



THE ROOST

COMPETITION SEASON!

First-aid, drill, band;
it's time to show
what 111's got

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INTO THE WOODS

3 long days in
the Chilliwack
wilderness

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THE END OF THE YEAR AS WE KNOW IT

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A NIGHT TO REMEMBER

Mess Dinner shenanigans, awards and memories **P4**



Remember to check the website for
the latest information!

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A rare taste of Air Cadet “Wings”

The feeling of flight is one that is difficult to describe in words. It is an exhilarating and remarkable sensation that cannot be replicated in any other way. As Charles A. Lindbergh writes in his novel, *The Spirit of St. Louis*, “Sometimes, flying feels too godlike to be attained by man. Sometimes, the world from above seems too beautiful, too wonderful, too distant for human eyes to see . . .” In the Air Cadet program, cadets have numerous opportunities to experience this wonder and explore the diverse world of aviation.

On a crisp spring day, approximately 30 eager cadets from the squadron arrived at Abbotsford International Airport for a unique yet exciting form of flying: gliding. Powerless flight has a certain charm to it. As one cadet puts it, “The lack of an engine makes the flight a truly amazing experience.” Each cadet had the opportunity to fly a flight in a glider. While some cadets were nervous at first, everybody came back from their flight with a smile on their face. The gliding operation itself is unique: a tow plane (with an engine) is required to tow the glider up into the air. The glider then releases and slowly soars through the air, slowly gliding towards the ground. For some cadets, the most exciting part of the day was when they were given the opportunity to fly the glider for a part of the flight. Simply being able to control an aircraft is a unique experience. On the ground, the cadets worked together to assist



in the operation of the gliding site, while also making time to relax and socialize.

The first two weekends in June also brought upon flying activities at the squadron. Cadets had the opportunity to go power familiarization flying. These flights were conducted at Boundary Bay Airport, in a Cessna 172 aircraft, which is a four-seat single engine airplane. Upon arrival, cadets were briefed about the aircraft and then were seated in the plane. The journey took the cadets to Pitt Meadows Regional Airport, then along the North Shore, where they got amazing views of the mountains and Downtown Vancouver.

Between each segment of the flight, cadets switched seats in the aircraft, and each got an opportunity to control the aircraft in the air. For many, this was a dream come true.

Naturally, aviation is a major part of the Air Cadet program. Our activities simply encapsulate a whole world of wonder and knowledge. Throughout the training year, cadets were offered numerous opportunities to explore and learn about the field of aviation, whether it be through ground school classes or familiarization flying. For our cadets, the “godlike...beautiful...wonderful” feeling of flight is right at their fingertips. ✂

– FSgt Chen, Andrew



A delightful dinner to end a memorable year...

On a warm spring evening in early June, there was a special vibe at the Hellenic Community Center located on Arbutus Street in Vancouver. Cadets from the squadron were arriving at the annual squadron Awards Dinner, with male cadets dressed in their uniforms with bow ties and white dress shirts (sans their wedges) and females sporting beautiful evening gowns. The atmosphere was relaxed, as people chatted and socialized. At approximately 1830 hours, the room was called to order and everyone was asked to find their seats. However, all cadets simply stood behind their chairs behind elegantly set tables, waiting for the arrival of the members of the head table.

111 Pegasus Squadron's annual Awards Dinner, held this year on the 6th of June, is based upon the structure of a traditional Canadian Forces Mess Dinner. The mess dinner is one of the most important traditions of the Canadian armed forces and is an important part of preserving the rich heritage of the Royal Canadian Air Force. While we adapted the procedures slightly to meet our needs, it

is important to understand the long-standing tradition behind the event.

The head table consisted of our Commanding Officer, Major David Timms, our Parent Sponsoring Committee Chair, Mrs. Susan Kim, other squadron officers, and our Cadet Squadron Commander, WO1 Trevor Tsang, who would also act as the President of the Mess Committee (PMC) for the evening. After a reading of the Airman's Prayer, young gentlemen pulled out the chairs for young ladies to be seated, and the dinner began.

The delicacies provided were appealing in both sight and taste. The meal was started with a delightful green salad, dressed with balsamic vinegar. For the main course, cadets had a choice between short ribs, roasted chicken and vegetable lasagna. Each option provided a mouth-watering experience, thoroughly satisfying the palates of each individual. Topping up the meal was a tray of pastries, ranging from fruit tarts to chocolate brownies.

As the dining drew to a close, the awards portion of the evening began. First came a

few promotions to the senior rank of Flight Sergeant. These were followed by the presentation of fitness badges and a variety of awards, ranging from the Top Recruit Award to the Top Junior Bandsman Award to the Aviation Award. Furthermore, flowers were presented to the dedicated members of the parent sponsoring committee in recognition of their hard work. Finally, a bittersweet moment came when a few cadets who would be turning nineteen and aging out of the program were given the opportunity to deliver emotional addresses to the squadron.

Cadets once again stood as the head table filed out of the room. Many cadets then stayed to chat for a while. Describing the atmosphere at the dinner is difficult: there was a certain charm to the event, a warm sense of camaraderie and belonging throughout the cadets. As cadets said their goodbyes and many trickled out to leave, others moved to nearby Quilchena Park to take photos. Eventually, everyone parted ways for the evening, departing into the stunning sunset. ❧

—FSgt Chen, Andrew



Right:
A few of 111's award winners, including Best Dressed, Top Sports, and Top Cadet per Level, pose proudly with their awards.

Bottom:
The senior warrants of 111 Pegasus squadron come together for a picture at the end of the night.





WO1 Tsang, Trevor leads the rest of the squadron in a march past for the last time in the 2012-2013 training year.

...and a perfect parade to close it all off.

Though some people may not make a big deal out of it, a year is a long time, a time where many things can be accomplished and various skills can be developed. For the squadron of 111 Pegasus, the year 2012-2013 was a very successful year indeed. The band, drill team and first aid all competed in their respective competitions, cadets went tagging, gliding sessions were attended, and FTXs were held. With such an amazing year, there was no better way to wrap it up than with the squadron's yearly graduation parade, or the Annual Ceremonial Review. As Canada's first Air Cadet Squadron, 111 Pegasus was proud to be the first squadron to have their 74th ACR, which was held on June 9th. On the ninth of the sixth month, numerous officers, cadets, friends and families gathered at Bessborough Armoury to watch as 111 cadets showed off the skills they have accumulated over the year. Level 1s displayed their newfound knowledge of drill, while some Level 4s lead the younger cadets from their

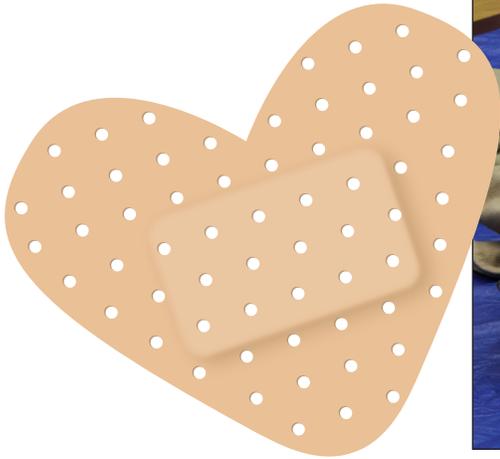
new parade positions. ACR is a chance for cadets to show what they've learned throughout the year, whether it be as basic as doing your uniform or playing a new instrument. All the effort that cadets put into their squadron can be shown at this parade, and even though there are over a hundred cadets in the squadron, a single cadet's hard work is never ignored. Various awards are also presented at ACR, including awards such as the Commanding Officer's Trophy for Excellence, the Most Outstanding Senior Band Cadet, Royal Canadian Legion Medal of Excellence or Top Drill Cadet. During the few hours that ACR takes place, many different displays are presented, among them the routines used by the band and drill team to compete in their own competitions. Static displays, created by the hardworking Level 4s, were also upstairs in the classrooms for anyone who wanted to learn more about the different aspects in the Air Cadet program, as was an amazing PowerPoint put together by WO2 Derek Tam.

However, this event wasn't successful by luck; many hours were put into making this an admirable ACR. Parents took the time to drive their children to cadets, while the cadets themselves spent many hours practicing their drill and perfecting their uniform, each of them trying to ensure that they did their best to make this ACR the best one yet. While the practices were tiring and repetitive, the cadets' efforts were not wasted; many compliments from the reviewing party and other officers were given to the cadets and officers of 111, whether they were praising the band, drill team, or the entire squadron as a whole.

Even though this year's display was such a success already, the graduation parade next year is expected to be twice as impressive, as it is our squadron's 75th ACR. Thank you all for coming this year, and we hope to see you next year, at 111 Pegasus' seventy-fifth Annual Ceremonial Review. ✂

– FCpl Cheung, Claire

Saving Lives, One at a Time



FCpl Vo, Cynthia rushes to the aid of the casualty, tying a splint onto his arm in order to prevent injury.

“Stop stop stop! Help help help! I’m looking up, down, left, right. Do I see or smell any dangers?” Your team enters the dark green door, every mouth is shut tight and is watching your every movement. Training day by day, working hard through sweat and tears. You stay up late to study, working through each imaginary scenario through your head. You work with your team, you endure all the hardships until the big day comes. You work through all the cuts, you avoid from becoming a spare. You’re swept off your feet when you make the team. You go home as a bundle of joy, jumping on your bed and having one of the best nights of sleep. Putting on your team shirt, whether it was the 111 Tributes, or being a part of Team Rocket. You’ve made it! All the hard work that was put out there, was really worth it. You’ve already passed the written test, you’re only one more step away. Your crew steps onto the scenario “Are there any bystanders?” The judge replies. Your

whole team still has butterflies in their stomachs, and slowly step by step work as a team to give first aid. The judges monitor your every move, from the way you remove obstacles off the scene, from the way you entered, the way you call for 911 help. Everything. Once the competition was over, it was time for awards. Everyone, still with the butterflies in their stomachs, they announced the winners. The 111 Pegasus Tributes (Junior Team) won 2nd place. Keeping their heads high and no regrets, the teams walked out the door feeling accomplished. Excited to come back to next year’s competition full of enthusiasm, and ready to show what they have in store.

First aid, first discovered in the 11th century, was used in providing care to knights and pilgrims also training knights in training. First aid was not used for a long time, but soon resurfaced in 1859 in Italy by Jean-Henri Dunant. Dunant, with the goal to help sick and injured soldiers in the battle

fields. Henri, introduced career availabilities for women in the wars, teaching them what is needed to preserve life until the doctors arrived which removed some sexism in the country. Soon after, the St. John Ambulance group formed, and first aid spread through all extra-curricular activities, including the Cadet society.

In first aid, your goals are to preserve life, prevent harm, and of course promote recoveries. First aiders are not superheroes, but ordinary people like you and I that have the knowledge to help those that are injured or is sick. But do not mistaken this, first aiders are not doctors. First aiders are there to be the backbone until the ambulances arrive. Many people mistaken first aiders as doctors and wonder why they’re incapable of saving someone who is injured severely.

Determined to be the very best, to aid them is our real test, to save them is our cause. ✂

– FCpl Deng, Jessie

Brass, Percussion and Woodwind: A Battle in Music

Every training night, the band starts off the parade with the same familiar tunes, whether it may be the triumphant fanfare of O' Canada or the sorrowful melody of God Save the Queen. Eagle Flight, band of 111 Pegasus RCACS, is composed of 35 cadets from every level, with Captain David Fong, the training officer of Eagle Flight, leading. Through the hard work of many practices and with help from the NCOs, the new band cadets were able to improve their abilities in their instruments, whether it was the first time playing or not.

In this training year of 2012-2013, the bandies had several workshops with other amazing music players out of the cadet program, and had an opportunity to get their music badges. The band competition is a prestigious event where the many marching bands from all over the province come to compete with others with other marching bands, marked on their uniform, drill, and music.

At the end of a long, tiring day of competition, 609 was placed first, with 111 close on their heels and 692, 637, and 135 ending up in their respective places - 3rd, 4th and 5th. Eagle Flight, shaped by cadets with average age of 13.5, was proudly placed with a



gold certificate with the final mark of 81.96 out of 100. Additionally, Sgt Martin Pan, on his first year of being the drum major and competing with drum majors far more experienced, received a gold certificate in the Drum Major Competition, with the final mark of 80.87 out of 100.

All members of Eagle Flight were proud of their score, whether it be the warrants see-

ing their last competition or the Level Ones at their first. By the end of this training year, as the cadets look back to the beginning, they feel that what they have accomplished and how much success Eagle Flight has experienced was well worth the hard work. At the beginning, the band of 111 Pegasus was merely a team, but now, every member agrees that they are now a family; an ohana. 🐉

– FCpl Yoon, Kira and FCpl Cheung, Claire

One, One, One. The Cadence of Victory



Many hours were put into preparation for this year's Lower Mainland Drill Competition on April 13th 2013 held at our very own Bessborough armoury. This year's drill team consisted of 15 individuals lead by drill team commander, WO1 Trevor Tsang, and drill team officer, OCdt Connie Ho. This was not my first experience with the drill team, being the drill team commander during my time at the Leadership and Ceremonial Instructor Course, but being a part of this year's 111 Pegasus drill team was eye opening. At the beginning, we didn't feel like a team at all, but along the way, we clicked. Every member played a part in making the team feel like a family. The level of dedication and enthusiasm displayed by the members was unbelievable. Numerous hours were spent perfecting uniforms and movements. The competition itself was a blur, but I will never forget the countless hours spent with the team. 🐉

– WO2 Pham, Tracy



Sherlock Holmes and Dr Watson were going camping. They pitched their tent under the stars and went to sleep.

Sometime in the middle of the night Holmes woke Watson up and said: "Watson, look up at the sky, and tell me what you see."

Watson replied: "I see millions and millions of stars."

Holmes said: "And what do you deduce from that?" Watson replied: "Well, if there are millions of stars, and if even a few of those have planets, it's quite likely there are some planets like Earth out there. And if there are a few planets like Earth out there, there might also be life."

And Holmes said: "Watson, you idiot, it means that somebody stole our tent."

Someone has stolen our natural shelter, Watson.



WO2 Li, Rachel teaches a class of cadets how to determine the bearing of the nearby porta-potties, an invaluable skill in the wild.

There are many extra-curricular activities to do in the Air Cadet program, from joining band or drill team to saving lives with the first aid team. One of the rougher and more exciting aspects of this program are the field training exercises that cadets are able to partake in. These field training exercises are conducted over the weekend, and are a perfect opportunity for cadets to experience survival. This May, on the weekend of the 26th, the FTX Dromund Kaas took place, taking many cadets, both senior and junior, to Chilliwack for three long days of fun and games. During the field training exercise, many survival skills were taught to the junior cadets, such as building natural shelters, learning how to read compasses and understanding maps as well.

On this particular exercise, the weather was uncooperative and while it was nice the first two days, it started drizzling during the second night. When we woke up on the third day, it was raining cats and

dogs. Even the sheltered areas under the thick-leaved trees were wet. Even with the upsetting weather, the cadets' spirits were not dampened, and loud and enthusiastic attitude checks could be heard from Syndicates Astronauts, Buns, Cereal, and Doritos.

An FTX is an extraordinary experience, as no one could possibly hate being in the wilderness all weekend, eating MREs and sleeping under the rain. However, this particular FTX had a certain competitive game to it. During the second evening of the exercise, an inter-squadron competition was planned by the officers of 111 Pegasus, 777 Neptune and 655 Richmond, who were all sharing sites within a mile of each other. The game was described as "Capture the Flag on candy", with each squadron having two glow sticks that the others were trying to capture and bring back to camp. Many creative ideas were put into this match, from tying glow sticks to tepees to hiding it in a sealed jar, tied to a rock and buried in a mud puddle.

111 devised an excellent strategy, putting both offensive and defensive teams into play. Led by FSgt Ken Mak, FSgt Nick Tam, Sgt Gordon Zhou and FSgt Paul Opeda, the offensive team crept through the forest towards 655, slinking through the bush in an attempt to surprise the other squadrons. Though we didn't manage to capture any of the glow sticks, none of our own were stolen thanks to our defensive team, and the game ended before any clear victor was decided. At the end of the day, however, the game was all in good fun and everyone had a good time.

This FTX, though damp and miserable at the end, was fun and amazing to participate in, and many memories were created from the exercise. This will definitely not be the last of the FTXs 111 will have, and we can only hope that on the next trip, the sun will be out and shining brightly, though no one would be surprised if it poured rain again. ✂

– FCpl Cheung, Claire

Remember to check the website for the latest information!

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