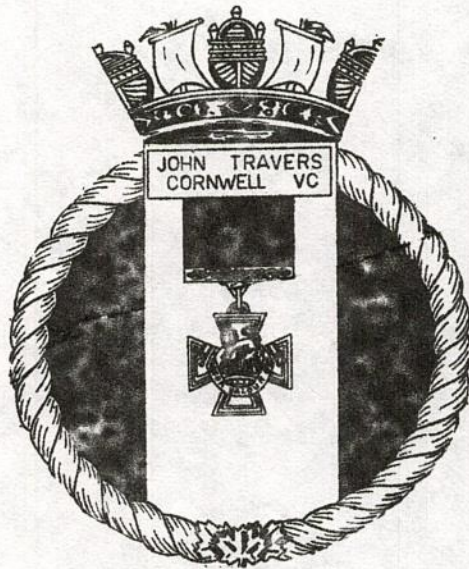


# CHALLENGE

'78



R.C.S.C.C.

JOHN TRAVERS CORNWELL V.C.

06 APR - 20 APR '78

## CHALLENGE '78

1. The compulsory training program for the 1977-1978 training year will soon be drawing to an end, after which we will be embarking upon a new concept in training. The program, Challenge '78 is designed to present new and far more interesting training subjects to you the cadets of R.C.S.C.C. JOHN TRAVERS CORNWELL V.C.
2. You will choose your own course. Within this booklet you will find a brief description of all the courses that we will be offering during Challenge '78, plus a resume of the qualifications of the instructor.
3. Challenge '78 will last for three weeks. The emphasis will be on the practical aspect of training as opposed to straight classroom work. You will register in one, two or three courses depending on the length of the course. As well you will be unable to change your selection after you have submitted your registration form. Make absolutely sure you have read this booklet completely.
4. Each course has limited enrolment. In order that we may place you in one of the courses you prefer, choose five (5) courses in order of preference, and enter them on the attached registration form. Return your registration form to your Divisional Officer as soon as possible.
5. All of these courses have been designed as general interest courses. While exams will be given in some of the courses they will not in any way be used as a criteria for any form of advancement or selection within the corps. The instructors have put a vast amount of research and time into preparing their subjects in order to make a full and factual presentation in the limited time allotted to them.

CHALLENGE

1978

COURSE DESCRIPTIONS

WEEK #1 6 Apr 78

WEEK #2 13 Apr 78

WEEK #3 20 Apr 78

SPECIAL NOTE:

100 courses - open to Leading Cadets and below

200 courses - restricted to Leading Cadets

300 courses - restricted to Petty Officers

CHALLENGE '78

101 INTRODUCTION TO TAE KWON DO (KOREAN KARATE)

3 WEEKS

The object of this is to introduce cadets to basic self defense techniques. The course will emphasize physical and mental conditioning. Cadets will partake in basic physical training which will lead to a general understanding of the Martial Arts and builds one's self confidence. This course is merely an introduction - No Bruce Lee's will be produced. The class is limited to fourteen (14) cadets and is open to both male and female cadets. Dress: P & RT gear.

INSTRUCTOR SLT G. Bruce OCDT D. Blain

Both instructors are members of the Park Jung Tae School of Tae Kwon Do. Both instructors hold yellow belts.

102 SURVIVAL TRAINING

3 WEEKS

The trainee will receive basic instruction in summer and winter survival. The course will cover a variety of topics; such as, enemies of survival, shelters, clothing and rationing. A variety of films demonstrating various survival techniques used in different situations will be used. On completion of this course the trainee should have a sound understanding of survival techniques and be able to face a emergency situation alone. The course will also prepare the cadet for future explorers.

INSTRUCTOR P.O., D. Boulet

Practical Leadership Course  
1977 H.M.C.S. Quadra

103 COLOUR PARTY DRILL

3 WEEKS

Learn the basics of Colour Party Drill. Find out what the Colour Party must do in order to carry out a successful "Ceremony of the Flags". What does it mean to, "carry colours at the shoulder?" By taking this course you may improve your chances of eventually becoming a regular member of our large and much publicized colour party. Course restricted to 13 cadets.

INSTRUCTOR P.O., D. Walker

Guard Petty Officer of R.C.S.C.C. John Travers  
V.C. and member of Corps Colour Party.

104 SKIN DIVING

3 WEEKS

An introduction to the basic principles of Skin Diving. The first week will be spent in the classroom covering the theory of Skin Diving. The second and third week will be spent in the pool. The cadet will learn basic skills in Skin Diving, safety, use and care of equipment. This course would be helpful to cadets wishing to continue with the corps Scuba program. Prerequisites: Basic swimming ability, mask, fins and snorkel if possible.

INSTRUCTOR Slt R. Hunt, OCDT P. Dorrins

Both instructors are qualified Scuba Divers.

105 WHALER RIGGING

3 WEEKS

Six (6) cadets will learn the intricacies of rigging a 27 ft Whaler. Each of the three weeks will include practical experience in the whaler. This class will be useful to those cadets who wish to increase their knowledge of boatwork and to those who will be attending Summer Camps. Participants in this course may be employed in a Whaler display during the Annual Inspection. No previous experience necessary.

INSTRUCTOR P.O., N. Johnston

Boatwork instructor,  
Boatshed O.J.T., H.M.C.S. Quadra

106 PRECISION RIFLE DRILL (MONKEY DRILL)

3 WEEKS

A practical course in precision rifle movements. Cadets that apply should have completed some rifle drill in the past, preferably spent one year in the guard. Final aim to complete a small routine of rifle movements.

INSTRUCTOR C.P.O., Bingham P.

Chief Gunnery Instructor  
RCSCC John Travers Cornwell V.C.  
Parade Department O.J.T. H.M.C.S. Quadra

MOUNTAINEERING REBOUT

3 WEEKS

Ever wanted to be a paramedic but were afraid to join because you didn't know how to rapelle. Or, ever been caught on the third floor of a burning building, didn't know how to rapelle, so you had to jump. Well worry no more. Here is a course to teach you basic rapelling techniques to get you down alive. Taught will be various rapelling methods, free fall and lowering persons in a stretcher or on your back. Note: will include a couple of Sundays.

INSTRUCTOR SLT M. Ottenbreit SLT L. Palmquist

Both instructors are graduates of the Canadian Outward Bound Mountaineering School, Keremios, B.C.

108

INTRODUCTION TO DISTANCE RUNNING

3 WEEKS

A guide to a good cardiovascular and endurance developing sport. Information on topics such as: methods of training (ie: Crosscountry, Fartlek, Lydiard method) prevention and cure of injuries (ie: Tendonitis and shin splints, hints for better winter and summer running. With this course there is the possibility of starting a Corps Running Club. Gear required: shorts, T-Shirt and Runners.

INSTRUCTOR CPO<sub>2</sub> K. Russell

Member of school Track and Field Team and Razer Back Track Club. Has taken Athletic Leadership course in school.

109

COMMUNICATIONS III

3 WEEKS

Semaphore is a dying art in today's world of sophisticated electronic communication methods. This is your chance to learn this time honored method of communication between ships. You will learn how to send and receive plain language messages at speed of 8 words per minute. Upon successful completion of an examination you will receive your Communication 3rd CLASS badge and Certificate.

Special Note: Limited to 6 cadets. Cadets will also be required to attend 3 Sunday Classes during this time period in order to complete the necessary material.

INSTRUCTOR SLT J. Palmquist, Communications Officer.

110 WEIGHT TRAINING AND PHYSICAL FITNESS

3 WEEKS

This course will examine the theory and practice of weight training as a means of achieving physical fitness. The theoretical portion will outline the goals of individual fitness and the practical portion will demonstrate how these goals may be obtained. The class will involve mostly circuit training as well as an introduction to the super-set program. This course could start you on the road to physical fitness in school or at home.

INSTRUCTOR CPO<sub>2</sub> D. Knight

3 years of individual weight training as well as some theoretical experience in fitness classes and extra-curricular programs.

111 ARCHERY - AN INTRODUCTION

3 WEEKS

The first week will be spent covering the theory and safety aspects of archery included will be the parts of the bow. The second and third week will be spent shooting. No badges or certificates will be awarded as this course is designed to provide an introduction to the basics of archery shooting.

INSTRUCTOR Lt. Julius  
Commanding Officer  
BMC "Centennial"

Qualified Archery Instructor.

112 MODERN MEDICINE

2 WEEKS (6 APR - 13 APR 78)

Topics introduced will be: (1) acupuncture (2) Hypnosis (3) Anaesthesia. Effects of medical drugs upon the human body during anaesthesia.

INSTRUCTOR Dr. Helen Pangoski  
Medical Doctor  
Anaesthesiologist.

113 POSTER DESIGN

3 WEEKS

Assist in the Corps future recruiting drives by designing and constructing imaginative recruiting posters from found and scrounged materials. Limited to 10 cadets.

INSTRUCTOR SLT J. Palmquist  
Interior Designer

114 HISTORY OF R.C.S.C.C. JOHN TRAVERS CORNWELL V.C.

1 WEEK (20th APR 78)

This course is designed to present the cadet with an overall picture of the history of R.C.S.C.C. John Travers Cornwell V.C. The course will be based on the corps 50th Anniversary Yearbook. A display of badges and cap tallies will be included.

INSTRUCTOR LCDR. J. Templeman CD.  
Corps Historian



## CAREERS

Representatives from each of the following organizations will be present to answer questions and explain career opportunities in each of their fields. Handout material, films, slides and demonstrations will be used when possible.

115 WINNIPEG CITY POLICE

1 WEEK (6 APR 78)

116 CANADIAN ARMED FORCES

1 WEEK (13 APR 78)

C.M.O. Jackson CD

Member of the Canadian Forces Recruiting Staff. Former Area Cadet Instructor responsible for Sea Cadet training in Manitoba Northwestern Ontario. Former cadet of R.C.S.C.C. John Travers Cornwell V.C.

117 ROYAL CANADIAN MOUNTED POLICE

1 WEEK (20 APR 78)

201

PROJECTIONIST COURSE

3 WEEKS

This course is being given by the Film Library - C.F.B. Winnipeg. The course will cover the operation and use of the film projection equipment used within the corps as well as equipment used by the Armed Forces. Each cadet will receive official recognition by C.F.B. Winnipeg in the form of a Canadian Forces Projectionist Certificate. Manuals and reference material will be provided.

INSTRUCTOR Mr. L. Riskin  
Film Library - C.F.B. Winnipeg

301

PUBLIC SPEAKING COURSE

3 WEEKS

Designed to assist in preparing better and more confident instructors within the Corps. The cadet will gain self confidence, overcome shyness, and learn to express himself to large groups effectively.

INSTRUCTOR Representative of the Assiniboine Toastmasters' Club.

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REGISTRATION FORM

Complete the bottom portion of this form and turn in to your Divisional Officer no later than 16 March 78.

EXAMPLE

COURSE #  
102

COURSE TITLE  
Survival Training

NAME: \_\_\_\_\_ RANK: \_\_\_\_\_

DIVISION: \_\_\_\_\_

Be sure to list your five (5) choices in order of preference.

COURSE NUMBER

COURSE TITLE

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

\_\_\_\_\_

5 \_\_\_\_\_

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