

# ON-TARGET

The Army Cadet League of Canada - Fall 2006



- International Expedition
- Summer Writing Contest - Finalists
- Marksmanship
- Meet the Colonel  
Commandant



# CONTENTS



Meet the Colonel Commandant...p.4  
Citizenship and Patriotism ...p.5

TOURING THE MONT BLANC...p.7



NATIONAL MARKSMANSHIP...p.8

About OBS...p.9  
Cadets Honour Veterans...p.10  
Pride and Patriotism...p.11  
My Cadet Experience...p.12  
Just a Cadet?...p.12  
An “S” Word in History...p.13



SUMMER WRITING CONTEST...p.14

Aquatic Wonders...p.14  
An Unforgettable Experience...p.15  
Adventure in Whitehorse...p.16



## PRESIDENT'S MESSAGE

In these times of turbulence and change, it is sometimes useful and even necessary to reacquaint ourselves with the fundamental values that contributed to the advancement of Canadian society. If it is given that responsible patriotism was an important element in reinforcing the bonds within our community, today it is essential that we develop this sense of citizenship and of sharing.

Because we sincerely believe in this, our League and the Canadian Cadet Movement as a whole has made the promotion of this value a central aim. Many activities at the local, provincial and national level are organised, everywhere in Canada, with the aim of initiating cadets to this dimension; to facilitate their feeling of belonging to, and comprehension of, Canadian society.

This issue of *On-Target* will allow you to take note of this reality, and I believe that the subjects covered will solicit your interest in the issue and will contribute to encouraging us to continue on with our efforts in this youth movement.

Enjoy your read!

A handwritten signature in black ink that reads "Gilles Déry".

Gilles Déry  
President  
The Army Cadet League of Canada

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

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

Deadline for submissions for the Spring 2007 issue is March 1st, 2007.

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## MEET THE COLONEL COMMANDANT



Dear cadets,

I am completing my second year as your Colonel Commandant and I would like to take this opportunity to tell you about my role as well as share some of my experiences with you.

First of all, why is there a Colonel Commandant? While I haven't seen it written anywhere, tradition is very much a part of it. Historically all Army families, be they Regiments or Corps, have had a retired senior officer in an honorary appointment. This senior officer usually comes from the same 'family' and serves as a guardian of its traditions and values. Although no longer in active service, he is regularly consulted for advice and support in matters that affect the 'family'.

In the case of Army cadets it is much the same. The Colonel Commandant is appointed by the Governor General on the recommendation of the Chief of Defence Staff. This gives him access to the highest levels of the Canadian Forces. On a day to day basis, on the military side, he works closely with the Army staff of the Directorate of Cadets. On the civilian side, he is closely involved with the management of the Army Cadet League.

Secondly, I cannot overstate how impressed I have been in all the opportunities I have had to cross paths with you, be it in your first or your last year. I can read pride in the gleam of your eyes, self-confidence in the way you express yourselves, and I feel the bond you have with your fellow cadets. All this is usually reinforced with the conversations I had with your parents, who are just as impressed by what you

have become and what you have done.

My comments, of course, are based mainly on my visits to Summer Training Centres. In 2006 however, I had the good fortune of being invited to the 60th Anniversary Annual Review of Cadet Corps 2276, in Fort St-John, British Columbia. They had a very successful ceremony which culminated in the corps being granted the Freedom of the City. I can confidently state that they are good for another sixty years as the corps is well supported by the community.

Last summer I visited Argonaut, Rocky Mountain and Whitehorse Summer Training Centres. I found the training taking place there to be well organised and supported by the right combination of challenge, learning and fun. I strongly recommend that all of you strive to attend a Summer Training Centre as it is the culmination of what the cadet experience can be.

The ultimate, of course, is Rocky Mountain. There, cadets are trained by glacier climbing, hiking and whatever else the high calibre instructors have to offer. You should all try to get a vacancy there. Only very rich kids would be able to afford a similar civilian experience.

Do remember however that boot camp is your home corps. That is where you either learn or teach the basics. Summer learning allows you to hone those skills and to really learn what team work is about. Remember, team work is the key to any undertaking in life.

Finally, I need to mention the outstanding direction of your officers, civilian instructors, sponsoring committees and the numerous volunteers that keep your home cadet corps going. They do not have the structure or support you find at the Summer Training Centres, and more often than not they have to rely on their imagination to make things happen for you. Please thank them for me and tell them I appreciate that "where there is a will, there is a way...". -OT

Major General (Rtr'd) Robert Gaudreau  
Colonel Commandant  
The Army Cadet League of Canada

## Citizenship and Patriotism by Valérie Gervais

These two evocative words have been adopted as the theme for the 2006-2007 training year. Obviously this theme will not be difficult to integrate into the curriculum, but it will highlight what is arguably the most important of the Canadian Cadet Movement's (CCM) three aims: to "develop in youth the attributes of good citizenship and leadership". This aim is as relevant today as it has ever been. However, the world has undergone numerous transformations and, as a result, the meaning of patriotism and citizenship has also changed.

Patriotism is for some a controversial concept. Its literal definition implies a total devotion to one's country and has been used to mobilize the masses in support of causes both good and bad. However, true patriotism cannot be contained within Canadian borders. This is inline with much of the Cadet Programme. Through various activities, cadets are taught to be proud of their country's history and of their way of life. But, they are also afforded every opportunity to learn about the world and learn about Canada's responsibilities in it. As paradoxical as the concept might seem, the Cadet Programme increasingly encourages a kind of global patriotism.

On the same note, citizenship is not as simple as having Canadian sta-

tus. Being a good and engaged citizen implies respecting and accepting responsibilities towards peers, community, country and the world. The two key words here are respect and responsibility.

Basic cadet activities such as drill do just that. When cadets enter the parade square well groomed, with perfectly pressed uniforms and thoroughly shined boots, they show that they are not only responsibly following orders, but that they respect themselves. Self-respect is without a doubt the number one attribute of a good citizen. This becomes more apparent as cadets progress through the Programme. From what I have seen, the most successful cadets tend to have the sharpest uniforms, to be confident, to be kind to their peers, and to be polite and respectful to all. One would not have to look far to find examples of how this same attitude translates into adult success.

In the pages that follow you will have the opportunity to read a variety of stories written by cadets, CIC officers, League members and even foreign cadets. Some of the contributors had the opportunity to travel internationally, either with the Army Cadet Exchange (ACE) or the International Expedition. The cadets all say that they made new friends and learned about a different way of life. While it may

seem like these stories are about a bunch of kids having fun, these young people have had an opportunity that most Canadians will never get. They have gained exposure to the world and they now know first hand that no matter where you are, no matter what the toilets look like or the food tastes like, there are always good people and great friends to be made.

Now all those who work hard to materialise these opportunities for cadets, whether military or civilian, can pat themselves on the back. They are enriching the lives of young Canadians in numerous ways. However, their actions are not entirely selfless. These young people have a lot to offer too. The stories contained in this issue depict gruelling hikes, being forced to lay face down in the sand and testing physical as well as psychological limits. Yet, sore feet, upset stomachs and incredible challenges never seem to be central to the cadet's memories. What they all seem to remember is how much fun they had and how many friends they made. Is that not the greatest lesson of all? After all, who could deny that if everyone learned to have a little more fun, and to invite others to join them, the world would be a much better place? **-OT**

[www.armycadetleague.ca](http://www.armycadetleague.ca)

# TOURING THE MONT BLANC

by Valérie Gervais

Imagine spending eight days hiking in the European Alps, while passing through small enchanting rural towns in France, Italy and Switzerland. Imagine the tastes of French and Italian cuisine and the charm of Swiss style mountain refuges. Imagine wandering so far off the trail that you witness awe-inspiring landscapes that you know very few people will ever get to experience.

Well, at the end August, imagination turned to reality for sixteen cadets and three CIC officers. Those selected to take part in the Army Cadet International Expedition 2006 – Tour of the Mont-Blanc - got to experience all of this and much more. Pain, culture, and loads of gifts were also on the agenda.

What would an expedition be without a little pain? Aside from hiking and then hiking some more, in the case of this Expedition, there was also some hiking. All and all they hiked for eight days straight, gradually reaching heights of up to 2761 metres. It's needless to say that there were a lot of sore knees, legs and feet. But, as Cadet Blake Benoit put it: "It was rough but it was really good for my legs that are beginning to look like tree trunks and are as hard as rock". As they say, 'no pain, no gain.'

However, an improved physique wasn't the only gain for the participants. They were also immersed in the

cultures of these countries. Because they traveled mostly on foot and remained far from major tourist centers, they got to see areas that most tourists never get to see.

And as if the physical and cultural rewards were not enough, Bata Shoes France and Bata Shoes Switzerland also funded cultural days in their respective countries. Bata Shoes France paid for a cable car ride up the Aiguille du midi and then treated the cadets to fine French cuisine at the Restaurant le 3842, whose claim to fame is being the highest restaurant in all of Europe. For their part, Bata Shoes Switzerland covered travel to and from the Olympic Museum in Lausanne and purchased a meal in Switzerland.

Adding to all of this, thanks to the generosity of individual donors, the League provided each participant with high-end hiking poles, a quality fleece, up to \$180 towards the purchase of a good pair of hiking boots, and much more. As well, Athletes World Canada donated a quality day packs to each participant.

The pictures here are only a small sample. Visit our website at [www.armycadetleague.ca](http://www.armycadetleague.ca) to see more pictures and to read what the participants themselves had to say about their experience. - **OT**

## Participating Cadets

[Heather Boutilier, CC# 2928, Sheet Harbour, NS](#)

[Jonathan Hughes, CC# 148, Charlottetown, PEI](#)

[Serge Hebert, CC# 560, Moncton, NB](#)

[Blake Joseph Benoit, CC#3012, Lourdes, NL](#)

[Maxime Bonenfant, CC#2846, Richelieu, QC](#)

[Jean-Phillipe Grenier, CC#2898, Ste-Marie, QC](#)

[Florence Penicaud, CC#977, Ville-Marie, QC](#)

[She-Yang Lau-Chapdelaine](#)

[CC# 2784, Ottawa, ON](#)

[Adam Disimine, CC#68, St-Catherines, ON](#)

[Anthony Lam, CC#337, Toronto, ON](#)

[Anthony Thompson, CC#2302, Weyburn, SK](#)

[Tammy Nilsson, CC# 2850, Grand Prairie, AB](#)

[Joel Gagne, CC# 2701, Winnipeg, MB](#)

[Casimir Thompson, CC#726, Lazo, BC](#)

[James Miskulin, CC# 3005, Victoria, BC](#)

[Trevor Kringayark, CC# 3055, Repulse Bay, NU](#)

## CIC Officers

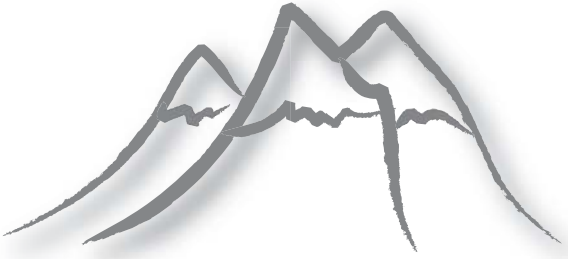
[Rioux Daniel, Atlantic](#)

[Morin Johanne, Eastern](#)

[White Matthew, Central](#)

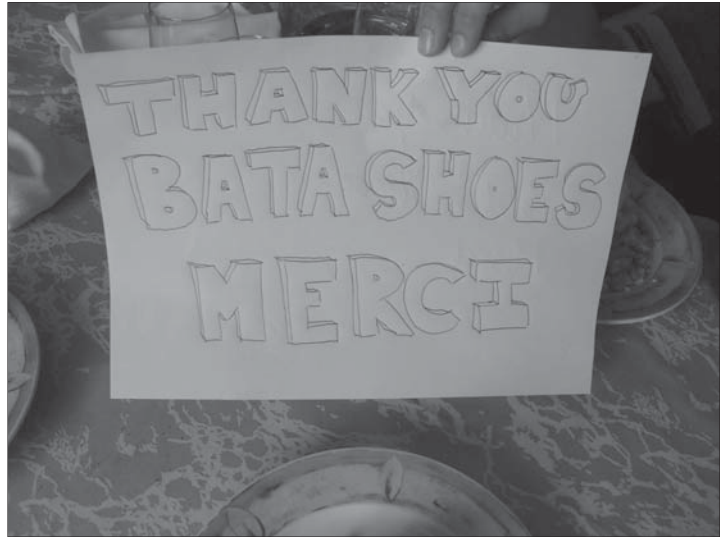


ARMY CADETS / CADETS DE L'ARMÉE



EXPÉDITION 2006

**MONT BLANC**



*Bata Shoes France, Bata Shoes Switzerland and Athletes World Canada contributed a lot to this expedition.*



*Three of the participants practicing their map reading skills.*



*One of those incredible views tourists off the regular tourist trail.*



*At the top of the Aiguille du midi.*



*The view from the Aiguille du midi.*

# NATIONAL MARKSMANSHIP 2006

by Valérie Gervais

All Army Cadets did extremely well at the National Cadet Marksmanship Competition 2006, held from May 6-12, in Regina, Saskatchewan. However, the following achievements deserve a special mention.

Cadet Gregory Perron of CC# 2483 Esquimalt Princess Patricia's Canadian Light Infantry proved to be Canada's Top Cadet Air Rifle Marksman. He was awarded the Vamplew Trophy and he will receive a custom made embroidered shooting jacket, courtesy of the League.

Cadet Perron's Unit Team, composed of cadets G. Edge, N. Morrison, R. DeVeau and A. Reddeu, also received the title of Top Army Cadet Unit. They were awarded the reactivated King George V Challenge Cup. As well, each member of the team went home with a 1 oz silver bar, beautifully mounted in a shadow box with the following inscription on the back:

## *Bringing the Silver Home*

*In the XIX century, when marksmanship competitions were first organized in the British Empire, competitors would compete for a purse of currency known as 'pound sterling'.*

*One of the oldest and most prestigious of these competitions is the 146 year old Imperial Meeting, held every July, at Bisley, in England. When the first of these competitions was organized, the best individual marksman received a prize of £250 equal to 250 lbs sterling silver.*

*In keeping with that tradition, this 1oz bar of sterling silver has been symbolically presented to you because of your outstanding achievements at the National Cadet Marksmanship Competition 2006, in Regina.*

Also from British Columbia, Cadet Rebekah McCutcheon, 3005 11th Service Battalion RCACC, won the award for Best Marksmen in Canada - Junior Category. But the gold medal for this category isn't all she received. She left the awards ceremony looking like a Christmas tree in her green uniform decorated with five gold medals, two silver medals, one bronze medal, two framed perfect score targets and two banners as decorations. Another Army Cadet, Pascal Messiaen Dieppe RCACC, in New Brunswick, won the bronze in the Best Marksman in Canada – Junior Category.



Gregory Perron, 2483 Esquimalt, BC, receives his jacket from the ACLC's Edrea Matthew.



Rebekah McCutcheon displays her impressive awards.

As well, the Ontario Composite Team 3 happily went home five hundred dollars richer. After solving the "Get to Know Regina" scavenger hunt, cadets K. Montagnese, K. Rogowski, B. Bérubé, S. Glogowski, CI. Herbert, K. Villeneuve each left with a crisp \$100 bill in their pocket.

This all Army team also won gold in the Top Composite Team category. - **OT**

## ABOUT OBS by Lieutenant Tim Townley, Pacific region

The Outward Bound Scotland (OBS) Exchange can only be described as a thrilling adventure that took twenty-four cadets and two CIC officers to France, England and, of course, Scotland. As one of the accompanying officers, I must say that this was a great experience for all and for many reasons.

First, we were taken by the enchanting sights of the Scottish Highlands. The treeless mountains and beautiful lakes that form the highlands were unique and we Canadians appreciated it. By the end of the exchange, between the cadets and the staff, we literally had hundreds of photos of landscapes alone.

Scotland's historic charm was also impressive. The castles and monuments we saw had a sort of timeless beauty. In the large list of attractions there were places like Sterling Castle, Edinburgh Castle, The William Wallace Monument, Loch Ness in Inverness, the Callander Highland Games and St. Andrews, the oldest golf course in the world.

Along with these many attractions we were privy to things that normal tourists would never be able to do. We endured training exercises and military equipment training with the Army Cadet Force (ACF) and the Combined Cadet Force (CCF). Cadets were amazed at the differences in the training that was offered.

For instance, British cadets get issued a rifle at the beginning of an exercise and keep it with them for its duration. Cadets there are also permitted, on occasion, to fire a fully automatic rifle for target practice. When cadets go to camp in the UK they are there with other parts of their regiment and do not train with other cadet units.

After our journey in Scotland we traveled to England to meet with Canadian cadets on other exchanges. Together we did a grand tour of London and went on a day trip to France.

While in London the group of approximately 76 cadets and staff took a ferry across the London canal and rode on the famous London Eye, where the view of the city was spectacular. Some of the other amazing sights we visited include Greenwich, Big Ben, London's famous Tower Bridge and, of course, Buckingham Palace.



*The OBS 2006 cadets in front of Scone Palace in Scotland.*



*Lieutenant Townley takes a break from the expedition portion of the trip to admire the landscape.*

The day prior to returning to Canada we traveled by bus and ferry to France. We visited the Canadian War Memorial at Vimy Ridge. Unfortunately the monument was under construction and the structure was covered. All was not lost for the cadets however. They went on a guided tour of the war time tunnels and toured the war time trenches.

The next day cadets and officer said their sad good-byes to the now familiar sights of the United Kingdom and left on an afternoon flight home from Heathrow International Airport. However, I am quite convinced that the memories of this trip will live on for years to come.

**- OT**

## Cadets Honour Veterans by Wayne Emde

In late July, 105 members of Guard Company from the Vernon Army Cadet Summer Training Centre marched into a near by cemetery to honour the veterans who are buried there.

After a service the cadets were handed small Canadian flags and poppies. Then, in pairs, or by themselves, the cadets spread out through the cemetery, identifying the headstones of former soldiers and planting the flags and poppies to mark the graves. The usual boisterousness of the teens was replaced by a solemn respect as the small flags, which had been provided by the local MP Colin Mayes' office, flapped in the breeze. A few cadets shed tears as they placed the flags on the graves. Others stood silently and saluted.

The idea for the project arose out of discussions among some officers last summer during the Year of the Veteran and was inspired by the fact that some fifth grade school children in Holland undertake to look after the graves of Canadian soldiers buried there. The League historian, Francois Arsenault, then approached the incoming Commanding Officer of the training centre, Lt.-Col Allan Dengis, with a specific project to honour the veterans buried in Vernon, many of whom had trained in the same facilities now used by the cadets.

A map of the veteran's graves, identifying 286 known grave sites, was then drawn up and Guard Company undertook the project as part of their annual community service commitment. - *OT*



*An Army Cadet at the Vernon Army Cadet Summer Training Centre places a Canadian Flag at the tomb of a veteran.*

**Are you interested in becoming an On Target Cadet Reporter for the Winter 2007 issue? You could receive a \$25.00 Kit Bag Gift Certificate for every publishable story you submit.**

**You must:**

- Be a Canadian Army cadet
- Have access to a computer and the internet.

**If you are interested, please send a 250 word writing sample outlining what would make you a good On-Target Cadet Reporter.**

**Send sample to:**

**Valérie Gervais**

**vgervais@armycadetleague.ca**

## Pride and Patriotism

by Matthew Churchill, 2137 Calgary Highlanders Cadet Corps Calgary, AB

In the past war veterans were looked upon with pride and respect, but it seems as time has gone by the newer generation has forgotten the sacrifices our veterans made. That is why I and so many other cadets feel pride when we put on our uniforms.

Personally I would like to show the veterans that the new generation recognizes them and is thankful for what they did. Veterans of the two World Wars, as well veterans of peacekeeping missions, who gave up their youth to fight for a reason they thought was worth dying for. As world war veterans pass on, so does one of our nation's greatest generations of men and women, many of whom have friends who made the ultimate sacrifice and are commemorated in places such as Flanders Fields, and the monument at Vimy Ridge.

Before I joined Army Cadets I was like much of the youth is today, unaware and unknowledgeable of what the veterans did for us. When I was younger I would complain as many do at the length of the Remembrance Day ceremonies, but now because of Army Cadets, I have learned the great sacrifices young soldiers, both men and women, have made in the past.

Now I value Remembrance Day because it is one of the few days our veterans are honoured. The moment of silence on November 11th, at 11:00 am, lasts only a few seconds, to envision the suffering our veterans have gone through to give us what we have today.

Every year at my home corps we participate in poppy sales and Remembrance Day ceremonies. We also visit the veterans in our city on Valentines Day to hand out valentines and speak with them about their experiences in the war. When they share their memories with us they are also passing down the only way of remembering what they did for our country. One veteran I spoke to last Valentines Day said to me "Don't let us down". I believe everyone should remember these words whenever they have a difficult judgment to make. Think of the veterans and whether your decision would let them down. Always show how proud you are of them.

At time like Remembrance Day, it is important for us to remember the two world wars and other conflicts so that we do not make the same mistakes again. If

we forget and ignore the past which much of society is doing today, those mistakes will resurface and we will very quickly be faced again with a war fought by the young people of our country. If this is to happen again, I am not certain that much of our youth will be so willing to risk their lives for such a cause. That is why we must remember the veterans; I do not believe there will be another generation so willing to fight for the freedom of their country. - **OT**



*Matthew Churchill, our Cadet reporter from Alberta, proudly wears his uniform.*

## My Cadet Experience by Alexander Shymkiw, CC# 2941, Clearwater, BC

I can attest that the Canadian Cadet Movement (CCM) is one of the most excellent youth organizations and I wouldn't change anything about it. I have enjoyed the past six years and this is my final year before I graduate from the Army Cadet Program. I have visited places and participated in activities that I could have otherwise not done. Activities that youth outside the organization can only imagine. Reflecting upon my cadet years, I have improved my physical fitness, self-confidence, and organizational skills while meeting exciting new people from across Canada and around the world.

Being a cadet has done so much for me. It provided me with the essential tools, training and experience that will help me succeed by preparing me to be entrusted in a position of responsibility. It also allowed me to gain a sense of self-worth in learning how to approach different

tasks. Every year that I attended a summer training centre as a course and staff cadet, I honed many new abilities. I personally challenged myself to reach new heights of personal performance, instructing cadets in both directing staff and training cadre positions. I brought the newly acquired knowledge back to my school and community by becoming actively involved in the student leadership and peer helping program in high school, which contributed to my overall school success.

I hope to have a great training year, as it has been awesome so far. We need to be thankful for everyone who makes this program possible. Like many other senior cadet NCOs, I have reached a point of 'giving back' to the Army Cadet Program. It is our goal for youth to have just as many incredible experiences. One of the most

important things to remember is to use all of the skills that youth developed throughout all of your courses attended previously, and apply them to efficiently accomplish a shared goal. It is instrumental in providing guidance and effective instruction.

I like to think of us as a source for leadership and knowledge for senior cadets, and as mentor for the junior cadets. We attempt in many ways to anticipate problems and recommend solutions to make training an exciting, challenging, safe, and fun experience for everyone. Keep in mind that a positive attitude can go a long way in influencing happy-motivated participants to put together a better all-round program. - **OT**

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## Just a Cadet? by Kristin Oliver

When someone asks me which element of cadets I find the best, I say Army Cadets. When they ask me why? I answer that it is because I am an Army Cadet myself. But when I stand back and look at the cadet program as a whole, I see youth wanting to help and do their part to make Canada a better place to live. I want to challenge other cadets to get involved with other Army Cadets, or even cadets from the other elements. Get together and try to do your part to help your community. I know that when I help my community I feel great about it and my community becomes a better place too!

The cadets at my Army Cadet corps are very fortunate to be able to participate in activities with cadets from other elements. We are very close to the Sea Cadets that are also stationed here in Aldergrove. Just the other day my corps and I were invited to attend the Sea Cadets 3rd Annual Drive-in Movie. We had to make our own car out of either cardboard or wood and then

decorate it to our liking. On the night of this event we all brought our cars down to the Sea Cadet base and we were judged on creativity, originality and colourfulness. After the judging we all sat down in our cars and watched a movie while we ate popcorn and hung out with friends, and friends to be.

When I think about cadets I think about teens and pre-teens hanging out and learning about drill, marksmanship, leadership, citizenship, band, rock climbing, and so much more! To me, I find cadets so much more than people in a uniform marching around. I find them to be people that care about our community, province, and country. I don't know if it is because I am a cadet myself and I have friends that are cadets. Only time will tell. *Continued on page 13*

## An “S” word in History by Kristin Oliver

An 1897 Victoria British Infantry Officer's sword was recently found at my corps. I like to think an officer in the British Army used it for fighting great battles. The discovery got all of us asking, how did it end up here and what was it used for? I wanted to get answers to some of these questions.

My only clues were its interesting physical characteristics. It has a 6¼ inch handle that seems weathered and worn. Its three-quarter hand covering, otherwise known as a basket, has interesting markings such as initials and crowns. So does its 32½ inch blade. After a long Internet search I discovered what some of the symbols are and what they represent.

One of them was the “Royal Standard Coat of Arms”, a term often used by countries to describe and refer to the flag used by the monarchy and the royal family. Other engravings include something resembling the Star of David and a pair of ferns, also known as the Queen Flower. The initials ER VII for Edwardus Rex, also known as King Edward the Seventh, and the Royal Kings Crown are also engraved on this sword. It would seem that it would have been used for ceremonial purposes such as welcoming honoured guests, sword fighting (jousting), weddings, and ceremonies.

My corps likes to put the sword on display when we are out in the community at events such as community appreciation days and recreation fairs. We believe it fell into our hands in the early 1990's. However, where it came from is still a mystery.

We don't know if it is a genuine 1897 Victoria British Infantry Officers Sword. It may have passed through many hands since the late nineteenth century before it made its way to our corps. Or, it may just be a replica of one that was designed more than 100 years ago. Even if we don't know for sure, some of us believe that

it is as real as this magazine you are reading.

Is there anything mysterious and valuable lurking in the depths of your corps?



*The handle of the 1897 Victoria British Infantry Officer's sword found at cadet Oliver's Army Cadet Corps.*

## Just a Cadet? Continued from p. 12

You can do so much for your corps. You can go to the local zoo, high school, or even just places in the communities that have events, and hand out flyers to try and get the community interested in the different types of cadets. My point is that everyone in the community could benefit from cadets. So, I encourage you to get

up and get active in YOUR community! - **OT**

*Kristin Oliver is our Cadet Reporter for British Columbia. She is 12 years old.*

## SUMMER WRITING CONTEST WINNERS

The Army Cadet League of Canada held a summer writing contest for the first time this year. We received many excellent stories, but unfortunately we could only pick three winners. They each received a full Cadet Patt uniform, complete with name tag and hat.

Enjoy these three great tales of Army Cadet Summer Experiences!

### Aquatic Wonders By Karen Boulanger, CC# 2787, St-Zacharie, QC

Fun and challenging are just a few of the words that could be used to quickly describe a summer spent in Fort Lauderdale, on the Florida Coast. After applying for the for the Scuba Diver course, eleven young Canadians took off to spend two full weeks on Floridian beaches in the company of some Young Marines and their instructor, Worth O'Brien. As one of the participating cadets I had the opportunity to enjoy an incredible experience.

Direct from the Beauce region cadet corps 2787 St-Zacharie, I, Karen Boulanger, had the pleasure of exploring the depths of the ocean and to discover the beauty of under water as well as a little about its functioning. Much to my sadness, I did not find Nemo, but I did take advantage of the splendid colours the other fish displayed as well as their kind welcome into their natural habitat. I also met a shark, king of the sea, and it was both a stressful and wonderful moment!

It should also be noted that we were lodged in a super hotel with an extraordinary view of the beach and that we could access that landscape as often as we liked.

During our stay, we had to acquire the necessary skills to become a life guard as well as an excellent scuba diver. So, our instructor constantly pushed us to the limit and he taught us how to use techniques properly. So, this summer taught is discipline and helped us push are mental and physical limits to maximum in order for us to become a better leader afterwards.

In the end, this summer has been one of the most enriching of my cadet career and if I had the opportunity to go on such an exploration again, I could assure that I would be one of the first to go back! - **OT**



*The Canadian girls, from left to right, Karen Boulanger, Sarah Yaki and Captain Andréanne Bergeron*



*Top left Gordon Scott, top right Tyrell Meanie, bottom left Catherine Emmens and bottom right is Heather Yaki. Canadians at their first stop on their bus tour of Sweden. They're outside the Falun Copper Mine doing their after-lunch dishes.*

## An Unforgettable Experience

by Gordon Scott, CC# 2289, Victoria, BC

I had no idea that I was in for an experience that I would remember for the rest of my life. I spent four years training at my home corps, doing summer camp courses and bettering myself as a cadet, and as a person. I met friends along the way and gained a huge amount of skills, both military and life ones. After all the hard work and dedication I put into army cadets, I was greatly rewarded with what I worked so hard for - an international exchange.

When I first arrived in Connaught I was anxious to find out who exactly I would be going on exchange to Sweden with. Would they be friendly, funny, and would I get along with them? When I finally met them I was anything but disappointed. Catherine Emmens, Heather Yaki, and Tyrell Meanie are three people that I would never forget and helped make the exchange trip to Sweden, the best trip I ever had.

While in Connaught the cadets going on exchanges did a pre-course where we went through tough physical training, preparation, and got to know the people we would be spending the next three weeks together with. It was hard sometimes but well worth the effort. Also, while we were in Connaught we got to visit the War Museum, have lunch in a downtown officer's mess, tour Ottawa, and got to do some caving and an awesome ropes course in Quebec. Those five days went fast but were really fun.

When the five of us finally arrived in Sweden, despite the seven and a half hour delay, we were met by a very tall man in green who took us to a Swedish military base. Once we got there we were shown to our barracks, dropped our bags off and played volley ball for a bit. We met people from Holland, Netherlands, Germany, Austria, America, South Korea, and England. We all got together once everyone had arrived and were introduced to each other. We met two junior hosts, Johan Brissman and Jessica Siljehav and two adult hosts, Lt. Johan Bogg and Capt. Christer Flor. They were all very nice and welcomed us.

The next day we got to sleep-in until 8:50 and were told about our inspection at 9:50. We got up, made our beds, swept and mopped the floor, wiped the dust off our lockers, cleaned the bathrooms and got changed into our combat gear. After the inspection we were taken to the mess hall. We also found out that the Swedish military do not have breakfast on

weekends, they only have brunch! Brunch was a fried egg, tiny potatoe squares with bread and butter with a glass of apple juice (the best apple juice I've ever had!).

It was interesting to see how the Swedish mess hall worked, compared to the Canadian ones, and the type of food the Swedish people eat. The meal was pretty good. The next day we had a formal dinner, which was steak and potato salad (both were amazing!!) and got a briefing of what an incredible time we were in for. After we had time to relax, play pool and even do some dancing and sing some karaoke.

Over the next two weeks in Sweden we did a huge amount of activities – from laser tag, to mountain biking, to rafting, to absailing (some upside down!) and visited the biggest Ikea in the world. We also got to go on the tallest free fall drop ride in Europe, and even visited the arctic circle. We got to travel from southern Sweden to northern Sweden on a pink bus (which was an amazing trip!). On the way we toured a copper mine, a horse making factory (where one of Sweden's most famous icons are made), saw Sweden's biggest bridge, and swam in the Baltic Sea (which was freezing cold).

We also did some survival training with the Swedish military. We learned how to make shelters, how to start a fire properly, how to filter water, and how to get nutrients from certain plants. We also learned some things about the Swedish communication system, their equipment, and weapons.

Later on when we flew back to southern Sweden we got to tour Stockholm, visit the Vasa Museum (where a grand Swedish ship sank and was brought back up) and got to take a tour of Stockholm's city and harbor on a viking ship.

Time goes by fast when you're having fun. I miss the culture and the people I met even more. I know for sure that I'm a better person thanks to the exchange to Sweden and I will never forget the what an incredible experience it was and the amazing time that I had. - **OT**

*See bottom of page 14 for accompanying photo.*

# ADVENTURE IN WHITEHORSE

by Aven Elson, 2 Plt. 1 sec, Alpha, WCSTC

Going into Cadet Leader Instructor (CLI) Adventure, in Whitehorse, only having done Cadet Leader (CL) Marksman, in Connaught, I was unsure of how my summer would turn out. At first I was a bit worried that I would not be able to complete the course, especially the four day patrol and the five day canoe trip. Soon after the summer began my mind was changed.

My platoon (2plt) was a very good platoon; we all got along and our staff was excellent. So when we went abseiling on our first Field Training Exercise (FTX) within the first four days of camp, it seemed like we had been together our entire lives. Well, almost! There were still a lot of things that people would amaze us with over the course of the summer. Abseiling down the mountain was always an adrenalin rush no matter how many times I had just gone down. I recall being so terrified. It wasn't that I didn't trust those around me, it was that I didn't have faith in myself.

Our next FTX was the watermanship training, and I knew it would be tough. So, when my partner and I found out that we were going to go through some rapids, we were quite afraid. Although once the day was done we were very pleased with our activity and wished we could do it all over. We were also disappointed to hear there were no rapids on the canoe trip.

Our next big journey was Exercise Long Range, a four day and five night patrol. Each of us had a chance to be each member of the team (navigator, communications,

pacer, etc.) and we were put into



*The Alpha cadets at ACSTC Whitehorse*

some very difficult situations. Not one of us was perfect at any of the skills, so we were forced to really become a team and help one another; even if that meant carrying a teammate's rucksack as well as your own. The patrol was completed with a 27 km bike ride, mainly along the Trans-Canada Trail, finishing back at the camp. I would say every one was very happy with the results of that week and we were proud to say that we did it.

Our longest and final outing was Exercise Long Paddle, a five day and six night canoe trip where we paddled 348 km down the Teslin and Yukon Rivers. The days were very long and we covered over 60 km per day. When we arrived at the bivouac sites it was quite late, so we ate our rations and went to bed. In the morning we awoke

to continue paddling, and to sing Disney Songs.

The following two weeks were very... relaxing. We had the chance to go whitewater rafting down the Tatshenshini River. Although most of the time was spent teaching our mutuals. As many times each of us had those classes taught to us, they always seemed unique and interesting with each new teacher.

Through all the hardships, and the many joys, we all made it. If nothing else we learned how to trust ourselves and each other, as a team. We all went home knowing what we did this past summer at the Whitehorse Cadet Summer Training Center has not gone to waste, and that everyone has their place at camp. - OT