

the Cadet

Magazine

East Midlands Reserve Forces
and Cadets Association
(RFCA) Newsletter

Autumn 2019

**ACF band
tours Gibraltar**

**Flying high
in the CCF**

**Celebrating 40 years
of women and girls
in the ACF**

**Cadets commemorate
the D-Day landings**



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Chief Executive Introduction

A couple of days ago my commute to work increased by 10 minutes, which is a sure indicator that the autumn school term has started. It also means that the annual Army Cadet Force summer camp season has drawn to a close.

This year our four 'county' ACFs have deployed as far afield as the south coast of England and the north of Yorkshire, to spend time at a variety of Army training camps. For many of the cadets this will have been their first summer camp and they will have undoubtedly faced it with a mixture of trepidation and excitement. However, it doesn't take long for them to get involved in the wide variety of activities that are laid on for them. Raft construction, archery, tower building, climbing and canoeing are just some of the many activities undertaken.

The cadets also enjoy their fieldcraft, when they spend a few days in the field, living under canvas, practising the military skills that they have learned during the year. Nottinghamshire's cadets were able to make use of the urban training facilities at Catterick training area.

While I suspect that few, if any of them, will ever have call to put into practise the building clearance techniques that they learnt at Catterick, the skills of problem solving and managing people in real-time in a truly dynamic situation, and challenging environment, will benefit them whatever they do in later life.

It is a simple fact that the children who become cadets, in whatever Service, acquire skills that will stand them in good stead in adult life; the two stories in this magazine illustrating cadets providing medical assistance to members of the public are but further examples of that significant benefit. The cadets also allow children to experience the world in a way that for many of them is simply not possible through other means. I suspect that the memories of performing as a band in Gibraltar, learning to ski in Italy, touring Berlin and undertaking a cadet exchange to Canada will stay with those young people for many years.

Two other stories in this magazine highlight a different aspect of cadet education: the cadets who travelled to



the Normandy beaches to commemorate D-Day learned of the courage and sacrifice of another generation of young people, while those who visited a care home in Nottingham were able to talk to some of those who had helped to win the Second World War. In an increasingly diverse and complex world the Cadet organisations deliver an experience and education second to none and one that is increasingly recognised by potential employers as evidence of an individual's breadth of interest. I hope that you enjoy this magazine and that you get as much enjoyment reading about the cadets' activities as the cadets got from undertaking them.

Nick Sharpe
Chief Executive
East Midlands RFCA

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Cadets honour D-Day landings in France

Army Cadets in France

Army Cadets from across the East Midlands have travelled to France in order to commemorate the 75th Anniversary of D-Day.

Over 200 cadets from across the region took part in the commemoration, during the trip cadets got to visit the D-Day landing beaches, learn more about the war and D-Day and before speaking with veterans of the landings.

Cadet Lance Corporal Adam Reeves aged 15, from Derby said: "I have a huge amount of pride for my country and wanted to witness the grounds on which one of its greatest achievements happened.

"I have learned about the beaches on which D-Day took place and about the planning and importance of D-Day to winning the war. The amount of Americans that died on Omaha beach, and the number of graves, was shocking.

"If these soldiers hadn't fought then we would have been under the rule of Hitler. Instead, they have enabled our country to be the fairest, safest and possibly greatest of all time. They deserve the world's respect and we do this by remembering them and keeping their stories alive."

Whilst on the trip the cadets took part in a series of commemorative and educational activities. This included touring several stands accompanied by expert guides and they were given a commemorative booklet to further underpin everything they learnt on the trip.

In preparation for the trip the cadets were asked to research their family history and learn about any relatives who were involved in D-Day whether it be in the

planning, producing supplies or as a combatant.

Cadet Lance Corporal Charles Elwell aged 15, from Ticknall, discovered his great grandfather was part of the D-Day landings. He said: "I wanted to come on this trip because my Great Grandad was in the 79th Armoured Division which landed on Sword Beach. I wanted to walk in the footsteps of all the soldiers who gave everything for our freedom.

"I truly believe that you should learn about D-Day because without the soldiers' bravery and courage we wouldn't have the life we live and the freedom we enjoy."



Cadet Bayley Martin aged 15, from Belper said: "I wanted to come on the trip and learn about D-Day because it has shaped our society. I love exploring new places, learning about what happened in the past, and it is important to remember those who sacrificed their lives for us.

"From this trip I learnt a lot about what happened on D-Day and the heroic actions of men, such as Company Sergeant Major Stanley Hollis VC who was the only recipient of the Victoria

Cross for actions on D-Day."

Cadet Corporal Poppy Needham aged 17, from Sleaford, said: "My favourite part of the D-Day trip was probably Pegasus Bridge. This is because it was fun learning about my Dad's Regiment and what they did and how they took the bridge in the night."

Lieutenant Ed Howard an adult volunteer in Lincolnshire ACF, said: "The cadets' knowledge has expanded significantly. All the cadets appreciated what people have done before them especially for the peaceful ending of the Second World War."

Cadet Corporal Shannon Walton aged 17, from Bolsover, added: "It is important to learn about events like D-Day for the people who didn't get to have a future, so their stories are passed on and they're remembered."

Cadet Lance Corporal Jack Hallworth aged 14, from Glossop, said: "I have learned that D-Day was made up of many operations which covered the whole coastline over many miles. I was surprised to learn about the Mulberry Harbours at Arromanches and the amazing engineering that was involved. It is important to remember D-Day as we must remember the price paid for Europe's freedom."

The trip was organised on a national level with around 2,000 cadets from across the United Kingdom taking part.

Find out more about joining the Army Cadet Force as either a cadet or adult volunteer register your interest through www.armycadets.com

Daria is flying high in the cadets

A student from Newark has taken part in her first Air Experience Flight and has explained the positive impact cadets is having on her after starting at a new school in a new country.

Cadet Daria Murariu aged 15, is a student at the Magnus Academy in Newark and also goes to the Combined Cadet Force (CCF) based there. She joined the cadets five months ago, has already had her first air experience flight and believes she is learning a lot from the cadets.

Daria explained: "I have gained a lot of skills, such as discipline, confidence and resilience. I think flying has been my favourite experience so far even though I was really nervous before the activity.

"Once I was out and the pilot was next to me I looked up at the perfectly clear sky and I felt as calm as ever. The view was completely incredible and I was amazed by everything, I didn't know where to look. After I felt more confident than ever."

As well as having a great first flight experience Daria has also learnt some incredible new skills through the CCF.

Daria said: "The CCF can be very challenging but it can also be really rewarding. Every time I take part in any activity I enjoy being with the other students and I learn wonderful things.

"I was inspired to join because of the opportunities available and I am sure they will help me when I have a career. I aspire to be a police officer so I think a lot of the experiences will be really useful for me."

Mrs Michelle Bradshaw is the Section Commander Designate at Magnus Academy CCF. She added: "I'm very pleased for Daria because this is a fantastic experience that you can only really get in the cadets.



Daria and the pilot during her Air Experience Flight

"She tries really hard and the cadets is an important aspect of school for her, she's learning lots of new skills and the confidence cadets is giving her is really inspiring."

The CCF provide a wide range of opportunities to children which aim to provide them with skills that will be beneficial for life.

Army Cadet saves a life in Derby

An Army cadet helped to save a 91 year old woman's life after she was injured in a serious accident, then went and did a full day at school.

Cadet Lance Corporal Jess Rollisson aged 14, was on her way to school in her friend's car when an accident happened just in front of them, Jess sprang into action, first speaking with the emergency services to explain the situation.

Then Jess introduced herself to the injured elderly lady by saying: "Hi my name's Jess, I'm a first aider and I'm going to help you."

The casualty was a 91 year old lady called Betty.

Looking at her, Jess could see one of her legs was badly damaged below the knee and bleeding badly, the other was clearly

broken. Betty was conscious but in a lot of pain.

Using the skills she developed in the Army Cadets, Jess took control of the situation, she got adults to gather first aid supplies, then used a towel to stop Betty's leg bleeding. Jess then inspected Betty and discovered she also had a head injury, so she raised her head with another towel and stopped her from moving, whilst doing this she continued to comfort and reassure Betty.

After a short while the Police arrived at the scene and one of the officers said: "You seem to have this under control young lady." They then started to move traffic so the ambulance could get through.

When paramedics arrived, Jess handed over her casualty to them but they asked her to stay with them to continue to immobilise Betty's head while they



Jess with Graham Hill of Fenton Pharmaceuticals Ltd.

treated her and got her ready for transport.

After Betty had been taken to hospital, Jess got back in the car and did a full day at school.

Since the incident Jess has been presented with a cheque for her detachment and a state of the art Brayden CPR Manikin which allows the Cadets to practice their resuscitation technique and get real time feedback because it shows how blood flows when performing CPR.

It was presented to Jess by Graham Hill, the Managing Director of Fenton Pharmaceuticals Ltd.

Discover more about becoming an Army Cadet at www.armycadets.com

Lincolnshire lifesaving trio rush to help collapsed man

Three teenagers from Long Sutton in Lincolnshire raced to help a man who had collapsed on the pavement.

Rachel Stevens, 15, Michael Ireland, 16, and Samuel Collett, 16, were walking home from training night at Long Sutton Army Cadet Force Detachment when the drama unfolded.

Using the first aid skills they had learnt in the Army Cadets, the trio were able to assess the man's injuries, kept him warm and dry with their combat jackets and relayed vital information to the 999 operator. They quickly discovered that the man had epilepsy and could see he had suffered head injuries from his fall.

Samuel Collett, who called for the ambulance, said: "When I saw the man my first aid instincts and training kicked in. You can do lots of theory in a classroom but until you are placed in that situation you don't know how you will react. At first I was nervous but adrenaline soon got rid of this."

Michael Ireland, who assessed the man's injuries and performed the initial checks, added: "I just feel happy that there is someone somewhere who needed help and I was able to give it. I also feel proud of not only myself but all of us in how we were all able to help in our own ways."

"The skills we learned in cadets were invaluable to the situation and was the only reason we knew how to respond and assist in a difficult situation."

Rachel Stevens kept the man warm and comfortable and offered reassurances that they would look after him.

She said: "Before I joined the cadets I would have been completely useless in this situation but being in the cadets has equipped me with the skills that were needed. The man was continually drifting in and out of consciousness but I calmly reassured him that help was on the way and that he was going to be OK."

The paramedics who arrived on the scene praised the cadets for their efforts and commented on how impressed they were with their first aid skills.

Mick Flindall, Detachment Commander for Long Sutton Army Cadet Force, said:



Rachel Stevens, Michael Ireland and Samuel Collet at their detachment

"I am extremely proud that three of my cadets were able to help a member of the public in a potentially life threatening situation. They remembered their training and implemented it correctly whilst under pressure."

"The way they worked as a team is an example to all young people not just to cadets. They are a credit to themselves, Long Sutton Detachment and the whole Army Cadet Force."

For more information on your local Army Cadet Force visit www.armycadets.com

Cadet performs at Edinburgh Castle

A Derbyshire Cadet had the opportunity to take part in a once in a lifetime performance at Edinburgh Castle.

Lance Corporal Corey Kohut of Derbyshire Army Cadet Force (ACF) had the honour of parading with the Band and Corps of Drums of Gwent and Powys ACF to perform at the ACF Association Scotland Beating Retreat at Edinburgh Castle.

He met up with the Welsh cadets on Friday night at Redford Barracks, Edinburgh, and spent most of Saturday learning the music and marching that was needed for the big event that night.

Corey explained: "It had been a fantastic sunny day right up until the beginning of the parade and then the pouring rain started but it didn't dampen any spirits."

"It was amazing to walk out from the castle over the drawbridge onto the famous esplanade where Edinburgh Tattoo is held."

"I was part of the fanfare team and principal cornet and I was proud to be the representative for Derbyshire Army Cadet Force among around 150 other cadets from all parts of the UK."

Derbyshire Army Cadet Force Band is recruiting, the band is open to anyone of cadet age who wishes to play music, whether they are an experienced musician or a complete beginner.

It can provide instruments, instruction and opportunities to get involved in music with cadets from all over the UK and beyond.



Corey with the Band and Corps of Drums of Gwent and Powys ACF

Learn more about the opportunities for music in the ACF at www.armycadets.com



Corey playing in front of Edinburgh Castle



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Celebrating 40 years of women and girls in the ACF

Sarah and other Derbyshire ACF volunteers on Annual Camp

This is a special year for the Army Cadet Force (ACF), as it marks 40 years since women and girls were allowed to join the ACF as Cadets and Adult Volunteers.

Up until the early 1980's, girls could join the Girls Venture Corps, a sister organisation of the ACF, but in 1978 a trial to introduce female adult volunteers was launched and the following year female cadets joined.

Since then the number of females in the ACF has steadily grown until today when about 30% of both cadets and adult volunteers are female. Here are some of the many great stories that highlight the positive impact opening up the cadets to girls has had!



Determined to be successful

Major Inez Bradbury was one of the first females to join the ACF during a trial period. She then went on to become an adult volunteer in the organisation and now holds the commissioned rank of Major.

Inez explained: "When we were told we could join for a trial period we were absolutely delighted and couldn't wait to start training. From the beginning it was very clear that we wouldn't get any concessions, everything the lads had to

do we had to do but that didn't bother us at all because we were fast learners and were determined to be successful. I had a fantastic time as a cadet, undertaking activities I'd never had a chance to before."

After leaving the ACF as a cadet Sergeant in 1982, Inez went on to become an adult volunteer in 1986 after completing University and leaving the Officers Training Corps.

She explained: "I had enjoyed my time as a cadet so much that I wanted to give something back. Also, it was still very apparent that there were plenty of people who were against females joining the ACF and didn't want it to work, so having been in one of the first cohorts of female cadets who could join the ACF and who fought so hard to join, I wanted to still be part of the organisation to make sure I could continue to fight our corner!"

"...I had a fantastic time as a cadet, undertaking activities I'd never had a chance to before."



Inez showing off her Lance Corporal rank slide

Proud to be a role model

Captain Sarah Shergold, aged 27, first joined the Army Cadets at the age of 12 when she went along to see what it was like which turned into 15 years of incredible experiences.

Sarah said: "It has given me confidence, organisational skills and social skills,



Sarah during her time as Lord-Lieutenant's Cadet

as well as the ability to work with people from all backgrounds and abilities in whichever setting I find myself in.

"I became an adult volunteer because being

a cadet had been such a big part of my life. My adult volunteers played a part in bringing me through my childhood and I really enjoyed my last few years as a senior cadet, being able to use my skills by teaching other younger cadets.

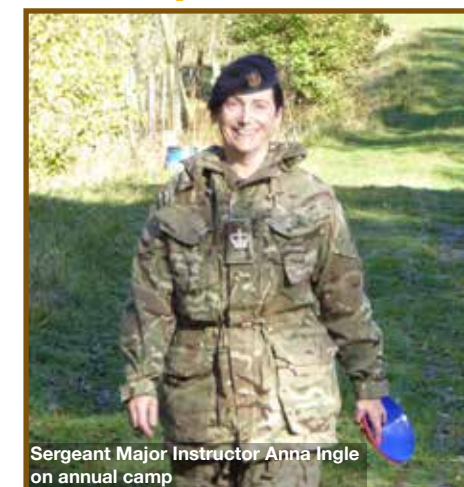
"It is so rewarding and worth the hard work and effort that we all put in, I'm so proud to be a role model to the cadets and honestly I couldn't imagine my life without cadets. There is no better feeling in the world than seeing the smile on the face of a cadet achieving something they never thought they could."



Sarah carrying the flag during a Remembrance parade in Derby

"...It has given me confidence, organisational skills and social skills."

The impact of female role models



Sergeant Major Instructor Anna Ingle on annual camp

Sergeant Major Instructor Anna Ingle has been involved in the ACF since 1991 and attributes her success and the success of cadets to the important influence female role models have had on others.

Anna explained: "Over the years, as cadets have left, but have kept in touch I have begun to realise the huge impact having female role models has had on both male and female cadets.

"When I joined the ACF as a cadet in 1991 I increased the detachment female numbers to three out of about 35 cadets. In my time as an adult volunteer I have been a Squadron Sergeant Major and I've seen a number of other women become

Squadron Sergeant Majors and Company Sergeant Majors, there was even one who became the Regimental Sergeant Major."

Anna thinks that it may have turned out very differently without the support of strong female role models in the ACF after she became a volunteer.

She said: "After aging out and with the encouragement of my Officer Commanding, I returned as an adult volunteer and the female instructor who had recently joined my detachment was made my mentor. Seeing her achieve and progress definitely impacted on me, giving me the support and confidence that I needed at that time."

"...I have begun to realise the huge impact having female role models has had on both male and female Cadets."

Friends as a close as family

Major Maria Walding, aged 39, has been close to the ACF since she was born because of her Dad's role as an adult volunteer. She reached the highest achievements as a cadet and has been inspiring the next generation as an adult volunteer for the last 20 years.

As a cadet, Maria pursued every opportunity available to her but found the people she met was what kept her coming back week after week.

She said: "I was in the Corps of Drums and have many fond memories of parades and performances over the years. I progressed to Cadet Regimental Sergeant Major, achieving Master Cadet and a Gold Duke of Edinburgh Award along the way. The ACF has been a huge

part of my life where I have made lifelong friends some of who are as close as family."

In 1999 after aging out, Maria decided to support the organisation that had given her so much by becoming an adult volunteer just like her Dad.

Maria was a very busy adult volunteer and was involved in almost every aspect of cadets. She has been a Detachment Commander, Duke of Edinburgh Officer, Area Training Sergeant Major, Company Sergeant Major and a Company Commander.

She explained: "My greatest achievement was to have over 50 musicians, both cadets and adult volunteers, on parade at Annual Camp and to have representatives



Maria with Honorary Colonel Richard Everard

from all six areas within the county. Since then, the Corps of Drums across the county has flourished and continues to parade over 50 musicians."

Maria concluded: "The ACF has been a part of my life for a majority of the 40 years I have been alive. The ACF has shaped most of my life and has been the reason I have achieved so much at work

Derbyshire ACF band tour Gibraltar

Members of Derbyshire Army Cadet Force's band recently travelled to Gibraltar with other members of ACF bands where they spent a week helping establish a new Cadet Force Band and performing for the local residents.

The assembled Band and Corps of Drums included 40 Cadets from Derbyshire, Staffordshire, Hampshire and the Isle of Wight. They played at Cassemate Square, St Michaels Cave, a local residential home and then put on a special performance for the Mayor of Gibraltar.

Cadet Lance Corporal Millie Liversidge aged 14, said: "It was my first time abroad and it was a big experience for me because we got to meet the Mayor of Gibraltar and play in all sorts of different places.

"One of my favourite concerts was the cave because it was an experience that you wouldn't normally get."

The cadets spent each day practising

and working with local cadets to help improve their music skills and prepare for their performances.

Cadet Lance Corporal Millie Stanton aged 14, said: "It was an amazing trip I made so many new friends from Hampshire and London.

"I liked seeing all the sights like when we went up to St Michaels Cave it was amazing and really pretty."

The trip was organised by the National Cadet Force Bands which consists of adult volunteers who help to organise music activities both around the country and internationally.

Lieutenant Peter Ward, Derbyshire ACF's Director of Music, explained: "With having two annual music camps a year

it made it quite easy for everyone to play together because we set the standards when we are at camp and know that all the four star cadets are of the same standard.

"I'm hopeful that we will have more opportunities to go abroad, we've played the Malta Tattoo as well, I think it really gives the cadets a lot of confidence and is a unique experience, I think it was a great opportunity for them."

Find out more about getting involved in the ACF and the bands visit www.armycadets.com



The band performing in Cassemate Square

Care home residents wowed by Air Cadet visit

Air Cadets from Nottingham recently impressed the residents of a local care home when they paid them a special visit.

The Cadets from 138 (1st Nottingham) Squadron went to the Braywood Care Home in Carlton where they had the chance to speak with residents about what they do in the Air Cadets and learn about the resident's experiences during the war.

Cadet Corporal Megan Rayner said: "What really struck me was how proudly two of the residents, Grace and Carol, spoke of their loved ones efforts during the war. Carol joined the Navy aged 18 and was a nurse at sea for four years, her stories were fascinating! It was a very humbling experience."

The residents were all keen to share their

experiences with the cadets and get involved where they could. Irene was a Drill Sergeant and Nurse in the RAF. After she shared her story she ensured the cadets completed a short drill sequence.

Cadet Charleigh Randall said: "I had a lovely conversation with Irene about her time in the RAF, her family and how her husband also served in the RAF. What stood out for me was her passion and love, not only for the RAF but for the country as a whole, she was so proud to have served! I really enjoyed sharing my afternoon with those who gave so much in the past to ensure we have a future."

John, a former Royal Marine Commando, proudly showed off his medals including his Médaille Chevalier of the Legion of Honour awarded for his 'steadfast involvement in the Liberation of France'.



The cadets speaking with one of the residents

Cadet Bronwyn Sharman said: "Leslie's stories were very interesting to hear, as he had wanted to be an Air Cadet but had to go into the Boys Brigade instead. He became a police officer in the RAF and made connections with people fighting in the war. He told us that we were a valuable part of the community and that made us all feel very proud."

The cadets were invited to the home by Wellbeing Lead Victoria Roberts and they hope to visit again in the future.

Find out more about becoming an Air Cadet at www.raf.mod.uk/aircadets

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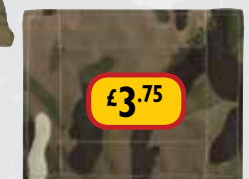
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Annual Camp catch-up

Every year more than 1000 young people from across the East Midlands go on annual camp with the Army Cadet Force. The week long summer adventure is a highlight of the Cadet calendar for many.

The Cadets take part in a varied training programme which lets them learn new skills, try new things, make new friends and most importantly have fun. They take part in adventure training where they get to try a variety of exhilarating adventure sports. Fieldcraft lets the Cadets learn more about how the Army functions in the field but also lets them take part in an exciting exercise where they need to work together to patrol an area and defend against a mock ambush.

Over the week long camp cadets will also work on their shooting skills, learn more about first aid, try their hand at navigation, compete against each other in sports, refine their drill routines and can even work on their musical skills with the band.

Here are some of the best pictures from Annual Camp 2019, showing the cadets learning new skills and making new friends, all while having fun together.



Derbyshire collect 22 Gold Duke of Edinburgh Awards

22 Cadets from Derbyshire Army Cadet Force travelled to Buckingham Palace where they were presented with their Gold Duke of Edinburgh Awards by His Royal Highness Prince Edward.

The Duke of Edinburgh's Award (DofE) is a programme designed for young people aged 14-25 that aims to provide them with new experiences, but also teaches them how to work together as a team.

Cadet Company Sergeant Major Lewis Hall, who collected his Gold Award in May said: "It was nice, Prince Edward gave us our certificates it was a really good day out. I took my Dad and then as Derbyshire we all went down together, it was great."

Lewis completed the expedition part of his Award last year after taking part in a canoeing expedition in the south of France with 15 other cadets from Derbyshire.

He explained: "My expedition is one of

my highlights as a cadet because I got to spend 10 days with my mates canoeing down a river in the south of France. It was challenging though because some of the rapids were quite hard to navigate, there were some dangers in the rapids and keeping morale up while going through them was hard."

As well as an expedition, the cadets also needed to do a skill based activity for a year, a physical activity for the same time and volunteer in their spare time. A lot of the activities are related to the cadet syllabus which means the cadets can be working towards the Award on their weekly drill nights.

Cadet Sergeant Will Plummer added: "Progressing through from Bronze to



One of the cadets with his certificate in front of the Palace

Gold is a big step up and going to the Palace is a once in a lifetime experience. I'd definitely recommend it because it builds you as a person because you have to do volunteering, the physical side of it and also a skill for a year."

Discover more about the Duke of Edinburgh Award and how you can complete it with the Army Cadet Force at www.armycadets.com

First fieldcraft experience for CCF recruits

More than 100 Cadets from the Combined Cadet Force (CCF) joined with other contingents from across Northamptonshire to attend two days of intensive training at the Yardley Chase Training Area.

Exercise First Bite saw 120 newly recruited cadets attend their first field based training exercise. The two day event organised by Brooke Weston Trust CCF, provided introductory training for the cadets in fieldcraft, camouflage and concealment, basic patrol skills, navigation (using map and compass), first aid, cadet air rifle, a night patrol plus a light and noise demo at night.

The instruction at each exercise stand was provided by adult staff from the attending schools and academies and three training sergeants from the Cadet Training Team.

Each CCF operated at platoon strength with the instruction broken down to section strength. Additional support was provided by five senior cadets from

Brooke Weston Trust CCF fulfilling a 'platoon sergeant' role to ensure that the junior cadets in their care were at the right place, at the right time with the right kit.

Brooke Weston Trust's Contingent Commander Captain Matt Isherwood, who organised the event, said: "It was a hugely rewarding exercise that will provide a great platform to launch the CCF careers of the new cadets, together with early exposure to all the adult staff from the CEP 500 schools of field based training in an extended exercise scenario. "On behalf of Brooke Weston Trust CCF, sincere thanks for the effort and enthusiasm displayed by all the adult staff leading and supporting activities, without their support the event would not



Cadets spent time learning skills like navigation

have taken place."

The two-day event organised by Brooke Weston Trust CCF had cadets from multiple Cadet Expansion Programme Schools including Brooke Weston Academy, Corby Business Academy, Corby Technical School, Kettering Science Academy, Thomas Clarkson Academy, Lodge Park Academy, Sir Christopher Hatton Academy and Abbey College.

The Cadet Expansion Programme was launched in June 2012 with the aim to set up 100 new cadet units in state-funded schools by September 2015. The Government has now committed to grow the total number of cadet units in schools across the UK to 500 by 2020.



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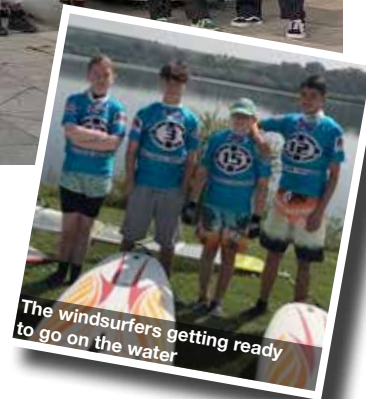
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Sea Cadets getting ready for dinghy sailing



The windsurfers getting ready to go on the water

Sea Cadets – A different kind of adventure

Winning big!

Sea Cadets from Northampton have been demonstrating their skills in a number of competitions. Ten cadets attended the Area Dinghy Sailing and Windsurfing Regatta where Cadet Billy Thongmata achieved Gold in the windsurfing event, Petty Officer Cadet Ben Collins achieved a runner up placing in the 5.5m class and also Cadet 1st Class Hartley achieved runner up in the 4.5m class.

The Cadets also competed at the Midlands Team 15 event where four cadets achieved medals. Cadet 1st Class Taylor achieved a 3rd in the 4.5m class and Ordinary Cadet Thongmata won in the skills challenge for synchronised windsurfing!

The unit also competed in the Northamptonshire District Rowing Regatta, competing against the other units in the County. Success reigned as they brought home almost all of the available trophies.



The team for the District Rowing Regatta



The Sea Cadets being presented with a £1000 grant

Caring for our rivers

Northampton Sea Cadets launched Operation Otter which is a project to remove waste from rivers. With a focus on plastic waste reduction, the Junior Sea Cadets spent part of their activity weekend improving the environment.

The project was launched after the Junior Sea Cadets River Survey in the winter of 2018 showed fast food containers, plastic bottles and plastic bags to be the most prevalent litter.

Junior Cadet Briggs said: "We called our project Operation Otter because otters have been spotted swimming in the river next to our unit. We want to clean the river so the otters will have a good environment to live in."

1st class Junior Cadet Serebriakova said: "The rubbish we throw away can end up in the river, which flows to the sea. This can hurt our wildlife and it can hurt us too."

The Junior Sea Cadets went to Northampton Guildhall last Monday to receive a grant for £1000 for Operation Otter from Veolia who are supporting the Sea Cadets.

Find out more about joining the Sea Cadets by visiting www.sea-cadets.org

The results were:

- Winners Junior Sea Cadets
- Winners Junior Boys
- Winners Junior Girls
- Winners Open Boys
- Winners Open Girls
- Winner Open Single Yole

Army Cadets visit Berlin to learn more about the Second World War

Cadets from Leicestershire, Northamptonshire and Rutland Army Cadet Force travelled to Berlin, where they took part in a four-day educational and cultural visit.

The cadets travelled to the city during the summer half-term break and visited several museums, memorials, and a concentration camp. They took part in cultural activities which included a visit to the theatre and a chance to explore East Berlin and its iconic landmark, the TV tower.



Cadets visited parts of the Berlin wall that have been preserved

Cadet Corporal Harry Connor aged 16, from Rushden Detachment, explained: "I have learnt about aspects of Berlin and further German history and culture that cannot be taught in the classroom."

"The thing that surprised me the most was learning about how much the events of the Second World War and the Cold War still affect the economic and political climate today, with there still being visible differences between East and West Berlin."

Cadet Lance Corporal Lily Boyd aged 14, from St George's Detachment, added: "I don't think that I would have this kind of experience if I wasn't in the cadets. I wouldn't have learnt as much and I wouldn't have had this amazing experience without being a cadet."

The cadets went on a guided tour and visited many of the city's memorials including the Russian Memorial, the English and Commonwealth Memorial, the Memorial to the Murdered Jews of Europe, the Victory Column and the Berlin



Cadets visited several Second World War memorials

Wall Memorial. They also saw several of the city's museums including Topography of Terror, Sachsenhausen Concentration Camp and the Checkpoint Charlie Museum.

Cadet Corporal Emily Bates aged 17, from Hinckley Detachment said: "Despite the concentration camp being the most memorable, I found that the tour was really informative and helped me discover and connect with more of Berlin's history."

Cadet Lance Corporal Brandon Turner aged 16, from Hinckley Detachment, concluded: "I wanted to take part in this trip to visit a new place, discover a new culture and benefit from the educational value of the visits and trips we have made."

"Without cadets I would likely never have come to Berlin and wouldn't be as well rounded as I now am."

Find out more about joining the Army Cadets by visiting www.armycadets.com

Skiing success for East Midlands cadets

Earlier this year 100 members of the Army Cadet Force from across the East Midlands travelled to Italy for the first ever 7th Infantry Brigade ski trip.

Over five days the cadets and adult volunteers improved their skiing technique in a competitive yet fun team environment.

Colonel Ian Sackree, Colonel Cadets for the East Midlands, said: "Everyone achieved a great deal. The cadets developed a new skill, built personal confidence and formed a real team bond. "I was incredibly impressed by the commitment of the Cadet Force Adult Volunteers who gave up their time to enable this trip to happen."

Cadets spent five hours each day on the slopes with professional ski instructors and by the end of the week all had achieved at least a level two ski award,

with 22 of them reaching the highest level and two cadets earning the Joint Services Ski Foundation Level One qualification.

Ian added: "The snow was superb, it prevailed for our week in spite of hot temperatures. Despite taking a mix of young beginners, intermediates and a few expert skiers, I was thrilled to see so many cadets progress and perfect such a unique skill."

This is the first region wide ski trip for the East Midlands with counties having previously organised their own trips.

Ian concluded: "This was the perfect



Cadets competed in a slalom race at the end of the week

chance for us to bring our cadets and adults together under the 'Desert Rats' banner to live, work, play and learn with one another!"

The Army Cadet Force encourages learning new skills, making new friends and working together.

To find out more about joining visit www.armycadets.com

Adult volunteer excels at leadership

An adult volunteer from Northamptonshire has become one of the first in the country to earn an Institute of Learning and Management (ILM) Level 5 Qualification through the Army Cadet Force (ACF).

Lieutenant Georgia Allen aged 27, works as a Marketing Assistant but has been an Adult Volunteer in Leicestershire, Northamptonshire and Rutland ACF (LNR ACF) for the last five years. She completed the ILM qualification whilst taking part in the King George VI leadership course at Frimley Park Cadet Training Centre.

Georgia explained: "I wanted to participate in the ILM as it was an opportunity to progress and develop in leadership and management and gain a recognised qualification. By doing this qualification it allows me to consider moving into management roles in the workplace and the ACF."

"I have been more confident, had a more logical and structured approach to leadership and management, and have also learnt to believe in my ability through the success of passing this course."

In order to complete the course there were a number of different modules. One of the key elements was to plan, present and evaluate a presentation about a theoretical ACF event. There were also modules on managing resources, implementing change and theories of leadership.

The course is run by other adult volunteers from around the country but that isn't the only support Georgia received.

She said: "The course staff were able to support and guide me where I needed extra help to progress with the ILM. Other volunteers from LNR ACF also supported me through the process and I was able to share ideas and ask for guidance where needed."

Having been a cadet when she was younger, Georgia joined the ACF as an adult volunteer after wanting to improve her social life. She explained: "I would recommend that people consider becoming an adult volunteer as you feel a sense of belonging to an organisation that is moving forwards and engaging at a ground level with the local community. It is challenging, rewarding and gives a sense of purpose."

An adult volunteer is responsible for caring for cadets, teaching them and inspiring them to achieve more than they thought possible.



Georgia and the other instructors at Frimley Park

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Ken being presented with the squadron shield by Flt Lt Kenyon

Oldest living Air Cadet visits squadron at 93

93 year old Ken Muddimer has staked his claim to being the oldest surviving Air Cadet. He is certainly the oldest known ex cadet from Leicester's No 1 Founder Squadron.

After joining at the age of 13, Ken had already spent almost two years as a cadet in the Air Defence Cadet Corps (ADCC) when it became the Air Training Corps in February 1941, Ken then became a Cadet in the country's first squadron, No 1 (City of Leicester).

After leaving Cadets, Ken became a member of the Royal Air Force Volunteer Reserve (RAFVR) training as a Flight Engineer. The RAFVR were unable to offer Ken the opportunity he wished for, so Ken eventually joined the Army, spending four years in the Service during which time he became a top runner and excelled in shooting.



Ken being shown round the squadron by Josh

Ken said: "I loved every minute of it."

Eighty years after becoming a cadet, Ken paid a visit to his old squadron. After recounting his cadet stories with the present Commanding Officer, Flight Lieutenant Emelye Kenyon RAFAC, Ken spent time being photographed by the local newspaper, the Leicester Mercury, accompanied by the squadron's youngest cadet Josh Carvel.

Josh has been a cadet for a year and has already got first aid, shooting and leadership qualifications. He explained: "There are so many opportunities in the Air Cadets and I have learned a lot. Meeting with a cadet from so long ago was unbelievable."

"There are so many opportunities in the Air Cadets and I have learned a lot..."



Ken was shown all the different elements of the Air Cadet syllabus

After a tour of the squadron and chatting with cadets, the squadron's Commanding Officer presented Ken with a squadron shield to commemorate his visit.

As he thanked all those involved, Ken concluded: "It's been a fantastic evening which has brought back many memories."

Find out more about becoming an Air Cadet at www.raf.mod.uk/aircadets

From cadet to adult instructor

Sergeant Instructor Brandon Pontin recently made the transition from being a cadet to giving up his time as an adult volunteer. We spoke to him to find out why the cadets is such an important part of his life.

Why did you join the cadets?

"To be honest, I joined out of curiosity. A friend of mine from school had been parading for a few weeks and wouldn't stop going on about how good it was! So I went down to Crowland detachment and I was hooked instantly!"

What were those early years like?

"They were great! There were three training weekends a year as well as a Junior Easter Camp and, of course, annual camp. I progressed well through my Basic and One Star, achieving the rank of Lance Corporal. At this point, Crowland moved to 2 Squadron and I moved house and detachment to Spalding and 3 Company. Here I spent the remainder of my cadet career.

"I soon became the Senior Cadet at Spalding and, shortly after annual camp at Longmoor, achieved the rank of Corporal."

What aspects of the cadets did you enjoy the most?

"My passion in the cadets has always been drill, closely followed by fieldcraft! I've always followed the mantra 'drill is a pill which should be taken twice a day'. I've always loved the discipline and formality of the drill syllabus."

Which part of the cadet syllabus did you find the most challenging?

"I'll be honest, I've always been a terrible shot! To this day I've never been able to get a decent grouping on the range. No matter how much I focus on my marksmanship principles and shooting technique, it doesn't really ever seem to work. However, this is something that I'm still working on now as an adult instructor and I hope one day I'll be able to get a good shoot on the ranges!"

Looking back at your annual camps, what were your fondest memories?

"There have been so many over the years! The best part of every camp is making new friends and building new skills, all while taking part in some training and activities that you'd never get to take part in at home.

"I'll never forget on Wathgill Camp, being chosen to be on the drill team and to be the second in command on the fieldcraft team! Being able to march out on the final parade to collect the trophy and medals in front of the county was a true moment of pride for me and one I'll never leave behind."

"I wanted to re-join as an adult instructor to, in years to come, give something back to the junior cadets and new cadets."



Sergeant Instructor Brandon Pontin

How did becoming a senior cadet change your Army Cadet experience?

"Becoming a senior cadet was a new step in my cadet career; instead of being an NCO at detachment level, I was suddenly an NCO at company and county level.

"The level of responsibility and reliability I had to show had greatly increased and I would find myself teaching cadets up to 3* level and being the Duty Senior Cadet on annual camps. I loved every second of my cadet career but honestly being a senior cadet was definitely the highlight!"

Tell us a little about the friendships you've forged in the ACF.

"As a cadet, I made a number of strong, close friendships with my peers and would often spend weekends and school holidays with friends all over the county and beyond!"

"Every year there were the athletics competitions; these became an opportunity for all of us to meet up and catch up at a county and regional level. To this day, I still hold a number of friendships with people who left the cadets before me and at a similar time to me."

When did you begin to think about being an adult instructor?

"I actually thought about coming back to the ACF before I'd even left cadets - I was acting Detachment Sergeant a few months before I left.

"On the night I handed my kit in and was presented with my Record of Service, I submitted my application to become an adult instructor. Within three months of leaving, I had begun to parade at my current detachment, Billingborough, as a civilian assistant."

Being an adult instructor is a huge commitment, what's the payback?

"The payback? I wanted to re-join as an adult instructor to, in years to come, give something back to the junior cadets and new cadets.

"Going on my first annual camp this summer as an adult volunteer and being an adult instructor to cadets, being someone they can learn from, look up to and come to for support is a really rewarding experience! That's why I do it, it's giving back!"



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