

14 Company

In The Loop



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14 Coy @ National Music Camp

Ask someone to think of a military parade, and they'll tell you there's soldiers, and guns, and colourful uniforms, and that the first thing you hear is the band. Military music has a long tradition, inseparably linked with history and regimental identities, and so does music in the Army Cadet Force. It's easier to march behind a band or a Corps Of Drums, and less boring.



South West London ACF has the largest Corps of Drums in London, and regularly has the most cadets on National Music Camps (more about that later). It goes without saying that we can't have a Corps of Drums without recruits, and that's where you come in.

The Corps is open to everyone in SWLACF, and it provides excellent opportunities: Learning to play the bugle, flute, or side drum (which can be used as your Skill section for Duke of Edinburgh).

Learning different forms of drill, for those who enjoy drill. Being able to become a graded musician, and even earn money for playing.

National Music Camps take place twice a year, in the Easter holidays and October Half Term. This October we went to Altcar camp near Liverpool, meeting over 200 cadets, and had cadets across all Star Levels, as well as an instructor on the Adult Development Course. The camp provides an opportunity to learn and practice without getting moaned at by parents and neighbours, and to be taught by the best instructors from across both the Army Cadet Forces and the Army School of Ceremonial, and ask anyone who went, and they'll tell you they had one of the best camps they've been on.

If you want to get involved, there's ample opportunities. The first Saturday of every month, there's a music training day at Sector HQ, and starting in the new year there will be regular music training nights, open to the entire Company, at 149 Detachment in West Norwood. For more information, ask your DC.

On a final note, whether you can play or read music or not, or even if you think "I'm useless, I could never do that", give it a go. You'll never be judged, you'll never be the only one learning, and you just might surprise yourself

SSI Rumbelow 149 The Rifles Cadet Det

Training Officer Notes

Camps and weekends will be focused on certain Star Levels and ACS subjects with me having final say on who attends if there are too many.

Look out for the camps next year and ask about what is running to make sure you don't miss out!

Christmas Camp- 25-27 Nov
Crowborough- teams of 12 are selected by DCs, so limited numbers.

Teams have been selected, make sure you all attend to give your detachment the best chance!

We will be using the Scorpion Air Rifle on camp so try and get a WHT in this.

Feb LCTW- 11 & 12 Feb
At 14HQ- Mitcham Road.
Basic and 1 Star SAA Only.

Numbers for cadets attending SAA will depend on staff available on this weekend.

A decision will be made in January as to how many can attend.
Put the date in your diary.

Feb MCTW- 24-26 Feb
At Brunswick Training Camp

Planning for this underway, looking at what we can offer.

Max spaces from the booking offers
30 Male, 20 Female cadets.

Wait out for more info.

Other notices-

We are now ONLY uploading ACS not APC. So make sure you look at this on the portal to see your passes.

My experience and impressions of my first Remembrance Day parade with cadets

My first remembrance parade at cadets was a great experience. I enjoyed the marching and representing cadets in uniform. It instilled discipline in the way we march and carry ourselves in unison, it also made me more aware of the people marching around me. It was cool to arrive in a different area and work with another detachment.

Overall it was a fun experience marching to the service and remembering an important event in history.

Cadet R 143 PWRR Cadet Det



Did you know – DofE In the ACF

As a part of being a cadet in the ACF, we provide the opportunity to challenge yourself to the Duke of Edinburgh Award. Around 6,000 cadets and adult volunteers take part in the programme every year, with around 2,000 gaining Bronze, Silver and Gold DofE awards. Find out more about the Duke of Edinburgh Award requirements and the benefits of DofE. You can look up what elements you still have to pass in Portal.

What is the Duke of Edinburgh's Award?

Created in 1956, the Duke of Edinburgh's Award aims to improve the personal development and employability of young people. Universities and employers also value the DofE Award and the skills that are gained. Offering individual achievements that differ from person to person depending on their goals, DofE encourages young people to get involved in

exciting challenges. The DofE promotes teamwork, self-discipline, empathy and independence and is something young people remember for the rest of their lives.

If you wish to complete a DofE award please speak with your DCs about signing you up.

Most of the areas you need to pass, you already do as part of the ACS, so this is an easy pass if you put a bit of work in and attend the events.

<https://armycadets.com/what-we-do/duke-o...>



CSM Corner

There have been a lot of questions around hair styles and how cadets can and can't have their hair. To clarify below is the policy that must be followed.

Female cadets and CFAVs. In addition to wearing their hair short or in a bun, all female cadets and CFAVs may also wear their hair in a single ponytail or braid when in uniform and where it is safe to do so on an activity. They may also wear their hair in twists, corn rows or locks where this does not cover the face or reach onto the collar.

Male cadets and CFAVs. In addition to wearing their hair short, all male cadets and CFAVs may also wear well-groomed twists, corn rows and locks if they do not cover the face or reach onto the collar or ears.

Safety and hygiene. The policy does not remove or override safety and hygiene requirements. Where there is a risk of hair becoming entangled in weapons or equipment, it must be tied up securely to reduce this risk.

General guidelines.

When in uniform, hair should be neatly groomed and secured back or styled away from the face. Hairstyles should not be exaggerated in nature and must be such that all types of military headdress can be worn in the correct manner. Hair should not be visible on the forehead under the brow band of the headdress or cover the ears.

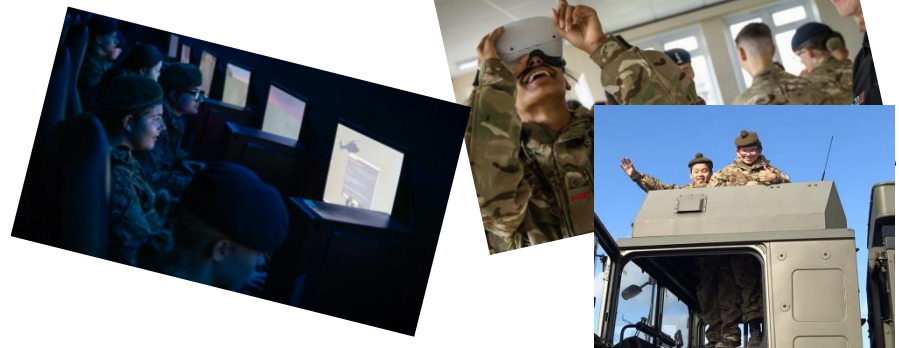
Hair colour. Hair should be of an even natural colour and not detract from a smart appearance.

Ceremonial dress. Hair must be well groomed and secured back from the face when in ceremonial dress. Long hair should be worn in a properly secured bun.

STEM Camp

STEM camp 2022 was overbrimmed with great activities and trips over the five days we were there. Not only were they great, but the other cadets I was able to meet and interact with were amazing. The first full day was a bucketful of surprises which were very much welcomed by not only myself but I like to believe the whole cadet body involved- I mean, who expected the parachutists to come down with smoke and flags?! Not us, that's for sure. As well as speaking and seeing their gear- we also got to talk to inspiring people that day, who include: Paula Reid and Bernie Hollywood. They told us about their journeys but also how STEM had helped them overcome some of the issues they've had whilst out and about. After that day, we begun visiting some of the many bases down in Wiltshire including the Royal Logistics Corp, the Army Air corp and many others. Overall, it was a great camp and if given the opportunity, i'd definitely like to go again. It gave us all an insight on what every regiment does differently, and although all different ways of work, the British Army probably wouldn't even be half as successful.

Cadet K 145 Cadet Det



STEM camp is an integrated educational approach focused on teaching science, technology, engineering and maths in a way that excites and engages young people. STEM expertise is integral to the functioning of the British Army, and it features in many ways throughout the Army Cadets' programming, from signals to navigation.

Topics will vary for each session, but they will all focus on the skills and techniques used to overcome military problems in various scenarios by using STEM. You can expect intelligence missions, breakout rooms, challenges, quizzes and the chance to ask the experts questions.

Each cadet will spend 2.5 hours each morning immersed in these scenarios, with afternoons free to enjoy the half term break. There will also be guest speakers on two of the evenings – a Cadet Ambassador and an Army Recruitment presentation on STEM careers.

Interested speak to your Detachment Commander to find out more.

At the end of the camp, all participating cadets will receive:

the National STEM Camp Badge

a record of attendance in their Record of Service

an Industrial Cadet Award certificate and badge from the eTrust

<https://armycadets.com/features/what-is-stem/>



Btec Level 2

Are you already 17 years old or turning 17 years old before 31 August 2023?

Do you want to get a real world qualification for the activities that you do in the ACF?

If so Enrolments for our BTEC Level 2 Academic Year are open now and its free!

Click here to register your interest and find out more speak to your unit staff, Contact Capt Ronner the

Sector Vocation Qualification Officer

(194ronne@armymail.mod.uk) or follow the link/ click the QR code

<https://cvqo.org/btec-level-2-teamwork-and-persona...>



We would love to hear your feedback about what you would like to see in this newsletter or if you have any interesting stories, please send them through to 194ronne@armymail.mod.uk

News Round up

Coy Shooting Day

Cadets from across the company attended a basic SAA and shooting day to improve their skills and pass their ACS subjects.

As always, many thanks to our staff for giving up their weekend to support this event.



Basic and 1 Star Exped Training Weekend

Our basic cadre and 1* cadets have all worked hard Over a recent weekend getting the km's in completing the expedition training and testing. Well done to all those who passed.

4 Star Drill Training Weekend

Our senior cadet under the ever watchful eye of the CSM completed two days of intense training and testing for their 4 Star Drill and Turnout Qualification



Banner Drill Training

On a wet and windy night just before Remembrance Day cadets and staff from all detachments paraded at Coy HQ for a rehearsal evening in preparation for Remembrance Day. The work and effort put in was apparent when the Detachments Banners took pride of place at the front of the parades. Well done to all involved and for the CSM for organizing.

Meanwhile, our very own 2Lt Hartigan has been away up North on his Initial Officer Training course. More on that next Month