



SPECIAL POINTS  
OF INTEREST:

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## Nepalese Adventure Epiphany and Lifelong Lessons

**Written By: Dave Deloye**  
DCO, 2912 RCACC Sudbury

This is a story about a former Cadet (myself), two current Cadets (my kids) and a set of circumstances that none of us had encountered before. It proves that the training one receives in this organization, despite not always being clear in its objective, leads to a set of skills and personal development that makes challenges more bearable. This has always been evident to me, especially while I watch Cadets, physically and mentally exhausted, buckle down and push through some uncomfortable situations.

My wife, two kids and 4 of my wife's nursing colleagues had planned this trip over a year ago. The intent was to spend five days in India to take in the sites around Delhi. From there, the original plan was to travel to Nepal, where we were scheduled to work with a volunteer agency (IVHQ). The nurses were supposed to do medical outreach, while the kids and I were scheduled to teach English at the local schools.



We were in the air flying to Delhi when

the first earthquake (7.8 Richter scale) hit. There was no damage in India, but we were unclear as to how this would play out with our plans to go to Nepal. We were contacted by IVHQ and told that they would need 48 hours to decide how to proceed. During this time, we proceeded as usual, travelling around Delhi and Agra.

The day before our scheduled flight to Kathmandu, IVHQ finally contacted us to say that the volunteer program had been cancelled and that our fees (to cover lodging, food, etc.) were being refunded. They said it was simply too dangerous.

Prior to this, we had reached out to several agencies, including the Red Cross, DND, Foreign Affairs Canada and other NGOs to see if our services were needed. We were able to make contact with one of the hostels we had planned to stay at to see if they were still open. Although the hostel had no hot water, electricity or food, they were relatively undamaged, and were open for business. We discussed the pros and cons with the group of 8 and decided to proceed.

We landed in Kathmandu on 1 May. Immediately, we made contact with the Dhulikhel Hospital, located on the edge of the Kathmandu valley, where the nurses were most welcomed; as they were the hospital that was taking in the bulk of the casualties from the outlying villages that had been decimated.

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*“The work was physical, but very rewarding at the same time and we met some incredible people from all over the world.”*

The kids and I were able to make contact with a group called All Hands and started work the following day; moving and preparing relief kits.

Our tasks ranged from moving, preparing and hauling relief sanitation kits and large quantities of food to eventually going to the hardest hit areas for debris clearance. The work was physical, but very rewarding at the same time and we met some incredible people from all over the world. The nurses did some amazing work, including working at the hospitals, assisting with surgeries, and in fact, my wife even delivered a baby in a taxi outside the hospital.

On 12 May, Allen (my son), Juliette (my daughter) and I were removing debris in the small town of Lalitpur, just outside of Kathmandu.



At 1 pm local time, a second earthquake (magnitude 7.3) hit. We were breaking for lunch when it hit and I was separated from my kids and we couldn't find each other. Probably one of the most frightening experiences of my life; let alone the fact that buildings were falling down around us.



Please see the link of a video footage that was taken by people in our group with GoPros (<https://youtube/8uuHT191TvE>).

Suffice to say, 215 people died in that earthquake and thousands more were hurt. Fortunately, none of us were injured; however we had no contact with the nurses until much later that day. We continued with the trip, and returned to Canada on 20 May.

We all have so much more to learn and share. My message to Cadets is stick with the program. It will make you a better person and in the end, that is worth more than all the riches in the world.





## Army Cadet Exchange Australia

**Written By: CWO Christopher Cameron  
Cadet, 676 RCACC Georgetown**

I was selected as one of only six Cadets from across Canada for the Army Cadet Exchange Australia. In early July, myself and many other Cadets headed off to Connaught Summer Training Centre located in Ottawa. The first few days before leaving for Australia were long and filled with excitement! While waiting for July 9th to hurry up, we all had to complete a physical fitness test and an interview to see if we were competent leaders and ambassadors before we were cleared to go.

The flight and layovers took a grueling 40 hours. We went from Ottawa to Toronto; then carried on to San Francisco where we boarded our longest flight—15 hours. We took off at 11:30 pm on July 9th Pacific Daylight Time and landed in Sydney at 6:15 July 11th Australian Daylight Time. In our travels we missed July 10th. The six of us were exhausted from traveling for so long. Upon stepping out of the airport, we were surprised to see 6 degree weather. We met with our Australian officers, got on a bus and headed to the Holsworthy Barracks Located 45 minutes outside of Sydney.

After arriving in Holsworthy, we immediately went to the mess and the Australian officers urged us to try Vegemite; it was not an enjoyable experience. After washing our mouths out, we were introduced to the organizers and planners of the program. We were busy with paper work and briefings until after dinner time. Once getting to the barracks our team of six all went to bed; I slept like a rock for a good 14 hours. After breakfast, we drove 2 hours to the nation's capital, Canberra.

We spent 4 days in Canberra on HMAS Harmon which is a naval base. We got to visit the parliament house that had one of the few original Magna Cartas and the war memorial, which is one of the world's largest war museums. Our group also took a tour through the Royal Military Collage, the Australian Defence Force Academy.

On the Friday, we left Canberra to go on a bivouac with two Australian units in Goulburn. When our group first arrived on the site we were delighted to see a familiar presence of snow. Like any true Canadian, we had to test out the snowball capabilities of Australian snow. On this biv we learned about patrolling and watching out for venomous animals. There are a lot of venomous creatures in Australia so thankfully this lesson came in handy.



**CWO Cameron (front right) with the 5 other Cadets who were selected for the ACE Australia**

On Sunday, we arrived at the Randwick Barracks. The following morning we walked across the Sydney Harbour Bridge and walked up to the Sydney Opera House. Later that day, we visited a school based Cadet unit that was considered small with over 300 Cadets. We compared programs and rank structures. In the evening, we visited a non school based unit with 70 Cadets. This unit was more comparable to the 676 Cadet Corps back home. We

then visited one more non school based unit with 50 Cadets. It was their recruiting night so we got to see a lot of demonstrations put on for the parents.

We spent a lot of time exploring! We visited Paddy's Market, Darling Harbour, Bondi Beach, Manley Beach and even visited a world famous meat pie truck called Harry's Cafe de Wheels.

My Australia experience was an incredible journey. It marked the end of my 6 ½ years with the 676 RCACC and is something I will remember forever.



## What has Cadets done for Me...

Written By: Sgt. Singleton  
Cadet, 100 RCACC Brighton

I joined Cadets late but that doesn't change how it helped me. I was in need of structure in my life and Cadets helped me get the structure I needed.

Cadets has changed my life for the better. I had some leadership qualities but Cadets showed me how to use those qualities. Cadets has given me confidence. There are some choices in my life I had to make and without the confidence that Cadets has given me, I could never have made those tough decisions.

I have made lifelong friends at Cadets. They are my family now. I have had more fun the past couple years in Cadets than I have had in my life. What I am trying to say is that Cadets has helped shaped the person I am and who I am going to be.

Be proud to be a part of this great organization.



Sgt. Singleton at 100 RCACC Brighton Remembrance Day ceremony with the Lieutenant Governor

## Congratulations to M/Cpl. Reece Gordon

M/Cpl. Reece Gordon was one of two winners of the Jeanie Education Foundation award for his 10-slides PowerPoint presentation of the Battle of Queenston Heights during the War of 1812. The criteria for the winning PowerPoint presentation is to: clearly and accurately present the facts and events of the battle itself; note who was involved and explain why the battle was historically significant to Canada and its peoples.

M/Cpl. Gordon was awarded a History prize of \$1000.00! Congratulations M/Cpl. Gordon on a job well done! To see his winning entry, please click on: <http://www.canadarailwaytimes.com/education/competition/>



## Remembering Cathy Ballar

We at the League are saddened to announce the sudden passing of Cathy Ballar at the L&A County General Hospital on September 19, 2015. She was a compassionate, kindhearted and a friendly volunteer of the League who dedicated many years of her time and contributed tremendously to the Army League program and 640 RCACC Cloyne. She will be fondly remembered by her extended family, friends and the many lives she touched here at the League. She was the loving wife of 54 years to Ernie Ballar who is also a longtime dedicated League Liaison Officer with the Army Cadet League.



## 2360 RCACC Arnprior Welcome Back BBQ

On August 31<sup>st</sup>, the 2360 Arnprior Army Cadets hosted a Welcome Back BBQ at Robert Simpson Park. They had approximately 20 Cadets and staff showed up to this annual event, which was sponsored this year by the owner of the Arnprior Giant Tiger.

The Cadet Corps would like to Thank Mike Marcil for his donation of products in support of the local youth.

**Photo on the right is of Second Lieutenant Sandra Carson who is BBQing for the event**



## 2511 RCACC Thunder Bay

### Change of Command Ceremony



**Submitted by: John Walas  
Support Committee Chair, 2511 RCACC Thunder Bay**

On Nov. 2nd, 2511 RCACC a largely attended change of command from outgoing C.O. Capt. C.D. Cavalier CD to incoming C.O. Capt D.R. Kremer CD that was held at the Capt. O Kelly Armoury. In attendance were representatives from the City of Thunder Bay, the 18<sup>th</sup> Field Ambulance, members of 18<sup>th</sup> Service Battalion Senate, L.S.S.R. Senate, C.O. of 18<sup>th</sup> service Co. and staff, the C.O. of 2294 R.C.A.C.C., parents, and the League Representative L. Col. (ret.) James Heald.

The inspecting officer was L. Col. D. Ratz C.O. L.S.S.R. The Cadets, though currently small in number, were extremely well turned out and took the parade in fine form. There were presentations of Corps and League coins, as well as a citation of merit certificate, and gift certificate presented to Capt. Cavalier by L. Col (ret) David Wilkie L.S.S.R. Senate Chair, on behalf of their Sponsor the L.S.S.R. Senate.

Piper Sgt. Bill Peters L.S.S.R. piped in the parade with "Highland Laddie" the Regimental march. The cadets are looking forward to the training year, with Captain C. Cavalier continuing on as training officer.



## 2951 RCACC Leitrim Signals Regiment

What an exciting time we have been having at 2951 RCACC based in Vernon ON. We were off to a rough start in fall 2014, but we have come a long way.



The Corps was suddenly in search of a new home just over a year ago. We found a fabulous new home and things have been onwards and upwards since then. We are now based out of the Vernon Recreation Centre in the south end of Ottawa. The local community has embraced our presence including our new sponsors Royal Canadian Legion Branch #589 Osgoode and Royal Canadian Legion Branch #212 Kemptville. Our facility accommodates most of what we like to do, there are many offsite areas with activities within a short drive and the bigger plus, which has opened the door to many new youth. Our numbers have grown. In fact we have almost doubled in size over the past year and we have also had new parents jump onboard as Support Committee Members and Staff.

What have we been doing to keep things progressing? A lot! From standard things like summer camps, Tag Days, FTXs, Drill Team, Biathlon, and Wreaths Across Canada, to attending the Imjin Hockey Classic, a booth at our local Fair, speaking at many of our local elementary and secondary schools, an open house, aiding one of our sponsoring Legions with Remembrance Services, and more, we are keeping busy. We are listening to our youth and allowing them to help plan ideas for events, activities, and training. Our Cadets are speaking to their friends and bringing them to Training nights to see what we are about. They are helping promote the Corps and that enables us to reach more people and do more for and with them. The Cadets are helping us keep the fun and excitement in motion while learning new skills and traits that will enhance their lives.

Our training is the standard Army Cadet training as per the parameters provided by the National Defence and the Army League with extra sessions when appropriate. Just last evening we spoke of Code of Conduct and Operation Honour-Canadian Forces Sexual Harassment Policy. Coming up soon will be First Aid. We have fun but we are serious in incident and accident prevention as well.

Along with training, are awards. We have had many promotions over the past year as well. Cadets have moved up in ranks, have received a variety of physical fitness awards at differing levels, received Badge Caps, lanyards and Star promotions. Last month we also saw a change in the ranks of Senior Cadets. New CSM and DSM were assigned.

We are 'with the times' and use not only our website [www.2951cadets.ca](http://www.2951cadets.ca), but also email, [2951rcacc@gmail.com](mailto:2951rcacc@gmail.com), facebook with both a closed and public group (2951 RCACC Leitrim and 2951 Royal Canadian Army Cadets), and twitter [@2951ArmyCadets](https://twitter.com/2951ArmyCadets). This allows us not only to send out information, but to follow other Corps and see what ideas we can use.

What is the most excitement about? It is about 2017. We are planning a trip to Europe in November 2017. While it is exciting that we will visit the Netherlands, Belgium, France and England, we are most excited by the fact that we will spend part of Remembrance Day 2017 at Vimy Ridge. A few of the other places we will visit are Anne Frank House, Normandy, and Buckingham Palace. This is a costly trip but we are up to the challenge. We have various fundraisers planned and we are working with our local service groups, MPP and MP to see about alternate funding that may be available to assist us. We are always looking for other fundraising ideas though.



# We Welcome Your Help...



In order to continue; as well as improve our support of the Army Cadet program and activities, the Ontario Branch of the Army Cadet League needs your help! If you are able to help us monetarily, please make a Donation to the Army Cadet League of Ontario. All donations of \$10.00 or more will receive a charitable tax receipt for income tax purposes.

**Please make your cheques payable to:**  
Army Cadet League of Canada (Ontario)



**Cheques can be mailed to:**  
Army Cadet League of Canada (Ontario)  
Attn: Clover Pereira  
1200 Markham Road,  
Suite 527  
Toronto, ON M1H 3C3

*We would like to hear from you...*

**If you would like to see your story in our next newsletter,**

**Do not hesitate!**

**Please submit your articles and photos to:**

[acladmin@bellnet.ca](mailto:acladmin@bellnet.ca)

**Be sure to mention "Newsletter" in the subject line**

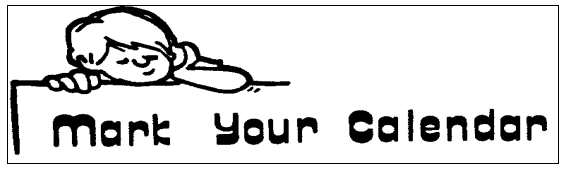


**Stay informed!**  
Please visit our website at:  
[www.armycadetleague.on.ca](http://www.armycadetleague.on.ca)



# APRIL 2016

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April 1<sup>st</sup> to April 2<sup>nd</sup>, 2016 - The Army Cadet League (ON) Annual General Meeting and Training Seminar to be held at the Delta Toronto East in Toronto, ON.

*We would love to see a representative from each and every Corps!*

*Don't be shy!*

Join us on our League's biggest event of the year!

*Commanding Officers are also welcome to attend!*





## Lifetime Achievement Award: an Interview with Capt. Phil Lusk

Written by: WO Elizabeth Cannon  
Cadet, 2799 RCACC Aurora

Captain Phil Lusk of the Queen's York Rangers 2799 Army Cadet Corps is a recipient this year of the Lifetime Achievement Award, which recognizes long-term contributions and dedication to the Canadian Cadet Program. Capt. Lusk leads a team of 10 officers and over 120 cadets who parade at the John Grave's Simcoe Armoury in Aurora, Ontario. He works at the Regional Cadet Instructor School (Central) as a training officer, and previously was the Regional Staffing Officer with the RCSU (C). Captain Lusk has been with the Rangers for many years and has served as Commanding Officer for three terms (1993-1997, 2000-2004, 2014-present). Also, he was the Regional Cadet Advisor (as a Maj.) from 2006-2009.

Many Rangers that have gone through the cadet program have been inspired and motivated to chase their dreams, with which Capt. Lusk has had a large impact. He supports cadets in any way he can; whether they want to pursue a career in the Armed Forces, attend post-secondary education, or are aspiring to create their own business, etc. Captain Lusk encourages cadets to be creative and to seize opportunities when they arise.

I had a chance to sit down with Capt. Lusk and ask him a few questions about his career in the program and the Lifetime Achievement Award.

*Would you care to share your history with the program?*

"I joined cadets [Queen's York Rangers] in '75 as a 12 year old and turned 13 a couple months later, and retired at the end of 1981. I became a civilian instructor which I did for 8 years, and in 1989 I was enrolled as an officer cadet. So, that would be about 26 years."

*What is one of the greatest satisfactions you derive from being in the program?*

"Well, truthfully one of the items that was kind of brought up in the Achievement Award was the Orienteering Program. Orienteering is as most people know, a sport of using a compass and a map and getting from place to place as quick as possible. It is really compatible to the cadet training program. Air, Sea, Army cadets *all* do fitness stuff, sports, running, as part of our aim, and we all do some form of navigation. So orienteering just makes total sense to be a cadet activity. The fact that it wasn't a competition, was something we decided to take into our own hands as a corps, and make it one. We created our own competition that we hosted for the first couple of years, we invited other cadet corps and we had people from Orienteering Ontario come and set up the course to let us use their cool system. Then we had other cadet corps get involved and they started hosting it, and we rotated around to different cadet corps and different places. Finally the cadet region stepped in and said, 'We like this program, we think it's viable,' and they took it over and have been running it for the last ten years. So I take some pride in getting the orienteering program up and running."

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***Are there any difficult decisions you need to make as CO of the corps?***

"One of the biggest decisions we have to make is how to deal with our senior cadets who have lives outside of the cadet corps. When it comes to the amount they can contribute or dedicate to the cadet corps, we always assume that senior cadets want to and need to commit to the level we need them to or want them to. Sometimes life gets in the way; school, work, family, etc. So sometimes we have senior cadets who have a *lot* more going on outside of the cadet corps, and we have to decide when to put them into a different position that doesn't require as much commitment. It's a tough decision to make because we know that most of them really want to put more time in, it's just that, they need to work, or they need to get their marks up in school, or they need to spend time with their grandparents, etc. So that's the biggest decision that we make that's really *hard* to make. It's tough when we almost have to penalize cadets for having a life outside of the program."

***As a CIC officer, what's one of the craziest things that's ever happened to you?***

"Back in the mid-1990's, when the expedition program was just starting, I was hired with another officer to take a group of cadets down to Florida for a canoe and hike trip. In the couple of months between the rekkie of the route and the time we went, a hurricane went through the area. The local guide thought that there wouldn't be too much change to the route, but what we found while we were canoeing on this river through the everglades was that a whole bunch of trees had come down across the creek. So we had to do a lot of liftovers. This route had alligators, and the marshy land was not suitable for camping. Our guide had underestimated the time it would take to reach our camping spot, and it got dark. While we were canoeing, that's when we first learned that in the dark, with a flashlight, alligators' eyes glow bright red. We would see an alligator in the water ahead of us at this fallen tree, and it would then just - drop into the water and disappear when we got close. We didn't know where it had gone, and we had to get out of our canoes and stand on these trees and pick up our canoes and pull them over and get back in our canoes past the trees, not knowing where the alligators were. So here we are, myself and the other officer, we're adults, but we had about twelve 15-16 year old cadets and we had to make sure they weren't too scared by saying things like, 'the gators are more afraid of you than you are of them' which they are, but we had to say that the alligators had, like *left* the area whenever we did a liftover. So we had to reassure them that it was safe, when we didn't really, *know* if it was exactly, for sure, that safe."

***How does it make you feel to receive such a prestigious award?***

"I am truly honoured to have received this award. I want to thank the people at our unit who put a lot of work in to make this happen, and I won't let them down. And, on the point of it being a Lifetime Achievement Award, people ask me if I'm retiring, am I leaving, and I say no. I have spent a lifetime with the cadet system but I'm not finished yet."



## Local Teen Meets Prince Edward During Duke of Edinburgh Award Ceremony

Submitted by: Marilyn Walkom  
PR, 223 RCACC Stratford



WO Darcy Harper received his Duke of Edinburgh Award in 2014

After working hard over two years to complete the criteria necessary to first receive the Duke of Edinburgh Silver Award in 2013, then the Gold Award in 2014, Fullarton-area teen Darcy Harper crossed an item off his bucket list on Tuesday, Oct. 27 when he met Prince Edward, Earl of Wessex, during his Gold Award ceremony in Toronto.

The Duke of Edinburgh International Award is the world's leading achievement award for people aged 14 to 24, providing the young participants with an opportunity to learn new life skills and make a difference to themselves, their community and the world. The program is segmented into three levels – bronze, silver and gold. Starting at 14-years-old, a young person can advance through each level by completing the criteria for the bronze, silver and gold awards, each within allotted time frames.

Like Harper did, participants can also enroll directly into the silver or gold award program if they're 15 or 16-years-old, respectively. Harper was first turned onto the Duke of Edinburgh International Award when a counselor at a camp he attended suggested he give it a try. By November 2013, Harper received his silver award at a ceremony in Toronto after working for 12 months to complete the necessary criteria for the award.

Not satisfied with silver, Harper immediately started working towards his gold award, which he was presented with at another ceremony in Toronto, this time presided over by Prince Edward.

“What you have to do to get it is you have to get 60 hours of community service, 50 hours of fitness and 60 hours of learning a life skill,” Harper explained. “I went around Mitchell, Stratford, Strathroy and other places doing community service, and for my life skill I learned how to play the bagpipes.”

Over the course of the year Harper had to complete the criteria for his gold award, he helped out with odd jobs at a local daycare and his church, he sold tags for his Army Cadet Corp (223 in Stratford), he sold poppies for the Legion before Remembrance Day and he helped build benches at a camp in Avon. By the end of the year, Harper actually completed over 100 hours of community service, going above and beyond what was required.

Throughout the year, Harper had to complete two hours of fitness every week to meet the 50 -hours he needed for the gold award. Harper finished the year with 54 hours under his belt by biking, walking, hiking, jogging and weightlifting.

“I started picking up the chanter about three years ago, I learned the chanter for my life skill for the silver Duke of Edinburgh Award – the chanter is the part you learn the bagpipes on, it's the actual flute part. And then the next year I tried bagpipes and I learned that for my new life skill. I own my own set of bagpipes too,” Harper continued, adding that he had learned bagpipes through Army Cadets and had the opportunity to attend Camp Borden for a three-week band camp in the summer of 2014.

Continued on pg. 12



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The final criteria before Harper could receive his gold award was that he needed to participate in three adventure journeys. To meet this criterion Harper completed a practice canoe journey, a three-day canoe hike at Fanshawe Park in London, and he participated in clean-up weekend at the camp in Avon, where he also built the benches for his community service hours.

Throughout all that hard work Harper also had to deal with the challenges of living with Attention Deficit Hyperactivity Disorder (ADHD) and Tourette's Syndrome, which he said didn't hold him back at all.

“I'm good at what I do, I can focus pretty easily on the stuff I like doing,” Harper said. “I can't sit in an office very long, but I can go out and do physical work and that stuff all day.”

And Harper's hard work and focus paid off in the end, as on Jan. 28, he received his gold award pin at the 223 Army Cadet Corp in Stratford. On Oct. 27, Prince Edward himself personally presented each gold award recipient from across Ontario with a certificate marking their accomplishments.

“We're really proud of what he's accomplished and it was a real honour to have Prince Edward at the award ceremony presentation,” commented Darcy's dad, Floyd.

“That's always been his dream,” his mom Ruth continued. “He said mum, 'When I receive my gold it has to be by a member of the royal family.’”

And now that he's met one member of the royal family, Harper is keen on meeting as many more as he possibly can. As a newly minted member of the Mitchell branch of the Royal Canadian Legion, Harper hopes another opportunity to meet a royal will come up in the future.

*This article is originally written by Galen Simmons and published in the Mitchell Advocate*

***The League would like to recognize and congratulate the top winners of the Lord Strathcona Unit efficiency award within each Detachment area:***

**COA**

Top Large Corps - 2919 RCACC Barrie  
Top Small Corps - 1909 RCACC Collingwood

**NOA**

Top Large Corps - 2912 RCACC Sudbury  
Top Small Corps - 2310 RCACC Sault Ste Marie

**WOA**

Top Large Corps - 2659 RCACC Brantford  
Top Small Corps - 613 RCACC Fonthill

**EOA**

Top Large Corps - 2332 RCACC Ottawa  
Top Small Corps - 2360 RCACC Arnprior

***Top Marksmanship Corps:***

COA — 48 RCACC Toronto  
EOA — 2587 RCACC Kingston  
NOA — 2344 RCACC New Liskeard  
WOA — 1596 RCACC Kitchener



## 613 Lincoln and Welland Regiment

### Army Cadets take it to the Next Level

Submitted by: Capt. Leo Giovenazzo, CD  
Training Officer, 613 RCACC Fonthill

In September, 613 RCACC Fonthill received the Lord Strathcona award for being the top small Cadet Corps in Western Ontario. Sgt Cody Arpin, the Area Cadet Advisor for Army Cadet Units in Western Ontario, attended Branch 613 Royal Canadian Legion, to present Capt. Lynn Giovenazzo, the Commanding Officer of the Cadet unit and the Lord Strathcona award for the top small Army Cadet unit in Western Ontario

The Cadets from 613 were very proud to receive the award for the 4<sup>th</sup> time in the last 5 years. Ontario is broken down into 4 areas; each area picks a top small and large Cadet unit from within the area to receive the award. Western Ontario consists of 35 small Army Cadet Units, located between Windsor and Fort Erie; the Army Cadet units are broken down into large and small Corps. 613 are considered a small Cadet Corps, parading under 50 Cadets weekly.

The Lord Strathcona award is presented yearly to the top Cadet Unit in the Western Ontario area for their successes during the past training year. 613 Army Cadets showed proficiency in Cadet retention and attendance, participation in local and regional training activities and competitions. Their community involvement was also a definite factor in the winning of this award. From the 4 small Cadet Units chosen in each area of Ontario to receive the Lord Strathcona award, one Cadet Corps in all of Ontario is chosen for the Army Cadet League award, signifying them as the very best small Cadet Corps in all of Ontario. This year 613 was honored to have the President of the Army Cadet League of Ontario, Mr. Dan Mathews attend the Cadet Corps on Oct 21<sup>st</sup> to present the Unit with the Army Cadet League trophy and a cheque for \$500.00; this is the 2<sup>nd</sup> year in a row and 3<sup>rd</sup> out of the last 4 years that 613 has been chosen as number 1 in all of Ontario!

45 Cadets stood proudly at attention, in front of their parents, representatives of Branch 613 Royal Canadian Legion, the Lincoln and Welland Regiment, Mayor Dave Augustyn and the Army Cadet League of Ontario while Mr. Mathews presented Capt. Carrie Shanessy, the Cadet Corps's Deputy Commanding Officer the award.



## Ontario's Top Army Cadet

**Submitted By: Capt. Debra Parsons,  
CO #2332 RCACC Ottawa**

On October 4, 2015 Master Warrant Officer Mahdi Ahsan received the Army Cadet League (ON) Top Cadet Award. During the 2332 change of command parade in front of over 100 guests and 80 of his Army fellow Cadets in Ottawa, ON. He was presented the President's Award by Mr. Dan Mathews President of the Army Cadet League (ON). The award is presented to the Top Army Cadet in Ontario as determined by an Army Cadet League award committee. The recipient of the award is then submitted as Ontario's nominee for the prestigious General Walsh Memorial Award in competition with other Cadets chosen from each of the provinces.



The award is a striking bronze statue of an Army Cadet holding a compass. Master Warrant Officer Ahsan's name is engraved on a plate affixed to the statue which will be kept at the Cadet Corps for the remainder of the training year. He also received an individual pewter statuette depicting an Army Cadet standing at attention.

In his address to the Corps, President Dan Mathews described the requirements of the award and outlined how Master Warrant Officer Mahdi Ahsan had exemplified them in his cadet, school, spiritual and civilian activities.

Captain Debra Parsons, Commanding Officer of the 2332 Major Holland VC Royal Canadian Army Cadet Corps ascribed the following attributes to Mahdi in his nomination to the committee.

MWO Ahsan joined the program later at the age of 15, Cadets at this age are already well into their third year of training. He took up this challenge with great enthusiasm and set a goal to be one of the best cadets within the unit. MWO Ahsan surpassed his peers by successfully completing the mandatory four year training program in 1.5 years. His commitment and, passion and dedication have molded him into the fine young leader he is today. He is an extremely active young citizen, both at school and within the community. The Leadership abilities he has developed within the Cadet program have been put to good use outside the Cadet Corps as he is now a student at Ottawa University studying health sciences to become a future doctor.

MWO Ahsan has achieved many awards and medals during the course of his cadet career, including: The Legion medal of Excellence, Lord Strathcona Medal, Army, Navy, Air, Veterans Medal, (ANAVETS) and his Army Cadet Service Medal.

MWO Ahsan will proudly conclude his participation in September 2016 having accomplished the Canadian Forces Basic Parachutist course. A Regional Extreme Cold weather Expedition, his gold pin from the Duke of Edinburg Program and Level four of the National Star of Excellence program with well over a 1000 points. He has earned additional qualification and awards during his Cadet career to include, Airborne Scholarship, Excellent Fitness Award, Distinguished Marksman designation and Expedition Pin. In addition to winning many awards himself, and as a coach and mentor he continues to be instrumental in developing other Cadets in the corps and the program. MWO Ahsan continues to participate in volunteer activities in the community, and school. He has recorded over 250 volunteer hours and has many more to his credit.



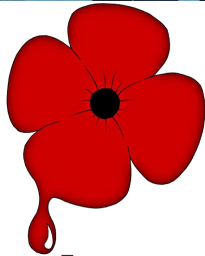
MWO Mahdi Ahsan continues to set the example for our other Cadets in hopes to strengthen the values and successes within the program. MWO Ahsan exemplifies what the Army Cadet program can do for a youth but, also what a youth can do for the Army Cadet program and their community.



# Top Large Cadet Corps



Congratulations to 2919 RCACC Barrie on being the Top Large Cadet Corps in Ontario. Dan Matthew, President of the Army Cadet League presented the Corps with the Col. Clarry award as well as a cheque for \$1000.00 on October 20th. Well done 2919 RCACC!

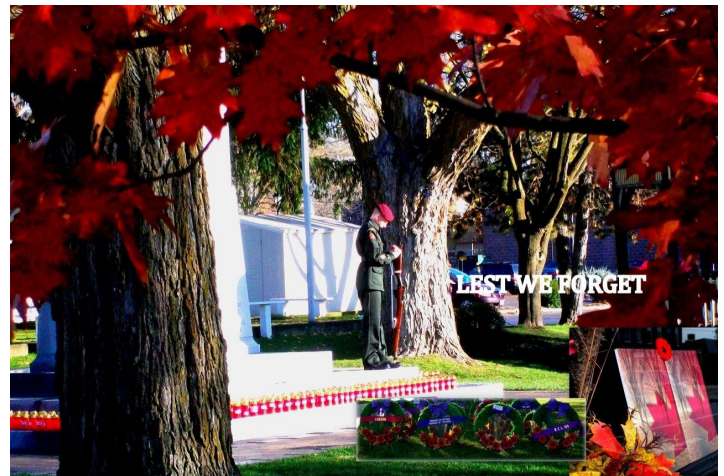


# Remembrance Day

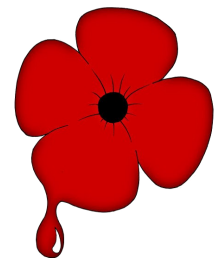


Above: MWO Dean with the Army Cadet League Liaison Officer Patrick Simmonds laying a wreath at the cenotaph in Arnprior.

Right: Cadets from 2360 RCACC Arnprior at the Remembrance Day parade.



Each Remembrance Day, Cadets at 100 RCACC Brighton hold a candle light vigil at the Cenotaph to commemorate the fallen soldiers.



## Ironman Inspires Students

**Submitted by: Cindy Veitch**  
**Communications Officer, 142 RCACC Aurora**

Motivation, dedication, commitment, passion these are the essential ingredients to a successful Ironman, and some of the key components St. Andrew's College instills in its students daily.

St. Andrew's College (SAC) is an independent boarding and day school for boys in grades 5 to 12 located in Aurora, Ont. Keith Ramon is a teacher and Housemaster, as well as a civilian instructor for the #142 St. Andrew's College Highland Cadet Corp. He is an avid athlete whose dream for 10 years has been to race in the Ironman World Championships in Kona, Hawaii. And on October 10, he did just that.

In an emotional presentation to students upon his return to school, Mr. Ramon shared his Ironman experience and all the hard work leading up to that one day. The triathlon consists of a 4km swim, a 180km bike ride, and 42km marathon.

There are two ways to qualify for the Ironman World Championship; the first is to set advancing times at other Ironman competitions around the world; the second is to fundraise for a charity in partnership with Ironman. It was the later that garnered Mr. Ramon his coveted spot. Over six months Mr. Ramon sent more than 600 emails to raise \$30,000 for Save the Children, an organization committed to promoting children's rights and providing relief and support in developing nations.

Onipa'a was this year's Ironman theme, which means to be steadfast, established, resolute, and determined. This word is well-suited to the boys of SAC as they are encouraged to show grit and passion in everything they do, whether in the classroom, on the sports field, doing arts, or in the community. Mr. Ramon asked the boys to think about how they would incorporate Onipa'a into their goals.

He also shared with them a way to ensure their success: live life like Tarzan, keep looking for that next vine and grab hold. "Sometimes it may be easy to give up," Mr. Ramon said, "but think long-term, have grit, and keep reaching for that next vine."

Mr. Ramon credits his success to the support of his family, and in part, to the wonderful facilities afforded to him on the SAC campus. While he finds it challenging to train through the school year as he focuses on his students and boarders, the summer months are intense. His training regimen consists of swimming in Walden Pool, using his stationary bike and the adjoining neighbourhoods and trails, and running the Yuill track. He gets the opportunity to kick his training into gear in the spring term as the coach of the SAC Saints Triathlon team, which he has coached for 10 years, most recently helping to train 2015 graduate Andrew Ladouceur for Ironman 70.3 Muskoka this past August.

It took Mr. Ramon 12 hours and 19 minutes to cross the finish line, around middle of the pack. Kona is the toughest Ironman with 2,500 competitors. Mr. Ramon described pushing through harsh ocean swells, running through indescribable heat across lava fields, and biking in aggressive winds. "Success isn't always measured by the clock," Mr. Ramon told the boys, "sometimes it's just finishing."



*Story by Nicolette Fleming*





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*A special Thank You to all  
League Volunteers and Members*

*And*

*Wishing You and Your Family  
A safe and Joyous Christmas*



*Greetings of the  
Season &  
Best Wishes For*

**\*\* 2016\*\***



*Roll Call Prize*

*This year's winner for the best newsletter is:*

*#2715 Army Cadet Corps—Windsor  
\$500 cash prize!*

*#11 Army Cadet Corps—Strathroy  
\$100 cash prize!*

*Send a copy of your Corps newsletter to the League;  
you may be our next winner!*

