

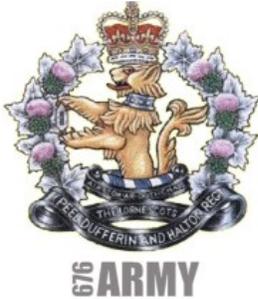
WINTER 2015

676 LORNE SCOTS ROYAL CANADIAN ARMY CADET CORPS.

THE CORPS NEWS



Volume 13– January 2015



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DUKE OF EDINBURGH'S AWARD

MAKE A DIFFERENCE IN YOUR LIFE AND COMMUNITY

In December, six of the 676 Committee members and Officers attended training in Toronto got The Duke of Edinburgh's Award . The award is a non-competitive, international programme. Participants set and achieve personal goals in the areas of community service, fitness, adventure and skills. It offers youth ages 14—24 the opportunity explore new interests and try new challenges.

There are three levels: Bronze for 14 years of age and up, Silver for 15 years of age and up and Gold for 16 years of age and up. Each level has a minimum commitment required in order to achieve the award ranging from 6 –18 months. All details are recorded online with the 676 staff mentoring and assisting cadets to achieve their goals. Achievement is a great honour. The Gold award is presented by the Governor General of Canada or a member of the Royal family.

The cost to participate is \$31 and the 676 will reimburse those who complete their chosen level. Go to www.dukeofed.org to sign up.

The Duke of Edinburgh's award empowers young people to make a difference while exploring their potential, taking on new challenges, giving back to the community and achieving success. Participants develop self confidence, motivation, and life-long friendships. The award can be personalized and customized to the individual participant.

Cadets is the perfect environment to complete the Award. Set yourself up right for your future. Sign up today!

OCdt Lacey

MESS DINNER AND THE ODE TO THE HAGGIS

MCpl Stuart from the Lorne Scots Reserve Unit graciously offered to perform the "Ode to the Haggis" at the 676 Mess Dinner that recently took place at the Georgetown Legion. WO Stewart and WO Meyer did a fabulous job carrying the haggis during the ceremony and then participating in the Ode itself.

Everyone who attended and witnessed the Ode to the Haggis was thrilled with the dramatic presentation. MCpl Stuart performed with great passion and had the full attention of the audience.

After the Ode to the Haggis was completed, haggis was served to the dinner guests many of which were pleasantly surprised by this traditional Scottish favourite.



PETAWAWA REGIONAL EXPEDITION

WO ADAM'S EXPERIENCE



In August, I was chosen to go on the Petawawa Regional Expedition. It started two weeks before the new school year. I was chosen out of hundreds of applicants from across the province.

When I arrived at Blackdown Cadet Training Centre, I was happy to see some of my friends I had met at camp in previous years. I imagined that the staff/officers would be really strict due to the fact the expedition was a privilege and that it was hard to be accepted. However, they were some of the coolest people I've ever met. They all had an enormous amount of respect for the cadet program and it made you feel the same way when you spoke to them.

During the first part of the expedition, each group had to complete the hiking phase. We used skills such as navigation and proper hiking, biking and canoeing techniques. On the first hiking day we completed a hike of 7 KM. We set up camp with another group and sat around the campfire playing games and telling stories.

After we completed the hiking phase, we moved on to biking. We switched from our very heavy and bulky hiking packs to our more comfortable biking bags. We were instructed on proper procedures on road crossing and roadside stops. The most challenging part was traveling the distance of 90 KM in one day on our bikes. When I was first told that we were going to travel 90 KM, I was skeptical because I'd never biked farther than a few KM. But once we had completed the 12 hour-long bike ride, I felt as if I could tackle any obstacle head on. As an extra challenge to myself I made sure that I did not walk up any hill no matter how steep. Believe it or not, I achieved it!

The last part of the expedition was the canoeing leg where we traversed multiple rivers consisting of the Petawawa, the Madawaska and more. Even though I had been canoeing with the 676, this was the scariest part of the trip. I had never been in a canoe in moving water and a big part of the expedition was canoeing through the white water rapids. We canoed through classes 1 to 3 and portaged around anything higher than level 3.

When we arrived back at Blackdown we rested had an unbelievably good meal which probably tasted so good because it wasn't an MRE and went back to our Mike Company where we stayed until we went home.

The Expedition was the coolest trip I had ever been on. We spent our last night with the friends to whom we had become so close. On the morning of the last day, we received our progress reports and took picture with everyone and said goodbye to each other and started the long trip home.

WO Yacob Adam

FRANCE 2016

A ONCE IN A LIFETIME EXPERIENCE OPEN TO ALL CADETS

In April 2016, the 676 is planning a visit to the Canadian battlefields of France. This trip is part of the 100 year commemoration of the 1st World War and the celebration activities of 100 years of Army Cadets in Georgetown. Information on the trip including the itinerary has been posted on the website. The cost of the trip is expected to be in the \$3000 range but with fundraising it is hoped this can be reduced to under \$2000.

The trip will be from April 23-30, 2016 and will be a once in a lifetime opportunity to visit places like Vimy ridge, Passchendaele and the D Day beaches of Normandy.

The trip will be coordinated by EF Tours. Payment and booking will be made directly through them.

France 2016



Paris-Vimy-Normandy

WHAT IS ORIENTEERING?

It is a cross-country footrace in which each participant uses a map and compass to navigate between checkpoints along an unfamiliar course. Introduced in Sweden in 1918, it later spread throughout Europe. World championships have been held since 1966. Runners set out at intervals; the winner is the runner who completes the course in the fastest time.

The 676 Orienteering Team started off their training year with instruction and practices. Team members reflected on what they learned from past experiences and strategies for the upcoming competition of 2014. The team had kicked it into high gear psyched and ready for the area competition which was to be held in October 2014. Unfortunately, due to the tragic events that happened in Quebec and Ottawa the competitions were postponed to a later date.

In the past years our team have done exceptionally well. The first time 676 participated in Orienteering they had no idea even what it was. So a few cadets were chosen to participate and off they went only to come back with first and second place medals! Every year since 2009, 676 cadets that have competed have done very well, having medaled at Area and Regional Competitions.



MARKSMANSHIP COMPETITION

The Marksmanship team competed this year at the Paul Bawdin Shoot in Guelph. This is a yearly competition that is limited to 25 Corps between Western Ontario Area and Central Ontario Area.

We were one of the lucky units chosen and the cadets represented us well by WO Medland, Sgt Collins, MCpl Nyugen, Cadet Celerian, and Cadet Sharma. Our unit was 20th place out of 25 teams with an overall score of 969 points. The first place team had a score of 1360; so this gives us a goal to work towards for the Tartan Shoot and Area Competitions in the new year.

Overall, this was a great experience for our cadets to participate and interact with other cadets from different units. Congratulations goes out to them for all their hard work.

Capt McConkey



SCUBA CERTIFICATION COMING THIS SPRING

The 676 is offering PADI scuba training and certification in conjunction with a local diving club. The training involves two weekends of training: a classroom and pool weekend and an open water weekend. The class and pool portion is planned for April and the open water is scheduled for May with dates to be confirmed. You must be able to swim 200 m and tread water for 10 minutes prior to participating. Costs are yet to be determined. OCdt Rueda is the OIC for the activity.



COMMANDING OFFICERS' CORNER

As we enter into second half of the cadet year, there are some exciting changes in store for the next few months.

We have added mountain biking to our program with the purchase of 16 new bikes. I expect we will start to use them for sports nights, on FTXs and during armoury training days this spring. This is an exciting addition for us. We are one of the few Cadet Corps in the country that have their own bikes.



Planning for our 2016 France trip is also well underway. So far we have 20 Cadets and staff signed up for this once in a lifetime trip. We have raised about \$6,500 so far to help offset the cost of trip. I know of at least two cadets that have made good use of the personal fundraising program we have in place and it looks like they will be going for free. I encourage all parents to consider this trip and with the personal fundraising opportunities, the cost can be quite small.

Our 2015 Summer Camp sign up is January 14th at 7pm. Parents with cadets applying for camps must attend the meeting in order for their child to be considered for summer camp. All the latest information on available courses and times has been posted on the website. I also want to bring attention to one of the more frustrating parts of summer

camps from my perspective. Every year we have a number of cadets that have registered and been accepted into a summer camp not even bother to show up for the bus. We can always fill a spot even if we are given only a few days' notice of a cadet cancelling. A no show can often result in a summer camp spot going unfilled and someone who wanted to go sitting at home. We understand things change, so please if your son or daughter cannot attend the camp they have been accepted to, let us know. A simple phone call or email is all we need.

I have also committed to offering the Duke of Edinburgh's program to all cadets 14 years of age and older. The Duke of Ed program has changed substantially over the last two years and we now have 7 staff members qualified to administer the program. The 676 will even pay the fees for Cadets registered and active in the program after they have completed the program. I highly recommend this program to all cadets. Links to the Duke of Edinburgh's website can be found on the home page of our website.

Captain Michael Cameron
Commanding Officer
676 Lorne Scots RCACC

THE NEW AND IMPROVED 676 KIT SHOP

The 676 Kit shop has an array of new and improved 676 gear for sale. We have added track pants, a jacket, fleece and even bow ties. All clothing except the t-shirts now feature a colour embroidered Lorne Scots crest. Orders are accepted any time but will now only be placed with the supplier 3 per times year (October 15, November 28, and March 1). Some items are always in stock and can be picked up on any Wednesday night. Check the website for a complete description of all the gear with photos.



EXPANDED PHOTOS ON THE WEBSITE

Some of you may have noticed that we have changed the photo section of the website and have added hundreds of downloadable photos. It is our goal to use this new link as a photo archive and post as much of our photographic history as we can. There is a small charge to download photos if you want to keep or print them. The money that is generated from downloading the photos will help offset the cost of our Smug Mug account where they are hosted. When completed by the end of March, there will be thousands of photos on line dating back to 2007. Find your pictures and save them today!

Check out
www.georgetownarmycadets.ca
 It is your best source for information.

