



## Vernon Air Cadets 223 Red Lion Squadron

### SQUADRON MONTHLY UPDATES

This Monthly Update Letter will provide updates what has happened in the Squadron in the previous month and what to look forward in the upcoming months. Every month we will also share more detailed view of program, how to get the most out of it and what it means for Cadets at various levels.

#### Recent Wins

##### Field Training Exercise

On October 20-23 over 20 Cadets participated in this year's first Field Training Exercise (FTX), endured frost and spent some fun time together at the beautiful Pinaus Lake near Falkland. For many Cadets this was the first FTX experience and they all loved it. Cadets practiced key survival skills such as: shelter building, knife safety, how to collect water and build a fire and signal fires. The most memorable activities were happening after dark, when teams were playing Sardines and Tag-light "Mission Impossible".  
(Article contributed by AC Hera Serzane)



FTX is a mandatory training for Air Cadets. At least once a year, Cadets of different levels would be offered a chance to go on a field training exercise. Other than having fun doing activities, these FTXs would allow cadets to learn and practice basic skills when stranded in the wilderness. Such skills include, first aid, building shelters based on situation, strategies to get rescued, and much more.



Cadets are required to attend at least one weekend field training exercise a year as it is part of their mandatory training to pass their level.

## Gliding in Oliver

On October 16, 24 Cadets went to Oliver to participate in one of the biggest Squadron events – gliding and flying. Cadets were given the chance to ride in a tow plane and a glider as well as participating in the operations that follow.

They learned about the protocols and operations of the airport as well as how the glider works. Each cadet got to go up in a tow plane as well as a glider to experience soaring through the sky. This is a once in a lifetime opportunity for teenagers.

*(Article contributed by Senior Cadet Correspondent Flight Corporal Emmelia Brown)*



## Regular Thursday Parade Nights & first Cadet Rank Promotions



In addition to the regular Thursday Parade training nights, 223 Squadron has started optional activities such as precision drill team, marksmanship, and military band.

Please encourage your Cadet to see if these sessions were something they would like to participate in.

In October, Cadets received their well-deserved rank promotions. Rank promotion is a progression model wherein cadets may be recognized for proficiency in the training program and awarded suitable advancement opportunities.



## Parent Involvement

Success of the Air Cadet program doesn't rely only on the Captain, Lieutenants and Senior Cadets who provide the coaching, but also on Sponsoring Committee and active parent support!

Joining Air Cadets is a big step for a young person. As parents, you can do a lot to support your son/daughter as they proceed through the Air Cadet Program.

There are various ways how you can support our Squadron.

## Volunteering

Volunteers play a crucial role in our organization. Across our country, volunteers are involved in providing services, which improve and enrich the lives of the youth in our Air Cadet Movement. Some are involved with specific cadet related activities, while others participate at the administrative and decision-making levels of the organization.



Whatever the number of hours you have to offer, you will find the opportunity either to participate in selected activities or to volunteer for a longer-term commitment.

***We need people like you!***

At the #223 Squadron, the most frequent volunteer support is needed for driving on weekend activities, to operate the canteen during training nights or for special activities.



Currently we are looking for **Mess Dinner volunteers!**

**Check out the link below that lists tasks we need support with and select the one (or few) you would like to support.**

[https://docs.google.com/spreadsheets/d/16ZujcqxzWY-0PK\\_HbVnthXQL-UfTn1KD7WceatRGSpw/edit?usp=sharing](https://docs.google.com/spreadsheets/d/16ZujcqxzWY-0PK_HbVnthXQL-UfTn1KD7WceatRGSpw/edit?usp=sharing)

*(Any adult who wishes to work with Air Cadets must be registered and screened by the Sponsoring Committee, providing full Police Background Check – please contact Phil Holmes Peters [Philhp@mail.com](mailto:Philhp@mail.com) to complete the process.)*

## Raise awareness about Squadron

There are multiple ways to raise awareness about the Program.

Don't be shy to share your Cadet's or your own Air Cadet experience with your friends and community. Cadets can bring their friends at any time for the Thursday Parading to introduce to the Program!

Brand recognition is what we are aiming for. If you are asked to name a good youth program in town, your Squadron should be the one!



**Follow** (if possible) **Squadron Facebook** account – "[223 Red Lion RCACS](#)" and **Instagram** account – "[223RedlionRCACS](#)"

Engagement with the social media posts (follows, likes, comments, share the posts) are important indicator for Facebook algorithm to release our posts for a broader audience

and gain a broader awareness about our program and Squadron.

We will be kicking off a FB and IG campaign called "**Why Air Cadets**" starting from mid-November, where each Cadet every week will get on a spotlight! Look out for that – and engage!



Check out **Morning Star Newspaper** – Every last Thursday of each month, there will be monthly articles about the Squadron and your Cadet might be on the spotlight!

This year's first Newspaper exposure was on **Thursday, October 27.**

Click on the link for the Online article -

<https://www.vernonmorningstar.com/community/vernon-air-cadet-credits-exceptional-program-for-national-honour/>

Please share it broad and proudly!

## Upcoming Events

### Thursday Sponsoring Committee and Parent meeting – November 3

**We encourage you all to join these monthly meetings where you get to hear updates from the Sponsoring Committee and Captain Paas, as well as ask questions you might have.**

These meetings are a great opportunity to stay connected with the Squadron Leadership Team, meet other parents and understand what Cadets are doing and what is coming up.

We are aiming to start having more dedicated **Question / Training time at these sessions**, where we can show how to navigate through the Squadron webpage, what are upcoming opportunities for the Cadets and overall roadmap for the Program.

## Squadron 80th Anniversary and Mess Dinner celebration – November 24



A Mess Dinner is one of the most coveted and important traditions of the Canadian Forces. It is a time to appreciate the comradeship and company of fellow service members and guests and to savour fine cuisine in an elegant setting. Tradition remains to this day and provide a great opportunity to participate in a fun-filled, educational event to learn about the customs, procedures and traditions that are part of a mess dinner.

**This year it is going to be a double celebration, as it is Squadron's 80<sup>th</sup> anniversary.** The dinner will commemorate all the successes of the Squadron and will include a fun Christmas celebration. Cadets will receive etiquette training, learn how to give a toast.

Squadron supporters are invited to join the dinner – representatives from the Armstrong, Oyama, and Vernon Legions, the Army Navy and Airforce Veterans, and Ladies Aux of the Army Navy and Airforce Veterans. It will be a fun-filled celebration, giving Cadets an opportunity to provide entertainment and win prizes.

## Cherry Hill Coffee fundraiser – launching in November



We will launching one of the key Squadron's fundraisers – Cherry Hill Coffee and Tea sale. Gathered funds from this event help assist with flying costs.

We will be offering Cherry Hill coffee and tea for the purchase and \$5 of each purchased bag will be donated to our Squadron.

Last year we were able to fundraise \$1500 CAD that allowed to reduce overall flying cost and gave us a chance to provide additional fun activities for the Cadets.

**Holiday season is coming up – good coffee and tea always is a great gift idea!**



Look out for an order sheet that will be sent home with your Cadet and share this opportunity with your broader family, friends and community!