

Maple Leaf Exchange- WO Lennard

This summer I was selected for the Maple Leaf Exchange program in England. MLE is an exchange that sends 20 high level senior cadets from all around Canada to England to complete advanced training and bring back new ideas to the Canadian program. We completed 3 phases. The first was a few days of tourism in London, where we saw sights such as Big Ben, Buckingham Palace, Westminster Abbey, and various locations relevant to us as Canadians. After those few days in London getting to know one another we were ready to begin our "fieldcraft" phase of our training. Fieldcraft is experiencing what it's like to be a British infantry soldier through a long combat exercise. This means we will be out in the field for extended periods of time, wearing, utilizing, and transporting the standard military equipment, and most importantly engaging in combat. During this time we started with some fieldcraft knowledge such as camouflage and concealment, movement on the battlefield, patrolling, cooking and use of the rations, and packing for combat. Then we were trained on the use of the SA80 rifle (the standard issue armed forces weapon). This started in the classroom, where we learned how to safely handle, care for, fire, and clean the rifle. After basic handling tests we moved onto the range for firing tests and to practice accuracy and use. Once completed we were ready for our combat exercise. The combat exercise was personally the highlight of my trip, it was an extend period of time out in the bush where we constantly had to be on our toes, we used blanks in our rifles and had to constantly have the rifle within arms reach, meaning we slept with rifles in our sleeping bags, ate with them on our backs, and carried them everywhere we went.

The constant readiness was reflected in our way of life, we set up camouflaged camps in defensive positions, and created concealed shelters to remain unseen. We engaged the enemy in various scenarios, sometimes our attacks were detailed plans, with multiple platoons attacking various objectives simultaneously, ambushes, patrols, section level attacks, close quarters raids, and sometimes out of nowhere my section or platoon would come under fire and we would have to respond. This experience seriously tested my leadership abilities, it's easy to lead others here when the pressure is low and mistakes are just learning experiences, but when mistakes would have serious repercussions on members of every platoon on your side and could result in the enemy taking your squad out it had to be done good, fast, and remained calm while under fire. The constant reliance on each-other within my platoon also led to extremely tight relationships between us all, it's so impressive how fast an experience like that pushes people together to a point where we do anything in our power to help one another out. The final phase of our training was our adventurous training phase, similar to Canada's expeditions. This happened in the world famous Lake district national park and included activities such as alpine hiking, rock climbing, mountain climbing, and canoeing. This phase was very physically challenging but the sense of accomplishment of completing a hard climb or mountain ascent was worth the challenging journey up. If I had to describe this phase in any way it would be that it was extremely fun, especially since I'm an expedition kid, spending time in such a beautiful place and doing unique activities was a blast. Going into this course I expected to learn all about the British cadet program, but when everything was said and done, I ended up learning just as much about the Canadian program. Out of the 20 cadets selected, there were 19 RSMs (me being the exception) so going into it I was the underdog, but I wasn't going to let it affect me at all and I would prove that the rangers are the best around. I quickly realized that I could learn so much in an environment like that and made it my mission to learn as much as possible from these 19 extremely experienced cadets as possible. I can confidently say that I've learnt so much from these great individuals and even taught them some myself. I've now learnt about all different methods, styles, and all about leadership, and have reapplied them to fit into my personal leadership style heavily improving on what I already developed in my 5 years of cadets. On the first day of the course after seeing the higher level and age of cadets around me I promised myself to prove I'm not only on par with them but can even exceed them just as rangers do. And I've done exactly that. At the end of the course I was Chosen as top cadet of the course, and also was given the Army Cadet League of Canada presidents coin for "National Excellence". Rangers set the standard, Hoorah.



Basic Parachutist- MWO Pelowich

My long-term goal over the past six years was to complete the Basic Parachutist course and acquire my wings. My mindset going into the course was to never give up no matter what happened. Waking up at 4:45 for morning PT was one of the best parts. The entire course would embrace the suck together, which was very motivating. Training and preparation before the course made it less of a struggle, which let me enjoy those difficult moments. The flight room had all of us hanging from the ceiling in our tight harnesses. While performing slips, you really start to question why you are there. You have these moments where you are thinking to yourself "Just let me hold this for one more second" and you push through to J-stage.

Facing adversity as a group really brought us all together. J-stage is where you have the most fun. The first jump is the most pleasant with no equipment. Waiting in the aircraft with full equipment is the worst part. You are sitting there waiting for the green light to jump out. You finally get out of the hot and cramped skyvan and you feel the relief. The best part about jumping is conducting your first point of flight procedure and seeing that you have the full support of your canopy. My favourite jump was the night jump. The ramp opens and it is total darkness apart from a few houses with lights on. Eventually, you see your fellow jumpers in front of you jump, prompting you to jump in response as well. The feeling of your final landing is amazing. You know that you have just completed your five jumps and are a qualified parachutist.

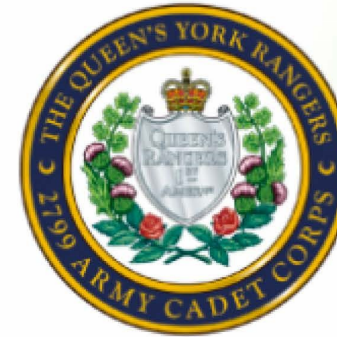


Created and executed by the Correspondent Team. Thank you to all of the cadets who sent in their summer training experience as well!

QUEENS YORK RANGERS 2799 ARMY CADET CORPS

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NEWSLETTER SEPTEMBER 2023



Rangers,

I would like to welcome everyone back from summer training and your break. It is sad that the summer is over but exciting that a new cadet year is starting. This is an opportunity for those who choose to rise to the top. The only person holding you back is yourself. I challenge you to crush your personal weaknesses. Become the best person you can be, there by becoming the best Ranger. Also welcome to the 3 new jumpers.

Signed,
Captain Charlebois

Hello everyone,

I hope you all had a great summer full of fun memories and great learning opportunities. We are starting a new training year in which some of you would face some challenges which you will hopefully improvise, adapt, and overcome them. With that you should also strive to be the best version of yourself this year.

Rangers lead the way
CWO Zaidfeld



SUMMER TRAINING RECAP

Cap 2- MCpl Zaidfeld

CAP 2 is an amazing experience for 2nd year cadets. I had a great time learning from this camp. It gave us, cadets, a chance to be around others from different elements or from the same ones, but not from our home corps. I learned so much about the cool things that the other elements learn; for example how to coil and cast a rope and different air signals to land a plane safely.

The one thing that made CAP the experience that it was, was the overnight portion. I enjoyed this part, because no matter how hard it got, eating MRE's or being out in the bush (forest), having peers there made it much better and easier. During camp, I was inspired to do things that I didn't think I could do. I worked on my drill, my orienteering skills, and so much more. It was a terrific experience doing this with my peers.

I also enjoyed learning about the animals you could find in the area, or even leaving camp craft's incase of boredom. These skills I learned and experiences I had made CAP the great time that it was.



Drill and Ceremonial Instructor- MCpl Cheng

I'm MCpl Cheng and this summer I attended the Drill and Ceremonial Instructor course at Blackdown CTC. During the three weeks, I experienced living in a bunk with 8 other cadets, and I learned that effective communication between peers and good leadership skills are really important. We had to clean our bunks everyday for at least two inspections, this allowed me and my tent mates to work together and I learned that teamwork is a very crucial part of our lives. I also learned to be organized and manage my time wisely because we had very specific timings to meet. The staff pushed us to be the best of ourselves, and it was a great way to learn to be self disciplined. Other than that, I also got to shoot rifle volleys, do pace stick drill, flag drill, and a lot of other cool stuff. I had the chance to command a platoon, a flag party, etc. This course was tough and exhausting, but at the same time I had a lot of fun and made lots of friends from different parts of Canada. This was one of the best experiences I've ever had. After training at the CTC, my drill improved along with my drill voice. In conclusion, this was an amazing experience for me!



Fullbore Marksmanship Phase 1- Sgt Kasper

This summer I qualified and participated for the Fullbore Marksmanship Phase 1 at Connaught CTC. Throughout the 4 week Course, I got the opportunity to fire the C-r Rifle at distances ranging from 100 - 600 yards. Although already an experienced marksman in air rifle, the fullbore program helped me to develop new skills such as the ability to read wind flags, adjust my sights, and to manage the mental side of this sport.

Fullbore Phase One came to an end with the National Cadet Fullbore Championships where I placed 2nd and 3rd in two of the matches. Overall, I ranked in the top 10 and I have qualified to attend the Fullbore Phase 2 program next summer where I will further compete to earn a place on the National Rifle Team for 2025.



Expedition Team Member- Sgt Fidler



This summer I was selected to attend the Expedition Team Member course at the Argonaut Cadet Training Center in New Brunswick. The first five days of the course were spent in Argonaut developing the mountain bike and canoe skills we would use during our expedition. As well, we learned skills such as navigation and how to select and pack expedition equipment. On day six, we started our five-day expedition at Swan Lake in CFB Galetown. We spent the first day practicing maneuvering canoes and rescuing tipped canoes on water. On day two, we rode our mountain bikes on the trails around Swan Lake. On the third day, we faced extreme heat, which caused most of our training to be cancelled. The next day, we set out on a hike to another bivouac site. Early on, the risk of a thunderstorm became apparent, which forced a detour back to Argonaut, where we would finish our training. After battling extreme heat and weather almost every day, we completed our five-day expedition and graduated from the Expedition Team Member course. ETM gave me the opportunity to meet cadets from all over Canada and to learn many soft and hard skills that I will use during 2799 training.

Expedition Team Leader- Sgt Nguyen

Doing the Expedition Team Leader course at Blackdown CTC was definitely a great experience for me. In this course, cadets are required to hike, bike, and canoe. The picture shown is a photo of my team and I after our mountain biking cycle. Mountain biking is certainly a challenging part of expedition, however that's what makes the course fun. My group and I also went to provincial parks to hike and canoe. During those cycles, I learned how to use bear hangs, trekking poles, and various paddling techniques. I also improved on my communication and leadership skills, and now I feel more confident. It was fun talking and getting to know other cadets because many of them came from the United Kingdom, British Columbia, Alberta, and many other places outside of Ontario just to do this course with me! Doing this course definitely made me become a better version of myself!



Mountain Bike Instructor- WO Sheikholeslami

Attending the Mountain Bike Instructor course at HMCS Quadra in Comox, British Columbia was one of the best experiences I've had in my life. This course was unforgettable and taught me so much more than expected. Hence, we had three actual mountain biking days, since the course began with teaching skills on bike maintenance: such as learning how to repair a flat tire, correct to fix gears and the chain, repair and correct brakes, the proper safety precautions to take before and after a ride, and especially learning on how to be a Mountain Bike Instructor to teach new cadets the next summer! These teaching days were especially critical, so I could learn how to successfully bike the great mountains in British Columbia. The first bike route we had was in Campbell River, and it was my first time using the correct techniques taught and riding a mountain bike on a mountain. This route gave me the craziest and most insane adrenaline rush I have ever lived through. Being inexperienced, I fell a drastic amount of times, hitting many, many trees, and even having my bike fly over my body as I accidentally biked off the downhill route multiple times. But the endorphins released in my mind made every single fall I had completely painless. I would immediately get up, and start biking again, craving that initial adrenaline feeling that came from biking up and down the mountains in British Columbia. The next two biking days were both in Cumberland, which had the most breathtaking mountain views. Though this course is named "Mountain Bike Instructor", I did so much more than just "mountain bike". This course had us jump off the jetty, known as "Jetty Jumping" into the great Pacific Ocean, canoeing, having a cadet dance, exploring the festivals in Comox, and even getting to experience recreational sailing, which was my personal favorite! Quadra had two other courses going on simultaneously with the Mountain Bike Course, Seamanship, and Sail, which were both Sea Cadet Courses. This allowed me to meet so many new people with different experiences than me. I was able to make so many new friends from each course, as everyone was so kind and welcoming, and I was so eager to learn about the cadets there. My favorite part of the entire trip though, were the most incredible views I would wake up to every single day. My barrack was just across the Pacific Ocean, with a view of the mountains in the background. We ate every single meal with a window that showcased the mountain view, and every night, I witnessed the most beautiful sunset I could ever lay my eyes on. I never, ever, got tired of the views I saw, the most amazing people I met, or the high-paced bike routes. I will remember MBI for the rest of my life, and I would do anything to experience it for the first time again.



Staffing Mountain Bike Instructor- CWO Zaidfeld

My dream over the past six years was to travel to the western part of Canada and enjoy the great outdoors. Two years ago an extension of the army cadet expedition program called Mountain Bike Instructor was released. This new course was held in British Columbia, as a bike mechanic, avid mountain biker, and always have wanted to go to western Canada it was the perfect opportunity I absolutely had to get on this course as a staff cadet. Fast forward to getting to HMCS Quadra I was stoked as I was going to spend the next 7 weeks of my summer surrounded by the most beautiful landscapes I have ever seen. Both the staff and course cadets in MBI were a blast to work with. I got to work with cadets from all over Canada and over a quarter of the course cadets were francophone. Being able to learn about the different cultures and ways of life around Canada was truly eye opening. I was happy to share my knowledge about bike maintenance in the classroom and bike skills on the trails with the cadets as it was awesome to witness these cadets slowly but surely fix their bikes and shred down the trails. The hardest challenge that I faced while staffing MBI was getting my cadets to the top of Cumberland Forest. The trials there made any here in Ontario look like a joke. Although there was no financial payment to get in the forest you did have to pay physically with hard work and determination to get to the top. This task had many of my cadets struggling and I took it upon myself to get all of them to the top of the 5km crueling climb trail no matter what. This meant pushing myself past my own struggle to the top to be able to push and encourage my cadets to the top. Seeing my cadet's smiles as they gazed upon the view from the top made it 100% worth the pain and struggle. Now sitting at home I am able to reflect and say that I've just had the best summer of my life where I have made unforgettable memories and found life long friends from all over the country.



To experience and join The Queens York Rangers, go to Rangers2799.com to start your own cadets journey. The adventure of a lifetime begins with a step in the right direction!