

# 779 AIR CADETS

779 BLACKKNIGHT NEWSLETTER

DECEMBER 22

All photos were taken before the COVID-19 outbreak



## MENTAL HEALTH RESOURCES FOR CADETS

On a more serious note for this article, mental health is no joke. everyone has been feeling down since this virus was introduced and it's a very important topic to make sure we all understand. There are some resources you have access to if you do need them and they will all be listed below in the link provided. Remember to check in on your friends and fellow cadets!

[https://drive.google.com/file/d/1vvdbyqruQWLQnuTMJ68Q4FunDJ\\_qWWz/view?usp=sharing](https://drive.google.com/file/d/1vvdbyqruQWLQnuTMJ68Q4FunDJ_qWWz/view?usp=sharing)

Header artwork by Sgt. LeDonne

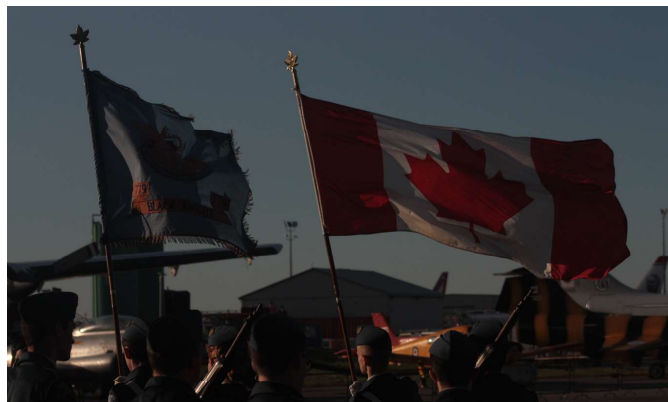
Photography by WO2 Brown and

Sgt Riad

## EFFECTIVE SPEAKING AND DEBATE IS STILL A GO!

By Sgt. Santo

The Effective Speaking Team is one of the many teams at 779. It typically runs from 11:00-12:00 on Sundays. During this time, cadets get the opportunity to improve their effective speaking and debating skills in a fun and encouraging environment. Due to COVID-19 it has been run a bit differently than when it was in person, but it is still an awesome experience! Throughout the first meeting cadets were given the chance to introduce themselves to the staff and cadets who participate in this team and learn the overall goal of the team. Moving into the next week cadets continued to improve their relationships with each other by playing games and speaking about their fears of speaking in front of crowds. Then during the last meeting before break the cadets were able to make a fun video that was shown to the squadron during the holidays. Effective speaking and debate is an amazing addition to some online activities that you can do during lockdown! hone in your skills and you'll be Going to competitions in no time!



# KEEPING BUSY AND KEEPING UP

By WO2 Brown

*Many of you are probably sitting at home wondering what to do, or just repeating "I'm bored" all day and I'm going to try my best to give you a few ideas on what to do during the ever so boring lockdown.*

*You honestly have quite a few options here that are super easy, and most people can do right at home without extra equipment. The first one is to cook or bake! food is the way to most peoples hearts so why not make a meal for your family of bake some delicious muffins! The second option I have, requires a music instrument. But you need to go practice! There's no such thing as too much practice!*

*My last idea, is to get sit back, and just do whatever hobby you haven't done in awhile. for me, it would be photography, but other people have different interests. Such as, my brother loves to build RC cars! So go and try out one of these things and if these don't work, go check out the 779 Youtube channel!*



# MEMORIES







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“IF YOU ONLY PRACTICE WHAT PEOPLE TEACH YOU, YOU’LL ONLY KNOW WHAT THEY KNOW” - LEO P

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### **779's 2020 Wrapped Up**

We all had an interesting year and we all did things that were obviously outside of our normal daily life but we all made it through! From the start of the year when we were all in person, to now where we are all online and making the best of everything. Starting in January where there was zero mention of the virus and no one could've guessed that this would happen. we were all in person, and doing some amazing training and the same went on in February. we even had the marksmanship competition. But in march, everything changed. We got put into lockdown which was not fun at all but it was necessary.

April came along, and we were finishing up some training and doing full virtual training for those who wanted to participate. There was regular training and band, and both went along pretty well. It was something to do, and keep us motivated for better times to come. summer rolled along in June and we actually had some summer training that came along in July! there was some amazing courses such as drone pilots training course, cyber security, and even a music course! after the summer, we were doing full lessons with the squadron which went about very well and we trained the instructors on how to teach online and deliver good lessons. and now we are here. In December. Sure, not much has happened in your personal life other than staying inside, But there has been many things in the world that are going on. As my closing statement, Thank you to everyone for participating in the online engagement and go check out the Squadron YouTube channel!