



**SPECIAL POINTS
OF INTEREST:**

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- Corps Activities
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“Volunteers — The Heart of the Community”

A total of 220 people attended this year’s Army Cadet League Annual General Meeting and Training Seminar; including 170 League Members, 40 Cadet Instructors Cadre and 10 RCSU Staff; making the event one of the most attended in Army Cadet League (ON) history! This AGM was held on April 28th and 29th at the Delta Toronto East in Scarborough, Ontario.



Jennifer and David Lawrence receiving their Volunteer Service Medal

For the second year in a row, a plenary “Resolving Conundrums at the Corps” workshop session with 4 scenarios was held on the Saturday morning (a special thanks to Maj. Paul Preikschas for video taping the scenarios). Other workshop facilitators were as follows: David Peate, Roberta (Shaw) Lauzon, R. Charlene Orrell and LCol. R.A. Evans.

In the evening, the members enjoyed a banquet with the BGen. (Ret’d) R.R. Romses, OMM, CD, BA, MA, Colonel Commandant Royal Canadian Army Cadets as the guest speaker. General Romses commanded at various levels including: Canada’s Special Forces unit — Joint Task Force Two, Canadian Forces Base Calgary and Commander Defence Liaison Staff (London, England) to name a few.



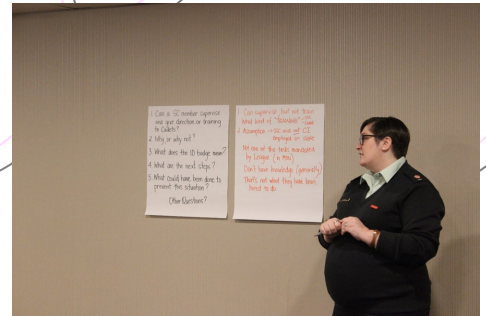
Eugenia William (2nd from left), League Member of the Year

Awards were also presented at the banquet. Eugenia William, Support Committee Member for 2332 RCACC Ottawa was the recipient of the *League Member of the Year* award for working tirelessly for the benefit and support of the Cadets and the Corps. The *Top Large Support Committee of the Year* award went to 2642 RCACC Petawawa and 2951 RCACC Leitrim won the *Top Small Support Committee of the Year* award.

The Cadet Pipe and Drum Band from 2817 RCACC Lindsay provided the entertainment for the banquet.

The night concluded with an after party in the Hospitality Suite.

AGM Photos courtesy of Paul Preikschas



Rick Mercer Visits CFB Trenton



CBC's Rick Mercer of the Rick Mercer Report talks to Capt. Nicole McKay, Public Affairs Officer for Regional Cadet Support Unit (Central) at the pre-para course in Trenton

"The challenging course was made a lot more relaxed by the humour and presence of this Canadian comedic icon."

It was a pre-parachute (pre-para) course that will have much more than the usual significance for its young participants.

Open to all Army cadets in Ontario and the Atlantic provinces, this course determines which cadets will be selected for the Basic Parachutist Course during the summer.

This particular course held at Canadian Forces Base (CFB) Trenton had a "special recruit" this week, as Rick Mercer and Canadian Broadcasting Corporation's the *Rick Mercer Report* accompanied the Cadets as they visited the mock tower with the Canadian Army Advanced Warfare Centre (CAAWC).

The challenging course was made a lot more relaxed by the humour and presence of this Canadian comedic icon.

"It was fun. I like watching his show with my parents. Having the cameras and Rick there made me jump out of the tower faster than I would have," noted Cadet Master Warrant Officer Nick Novina.

All Army cadets can apply for this course and cadets are nominated both by their Commanding Officer and the Regional Cadet Support Unit (headquarters) before attending the course. These recommendations take the cadet's conduct, standing in the community, physical fitness and leadership ability into consideration. Each cadet selected to participate must have an individual fitness program to meet the demanding standards of the course.

The course consists of physical fitness activities and test, and culminates with a jump challenge from a 32-foot tower.

The current Chief of the Defence Staff, General (Gen.) Jonathan Vance and Commander of the Canadian Army, Lieutenant-General (Lt.-Gen.) Paul Wynnyk, both earned their coveted "jump wings" during their time as Army Cadets in 1981. Parachuting has a long tradition within the Canadian army and within Army Cadet culture, with the first course tracing its roots back to the 1960s.

Cadets who participate in the application process for the Basic Parachutist course can immediately put the skills and knowledge they've gained to good use. The friends they make, healthy habits they form and personal achievement that comes with setting and achieving your goals will have a lifelong impact for all who participate, indicated Captain (Capt.) Nicole McKay, Public Affairs Officer for the Regional Cadet Support Unit (Central).



For these cadets, as their parachute harness is being tightened almost to the painful stage, they laugh to see the various faces Mercer goes through as he asks questions, experiences the process himself, and then watches as a few cadets exit the tower before him.

And then getting interviewed by him was an experience in itself.

"I was nervous knowing that I was going to meet him. He asked all the questions, so it was really easy to work with him and have some fun," stated Cadet Sergeant Arielle Grakist.

"I am appreciative of Rick Mercer joining these Army Cadets as they participate in selections for the Basic Parachutist Course - Cadet Serial in July," said Capt. McKay. "His sense of humour made it exciting for these youth to be engaged with him in conversation and helped them feel at ease."

The episode of the Rick Mercer Report was aired on March 21.

Article and photos by: Ross Lees



Our RSM, **MWO Diego Perez**, will be attending the Leadership and Challenge Course in the Rocky Mountains this year. He has in previous years participated in Regional expeditions and this is a great experience for him. We wish him much luck and great fun!

This summer **MWO Kendrick Fu** will be heading to Europe to attend the Army Cadet Voyage in History Battlefield Tour. It will be an amazing experience for MWO FU to travel back in time and stand in the place where our history was shaped.

IN previous years, MWO FU has attended regional expeditions and also the Rocky Mountain Leadership and Challenge Course. We wish him a fantastic adventure!



MWO Robert Dobrowolski, our DSM, will be staffing at Blackdown CTC this summer. It will give him a chance to flex his organizational muscles and help the staff there.

In previous years MWO Dobrowolski has attended regional expeditions and the Rocky Mountain Leadership and Challenge Course. We wish him much success this summer.



What are Some of the Senior Cadets of 105 RCACC Streetsville Doing This Summer?

Submitted by: **Viola Amoroso**
Support Committee Chair, 105 RCACC

MWO Adam Amoroso will be heading to Europe as part of the National Rifle Team this summer. He will be competing for 3 weeks at Bisley Shooting Ranges with competitors from all over the world including his marksmanship coach and Corps Training Officer, Lt. Bianca Fung. Afterwards he will be on an exchange and visit Vimy Ridge and other places in Europe for 1 week before returning home.

The previous 2 summers MWO Amoroso attended Connaught CTC in Ottawa taking Fullbore Marksman Phase 1 and Phase II courses. The summer of 2016 he won a spot on the NRT competing against 30 cadets for 18 spots. Well done! We wish him much luck

and hope he brings home some medals!



105 RCACC Streetsville are proud of all their seniors, who this summer, will be doing some extraordinary things! All the best and embrace the experience and fun of these adventures.

Haliburton Cadets take aim at new Sport

The Cadets of 1129 Hastings and Prince Edward Regiment Royal Canadian Army Cadet Corps - Haliburton are still excited about their unique relay biathlon experience from Jan. 21 to 22 at the Eastern Ontario Biathlon Competition held at Camp Fortune, Gatineau, Que. For the first time, the cadets of Haliburton took to the trails, skiing up to 10 kilometres, and then over the course took two opportunities at a range to aim their .22 rifles to shoot five targets 50 metres away (on two separate occasions) in the sport of biathlon – an event that combines the cardiovascular test of Nordic skiing with the intense focus of marksmanship. For this event, the rifles were not carried and were only at the range.



Haliburton cadets Corin Gervais, left, Aiden Hill, Jakob Bull, Patricia Powell and Kennedy McCracken are the first biathlon team from Haliburton to compete at the Eastern Ontario Biathlon Competition held at Camp Fortune, Gatineau, Que.; Coached by Stu Humphries.

Sixteen-year-old Tricia Powell, who has been with the cadets since she joined at 12, enjoys and excels in marksmanship. An “occasional” Nordic skier, she welcomed the challenge of combining shooting with skiing to compete in the open mixed (12-18) with an assigned relay partner in Quebec. Powell has been shooting since she started with the cadets and shot perfectly through two rounds for a mark of 10 for 10. Had she missed, she would have had to ski a penalty lap. She savoured the opportunity to compete against other cadets, who might have been better shooters or just physically stronger than her in the event. Despite the long odds of a result-based success, she was very proud of her resilience to overcome the urge to quit during the race. Cadet Powell appreciates the experiences the cadets can give her and believes it has provided her opportunities such as learning about the natural world and how to survive in the outdoors.

The other cadets that competed were Kennedy McCracken, 13, and Jakob Bull, 14, who competed in the junior male team competition.

The cadets Commanding Officer Dan Collings, an OPP sergeant and marksmanship trainer, said offering biathlon is about giving opportunities for youth between 12 and 18 to develop physically and mentally. Although he appreciates the marksmanship program like his cadets, he believes biathlon adds another dimension. Collings said biathlon is a unique sport that tests not only the physical attributes, but rewards individuals for their focus and attitude. The sentiment of just doing your best is high on mind for Collings. He adds the cadets is all about testing personal limits, offering outdoor activities, encouraging fitness and a healthy life. Team building is also part of the experience of the cadets. Even the fitness program offered with cadets isn’t just about physical training. It includes team building, leadership, promotes friendly competition and fun.

Collings said biathlon helps to keep cadets interested in staying with the Corps and draws new members like the top placing team, the junior male (12-15) team of Aiden Hill and Corvin Gervais, who only joined a week before regional competition. Although they placed a very good fourth place in a field of at least 26 other teams, they will not advance to the provincials.

Gervais said he didn’t shoot as well as he would have liked, but their strong Nordic skiing was the difference. Twelve-year-old Gervais has been Nordic skiing for close to seven years, but had never shot a gun before this year and found it exciting. Although his shooting score wasn’t as good as he’d like it to be, he appreciated the novelty. There was a challenge to shooting while skiing in the competition. He has thoroughly enjoyed his experience with the cadets so far and was excited for more opportunities such as winter camping this past weekend. Gervais encourages other youth to join the cadets. “It’s a lot of fun. You meet a lot of new people,” he said.

*This article is written by: Darren Lum
and was originally published on March 7th, 2017 in the Echo Haliburton County*

“The cadets commanding officer Dan Collings, an OPP sergeant and Marksmanship trainer, said offering biathlon is about giving opportunities for youth between 12 and 18 to develop physically and mentally.”

2250 RCACC Bracebridge Take Flight in CH-147F Chinook Helicopters

Written by: Capt. Laura Pepper
Commanding Officer, 2250 RCACC



27 local Army Cadets were at CFB Petawawa where they held their Spring field training exercise. They were part of a joint camping weekend with just over 100 Cadets from Muskoka, Petawawa and Pembroke participating.

The weekend training began with familiarization flights aboard the CH-147F Chinook tandem rotor helicopters. Our local cadets were also fortunate enough to have the opportunity to jump from the Canadian Armed Forces 32 foot Mock Jump Tower and practice their marksmanship skills on the range. They completed

the Canadian Armed Forces obstacle course as well as participating in orienteering and geocaching.

We would like to thank the local community for supporting us through our tag days and other fundraising efforts — we couldn't make this training happen without your help. "What are you doing this weekend?"

What the Vimy Ceremony Meant to Me

To me, the 100th anniversary of the battle of Vimy Ridge ceremony, was a day of remembrance, a day of respect, and a day of gratitude. It was a day of respect, for the men and women who gave their lives so that we could forge the future that we have today. It was a day given to show that we will never forget their contribution to peace, and their contribution to this country. For me, the chance to participate in the ceremonies was an honour and a privilege as I was able to show our appreciation to those who protected our way of life 100 years ago, as well as those who protect it today. As it is said, when remembering and showing thanks to those who protect us, "All gave some, some gave all". Those words stuck with me and always will. Those words meant to me the difficulty and the determination through the tasks given to the soldiers that were once thought impossible. They represent the sacrifice and the hardship the men who answered the call of duty faced and face daily serving this country. As the memorial at Vimy Ridge for the fallen soldier stands tall and strong, so does the memory of the men and women who provide our freedom does stand in our hearts.

Lest We Forget.

-Majpl Ethan Mamers
2672 Hastings & Prince Edward Regiment
Royal Canadian Army Cadet Corps



“In Her Boots”

Submitted by: Debra Parsons
Commanding Officer, 2332 RCACC

In September 2016, Cadets of 2332 RCACC Ottawa embraced a new civics project. Their aim was not only to become more aware of the homeless and less fortunate in their community, but also participate and aid in the solution.

During a “Boots on the Ground” (BOG) walk in January titled “In Her Boots” which focused on women’s shelters and the search for female veterans; the female Cadets from 2332 met a young female refugee. They discovered that she had only been in Canada just over a month and was 9 months pregnant. She arrived on the steps of a women’s emergency shelter with only a small suit case of clothes and a large amount of courage. This refugee had recently escaped a war torn country in the hopes that she could provide her unborn child with a better life free from fear and religious persecution. This woman's story touched the hearts of our Cadets so much that they made it their mission to assist the young women! Cadet Warrant Officer Juanita Mpiana at the helm, Cadet Master Corporals Rayne Topping and Sherissa Francis-Williams and Cadet Corporals Shannon Wiseman and Abigail Tibbles set a goal to provide their new found friend with all she would require to welcome her baby. These Cadets wanted to demonstrate what true Canadian spirit is all about; they reached out to the Cadet families and the local Ottawa community via social media to help create a safe and welcoming environment for her and her child. They spent weeks gathering clothes, toys, baby furniture and a myriad of other items to provide what she and her new baby would require. On Thursday 13 April 2017, a new healthy Canadian baby boy was welcomed into the world!

This is not the end of our journey as our Cadets have now realized the potential they have to help make a difference in their communities. The Cadets plan to take on bigger challenges in their upcoming training year, and now we can only imagine where they will go with their new found aspirations. The staff, Cadet Families, and our Support Committee will be there to support them every step of the way!

Given the opportunity tweens and teens can make a difference in their community; they can touch the lives of people that society ignores, or reach out to a hand waiting and needing to be held. The National Army Cadet Program provides just such opportunities for young Canadians to grow into dedicated, hardworking, compassionate young leaders. Leaders whose vision is to make a difference in Canadian communities across the nation.

Additionally, 2332 Cadet Corps also focusses its program on creating a team building environment with activities; such as band, biathlon, drill competitions, physical fitness, dealing with outside stresses and providing coping skills to name a few. 2332 Major Holland VC Army Cadets are very proud to be represented by such upstanding, heartfelt and dedicated community oriented Cadets who strive for greatness every week throughout their school year.

They make us proud as we watch them commemorate another year, full of positive influences and actions within the community, the Corps and their families. They will showcase their successes at 68th Annual Cadet Review at 2:00 pm on 3 June 2017 at 2100 Walkley Rd Armouries. Joining the Cadets will be local MPs, Military dignitaries, close friends, local Cadet Corps, and family members.



Front row (left to right): Rayne Topping, Juanita Mpiana, Sherissa Francis-Williams
Back Row (left to right): Abigail Tibbles, Shannon Wiseman

Happy Summer



Happy Summer

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 in 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 may be mailed to:
Army Cadet League of Canada (Ontario)
Attn: Clover Pereira
1200 Markham Rd.,
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

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



Stay informed!

Please visit our website at:

www.armycadetleague.on.ca

Honeybadgers Suit up for the NOA Biathlon Competition

Submitted by: Michelle Charest
Public Relations Officer, 2642 RCACC

Petawawa, Ontario, March 2017 – 2642 3RCR Army Cadet Corps' Biathlon team, known as the Honeybadgers, faced fierce competition at the Northern Ontario Area (NOA) Biathlon Competition in Sault Ste. Marie in January 2017.

“We didn't take home medals, but we had some awesome top 20 finishes!” said Coach Captain Destiny Genoe. Coach, Captain Genoe, was also recognized for her coaching efforts and brought home the coaches award. The award is a tribute to her dedication, development and success with the Biathlon Training Program at 2642 3RCR Army Cadet Corps.

Over the past three years, the Biathlon Training Program has blossomed out of thin air to a thriving team of young individuals, boys and girls, who diligently train hard with the abilities to compete at the highest levels. Last year's biathlon team saw Cadets compete provincially against the best from other Cadet Corps from across Ontario.

This year, 10 Cadets were selected and the Honeybadgers began training in October, practicing at least twice a week in preparation for the competition in January. Coaches, WO Chenard and Captain Genoe, not only felt it was important for the team to get a good head start but also to focus on fitness, strength, and endurance.

Only eight Cadets would compete in the NOA Biathlon Competition with two acting as spares. The Honeybadgers could not have been more ready for competition. The biathlon team also purchased new biathlon suits and had their skis fine-tuned and waxed by GearHeads Petawawa.

While no Honeybadger advanced to compete in Regionals, they were extremely proud and pleased with their final outcomes. The cadets all recognized the role and impact training and physical fitness when they reflected on their NOA Biathlon results.

The Honeybadgers continue to train on the weekends even making it out to enjoy a cross-country ski on Family Day, setting their sights on other Biathlon competitions within the Northern Ontario Region and next year's NOA Biathlon Competition.

The Honeybadger team motto is, “Pain is temporary, quitting lasts forever” and is imprinted on the back of their biathlon suits. “Even if the training is hard, you should not give up and miss out on the experience. Pain is only going to last a few days, but if you quit, it will stay in your head forever,” said WO Fortin.

As for Captain Destiny Genoe, she hopes to expand 2642 3RCR Army Cadet Corps' Biathlon Training Program for next year, increasing in size as well as the capacity to train year round.



Capt. Destiny Genoe was the recipient of the coaches award for her coaching efforts

Great Things are Happening at 1882 RCACC Guelph

Written by: Capt. Kim Peters
Commanding Officer, 1882 RCACC

1882 The Wellington Rifles have an amazing, generous and passionate group of cadets in the corps. In the past 4-5 weeks, a fellow cadet was the victim of an apartment fire. He is ok, however he and his family have nothing and will not be allowed back into their apartment for several more weeks. He is one of four children currently residing in a hotel.

When the Cadets found out that this tragic event took place, the cadets, in particular C/Sgt Kira Robinson approached her Commanding Officer to see what she could do to help. She had written a proposal with several options on how to help the cadet and his family. Sgt Robinson decided to solicit the help of fellow Cadets and Officers to bring in gift cards for various locations they thought would help the family get back on their feet.

The outpouring of support from the Cadets, parents and Support Committee was unbelievable! In the span of two weeks the Cadets had raised over \$700 for the family. Cadets had donated used game systems, personal belongings, gift cards and cash. The Cadet Corps was having a tagging weekend while the gift card drive was going on. At the end of the weekend, the support committee also made a generous contribution on behalf of the Cadet Corps.



In total, the Corps raised over \$1000 for the family. I had the pleasure to accompany Sgt. Robinson, Mrs. Skinner from the Support Committee and 2Lt Honey to present the items and gift cards to the family. We had arranged previously that we would be stopping by, however did not tell the family why we were coming. We arrived with our hands full of items. Mrs. Tella was completely blown away and speechless! We didn't stay long; delivered the items and departed. The first thing Mr. Tella said was that they were going to share with their neighbours who were also affected by the fire. With everything they had lost and very little they had, their first thought was on their friends and neighbours.

The family didn't realize what was in the small little box that was handed to her until after we departed. Sgt. Robinson received a heartfelt letter from the family thanking the Corps for their overwhelming generosity and support in their time of need.

I would like to formally recognize Sgt. Kira Robinson for her outstanding professionalism, empathy and leadership.

Pre-Para Exercise for a Cadet

Written by: MWO Shaylen Young
Cadet, 2881 RCACC



MWO Shaylen Young with Rick Mercer from the Rick Mercer Report at the Pre-Para Exercise during the March Break in Trenton, ON

“My challenge, the jump. My strategy was to not over-think it. In fact, not to think about it at all, just do it.”

For Cadets coming after me, this is an exercise to aspire to, an experience worth having. Of course, Pre Para is not the final goal, Para is.

I have never been as motivated to make a course as I was with this one. The challenge to push your body to the limits drew me like a magnet, even while the thought of the jump conjured nightmares. Yet I wanted this course badly enough to defy my morbid fear of heights.

I entered the course thinking that having qualified for pre-para, all I needed to do, was ace the week’s testing, to move on to the summer para course. I was not daunted by the physical fitness component of either exercise. My challenge would come in the jump. I have nursed a fear of heights for as long as I can remember.

As expected, I was able to meet and surpass the minimum requirements for the fitness test which consisted of sit-ups, pull-ups and a timed run. But for some misunderstandings, which I mention here only in the interest of educating those coming after me, I could have gone on forever. However,

- I. An upper limit of 75 sit-ups was implemented in 2016. This is significantly lower than my capability.
- II. I unfortunately terminated my pull-up set prematurely, when the Warrant Officer indicated that one of my pull-ups would not count and I thought that he'd meant that I could not continue.
- III. Thirdly, as often is the case on first runs, I conserved too much energy, holding back until the very end, and finished not having pushed myself at all.

Although I scored better than average in all three; the end result was that I did not perform at my personal best in these areas.

My challenge, the jump. My strategy was to not over-think it. In fact, not to think about it at all, just do it. This worked really well. I got as far as the jump point without too much anxiety. But when I first looked down, I grasped the wall and took a step back. I repeated to myself “you have to do this”. Once again not thinking about it, I stepped forward, looking into the distance at eye level, heard him say “Go”, and instantly jumped without hesitation.

Now here is the part you’ve all been waiting for, Rick Mercer. Yes, Rick Mercer did come up on Tuesday. He is every bit the person you see on TV. After our first jump, he brought my partner and I back up for a second jump with him, by-passing all the cadets waiting to make their first. A truly awesome experience. I respect him more now for having met him.

If I had to suggest any changes, it would be that Cadets that are accepted for pre-para should only need to pass the pre-para exercise to advance to Para. If NSE points need to be a factor, it should be applied as a condition of acceptance to pre-para. Also, I feel that participating Cadets should have access to a more comprehensive and personalized explanation of their scores so that they understand why they are placed in a specific category.

To conclude, I feel really good about having been to Pre-Para. Although, I by no means conquered my fear (I will not be frequenting bungee jumping sites nor even roller coaster rides for that matter), I did face it, and I know that if I had to do it again, I would.

In Their Footsteps

Written by: 2Lt. Stacy Foster
Silver Star Instructor, 9 RCACC

From March 10th - March 18th, 2017; nine Cadets and two Officers from #9 Royal Canadian Army Cadet Corps in London, ON had the amazing opportunity to tour the United Kingdom and France. The main focus of this trip was to visit Canadian war heritage sites from both World War One and World War two specifically Vimy Ridge.

The first day of the trip was spent touring London, England visiting Trafalgar Square, the Strand, Big Ben and the Houses of Parliament. The second day in London, started with a bus tour around the city and included visits to St. Paul's Cathedral, Westminster Abbey, changing of the Guard at Buckingham palace, Piccadilly Circus and the Imperial War Museum. We wrapped up the day and our time in London with a visit to the Churchill War Bunkers, and the Covent Garden Market. The third day was a travel day, to get from London to Vimy. We drove to Dover, and took a ferry across the channel to Calais, and bussed from Calais to our hotel, in Vimy. On the fourth day we visited the highlight of our trip, the Vimy Ridge Memorial. The nine Cadets and two Officers who visited the site were taken back by the absolute spectacle of the monument, and the battlefield in general. We were given two hours to tour the Memorial and the surrounding battlefield. We also had the amazing opportunity to go to the Visitors Centre, and have a quick tour around the Canadian Trenches.

After Vimy Ridge, we went to Arras, France for lunch, and visited the Wellington Quarries, a mine system used during World War one by the British Commonwealth during the Battle of Arras and then went to Cabaret Rouge, a British Cemetery home to the original grave of the Unknown Soldier in Ottawa. On the fifth day, we began our day with a journey to Beaumont-Hamel Newfoundland Memorial, the site of the first major battle during the Battle of the Somme, fought by the Royal Newfoundland Regiment. After Beaumont-Hamel, we carried on to the Normandy region where we had the surreal experience of visiting Juno Beach, Pointe du Hoc and the American Cemetery at Omaha Beach. The Sixth and seventh days were spent in Paris, France. On the sixth day, we had a Paris bus tour and visited the Latin Quarter, Arc De Triomphe, Eiffel Tower, the Notre Dame Cathedral, Les Invalides and Place de la Concorde. The seventh and final day was spent visiting the Sacre-Coeur Basilica, the Catacombs of Paris, and the finale of the trip, the Louvre by Night. The Cadets that went on the trip will never forget this once in a lifetime experience and now have a deeper appreciation of the path of our Canadian Soldiers.

Photo: (Back Row) Second Lieutenant Stacy Foster, Master Warrant Officer Eston Smith, Sergeant Meghan Robinson, Warrant Officer Leah Williams, Warrant Officer Lily Stenabaugh, Warrant Officer Alex Gorton, Master Warrant Officer Hanna Bolger, Warrant Officer Caleb Demelo and Second Lieutenant Kryss Lee Young-Rowe
(Front Row) Warrant Officer Katie Lavoie and Corporal Sean Christensen





YOU ARE INVITED TO

League & Sponsor Appreciation Day at Blackdown Camp

Saturday, 29th July, 2017

Start Time 0830 hrs

Parade at 0900 hrs



Tour of the Camp

After the parade, Guests will have the opportunity to tour the facilities with a "tour guide" provided by Camp staff. This will be an opportunity to observe training and possibly participate in some of the training activities the Cadets are doing that day.

BBQ Lunch



First come, First Serve Basis, so please respond well in advance to ensure a seat!

RSVP To

armyleag@bellnet.ca

1-800-561-4786 or (416) 431-2792

No Later Than Monday, 15th July, 2017

The League & Sponsor Appreciation Day is an opportunity for the Sponsors and League members to receive recognition for the outstanding support that they provide to the Cadet Corps in Ontario. Also, this event is to reinforce existing sponsor support and to help generate new sponsor support for the Cadet Program at the community level!



My Experience at Marksmanship Nationals

Written By: Sgt. Maya Neuman
Cadet, 2799 RCACC

For the second year in a row, my 2799 Queens York Rangers marksmanship team made it to the weeklong national shooting competition in Gimli, Manitoba. Making it to the national level is a huge achievement on its own, and although we have done it before, this year was quite different. We not only sent one team, but two, both of which placed fairly high in the rankings by the end. My own five person team placed second overall in the country and our other team placed sixth. It is a huge accomplishment to have both of our teams within the top ten in Canada. I'm sure our corps is very proud to have such a large group of very strong shooters.

The week was an emotional rollercoaster for me to say the least, and arguably the best week of my life. Because now that it is over, my team will never look the same again, as we are losing two of our senior shooters, Tyler McKechnie and Ethan Hoyes as well as our coach, CI Roger Romses. After our final relay had finished I got fairly emotional, because this week at Nationals I realized that our team is far more than just a team, we have become a family. We are able and were able to pull each other through the pressure of the National Competition; reassure each other after shooting a bad relay, laugh together, cry together and cry some more. Nothing really bonds a team together more than being stuck with each other at a high intensity competition a province away from home. Because of this I have learned more about team dynamics, trust, and loyalty than I could ever learn at any regular practice back home. Now that this year is over my team will never look the same again, but I hope with all I've learned from my seniors, my coach, and even my newer teammates I'll be able to help make the new team next year just as amazing as the one before.

The benefits of the team are the most important thing in my mind, however, I've also learned a lot about myself and my own shooting ability. After the competition finished I discovered, for a good portion of it, I had placed third in the country. I never could have thought I'd be able to sit so high in the rankings at any point during the week, and all though I wasn't able to hold this placing forever, I finished with a very strong fourteenth placing overall and seventh prone. Considering I had never thought prone was my strong suit, this made me incredibly proud. This goes to show that you should never doubt your own ability, but also not to get too caught up in the competition. After shooting a 206.6 prone, the highest prone score both myself and anyone on my team has ever shot, I began to get obsessed with the idea of shooting this again. I began to, as my coach put it "Live and die with every shot", and this not only dropped my moral but also my scores. The only reason I was able to bring my scores back up to my average by the end of the competition was because of a pep talk from my coach and a note to bring on range reading "I am Maya Neumann". This may sound silly, but that note really helped me calm down during my relays and actually enjoy myself. It's something I'm sure I will take with me every competition I shoot, because it sums up my abilities and why I'm there in the first place. In the end, although we didn't finish in first place, I'm extremely proud of both the Ranger teams.



223 RCACC Stratford March in Support of Optimism Place Women's Shelter



A cadre of Cadets traded in their boots for bright red high heels and they were happy to do so. Several Royal Canadian Army Cadets 223 Perth County entered a team called Boots Off Heels On and patrolled the halls of Festival Marketplace Saturday during a fundraiser for a women's shelter called Walk A Mile In Her Shoes.

Anne McDonnell, Executive Director of the Optimism Place Women's Shelter and Support Services, was impressed to see the young Cadets marching around the mall in a different formation than they're used to.

"I think it was fantastic, we really like to see these young Cadets out," McDonnell said. "It's amazing they did this and it's something they'll never forget, I'm sure."

Last year the Cadets' Commanding Officer, Capt. Andrew Piper, walked on his own. But this time around several of his troops, including A.J. Schmidt, signed up.

"It was a little hard," Schmidt, a Gads Hill resident, said of trying to keep his balance in the specially-made shoes.

Fern Sharp, the shelter's Fundraising and Awareness Coordinator, was also proud of the Perth County Cadets.

"They're younger and they raised a lot of money," she said.

This was the event's ninth year. Chad Huth, a Kitchener resident, has suited up for the last seven or eight versions.

"I feel it's a good cause," he said. "It's really good and shows how much people care."

Sharp said walkers keep coming back because it gives men a chance to stand up and speak out against domestic violence.

"I think that's why the popularity, because men don't often get a chance, or they don't get asked," she said. "It's kind of nice."

Although they're supportive of the cause, Fern and McDonnell both admitted many male participants are a little apprehensive at first when it comes to strapping on women's shoes.

"Then they get here and think, 'Oh, that was kind of fun,'" Sharp said. "They have to get used to it."

Once they get comfortable, though, it's a different story – sometimes by the end of the event organizers have to pester the participants to get the high heels back.

"They get so enthusiastic," McDonnell said.

"It's a fun event."

McDonnell said she also enjoyed seeing young children accompanying their parents. The event's fundraising target was \$15,000. "I'm pretty sure we made our goal," Sharp said.

Funds are earmarked for operations – the shelter is currently home to 13 beds – and programs such as children's counselling and advocacy.

"We put it wherever it's needed at the shelter," McDonnell said. "Just depends where we need it."



*This article is written by: Terry Bridge
and was originally published on April 24th, 2017 in the Stratford Beacon Herald*

Corps Support Promotes Esprit de Corps

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

2511 Lake Superior Scottish Regiment Army Cadet Corps purchased seven new shooting jackets in 2016 using funds the



Cindy Winters and Capt Dwight Kremer (Commanding Officer) with the shooting jacket and LSSR crest/tartan during the Corps parade on March 29, 2017

Cadets earned from tagging. The jackets were first used in 2016 by the Corps Air Rifle Marksmanship team. In an effort to identify our Corps team on the jackets Capt Kremer, the Corps CO and marksmanship coach, worked with our Sponsor the LSSR Senate to acquire LSSR crests and the LSSR to acquire tartan. Next was how to get the crests and tartan onto the jackets and in discussion among parents involved in supporting the Corps it was determined Cindy Winters (Grandmother of Cadet Constantin) was a veteran sewer. 2511 LSSR Army Cadet Corps sincerely thanks Cindy for all the hard work in having the LSSR crest and tartan sewn on the Corps shooting jackets in time for the 2017 Air Rifle Marksmanship team to wear them at the competition held on April 1st, the Corps 63rd birthday. Cindy's efforts will continue to develop Esprit de Corps at 2511 for years to come!

1596 RCACC Kitchener 100 Anniversary Vimy Ceremony

Submitted by: Lynn Caswell
Support Committee Chair, 1596 RCACC

One hundred years later, the Cadets of 1596 Royal Highland Fusiliers of Canada Royal Canadian Army Cadet Corps and members of the Royal Canadian Legion Fred Gies Branch 50 from Kitchener Ontario collaborated to commemorate this centennial anniversary with a parade and drumhead ceremony at Kitchener City Hall. Guests on parade included members of the Royal Highland Fusiliers of Canada (Canadian Armed Forces Reserve Unit), the Kitchener Fire Department, Waterloo Regional Police Services, and our neighbouring cadet units 21 Army Cadet Corps, 1882 Wellington Rifles Army Cadet Corps, 80 Spitfire Air Cadet Squadron, and 822 Tutor Air Cadet Squadron.

The ceremony included a brief history of Vimy Ridge which was read by Master of Ceremonies Mike Farwell, local radio personality and well-known community advocate in Waterloo Region. The 1596 Army Cadet Corps held an essay writing challenge where they were asked to write about what the Battle of Vimy Ridge meant to them. Two essays were selected and read to the crowd of spectators.

Wreaths were laid in remembrance to honour those soldiers who fought in the Battle of Vimy Ridge by local members of parliament, the Region of Waterloo and City of Kitchener, emergency services personnel, NATO veterans and the Royal Canadian Legion as well as the 1596 Royal Highland Fusiliers of Canada Royal Canadian Army Cadet Corps.

A reception was held following the ceremony inside Kitchener City Hall where guests enjoyed refreshments and snacks provided by the families from 1596 Army Cadet Corps. Kitchener Mayor Berry Vrbancic and Deputy Sergeant of Arms Dan McVey from RCL Branch 50, provided words of appreciation to the cadets and everyone in attendance that day and the afternoon was completed with some lighthearted fun by all.



What the 2799 RCACC Aurora Trip to Vimy Ridge Meant to Me?

Written by: WO Arjun Sahdra
Cadet, 2799 RCACC

Over the past several years, The Queen's York Rangers 2799 RCAC raised over \$150,000 to fund a trip in which 8 staff and 40 cadets had an amazing opportunity to travel to France, Belgium and the Netherlands visiting battle sites and cemeteries that are important to Canadians. We visited sites from both World War I and World War II including Juno Beach, Passchendaele and of course Vimy Ridge.

To me the trip was more than about having a good time. For me it really put into perspective all the sacrifices made by our soldiers for Canada. It is one thing to read about a battle or how many casualties were lost in a textbook, but to go overseas and see the post marked site of The Somme and Vimy Ridge or to see the masses of graves in a single cemetery, it truly is a shock.

The first cemetery we went to was a "small" one. It contained over 2,000 people and that is only a small portion of the losses that would be sustained in a single battle. Some of them were as young as 15; which really took me off guard. The end of the trip had me feeling extremely grateful for the sacrifices made by the Canadian soldiers and after seeing how horrific the conditions were I found myself wondering if I would be able to handle the stress and pressure that was placed on these young men's shoulders.

All in all the Vimy trip was a wonderful chance to visit the battle sites that put Canada on the map and bond with my fellow Cadets.



WO Arjun Sahdra (2nd from right) with several other senior Cadets

600 Ceramic Trilliums to Honour Fallen Soldiers

Submitted by: Maj. Tracey White
Commanding Officer, 2672 RCACC



2672 RCACC Peterborough planted over 600 trilliums to honour Canada's fallen at Vimy Ridge at the local cenotaph. The trilliums are ceramic. There are also 12 red trilliums to honour each of the local fallen soldiers.



Leadership is not a Destination. It's a Journey!

Submitted by: Anita Beckett
Support Committee Member, 2310 RCACC

Shoes were shined and uniforms were pressed as the 2310 Army Cadets marched through their 69th Annual Review. The Annual Review is the most important event of the army cadet training year. This event is the opportunity for the cadets to display what they have learned over the past training year to their families and assembled guests. It is also the opportunity for the Corps to honour deserving cadets by presenting them with various awards.



On Monday, May 1st, the 2310 Royal Canadian Army Cadet Corps assembled in front of family, friends and invited guests. The Reviewing Officer for the event was Major Pascale Crépault-

Breckenridge. She was born and raised in Montreal where she was a Cadet herself. She held various positions including the Governor General's Foot Guards in Ottawa and 2310 Army Cadets Corp locally. The highlight of her career was being the first female Commanding Officer of 2310 Royal Canadian Army Cadets Corps in Sault Ste. Marie from 1995 to 1998. Under her leadership, the Corps was the top army cadet corps for 2 years and was awarded the Clarry Trophy for the top army Cadet Corps in Northern Ontario for 3 years.



Aside from the presentation of numerous awards including top Cadets in each star group, Top Shot award, Biathlon, most dedicated cadet, and the Royal Canadian Legion Cadet Medal of Excellence, the cadets showcased the results of their hard work this training year. The audience was treated to a performance by the 155 Air & 2310 Army Combined Pipes & Drums Band and Highland Dancers. The Drill Team with Arms also performed a concise and synchronized routine. Both teams attended the NOA Band and Drill Competition in North Bay the past week where the combined Pipes and Drum Band defended their title and took 1st place and top Drum Major was awarded to our own Sgt Assiginack. The Drill Team with Arms took 2nd place at the competition as well.

Many of the VIPs who spoke praised the Cadets for their hard work, dedication and commitment and encouraged them to continue the journey to being the leaders of tomorrow.



The 96th Warriors' Day Parade

Saturday, August 19, 2017 10:30am
Canadian National Exhibition,
Toronto, Ontario, Canada
Remembering The Battle of Vimy Ridge
100th Anniversary 1917 – 2017



Warriors' Day Parade Canadian National Exhibition

The Warriors' Day Parade Council will be hosting this year's 96th Annual Warriors' Day Parade at the CNE on Saturday, 19th August 2017. Cadet participation is requested to carry the marching unit identification signs on the right flank of each participating marching unit and assist otherwise as required. Cadets are required to wear summer uniform and report directly to the Cadet/Scout Registration Desk in Gore Park no later than 0930. Gore Park is the small triangular park located immediately east of the Princes' Gate, north of Lakeshore Blvd and immediately south of Fort York Armouries. Upon completion of the Parade, participating Cadets will receive a stipend of ten dollars (\$10). Queries regarding this Parade may be directed to Lt(N)<Ret'd> Wayne Closs (whcloss@sympatico.ca) / (416) 453-2696 (Cellular).



The Army Cadet League Of Canada (ON)

1200 Markham Road,
Suite 527
Toronto, ON
M1H 3C3

Tel: 416-431-2792
Toll: 1-800-561-4786
Fax: 416-431-2022

E-mail: armyleag@bellnet.ca



*Hope You Have
A Great Summer!*

Blackdown Cadet Training Centre

Sunset Ceremony

Friday, August 11, 2017

Guests to be seated by 1745 hrs for 1800 hrs

The ceremonial parade is the culmination of the Cadets training and showcasing their newly acquired skills in a spectacular display of pageantry. Extra travel time should be allowed due to the anticipated traffic volume.

There will be a reception at Officer's Mess and NCM Mess following Sunset Ceremony.



Graduation Parade

Thursday August 17, 2017

Guests to be seated by 1745 hrs for 1800 hrs
Musical Displays commence 1730 hrs

To Register for any of the above
Please RSVP to the League Office
No later than August 5, 2017 (limited seating)
(416) 431-2792 or 1-800-561-4786
Or e-mail: armyleag@bellnet.ca



Army Cadet Parachutist Grad Parade

Saturday July 29th, 2017

Trenton Cadet Training Centre at 1000 hrs

Connaught Final Graduation

Thursday August 17th, 2017

Trenton Cadet Training Centre at 1900 hrs



The League appreciates all our volunteers for their dedication, time and support to our Cadets!

Reminder

For speedy processing, please submit all four volunteer screening documents directly to:

The Army Cadet League (ON)
1200 Markham Road,
Suite 527
Toronto, ON M1H 3C3