

A young person with dark, curly hair, wearing a military-style olive green t-shirt and camouflage pants, is sitting on the ground. They are smiling warmly at the camera. In the background, other people in similar military attire are visible, suggesting a camp or training environment. The overall scene is outdoors with natural lighting.

the Cadet

Magazine

East Midlands Reserve Forces and Cadets Association
(RFCA) Newsletter

Focus on:
**What did you enjoy
at annual camp?**

**Blue Peter
appearance**

**Launching a new
partnership**

A Canadian adventure

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**EAST MIDLANDS
RESERVE FORCES AND CADETS ASSOCIATION**

the Cadet Magazine

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If you are interested in becoming a cadet or adult volunteer please visit:

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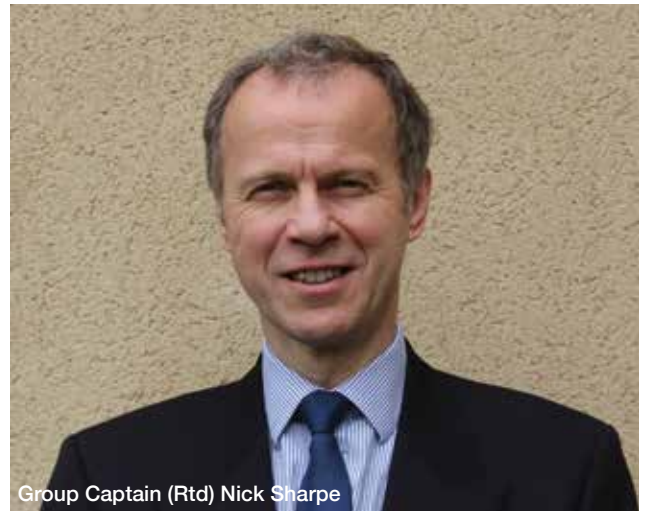
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Chief Executive introduction



Group Captain (Rtd) Nick Sharpe

The contents of this magazine highlight the wide range of activities that are available to those young people who decide to join the Cadet Forces.

However, more than that, the magazine identifies the way in which membership of the Cadet Forces can act, not just to introduce new skills, as important as that is, but to bolster confidence and capability. Those people who engage with the cadets, at summer camps, at their detachments or when they are supporting community events, invariably comment on their positive attitude to life and their 'can-do' spirit. This is an attitude to life that employers welcome and we are increasingly working with the cadets to ensure that the value of serving in the cadets is recognised and valued appropriately. This magazine is a small part of that process and I hope that you enjoy finding out more about the enjoyment and skills that young people gain from their time in the cadets.

As a final point, the cadets would simply not be able to do what they do without the commitment of thousands of adults,

of all ages and all backgrounds, who willingly give their spare time to supervise the cadets in their activities. You don't need a cadet or military background to enjoy volunteering and many of the cadets' adult volunteers are parents who have seen how much their children have gained from the cadet experience and now find themselves enjoying the very same experience and undertaking activities they never thought they would do. If you think you might enjoy volunteering with the cadets simply contact your nearest unit and they will be very happy to talk to you.

Nick Sharpe

Group Captain (Rtd) Nick Sharpe, Chief Executive East Midlands RFCA

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Achievements:



Royal approval for Newark Sea Cadets

The naming of two new rowing boats has been given a royal seal of approval in Newark, Nottinghamshire.

After purchasing two new Trinity 500 rowing boats, adult volunteers at Newark Sea Cadets asked the youngsters who attend the unit to brainstorm possible names they could be called. The cadets' favourite suggestions were to name the boats after the youngest members of the Royal Family, Prince George and Princess Charlotte.

Seeking official approval, Dave Poyser, Chairman of Newark Sea Cadets, wrote to Kensington Palace to ask for permission from the Duke and Duchess of Cambridge to name the vessels after their children.

Dave explained: "The naming of boats is a tradition in the Sea Cadets and allows our young people to have a say in activities happening at their training unit. This was the first time I had written to Kensington Palace but I was delighted to receive a prompt reply explaining that the Duke and Duchess were deeply touched by the kind gesture and were happy for us to proceed. The couple also sent their best wishes to all at Newark Sea Cadets, this is something the cadets and I will remember for a long time. After all, it is not every day you receive a letter from members of the Royal Family."

Cadet 16 is a success in Nottingham

80 cadets from across Nottinghamshire took part in a competition to 'battle it out' for The Nottinghamshire Cadet Winners Shield.

Cadet 16, took place at Nottingham High School, and young people from the Air Training Corps (ATC), Army Cadet Force (ACF), Sea Cadet Corps (SCC) and Combined Cadet Force (CCF) took part in a variety of events including a climbing tower relay, a water-based leadership activity in the swimming pool, drill competition, a gun-run activity, target shooting and a First Aid exercise alongside representatives from East Midlands Ambulance Service.

Each cadet organisation had the chance to enter two teams of 10 cadets to represent their Cadet Force. Each of the participants was assessed throughout the competition by Cadet Force Adult Volunteers to decide which team would be crowned victorious in the annual event.

Event organiser adult volunteer Dan Haywood, a Warrant Officer with the ATC's South and East Midlands Wing, said: "This is the second year that I have organised this event in which the cadet teams competed against each other. Cadet 16 was a huge success with all of the teams taking part in seven activities across the day. Some of my personal highlights included the vehicle pull whereby the teams were required to pull a three tonne Land Rover over a set course, the First Aid scenario led by East Midlands Ambulance Service's Hazardous Area Response Team and the water-based activity where the teams built makeshift rafts."



The Lord-Lieutenant of Nottinghamshire Sir John Peace attended the event. He said: "This event is something that has clearly taken a lot of time to create and build to this standard. I am immensely impressed with what I have seen and the standard of the cadets, they really are a credit to their respective organisations and the county of Nottinghamshire."

Dan Haywood concluded: "What each cadet achieved at the event was fantastic. My aim was to test each organisation but also push each cadet out of their comfort zone to achieve a personal goal or try a new activity. From what I saw and heard at the event this was achieved so I look forward to starting to plan for Cadet 17 next year."

After gathering the scores for each event, this year's competition winners were the Air Cadets of South and East Midlands Wing for the second year in a row.

Cadet 16 took place in September 2016.

Student saves a life

A student from Dukeries Academy in Ollerton has used his First Aid skills to save a stranger's life.

Ewan Lees, aged 16, joined the Combined Cadet Force (CCF) contingent at his school, part of the Government's Cadet Expansion Programme, two years ago and it was here that he learnt his basic First Aid skills and gained a Heartstart qualification through the British Heart Foundation.

Many of us may be guilty of thinking that we may never need to save someone's life, but Ewan put his skills to the test without hesitation one cold dark January evening when a man was shouting for help outside the house.

The man in need had suffered both a severe head and hand injury, Ewan completely took charge of the situation going outside the house to assess what needed to be done whilst his sister called for an ambulance.

Ewan used towels to apply pressure to the hand wound whilst directing another passer-by to apply pressure to the head wound. The man was obviously in a lot of pain and was crying out saying he wanted a cigarette, but Ewan would not let him have one as he understood that smoking can thin the blood potentially making you bleed faster if you have an open wound. He instead kept the man talking about anything he could think of to try to take his mind off the pain until the ambulance arrived.

Ewan continued: "I never thought I would see anything like I did that night, it felt like a scene from a movie but I just got on and did my best at the time. It wasn't until afterwards that I started to consider what I had done after both the police and ambulance service both said the man would have died without my help."

Before joining the CCF Ewan explained that he was a disruptive influence on other pupils in the classroom and did not have much respect for his teachers: "I've gone from one of those students that



Contingent Commander Deborah Lagdon and Ewan Lees outside Dukeries Academy

spends the day messing around to being much more focused and completely exceeding my predicted school grades, thanks to being in the CCF.

"Mrs Lagdon was my English teacher when I joined the cadets, I often saw her around the school ahead of cadet training sessions in her uniform so asked if I could get involved. As a cadet I learnt a number of values and standards so I guess that over spilled in to the school environment too.

"In a lot of ways the CCF is an extension of school, but I like that I can learn by doing in the cadets rather than learning by reading alone. I'm really proud that I could put my First Aid skills to good use, my mum has always taught me to treat others like you want to be treated yourself, and so I acted without hesitation."

Ewan was shortlisted for a British Red Cross Humanitarian Award for his lifesaving actions and attended the awards ceremony at the Palace of Westminster recently where his actions were further celebrated.

Reflecting on his cadet journey, Ewan concluded: "It's hard to believe how far I have come over the last two years as a person, I've even been given the opportunity to teach other cadets on our annual camps as well as looking after their welfare needs as one of the senior students. Later this year I am booked on to a senior

cadet instructor's course, my teachers and Cadet Force adult volunteers saw my potential so want me to achieve as much as I can."

Dukeries Academy CCF's Contingent Commander Deborah Lagdon, who is also a teacher at the school, said: "I am terribly proud of Ewan. As soon as I realised Ewan could receive an award and be recognised for his brave actions, I knew we needed to make it official. After sharing the story with our local Army Brigade, I was asked to submit a nomination to the 'Honours and Awards Coordinator', which I did as soon as I could. I'm really not surprised that Ewan behaved in the way he did in saving the man's life, he has grown so much through cadets and I'm delighted he believed in himself on this occasion to make a huge difference."

Workshop cadet gets Gold Award

A student from Workshop has achieved her Gold Duke of Edinburgh's (DofE) Award through the Army Cadet Force (ACF).

Cadet Colour Sergeant Hannah Frost, aged 17, from Nottinghamshire ACF's Workshop Detachment credits her award to the help and support she has received through the ACF and believes the award will add depth to her future university application.

Hannah, who is currently studying at UTC Sheffield, said: "The DofE Award is a very valuable qualification to have as it will look great on my CV and I will be able to talk about what I have achieved in my university application's personal statement. The award will also give me something interesting to talk about in any future interviews I may have for universities or work."

Describing what goes in to achieving a Gold DofE Award, Hannah commented: "The Gold Award is slightly different to achieving the Silver Award, as it includes a residential section. The Gold Award is made up of different categories; these being volunteering, expedition, physical, skill and the week-long residential.

"I completed my residential section in Northern Ireland, which was great. I wanted to complete my final award as soon as I could as I will be leaving the ACF when I turn 18. It took me one year to achieve what I needed to, this has allowed me to volunteer more with the ACF generally at different events being held.

"I was one of 38 cadets chosen from around the country to take part in the DofE Awards 60th anniversary celebrations in Ballykinler, this is where I did my leadership course. This was loads of fun as we also got to take part in some adventurous training and see some of the local tourist sites.

"I'd tell anyone to join the cadets as it gives you something to look forward to and it's a way of meeting new people. I joined the ACF alongside my brother originally as I wanted to build my confidence but in the past three years I have been much more comfortable speaking to new people. The activities we do in cadets are really different to what you do at school. For example I have learnt to read a map and be a competent First Aider; skills that in some cases could be life-saving."

Hannah has also taken part in many county-based First Aid competitions and enjoys taking part in Nottinghamshire ACF's cross country events whenever she can.



Cadet Hannah Frost has been awarded the Duke of Edinburgh's Gold Award

Achievements:



Raising money for charity

Cadet Sergeant Lucy Waller and the cadets of LNR ACF's A Company presenting a cheque to Sophie Randle from Scotty's Little Soldiers. Photo: 2Lt Simon

Cadets in Northampton have raised more than £1,000 for charity by packing bags in supermarkets and donating change from their 'NAAFI' (tuck shop).

The cadets from Leicestershire, Northamptonshire and Rutland Army Cadet Force's (LNR ACF) A Company raised the funds for Scotty's Little Soldiers after identifying that the charity helps young people of a similar age to themselves who have lost a parent.

Scotty's Little Soldiers is dedicated to supporting the children of men and women killed whilst serving in the British Armed

Forces. The charity provides opportunities for the children to smile again by offering holidays at its Scotty Lodges, gifts at difficult times of the year, special experiences and an amazing Christmas party.

A representative from the charity visited a LNR ACF training weekend at Gibraltar Barracks in Northampton to thank the cadets for their hard work and explain what the money donated will be used for.

Blue Peter appearance

Five students have pulled their way on to national TV, representing Leicestershire, Northamptonshire and Rutland Army Cadet Force (LNR ACF) in a national competition.

The England ACF Tug of War team, including cadets from LNR ACF's B Squadron, appeared on Blue Peter this September.

The live tug of war demonstration took place inside the BBC's Media City in Salford, Manchester, where the popular children's programme is filmed.

All of the team members came from England's Under-19 squad, with all the pullers being aged between 16-18 years old. The teenagers also represented England at the World Championships in Malmo, Sweden in September 2016.

Colonel Phil Watson, former Commandant of LNR ACF, said: "We are extremely proud of our cadets who took part in the TV filming. This was a unique opportunity for us to demonstrate our passion for tug of war, and that we are honoured to have five of our cadets representing the country."

Cadet Sergeant Major Georgia Aldwinckle, from Glen Parva Detachment is part of the Tug of War team. She said: "Being invited by the BBC to demonstrate Tug of War on Blue Peter is an ideal opportunity to show young people what a great team sport it is. I am hoping that it will inspire other young people to take up the sport which has given me opportunities that I would only normally dream of."



Cadets from LNR ACF's B Squadron

Derbyshire cadets receive thanks for royal duty



HM Lord-Lieutenant of Derbyshire with cadets this summer

The Queen's representative in Derbyshire has officially thanked members of Derbyshire Army Cadet Force (ACF) for their part in Her Majesty's 90th birthday celebrations.

HM Lord-Lieutenant of Derbyshire William Tucker presented a number of certificates to those who took part in a special civic celebration of The Queen at Derby Cathedral in June this year.

Reflecting on taking part in the guard of honour earlier in the year, Cadet Lily-May Payne, aged 16, of Derbyshire ACF's

Phoenix Street Detachment, said: "It made me feel special to be able to represent my Queen and country, but also because of the people there such as the Lord-Lieutenant."

Cadet Jamie Maddocks, aged 14, of Derbyshire's Spondon Detachment, said: "I felt not just pride in myself but also for doing my duty as part of the Army Cadet Force."

Derbyshire volunteer is awarded

A volunteer from Derbyshire Army Cadet Force (ACF) has received an award for completing more than 25 years of service with the youth organisation.

Staff Sergeant Instructor (SSI) Kath Buckland, aged 60, who lives in Stapleford, is currently the longest serving female at Derbyshire ACF and was delighted to be awarded with her 'second bar' to her Cadet Force Medal by her colleague, and fellow adult volunteer, Major Garry Newbury.

Adult volunteers in the ACF are awarded the Cadet Force Medal after 12 years' service, with a clasp, colloquially known as a bar, awarded for each additional six years' of service.

Kath explained: "I have loved working with the cadets over the years. It makes me so happy to see their faces when they achieve a goal, get presented with a badge or are just simply congratulated for something they have done.

"It is hard to believe that I have been a part of the youth organisation for such a long time, but it has been a great way for me to meet new people and new skills along the way."

Kath commented that she doesn't enjoy being the centre of attention, and did not expect to be presented with her award when she was.

She continued: "I was at a normal cadet training activity



Major Garry Newbury presenting bar to SSI Kath Buckland

weekend when my award was presented. It was a complete surprise but I think my colleagues wanted it to be that way as they know I always shy away from the limelight!

"I'd recommend being an adult volunteer to anyone as you can fit it around your work and family life, giving up as much of your spare time as you want to. I feel honoured to have received an award for my service."

Kath spent many years as the Detachment Commander of Derbyshire ACF's Long Eaton Detachment before moving on to her current position in the stores department. Being a Cadet Quartermaster Stores Volunteer allows Kath to ensure the cadets have the correct supplies they need for the wide range of activities that cadets engage in.

Achievements:



Adult Volunteer Becky Carter with Nottingham Sea Cadets

Stunning year of fundraising for Nottingham Sea Cadets

It's been a brilliant year of fundraising for Nottingham Sea Cadets who have raised over £8,000 during the last 12 months.

The unit has organised a range of fundraising events over the last year including an annual fun day, the Rotary Club Duck Race, an afternoon cruise on the Nottingham Princess and a mess dinner proving hugely successful for the unit.

The group also received sizeable donations from JN Derbyshire Trust which supports voluntary organisations in Nottingham and A.W. Lymn Funeral Service, as well as being presented with a huge donation of more than £3,000 towards continuing its good work in the community from the Trident Lodge branch of the Nottinghamshire Masons.

At the time of going to press, the unit has raised more than £8,600 to provide the cadets with more exciting opportunities and equipment.

Adult Volunteer and Officer in Charge, Becky Carter, said: "We're absolutely delighted with how the fundraising has gone in the past year and it's certainly one of our best ever.

"The battlefields tour is the first thing to be funded and it will be an excellent experience for the cadets to visit these important sites.

"As fundraising for that has gone so well, we're now looking at purchasing a box trailer and also two yoles (a kind of boat) so we can teach sliding seat rowing next summer.

"We're also looking for tools to refurbish our marine engineering classroom so we can teach intermediate level engineering."

Being awarded a Commandant's Certificate

An adult volunteer who plays a key role in the Air Cadet's South and East Midlands Wing staff team has been awarded a Commandant's Certificate in recognition of her voluntary efforts.

Squadron Leader (Sqn Ldr) Julie Rayson-Flynn originally joined 2248 (Rutland) Sqn when she was 13-years-old and went on to achieve the rank of Cadet Warrant Officer, before returning to the youth organisation as an Appointed Officer aged 20, progressing onto command 1461 (Wigston) Sqn and 2502 (Hamilton) Sqn before eventually joining the Wing Staff Team.

Julie's current voluntary role sees her act as an Assisting Officer to a number of Sqns in the wing area.

Julie explained: "My main role was in rolling out and training on the use of the Bader System for mail and records. I was also previously in charge of the Cadet Development team for several years.

"Since 2014, I have been in charge of our annual band and field day competitions which is where we have seen particular



Sqn Ldr Julie Rayson-Flynn receiving her certificate

success in us being the winning Wing in the region overall for three successive years and winning a vast number of trophies.

"My latest role was to improve the Wing's approach to media and interaction outside of the corps."

Julie's certificate was awarded to her by Air Commodore Dawn Macafferty for meritorious service and for her commitment to the corps particularly in the areas of the field day, use of the Bader System and media relations responsibilities.

Julie concluded: "I was extremely surprised and happy to receive my award from Wing Commander Nigel Dickinson OBE RAFVR(T). I have carried out a number of different roles in the Wing and to see that hard work recognised was very much appreciated."

Braving the shave

An outgoing cadet ensured his last ever day on an annual camp was a cut above the rest by raising hundreds of pounds for charity.

Cadet Sergeant Major Dennis McGurk of Leicestershire, Northamptonshire and Rutland Army Cadet Force's (LNR ACF) Blackbird Road Detachment, in Leicester, had his hair shaved off to raise money for Macmillan Cancer Support on the final day of annual camp in Sennybridge, South Wales, this summer.

The 18-year-old from Leicester decided to take on the Brave the Shave Challenge in memory of his grandad Dennis Gilbert and cousin Thomas McGurk who both lost their battles with cancer in the last few years.

Thanks to the support of the ACF he's smashed his original target of £250 and instead raised over £800.

Dennis said: "I have been planning a few fundraisers and decided that I would end my time as a cadet with a great fundraising event. "I thought Brave the Shave was a fantastic idea, until the clippers removed the first chunk of hair, but by then it was too late.

"When I was completely hairless, I thought, along with everyone else, that it looked ridiculous, but now I quite like the length it's at and I'm debating whether to keep it like this and save the money on the styling products!"



Cadet Sergeant Major Dennis McGurk

This event marked the end of over six years in the cadets for Dennis who is set to continue with the youth organisation as an adult volunteer.

He describes his highlights in the cadets as attending the national rugby sevens in Wales three times, attending six annual camps, touring Flanders and the Somme three times and making friends across the country along the way.

Dennis was also previously the Lord-Lieutenant's Cadet for Leicestershire and was given the honour of unveiling the Royal Leicestershire Regiment's memorial at the National Memorial Arboretum in Staffordshire.

Dennis concluded: "As a cadet I had many fantastic experiences and met an awful lot of amazing people. Now I'm looking forward to passing on all I've learnt in the cadets to another generation of young people."

LNR ACF filmed Dennis shaving his head to help him to generate more money for charity. The video was viewed more than 3,600 times on the unit's Facebook page and can be viewed by searching 'LNR Army Cadet Force' on Facebook.

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Achievements

Air Cadets' celebrate 75th anniversary

2016 has been a special year for the Air Training Corps (ATC) as the organisation has celebrated its 75th anniversary.

75th Anniversary celebrations

The ATC has over 40,000 members aged between 12 and 20 years across the UK, and promotes having fun, adventure and having a practical interest in aviation through the activities it organises.

Squadrons (Sqns) around the East Midlands have been marking the ATC's birthday in a number of ways, as well as attending a musical extravaganza at RAF Cranwell over the summer.

The event at RAF Cranwell included a huge parade, cadet band performances and a fly past by the Red Arrows as well as an appearance by the Battle of Britain Memorial Flight.

Ambassador and Honorary Group Captain Carol Vorderman, who attended the event, said: "I am hugely proud to be

"I have been extremely proud to be a part of such a wonderful event to celebrate the Air Cadets, the staff and all the hard work that goes into keeping this amazing organisation going."

part of the celebrations and to meet cadets from all over the country who have travelled here today. The cadets are wonderful citizens – they exemplify the best of British and I wish each and every one of them good luck for the future."

Among the adult volunteers who contributed to this memorable event was Flight Lieutenant Kev Ritchie, Commanding Officer of 422 (Corby) Sqn. He said: "It's not often that historic moments like this come along so it's great that cadets and staff from 422 (Corby) Sqn were a part of the magic."

Cadet Hasnain Kapasi who attended the 75th Anniversary event said: "My visit to RAF Cranwell was absolutely incredible. It was without a doubt one of the most amazing experiences of my life! I will treasure the 75th anniversary extravaganza for the rest of my life."

"It began as an amazing trip with some of my fellow cadets to help out escorting and looking after some incredibly high ranking officers and VIPs. I thought this was going to be awesome being a part of the working party at the event but from here it would only get better.

"We went to College Hall Officers Mess (CHOM) where we were given a brief on our roles and duties and instructed to give water to the VIPs as they enjoyed the amazing drill routine performed by this year's drill and ceremonial camp. I was chosen to go inside the CHOM and cut the cake with the Chief of Air Staff! This was amazing news and a big opportunity for me."

Cadet Warrant Officer Saffron Green from 2418 (Sherwood) Sqn also attended the event. She explained: "I have been extremely proud to be a part of such a wonderful event to celebrate the Air Cadets, the staff and all the hard work that goes into keeping this amazing organisation going. Seeing so many cadets from all around the UK come together for one day has reminded me why I joined in the organisation to begin with and why I am still in the corps."

"Cadets can offer a young person so many opportunities that they may have never had the chance of doing otherwise and this weekend has highlighted this in a spectacular way."



Air Cadets with Group Captain Carol Vorderman

The Cadet profile

Name: Shannon Hooper

Age: 17

Rank: Cadet

Youth Organisation:

Nottinghamshire Army Cadet Force (ACF),
Eastwood Detachment

When did you join the ACF and why?

"I joined the Cadet Force about five years ago, at the time my uncle was one of the adult volunteers so he inspired me to get involved."

What have been the highlights from your cadet journey?

"Achieving and developing through the ACF has been fantastic. I have passed a First Aid course and am now working towards a B-TEC qualification. I also joined the ACF band on our summer camp this year and learnt to play a musical instrument, this is definitely something I want to continue learning at home."

What instrument did you learn to play at camp?

"I learnt to play the glockenspiel. It's a percussion instrument and looks a bit like the keyboard of a piano. I'd never played an instrument before, but I have learnt how to play a few tunes and joined the rest of the band to play for an audience as part of visitor's day at annual camp. I found performing a bit scary, but I really enjoyed it."

"It has been a bit tricky remembering all of the tunes, but if I can see others playing their instruments I can normally pick up the music half way through."



Cadet Shannon Hooper

Why did you decide you wanted to join the ACF band?

"One of my friends was in the band already, and had told me all about what she had learnt to play and how much fun it was."

Why would you encourage other young people to join a Cadet Force?

"It's a really good experience. It's really built my confidence and it has given me something else to do outside of school, I used to just stay at home and not do too much but now I am out and joining in with new activities through the Cadet Force. Going on camps is fun and you always get to try new things. I tried kayaking at camp this year, I wouldn't have got the chance to do this if I hadn't joined the ACF."


"I really enjoy meeting new people although I can be quite shy. Everyone at the ACF has always welcomed me to join in so there is no need to be nervous about going to your

nearest detachment. Being a cadet has been a really good experience for me, as I have got to do things a lot of people don't have a chance to do, like water sports and shooting."

Do you have any plans to re-join the ACF as an adult volunteer?

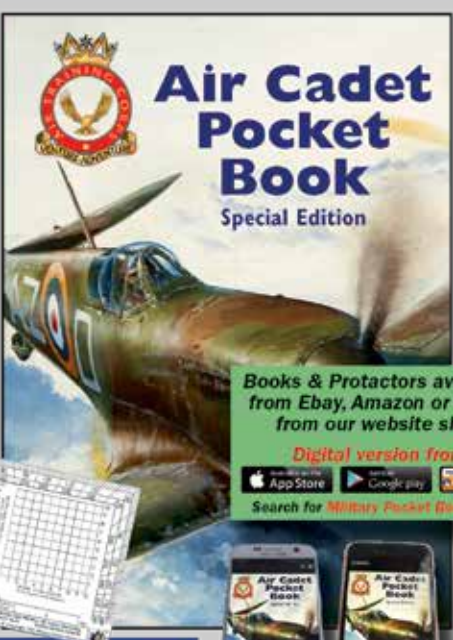
"I will be 18 in January so will be leaving the ACF then. I am definitely thinking about coming back in to the organisation as an adult though as I'd like to support and help other people in the way I have been guided as a cadet."

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
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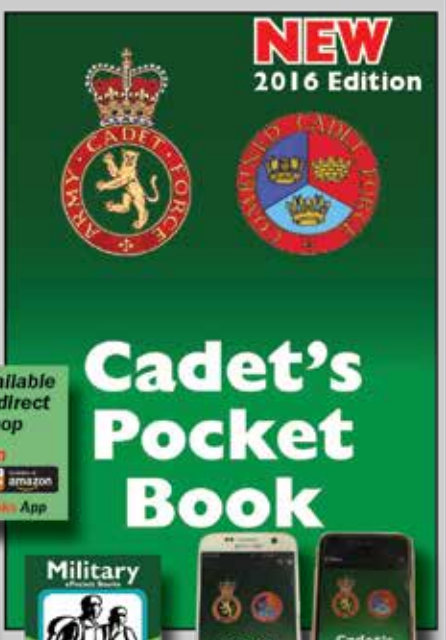
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A Focus On:



What did you enjoy at annual camp?

Young people and adult volunteers from throughout the region have travelled to locations around the UK to take part in annual camps this summer.

Annual camps are packed full of interesting and challenging activities, as well as giving everyone involved a chance to meet like-minded people from other cadet organisations or units that train in different locations to them ordinarily.

Activities experienced on camps are varied but could include spending time out in the field, learning fieldcraft techniques, clay target shooting and adventurous training such as abseiling, water sports and mountain biking.

Here we learn more about some of the highlights experienced in 2016:



Adult volunteer Peter O'Rourke

Sergeant Instructor Peter O'Rourke, an adult volunteer from Lincolnshire Army Cadet Force's (ACF) Sleaford Detachment said:

"For me, the two highlights were seeing the cadets pull together and work as a team through thick and thin. The moment that really made my camp was a cadet thanking me personally for being there when he wanted to go home. He made his way to the end of annual camp and thanked me for pointing him in the right direction. That's what makes being a Cadet Force Adult Volunteer so rewarding, knowing that you are the ones that the cadets look at and up to throughout their cadet career. I'm not going to lie, it humbled me a little bit."



Cadet Bethany Jiggins-Linnett

Cadet Bethany Jiggins-Linnett from Leicestershire Northamptonshire and Rutland ACF's detachment in Babington, said: "I've been in cadets for a year and went to annual camp for the first time this summer in Wales. I got to shoot on an outdoor range and I learnt I have to take my time shooting, take deep breaths and not rush to get the best results."



Sergeant Instructor Sally Feary

Sergeant Instructor Sally Feary from Lincolnshire ACF's Long Sutton Detachment said: "The highlight of my camp has to be going to see my cadets on their Gold Duke of Edinburgh's Award (DofE) expedition. I had seven cadets out in the hills and it was amazing to see them; they have all achieved so much. I am a very proud Detachment Commander - not just of my DofE cadets but of all my cadets - they made me so proud."



Cadet Ethan Self

Cadet Ethan Self from Nottinghamshire ACF said:

“I joined the cadets about seven months ago, so experienced camp for the first time this summer. I had a go on the climbing wall, tried air rifle shooting, drill, took part in rock climbing, camped out in the field and visited a museum. It was all good fun and I laughed a lot.”



Swadlincote Air Cadets at RAF Linton on Ouse in 2016

Squadron Leader Alyn Thompson, Officer Commanding of 1211 (Swadlincote) Squadron Air Training Corps, said: “Camps bring cadet and staff teams together through shared experiences, building stronger squadrons and creating memories and friendships which will last for years.”



Cadet Shea Christian Thompson Harris at annual camp

Cadet Shea Christian Thompson Harris from Nottinghamshire ACF said: “We got to camp out in the field during our camp in Norfolk this summer. I really enjoyed being outdoors, camping with my friends and trying the different ration packs on offer. Some of the ration packs are actually quite tasty!”

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Learning & Development

Air Cadet lands role in national choir



Air Cadets performing in the national choir

A Corby Air Cadet has been hitting the high notes after being given the opportunity to sing with a national choir.

Cadet Flight Sergeant Rebecca Mabbutt, aged 18, of 422 (Corby) Squadron (Sqn) has always been a keen singer and in her spare time is a member of the Masquerade Choir based in Kettering, who previously won the BBC Choir of the Year in 2008.

But it's through the Air Cadets that she has been able to sing at a national level, earning a place as a soprano in the Air Cadet's National Choir.

The Air Cadet's National Choir played a huge part in this year's anniversary celebration at RAF Cranwell, which marked the founding of the Air Training Corps 75 years ago.

Rebecca, who took part in national training camps ahead of the anniversary performance, said: "It was a fantastic night which I will remember forever. Being around very positive, and similar minded people always helps me feel more confident."

"It has also made me realise how much can be achieved in such a short amount of time."

Two weeks of rehearsals helped the choir get in to shape for the event which also included practice sessions singing with the RAF Coningsby Military Wives Choir.

Rebecca continued: "The first week of rehearsals was challenging, however the whole group of cadets bonded so quickly that it became very enjoyable."

"The second week proved how well the group had bonded as the harmonies came back naturally, this meant we could focus of the visual side of performing."

"Being a part of 422 (Corby) Sqn, and the ATC generally, has given me so many experiences and skills that I would not have otherwise acquired."



Air Commodore Dawn McCafferty with Cadet Flight Sergeant Rebecca Mabbutt

Home is where the heart is for Kettering Buccleuch Academy CCF

Kettering Buccleuch Academy Combined Cadet Force (CCF) is beginning its first year of independence.

The unit has proven a success since being set up as part of the Government's Cadet Expansion Programme in September 2015 but for the first year its 30 cadets had to travel over 20 miles away to Oakham to train.

To help Kettering Buccleuch Academy CCF get its feet off the ground, it was partnered with Oakham School which already had an established CCF unit and helped train Kettering's adult volunteers and provided many students with their first taste of Cadet Force life.

In September 2016, Kettering Buccleuch Academy, in Northamptonshire, welcomed its now independent CCF home and now boasts 64 cadets and nine trained adult volunteers.

The unit's first independent CCF parade took place on Tuesday 13 September.

Jon Teare, the CCF Contingent Commander and history teacher, said: "It has been a roller coaster of a ride and we would not



Cadets enjoying water activities

have made it without the dedication of the staff; the support from our partner, Oakham School and above all the determination of the cadets to make it work.

"I am pleased to say that the investment is well worth it. Anecdotal reports from classroom teachers show cadets are more motivated and keen to do well then compared to their pre-cadet days. The contingent is growing steadily while developing its own ethos."

"Cadets are also starting to show the teamwork and leadership that will stand them in good stead, not just for school roles, but in their future roles in industry and public service."

Jon says the highlight of the year for himself was seeing how much the cadets had developed by the time they embarked on their first ever annual camp where they participated in a range of activities including hiking, field exercises, shooting and rafting.



Launching a new partnership

Two Nottinghamshire academies have joined forces to set up a new cadet unit.

Sutton Academy in Sutton-in-Ashfield is working with Dukeries Academy, who are based in Ollerton, to launch an Army-themed Combined Cadet Force (CCF), as part of the Government's Cadet Expansion Programme.

The new CCF has 15 students parading each week and has created lots of interest and enthusiasm among the pupils who are eager to learn more about what the CCF has to offer.

Second Lieutenant Marion Wells, an adult volunteer who leads the CCF at Sutton Academy, explained: "We decided to set-up the CCF about 18-months-ago so have put a lot of our energies in to shadowing the adult volunteers at Dukeries Academy and learning in a practical sense how to run a successful CCF.

"Although we are in partnership with Dukeries, we felt it was important that each of our training afternoons happened on the Sutton Academy site to prevent the students having to leave lessons early to travel to the Dukeries."

In order to spark an interest in the CCF among students, Marion and her colleagues described what a CCF was at a Year Meeting. The meeting set out the skills that could be gained from joining the cadets such as increased levels of confidence and leadership, and then asked anyone interested to write a letter to the Principal explaining why they wanted to be considered.

Marion continued: "We decided to aim the CCF at Year 10 students as we felt they would gain a lot from the experience, and would benefit their future studies. Within the school; we have a Character Education Pledge; this

is a pledge each of the students makes and they have to complete certain tasks to be successful. Pledges could include raising money for charity, helping their peers or presenting to a group. Being a member of the CCF fits in nicely with this pledge programme, and we are already starting to see cadets ask how being in the CCF will link in with their pledges for the year."

Sutton Academy's Principal Tim Croft explained that he believes creating the CCF will directly benefit students: "Although I understand that curriculum time is precious, being in the CCF will be a fantastic experience for all of our Year 10 students involved. Skills being developed in the cadet unit such as team working, resilience and time keeping will all transfer back in to the classroom, as well our young people getting the opportunity to try new challenging activities such as fieldcraft or adventure training that may have otherwise been unavailable to them."

Two weeks in to the new school term, cadets involved in the CCF commented:

Cadet Kye Smith, aged 14, said: "I joined because I thought it would be fun, and I wanted to learn new skills and build my confidence."

Cadet Lauren Smith, aged 14, said: "I've always been quiet so I thought that joining cadets would help me to improve my leadership and team-working abilities."

Cadet Kieran Marriott, aged 14, said: "I thought cadets would be a great experience and I wanted to learn more about the military. I also thought that trying new things like adventure training may help me to adapt to new surroundings if I needed to in the future."

Cadet Jack Topley, aged 14, said: "It's really fun so far, I wanted to join to develop my communication skills. I've always had an interest in the military as my dad was in the forces."

Cadet Daniel Lander, aged 14, said: "I've been taking part in drill activities today which was different to anything I have done before. I wanted to learn new skills so I thought joining the cadets would help me with this."

Learning & Development

Lincolnshire cadets visit breathtaking sculpture



The poppies at Lincoln Castle

A group of Army Cadets have commemorated the Battle of the Somme by visiting a breathtaking sculpture in Lincoln.

The young people, all from Lincolnshire Army Cadet Force (ACF), travelled to Lincoln Castle where a sweeping arch of bright red poppies was in place. Each poppy head was suspended on a towering stalk, and each represented a Lincolnshire Regiment Soldier who fell in the 1916 battle.



Cadets sprinkled poppies in Lincoln

Colonel Jeremy Field, Commandant of Lincolnshire Army Cadet Force, said: "The cadets who visited Lincoln Castle were from the North Hykeham Detachment and were all visibly moved by the wave of poppies on display. Remembering the fallen at special sites such as that at Lincoln Castle is an important and educational thing for our cadets to be involved with and is an experience that our cadets will remember for a long time."

Elsewhere, cadets from Sobraon Detachment sprinkled over 57,000 paper poppies on to a white sheet at Sobraon Barracks in Lincoln as part of the Battle of the Somme commemorations to represent the fallen in the first week of the battle. This event was organised in conjunction with the Lincoln branch of the Royal Anglian and Royal Lincolnshire Regimental Association.

Air cadet centre complete in Chesterfield



Cadets in Chesterfield have a new place to train in thanks to the conversion of a former storage facility at Wallis Barracks.

331 (Chesterfield) Squadron (Sqn) Air Training Corps (ATC) previously trained in two modular training huts at the barracks on Boythorpe Road, but the facilities had become too small for the successful Sqn to train in.

Martin Capewell, Head of Estates at East Midlands Reserve Forces and Cadets Association, has project managed the developments. He said: "We have created a new drill hall, interactive classrooms, IT suite, offices and a store room as well as new kitchen and bathroom facilities.

"Works began on site in March this year and I am delighted to say the project has been completed on time and on budget. We have made the most of the resources available to us by transforming the former storage space, and I know the cadets are looking forward to making the new training facility their own."

Simon Donaldson, Officer Commanding of 331 (Chesterfield) Sqn, said: "This new building represents a really significant investment in the future of Chesterfield Air Cadets. The cadets and volunteer staff are thrilled with the extra space and the standard of both the building and the equipment provided.

"We fully intend to exploit every last ounce of flexibility that the building offers so that we can deliver an outstanding experience of all the many and varied activities that come with being an air cadet."

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A Canadian adventure

Travelling 3,000 miles to spend time in the Maritime Provinces of eastern Canada may sound like a dream for some teenagers, but an Air Cadet from Leicestershire got to make this a reality.

Cadet Warrant Officer Jinni Sur, aged 19, from the Air Training Corp's (ATC) 1461 (Wigson & District) Squadron has recently arrived back in the UK after taking part in the International Air Cadet Exchange Programme in Canada.

During the trip Jinni visited Nova Scotia, New Brunswick and Prince Edward Island, joining a group of 67 cadets from 11 different countries to learn about Canadian history and culture.

The two-week itinerary was jam packed with exciting and challenging activities including a tour of a Canadian Navy war ship, an open door flight in a Griffin helicopter and river rafting, as well as the group spending time with a Canadian host family.

Jinni explained: "We all got to experience so much and learn about parts of Canadian culture. The exchange programme is such a unique opportunity and I'm so thankful I got to be a part of it all. It was brilliant being able to talk to people who literally live across the world and comparing how you both do things."



Cadet Warrant Officer Jinni Sur

West Bridgford Air Cadet visits Australian counterparts

A West Bridgford Air Cadet has used a trip 'down under' to see how things are done on the other side of the world.

Cadet Flight Sergeant (Fit Sgt) Freddie Filz from 209 (West Bridgford) Squadron (Sqdn) spent six weeks in Australia this summer visiting his dad who now lives in Sydney, but decided to take his cadet uniform with him just in case he got the chance to attend an Air Cadet unit during his visit.

Whilst planning his trip, Freddie had been in touch with 306 Sqdn of the Australian Air Force Cadets (AAFC) and its Commanding Officer, Flight Lieutenant (Flt Lt) David Roach, to find out if it would be possible for him to attend a training event or two during his stay.

Freddie said: "It was an amazing experience. Everyone at 306 Sqdn was so welcoming and it was really interesting to see how differently things are done in Australia.

"I think that the biggest difference is that the cadets play more of an advanced role in the running of the squadron. It's the cadets themselves that lead the parades which was amazing to me and not something you see in this country.



Cadet Flight Sergeant Freddie Filz with Flight Lieutenant David Roach

"I'd be interested to see if cadets can take more of an active role in the UK and it's something we will be looking at in West Bridgford."

It's now hoped a special relationship will be built up between the West Bridgford Sqdn and 306 Sqdn, with Flt Lt Roach due to visit the UK in early 2017.

Flt Lt Roach said: "I was most impressed with Freddie's leadership skills and dedication to his service. We look forward to seeing him again.

"Our two countries may be more than 10,000 miles apart but we stand shoulder to shoulder in our values, ideals and pride in serving our two great nations."



Cadets during their annual camp

Heanor student excels with cadet unit

An A Level student from Heanor believes being a cadet has allowed him to improve his future university and career prospects.

Cadet Sergeant Kieran Scott, aged 17, joined Heanor Gate Science College's Combined Cadet Force (CCF) three years ago as a founder cadet, and has since been promoted to a senior cadet role, been awarded the Best Cadet on Camp and has improved his confidence, team-working and leadership abilities. Kieran, who is now the senior cadet in the contingent, says he loves to share his CCF knowledge, and finds planning cadet lessons really rewarding.

He said: "It was my birthday on the final day of summer camp. It really was a fantastic day, all the cadets sang happy birthday to me, we had the end of camp awards presentation where I was awarded the Best Cadet on Camp, and was then promoted to my new rank of Cadet Sergeant. I was so proud.

"Thanks to my best cadet award, I was selected to have a go in the Tornado GR4 fast jet simulator. It was extremely realistic, I had to wear a helmet and oxygen mask, and the flying instructors talked me through how the controls worked inside the simulator. This was an amazing surprise, and something I would never have been able to do if I wasn't in cadets."

As a Cadet Sergeant, Kieran, who wants to study a history degree, is now responsible for planning the cadet activities for the CCF, and is really proud to see how the new cadet recruits are progressing through the cadet syllabus.

Speaking about how cadets has made a positive impression on him, Kieran continued: "The CCF has been a great thing for me to be involved in. When I first joined I was shy, but wanted to try new activities. Now I feel I have the confidence to talk to anyone, I am teaching fellow cadets the skills required to instruct the new cadets and really enjoy using my knowledge to inspire other people.

"All my new skills will help me to give examples on my university application form about my extra-circular interests, and will help me to progress on to a part-time career in the Reserve Forces when I leave school."

Flight Lieutenant Miriam Watson, who is the Director of Vocational Learning at Heanor Gate Science College and the CCF Contingent Commander, said: "I am delighted with the way Kieran has embraced being a member of the CCF. He has the ability to think on his feet, planning junior cadet lessons and takes a lot of pride in telling people about his cadet experiences so far.


"Ahead of our annual camp Kieran achieved his method of instruction qualification, as well as previously achieving a Heartstart certificate and passing both parts one and two of his weapon handling assessments. Kieran will unfortunately be leaving the CCF at the end of this academic year when he turns 18, but I'm confident his new skills will stay with him for a long time."

Heanor Gate Science College's annual camp took place at RAF Lossiemouth in Scotland this year, and allowed the school's cadets to meet other CCFs from around the country – sharing their skills and helping each other through planned activities.



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Commemorative Activities

Commemorating the Battle of the Somme



Cadets at the Tyne Cot Cemetery

Earlier this year, cadet organisations joined military service personnel, civic dignitaries and veteran groups around the East Midlands to commemorate the Battle of the Somme.

Many Somme Commemoration events were held 100 years to the day since young men were engaged in one of the bloodiest land battles of the British Army, although events are organised around the country until late 2016 to mark the anniversary of this historical battle.

The Battle of the Somme began on 1 July 1916 and lasted for five months; over one million soldiers were killed or injured in the conflict.



Cadets outside Nottinghamshire County Council's County Hall

On 1 July 2016, crowds gathered outside Nottinghamshire County Council in West Bridgford to pay tribute to those who sacrificed so much. The event saw the County Council's choir sing 'It's a long way to Tipperary', before Councillor Ian Campbell, the Council's Armed Forces Champion, read 'the short but terrible rush' an extract from the diary of Private William Roberts who lost his life at Etrun, Pas-de-Calais in June 1917 aged just 23.

One of the cadets representing Nottinghamshire Army Cadet Force (ACF) was Cadet Corporal Jacob Goble, aged 16, he said: "It is important that we remember the sacrifices

that were made during the battle, and the emotional pain experienced by soldiers' families after the event. They were the bravest men alive and will always deserve the upmost respect from everyone."

Elsewhere in the region, a number of cadets from Leicestershire, Northamptonshire and Rutland ACF travelled to Staffordshire to visit the National Memorial Arboretum to pay their respects, as well as participate in the 'Somme 100 Visitor Art Project'. The project put the cadets' creative skills to the test as they painted handmade wooden soldier silhouettes, before adding them to a memorable display on-site.

In August cadets from the Air Training Corp's 1188 (Coalville) Squadron (Sqn), 126 (City of Derby) Sqn and 1211 (Swadlincote) Sqn commemorated the 100th anniversary of the battle by taking part in a week-long trip to France and Belgium. During the visit the cadets travelled to many of the memorial sites dedicated to the fallen including the Thiepval Cemetery and Tyne Cot Cemetery.

Adult volunteer Sergeant Martyn Smith accompanied the cadets on the visit. He said: "My great grandfather fought at Ypres, he was lucky enough to come home but suffered all his life in the aftermath of being gassed. Both the cadets and I found it a very poignant experience and are glad we got the opportunity to go."



Cadets joined veterans and council employees at a Battle of the Somme commemoration event in Nottinghamshire



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