



THE SHROPSHIRE RIFLE

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EDITOR - PRO/UO J A BREEZE

CHRISTMAS COUNTY WEEKEND

SHROPSHIRE ARMY CADET FORCE CHRISTMAS COUNTY WEEKEND

Once a year, the County holds a Christmas Weekend, this year it was held at Swynnerton Training Camp in Staffordshire.

The cadets arrived on the Friday night, somewhat late due to the extremely foggy weather.

The Weekend was greatly enjoyed by the cadets, as they got to see all their friends from the other detachments in the County and enjoyed their Christmas dinner. This by tradition was served to them by the Officers and Adult Instructors, this was followed by a fancy dress disco held on the Saturday night.

Other weekend activities taking place where, paintballing, clay target shooting, sports, first aid, climbing tower, shooting, DCCT, cooking, command tasks, invetron, map reading, close quarter combat lane, observation lane and stalking exercise.

Sunday after a very early get up the cadets then went and visited the RAF Cosford Museum to round off the Weekend.



SPECIAL POINTS OF INTEREST

CADET 150

LORD LT CADET APPOINTMENT

NEWS



March and Shoot Competition

C Company Team

To start with, I would like to thank all the staff that helped me to put the Team together and especially the cadets themselves, 3 of which were recruited from the Bugle platoon.

The Team took part in three different activities, which included the obstacle course, 3.5km route march, shooting on both the DCCT and the barrack range. It was the first time that the cadets worked together and they worked hard as a team. Major Cowan and I were very impressed by the way they united as a team and formed a good basis to improve even better for the future. We have lots of work to do, but with training and determination, we will achieve a very high standard of teamwork which will bring the Team to success.

Report by SI Steve Skinner (on behalf of C Company)





COUNTY PRESENTATION EVENING NOVEMBER 08

Shropshire ACF held a presentation evening on 26th November 08.

This event was used to reward both cadets and adults on their achievements for work at camp, expeditions and general service to the Army Cadet Force. Deputy Lord Lieutenant of Shropshire, Col Edmond Thewles OBE presented the awards. Presentations were made to SMI John Phillips for service to the ACF, SSI Jason Till Commandants Award for services on Dolomites expedition, Cdt RSM Williams, Cdt CSM Charlotte Mulloy, Cdt CSM Katrina Rouf and Cdt CSM Aaron Marsh Commandants Award for service at Annual Camp,

Cdt CSM Aaron Marsh, SSI Jason Till, UO Kerry Broster and Capt Ian Cubitt were presented Certificates of Good Service, PI John Phillips received BTEC 1st Diploma in Public Services and SI Morgan Collinge was awarded the ILM Award in First Line Management.

Maj Amanda Francis was awarded her Cadet Forces Medal for 12 years outstanding services to the Army Cadet Force.



Shropshire ACF held a second presentation evening on 18th March 09.

Again this event was to reward adults and cadets for their efforts. Lt Elly Winter was presented with her Cadet Forces Medal. Commandants Awards were presented to Maj Andy Saywell, for sports, Maj Amanda Francis for welfare, SMI Derek Smith for training, SSI Steven Phelan for services to ACF, Cdt Sgt Hayden Purcell-Shaw service to ACF. CSMI Nigel Lloyd was presented with his L10/L11 and A2 Vocational Award Certificates.

Market Drayton Detachment were presented with a cheque for raising £500 for the Shropshire Trust. Cdt K Jones was presented with the Commandants Award for raising the highest amount of sponsorship for the trust.

Attending the evening were The Mayor of Shrewsbury and Atcham, Cllr Anne Chebsey who presented the Awards. Lt Col Larry Collins (Retd) who received a cheque on behalf of the trust. The High Sheriff Anne Gee presented Brigadier Barclay a statute for his many years of working with the Cadet Force Leagues.



Dragon Venturer Calpe Dates: 12 - 24 Feb 09

Costa Blanca area of Spain based near Calpe.

The main aim of the exercise was to introduce ACF adults and cadets to multi pitch climbing with a chance to gain the Rock Climbing Proficiency (RCP) Award. This aim was achieved with four students gaining the Award. A secondary aim of getting cadets qualified on a full 5 day cycling course was also achieved with 6 cadets passing this course. The other aim of the expedition – to practice team work and self reliance in the context of an adventure training exercise - was certainly achieved in full. All the adults were very impressed with how the cadets handled living together, their team work both on and off the rock and the stresses of multi pitch climbing – so much more serious than single pitch.



ADULTS

Major Fred Salt Expedition Leader, Captain Barry Lewis, Capt David Cowan, Capt Anthony Rogers Wiltshire ACF, SSI Jason Till, PI Matthew Breakell.

CADETS

Cpl Rebecca Smith, LCpl Jeremy Jasper, Lcpl Christopher Talbot, Cdt Roy Charman, Cdt Daniel Ramsden, Cdt George Edwards, Cdt Jake Edwards, Cdt Charlie Ward, Cdt Natasha Church, Cdt Joseph Smith.

Cdt Callum Asseter, Cdt Sinead Byrne Wiltshire ACF.

EXPEDITION DIARY

Mon 9 Feb 09

All adults and cadets came into Cophorne Barracks for a complete last minute briefing by the Expedition Leader and to be issued with any additional equipment that they needed for the trip. This gathering also gave everyone the chance to meet the rest of the team and for Capt Cowan to collect all passports and European Health Cards, so that they could be held centrally for safety. It also gave everyone the chance to ask any questions they may have had, especially as the Leader would be departing early on the Advance Party. A very worthwhile meeting, highly recommended to all groups planning this type of expedition.

The Advance Party departed Manchester Airport at 1555 hrs to Alicante on Monarch Airlines. They arrived at Alicante Airport 1950 hrs local, after experiencing superb views of the snow covered Pyrenees, bathed in sunshine en route. Here they met up with Capt Tony Rogers, who had arrived on an earlier flight from Birmingham. Tony is a member of Wiltshire ACF and sometimes assists with running the climbing courses. After an uneventful journey, they arrived at La Asmoladora, situated in the beautiful Jalon Valley, at 2130 hrs. They were met by the owners, Derek and Pam Cornthwaite and after a brief chat, unpacked and got settled in. On Saturday 14th the main body departed Cophorne Barracks, under the watchful eye of Captain David Cowan and SSI Jason Till at 1100 hrs. Their plane was due in at 1840 hrs and duly arrived just a few minutes late. Then they all set off for the Villa. On arrival, after some excellent bread and soup, Major Salt carried out a full safety and administration brief, before they were shown to their accommodation for the next 8 days. After unpacking, everyone settled down for an early night.

After a good night's sleep, all the cadets were outside the villa ready to set off on their various activities. The OC gave a brief introduction to the courses and then everyone was separated under their various instructors. It was a cool but sunny day and the climbing group set off for the Sierra de Toix, a range of cliffs overlooking Calpe. This area was chosen as there are a large variety of climbs, both single and multi pitch, with a fair amount in the lower to middle range of difficulty. Most, though not all, of the climbing in the Costa Blanca, is known as sport climbing and protection is by utilising pre set bolts, that are regularly maintained by local climbing groups. This makes it easier and safer for climbers to lead climb.

The budding cyclists got their bikes sorted and after a little theory work, set off on a short trip to put it to the test.

After a huge meal of spaghetti bolognese the groups got down to some evening work in the form of presentations and some practical rope work for the climbers. A good first day was had by everyone. The next day the climbers departed to Sierra de Toix again, for some single and multi pitch climbing. The climbers had had a tough day on the rocks, while the cyclists were still trying to get over the 40 kilometre - half uphill - ride to Calpe and back!

The cyclists with 6 cadets, were to tackle the local "big hill". This is a long winding road that climbs out of the Jalon Valley with superb views all around. A very tired group of cadets arrived back at the villa after a 48 kilometre mountain ride! The climbers meanwhile, had gone off to Sella for the day. This is a magnificent climbing area. A number of routes were completed, including the 3 star classic of Marion. This is a 3 pitch, very severe climb, that climbers travel a long way to attempt and not all succeed. Well done to the cadets who managed to complete it. Tonight, thanks to SSI Till, everyone enjoyed a BBQ and salad at the back of the villa.





Today the climbers went off to a relatively new climbing area, inland from Alicante, called Marin. Some very good routes were completed and everyone had a superb day on the rock. The cyclists intended to have an easy day today, after yesterday's major effort, but not looking at the map as close as one really ought to in Spain, meant that they actually had a much harder day, with lots of good steep hills to climb!! One would think that an experienced Mountain Leader could work out the "bits that go up and the bits that go down" from a map!! The meal tonight was spaghetti carbonara, which was enjoyed by everyone after such a really good day. More lessons followed, before everyone relaxed with a bit of TV before retiring for the night.

The next day was to be a rest day of sorts for everyone, after 4 hard days climbing and cycling. The climbers set off at 0700hrs accompanied by SSI Jason Till, to climb "Valencianos." This is a difficult route - very severe grade - on the Penon de Ifach, an 1100 feet lump of rock sticking up out of the sea, overlooking Calpe. The

remainder were ferried to the bottom of the Penon a little later and were to walk to the summit, to meet up with the climbers. This all came to pass and after an eventful and worthwhile day, the whole team were united on the summit in brilliant sunshine. The climbers buzzing about the extremely difficult climbing on the third pitch of the climb, when a highly polished block had to be overcome to continue up the route. Needless to say, a few people fell off just here and were not shy about using a little help from a sling left by the lead group!! After a very fast descent to sea level, everyone went off in small groups for some much needed refreshments and a spot of shopping. Dinner was had in town and everyone finally made it back to the villa for a work free evening. The end of a first class day all round.

Friday soon came round it was make or break day for both the cyclists and the climbers. The cyclists went off for a fairly easy day of assessments which all passed. The climbers went off to Sierra de Toix for their assessments, which went really well also These routes were seconded very well by some of the young climbers on the RCP course. A superb days climbing and probably the best day of the expedition. Back at the villa, it was time for the very difficult written test for the climbers on the RCP course, that they had been studying all week for. Everyone passed the test with Captain David Cowan doing very well in getting the highest marks of the course. Although a school teacher and expected to do well with this test, he has only just taken up rock climbing. It is an extremely physical and mental test for anyone. Once this test was finally out of the way, it was time for PI Matthew Breakell to produce the next BBQ.

Saturday came it really was a rest day for everyone. A trip to the castle at Guadalest was organised. It also gave the climbing instructors the chance to have a look at this newly developed climbing area, for future expeditions. Arriving at the villa, it was time for some cleaning and packing, before everyone set off to a local Chinese restaurant for a farewell dinner. This went well and a first class meal was put away by some very hungry cadets; a fitting end to a really enjoyable expedition.

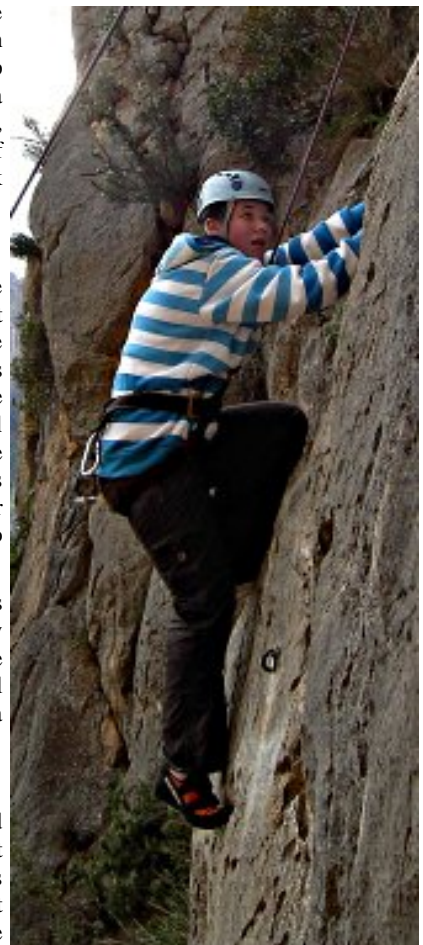
Sunday sadly the main body were to leave the sunshine today, for home and the bitter cold of the UK in winter. Because the flight was not until the evening the plan was to visit Alicante Castle. A very interesting day was spent exploring the castle in the glorious



Spanish sunshine. When it was time to depart for the airport, the main body got

away on time and the rear party returned to the villa for a very quiet night. Monday sadly was the last day for the rear party and they had to return to pack and finish putting the villa back in the order it was found. A quiet dinner in the the local town of Alcalali was enjoyed, before an early last night at the villa..

Tuesday an uneventful trip back to the UK the next day brought to an end a superb expedition. The Expedition Leader would like to thank all the people who helped to make this trip possible and so enjoyable. The staff at Division, all the adults and Instructors and last but not least, the cadets themselves, for putting so much into the trip, which made it all worthwhile, thank you one and all





THE YEAR 2010 CELEBRATES
150 YEARS OF THE ARMY CADET FORCE
HERE ARE EVENTS BEING ORGANISED FOR US ALL TO
LOOK FORWARD TOO

TREE
PLANTING

COUNTY
FUNDAY AND
CADET BALL

COUNTY
CALENDAR

CADET 150
THE YEAR 2010

CADET
SUNDAY
PARADE

ADULT BALL

REGIONAL
FUNDAY AT
NESSCLIFFE

RAFFLE

COMPANY OPEN DAYS



PRO to Climb Snowdon for Cadet 150 Fundraiser



I your Public Relations Officer (PRO) AUO Julie Breeze am planning on climbing Snowdon in September this year as a fundraiser for our Cadet 150 celebrations. So what's so special about that I hear you ask?

Well to answer that, I was diagnosed with Fibromyalgia 12 years ago following a bad car crash, at the same time I was told as a result I would never walk very far again. I was also told that I would eventually before long be in a wheelchair. I had two young children at the time, so my philosophy was to fight it and stay as mobile as I can.

I wake up in the morning in pain without having done anything. So why not try to live life to the full and have a reason to be in pain instead. So since my diagnosis I have made a point of walking daily. I own three dogs, which have to be walked, I do this willingly, this helps keep me mobile and positive.

Don't get me wrong it's been tough and yes at times I have been in a wheelchair, the most recent episode was just before Christmas 2008.

So this challenge to climb Snowdon will be a real achievement for me.

Having just recently climbed the Wrekin for the first time in my life, before only ever admiring it from afar, was overwhelming in more ways than one. So many people take such things for granted, its only when its threatened to be taken away from you, you realise life is too short and too precious. To climb Snowdon, for the first time ever, will be such a great achievement for me. I will be proud beyond words.

I hope to raise £1000 towards helping to finance the Cadet 150 celebrations next year. I am also doing this to hopefully give back something to Shropshire Army Cadet Force

which has given me a new lease of life.

So to the fundraising. How can you help in the detachment? Well you can sponsor me. All it takes is £1 from each cadet and £5 from each adult and then I would reach that target. I will also be taking round with me my collection bucket, any amount of money donated will be greatly appreciated. And something different. In this day and age of recycling and the non use of plastic bags, I hope to produce some material shopping bags that can be purchased for a £1 .

So now I suppose you would like some more information about Fibromyalgia To Help You Understand!

Fibro What ?

To be in constant pain. To feel to sapped to lift a limb and to be bombarded by a whole host of other ailments..... That's Fibromyalgia!

Fibro..... means fibrous tissue, tendons and ligaments.

My.....means muscle.

Algia.....means pain.

FMS is challenging and incurable, main concern is constant pain all over, joint mobility can be reduced. Pain can migrate from area to area, making each day different. It can be like living with constant flu.

Other symptoms with the condition are. Fatigue, Insomnia, Stiffness, Anxiety, Migraines, Irritable bowel syndrome, Irritable bladder, Allergies, Depression, Cold Intolerance, Dry eyes and mouth, Numbness, Muscle spasms, Cognitive dysfunction (foggy brain), Morning stiffness, Restless legs and arms, Tempermandibular joint dysfunction (Jaw pain), Photophobia (sensitivity to light), Bruise easily, Immune system deficiency. I could go on but I think that's enough.

Hopefully you can now see that climbing Snowdon is a such a big challenge for me, so please try to be generous and help me raise my target total and more.

Who knows, I may even attempt to climb Ben Nevis as part of the 150 celebrations

PRO UO J Breeze.





Arctic Challenge 2009.

Maj Amanda Francis B Company Commander, her sister Katie and brother Richard undertake fundraising in the artic for Motor Neurone Disease

Wow what an experience!

We arrived in Karuna on Sunday evening and felt the change in temperature as we got off the plane; we collected our luggage and met our guides. We then took the short trip to the musher's lodges where we saw our first look at the huskies. We spent the evening re-packing our kit and getting to know one another.



Monday

Our first task was getting in to extreme arctic suits which we all managed in the end, then out for a try on the sled behind a skidoo to try and understand how we effected the direction of our sled. We then met our very excited and noisy dogs, we harnessed them up and attached them to the sleds. Then we were off on our adventure (in more ways than one, Amanda managed to fall off before we left), into the snow across the frozen lakes. We had an eventful first hour with Amanda falling off twice more but managing to land in the soft deep snow so other than the embarrassment of running after 4 dogs no harm was done.

After 3 hours and 30km we arrived at our lodge and tents. This turned out to be one of the coldest nights of our lives then extreme temperature of our sleeping bags -26 degrees the out side temperature -34degrees we had a small stove but felt no warmth from it but we survived.

Tuesday

Up early as too cold to sleep we fed the dogs then harnessed them up and we were off we sledged 50 km today in 6 hours over frozen lakes and through woods, we encountered a few more hills today that made us get off and help our dogs. We arrived at a Sammi families lodge where we ate reindeer and slept in a warm lodge it was luxury compared with the previous night.



Wednesday

We had a slight delay today as we had to wait for 2 dogs to be changed and they had to travel 150km from the kennels to our location. Today was by far the windiest day and very cold, the wind blew us off the trail and so we had to work really hard to keep the sled on the trail, it slowed us down some what and made the dogs work even harder. 430pm we got to our lunch stop and had some reindeer soup, we then set off again and due to the weather and the speed we travelled we had to don our head torches and sled in the dark. That was an experience in its self. We covered 50km in 7 hours. That evening after feeding the dogs and completing out chores we set off out on a snow shoeing expedition that took us out on foot following a course set out by the skidoos, it was fantastic where else in the world could you be waist deep in snow listening to dog howling in the pitch dark with just a head torch and then see the spectacular northern lights – fantastic. After a long day we headed off to bed exhausted however the girls were in the lodge and the boys froze in the tents.

Thursday

Today we headed off over a huge frozen lake where we really felt the cold as it was such an open space. Then we headed up in to a forest that incorporated lots of hills both up and down which can be as hard as uphill because the dogs want to go faster as the sled is lighter but you have to be able to slow down otherwise you may crash into the dogs and hurt them, also you usually find a bend that if you are going to fast you could fall off as Katie discovered, she came down too fast and parted company with her sled landing head first in the snow and Richard caught her team, poor Katie was seen star fishing through the air which was the cause of some amusement of the rest of the group that evening.

Today was relatively short with us covering 30km in just 3 ½ hours and we arrived at the wilderness lodge at 130pm. After settling the dogs we had lunch outside as it was so warm at -12 degrees, we enjoyed mushroom soup again. We then went exploring and looked in to an igloo that the guides had created earlier in the season, it had 3 bedrooms and table and chairs made from ice. As we headed back to the lodge we met some Reindeer that Richard tried to follow but after only a few yards ended up waist deep in snow. That evening we were treated to a sauna where we managed a wash – the luxury.



Friday

Our last day of sledging, it had been the coldest night so far and it took some time for the temperature to rise and we also had snow. We set off and not long in to our trek we had a big hill to climb and we stopped at the top for our group photo. We set off again down the hill and then crossed the lake that we had ice fished on the night before. Towards lunch time our guide took us through a wood but wasn't the usual way the dog were used to so after a short pause while the lead musher convinced his dogs that was the route to take we set off again only to then have half of the groups dog decide they wanted to take the short cut home, as we were now all experienced in sledging Dom cleverly applied the break and called forward to the lead musher who just called the dogs name and they instantly followed. It was a sight to see. We stopped for lunch in a traditional lappic tent and it was soup again. After we had eaten we continued our trek with a heavy heart as we know we were heading for home. We sledged through forests and along tracks and the dogs seem to speed up with every stride even after covering 230km the 4 days previous. We then came back to our start point the Musher's Lodge knowing we had all completed the challenge from start to finish. With a lump in our throats we put our dogs back in to their kennels and unpacked the sleds, tired but delighted to have completed the challenge.

Maj A Francis

Lord Lieutenant Cadet



At a ceremony at Shropshire Army Cadet Force Headquarters, Lord Lieutenant of Shropshire, A E H Heber-Percy KStJ JP, received his new Lord-Lieutenant's Army Cadet, who will support him over the next twelve months.

The Lord Lieutenant has three cadets each year nominated by the Sea Cadets Corps, the Army Cadet Force, and the Air Training Corps. Cadets are nominated for their outstanding contribution to their respective cadets units.

The Lord Lieutenant's Cadets will support the Lord Lieutenant on special occasions such as Royal Visits, Remembrance Sunday, and the County Service.

Cadet Sergeant Major Charlotte Mulloy, was joined at the ceremony by her family at the invitation of the Commandant of the Shropshire Army Cadets Force, Col Mike Watkins MBE, who hosted the event.

Charlotte joined Shropshire Army Cadet Force in June 2004. During this time, through her dedication and hard work, she has risen to the rank of Cadet Company Sergeant Major.

Charlotte has represented the County at Bisley as a member of the County Shooting Team. She has also represented both the County and the Region as an all round athlete.

Charlotte has, through her personal example, encouraged cadets of all ages to take an active part in the community; her sense of humour and gentle style of management has not only been a morale booster to her Detachment but also to the Company.

Despite representing Shropshire at Basketball and whilst at school and college, Charlotte has always made herself available when required, even to the extent of taking part in not one but three adventurous training expeditions.

In recommending Charlotte as a Lord Lieutenant's Cadet her Commanding Officer commented "That Cadet Sergeant Major Mulloy is a top member of the Detachment, taking command of Parades. She is always cheerful and helpful on Detachment, Company and County Weekends. Her record of shooting and sporting achievements is to be commended and she is always keen to take part in community activities. I commend her as a Lord Lieutenant's Cadet.

Col M J Watkins MBE



Shropshire Cadets Perform at the 12th Rorke's Drift Concert

On the evening of the 21 of February 2009, the 12th Rorke's Drift Concert took place in Brecon's Theatr Brycheiniog.

Army Cadets from 9 ACF Counties, including Our band, performed for a sell out audience of local people, dignitaries and guests from around the UK. The evening's performance was the coming together of many weeks of practice in the County locations and two full days of musical rehearsals at the newly opened Powys ACF weekend training centre just outside Crickhowell.

The programme of music was extremely well prepared with many different themes including the music from the acclaimed film, "Zulu starring Michael Caine". The event was organised and managed by Sgt Adrian Beckett MBE from the Band of the Welsh Guards.

The Shropshire ACF band has been part of the Rorke's Drift concerts for a number of years now. This year's participants were:

Cdt Cpl M Furber, Lcpl D Drapier, Cdt M Rowlands, Cdt R Tudor, Cdt P Muir, Cdt G Hal and LCdt R Hall. The staff that took part were Band Master Ian Brady, PI Kerri Brady, PI Anthea Lediard and SI Mel Robert. Major Budryk had the pleasure of looking after the brand new training centre.

The concert is well worth going to and all those who are interested, next years performance will be on the 20 February 2010.





FIRST AID WITHIN THE COUNTY

BY AUO J BREEZE PRO

First Aid in Shropshire ACF is thriving, with adults and cadets attaining qualifications throughout the year. This year I managed to do my First Aid at Work qualification, not having done any first aid previously, it was extremely worthwhile. The training was intense but very thorough, professional, very constructive, well resourced. The course is very practical and hands on.

Maj F T Bilton MBE the County First Aid Training Officer, successfully with her team teaches the cadets first aid according to the APC syllabus. Many adult instructors obtain first aid qualifications too.

As mentioned previously I did not have any first aid experience, so I was apprehensive. I knew there would be a lot to take in, along with the practical side, there comes a lot of reading on what to do and how to react in certain situations. To help us learn the skills we were put into teams to look at a particular part of first aid and then we asked the rest of the groups questions on how they would deal with the situation, this helped us test our knowledge.

Then came the practical, this was made fun but informative, for instance, practicing the recovery position and bandaging. The more we did, the more confident and happier I became. The use of Resus Anne, to do practice our CPR, was also useful. Having it all in your head is one thing, but you need to be able to put it into practice.

When it came to the assessment at the end of the course, we all hoped we had done enough and gained enough knowledge, to pass. We were all given different scenarios to deal with, and assessed on how effective, safe and prompt we reacted, then dealt with the casualty. It was an extremely good course, I left feeling very confident and able to deal with any situations that may ever arise not only in the cadet force but also in normal life.





THE SHROPSHIRE RIFLE

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**GOT SOME NEWS?
DETACHMENT
COMMANDERS GET IN
TOUCH WITH THE PR
UNIT.
PRO AUO BREEZE or
MAJ BUDRYK.
NEXT NEWSLETTER
OCTOBER 2009.**

SHROPSHIRE ARMY CADET FORCE

Comdt

Col M J Watkins MBE

DComdt/ CTO

Lt Col M D Coulon TD

CEO Maj M Keogh

DCTO/BTEC Offr Maj K M Budryk

DoE Offr Capt B Lewis

PRO AUO J A Breeze

STOP PRESS ! NEWS !

GOSSIP WANTED

**CADETS YOU WANTED
A GOSSIP COLUMN!**

**WELL DEAR JEMIMA IS
WAITING**

**LET THE PRO HAVE
DETAILS**

Annual Camp for 2009 will
be at Crowborough,
Sussex.

ADULTS 15TH-28TH AUG

CADETS 16TH-28TH AUG

The Commandant and his management
team have carried out the recce for this
camp and are in the process of planning a
fun packed two weeks.

As part of the programme there will be
special platoon selected prior to camp to
take part in intense fieldcraft training and
also a day trip is planned to Thorpe park.

COUNTY WEEKEND

10TH TO 12TH JULY 2009

SENNYBRIDGE

INCLUDING MILITARY SKILLS.