

Flag Hoist

The Navy League Ontario Division Newsletter

Great Moments, Endearing Stories

DUKE OF EDINBURGH AWARD

The Duke of Edinburgh Award is internationally recognized as a program designed to keep youth active both physically and in terms of citizenship. The award has several sections to it including community service, physical fitness, the undertaking and improvement of a personal skill, and an expedition or journey.

For my fitness goals I played scenario paintball and competed across North America. The skill that I undertook was aviation, and I did my community service as a cadet volunteer at NLCC Black Creek in Stevensville, Ontario. I was happy to have the opportunity to volunteer at the same cadet corps that I had started at when I was 9 years old. Now that I have graduated from Air Cadets, I have returned to NLCC Black Creek where I took the position of Training Officer for two years, and now currently fill the post of Executive Officer.

For my expedition portion I trained several times each week cycling from my home in Ridgeway, Ontario to Niagara Falls and back. After months of training, route planning, and preparation, myself and several other members of our local Air Cadet squadron undertook a 400-km cycling trip over the course of several days. We stayed in tents and cooked our meals on camping stoves and camp fires, each day biking through terrible rain and even hail in order to reach our destination.

The program required drive and determination, and while the requirements shift over the years, the level of dedication remains the same. To achieve the gold standard of the award is to have the opportunity to have your certificate presented to you by either the Governor General of Canada or upon availability, a member of the Royal Family. I had the prestigious honour to have my award presented to me by Prince Henry of Wales, accompanied by the Lieutenant Governor of Ontario Elizabeth Dowdeswell.

At the ceremony, Prince Harry reminded us of the last lines of the poem *Invictus*, after which he had named his *Invictus Games*. Those lines stated that "I am the master of my fate, and I am the captain of my soul." After spending several minutes speaking with Prince Harry, he encouraged me to continue to lead and inspire the cadets in my charge and encourage them to undertake challenges such as the Duke of Edinburgh Award program.

SLt (NL) Kevin M. Gault
Executive Officer
NLCC Black Creek



Lieutenant Governor Elizabeth Dowdeswell presenting award to Kevin Gault



Prince Henry congratulates Kevin Gault

Congratulations Kevin!



Some of our cadets participated in opening ceremonies holding the flags

The Invictus Games were founded by Prince Harry (2014), The games give wounded Soldiers/Veterans the opportunity to compete in an international “multi-sporting” event, a chance to ignore their disability, and challenge themselves to their personal best. This past September, Toronto was honoured to host the games and welcomed a total of 550 competitors from 17 nations. To support the rehabilitation phase, the Organizing Committee partnered with the City of Toronto; by utilizing recreation facilities that were either built for the Pan Am Games, or located on university campus’ (i.e. York and Ryerson). As a result, the games included 12 sporting events where athletes reflected on experiences overseas, as well as supported another’s recovery by cheering them on to conquer their own goal.

Windsor Branch

A growing thriving cadet community

At investiture this Fall at RCSCC Agamemnon welcomed 19 new entry cadets, a record number. The official enrolment took place at HMCS Hunter with family and friends attending. For more information about cadet programs visit www.cadets.ca for more information.



Barrie Branch

Closing out 2017 Celebrating and GIVING...

Barrie NL Cadets enjoyed the Christmas festivities by participating in the Santa Claus parade and contributing to the toy drive for the Peacekeeper Fundraiser.



2018 HAS JUST BEGUN AND THINGS ARE HAPPENING!

NEW ONTARIO DIVISION COMMANDER



Cdr (NL) Eamonn Brennan

We are pleased to welcome Cdr (NL) Brennan. His career with Navy League began in 2007. Some of his accomplishments are...

- NLCC Hawkins
- DSO Jefferies Squadron
- Chief First Aid Judge
- Est. CHARM course

Cdr (NL) Brennan believes the Navy League program is amazing and worth all the time and effort that we all put into it. He comes with a great deal of experience that will benefit our Navy League Programme.



Cdr (NL) Brennan & NL VP Gloria Campbell

SOVEREIGN MEDAL FOR VOLUNTEERS



Left to right, Ron Cooke, Cdr. Brennan, Gloria Campbell, Pauline Trumble & Philip Trumble



Cdr. Brennan presenting the Sovereign Medal for Volunteers

The obverse depicts a crowned image of the Sovereign, in whose name the medal is bestowed. The reverse indicates the ideas of caring and generosity, represented by the two hearts. The sunburst pattern of the rim symbolizes the time that volunteers are giving and their actions. The ribbon uses the vice-regal colours of blue and gold, which are taken from the pin of the Governor General's Caring Canadian Award, which the Sovereign's Medal for Volunteers has replaced. The five gold strips evoke the fingers of a hand, present in the Governor General's Caring Canadian Award emblem. The deep red colour is associated with royalty.

Lt (NL) Pauline Trumble receives this medal for volunteering with The Navy League of Canada and The Lion's Club, having a positive impact on the cadets she mentors. *Congratulations Pauline!*

Remember February is "Safety First" Month