

Exercise Instructions “Mess Dress”
03 May 2025
Royal Canadian Legion Branch #256 – Mount Benson

Situation:

1. Cadets are to participate in Team Building (M103.03) and CAF Familiarization Activities (MX20.01A and MX20.01D) POs as part of their training.

Mission:

2. Cadets will participate in a Seniors Mess Dinner to be held at Royal Canadian Legion Branch #256 Mount Benson on 03 May 2025 with arrival at 1700 hrs.

Execution:

3. General outline: This exercise will take place in 3 phases.
 - a. Phase I – Complete planning and CSAR for events
 - b. Phase II – Execution of event

Groupings:

4.
 - a. Phase I - Capt Ruel
 - b. Phase II - Capt Ruel/Unit Officers
 - b. Phase III - Cadets/Staff

Taskings:

5. **Capt Ruel – OPI**
 - a. Will oversee all aspects of the exercise.
 - b. Will co-ordinate all activities for the exercise.
 - c. Will assist in supervision of cadets for the duration of the exercise.
6. **Staff**
 - a. Will assist with supervision of cadets.
7. **Cadets**
 - a. Cadets to participate in all aspects of the exercise.

Coordinating Instructions:

8. **Timings:** Annex A will provide a complete itinerary of the exercises events.
- a. **Phase I**
 - 17 April 2025 - Complete CSAR and Ops order and submit.
 - b. **Phase II**
 - 23 April 2025 - List of cadets attending, and meal choice sent to OPI who will provide to Royal Canadian Legion Branch #256 to order food.
 - b. **Phase III**
 - 03 May 2025 - Staff and cadets arrive at Royal Canadian Legion Branch 256 Mount Benson and participate in the Seniors Mess Dinner as per Order of Events - Annex A and using the Mess dinner Etiquette as per Annex C.
12. **Map** – Annex B
13. **Dress** – Dress for this exercise will be C2.

Service and Support:

14. **Equipment:**
- a. None required.
15. **R&Q:**
- b. **Meals** – Meal will be provided by the Legion kitchen at a cost of \$35/person plus tax. Meal cost of the piper, guest of honour, Legion President, and other invited guests to be split amongst all units and added to unit cost. 205 RCACS will invoice all participating units for their portion of the meal cost. Cost to be covered by each units Sponsoring Committee. Meal will consist of Beef, Chicken, or Vegetarian option with cadets' choice to be made **NLT** 23 April 2025.
16. **Transportation:**
- a. Transportation to be coordinated by each separate unit.
17. **Medical:**
- a. The FA Officer for the event will be Capt Ruel
 - 1. Minor injuries – FA on site by Capt Ruel
 - 2. Major injuries – FA on site and transportation to nearest Hospital or Call 911.

18. Environmental: N/A
19. POL: N/A
20. Water: Fresh water is available at the location.

Command and Signal:

21. Appointments/Locations/Phone numbers
- a. OPI - Capt Ruel (250)-802-1650
 - b. DOPI - TBD

D. Ruel
Capt
205 RCACS Commanding Officer
(205) 802-1650

Annexes:	Annex A	-Itinerary
	Annex B	-Map to location
	Annex C	-Mess Dinner etiquette
	Annex D	-Warning Order

Dist List

RCSU
CO 205 RCACS
CO 136 RCSCC
CO 893 RCACS
CO 109 RCSCC
CO 296 RCSCC
CO 189 RCSCC
CO 744 RCACS
CO 2924 RCACC
Admn O
Trg O
Sr Cdts

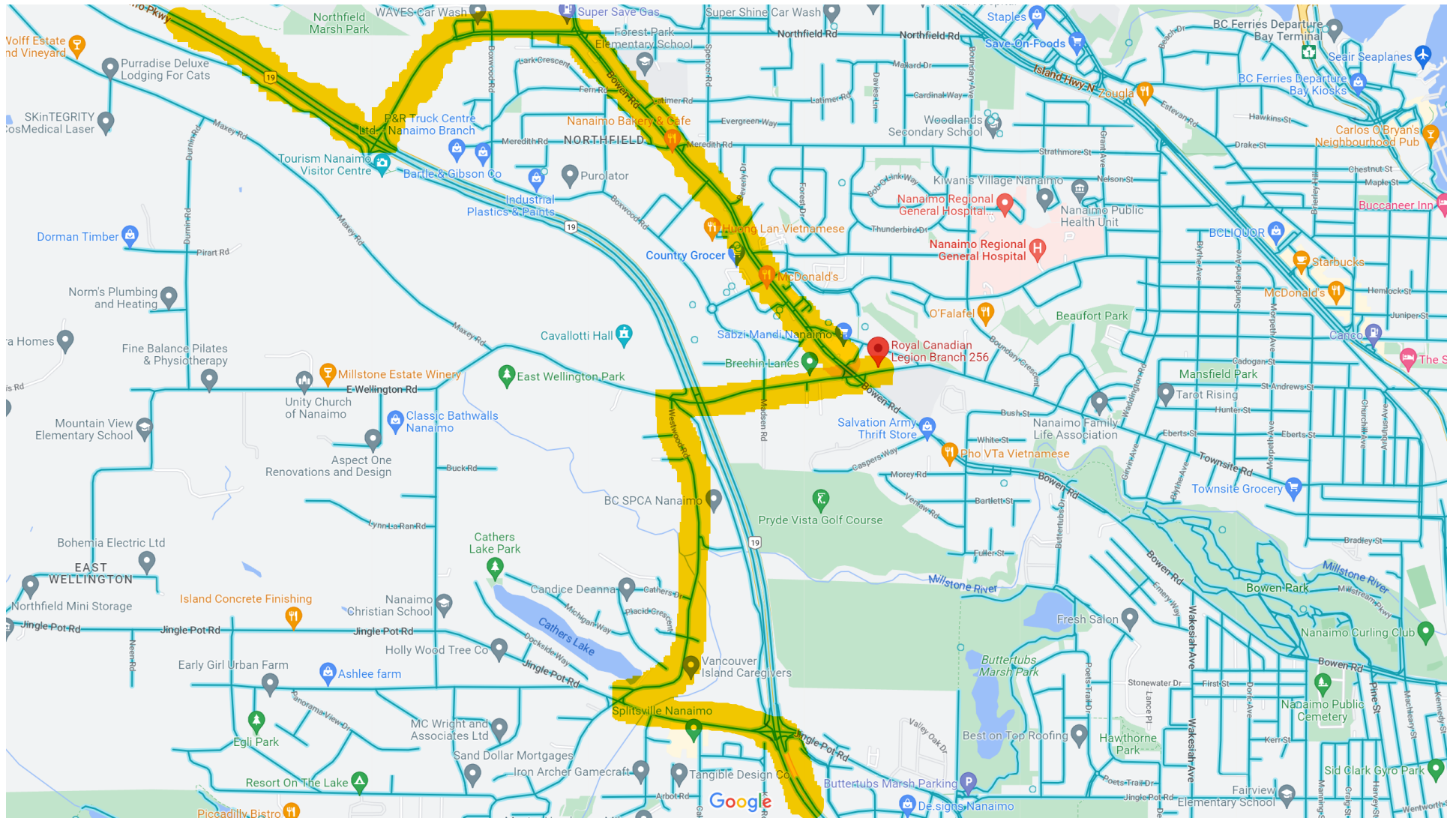
Mess Dinner Sequence

1730	Arrival	Arrival, mix and mingle.
1740	Kitchen Ready	Capt Ruel confirms that the kitchen is on track.
1745	15 min Warning	Call 15 min warning.
1755	5 min Warning	Call 5 min warning.
1800	Dinner call	Piper pipes the call to dinner; members are to stand behind their seats until the head table is seated.
1805	Head Table Piped	Piper pipes the head table. Head table arrives in a single file in order of seating.
	National Anthem	Play “O Canada”
1815	Welcome	(Gavel X 3) PMC welcomes members and explains that the VPMC’s at each table (cadet’s) _____ _____ will be assisting with the dinner.
	Introductions	PMC introduces the Head Table (L-R): 1. TBD – Piper 2. George Molnar – Legion #256 Branch President 3. LCol(Ret’d) Michele Claveau – Guest of Honour 4. Capt David Ruel – 205 Collishaw CO 5. Ms. Grace Dean – BCPC League Representative 6. _____ – PMC
	Recognize	Recognize other senior members present: 1. TBD 2. TBD 3. TBD 4. TBD 5. TBD 6. TBD
	Airman’s Grace	PMC asks _____ to say grace.
	Dinner	Kitchen staff serves dinner.
1915 (apx)	Break	(Gavel X 3) 15 min break. (tables cleared, toast juice and glasses ready)

Loyal Toasts	(gavel X 3) “We will now start the loyal toasts. When I call out for the toast to the King one of my VPMC’s will stand and repeat it in French and then all will stand as God Save the King is played. When it ends everyone will pick up their glass and announce, “The King of Canada”, take the toast and then sit down.”
Loyal Toast	<p>The PMC’s stands and says “Mr. Vice, The King of Canada.” One of the VPMC stands and says, “Roi du Canada”</p> <p><i>*God Save The King is played*</i></p> <p>Everyone responds “The King of Canada”</p>
Missing Comrades Table	<p>Table 1 VPMC asks _____ to explain the Missing Comrades Table and give the toast the Missing and Fallen Comrades toast.</p> <p><i>*Read the Missing Comrades Table handout*</i></p>
Missing Comrades Toast	“To the Missing and Fallen Comrades”
Toast to Veterans	<p>Table 2 VPMC asks _____ to toast the Veterans. “To the Veterans”</p>
Toast to Serving CAF	<p>Table 3 VPMC asks _____ to toast the active serving members of the Canadian Armed Forces”. “To Serving Members”</p>
Cadet Toast	PMC asks LCol(Ret’d) Michele Claveau to give the loyal toast to the cadets.
Marches	<p>PMC explains order of marches and invites members to stand for their elemental march.</p> <ol style="list-style-type: none"> 1. Navy March 2. Army March 3. RCAF March 4. CIC March
Thank you	PMC Thanks the kitchen staff for an excellent dinner
Speeches	PMC introduces Legion President and then Guest of Honour
Conclusion	PMC stands, thanks LCol(Ret’d) Michele Claveau PMC invites members to remain for a mix and mingle at their leisure and participate in the picture. PMC announces, “We have dined!” and bangs their gavel

Copies: CO, OIC, 2IC, PMC, VPMC, Kitchen

Annex B - Map to location



Map data ©2023 Google 200 m

- Coming from the south exit off Hwy 19 at Jingle pot left. Turn right onto Westwood Road. Go until the end and hen turn right onto East Wellington Road.
- Coming from the north exit off Hwy 19 at Northfield Road. Turn right onto Bowen Road. Turn left onto East Wellington Road.

205 Mess Dinner Etiquette

General Information

- The mess dinner is one of the most important traditions of the CAF
- Good manners and behaviour are expected throughout the meal
 - o Decorations and candles are to remain on the tables, and left alone
 - o Voice levels are to remain reasonable so the persons at your table can hear you, not the other side of the room
 - o All cell phones and electronic devices are to be turned off
- Once seated, no one may leave until permission is given from the PMC or senior at your table... unless it is a health emergency – alert a senior cadet at your table when getting up
- PMC = President of the Mess Committee
- VPMC – Vice President of the Mess Committee
- Headdress is not worn in the Mess Hall

Before Dinner:

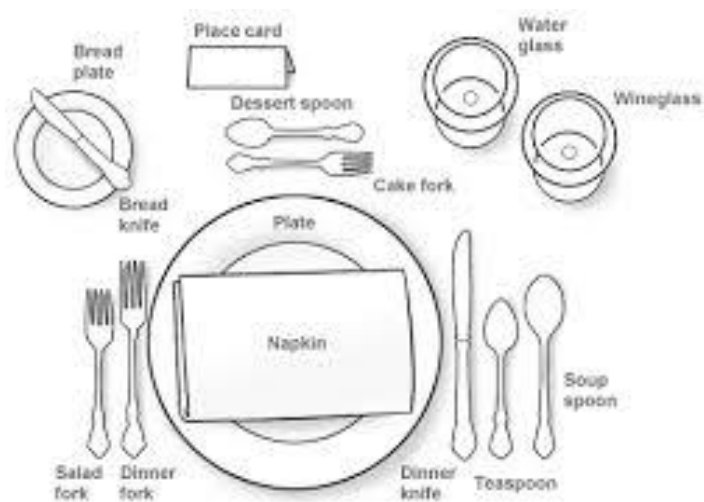
- Social interaction with guests and peers (5 minute warning at 1725 – last chance for bathroom break). Ensure no one is standing alone, and have appropriate conversations
- PMC announces dinner, stand behind your chair – wait for the head table to sit down first
- CO Speech, Grace

During Dinner:

- Dinner is served, head table is served first. Make sure there is always punch or water left in your glass, there will be toasts at the end of the dinner.
- If you do not like the food served, you are not required to eat it, there will not be extra helpings
- If there is a spill accident, ask the serving staff for assistance. You are not to get up.
- Dinner is buffet style. Tables will be called by the PMC
- After dessert dishes are cleared 3 toasts will take place:
 - o “Loyal Toast”
 - PMC will say “Mr Vice, The King.
 - The VPMC will rise and say “Ladies and gentlemen, the King of Canada.
 - Everyone rises, God Save the King is played, then picks up their glass, raises it and says “The King”, and takes a drink (don’t drink all of it – there’s more toasts!)
 - o Missing and Fallen Comrades Table explained
 - o “Missing and Fallen Comrades Toast”
 - Everyone repeats “To the Missing and Fallen Comrades”
 - o “Veteran Toast”
 - Everyone repeats “To the Veterans”
 - o “Serving Members Toast”
 - Everyone repeats “To serving members”
 - o “Cadet Toast”
 - Everyone repeats “To the Cadets”
- After the toasts, there will be a couple speeches

After Dinner:

- The head table will be dismissed first
- Then you may get up – bathroom breaks, thank the guests, say goodnight to the CO before leaving



Utensils are placed one inch from the edge of the table



WARNING ORDER

2024 Senior Mess Dinner

03 May 2025

Situation:

1. Senior cadets, Sgt and up, are given the opportunity to participate in a formal dinner, to become familiar with Military Mess Dinner styles and protocols.

Mission:

2. Cadets will participate in social atmosphere following basic military mess dinner protocol. Cadets will arrive at 1700 hrs at the Royal Canadian Legion Branch 256 – Mount Benson with dinner starting at 1730hrs, wearing the appropriate attire as outlined below. Cadets are dismissed approximately at 2000hrs.

Execution:

3. Arrival: 1700hrs at the Royal Canadian Legion Branch 256 – Mount Benson
4. Dinner: Cadets will be seated for dinner, with Legion Staff Serving. Basic protocol attached.
5. Departure: 2000hrs at the Royal Canadian Legion Branch 256 – Mount Benson

Service Support:

6. Legion staff will prepare the meal and serve.
7. Dress Options:
 - a) C2 Military Mess Dress
 - b) C1 with white collared dress shirt and bow-tie
 - c) C1 with blue collared shirt and bow-tie
 - d) C1 with blue collared shirt and tie
8. Electronic devices are not welcome at the dinner, and cell phones will remain “off” during the dinner.

Command and Signals:

9. The Officer in Charge (OIC) of this activity is Captain Ruel who can be contacted at (250) 802-1650 or by email at David.Ruel@cadets.gc.ca.
10. The OIC should be contacted if a cadet commits to attend but is then unable to attend this event.

David Ruel
Captain
205 RCACS Commanding Officer