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From The Editor Major Mike Lagace

Winter 2012 has been a very busy season for us at the InSight. One of our best issues, the stories reflect our growing support by the officers and staff within our region. Finding inspiration stories, such as our cover about a brave Sea Cadet, motivates us even further and shines a beacon where we will continue to find and tell the cadet story. As a new feature- click on the links to get to the individual galleries. Enjoy this issue- Captain Walker and I certainly did!

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Web Links
[Prairie Region Website](#)
[Prairie Cadet Photos](#)

Against All Odds



Cadet Delani Hulme-Lawrence bound and determined to compete with worlds best as she completes training in Victoria BC.

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Determination, Key to Sea Cadet's Success

For a sixteen-year-old sea cadet, she was born with no limitations when given a challenge. For the rest of us we would see it differently if we were missing much our left arm. For Delani Hulme-Lawrence, it's just a fact of life when born that way. Now, in 2012, with the help of two world class sailing coaches, she prepares herself for elite competition that most of us will never experience- the Canada Games in 2013 and ultimately- the World Paralympics in 2016 in Rio De Janeiro, Brazil.

Less than a year ago, she was told she would have to leave her six-week summer sailing course because of her limitations and safety concerns. However with her disappointment also came determination and just plain guts. With a quick phone call back home in Alberta to her mom, a CIC Sea Cadet officer, her life was about to change.

"I hate being told by others I can't do it," Delani recounted when told she would have

to leave the sailing program. "I passed the three-week Kingston sailing course in 2010 where most other cadets failed." Only eight cadets from the original 32 passed the course- she was one of the eight. "I knew I could pass this six-week course at Quadra." Her older brother, William, sister, Brandy and mom, Sadie, knew sailing and knew they could build "the contraption"- a left leg attachment designed to assist her. Building it, testing it and mailing it back to the Sea Cadet Summer Training Centre- Quadra- on Vancouver Island, suddenly this adaptive hook became the conduit for her to not only complete her camp, it was the device that spurred others to realize her potential as an "elite adaptive athlete".

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To see these pictures [Click Here](#)

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SmugMug is a digital photo sharing website that contain

many galleries and thousands of photographs of Cadets, Officers and staff of RCSU(Pra) from across the region and in some cases, beyond. Click the SmugMug logo and see for yourself!



The Making of Great Canadians - One Cadet at a Time

Lieutenant-Colonel Leo Brodeur, CD

Queen Elizabeth II to Winnipeg. These just a few unforgettable highlights.

I was recently a part of a cadet pilgrimage trip to Vimy and battlefield tours with our own cadets. I witnessed young Canadians emerging into great citizens realizing the sacrifice many sailors, soldiers and airmen made in the service of Canada for our own freedom. I could not help but be moved by their sincere understanding for the loss of life during the two World Wars and their own promises never to forget.

My opportunity to recognize excellence within the program, either through commendations or even my Commanding Officers coin was only a small way of me saying thank you to many cadets, officers and league members. This commitment expressed critical attributes of Leadership-Dedication-Perseverance.

This brings closure to my career with the Canadian Forces, one that started with cadets and ends with cadets. To have led you with my vision for a better organization has been a pleasure and an honour. I also leave knowing that my replacement in July, LCol Rob Kamphuis, takes the reigns with the same vision and passion for our cadets.

The one common element in all of this remains steadfast- we are all here for the cadets. We will continue to be here for them. I leave knowing that we are building Great Canadians - One Cadet at a Time.

As my tenure as the Commanding Officer of the Prairie Region comes to a close, it comes with great advancement and a future certain with change and opportunity. I envisioned and championed change in the way our officers learn, grow and become unified in a mission. I envisioned an organization where all stakeholders know how to communicate in modern and inspirational ways. I believed we could continue to build strong relationships with all of our League and civilian stakeholders with a unified purpose to build future leaders for our communities and country.

I could not have imagined our region suddenly in the forefront of Strategic Review with the northern region now being a part of our area of responsibilities. The majestic vastness of the Yukon, North West Territories and Nunavut beckons and will be an integral part of our region.

These past two years has been an incredible journey for me filled with such positive experiences and emotions: gliding, sailing, rock climbing, marching with cadets at the Menin Gate memorial ceremony and standing with hundreds of cadets to welcome



InSight



The Greatest Mothers Day Gift- Ever!

Images and story by
paNOW Staff Ryan Pilon

Cadet Chris Martin (inset) with mother Deborah and little brother Nick

The bond between brothers Christopher and Nick Martin is now stronger than ever after a near-death experience and the heroics of Christopher which saved Nick's life.

"It feels good, knowing that he's beside me," said Christopher, 13. "He was really awesome, and you know what? I have to repay him, and be really, really nice to him," said eight-year-old Nick. On May 8, 2011, the boys were eating supper with their father and grandmother, when suddenly, Christopher noticed Nick was in discomfort. "His face starts to turn red, and I don't understand why his face is turning red, and then he looks to the bathroom, then he looks to my dad, and he starts to cough, but he can't cough," said Christopher.

His brother was choking on a piece of steak. His dad tried slapping Nick's back, but to no avail.

"I was so scared that that was happening, it was like, really, really scary for me," said Nick.

That is when Christopher took action, and performed the Heimlich Maneuver on his brother.

"I didn't really control myself, it was just a first reaction kind of thing," said Christopher.

Christopher performed the maneuver perfectly, and forced the food from Nick's windpipe.

It was fortunate timing. Christopher had just learned how to perform the Heimlich Maneuver just a couple weeks prior, when, as part of the Air Cadets he had taken a first aid course through St. John Ambulance.

"Talk about lucky timing," said Christopher. Because of his heroic act, Christopher is receiving a lot of recognition.

Deborah Martin, the boys' mother, said that her phone has been ringing off the hook. Christopher is going to receive a lifesaving award from St. John Ambulance, an award through the Air Cadets, and recognition from Premier Brad Wall.

"You know what, he deserves all the attention that's coming to him. I just never

thought it would do this," said Deborah.

"I got a phone call from someone from Ontario... for recognizing him for his safety and for his first aid, for his reaction. He's got a lot of attention... I was proud of him before, but I can't even tell you how proud I am now."

Deborah was in British Columbia on the day of the incident, visiting her dad, and said she was told about what happened over the phone.

"I can't even imagine losing a child," said Deborah.

"It was the greatest Mother's Day gift ever. Something you would never ask for."

Deborah said that she has noticed Christopher has changed a bit since saving his brother, growing even more mature. She's also recognized that Christopher and Nick are even closer now, which she believes will be a bond that will now never be broken.

However, Christopher doesn't hesitate to point out Nick is in his debt.

"He owes me now," joked Christopher.

Westminster Church

Honour Band 2012 Delivers Outstanding Program

Cadet Warrant Officer First Class Dylan Podkowka takes control of the orchestra for a rousing rendition of "Heart of Oak"

The music was wide and varied, ranging from a complex piece of classical music by British composer Gustav Holst, to a highly energetic rendition of a Queen classic "Bohemian Rhapsody." Then throw into the mix a few medleys with the haunting sound of the pipes and drums, the result being an evening of enjoyment and entertainment, but who would expect anything different; this is after all-

Honour Band 2012.

Set in a hundred year old

Cathedral Style Winnipeg Church, the group of 60 cadet musicians under the instruction and tutelage of Regional Cadet Music Advisor, Captain Bart Hasselfield and his team, delivered an eclectic performance in front of a near capacity audience.

With a few fan favorites in the repertoire, one tune in particular struck a chord with VIP guest, Brigadier- General Martin Galvin, Commander of 2 Canadian Air Division who led the audience to a rousing standing ovation after the bands' rendition of his personal favorite- the "Hockey Night in Canada" theme song. During a brief intermission, half way through the program, BGen Galvin attended backstage to meet

with the cadets and praised them for their outstanding accomplishment. He further took the opportunity to meet with Cadet Warrant Officer 1st Class Dylan Podkowka from Edmonton and presented him with the very first Commanders Coin for a remarkable achievement of being selected as recipient of a National Music Award for Excellence this past November. Dylan, 18, stated "I had no idea why the General wanted to meet me, I'm so honoured, I couldn't believe it."



To see these pictures [Click Here](#)



Orca Deployment

Experiencing Real Life Operations

When one hears of an “Orca”, they think about killer whales and even the movie, “Free Willy”. When Prairie Sea Cadets hear about Orcas, they write essays with hopes of going to the West Coast and deploying on a 110-foot sea vessel specially built in 2006 for the Royal Canadian Navy.

For the lucky seventeen Sea Cadets from Prairie Region, two Orca-class vessels set sail on March 18 from Esquimalt, BC, through the southern Gulf Islands of Vancouver. For the next seven days they would see and experience sights and sounds never seen or heard in the Prairies or Foothills.

Sea Cadet Jonathan Magat, 17, from Calgary, had a life-long interest in the sea and since the age of 12 has been a dedicated sea cadet. He knew what it took to get onto a deployment- dedication and a good essay. “I work towards these every time- I had a one-week deployment in an Orca before and even got on a tall ship the ‘Pacific Swift’ last April (2011).” This summer he can expect a deployment in the United



Kingdom as he recently found out. As expected, every cadet learned quickly that this deployment was real. They were not on a holiday- they were to be an integral part of the crew- with proper crew duties. The earliest and most important drill “Man Overboard” started just a few hundred metres from the dock. CIC Officer Sub-lieutenant Jeff Mooney, 26, covering the bridge watch keeper position, manned the zodiac and “boarded” the Orca with his rescued charges. Their Orca was now ready to leave harbour.

As promised by the Officer-in-Charge of the Prairie Sea Cadets, Lieutenant-Commander Dave Fitzpatrick looked upon the seamanship opportunities as a greater priority for the program. “The Orca is a prize deployment for our best

cadets. It provides such a unique chance to experience real ship operations. Our sea cadets will have these and many more chances. They just need to dedicate themselves and they do!”

For Sea Cadet Jonathan Magat, with already a number of ship deployments under his young belt, and the United Kingdom coming up for the summer of 2012, his 100% attendance record is certainly enough proof to Lieut.-Cmdr Fitzpatrick and his Sea Cadet program that he is worthy of seeing the world as a Sea Cadet.

Cadets Selected For Exchanges

Caitlyn Downey	Netherlands
Liam Mooney	Russia
Jonathan Magat	United Kingdom
Alec Ricard	South Korea
Adam Gagnon	United States
Sherrann Thiessen	Bermuda

Cadets Nominated For Exchanges

Robyn Czynski	Canada Coast Guard
Jessica Timmerman	Canada Coast Guard
Leah Wong	United States Coast Guard

InSight



Continued from cover.....

Now this March, at Wintersail 2012, with the coaching support of Peter McDougal, 63, of Calgary, Alberta, Delani is into her third training camp since the fall preparing for the Canada Summer Games of 2013.

McDougal, the Executive Director and Head Coach of the Alberta Sailing Association, knew Wintersail provides the great basis for her training. "I contacted Sandra McKay, from Prairie Region Sea Cadets, and asked her if they could get her on this great training. She immediately agreed," he provided. Now on his own time and costs, McDougal, a former banker, believes the investment in Delani will be well worth it. "Last September, after hearing about her from Steve McBride from the Royal Victoria Yacht Club, I quietly went over to Sylvan Lake, where the sea cadets were

competing for a spot for Wintersail 2012. I was looking for certain qualities- demonstrated skills- and I could not let her know who I was or it could have caused problems when she was competing," McDougal continued.

"Sailing skills are certainly important- balance, steering, sail trim- but for an adaptive athlete there has to be much

more. Tenacity- meaning figuring out

how you can do it- competitiveness and social skills. Delani has all of that."

Opportunities and chances come about from folks who really care. Delani is quick to thank her course officer, Lt (N) Andrea Robichaud, from Prairie Region. "I had three boats following me to assess the 'contraption' and how it worked last summer. It was super intimidating but I knew she wanted it to work for me." It did and Delani completed the six-week summer training.

Steve McBride, Head Instructor from the Royal Victoria Yacht Club, and world class trainer for adaptive sailors, had been contacted by Lt (N) Robichaud, "she really didn't know what to do but she knew I would have ideas." Coaching former Paralympics gold bronze medal winner from the 2008 Beijing Games, McBride realized the possibilities in Delani. Thus Peter McDougal received an e-mail about Delani.

"Adaptive athletes usually are into their 40's already. Something happens where they lose a limb. They only have so much time to get to that level." McDougal also explained, "it takes ten years and 10,000 hours of training to become an elite athlete."

Delani recalls her first experience of sailing when she was a first-year sea cadet, "I was really terrified- I fell out of the boat with two others- the water was freezing!" Now years later, last summer she told her dad to pull out his catamaran he hadn't used in years. "Last summer we finally went sailing together- he knew it was something I wanted to pursue. It was a real bonding moment with my dad."

Brought up in a rural Alberta family where every brother and sister became a sea cadet, Delani stepped into the 241 Arrowhead Royal Canadian Sea Cadet Corps on the day of her twelfth birthday, just like her older siblings. She couldn't sleep the night before because she knew, deep in her heart, that being a sea cadet was everything she wanted to be. Just don't tell her she cannot do it, this emerging elite athlete will tell you, "that really (ticks) me off."

Steve McBride (left) of Royal Victoria Yacht Club, calls out instructions to Delani

InSight



Prairie Region Sailing



On The High Seas of the Pacific

Wintersail at Royal Victoria Yacht Club



Cadet Karina Desrosiers of 140 Cayuga Corps, Wainwright, AB

When the immortal poet and playwright John Masefield quipped the verse "I must go down to the sea again, to the lonely sea and the sky, and all I ask is a tall ship and a star to steer her by." He couldn't capture the essence for the love of the sea and sailing any better. Perhaps a young sea cadet from Wainwright Alberta has that same passion and spirit which landed her a place at this years Wintersail in Victoria BC from 8-18 March 2012.

Cadet Karina Desrosiers, 15, from 140

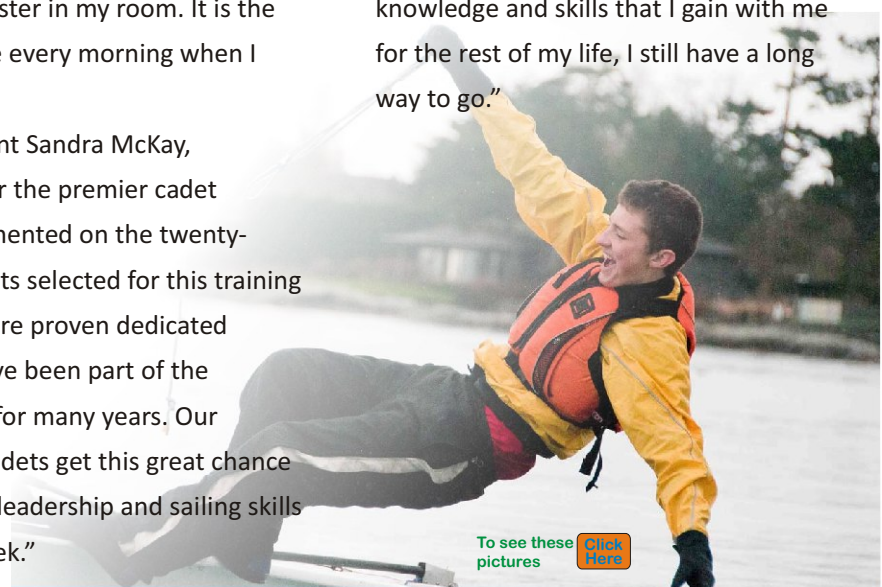
Cayuga Corps has been sailing for just over 3 years and is bound and determined to be the best sailor possible, and Wintersail would indeed be a step in the right direction. In fact she says "It would bring me one step closer to nationals and my dream of being a sailor on the Olympic team."

And to ensure that this goal stays fresh in her mind, Karina says "I put up a Wintersail poster in my room. It is the first thing I see every morning when I wake up."

Navy Lieutenant Sandra McKay, coordinator for the premier cadet training, commented on the twenty-three sea cadets selected for this training stated, "they are proven dedicated cadets and have been part of the program now for many years. Our premier sea cadets get this great chance to learn more leadership and sailing skills during the week."

The cadets begin their experience with training in Lazer 2 and Dinghy sailboats while challenging the seas and bays of the Pacific Ocean, sailing through the Cadboro and Oak Bays with their final test and challenge being a journey through the straits of Juan de Fuca and Georgian Straits.

On attending this years training, Karina stated "I would keep every bit of knowledge and skills that I gain with me for the rest of my life, I still have a long way to go."



To see these pictures [Click Here](#)



Son, Defend the Freedom that your Father Won

by Lt(N) Conor Lloyd
CO of 77 RCSCC Daerwood

How can you say thank-you to someone you've never met. Someone you know very little about and whose grave you will be visiting for the first time. What would you say? What would you do? How would you react? How would you recognize their contribution, - to the life you've taken for granted? For 45 Sea Cadets, 53 Air Cadets and 7 Army Cadets from across the Prairies and Canada's West Coast they were faced with that exact question as they embarked on a pilgrimage to commemorate the 95th anniversary of the Battle of Vimy Ridge. The eight day pilgrimage saw the cadets traveling from Paris to the Normandy Region where they visited Juno Beach, Pointe du Hoc, Omaha Beach and the memorials for the Fort Garry Horse and Royal Winnipeg Rifles, and where they lead a parade of 4,000 Canadian students to the Vimy Ridge Memorial.

For the day long event the cadets faced the harsh spring weather of the Normandy Region and battled the rain, cold, wind, and every other element Mother Nature could send their way. It was a day of suffering in the cold and the rain, but it was also a day that permitted for reflection and appreciation of the challenges thousands of Canadians faced during the First World War.

The weather added to the powerful ceremony and helped each cadet realize that from this day forward they carry the tremendous responsibility to lead a life worthy of their [Canadian soldiers] sacrifice.

As part of the pilgrimage cadets also adopted soldiers from the First and Second World War. Their responsibility was to learn about their soldier and attempt to connect with their families in Canada. The cadets created tributes for their soldiers and placed them at their graves. These tributes and momentos can now be found at the Beny-Sur-Mer Cemetery, Nine Elms Cemetery, and the Tyne Cot Cemetery in France and Belgium.

Many of the cadets made personal connections with family members and had the opportunity to carry messages with them and help provide closure back at home. For their efforts and for their pilgrimage the Vimy Foundation of Canada awarded each cadet with a Vimy Pilgrimage Medal for their time in France.

This cultural and historical tour was made possible through the dedication of many Navy League Branches and through the hard work of countless Sea Cadet Corps CO's and is a testament to the success of our partnership and commitment to building better Canadians.



"it was a striking place for me both in its sheer size, its tranquility."

*Cadet PO1 Ryan Trelford
Beny sur Mer Cemetery*



"Its hard to imagine the faces of all the names but the emotional connection is made almost instantaneously."

*LCol L Brodeur
on Nine Elms Cemetery*



"it was nice to see the actual place where the Canadian troops landed on D-Day, as I have always heard about it and wanted to see the beach."

*Cadet PO J. Kay
Juno Beach*

The following Web and Facebook Sites cover the Pilgrimage from start to finish. Check out the links below for more photos.

www.95vimytour.com

www.facebook.com/95vimytour



InSight



Cadet Master Warrant Officer (left) Dustin Cotton in the trenches at Hill 62 with classmate

Standing On Hallowed Ground

Vincent Massey High School Student Carries Torch

by OCdt Betty Froese
UPAR for 2520 RCACC

More than 4,000 students looked on as Cadet Master Warrant Officer Dustin Cotton silently followed a procession of young people up the limestone steps of the Vimy Ridge monument.

"We marched up to the top of the monument, put the torch in its place and stood and looked out at the massive sea of some 10,000 people looking up and staring at us. I was stunned," said Cotton, a Grade 12 student with Vincent Massey High School. "I had to stop and think about where I was right then. I could be in no better place than where I was at that exact moment. It was surreal. I was standing on hallowed ground." The piper played the bagpipes, flags were waving, people sang songs, and poems were read in the bone-chilling rain. It was much like the cold, wet day of April 9, 1917, when Canadian soldiers marched up Hill 145 exactly 95 years earlier. Cadet Cotton, of the 2520 Royal Canadian Army Cadet Corp 71 Battery Royal Canadian Artillery Cadets in Brandon, was one of 26 students representing their province or territory from all across Canada as honorary torchbearers at the 95th anniversary of the battle of Vimy Ridge. Many of the participants were high school

students who had been contacted by the tour group and asked if they would like to be a part of the tribute. When asked by his European History teacher in early March if he would be interested in being part of the torch procession, Cotton jumped at the chance without hesitation. "I wore my cadet uniform and so I represented my cadet corps, my city of Brandon, my school, Manitoba, the Canadian Forces and my country of Canada on this incredible world stage event," he said. "So, out of 4000 students that were there and to be one of 26 torchbearers, that was pretty special." The monument, which pays tribute to the more than 66,000 Canadians who gave their lives during the Second World War, overlooks the rolling hills of the Douai Plain in northern France, approximately 175 km north of Paris. The land was given to Canada by France in 1922 in gratitude for the sacrifices Canadians made in WWI and for their perseverance and ultimate victory achieved in capturing Vimy Ridge in 1917. Construction on the memorial began in 1925 and was completed in 1936. Inscribed on the enclosing walls are the names of the 11,285 Canadians who were killed in France and whose final resting places

are unknown. Within a 20-km radius of the towering pillars are more than 7,000 Canadian soldiers buried in 30 war cemeteries. "I felt like I was walking in a place that was very sacred and I didn't want anything to ever disturb it," Cotton said. "Especially when I looked at the statue of Mother Canada on the monument, crying not only for the soldiers who died at Vimy, many of whom were my age, but also for the Canadian soldiers who died anywhere else in any country, at any battle Canada was part of, and for those who continue to serve today and those in the future who will serve. It brought tears to my eyes." The Grade 12 Brandon student will be graduating from Vincent Massey at the end of June and has just been accepted into the Royal Military College in Kingston, Ontario. "The trip to France and to this incredible place just made me love my country and the Canadian Forces even more," he said. "It gives me more drive to go out and do a service for my country like those young men did. I am extremely grateful for the opportunity to be able to actually go to Vimy Ridge and take part in the way I did."



For additional information on the Cadet Expeditions click on the following links...

InSight

Wild Winter Guided By The Best

Expedition Photos

www.prairiecadets.smugmug.com



Yamnuska mountain guide Nick Sharpe (left) and with group

Ice climbing, hiking in the wilderness of Alberta and a bout of the flu for almost everyone staying in the Bell Cabin in Canmore didn't stop the world's top mountaineering guides from giving ten army cadets the best they could offer for one week in February. Thus "Wild Winter 2012" started with a bang and ended with an adventure of a lifetime for very seasoned army cadet veterans.

For 15-year-old Cadet Emma Foster, of Red Deer, Alta, it meant the best of both worlds. "I get to meet new people and I get out of school." It was also an opportunity for this young army cadet to be taught by the former Chief Instructor for the Royal Air Force Mountain Rescue Service.

Yamnuska veteran mountain guide, Nick Sharpe, joined the Royal Air Force at 16 and, soon after, discovered mountaineering and joined the RAF Mountain Rescue Service. A 22-year association with this Service allowed Nick to hone his mountaineering and instructional skills leading up to his move in 2002 to Canada

where he learned to tackle the rugged Rocky Mountains. His previous highlights includes being a team member to successful expeditions to Diran in '92 and the North Ridge of Everest in '01.

"I've been working with many young people before and these army cadets are truly focused and want to tackle greater heights. They are fearless," he quipped while preparing for the ice climb in the King's Creek gap. "Adults have a real hard time with what these cadets are now doing."

Cadet Shawn Meekins, 16, a grade 11 student from Naicam, Saskatchewan read about the region cadets climbing out in Mount Everest, Nepal in 2010. "Everest got me interested. Now I'm in the Rockies and climbing ice," he pointed out. "It's these opportunities that keep me so interested in cadets and keeps us in it," referring to his friends and family back in Saskatchewan. "A cousin of mine was big into climbing-enough that he led an Everest climb," he continued. "I need this training to continue

and get to other places."

Unfortunately, with living in a close cabin, such as the Bell Cabin in Canmore, the brave army cadets succumbed to a bad bout of the flu. Only losing a day-and-a-half, after tackling the ice climbs, all were ready for the cross-country ski trek across the ranges of the Rockies. A shortened trek this time due to illness, all ten cadets, which included two from Central region, and their CIC instructors and mountain guides completed the final challenge for the premiere expedition candidates on February 28.

For most it's the beginning of living the adventures- for others it's an opportunity to train and make the 2013 International Army cadet Expedition, being led by Captain Cam Thompson, Expeditions Officer for the Prairie Region, in what he dubbed, 'To the End of the Earth'- Patagonia, Argentina. No doubt Yamnuska guide Nick Sharpe wishes he was a 16-year-old cadet again.

To see these pictures [Click here](#)



InSight

The Land Called Vimy Ridge

His Honour Philip S. Lee, LG of Manitoba stands near podium with cadet Aide-de-camp CWO Clarissa Harder and Captain Marilyn Gass (to his left)

The Canadian victory came after more than three years of unsuccessful attempts by other Allied forces to dislodge the entrenched German Army and ultimately recognizing Canada's so called emergence on the world stage.

Cadet Chief Warrant Officer Sylvie Atkinson of the Queens Own Cameron Highlanders Army Cadets stated "its extremely important to know of the sacrifices that were made that contributed to our country and remember those events whenever we can."



Cadet CWO Sylvie Atkinson leads cadets from Minto Armouries to Vimy Ridge Memorial Park, Winnipeg Manitoba

A rmy Cadets from across the nation took time this past April to mark the 95th Anniversary of the Battle of Vimy Ridge. One such tribute was in Winnipeg where the Honourable Philip S. Lee, Lieutenant Governor of Manitoba and other notables joined the cadets from all six local corps commemorating the significant milestone in the countries history.

In his address to the assembled, he highlights the important values of Canada stating "in our time, Canada earns a place of prominence in the world by supporting peaceful solutions to conflicts, by expanding the exchange of ideas and goods, by assisting other countries suffering from natural and manmade disasters." He also reminded us in remembering the sacrifice when he says "nearly a century later, the

generation that fought in the First World War is no longer with us. But we will never forget that their sacrifice helped to make this nation."

Members of the Royal Canadian Army Cadet Leagues, Veteran's Affairs Canada, The RCMP and staff from Regional Cadet Support Unit also participated.

Cadets heard presentations on the battle from Lieutenant Colonel (Ret'd) Ken McCuaig, the National Vice President for Manitoba of the Army Cadet League of Canada; and Pamela Shaw, the Canada Remembers Program Advisor for Western Region of Veterans Affairs Canada. McCuaig says "Vimy was an historic event for Canada. The movement to recognize it by army cadets across the country is important."

The Battle of Vimy Ridge marked the first time that all four Divisions of the Canadian Expeditionary Force fought together as an Army under Canadian command.



InSight

A Week with Cadets

by MCpl Mark Ejdrygievicz 17 Wing Photo Journalist

Many of the members here at 17 Wing can trace their interest in the military back to a cadet unit parading either at an armoury in a large city, or a rural community center. Be it in the cadet uniforms of the Navy, Army or Air elements, we can all remember the excitement of trips to military facilities. From 12-17 March, 17 Wing Winnipeg played host to nearly two hundred air cadets from eight cadet squadrons.

Early in the week 21 cadets and CIC officers of 84 Astra Royal Canadian Air Cadet Squadron (RCACS), Thunder Bay, arrived to tour the various facilities and operations that can be found on the Wing. The following weekend, cadets from 7 other local squadrons arrived as well, touring key locations, such as the Atrium at the Billy Bishop Building and the Heritage Display of Military Aviation in Manitoba.

Cadets were given a unique opportunity to learn of the incredible acts of valour, bravery, and heroism of pilots and other aircrew throughout the history of Canadian military aviation. Not only hearing the facts behind the seven Victoria Cross recipients, but also learning in great detail the stories behind the actions sparked a new interest in our history. As 2Lt Laura Nahlé of No. 84 Astra Squadron explained, “we all knew that the V.C. existed, but for the first time we were able to hear and learn about the acts of valour and bravery that these Canadian aircrew demonstrated.”

For both cadets and CIC officers of squadrons from the smaller local communities, there was a

sense of both surprise and enthusiasm that came through in the heritage display. Many cadets became intrigued and developed a sense of pride as they learned how their very own communities played repeatedly throughout the history of military aviation in this province. There were faces of intrigue on cadets as they learned of how the British Commonwealth Air Training Plan (B.C.A.T.P.) had positively affected their own communities and squadrons even today. There was sense of pride in learning of so many great pilots and aircrew that trace their upbringing and start in the R.C.A.F. from their very own hometowns, which included three of the seven V.C. recipients!

As the Cadets left the tours 2Lt Nahlé described that “knowing our history is fantastic, but being able to put a name to a face and learn their stories, brought with it a new sense of pride in wearing the cadet uniform.”



84 Astra Air Cadet Squadron Visits 17 Wing

To see these pictures [Click Here](#)

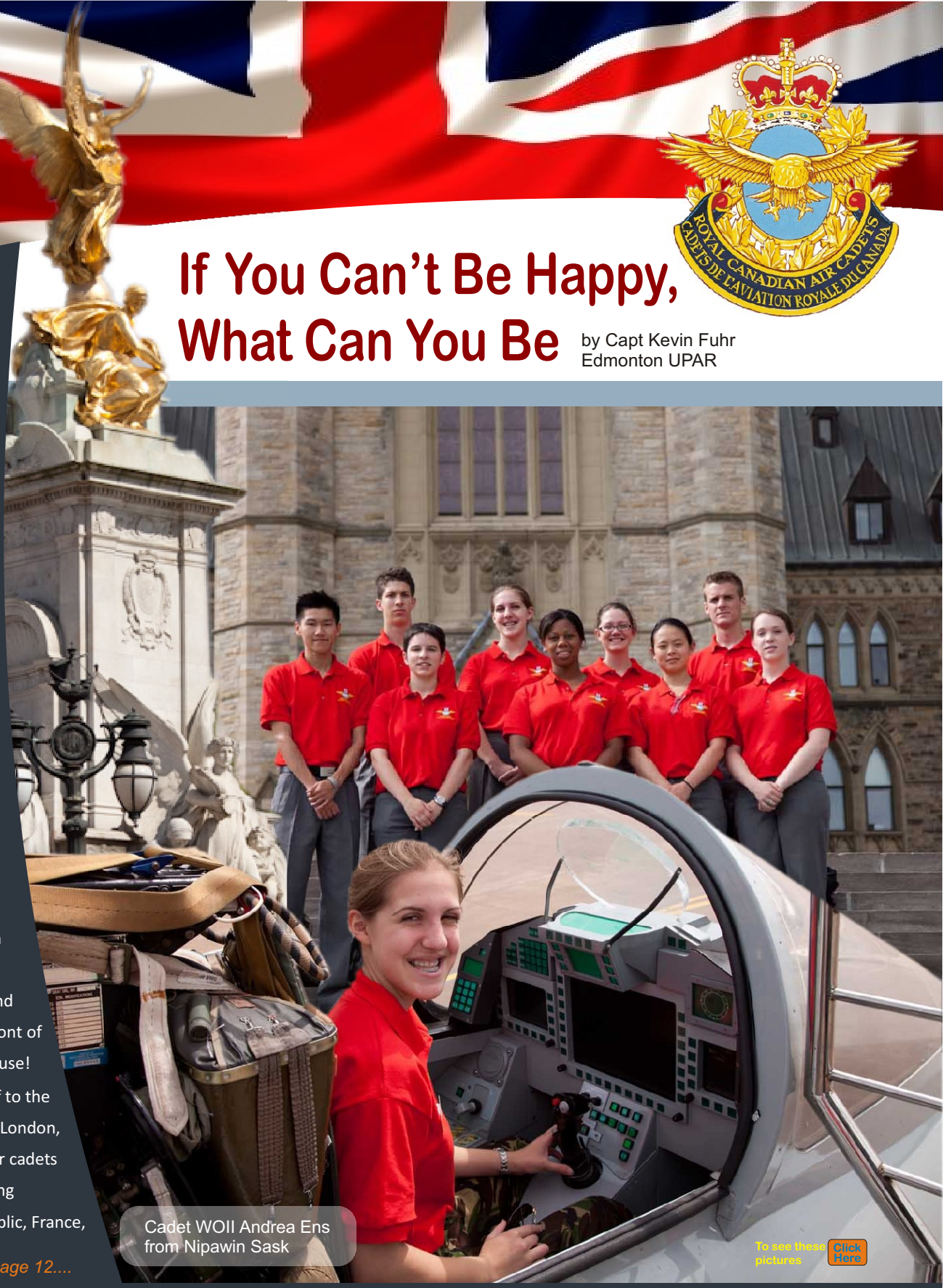


If You Can't Be Happy, What Can You Be

by Capt Kevin Fuhr
Edmonton UPAR

In Aug 2011, cadets from coast to coast were selected to attend the 65th anniversary of the annual Canada UK Air Cadet Exchange tour. Two cadets from the Prairie region; WOII Andrea Ens, Nipawin, Saskatchewan and WOI Sean Thomson, Beaumont, Alberta had the privilege to attend. After a quick overnigher and quick tour of Ottawa, they boarded the flight to London. Arriving London the next morning they were treated to five days at the 40th anniversary of Royal International Air Tattoo (RIAT), one of the largest airshows in Europe. Joining air cadets from Britain, they toured around like royalty throughout the show and even watched the airshow in front of the crowd line, best seats in house! After the airshow they were off to the Official part of the IACE tour in London, were they met up with 41 other cadets from around the world, including Australia, Belgium, Czech Republic, France, Germany,

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Cadet WOII Andrea Ens from Nipawin Sask

To see these pictures [click here](#)



Cold Lake



Gimli



Penhold



Rocky Mountain

Check out some of the photos from the regions Cadet Summer Training Centres (CSTC's), by clicking on the crests.

If you are looking at this newsletter by hard copy, go to www.prairiecadets.smugmug.com and the CSTC links will be at the top of the page



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Cadets' Eyes Stay Open For Charity

Thunder Bay Cadets
24 hour food drive
rock it out!

by OCdt Andrew Wilson
UPAR Tunder Bay

Ghana, Hong Kong, Israel, Korea, Netherlands, New Zealand, Singapore, Turkey and USA. Along with the various tourist attractions, including the famous Tower of London and Westminster Palace, they even had time to watch the changing of the Guard from within the front courtyard of Buckingham Palace!

Tour highlight included strapping on parachutes and experiencing winch launch gliding, power gliders, and single engine aircraft. All these are certified aerobatic aircraft and the cadets were shown what they are capable of (upside down over the English country side!). Cadet WOII Andrea Ens summed up her experience in her own meaningful way, "attending a small remembrance service in an RAF memorial site to commemorate the fallen soldiers and cadets from all of the different countries represented at IACE. I feel like this ceremony truly embodied the goal of the exchange" Her new friendships were also important to her, "the best part about the course was meeting all of the other representatives who toured England not only the ones from across the globe, but my fellow Canadians, as well. I'll have these friends for the rest of my life"

Keeping a row of rocking chairs moving for 24 hours may not be the traditional way to promote a food drive, but the method seems to be working for Thunder Bay's cadets.

Participants from Thunder Bay's six air, sea and army cadet units hope to collect a ton of food for the Regional Food Distribution Association (RFDA) with their 24-hour food drive, called Operation Eyes Wide Open.

Area cadet officer Capt. Chris Johnston-Brown, said, "100 cadets have already received support from Real Canadian Superstore, and hope other stores, groups and individuals will follow suit."

HMCS Griffon commander Peter Fleming, Thunder Bay Mayor Keith Hobbs and Thunder Bay-Atikokan MPP Bill Mauro each spoke at the beginning of the drive, congratulating the teens on their dedication to their community.

The group of 12-18 year-olds remained awake at the HMCS Griffon from 10 a.m.

Saturday until 10 a.m. on Jan 21-22 to raise awareness of hunger and poverty in the community. For the rock-a-thon aspect of the event, cadets took turns rocking in a dozen chairs as one way to stay awake, while others danced in the afternoon, played sports at night, and

participated in team-building and communication activities.

During the 24-hour period, in addition to other activities, representatives of Community Youth Strategy and the Underground Gym will speak. Johnston-Brown added, "I want the cadets to leave with more information than they came in with on hunger and poverty issues. Inviting groups that deal with impoverished young people to tell their stories will have some impact."

As the rock-a-thon began, army cadet Amanda Michano, 15, said that she had never been part of such a large food drive, and had never stayed up for 24 hours, but she was ready to try.

"It might be kind of a challenge, but I think I can do it," added Dallas Gilbert, a 13-year-old air cadet. "I think it's just a great cause and a fun event," he said.

Johnston-Brown said the rock-a-thon's timing was strategic. "There's a lot of work done during the holiday season," he said. "(But) hunger doesn't just happen at Christmas. There are people going hungry today and tomorrow."

After staying awake for 24 hours the cadets of Thunder Bay were able to raise 1662 lbs of food in support of the Region Food Distribution Association.

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InSight

Minister of National Defence Lands in Carmen, Man

Meets and Promotes The Values of Leadership Skills



On March 22, the Honourable Peter MacKay, Minister of National Defence, was in Winnipeg to give a speech to 17 Wing personnel. He took time afterwards to visit nearby communities and while in Carmen Manitoba he met with cadets from #575 Air Cadet Squadron and #19 Army Cadet Corps. He talked with the group and emphasized the importance of the cadet program and the strong leadership skills that they acquire and possess.



While attending a luncheon hosted by the Air Cadet League of Manitoba in Winnipeg at the Victoria Inn on Feb 18, guest of honour General Walt Natynczyk while speaking to over 105 air cadets and staff, took the opportunity to recognize all the senior leaders of the attending air cadet squadrons by presenting them with the CDS personal coin.

As he addressed the group he commented "as you look around this room you are looking at the future leaders of this country." Cadet WO2 Evan Truss of 573 Andrew Mynarski VC Squadron, and Cadet Flight Sergeant Heather Boychuk of 170 St. James Squadron were selected to escort the CDS and have lunch with him at his table for their outstanding performance.

Cadets Meet Canadian Forces Astronaut

On May 1st, 2012 Canadian Forces Astronaut Major Jeremy Hanson visited Manitoba and 176 Boeing Air Cadet Squadron at the Arts and Tech Centre in Winnipeg. Representing the Canadian Space Agency, Major Hanson, himself a former Air Cadet, was in town to speak to young people and their parents to give the cadets a chance to learn first hand what it takes to get into space and about the space program.



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In the last issue of InSight, it was reported that 52 Squadron from Calgary was the recipient of the *Teamwork / esprit de corps* winner. Although the Squadron did in fact do a commendable job - we made an error in this report. We should have reported that 699 Squadron from Edmonton was the winner and recipient of this award. Congratulations to 699 Squadron! and get ready for the next Survair Challenge.

"Oops"