

779 AIR CADETS

779 MONTHLY NEWSLETTER

JANUARY 2021

Logo painting by: Sgt Shemmans, S



Bell Lets Talk Day 2021

By: FSgt Boehler

On January 28th 2021, it was Bell Lets Talk Day. With this pandemic ongoing and lockdown preventing us from seeing our friends and family it can be tough on your mental health. Bell Lets Talk Day works to lower the stigma around mental health and encourages us to talk about our mental health. If you are ever in need of somebody to talk to, many cadets are willing

What it's like being a cadet during a pandemic

By: Sgt Le Donne

Being a cadet during a pandemic may be stressful for some, but for others they find it enjoyable. Being online has its pros and cons. While being a cadet a big part of the program is community and being together, we can't do that. We have moved online. It has been a big learning experience for all. New cadets may not be able to experience all the activities such as teams or an FTX but they sure do get to experience cadets in an online fashion. It's not the same as we can't meet each other in person, but at least we still connect every week. For instructors it has been a learning curve. If they have been teaching for a few years, or it is their first year teaching, we are all equal now. None of us have had to teach online so learning it has been stressful but it also helps us understand the perks of technology and encourages us to be flexible with teaching in different environments. We may not be able to connect in



January Highlights



We held our first virtual fitness

Some of our cadets went for their
glider and power pilot exams!

“When everything
seems to be going
against you, remember
that aircraft take off
against the wind, not
with it”

- Henry Ford

