



**SPECIAL POINTS  
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## Inspiration at Invictus Games

Written By: Maj. Brian McCue  
Commanding Officer, 142 RCACC Aurora



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 was 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 after-

noon 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 Commanding Officer!

While being backstage 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 backstage 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.

## Georgetown Lorne Scots Army Cadet Receives Highest Honour

Submitted By: Michele Cameron  
Support Committee Chair, 676 RCACC Georgetown

GEORGETOWN, ON - Cadet Chief Warrant Officer Liam Cooke Regimental Sergeant Major of the 676 Lorne Scots Royal Canadian Army Cadets had an incredible evening on Wednesday, October 11<sup>th</sup>. 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 RCACC. "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 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 having 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.

Based out of the Colonel John Roaf Barber, ED. CD. Armoury in Georgetown, the 676 Lorne Scots meet every Wednesday night 6:45 pm until 9:15 pm September to June.



676 Lorne Scots Regimental Sargent Major Cadet Chief Warrant Officer Liam Cooke receiving the President's Award for the top Army Cadet in Ontario and a commendation for saving the life of a fellow cadet

Image Credit: Michele Cameron

*"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."*

# Cadet Confidence

Written By: Anna Nikoula  
Cadet, 137 RCACC Rockcliffe

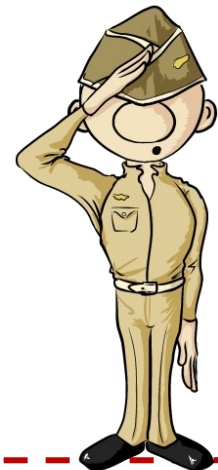
Confidence, if you'd asked me what that word meant to me two years ago, I would've shrugged as I didn't have the slightest clue. You can't ask someone who has never swam how it feels doing laps of front crawl. I was timid, I had many insecurities especially as it was my first year at a new school. So, 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. During this time



Cadet Anna Nikoula (far left)  
from 137 Ashbury Dragoons  
with her fellow Cadet comrades

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 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 and 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 keep an open mind, you will have the ability to explore 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 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'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!"



# One Last Thing Before I Go...

Written by: Maj. R.B. MacKinnon, CD  
Commanding Officer, 9 RCACC London

Cadet RSM CWO Buster G.R. Thiel of #9 RC(ARMY)CC in London, Ontario has had what anyone would consider the very best possible experience when it comes to the Army Cadet Program. As a cadet, he spent the summer working as a senior staff cadet in the Expedition program at Blackdown CTC. In 2016, he travelled to Scotland, England, France and Belgium while on the Outward Bound Scotland Exchange, where he was appointed as the Parade Commander for their final parade at Camp Wathgill, UK. 2015, he attended the Leadership and Challenge Course at Rocky Mountain CTC, where he was appointed the course Company Commander for the Grad Parade. He was Ontario's winner of the Major General Howard award for 2015, plus many other Cadet related awards and accolades throughout his cadet career.



Adding to what was his final hours as an Army Cadet, he wasn't finished there.

Cadet CWO Buster Thiel was also just recently recognized by Parliament for his many community contributions as an Army Cadet in both the London and Sarnia Ontario communities. On September 7, 2017, London MP Irene Mathysen presented the Canada 150 Medallion to RSM Thiel, along with other prominent citizens of London, Ontario. RSM Thiel was responsible for spearheading what is now a 4 year long, weekly project to clean up London's Victoria Park, which holds the City's Cenotaph and War Monuments of the 1st Hussars and Royal Canadian Regiment. Cadet CWO Thiel has also worked over the years with the Sarnia District Humane Society as a volunteer and also participated in many local food drives.

On October 30, 2017, after 6.5 years as an Army Cadet, cadet CWO Buster Thiel handed over his RSM appointment to cadet CWO Hanna Bolger in a Ceremony held at Wolseley Barracks, London. The Ceremony was attended by 50 plus parents, the cadets and staff of #9. Presided over by 1st Hussars Squadron Sergeant Major Collin R. Jenkins, CD and LCol. Joe Murray, CD (Retired). This was a suiting send off for a distinguished and deserving army cadet, but also a great welcome to our incoming cadet RSM CWO Hanna Bolger.

In November 2017, cadet CWO Buster Thiel was sworn into the Canadian Armed Forces, where he is ultimately end up seeking a degree in Military Arts and Strategic Studies at RMC Kingston as an Armoured Officer.

Cadet RSM Thiel has been an invaluable member of the #9 RC(ARMY)CC command team and also a great friend to all of us at #9. His influence on our cadets and staff will be ever lasting, as he is truly one of the best Army cadets I have ever seen to have come through this system. We wish him the best of luck in life and as a member of the Canadian Armed Forces.

We know he will go far.



# Casselman Remembrance Day—Lest We Forget

Submitted by: Erika Eyre  
Support Committee, 2804 RCACC Casselman



CO Capt. Deschamps and the 2804 Cadet Corps — November 11, 2017 — Remembrance Day Cenotaph Vigil

**Remembrance Day** is the national **day** to remember those who died in military service and is observed across Canada each year on 11 November – the anniversary of the Armistice agreement in 1918 that ended the First World War. During this time of the year cadet corps' across Ontario are all active in local community Remembrance Day commemoration events and cenotaph vigils. In the past years our local Casselman Remembrance Day was successfully organized by Sgt M. Normand Bedard and Mme. Aurore Crann. As time passed, they were looking for someone to carry on the traditions and take on the responsibility of continuing with the Casselman Remembrance Day ceremony; ensuring it was as much a success as recent years and continued to involve and support the bilingual community. We are proud to say that they chose the RCAC 2804 cadets corps to take on the responsibility 3 years ago and we have been coordinating and organizing the commemoration activities ever since with great pride and pleasure. Capt. Deschamps, the Commanding Officer of the 2804 Casselman corps saw this as a great way for the cadets to become more actively involved in the community by playing a more prominent role in the coordination and planning of the events versus just participating in the yearly parade. Unique to Casselman is that the cadets corps and support committees have assumed full end-to-end accountability for the running of the event from start to finish; doing this creates an opportunity to bring the community together as the local legion, community businesses, associations and schools all come together in support of such a great cause.

Some of the major coordinating efforts undertaken to make this event happen include Formal invitations to dignitaries such as: Mr. Grant Crack (MPP for Glengarry Prescott Russell), Francis Drouin Federal (MP Glengarry Prescott Russell) and Mr. Conrad Lamadeleine (mayor of Casselman), who were in attendance this year. Formal invitations to community service youth, schools and business organizations to get involved and lay wreaths and give thanks, as well as Formal invitations to our local veterans and Legion members and padre to attend and present at the ceremony. Cadets are further tasked with handling the music and MC duties throughout while delivering a bilingual program; they arrange the church bells to chime accordingly to start proceedings and manage the road closures and police escort for the opening and closing Marches/ Processions. They design and handle the implementation of local community and newspaper billboard notices to invite the community at large to support and enjoy the activities to ensure they are a success. Finally, they coordinate a community reception luncheon and meet and greet to close off the day's events and bring everyone together. A lot of time and planning goes into coordinating such a public event and the 2804 cadet corps are proud to work with our affiliated reserve unit 28<sup>th</sup> field ambulance to ensure each year is a great success. The RCAC 2804 cadet corps clearly take pride in their approach "Many hands make light work"; this translates to many people working together within the community and lending a helping hand to accomplish a shared goal; this is the way we have been able to put together a successful community event year after year; working together as one unit/ team.



## One Man Team

Written by: Tarien Snauwaert  
Cadet, 102 RCACC Sarnia

My rookie year of competitive orienteering was extremely short and at times filled with uncertainty but nonetheless will go down as one of my favourite cadet competitions in my career so far. I joined my home corps' orienteering team two weeks before the Zone competition as the only member. I practiced once and tried my best to learn the terminology before leaving to compete. Because I was a one-man team, I shared a bus with the local air cadet squadron and we made our way to the conservation area in which the competition was being held. While lining up to register, I ran into a long time friend that used to be in my corps before transferring to a nearby town and we decided to make a composite team for the team race. We were given maps a few minutes later and with very little warning were told to start running. I finished the race 10 minutes after the time limit with painful shin splints and seriously considered faking an injury to get out of the individual race. I just wanted to quit.



Photo: Tarien Snauwaert of 102 RCACC Sarnia who was placed 3rd out of 850 in Orienteering

Then, as I walked over to grab some lunch I noticed Abbott. Abbott was on the Expedition Instructor course with me in Whitehorse this past summer and I couldn't have been happier to see him. We reminisced about camp life until we were called over to start the individual race. It was set up as a 60 second stagger start and since I had no hopes of placing anyways, I told Abbott - who was set to start directly behind me - that I would run slow until he caught me and we would race together. What we didn't discuss was that we were both high school Cross Country runners and before long our pace was rapidly increasing with the unspoken competition. I was happy with my end time but didn't think much of it until weeks later when news came that I had placed 3rd in the individual race. I was shocked at first but overall I was happy for Abbott, who would be advancing to the regional competition. Orienteering was a great opportunity and I look forward to recruiting and leading a bigger team for next year. The experience really highlighted the spirit of the Cadet program: creating friendships that never break and memories you never forget.

## Presentation at Blackdown



Photo Left to Right: LCol. Jack Kelly, Commanding Officer at Blackdown, Marian MacDonald, Executive Director, Army Cadet League of Ontario, LCol. (Ret'd) Dan Matthews, President of Army Cadet League of Ontario

Over 150 League volunteers and Legion members attended the League & Sponsor Appreciation Day at Blackdown Camp on Saturday, July 29, 2017.

The cadets were in fine form as they paraded onto the parade square. The Navy, Air and Army Cadet League Presidents and the Vice President of the Royal Canadian Legion Provincial Command each reviewed a Company of Cadets. The Army Cadet League (ON) presented a cheque to the Camp in the amount of

\$6,492.00 to purchase much needed shooting gloves and shooting mats for the Cadets.

After the parade, guests had the opportunity to tour the facilities and were treated to a Barbecue lunch.

# A Sign of Loss, Sacrifice and Remembrance

Written by: MWO J. McRae  
Cadet, 557 RCACC Brampton



The Memorial Cross (more often known as the Silver Cross) is an award granted to those mothers and family members who have lost a family member serving in the Canadian Military. The award is a cross with a wreath, maple leaves and a crown embossed on the top of the cross; and a silver bar holding the medal in place.

For most, this cross represents the loss of a family member that they will never see again and for others, it represents those that are affected by this loss, as well as a reminder to on-lookers that war will always leave a mark on those both within the forces and the families of those brave men and women.

The 2017 National Silver Cross mother is Diana Abel, who lost her son Corporal Michael Abel, a member of the Canadian Airborne Regiment, 3 Commando in Somalia on May 3, 1993. The Canadian Airborne Regiment was in Somalia on a United Nations sanctioned humanitarian mission to help ensure the protection of food and supplies being sent to Somalia. Abel was killed by an accidental discharge of a fellow soldier's rifle. The rifle discharged when he had thought he had been doing a dry fire and was not.

Mrs. Abel comes from a long history of military members. Her father William Iles retired as a Warrant Officer, Second Class with the 409 Squadron in Comox in 1964. He served 25 years with the RCAF. During World War II, he was sent to the Aleutian Islands, Belgium and France as a telecommunications officer. Her husband David Abel left the air force in 1967 as a Corporal with the 407 Squadron after 12 years of peacetime service also based in Comox. Her son Michael, became the third generation within the family to serve in the Canadian Armed Forces when he joined in 1985.



Michael Abel was my uncle, I never knew him except through family stories and photographs. I am hoping to continue service in the Canadian military for a fourth generation. I am a Master Warrant Officer with the 557 Lorne Scots Army Cadet Corps based in Brampton, Ontario. As the eldest grandson of Diana Abel, I had the honor of being the Silver Cross Mother's escort for several days in Ottawa leading up to the Remembrance Day ceremony.



As her escort in Ottawa, we visited the National War Memorial. I had the opportunity to visit Parliament, the House of Commons, the Memorial Chapel where I had an opportunity to view my Uncle Michael's name in the Book of Remembrance there. We visited the National War Museum and Rideau Hall for various events with many Legion Members and dignitaries. Some of the dignitaries present included: the Chief of Defence Staff, General Jonathan Vance, Minister of Defence Harjit Singh Sajjan, Minister of Veteran Affairs Seamus O'Regan, as well as Sophie Grégoire Trudeau, wife of the Prime Minister, and Her Excellency the Right Honorable Julie Payette, the Governor General of Canada.

*Photos Courtesy of Stephanie Slegtenhorst from CANVET*



# 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 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



## Mark Your Calendar

April 13<sup>th</sup> to April 14<sup>th</sup>, 2018 - 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!***



# A Message from Our Cadets

Submitted By: Aaron Fell  
PAF O, 2332 RCACC Ottawa

It is Canada's best youth program, yet also one of Canada's secret gems. The Royal Canadian Army Cadet Program has guided countless lives for members during and after serving as a Cadet. At our Cadet family here at 2332 Maj. Holland V.C. RCACC in Ottawa, ON., some of our most influential Officer Staff, Senior and model Cadets were asked from their experience as a Cadet, what the program means to them and how it has impacted them in their lives. Here are their stories:

"Looking back at what type of person I used to be, I am appreciative of everything that the program has done for me. Cadets has impacted my life in more than one way; being able to learn how to Sea Kayak, travel to other countries, better myself as a person and develop skills which will stay with me for the rest of my life. Unfortunately, I am ageing out of the program in March of 2018, but I am looking forward to what the rest of my life has to offer. The soft skills that I have learned to develop throughout my time in the program are skills that will be kept with me for the rest of my life. I will be able to persevere through any hardship no matter how much I want to give up and I am forever grateful for what I have gotten out of the program and what it has done for me."

- Cadet RSM, CWO Samantha Fraser

"My 6 years as an Army Cadet is one I value and have been greatly influenced by. As a young girl, who was quite shy and lacking in confidence, the Cadet Program provided an environment to thrive and develop into the person I am today. The life lessons I learned such as discipline, interpersonal skills, reliability, problem solving and assertiveness are applied in my everyday life and especially as a research graduate student. The friendships built from many years of cadets are long-lasting and has always been positively influence. It was through this program that I developed an interest in the Canadian Armed Forces (CAF). After Cadets, I joined the CAF as a Cadets Instructor Cadre Officer."

- 2Lt. Anh-Thu Dang

"The Army Cadets for me has really benefited me in multiple aspects of my life and continues to do so. It has helped me to easily make friends and to take charge of various situations. Army Cadets continues to shape me positively for the future by teaching me various life skills such as: responsibility, time management, socializing and how to stay positive. I am very pleased with what I get out of the program and will certainly know that I will always be appreciative in the future toward my experiences here."

- Sgt. Sherissa Francis-William

"The Cadet Movement has provided me many opportunities to greatly expand my soft and hard skills. Through the leadership of the senior Cadets and officers at my unit, I was able to find ways of dealing with stressful situations that I would not have learned otherwise. Not only that, but it helped me to find a unique path for myself within the CF and public life. Before I joined the Cadet program, I thought I would never enjoy teaching or talking in front of others, but now I have a desire to pass along my experiences and knowledge to help form the youth leadership of tomorrow."

- Lt. Steven McNaughton



The Army Cadet program has affected all of us for the better and we will all remember it for the rest of our lives. We have proven that no matter what camps or activities that we decide to do as a cadet, the result of the platform is the same, great Canadians. Now, it's time to recruit more into the program.

## Lake Superior Scottish Regiment Corps at National Remembrance Day Ceremony

Submitted by: Capt. Catherine Cavalier, CD  
Training Officer, 2511 RCACC Thunder Bay

2511 Lake Superior Scottish Regiment Army Cadet Corps in Thunder Bay had 20 Cadets, 2 Officers, and 2 Civilian Instructors travel to Ottawa to attend 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, the Rideau Hall grounds, 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 have some time for fun 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). Additionally, 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, 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.



2511 LSSR Army Cadet Corps at the National War Memorial on Remembrance Day during the Corps Citizenship trip to Ottawa from Nov 9-12, 2017.

Left to right, Front to back on diagonal:

Left – Cadets LCpl Garet, Cpl Vandermale, RSM Sgt Dosa; 2<sup>nd</sup> from left Cpl Frenton, Cadet Schwetz, Cpl Dougherty, MCpl Lewis; 3<sup>rd</sup> from left: Cadet Song, MCpl Blu, Cpl Constantin, Cpl Sutherland; 4<sup>th</sup> from left - LCpl Chopp, Sgt Krienke, MCpl Tate; 5<sup>th</sup> from left – CI May, Cpl Godick, Sgt Fisher, MCpl Tate; 6<sup>th</sup> from left – Capt Kremer Commanding Officer, Sgt May, MCpl Clarke-Szopa, Cadet Belda-Wright. Missing: Capt Cavalier, CI Lewis

# 6 Years Later

Written by: CWO Aidan Ewart  
Cadet RSM, 2799 RCACC Aurora

My name is Chief Warrant Officer Aidan Ewart. I am 18 years old and the Regimental Sergeant Major of the Queen's York Rangers 2799 Army Cadet Corps in Aurora. This is about my experiences in cadets and how it has shaped me to be the person I am today.



CWO Aidan Ewart,  
RSM, Queen's York  
Rangers 2799 Army  
Cadet Corps

Most current or former cadets reading this either joined because a) you wanted to join cadets or b) your parents made you join cadets. Well, I joined cadets because my parents made me. To this day I am very happy they made me join because it pointed me in the right direction for success and out of that, I was able to do many amazing things and go to amazing places.

The next point I would like to touch that will lead into the following point is "TRYING". Without trying, you will never know if you could or couldn't have succeeded in that activity or tasking. It is like the quote, "you miss 100% of the shots you don't take".

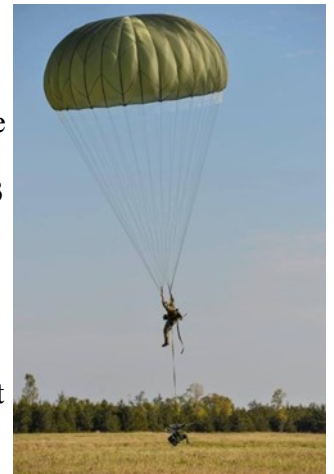
With trying comes a lot of trial and error. Sooner or later however, you will find something that interests you in cadets and when you do, make sure you take full advantage of the opportunities the program provides. Set goals to achieve in the short and long term. Step out of your comfort zone. I was a nervous wreck for 3 years of my cadet career, but I moved past that fear and it's one of the reasons why I am at this point in my cadet career today.

Don't be worried about what others think of you. There will be a lot of people telling you, "you can't" or criticize you for every mistake you make. It is up to you whether or not you let them put you down or you pick yourself up and move on. Only you can choose to keep being you.

When I was on the Canadian Forces Basic Parachutist Course, our Course Warrant told us the very first day, "This is the easiest course in cadets you can take! We tell you and give you everything you need to be successful". I feel the same way about the cadet program because it's up to you whether or not to pay attention to details and it's up to you whether or not you want to be successful. It is the same at every camp and every corps.

I would now like to share with you some of my experiences I have had over the past 6 years and without those things mentioned above, I would not have been able to do any of this. I started off my cadet career in 2011 and just like any new cadet, I was scared and confused about what I got myself into and what exactly I was supposed to do. I did GT (General Training) at Blackdown at CFB Borden where I started to learn a little more about the cadet program and a little bit about myself and what I was capable of.

After another successful training year at my home unit, I was selected to attend the Basic Sports & Fitness camp at Blackdown. I would say my proudest moment of the 3 weeks was actually not graduating the course but was getting home and sewing on the badge, knowing that I earned it and no one can take it away from me.



CWO Aidan Ewart about to  
land during the Basic Para-  
chutist Course, July 2017

Continued on pg. 13

At the time we applied for our instructor courses, I didn't know much about Expedition Instructor so I applied for Sports & Fitness Instructor. I had no idea that this camp would change my entire cadet career. In 2014, Capt. Sue Lusk was the Officer in Charge of Golf Company and we were one of the demonstrations before the Sunset Ceremony. One of the sports we did in the demo was Basketball; and for some reason, I was chosen to make up a routine and lead it in front of hundreds of parents, officers, dignitaries, etc. I was a bit nervous, but I didn't let that stop me and we actually did a great routine and got lots of compliments. From that point on, everything changed and I started to set more difficult and longer term goals.

The next summer, I was selected to go to the Rocky Mountain in Alberta for the Leadership & Challenge course. Following that camp, I was selected to take part on the Madawaska Wild Water Regional Expedition. Both life-changing experiences that I never thought were possible just a year before!

The next summer, I went on the Outward Bound Wales Exchange and soon after I got home, I attended the National Expedition to Cape Breton, Nova Scotia. What a summer! The following March I attended Pre-Para, where I made the cut for the summer course and soon after in May, I was chosen to participate at Exercise MAPLE RESOLVE 2017 in Wainwright, Alberta.

The pinnacle of my cadet career was this past summer when I completed the Basic Parachutist Course at CFB Trenton with a total of 6 jumps —4 out of the Sherpa Aircraft and 2 from the larger CC130J Hercules. To add to my successful summer, I was lucky enough to be hired at Blackdown to finish the summer as a Staff Cadet for the Basic Sports and Fitness Course.

I would not have had these opportunities and amazing experiences without sticking with the cadet program. So don't quit because you don't get what you want or things don't go your way. Learn from it and move on. Things often won't come easy in cadets or in life, but it's up to you whether or not you will put in the time and effort to be successful.

I hope you learned something from my article and if there is one thing you can take away from it, always TRY!

*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 - 2824 RCACC Mississauga  
Top Small Corps - 329 RCACC New Tecumseh

**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 - 2884 RCACC Glencoe

**EOA**

Top Large Corps - 2332 RCACC Ottawa  
Top Small Corps - 100 RCACC Brighton

**Top Marksmanship Corps:**

COA — 2799 RCACC Aurora  
EOA — 2332 RCACC Ottawa  
NOA — 1884 RCACC Timmins  
WOA — 1596 RCACC Kitchener



## First Poppy Presentation

Submitted by: Capt. Tim McKee, CD  
J3 National Capital Coordinator, Ottawa St. Lawrence Area



Photo credit: the Office of the Governor General of Canada

On Monday 23 October, The Royal Canadian Legion presented Her Excellency Julie Payette, Governor General of Canada, with the First Poppy of the 2017 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!

## A Winning Corps!

There were smiles and pride all around on Monday, November 6th, as the 2310 Royal Canadian Army Cadets Corp in Sault Ste Marie received the Army Cadet League Award for Top Small Army Cadet Corps (all of Ontario). The award was presented by Ernie Bremner on behalf of the Army Cadet League of Canada (Ontario).

This award is reflective of the hard work, dedication and commitment our cadets demonstrate during parades, within our communities and through their volunteerism for local groups and organizations. Countless hours weekly spent practicing, training, learning and growing have paid off with the awards received for cadet activities like biathlon and band.

The corps has struck a harmonious balance between committed cadets and dedicated staff, officers, and volunteers which resulted in excellent attendance, success in competition and devotion to community causes. The 49th Field Regiment, as well as sponsors Royal Canadian Legion Branch 25 and Lions Club of Sault Ste. Marie, have been invaluable to the corps' success.

The Army Cadet League Trophy, in memory of Col. William A. Maddox, one of five founding directors of the Army Cadet League of Canada (Ontario), comes with \$500. Funds are put back into cadet programs to purchase everything from sports equipment to band gear.

Huge congratulations to our cadets!



Left to Right: Ernie Bremner, on behalf of Army Cadet League of Canada (Ontario), presents 2310 Royal Canadian Army Cadet Corps members with the Army Cadet League Trophy for top small army cadet corps (Central Algoma region) 2310 members include (second from left) Commanding Officer, Capt. Calvin King, Chief Warrant Officer Maggie McCracken and Joyce Gaudette, 2310 support committee chair

# My Adventure this Past Summer

Written by: MWO Owen Lachapelle  
Cadet, 613 RCACC Fonthill



MWO Owen Lachapelle with Vance Bataway, member of Parliament for Niagara centre who invited MWO Lachapelle to his office and presented him with certificates congratulating him for his selection of the exchange and expedition

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 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 take-off. 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 and mountain bike foundation.

The activity I enjoyed the most was rock climbing! With the amazing views and my excitement—I wouldn't have traded it for anything in the world.

We move on to the 4th and 5th week, where we traveled to London for a week and experienced everything it had to offer; 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.

We then went to France and visited the Vimy Ridge monument and had a tour through the trenches. The moment I took a step on the monument, I thought to myself what this monument represents and symbolizes. I felt extremely proud as a Canadian and an army cadet.

It was 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. 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.

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! As we got all of our kits, we got to catch up and talk to all our friends, as well as 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. It was physically demanding as we would paddle 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 experienced one of the most beautiful places Canada has to offer. We then traveled back to Whitehorse said goodbye to all of our friends and returned home to our families.

## Cadet Corps Wins Prestigious Trophy for the Sixth Time!

A huge congratulations to 2912 RCACC Sudbury who were the recipient of the prestigious Colonel John H.C. Clarry award trophy for being the Top Large Army Cadet Corps.

The trophy and \$1,000 cash prize was presented by LCol. (Ret'd) Dan Matthews, President of the Army Cadet League of Canada (ON) at a ceremony held on October 25th at the Sudbury Armoury.

The Corps, which consists of 65 Cadets, is able to maintain its incredible winning streak through its strong retention strategy.

"We're very busy and visible in the community," said Capt Tammy Valtonen, the corps' Commanding Officer. "We do a lot in the community and we're seen and well known and liked, so I think that keeps the kids coming back."

Capt. Tammy Valtonen also expresses how proud she is of her Cadet Corps.

A job well done!



## Pallbearer Duties

Submitted by: Nelson Plamondon  
Liaison Officer, 2332 RCACC Ottawa



Mr. Frank Szmigielski,  
1921-2017  
Royal Canadian Artillery  
Civil Engineer

The widow of Mr. Frank Szmigielski, a 96 year old Canadian Army Artillery Veteran, requested the presence of Cadets to perform pallbearer duty for his recent funeral ceremony and at the Beechwood National Cemetery of Canada.

With command approval, eight volunteer Cadets of the 2332 Maj. Holland VC Royal Canadian Army Cadet Corps participated as active pallbearers for the Canadian Flag covered casket at the church and at gravesite.

The couple were an avid supporter of the cadet program.





# Three Territories in Three Weeks

Written by: Capt. Michael McGlashon, CD  
Commanding Officer, 2347 RCACC Hamilton



Junior Ranger Platoon,  
Whitehorse

I started my three-territory tasking on May 30<sup>th</sup> of this summer and finished in late June. A little over three weeks; but it didn't start there.

In January 2017, I was invited along with 5 other curious CIC Officers from: Yukon, British Columbia and Ontario to participate in a leadership conference with 1 CRPG (1<sup>st</sup> Canadian Ranger Patrol Group, Yellowknife (-30°)).

A former 2347 CIC Officer, now tasked with Head Quarters, 1 CRPG, Capt Waheed Johnson invited us to participate as mentors in a pilot project with the 1 CRPG, who instruct Junior Canadian Rangers.

Our first task was to supervise territorial zone shoots. From June 16<sup>th</sup> to June 24<sup>th</sup>, my task took me to **Iqaluit** (formerly Frobisher Bay, Nunavut) on Baffin Island. The weather was only -6 degrees!

It was a full week of preparation for the shoot. We had 10 teams of 5 Junior Canadian Rangers from across our zone competing.

I was now tasked to shadow my Canadian Rangers Instructor, Warrant Officer Criag Routerey by recording his every movement in completing a patrol visit in a remote community. We arrived in **Sanikiluaq, Nunavut** May 31<sup>st</sup>. Sanikiluaq is a large Island off the southeastern coast of Hudson's Bay. Being close to Quebec, four languages are used on the Island: two Inuit languages, French and English. There are no trees on Sanikiluaq; just a vastness of rolling rock covered with lichen and moss for as far as the eye can see. Only a remote part of the island has some reindeer on it.

After our visit to Sanikiluaq we went back to **Yellowknife NWT** for a debrief.

The last part of the task, we were platoon mentors at the Junior Rangers ETS summer camp in **Whitehorse, Yukon** where we had a full schedule of: swiftwater rescues, rock climbing, canoeing and woodsmanship.

It was indeed a whirlwind adventure!



Iqaluit, Nunavut



Painting by Capt. Michael McGlashon of Iqaluit, Nunavut



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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 \*\*2018\*\**



**HAPPY  
HOLIDAYS**



*Roll Call Prize*

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

*#1188 Army Cadet Corps—Oakville  
\$500 cash prize!*

*#2715 Army Cadet Corps—Windsor  
\$100 cash prize!*

*Thank you to all who have submitted a newsletter*

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

