan and conduct joint exercise including sailing and abseiling with Navy Corps                | Combined training will increase interest in the overall cadet program and help cadets make new friends.  | Army and Navy cadets                    |
| 34. | Trail rebuilding         | Participate with local and national efforts to rehabilitate trails                             | Annual event to coincide with local efforts to clean-up trails and hiking routes, Trans-Canada Trail has annual effort as do many communities                                      | All cadets                              |
| 35. | Support Local functions  | Provide flag parties, musicians and cadets   | Plan with local officials to give cadets high visibility and to encourage local organizations  | All cadets and staff                    |

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|     |                  | to local events and functions. City days, school events, foot race activities, fairs, conferences, etc. | to provide financial or other support.   |  |
| 36. | Christmas Dinner | Festive Mess dinner that combines military and family traditions  | Arrange venue, catering, program, attendees, guests, VIPs<br>Follow with dance or similar activity for cadets                | Cadets, staff, family, sponsors, friends, etc. |
| 37. | Caving           | Guided tours at local caves   | Waivers, transport, rations, supervision, funding,<br>Locations: Fairmont, Horne Lake, Tashsis, Texada Island, Canmore, etc. | All cadets and staff                           |