



***2332 Major E.J.G Holland V.C Royal Canadian Army Cadet Corps
2017/2018 Year in Review***

2332 Major E.J.G Holland V.C Royal Canadian Army Cadets have been participating in a productive training year that commenced on September 6, 2017. This newsletter presents the highlights of our training year focusing on Community events, support for our two sponsoring Legion Branches, Barrhaven Legion Branch 641 and Bells Corner Legion Branch 593, Team Competitions, the Mandatory / Optional Training and Summer Training.

Community Involvement



Poppy Campaign and Remembrance Day Ceremonies

We assisted the Bells Corner and Barrhaven Legions in the 2017 Poppy Campaign and fundraised over \$30, 000 dollars. 85 Cadets stood at the Cenotaph for both Legions on November 11th to do their part in honouring those who sacrificed their lives for our freedom. Many Cadets also took part in Remembrance Day Ceremonies at their schools by proudly wearing their uniforms.

Mr. Frank Szmigielski Funeral

Mrs. Janina Szmigielski, the widow of Mr. Frank Szmigielski, a 96 years old Canadian Artillery WWII Veteran had requested for Army Cadets to act as Pallbearers for his funeral ceremony. Eight of our Cadets volunteered to be active pallbearers for the funeral on 10 October 2017. Not only was the CO of Connaught impressed with our initiative in volunteering, but Mrs. Janina Szmigielski also expressed interest in sponsoring our unit. She generously donated more than \$5000.00 to help support our Cadet corps.

Toy Drive

During the Holiday season, we teamed up with the Children's Aid Society to provide gifts for children from all ages. Our Cadets and staff volunteered to bring in gifts for more than 50 children, ensuring these children would all receive a wonderful gift for the holidays.

Motivate Canada ViaYouth Summit

On 21-24 Jan 2018, 2Lt Champagne and Sgt Farah, Muad attended the inaugural Motivate Canada ViaYouth Summit and Day 1 of the Sport for Life conference at the Hilton Lac Leamy in Gatineau, QC.

The Canadian Cadet Organization was looking for new opportunities to further develop and solidify their impact within Canadian society. In this case, the Cadet Instructor Cadre (CIC) is one of few trades within the Canadian Forces that interacts and trains with Canadian youth and civilian members on a regular basis, namely youth aged between 12 and 18 years. As the CIC focuses on the instruction of Cadets, CIC Officers are offered a structured method of learning and various professional development opportunities within the Canadian Forces, however the CIC is always actively looking to better the current system to stay current and innovative. That is why the CCO looks to other sources of knowledge and expertise to expand their existing program.

Motivate Canada is a Canadian charitable organization that specializes in improving the lives of young people by fostering civic engagement, social entrepreneurship, social inclusion and leadership among youth. They use techniques from sport, physical education and community driven development in their programming. Through harnessing the power of positive role models, sport and physical activity, and community engagement principles, Motivate Canada is

able to engage young people, build their confidence and sense of self-worth and increase their social and vocational competence.

The ViaYouth Summit is catered to youth aged 16 to 26 years and is a workshop-styled event that brings in youth from across Canada to promote the power of sport and physical activity to over 50 delegates. Sport for Life – a national not-for-profit organization – consists of leaders from the sport, recreation, education, health and business sectors. Sport for Life educates and informs sector leaders to enable them to better understand and deliver Long-Term Athlete Development, quality sport and physical literacy programming. Programs and on-going education are supported through the open source resources and partners and clients are encouraged to incorporate gender equity, accessibility, socioeconomic inclusion, and cultural diversity into their programs and to actively support sport for all.

As both organizations, Motivate Canada and Sport for Life, promote the development of youth leaders and coaches alike, the value of attending this event is extremely high for CIC Officers and Cadets, especially those who are also coaches for their unit teams. Key strategies were presented by a high-performance team of youth leaders that encompassed a variety of themes, which included:

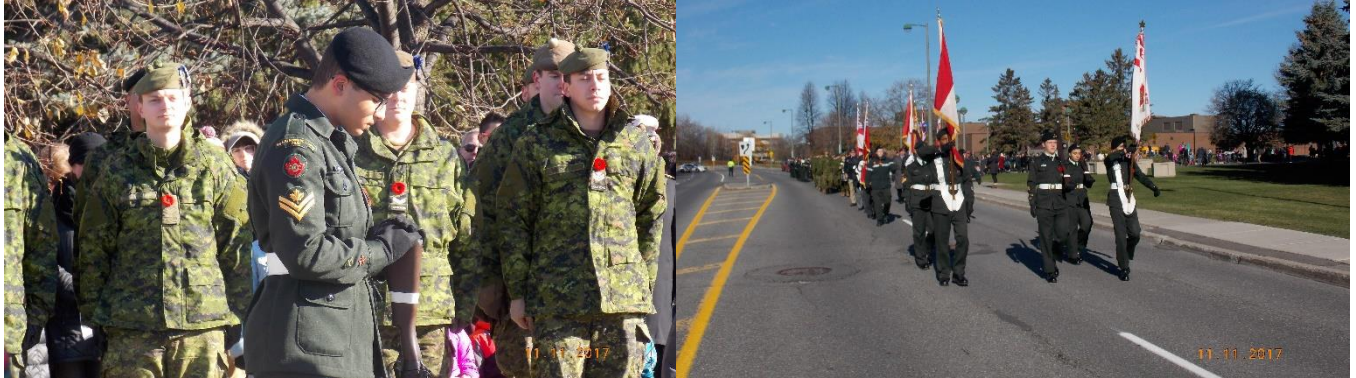
- Discovering YOU - A myriad of activities designed to break the ice and hone in on personal values and goals to put together a clear picture of what to strive for in life.
- Healthy YOU - Learn how other youth are achieving balance in order to successfully pursue their passion.
- Discovering YOUTH - Explore the unique (and ever-evolving) issues that are important to youth today and the assets available in your community to create real change.
- Healthy YOUTH - Collaborate with your peers on ways to make a positive difference to the well-being of youth and their communities through the power of sport, physical activity and beyond!

The workshops served as an excellent tool to understand how networking works and should be used to progress in a career and/or sport as an athlete or coach. All attendees were youth leaders within their respective organizations, which brought a considerable amount of knowledge and expertise to the table when discussions about policy, lifestyle choices, past experiences, and coaching strategies were shared. Having like-minded people in the same room enabled a nurturing environment for leaders wishing to grow within their positions in their organizations.

National Capital Region 2017 Remembrance Week Ceremonies

We had Cadets take part in several Remembrance Week Ceremonies including:

- First Poppy Ceremony at Rideau Hall
- Veterans Affairs Candlelight Vigil at Centre Pointe Theatre
- Wreath Bearers on Remembrance Day
- Ottawa Rotary Club Remembrance Ceremony



117th Anniversary of the battle of Leliefontein

The Commanding Officer and 20 Royal Canadian Dragoon (RCD) Cadets were invited to represent their affiliation to the RCD Squadron at CFB Petawawa in November 2017.



2332 Competition Teams

Orienteering Team

Orienteering is a sport involving great cardiovascular endurance and map reading skills. 2332 has a strong history of being one of the top teams in the Ottawa-St. Lawrence and Lakes Area (OSLA) and this year was no exception. 2332 participated in the OSLA orienteering competition in Ottawa where the Cadets ran two different races: a team race of 3 people (2 seniors and a junior) as a score course and running an individual race as a line course. At this year's competition we had 1 male and 1 female team. On October 14th, 2017, they faced tough challenges on a new course and applied what they learned from the physical training and orienteering theory classes. Among personal bests and a great race, the female relay team placed third overall, advancing to the Regional Level. CWO Fraser pulled through and placed 1st in the Individual Seniors category. Everyone on our team put forward a good effort during the area races.

On November 3-5, 2017, the 2332 Orienteering Female Relay Team competed at the Regional Orienteering Competition, against teams who placed in their area competition. The course was difficult to run with the cold weather and different terrain. While our team score course was not able to break the top 3, Cpl Tibbles, Cpl Rodriguez, and CWO Fraser performed very well this weekend! In the Individual, we saw some new personal achievements and CWO Fraser placed first in the Senior Female category! At her last Orienteering competition, we are all glad to see how she met her own performance goals on the course and set a great example for future captains of the team. Congratulations to the Orienteering Team!



Biathlon Team

2332 RCACC has a strong history in competing the Cadet Biathlon champion series. WO Hayden had returned from competing at Nationals last year and there was a strong foundation of junior Cadets. 2332 RCACC was posed to have great results. However, this doesn't come without hard work and dedication. There were long days on the range and skiing in less than ideal weather during the Zone level competition at highland golf course in Ottawa. Under the leadership of Lt Asboth and CWO Fraser, the Cadets had a great OSLA zone competition with several medals and personal best times. MCpl Sardelis and MCpl Viltakis placed 5th and 13th places respectively in the Senior Boys category. The senior female Cadets did well as CWO Fraser placed 1st in Youth Girls and WO Hayden placed 1st in Senior Girls. In the Junior Girl category first year Cadet LCpl Morris placed 3rd and Cpl Tibbles placed 10th.

2332 RCACC had five Cadets advance to the regional biathlon competition in Sault Ste. Marie, ON. There were 2 teams competing: the Open Mixed Team with WO Hayden and MCpl Sardelis and the Junior Female Team with LCpl Morris and Cpl Tibbles. CWO Fraser competed in the Individual Competition. The Cadets had fantastic individual races and all placed top 10 in their respective categories. WO Hayden placed 2nd in both the Individual and Team races and qualified for the national Biathlon competition in Summerside, PEI.

The Cadets shown great dedication skills and passion for the sport, as shown by the results. These results were the best that we have produced within the Cadet Corps history. This is motivation to keep building on a strong foundation and pushing forward.



Left to Right Row: MCpl Viltakis, MCpl Sardelis, CWO Fraser (Team Captain), WO Hayden, LCpl Morris and Cpl Tibbles

Bottom: Lt Asboth (Team Coach)

Marksmanship

2332 has a long and distinguished history that includes a highly successful marksmanship program. Throughout the years, we have had our ups and downs within the sport, helping us develop the program into what it is today. This season was exceptionally eye opening and gave us the opportunity to explore multiple training pathways to develop new members. The standing position was an area of focus that saw vast improvements in all aspects, including the consistency of groupings and stability of the position. Junior Cadets in the team (ages 12-14) were great at learning the new concepts and applying themselves to gain skills that proved challenging. Cpl Tibbles, LCpl Awad, LCpl Morris, and LCpl Sofar became vital parts of the team as Junior members and will continue to see growth in the years to come.

The 2 teams representing 2332 were nominated after a 5-month long process of technically challenging try-out practices. The teams - A-Team and B-Team - comprised of 5 Cadets each, of which 3 Open category Cadets (aged 15-18) and 2 Junior category Cadets (aged 12-14) were included. The teams were as follows: A-Team: WO Hayden, Sgt McDonald, MCpl Almatni, Cpl Tibbles, LCpl Awad and B-Team: Sgt Pichette, Sgt Harper, MCpl Sardelis, LCpl Morris, LCpl Sofar.

In late March, both teams competed in the first OSLA Marksmanship Championship, hosted at Connaught Ranges. Despite the cold weather, our teams performed well and nearly swept the podium of all medals. B-Team finished 7th in out of 35 teams. Sgt Pichette captured Gold as an Open competitor, which is the highest individual award to receive. A-Team placed 1st place with a 4-point lead, advancing to the Regional Marksmanship Championships. Sgt McDonald received the Silver medal in the Open category, while LCpl Awad received the Bronze medal in the Junior category.

Barely 2 weeks after the OSLA competition, our A-Team moved on to the Regional Marksmanship Championships and competed against the top 23 teams in the province. Ontario is the fiercest province in terms of competitive shooting and therefore the level of shooting was that much tougher to beat. However, every team member managed to surpass their personal best scores in both positions, prone and standing, and we beat our previous teams' best scores. That is no small feat and we are all proud to see such progress. An honourable mention to WO Hayden for her 12th place finish in the Open category, as there were 120 competitors overall and that is an outstanding performance.

The marksmanship team had an amazing run this year and will continue to build on their accomplishment next year under the leadership of 2Lt Champagne, the 2332 Marksmanship Program Coordinator. Bravo Zulu to all who have participated in this year's program! The sport of marksmanship is a lifelong journey that encompasses a highly variable training regime and will evolve into progressively better performances every time a competitor gets behind the rifle. 2Lt Champagne is here to encourage the development of an athlete within this sport and looking to develop the Cadet as a person with equal measures. A love for the sport is more important to foster at first. Once that is done, the athlete will naturally give the hard work and good scores will follow.



(Marksmanship Team at Regionals in CFB Trenton – 13-15 April 2018)

Band

The 2332 RCACC band performed amazingly this year. Their individual musical skills have greatly improved since the start of the year, with MWO Toito receiving her Level 3 music qualifications and MWO Plamondon receiving his Level 2. The band sounded confident and full at this year's Remembrance Day Ceremony at the Cenotaph. The band also competed at the OSLA band competition. This was an excellent learning experience as this was their first time competing on their own in a few years. The Cadets played their hearts out, performing a

Christmas themed medley that the judges quite enjoyed. The judges provided constructive criticism and said they are excited to see our progression at the next year's band competition. The Cadets are excited and are already thinking up new routines for the freestyle routine.



Drill Team

After winning the Eastern Ontario Area Drill without Arms competition for five consecutive years (2013 – 2017), the drill team this year decided to compete in the with arms category. Under the new OSLA restructure, the team performed well against a highly competitive and experienced field, placing 4th overall. For the majority of the team members this was their first time competing. Despite not winning the competition, the team and the coaching staff are highly motivated and already looking forward to competing again next year. Preparation for next year's competition will start in early October with practices once a week, and then twice a week as we get closer to the competition in April.

Field Training Exercises

Seniors' Course Weekend

At the start of the training year, the senior Cadets participated in a Seniors' Course Weekend. Over twenty senior Cadets (sergeants and higher), participated in a Seniors' Course that was planned as a condensed Basic Officers Training Course. The Cadets were divided into two syndicates lead by rotating course seniors and overall led by the RSM, CWO Fraser. S. Throughout the weekend the Cadets performed small party taskings, applying the skills they had learned prior. Each Cadet also practiced their instruction abilities by each teaching a structured drill class. The weekend ended with a graduation ceremony, where the top drill instructor took command as the platoon commander. The Cadets learned the true definition of being a leader through this course and will apply their experience learned during the training year.



Fall FTX

2332 RCACC conducted an outdoor weekend field training exercise OP Fallen Tree on 20th-22nd of October 2017. All activities took place at Connaught CTC. The weekend was successful and allowed Cadets to practice and hone their bushcraft skills. This was also a great opportunity for new green star Cadets to familiarize themselves with FTXs.

The junior Cadets learnt valuable skills such as building hoochies (shelter), lighting stoves and lanterns and basic navigation skills. The fun filled day was capped off with a difficult navigation course led by the senior Cadets. On Sunday, all the Cadets rucked a total of 10 km back to the Connaught Camp Area. The Cadets were exhausted but were all in high spirits when marching back. The Cadets also had the opportunity to take part in the Confidence course at Connaught CTC. Overall, OP Fallen Tree was a great success and the Cadets had an amazing experience.



Winter FTX

During the winter exercise, held in mid-February, the Cadets implemented the lessons they were taught on winter survival.

They put their skills to the test on how to stay warm and avoid overheating by layering their clothing. The Cadets learned how to work as a team to accomplish tasks and how to keep themselves warm and comfortable. Leadership was a big component of this winter exercise. The senior Cadets taught the junior Cadets on how to be part of a section. This was a great experience for the senior Cadets to improve their leadership and mentorship. Not all of it was hard work! The Cadets also had a chance to have some fun by learning how to use snowshoes and playing snowshoe soccer.



Spring FTX

On the May 4-6 weekend, 2332 RCACC participated in a Spring Exercise at Irvine Lake, Denbigh, ON. The training provided Senior Cadets an opportunity to apply what they learned during the year, and to broaden their creative thinking skills. Friday night was challenging for the Advance Party with heavy winds making it difficult to setup camp for the rest of the Cadets. They were able to overcome the challenges Mother Nature dealt and all of the Cadets and staff were safely gathered in their tents for bed. The next day we hammered home the 3 major goals for the weekend (Accountability, Teamwork, and Creativity) and surveyed the area for other possible camp sites. The recces performed by each of the teams helped provide them valuable insight into GLOs (Games of Low Organization) & fun team-building focuses on getting the Cadets to know each other better.

During lunch the cadets participated in the "(hopefully) 1st Annual 2332 Master Chef Competition". The evening ended with a well-planned Night Nav rescue exercise that helped to wrap up the bulk of the training in bombastic fashion.

Accountability for kit and team members well-being became very useful during the de-kit on Sunday as the Cadets met most of the high expectations set by the Supply Officer. The final debrief from the different key staff assisted in rounding out the weekend by reminding everyone

about the goals for the weekend, and how they had been met during training. All Cadets were able to depart Irvine Lake and arrive early at the unit to help round out a successful and fun weekend of training for 2332 RCACC.



Master Chef Competition

At the Spring FTX the Cadets were faced with a challenge - the "(hopefully) 1st Annual 2332 Master Chef Competition" - an event used to test creativity & teamwork. Our Master Chef's worked tirelessly to find the leftover MRE pieces they wanted from officers at different coordinates, and then combine their MRE food choices to make a variety of delectable dishes. After an hour of planning and preparing, each team of Cadets presented their dishes to a panel of four judges: Craftsman Bergeron, Major Parsons, MWO Ahadi, and CV Zeitoun. They were very impressed with the majority of dishes, and it was unanimous among all that what was created fell beyond expectations.



Corps Events

April 18th – CF Familiarization Night

2332 hosted a CF Familiarization Night at the 2100 Walkley Road Armouries for all Cadets in the unit to get a better understanding of what some different Forces trades do. Split into 3 main aspects, the major event of the evening was with 33 Svc Battalion – led by Capt Worsley & Capt Podolsky – where their unit was able to give a brief talk on what they do. This included a quick tour through their supply and a brief by one of their Supply Tech's. From here the Cadets were able to see their Maintenance compound and some of their vehicles while being briefed by an MSE Op. Craftsman Bergeron

2332 69th Annual Cadet Review

The Cadets of 2332 have had a big year of training and growth and they all hope to demonstrate what they have learned over the year at the 69th Annual Cadet Review on Saturday, June 2nd, 2018. We are expecting between 90 and 100 Cadets on parade this year & look forward to presenting a few important awards to the Cadets! Many important dignitaries will be in attendance including: Mrs. Janina Szmigielski & Guests, representatives from 614 Barrhaven Legions, LCdr Vaillancourt (previous CO of 2332), as well as the Cadets' friends and family and more.

Summer Training

2332 is now in that transition phase between the regular weekly training and summer training at the Cadet Training Center's across Canada. As we ramp down our training with some fun optional activities, our Cadets get ready to attend their summer training programs. The corps will have over 60 Cadets attend a range of junior, senior, advanced camps, and international exchanges/competitions. MWO Abu Al-Hussein, Abdalrahman has worked extremely hard this year and has been given the opportunity to go on the Maple Leaf Exchange in United Kingdom (MLE for short) – this only goes to a select few Cadets across Canada, so he should definitely be congratulated for his continued efforts in the Cadet program! Both Sgt. Ducharme-Topping, Rayne & Sgt. Harper, John will be attending the Leadership and Challenge Course at the Rocky Mountain Cadet Training Center in Alberta this year. This is a great accomplishment for them as

it is an intensive course that many Cadets across the Nation look to do in the senior part of their Cadet careers. We are also very proud of WO Hayden, Darcy as she will be competing on the International stage as a part of the National Army Cadet Rifle Team – we wish her all the best as she continues to improve her Marksmanship ability! Sgt. Francis-William, Sherissa will be attending the advanced musician course as a part of the Military Band at Blackdown Cadet Training Center and is continuing to improve her musical and leadership abilities.

We also have many of our Senior Cadets doing staff positions at Blackdown and Connaught Cadet Training Center's (CTCs). MWO Ahadi, Fabrice is working his hardest to become RSM of Connaught CTC. In addition, Sgt. Farah, Muad, WO Osborne, Matthew, Sgt. Pichette, Sarah, and MWO Plamondon, Scott will all be vying for different positions at the same camp. CWO Ethier, Jonathan, Sgt. Jaouni, Thamer, and MWO Toito, Maia are all staffing Cadets at Blackdown CTC. We wish well to our many seniors working hard to make the summer of Cadets from across the province that much better! Beyond these notable highlights, our junior Cadets will experience life at Connaught and Blackdown participating in programs that range from Basic to Instructor level.

Cadet Successes

This year, Sgt Farah, Masud participated in the Youth in Policing Initiative (YIPI). This is an employment program with the Ottawa Police Service and gives young people the opportunity to develop job skills while enhancing police and community relations. This was a great program for Sgt Farah to develop his leadership potential and to gain more experience. He successfully completed the program in April.

We have been very honoured and proud to have our all of our senior cadets and now we take this time to wish them all of our best. We know that they will be successful in all their future endeavours.

Support Committee

The Support Committee had a very busy year with a variety of fundraising and optional activities this year. Beyond assisting with Remembrance Day ceremonies & Poppy Day fundraisers, they also ran or assisted with:

- Welcome Back BBQ – Sept. 6th, 2017
- Barrhaven Christmas Parade – November 18th, 2017
- Christmas Mess Dinner – December 20th, 2017

- Tag Days – May 12th & 13th, 2018
- Bubble Soccer & BBQ – June 9th, 2018

Conclusion

We have provided an overview of some of our accomplishments, highlights, and insight into our Cadets and their successes thus far. We continue to strive to provide the best training for our Cadets. The corps has a lot of hard working dedicated Cadets and staff who are truly in it for the right reasons - the ***Cadets***. For all of those hardworking Cadets who have continued to put their all into the program, there will be a Year End Trip before their summer training to look forward to on June 23rd, 2018 at Tyroparc – an Outdoor Adventure Park. We hope to see many Cadets join us after the summer break to continue their successful year!

Sincerely,

Debra Parsons

Major Debra Parsons

Commanding Officer

2332 Major Holland VC Army Cadet Corps





“We Only Get Stronger”