



[Norfolk ACF cadets learn about their county heritage on Normandy tour](#)

34 cadets from [Norfolk ACF](#) took part in a 5 day battlefield tour of Normandy. East Anglia RFCA contributed some money towards the trip from regionally generated income.

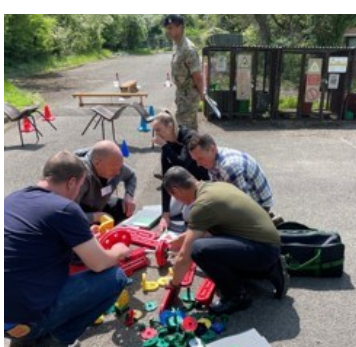
Bob Gibbs, the Cadet Executive Officer of Norfolk ACF said: "I have always been proud of cadets abroad and the way they conduct themselves. They are excellent ambassadors for their country and the cadet force."



[Army reservist thanks Forces-friendly employer – Reserves Day 2023](#)

Edward Lewis, an Army Reservist for 8 years, praised Railscape for being a "Forces-friendly" employer. For Reserves Day 21st June 2023, we recognise and thank Reservists like Edward for their dedication, professionalism, and commitment to serving our country.

An Operations & Project Manager for Railscape, Edward is also the Commanding Officer of 151 Regiment Royal Logistic Corps.



[CUOTC offers leadership training to local businesses](#)

54 participants from 32 companies took part in a series of training activities that included stimulating leadership and resilience training.

The Cambridge RFCA Employer Engagement group assisted the unit in selecting and contacting local businesses to be involved in this event, dubbed "Exercise Executive Leader".



[RFCA Members promoting the Royal Auxiliary Air Force Centenary celebrations](#)

A locomotive was re-named to Royal Auxiliary Air Force at a special event attended by AVM Ranald Munro, to raise awareness of the RAuxAF centenary in 2024.

Suffolk RFCA Member Gary Bunkell is a trustee of the RAuxAF Foundation with 35 years of Reserve Service. Also in attendance as a Queen's Volunteer Reserve Medal recipient was Wing Commander Mike Almond, who chairs the Essex RFCA forum and has been a reservist since 1977.



[CAA Team convened for regional conference](#)

The RFCAs Cadet Administration Assistants provide essential logistics to the Army Cadet Forces in the region.

The team met in Waterbeach Cadet Training Centre to train and take part in topical discussions, including about ranges, fleet and premises management, buildingworks and groundskeeping.



[188 \(Ipswich\) Squadron refurbishment completed](#)

The RFCA Estates team completed another building upgrade to improve the cadet experience for cadets and the adults who train them of 188 (Ipswich) Squadron in Suffolk.

Our surveyor Matt Tucker led this project for the Ipswich Squadron. Matt and the Estates team are responsible for about 500 buildings across the region, spread across almost 200 sites.



[Volunteers' Week colleague story](#)

For Volunteers' Week, we shone a light on one of our colleagues' inspiring contributions to his community; thank you Steve Townell!

Steve has volunteered at the Suffolk Show for 11 years. He coordinates a group of 60 cadet volunteers aged 14 up, who over the course of three days rotate duties from 6am to 8pm to help make the Suffolk Show run smoothly for the thousands of visitors who flock there each year.