



PARENT HANDBOOK

ROYAL MILITARY COLLEGE OF CANADA





CONTENTS

02 INTRODUCTION

- 04 Commandant's Message
- 05 Principal's Message
- 07 College Overview

08 FOUR PILLARS OF SUCCESS AT RMC

- 10 Academics
- 11 Military
- 12 Physical Fitness
- 13 Bilingualism

14 BEING AN OFFICER

- 15 The Naval/Officer Cadet Experience at RMC
- 16 RMC Naval/Officer Cadet Statement of Behaviour

18 ADMINISTRATIVE AND SUPPORT SERVICES

- 20 Medical and Dental Services
- 21 Spiritual Support
- 23 Leave / Vacation
- 24 Leave Travel Assistance
- 25 Mailing packages to your Daughter or Son
- 25 Emergency Contact

26 RMC MAP

32 ATHLETIC FACILITIES

- 33 Varsity and Intramural Sports
- 34 Competitive and Recreational Clubs

35 HISTORY

- 35 Graduates of Distinction
- 37 History of The Royal Military College of Canada
- 38 History of Kingston

44 IMPORTANT INFORMATION ABOUT MY NAVAL/OFFICER CADET

46 GLOSSARY

*Cette publication est disponible dans les deux langues officielles. /
This publication is available in both official languages.*

INTRODUCTION

As a parent or guardian of a current or future Naval/Officer Cadet (N/OCdt), this handbook is an ideal source for you to learn about the unique academic, linguistic, fitness and military environment of the Royal Military College of Canada (RMC).

This handbook is a useful source of information about the culture, and environment of RMC and is a great starting point for discussions with your daughter or son about their experience as part of RMC and the Canadian Armed Forces (CAF). Additionally, you will read about RMC's history and our services to enable your child to succeed. Lastly, there is contact information should you need or want to get in touch with your daughter or son.

Your daughter or son has chosen a unique, formative and personal experience to achieve their undergraduate degree and serve our country. By joining the CAF, your daughter or son is joining a family and a team that is dedicated and committed to serving our great nation by projecting and protecting Canadian ideals. While your daughter or son is at RMC, we will guide and teach them the required life and career skills they need to be effective officers in the CAF. Our approach, to creating Military Officers, is built upon Four Pillars: academics, military related skills and knowledge, physical fitness and bilingualism. To graduate as a commissioned officer, they must meet the minimum requirements of the four pillars.

Your daughter or son will have many opportunities to learn how to lead and will receive feedback from trained educators, evaluators and mentors. They will learn how to receive, accept, provide and apply feedback to help them develop leadership skills.

RMC undergraduate students typically enrol through the Regular Officer Training Plan (ROTP). Successful applicants to RMC begin their careers in the CAF as a N/OCdt and upon graduation and completion of specific military training move on to their selected profession. One of the many advantages of attending RMC is that the Department of National Defence (DND) pays the costs for tuition, uniforms, books, instruments and other essential fees while paying the student a salary and providing benefits. In return, your daughter or son agrees to serve a period of compensatory service post-graduation.

N/OCdts receive an annual salary from which there are deductions for income tax, pension plan and room and board. Medical, dental, and paid vacations are automatic no-cost benefits of being part of the CAF. RMC also provides academic support services, fitness and life style coaching, mental health counselling, medical services etc. Our smaller class sizes and overall number of students allows us to be more responsive to the academic and personal needs of our students. Professors are encouraged to actively engage with the students academically and to gauge the students overall well-being.

Your daughter or son has a slightly different Cadet Handbook which contains additional information that will guide them during their time at RMC. Their handbook helps them to understand the CAF and will help them to live and work in the RMC/CAF environment.

We expect that the information contained in this booklet will inspire additional questions. If you have any questions or suggestions for content, please speak with the liaison staff or advise us at liaison@rmc-cmr.ca. If you wish to receive additional information or have suggestions for content that could be incorporated into this handbook please contact the RMC Success Centre at SuccessCentre@rmc.ca.



COMMANDANT'S MESSAGE



On behalf of the CAF and the Minister of National Defence, I welcome you to RMC. We are honoured to have your daughters and sons as N/OCdts at RMC and we welcome you, just as we welcome them, to our family. They have chosen a unique career where they will serve our great nation, while representing and promoting Canadian ideals domestically and abroad. The RMC experience will start them on the right foot.

There are aspects of the RMC program which are completely different from civilian universities. There are always multiple competing demands on N/OCdts' time to achieve the required academic, linguistic, fitness and military standards. RMC N/OCdts live in a military environment where there are rules and regulations that demand respectful and ethical behaviour and professional comportment. This includes a daily routine, a dress code, inspections, parades, a curfew, etc. The RMC environment surrounds cadets with a military culture and a military ethos that provides them with a foundation for understanding and appreciating the Profession of Arms that prepares them to excel in service.

This handbook provides you with a concise overview of the journey on which your daughters and sons are embarking. Through existing CAF programs and the mentoring role of my staff, N/OCdts are not alone in their academic and military journey. I encourage you to keep in contact with your daughters and sons and be part of their RMC experience and success. Welcome to our family!

Brigadier-General Sebastien Bouchard, OMM, MSM, CD

PRINCIPAL'S MESSAGE



Welcome to RMC, considered by many as the 'university with a difference' and for good reason. RMC is both a military unit, established by the RMC Act of 1874 and a provincially chartered university, with the authority to confer undergraduate and graduate university degrees by virtue of Ontario legislation, The Royal Military College of Canada Degrees Act, 1959. We are honoured to have the Minister of National Defence as our Chancellor and President and equally so to have the RMC Commandant as our Vice-Chancellor. RMC has a proud history of inspiring Canadians and producing the highest quality of officers through excellence in education, research and military training that is responsive to the needs of Canada, the Defence community and the ever-changing global security environment.

The experiences and opportunities are unique here at RMC and are made possible by our amazing faculty and staff as well as the outstanding support from the RMC Club of Canada and the RMC Foundation. You can play a critical role as well. There will be many opportunities for you to encourage, applaud and celebrate successes but there will also be those times when things are not going particularly well and being there to listen always makes a difference.

The RMC program is tailored to meet the needs of the service through university education and experience that enables young Canadians to learn and develop into future leaders. I welcome your contributions!

Dr. Harry J. Kowal, CD, rmc, BEng, MSAe, MA(SS), MDS, PhD, PEng, BGen (Ret'd)



COLLEGE OVERVIEW

The mission of RMC is to produce officers with the educational platform, appropriate ethical standards, mental and physical fitness, and linguistic capabilities required to lead, with distinction, in the CAF. Our motto is “Truth Duty Valour” and through our continuous demonstration, we guide the N/OCdts to live the motto and become exemplary members of the College and CAF.

RMC is a provincially chartered, bilingual university delivering undergraduate (Bachelor) and graduate (Masters and Doctorate) level academic programs. As Canada’s military university, we also provide ongoing professional development education to meet the needs of the regular and reserve forces of the CAF, the Department of National Defence, and non-military students.

Our onsite, College team consists of military members, public servants, and contracted personnel. Collectively, we ensure that the N/OCdts have the opportunity to achieve an internationally recognized undergraduate degree while also meeting the other requirements of the ROTP program. RMC also conducts research appropriate to a modern university and is currently the only degree granting university that serves the profession of arms and the Government of Canada.

Academic freedom is encouraged and respected by the Military and Academic leadership of RMC. RMC faculty and staff exercise their academic freedom in their research and instruction while adhering to standards which are appropriate for a modern university.

RMC brings together future officers of our Army, Air Force and Navy, both regular force and reserve in a collegial and competitive environment. Through formal and informal training, N/OCdts learn to be responsible for the safety, well-being, and morale of their peers and subordinates. The skills that they learn here are directly applicable to their careers as officers. They learn that to achieve success they must respect and access the knowledge and experience of their entire team.

Through practical exercises in the classroom setting and assigned leadership roles within the squadrons and division, we provide the opportunity for N/OCdts to become effective communicators who are intellectually curious, critical thinkers, imaginative, and creative while remaining compassionate and humble.

The use of both official languages is essential to graduation and their effectiveness in future employment. Time is parsed out of the week to ensure that the N/OCdts are learning, and practising their second official language.

FOUR PILLARS OF SUCCESS AT RMC

ACADEMICS

RMC delivers academic programs in the Arts, Science and Engineering in both official languages along with a unique military-relevant core curriculum that is directly connected to the Profession of Arms. RMC's Profession of Arms' core curriculum comprises approximately 30% of the degree and addresses the educational requirements to meet military knowledge that is fundamental for a career in the CAF.

The quality of RMC's academic programs are governed by the Province of Ontario through the Institutional Quality Assurance Process (IQAP), which is administered by the Ontario University Council on Quality Assurance. RMC's engineering programs are accredited through the Canadian Engineering Accreditation Board (CEAB) under Engineers Canada. Accreditation of undergraduate engineering programs is required to provide the education necessary for licensure as professional engineers in Canada.

Attending classes is mandatory, as it is the cadets' place of duty/place of work as members of the CAF. Failure to attend class, without permission to be absent, can result in disciplinary actions.

MILITARY (SKILLS, LEADERSHIP, ENCULTURATION)

The demands of an officer in today's complex, rapidly changing environment are significant. Thus, the military component is designed to develop those personal skills, attributes and abilities that are observed in successful leaders. Introspection and self-awareness are essential to personal growth and development. The leadership training provided through RMC and summer training will prepare students for the occasions when they will have to make difficult decisions under stressful conditions. The nature of military leadership and military operations necessitates an in-depth understanding of human behaviour. The program at RMC includes military psychology and leadership, which are part of the required academic curriculum. Particular emphasis is placed on the importance of personal integrity, ethical behaviour, and professional responsibility.

They must strive to meet the principles upon which military personnel base their service to Canada. An officer's most fundamental responsibility is to lead the men and women of the CAF. This may involve the most hazardous and demanding of circumstances and carry with it the responsibility for the lives of their people and the understanding that their own lives may also be at risk.

PHYSICAL FITNESS

As part of the athletics component, RMC teaches N/OCdts the importance of physical fitness and developing a healthy lifestyle as a lifelong endeavour. RMC takes fitness beyond the theories into the practical with progressive physical fitness training and fitness standards. N/OCdts are required to take part in the physical education program, which helps them achieve and maintain a high level of fitness while learning the fundamentals in a wide variety of team and individual sports. Physical fitness has a direct relationship on one's quality of life, mental health, ability to manage stress. Team and individual sports help relationships beyond the court, establish and maintain a sense of belonging, and improves academic learning.

BILINGUALISM

The bilingualism component reflects Canada's cultural heritage. As representatives of this heritage, officers are expected to be fluent and lead in both of Canada's official languages. RMC provides the N/OCdts with instruction and opportunities to apply and practise their language abilities by integrating both official languages into class time as well as daily life at RMC. In order to encourage and reinforce the use of both languages, every two weeks the language of business switches to the other official language.

www.canada.ca/en/treasury-board-secretariat/services/staffing/qualification-standards/relation-official-languages.html

ACADEMICS

RMC offers 18 degree programs, in both English and French. The subjects in the curriculum and the programs are designed to be practical and applicable to future officers and to the CAF. Science and Engineering programs have a high proportion of time devoted to the Arts, and the Arts program has a high proportion of time devoted to mathematics and science. The intent of exposing officers to other academic programs is to create leaders who can effectively work and converse in academic areas beyond their specialty.

BACHELOR OF ARTS (HONOURS AND MAJORS)

Business Administration	Military and Strategic Studies
English Literature	Politics
French Studies	Psychology
History	

BACHELOR OF SCIENCE (HONOURS AND MAJORS)

Chemistry	Physics
Computer Science	Space Science
Mathematics	

BACHELOR OF ENGINEERING

Aeronautical Engineering	Computer Engineering
Chemical Engineering	Electrical Engineering
Civil Engineering	Mechanical Engineering

MILITARY (SKILLS, LEADERSHIP, ENCULTURATION)

The goal of all N/OCdts at RMC is to become a Commissioned Officer in the CAF.

The professional development and the training that the N/OCdts receive at RMC and through summer training will prepare them for diverse responsibilities as junior officers. Fundamentally, they must demonstrate, at RMC, the capacity, the competence and the courage to command and lead in this environment, and to look after their personnel.

THE CHAIN OF COMMAND EXPECTS THAT ALL N/OCdts WILL DEMONSTRATE THESE PRINCIPLES WHILE PERFORMING THEIR COMMAND, LEADERSHIP AND OTHER DUTIES:

- | Lead by personal example and place their concerns, well-being and comfort after those of their subordinates;
- | Motivate, train and develop those for whom they are responsible;
- | Demonstrate pride in and loyalty to Canada and to the Canadian Armed Forces' leaders, units, personnel and uniform;
- | Conduct themselves with honour, honesty and integrity in all of their activities;
- | Base their decisions on solid moral and ethical values. Allow no discrimination, ill treatment or cruelty, and welcome the strength that diversity brings;
- | Ensure that the activities of their unit and the actions of their personnel are in accordance with the regulations of the Canadian Armed Forces and the Code of Service Discipline;
- | Be professional and continually improve their competence as a leader through education, training, experience and self-improvement;
- | Discharge all their duties in compliance with the regulations and orders of the Canadian Armed Forces, the laws of armed conflict and the appropriate international conventions;
- | Respect and uphold the customs and traditions of the Canadian Armed Forces and of their branch. Honour the memory of those who fought for the freedom of Canada;
- | Believe and act in accordance with the rule of law, and in the Canadian Armed Forces as an instrument of the Government of Canada and as representatives of all that is best in Canadian society; and
- | Lead the men and women of the Canadian Armed Forces.

PHYSICAL FITNESS PROGRAM

The Physical Education and Athletics program is designed to help each N/OCdts attain a high level of physical fitness and a level of skill in a wide variety of sports. N/OCdts are tested periodically to ensure that they meet fitness standards in terms of stamina, agility and strength in accordance with the RMC and CAF physical fitness standards.

The four years of physical fitness development are designed to help the N/OCdts achieve progressive levels of athletic and physical fitness. N/OCdts must participate in a scheduled two-hour physical education period each week as well as complete a physical fitness test twice per year. Additional sports and fitness activities may be conducted on their own time.

The first year of studies emphasizes proper training and conditioning techniques; the second year, team sports participation; the third year, military training, which includes hand-to-hand combat techniques and military fitness; and the fourth year specializes in a wide variety of activities and sports. Athletics classes range from swimming to strength training, hockey, racquet sports, rock climbing, hand-to-hand combat, yoga and soccer.

The CAF employs Personal Support Personnel (PSP) who are experts in nutrition, personal training, sports rehabilitation, strengthening, endurance, etc. The PSP staff are involved in the development and conduct of physical fitness training and testing. Upon request, the PSP staff will work with the N/OCdts to create an individualized physical training plan based on the N/OCdts' fitness objectives and needs.

www.rmc-cmr.ca/en/athletic-department/physical-fitness-guide

www.rmc-cmr.ca/en/rmc-physical-performance-test-joining-instructions

Players celebrate a victory for the RMC hockey team. Go Paladins!



BILINGUALISM

A good leader must be able to communicate effectively with their personnel. In the CAF, this means being able to function in both of Canada's official languages. Second language training is mandatory for all students who do not possess a "functional knowledge" of their second official language. Second language ability is essential to promotions.

Upon arrival at RMC, students are assessed for their second language abilities in reading, writing, and oral communication in either English or French, depending on which is their primary and secondary language. This testing establishes their proficiency and places them in an appropriate language developmental level. Some students arrive with a high degree of bilingualism, and through language testing, their proficiency is confirmed and they may be exempted from Second Language Training. For the other N/OCdts, once the appropriate language proficiency is achieved, they may be exempted from further obligatory training. They are expected to maintain and improve the proficiency throughout their time at RMC.

TO HELP STUDENTS LEARN EFFECTIVELY, RMC USES VARIOUS LANGUAGE-TEACHING METHODS:

- Second language classes are scheduled throughout the academic program
- For one-half of each month on campus, activities outside the classroom are conducted in one of the official languages and the other half of the month is in the other official language. This means that orders and directives are given in the language of the day, and all activities and events outside of class are performed in that language; and
- Upon arrival at RMC, every effort is made to place first year N/OCdts with someone of the other official language to encourage each to use both languages during first year.
- Academic courses are available in both English and French, which allows students to study in either official language and write all papers and essays in the official language of their choice. Typically, the student will use the language of instruction of the course as the language for submissions of papers and presentations.

BEING AN OFFICER

MILITARY ETHICS AND ETHICAL DEVELOPMENT

Officership 2020 is the strategic guidance for reshaping the Officer Corps to meet the anticipated challenges of the future. It is the next step in achieving the professional development objectives outlined in *Strategy 2020* for the Officer Corps. This program will develop an ethical, highly intelligent and proactive Officer Corps.

CODE OF VALUES AND ETHICS

The *DND* and *CF Code of Values and Ethics*, sets a standard of expected behaviours for all personnel in *DND* and the *CAF*.

The aim and primary focus of the Defence Ethics Program is to foster the practice of ethics in the workplace and in operations such that members of the *CAF* and employees of *DND* will consistently perform their duties to the highest ethical standards.

CAF Vision:

To maintain ethical integrity by consistently applying the highest standards of values and ethics.

CAF Mission:

To guide *DND* and *CAF* personnel in choosing conduct that is consistently ethical.

Ethical Principles are:

- Respect the dignity of all persons
- Serve Canada before self
- Obey and support lawful authority

CAF leaders, at all levels, are expected to create a healthy ethical culture that is free from reprisal, ensure that all subordinates are given every opportunity to meet their legal and ethical obligations to act, and to proactively inculcate the values of the *DND* and *CF Code of Values and Ethics*.

www.canada.ca/en/department-national-defence/services/benefits-military/defence-ethics.html

THE N/OCDS EXPERIENCE AT RMC

TRUTH

Truth is the quality of an officer to speak and act with honesty, without prevarication, and certainly without avoidance, misrepresentation, or deceit. Dishonesty is the mechanism that breaks down the integrity of an officer. If an officer lacks integrity, followers will recognize the leadership failure. Once the trust of subordinates is lost, it is nearly impossible to win it back.

DUTY

Duty is the internal obligation to do what one knows to be right, whether by rule, regulation, law, or moral code. It makes no difference whether or not anyone knows of what you do or whether or not it falls within the scope of your official duties. All officers must be mindful of the regulations they serve under and the duties and responsibilities that must be discharged. If in a position of command or seniority, an officer must be equally mindful of the actions of subordinates.

VALOUR

Valour is the moral strength required to discharge one's duties honestly. It goes beyond physical courage in its boldness or determination in facing great danger. Valour is the concept that bridges the ideas of truth and duty. It is the moral courage to live honestly and to carry out one's duty, no matter the circumstances.

N/OCds stand at attention, ready for inspection.



RMC N/OCDS STATEMENT OF BEHAVIOUR

The chain of command, staff and faculty of RMC expects N/OCdts to abide by the following Statement of Behaviour whilst attending the College and for the N/OCdts to uphold the following statement as a professional creed when they become an officer of the CAF.

N/OCDS STATEMENT OF BEHAVIOUR:

"We, the N/OCdts of the Royal Military College of Canada, devote ourselves to developing the moral integrity required of an officer by living the creed of: **Truth**, the quality to speak and act in an honest and straight forward way; **Duty**, the obligation to comply with directives and do what is right; and, **Valour**, the moral courage to perform our duties rightly in difficult situations."

CLARIFYING ACTION STATEMENTS

1. N/OCdts are to behave in a manner that reflects the core values of both RMC and the CAF.
2. N/OCdts are to be courteous and respectful towards everyone with whom they interact.
3. N/OCdts are to comply with vigilance to all RMC regulations and directives.
4. N/OCdts are to maintain a high standard of uniform and civilian dress by ensuring to dress smartly and sharply.
5. N/OCdts are to uphold the "no tolerance" harassment policy and follow CAF protocols to resolve any issues.
6. N/OCdts are to attend their place of duty promptly and are never absent without permission.
7. N/OCdts are to pursue academic excellence with the know-how that makes lifelong learning productive and pleasurable.
8. N/OCdts are to strive for the highest standards of physical fitness.
9. N/OCdts are to endeavour to improve fluency in their second language by practicing its use often.
10. N/OCdts are to take responsibility for their actions and correct themselves, their peers, and their subordinates if actions are deficient.

OPERATION HONOUR

The Royal Military College is committed to providing a safe environment that is free from sexual violence as well as harmful and inappropriate sexual behaviour (HISB) for all its students, staff, faculty and all others who work or study here.

The Department of National Defence and the Canadian Armed Forces have established policies to eliminate all forms of HISB and harassment from the workplace and the whole of the CAF.

RMC is also an associate member in the Council of Ontario Universities. Our policies reflect not only those of the CAF but also reflects the provisions of Ontario Bill C-132, Sexual Violence at Colleges and Universities under the Ministry of Training, Colleges and Universities Act.

They apply to all members of the Canadian Armed Forces and employees of Department of National Defence, all students and contractors, who serve, are students or are employed at Royal Military College.

www.forces.gc.ca/en/caf-community-support-services/download-respect-caf.page

www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct.page

HARMFUL INAPPROPRIATE SEXUAL BEHAVIOUR

www.rmc-cmr.ca/en/college-commandants-office/rmcc-policy-harmful-inappropriate-sexual-behaviour

ADMINISTRATIVE AND SUPPORT SERVICE

GENERAL

For N/OCdts with a motor vehicle, parking is available in the vicinity of the Kingston Military Community Sports Centre. Parking is free and students must register their vehicle in order to get a parking pass. Unauthorized vehicles may be ticketed and towed. Your son or daughter does not need a motor vehicle to get around RMC or the local community. There are CAF buses that link CFB Kingston with RMC while city buses provide links to most areas of Kingston.

MEALS

N/OCdts must reside on campus for the duration of the four-year program. Meals and accommodations charges are taken directly from their monthly pay; therefore, it is assumed/expected that they will eat all their meals in the N/OCdts Dining Hall. The meal plan provides core and supplemental nutrition to help the N/OCdts meet the physical and mental demands of their RMC experience. Food can be prepared in accordance with specific religious protocols and dietary restrictions.

Upon request, Health Promotions personnel will provide one-on-one education on healthy eating and guide them to understand their nutritional needs to meet the physical demands of fitness training.

Cadets eating lunch in the Cadet Mess at Yeo Hall.



ACCOMMODATIONS

Upon arrival at RMC, first year N/OCdts will be assigned to squadrons, which will then be used to determine room allocation. Each Squadron is assigned a specific dormitory and the N/OCdts become part of a particular Squadron. They live and work together to foster esprit-de-corps and teamwork. They are responsible for

keeping their rooms and common space clean and tidy at all times.

During the first three years, N/OCdts can expect to have to share a room with a roommate. Fourth year N/OCdts will normally be upgraded to a single room if space is available.

Access to rooms is through a proximity card that is configured to their specific room and the outside door to their specific dormitory. Alternatively, each room can be accessed via a master key held by the RMC Security detachment if/when your daughter or son accidentally locks them self out of their room or dormitory.

In their rooms, all N/OCdts have a lockable door on at least one of their cupboards. RMC recommends that the N/OCdts have tenant insurance just in case something unpredictable happens to the building or the room contents. The CAF does not carry insurance on any of its buildings; therefore, any damage or loss of N/OCdts personal effects or CAF supplied equipment is not covered unless the N/OCdts has insurance.

A view inside a typical room at Fort Haldimand, RMC.



MARRIED CADETS

The CAF does not discourage N/OCdts becoming married during their tenure at RMC, however if cadets do decide to get married, our policy in reference to roommates does not allow for spouses to cohabit nor be in the other's chain of command.

Cadets who arrive at RMC already married and choose to move their spouse to Kingston are expected to find accommodations for their spouse. The vacancy rate in Kingston is quite low and with the influx of students to the other post-secondary institutions, finding accommodations can be quite difficult. There are married

quarters at CFB Kingston, which might be available. All N/OCdts registered in the ROTP program should expect to be living in the dormitory and eating meals at the Cadet Mess (dining hall) and should not expect to be home at night to spend time with their spouse. In the event that a ROTP cadet is moving their spouse, please contact the College Success Centre for guidance in ref to finding a physician or other medical services.

MEDICAL AND DENTAL SERVICES

Canadian Armed Forces personnel receive health care through a distinct health care structure, which exists outside of the provincial healthcare system while having full access to the provincial health care system for more complex care. N/OCdts access “family doctor” type care at the RMC clinic and can be referred to the civilian health care system for more complex care. Emergency health and dental services are received through the civilian “hospital” network.

Due to privacy legislation, you will not receive medical information regarding your son or daughter without their expressed consent.

Dental Care

Dental Services are a core part of the health care provided to your son or daughter as a CAF member. This health care plan does not extend to family. The N/OCdt can opt to pay into the Public Service Health care plan, a group health care plan, which will provide discounts to the N/OCdts dependant family.

Dental:

www.canada.ca/en/department-national-defence/services/benefits-military/pay-pension-benefits/benefits/medical-dental/dental-care-services.html

Health Care:

Primary and Tertiary medical care

The Canadian Forces Health Services centre is their primary care provider/ family doctor. On site, there are physicians, nurses, physician assistants, medics, community health, environmental medicine, physiotherapy, pharmacy, social workers, psychiatrists, and a robust team of health promotion, healthy living and health educators just to name a few resources. Further information about the medical and dental services is available at:

www.forces.gc.ca/en/caf-community-health-services-benefits-drug-coverage/coversage-eligibility-management-access.page

SPIRITUAL SUPPORT

Chaplains are available for those occasions when a N/OCdt wants to speak or pray. Protestant, Catholic and Islamic religious staff are available to help the N/OCdts navigate questions of their age, the military experience, and religion or challenging situations. RMC has military chaplains on site who provide this Pastoral / Spiritual Counselling, as well as Faith Group / Denominational Services. Chaplains, working with the N/OCdts may, if asked, advocate on their behalf. A key goal for Chaplains is to meet each person where they are at, provide counsel and, if appropriate, refer them to other Helping Professionals, such as the Medical System, Mental Health or leaders of a particular faith group (if not represented on the RMC Chaplain Team).

CANADIAN FORCES MORALE AND WELFARE SERVICE (CFMWS)

The mission of CFMWS is to contribute directly to the Forces’ philosophy “people first, mission always” through the provision of a full range of fitness, sports and recreation; family and charitable support; retail and personal financial services that enable our members to focus on operational effectiveness and better tackle the unique challenges of military life.

Officer Cadets at RMC should reach out to meet the CFMWS staff at the College as they have a number of different health and wellness related support and social opportunities for them. These people include their PSP, SISIP, and CANEX staff. They have also produced a social calendar which summarizes all of the Morale and Welfare Activities at the College and can be found at the following website:

teamup.com/ks43zfbgh5tq12vy71



www.cafconnection.ca/



CFONE CARD

The CFOne Card will be issued to all OCdts upon entry in the CAF. This card is the rewards card for CANEX (the retail store on campus). It also can be presented at a number of businesses in Kingston to obtain discounts for every day purchases. These businesses are advertised on the PSP Advantage website. National discounts are found on the CF Appreciation website.

www.pspkingston.com/advantage/

www.cfappreciation.ca

www.supportourtroops.ca

The arch located on the north west of the campus, closest to the bridge to the city centre of Kingston.



A. PERSONNEL SUPPORT PROGRAMS (PSP)

There are a number of different teams of PSP at RMC from their Athletics Staff (physical education teachers, coaches, recreation and intramural staff), their Messes, their Health Promotion Team, and the people that support their Unit Fund. Some of these programs are listed below:

Cadet Mess and Recreation Centre

The Cadet Mess, not to be confused by the Cadet Dining Hall, is what we like to call "the OCdts Living Room" while they stay at RMC. It is a venue that is open every evening from 7pm until the crowds die down, where OCdts and invited guests can sit back and enjoy a drink (alcoholic and non-alcoholic) and snacks while watching TV, playing pool and other games, or enjoying entertainment on special occasions. Every OCdt pays a membership to be part of this club and those monies go directly back to them in the form of activities and entertainment. OCdts can become part of the Mess Executive, which can be a rewarding opportunity to contribute to their peer's social opportunities. OCdts are encouraged to join the "RMC Cadet Mess" Facebook Group to keep up to date with the activities provided by their Mess.

Chez Brucie Snack Bar

Chez Brucie is a University Snack Bar located just at the entrance of the Sawyer academic building. It provides the College with your typical grab and go style café products like Coffee, Specialty Coffee, Cold Beverages, Fresh Soup and Sandwiches, and Breakfast sandwiches. It is open during the school year between 7:30 and 16:00 Monday to Friday. "Chez Brucie - Snack Bar/casse croûte" facebook group keeps the College up to date on the daily special and any promotions being offered.

The RMC Unit Fund

The Unit Fund is a fund that goes towards providing morale and welfare activities at the College. It is a grant given to the College from the monies earned at the CANEX and SISIP operations on campus and the base. This grant then covers fully or partially many different activities that OCdt can attend. Both Staff and OCdts make up the Committee that decide how these monies are spent at the College. In the past the Unit Fund has sponsored a Ski Trip, Curling Bonspiel, Golf Tournament, 1000 River Cruise, the Sunset Ceremony Fireworks, and Dueling Pianos show, to name just a few activities. These events provide social opportunities for the OCdts that contribute to positive mental, physical, and social wellbeing.

HEALTH PROMOTION

Strengthening the Forces, under the Directorate Force Health Protection, is a health promotion program designed to assist Canadian Armed Forces (CAF) personnel, to take control of their health and well-being. Maintaining a high level of health improves one's ability to perform effectively and safely on CAF

operations, and to enjoy a high quality of life. The emphasis in Health Promotion is PREVENTION of health-related problems as opposed to treatment.

Who can attend?

Health Promotion courses are FREE and open to military personnel (Reg and Res Force), retired military personnel, AND their families. Where space and resources allow, DND and NPF civilian employees are welcome to participate. Must be 18 or older.

Health Promotion at RMC

As part of the first year physical training program, the OCdts/NCdts receive three Health Promotion classes delivered in an interactive classroom format. The participants receive skills, tools and education on Resiliency, Stress Management, Positive Self-Talk, Coping Skills, Time Management, Self-Care, Sleep Hygiene, a variety of Mental Fitness exercises and much more.

Health Promotion also provides opportunities for outreach to enhance the morale of the OCdts/NCdts time at RMC. They have access to all programs and campaigns that HP offers.

Registration

To register for any of the Health Promotion programs and campaigns, please visit www.pspkingston.com and click **Adults > Health > Health Promotion**

PROGRAM INFORMATION

Addiction Free Living:

- Alcohol, Other Drugs, Gambling and Gaming Awareness
- Butt Out – Tobacco Cessation

Injury Prevention and Active Living:

- Injury Reduction Strategies for Sports and Physical Activity

Nutritional Wellness:

- Weight Wellness Lifestyle Program
- Top Fuel for Top Performance

Social Wellness:

- Mental Fitness & Suicide Awareness Training
- Managing Angry Moments
- Stress: Take Charge!
- Inter-Communication

For more information on these programs, to register or find resource visit:

www.pspkingston.com

“You’re Not Alone” Connecting Military Families to Mental Health and Social Wellness Programs.

www.canada.ca/en/department-national-defence/services/benefits-military/military-mental-health.html

B. (SISIP) FINANCIAL COUNSELLING SERVICES

SISIP Financial

www.sisip.com

Macro mission and mandate

To contribute to the operational readiness of the Canadian Armed Forces (CAF) by providing tailored advice and product solutions that enhance the financial health and security of the members of the CAF Community and their families.

SISIP Financial was established in 1969 and has continued since its inception to meet the needs of military members and their families at every stage of their military career and beyond. Our services are free, confidential and unbiased.

Direct and indirect support to the ROTP population

Our local office is located at the CANEX Mall, 29 Niagara Park Drive, Kingston (plus a satellite office with the Success Centre every Friday). The Financial Counsellor, Financial Planner and Insurance Representative onsite have the necessary knowledge and expertise to support the members and their families with all their financial and insurance needs, from budgeting, financial planning, investments, financial education, access to emergency assistance loans, to the SISIP Financial Term life insurance plans, Critical Illness insurance and Term 100, among others.

These services also include access to the CAF Savings Plan, an easy set-up, low maintenance savings strategy, created exclusively for our military members and an excellent means to get our young cadets on the road to saving for their short and long term financial goals.

Other financial resources are also made available for future use by *cadets-turned-leaders* to help the soldiers that will be under their command.

Direct and indirect support to other students at RMC

These services are offered to all military members (serving and veterans) and their family!

SISIP Financial gives back to our military community through substantial contributions provided to base funds, which directly benefit the CAF members and their families on bases, wings and units for their local morale and welfare activities and programs. In 2018, a total of \$53,978 was contributed directly to the RMC Unit Fund.

C. CANEX

CANEX is Canada's Military Store that can be found on every base in the Canadian Armed Forces including at RMC. The RMC CANEX known at the "expressmart" is located on campus (in the basement of Yeo Hall) and provides snacks and drinks, essential health and beauty items, sportswear, RMC souvenirs and clothing as well as the always popular self-pour Tim Horton's kiosk. Just up the hill on the base is the larger CANEX Supermart. OCdts receive their CFOne card upon joining and can use this for collecting their CANEX reward points and to take advantage of the no-interest credit plans as well as access to many other CFMWS delivered activities.

When military members and their families shop at Canex not only do they find great products and services but they can feel good that the proceeds from their purchases contribute to moral and welfare programs for all of our Canadian Forces communities including RMC. Visit canex.ca for great RMC merchandise for yourself, your family or your OCdt.

D. BANKING SERVICES

All retail locations at RMC accept Interac and there is x1 BMO ATM on campus.

E. MILITARY FAMILY SERVICES PROGRAM

The Military Family Services Program (MFSP) promotes and facilitates community-based services and programs to enhance the well-being of military families. Family members include, but are not limited to: Regular and Reserve Force, and their spouses, partners, parents, children and relatives. They also include Non-Public Fund and the Department of National Defence civilian employees during a deployment with the Canadian Armed Forces to a mission area outside of Canada, their parents, spouses, children and relatives.

Military Family Services invests in front-line services for families through Military Family Resource Centres, which are located on bases, wings and units across Canada. Military Family Resource Centres are family governed, federally funded, provincially or federally incorporated, not-for-profit organizations with charitable status. In the United States and in Europe, Military Family Services employs staff who offer a host of services and outreach to families who are posted outside of Canada.

In addition to services and support available locally at Military Family Resource Centres, Military Family Services also connects military families nationally to services and support through the Family Information Line and www.CAFconnection.ca.

The Family Information Line is a bilingual toll-free service at 1-800-866-4546 that provides supportive counselling and useful information to military families, 24 hours a day, seven days a week.

The other access point to services is through www.CAFconnection.ca, a website for and about military families that connects families with their local Military Family Resource Centre in Canada, and Military Family Services staff in the United States and in Europe, and other available services and resources.

F. SENTINEL PROGRAM

1. Sentinels are a group of non-professional volunteers, of any rank, who are screened and trained to provide Peer Support and who assist in reporting trends and concerns to the Chain of Command through the Chaplaincy. Some key aspects of the Sentinel Program are:
 - a. the program is a Command Responsibility with the management of, training, mentoring and trend reporting assigned to the Chaplaincy.
 - b. designed to increase awareness and support networks;
 - c. designed to have pers trained in initial intervention, knowledgeable of available resources;
 - d. to help prevent and detect the emergence and aggravation of problems by recognizing the early signs of distress, and
 - e. to ensure that if/as necessary, members are quickly referred to the CoC or caregivers i.e. Chaplains, Social Workers, and/or Doctors.
2. Volunteers are screened by the applicable Chain of Command, the Chaplaincy and the Medical / Mental Health support team to ensure they have the support of their CoC and that we are not knowingly jeopardized a person's well-being by being exposed to the challenges of Peer Support. Once trained, Sentinels, will be identified in Routine Orders and the qualification entered into GUARDIAN.
3. A key element of the Sentinel program is feedback to the Chain of Command through the Chaplaincy. As such, Sentinels meet regularly with a member of the RMC Chaplain Team to help identify trends and issues that may need to be brought to the attention of the Chain of Command and to discuss any personal challenges that may be arising from processing their peer encounters.

LEAVE / VACATION

N/OCdts with less than 5 years of service are entitled to 20 days paid leave (vacation) per year. These days will be used outside of the academic year. Typically, leave will not be granted during the academic year for periods that conflict with the academic schedule; exceptions can be made for family emergencies. The N/OCdts may be granted additional leave such as short and special days at the discretion of the Chain of Command. The policies governing all the leave types are contained in the Leave Policy manual:

www.canada.ca/en/department-national-defence/corporate/policies-standards/leave-policy-manual.html

STATUTORY HOLIDAYS - ONTARIO

These days are in addition to the 20 days annual leave and the reading weeks.

SERIAL	HOLIDAY	DATE
1	New Year's Day	1 January
2	Good Friday	
3	Easter Monday	
4	Victoria Day/Queen's Birthday	
5	Canada Day	1 July
6	Civic Holiday	First Monday in August
7	Labour Day	First Monday in September
8	Thanksgiving Day	Second Monday in October
9	Remembrance Day*	11 November
10	Christmas Day	25 December
11	Boxing Day	26 December
12	Any day appointed by proclamation by the Governor in Council to be observed as a fast, thanksgiving or holiday. These holidays will be granted on the authority of the Officer Commanding the Command.	

* Remembrance day is treated as a statutory holiday, in that there are no classes scheduled for students. The expectation is that the N/OCdts will be parading at one of the many cenotaphs in the Kingston area.

ANNUAL OR SPECIAL LEAVE

The annual leave year is from 01 April to 31 March. During the academic year, which typically commences on the last week of August and ends on the last week of April, subject to good conduct and performance, N/OCdts may be authorized leave in conjunction with the Thanksgiving weekend, fall reading week, Christmas and New Year's holiday period, and during the February reading week.

Unless N/OCdts have a duty weekend or are under sanctions for conduct or performance, they are normally free to leave the campus on the weekends.

During the summer months, barring conflicts with formal occupation-related courses, attendance at Varsity Sports tryouts, or other such activities, N/OCdts will normally be granted a minimum of ten working days leave before returning to class for the Fall semester. There is no guarantee of ten consecutive working days.

COMPASSIONATE LEAVE

In the event of a family emergency, such as a severe illness, injury or death of an immediate family member, N/OCdts may be granted compassionate leave. Compassionate leave is at the discretion of the Chain of Command and must be asked for by the N/OCdt and approved before the N/OCdt departs. This leave does not count towards the annual leave entitlement.

NEXT OF KIN (NOK)

Shortly after their arrival, the N/OCdts will fill out a Next of Kin form (NOK) designating their next of kin. In the instances of married N/OCdts, the spouse is the NOK. When the N/OCdt is not married, the parent(s) or legal guardian is considered the NOK unless otherwise specified by the N/OCdt.

EMERGENCY CONTACT

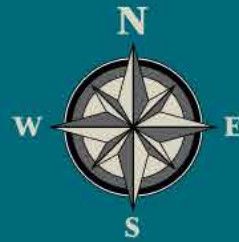
In the event of an emergency and you are unable to contact your son or daughter, please call the RMC Officer of the Day at:

(613) 453-5007

CARTE DU CAMPUS DU CMR

RMC CAMPUS MAP

- 1 CANADIAN DEFENCE ACADEMY / ACADÉMIE CANADIENNE DE LA DÉFENSE
- 2 MEMORIAL ARCH / ARCHE COMMÉMORATIVE
- 3 RÉSIDENCE FORT BRANT DORMITORY
- 4 RÉSIDENCE FORT CHAMPLAIN DORMITORY
- 5 ARÉNA CONSTANTINE ARENA
- 6 ÉDIFICE CURRIE BUILDING
- 7 FORT FREDERICK
- 8 ÉDIFICE GIRAUD BUILDING
- 9 OLD GYM / VIEUX GYMNASÉ
- 10 RÉSIDENCE FORT HALDIMAND DORMITORY
- 11 KMCSC (ATHLETIC FACILITIES) / CSCMK (CENTRE SPORTIF)
- 12 RÉSIDENCE FORT LASALLE DORMITORY
- 13 ÉDIFICE MACKENZIE BUILDING
- 14 BIBLIOTHÈQUE MASSEY LIBRARY
- 15 SENIOR STAFF MESS DES OFFICIER ET CADRES
- 16 MAISON PANET HOUSE
- 17 TERRAIN DE PARADE SQUARE
- 18 RÉSIDENCE FORT SAUVÉ DORMITORY
- 19 ÉDIFICE SAWYER BUILDING
- 20 SECURITY CONTROL CENTRE / CENTRE DE CÔNTRÔLE DE SÉCURITÉ
- 21 DÔME DES SPORTS DOME
- 22 RÉSIDENCE STONE FRIGATE DORMITORY
- 23 SWING SPACE
- 24 ÉDIFICE YEO HALL



SCALE (IN METERS)* / ÉCHELLE (EN MÈTRES)*

0 75 150 225

- = WALKING PATH/TROTTOIR
- = VISITOR PARKING VISITEURS
- = ROUGE/RED PARKING
- = VERT/GREEN PARKING
- = BLEU/BLEU PARKING
- = GRIS/GREY PARKING
- = JAUNE/YELLOW PARKING
- = ROSE/PINK PARKING



COLLÈGE MILITAIRE
ROYAL DU CANADA
ROYAL MILITARY
COLLEGE OF CANADA

*This map is not an exact scale replica, some distances have been approximated. / *Cette carte n'est pas une réplique à l'échelle exacte, certaines distances ont été approximées.

In the event that the N/OCdts parents or legal guardians are living at different addresses, the N/OCdts will select one parent or guardian as their primary NOK. If the address or contact information changes the N/OCdt is to advise the College Orderly Room (COR) through the Chain of Command and provide a new NOK form. This address is used for calculation of leave travel assistance plus any communications coming from the College.

LEAVE TRAVEL ASSISTANCE

The purpose of Leave Travel Assistance is to reimburse CAF members for some expenses paid because of travel on leave to meet a family member. Your daughter or son is able to make use of this benefit once per year. It is important to note that the first 400 Km of the most direct route by road are not reimbursed. Advances in LTA can be requested through the COR.

CBI 209.50 - Leave Travel Assistance (LTA) Section 5 of the documents at link. www.canada.ca/en/department-national-defence/corporate/policies-standards/compensation-benefits-instructions/chapter-209-transportation-expenses.html#sec-209-50

MAILING PACKAGES TO YOUR DAUGHTER OR SON

N/OCdt "Insert N/OCdts first and last name"
Squadron
Royal Military College of Canada
PO Box 17000, Station Forces
Kingston, Ontario K7K 7B4
CANADA

PRIVACY POLICY

In accordance with the Access to Information Act:

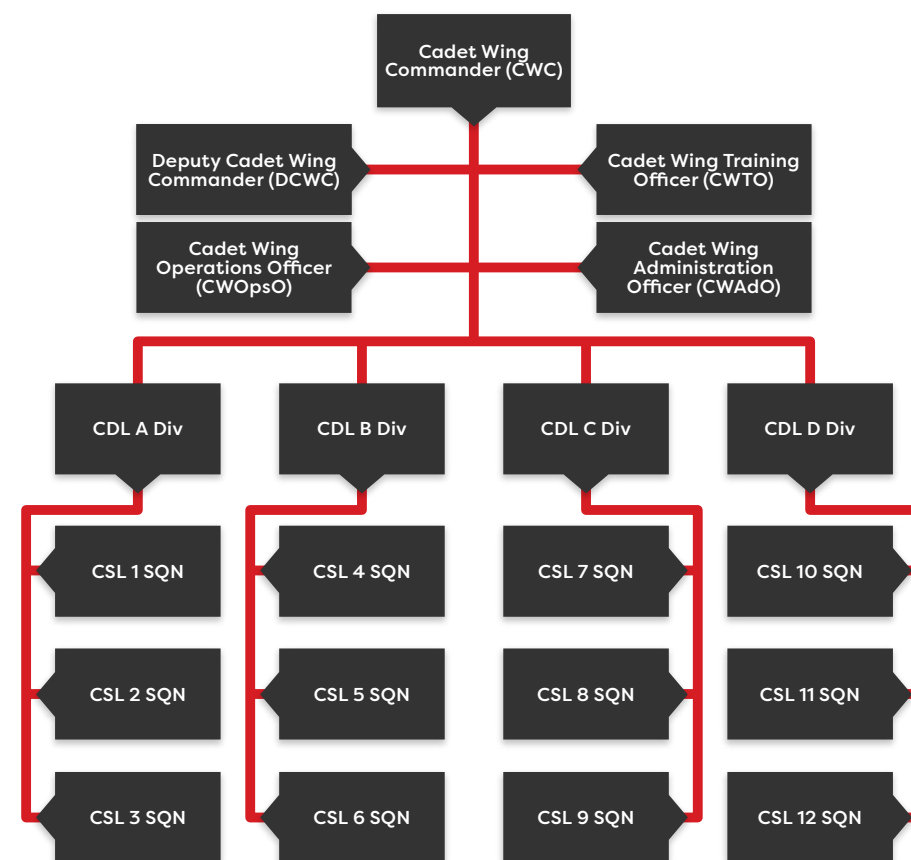
laws-lois.justice.gc.ca/eng/acts/A-1/

— and the Privacy Act:

laws.justice.gc.ca/eng/acts/P-21/index.html

RMC will not disclose academic, medical or other information about employees or the N/OCdts without the consent of the individual.

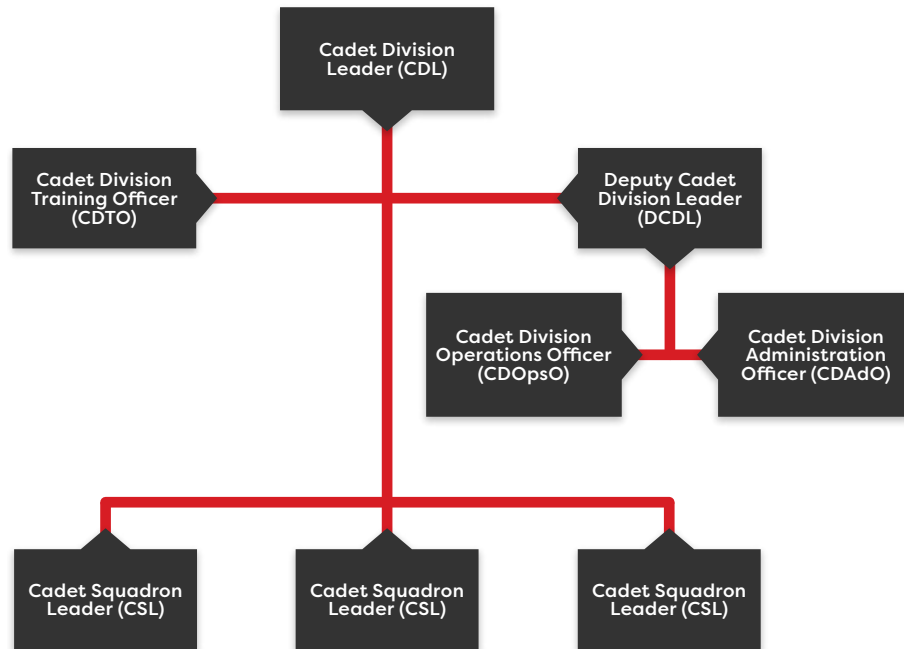
N/OCDT WING ORGANIZATION



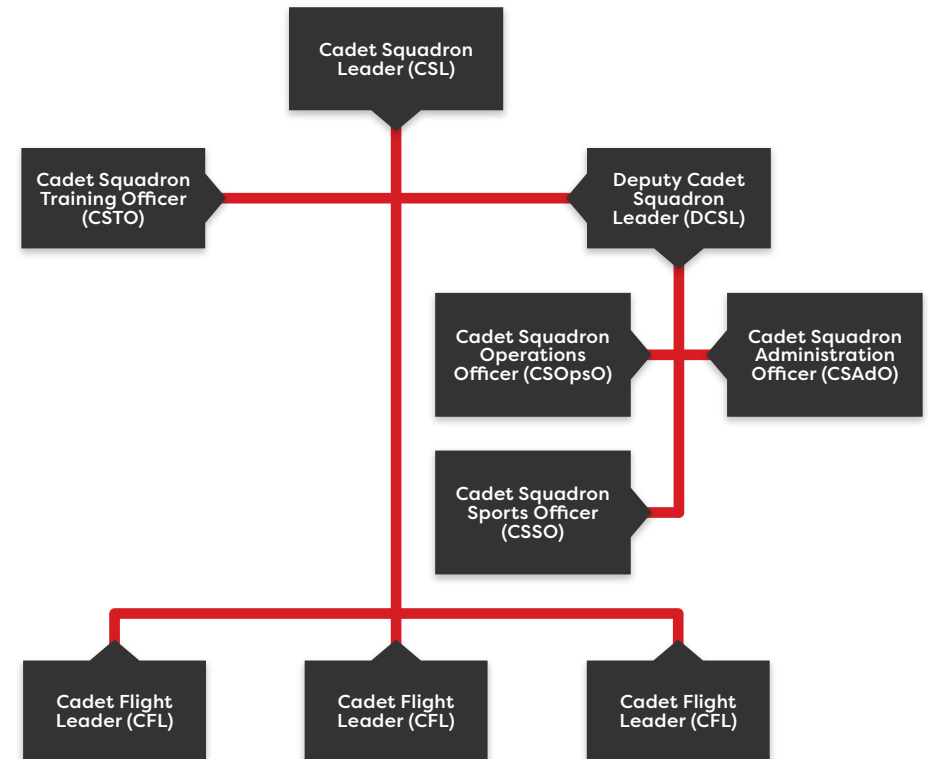
The N/OCdts Wing is separated into divisions and each of the four divisions has a similar structure with the appointment of N/OCdts as follows:

- N/OCdts Division Leader (CDL)
- Deputy N/OCdts Division Leader (D/CDL)
- N/OCdts Division Training Officer (CDTO)
- N/OCdts Division Ops Officer (CDOpsO)
- N/OCdts Division Administration and Standards Officer (CDA&StdO)

DIVISIONAL ORGANIZATION

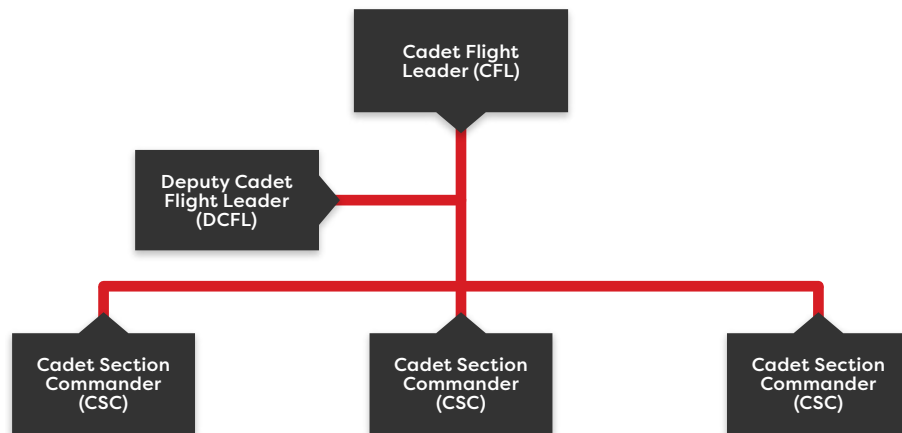


SQUADRON ORGANIZATION



FLIGHT ORGANIZATION

Squadrons are subdivided into flights



ATHLETIC FACILITIES

RMC's modern athletic facilities offer the N/OCdts opportunities to participate in many different sports and activities while improving their physical fitness. The Kingston Military Community Sports Centre houses a 25-metre pool and hot tub, a 200-metre track, a spin room, cardio room, squash courts, a weight room and hardwood courts. There are also tennis courts, soccer fields, an ice rink, a beach volleyball court, and ample amount of equipment that provide students with the opportunity to participate in water sports, including windsurfing, canoeing and kayaking.

The latest addition to the athletic facilities is the sports dome, which contains an 85-metre by 120-metre turf field. They are also able to use CFB Kingston's golf and curling clubs, as well as the bowling alley.

The athletic facilities are used on a regular basis by the N/OCdts for intramural sports and physical education courses.

An aerial view of the Kingston Military Community Sports Complex.



VARSITY SPORTS

RMC is a member of Ontario University Athletics (OUA), one of four conferences that make up U sports.

RMC'S VARSITY TEAMS COMPETE IN THE FOLLOWING OUA SPORTS:		
Fencing	Men & Women	
Hockey	Men	
Rugby	Men	
Soccer	Men & Women	
Volleyball	Men & Women	

INTRAMURAL SPORTS

N/OCdts who are not members of a varsity team or competitive club participate in the intramural program twice per week and may be involved in organizing and running intramural events, in which the squadrons compete against each other for pride and stature. RMC currently offers, among many other sports, ice hockey, ball hockey, basketball, soccer, water polo, ultimate frisbee, and flag football.

COMPETITIVE CLUBS

These clubs provide members an enhanced opportunity for training and competition that are otherwise not available as recreation clubs.

RMC'S COMPETITIVE CLUBS INCLUDE:		
Running	Men & Women	
Rowing	Men & Women	
Rugby	Women	
Sailing	Men & Women	
Swimming	Men & Women	
Taekwondo	Men & Women	

RECREATIONAL CLUBS AT RMC

Recreational clubs are created and organized by the N/OCdts with the intent of providing leadership opportunities. They also provide a great way for the N/OCdts to burn off stress, and build friendships beyond the classroom. These clubs introduce different leisure and athletics activities to the RMC community not already offered through the varsity and intramural program.

SOME OF RMC'S RECREATIONAL CLUBS INCLUDE:		
Astronomy	Debate	Sport Parachuting
Aviation Enthusiasts	Expedition	Theatre
Bilingualism	Judo	War Games
Chess	Multi-Sport	Windsurfing
Climbing	Paintball/Airsoft	Yacht
Curling	Photography	

GRADUATES OF DISTINCTION

All graduates of RMC are distinct from their civilian counterparts in that they have succeeded to achieve the previously explained four pillars. In some instances, graduates have moved onto noteworthy accomplishments in uniform and/or in society. This list highlights a few N/OCdts who went on to notoriety within Canada and abroad.

EXEMPLARY LEADERSHIP (DURING WARTIME)

Lieutenant-Colonel William Avery Bishop, VC - Billy Bishop, the famed Canadian flying ace of the Royal Flying Corps of the First World War, accounting for 72 planes and two balloons. He was the first ex Cadet to win a Victoria Cross. A businessman between the Wars, he returned to serve with the Royal Canadian Air Force in the Second World War as the principal advisor on recruitment in the rank of Air Marshal.

Lieutenant-Colonel Charles Cecil Ingersoll Merritt, VC - 'Cec' Merritt, the Commanding Officer the South Saskatchewan Regiment during the Dieppe raid on 19 August, 1942, showed "matchless gallantry and inspiring leadership on that day" and who spent the rest of the War as a prisoner. In 1945, he was elected to Parliament, returning to his Vancouver law practice after his defeat the 1949 election. For his distinguished leadership at Dieppe he was awarded the Victoria Cross for leadership, in August 1942.

Lieutenant-Colonel Dollard Menard, DSO - one of six Ex-Cadets at Dieppe to receive a Distinguished Service Order for leadership, he commanded the Fusiliers Mont Royal of Montreal. On returning to the UK after the raid, he became the example for service in Quebec. After the War, he continued to serve in the Canadian Army until retirement as a Brigadier-General.

Air Commodore (now Brigadier-General) Arthur Dwight Ross, GC - A/C Ross was awarded the George Cross for "outstanding bravery not in the face of the enemy", losing an arm in 1944 during the rescue of crew members of a returning bomber to the British Air Station of which he was the Commander. Post-War, he continued to serve in the peacetime RCAF until retirement.

Squadron Leader Len Birchall, OBE named by Winston Churchill as the 'Saviour of Ceylon' for alerting the island of the approach of the Japanese Fleet, who spent the rest of the war as a Prisoner of War of the Japanese as the Senior Officer in three different POW Camps. He was the commandant of RMC from 1963-1967

Lieutenant-Colonel John H Price, OBE, MC He was Awarded a Military Cross in the First World War, he commanded the Royal Rifles of Canada, a Quebec City Regiment, in Hong Kong. The Royal Rifles of Canada, those proclaimed to be 'the first Canadian force to get into action (December 1941), and the last to get out of enemy hands' when the Japanese POW Camps were liberated.

Major General (Retd) Guy Lessard holds a Medal of Bravery (MB), earned during peacekeeping in Cyprus in 1974 as the Commander of the Airborne Regiment.

Major William Hilton Fletcher of the PPCLI was awarded the Star of Military Valour for bravery and leadership in Afghanistan.

EXEMPLARY BRAVERY (DURING PEACETIME)

Three Ex-Cadets have earned the Star of Courage for acts of bravery and sacrifice:

Captain Gary Wayne Fulton (posthumously in 1976) whilst a pilot instructor, who chose to guide his aircraft away from a built-up area when the engine failed;

Captain Medric Cousineau who saved two American fisherman in 1986, flying from the helicopter deck of HMCS Nipigon in a raging North Atlantic storm, and now actively involved in providing Service Dogs to sufferers of PTSD (both retired and some still serving in the military); and

SAR Tech Sergeant (and formerly Captain, PPCLI) Robin Richardson who rescued two Inuit hunters from an ice-flow in Hudson Bay in 2009.

PEACE KEEPING/PEACE MAKING

Many of the young officers, who graduated from RMC over the years, cut their teeth commanding troops on peacekeeping missions - well-known amongst those, later in his career, was Major General Romeo Dallaire (eventually made a Lieutenant General and appointed a Senator) who served in Rwanda, and now works for the protection of child soldiers.

General John deChastelain, (twice Chief of the Defence Staff (CDS) with a stint

Photograph of the Mackenzie building at RMC, circa 1912.



as Canadian Ambassador to Washington in between), took peacekeeping in a different direction when he, with US Senator George Mitchell, lead the peace process in Northern Ireland, and oversaw the disarmament that followed.

Lieutenant-General E.L.M. Burns, a Corps Commander of the Second World War, was to become the public face of the Pearsonian Peacekeeping creation. Commander of the UN Emergency Force in Suez in 1956, he was later to become Canada's principal disarmament negotiator.

RHODES SCHOLARS & OTHERS

Thirteen Ex-Cadets have earned a Rhodes Scholarship, the first in 1946 (graduating from the Khaki University run by the Canadian Army in England after the War), Dr Desmond Morton (in 1959, the first year the new University granted degrees in Arts) to the most recent in 2010 and 2011.

The current population of graduate students at the Doctoral and Master's level is over 600

HISTORICAL CONTRIBUTIONS

Colonel W. Reginald Sawyer, a pre-War Cadet and Staff member, was appointed the Vice-Commandant and Director of Studies on the re-opening of RMC in 1947, developing with others the quality program that lead to the "Degrees Act" of 1959. He has been succeeded in the growth of the RMC University by six other Principals, including two other graduates – Captain (N) John Plant and BGen (Retd) Harry Kowal.

Astronauts

Canada has selected 14 astronauts since 1983, five of whom have been graduates of RMC –

Capt (N(Retd)) The Hon. Marc Garneau PC, CD

Colonel (retired) Chris Hadfield.

Major (retired) Michael McKay.

Lieutenant Colonel Jeremy Hansen,

Lieutenant Colonel Joshua Kutryk.

Historical contribution

Colonel the Hon. George Stanley, former Dean of Arts and later Lieutenant-Governor of New Brunswick proposed the design of the Canadian Flag.

Industry

E.W.R. Steacie, President of the National Research Council in the 1960s.

Colonel Britton Smith, Executive Director of Homestead Land Holdings and philanthropist; the Hon Walter Gordon, chartered accountant.

Jean Ostiguy, founder of Greenshields and another philanthropist.

The original leadership team of Canso Investment Counsel, John Carswell & Joe Morin.

Jason Donville as another investment manager; and many others.

Leonard Lee, founder of Lee Valley, building the largest mail-order tool business in North America.

Larry Stevenson of Chapters Bookstore, now Chairman of SNC Lavalin.

Group Captain the Hon Senator Hartland Molson of Molson's breweries.

Lieutenant-Colonel Jake Moore of Labatt's breweries.

Brigadier Denis Whitaker of O'Keefe breweries.

Canadian Sports Hall of Fame

Brigadier Denis Whitaker (a member of the Canadian Sports Hall of Fame for his contributions as an athlete and leader).

Noteworthy Athletes

Sharon Donnelly, Olympic tri-athlete.

Mike Ashcroft in Commonwealth and Pan-American shooting.

Kevin Dulude in Basketball.

Steve Molaski in Hockey.

Peter Walker and Peter Joyce in Football.

Earle Morris in Curling.

HISTORY OF RMC

RMC is almost one hundred and fifty years old. It was founded in 1874 when the Dominion Government, led by Alexander Mackenzie, passed an act in Parliament to establish a military college “for the purpose of providing a complete education in all branches of military tactics, fortification, engineering, and general scientific knowledge in subjects connected with and necessary to a thorough knowledge of the military profession.”

On June 1, 1876, the Military College of Canada opened its doors to the first class of eighteen “Gentlemen Cadets”. These are the “Old Eighteen,” known by name to all N/OCdts today. Two years later, in 1878, Her Majesty, Queen Victoria, granted the College the right to use the prefix “Royal.”

“The Royal Military College of Canada Degrees Act, 1959,” passed by the 25th Ontario Legislature and given Royal Assent on March 26, 1959, empowers the College to confer degrees in Arts, Science, and Engineering. RMC offers a wide variety of programs in these three areas, at the undergraduate and graduate levels on site, through traditional studies, and by distance learning through the Division of Continuing Studies.

The graduates of RMC have established a reputation of service and achievement throughout the world wars. From the North West Campaign of 1885, through the South African War, the First and Second World Wars, Korea, the Persian Gulf, Afghanistan and to the latest peace keeping operations the graduates of RMC have distinguished themselves in all aspects of Canadian military service.

The Old Eighteen, the first class of “gentlemen officer cadets”, 1876.



HISTORY OF KINGSTON

Map of the theatres of war in 1812 around Lake Ontario, with the locations of Windsor, Queenston, Hamilton, Toronto/York, Kingston, Ottawa, Montreal, and Chateauguay indicated on the Canadian side, and Detroit, Erie, Buffalo, Lewiston, Syracuse, Albany, Sackets Harbor, Ogdensburg and New York indicated on the U.S.A. side.



STRATEGIC IMPORTANCE

During the entire War of 1812, Canadian, British, and American land and naval forces campaigned across a vast territory from the Mississippi Valley, through the region south of Montreal, and well into the territories of the Atlantic coast. The conflict’s outcome would be determined, in particular, by events on and around the Great Lakes. For the Anglo-Canadian Forces, the St. Lawrence River and Lake Ontario were the strategic linkages for manpower and vital supplies for all inland points including the provincial capital, York, the Niagara Peninsula, and garrisons further to the west. Control of Lake Ontario would give crucial advantages in initiative, surprise, movement, and re-supply.

VISITING RMC

www.rmc-cmr.ca/en/registrars-office/visiting-rmcc

www.rmc-cmr.ca/en/book-campus-tour

THE RMC CLUB OF CANADA

The Royal Military Colleges Club of Canada is generally referred to as the RMC Club or simply as the Club. In essence, the RMC Club is the Alumni Association for all Canadian Military Colleges and their predecessors, comprising Royal Military College of Canada, Royal Military College Saint-Jean, and Royal Roads Military College which is now closed. Every individual that has received a College number is eligible to join the Club; additionally, there are provisions for Associates, Family members and Friends to join. The RMC Club is located in Panet House on the RMC campus in Kingston.

THE AIMS OF THE RMC CLUB OF CANADA ARE:

The bringing together of members for mutual benefit and support;

The encouragement and maintenance of that camaraderie which has always existed at the colleges; and

The advancement of the welfare of its members, the N/OCdts and the Canadian Military Colleges.

Rendition of Point Frederic (middle-left) and Fort Henry (middle right) prior to the infill of Navy Bay (centre). RMC is located on Point Frederick.



RMC FOUNDATION – SUPPORTING CANADA'S FUTURE LEADERS

OUR MISSION:

To engage alumni, and Canadians alike, in donorship and sponsorship activities above and beyond the mandate of the Canadian Forces to preserve and enhance the experience, history, traditions and culture of the Canadian Military Colleges as we grow and develop Canada's future leaders.

FOUNDATION FACTS:

- › Over \$6,000,000 provided in support of both Military Colleges over the past 10 years.
- › Over 1300 students each year access RMC Foundation funding for development opportunities.
- › 94% of funds invested directly into the development of Canada's Future Leaders.

Your support to our Truth, Duty, Valour Fund will ensure that we can support your son or daughter in their quest to become the future leaders of Canada. Call us today to find out more on why your support is so greatly needed. (613) 541-6000 ext 6807

FOLLOW US FOR MORE INFO:

- | Website: rmcfoundation.ca
- | Facebook: [@RMCFoundation1966](https://www.facebook.com/RMCFoundation1966)
- | Twitter: [@rmc_foundation](https://twitter.com/rmc_foundation)
- | Instagram: [@rmcfoundation1966](https://www.instagram.com/rmcfoundation1966)

HELPFUL PHONE NUMBERS:

URGENT CONTACTS

In the event of an emergency and/or you are unable to contact your son or daughter, please call:

Duty Officer (613) 541-6000 ext 8351

Duty Officer (Cell) (613) 453-5007

SPIRITUAL SUPPORT

Protestant Office (613) 541-6000 ext 6204

RC Chaplain (613) 541-6000 ext 6284

Islam Imam. (613) 541-6000 ext 4094

SOCIAL MEDIA

Twitter

City of Kingston @cityofkingston

Kingston Police @KingstonPolice

Kingston Fire @KtownFire

Canadian Forces @CanadianForces

The Canadian Army @CanadianArmy

Royal Canadian Air Force @arc_rcaf, #RCAF

Royal Canadian Navy @MRC_RCN. #RCNavy

RMC Paladins @RMCPaladins

RMC Club of Canada @RMCClubofCanada

Facebook

Royal Military College of Canada / Collège militaire royal du Canada

RMC Paladins

RMC Updates

RMC Club

RMC Foundation

IMPORTANT INFORMATION ABOUT MY N/OCDT

MY N/OCDT'S INFORMATION

N/OCdt's College number _____

N/OCdt's Squadron number _____

Squadron Commander's name _____

Squadron Non-Commissioned Member's Name _____

IMPORTANT DATES

Arch Ceremony Arrival at RMC _____ Date _____

First Year Orientation Program start _____ Date _____

Academic First Day _____ Date _____

First Year Orientation Program end,
Obstacle course, badging parade _____ Date _____

Family Weekend - Reunion weekend _____ Date _____

Battle of Britain Parade _____ Date _____

Aboriginal Leadership Opportunity Year
start and badging date _____ Date _____

Physical fitness testing session 1 _____ Date _____

Thanksgiving Break _____ Date _____

200 days to graduation (4th year celebration) _____ Date _____

Remembrance Day Parade _____ Date _____

Concert in Scarlets _____ Date _____

Fall Exams _____ Date _____

RMC Talent Show _____ Date _____

Christmas Concert _____ Date _____

Winter Ball _____ Date _____

Festive Holidays (Dec) _____ Date _____

100th night (4th years count down) _____ Date _____

West Point Weekend _____ Date _____

Physical fitness test session 2 _____ Date _____

Spring Study break _____ Date _____

MOC Weekend _____ Date _____

Environmental Preparation Training _____ Date _____

Winter Term Exam Period _____ Date _____

Graduation week _____ Date _____

Iron Ring Ceremony _____ Date _____

Varsity Awards Ceremony _____ Date _____

Battle of the Atlantic Parade _____ Date _____

DEADLINES

Class Ring Order _____ Date _____

Graduation Announcements and Invitations Sent _____ Date _____

GLOSSARY

ENVIRONMENTS:

The CAF is divided into three major groupings based on the land, sea or air elements; these are the environments. Based on the graduate's profession they are assigned to one of the three environments and provided with the appropriate uniform. There are personnel, typically in support occupations such as medical, and logistics who wear one environmental uniform, and serve in one of the others.

Army www.army-armee.forces.gc.ca/en/index.page

Navy www.navy-marine.forces.gc.ca/en/index.page

Airforce www.rcaf-arc.forces.gc.ca/en/index.page

Canadian Armed Forces www.canada.ca/en/department-national-defence/services/contact-us/frequently-asked-questions.html

N/OCDTS:

N denotes Naval while the OCdts is Officer Cadets. The Canadian Army and the Royal Canadian Airforce opted to keep the term Officer Cadets as part of their language and rank structure. Naval Cadets and Officer Cadets are the same rank just expressed with respect to CAF traditions.

NOTES

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Please send your feedback to SuccessCentre@rmc.ca

Cette publication est disponible dans les deux langues officielles. / This publication is available in both official languages.

