



**#9 RCACC  
Weekly Routine Orders**

Date: Mon 29 Apr 2024  
 RO No. 24-018 Revision: A

CAF Member Dress: PT gear

**Duty Personnel:**

Cadet Dress: PT gear

**Duty Officer:** Lt Lee Young-Rowe

**Duty Officer Phone:**

**Duty Officer Email:** krystyn.lee@cadets.gc.ca

**Training Night Routine:**  
(All times 24hr clock)

**Duty NCO:** MCpl Vanvolkenburg

**Alternate Duty NCO:**

**Duty Flight:**

	Start	Finish
Arrival	1830	
Fall-In / Inspection / Opening	1830	1840
Period One	1845	1915
Break	0:00	0:00
Period Two	1930	2000
Break	NA	NA
Period Three	2005	2035
Fall-In / Closing	2040	2055
Dismissal Time	2100	

**Weekly Training**

		Period 1		Period 2		Period 3	
		1845	1915	1930	2000	2015	2045
Green Star	PO/EO	MX04.01		MX04.01		MX04.01	
	PO Title	Fitness and sports		Fitness and sports		Fitness and sports	
	Location	Beaver hall		Beaver hall		Beaver hall	
	Instructor	WO Lewicki		WO Lewicki		WO A. Londini	
Red Star	PO/EO	MX05.01		MX05.01		MX05.01	
	PO Title	Fitness and sports		Fitness and sports		Fitness and sports	
	Instructor	WO Berriman		WO Berriman		WO Berriman	
	Location	Beaver hall		Beaver hall		Beaver hall	
Silver Star	PO/EO	MX05.01		MX05.01		MX05.01	
	PO Title	Fitness and sports		fitness and sports		Fitness and sports	
	Location	Beaver hall		Beaver hall		Beaver hall	
	Instructor	WO Beliou		WO Beliou		WO Beliou	
Gold Star	PO/EO	MX05.01		MX05.01		MX05.01	
	PO Title	Fitness and sports		fitness and sports		Fitness and sports	
	Location	Beaver hall		Beaver hall		Beaver hall	
	Instructor	WO Kadri		WO Kadri		WO Kadri	

**Weekly Activities 30 Apr 24 to 6 May 24**


**Upcoming Activities**

Activity Start	Activity End	Activity	Location	Dress	OPI
May 3 2024	1700	May 5 1400	Spring FTX	Camp Sylvan	FTU

**Notes**

Nicole Hastings  
 Captain  
 Commanding Officer