

# THE CAVEANT CHRONICLE



September 2009 Issue



Pictured from left to right: Cadet Duncan, Corporal Thirlaway & Corporal Lahdan completing their intermediate swimming proficiency.

**Congrats!**

Congratulations to cadets who passed Staff II & Sim Tech selections.

## Squadron Swimming Sessions

On Monday 21<sup>st</sup> September the Squadron held a swimming session for cadets to get basic or intermediate swimming badges.

Everyone that did there basic proficiency passed and Cpl Lahdan, Cpl Thirlaway and Cdt Duncan did their intermediate badges.

Cpl Lahdan said: "It was really good to get my intermediate as well, I'm looking forward to getting the training for my

advanced as well!"

The Squadron is running two more sessions in October and November with life-guard Emma Walker, who has offered to train cadets in life saving skills that they can use, should the matter arise.

Emma said: "Cadets gave me a lot of experience, I now want to give something back, helping the Squadron run these sessions means a lot to me."

Swimming is held at Thornhill School Pool and will be ran every month if the initial sessions are a success.

Cadets also got the opportunity to play water polo and enjoy a free swim.

For more information on upcoming sports events, see Cpl Walker.

### Dates for your diary:

26th September 2009  
AT Challenge

3-4th October 2009  
JNCO Course

7,8,9,15 October 2009  
AEF Details

19th October 2009  
Sqn Swimming

Reported by: Cdt Fairweather

## Squadron merchandise

Did you know that the Squadron sells items like mugs and t-shirts bearing the 111 logo?

So you can still have a part of cadets even when your not here!

Would you like to have a small part of the Squadron when you leave, to keep those memories alive?

Maybe you just want a mug or t-shirt to show what you get up to in your spare time?

You might just want something to give as a



SQN Merchandise modelled by FS Smith and Cpl Walker.

present or even just for yourself if you cant get enough of the Squadron!

What about family and friends who will be impressed and dying to know what you get up

to on a Tuesday and Friday night.

Everything is reasonably priced, just ask CI Yeo in SQN Ops for more details on merchandise and their prices.

Remember the money goes towards the Squadron and Activities!

Reported by: Cdt Fairweather & Stridiron.

## Quite Puzzling!

Can you find all the words relating the Corps in this fun word search?

G	B	E	R	E	T	S	W	W	J	O
L	I	X	C	U	D	H	B	Y	E	Y
I	B	P	G	S	P	O	R	T	U	U
D	R	E	O	K	U	O	K	W	U	K
I	A	D	V	E	N	T	U	R	E	G
N	S	I	I	G	I	I	U	W	F	I
G	S	T	K	E	F	N	C	I	L	U
L	A	I	T	B	O	G	H	P	Y	G
O	R	O	P	A	R	A	D	E	I	J
C	D	N	H	N	M	M	L	D	N	I
K	C	E	W	D	H	T	V	V	G	T

adventure	sport	beret
parade	expedition	uniform
shooting	band	flying
gliding	glock	brassard

## Tips & Tricks

This month: Hair

**Male Cadets-** male cadets should have short neat hair which should not be touching the back off the collar on your shirt.

Males should also be clean shaven.

**Female Cadets-** female cadets hair should be tied up in a bun any layers and fringe should be neatly clipped back with hair grips.

Use a hair net that matches your hair colour an

Tip by Cpl Thirlaway