



Spotlight on ACL Female Volunteers & Former Cadets



For Tracy McCormick (nee Medina), volunteering with the Air Cadet League is more than giving back; it's an opportunity to help create life-changing experiences for young people.

As Treasurer with the Sponsoring Committee of 598 Sabre Squadron in Cobourg, Tracy has been volunteering with the Air Cadet League for the past five years. But her connection to the Air Cadet Program began long before that. A former cadet herself, Tracy spent six years (1993-1999) in the program with 892 Snowy Owl Squadron, where she attained the rank of WO2 and where she created memories that have stayed with her throughout her life.

Some of her favourite experiences included traveling with her squadron, exploring new places with friends, and attending a retirement ceremony in Washington, D.C., where she also visited Arlington National Cemetery. She also fondly remembers her summers at camp, first as a course cadet and later as a staff cadet at the Trenton Air Cadet Camp (TACC) where these experiences helped shape her confidence and leadership skills.

When her own children joined the cadet program, volunteering felt like a natural next step.

"I know all the benefits of being a cadet, and I wanted to be involved while my kids got to experience their own memories of the program. I also wanted to make sure we could give other kids a good experience."

Five years later, Tracy remains committed because of the rewards she sees every day—not only in watching her own children grow, but also in seeing their friends gain confidence, skills, and opportunities through the program.

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Tracy volunteering for the squadron.

One of the aspects Tracy values most is the role fundraising plays in ensuring every cadet has access to opportunities, regardless of their family's financial circumstances.

"I love knowing that because of our fundraising efforts, a lot of these kids have an opportunity to experience things they might not have been able to otherwise, all while keeping the program free for their families."

Like many volunteers, Tracy's schedule changes from week to week, but the time she invests is well spent. Some of her favourite volunteer memories aren't tied to a single event; they're the moments spent working alongside fellow Sponsoring Committee members, sharing laughs while supporting their squadron and its cadets. Volunteering has also introduced her to people throughout the community that she may never have met otherwise, while allowing her to witness the remarkable growth and development of the cadets.

Outside of her volunteer role, Tracy brings valuable experience from customer service positions and holds a Bachelor of Commerce degree from the University of Guelph.

For anyone considering volunteering with the Air Cadet League, Tracy has a simple message:

"This is a very rewarding experience. The cadets in the program come from different cultural, religious, and socioeconomic backgrounds, but they all have access to the same experiences. Our volunteer and fundraising work helps to make that possible for them."

Volunteers like Tracy help ensure that every cadet has the opportunity to learn, grow, and succeed. Through their dedication, they are creating memories and opportunities that will last a lifetime.



Tracy and her brother Reggie Medina.



Tracy in her 1st year as cadet in 1993.