



## Vernon Air Cadets 223 Red Lion

### SQUADRON UPDATES

This Newsletter is brought to you by the Publicity Team, provides insights from cadet perspective to the various opportunities provided to them within the Vernon Air Cadets 223 Red Lion Squadron.

#### Recent Wins

##### *Field Training Exercise (FTX)*



Our most recent FTX was held in the Cook's Creek campground. There were 27 cadets who participated and we all had lots of fun. We did team-building activities by dividing into two syndicates – Watermelon and Falcon and made chants and created flags for our teams. Despite the hot weather we worked



hard and learnt a lot. We practiced how to build A-frame and modular tents, as well as traps to catch animals. After a long day of learning we got to eat and play night games.

Those were long days, with a wake-up time at 6am and bedtime at 10pm. The daily routine looked approximately like this: In the morning we got up and we were out of the tents by 6:30am. Breakfast was at 7am. After about an hour of lessons, we got a 10 minute break and then back to classes. Lessons happened all morning and a bit after lunch, followed by a well-deserved free time in the afternoon, playing "Mafia" game.

*(Article contributed by Lead Air Cadet Serzane)*

##### *Marksmanship Program*



One of the activities 223 Red Lion Air Cadet squadron participates in is Marksmanship. Every year cadets tryout to get a spot in the team. Once the squadron puts a team together the cadets practice for a few months before competing. This year our squadron competed in the Zone Marksmanship Competition. Next year our squadron will be holding more tryouts to get more cadets interested and to build a bigger marksmanship team.

*(Article contributed by Senior Cadet Correspondent Sergeant Brown)*

## Busted Volleyball Tournament 2023



This cadet volleyball tournament was a lot of fun. 223 Red Lion Squadron went to Penticton for the Busted Volleyball Tournament 2023. We did really well on the volleyball and all the supporters who didn't want to play had a great time. There were squadrons from all over, it was my first time playing with the squadron and seeing the Busted Volleyball trophy (which is a deflated old leather volleyball). 223 Squadron won it in 2019. In the round robin

we got first and lost no games. There was an A side and a B side. We were on the A side aka the competitive side and the top four from each side played each other to play in the final. Then we went to face 232 in the semi's and it was close but we lost. Then we played in the third place match and won. We got third and had so much fun.

*(Article contributed by Lead Air Cadet Moss)*



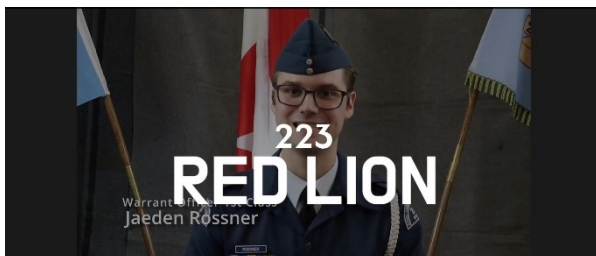
## First-Aid Course

Cadets offers many things that make the program worthwhile but my personal favorite was the first aid course. If you are of legal age then you can sign up to get your level two first aid certificate and gain the proper training needed to be a qualified first aid person and through cadets it is free. We all had a great time working with each other practicing CPR and mouth to mouth recitation on CPR dolls. We also got to practice different types of slings and how to use a defibrillator and how to properly bandage and handle first aid situations. The course was over three days and lunch was provided all three days and it was a great team building experience where you got training that normally cost's around \$150 for free with lunch and you got to do it with fellow cadets that you have got to know as friends. They also offer level one training for younger cadets to familiarize them with the program to prepare them for first aid level two when they are older. This is yet another reason to join cadets and I would highly recommend and you won't regret it.

*(Article contributed by Flight Corporal Bittle)*



## Publicity Team



If you are thinking of joining cadets but don't know what it's like then this will help give you an idea of some of the things we do. I am on the Publicity Team in cadets which is responsible for these articles as well as any other form of cadet outreach. I am usually on the more technical side of things and we most recently just finished filming a new project we started that involves

interviewing cadets and we will then publish these videos as an advertisement for the cadet program. Besides filming and editing which is something I have chosen to do and help with, we also write articles for the newspaper and our newsletters recounting different experiences that we've had in the program. I also specialize in photography and take photos of some of the activities that we do to showcase the experience even better. I enjoy Air





cadets and everything that they do but I can also pursue my hobbies within the cadet program through the publicity team opportunity. I can not only learn new skills and practice others in the cadet program but I can better myself in countless ways through Air cadets.

*(Article contributed by Flight Corporal Bittle)*

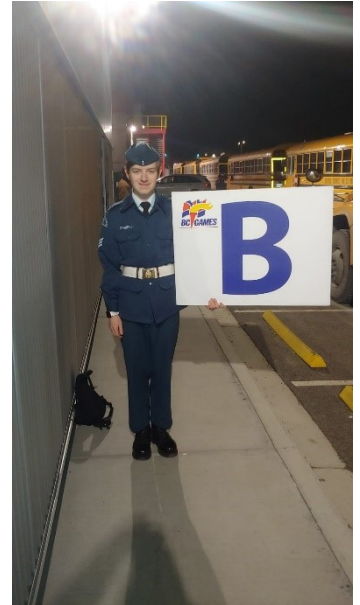
## 223 Squadron supporting BC Winter Games



In 1977, the Provincial Government established the BC Summer and Winter Games Society under the Societies Act to bring together all corners of British Columbia through the spirit of the game. Celebrating teamship, sportsmanship, and friendship, the BC Winter Games provide an organized sports festival that promotes physical fitness, individual achievement, and community pride. With over 1250 participants this year, the BC Summer and Winter Games

Society needed top-notch volunteers to help make their event a success. On March 23rd, five air cadets from 223 Red Lion Royal Canadian Air Cadets (RCACS) did just that. During the opening ceremony, Sergeant Elijah Carson, among four other cadets, represented 223 Red Lion RCACS and the cadet organization by contributing to a skillful Colour Party to carry the flags. After a phenomenal performance, Sergeant Carson marched off the flags and joined Warrant Officer 1st Class Jaeden Rossner, Sergeant Aiden Satterthweite, Flight Corporal Hudson Bittle, and Leading Air Cadet Spencer McDonnell outside in one of the most critical aspects of the opening ceremony: organizing and coordinating the over 1250 participants to get to their correct means of transportation. With large signs and powerful voices, the five swiftly and successfully maneuvered the bunch to where they needed to be. Bravo Zulu, 223 Red Lion, for your excellent help within our community.

*(Article contributed by Warrant Officer 1st Class Rossner)*



## Other fun activities happened in the Squadron



Community engagement is a large part of the Squadron culture. A large group of cadets represented 223 Red Lion Squadron in the Vernon Winter Carnival.

**Flying** is an important part and one of the most expected activities of the Air Cadets Program where cadets are taken up in a Cessna airplane for a tour of Vernon.

Familiarization flying is intended to ensure that every air cadet receives at least one flight per year as part of the mandatory support training required.

### Familiarization



## 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.

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.

*(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 program 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 223 Social Media pages!**



**Facebook account – "223 Red Lion RCACS"**

**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 raise more awareness about our program and 223 Red Lion Squadron.