



the Cadet

Magazine

East Midlands Reserve Forces and Cadets Association
(RFCA) Newsletter

Focus on: Why Should I Volunteer?

**Hearnor Cadets
take to the skies**

**Adult volunteer:
“Being a Bandmaster has
increased my ability to
manage people”**

**Outstanding results at
Nottinghamshire ACF**



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**EAST MIDLANDS
RESERVE FORCES AND CADETS ASSOCIATION**

the Cadet Magazine

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Find Out More

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

Sea Cadets – www.sea-cadets.org

Army Cadet Force – www.armycadets.com

Air Training Corps – www.raf.mod.uk/aircadets



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Chief Executive introduction



Welcome to the first edition of The Cadet. Our intent is that this magazine will advertise the incredibly wide range of opportunities that exist within each Cadet Force for young people to participate in activities that allow them to develop positively as citizens, learn new skills, face demanding challenges, gain friends, all while having fun. The best people to explain what being in the Cadets is like are the Cadets themselves; we have quite deliberately let them tell their stories and highlight what they feel is important about being a Cadet. However, the variety of opportunities demonstrated in this magazine, from gaining a Duke of Edinburgh Award (DofE), to climbing Mount Snowdon, to experiencing a helicopter flight to visiting the battlefields of the First World War, represents a microcosm of the life-enhancing experiences that are available. Some of those activities will lead to qualifications that will bolster a young person's CV when they come to look for a job, but they will all lead to a young person who has experienced a lot more of life, and seen more of the world, than many of their contemporaries.

Each of the Cadet Forces relies totally on a dedicated band of adult volunteers who give a significant amount of their free time to organise events and ensure the safety of the Cadets in their charge. This involves not only the running of weekly parade nights, but organising and supervising weekend training camps and the all-important annual summer camp. Thus, a significant part of this magazine is dedicated to the selfless individuals who make the Cadet system work. The one thing that I hope you take away from reading their stories is the

sheer enjoyment they get from being a part of the Cadet world. They also get the opportunity to try new things and visit new places, and there is no doubt that it gives them the opportunity to develop their supervisory and management skills. One of our challenges is not just to advertise the opportunities that are available as adult volunteers, but to ensure that employers are made more aware of the contribution that their employees who are adult volunteers make to society and of the skills they acquire and demonstrate while volunteering. This magazine is part of that process.

Nick Sharpe

Group Captain Nick Sharpe, Chief Executive of East Midlands RFCA

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Learning & Development

A master achievement for Cadets from Derbyshire

Four Cadets from Derbyshire Army Cadet Force (ACF) have risen through the ranks to achieve the highest accolade possible in their youth organisation.

Each of the four young people has completed a series of Army Proficiency Certificates to become a One Star, Two Star, Three and Four Star Cadet – before passing the prestigious Master Cadet course.

Cadet Company Sergeant Major Brittany Fretwell, aged 17, from Hallcroft Detachment, was one of the Cadets to be rewarded. She said: “Being a Master Cadet is about learning how to lead other Cadets, take on responsibilities and learn to work as a team.

“To become a Master Cadet I had to complete and pass a one week course at the Frimley Park Cadet Training Centre. I am now one of four Master Cadets across Derbyshire ACF, which is quite unusual.

“The other Master Cadets and I grew up together in the ACF and have each gained skills that we wouldn’t have achieved outside of the organisation.

“It has been an honour to rise through the ranks and prove to myself what I can achieve. I’m proud of what I have done as I have always wanted to become a Master Cadet before I leave the ACF when I’m 18 years and nine months old.”



From left to right the image shows Cadet Company Sergeant Major Luke Platts, Cadet Regimental Sergeant Major Ryan Young, Cadet Company Sergeant Major Brittany Fretwell and Cadet Sergeant Major Laurence Pilkington.

Brittany went on to describe how she wants to continue her journey in the ACF after her Cadet career comes to a close. She continued: “I want to return to Derbyshire ACF as an adult volunteer in the future. Being in the Cadets is more than just a hobby for me personally; it has become a big part of my life. I’ve made long-term friends through the organisation and would describe the ACF as my second family.”

The Cadet profile

Name: Jack Purdie

Age: 18

Rank: Cadet Regimental Sergeant Major

Youth Organisation: Nottinghamshire Army Cadet Force (ACF)

Have you enjoyed your final summer camp with the ACF?

“Yes, I visited Wathgill Camp in North Yorkshire for my first summer camp as a Cadet six years ago so it seems fitting to be here again for my last camp before

I go off to university. I have been acting as a Cadet Platoon Commander instructing some of the younger Cadets out in the field from the basics of camouflage and concealment through to delivering full sets of orders so they can carry out both operations and planned attacks.

“Given my position, I have really enjoyed the command and control elements of the camp and passing on my knowledge as a senior Cadet to junior Cadets who have perhaps not been with Nottinghamshire ACF for long, to help them get to the stage I am at in my Cadet career now.”

How does it feel to be assisting junior Cadets to complete activities on camp?

“I have a real sense of achievement. I feel complete knowing that I have helped some of the Cadets, who are perhaps away from home for the first time and have not spent an extended period of time away from their parents, to complete activities that will help to build their confidence and knowledge which will help them to develop as people.”



You have achieved Master Cadet status, what did you have to do to achieve this goal?

“In October last year, I successfully completed a course at Frimley Park Cadet Training Centre to become a Master Cadet which has confirmed that I am among some of the best Cadets in the country. It has really given me a full sense of achievement knowing that I have reached the top of the Cadet rank structure, and I think the assessments and activities I have had to complete along the way have also helped me to develop my role as Cadet Regimental Sergeant Major.”

Being appointed as the Lord-Lieutenant’s Cadet in Nottinghamshire must have been a proud moment for you and your family. What has this role involved?

“I found out that I had got the role as Lord-Lieutenant’s Cadet on summer camp last year, so have now spent almost a year in the role. I had to go through a series of interviews, and it was an honour to be the chosen Cadet from the units in Nottinghamshire. I’ve had the chance to meet a number of dignitaries and members of the Royal family and have helped the Lord-Lieutenant, Sir John Peace, to open other Cadet detachments in the Nottinghamshire area. It has been a privilege to have experienced working with Sir John and I would recommend this opportunity to any other Cadets.”

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

“Cadets has helped me to develop greatly, and I believe that other young people should consider joining the ACF because it will help them in the future. I’m about to start university and I can guarantee that a lot of the skills I have picked up through the ACF such as team-working, leadership and managing my time will help me through my course.”

Foster Mum: “Being a Contingent Commander is fulfilling, challenging and great fun”

A Foster Mum from Nottinghamshire says that setting up a Combined Cadet Force (CCF) at the school she teaches in was one of the best experiences of her career to date.

Contingent Commander Deb Lagdon, aged 45, is an English Teacher at The Dukeries Academy in Ollerton, Nottinghamshire, and jumped at the chance to set-up a Cadet Force within the learning environment as she understood the positive impact extra-curricular activities could have on the lives of her students.

When asked to describe why she wanted to set up the CCF, Deb said: “Everything about the idea sounded different and fun. It sounded like something that would appeal to the students as it is different from anything else already available through the school curriculum.

“The CCF has allowed us to present the students, who are involved in the programme, with a range of new opportunities, as well as giving some pupils a new focus. The CCF has had a positive effect on how students respect their teachers and the way some of the pupils think about their school work.”

The Dukeries Academy CCF was launched in September 2013 after entering a partnership with Worksop College who already had an established CCF. In September 2014, the CCF received independent status meaning they now have complete ownership of the Cadet Force and its activities within the school.

Deb continued: “Initially the unit launched with only 15 Cadets, but we now have 30 students on the books with more hoping to join us in the new academic year. All of the students love being in the



Contingent Commander Deb Lagdon with a Cadet during a fieldcraft activity

Cadet Force, it has helped to improve their confidence, discipline inside and outside of the classroom and has inspired them to push themselves to achieve their goals on a personal level.”

Although the idea of setting up a CCF may sound like a scary prospect to some, Deb, who has no previous military knowledge or experience has embraced all of the opportunities the CCF has presented her with and now describes being involved in the Cadet Force as ‘her time’ away from both home and teaching: “I have one grown up daughter and two long-term foster children, as well as working as a teacher. I don’t have a lot of personal time, so the CCF gives me an outlet to do something I enjoy. I’m always learning alongside the students and I’ve taken part in a range of courses and in a way, see the CCF as a hobby.”

Deb and her husband originally became foster parents about 19 years ago, but after a break decided to revisit the profession in February last year. Deb continued: “Giving young people opportunities in life and encouraging them to accomplish what they want to, is something I am really passionate about. There are many crossovers between my roles as a teacher, a parent, a foster mum and a Contingent Commander as I always encourage young people to take responsibility for their own actions, to be positive about what they are doing and be motivated to continue in whatever career path or life-experiences they choose.”

Outstanding results at Nottinghamshire ACF

One could be forgiven for thinking that the Duke of Edinburgh’s (DofE) Award is something that you can only accomplish through school; however, this is not the case.

As one of the most popular development programmes for young people aged from 14 to 24 years, the DofE award can be completed through schools, colleges, and many youth organisations including the Army Cadet Force (ACF), amongst other places.

Nottinghamshire ACF is one of those organisations to recognise the importance of the award and the benefit it can bring to those who complete it. Their County DofE Awards Officer, Jamie van Oppen, has made it his mission to double the results previously achieved in the county.

In 2007 Jamie van Oppen completed his Gold DofE Award as a Cadet, but it wasn’t until he applied to go to university that he realised the positive impact the award could have on his career. He said: “The award has great value. I enjoyed everything I did as a Cadet in the ACF but completing the DofE Gold Award gave me something to map my achievements against and something interesting and different to talk about on my university application form.”

In March 2015, now an adult volunteer aged 24, Jamie was appointed as Nottinghamshire ACF’s County DofE Officer. He continued: “I’m really keen to help our Cadets to achieve the award as I understand how highly it is regarded in the wider world of education and work.

“The essence of the DofE Award is that it encourages young

people to try new things and reflect on what they achieve. It encourages Cadets to build their self-confidence, leadership abilities, time management and self-reliance, but more than anything, to appreciate that if they set themselves a goal and work hard towards it, they can achieve what they set out to do.

“Over the past few months, I have been working to raise the profile of DofE in our county. I’m proud of what I have achieved so far, but in my mind there is always room for improvement and I look forward to continuing working towards better results. As adult volunteers we inspire our Cadets to achieve, and there is nothing more fulfilling than seeing them develop.”

The numbers:

From January to December 2014 Nottinghamshire ACF achieved:

- 42 Bronze DofE Awards
- 8 Silver DofE Awards
- 0 Gold DofE Awards

From January to September 2015 Nottinghamshire ACF achieved:

- 45 Bronze DofE Awards
- 24 Silver DofE Awards
- 4 Gold DofE Awards

Jamie, who works as a Doctor in his civilian career, continued: “Nottinghamshire ACF now has the fourth highest DofE pass rate in the country, and it is the first time in almost a decade that we have achieved gold awards. There are no words to describe how delighted I am with the Cadets’ achievements to date.”



County DofE Officer Jamie van Oppen

More than just a walk in the park

The Duke of Edinburgh (DofE) Award encompasses far more than just the activities you might be used to with the ACF, and allows you to experience everything from Zumba classes to helping out at an animal rescue centre all in the name of achieving your bronze, silver, or gold award.

Here we learn more about what a number of Cadets from the East Midlands have achieved through the DofE programme.

Name: Cadet Sam Page

Age: 14

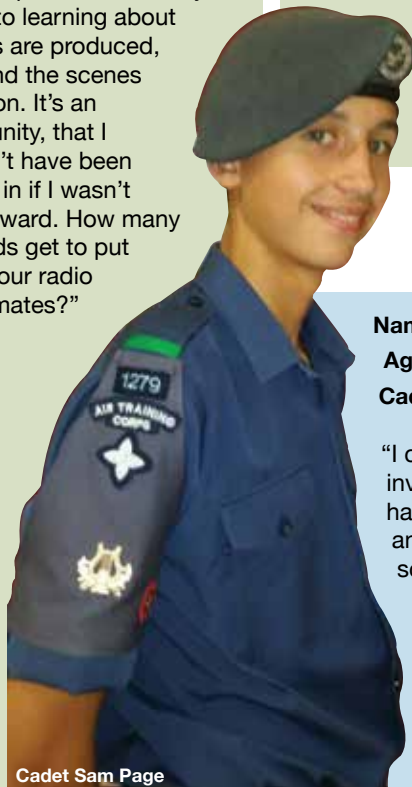
Cadet Force : 1279 (Melton Mowbray Squadron ATC)

"I got involved in DofE because it's a great experience, and it will look great on my CV. It has helped at school with my geography lessons, and in other ways as my self-confidence has shot through the roof, and I have really bonded and made new friends with the other Cadets at the squadron.

"So far I have been working on the volunteering sections with activities such as Poppy Appeal Collecting, and helping out at the Vitruvian Triathlon and Rutland Show.

"Before I started the DofE scheme, I had never really used a map and compass before, and now I can navigate anywhere. Whilst we were on our practice, I learnt that I needed to be more confident with my navigational skills. When we did go wrong, communicating as a team helped to keep our morale up, and we managed to keep ourselves motivated all the way round, even when we were cold and tired at the end of the first day!

"For my skills section, I'm hoping to help out with putting a radio show together for our squadron. I'm really looking forward to learning about how radio shows are produced, and seeing behind the scenes of our local station. It's an amazing opportunity, that I probably wouldn't have been able to take part in if I wasn't doing my DofE award. How many other 14-year-olds get to put together a two hour radio show with their mates?"



Cadet Sam Page

Name: Cadet Sergeant Jasmine Sartain-Berry

Age: 17

Cadet Force : 1211 (Swadlincote Squadron Air Training Corps ATC)

"Taking part in the DofE Award has allowed me to take on circuit training, singing, walking, and volunteering in a charity shop as part of my silver award. I have found that working towards my silver award has given me something extra to talk about on job and university applications and having an extra skill to show opens lots of doors. DofE is an experience that I will never forget and I have had some unforgettable experiences like realising the moors we walked across on our expedition were boggier than I thought – I had never experienced anything like this before but with a bit of hard work and a positive attitude we all overcame this as a team."



Cadet Sergeant Jasmine Sartain-Berry

"I got involved in DofE because it's a great experience, and it will look great on my CV"

Name: Cadet Lance Corporal Josh Mannering

Age: 17

Cadet Force : Nottingham Sea Cadets

"Completing my Silver DofE expedition was really challenging but I felt like I'd managed to complete something really rewarding once it was done. I made new friends and learned a lot about working with others. We had to plan our route before we went and decide on our equipment and food. The walk itself was in the Peak District and we camped out for two nights and walked for three days. Some aspects of living with other people in that kind of environment were difficult but I'm glad I did it."



Cadet Lance Corporal Josh Mannering

"I made new friends and learned a lot about working with others."

Name: Cadet Jack Tymon

Age: 17

Cadet Force : Belper detachment of Derbyshire ACF

"I chose to do DofE as a way of getting involved in activities I wouldn't normally have the chance to do, to test myself and meet new people. Through the DofE scheme I have managed to rekindle my passion for drama and learn skills that I can apply in numerous situations, such as teamwork and problem solving. The DofE Award has benefitted my life outside the ACF by giving me additional qualifications that have enabled me to get a part-time job."



Cadet Jack Tymon

Adult volunteer: “From a personal perspective, there are a lot of career enhancing qualifications available”

The Army Cadet Force (ACF) is all about fun, friendship, action and adventure but there are many opportunities for adult volunteers to develop their skills and gain qualifications, alongside inspiring Cadets to achieve their goals.

Lieutenant Billy Mayes, aged 35, joined the ACF as an adult volunteer following being a Cadet about 20 years ago. On returning to the Cadet Force, after a 10 year career in the Royal Engineers, he is balancing his volunteering alongside working with young people in his day job.

Billy works full-time as a Substance Misuse Worker, which involves working with young people aged between 16-24 years who are homeless and experiencing issues with substance misuse or offending.

Returning to the ACF has helped Billy to develop skills to enhance his CV meaning he could gain a promotion in his civilian occupation.

He explained: “From a personal perspective, there are a lot of career enhancing qualifications available for adult volunteers like me to complete. I have completed courses in leadership and management as well as a Graduateship through CVQO to prepare me for senior management responsibilities, which have all developed me and my ability to take the next step in my day job.

“The Graduateship of the City and Guilds Institute (GCGI) took me two years to complete, during which time I researched various subjects and wrote a thesis on the restoration and development of ACF detachments. I am really proud of what I achieved as I managed to get a lot of people from all over the country involved in the project and they all provided me with invaluable feedback.

“There is a lot of job satisfaction to be gained from working with Cadets, who choose to come to the ACF in their spare time to learn new skills, so to take home the satisfaction that you have been a part of their experience is great.

“My work with the ACF has also really helped me with my civilian employment as it gives me a lot of ideas around social inclusion and life skills training.”

On returning to the ACF Billy decided to join the same unit where his Cadet career began, Nottinghamshire ACF’s Sutton-in-Ashfield detachment. He continued: “I think the ACF helped to develop me as a young person, so I had a real head start in my chosen career path. When my career in the Army drew to a close because I wanted to pursue other things, I wanted to return to the ACF to pass on my knowledge and experience to the county’s current Cadets.”



Lieutenant Billy Mayes

Building a flight simulator

Thanks to a series of financial donations and the enthusiasm of an adult volunteer, Air Cadets in West Bridgford are experiencing what it is like to fly an aircraft.

Flight Sergeant Shane Grice, aged 28, who volunteers with 209 (West Bridgford) Squadron Air Training Corps (ATC) saw a ‘gap’ in the Air Cadet’s training schedule so put his mind to building a flight simulator that could be both used and enjoyed by Cadets for years to come.

Shane Grice said: “The building process started about a year-and-a-half ago, but due to our limited budget the project was temporarily put on hold. However, when the unit moved in to its new training centre in late 2014, I had to focus on getting the working prototype in to a useable state.”

Working as a Product Support Manager for Soaring Oxford Ltd, who are the agents for Grob Aircraft, in his day-job, Shane’s interest in aviation is consistent through both his civilian career and his role as an adult volunteer.

Shane continued: “We have literally started from scratch with the building process. The cockpit was donated to us from a former plane that had been taken out of service. I then stripped out the original control system, the cables and mounting brackets to reveal the cockpit shell.

“From there I have added in a fresh control system to hold the joy stick and worked out where all of the new cabling should go to make the flight simulator look as realistic as possible. I then built the frame, added cast wheels and painted the simulator as required.”



Flight Sergeant Shane Grice with the flight simulator

The flight simulator is now being used by Cadets at 209 (West Bridgford) Squadron on a regular basis, although Shane says it is really still a ‘work in progress’.

“The flight simulator is basic in its design, although it includes a digital screen to try to immerse the Cadets who use it in to a world where they can imagine they are really flying a plane. Works will continue on this project in the near future with our Cadets currently working on a fundraising project to allow us to buy a wraparound screen that would allow us to mimic the pilots view out of an aircraft from left to right and the types of lighting they encounter when both taking off and landing an aircraft.”

If you would like to donate any funding towards the flight simulator project, please contact 209 (West Bridgford) Squadron directly or visit www.raf.mod.uk/aircadets to learn more about the youth organisation.

A Focus On:



Why Should I Volunteer?

People volunteer for many different reasons regardless of their age, background or experience – but there are opportunities available for anyone who wants to give up a bit of their free time to experience a new challenge.

Volunteering will enhance your CV, allow you to gain qualifications or skills as well as raising your confidence and improving your self-esteem.

Each of the Cadet Forces has a team of dedicated volunteers who come from all walks of life to make a real difference to the lives of young people in their area by offering practical support and guidance in their youth organisation.

Here we learn more about what motivates these individuals to contribute to their community.

Helping to inspire young people

Name: Second Lieutenant Gary Saunders

Age: 52

Civilian Occupation: Technical Analyst

Youth organisation: Nottinghamshire Army Cadet Force

Why do you volunteer? “I decided to go down the ACF Officer route which means I have completed the adult leadership and management course at Frimley Park and will shortly be starting a City and Guilds qualification. For me personally the ACF provides me with an outlet to pass on my learning and experience to Cadets. As an adult volunteer I can help inspire young people to achieve as well as increase their understanding of discipline and respect.

“I enjoy seeing the changes in Cadets, how they improve in confidence and how they mature in their own abilities. It is a difficult thing to be able to stand up and present to or teach people, but many of our young people are learning these skills at a young age, something that will stand them in good stead for the future in whatever career path they decide to take.”



Second Lieutenant Gary Saunders

Encouraging Cadets to progress

Name: Flying Officer Jessica Kment

Age: 23

Civilian Occupation: Teacher

Youth organisation: 2195 (Long Eaton) Squadron, Air Cadets

Why do you volunteer? “I joined the Air Cadets at 13 and progressed through the ranks up until I became a Cadet Warrant Officer at 18. I then stayed on becoming a civilian instructor before taking my commission at RAF Cranwell after completing various courses.

“On a personal level, being in Cadets has helped me hone my leadership skills and gain valuable qualifications. I’ve always loved adventure training, so I’ve managed to gain my basic expedition leader qualification so I can take Cadets hill walking. I’m also a Duke of Edinburgh Assessor, which has helped me both in the Cadets and in my civilian career. However, it’s not just about gaining qualifications; I also get to have experiences that I wouldn’t be able to have anywhere else. For example, last week I travelled to North Wales to go climbing, orienteering, kayaking, gorge walking and mountain biking.”



Flying Officer Jessica Kment

Benefiting your career

Name: Adult Under Officer Kate Knight

Age: 30

Civilian Occupation: Sessional Photography Lecturer at North Warwickshire and Hinckley College

Youth organisation: Leicestershire, Northamptonshire and Rutland (LNR) ACF

Why do you volunteer? "I enjoy volunteering for a number of reasons really. Before I had children of my own, I used to volunteer at a local sports trust, delivering P.E lessons to primary school children. I enjoyed many sports, keeping active and loved working with the younger generation. Now being a mother of two, and being settled in to a routine again, I had a little free time on my hands, so decided to start volunteering with the ACF. My role as Assistant Public Relations Officer at LNR ACF has allowed me to combine my professional career with my volunteering. It's safe to say that the knowledge and experience that I have gained from my civilian job and the ACF, has complimented each other and has most definitely helped me to progress further."



Adult Under Officer Kate Knight

Making a difference to young people

Name: Sub Lieutenant Becky Carter

Age: 26

Civilian Occupation: History teacher

Youth organisation: Sea Cadets, Nottingham

Why do you volunteer? "I enjoy volunteering because it allows me to make a big difference to our local young people. It's given me a lot of experience working with teenagers which has definitely helped me to get onto teacher training and now I'm doing a job I love. And even better, new ideas I get at work I can try out with my classes at Cadets too!"



Sub Lieutenant Becky Carter

Helping Cadets to succeed

Name: Captain Andy Webster

Age: 32

Civilian Occupation: Acting Paramedic Team Leader, East Midlands Ambulance Service

Youth organisation: Nottinghamshire ACF

Why do you volunteer? "My role as a Training Officer involves planning and facilitating training activities from Senior Cadet Assessment Weekends to Three Star Cadet boards. I enjoy spending time with Cadets in the ACF and seeing them progress, particularly towards the end of their Cadet career. I always try to encourage other people to volunteer as I really enjoy having a positive impact on the lives of young people aged between 12 and 18 years as this can shape the type of person they will become in later life."



Captain Andy Webster

Making a difference to young people

Name: Second Lieutenant Richard Etherington

Age: 25

Civilian Occupation: Criminal Solicitor

Youth organisation: Nottinghamshire ACF

Why do you volunteer? "The Army Cadet Force is a uniformed military organisation which gives a lot of young people the opportunity to add something additional to their CV that they sometimes don't get to do through school or other youth activities outside of school. CV building isn't just limited to the Cadets. I'm studying for a Graduateship in Leadership and Management from The City and Guilds Institute. This qualification, which is equivalent to a Bachelor's Degree, allows me to demonstrate the management skills I've learnt as a Cadet Forces Officer in a way that civilian employers understand."

"My role as Detachment Commander for West Bridgford Detachment of Nottinghamshire ACF has allowed me to lead fellow volunteers and Cadets through their syllabus and I have been lucky enough to lead our detachment through the transition period of moving into new headquarters, which opened in early 2015."

"For me, volunteering is all about working with new people and using everyone's different skills to their best ability in a team. As a solicitor I get to meet a lot of new people and this is something which I am fortunate enough to enjoy as an adult volunteer also, as we share our headquarters with a local Air Training Corps (ATC) Squadron. I enjoy being able to work with the ATC volunteers and share the knowledge and experiences of adult instructors who I wouldn't normally get to work with."



Second Lieutenant Richard Etherington

From fighting fires to teaching drill: A day in the life of a Sea Cadet volunteer

By day, Steve Daykin fights fires and gives fire safety advice to the local community, but by night he leads young people through their Sea Cadet syllabus.



Steve is the Officer Commanding of Long Eaton Sea Cadets

It's 6:45am on a rainy Monday morning and Steve Daykin has just arrived for work at Highfields Fire Station in Beeston for his 12 hour day shift. Today he could be doing anything from attending a call out to a major fire to fitting a new smoke alarm for a member of the public.

As a Crew Manager at Nottinghamshire Fire and Rescue and Second in Command to his team,

Steve is responsible for carrying out inspections at locations across the county, monitoring fire service equipment, and issuing safety advice.

Steve said: "Just yesterday we attended a large fire south of Nottingham. Its day's like this that you really do have to think on your feet. On a normal day, we could have anything from two to seven call outs, but you never know."

In his spare time, Steve volunteers with Long Eaton Sea Cadets, where he has recently been promoted to Officer in Charge.

"Both of my roles require a great deal of flexibility." Steve continued.

"I enjoy the feeling that no two days or nights in either role will ever be the same, and while my job and voluntary role are completely different, I enjoy the cross-overs of being able to lead two different teams and get the best out of those that I am working with, whether it be young people or colleagues."

"Both of my roles require a great deal of flexibility."

As the clock roles on to 7:30am, Steve has finished the daily handover with the outgoing night shift where team members are updated on on-going incidents and carry out checks on the vehicle fleet, checking all equipment is present.

Steve said: "It is having this sense of responsibility at work which gave me the confidence to take on my role at the Sea Cadets where I am responsible for the safety and learning of young people. Although the two responsibilities may be completely different, I enjoy being able to have that sense of knowing I am helping others in both environments."



Steve Daykin works as a Fire Fighter for Nottinghamshire Fire and Rescue

Before 9am when most people are starting work, Steve has already been on call for two hours and will not finish until long after 9pm with his duties at the Sea Cadet detachment included.

Steve explained: "My son joined the Sea Cadets about a year before myself, which encouraged me to get involved. While there aren't any official cross-overs between my duties as a Fire Fighter and my role as a volunteer, I have found that working with the Sea Cadets has helped me to engage with young people in a more effective way when I visit schools to talk about fire safety.

"It can be challenging at times to go from one role to another, but I thoroughly enjoy seeing what each day will bring. My job is certainly not your typical 9-5 role and there is always the risk that I could be called out to an emergency

"I enjoy being able to have that sense of knowing I am helping others in both environments."

before I leave for the detachment, but this all comes with the job and enjoying the unexpected."

Suddenly, red lights flash and an alarm sounds. This can only mean one thing for the team – a fire call out. This time it's to a fire in Long Eaton. The team have no idea how long they will be out for, but luckily for Steve, he is back in time to fulfil his duty at the Sea Cadets.

With a quick change before leaving the fire station, Steve is now in volunteer-mode for the rest of the day. It's 6:15pm and he leaves work to begin his evening where he will supervise adult volunteers teaching Cadets anything from water activities to key parts of the syllabus.

One hour later, all Cadets have arrived at the detachment. Tonight also brings a potential new Cadet recruit who has come along to the detachment with a friend.

Steve said: "It is always exciting to know that someone is just starting their Sea Cadet journey as it makes you wonder what kinds of experiences they will have. Having only taken over as Officer in Charge in June, I haven't yet had many opportunities to really sell the benefits of the Sea Cadets to those who maybe want to join us, but I thoroughly look forward to getting more young people involved."

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Taking on the Revision Challenge

Buckinghamshire ACF Detachment takes top prize in the annual Cadet fundraising challenge run by ABF The Soldiers' Charity

Packing bags at supermarkets, manning collection buckets at train stations, or taking part in sponsored bike rides and abseils – all great ways of raising money for charity and having fun while doing so. For those cadet detachments that take time to fundraise specifically for ABF The Soldiers' Charity, there's a little added incentive too: the Revision Challenge.

Now in its fifth year, the Revision Challenge is a competition open to all cadet detachments throughout the UK to see which unit can raise the most amount of money in a year. All those who take part get a chance to win the prestigious Revision Trophy, as well as one of many great prizes such as tickets to the famous Royal Edinburgh Military Tattoo. This year's winner was 16 (Beaconsfield) Platoon, Buckinghamshire ACF Detachment (pictured above) and, through their sterling effort and the combined fundraising activity of all the other cadet teams across the country, the Challenge raised a total of over £52,000 for The Soldiers' Charity.

As the National Charity of the British Army, ABF The Soldiers' Charity provides support to anyone who is part of the Army family, whenever they may need it. Fundraising support from the many cadet detachments across the UK is hugely important to the Charity; cadets are the next generation of fundraisers and many will go on to enter the Armed Forces themselves.



Therefore, it is extremely important that all cadets know they have that 'safety net' of support provided by The Soldiers' Charity should they, or their future colleagues, ever need it.

The 2016 Revision Challenge is now underway, so register your detachment today to be in with a chance of winning the coveted trophy.

www.soldierscharity.org/revision

Download the application form and register your unit today!

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Achievements

Life behind a lens

Whether he's videoing, writing, or snapping away with his camera, Second Lieutenant Simon Crossley is always hard at work. But now he has stepped out from behind the lens to reflect on what it is like to be an Assistant Volunteer Public Relations Officer (PRO) in the Army Cadet Force (ACF).

Simon Crossley, aged 37, volunteers with Leicestershire, Northamptonshire, and Rutland (LNR) ACF as a County First Aid Officer but is perhaps better known amongst his colleagues for producing a constant stream of news for the LNR ACF website and social media platforms.

Simon, who first started his role as PRO in October 2013, told of how the position has seen him experience things he couldn't as an instructor, including videoing the Queen at the amalgamation parade of the Queen's Royal Lancers in Yorkshire.

Working at Travis Perkins Group in his civilian career, Simon said: "It is rare that I am the one giving the interviews as I am normally asking the questions, but it is interesting to be on the other side of the camera for once. I feel proud to be able to take on the responsibility of getting news about Cadets into the wider community and it is very rewarding to see so many achievements within the Cadet Force and tell everyone else about them.

"I would definitely say that my role has taken me by surprise as I had no experience in PR, but now I am able to do things like filming and editing videos and being creative in ways I never thought I could be – all with a bit of help from the other PRO's of course!"

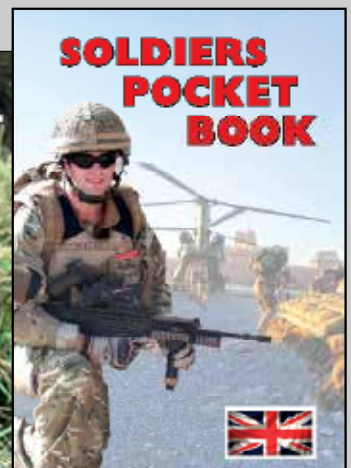
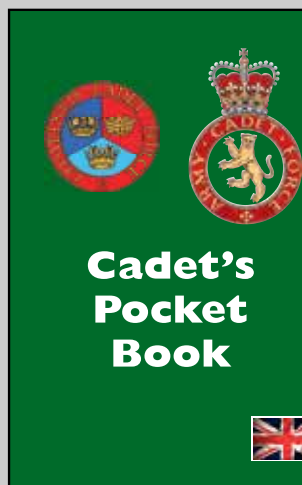
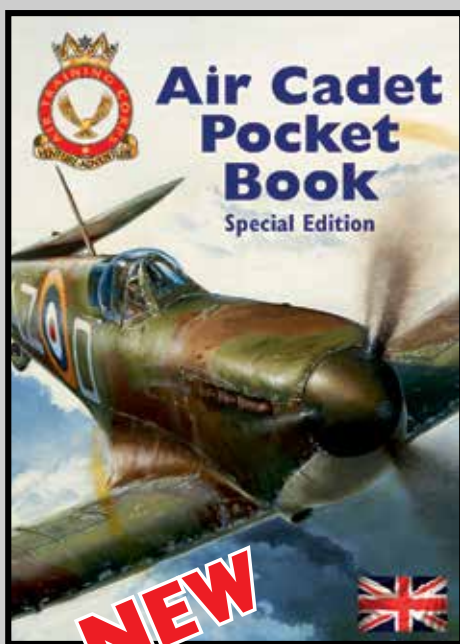
It is this help from colleagues which Simon says has been invaluable to his development in the role. He told how fellow Assistant PRO Adult Under Officer (AUO) Kate Knight is helping him to develop his videoing skills through her civilian career.

Simon continued: "When I began my role I had no experience in videoing but wanted to learn so that I could get the most out of my appointment as PRO. Since then I have learnt a lot of skills and could never have imagined that I would have the chance to make a video featuring the Queen at the parade, which has now attracted interest from the Regimental Museum in Nottingham. It is unbelievable how far I have come." Simon went on to explain that as a PRO, you are well prepared for what he calls such a 'hands-on' experience. He commented: "The thought of taking on the PR opportunities for your county sounds daunting but having attended the Introduction to PR and the Photography course run by the Army Cadet Force Association (ACFA), you feel confident in taking on the task."



Second Lieutenant Simon Crossley in action as PRO

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Adult volunteer: “Being a Bandmaster has increased my ability to manage people”

An adult volunteer who can play the trombone, euphonium and the drums has explained why being a Bandmaster has developed his managerial skills, in turn helping him to receive a promotion in his civilian job.

Flying Officer Matt Leedham, aged 26, volunteers with 1211 (Swadlincote) Squadron Air Training Corps (ATC), and has been serving as the unit's Bandmaster for eight years, building and shaping the squadron's musical abilities year on year.

Matt explained why he feels personally fulfilled in his volunteer role: “I originally joined the Air Cadets as a Cadet and, at the age of 18, had been taught by three different Bandmasters at the Squadron. When an opening came up to step into the last Bandmasters shoes, I thought it was a chance not to be missed as I could imagine all of the different ways in which the band could be expanded and how I could pass on my musical knowledge to those younger than myself.”

“Seeing the enthusiasm in their eyes when you teach them to play the drums or a glockenspiel is fantastic.”

There are currently 28 musicians in the Swadlincote ATC band, many more than when Matt originally took over the reins, when he was one of only six recruits.

In his civilian job Matt works as an Engineering Consultant, and believes that the skills he has learnt through his volunteering have helped him to climb the career ladder. He explained: “Being a Bandmaster has increased my ability to manage people as well as improving my organisational and time management abilities. I have had the opportunity to plan band trips and basic expeditions as well as an inter-generational visit in 2014 involving Cadets, local council representatives and members of the Royal British Legion which I was proud of. For each visit I have organised everything from scratch, so seeing everything come together and work like clockwork is really satisfying.”

Being a Bandmaster means that Matt teaches music to Cadets who have no musical understanding or perhaps have a limited knowledge of one or more instruments. He continued: “I enjoy going through the basics with Cadets. Seeing the enthusiasm



Cadets from the 1211 (Swadlincote) Squadron ATC band play at Trent Bridge cricket ground

in their eyes when you teach them to play the drums or a glockenspiel is fantastic and then getting them to a level where they are confident to perform is a real achievement. There are seven different types of instruments in our band overall though including the clarinet, flute, tenor horn and symbols so it certainly keeps me on my toes learning new skills alongside the Cadets.”



Flying Officer Matt Leedham

The Swadlincote ATC band had the opportunity to play at the summer Investec Ashes Test Match, performing to thousands of people at Trent Bridge in Nottingham. Matt continued: “Managing the band and seeing the Cadets ‘come alive’ on the cricket field, playing the music we have been learning for weeks was something I will remember for a long time. The event at Trent Bridge was one of the major highlights of the sporting year, and a hugely exciting experience for all the cricket fans among us. The opportunity to perform in this way is not something they would be able to do through school, and in terms of the cost of the tickets it may not be something the Cadets may be able to attend individually either. As we were entertaining the crowd, the Cadets and I got in to the event for free which was excellent!”

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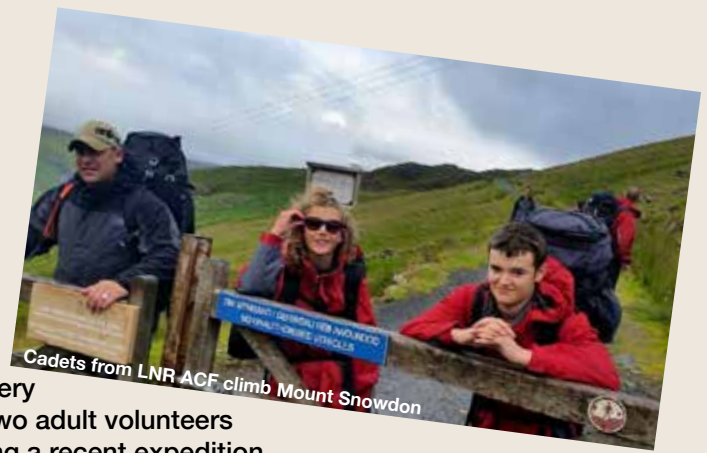


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From Comradeship to Challenge™

A challenge on Mount Snowdon

A hands-on navigation and map reading experience, poor weather conditions, and the chance to see Welsh scenery from almost 3,000ft up – a group of five senior Cadets and two adult volunteers from the Army Cadet Force (ACF) experienced them all during a recent expedition up Mount Snowdon.



The Cadets and adults from Leicestershire, Northamptonshire and Rutland ACF, led the expedition themselves to put into practice the skills needed to progress through the ACF, and came face-to-face with 50mph gusts of wind, low cloud, and heavy rain.

The expedition took place while Cadets were on their annual camp in Wales and was the first of its kind for the group who told of how the real-life conditions made the climb a valuable learning experience.

Adult Volunteer Sergeant Major Instructor Frankie Gilkes, from Simpson detachment of LNR ACF, said: "This expedition gave the Cadets the chance to put their navigation, map reading, and team work skills to the test in conditions they couldn't experience back in the East Midlands. Both myself and Second Lieutenant Paul Duke were proud to see the group challenge

themselves and make decisions taking all aspects of the climb into account.

"Although we did not reach the summit of Snowdon due to the change in weather, we had the opportunity to teach Cadets about emergency drills and identifying escape routes should they need to use them on future expeditions."

Cadets who took part in the climb said that experiencing things they could not learn in the classroom had helped them to develop the skills needed to achieve their 4* Army Proficiency Certificate.

The expedition was conducted in line with Cadet safety regulations, and when the weather took a turn for the worse, was terminated to ensure the wellbeing of everyone in the expedition party.

Cadet Sergeant Major Daniel Odell, aged 18, said: "The experience I had walking up Snowdon was one to remember. Climbing to some of the most tremendous heights you can imagine was an experience that could change someone's attitude to life. The sightseeing, teamwork and morale boosting efforts helped us all to try our best throughout the expedition."

Cadet Staff Sergeant Matt Wainwright, aged 16, said: "The Snowdon experience for me was amazing with the beautiful views and challenging landscape. I personally think that as a team we consistently made all the right choices when we had to. I learnt on the expedition how hard it was to navigate on such difficult terrains and with it being my first time in a walking environment such as this, I thoroughly enjoyed the experience. The difference between learning about completing an expedition in the classroom and completing an expedition in real life is huge and one not to be underestimated especially as the classroom does not have the weather to consider. This has to be one of the best experiences I've had in the ACF and would love to do it again."



Cadet Staff Sergeant Summer Keightley, aged 16, said: "My time up Snowdon was an experience that I will never forget. It was an expedition that challenged me to the limit with heavy wind and heavy downpours of rain making the expedition a real challenge. We all worked as a team throughout the two day expedition and I personally improved my navigation skills which I'm sure will help me if I ever experience anything like this in the future.

"Overall I managed to learn a whole lot more than I already did and will cherish the fact that I was given this opportunity, it was truly incredible and I would do it all again!"

Cadet Sergeant Jack Morgan, aged 16, said: "The Snowdon experience is an experience that will stay with me for a long time. With every challenging step up Snowdon we were rewarded with outstanding views.

"Snowdon helped point out to me how different map work is outdoors compared to planning activities in the classroom, but on the positive side I managed to improve my map and compass skills. I would recommend going up Snowdon to anyone who gets the chance to as it is an experience you will never forget."

"This expedition gave the Cadets the chance to put their navigation, map reading, and team work skills to the test in conditions they couldn't experience back in the East Midlands."



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Achievements

Spending a year as a Lord-Lieutenant's Cadet

From meeting royalty in his home county to attending the annual Trooping the Colour celebrations in London, an Army Cadet from Chesterfield has reflected on the highlights of his year as a Lord-Lieutenant's Cadet.

Cadet Company Sergeant Major Luke Platts, aged 18, was appointed as a Lord Lieutenant's Cadet for Derbyshire in October 2014, and has since gone on to meet three members of the royal family in one year at engagements around the county.

Luke, who completed his duties as a Lord-Lieutenant's Cadet last month, also had the chance to attend HM Lord-Lieutenant of Derbyshire, Mr William Tucker's special reception and Beating Retreat in support of Armed Forces Day, which he described as an 'honour.'

Reflecting on his year as a Lord-Lieutenant's Cadet, Luke explained: "My time as a Lord-Lieutenant's Cadet has been the highlight of my Cadet career in the Army Cadet Force (ACF), and I am thankful to have been nominated and appointed into the role. I have had the chance to do things that not many people can say they have done, like meeting The Earl of Wessex in Hathersage, The Princess Royal at the Brailsford Ploughing Match, and The Prince of Wales at Chatsworth House, all in the space of 12 months.

"It has been a privilege to attend all of the events that I have



been invited to alongside the Lord-Lieutenant and I have been able to develop my skills in public speaking while having the chance to meet a variety of new people and represent the ACF in the community."

Luke added that his personal highlight was having the opportunity to attend Trooping the Colour at Buckingham Palace in June 2015. He continued: "Attending such a well-known event to celebrate the royal family was just one of the amazing times spent in this role. Being able to watch some of the greatest military bands in this country march past was a once in a lifetime opportunity and my experiences throughout the year will stay with me forever.

"As an Army Cadet I have developed life skills that will benefit me in the future and I would recommend joining the ACF because you never know what you could get involved in next. It is an exciting feeling to know that one week you could be learning first-aid, drill, or studying towards B-TECs, and the next you could be attending a royal event alongside the Lord-Lieutenant."

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Northamptonshire Cadets take part in 'passing out' parade

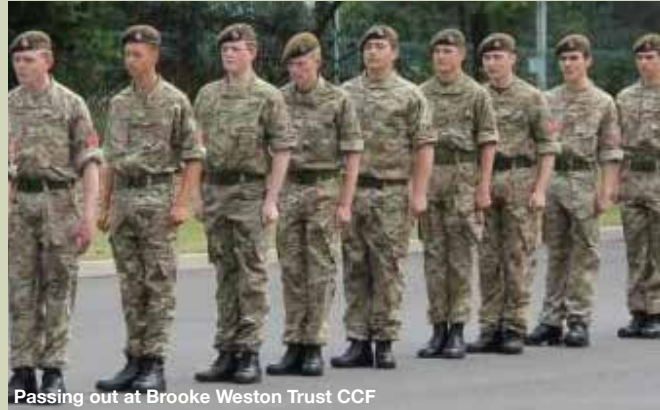
19 Cadets and six adult volunteers from Brooke Weston Trust took part in a celebratory 'passing out' parade in July 2015 to mark the Trust's Combined Cadet Force (CCF), that is part of the Cadet Expansion Programme, getting independent status.

In 2012 the government announced plans to launch the Cadet Expansion Programme, which has since seen up to 100 more Cadet Units in state-funded schools. Brooke Weston Trust has four academies taking part in the scheme with a fifth set to join in September 2015.

The parade, which was held at Corby Technical School, was organised to mark Brooke Weston Trust moving away from their original partnership with Oundle School. Oundle School initially supported Brooke Weston Trust to launch the Cadet Programme, but it was always the plan to achieve independent status after the Cadet contingent became established.

The Army section CCF was set up in September 2014 with students participating from Brooke Weston Academy in Corby, Corby Business Academy, Kettering Science Academy and Thomas Clarkson Academy in Wisbech.

Second Lieutenant Matt Isherwood, Contingent Commander of the Brooke Weston Trust CCF, said: "My fellow officers and I



Passing out at Brooke Weston Trust CCF

are extremely proud of the progress that our Cadets have made since September last year. The last week of our term provided the perfect opportunity for this inaugural generation of Brooke Weston Cadets, to hold their first formal independent parade. The finale to the parade included a 'passing out' ceremony, where the Cadets returned their Oundle School CCF beret in exchange for the beret and cap badge of our affiliated regiment, The Royal Anglian Regiment. This formally marked the establishment of the very first Brooke Weston Trust CCF Platoon."

Group Captain (Rtd) Nick Sharpe, Chief Executive of East Midlands Reserve Forces and Cadets Association, said: "Cadets from the Brooke Weston Trust CCF returned from annual camp in early July with Oundle School CCF hereby drawing a close to an excellent partnership year with Oundle. We have been delighted with the progress Brooke Weston Trust has made in establishing themselves as a CCF unit to date and believe this was the perfect time to hold the 'passing out' parade."

Brotherly competition in Lincolnshire

Two brothers have thanked the Army Cadet Force (ACF) for motivating them to do something special with their spare time.

Luke and Jake Exton from Market Deeping joined Lincolnshire ACF in 2010 and have not looked back since.

Luke, aged 19, left the ACF before he went to university but says joining the youth organisation was one of the best decisions of his life. He explained: "I was originally motivated to join the ACF by my younger brother Jake, who started leaving the house in a 'cool' Army Cadet uniform that I needed to have!"

"I would say one of the best things about having a brother in the ACF is that you share experiences together. It's a firm belief of mine that without the constant brotherly competition, I wouldn't have become the Cadet I was, and thus the person I am today."

Jake, aged 18, joined the ACF five years ago and is now a four star Cadet. He has experienced a variety of training experiences, such as shooting, walking in the Lake District, multiple day exercises and has become a fully qualified First-Aider. Jake was also appointed as the Lord-Lieutenant of Lincolnshire's Cadet for 2014, something he will always be proud of.

Reflecting on his personal achievements Jake said: "One of my unexpected highlights would be becoming the Cadet National 400m Champion; unexpected because I had no idea I could run.

"I wouldn't have been able to do a lot of things I have done in the Cadets without the support of my brother, whether it be sibling competitiveness or personal coaching for my 400m race, we have always been there to push each other to the next level, to strive to excel, to inspire and achieve."



Luke and Jake Exton

Cadets experience a helicopter flight

A number of Cadets from the Army Cadet Force (ACF) and Air Training Corps (ATC) had the chance to fly in a helicopter as part of a combined Cadet competition that took place at Chetwynd Barracks in Chilwell.

40 young people, 20 from each youth organisation, took part in Cadet 15 a new local inter-service Cadet event which included a variety of challenges such as taking part in a First-Aid scenario led by East Midlands Ambulance Service's Hazardous Area Response Team (HART), taking part in a timed obstacle course, using the electronic shooting range, having a go in a vehicle simulator, flying in a Griffin Helicopter and taking part in a tug of war competition.

Warrant Officer Dan Haywood, from the ATC's South and East Midlands Wing, organised the competition. He said: "This local competition was the first of its kind to be organised between the ACF and ATC in this area, and I am delighted to say that the day was a huge success. There were four teams of 10 senior Cadets, who are all aged between 16 and 18 years, taking part in the competition which provided a rare opportunity for the Cadets to pit their skills against each other.

"It was a really enjoyable day, and I hope it is something



Cadets get a safety briefing before experiencing a flight

that can be repeated again in the future incorporating more of the military Cadet Forces. Plans are already underway for Cadet 16 next year, and I would personally like to thank the Station Commander at Chetwynd Barracks and the regular staff for their support in organising what started out as a daydream on my commute to work."

Speaking during the event, Cadet Flight Sergeant Jake Foster, from 2418 (Sherwood) Squadron ATC, said: "I wanted to be part of Cadet 15 as it is the first time this had ever been organised. It is great when different Cadet Forces can come together in a competition environment. There are a lot of activities on offer today, but I'm really looking forward to the helicopter ride."

Cadet Lance Corporal Jess Atkin, from Nottinghamshire ACF's Beeston Detachment, also attended the event. She said: "Cadet 15 sounded exciting and I thought it would be a great way to spend some of my summer holiday time. The helicopter ride really appealed to me, as it was a rare opportunity to experience flying around Nottinghamshire."

ATC Cadet is awarded top prize

A jet-setting Air Cadet from 1461 (Wigston) Squadron Air Training Corps (ATC) has been recognised through a prestigious award given to the best male Air Cadet in the country.

Cadet Warrant Officer David Timson, aged 19, has been awarded the Dacre Sword after completing a series of adventures on a whistle-stop tour of the globe as part of life in the ATC.

David represented the UK at the International Air Cadet Exchange in Canada, then flew to Hong Kong just 24 hours after returning home to attend the Dacre Sword nominations.

The ongoing journey has also seen David fly high at RAF Halton where he escorted the Air Cadets' Organisation Ambassador, Group Captain Carol Vorderman, at the Region Field Day.

David said: "The whole experience has been fantastic and I am honoured to have been chosen for such a prestigious award. I have had the chance to meet over 70 other Cadets on my trip to Canada as well as learning about how the Air Cadet Organisation operates in different countries.

"I have also had the chance to attend and take part in the Hong Kong Cadets week-long leadership camp which was an amazing insight into how the organisation works over there."



Cadet Warrant Officer David Timson in Snowdonia

David continued: "After my trip to Hong Kong I returned home to complete my qualifying expedition for my Duke of Edinburgh (DofE) Gold Award and am due to attend the Air Cadet Junior Leaders Course selection weekend for two days."

"All the while I have been preparing to travel to Tayside Aviation in Scotland for two weeks to undertake an 18 hour flying scholarship after successfully being granted an Air League scholarship as well as a Royal Aero Club Trust Bursary. This will hopefully see me qualify as a Pilot in the UK all before I have sat my driving test!"

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Heanor Cadets take to the skies

A number of Cadets from Heanor Gate Science College had the opportunity to fly a Tutor plane at their annual summer camp.

The group of young people, who are all aged between 14 and 16 years, visited RAF Halton in Buckinghamshire to take part in an eight day camp that included visiting an RAF museum, taking part in a drill competition, orienteering, shooting, a low ropes course and learning to fly in a Tutor aircraft.



Cadet Zak Sharman

Heanor Gate Science College set up an RAF-themed Combined Cadet Force (CCF) in September 2013, as part of the government's Cadet Expansion Programme that succeeded in setting up 100 Cadet units in state-funded schools by 2015.

Contingent Commander

Miriam Watson, who is the Director of Vocational Learning at Heanor Gate Science College, organised the visit to RAF Halton. She explained: "Heanor Gate CCF has now completed its second year and has continued to develop. In the past 12 months, our Cadets have been flying in a Tutor aircraft; visited the Somme Battlefield in June; taken part



Cadets had the chance to fly in a tutor aircraft

in joint exercises with Derbyshire Army Cadet Force (ACF) and visited the Imperial War Museum in London as part of a focus on the First World War Commemorations.

"Taking part in the summer camp is a great way for our Cadets to meet other young people from a variety of other schools and learn more about how a working RAF Station operates. Having the opportunity to 'take control' of a Tutor aircraft when in the sky is a fantastic experience for the Cadets, and something that many other people do not have the chance to experience."

Cadet Zak Sharman took part in the camp. He said: "In the future I would like to be a helicopter pilot so I thought joining the CCF would give me a good understanding of the RAF and help me to start my career in the future.

"I've enjoyed the camp as I have taken part in lots of fun activities. We had the opportunity to see a Phase One Passing Out Parade that was perfectly presented, this inspired me to think about what I could achieve in the future."

The visit took place from 18 to 25 July 2015.

Army Cadet takes part in Air Race experience

An Army Cadet from Derbyshire took to the skies recently when he joined a professional air team to perform at Royal Ascot.

Cadet Regimental Sergeant Major Ryan Young, aged 18, from Swadlincote Detachment of Derbyshire Army Cadet Force (ACF), joined the Red Bull Air Team to take part in an Air Race experience, embracing the rare opportunity to be a passenger during such a special flight.

In his spare time, Ryan fly's a Cirrus Aircraft and is one of the youngest pilots to operate this model in the UK.

Colonel Chris Young, Commandant of Derbyshire ACF and Ryan's dad, said: "Ryan was nominated to fly with the Red Bull Air Team after a UK representative for Cirrus, the aircraft he usually flies, put his name forward based on his enthusiasm and interest in aviation. Both the nomination and the taking part were extremely proud moments for us as a family."

Speaking about the event, Ryan Young said: "The Air Race involves flying through a sort of obstacle in the sky including cones to navigate and upside down loops. We flew in an Extra 300 Aircraft at speeds of around 260 mph.

"We navigated our way through a variety of challenges; it was a great experience and something I will both probably



Cadet Regimental Sergeant Major Ryan Young after the Air Race Experience

never forget or could have imagined."

Ryan started flying when he was 12-years-old, he continued: "I really started to take flying seriously when I was 14, as I realised it is such a brilliant feeling to go from ground level to a few thousand feet in a matter of minutes.

"In late 2015 I will start to do my Air Transport Pilots Licence which in time will allow me to fly an Air Bus A380 for a commercial airline.

"I did my first solo flight when I was 16 and received my private pilot's licence on my 17th birthday, which was an overwhelming feeling. This means I can legally take passengers or myself in to the air, there is no feeling like it."

The Air Experience flight took place in August 2015.

Travel Opportunities

Inspired to have a career at sea

A former Cadet from Nottinghamshire is bidding farewell to his Sea Cadet detachment to study a professional course which will see him training to captain super yachts.

Emilio Sarricchio, aged 18, from Nottingham, currently volunteers with Nottingham Sea Cadets after serving as a Cadet for six years, and is now set to study with the UK Sailing Academy (UKSA) on the Isle of Wight where he will learn everything from marine navigation to general ship information.

During the course that will take three years to complete, Emilio will have the chance to study out on the water, and hopes to go on and have a career in the marine sector.

Emilio said: "My time with the Sea Cadets has given me a brilliant insight into life on the water. Having the chance to study yachting full-time will be a great experience and will allow me to learn about distress communications, as well as survival and rescue techniques, which are very important for my career path.

"Being able to captain a yacht of up to 3000 tonnes is a huge responsibility and I am looking forward to completing all of my training in order to be able to gain my Officer of the Watch qualification which means I will have the required skills to work on board and manage super yachts."



Emilio enjoying water activities with the Sea Cadets

Emilio also embraced the opportunity to lead water activities during his time at Camp America this summer.

He continued: "I supervised groups of young people at the camp, teaching them to sail and water ski which helped to develop leadership skills. I wanted to use my time productively this summer and I'm proud to say that I did."

Cadet Quarter Master helps to raise £288,000 for cancer charities

A Cadet Quarter Master and his running partner from Lincolnshire have trekked 50 miles along the Great Wall of China before running a marathon to raise money for Children with Cancer.

Rob Holland, aged 59, who works as a member of the Permanent Support Staff at Lincolnshire Army Cadet Force joined a team of 90 other volunteers who came together to complete an event organised by Dream Challenges.

Rob explained: "It took us seven days to walk 50 miles through a lot of difficult terrain along both the old and new parts of the Great Wall of China. I had heard that the wall was a fantastic sight to see in real life, but I actually found it breathtaking when I saw it in person.

"I have always wanted to complete a trek like this in China along with my running partner Cathy Thompson, so it was great to be able to tick this off our to-do-list. We walked as a group for most of the way, joined by four local guides."

When Rob signed up to take part in the trekking challenge he also vowed to complete a marathon straight afterwards, he continued: "My running partner and I hoped to complete the marathon on the Great Wall of China but due to the small



Cadet Quarter Master Rob Holland

number of guides in our group we were not allowed to do this. In the end, we ran 10k on the wall before completing the final 32k in Beijing, where we had to dodge endless traffic on the roads. This really was an experience we will not forget."

Collectively, the group who took part in both the trek and the marathon have raised £288,000 for their chosen charities.

Completing these challenges has encouraged Rob to continue to fundraise setting his sights on completing both the London and New York Marathons in the near future as well as the a marathon along the Great Wall of China in 2017.

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Commemorative Activities

Taking part in Battlefield tour

55 Cadets and 20 Cadet Force Adult Volunteers from Nottinghamshire Army Cadet Force (ACF) and Leicestershire, Northamptonshire and Rutland (LNR) ACF took part in a World War One battlefield tour in France and Belgium.

The six-day programme, which was organised by Nottinghamshire ACF, saw the joint Nottinghamshire and LNR ACF Corps of Drums perform at Menin Gate in Ypres as well as the full group visiting numerous World War One memorials and sites.

Bugle Major Russ Jones, an adult volunteer with Nottinghamshire ACF attended the event. He said: "I have been involved with taking Cadets to France, Belgium and the World War One War Graves for eight years. It is a unique experience for the young people and we train all year in preparation for this event. The reception the Cadets receive from the public whilst performing is amazing.

"Each individual cemetery visited is allocated to two Cadets in advance and they have to research the battle and present a talk about it to all at the site. This always proves to be a really educational experience for everyone. In previous times, many of the Cadets taking part in the visit have found the graves of their ancestors, which has been a proud and humbling time for them.

"The visit included us seeing many historical landmarks such as the national historic site of the Battle of Vimy Ridge; Newfoundland Memorial Park a site on the Somme battlefield near to Beaumont Hamel; the Thiepval Memorial to the Missing of the Somme, The Lochnagar Crater Memorial and Ypres amongst other locations."

Adult Under Officer Jonathon Tunney; the Detachment Commander of A Company's Corps of Drums from LNR ACF, also went on the visit. Speaking ahead of the event, he said: "I know all of the musicians have been rehearsing whenever possible ahead of us travelling.

"The ACF offers a wide variety of activities for Cadets to take part in at a detachment level, at weekend training centres, annual camps and visits such as this. As an adult volunteer I am



Cadets at Vimy Ridge

proud to be a part of an organisation that inspires young people to achieve new goals, and provides opportunities that may have not been available for Cadets to take part in otherwise."

A number of Cadets taking part in the visit said:

Cadet Lance Corporal Bowcock, from Simpson Detachment in Northampton, said: "I'm looking forward to getting the experience of playing last post in public and playing for all of the soldiers who have died for us. It's an experience that I will never forget."

Cadet Sergeant Keightley, from Kabritt Detachment in Towcester, said: "I am most looking forward to marching through the Menin Gate whilst playing for those who lost their lives for us today; this is an experience I will treasure for the rest of my life."

Cadet Corporal Pace, from Anzio Detachment in Northampton, said: "I'm looking forward to demonstrating what the ACF can do and whilst doing the Cadet Force proud by marching through the Menin Gate remembering those who have fallen in order for us to celebrate and live today".

Cadet Drum Major McGurk, from Ulverscroft Road Detachment in Leicester, said: "It's humbling on the anniversary of the battle to be able to stand on the spot where people from where I live fought and died."

The visit took place from Sunday 28 June to Saturday 4 July.

Commemorating VJ Day

More than 30 Sea Cadets from Leicestershire and Northamptonshire helped to commemorate Victory Over Japan Day (VJ Day), as services were held to mark the 70th anniversary across the UK.

Young people from TS Tiger in Leicester, TS Amazon in Hinckley and Northampton-based unit TS Laforey attended services to play tribute to members of our Armed Forces including veterans who helped to secure the victory.

Leading Cadet Isabel Smith was one of the Sea Cadets who attended an event. She said: "It was an honour to be a part of such a memorable occasion and recognise an important part of our history. The Sea Cadets offers young people amazing opportunities to experience water-based activities, courses and camps, but attending events such as those held on 15th August 2015 are something that we will always keep in our minds for a long time."



Cadets commemorate VJ Day



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