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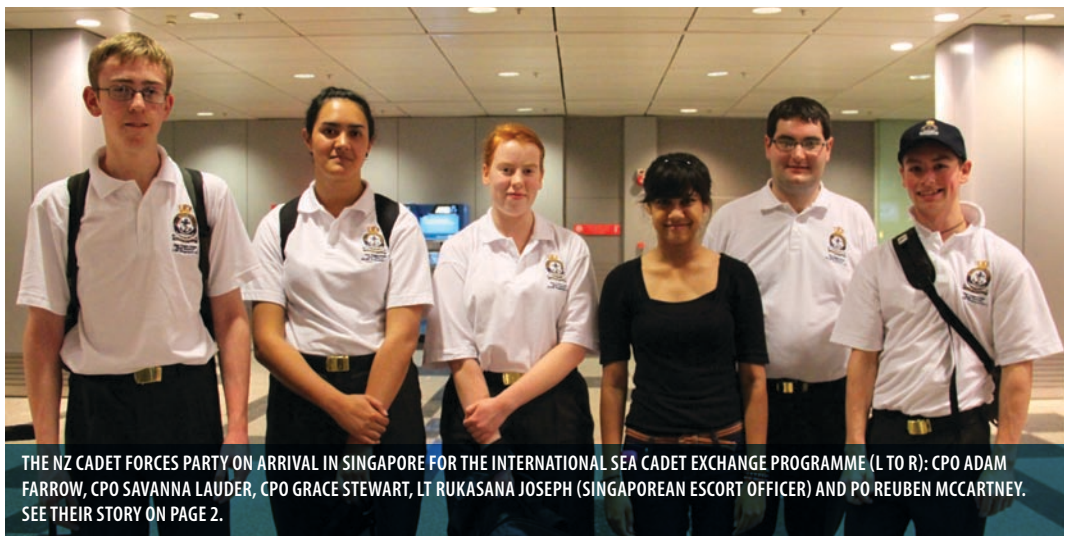
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COMMANDANT'S MEDALLION AWARDED TO PO CADET GRACE WINNINGTON, TS TALISMAN

Cadet Petty Officer Grace Winnington received a Commandant's Medallion from the Commandant NZCF, Commander Glen Stokes RNZN, at TS TALISMAN on 5 May 2011. The Commandant's Medallion is open to all individuals involved with the NZCF. It is the highest award available to Cadets and it is presented in recognition to those who have provided valuable service to the NZCF; the service being above that normally expected. SLT Milo Couldren, the Unit Commander at TS TALISMAN, said that Grace was nominated for her special teamwork, commitment and ability to inspire others that she has displayed and, her total dedication to Sea Cadets. Congratulations, Grace! *For Grace's view, see page 4.*



THE NZ CADET FORCES PARTY ON ARRIVAL IN SINGAPORE FOR THE INTERNATIONAL SEA CADET EXCHANGE PROGRAMME (L TO R): CPO ADAM FARROW, CPO SAVANNA LAUDER, CPO GRACE STEWART, LT RUKASANA JOSEPH (SINGAPOREAN ESCORT OFFICER) AND PO REUBEN MCCARTNEY. SEE THEIR STORY ON PAGE 2.

SEA CADETS' SOUTH EAST ASIAN EXPERIENCE

By PO Cadet Reuben McCartney

Our Party on the International Sea Cadet Exchange Programme (ISCEP) enjoyed a warm welcome in Singapore; not only the temperature but also the welcome and the activities for us over 10 days in late May – June this year. The New Zealand contingent were: ENS Sam Ratten (TS. TAUPO, our Escort Officer) CPO Grace Stewart (TS TAUPO) CPO Adam Farrow (TS TAUPO) CPO Savanna Lauder (TS DIOMEDE) and myself from TS STEADFAST.

My first impression of Singapore was 'Wow!' not only at the size but also the sights of the airport, where we were met by our Singaporean Escort Officers, Suresh, Rukhsana, Muina and Ahmad. It was interesting that they were around the same age as us. From there we were bussed to Changi Naval Base where we were accommodated for the next nine days. Besides Singapore, the other countries represented at ISCEP 2011, were Hong Kong and India. I was disappointed that the USA and the UK had pulled out, but I still had a great time making friends from these other nations. Our time was packed with ships' visits, a tour of the Naval Base, adventure training at the National Cadet Corps campus,



PO REUBEN MCCARTNEY DRESSED AS A SINGAPOREAN SOLDIER AT THE DISCOVERY CENTRE AND ARMY MUSEUM.



KIWI SEA CADETS SIGHTSEEING ON THE ESPLANADE BRIDGE WITH THE MARINA BAY SANDS SKY PARK IN THE BACKGROUND (L TO R) GRACE STEWART, SAM RATTEN, SAVANNA LAUDER, REUBEN MCCARTNEY AND ADAM FARROW.

a visit to the Singapore Discovery Centre, guided tours around Singapore City, going up to the top of the Marina Bay Sands Sky Park, and a trip to Sentosa Island and the Universal Studios Theme Park. The highlight for me was the farewell dinner. It was a superbly organized event with fantastic food, great music by the National Cadet Corps Band from Singapore, and performances from each of the other countries. We performed a Maori song, and

even though we didn't do the best it was still received very well. I highly recommend anyone working towards applying for this exchange. It was well worth the effort I put in to raise the funds. I would certainly return to Singapore at the next available opportunity. It was a shock to return to a chilly 13°C after my Air New Zealand flight home to Christchurch, but it failed to cool the memory of my wonderful trip to Singapore.

T.S. TALISMAN'S 50th BIRTHDAY

By Able Cadet Ellena Feasy

TS TALISMAN was founded in 1961 with an initial roll of 29 cadets. Over the years some 700 young adults have trained at the Unit which now has a roll of almost 50 cadets. TALISMAN got its name from two previous ships of the same name – the scow TALISMAN which plied the waters of Golden Bay and Cook Strait at the turn of the 20th century and the WWII T-Class submarine HMS TALISMAN, which saw action in the Mediterranean. The Unit's crest came from this submarine.

We had a fantastic anniversary parade with lots of special guests, former cadets and officers, current cadets, officers and instructors and of course proud parents. Our cadets have been inspired by the recent offshore sailing voyage to New Caledonia with the hope of another adventure in the future.

Unit Commander SLT Milo Couldren's vision for our Unit is:

"to encourage and inspire youth in their discovery of who they are, what they are capable of and how to work with others".

This vision was inscribed on a plaque presented at the 50th celebrations. It takes pride of place in our Unit and serves to remind cadets to make the most of the opportunities given to them.

As an Able Cadet, I take pride in knowing I am part of my Cadet Unit. I am proud of who I am and the Sea Cadets have had such a massive impact on my life. I also hope that the Sea Cadet Corps continues to help me grow and, to shape the lives of others in the future. I definitely feel encouraged and inspired when I put my uniform on.



ORDINARY CADET ERIC STEWART BEING PRESENTED WITH HIS SAILOR'S CAP BY LT CDR KITT AT A CEREMONY DURING THE OPENING OF T.S. TALISMAN IN 1961.



50 YEARS ON FORMER CADET ERIC STEWART PRESENTS ORDINARY CADET NICK LAUDER WITH HIS FIRST SAILOR'S CAP DURING THE UNIT'S 50TH ANNIVERSARY CELEBRATIONS.

SEA RIDING IN HMNZS MANAWANUI

By Lt Penelope Hodder NZCF

A beautiful, sunny Auckland Monday morning—and there I was standing nervously outside the main gate of HMNZS PHILOMEL wondering what I had got myself into this time. I was to join HMNZS MANAWANUI as escort officer to CPO CDT Zoe Pipes, who was to have a week's adventure at sea. CPODR Tomoana, the Coxswain, arrived to take me to the ship and I was shown to my pit and given a tour of the ship. OK, so far so good... I found Zoe already helping out in the galley and looking very much at home. It was time for the briefing, where we were told what to do when we heard various pipes including the 'abandon ship'—which, we were cheerfully advised, would hopefully not happen this week! Zoe and I tried to stay out of the way while watching everything that was going on around us; soon the engines powered up and MANAWANUI slipped from the wharf. We were under way—no time now for cold feet! I had on my trusty sea bands (for sea sickness) and felt fine. Day One was pretty



cool. Zoe and I were invited onto the bridge as we left the harbour and while we wedged ourselves into a corner, we got to observe bridge etiquette up close. Once out past A-Buoy the CO, LTCDR Leef, explained that they were doing a Minefield transit exercise. He showed us where the compass readings were being recorded onto the chart electronically. AHSO Levi (the Navigator's Yeoman) explained how he was taking bearings and let me have a look through the compass sight. After a really great lunch there were Damage Control exercises and Zoe and I were shown to a spot to watch what unfolded. It looked like chaos to start with, but the crew had it all well in hand. I was able to start making sense of it all and the officers and crew explained things. We anchored for the night, but Tuesday

morning I felt decidedly queasy until my stomach rebelled and I had to hang miserably over the side for a while. My bunk and I got better acquainted during the day and I missed seeing the .50 cal shoot. As Wednesday dawned, grey and drizzly, I was feeling fantastic! Zoe and I helped out in the galley making lunch then got to go for a spin in the RHIB. Some of the crew went snorkelling and diving off Great Mercury Island where the water was clear and the fish abundant. All good things come to an end and the ship headed back to Devonport and we had to say goodbye. The officers and crew made Zoe and me feel so welcome and they all answered our questions with great patience. I feel so privileged to have been able to experience a slice of a 'life less ordinary' and hope I can do it again, some day.

Central Area Regatta



THE REGATTA COMPETITORS ASSEMBLED ON THE ESPLANADE AT PETONE

By PO Cadet Morris TS CALLIOPE

The Regatta was held this year at TS TAMATOA in Petone; the five Central Area units came together to compete in seamanship, sailing, pulling and land-based activities such as Drill, First Aid and Shooting. For some of the teams it was their first time at a Regatta and also their first time on a military base, at Trentham Army Camp. With TS TAMATOA and TS TUTIRA teamed up together, the four teams competed for the nine trophies including Best Individual Shot, Endeavor, and of course, Top Overall Unit. The whole team from Calliope put in a huge effort and I was proud to be their team leader for the weekend. I would like to say 'Thank you' to the staff who organized the Regatta—they do so much that we don't see.



COMPETITION ON THE RANGE FOR THE SHOOTING TROPHY



THE CALLIOPE CREW PREPARING THEIR BOAT FOR COMPETITION

Capsize Training at TS DIOMEDE

A] Ensign David Gilbert takes a crew out in the calm waters of Whangarei harbour to practice capsize drill. From l to r: ENS David Gilbert, PO CDT Hope Kirby, CPO CDT Savanna Lauder, LCDTs Stacey Jones and Oshea Paki, ORD CDT William Paki-Keefe and LCDT Brendon Davies.



A



B

B] All Sea Cadets are taught how to right a boat after a capsize as part of their boating safety training.

C] Now what do we do? It pays to know, if that unexpected gust of wind strikes and capsizes the boat.



C



D

D] Well that wasn't so difficult was it! The Crown Sailing Dinghy is the mainstay of the Sea Cadet fleet and it provides a very stable training platform for pulling and sailing

Here, PO Cadet Winnington describes her involvement with Sea Cadets:

Before I heard about Cadets, I attended a 'Learn to Sail' day at our local yacht club. I remember crouching in the tiny red sail boat, looking out across the glassy water, hoping for a breath of wind to fill the limp sails. My boat was moving - but only due to the outgoing tide. Despite all that, I loved every moment of it, and couldn't wait for another opportunity to get out on the water! A couple of months later, I was told about Sea Cadets, and that they regularly went sailing! Enthusiastically I joined, and that's where my adventure really began! Now, three years has passed since that first time I stepped into TS TALISMAN and it has

been an incredible journey. I have learned so much along the way—not only about sailing, but also life skills that will remain with me for years to come: leadership, teamwork, and self discipline. Being a part of TS TALISMAN has helped show me that by aiming high and never giving up, we can accomplish great things. The voyage to New Caledonia really helped shape who I am today. They say 'experience is the best teacher' and nothing could have taught me more about the values of perseverance, dedication, and hard work. I'm discovering that life is full of surprises, and being presented with the Commandant's

Medallion was certainly one of them! I felt greatly honoured and humbled in receiving this award, and it would not have been possible without the great leadership, training, and example of the various senior cadets and officers who have played a big role my years at cadets. From the small beginnings of tying knots, to enduring long nights at the helm during the Unit's New Caledonia voyage, I have loved the challenge of every stage along the way. The values and skills I have learned will live on throughout the unfolding chapters of my life.

SEA CADETS—RECRUITING NOW!

Encourage your children to join the Sea Cadets and have some Serious Fun! Our Units have places available for new Cadets (girls and boys 13 – 18). Enquiries from parents and caregivers are welcome. For more information about the Sea Cadets, check out the Sea Cadets on the Cadet Forces website cadetforces@nzdf.mil.nz

Sea Cadet Units can be contacted by calling 0800 SEA CADET, or directly:

T.S. Diomedé	Whangarei	(09) 430 3485	T.S. Taupo	Mana, Porirua	(04) 233 8146
T.S. Leander	Devonport, Auckland	(09) 445 6604	T.S. Tamatua	Petone, Lower Hutt	(04) 568 8541
T.S. Achilles	Orakei, Auckland	(09) 521 9128	T.S. Amokura	Evans Bay, Wellington	(04) 970 8455
T.S. Gambia	Otahuhu, Auckland	(09) 276 4579	T.S. Talisman	Nelson	(03) 546 5414
T.S. Bellona	Browns Bay, Auckland	(09) 417 7000	T.S. Steadfast	Christchurch	(03) 353 4080
T.S. Rangiriri	Hamilton	(07) 856 5396	T.S. Cornwell	Christchurch	(03) 384 3684–
T.S. Chatham	Tauranga	(07) 578 5761	T.S. Waireka	Dunedin	(03) 477 7214
T.S. Calliope	Whanganui	0800 73222338	T.S. Nimrod	Port Chalmers	(03) 472 6648
T.S. Tutira	Levin	(06) 368 6212			

Note: Sea Cadet Units usually meet twice a week during the School Terms, so there may not be anybody there when you ring a unit directly; however, if you leave a message someone from the Unit will get back to you.