



ON-TARGET

Fall / Winter 2017



The Army Cadet League of Canada's National Newsletter



**ALBERTA CADET NAMED CANADA'S
MOST OUTSTANDING ARMY CADET**

In this issue:

- Read about the Top Army Cadet—pages 5,6 & 15
- Cadets at the 2017 Invictus Games in Toronto—page 8
- Expeditions pages 12-15

And MUCH more...



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ON-TARGET is an official publication of The Army Cadet League of Canada. Views expressed in this publication do not necessarily reflect the opinion of the League or its Board of Directors

ON-TARGET welcomes submissions from cadets, members, CIC officers, volunteers and parents. We reserve the right to edit all submissions for length and style.

Please submit your articles or announcements by e-mail at commsofficer@armycadetleague.ca

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WISHES FROM OUR PRESIDENT
W.J. Fletcher, National ACLC President

As Christmas is almost upon us I would like to take this opportunity to wish all members of the Army Cadet family my warmest wishes for a very Merry Christmas and good health and happiness in 2018.

The year 2017 proved to be an exciting and fun filled year for all. The celebration of Canada 150 including Vimy 100 provided a focus on the Army Cadet Program and our commitment to remembrance in the commemoration of the Battle of Vimy Ridge each April. This year cadets, CIC members and parents were afforded the unique opportunity to visit the Vimy Memorial, some during the 9 April Memorial Service and others throughout the year, while many participated in various ceremonies across the country. For those who had the opportunity to visit Vimy you will, I am sure, agree that the memories of your tour will last a lifetime.

Added to the commitment so many of you made to visit and partake in ceremonies marking the 100th Anniversary of the Battle of Vimy Ridge, cadets also achieved many personal successes during the summer Advanced Training Period. Expeditions, the Voyage in History Tour, Maple Leaf Exchange, the Para Course and attendance at CTCs as course participants or staff cadets provided the opportunities to expand your knowledge, self-confidence and achieve personal goals. Each and every cadet has the right to be proud of your involvement and success in the Army Cadet Program. I congratulate each and every one of you on your achievements. And I encourage you to continue to strive to realize your dreams and goals

The year presented challenges for all of us. 2018 will present equal if not greater challenge, which you will

again take in stride. It is equally important to recognize the parent volunteers and Cadet Instructors at all levels across Canada who have worked in exemplary fashion to foster the ethics and life skills to help guide Canada's youth to a bright and prosperous future. The recognition of Army Cadets provincially and nationally continues to be a positive outcome of your combined efforts. I admire the hard work and time that each of you contributes to the Army Cadet Movement and am proud to be associated with you.

The celebration of Canada 150 including Vimy 100 provided a focus on the Army Cadet Program and our commitment to remembrance in the commemoration of the Battle of Vimy Ridge each April

While the Cadet Renewal Program continues into its fifth year much has been accomplished and much needs yet to be realized. The National CJCR Support Group is working diligently to wrap up the Renewal Working Groups this coming year. Each of the Regions has adopted their respective organizational structure and are completing transference to full operational capacity if that has not already been achieved. This is intended to result in a greater level of support to the LHQs. Yet there is much more that can be achieved. That is the challenge.

In 2018 the League will continue to adapt to changes introduced through the Cadet Renewal as they are implemented and I know that cadets can count on the continuing commitment of parents and corps officers to ensure success of the Program. The National Board of Directors and I will continue to advocate for cadets and the volunteer base, especially at the local community level where it all comes together.

Merry Christmas and Happy New Year to all.

COULD YOUR CORPS USE AN EXTRA \$3,000 IN FUNDING?

You could be one of the four Army Cadet corps to receive additional funding from the Gerard Buckley Cadet Fund for your activities or equipment .

View Policy 17.1 of our Awards, Grants and Bursaries page at www.armycadetleague.ca for details and access to the electronic [application form](#)

New extended deadline JANUARY 15TH

IN MEMORIAM
PAST COLONEL COMMANDANT MGEN (RET'D) ROBERT GAUDREAU, CMM, CD
1943-2017

It is with great sadness that we announce the recent passing of one of our past Colonel Commandant (2004-2007).

Born in Cowansville, Québec, in April 1943, Major-General Robert Gaudreau began his military career in 1961 enrolling as a Signaller in the Royal Canadian Corps of Signals. He was selected for officer training in 1962 and after being commissioned as an infantry Second Lieutenant, he was posted to the 2nd Battalion of the Royal 22^e Régiment (R22eR).

He served in that unit as a Platoon Commander, Intelligence Officer, Transport Officer and Company Second-in-Command in Valcartier, Québec, Germany and Cyprus respectively. In 1969, he was posted to the headquarters 5^e Groupement de combat. He attended the Army Staff College at Kingston, Ontario from 1970 to 1971. He then returned to his former unit as Operations Officer in Cyprus. He commanded a company from 1972 to 1974.

Promoted to major in 1974, he was appointed Commanding Officer of 1 Commando Canadian Airborne Regiment, with which he served in Cyprus for a third tour and in Edmonton, Alberta until 1976. He was then posted to Canadian Forces Base Gaagetown, New Brunswick where he became Commanding Officer Leadership Company at the Infantry School. In 1978, he became Staff Officer Operations at Headquarters, 4 Canadian Mechanized Brigade Group in Lahr, Germany.

Promoted to Lieutenant Colonel in 1979, he returned to Canada to become the Senior Staff Officer Personnel Management at Mobile Command Headquarters, St-Hubert, Québec. From 1981 to 1983, he commanded the 1st Battalion of his Regiment in Germany. On promotion



to the rank of Colonel in 1983, he was appointed Deputy Commander of the Special Service Force at CFB Petawawa, Ontario. He subsequently assumed command of the Canadian Airborne Regiment from July 1985 to August 1987, which included a fourth tour of UN Duty in Cyprus.

On promotion to the rank of Brigadier-General in August 1987, he was appointed Chief of Staff Administration at Mobile Command Headquarters. In 1989, he was appointed Commander of Canada's NATO Brigade Group in Lahr, Germany. In April 1991, on promotion to Major-General, he became Commander, 1st Canadian Division in Kingston, Ontario.

On September 30, 1992, the United Nations Secretary General appointed him Deputy Commander of the UN Protection Force (UNPROFOR) in the former republics of Yugoslavia. For his outstanding service there he was made a Commander of the Order of Military Merit.

In 1993 he was appointed Deputy Commander, Land Force Command in St-Hubert and retired from the military in April 1995. He worked as a peacekeeping consultant before taking his full retirement. Until his passing he remained a member of the Royal 22^e Régiment Association, the Canadian Airborne Forces Association, the Airborne Regiment Association of Canada and the Regimental Advisory Committee of the Royal Montreal Regiment. MGen Gaudreau assumed the appointment of Colonel Commandant, Royal Canadian Army Cadets from 2004-2007.

He leaves behind his wife Louise, his two daughters and his 4 grand-children.

Our thoughts are with his family.



Help Canada's young leadership move forward and strengthen Canada's future!

The Young Citizens Foundation promotes participation in nationally recognized citizenship development programs and offers financial assistance and scholarships to selected participants.

The Army Cadet League of Canada is delighted to partner with the Young Citizens Foundation (YCF) to provide an annual post-secondary scholarship to a deserving member of the Royal Canadian Army Cadets.

For more information about this scholarship opportunity view [Policy 17.3](#) of the [Awards, Grants and Bursaries](#) page of the ACLC Website at www.armycadetleague.ca.

For more information about the Young Citizens Foundation visit www.youngcitizensfoundation.ca.



ALBERTA CADET NAMED CANADA'S MOST OUTSTANDING ARMY CADET

Maxime Corneau, Communications Officer, ACLC National Office, Ottawa, ON

The Army Cadet League of Canada and the Royal Canadian Legion are pleased to announce that Canada's most outstanding Army Cadet and recipient of the 2017 General Walsh Commemorative Sword is Cadet Chief Warrant Officer Clarissa Stoffelsen, from AB and member of the 2850 Grande Prairie - Loyal Edmonton Regiment Army Cadet Corps. The Colonel Commandant of the Royal Canadian Army Cadets, BGen Ray Romses, OMM, CD, was at the Grande-Prairie Army Cadet Corps on Sept 20th to present the Award to Cadet Stoffelsen.



The General Walsh Memorial Sword is the highest national prize for any Army Cadet. The award was created in 2004 by the Army Cadet League of Canada in partnership with Royal Canadian Legion, and named in honour of Lieutenant General Geoffrey Walsh, CBE, DSO, CD, who dedicated much of his time to the Army Cadet Program. Recipients of the award are chosen not only based on their performance as Army cadets but also for their community involvement and their academic standings.

Based on the various recommendation letters received from community leaders, her Commanding Officer (CO), teachers and from her peers, Cadet Stoffelsen has always proven herself to be a strongly motivated student, member of his cadet corps and citizen of her community, making her a strong candidate for this award.

According to the members of the ACLC in Alberta, CWO Stoffelsen exemplifies what an Army Cadet should be. Her overall performance at her corps is outstanding and her positive attitude is infectious to other Cadets.

Cadet Stoffelsen is also quite active within her community

where she volunteers with many organization and is always proudly involved with all her corps activity. She particularly stood out in her role as Parade Commander on the 100th Commemoration of Vimy Ridge Parade held at The City of Edmonton's Cenotaph and Churchill, this past April 9th. "As a newly appointed Chief Warrant Officer, cadet Stoffelsen was selected as Parade Commander for her distinct military appearance, her bearing and the way she carried herself. She was immediately tasked with organizing over 260 Cadets and prepare them for the arrival of The Reviewing Officer.," said Mr. Ken Usher as he witnessed this young woman's performance that day. " Following the parade,

the reviewing Officer, LCol Palfrey commented to me, that the Parade Commander was one of the finest Cadets he has ever seen in his 37 years while serving in The Canadian Forces. "Mr. Usher added.

It is with her strong aptitudes in leadership and other great qualities that make this young woman an excellent ambassador for the Army Cadet Program.

As the winner of the Walsh Memorial Sword, Cadet Stoffelsen travelled to Ottawa, as the guest of the Royal Canadian Legion to attend the November 11th Remembrance Day ceremony at the National War Memorial, as part of the Vice-Regal party. Following the ceremony, she had the opportunity to meet both the Governor General and the Chief of the Defence Staff at the Luncheon for the Silver Cross Mother hosted by the Governor General at Rideau Hall.

To find out more about the Walsh award, refer to policy #13.5 on our [Awards, Grants & Bursary](#) page



MY CADET EXPERIENCE

*CWO Clarissa Stoffelsen, 2850 LER RCACC, Grande Prairie, AB
Submitted by the ACLC Alberta Branch*

I am Cadet Chief Warrant Officer Stoffelsen from 2850 Loyal Edmonton Regiment, Grande Prairie, Alberta. Trying to sum up your experience in the cadet program into one article is like trying to run a marathon you haven't trained for. But here we go.

When I was eleven, I attended a recruiting presentation with my parents and older brother at the 2659 56th Field Regiment Artillery corps in Brantford, Ontario. We had gone in the interest of my brother, but after the presentation was over I begged my parents to let me join cadets. I joined the following year, and after two months at 2659, I transferred to 2850, where I have continued my training.

After completing my first year in cadets, I spent most of my summer away taking General Training for two weeks at

Vernon Cadet Training Center, and during the other summer weeks, volunteering at a local summer camp. In the fall, I came back to cadets for year two, where I would join the biathlon team, and act as the commander or second in command of our small drill team. That summer, I went back to Vernon to complete my Basic Expedition course, where I would receive the award for Most Outstanding Cadet in my platoon, and spent the other weeks of my summer once again volunteering at the local camp.

Returning for my third year of cadets, I kept up my spot in the biathlon team and held a spot on the marksmanship team, earning my first trip to a provincial competition. In the spring of that year, I attended my silver star expedition, and was recognized as the top cadet on my team. A couple of

months later, I departed for Vernon once again, to complete the Expedition Instructor course. At the end of my course, I was awarded the Army Navy Airforce Veteran's Medal of Merit. Upon returning to my unit that fall, I was proud to obtain the position of flag party commander.

Later that fall, I attended my gold star expedition, and completed all my Performance Objectives in good standing. I again held spots on the biathlon and marksmanship teams, earning first place in the female category of the biathlon competition. In April of that year, I attended the 99th anniversary of Vimy Ridge Memorial Parade in Edmonton, and was honoured to hold the position of flag party commander in front of the Lieutenant Governor of Alberta. At my Annual Cadet Review that spring, I was awarded Most Improved Biathlete, the Shawn Hurlley Proficiency Award for active community citizenship, and the Cadet Legion Medal of Excellence.

That summer, I furthered my training in the expedition program by attending the Cadet Leadership and Challenge Course at Rocky Mountain Cadet Training Center. After returning home for two days, I departed for Whitehorse, Yukon to partake in the Yukon Paddle Regional Expedition. Returning to my corps a few days later, I attained the position of Company Sergeant Major.

In the fall, I once again held a spot on the biathlon team, while acting as the cadet coach. In February, I went to the provincial biathlon competition before representing Alberta in the 2017 Army Cadet International Expedition, where I travelled to Chile with seventeen other cadets from across Canada. We spent two and a half weeks in Chile, hiking 80 kilometers through Las Torres National Park, and kayaking through Bernardo O'Higgins park.

Upon returning, I achieved the position of Regimental Sergeant Major. I was promoted to Chief Warrant Officer on the morning of April ninth, directly before bussing to Edmonton to take part in the 100th anniversary of Vimy Ridge Memorial parade, where I was the cadet Parade Commander. Currently, I am working in my corps to start the Optimus program, a program focusing on physical fitness, Canadian Forces familiarization, and survival training. This summer I look forward to completing the Maple Leaf Exchange course in Europe.

Outside of cadets, I am in my twelfth year of music studies, preparing for my grade eight piano exam through *the Royal Conservatory of Music*. In past years, I have placed in the top three at music competitions and last year I received the Grande Prairie Music Festival Award.

Outside of the physical training in cadets, I keep up a personal level of fitness through running and weight training. I am currently training for the Daily Herald Tribune Press Run that raises funds for local non-profit organizations.

Over the past five years, I have been overwhelmed at the amount of opportunity offered by the cadet program, in all three elements. I personally have pursued the expedition portion of the program, and have gained so many experiences that I would have never thought to try on my own, and I have gained friendships to last a lifetime. I plan on taking part in several more expeditions on my own, and with people I have met in the program.

In the future, I plan to attend university to be a doctor, and join the Cadet Instructor Cadre to help provide the next generation of youth with the same opportunities



THE "MINI STOFFELSEN"

*Cadet Zachery Fournier 2850 LER RCACC, Grande Prairie, AB
Submitted by the ACLC Alberta Branch*

The idea of making the "Mini Stoffelsen" came up when an orienteering exercise between the army cadets and the air cadets had been announced.



Cadet Stoffelsen with her mini Stoffelsen doll.

CWO Stoffelsen was in Chili at the time and was sad that she couldn't be there to show the air cadets how good the army cadets were at orienteering, as a joke we said we would make a doll of her so she'd be there in spirit. We ended up actually making the doll and even made a marpat uniform with her name stitched into it to match her FTU's, we also braided her hair since that's how she usually has it. When it was

finished we brought the doll on the joint exercise and carried her through the whole course. Everyone had laugh of it. Although some cadets felt discomfort at the doll staring at them during the exercise, almost as if she was "Always watching our every move".

Stoffelsen is well liked by her peers and fellow cadets in and outside of the corps. Although

being an exceptional cadet she is modest about it. This along with her good leadership skills, and that she puts time and effort into her cadets and corps makes her a good RSM. We appreciate that she has put more effort into the corps than some past RSMs have. She is also an example to the cadets as to what they can achieve in the program and the benefits that come with those achievements. The cadets find her approachable because she is a nice person. She also tries to up the standard of the corps and encourages cadets to be better without being overly strict. Having said she can be strict when needed.



Cadet Fournier carries the mini-Stoffelsen doll during the Orienteering exercise



GEORGETOWN ARMY CADET IS AWARDED HIGHEST HONOUR AND COMMENDATION FOR LIFESAVING
Major Michael Cameron, Com 676 Lorne Scots RCACC, Georgetown, ON , Photo credit: Michelle Cameron
Submitted by the ACLC ON Branch

Cadet Chief Warrant Officer Liam Cooke Regimental Sargent Major of the 676 Lorne Scots Royal Canadian Army Cadets had an incredible evening on Wednesday October 11th, when he was awarded the prestigious Army Cadet League's President's Award and a commendation for saving the life of a fellow Cadet.

The President's award is presented to the top Army Cadet in Ontario who demonstrates the highest standard in terms of army cadet skills, leadership and accomplishments. "I am very proud to have Liam in our Corps," said Major Cameron, Commanding Officer of the 676. "To be selected as the best of the best from over 6000 army cadets in Ontario is an incredible accomplishment. He is a shining example of the outstanding kids that our program attracts and develops into leaders".

Cooke age 17 at the time of the awards, is a graduate of the elite Canadian Armed Forces Basic Parachutist Course, has completed the Rocky Mountain National Army Cadet Summer training program in Banff and spent time embedded



From the left, Maj. Michael Cameron, CO 676 Lorne Scots, C/CWO Liam Cooke, Dan Matthews CD, President ACLC of Ontario, Maj. David Wright CD, Chief of Staff, RCSU Central.

with the Army as part of Operation Maple Resolve.

The commendation CWO Cooke also received was related to an incident in July. While working as a staff cadet at a summer camp in Banff, Cooke saved the life of another cadet suffering a life threatening asthma attack. Cooke rendered first aid and arranged for emergency medical response to the remote camp. For his action, he was awarded a commendation from the Rocky Mountain National Army Cadet Summer Training Centre.

"All of my greatest accomplishments that I can say I am truly proud of have been in this program; because of great effort and greater supports, I can say I was very humbled to receive this award. Cadets is not just a youth program, it is a life changing journey that provides challenges and opportunities that creates new leaders for a stronger better future" – Cadet Chief Warrant Officer Liam Cooke.

CWO Cooke is a first-year engineering student at the University of Western Ontario. Cooke has been part of the 676 Lorne Scots for the past 5 years.



ARMY CADET EXCELS IN BC

C/CWO Azaly Addam , 1838 The Royal Westminster Regiment RCACC, Maple Ridge, BC
Submitted by the ACLC BC Branch

I have been in cadets for about 7 years now, and within those 7 years cadets has meant everything to me. The moment I walked through those doors at my legion, I instantly felt welcomed. Before cadets I just had school, but I always dreaded it because who doesn't dread school? But cadets was a completely new world. A world where I could use skills beyond just memorizing stuff from a textbook. Over the years I have learned so much. I have developed friendships that will never break, faced obstacles that have strengthen me as a person, and met people who will forever have changed my life. Cadets has truly developed me into the person I am today and for that I am forever grateful. Through these 7 years I have discovered what I am all about.

Being on a 2 time championship drill team probably was one of the most rewarding accomplishments of my cadet career. Being able to see the development of the drill team and my contribution over the years has been a real great journey. I still remember when I first joined the drill team back when I was 13 years old. Before I was a simple pawn, following the steps of the cadets above me. But it takes a great deal of hardship and dedication to become the king of the chessboard and making the decisions for the team that will

ultimately decide a winning or losing team. A drill team does wondrous things for a cadet corps and not only brings up the overall dress, drill and deportment of a corps, but it also brings up the moral. Being part of the drill team has been an amazing experience and with it I have gained valuable skills through it all. It is a great feeling to see what can be done with so much dedication and hard work.

The best way possible of ending my cadet career is to end on a high note, and winning the Presidents Cup is truly the highest of notes. When I first started out in cadets, it didn't even cross my mind that I would later become the Top Army Cadet in British Columbia. It wasn't a goal I personally set for myself, but something that I always focused on was improving myself. I would reflect on situations and ask myself how I can better myself. Winning the Top Army Cadet in BC award will be something that I will reflect back on for the rest of my life, to remind myself of what years of hardworking and dedication can lead to. Of course I couldn't do it without the dozens of officers and parents that have helped me over the years and helped me develop personally. There is absolutely no better way to end a cadet career.



ST. ANDREW'S COLLEGE CADETS AWED AND INSPIRED AT INVICTUS GAMES

Maj Brian McCue, CO - 142 SAC Highland Cadet Corps, Photos courtesy of Patrick Roberge Productions

Submitted by the ACLC ON Branch

The Invictus Games is an international adaptive multi-sport event, created by Prince Harry, in which wounded, injured or sick armed services personnel and their associated veterans take part in sports including wheelchair basketball, sitting volleyball, and indoor rowing.

The 2017 Invictus Games were held in Toronto September 23-30. Along with the #142 St. Andrew's College Cadet Corps there were an additional 35 Cadets from the following units that participated as banner carriers in the opening ceremonies: Sea Cadet Corps #18 & #272, RCACC's #48 and #2736, and cadets from the #618 and #818 Air Cadet Squadrons. All the participating cadets were very proud to take part in such an event. Here is their story.

One of my proudest "CIC moments" happened this past September when my unit, #142 RCACC St. Andrew's College in Aurora, Ont, was tasked to provide ceremonial support for the burgeoning Invictus Games, held this year in Toronto. Led by Prince Harry, the Invictus Games is an international sporting event for wounded, injured and sick Service men and women. The focus is on using sport "to inspire recovery, support rehabilitation and generate a wider understanding and respect for those who serve their country."

Our Cadets, resplendent in scarlet tunics and Gordon tartan kilts at the Air Canada Centre in downtown Toronto, had several duties. They provided an Honour Guard on stage for the national anthem. They acted as escorts when the Team Captains met Prince Harry, and they were the Canadian banner carriers during the opening and closing ceremonies.

The event is televised worldwide, so obviously we put our very best foot forward. Fifty-six Cadets volunteered to be part of our team; the task of preparing uniforms

and drill began weeks in advance. In addition to our team, thirty-six Cadets around from the Greater Toronto Area also took part in the opening ceremonies.

Rehearsals for the opening ceremony consisted of a walk-through the day before the show, followed by a full dress rehearsal the afternoon of the event. By the end of that, we were more than ready for our 8pm start. The boys executed their duties confidently and with smiles. I was a very proud CO!

We were proud to take a front and centre role in both the opening and closing ceremonies of Invictus this past September. I have been in the CIC for nearly 30 years and I would say that this was one of my proudest moments as a Cadet leader.

While being back stage with the Prime Minister or Sarah McLaughlin was thrilling, the biggest thrill came when our Cadets were able to mingle and meet with the athletes from all over the world. These

inspiring men and women, many in wheelchairs, and many who didn't speak English, befriended and cheered for our Cadets as they carried their country banners and flags.

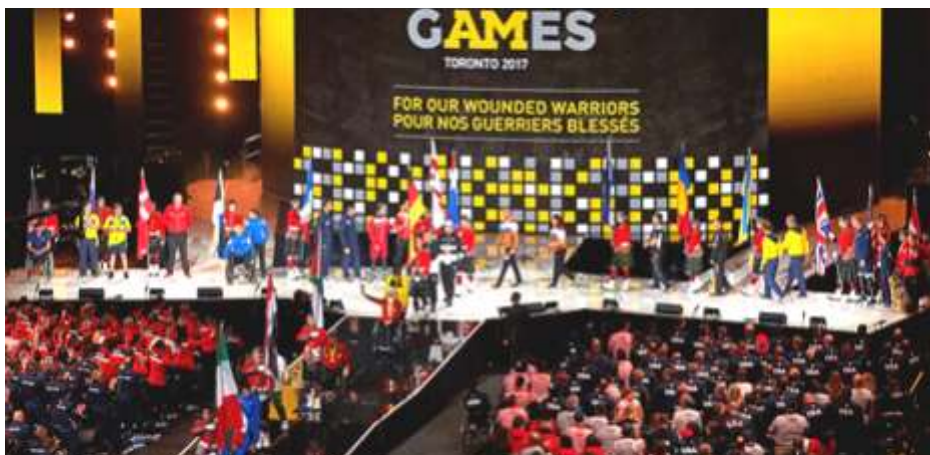
The back stage area was alive with spirit and energy, like an international party. The opportunity to meet these exceptional service personnel was a life-changing and inspirational experience.

The closing ceremonies brought new excitement and opportunities, as we were able to watch Bruce Springsteen and Bryan Adams up close during their sound checks. Once again however, it was carrying the flags and escorting the Invictus Team Captains on stage to meet Prince Harry, that was truly memorable. The Air Canada Centre, at full capacity, roared loudly as the team leaders appeared, led by our Cadets. The Canadian flag, entered last, carried proudly by our youngest Cadet on parade,

LCpl Colton Philips, currently a Green Star Cadet in Grade 8.

The moving, Invictus spirit infected many during that September week in Toronto. It lives on for the St. Andrew's Cadets who took part.

Here is what some cadets had to say about their experience:



Cadets of the #142 St-Andrew's College participate with pride as the Honour Guard at the opening and closing ceremonies.

Sgt Sterling Cochran:

“As the flag bearer for Afghanistan in the Invictus Games Closing Ceremony, I had the chance to walk the Team Captain to the stage where he received a medal from Prince Harry. I could not ask for a more eye-opening experience in my life. My team captain was wounded so he was in a wheelchair. Even though he didn't speak English, he just could not stop smiling as we were waiting to head towards the stage. Meeting him really showed me

how much meaning life has, and how much I take for granted every day! Even though I will never see that man again in my life, he taught me that no matter what happens in life, I need to remember that there is always something to smile about! As a bonus, I also had the chance to stand just 3 feet away from Prince Harry on stage. It was amazing! And to top that off, I was also with the Honour Guard for the opening ceremony which was an incredible experience all in itself. I have the utmost respect for all the members who participated in the Invictus Games and I will never forget that amazing experience.”

Sgt Mike Bahen:

“Being part of the Invictus Games 2017 Toronto was an unforgettable experience. Yes, it was a tremendous experience to be part of the SAC Honour Guard and carrying the Union Jack for the British team. Hearing the crowds cheer for Canada - the loudest support I have ever heard. And, how cool was it that Bruce Springsteen and Prince Harry were also there. Yet for me, I will cherish spending



Cadet Jalen Gu stands proudly at the closing ceremonies.



Cadet Mike Bahen was part of the Honour Guard and flag bearer for the British team. He also had the chance to stand only a few feet away from Prince Harry.

time and getting to know Army Major Bernie Broads, three-time Invictus Games Athlete of the British team and currently team Captain. Broads lost both his legs in Afghanistan 2009. Broads' strength and character reflected best for me the reason why the Invictus Games matter. Injured and disabled, he had thought his usefulness and purpose in life over. However, through sports, and his participation in these Games, his leadership shined as an example for abled and disabled, veterans and civilians that all can admire and honour.”

LCpl Colton Phillips: Gr 8

“During the opening ceremonies, I was involved in the honour guard during the anthem and walked onto the stage with our group to form up into ranks, then stood at attention. Then, for the closing ceremonies, my task was to hold the bow banners during the anthem. Shortly after that, and while holding the Canadian flag, I led on Team Canada's team captains. For me the most memorable and truly spectacular part of this experience was to walk on and hear the roar of the crowd. Meeting the different members of the teams was really eye opening too. As the soldiers were gathered in the hall, there was one that really stood out for me; he had no legs. It made me think how awful and pointless war is,

and how it is. The things war does to people is horrible. It really made me think, why we can't just have peace.”



Do You Know What The National Office Can Do For You?

Are you aware that the National Office of the Army Cadet League of Canada can offer a variety of tools to work with and provide you the support you may need?

To find out more visit our Toolbox page: www.armycadetleague.ca/resources/

HOW CADETS HAS SHAPED ME FOR THE FUTURE

*Sparsh Kapar, recently aged-out cadet of the 2990 Milton Lorne Scots Army Cadet Corps , Milton, ON
Submitted by the ACLC ON Branch*

My cadet career was soon approaching its end. I have completed my final parade with the 2990 Milton Lorne Scots Army Cadet Corps and I've received news that out of 21 000 cadets from over 450 corps from all across Canada, I was one of the 50 selected to participate in the Basic Parachutist course. Words could not fathom my excitement to participate in this course. The Canadian Forces Basic Parachutist Course is one of the top Army Cadet summer courses that if completed by the cadet, they have the right to wear their jump wings qualification badge if they decide to join the Canadian Forces.

In order to get on this course, I had to take a fitness test and achieve a minimum of 7 chinups, 31 situps, and a mile run in under 7 minutes and 30 seconds. Sure, the test may sound easy, but when you're competing with some of the top cadets from all across Canada, achieving the minimum standard just wasn't enough. A lot of guys I was competing for this spot with scored more than double the standard. Additionally, there were a lot of other factors that took place into receiving a spot on this course. Some of these deciding factors included participation in the Army Cadet program, previous summer camps completed, community leadership and citizenship.

When I was 16, I took an attempt to try out for this course. However, my fitness standards did not even come close to the other candidates. At that moment, I just felt like I wanted to give up. I thought that it would be impossible for me to even get onto the course. However, I stayed true to myself and I took the next 2 years to train myself both physically and mentally. Knowing that this year, my hard work has paid off and earned me a spot has been the most satisfying moment of my life. However, I knew that getting onto the course would not guarantee me earning my jump wings. There was still a long way for me to go and push myself.

The course lasted all throughout July, and was split into 4 training components, with 1 component assigned per week. The components are pre-course, jump school, mock tower/assessments, and jump stage

respectively. Pre-course was all fitness. This helped us prepare for the jump school with the parachute instructors. Jump school week consisted of classes. Throughout jump school week, we learnt and practiced landings, aircraft drills, rigging and setting up our equipment, and flight procedures. These lessons were all necessary for the mock tower assessment week. There were 7 performance objective checks that I had to complete. 3 of them included practicing jumps from a 32 ft high mock tower with different kit configurations. If we pass all 7 assessments, we would be allowed to participate in the jump stage. The jump stage consisted of 6 jumps where we would have to complete all jumps with different kit configurations.

It was vital to constantly pay attention and look out for my teammates throughout the course. Safety was always put first and we had to master the parachute drills in order to jump out of a plane safely. There were many times during the course where I felt like it would be impossible. To be honest, the first 3 weeks of course were probably the hardest weeks of my life. I had to overcome so many obstacles, work in unusually tricky scenarios with my teammates, and constantly drive my body and give 200% effort, to make sure that I would be prepared to leave out of an airplane safely and not be a danger to others. I did not let these difficulties get to my head and bring me down. Just like me, everyone else was in the same situation as I am; we were all being equally challenged to achieve the same goal.

Sure the first 3 weeks may have been the hardest 3 weeks of my life, but all my hard work and struggle paid off in the end when I passed my assessments and made it to the jump stage. I qualified myself to jump out a plane. My first 4 jumps were out of a Sherpa aircraft and my last 2 jumps were out of the CC-130J Hercules. My first jump was quite a thrilling experience. My adrenaline was rushing, nerves were kicking in, and mixed feelings were running all over my mind. I was the second man to jump, and as I saw the back ramp door of the plane open, my eyes opened even more with fear as I could finally see the ground from the sky. The jump master calls the command GO! And my legs start to

There were many situations where I was challenged. I was forced to think outside the box, devise new strategies to problem solving, and constantly give my 100% through the struggle.



Para cadets prepare for their daily PT (physical training).

tremble. However, I didn't back down. I just kept in mind of the drills that my parachute instructors taught to me throughout the course and just followed them as I leave the plane. Thanks to the drills the parachute instructors taught me, I was able to put my fears aside and get through my first jump. I jump out of the back door and I can feel myself just breezing through the sky. I scream my deployment count in air, and once I complete my count and look up, I witness my parachute open as the noise goes from blaring loud in the aircraft to a complete silence in the air. It truly was the greatest feeling in the world, being able to conquer your fears and gracefully fly in the sky, knowing that I would be safe in the air and that I can trust that my parachute could safely open.



Para Instructors teach the cadets aboard the plane in preparation for a jump.

My time in the air lasted less than a minute and just like that, the ground came to me and I performed my first landing roll from the air. After my first jump, my confidence skyrocketed and I was just filled with so much optimism and eagerness to jump. Just like that, the next 5 jumps became a breeze, and I was able to successfully complete all my necessary jumps and earn my basic parachutist qualification jump wings. It really is such an amazing feeling - earning something that you've worked so hard for and given so much time into. That's the true meaning of being a parachutist - always giving it your all

and becoming fearless.

My cadet career is finally over, and looking back at the past 6 years, there were many situations where I was challenged. I was forced to think outside the box, devise new strategies to problem solving, and constantly give my 100% through the struggle. There were so many times where I questioned myself whether I should stay or just give up. Thanks to the support from friends and family, I found a reason to keep myself motivated and

stay in. Without that, I wouldn't have been able to achieve what I've dreamed of for so long. It really has been an amazing 6 years. Being in the Army Cadet has really shaped me for the future, especially during this parachutist course. I've forged unbreakable friendships, I've overcome numerous fears, I've learned from my mistakes and made myself a more reliable teammate and leader for not just my friends, but to the community as well. I can confidently say that I have done more things in my bucket list with cadets than people have done in their lifetime. But in the end, I've grown so much through this program and I have been able to really see what the world has to offer, and that's what the Army Cadet program is all about - shaping leaders for the future, and I am eternally grateful to have been a part of that.



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**DEADLINE :
 DECEMBER 31**

CADETS
 CANADA

2017 NATIONAL EXPEDITION—YUKON TERRITORY

Capt Amber Lawson, PAO Northwest Region

In the land of the midnight sun 18 Army Cadets set off on an experience of a lifetime on the Mackenzie River and through Tombstone Territorial Park, as part of the 2017 National Army Cadet Expedition in the Yukon. Cadet Markus Valtonen, of 2912 Sudbury Irish RCACC, had this to say about the adventure:

“Starting off in the first few days we're getting to meet, meet some new people get familiarized with our officers with what we're going to be doing some of our new equipment. First off we're heading out to a lake just near Whitehorse and the coldest water ever having to do swim tests and canoe familiarization.

“The first real proper bit of the expedition was the canoe cycle. This section was not as physically demanding as it was mentally because every day we were covering 95 to 100 km on a slow flowing river. It can be the most beautiful scenery you have ever seen in your life but at the same time, there is a sort of determination that you need to have in order to get through each day. You have to push yourself, you have to want that campground at the end of the day, and whoever's with you in the canoe, is pushing you just that extra little bit.”

“It was tough at some points and it is weird to think that while you're in some of the most beautiful country in the world, with friends all around you, you can still be having a tough time. It is on that part of the adventure that we were re-familiarized with camp life. A lot of us have been away from it for a while”

“We got to visit some historical sites such as Fort Selkirk,



The expedition teams confront the challenging terrain of the Yukon Territory.

which is an abandoned RCMP base from the time the Gold Rush was underway in the Yukon. It sure was an interesting feeling to be part of this living history and to follow the route that so many people before us followed. Then we headed quite far north to Tombstone Territorial Park, a place which is being partly shared between the government and Native communities, as well as being home to some of the most incredible terrain you'll ever see in your life.”

“There is just no feeling in comparison to the incredible challenge that comes with clambering up a slope and just getting so tired while hiking up these incredible mountains. However, getting to that peak is surreal, it's dreamlike to be able to share that with your teammates who all have similar attitudes and similar mindsets to your own. It is incomparable, it's just absolutely incredible.”

“As a whole, this expedition was both literally and metaphorically the summit of everything I've wanted to do within the cadet program. An immense sense of pride

came from completing this national expedition. I was so proud to be able to say that I got that white pin and I deserved it!”



View a video of this expedition [here](#)

ATLANTIC ARMY CADETS RACE TO CANADA 150

Lt(N) John Brannen, RCSU(A) New Media & Production Officer

Four provincial teams biked, hiked and canoed coast-to-coast in P.E.I.

It may be Canada's smallest province, but for 20 of Atlantic Canada's army cadets, P.E.I. is big on adventure.

Atlantic army cadets participated in a unique and challenging expedition that spanned ten days and around 350kms on bike, foot and water.

The Canada 150 Confederation Race was a competitive, adventure-race style expedition inspired by the 150th anniversary of Canada. Throughout this expedition, cadets challenged their expedition, leadership, and teamwork skills as they work through challenges as members of a provincial team.

"If you had asked me a month ago, 'Do you think you will ever bike across P.E.I.,' the answer probably would have been, 'someday,' said Capt. Erin Cameron, Team leader for Nova Scotian cadets. "I most certainly never thought I'd have the opportunity to lead a team of cadets in a provincial race from North Cape to East Point."

Over the course of ten days, cadets biked, hiked and canoed from P.E.I.'s most northwestern point to its most eastern. In the evenings, they would set up tents to rest up for the next day's activities.

"We faced many unanticipated challenges that made the journey just a little harder. Frigid mornings, broken stoves and bike malfunctions were among some of the challenges we met and overcame," said WO Gavin Urquhart, a Team NS Member and cadet at RCACC 219 in New Glasgow, N.S. "It's challenges such as these that make us think and put our problem solving skills to the test."

Promoting and developing good citizenship is part of the Canadian Cadet Organizations' key principles. Part of the Canada 150 Confederation Race included an extended stop in Charlottetown so the cadets could take a moment and appreciate the birthplace of Confederation during this 150 anniversary year for our country.

As the cadets made their way to Province House in Charlottetown, they knew this was a very special expedition. In Canada's 150th year, they were at the place where it all started. The Charlottetown

Conference of 1864 would lead to discussions that led to Nova Scotia, New Brunswick, Ontario and Quebec forming the Dominion of Canada in 1867.

If you had asked me a month ago, 'Do you think you will ever bike across P.E.I.,' the answer probably would have been, 'someday,' said Capt. Erin Cameron, Team leader for Nova Scotian cadets.

"I think that any avid cadet should try to push themselves on an expedition such as this," said Cadet MWO Caleb Wilson, a member of Team

Nova Scotia and cadet at RCACC 219 in New Glasgow, N.S. "Any time a cadet can learn skills, like mountain biking, canoeing or orienteering, it's a wonderful step towards success in cadets and in life."

Each day, there were different challenges in addition to the trek across the province, including geocaching, scavenger hunts and even a corn maze race. The winner accumulated

points and whichever team had the most points at the end of the expedition was declared winner.

Despite a close rivalry for the top spot throughout the race, Team Nova Scotia was victorious.

"Overall the Canada 150 Army Cadet



A team of cadets determined to take on this challenge

Confederation Race from end-to-end of P.E.I. was a resounding success," said Capt. James Mahoney, J3 Training Officer (Expedition) at Regional Cadet Support Unit (Atlantic). "Completing a 350 km challenge race is no easy feat, and all our teams should be proud of the effort they put in."



NOVA SCOTIA CADETS TAKE ON THE CHALLENGE - ARMY CADETS RACE TO CANADA 150

Charles Keough, ACLC (NS) Director for 219 RCACC

The Prince Edward Island Regional Fall Expedition was a once in a lifetime experience for cadets that provided them with an unparalleled sense of both accomplishment and teamwork. To explain the expedition simply: five Army cadets were selected from each province in the Atlantic region to participate in a race across PEI. The race started from Cape North on the western side of the island and finished at East Point on the eastern side of the island. Three of the five cadets from Nova Scotia came from 219 RCACC New Glasgow; those cadets were CWO Aaron Day, MWO Caleb Wilson and WO Gavin Urquhart.

Throughout the race and its many organized challenges, each team was required to accumulate as many points they could. Throughout the race, the points remained very tight between the teams. At any given time teams were only within five points of each other on the leaderboard, any slight mishap could be devastating. The expedition was physically and mentally challenging, the mornings were frigid, the days were long and biking between 15 and 70 kilometres a day was very strenuous. The competitive atmosphere helped the teams stay motivated and pushing them to keep going.

An expedition of this type is often a turning point, and for some a stepping-stone for any aspiring cadet and his/her career. Regional expeditions can broaden the interests along with providing the skills and the experience to continue the expedition training for cadets to reach the national or international levels also offered within the Army Cadet Program. Not only does the Army Cadet Expedition Program help cadets develop an arsenal of technical skills, learn and hone their outdoor leadership skills through experiential learning and familiarize themselves with the expedition routines, it also gives them the opportunity to make lasting friendships and life-

long memories.

“Overall the expedition greatly developed not only my physical fitness but also developed my sense of teamwork. Building one’s ability to work with a team is significant because without it, tasks would take forever to complete and nothing would get done with any efficiency.

Without teamwork, team Nova Scotia also would not have gotten anywhere with any speed and never would have won the race across PEI. Fortunately we did win” as said by CWO Aaron

Day commenting on what he got out of the expedition.

“I enjoyed the experience thoroughly, it encompassed three of some of my favourite thing and put them together; competition, biking and expedition. Throughout the expedition I learned not only how to optimize a team's routine to be the fastest, most efficient, biking machine out there but also how to lead or motivate a team to be that way. On top of that I also learned some valuable biking skills that although I'm an experienced biker I can still take away and use in my almost daily life. Couldn't have asked for a better experience or a better team.” - MWO Caleb Wilson when asked about his experience during the expedition

“Winning doesn’t come without a fight. We faced many unanticipated challenges that made the journey just a little harder but the victory all the better. Frigid mornings, broken stoves and bike malfunctions were among some of the challenges we met and fought through to come out on top. I think the expedition wouldn’t have been as fun if these challenges didn’t arise, they made us have to think and put our problem solving skills to the test.” As said by WO Gavin Urquhart when asked about what challenges were faced throughout the expedition?



The Prince Edward Island Regional Fall Expedition was a once in a lifetime experience for cadets that provided them with an unparalleled sense of both accomplishment and teamwork

Don't forget to thank and recognize your volunteers, they are so valuable.



In 2007, The Army Cadet League of Canada introduced the Volunteer Service Medal (VSM), to recognize continuous and meritorious service of deserving ACLC members and volunteers.

For more information about this award, visit the [Awards, Grants and Bursaries](#), Refer to Policy # 13.17

It is important to note that Volunteer Canada also has many resources and programs established to recognize our volunteers from across the country.

Visit www.volunteer.ca for more details



MY EXPERIENCE ON INTERNATIONAL EXPEDITION

CWO Clarissa Stoffelsen, 2850 LER RCACC, Grande Prairie, AB

Submitted by the ACLC AB Branch

When I applied for the expedition to Chile, I was definitely the most excited about hiking through Chile's mountains.

I've done several expeditions in the Canadian Rockies and I wanted to see how mountains from different areas of the world compared. Between The Towers (two rock pillars), and Los Cuernos (meaning "the horns", two peaks) I was certainly not disappointed. But as beautiful as the mountains were, I have to say my team was what really made the trip.

The team that was selected to partake in the 2017 International Expedition consisted of 18 of the top army cadets from across Canada. As the trip progressed, it was easy to see why each person made selections, and it was really cool to see how everyone contributed to the team dynamic in different ways. Even on some of our roughest days, whether it was hiking downhill in the rain and



Clarissa proudly holds the Canadian flag in Chile.

mud, pulling off a river for a couple of hours because the wind was too strong to kayak, or putting on the dreaded wet wetsuits, everyone was always laughing and smiling and making the best of the situation.

I think the most memorable part of the trip was when we hiked up to the base of the towers. It was a really steep hike, but getting to the top was so worth it, and while we were there we met people from several different countries who had all come to see the same view. I think the hardest part of the trip, for me, was kayaking.

Although I've always enjoyed canoeing on flat and white water, kayaking has always been something I was scared to try. Even though kayaking might not have been the best part of the trip for me, I think it was the most fulfilling. The trip to Chile was an amazing opportunity, and absolutely unforgettable.



A BUSY YEAR TRAVELLING WITH THE ARMY CADETS

MWO Owen Lachapelle, 613 Lincoln & Welland RCACC, Fonthill, ON

Submitted by RCSU Central PAO Capt Nicole McKay

My experiences this summer have been the most exciting time of my life. The opportunities that I have experienced have been amazing and were a lot of fun starting with when I arrived in Connaught training center in Ottawa, that's where I got to meet 59 of my new friends some for the first time and some I already knew from past cadet functions. We stayed at Connaught for 3 days before we moved to the airport and were ready for takeoff. When we landed we got bussed to our new camp in Manchester where we would call home for the next 2 weeks. During the first two weeks we got the privilege to meet and train with the British cadets, that included recon missions, survival training, map and compass courses just to name a few. On the 3rd week we did our adventure training week where half the group went to Wales and the other half stayed in England, the adventure training included: basic caving, inland kayak, rock climbing, open canoeing, summer mountain foundation, introduction sea kayaking, Mountain bike foundation.

My activity was rock climbing and it was amazing with the views and excitement I wouldn't have traded it for anything.

We move on to the 4th and 5th week, where we traveled

to London for a week and experienced everything it had to offer us like the London eye, Big Ben, the Canada house and lots more before we headed to Belgium and France. While in Belgium we got to visit many cemeteries and took part in one of the "men in gate" parade. We visited the museum of Passchendaele and got to experience a little taste of how the war was when we ate a bowl of "slop" which was a simulated soup of what the soldiers used to eat. We also dressed as an Australian soldier in WWI. We worked our way across the battle field to the front line in full kit; each of us being given the identity of a specific soldier. At the end of the experience we learned whether or not we survived the battle and the war. We also had the once and a lifetime opportunity to walk through a Canadian Dugout that had been recently exhumed for a short period of time of 100 days. This November the trench will be filled back up with water to prevent it from rotting and collapsing.

Then we went to France and visited the Vimmy Ridge monument and had a tour through the trenches. When the moment I took a step on the monument I thought to myself on what this monument represents and symbolizes and I felt extremely proud as a Canadian and an army

cadet.

Then it's time to fly back to Canada and we all knew that we would soon have to say goodbye to our new friends and family and depart our ways back home and I found that it was the hardest challenge anyone had to face the whole six weeks, but when we arrived home for the first time in six weeks it felt great.

Then I had to start to prepare myself for my next big adventure to the Yukon for the national expedition. When I arrived at the summer cadet training center "Whitehorse" I saw some of my friends from camp and made more friends, and as we got all of our kit we got to catch up and talk to all our friends and meet new people before we headed out on the expedition. We participated in the standard fitness test and a swim test in freezing cold water. That's when we all said and vowed that we were not going to tip our canoes in the water. So after a couple days at camp we headed out to our first campsite where we would start our 450+ km canoe up the Yukon River to Dawson city over the course of 5 days which was the toughest part of it all. The physically demanding all that paddling was when we would do 95-100 km a day for the first 4 days, on the 5th day of canoeing we were all so excited to do our last 45-60 km of paddling and have a break. After experiencing Dawson city we traveled up to tombstone national park where we did 4 days of climbing mountains and experiencing one of the most beautiful places Canada has to offer. We then traveled back to Whitehorse said goodbye to all of our friends again and returned home to our families.

Capt Nicole McKay prepared a few questions for Cadet Lachapelle:



Cadet Lachapelle proudly holds the certificates presented to him by his local MP, Vance Badawey.



A sample of the congratulatory certificate prepared by local Member of Parliament, Vance Badawey.

How do you feel about the recognition you received?

"I am extremely honoured to have received these certificates for the greatest experiences in my cadet career. What makes it even more special is to receive them from a local member of parliament- Vance Badawey, along with a letter from Prime Minister- Justin Trudeau and a letter from the mayor of my home town of Welland- Mr. Frank champion. It's just so great to see how someone my age could be recognized so greatly by so many people."

What is one of your favourite memories from the Maple Leaf Exchange?

"One of my favourite memories from the maple leaf exchange is when we dressed as Australian soldiers from WW1 and worked our way across the battlefield of passchendaele to the front lines."

What are your future plans?

"My future plans are to stay with cadets and give back to the program as much as I can until I age out on my 19th birthday at witch point I hope to come back as an officer so I can pass on what I have learned in my years as an army cadet"

Each year, the ACLC sends letters to the MP's and Mayors of each cadet attending an Expedition or other advance training courses offered by the Army Cadet Program. The letters intent is to ask the Mayors & MP's to recognize the efforts and dedication of this young individual from their community and ridings and to help to bring attention to the cadet corps in

the communities across Canada and the great opportunities the cadets have as they progress to the advanced training program. Cadets who participated in this year's expedition also received a congratulatory letter from Prime Minister Justin Trudeau.



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PLEASE SUPPORT THE ARMY CADET EXPEDITION PROGRAM

Your contributions are appreciated. Thank you.

The Army Cadet Expedition is the premier Army Cadet activity known as the Ultimate Army Cadet Challenge, challenging the best Army Cadets in Canada to push their mental and physical limits. This travel experience provides cadets the opportunity to put into practice the self-reliance, leadership, and spirit of adventure they have learned at their local cadet corps and during their summer training at the Cadet Summer Training Centres (CSTC). It also magnifies their sense of what it is to be a Canadian!

The Army Cadet League of Canada and its donors support the Expedition cadets by providing the extras that add to the excitement of the trip. We add to the funds committed by the Department of National Defence with an annual fundraising campaign to provide additional equipment specific to the destinations and the activities of each expedition. This ensures that the cadets have a first class experience and guarantees that the country visited appreciates that we in Canada support our youth in a meaningful way.

Please donate annually. To do so, you may contact our National Office by e-mail at national@armycadetleague.ca or by using our new [secure donation page](#)

We would like to thank all the donors who have generously donated funds over the years, helping to make this an amazing experience for all the cadets.



MAPLE LEAF EXCHANGE—MY EXPERIENCE

*MWO, RSM, Jacob Fader, 2715 RCACC , Tecumseh ON
Submitted by the ACLC ON Branch*

I wasn't even tired. It was difficult to sleep knowing I was going away for yet another six weeks. So crazy to think that I was one of the few in Canada given acceptance for the trip of a lifetime at only 16 years old. It was July 5th, 2017, the day I would leave for my biggest endeavour yet; Maple Leaf Exchange. I arrived that day at Connaught and met people I had never before seen in my life, but I quickly made friends. The entire group was full of high spirited, welcoming people, it was inspiring to see. Our plane left a few days later and arrived in Manchester, England at 0800h on July 11th. I vividly remember my first step out of the plane like it was the step into of a whole new chapter, and the story had just begun.

Week one was British Army Cadet Training, we spent a lot of our time training for our own independence with the L98A2 5.56mm Cadet GP rifle. Through tons of safety training and preparation, we all passed our tests and were able to fire the rifles. On range day, we went out and not only fired the L98A2s, but also the British Military's main assault rifle, the LSW. Later, the British along with us Canadian cadets were trained in field craft which is basically field tactics and movements that suppress noise and improve stealth. We learned a wide range of movements, stances such as the low crouch and the leopard crawl. We were also tested on our new capabilities. The test was this: you start at the beginning of this huge field of tall grass and bushes about 600m in length and 300m in width, and had to get the information written on the signs that were placed on top of a hill at the end of the field. But also on that hill, were experienced British officers trying to spot you as you approached the hill to read the signs. This was especially difficult because the words were only big enough to spot within 12 metres of distance. A fellow Canadian exchange cadet, my friend Caleb teamed up with me to try and complete this test successfully. We cammed up, and concealed ourselves with grass and small sticks to help us stay hidden. Through the rain, mud, and bushes we had nearly reached the end of it. As we crawled through tall grass and made our way through mud and brush it really started to feel like a real mission. Anyways, we stayed about 12 feet apart so that we could still hear each other's whispers but not both be spotted if one of us made the wrong move. But we did make a wrong move. My friend Caleb was spotted as we were positioning our eyes above the grass trying to read the signs. It was too bad, I was caught a few seconds later after just retrieving the information. But our



Jacob and his teammate Caleb, prepare for an exercise with the British Army Cadets

achievement was that we got within 10 metres of the hill; 10 metres from the officers without being seen! Not only did we do training though, we also explored a bit in Manchester. All of us were taken to the Trafford Centre to shop and have some free time. The Trafford Centre is also one of the top 70 biggest malls. All in all, this was something we don't often get to do in Canada.

Week three was Adventure Week. I had applied to do inland/white water kayaking in Wales and I got into the team! The exchange cadets split up into two sections, 30 cadets went to Halton CTC in England and 30 went to Capel Curig CTC in Wales. Each section of cadets would do activities like inland kayaking, sea kayaking, mountain biking, hiking, rock climbing, and canoeing. To focus on my group, we were trained in all types of moving water situations, techniques for paddling and kayak control, and kayak surfing. We kayaked on flat water through the mountains in Snowdonia National Park, kayaked through white water in rivers, and kayak surfed on a beach. Although we were well trained, every person capsized at least once into water but hey, at least it was refreshing! At

the end of Adventure Week, all the groups in Wales came together and descended a gorge in a small mountain. We latched on to support lines and travelled down a stream flowing through the mountain until we reached the end of the gorge. At the end of the gorge was a small waterfall, and to get down, we jumped off the nearly 30ft waterfall and plunged into the water below! It was such an experience to have had and such a thrill to end off Adventure Week.

Week four and five were Culture and Tourism week. Week four focused on the culture aspect where we went to London and explored various parts of the city, we also went to places like Portsmouth Historic Dockyard, the National War Museum, Fort Nelson, Tower of London, the London Eye, Big Ben, Canada House, Trafalgar Square, Natural History Museum, Buckingham Palace, Canada Gate, Windsor Castle, and we even got to visit the D-Day Room where the original map for the D-Day mission was kept. In fact, we were the first 60 Canadian cadets to visit that map since it is very rare that they allow cadets to enter that room. We went to even more places but those were just the highlights of Culture Week. Many great times I was able to spend with great people and I'm very thankful for that. Week Five, the last week but certainly not the least, was the week of Battlefield Tours. We travelled

across the English Channel from Dover into Belgium and stayed in a hostile in Ypres. Now it was time to not only look back on what it is to be Canadian and learn about the history of World War I, but to feel it as well. We went to several cemeteries to reflect and learn. One of them had a very interesting feature; surrounding the cemetery were poles. Each pole represented a day from The Great War, there was a pole for every day the war lasted. 1568 poles. One day we participated in a re-enactment so we could experience just some of the things that the soldiers did. We were suited in replica WWI uniforms that came with a rifle and gas mask and performed drills and movements that they would have done. We even ate the food that they would have eaten.

We travelled down a long trail and often stopped to learn some facts along the way. At the end we reached a cemetery and walked through it in fully geared WWI uniforms and it made us feel so proud of the soldiers, yet so sad of what happened to them. When visiting the monuments like the Menin Gate in Belgium and Vimy Ridge in France, it gave a whole new feeling to remembrance. It's one thing to see, but another to feel.

Maple Leaf Exchange was the best experience I could have ever asked for. When I first heard about the Exchange as a cadet, I didn't think I could ever get into it but I guess that's where the motto comes from; "as the maple, so the sapling."



GET INVOLVED! OTHER ACTIVITIES THAT SUPPORT THE JOURNEY AS AN ARMY CADET.

C/MWO G. Rhys Watson, Corps Sergeant Major, The Yukon Regiment, RCACC #2685

Submitted by the ACLC YK Branch

I sincerely believe that the Army Cadet program is an excellent youth program for all Canadian youth to take part in; however, though there is a standard core-training program that is conducted each year, there are also other 'enhancements' to the program that can be pursued by every Cadet to make this journey even more fulfilling.

Since joining the Cadet movement eight years ago I have had many opportunities to be part of events and programs from committing the ashes of Second World War Veterans to Sea on board HMCS SACKVILLE to First Nations Mawiomis to travelling this country from coast-to-coast-to-coast and even completing my Boater's License when I was 12. As I have grown in the Cadet movement I have had the fortune of meeting incredible military and civilian leaders and have had positive role models that have changed my life in many ways. These people have been very keen on the Cadet movement and, as luck would have it, involved in many other youth programs that they took the time to introduce and mentor me through them. Though I have had many opportunities like these, I would like to focus on two other programs, what I call 'enhancements' to Army Cadets that I have personally participated in. These programs are offered to us by very large organizations with considerable longevity in the Canadian and International youth development arenas. I was introduced to one of these opportunities initially by the Royal Canadian Legion/Canadian Naval Memorial Trust where one member was an avid Duke of Edinburgh International Award supporter and the second program was introduced to me by the Army Cadet League of Canada.

When I was 12 I participated in a challenge put out by the Nova Scotia Division of the Duke of Edinburgh Award called the 'Century of Service' award that celebrated 40-

years of the Duke of Edinburgh International Award program in Nova Scotia and the Diamond Jubilee of Her Majesty Queen Elizabeth the Second, together marking 100-years. A member of the Royal Canadian Legion who was also a Trustee of the Canadian Naval Memorial Trust introduced me to it and pointed out that many of the skills and volunteer hours that I would receive credit for could come from the Navy League and Sea Cadet programs that I was participating in. With a little bit more elbow grease I was able to achieve the Diamond level and, while doing so, learned a lot about the actual award program that I wouldn't be able to participate in until I came of age. This initial taste of what the program was like made me want to participate as soon as I could. This youth program, represented throughout many countries around the world is probably the most complimentary enhancement to the Army Cadet annual core training. The first two levels, Bronze and Silver, can be attained within a single training year each. The Gold Level takes at least an entire year to complete and you cannot start it until you reach the age of 16. It also has a more robust adventurous journey requirement as well as a residency portion, akin to our summer training camps. This program, like Cadets, focuses on building stronger, more rounded citizen youth.

The four pillars of the program are volunteering, physical fitness, learning new skills and learning by doing through an adventurous journey. The pre-requisites such as a pre-qualifying journey and other requirements can be fit neatly into the regular Cadet training. There are many Cadet Corps who are actively engaged in this program. If you happen to be at a Corps without this program, you could ask your leadership whether they would be interested, speak to the local Army Cadet League Branch to see whether they would support it, become a Duke Leader yourself for the Corps or, if all else fails, be an independent participant. What is also of

"There are also other 'enhancements' to the program that can be pursued by every Cadet to make this journey even more fulfilling. "

interest to many is that the Duke of Edinburgh International Award Pin is recognized in our Dress Manual and is worn in the center of the right pocket of our tunic or short sleeve shirt with both medals or undress ribbons. There is a registration fee; however, as I have learned, if you are motivated and let people know that you wish to do it, there may be people willing to sponsor you through the entire program. Also, for those who wish to be very active in this program, there are camps and, every second year a national camp that joins participant across the entire country. I encourage anyone in the Army Cadet program to look into this and, for our leadership that are genuinely there for our development, to look into this program as it only helps us, your Cadets, grow that much more into the youth and young adults that we aspire to become one day.



Taking the salute at RCMP Musical Ride, Whitehorse, Yukon, 13 August, 2017

Had the Army Cadet League not supported and promoted the Experiences Canada 150&Me program to all of our Corps across the nation, I would not have had one of the most rewarding and special experiences of my life. I deeply thank both programs for reaching out to youth across Canada to compete and win spots on this program to participate in Regional and National forums that eventually led to the Canada 150 celebrations on Parliament Hill taking in what it means to be Canadian and how fortunate we are to live in this wonderful country. To be frank, this wasn't easy in the least and, to compete against other Canadian youth across the country, Cadet and non-Cadet, was tough. I spent hours and hours writing and re-writing an essay, researching and putting together the application package with very tight deadlines just for a chance for a spot on this program. There was no entitlement to any of the spots and, in the end, when I received notice that I was selected, I was happy, relieved and focused knowing that I would be going on this program with the top youth leaders in Canada. Part of my focus was to ensure that when I attended that people knew who I am and where I am from. To do this, at any formal event we attended, I proudly wore my Army Cadet uniform. People were actually taken back that I did this and, it so happens that I caught the eye of many and my photo, in my Cadet

uniform became an official promotional one for Experiences Canada and landed itself in the national program that people like our Governor General read. To be even more frank, these opportunities aren't vacations and we met many amazing people, politicians and leaders who inspired the others and me. I learned many more skills that I applied there. What I did notice is that while I spoke, in full attire, people leaned-in and listened more to me. I felt as though I had more credibility than if I was in street clothes and, I also noticed that the attention also seemed to tell me that the people listening to me respected the fact that I am an Army Cadet and not afraid to present myself this way publicly when away from the group. I ended up being a speaker in both Montreal and Ottawa, attended award ceremonies by the Governor General in Government House and so many more. I was literally walking on air and even had the chance to wave a flag on national television at the Canada 150 event with the highest leaders, influencers and achievers in our country through to the everyday person like myself, all sharing the single most important fact, that we are Canadian. Again, I accessed this experience through the Cadet program and, I have benefitted far more than if I hadn't.

In summary, there are a lot of opportunities to do other 'non-core training' in the Army Cadet program across this country. I encourage everyone to think of trying some of these. There are literally dozens and each and every one of them have something of value to offer. You could travel to Vimy, interact with non-Cadet youth leaders about mutual issues of interest such as the environment, participate in sporting events, meet leaders of our country and, in the end, continue to strive to be an even better person than you are today. These groups fit almost hand-in-glove to our main program and, of your Cadet leader and energized, motivated and interested in pursuing every opportunity that they can for their Cadets while ensuring our program is well run ... then you are indeed lucky and postured for experiences that may even change your life and the way you look at the world. What do you have to lose? They require additional effort but are worth the work. My recommendation ... Just go for it!



THE MAJOR TERENCE WHITTY, CD, KCStG MEMORIAL BURSARY

Are you enrolling or been accepted for post-secondary studies?

Do you still plan on being an active cadet this summer?

If you answered yes to both questions, you could qualify for the Major Terence Whitty, CD, KCStG Memorial Bursary .

Maj Whitty was a former Army Cadet, former officer with the Canadian Grenadier Guards, former Cadet Instructor Cadre officer and longtime member of the Army Cadet League of Canada. Maj Whitty was also a well-respected and well establish businessman in both Montreal and Ottawa.

Throughout his life, Maj Whitty assisted a number of cadets who, for a variety of reasons, found themselves to be in financial distress or in need a simple helping hand. As a result of his generosity, The Major Terence Whitty Memorial Bursary was created to assist an Army Cadet pursuing post-secondary education and in need of financial assistance.

APPLICATIONS ARE ACCEPTED UNTIL MAY 31st ANNUALLY

Applications for 2018 will be accepted starting in January

For more details and access to the application form, view Policy 17.4 of the [Awards, Grants and Bursaries](#) page on: www.armycadetleague.ca/

Donations—Anyone who wishes to donate to the Bursary may do so at any time.

THESE ARE THE FEW OF THE MANY THINGS WE LEARN

*Cpl Anna Nikoula , 137 Ashbury RCACC, Ottawa, ON
Submitted by the ACLC ON Branch*

Confidence, if you'd asked me what that word meant to me two years ago I would've shrugged as I didn't have the slightest clue. You can't ask someone who'd never learned to swim how it feels doing laps of front crawl. I was timid, I had many insecurities especially as it my was my first year at a new school. So, how did cadets fit into my seemingly uneventful 7th grader life? Well at first it didn't seem to fit so well. But now I have begun to realize the positive change cadets has made in my life. I joined cadets hoping for something new and exiting. It was, however, a rough start. I felt awkward the first day being introduced to drill and annoyed, when I kept getting pulled aside because I wasn't doing my drill movements right. This motivated me to try my best each week to improve the movements until I had got the timings down to. During this time I made some friends and I started to talk to more people. Every puzzle piece was starting to come together, revealing one big picture. To my surprise after a couple of weeks I started to feel a longing and excitement to go to cadets, I'd never had that feeling towards any other activity I'd done. I was genuinely happy that I'd found something that

Confidence, if you'd asked me what that word meant to me two years ago I would've shrugged as I didn't have the slightest clue.

made me feel confident in executing drill movements, raising my hand up to speak during lessons, I felt pretty unstoppable. I found my voice. I started to participate more actively in school as well as cadets. I started stepping outside my comfort zone more often, and each time it was a little less scary. I also realized something, the majority of people are way too worried about how they look, how they walk how they dress, to care about me and the little things I obsess over. These silly things which used to preoccupy my thoughts, don't worry me so much anymore. Now I try to focus more on writing, expressing my thoughts, opinions and even anger on paper. Also, reading, daydreaming, drifting off into my own world and being inside myself. Though I also love to talk to laugh to surround myself with people, go out have fun and try new things! I've learned that as long as you're open minded you never know what's hidden within you and what incredible talents you hold. One aspect I really love about cadets is the fact that we learn about valuable things that can be used everyday, like how to be a leader and the qualities that make an excellent leader, or how to solve problems between friends and the



Anna, far left, pictured with her friends at the ME to WE Youth Event at the Canadian Tire Centre in Ottawa

steps that you should take when you're trying to evaluate and solve a problem. These are the few of the many things we learn every Monday. I joined 137 Ashbury dragoons and now I can say proudly that I know what confidence is because even though I still shake a little during a presentation in front of classmates I'm confident

in my words. Cadets has taught me the value of friendship and being the best version of myself I can be. I'm excited for what the future holds and in the meantime I will follow our corps credo, I will be "Bold and I will be Swift"



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On Monday 23 October, The Royal Canadian Legion presented Her Excellency Julie Payette, Governor General of Canada, with the First Poppy of the 2107 National Poppy Campaign.

Cadets from 137, 2317, 2332, 2784, 2870 and 3018 along with 9 Cadets from Eastern Region participated in the ceremony.

The Cadets were all very well turned out and deported themselves in a manner that brings credit to the Cadet Program. Many took the opportunity to speak to the Veterans and Legion members that were in attendance at the Rideau Hall event.

Her Excellency took the time to speak with all of the Cadets individually. All of the cadets are to be commended for their participation!

Photo credit to the Office of the Governor General of Canada



LAKE SUPERIOR CORPS AT NATIONAL REMEMBRANCE DAY CEREMONY

Capt. Catherine Cavalier, CD, Training Officer 2511 Lake Superior Scottish Regiment RCACC, Thunder Bay, ON
Submitted by the ACLC ON Branch

As 2017 is the 150th Anniversary of Canada and the 100th Anniversary of Vimy Ridge, 2511 LSSR Army Cadet Corps had 20 Cadets, 2 Officers, and 2 Civilian Instructors travel to Ottawa to honour Canadians and War Veterans by attending the National Remembrance Day Ceremony, as part of a Citizenship Trip during the Remembrance Day weekend from Nov 9-12, 2017. The Corps departed from the Thunder Bay Airport the evening of Nov 9 and on Nov 10 toured the Canadian War Museum and the Rideau Hall grounds, and also visited a Canadian Forces Exchange store and viewed a movie in the evening. On Nov 11 the Corps attended the National Remembrance Day Ceremony and the National War Memorial including placing their poppies on the Tomb of the Unknown Soldier. The Corps then attended the Peacekeeping Monument before heading to the Bayshore Shopping Mall for the evening. On Nov 12 the Corps toured the Parliament of Canada, including the Memorial Chamber in the Peace Tower, and then the Canadian Museum of Nature before traveling back to Thunder Bay. During the trip the Corps stayed at the Connaught Cadet Training Centre. We achieved our goals of integrating Remembrance and history and also to



2511 LSSR Army Cadet Corps at the National War Memorial on Remembrance Day during the Corps Citizenship trip to Ottawa from Nov 9-12,

have some fun time as a Corps.

The 2511 LSSR Army Cadet Corps participation in this trip was made possible through the support of many. Donations were made by The Lakehead Rotary Club (through Clint Kuschak), Nordmin Engineering Ltd. (through parent Chris Dougherty), and the Royal Canadian Legion Port Arthur Branch 5 (presented by Poppy Chairman Sharon Scott and President Dell Babcock). As well, the Corps Support Committee organized a raffle lead by Jocelyn Jewett and by Graham Clarke for ticket sales. Prizes were donated by WestJet (through Jocelyn Jewett), Lorraine Jewett, Tiffany Van Gorp,

Amanda Constantin, Mama Alfa's Pizzeria, Westburne Electric (through Joe Dosa), Jennifer Fenton, and Graham Clarke. The Army Cadet League of Ontario (Marian MacDonald) greatly assisted with the process to obtain a lottery licence and support was also provided by Army Cadet League Liaison Officer LCol Heald (retired). Assistance for the trip was also provided by cadets, parents, staff, and local businesses through meat sales, tag days, and ticket sales. Our Sponsor, the LSSR Senate Support Committee Treasurer LCol Diem was the lead in support for financial matters along with the Chair Mr. John Walas.



A PROMISE FULFILLED

CWO Kailee Heath, 219 RCACC, New Glasgow, NS

When I was 13 I went to the open house at the local military museum to recruit for my army cadet corps. While I was there a WWII veteran came up to me asking to join. At 89 years old he didn't quite reach the age requirements so we told him maybe next year. Now nearly six years later I get to tell you a very special story about him. His name was Jim Hefler. Jim never talked about the war but he did talk about one soldier, Harry Hamilton. Jim and Harry grew up together in Middle Sackville, Nova Scotia and were best friends since childhood. They even bought their first car together. When war broke out it was no surprise that they signed up together, but in different trades. I know this because Jim came home, but Harry did not. Jim lost his best friend who was only 23 years old. Jim, himself, just recently passed away at the age of 94 years old and 11 months,

living over 70 years without Harry, but he never forgot. Each and every year Jim laid a wreath on November 11 in memory of Harry. Even when Jim started to get sick he still went to the ceremony. His last remembrance day Jim couldn't walk and could barely talk he was so sick, but he still made his daughter push his wheelchair up to the cenotaph to lay that wreath. Before Jim passed he asked me a favor, to visit Harry for him since he can no longer do so. Thanks to another cadet in the crowd, my amazing officers, and this exchange I was able to fulfill Jim's wish. With a rock from Harry's hometown and a picture of Jim I said my final goodbyes to the two of them in front of Harry's grave in France. Now a piece of Harry's home and a part of his best friend can rest with him. 70 years and an ocean apart they're finally reunited. Thank you.



NEAS SUPPORTS ARMY CADETS IN THE NORTH AGAIN THIS YEAR

Various sources

Submitted by the ACLC NU Branch



Eleven cadets from 3045 visited the NEAS vessel Avataq on Thursday, August 24, 2017. NEAS is a recent sponsor for Nunavut cadet corps but they have been conducting summer sea lift operations for several years now. The tour was organized so the cadets could know more about their sponsor and how they support the corps.

2Lt. Dzioba, Adrian, 3045 Army

Cadets of the 3055 RCACC pose with the NEAS flag following their mess dinner. The 3055 RCACC was named Top Corps for their region, that encompasses corps within the Nunavut Territory and most of the province of Manitoba. Capt Erin McKinlay from the RCSU (NW) in Winnipeg was the special guest; along with corps elder, the mayor, hamlet officials and coop and northern management. *Lloyd Francis, CO, 3055 RCACC, NU*



CITIZENSHIP THROUGH THE RANKS

*Kelly Heintz, Civilian Volunteer, 1292 Lord Strathcona's Horse RCACC, Calgary, AB
Submitted by the ACLC Alberta Branch*

As part of the 2017 citizenship component, the 1292 Royal Canadian Army Cadet Corp - Lord Strathcona's Horse, banded together to support the local Veteran's Food Bank by hosting a Food Drive.

While originally put forth as a Red and Silver Star level requirement, it was soon clear that the entire Corp was on board. Approximately 130 cadets gathered food for four weeks, and managed to bring in hundreds of pounds of food just in time for Remembrance Day.

The Level Officers working with the Red and Silver Star levels, offered a competition between the two cadet groups, to see which level could bring in the most about of food. By week two, the Red Stars had just surpassed the Silver Stars, however on week three, the Silver Stars surprised everyone with the amount of food donations that arrived.

The original deadline of the food drive was extended by



The proud Cadets of the 1292 are pictured with all the food they gathered for donation

Captain Williams, stating he was would match the amount of food donated within the next week. Many cadets joined forces, collecting food from friends, family, schools and youth groups - ensuring that Captain Williams would have to live up to his word.

Come November 9, 2017, there was enough food donated to fill two crate sized boxes, surpassing the amount of food anyone expected would be donated.

The Veteran's Food Bank graciously opened their doors after hours, to allow a few of the cadets to deliver the food,

along with the Red Star Level Offer and Captain Williams.

Many of the cadets expressed their excitement and acknowledged that this citizenship component exceeded their original expectation. A simple gesture that not only brought the Corp together, but one that brought the community together as well.



MAYOR FOR A DAY

*Capt. Ashely Austin, CO, 329 RCACC Tottenham
Submitted by RCSU Central PAO, Capt Nicole McKay*

Master Warrant Officer Michael Basso has been an active member of 329 CFHSTC Royal Canadian Army Cadet Corps for the past five years. He has always been an active member of the community through his church, school and the cadet program and now he can add local politics to his resume. MWO Basso was sworn in as the Student Mayor of the Town of New Tecumseth at a council meeting on November 13th, 2017. He will accompany His Worship Mayor Rick Milne to meetings and public events as get a taste of what it's like to be Mayor. The staff and cadets of 329 are proud of his accomplishment as the position was competitive. Great work MWO Basso!

The position was opened for local youth. MWO Basso had to write and essay and provide references including some references from the staff at our unit. The Mayor was looking for some youth input to add to the mix.



Pictured top: Michael Basso being sworn in by Mayor Rick Milne

Pictured right— MWO Michael Basso being handed over the pace stick as he took on the position of Drill Sergeant Major

LEADERSHIP WORKSHOPS

Capt Nicole McKay, RCSU Central Public Affairs Officer

Cadets who are completing their Master Cadet years are required to attend PO 513 workshops which were held in November and early December. These workshops are a mandatory part of the Master Cadet years, providing senior cadets with information that is applicable to their role as leaders in the corps.

Cadets select their workshops at their home corps and spend two days with their senior cadet counterpart of the sea and air elements learning from each other through discussion, case studies and scenarios. The selection of workshops includes team building, healthy relationships, communications tools, unit command team working relationship, stress management, dynamic instruction, corrective action and positive reinforcement, supervision, time management, and ethics: making tough choices.

Each workshop is designed to be a hands-on and collaborative learning environment where there is much to learn from each and every person. The cadets have a solid foundation from their work at the corps level and

come to the workshop with their own learning goals.

“Through this workshop, we are providing cadets with the real tools to support ‘youth leading youth’ within the Cadet Program,” says Lieutenant-Colonel Doré, Commanding Officer of the Regional Cadet Support Unit Central. “After spending time together at workshop, two

important questions remain: How will you take what you have learned back to your corps? And how will you start teaching some of what you have learned to the junior cadets?”

Leadership being one of the aims of the Cadet Program, this workshop series is one of many ways in which senior cadets can be encouraged to take their own progression of skills to the next level. When an opportunity presents itself at the local unit, encourage these senior cadets to put what they have learned to

work in a practical setting. The leadership workshops are just one of the ways that we are continuing to prepare these young leaders to meet the challenges of adulthood.



Cadets brainstorm during the leadership workshop.



GRANDE PRAIRIE CADETS VISIT THE CANADIAN BATTLEFIELDS OF ITALY

Capt. S. Hagarty, CO, 2850 LER RCACC, Grande Prairies, AB

Submitted by the ACLC AB Branch

In the spring of 2017, the 2850 Grande Prairie Army Cadets embarked on a trip to visit the historical Canadian battlefields of Italy. Given the history of our parent Regiment (the Loyal Edmonton Regiment) our first stop after arriving in Rome was Ortona.

During December of 1943, the Eddies were part of the 1st Canadian Division and were ordered to seize the Adriatic seaport of Ortona. It was a costly battle, which registered 2,339 casualties.

While in Ortona, the Grande Prairie Army Cadets spent a day walking around the community and visiting the historical sites with the assistance of an excellent guide. The sites visited included a restored Sherman tank, the Price of Peace Monument and visiting the

excellent military museum (Museo della Battaglia-Ortona).

While walking through Ortona (where many of the buildings have bullet marks still in them), we were approached by an elderly gentleman. Speaking with our guide, he advised us that as a young boy, he had worked for the Canadian Army and was very excited to meet Canadian youth who had come to visit Ortona.

Our guide explained to us that when the town of Ortona was liberated from the Germans, the people were destitute and starving. The Canadian Army would not provide handouts (which would encourage begging) but encouraged the locals to work for their food. This included washing and mending uniforms and assisting



While traveling, the cadets were approached by an elderly gentleman who had spent some time working with the Canadian Army as a young boy.

in the field kitchens.

Our visitor had been employed as a young boy washing the pots in a field kitchen. He was very proud of having worked with the Canadian Army. He later worked repairing the town's church, which had been badly damaged. After taking a few pictures we continued on our tour.

A short while later, he found us again and proudly showed off an old photo of himself as a boy working on the church. He had gone home to find this picture and then sought us out again. You could easily see the pride he took in the old photo and he was so proud to show it to all of us.

Other people in Ortona noted our hoodies and asked if we were from Canada. The deputy mayor heard that we were visiting and came looking for us to thank us personally for visiting. A previous mayor and his wife (who had actually visited Grande Prairie in 1995) stopped to say hi. While purchasing some snacks in a little shop a local approached us and advised us that Ortona would always be a part of Canada and thanked us for visiting.

We got to see some amazing sites while in Italy but that day in Ortona was to me the highlight of our trip. Being thanked and appreciated by so many locals made me so proud to be a Canadian and a proud part of the Grande Prairie Army Cadets.



REPORTER PUT TO THE TEST AT BLACKDOWN CADET TRAINING CENTRE

Brad Pritchard Alliston Herald, simcoe.com—Article printed August 18, 2017

Journalist suits up to experience confidence course, shooting range

“Why did I agree to this?” I said aloud as I looked at my green-garbed reflection in the bathroom mirror while walking out to meet my impending doom.

The first order of business upon arriving at the Blackdown Cadet Training Centre was to get suited up, because in order to get the proper cadet experience, one must look the part.

After stepping up to the counter at the supply depot, in production line style and efficiency I was handed every piece of my uniform — T-shirt, pants, jacket, hat, boots, and even socks and a belt.

Confidence course

While I have gone paint-balling a few times before, this was my first time handling an air rifle.

I soon reached another moment of self-discovery; all my years of playing first-person shooter video games didn't prepare me in the slightest to wield an actual firearm.

Thankfully, one of the senior cadets was there to show me the ropes; how to load, pump and fire the weapon, and to also offer advice in how to shoot accurately, like squeezing the trigger as opposed to pulling it, and firing shots between breaths.

I was given a total of 10 shots to hit two black circles on a paper target several metres down range, and sure enough, not one of them landed.

“Why did I agree to this?” I said aloud as I looked at my green-garbed reflection in the bathroom mirror while walking out to meet my impending doom.

But it wasn't a total disaster. My shots were more or less grouped together just outside the circles, which is actually what new cadets are instructed to do when they first learn to shoot.

Survival course

For our last stop we checked in with some of the cadets who had spent the night in the forest for the survival course.

The cadets were teamed up in pairs and their first task after being dropped off the day before was to build a shelter.

The team we visited pieced together a simple yet functional lean-to using sticks and a tarp. Once the frame of the shelter was built, they covered the exterior in dirt, pine needles and underbrush for warmth and to help keep the rain out.

The were also tasked with building a tripod-style fire pit designed to make smoke signals, a giant letter on the ground to signal for help, a water collector using clear plastic, and even some camp crafts to keep their minds occupied.

Overall, it was an incredible, eye-opening experience, and I was completely amazed by the discipline shown by these young cadets and how well they put their training into action.

I may have even learned a few tips in case I ever get stranded in the woods.



Metroland reporter Brad Pritchard (left) races through the confidence course with public affairs officer Lt. Stephen La Salle—photo credit Cadets Canada



No. 9 LONDON ARMY CADETS PIPES & DRUMS BAND VISITS MUSKOKA

Lynn Robinson, Civilian Volunteer, #9 London RCACC, London, ON

Submitted by the ACLC ON Branch

Cadets from the No.9 RCACC London Pipes and Drums Band visited Muskoka on Nov. 4th and 5th, 2017 at the invitation of the Heart of Muskoka Pastoral Charge (Bethune United Church, Baysville and Knox United Church, Port Sydney). On Saturday the Band participated in the Bracebridge Legion Br. 161 Poppy Drive, along with the 2250 Muskoka Pioneers RCACC. It was a wonderful opportunity for both corps to get together and share in this community event. The Mayor of Bracebridge, Graydon Smith, also stopped by to say hello to the cadets.

Sunday saw the band participating in Remembrance Services for each church. Highlights of the services included wreath presentation with 92 year old Veteran, Mr. Ray Townsend (Knox United, Port Sydney) and Amazing Grace featuring Pipers Cadet Warrant Officer Alyssa Levigne and Officer Cadet Marcus Tonogai. Cadet Warrant Officer Meghan Robinson and Cadet Sergeant Sean Christensen also shared a reflection and slide show on their visit to Vimy Ridge in March, 2017.

Bruce Thomas from Bethune United wrote, "Our congregation was delighted to hear and view a presentation from Warrant Officer Robinson and her fellow cadet traveler as they shared with



WO Meghan Robinson from No.9 RCACC Pipes and Drums warming up at Bethune United Church



No 9 RCACC Pipes and Drum Band with Veteran Ray Townsend and Pastor Sue Wood, Knox United Church

us their wonderful trip to Vimy and highlighted the profound impact that their visit to France meant to them. Their message and overall presentation was well received and then capped off by the band's presentation of Amazing Grace. Both of our churches felt deeply honoured to have their visit on that Sunday and many photos were taken at both locations remembering their fine contribution at that special time of November. Their presence certainly enhanced our time of worship at both locations and our congregations extend our sincere thanks for a visit for all of us to remember."

All of the cadets expressed how honoured they were to participate in this trip and wished to forward many thanks to the Heart of Muskoka Pastoral Charge and 2250 Muskoka Pioneers. "I had an incredible time visiting 2250 RCACC and playing for the Remembrance Day Services at Bethune and Knox Churches. It was a great chance to get some attention to our band, and great to see how much the people loved it", Cadet Sgt. Sean Christensen.



FROM SOCCER MOM TO ARMY CADET MOM

Lori Moore, Proud parent and volunteer. 903 BC Dragoons (Kelowna), Kelowna, BC

Submitted by the ACLC BC Branch

Our youngest son had always been involved in sports. He started playing soccer when he was in kindergarten and continued to play for seven years, the last year of which he made a competitive team.

He decided he wanted to join army cadets a few years prior but he was still too young. We're not sure where the interest came from as neither my husband nor myself have any military background and it wouldn't have been

something we chose for him as we had no knowledge of the program. He did not have any friends in cadets. His interest stuck and when he was twelve, he joined.

Therefore, began our army cadet journey. For the first year, my husband and I went to the sponsor committee meetings where we learned the ropes of becoming cadet parents. We had a whole lot of acronyms to learn: FTU's, FTX, ACR, DND to name a few.

The second year I became the secretary for our sponsor committee corps and I am now going into my third year in this position and my son's fourth year as a cadet. It has been a pretty cool ride for the most part so far. We have watched our son rank up, earn awards and continue to thrive and become a leader within his corps.

Soccer cleats have been replaced by combat boots.

My position as a secretary for the soccer team sending out game dates and locations has been replaced by sending out Warning Orders. I love his passion for the military and it has in turn, made me passionate and more appreciative of the Canadian armed forces. I like the fellowship of being part of a unique group of parents and officers. Like any organization, it has had its ups and

downs. It is wonderful when another parent thanks us for volunteering our time but the best gratitude is when our son thanks us for being actively involved in something so important to him. I used to be proud when he scored a goal, now I am filled with so much pride when I see him in his full dress uniform, when he wins a prestigious award, when I see him teaching younger cadets who have just joined the program, when I see the leader he has become.

This is why I stay involved and why I will continue to dedicate my free time to the cadet movement. And now, I would rather sit and watch a parade on the parade square than sit on a field and watch a soccer game.



THE 2947 RCACC SHARES A NEW INITIATIVE—STORIES OF EXCELLENCE

Capt. Jeffrey Ng, CO, 2947 "12 Service Battalion" RCACC, Richmond, BC

Submitted by the ACLC BC Branch

As a key stakeholder of 2947's success, your continued support for our Cadet Corps has been (and still is) critical to our delivery of one of the best youth programs in Canada.

I'm proud to announce the launch of a new initiative named "Stories of Excellence" that aims to communicate the success we've had in our training year to our major stakeholders and supporters.

Stories of Excellence will be told on a bi-annual basis, once at the mid-point of the training year in January, and once at the end of the summer training cycle.

The full communication of each story will be similar to a shareholder's report, but told in a more vibrant, meaningful, and engaging way.

As we wait for final summer training results to roll in, I'd like to share some preliminary highlights of the 2017 Story:

Population

2947 currently has a registered strength of 71 cadets. 53 of our cadets are male (75%), and 28 of our cadets are female (25%).

Having a female population which makes up a quarter of our total strength has been a huge achievement. I believe this is due to strong role-modeling and the positive influence of our female leaders, both NCOs and adult staff alike.

This training year we have had 27 new enrolments and 5 reactivations (transfers and returning cadets), for a total of 32 cadets taken on strength!

We broke even in terms of population growth, with 32 cadets struck off strength. We've had a large number of senior cadets age out from the Corps, going on to study at institutions such as UBC, SFU, BCIT, and UCLA.

Our administration has also been extra vigilant as we struck off numerous cadets who decided that the program wasn't for them, or had broken off contact with the Corps.

At the end of the day breaking-even in growth is a positive outcome, as we work to ensure that the Corps is "right-sized" and that we are requesting and allocating resources responsibly and accurately.

Training

Because we have struck off a large number of our non-effective cadets, our participation ratios have been excellent.

2947's attendance/participation rate did not drop below 60% for any one activity and averaged just under 80% for the training year.

This is an excellent participation ratio for a unit of our size, and we anticipate it to get even better with new and exciting changes to some of our training activities next year.

29 of our cadets were selected for summer training opportunities. That is 41% of our Corps!

Of these 29, several were also selected for prestigious advanced training opportunities:

- One cadet selected for the Maple Leaf Exchange
- One cadet selected for the National Rifle Team
- Four cadets selected for Staff Cadet Positions
- One of these four selected as Company Sergeant Major of Bravo Company in Vernon, and one selected as Drum Major in Vernon
- One cadet selected for the Cadet Leadership and Challenge Course at Rocky Mountain Cadet Training Centre
- Two cadets selected for the Full Bore Phase 1 Course

We have also had a strong competitive team presence.

The 2947 Drill Team placed 1st in its category at the Lower Mainland Zone Drill Competition and was ranked 2nd Overall in the Province. It was also the top Army Cadet drill team in the province in its category.

We have also fielded a marksmanship team at competition, a competitive first-aid team that went to their first competition, and are developing a band to be competition ready for the 2017/2018 training year.

Back Office

Our adult staff team and sponsoring committee are looking stronger than ever, with even more room to grow!

We have five CIC officers filling key positions, two civilian volunteers who are also in the process of joining the CIC, and one former PRes member volunteering with us in a civilian capacity.

Our support committee is highly functioning with key executive positions filled, along with additional committee members leading fund-raising.

We are in a very comfortable place financially, with our fundraising team raising over \$2500 from community

service organizations, in addition to private individual contributions from parents and the public.

2947's physical office also underwent a significant remodeling. The office has been redesigned into a modern, intelligent coworking space, which eschews individual desks for a large sit/stand work table.

We have also installed a 10' whiteboard along the length of the office, which allows us to use the space as a briefing or instructional area.

Full Results

We intend to tell our full 2017 Story of Excellence at the end of the summer training cycle. 2947 has a strong history of producing cadets who earn Top in Platoon, Company, and Course awards every year, and we want to share their achievements with you in our Story.

I look forward to sharing the achievements of our young leaders with you at the end of the month, and thank you again for your continued support of 2947.

To view the full document [click here](#).



LEAGUE MEMBERSHIP HAS ITS BENEFITS

Tri-League collaboration for the October issue of Esprit de Corps magazine

Cathy Bach, parent of a former cadet in BC, came to the Army Cadet League of Canada not knowing anything about the program or its inner workings. Inspired by the change she saw in her newly enrolled son Bach decided to become involved with the League and has since risen to the board's national level. In her words, "there is no better youth program in Canada. I am amazed every year at the quality of youth that have benefitted from being part of this organization. My son has been out of the program for almost 10 years, and I still want to give back and support the program." Now a member with over 15 years of experience, Cathy brings tremendous personal and professional experience to influence the local, provincial, and national Boards.

There was no minimum or maximum commitment and no matter how much I volunteered, I always felt part of a team.

– Rob Gill

Bach is amongst the thousands of like-minded individuals who come from a variety of backgrounds and have seen the results in youth who participate in the Cadet programs, and have since decided to give back to the program for a variety of reasons. Christian Bedford, Director of Communications on the National Board for the Navy League originally became a member to stay in touch with his maritime defence background when he moved across the country, but continues to volunteer because, "the Sea Cadet and Navy League Cadet programs, just like Air and Army Cadets, provide our youth with fantastic opportunities unlike any other youth programs out there. I can't think of a better place to volunteer my time."

Whether their contribution stems from their experience as a past cadet, former CIC officer, parent of a cadet, past or current volunteer, it is with their passion that the League members choose to:

Be part of an organization that helps develop leaders of the future

Share their experience to help maintain or enhance the Cadet programs

Have a say in the development of policies and decisions made by the Leagues on a national level in support of the program

Help support volunteers working at the corps

Together, the Navy, Air and Army Cadet Leagues

support over one thousand cadet corps and squadrons across Canada. The varied cadet programs benefit over 55,000 young Canadians aged between nine and eighteen every year, and they continue to grow. Although the Leagues are closely involved in the development of policies and overseeing the civilian support to the program, they also sponsor a variety of awards, recognitions and scholarships. The Leagues also maintain strong relationships with a variety of supporting organizations such as the Royal Canadian Legion, Young Citizens Foundation, ANAVET's, the Royal Canadian Sea Cadet Education Foundation, industry partners and many others.

The Cadet Leagues are volunteer driven, civilian organizations that partner with the Canadian Armed Forces to provide young Canadians with the opportunity to grow in a dynamic, challenging and fun learning environment. These Air, Army, and Sea themed programs prepare young Canadians to become active, responsible members of their communities.

Our members are dedicated to developing the leaders of tomorrow and teaching them skills that can be applied in all aspects of life. It is with the generous support from our communities and partners that we continue to help deliver first-class youth programs. These programs are tailored to those with a sense of adventure and looking to develop strong leadership skills, life skills and to improve their self-confidence and sense of responsibility.

“Through the Air Cadet program, I was trained in methods to help me to be a good leader, a good citizen, a man of my word, and most importantly – a good friend. The program taught me what integrity, loyalty and discipline truly were. It taught me to take responsibility and be accountable for my own choices”, said Donald Berrill, National President of the Air Cadet League of Canada. It is from his personal experience and the benefits that the program offered him that he, to this day,

remains an engaged member of the League, and has been for decades.

Throughout the years influential individuals, such as past Chiefs of Defence Staff, Members of Parliament, community leaders, and retired military members along with committed family members all work alongside to share their knowledge and experience with the Leagues.

“From the very first moment I joined the League I realized that as a volunteer organization, the League recognized my skills while allowing me to better balance my support to the Army Cadet program with my personal and work lives. There was no minimum or maximum commitment and no matter how much I volunteered, I always felt part of a team,” says Robert Gill, former Army Cadet & CIC officer, Local, provincial League member, and current Executive Director of the ACLC National Office.

Do you have any experience and skills you may want to bring to the table? Do you wish to help represent the Leagues’ national interests across Canada for the benefit of the cadet programs? No matter your background, your involvement within the cadet Leagues would be invaluable to us.



Esprit de Corps magazine features

“CADET CORNER”

in every monthly edition. All members of the Royal Canadian Army Cadets are eligible to receive a free 6-month digital subscription for **FREE!** Just email cadets@espritdecorps.ca



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We are ... The one that's **read!**

We hope you have enjoyed this issue of On-Target.

We wish you all a Merry Christmas & all the best for 2018



Dear readers,

We hope you have enjoyed this issue of On-Target. The articles of this publications are written by cadets, CIC officers, League members, volunteers and parents from all over the country.

The intent of this publication is to share the experiences, the ideas and opportunity the Army Cadet League of Canada and the Army Cadet program can offer. If you have a story or an experience you would like to share in future issues of this publication. Please send them to:

commsofficer@armycadetleague.ca. The Army Cadet League of Canada, appreciates your contributions to this newsletter.

This publication is also available online on our News page at www.armycadetleague.ca and offered in both official languages. If you wish to receive a French copy, contact the National Office of the Army Cadet League of Canada at commsofficer@armycadetleague.ca.

The next issue is scheduled to be published in the Spring/Summer of 2018.

We hope to hear from you.

Thank you,

The Editor