Celebrating Cadets 75th
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Marking Our 75th In Style ...

So we did it – we marked the 75th Anniversary of the RAF Air Cadets and we did it in grand style.

Every cadet and volunteer can be justifiably proud of their magnificent achievements which raised our profile to the roof tops and beyond. Communities across the UK and abroad followed our custom-made glittering torch as it travelled across water, land and through the air ensuring it touched every ATC Wing in a memorable and historic journey. The media covered our story at the highest levels – often with national and global publicity and we showed the world what we were made of – the crème de la crème by any other name.

From Our Royal launch in February with HRH The Duchess of Cambridge to the sports challenge at squadrons, the flight for cadets with the Red Arrows, the parade at the Royal International Air Show, the delicious bespoke anniversary cakes, the English Channel swim and the anniversary tree planting we showed our determination which makes us one of the best uniformed youth organisation in the world. The finale - or the icing on the cake - well always be the flagship parade and musical extravaganza which showcased what we are: With 350 smart cadets on the prestigious parade square at College Hall Officers’ Mess at RAF Cranwell delivering precision drill whilst the Chef of the Air Staff Air Chief Marshal Sir Stephen Hillier took the salute and the Battle of Britain Memorial Flight and the Red Arrows flying over it was utterly memorable.

When we put together our embryonic plans for the 75th we wanted to do things that would offer choice. In so doing we were constrained by resource challenges but we knew that if we constructed a 10-month programme involving lots of different things then we stood a chance of capturing imaginations. Well, pretty much everything ATC75 is now in the rear view mirror and what a journey it has been.

Whether you were an event organiser (a volunteer or permanent staff) and sweated blood and tears to make it happen or a participant I’d like to say thank you, the memories will be with us forever. Personally, I’m brimming from ear and ear and punching the air with pride. You were awesome!

Ex-cadet wins Queen’s Medal
Flying Officer Alex Hughes was recently presented with the Queen’s Medal by His Royal Highness the Earl of Wessex at the Sovereign’s Parade at RAFC Cranwell.

Alex is currently a Logistics Officer at RAF Brize Norton and a Service Instructor but before joining the RAF he was a cadet and Civilian Instructor on 1927 (Petersfield) Squadron.

Alex said: “The ATC was a major factor in me applying and being successful with my application to join the RAF. If it had not been for my experiences in obtaining my Gold DofE, visiting Australia with the AICE and being a Lord Lieutenant’s cadet, my aspirations would not have been achieved. I thank all the staff for their support.”

On The Road
Air Cadets from 361 (Gateshead) Squadron are all set to take off thanks to a grant of £5,400 from the RAF Charitable Trust.

The money has been used to purchase a second-hand minibus which will enable the cadets to attend events and take part in a range of DofE Award activities. In order to buy the minibus, the squadron matched the charity’s funding by staging a series of fundraising activities.

Welcome! Wales & West has a NEW Regional Commandant.

He is Group Captain Roger Simon and he’s a former cadet with 2507 (Bicester) Squadron. Group Captain Simon was born in Livingstone, Zambia but has lived the majority of his life in the United Kingdom.

He joined the Royal Air Force in February 1988 and completed Initial Officer Training at the Royal Air Force College Cranwell. Having sustained an injury whilst attending the Junior Regiment Officers’ Course he re-branched, becoming an Administrative (Secretaria) Officer and completed his professional training at RAF Credenhill, Hereford in 1990.

His subsequent first tour was at RAF Coltishall as the Officer Commanding Accounts Flight. From Coltishall he undertook a five-month detachment to the Falkland Islands, prior to his posting to RAF Halton where he was employed as a flight commander, overseeing the training of engineering tradesmen and apprentices.

During this tour he was deployed for five months in support of Operation DENY FLIGHT: A spell on the support staff of the RAF Staff College, Bracknell followed in 1995. In 1997 he was posted to RAF Odiham as the OC Personnel Services Flight. Leaving Odiham in 1999 he took a post on the staff of the Air Officer Administration, Headquarters Strike Command at RAF High Wycombe.

Promoted to Squadron Leader in January 2001, he continued to serve at High Wycombe before deployment to Saudi Arabia under Operation RESINATE SOUTH in 2002, this deployment was elongated by Operations TELIC and VERTAS. He returned in 2003 to take up the post of OC Personnel Management Squadron at RAF Lyneham.

In 2005 he was posted to the Permanent Joint Headquarters at Northwood where he served in the Middle East Operations Team, responsible for the Joint Administration aspects of Operation TELIC and other contingent operations. A short tour followed as the Career Manager for Administrative Branch Squadron Leaders before his promotion and selection for the Advanced Command and Staff Course.

A graduate of Number 11 Advanced Command and Staff Course, Group Captain Simon served as the OCC Support Wing at RAF Wittering from mid-2008 until April 2010 before joining the team overseeing the drawdown of the Harrier aircraft and the closure of RAF Cottesmore.

Staff tours followed, most notably as the Chief of Staff within the Manning Directorate at Headquarters Air Command, before he took up post as the office responsible for Exercises and Simulation in the Joint Services Command and Staff College. He left this last job to become the Air Cadet Regional Commandant for Wales and the West.

www.raf.mod.uk/aircadets
Carol Vorderman helps celebrate Air Cadet 75th

Celebrity aviator Carol Vorderman joined thousands of cadets from across the UK at RAF Cranwell, Lincolnshire on August 13th to mark the 75th Anniversary of the RAF Air Cadets ...
As a former Air Cadet, I am thrilled to be here today to help mark a very special moment in the history of the RAF Air Cadets.”

“Duchess of Cambridge launched the 75th year at a reception in London in February. Ambassador Honorary Group Captain Carol Vorderman said: “As Ambassador of the RAF Air Cadets I am delighted to be here at RAF Cranwell to see the flagship parade which marks the 75th Anniversary of the organisation.”

“The cadets are wonderful citizens – they exemplify the best of British and I wish each and every one of them good luck for the future. The cadets are aged 12-19 and their determination, tenacity, teamwork, integrity and leadership skills often make them highly sought after employees in whatever walk of life they choose. It’s my pleasure to be their Ambassador.”

Many RAF Air Cadet activities are only possible with the support of the RAF Charitable Trust, which has generously donated £2 million to the Air Cadets in the past two years to help provide adventurous training and flying opportunities for young people.

**Special**

Chief of the Air Staff, Air Chief Marshal Sir Stephen Hillier said: “As a former Air Cadet, I am thrilled to be here today to help mark a very special moment in the history of the RAF Air Cadets.

“The commitment and achievement of our Air Cadets over the last 75 years has been tremendous and today we showcase their talent to the world. The cadets are smart, dedicated and disciplined, representing the next generation of good citizens. I wish each and every one of them good luck for the future whatever they choose to do.

“As Chief of the Air Staff, it makes me extremely proud to see them in blue uniform - they are outstanding ambassadors for the RAF and for the nation and I commend most highly their tremendous contribution to communities all over the UK.”

Commandant Air Cadets, Air Commodore Dawn McCafferty said: “This is the largest event we have organised to mark our 75th Anniversary – with over 350 cadets and staff on parade, almost 200 cadet musicians performing in the concert and 3,000 cadets, volunteers and their families supporting the event.

“This is an historic milestone for our organisation and a really special day for each and every one of those able to join us. The cadets have been practising their drill and music for weeks and have spent days making sure that their uniform is immaculate and their shoes are shined to perfection.

“Staff and adult volunteers have worked incredibly hard over the last two years to make this event happen and it’s wonderful to see all the plans coming to fruition on such an amazing scale. Joining the Air Cadets offers young people from all walks of life fantastic opportunities – the chance to gain qualifications, undertake adventure training, flying, sport, cyber activities, First Aid, expeditions and camps, all of which instil a sense of discipline and teamwork which will be so useful in later life. Some of our former cadets include 007 actor Timothy Dalton, former NASA astronaut Dr Mike Foale, Harry Potter star Matthew.”

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Lewis as well as scores of top business men and women, members of the Red Arrows and not forgetting our own Chief and other members of the RAF’s Senior Leadership Team.

“Of course, we must also remember the young men who joined the Air Training Corps in the 1940s and went on to serve in the RAF – many paid the ultimate sacrifice for their nation and it is only right to pause for a moment and reflect on that in the midst of our celebrations.

“The future of the RAF Air Cadets is extremely bright and I can only encourage others to join as a cadet from the age of 12 and as adult volunteers from age 20 - we rely heavily on the latter to lead and inspire the next generation and we are forever grateful for their selfless support.”

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Simply the Best!

The win for Tower Hamlets Squadron, formed just three years ago, comes hot on the heels of the presentation of the Queen’s Award of Voluntary Service, a first for an Air Training Corps Squadron and the highest state award that can be given to a voluntary group.

Officer Commanding 31 (Tower Hamlets) Squadron, Flight Lieutenant Rex Nicholls, said: “The result is worthy recognition of an extremely dedicated volunteer and cadet NCO team who are tireless in their commitment to the young people of Tower Hamlets.

“The award is somewhat of a surprise given our short history and the level of delivery and achievement seen by the other Regional finalists.”

OC 126 (City of Derby) Squadron (pictured above), Squadron Leader Ian Marshall, said: “I could not be more proud of how the cadets performed at the inspection and throughout the year. We are privileged to have come so far in the competition and to finish second out of around 1,000 units across the UK is a wonderful achievement.”

Battle of Britain Parade

Hundreds of Air Cadets from across Devon and Somerset were joined by Commandant Air Cadets, Air Commodore Dawn McCafferty, at a church service and a parade through Exeter to mark the 76th Anniversary of the Battle of Britain.

Some 250 Air Cadets led by the Wing band paraded through the town with their squadron banners proudly on display. Air Commodore McCafferty made a special visit to the Wing to mark this year’s commemoration.

CAS Commendation

Wing Commander Brian Rogers (Ret’d) from 148 (Barnsley) Squadron has been presented with a commendation for his service to the ATC by Chief of the Air Staff, Air Chief Marshal Sir Stephen Hillier, at a special ceremony at RAF Northolt.

The award recognises Brian’s amazing 64 years of uniformed service, starting as a cadet in 1949 and culminating as South Yorkshire Wing’s Wing Commander. On retiring, Brian returned to 148 Sqn as a Civilian Instructor, where he is still treasured by the staff and cadets to this day.

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Take to the Sky

Six exceptional young people will get the chance to fly thanks to the Royal Air Forces’ Association Flying Scholarships programme.

The Flying Scholarship programme runs annually as a thank you to members of the Air Cadet Organisation for their continuous support to the Association. The winning candidate is rewarded with a course of 35 hours’ flight training in a light aircraft and the course covers all or part of the tuition needed to obtain a National Private Pilot Licence. Five runners-up receive 12 hours’ training each.

Cadet Warrant Officer Christopher Clarke, from 156 (Kidderminster) Squadron, was one of last year’s runners up and has completed some of his training at South Warwickshire Flying School. He said: “I would like to thank you sincerely for the opportunity to become one of the six RAF Association scholarship winners. The instruction provided was of an exceedingly high standard, which helped me achieve my first solo by the end of the first week! To say that I’ve enjoyed every second would be a huge understatement. I would like to thank everyone so much for helping me with my passion for aviation; I am now firmly on a path of pursuing a career in the RAF, hopefully as a pilot.”

Interested? Scholarship applicants must be at least 16 years of age on 1 June 2017 and under 20 on 1 January 2017. Applicants must also have served at least 12 months with the ACO, GVCAC or Air (Explorer) Scouts on 1 June 2017. All applications must be received by 9 January 2017. Full terms and conditions and application forms can be downloaded from www.rafa.org.uk/flying-scholarships

Soapbox Derby

Cadets from Dorset & Wiltshire Wing gathered at Old Sarum Airfield for the inaugural Wing soapbox derby. Teams from 1010 (City of Salisbury) Squadron, 992 (Malmesbury) and 2385 (Melksham) Squadrons battled it out for prizes in several categories with the cart designs ranging from a Eurofighter Typhoon to a cunningly modified office chair. Whilst 1010 Squadron won the Judge’s Choice prize with their Brimstone missile design, the cart from 992 Squadron – a Spitfire fashioned from a kayak - won prizes for the time trial, distance travelled as well as the Cadet’s Choice for best design. Flight Lieutenant Suzanne Williamson, Commanding Officer of 1010 Squadron, said: “It has been a great day of fun and sportsmanship and the ingenuity of all the teams and their designs has been fantastic!”

On Parade

Hundreds of cadets and staff from Dorset & Wiltshire Wing gathered for a special parade to celebrate the 75th Anniversary of the Air Cadets. The parade was held at Bowood House, Calne, by kind permission of Lord Lansdowne and the Inspecting Officer was Commandant Air Cadets, Air Commodore Dawn McCafferty. Guests included Colonel James Arkell, Deputy Lord Lieutenant for Wiltshire; Group Captain Tom Lyons, Station Commander of MOD Boscombe Down; Wing Commander Phil Arnold, Station Commander Defence Academy of the United Kingdom and James Gray, MP for North Wiltshire.

“I am delighted that we had this opportunity to celebrate our 75th in such a splendid location” said Wg Cdr Vanessa Toth, Officer Commanding Dorset & Wilts Wing.
As Britain’s new supersonic F-35B Lightning stealth jet made its UK debut with a thrilling flying display, on the ground the focus was firmly placed on the Air Cadet Organisation who made sure their 75th Anniversary Year was one to remember.

The Duke and Duchess of Cambridge and Prince George made a special visit to the Air Tattoo to mark the 75th Anniversary of the RAF Air Cadets. The Duchess, who is Patron of the Air Cadet Organisation, was present as the air show staged its official celebrations for the Air Cadets’ 75th Anniversary where they met just some of the 1,500-plus Air Cadets taking part in the event.

On arrival, the Duke and Duchess were presented to former Chief of the Air Staff, Air Chief Marshal Sir Andrew Pulford, Air Marshal Sir Kevin Leeson, Chairman Royal Air Force Charitable Trust, General David Goldfein, Commander USAF and Dame Janet Trotter, Lord Lieutenant of Gloucestershire, Commandant Air Cadets, Air Commodore Dawn McCafferty, and Air Cadet Ambassador, Honorary Group Captain Carol Vorderman before meeting 12 lucky cadets. Cadet Warrant Officer Matt Soar, 19, of Bicester, was among the cadets who met the Duke and Duchess.

He said: “I’ve been lucky enough to meet seven members of the Royal Family already – including the Queen as I’m the Lord Lieutenant’s Cadet for Oxfordshire. It was fantastic and we spoke about all elements of the Air Training Corps. The Duke of Cambridge was really interested in learning more about my flying scholarship and we spoke about my aspirations to join the Royal Air Force later this year.

“[But meeting Prince George was] amazing – he seemed really interested in the aircraft. I never thought I’d get to meet anyone from the Royal family. The Duchess asked me why I joined the cadets and I explained that I went to airshows all the time when I was little and as soon as I was old enough I joined.

“Anyone who is considering becoming a cadet should do it; it really is the best experience. That was an unreal and surreal experience. I don’t think it has really hit me yet.”

Andy Armstrong, Chief Executive of RAF Charitable Trust Enterprises, which runs the air show, said: “There’s no doubt that the Royal couple’s attendance created an exciting atmosphere, particularly amongst our huge team of hard-working Air Cadets. Those who were lucky enough to meet the Duke and Duchess were thrilled.

“Theyir visit came as a very fitting acknowledgement of not only the hard
The centre point of the Air Cadet engagement at RIAT was the march-past of 750 cadets and staff from across the United Kingdom. The parade, led by the Air Cadet Organisation Band, was amazing with the salute taken by Air Chief Marshal Sir Andrew Pulford, former Chief of the Air Staff, alongside Dame Janet Trotter, the High Sheriff of Gloucestershire, and Honorary Group Captain Carol Vorderman, Ambassador of the Air Cadets. Air Marshal Sir Kevin Leeson, chairman of the Royal Air Force Charitable Trust, said that “the 2016 theme was the Next Generation: Inspiring Innovation and the cadets that have helped make this year our best ever are testament to that. They embody the spirit of RIAT and embrace the fusion of cultures, people and sheer excitement around an event like this and as a result gain high praise from all those who interact with them. “

The Charitable Trust is grateful for the support they give us year on year and, in turn, we are delighted to help fuel their love for aviation by giving them the opportunity to get close to the next generation of aircraft.”

Ambassador, Honorary Group Captain Carol Vorderman spent two days with the Air Cadet Detachment at RIAT, chatting to cadets and staff about STEM and her upcoming flight around the world. She was able to view the final touches being put to the cadet campsite that resembled a small village with various centres including medical and radio communications as well as the many tents which accommodate the 1,000 cadets supporting the air show.

She said: “The sheer scale of this site is spellbinding. The fact that there is so much more than a campsite is fantastic and what a location – you get some of the best views of the aircraft from here! It is always great to hear the cadets really engaging with aviation-based subjects and getting up close and personal with some amazing aircraft.”

As well as impressing on the ground, the cadets also took to the skies. Nine lucky cadets flew into RAF Fairford with the Red Arrows from RAF Scampton – just the second time in history that the Red Arrows had flown cadets. The nine were all chosen for their outstanding achievements within the RAF Air Cadets (see the summer edition of Air Cadet magazine www.raf.mod.uk/aircadets).

On landing after the 150-mile trip, the cadets were buzzing with excitement. Cadet Warrant Officer Kathryn Flower from 215 (City of Swansea) Squadron said: “It was amazing – I didn’t want it to end.” Nineteen-year-old CWO Benjamin McMillan from 2484 (Cambourne) detached flight in Bedfordshire & Cambridgeshire Wing flying with Red 5 added: “It was more than amazing - and very special.”

In all, more than 50 cadets were sent airborne in a variety of aircraft. Some 25 cadets and staff were lucky enough to be
hugely popular Techno Zone. The zone has won critical acclaim for bringing STEM (science, technology, engineering and maths) subjects to life through a range of interactive and engaging activities designed to inspire young people.

Describing his invitation to attend the Air Tattoo as a privilege, Matthew added: “This year, being the Air Cadets’ 75th Anniversary, it has been extra special for me having been an Air Cadet many years ago. Being asked to cut the celebratory cake in front of so many cadets and visitors has been a big deal for me and I have been thrilled to be asked to do it.”

Aside from the very special 75th celebrations, the air show was still very much a working camp with the massive cadet workforce hard at work behind the scenes, carrying out duties at many key locations as well as staffing the three aerospace simulator platforms and the attractions within the RAF “Village”.

Air Commodore McCafferty, said: “I am blown away by the sheer scale of the operation at RIAT 2016. The efforts of the adult volunteers and cadets have really put the ACO stamp on an amazing weekend. The cadets that come to the Tattoo gain a fantastic camp experience and it very much encompasses all elements of the Air Cadet experience. "RIAT offers opportunities for cadets to learn to work together, demonstrate teamwork, develop their leadership and communication skills and get to interact with some of the leading pilots the world over. "The mentality of working hard and playing hard is just one part of a successful mix that sees so many come back year after year."

One of the many highlights for the cadets working at RIAT was the chance to sit down for a question and answer session with the pilot of the Lockheed Martin F-35 Lightning II and the leader of the team responsible for introducing the new aircraft, Air Commodore Harvey Smyth. And the winners of the Red Sparrows competition, which recognises the 12 best cadets under-15 and attending their first RIAT, were treated to a VIP day out at RAF Brize Norton.

Cadet Dante De-Antonio, one of the 12 Red Sparrows, said: “It was an awesome day. My absolute highlight was being able to clamber all over a Hercules C-130J - you’d just never get to do stuff like that on a normal annual camp!”

 Detachment Commander, Wing Commander Darran Williams, said: “The hard work, determination and commitment of all cadets and volunteer staff was second to none. I was taken aback at the ease in which everyone worked together. I am looking forward to an amazing year in 2017 and already have my sights set on supporting the RAF at RIAT when they celebrate their centenary in 2018!”

www.raf.mod.uk/aircadets
There is ‘No Ordinary Job’ in the RAF ...

The Royal Air Force offers more than 50 different job roles and apprenticeships for young people from the age of 16. With everything from chef and catering to technical and engineering opportunities – the options available are diverse no matter how you performed in your GCSEs or A-Levels.

"My family are extremely proud that I decided to join the RAF and my dad loves that I am part of the Red Arrows ...

But the RAF is more than just a career choice – it is a lifestyle, with fantastic opportunities to explore the world, all while being paid a competitive wage to work alongside colleagues who quickly become friends.

You could be travelling the world with a famous aerobatic team before the age of 18 or in charge of 12 Eurofighter Typhoons that help keep Britain safe before you have even reached 30.

Whether you are looking for an apprenticeship to put money in your pocket and further your education or already have your sights on a long-term career as an RAF engineer or fast-jet pilot – the RAF really is no ordinary Job.

Find out what's so great about our job roles by reading the stories of those who live them on a daily basis ...

SAC Ellie Morgan

When Ellie decided to leave school at the age of 17, she began to look at other career options. 18 months later and she is an Aircraft Mechanic working with the world famous RAF Aerobatic Team – the Red Arrows. So how did everything change so quickly? And what's next for a young servicewoman with the world at her feet? Read Ellie's story below ...

"I left education at the age of 17 after finishing my first year of A-Levels and deciding education was just no longer for me. Two years later and I find myself working with the Red Arrows!"

"I decided I wanted to join the RAF before I had even sat my GCSEs. An RAF Liaison Officer visited my school and gave a talk on career options. Now aged 27, Lucky is flying-high in the RAF as an Engineer Officer based at RAF Coningsby in Lincolnshire. So what is it like to be in command of 12 Eurofighter Typhoons before you have even reached the age of 30? Read Lucky’s story below ..."
“At Sixth-Form I was offered to be put forward for selection to receive RAF sponsorship. After fitness, aptitude and leadership assessments, I eventually received a bursary for university with a place on RAF Initial Officer Training (IOT) after my university graduation.”

“My parents supported me as refugees from the 1980s Sri Lankan civil war, they saw this as a chance to give back to a country that had given our family so much. Today I am the Junior Engineering Officer for a squadron of Eurofighter Typhoon aircraft; responsible for their engineering and for the 120 personnel who keep the aircraft flying. The squadron’s role includes holding Quick Reaction Alert (QRA) ensuring the RAF has aircraft armed and ready to take-off at a moment’s notice to defend the skies of our country from hostile aircraft.

“The benefits which come with the RAF really are what you make of them, including opportunities such as playing sport, going on adventurous training expeditions and furthering your education.

“I can see a path of roles that I would love to take as my career progresses – either as the Senior Engineering Officer of a squadron deployed on operations, or by becoming the lead Engineering Officer on a RAF Station.

“As long as my future roles continue to give me the opportunity to command personnel, I can see myself fulfilling a hopefully distinguished career in the Royal Air Force.”

“As long as my future roles continue to give me the opportunity ... I can see myself fulfilling a hopefully distinguished career in the RAF.”
Paddling the Big Salmon River is no easy feat. Challenging canoeing, unpredictable weather and remote terrain make it a real test of physical endurance and psychological stamina. Throw in unexpected log jams, lively rapids and wilderness camping and it’s not hard to see why this was such an epic adventure.

Paddling 17-foot open canoes in pristine waters past snow-capped mountains, the eight cadets and four staff set out from Quiet Lake on their 369km trip to Carmacks near the Arctic Circle.

The average day’s travel consisted of five to seven hours’ paddling, sometimes starting before sunrise to catch sight of the abundant wildlife, in fast-moving waters before camping overnight.

Challenge

With two years of planning, training and fundraising behind them, the team was eager to get started – despite the enormity of the challenge ahead of them.

Cadet Flight Sergeant Richard Baxter from 2530 (Uckfield) Squadron said: “The first night I was almost pinching myself thinking ‘Ok, this is actually happening now!’ after many months of waiting. And the scenery was phenomenal, I remember having a great view over the lake with enormous mountains towering over it and what seemed like millions of trees in between. I could never forget that view!”

The second day proved to be an early test for the team. Expedition Leader, Flight Lieutenant Dave Hill, said: “By the time we reached Big Salmon Lake the wind had picked up to a force 4 with some significant swell which was on the limits for our heavily laden boats.

“The looks of relief on the cadets’ faces when we finally made camp at the entrance to Big Salmon River said what a challenge it had been!”

From then on, the team was on its own for the next eight days.

“The river now was fast, shallow, narrow and had very tight bends with lots of tree hazards at every turn. But the group managed it comfortably and were

Canada’s Yukon ... a vast and sparsely populated wilderness, where most four-legged species outnumber humans. Few places in the world today have been so unchanged over the course of time. Sussex Wing cadets travelled there this summer to experience its grandeur and its beauty during an epic canoe expedition ...
The river now was fast, shallow, narrow and had very tight bends with lots of tree hazards at every turn ...
Air Cadets from Dorset and Wilts Wing ATC travelled to Dartmoor to take part in the Ten Tors challenge.

Supporting Flying Excellence

The RAFCT received a generous donation of £7,000 from Lockheed Martin during the 2016 Royal International Air Tattoo.

The cheque was presented to RAFCT Chairman Air Marshal Sir Kevin Leeson by the aerospace giant’s Chief Executive Officer Marilyn Hewson.

The money will enable the Trust to offer flying hours to the young recipient of its Flying Excellence Trophy thereby helping to further develop their piloting skills.

Awarded annually by the Trust, the trophy is given to an Air Cadet whom the Air Cadet Organisation considers to have shown exceptional flying ability and personal qualities.

Sir Kevin said: “The trophy is a prestigious award but, until now, didn’t come with anything tangible.

The presentation took place in the Techno Zone. Sponsored by Lockheed Martin and supported by the Trust, the critically-acclaimed attraction aims to inspire young people with a range of interactive and engaging activities.

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Walk On

Air Cadets from 308 (Colchester) Squadron recently celebrated the 75th Anniversary of the squadron and the ATC by completing the Nijmegen Marches in Holland.

The squadron was given £1,200 by the RAFCT to purchase not only walking shirts, day packs and important hydration equipment, but also helped subsidise the cost of the trip for the cadets.

With a gruelling schedule that involved a 3.15am wake up call, the cadets walked 40km a day, with the exception of two who were over 18, and walked the longer course of 50km a day.

“Local residents would camp on their front lawns from 4am to offer encouragement to the walkers,” said Flight Lieutenant Jean Robinson, OC 308 (Colchester) Squadron.

“It was a tough challenge which pushed the cadets to their limits,” said RAFCT Ambassador, Tom Willis.

Last year’s RAF Charitable Trust (RAFCT) Flying Excellence Trophy winner Tom Willis was on hand to greet visitors to the charity’s stand in the Techno Zone at the Royal International Air Tattoo.

As an ambassador for RAFCT, he said: “I’ve been showing people around, talking to members of the public and telling them about the Air Cadets, the charity and all the good things that we do. The Trust have done a lot for me in the past six months, it’s just as well I give something back.”

Tom from 759 (Beccles) Squadron, who applied to the Air Cadet Pilot Scheme, completed his first solo last September. He clearly impressed his instructors because the following month he received a call from RAFCT Director Amanda Butcher telling him he had won the Flying Excellence trophy. Awarded annually by the RAFCT, the trophy is given to the Air Cadet who, in the opinion of the Air Cadet Organisation, has shown outstanding flying ability and exceptional personal qualities.

The award proved life-changing for Tom. He said: “When I got my A-level results, I thought I’d blown my chances of joining the RAF but then I won the award. At the ceremony I met people who had failed their A-levels, retained them and then gone in to the RAF.”

Tom received his award from Squadron Leader Duncan Mason, formerly Officer Commanding the Battle of Britain Memorial Flight. “Speaking to him, I learned he had a very similar story to me but went on to be in the Red Arrows and the BBMF, so that was quite inspirational. It spurred me on.”

More good news followed when Tom was told by the Geoffrey de Havilland Memorial Flight. “Speaking to him, I learned he had a very similar story to me but went on to be in the Red Arrows and the BBMF, so that was quite inspirational. It spurred me on.”

Tom decided to write to Amanda Butcher to ask for further sponsorship and the Trust is giving him an additional 17 hours. Amanda said: “It was clear when we first met Tom that he is an exceptional young man. We have been delighted to be able to help him on to the next stage of his flying career and look forward to hearing of his progress – and the result of his application to join the RAF.”

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Ian Whittle, whose father Sir Frank Whittle invented the Jet Engine, presented certificates and gold cyber badges to this year’s cyber course graduates.

Back for its second year, the Air Cadet Cyber Course includes two one-week courses for 20 cadets and four staff volunteers. More than 170 applications from across the Air Training Corps and the Combined Cadet Force (RAF) were received for this year’s courses at No. 1 Radio School at RAF Cosford. The course is open to cadets who have achieved their Silver Communications Badge and can demonstrate an interest in IT. The service instructors of No. 1 Radio School had devised an interesting and challenging programme for the cadets.

A spokesman said: “The course content is the same as that delivered to Phase 2 Cyberspace Communications Specialists students and engineering officers and gives the cadets a taste of real life within the Royal Air Force.”

During the course the cadets were taught law relating to a cyber environment, before participating in class and online exercises. Network infiltration techniques were explained and demonstrated with cadets becoming aware of the dangers of insecure networks and online threats.

Acting as supervisory staff for the course was Squadron Leader Alex May, Contingent Commander for Thomas Hardy School CCF who commented that it was nice to see the CCF(RAF) being involved in such a prestigious RAF Air Cadet course.

Wing Commander Dave Taylor, ACO Cyber & Communications Officer, said: “Next year it is hoped to run courses not only at RAF Cosford but also with industry partners throughout the UK. Application forms and instructions will be posted on to Badger SharePoint in late February with a closing date of early May. I hope to meet some of you on next year’s courses.”

Air Cadets Victorious

Eighty cadets from across Nottinghamshire took part in a competition last weekend to battle it out for The Nottinghamshire Cadet Winners Shield.

Air Cadets from South and East Midlands Wing took on cadets from the Army Cadet Force, Sea Cadet Corps and Combined Cadet Force in a variety of events alongside representatives from East Midlands Ambulance Service.

The Lord-Lieutenant of Nottinghamshire Sir John Peace, who attended the event, said: “I am immensely impressed with what I have seen and the standard of the cadets, they really are a credit to their respective organisations and the county of Nottinghamshire.”

After gathering the scores for each event, this year’s competition winners were the Air Cadets of South and East Midlands Wing for the second year in a row.

New Home

Chesterfield cadets have a new home. A former storage hut at Wallis Barracks in the town has been specially converted for use by 331 (Chesterfield) Squadron after they outgrew their previous accommodation.

Project Manager, Martin Capewell, Head of Estates at East Midlands Reserve Forces and Cadets Association, said: “We have created a new drill hall, interactive classrooms, IT suite, offices and a store room as well as new kitchen and bathroom facilities.”

Squadron boss, Flight Lieutenant Simon Donaldson, said: “We are thrilled with the extra space and the standard of both the building and the equipment provided.”

Out of this World

An experiment devised by cadets from 1140 (Steyning) Squadron has been selected to be launched into space by NASA. The cadets are taking part in the 'Cubes in Space' programme, which offers students the opportunity to devise science experiments that are then taken into space, in a small cube, on a NASA mission.

Youngsters devise experiments and hypotheses which are then tested by examining the outcome of their experiment once their cube is returned to them post-mission. Thousands of projects worldwide are submitted for the innovative programme. This year just 43 projects were chosen and the cadets at Steyning Squadron were thrilled to be one of those chosen.

Cadet Sergeant Oliver Levine and Oliver Hamilton explained: “We chose to do an experiment involving seeds. We think this project’s findings could potentially help NASA design space storage solutions for growing and keeping food whilst in space.”

“Our experiment investigates the effects of space on seeds. We created a lattice structure to strengthen the cube and then designed a ‘spacesuit’ for the seed, made out of different materials to investigate the effects of radiation on the seeds.”

Cadet Sergeant Lawrence Clough-Young, 16, added: “I enjoyed trying to design the lattice support for the seeds. I learnt that the first design rarely works and that engineers keep refining until they get the results they need.”

The seeds inside their small cubes were launched into space on a sounding rocket from NASA Wallops Flight Facility on Wallops Island, Virginia and more will be on board a high altitude balloon launched from the NASA Columbia Scientific Balloon Facility at Fort Sumner, New Mexico.

Oliver said: “Our first seeds have now been to space and are on their way back to us. We intend to grow our seeds to see if space and the conditions they were exposed to have any effect on their growth or if they behave differently when growing after being in space.”

Corporal Ellen Davoudi, 16, added: “We had to germinate lots of different seeds to choose the best type to send to space. We’ve also kept an experimental log of what we’ve done as we’ve gone along. I’ve been able to use what I’ve learnt at school in the real world!”

Pilot Officer Dilip Sethi, who has been overseeing Steyning’s efforts, said: “This is a wonderful opportunity to get cadets involved in practical Aerospace and Engineering - something that goes right to the core ethos of the Air Training Corps.”
To celebrate 75 years of the Air Training Corps, a special torch has travelled the entire length and breadth of the country visiting every region, every wing and as many squadrons as possible ...

Staff and cadets transported the torch by land, river, canal, sea and air as it made its way from John O’Groats down to Lands End and its final destination at Predannack Airfield, home of 626 VGS where it was handed over to Chief of the Defence Staff, Air Chief Marshal Sir Stuart Peach.

The specially-commissioned torch has visited a huge number of sites and national landmarks as well as being carried to a several prominent addresses such as Buckingham Palace, No.10 Downing Street and Blackpool Tower.

It even reached the Corps’ most southerly squadron when it was welcomed to Jersey by cadets from No. 7 Overseas (Jersey) Squadron and colleagues from Victoria College CCF.

Commandant Air Cadets, Air Commodore Dawn McCafferty, visited many Wings as the torch continued on its epic six-week relay and Air Cadets Ambassador, Honorary Group Captain Carol Vorderman joined Air Cadets on Clifton Suspension Bridge to pass on the torch from Bristol & Gloucestershire Wing to Devon & Somerset Wing.

In London, Cadet Warrant Officer D’Andre Usanga-Cummings of 343 (Camberwell) Squadron spent her last day in the Corps accompanying the ATC75 Torch on its route through London.

She said: It was a surprise to go into No. 10 Downing Street and the MOD Main Building, Whitehall with the torch. I knew we were going to many places in London but not exactly where.”

D’Andre is now at Kingston University studying engineering and plans to join the University of London Air Squadron.

She is pictured opposite standing behind 91-year-old Chelsea Pensioner, Fred Richardson, (first left) during a visit to the Royal Hospital Chelsea.
ABOVE: The team with the former Chief of the Air Staff, Air Chief Marshall Sir Andrew Pulford. The cadets and staff had been invited to lunch in the VIP enclosure at the Battle of Britain Memorial parade in Capel-le-Ferne as part of their camp at RAF Manston.

They come from all over the world to take on the ‘Everest’ of swimming. However, by mid-July, there had been just 15 successful swim crossings of the Channel this year – eight solo, seven in relay.

The shortest distance between England and France is 21 miles but the tide is capable of moving the swimmer several miles from side to side. This in conditions that can include force 6 winds, waves two metres high, and water temperatures that could send you hypothermic in minutes.

Add in the jellyfish and the estimated 600 tankers and 200 ferries a day and you can start to understand why so few people have managed to swim the Channel.

Yet, cadets and staff decided this would be an ideal way to mark the Air Training Corps’ 75th Anniversary. Described at the time as the “heroic” element of the 75th celebrations, it brought together a unique team of young people and support staff from the ATC and the CCF (RAF) from all corners of the UK. Planning and training for the event began more than a year ago as Flight Lieutenant Ivan Murfin from the project team explained: “It all started with a rigorous selection process in September last year, and then putting support staff in place to co-ordinate the team of 12 swimmers who have been training hard for months in many different locations, building up endurance in preparation for their sea swim.”

The swimmers, many of whom train regularly with local swimming clubs, also had to put in the hours on open water to help build up endurance and stamina as well as getting used to the motion of
the sea. As the window for the challenge approached, Commandant Air Cadets, Air Commodore Dawn McCafferty, joined the team at their base, RAF Manston, and even joined them in the pool for a training session. She said “I’ve been really impressed by their fitness and commitment to this challenge and especially how fast they are!”

With the training complete, the exact timing of the swim was down to the weather and tides plus confirmation from an experienced boat Pilot that all elements were ideal. The “good to go” for Attempt One was welcomed all round and after rigorous safety briefings on the boat ‘Anastasia’ in Dover Harbour, the team was taken to Shakespeare Bay to begin the marathon challenge.

First into the water was Lance Corporal Ross Ferreira from St Albans CCF who stepped off the boat at 11:34pm on July 5. Ross said: “I started off in the dark. It was a bit hairy and I met a few jellyfish but overall it was a good experience.”

They team swam two sections each of an hour, encountering different conditions through the night, into dawn and the morning as they progressed across the Channel guided by the Pilot boat. Eleven hours and 42 minutes after Ross stepped into the water, 17-year-old Cadet Corporal Jack Fitzpatrick from 1063 (Herne Bay) Squadron arrived in France with the team swimming some 35 miles because of the tides. Jack said: “I was nervous and excited at the same time and I was overjoyed because we finished the swim in such a good time. The whole team got on really well together and the support team has been amazing.”

Fellow swimmer Harry Barrett-Smith from 1163 (Colne Valley) Squadron agreed and said of the Challenge: “The hardest, but greatest, achievement of my life and I could not have done it without the team and support staff”.

Congratulations for the team poured in, including a personal message from Chief of the Air Staff, Air Chief Marshal Sir Stephen Hillier, on a ‘superb achievement’.

Then it was a nervous wait at Manston for clearance for Attempt Two. Days passed without the right conditions and then, finally, the attempt was on – only for the swimmers, who had trained so hard for so long, to be thwarted at the 11th hour by the quickly-changing conditions.

The team, absolutely determined to complete their swim, returned to Kent at the beginning of August, when once again the weather and sea conditions were judged unsuit for the relay swim. Corps Sports Officer, Alex Maddison, based at HQ Air Cadets, RAF Cranwell, said: “Let us not underestimate the sheer courage, determination, physical strength and willpower of these young people and the adult staff. “This has been a life-changing occasion for all of us. I applaud them for their team and individual achievements as well as the continued commitment of the whole team who will return next year to complete the Challenge.”

BELOW: The swimmers including the successful cross-Channel relay team of Ross Ferreira, Anna Hulme from 1026 (Ormskirk) Sqn, Harry Barrett-Smith, Alice Wynne, 2196 (Trowbridge) Sqn, adult volunteer Kathy Batts, Kings School Rochester CCF, and Jack Fitzpatrick.

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Photograph by kind permission of Flt Lt Paul Hinchliffe OC 121 (Nuneaton) Squadron

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Air Squadron Trophy Day

It’s the highlight of the year for the RAF Sections of the Combined Cadet Force: the Air Squadron Trophy Day at the historic Old Warden Aerodrome, Bedfordshire.

The special day is the culmination of the Air Squadron Trophy Competition national final which was held at RAF Halton earlier this year. As previously reported in Air Cadet, the best of the UK’s RAF (CCF) cadets competed in seven disciplines for the prestigious trophy. In a closely fought contest, Dulwich College eventually emerged as victors with Wilson’s School in second place and last year’s winners, Kimbolton School, in third.

Cadets from those top three CCF(RAF) Sections paraded to receive their awards at the historic Old Warden airfield. The parade was reviewed by former Chief of the Air Staff Air Chief Marshal Sir Stephen Dalton and addressed by Chief of Staff at HQ Air Cadets, Group Captain John Lawlor. The winners were rewarded by having an afternoon of flying in aircraft owned and operated by members of the Royal Air Squadron. These ranged from a vintage Tiger Moth to a modern helicopter and light aeroplanes. For the cadets, the ultimate prize is the Sir John Thomson Sword, awarded to the best CCF (RAF) cadet in the country.

This year’s winner was 18-year-old Cadet Warrant Officer Joseph Kelly from Abingdon School, who hopes to fly helicopters with the RAF. He said: “The CCF has been a major part of my life over the last five years and from it I have gained confidence, new skills and most importantly enjoyment. It is a privilege to be able to bring something like this back to the CCF as recognition not only of what I have done, but of what the CCF has done for me and for the all the other cadets that have passed through the CCF over the last few years.”

Squadron Leader Rebecca Cottam, the CCF Contingent Commander at Abingdon School, nominated Joseph for the award. She said: “This is a huge achievement for Joseph and is very well deserved.”

Also present was Sqn Ldr Noel Rees (pictured), the 1998 winner of the Thomson Sword when he was a member of Portsmouth Grammar School’s CCF(RAF) Section. He now flies the Typhoon and was the RAF’s 2014 solo Typhoon Display pilot. He said: “Knowing I wanted a career in aviation at school the CCF(RAF) Section was a natural choice for me. My desire to join the RAF came from my first summer camp at RAF Cotleigh and my first flight in a Chipmunk. “Through my time in the CCF, I had so many opportunities to experience the RAF, fly, build leadership skills all across the UK and overseas. Ultimately, it gave me a great ‘kick-start’ for a career in the RAF and I will be always grateful to the Air Cadet organisation for that.”

Winners of Geoffrey de Havilland Flying Foundation Medals for Outstanding CCF Achievement 2016 were: CWO Ben Ayres, Kimbolton School; CWO Joseph Kelly, Abingdon School; CWO Matthew Munt, Robert Gordon’s College; CWO Ewan Robertson, Wilson’s School; CWO Dan Russom, Queen Mary’s Grammar School and CWO Ben Schlossman, Dulwich College.

HQ Air Cadets’ Wing Commander Robert Chalklin added: “We are very grateful for the continuing support of the Royal Air Squadron, the Shuttleworth Collection and Cyma (UK) Petroleum to provide the cadets with such an enjoyable and memorable day. All the cadets here have worked very hard and fully deserve the prizes awarded to them as well as the experience that such a day gives.”
The Nijmegen March is not for the faint hearted. It’s the equivalent of completing four marathons in four days with 50,000 people, from 68 nations, undertaking the 100 mile journey. But this year’s Nijmegen March was extra special as it marked a century of walking ...
OUT There ...

Whether on foot, bike, horse or on the water, a DofE expedition is always an unforgettable experience.

However, this year, in celebration of the Corps’ 75th Anniversary, cadets truly stretched their horizons and brought a rucksack full of amazing memories home ...

By Wing Commander (Ret’d) Chris Morrell & Flight Lieutenant Alex Pye

Whilst most DofE expeditions take place in the UK, this summer, to mark the Corps’ 75th Anniversary, cadets took on two very different but equally challenging expeditions: one in France’s Tarn Valley, by canoe, and the other trekking through the volcanic wilderness of Iceland.

Twenty staff and cadets from Essex Wing travelled to Iceland to carry out a circuit of Torfajökull, a stratovolcano covered by an icecap.

The team, after settling into the basecamp at Landmannalaugar, spent the next four days trekking through the area’s remote but strikingly beautiful landscape, experiencing a mixture of terrain, from mountains, old lava fields, barren deserts created by volcanic ash, hot springs and river crossings.

The first two days took the groups through geothermal areas with boiling mud pools, hot springs and steam vents and on through a volcanic landscape before camping on a desolate high plateau. Wing Commander (Ret’d) Chris Morrell, one of the expedition’s assessors, said: "On day three the cadets left the popular trails. They struck off across a black sand desert on a compass bearing and up into the hills following unmarked trails which led across and down to a natural hot pool. Some cadets cooked their meals in the boiling river alongside their camping area!"

The final day of the DofE expedition was to prove rather more challenging than anticipated. Wg Cdr Morrell explained: "The cadets took several attempts to find a way through a pass as the drops were too steep. When they finally got through the way was barred by a deep river. At this point the cadets came across two American backpackers who had been trying to get through for several hours. As they did not have a map and only a GPS they followed the cadet groups. After discussion with assessors and supervisors a revised route was agreed and the cadets finished the DofE section of their trek on a high mountain ridge. Now joined with the staff trekking team, and the two Americans, the expedition split into small groups and followed a long high ridge line and descended steeply."
into the valley that would take them back to the base camp.

“With a braided river all the way along the valley the groups had more than 20 major river crossings to contend with and, after 16 hours, we realised we were not going to get through that day so we camped in the valley.

“The following morning after more river crossings the whole expedition arrived back at at Landmannalaugar and returned to Reykjavik after a truly ambitious overseas adventure training expedition.”

Slightly nearer to home, Thames Valley Wing decided to embark on an ambitious overseas adventure training expedition – the first within the Wing for some years – and the very first fully mounted overseas by canoe.

Exercise Golden Tarn saw six cadets undertake their Gold Duke of Edinburgh’s Award Expedition, paddling unsupported along 100 kilometres of the Tarn River in the Aveyron region of France.

Preparation for the expedition began two years ago, including a series of intensive training sessions in the UK that culminated in a practice expedition on the River Severn.

The cadets began their four-day expedition in sweltering 36 degree temperatures, paddling from Montbrun to La Malene through the heart of the 400m deep Gorge Du Tarn.

During the second day, the team paddled from La Malene to Le Rozier, a stretch which took them through the Pas de Souci, a huge rockfall and boulder field which includes a siphon. The team successfully portaged this area, before paddling on to the canoe shoot at Les Vignes down the river’s 16ft barrage.

The penultimate day of the expedition allowed the cadets to start exploring the smaller villages along the meandering River Tarn.

On-site training included the practical principles of flight, learning about the safe and responsible use of drones, as well as having the chance to fly them through targets, advanced simulation trainers including a rare opportunity to experience helicopter simulation, air traffic control exercises and the chance to gain communication qualifications and glider experience flights.

Cadet Gary Jordan from 2160 (Sleaford) Squadron said: “The camp was brilliant; the opportunity to display their confidence and knowledge, as well as being on hand to answer any questions. Top of the guest list was the Air Officer Commanding (AOC) 22 Group, Air Vice Marshal Andrew Turner who said: it is fabulous to see this amazing Aerospace Camp which brings together so many precious glider aircraft.

“The cadets are amazing, disciplined, intelligent and focused and their spirit is ‘out of the top drawer’. None of these things would be possible without the adult volunteers, who have given so much time to bring on the next generation.”

During the final parade, Air Vice-Marsh Andrew Turner presented 27 certificates for Blue Wings, part of the new aircraft flying.

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Cadet Gary Jordan from 2160 (Sleaford) Squadron said: “The camp was brilliant; I was awarded my first badge for communication. The best bit was the flight simulators at Linton-on-Ouse and Air Traffic Control. I would love to be a QAC Cadet.”

Cadet Robyn Bovenizer from 1579 (Einh) Squadron added: “I have really enjoyed the week. I want to be an engineer on leaving school. I have made new friends whilst on the course, and the best bit for me was the engineering.”

In the middle of the week a VIP visitors’ day offered the opportunity to showcase the activities on offer to the higher ranks of the Royal Air Force, senior and influential members of related industry and charitable organisations.

Cadets that graduated from the QAC course were in charge of briefings and escorts on the day giving the youngest
Cadets in Cenotaph Parade

Air Cadets from 282 (East Ham) Squadron have taken part in an Anglo-Belgian Remembrance Parade at the Cenotaph in London, to remember Belgian and British victims of both world wars.

The cadets, led by Officer Commanding, Flight Lieutenant Chris Booty, along with members of the Royal Air Forces’ Association and other British ex-service associations, joined Belgian detachments of the Royal Military Academy, the Royal School for Non-commissioned Officers, the Centres for Basic Training and Education and the Navy regular forces.

Also taking part were Belgian cadets and veterans, all of whom had travelled to London to take part in the annual Whitehall parade that dates back more than 80 years. During the moving service, wreaths were laid on the Cenotaph by the Belgian Defence Minister Steven Vandeput, Government officials and the current military representatives as well as ex-Service associations, joined Belgian and British victims of both world wars.

The parade then made its way up Whitehall and on to Horse Guards. Cadet Hussain Mujahid, 13, said: “I’ve been a cadet since January and have been involved in parades at my squadron, but this is my first big parade in London and I really enjoyed it. We were all given a commemorative coin by a member of the Belgian Forces as a thank you for our support.”

Flight Lieutenant Booty added: “This is the second year that we have joined the Belgian Forces for this parade and what an honour it is for all on the squadron.”

In 1934 Belgium’s King Albert I died in Central London and I really enjoyed it. We were all given a commemorative coin by a member of the Belgian Forces as a thank you for our support.”

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My congratulations are extended to all the cadets and members of both the British and Belgian forces who were present at this event. I would like to thank all those who made this event possible, including the organisers, sponsors, and volunteers who worked tirelessly to ensure the success of this important occasion.”

Pedal to Paris

Flying Officer David Anderson from 2344 (Longbenton) Squadron has completed two gruelling challenges to raise funds for The Royal Air Force Benevolent Fund (RAFB).

David joined more than 350 other cyclists for the four-day Pedal to Paris bike ride. He said: “The event was a massive challenge. I only started riding a road bike four weeks before the event so, it was a huge learning curve. “The day we pedalled into Paris was one I will never forget. I had so many emotions: pride, joy, excitement and, of course, relief!”

Seven days later and David was on the start line for the biggest half-marathon in the world - The Great North Run. He said: “I was a little nervous due to my lack of running training, but the great support along the route kept me going.”

Leading The Way ...

Staff and cadets from London & South East Region are piloting youth mental awareness training. More than a dozen cadets and staff attended the Youth Mental Health First Aid Training course run during the summer.

The first ever such training was brought to the Region by Squadron Leader Joseph Mulae, a Royal Air Force doctor and service helper at 397 (Barnes) Squadron. The aim of the course, delivered for Mental Health First Aid England, is to teach people how to recognise the signs and symptoms of common mental health issues, provide help on a first aid basis and effectively guide someone towards the right support services.

Flight Lieutenant Richard Sage, OC 1440 (Shoreham) Squadron, who was present at Shoreham Airshow at the time of the Hunter crash, attended the course.

He said: “It was eye opening. I don’t think I’ve ever considered how much mental health can have an effect on your everyday life. The course covered a wide range of topics such as depression, self-harm, eating disorders and suicide.

“We looked at the issues facing young people today, most of which were relevant to those of us not so young. I’m hoping that completion of the YMHFA course and my new resolve to understand more around mental health issues will help me to help my cadets more.”

Squadron Leader Mulae would like to see mental health awareness training available not only within the Corps, but to all Cadet Forces. He said: “There was such positive and supportive feedback from those who attended the course, and with our Royal Air Commandant, HRH The Duchess of Cambridge a keen supporter of mental health awareness in young people, I feel it is important that we should promote and encourage this type of training.”

He added: “I believe mental health awareness should be promoted at every opportunity and a training course such as this provides evidence-based, research-led, proven and validated training by assured trainers. Furthermore they confer a provider award as evidence of successful completion of the training.”

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Thank You
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See you all next year
14-16 July 2017

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