



**Regional Cadet Support Unit (Central)**



## **Silver Star / Gold Star Cadet Expedition Site Training**



## **Joining Instructions 2015**

## **INTRODUCTION**

1. Silver and Gold Star cadets from across Central Region will attend expedition site training weekends. Cadet Expedition Site (CES) training has been designed to provide the Silver and Gold Star cadet with an opportunity to develop expedition skills in a structured environment under the supervision and instruction of highly qualified staff. The CES will approach training through an experiential approach, which will allow the cadet to develop skills such as canoeing, mountain biking and hiking through direct experience at a personal level.
2. The purpose of these joining instructions is to provide the cadet and their parent(s)/guardian(s) with the information necessary for them to prepare for and participate in the training weekend.

## **GENERAL**

3. Cadets will receive instruction in (Silver Star) and complete reviews of (Gold Star) the following at the CES:
  - a. practicing environmental stewardship as a team leader;
  - b. navigating along a route using a map and compass;
  - c. using expedition equipment;
  - d. following daily expedition routine; and
  - e. recording entries in a journal.
4. Cadets will be provided training in at least two of the three following dynamic modes of travel:
  - a. paddling a canoe;
  - b. hiking along a route; and / or
  - c. riding a mountain bike.
5. A sample weekend training schedule is located at Annex C.
6. CES dates and corps allocations are located at Annex D.

## **PRE TRAINING**

7. Prior to attending the training weekend each cadet should receive a briefing (Silver Star PO M326.01 and Gold Star PO M426.01) from their corps staff that:
  - a. reviews selection of clothing, footwear and equipment;
  - b. reviews selection high-energy snacks;

- c. reviews the CESs joining instructions and training schedule; and
- d. explains the instructions for completing the navigation review package (Gold Star only).

## **OBJECTIVES**

- 8. Specific objectives of expedition training are to:
  - a. promote a feeling of fun and satisfaction of being a part of an exciting and adventurous activity;
  - b. increase personal development; including self-confidence, self-discipline, self-esteem, self-worth and self-satisfaction;
  - c. develop leadership and outdoor abilities, techniques, and skills;
  - d. promote improvement in personal fitness conditioning and encourage healthy lifestyle choices;
  - e. promote an increased awareness and concern for the natural environment; and
  - f. develop an awareness of the skills and knowledge necessary to cope safely in adventure training activities.

## **ASSESSMENT OF PARTICIPANTS**

9. All Silver Star cadets participating in the training weekend will be formally assessed using the PO M326 Assessment Checklist. All Gold Star cadets participating in the training weekend will be formally assessed using the PO M426 Assessment Checklist. Assessment results will be entered into Fortress and forwarded to the respective cadets' cadet corps.

10. All cadets will receive an individual de-briefing by their assigned Expedition Team Leader (ETL) to discuss their performance over the course of the weekend.

## **ACCOMODATIONS AND MEALS**

11. All accommodations and meals during the expedition will be pre-arranged and DND will fund the cost.

12. Cadets will be sleeping overnight in civilian pattern expedition style tents. Sleeping bags and air mattresses are provided. Cadets who are allergic to down, should notify their corps Commanding Officer (CO) who will in turn notify the Regional Cadet Expedition Training Officer (RC Expd Trg O) to make necessary arrangements for a synthetic sleeping bag.

13. During the training weekend cadets will be fed Meals Ready to Eat (MREs). They will also receive a meal supplement each day that includes items such as granola bars, fresh fruit, juice, etc.

14. Cadets who are vegetarians, who have food allergies or who have special diet requirements should inform their corps CO who will then inform the RC Expd Trg O in order to make alternate arrangements.

## **DRESS**

15. Dress during training shall be suitable clothing based on both the current and forecasted weather conditions, air temperatures, insulating properties of clothing worn, and the ability to allow the wearer to remain dry. As such, appropriate civilian clothing is authorized.

**ABSOLUTELY NO TYPE OF COMBAT / MILITARY CLOTHING, COMBAT BOOTS OR JEANS ARE PERMITTED.**

16. Annex A of these JIs provides a complete list of clothing that should be brought to the CES. If a cadet does not have access to all of the items listed in Annex A, they should inform their corps CO who will then inform the RC Expd Trg O so that the items can be procured where possible.

17. Annex A also provides a detailed list of clothing and equipment items that will be issued to each cadet while at the CES.

## **TRANSPORTATION/MOVEMENTS**

18. Transportation for cadets and personnel will be co-ordinated by their respective area detachment. Corps COs will be contacted directly and informed of location and timings for pick-up and drop-off. It is the responsibility of the corps CO to ensure that all cadets and their parent / guardian are aware of transportation details – i.e. pick-up / drop off timings and locations.

19. The use of mini-vans will be authorized when a small number of cadets are participating in the activities and when it is more economical and practical than using a bus. Use of the school bus will be the transportation of choice when there are a number of corps from the same geographical area participating. A single assembly point will be established to minimize delays during personnel movements.

20. For cadets who are taking commercial transportation to the CES they will be met by an officer at the start and end point of their journey.

21. Cadets designated as “walk-ins” are requested to arrive at their respective CES not early than 1900hrs and no later than (NLT) 1930hrs on the Friday evening. They will be ready to be picked up at the CES on Sunday at 1400hrs.

**22. Cadets are NOT required to travel in their cadet uniform. Cadets are required to wear their issued Cadet Parka along with appropriate civilian clothing while travelling.**

23. All cadet transportation information will be sent to the corps CO NLT one week prior the expedition training weekend.

## **MEDICAL / DENTAL / HEALTH**

24. All cadets participating in the training weekend must have a current Basic Health Questionnaire and Detailed Health Questionnaire, if required.

25. If a cadet has a temporary medical issue, such as a sprained wrist or knee, broken arm, etc. they must notify their corps CO who must get in touch with the RC Expd Trg O to ensure they are capable of participating in training.

26. **Facilities / Services.** Medical and dental emergencies will be handled through a combination of on the spot first aid and the local 911 emergency systems. During training, medical incidents will be handled using first aid and evacuation to a designated medical facility. More serious incidents will involve the assistance of Emergency Services.

27. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration of the training weekend. Medications must be in clearly labelled containers. Individuals allergic to bee and wasp stings must have an EPI PEN with them and carry it on their person at all times.

### **EYE GLASSES / CONTACT LENSES**

28. Cadets wearing eyeglasses during the expedition must exercise due diligence to the safety of their glasses, i.e. wearing a safety strap.

### **EMERGENCY CONTACT NUMBERS**

29. The following is a list of emergency contact numbers:

a. Capt Nicole Stark, RC Expd Trg O:

(1) office: (705) 424-1200 extension 7664;

(2) toll free: (888) 232-2290, opt 5; and

(3) cell: (705)-790-0187; and

b. Capt Hannah Walker, RC Army Trg O:

(1) office: (705) 424-1200 extension 7028;

(2) toll free: (888) 232-2290, opt 2, 2; and

(3) cell: (705) 715-2235.

### **SECURITY / RESTRICTIONS**

30. It is recommended that personal belongings be marked with the cadet's name or initials for identification purposes.

31. No radios, MP3 players, cellular phones, video games or similar electronic devices will be permitted during training hours.

32. Cadets are forbidden from bringing any firearms or weapons of any sort.

33. **Cadets are forbidden from bringing any army related clothing.**

## **DRUGS, ALCOHOL AND TOBACCO**

34. **Regulations.** The orders detailed in CATO 13-23 concerning drugs and alcohol will be applied to the conduct of the training weekend. Cadets who are found in the possession of, or use drugs, prohibited substances or drug related material will be reported to local civilian police. The use of alcohol by cadets will result in an immediate return to unit (RTU).

35. **Tobacco.** Smoking by cadets will not be permitted.

## **DISCIPLINE AND BEHAVIOUR**

36. Cadets indulging in inappropriate behaviour, violation(s) of rules/regulations or disrupting the learning of others will be subject to disciplinary action including the possibility of RTU.

## **PUBLIC AFFAIRS**

37. Cadets are also invited to “like” the Central Region Army Cadet Expedition Page on Facebook. This page will provide cadets a web-based resource for pictures and information about expedition related training in Central Region. The group will be monitored by regional expedition staff members. Go to this link to join:  
<http://www.facebook.com/pages/Central-Region-Army-Cadet-Expeditions/291457294198690>.

## **COMMUNICATIONS AND CONTACTS**

38. Communications regarding the expedition are to be directed to the RC Expd Trg O or the CES OC. Contact information is as follows:

- a. RCSU Central – Email: [centralexpeditiontraining@gmail.com](mailto:centralexpeditiontraining@gmail.com);
- b. RC Expd Trg O – Capt Nicole Stark :
  - (1) office: (705) 424-1200 extension 7664;
  - (2) toll free: (888) 232-2290, opt 5; and
  - (3) cell: (705) 794-7607;
  - (4) email: [nicole.stark@forces.gc.ca](mailto:nicole.stark@forces.gc.ca);
- c. Central CES OC – Capt Joey Landry:
  - (1) cell: (416) 358-2858; and
  - (2) email: [joey.landry@cadets.gc.ca](mailto:joey.landry@cadets.gc.ca);

- d. Western CES OC – Capt Frances Ogilvie:
  - (1) cell: (519) 717-6273; and
  - (2) email: frances.ogilvie@cadets.gc.ca;
- e. Eastern CES OC – Capt Al Stewart:
  - (1) cell: (613) 883-0615; and
  - (2) email: al.stewart@cadets.gc.ca; and
- g. Northern CES OC – Capt Chris Donner:
  - (1) cell: (607) 686-6524; and
  - (2) email: christopher.donner@cadets.gc.ca.

39. As training will be conducted in remote locations, cadets will NOT have access to telephone services; however, there will be both cellular and satellite phones for emergency communication purposes.

Annex A – Clothing and Equipment List

Annex B – Packing Tips

Annex C – Sample Weekend Training Schedule (Silver Star and Gold Star)

Annex D – Cadet Expedition Site Training Dates and Corps Allocations

**CLOTHING AND EQUIPMENT LIST**

1. The provision of all personal clothing and equipment items listed below is the responsibility of each cadet. Prior to purchasing any outdoor related clothing and equipment cadet's should contact their corps CO or the RC Expd Trg O.
2. Cadets are required to bring the items listed below. Cadets who do not have an item should notify their corps CO, who will then contact the RC Expd Trg O, who will make arrangements to procure the equipment for the cadet if possible.

<b>TO BE BROUGHT</b>	<b>CHECKLIST</b>
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton)	
3 pairs of underwear	
1 pair of long underwear (not cotton) (top & bottom)	
2 short sleeve shirts or t-shirts (not cotton)	
2 pairs of long pants (not cotton or denim)	
1 pair shorts	
1 Cadet Parka with fleece liner	
1 pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair gloves	
1 pair shoes/sneakers (evening usage)	
1 pair hiking/ biking shoes (day time usage)	
1 water bottle	
1 wrist watch	
1 towel (small)	
1 travel-sized soap	
1 travel-sized deodorant	
1 travel-sized toothbrush and toothpaste	
1 comb/hairbrush	
1 swimsuit ( <b>Silver Star CES - Central, Eastern, Northern</b> ) ( <b>Gold Star CES – Western</b> )	
1 pair fitted water shoes – no flip-flops, crocks or thongs ( <b>Silver Star CES - Central, Eastern, Northern</b> ) ( <b>Gold Star CES – Western</b> )	
1 camera (optional)	
1 duffle bag for bringing/stowing gear ( <b>NOT a rolling suitcase as these are difficult to store</b> )	



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3. The following items will be issued upon arrival at the CES training site:

<b>TEAM EQUIPMENT (ISSUED)</b>	<b>PERSONAL EQUIPMENT (ISSUED)</b>
Tent	Expedition field pack
Pocket knife	Compression sack(s)
Compass	Stuff sack(s)
Mountain stove/ Dragon Fly Stove	Sleeping bag
Fuel bottle	Sleeping bag liner
Pot set	Thermarest mattress
Matches	Wet weather jacket
Waterproof match container	Wet weather pants
Wash basin	Plastic cup
First aid kit	Whistle
Backpacking tarp	Headlamp
GPS	Carabineer
Naphtha	Trekking poles
MSR water filter	20 SPF lip balm
Toilet paper	Journal
Re-sealable plastic bags	Pencil
Garbage bags	
Gear tape	
Glow sticks	
30 SPF sunblock	
Foot powder	
Hand sanitizer	
Day Bag	
Insect Repellent	

4. CESs have a limited supply of large, x-large, and xx-large sizes of jackets, pants and PFDs. If a cadet requires these sizes please contact the RC Expd Trg O or applicable CES OC so that arrangements can be made.

5. The following items will NOT be brought to the CES training site by any participants:

- a. personal canoeing / hiking / mountain biking equipment;
- b. military related clothing;
- c. junk food of any sort;
- d. inappropriate books or magazines (due to pornographic or violent content);
- e. lighters;

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- f. non-prescription drugs, alcohol or other controlled substances; and
- g. ammunition, firearms (or any other weapon) of any kind.

**PACKING TIPS**

1. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

<b>INSTRUCTION</b>	<b>CHECK</b>
Is your personal kit complete and marked?	
Do you have your prescription medication?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your provincial health insurance card?	
Do you know exactly how you are travelling? If not, contact your corps CO.	

**SAMPLE WEEKEND TRAINING SCHEDULE**

1. Below is a sample schedule for **Silver Star Cadet Expedition Site Training**. Be advised that the Central CES will conduct canoe and mountain bike training; Northern and Eastern CESs will conduct canoe and hiking training; and Western CES will conduct hiking and mountain bike training.

<b>FRIDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	CES staff.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, etc. Cadets will be introduced to their Expedition Team Leader (ETL).
	Navigation review	Completed as required, time permitting.
<b>SATURDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. CES staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
0630	Breakfast	CES Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of ETL each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Start Expedition	
	Mode of Travel #1	Cadets will be assigned a leg of the route to lead.
1200 – 1300	Lunch	Lunch will occur at a designated point along the practical expedition route. ETL will use time during lunch to instruct EO M326.06
1600	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	

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<b>SUNDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	Cadets will be assigned a leg of the route to lead.
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.
1300	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the CES Log O.
1330	Debrief	All cadets will be required to: fill out an CES activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

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2. Below is a sample schedule for **Gold Star Cadet Expedition Site Training**. The Central, Eastern and Northern CESs will conduct hiking and mountain bike training; whereas the Western CES will conduct canoe and mountain bike training.

<b>FRIDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	CES staff.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, etc. Cadets will be introduced to their Expedition Team Leader (ETL).
	Navigation review	Completed as required, time permitting.
<b>SATURDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. CES staff to model daily routine activities.
0630	Breakfast	CES Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of ETL each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Start Expedition	
	Mode of Travel #1	Cadets will be assigned a leg of the route to lead.
1200 – 1300	Lunch	Lunch will occur at a designated point along the practical expedition route.
1600	Arrive at campsite #2	Teams will set up their campsites.
1730	Supper	
2000	Evening Activities	
2200	Lights Out	

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<b>SUNDAY</b>		
<b>Timings</b>	<b>Tasks/Activity</b>	<b>Remarks</b>
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities.
0800	Mode of travel #2	Cadets will be assigned a leg of the route to lead.
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.
1300	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the CES Log O.
1330	Debrief	All cadets will be required to: fill out an CES activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

**CADET EXPEDITION SITE TRAINING DATES AND CORPS ALLOCATIONS****Silver Star 2015**

	<b>Central CES Earl Rowe - 1</b>		<b>Eastern CES Bon Echo - 1</b>		<b>Western CES Short Hills - 1</b>	
	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>
<b>17-19 Apr 15</b>	105	Streetsville	137	Rockcliffe	68	St Catharines
	676	Georgetown	2317	Ottawa	109	Ingersoll
	1188	Oakville	2332	Ottawa	613	Fonthill
	2379	Burlington	2784	Ottawa	1626	Grimsby
	2990	Milton	2870	Ottawa	2659	Brantford
			2951	Gloucester	2835	Niagara Falls
			2958	Manotick	2833	Woodstock
					2865	Hamilton
					2966	Fort Erie
					2968	Welland
	<b>Central CES Earl Rowe - 2</b>		<b>Eastern CES Bon Echo - 2</b>		<b>Western CES Wildwood - 2</b>	
	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>
<b>24-26 Apr 15</b>	41	Port Perry	88	Cobourg	59	Chatham
	76	Uxbridge	100	Brighton	202	Amherstburg
	748	Markham	113	Brockville	223	Stratford
	1888	North York	385	Madoc	1086	Windsor
	2525	Ajax	492	Gananoque	1112	Tecumseh
	2754	North York	2360	Arnprior	1943	Palmerston
	2799	Aurora	2587	Kingston	2715	Lasalle
	2881	Scarborough	2672	Peterborough	2828	Windsor
			2777	Campbellford	2853	Simcoe
			2817	Lindsay	2861	Windsor
			2818	Belleville	2884	West Lorne
	<b>Central CES Earl Rowe - 3</b>		<b>Eastern CES Bon Echo - 3</b>		<b>Western CES Wildwood - 3</b>	
	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>
<b>1-3 May 15</b>	48	Toronto	57	Hawkesbury	7	St Thomas
	75	Toronto	640	Cloyne	9	London
	337	Toronto	1129	Haliburton	11	Strathroy
	709	Toronto	2403	Cornwall	102	Sarnia
	2402	Toronto	2642	Petawawa	2563	Petrolia
	2736	Toronto	2677	Pembroke	2918	Leamington
			2804	Casselman	2923	Exeter
			3018	Orleans	2967	Brussels
					3144	Clinton



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8-10 May 15	Central CES Earl Rowe - 4		Central CES Kelso – Gold Star make-up		Western CES Wildwood - 4	
	Corps	Location	Corps	Location	Corps	Location
	42	Owen Sound	557	Brampton	21	Cambridge
	329	Tottenham	1888	North York	62	Hamilton
	1849	Orangeville	2754	North York	1596	Kitchener
	1909	Collingwood	2881	Scarborough	1882	Guelph
	1913	Oshawa	2919	Barrie	2347	Hamilton
	1944	Creemore			2814	Hamilton
	2250	Bracebridge				
	2408	Borden				
	2919	Barrie				
	3133	Kearney				
22-24 May 15			Northern CES Restoule - 1			
			Corps	Location		
			204	North Bay		
			1635	Kapuskasing		
			1884	Timmins		
			2310	Sault Ste Marie		
			2344	New Liskeard		
			2407	Blind River		
			2826	Hearst		
			2912	Sudbury		
			2915	Capreol		
			2964	Naughton		
		3013	Cochrane			
29-31 May 15	Central CES Earl Rowe - 5		Northern CES Thunder Bay- 2			
	Corps	Location	Corps	Location		
	557	Brampton	774	Kenora		
	2824	Mississauga	2072	Dryden		
			2294	Thunder Bay		
		2511	Thunder Bay			

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<b>16-18 Sep 15</b>	<b>Central CES Kelso</b>		<b>Central CES Earl Rowe</b>			
	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>		
	142	Aurora	142	Aurora		
	162	St Catharines	162	St Catharines		
<b>18-20 Sep 15</b>	<b>Central CES Kelso - 1</b>		<b>Northern CES Kettle Lakes - 1</b>		<b>Western CES Fanshawe - 1</b>	
	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>
	329	Tottenham	204	North Bay	59	Chatham
	676	Georgetown	1635	Kapuskasing	202	Amherstburg
	1849	Orangeville	1884	Timmins	1086	Windsor
	1944	Creemore	2344	New Liskeard	1112	Tecumseh
	2250	Bracebridge	2826	Hearst	2715	Lasalle
	2379	Burlington	2912	Sudbury	2828	Windsor
	2408	Borden	2915	Capreol	2861	Windsor
	2919	Barrie	2964	Naughton	2884	West Lorne
	2990	Milton	3013	Cochrane	2918	Leamington
3133	Kearney					
<b>25-27 Sep 15</b>	<b>Central CES Kelso - 2</b>		<b>Eastern CES Gatineau - 1</b>		<b>Western CES Fanshawe - 2</b>	
	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>
	774	Kenora	137	Rockcliffe	9	London
	1188	Oakville	2317	Ottawa	11	Strathroy
	1888	North York	2332	Ottawa	102	Sarnia
	2072	Dryden	2360	Arnprior	223	Stratford
	2294	Thunder Bay	2642	Petawawa	1943	Palmerston
	2407	Blind River	2677	Pembroke	2563	Petrolia
	2310	Sault Ste Marie	2784	Ottawa	2923	Exeter
	2511	Thunder Bay	2870	Ottawa	2967	Brussels
	2824	Mississauga	2958	Manotick	3144	Clinton
2881	Scarborough					
<b>2-4 Oct 15</b>	<b>Central CES Kelso - 3</b>		<b>Eastern CES Gatineau - 2</b>		<b>Western CES Fanshawe - 3</b>	
	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>	<b>Corps</b>	<b>Location</b>
	42	Owen Sound	57	Hawkesbury	7	St Thomas
	557	Brampton	100	Brighton	21	Cambridge
	1909	Collingwood	113	Brockville	109	Ingersoll
	2799	Aurora	385	Madoc	1596	Kitchener
			492	Gananoque	1882	Guelph
			2403	Cornwall	2659	Brantford
			2587	Kingston	2833	Woodstock
			2804	Casselman	2853	Simcoe
			2818	Belleville		
		2951	Gloucester			
		3018	Orleans			

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16-18 Oct 15	Central CES Kelso – 4A		Central CES Kelso – 4B	
	Corps	Location	Corps	Location
	48	Toronto	62	Hamilton
	75	Toronto	68	St Catharines
	105	Streetsville	613	Fonthill
	337	Toronto	1626	Grimsby
	709	Toronto	2347	Hamilton
	2402	Toronto	2814	Hamilton
	2736	Toronto	2835	Niagara Falls
			2865	Hamilton
		2966	Fort Erie	
		2968	Welland	

  

23-25 Oct 15	Central CES Kelso - 5	
	Corps	Location
	41	Port Perry
	76	Uxbridge
	88	Cobourg
	640	Cloyne
	748	Markham
	1129	Haliburton
	1913	Oshawa
	2525	Ajax
	2672	Peterborough
	2754	North York
	2777	Campbellford
2817	Lindsay	