

Robert Land Academy The Loyalist

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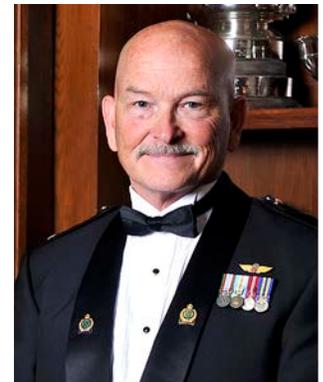
Building Leaders
of Tomorrow

Headmaster continues to inspire

Robert Wright
Board Chair

As I look back at the Headmaster’s message from our last edition and all of us in the Robert Land Family look to support the Headmaster in our own ways as he deals with this health issue I want to take this opportunity to tell you how much I have been inspired by LCol Smid and his family as they have met this challenge.

He is such a tremendous example of the values the Academy aspires to demonstrate to our young men. His “Commitment” to the success and mission of the Academy, his obvious “Courage” in a crisis, his “Labour” to ensure the Academy was prepared and each i dotted and t crossed. His “Loyalty” to the Board, to Staff, to parents and guardians, and to our students, and his tangible example of a man of “Honour”.



I have always felt that at the end of the day, the success of RLA is about relationships of inspiration between staff and students. The Headmaster’s example of leadership is something that will inspire our young men, even in his absence.

In my personal life, through 40 years of Policing and the Army, I have been lucky to have had a few opportunities to be inspired by leaders, but just a very few. Those few have stayed with me throughout my life and continue to inspire my actions for the better.

The Academy looks forward to his return for Graduation and I know each of us will hold the Headmaster and his Family in our thoughts until then.



A Company Report

A wind of change this fall at the Academy

MBar Gagne

The structure, routine, the uniforms, for the most part, the staff are all things at the Academy that don't change, or mostly don't change. For all of us, it has been different this Fall, as there seems to be a piece to the puzzle missing. This is my third year at the Academy, and I've been trying to put my finger on what the missing puzzle piece is this Fall.

We were all terrified for LCol. Smid when we learned that he was sick, but relieved when we heard that the surgery that removed the cancerous cells was a tremendous success. LCol. Smid and I started at the Academy at the same time, September 2020. Since I started at the Academy having quick conversations with him in the Mess Hall multiple times a week seemed, well, normal. Not having those regular conversations, eating meals in the Mess Hall seems a little less exciting. We all want LCol. Smid back at the Academy as soon as possible.

Maj. Stock has been a great acting Headmaster, and is putting in place some really great changes that I can't wait to happen, like the off grounds' trips around Niagara.

Despite LCol. Smid not actioning my idea from the headmaster's hour of weekly hotdog eating contests, having that hour with him twice a year was a time where we, (the students) could be open and honest and not worrying about stepping on our CSM's or Coy Commander's toes. I always



looked forward to those times where we could sit with him and have a voice on how to make life at the Academy a better place. My old school at home had never done that before and I've already survived four Headmaster hours.

I could always count on LCol. Smid to have a positive attitude and even if he was delivering bad news, for example questioning a student about making poor decisions, he usually had a smile on his face when he wasn't wearing a mask. During announcements in the Mess Hall he always spoke with a loud, yet confident voice that held the attention of all in the Mess. It is always nice to listen to his

announcements because you never knew what he was going to say, except on Halloween!

Even though LCol. Smid is not here and it feels a little different we have to keep challenging ourselves to do better. We should strive to make the greatest personal gains possible knowing that when LCol. Smid returns he will want to catch up with us all and measure the personal gains we have all made. I encourage all of you to make the most of your year, no matter how different it feels and look forward to reflecting on your own progress as we march towards June.

Message from the Headmaster

There is no time to rest at the Academy

P.D. (Pete) Stock, BSc,
MSc, MA.
Acting Headmaster

The year continues to pass us by in the blink of an eye. It's already November and Christmas music is dominating the airwaves! With the Christmas standdown just four weeks away, you would think things would start to relax at the Academy, but it's the complete opposite. The cadets have an action-packed few weeks ahead full of activity and adventure.

Since the last newsletter, there are plenty of events and activities to mention. The staff and students hosted Mother Son Day on November the 5th and what a great day we had. With over 30 moms and family friends attending a 'high tea' with fun games and activities. Everyone had a great time, and it was so good to see the interaction between the sons and their moms. Many boys got the opportunity to leave the academy for the evening and enjoy quality extended time with their moms. This event is relatively new to the Academy's calendar, but it sure is here to stay. I'd like to take this opportunity to formally thank Major Krywulak and his team Sarah Whitaker and

Alanna Wielink for their efforts to make such a wonderful experience for everyone.

In addition to numerous events on campus, the Academy is continuing to develop an off-campus program through the RCAC program and our weekend program. Over the weekend, cadets often get the opportunity to attend overnight exhibitions, learning outdoor skills and the virtue of teamwork. The Academy is working hard to develop a regular off-campus program, for example, this weekend cadets have several off-campus exciting activities around the Niagara region planned. The cadets will need to show their commitment to the program to be selected for the trips. As you are aware, boys have plenty of energy. The senior team took some time to reflect on our daily program and listened to the feedback from the students, as a result, ASM Zahra is developing an additional club program. On a Friday, students will start their day by attending a bespoke club, this club will go on for several weeks and the students get to wear their tracks for the day! I am very excited to see this new initiative develop and become part of the RLA

program moving forward.

We were very proud to appoint the 'top three' students who have taken up the position of Head Boy (Vidhya), Parade Sergeant Major (Kevin) and Aide De Camp (Daffyd). Part of their responsibilities is to be the voice for the students and feedback on ideas and improvement to myself. I must say, they push me hard! In the first meeting, they brought forward many great ideas many of which we acted upon immediately. I look forward to our Monday lunchtime meeting each week and collaborating with the 'top three' students.

I was deeply honoured to speak to the students, staff and special guests at our Remembrance Day parade. Our guests included members from the Alumni and Lt. Col. Douglas who is an RCAF Reserve Advertising Advisor & RCAF 2024 (Centennial) Public Affairs Advisor. I was humbled by the readings of our students and forever proud of the Academy for the respect paid during the parade. Despite the torrential rain, the Academy remembered those who sacrificed so much for our freedom.



We continue to send our thoughts and best wishes to Lt. Col. Smid and his family. Lt. Col. Smid is currently at home recovering from surgery and is on the road to recovery. We wish him well and the students here are writing him letters to keep him busy while he recovers. Get well soon.

As we move into December, there is no letting up. Students are working hard on their academics and before long they will be sitting their semester one exams. We also have a biathlon competition to be held at the academy, an army reserve demonstration, a canoe exhibition, a Board of Governor's Parade and an awards dinner celebration to look forward to. I am sure the boys are all looking forward to the Christmas standdown, the message here is to keep persevering and you will reach your potential. Never give up!

Impressed by students on parade Nov 11

Paul Zahra
ASM

Remembrance Day has come and gone once again, all the hard work on drill practices in the rain and cold, paid off. I heard many positive comments from the staff how well you boys looked on parade. From the boys reading at the cenotaph, bell ringer, colour party, band, the top three and the boys marching, you all put in a great effort. I was happy with your turn out and would like to thank you for your effort on a day special to so many of the staff. I was

very impressed by all the boys on parade, the rain was pouring down and all of you stood fast, I looked over at all of you during the moment of silence, with your head dress off, your heads bowed and the bell ringing in the background, no movement from you and all I could hear was the rain, there was an eerie quiet over the campus. It made the day much more special, again thank you.

Winter is coming ... all boys in grade 12 that need community service hours, make sure when I call for snow shovelers and salting crews you get out

and help. I would like to get you the required hours of community service for you to graduate, I also want to ensure the academy walkways are free and clear of ice and snow. A- coy trip to find our Christmas tree is coming up, Capt. Bowman and I will take you out to find and cut down a tree to place in the mess hall. A- coy will make some decorations for the tree, Capt. Ness will have hot chocolate and the white sugar doughnuts for us to warm up after cutting down the tree. Just a reminder to you all an ASM inspection



is coming. Old boys you know what to expect and how to pass my inspection. Make sure you go over my expectation with all boys in your company, so everyone will have a good inspection. Remember you get a spin of the wheel if the company passes.

Nominate a strong leader in your life

Sarah Whitaker
Advancement Officer

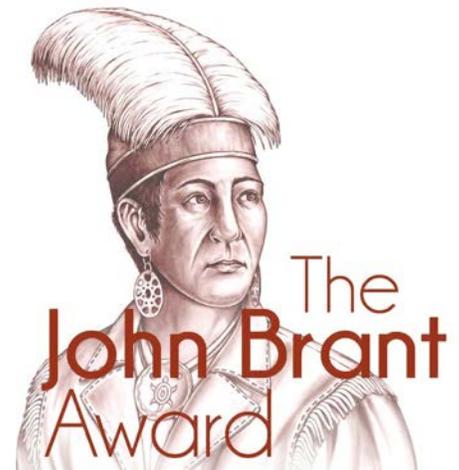
politics, education or community service.

In 2018 Robert Land Academy created the John Brant Award to recognize strong community leaders who live their lives in accordance with the school's values: loyalty, labour, courage, commitment and honour. Our students are encouraged, and supported, in achieving their full potential by incorporating leadership, responsibility and the school's values, along with a highly disciplined program, into their daily routine.

The boys on our campus are also encouraged to recognize leadership and strong values in members of the community outside of campus life and to appreciate the link between those values and an individual's success, whether it is in the military,

The RLA Board of Governors' Outreach Committee is currently seeking nominations for the 2023 John Brant Award recipient. Nominees for the John Brant Award should be outstanding leaders who live their lives in accordance with at least one of the Academy's five values and who have some prominence in the community they serve.

The inaugural John Brant Award was presented to Dave Levac, then speaker of the Ontario Legislature. In 2019 General Walter Natynczyk, then Deputy Minister of Veterans Affairs and former Chief of the Defence Staff of the Canadian Armed Forces was recognized. After a two-year hiatus due to Covid 19, The Honourable Rob Nicholson, former MP for Niagara Falls



received the John Brant Award in 2022.

Nominators are encouraged to submit their nomination by January 15, 2023 by visiting www.rla.ca/johnbrantaward/.

Visit the site for more information about the award, past recipients and the logo.

Emotional response to failure a preparation for adulthood

Dr. David Harley

Human development from its earliest stages consists in an ongoing interaction with the environment. Infants quickly learn the lesson of cause and effect. Controlling the environment to secure desired results is a measure of successful adaptation. Indeed, this grounding in reality forms the basis of future sanity and mental health. For what is sanity other than the successful interaction with one's environment both present and anticipated? The imposition of a false reality upon experience is the hallmark of mental illness. We can ignore reality, but it never ignores us.

Educational theorists over the last hundred or more years have stressed the importance of learning through direct experience. Bertrand Russell, in his book *On Education: Especially in Early Childhood*, made the statement that whenever possible a child should experience the direct consequences of his or her own actions. Obviously, this did not extend to exploring the family medicine cabinet or crawling across roadways, but Russell did give the example of allowing his son to eat too much ice cream and the resulting nausea that followed excessive

self-indulgence. For Russell it was important wherever possible to learn through doing as opposed to learning by being told. This was part of a much wider issue that he advocated which was the development of independent thinking as opposed to simple compliance to authority.

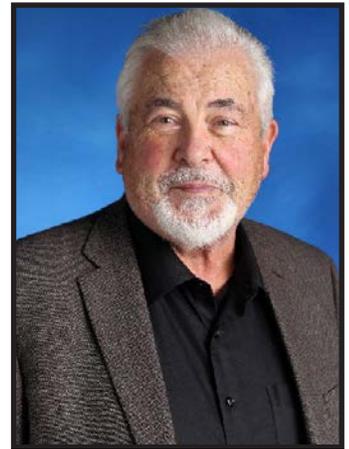
There are of course not only natural consequences of action, but also artificial consequences imposed to direct behavior. Importantly, there are also consequences that are immediate with respect to our actions and those that are remote. There are also transparent consequences that are simple to recognize and anticipate and those opaque ones that are complex and sophisticated in terms of their implications.

Education might be said to be loosely divided into learning and training where learning could be said to be the acquisition of knowledge and training the acquisition of habits and abilities conducive to adaptability. Adaptability is the first principle of survival in whatever environment you choose to name. Survival is the engine of life. The quality of that survival for humans is a function of intelligence and self-regulation. Parenting and education in general under natural

circumstances have this preparation as objectives.

All of this may seem to be a diversion into the abstract or even into the irrelevant. However, I would like to now bring the discussion to bear upon the educational system as it is and has been relative to these issues while at the same time touching upon corresponding issues with respect to parenting.

Systems of education have traditionally been full of artificial consequences intended to steer and direct behavior along desired paths. The resulting performance within that system was subject to comparative assessment i.e. comparison with respect to the performance of other students and comparison to a standard independent of the individual or group. The assessment was graded in accordance with a scale with a pass-fail division shading into degrees of passing and degrees of failure. Immediate negative consequences were put into place for failure involving the necessity of repeating a given subject or school year or the inability to advance. Secondary consequences might include humiliation with respect to peers, anger and disappointment from parents or personal feelings of unhappiness associated



with consequences in both categories. Positive consequences involved the ability to advance, admiration and praise as well a sense of accomplishment and enhanced confidence.

When I attended school, failure in subjects one through eight would result in the need to repeat the entire grade. The prospect of this and the resulting humiliation with peers and response from parents was enough to make failure a very rare thing. It was not so much for love of learning but rather fear of the consequences of failure that evoked sufficient effort to meet at least the minimum standards set for us. In high school the failure of up to two courses meant that you could retake courses during the summer and subject to passing both be then advanced to the next grade. The failure of more than two courses meant that you would be compelled to repeat the

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Emotional response to failure preparation for adulthood cond

entire grade while even the failure of one course taken during the summer had the same outcome. Once again, most of us engaged in a pleasure versus suffering calculus and put in enough effort to avoid these consequences. Through the economy of effort philosophy some of us got caught attempting to not much exceed a passing grade and this found us losing half of our summer. Again, however, the consequences that we wanted to avoid provided the motivation to put in the required effort. For most of us the spontaneous interest in subjects was limited to only a few 'favorite' courses and teachers. We were constantly aware of our performance relative to other classmates and constantly engaged in rationalizations to explain the disparities. However, spontaneous love of learning was rarely a factor nor was there a belief in working any harder than was necessitated or deemed reasonable.

The underlying purpose behind this process was to redirect behavior within the framework of a competitive meritocracy. It was understood that in order to redirect or encourage certain behaviors a system of positive and negative reinforcement needed to be put into place. This environment culminated in the end of secondary school where post-secondary options were made available based upon competitive entry. It should be remembered that it was not so long ago that placement in preferred professions was the solely result of family wealth and standing not intelligence or ability. The introduction of a meritocracy could be seen to be a social reflection of the free market economy in which through competition the best product would emerge. As this was originally formulated, the cultivation of the best talent

would benefit society at large by optimizing human potential.

In this sense it was understood that all men are not created equal. Clearly not all human beings are the same. Some are taller, stronger, smarter, better looking, healthier etc. Indeed, the very inequality of mankind is a fact of nature. The American constitution might start off by saying that all men are created equal but taken literally none of the signers believed in that. Clearly large portions of the population were excluded from consideration, including their own wives. Equality is a fiction held onto by the desperate and consistently denied by those in power or authority. At best the equality of our fellows is an aspirational value which in practice is rarely adhered to or practiced. We may all be equal in the eyes of God but even there he could be said to have strange ways of demonstrating it.

By eliminating failure in the elementary panel and by allowing different coding for the same grade level courses that obscure the fact that those credits are no longer at grade level the present system has eliminated most of the artificial consequences inherent in it and have instead been less able to contend with the natural consequences that result. As a result, many students are unaware of the consequences of their prior actions until near the end or the end of secondary school. At that point they find that the competition to pursue postsecondary dreams or ambitions has excluded them. The emotional impact of this and the resulting frustration, anger and disappointment offset any advantages seemingly gained by concealing these realities. It is as if you are encouraged to retain a

belief in Santa Claus until you are suddenly released into a world of adults where such ideas have no place.

In attempting to protect students' feelings, the system has provided little preparation for the disappointments and frustrations outside of the school environment that are unavoidable. Correspondingly, the same can be said of parenting methodologies that insist on insulating children from the consequences of their actions. Our police force may have the motto to serve and protect but that shouldn't be the motto of good parenting. Rather, we should aim at providing a safe and secure environment while preparing our children for the vast and challenging stretch of adulthood that lies before them. It is easy to see how existing practices have contributed to an ever-increasing mental health crisis and why many young adults are being characterized as 'snowflakes' i.e. unique, complex and incapable of long-term survival. The womb was intended for the fetus and not the child.

The emotional experiences involved with failure, disappointment, shame and humiliation during childhood and adolescence are in their own way preparations for the unavoidable experience of the same emotions during adulthood. Developing the coping mechanisms and adjusting behaviors to avoid as many negative experiences as possible are essential components of the preparation required for the transition to adulthood. In a manner of speaking, it is akin to not exposing a child to viruses and bacteria such that their immune system is later incapable of defense. Fighting small infections

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RLA Staff competes in military challenge

In April 2022, the Lincoln & Welland primary reserve unit sent a team of four soldiers to CFB Borden to compete in the Rogers Challenge hosted by the Queens York Rangers.

The competition was comprised of a 40km ruck march across Borden while completing different types of infantry tasks ranging from a C7 (rifle) shoot, a pistol shoot, first aid, CBRN (Chemical,

Biological), etc.

The team, which included our own WO Chiasson, departed Saturday morning at 0900hrs and they were the first to arrive back at 0600hrs Sunday morning. After the results were tabulated, The Lincoln & Welland team came 3rd out of 12 teams. They were also one of only four teams that finished with complete teams as other teams had lost members to

injury or were unable to carry on with the mission.

The regiment's team showed drive and stayed noticed throughout. The competition was a gut check for all, but as an infanteer they love when things get difficult, and they can't wait to try it again.

Congratulations WO Chiasson from all of us at RLA and good luck next year.

Emotional response to failure preparation for adulthood cont'd

strengthens the body's responses for infections are ultimately unavoidable.

The inherent philosophies underlying both the current educational system as well as the current trends in parenting suffer from the same deficits and result in the same outcomes. In attempting to insulate our children from the negativity of life they make them less resilient and in the final outcome less able to find happiness and fulfillment. It is said that the pathway to hell is paved with good intentions. That may be true. Most certainly, however, it is an undeniable truth that good intentions do not necessarily result in positive outcomes. Being a good educator just as being a good parent consists more in giving children what they need than what they want. The attempt to make children happy is a lost cause in that people cannot be made happy by others but must be open to happiness themselves. Ultimately, we are responsible for our own happiness.

It is often assumed that perfect circumstances during their upbringing will produce perfect adults. Experience shows that

it is the imperfections in our upbringing and childhood that help to form strong personalities and creative minds. It is also assumed that the imperfections and trials of our upbringing provide excuses for all the shortcomings of adulthood. Again, however, a closer examination shows that strength of character, will and determination transcend these experiences. There is an old adage about turning lemons into lemonade. What and who we are is ultimately our responsibility. The reasons that explain behavior do not necessarily constitute excuses, for we are after all the captain of our own ship and not a passenger.

It has become somewhat laughable to tell our children that it is a jungle out there as if we were taking some melodramatic delight in scaring them. Truth to tell, it is not only in terms of what life offers but also in terms of what it denies us; not only in terms of how others behave towards us but also how we behave towards them; not only in terms of the cards we are dealt but also the skill in which we play our hand that we need to gain a perspective on our lives. Life is hard and challenging and while none of us get through it alive, some have

much better journeys than others.

There used to be an exercise to teach care and responsibility in which students were given raw eggs to carry around to see how long they could keep them from breaking. It is as if we now carry on the same exercise but hard boiled eggs have been substituted such that we go through the motions having eliminated the lesson.

The emotional drama that is individual human life is not a state of continuous happiness or contentment any more than it is one of continuous misery and suffering. Emotions are defined within experience by virtue of experiencing their opposites. It would be impossible to comprehend what happiness was if its opposite was not experienced. Arguably, neither can nor could exist without the other. Ultimately, what we need to teach our children and what is our ultimate responsibility is to teach them self-control and resiliency. Apparently, the majority of us are failing to do so and the costs both collectively as well as individually threaten to be staggering.

Accepting difference

Major Bill
Simmons
Academic Officer

Bullying Awareness
and Prevention

Week started on
November 19th.

When Mary Shelley's novel Frankenstein is mentioned, we generally envision a derisive Hollywood interpretation that falls far short of the author's Romantic intentions. We imagine the dreary night of November with rain pattering on the windows and a candle burning at the bottom of its wick; we imagine a hideous being with arms outstretched, walking like a zombie. We certainly do not think of bullying as a central theme to the Gothic novel.

Volume 2 of the novel is the monster's narrative in which he outlines his transformation from infant to murderer. The monster's version is instructive without being pedantic. The monster is abandoned by his creator, never having learned the skills of critical thinking, love, and resilience necessary to orient him in a complicated and often harsh world. Like all humans, he wants acceptance. Yet, everywhere he travels, the monster is ostracized because he is different. Human beings do not like different. Bertrand Russell maintains that "From childhood upwards, everything is done to make the minds of men and women conventional and sterile." When confronted with the unconventional, humans become defensive and aggressive. The monster, because he is different, is affronted with consistent exclusion, physical and verbal abuse, and abandonment. Even when he helps an impoverished family and saves a drowning girl, he is always rewarded with aggression. Society treats him like a monster, so he becomes one.

If we can do anything as parents and teachers, we must cultivate critical thinkers, thinkers that find the possibilities in the differences rather than safety in the conventional, and thinkers that esteem compassion over control.



Partnership in excellence

Captain Andrew Guy
Athletic Director



The cliché that "TOGETHER WE CAN GO FAR...ALONE YOU MAY GO FAST," is easier said than done. One might say, motivation is as important as inspiration, but there's no telling how long "you" will last if you go alone in your quest for excellence. In fact, it is human nature to pursue a higher standard of living, a better quality of life, and a more enjoyable lifestyle that inspire us to set goals and make the necessary sacrifices to achieve them. While we are designed for development, engineered for growth, and are driven to succeed, it is the act of honour, commitment, loyalty, labour, and the maximization of our resources in community that improves our chances for continuous expansion.

So, what is excellence and why do so many gravitate towards it, but so few seldom attain it? What is excellence? It turns out the answer is found in the origin of the word itself: late Middle English: from Latin *excellētia*, from the verb *excellere* 'to surpass', from *ex*- 'out, to go beyond' + *celsus* 'to ascend to a state of loftiness.'

Here's a question for you: Are you being excellent at each opportunity you are given? To ensure you are on the right track to becoming your most 'excellent-self' each day, start by evaluating the people you associate with, your thought patterns, your outlook on life, your worldviews and how you see yourself and others. Next, let go of any ideology that promotes "self-ism," lone-shark, or the idea of "I'm good all by myself." Despite all natural talents, resources and unique opportunities, your chance of excellence is slim-to-none without the help of others. Becoming excellent requires strategic partnerships with others. Through joint partnerships in mentorship, structured academics, sports and well-being we are impacting lives and changing the trajectory of today's youth.

Through sports we get to experience the power of partnership firsthand. Today we celebrate the Loyalists, our athletes, their hard work and excellence, and our committed coaching staff. As the new Fall sports season begins, we celebrate our wrestling team and their coaching staff, Dr. K. Brown and Cpt. G. Dyson as they get ready for upcoming tournaments and individual competitions; we celebrate our senior boys basketball team and their coaching staff, coaches Guy, and Ahlstedt; beyond measure, we celebrate the great team of staff at Robert Land Academy who partner with parents each day in pursuit of excellence for their sons.

It is what we do here at Robert Land Academy. We partner with strategic stakeholders to inspire our boys and provide opportunities to express their sense of excellence! If you are interested in partnering with us for excellence, please don't hesitate to visit our website, www.rla.ca, or contact our development officer Ms. S. Whitaker at swhitaker@rla.ca, ext 228. Together we can make tomorrow excellent, starting today!

Clubs Report

Students learning the flexibility of crossfit

2Lt John Ahlstedt
Training Officer

3-2-1 go! That's what the boys are getting used to hearing at the beginning of our CrossFit sessions during clubs. CrossFit has been at Robert Land Academy for a while now. There is a number of staff that has been doing CrossFit for their health since before I arrived at the academy.

So what is CrossFit? "Constantly varied functional movement at high intensity" — It says it all, but it's so much more. CrossFit training is for people who come in all shapes and sizes, and you can start at any age. It doesn't matter who you are or what you can do. If you keep showing up and trying your best, you're a CrossFit athlete.

CrossFit workouts are challenging but worth the effort. And when you pair the unparalleled fitness stimulus of these workouts with sound nutrition, you get a pro-

gram that is more transformative than anything you'll find in any other gym anywhere. CrossFit is simply the best way to find the best version of yourself, inside the gym and out. Show up at the gym and show up for life. There is so much that CrossFit can offer the boys of Robert Land Academy. Improved fitness is just one of them. It can help with improved mental focus, relief of anxiety, increased happiness and can boost confidence. I have been coaching CrossFit for almost 15 years and I love it. I have seen dramatic changes in countless numbers of individuals who embraced the program.

One of the main misconceptions of CrossFit is that everything we do is hard. In reality we cycle our intensity. We can't go hard all the time. This is where injuries happen. It's my job as a coach to program challenging workouts without pushing everyone over the edge. Each workout can be scaled and adjusted to each person's fitness level, whether they are an elite athlete or a first timer. This is the beauty of CrossFit.

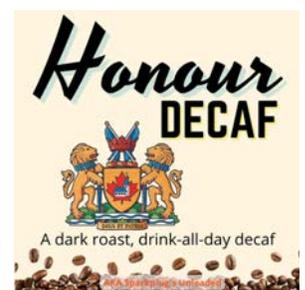
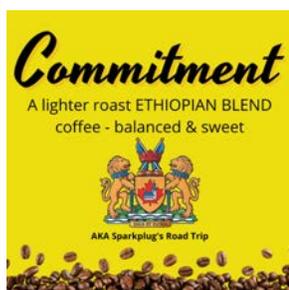


Robert Land Academy Custom Coffees Named for the Five Values

Buy Now to Support RLA Students!
sparkplug.coffee/robert-land-academy-fundraiser

All proceeds raised through the sale of RLA Values Coffee will be used to offset the costs of the trip to France for the Canadian Battlefield Tour. This tour, which supports the Grade 10 History Curriculum, will allow 10 RLA students to experience history in its context and will include sites such as Vimy, Dieppe and Juno Beach.

- Choose from a variety of coffee blends from the lighter roast, Ethiopian blend of Commitment to the dark roast espresso blend of Courage.
- There is something for everyone, including Honour - an "all day" decaf blend.
- All coffees are available in Whole Bean, Course Grind, Medium Grind, Fine Grind or Extra Fine Grind, for any type of coffee maker.
- Keurig users can simply put their preferred value in a reusable pod.
- Great for Christmas or building a gift basket!
- Each order is custom built by Sparkplug Coffee and shipped to you from Toronto.
- SALES CLOSE DEC 10, 2022



Greetings from the Family Guild

Lisa Thompson
Family Guild Chair

Well, another Stand-down is now in the books! I hope that all of you enjoyed the stand-down with your boys! It is so hard to believe the next stand-down is the highly anticipated Christmas holiday!

In anticipation of the Christmas break, Robert Land Academy will be hosting a Parent Holi-

day briefing, via Zoom. We will hear from many senior staff as well as the Academy's psychotherapist, Jennifer Joseph, on some valuable tips and insights to prepare for the Holiday break. This is fantastic opportunity to meet senior staff, get tips to prepare for the holidays and connect with other parents. The link to the Zoom meeting will be sent out closer to the event date.

Please watch your in-boxes for events that are planned for 2023. We have a number of events planned for the new year—both Father Son day and another parent event, RLA 101 are planned for February.

In addition, we are busy planning the annual fundraising black-tie gala, being held in April 2023. The gala will be held to support the annual Signature project of upgrading



the athletic fields. The gala is a great way to meet other parents and support a fantastic cause that will benefit all of our boys.

I hope to see you in 2023!

Capt Bruce Ness Health & Safety Committee Health & Safety

Winter Safety Tips

The weather outside is frightful, so let's make sure we are properly prepared for what may come.

Last year we saw a record snow fall which paralyzed the region for a few days. Well, I got stuck in that storm and for the first time in 25 years I didn't make to work.

Needless to say, my ego got the better of me and I didn't use common sense that morning.

I thought I could make it through and continue with my day. I should have known better.

What did I learn from this?

I remembered all too late to make sure my tank is full of fuel. (I was running on fumes);

Make sure my cell phone had a full or nearly full charge. (I didn't and I burned through that fast);

Make sure I had blankets in my vehicle (check);



Make sure I had a spare shovel in my car (nope didn't have that);

Make sure I had sand or salt or cat litter for extra traction if I get stuck.(another big nope);

Make sure I had windshield washer fluid (check);

Make sure I had CAA in case I need assistance.

(check);

Don't speed it 's not a race; and

Try and stay on well used roads. They are plowed more often and well maintained.

Lessons learned.

Then just before writing this little reminder for you I was getting out of my car and stepped on a patch of ice. Once again, I remembered my safety lessons, to walk like a penguin. Walk slowly, take small steps, and point your toes out slightly to be more stable on icy paths. Keep your head up and don't lean forward.

Keep your hands out of your pockets to help keep your balance.

For staff, as you move throughout your day here at the Academy, be mindful of the conditions.

If you notice icy patches either put some salt down on it or inform someone to do so.

Let's keep everyone safe and enjoy this wonderful time of the year.

Building the leaders of tomorrow with RCAC

OCdt. J.T.
2968 RCACC.

When you meet MCpl. Frank Xu the first thing you notice is that he is always smiling and secondly you notice that he is very friendly and outgoing, always willing to help people out.

A native of China, Xu joined 2968 RCACC upon becoming a student at Robert Land Academy. He is currently a gold star cadet.

When he arrived in Canada, he had very limited skill in speaking English which led to him being a little withdrawn from others around him. But, through the cadet program he has transformed himself and is a cadet who many can look to as a role model.

“The program has helped me a lot to improve my English,” Xu said. “I am always a very happy person, so I always like talking to people,” he said. “In my first year, 2020, I was speaking zero English.”

He noted that interacting with the students involved in the cadet program has led to an overall improvement in his conversational skills.

“It has helped me so much to make my English better,” he said.

China does not offer a program like cadets for their youth. He noted several things that he feels are giving him an advantage over some of his friends back home.

“One thing that is very important leadership, that’s a very big point,” he said.

He discussed how necessary good leadership skills are to succeed in post-secondary education and when you get to the business world.



MCpl. Frank Xu, a native of China, has discovered many benefits in the cadet program.
Photo by OCdt. J.T. Lewis

“It’s necessary to have good leadership skills when you get to university and when you go to work for a company,” he said. “People are always looking for someone who can lead well.”

He also likes the outdoor training and notes its benefits.

“I’ve learned how to protect myself in the wilderness,” he said. “Ultimately it teaches you how to take care of yourself.”

He noted a couple of other benefits from the program.

“The cadet program also teaches you discipline,” he said. “And how to form relationships with other people.”

“This helps a lot in your life,” he said.

One of the things he appreciates about the cadet program is how it helps to develop community mind-

edness.

“Community service, helping people is something I really like,” he said. “In China that is one big point that is very different.”

“In China we do all day study, sit in a desk, do a test or some paperwork,” he said. “In the cadet program in Canada we have more opportunity to get outside and gain more community experience.”

In the past, Xu has been part of the Poppy Campaign, raising funds to help veterans in need.

He feels that the cadet program has helped him a lot with skills that he will need in life.

“In China there is no program that teaches you how to take care of yourself,” he said. “But, in the RCAC program they have given me so much help to know how to take care of myself.”

Alumni Committee Report

End of year message from Alumni Chair

James Paterson
1990-1991

As I reflect on the past year as Chair of the Alumni Committee, I'm very proud of what we have accomplished which could not have been achieved without the tremendous collaboration and support from the Academy.

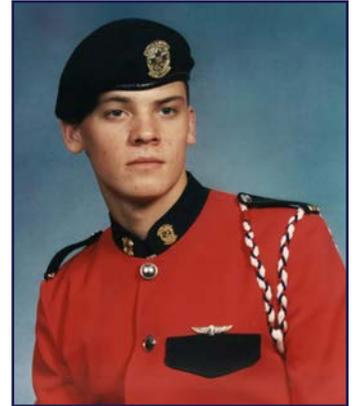
In December, the committee has an opportunity to vote in a new executive who may bring a fresh perspective on our unified direction. One thing we can all be assured about is that the Alumni Sub Committee will continue to strive to honor the values of RLA

while including and recognizing as many alumni as possible. It's important to remember alumni's previous successes as well as the challenges we faced in the early days, so we can celebrate our steps forward together as one Academy; representing past, present and future.

In the past 2 years since the Committee has been fully formed and supported, we've successfully participated in 2 Fall Exercises, 1 Homecoming event, built an amazing Legacy Sign, and developed a portal so that we would have a place to post and reflect on our memorabilia. In the next year, we will continue to

develop and contribute to the portal with hopes that one day it will contain a detailed and comprehensive historic record of students past. We also look forward to more successes with Homecoming and the 2023 Fall Ex!

I'd like to take this opportunity to wish the Alumni on the committee well and thank them for their hard work over the past year should this be my last time to address them as Chair of the Committee. I would also like to thank our Headmaster for the support for without whom, none of our success would have even happened. We all wish him well during



his recovery and hope to have him back at the table with us when ready and more importantly, marching with his Academy in the 2023 Fall Exercise. Col Smid, you are a true leader and a wonderful inspiration to us all. Our sincere thanks for your leadership.

How donating securities benefits us both

Sarah Whitaker
Advancement Officer

If you own securities, which include stocks, bonds, mutual funds and other investment instruments, and those securities rise in value, you are subject to capital gains taxes in Canada.

I can help you avoid those capital gains taxes.

You can choose to donate securities by transferring ownership to a registered charity, such as RLA. Since capital gains taxes don't apply to donations of securities, you won't pay capital gains tax on the increased value of any securities you donate to the Academy.

Robert Land Academy accepts donations of securities and we make it easy to do through Canada Helps.

Donors are asked to provide some basic information and the donation form automatically creates a letter of direction. Donors sign the letter and send it to their broker or bank. The broker transfers the securities from the donor's investment account to Canada Helps. Canada Helps then facilitates the sale of the securities, issues the donor a tax receipt, and transfers the proceeds to RLA's bank account.

It's that simple. RLA receives a larger donation than you may have gifted otherwise, you receive a tax receipt on the full market value of the security including any increase in value,

and you don't have to pay taxes on that income. Win. Win. Win.

If you are considering donating securities to Robert Land Academy, you do need to act fast.

Donations of mutual funds must be made before December 7th and all other securities donations before December 16th.

Talk to your financial advisor about the benefits of donating securities to RLA. Remember, don't sell the securities first - they must be transferred before they are sold.

To donate securities, visit GiveToRLA.ca and click on the "Donate Securities" button.

Supporting The Academy

Robert Land Academy is a not-for-profit organization. School fees cover the costs to operate the school however additional programming, capital improvements and the Founder's Scholarship Fund are funded solely through donations.

RLA is currently raising funds for three major campaigns: The Founder's Scholarship Fund; The Building Potential Fund for capital improvements; and this year's signature campaign Upgrading our Athletic Fields.

All support, by attending events or donating directly to the school, is warmly appreciated and allows us to help our students reach their full potential in all areas of their lives.

Please visit

www.GiveToRLA.ca

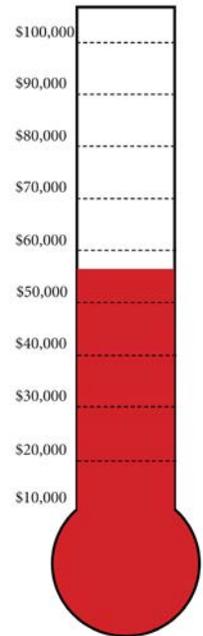
for more information on each of the campaigns or to make a donation to the school.

RLA is a not-for-profit organization and donations are eligible for charitable tax receipts.



Robert Land Academy
6727 South Chippawa Rd
West Lincoln, ON LOR 2J0
Charitable registration #: 123350886
RR 0001

Founder's Scholarship Fund



The Signature Campaign - Upgrade Athletic Fields

Robert Land Academy (RLA) takes a holistic approach to student development and sees athletics as vital to our students. While it helps them lead active, healthy lifestyles, it serves as a positive outlet, develops crucial interpersonal skills, and serves as a mechanism to build and reveal character.

As part of the broader RLA program, athletics helps our students develop the character they require to be successful in sports but also in the classroom, in their personal relationships and in all aspects of their lives.

In support of the Academy's

belief in the importance of sport and physical activity, this year's signature campaign is to upgrade the Academy's athletic fields.

Our overall vision is to upgrade the soccer pitch and baseball diamond, improve the running track, and create a shaded seating area. RLA is working with Jeff's Outdoor to turn that vision into a working plan. It is a big vision and one that will be completed in stages as funding allows, with a focus on a new soccer pitch as the first stage. Our goal for this year's campaign is to raise \$100,000 which will allow us to complete a new soccer pitch.

Currently RLA's soccer field is not

up to standards of play for local, high school sports and therefore, we are unable to host home games on campus. Upgrading our soccer pitch will reduce the costs associated with inter-school sports; allow RLA to host visiting teams and foster a stronger sense of school pride; and create quality facilities that help our students realize their athletic potential and are integral to student achievement.

For more information on how your gift can help RLA students realize their full potential through athletics or to discuss donor recognition, please contact Sarah Whitaker, swhitaker@rla.ca or 905-386-6203 ext 228.

www.GivetoRLA.ca