EO MX20.04 – PARTICIPATE IN A MESS DINNER

1. **Performance**: Participate in a Mess Dinner

2. **Conditions**:

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Any.

3. **Standard**: The cadet shall participate in a mess dinner.

4. **Teaching Points**:

   a. Conduct a mess dinner ensuring that the protocols and procedures are followed, to include:

      (1) pre-dinner gathering,

      (2) mess call,

      (3) arrival of the head table,

      (4) dinner,

      (5) passing of the port,

      (6) loyal toast,

      (7) marches,

      (8) speeches, and

      (9) departure of the head table.

   b. Following the dinner, have the cadets reflect on their experience. This could include having each cadet sign a guest book with a comment about the dinner.

5. **Time**: One session (3 periods) = 90 min

6. **Substantiation**: A practical activity was chosen for this lesson as it an interactive way to allow cadets to experience a mess dinner in a safe, controlled environment. This activity is an interactive way to build on the cadets' knowledge of the CAF.

7. **References**:

   a. A-CR-050-801/PH-001 Directorate of Cadets 6. (2009). *Training plan DP1 Cadet Instructors Cadre: Basic Officer Training Course*. Ottawa, ON: Department of National Defence.

   b. A-AD-200-000/AG-000 Director Honours and Recognition. (1999). *The honours, flags and heritage structure of Canadian Forces*. Ottawa, ON: Department of National Defence.

   c. A-AD-262-000/AG-000 Director of Physical Education, Recreation and Amenities. (1984). *Mess administration*. Ottawa, ON: Department of National Defence.

   d. CFACM 1-900 Air Command. (2007). *Air command mess dinner procedures*. Ottawa, ON: Department of National Defence.

Unofficial convenience copy of A-CR-CCP-701/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-701-PG-001/A-CR-CCP-701-PG-001.pdf.
Verify against the official publication.

e. HMCS Queen Regina's Naval Reserve Division. (2009). *Chief Petty Officers & Petty Officers mess dinner naval customs*. Retrieved April 28, 2009, from http://www.hmcsqueen.ca/cpomessdinner.pdf.

f. Love, D.W. (1990). *Manual of Canadian naval etiquette*. Victoria, BC: VENTURE, The Naval Officer Training Centre.

g. ReadyAyeReady (2009). *Naval Toasts of the Day – Customs and Traditions: Naval toasts of the day*. Retrieved April 1, 2009 from http://www.readyayeready.com/tradition/naval-toasts-of-theday.htm

8. **Training Aids**:

a. Cadet Mess Dinner pamphlet,

b. Role of the President of the Mess Committee (PMC) handout,

c. Role of the Vice-President of the Mess Committee (VPMC) handout, and

d. Organize a Mess Dinner Aide-Memoire.

9. **Learning Aids**:

a. Cadet Mess Dinner pamphlet,

b. Role of the President of the Mess Committee (PMC) handout, and

c. Role of the Vice-President of the Mess Committee (VPMC) handout.

10. **Test Details:** Nil.

11. **Remarks:**

a. Where possible, all roles should be filled by cadets.

b. There are numerous leadership opportunities for cadets when conducting a mess dinner:

(1) Phase Five / Master Cadet / Proficiency Level Five cadets may plan, prepare and conduct the mess dinner as a leadership project IAW PO 503 (Lead Cadet Activities); and

(2) Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Levels Five cadets may complete leadership assignments such as acting as the Mess President and the Mess Vice-Presidents IAW POs 303 (Perform the Role of a Team Leader), 403 (Act as a Team Leader), and 503 (Lead Cadet Activities).

c. The organization of the mess dinner shall be based on human and material resources available to the corps / squadron.

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