



# Vernon Air Cadets 223 Red Lion Squadron

## MONTHLY UPDATE

This Update Letter will provide **insights what has happened in the Squadron** in the previous months 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. We are consolidating insights from last two month due to Holiday Season.

*Thanks to all the amazing Squadron Staff, Cadets, Sponsoring Committee and Parents, this first half of the training year has been a tremendous success with a lot of activities and experiences for the Cadets.*

### Recent Wins

#### Remembrance Day

As a critical part of the cadet movement, cadets from 223 Red Lion Royal Canadian Air Cadets Vernon supported veterans and paid their respects on Remembrance Day. On the weekends approaching the 11th, 223 Red Lion Squadron had all cadets on deck poppy tagging, raising money towards the Vernon Legion Branch #25, the Armstrong Legion Branch #35, and the Oyama Legion Branch #189. As Remembrance Day came, the majority of 223 went to the Kal Tire Place Stadium



Ceremony to commemorate the fallen. In addition, ten other cadets went to three cenotaphs around the Okanagan—one in Coldstream, one in Armstrong, and one in Oyama—to present an Honour Guard to protect and pay tribute to the fallen at their respective ceremonies. Since the Covid-19 Pandemic, this is the first year 223 have been back in public showing their support during Remembrance Day, and this surely will not be the last: looking forward to their support in the future.

*(Article contributed by WO1 Jaeden Rossner)*





## KF Centre of Excellence

On November 26th, 223 Red Lion Royal Canadian Air Cadets Vernon was fortunate to have a private tour of Kelowna Flightcraft Aerospace and the newly built Centre of Excellence. With an ecstatic group of twenty-seven cadets, Captain Victoria Schrauwen, an employee of KF Aerospace, toured 223 around some of the many hangars the facility boasts. As each hanger held diverse purposes, cadets could see all the alluring jobs for building, fixing, maintaining, testing, and preparing aircraft for the most taxing environments: who would have known that the little city of Kelowna exhibits such a powerful facility? After exploring KF Aerospace, the cadets moved to the Centre of Excellence, where a tour guide greeted them and showed them the beautiful establishment. With more than meets the eye, cadets were pleasantly surprised by all the meaningful little details. It all made for a surreal experience that cadets will never forget!  
*(Article contributed by WO1 Jaeden Rossner)*



I have been an air cadet for three years. Now at the age of fifteen and it has been one of the highlights of my life. Recently we were given the opportunity to take a tour of the Kelowna Flightcraft center and museum. We got to see many varieties of airplanes in the process of being repaired and how they

went about fixing them. They showed us how they inspect aircraft and what the regulations were and we got to look at 14 different types of airplanes ranging from passenger planes to retired fighter planes. We also got to see a rare airplane called the mosquito and it is one of four that are still airworthy in all of north America. The things we get to do in air cadets is amazing and you would never get the opportunity without the program.

*(Article contributed by Fclp Hudson Bittle)*





## Christmas Mess Dinner

As an air cadet you are provided with lots of fun opportunities to grow and learn in ways you would never be able to otherwise and the air cadet Christmas Mess dinner is just one example. All of the air cadets and officers joined together for one big amazing meal at the local legion. We were taught proper etiquette and had some fun activities to observe during



the meal as well. It was a great time with amazing food and awesome people. There's no relationship quite like cadets have knowing that you are part of something special and that you get to do and see things that most people don't even know about. Air cadets is always fun and this Christmas dinner was the highlight of my week. *(Article contributed by Fclp Hudson Bittle)*

## Christmas Parade Night



Three years have passed since the last time 223 Red Lion Squadron celebrated Christmas altogether: in person. Rather than celebrating in front of monitors online, the squadron met on December 15th for some festive activities. Led by WO1 Jaeden Rossner, 223's Squadron Commander, each of the three flights competed against one another in the first-ever 223 Christmas Flight Competition. With three different challenges, every cadet in each flight had to shine their brightest



to take the win. First, each flight ran their best in a candy cane relay—with Charlie Flight taking the win, followed by Bravo and Alpha Flight, respectively. In the next challenge, each flight chose a Christmas song and





performed their hearts out for a group of judges in a game of 223's *Got Talent*. Although everyone performed impeccably—including some outstanding vocal work—Bravo Flight took first, followed by Charlie in second and Alpha in third. As the last challenge came, the cadets of each flight *Trimmed Up the Tree* by decorating each of their Flight Commanders to look like a Christmas Tree. With some fabulous work all around, it was difficult for a winner to be determined. After careful consideration,

Alpha Flight won this competition, with Charlie then Bravo Flight trailing behind. With all points considered, the Acting Flight Commander of Charlie Flight, Flight Corporal Stephen Aulin, led his cadets in Charlie Flight to victory, winning this year's Christmas Flight Competition—Bravo Zulu, Charlie Flight and happy holidays from 223!

*(Article contributed by WO1 Jaeden Rossner)*

## Air Cadet ranking & Mandatory Fitness Test

Fitness test at Squadron 223 took place on Thursday, December 14. Fitness test successful completion is a requirement for most of the Cadets to be able to rank up. [Here](#) is a great outline what are the requirements for Air Cadet ranking. The Cadet Fitness Assessment is conducted at the beginning and end of the squadron training year to track personal fitness level.

The Cadet Fitness Assessment is designed to assess the following three areas of fitness: cardiovascular endurance; muscular strength; and. muscular flexibility.

Cardiovascular component to include the 20-m Shuttle Run Test, which is scored by the number of laps completed.

Muscular strength component, to include:

- curl-up, which is scored by counting the number of curl-ups completed
- push-up, which is scored by counting the number of push-ups completed
- muscular flexibility component, to include:
  - shoulder stretch
  - back-saver sit and reach

## Optional Training Opportunities

### Marksmanship Program

The 223 Red Lion Air Cadets **Marksmanship program gives youth a chance to work with air rifles**. Cadets will learn about the safety precautions when handling a rifle as well as effective shooting techniques. They are given the opportunity to practice their shooting skills and compete against other squadrons. This marksmanship program teaches the cadets about patience and skill while shooting. I encourage all cadets and other youth to try the marksmanship program.

*(Article contributed by Senior Cadet Correspondent SGT Emmelia Brown)*



## Biathlon



**Biathlon is a sport that involves cross country skiing and shooting.** There is a 1.5 loop that is skied and followed by a round of shooting of 5 targets. The type of races determines the loops skied, rounds of shooting and how shooting misses are dealt with. If a shot is missed cadets will ski a penalty loop or receive a time penalty for each miss - depending on the type of race.

This is the squadron's third biathlon season. We are fortunate to have a world class facility to train at!

**We had 12 cadets from 223 to come out and train.** The next few weeks the cadets will be learning to ski and will be shooting at a world class range in the weeks to come.

What cadets are working towards:

The first competition is the Zone competition January 21 at Sovereign Lake. Cadets will be paired with a teammate for the competition and scored together. Successful pair will move on to Provincials that are being held in Mount Washington February 10th.

### Ways to support your cadet in biathlon:

- Ensure they each a substantial breakfast before practice and that they have a good lunch, snacks and water for at the hill
- Get them to bring a change of clothes for lunch - it is easy to get chilled at break
- Get them to dress warm



## Parent Involvement

### Understand the Air Cadet program

Attached in a pdf is a curriculum outline what is being delivered to the Cadets on Thursday Parade Nights, as well as [here](#) you can find Air Cadet ranking requirements. Please review and come with your questions to the next Sponsoring Committee and Parent meeting on **January 12**.

### 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-January**, 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, December 22**

Click on the link for the Online article -

<https://www.vernonmorningstar.com/community/vernon-squadron-celebrates-80-years/>

*Please share it broad and proudly!*

## Upcoming Events

### Thursday Sponsoring Committee and Parent meeting – January 12

**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.

### Cadet Volleyball Championship

Cadets will have volleyball practices in January on Thursday Parade nights and will selected team participate in the overall BC Cadet championship in Penticton in early February. Cadets will have an opportunity to engage and meet other Air, Army and Sea Cadets across BC! More information to follow.

### Monthly Parent / Cadet Updates

To get more insights what is happening in the Squadron, review these update Newsletters. You can review previous month's updates [here](#).