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Sgt Serge Gouin, Rideau Hall, OSGG  
Michaëlle Jean, Governor General and Commander-in-Chief of Canada, speaks with WO Allen during an inspection at her farewell ceremony on Sept. 29. The Farewell Parade was composed of 250 Canadian Forces members at the Canadian War Museum. In delivering her final address as Governor General she saluted the remarkable work done by the men and women of the Canadian Forces. Taking over the role of Governor General is David Johnston.

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# Charity campaign starts to soar

The Regional Cadet Support Unit (Pacific) begin their Government of Canada Workplace Charitable Campaign (CGWCC) with its annual barbecue and third annual paper airplane contest.

Contestants in the paper airplane contest put their creations to the test, with small planes, large planes, decorated planes, and planes that could only have been designed by engineers. Each participant paid \$2 with the winner taking half the pot and the rest going to the United Way. Three heats and a final round later, the winner was crowned. Lt Will Berger, training support officer (air), turned around and donated his winnings in the paper airplane contest to the United Way fund.

The 80-member unit got a head start with a specific challenge issued by the Deputy Commanding Officer, Major Ken Washbrook, who offered to shave his moustache if he himself could raise \$500. "My moustache is older than most in this unit," he remarked. Members of the unit immediately started pledging money towards the "moustache shaving fund."

The unit's goal this year is \$9,000, up from \$8,000 set last year. Commander Rod Hughes, the Commanding Officer said, "If your family hasn't seen the benefit of the United Way's services, they most likely will in the future. We can see how our donations benefit the local community through the work of this organization."

As with other units, the United Way kickoff is a much-awaited tradition at the RCSU, with planned events to include a cook-off between the various sections and a mini-golf course set up in the building.



**Above:** Maj Russ Lacey, Staff Officer 2 Land, shows off his paper airplane creation, complete with feathers.

**Left:** Lt(N) Julie Hillsden and Major Ken Washbrook launch their airplanes. Major Washbrook has challenged the unit to raise \$500 in addition to normal campaign fundraisers.



*If your family hasn't seen the benefit of the United Way's services, they most likely will in the future. We can see how our donations benefit the local community.*

-Cdr Rod Hughes  
RCSU Commanding Officer



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# Christmas flight program now taking reservations

**David Elias**  
1 Cdn Air Div PAO

Whether you serve in Pat Bay, B.C., or Petawawa, ON, posting locations for Canadian Forces members are scattered throughout this country. And while the novelty of living in a different community can be an adventure, postings often uproots personnel from their loved ones.

Helping soldiers, sailors, airmen and airwomen stay connected with their families is a priority for the Chief of Defence Staff (CDS), which is why participation in the annual CDS Special Christmas New Year's Leave Travel Plan is encouraged.

"When our members can maintain strong family ties it creates resilience in the Canadian Forces," said General Walter Natynczyk, CDS. "It makes sense to use what resources we can to help our men and women in uniform spend time with loved ones, noting that they have contributed to vital operations on behalf of Canada."

CF members wishing to participate in the program

*When our members can maintain strong family ties it creates resilience in the Canadian Forces.*

-General Walter Natynczyk  
Chief of Defence Staff

must apply for the flights and will be eligible for one of two categories, as defined in detail below.

Application intake for Category 1 opened Sept. 13 and will require the completion of the Christmas/New Years Leave Travel Form available online on the 2 (Air Movements) Squadron website. This form, updated for this year's program, is the only form accepted by the National Passenger Service Centre (NPSC) for consideration in this program.

Application intake for Category 2 opens at 1 p.m. (EST) on Oct. 12 (EST).

Final application deadline for both categories is

11:59 p.m. (EST) Dec. 9.

Once the NPSC starts receiving names, the system will immediately begin to assign seats.

There is no financial compensation in the event of a flight delay. Every effort will be made to ensure confirmed flights arrive at their destination on time.

"Nearly 5,000 members are expected to take advantage of our program this year," said MCpl Benita Clemens of the NPSC. "This service is important because it gives all members, especially single members, new recruits or those on an imposed restricted posting, an opportunity to connect with their immediate families."

Outgoing flights with this program commence on Dec. 18, with the return portion to be completed no later than Jan. 7, 2011.

The program is operated under the stewardship of Canada Command, is executed by the Air Force, and has been in operation for more than 35 years.

*Version française disponible à [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com).*

## Who's entitled to travel

**Category 1** - Married members of the regular force, Reserve Class B and Class C on active duty and members of USA, NATO and Commonwealth forces on exchange with the CF separated from their spouse and children due to service reasons and not entitled to duty travel, and single members of the regular force, Reserve Class B and C on active duty and members of USA, NATO and Commonwealth forces on exchange with the CF travelling to visit their next of kin (NOK) as recorded on Form CF742 - Personal Emergency Notification (PEN) and not entitled to duty travel.

**Category 2** - All other CF members and eligible dependants who are entitled to leave travel on non-duty or space available basis IAW REF A and do not already hold a confirmed Category 1 seat.

The 2 (Air Movements) Christmas and New Years Flight program website link is: [http://trenton.mil.ca/8WingUnitsOperational/2AirMovSqn/index\\_eng.asp](http://trenton.mil.ca/8WingUnitsOperational/2AirMovSqn/index_eng.asp)

Or access the 8 Wing Trenton website at <http://trenton.mil.ca> and look for the Christmas Flight Program button on the left.



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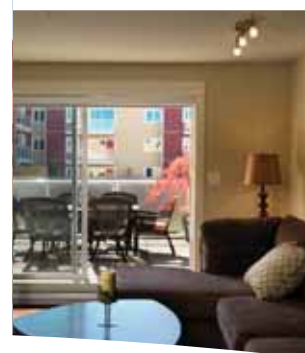
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# matters of OPINION

## FILM *friday*

# Social Network story the stuff of legend

**W. Andrew Powell**  
The GATE

Opening this week: Jesse Eisenberg stars in *The Social Network*, the story of the making of Facebook; and the horror-drama *Let Me In* stars Chloe Moretz as a twelve-year-old vampire making friends with her new next-door neighbour.

### The Social Network

Every company has a great story, but Facebook's origin story is the stuff of legend. It's a sordid, compelling, tale that director David Fincher, and writer Aaron Sorkin have crafted into what most critics are hailing as one of the best films

of the year.

*The Social Network* is based on Ben Mezrich's book, *The Accidental Billionaires*, which tells the story of Harvard brainiac and sophomore Mark Zuckerberg, played in the film by Jesse Eisenberg.

Back in 2003, Zuckerberg was tinkering with an idea to create a MySpace-like site for university students. He would eventually dub the site Facesmash before evolving the idea into something we all know today as Facebook, but the road to his success was not direct, and there are a few people who feel it was also based off of their own work and ideas.

Two identical twins in particular, Cameron and Tyler Winklevoss,

who are both played by Armie Hammer, took Zuckerberg to court for intellectual property theft, but that's just one part of the tale of one of the world's most well known websites.

As a film fanatic, what really got me excited about *The Social Network* to begin with was the idea of famed television and film writer Aaron Sorkin working with one of America's best directors, David Fincher. The two talents have a way with characters, and between Fincher's direction and Sorkin's expert dialogue, they could probably make any story interesting. For this turbulent tale, I can't imagine any other talents more well-suited to the job.

stantly being picked on in school, so the appearance of the young Abby signals what he hopes might be a new friendship away from his tough days at school.

What he slowly comes to realize though is that Abby is not like every other girl. Something is seriously strange about the equally reclusive girl and she lives with her father who constantly seems agitated and upset, and Owen can hear him screaming through the walls about constant problems.

Directed and written by Matt Reeves, who also directed *Cloverfield*, *Let Me In* is a dense, eerie, and intelligent drama with heart and horror. The performances by Moretz and Smit-McPhee are brilliant, especially for such young actors in dark territory, and they have a wonderful chemistry. They make this tough material work brilliantly, and Reeves directs them and amps up the drama at each turn.

Richard Jenkins, who plays Abby's father, is also brilliant, as is Dylan Minnette who plays the bully, Kenny. It's a well-acted, driven film that bleeds and moves, motivated by its characters. As a drama, it's well worth seeing, and as a horror film it is truly inspiring to see an American-ized remake that actually resonates and maintains the original's intelligence.



Jesse Eisenberg, left, and Joseph Mazzello star in "The Social Network."

### Let Me In

Knock, knock. Will you let the twelve-year-old vampire girl in?

The premise might sound odd, but there are simply not enough movies like *Let Me In*, and the surprising thing is that it's also a remake of a critically acclaimed Swedish film, *Let the Right One In*.

Chloe Moretz stars as Abby, a young girl who shows up in Owen's life in a small, New Mexico town, barefoot and walking in the snow. Owen, played by Kodi Smit-McPhee, is a reclusive, ostracized young boy who is con-

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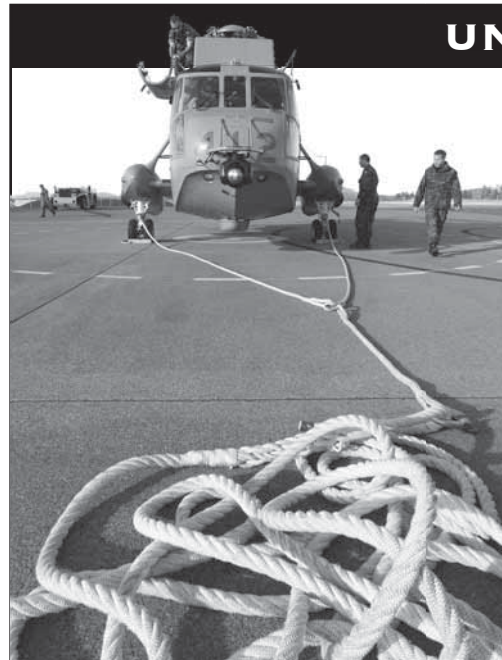
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# Correction



Lookout made an error on page 13 of last week's issue. The story "CFB Esquimalt buys soldiers a coffee" should have included this photo with the caption: Denise Wood presents Tim Horton's cards to PO1 Steve Wist on behalf of employees at Building D66. Left to right: PO1 Steve Wist, Denise Wood, Mike Carver, Carol Vella, Mike Parenteau, Dave Ireland, Gillian Colville, Ritch Cauthers, Brenda Dixon, Jeremy Park, Belinda Edwards, Jason Glawson, Keith Larusson, Cpl Jennifer Morgan, Maureen Aastrom.

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# Student support earns department recognition

**Shelley Lipke**  
Staff writer

Two Formation Safety and Environment officers have been given Camosun College's first-ever co-op education award for their employer support of the program.

Jen Drury and Tracy Cornforth, both college graduates and participants of the program, were acknowledged for 10 years of mentoring, educating and guiding co-op students while working at DND.

"I'm especially proud of Jen and Tracy for giving back to their school, for being good employees and role models to educate, teach and mentor up-and-coming students," said Duane Freeman, senior environment officer at Formation Safety and Environment. "This award in turn reflects on the west coast navy, Formation Safety and Environment and CFB Esquimalt."

Cornforth is a base natural resources coordinator and has worked at DND since

1999, when the department began its involvement in the co-op program.

"Students do field work, rare plant inventories, plant removal and producing maps and survey work. It's valuable exposure to a large organization, and provides them with an understanding of the federal government culture, legislation and policies implemented on the base," she says.

Drury has been an environmental officer since 2005. Her specialty lies in mapping and knowledge of sensitive ecological areas on DND land.

"We give our co-op students the real deal and really push them. They are put into positions that are professional. In this office we only have eight environment officers, so co-op students fill in the gaps at the professional work level. They do the same job as us and we have high expectations of them. At the end of their four-month work term the students often want to be employed with us," she said.

Cornforth and Drury were nominated for the co-op award by student Kevin Barnard, who experienced two work terms with them.

"Nominations are submitted by students," said Jennifer Phillips, employment facilitator at Camosun College. "Kevin provided a great synopsis of his experience with Jen and Tracy and the latitude of his work was superior, so his was chosen as the winner. Jen and Tracy gave their students a very valuable program that involved substantial projects that required a lot of responsibility which stood out in our minds," she said.

A second department in DND came in as a close runner up and ranked very high when student Brie Ansell nominated her boss Nicole Schaaf at Fleet Maintenance Facility.

"DND has been a great supporter of the program for the past 10 years and has hired more than 22 students in the environmental technical fields alone from Camosun College," says Phillips.



Shelley Lipke, Lookout

Tracy Cornforth and Jen Drury accept the Camosun College award for employer support of the co-op program.

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# FIRE

## PREVENTION WEEK

**OCTOBER 3-9, 2010**

## Sound of smoke alarms save lives

**Michael McLean**  
Fire Inspector

It's that time of year where we team up with the rest of North America and spread the word about

fire safety.

This year's theme is "Smoke Alarms: a sound you can live with."

It's an ideal opportunity to educate the public about smoke alarm

recommendations, motivate people to install smoke alarms as needed and make sure they're working and tested properly.

Homes built before 1979 were not obligated to have working smoke alarms, but that has now changed. As of May 1, British Columbia passed a law that all homes and motels must have at least one smoke alarm per floor.

As part of our campaign this year, we will be hosting an annual barbecue and open house in front of the Dockyard Fire Hall on Oct. 5 during lunch hour. We will also give away awards to two fire warden of the year as selected through monthly reports by determining who is doing a good job in fire prevention in their building.



**Everyone is invited** to come by for free food, and a chance to win prizes donated from local businesses. We will have educational information and pamphlets for people to take home to their families.

On Oct. 7, the same barbecue and program will be hosted at Rocky Point, and will also include a fire safety course.

Look for Sparky and company at different entrance gates throughout the week and be prepared for a fire drill when the fire prevention team visits different units throughout the week.

Throughout the year we spread information about smoke and carbon monoxide alarms to residents in the residential housing units and everyone on base is required to take personal fire equipment training (PFET) course.

We are hoping to do a mini version of this course at Rocky Point when we visit on Oct. 7.

## Use space heaters with caution

Space heaters may seem like an excellent way to provide supplemental heat on chilly days. However, research points out that these units tend to be dangerous.

According to the National Fire Prevention Association, around one-third of fires in the home can be attributed to space heaters. They also account for three-quarters of fire-related deaths in U.S. homes.

One of the biggest risk factors with space heaters is their tendency to get hot on the surface. When a hot space heater comes in contact with surrounding combustible materials,

such as draperies or bed linens, the risk for a serious fire will only increase.

Space heaters should come with instructions for proper use and placement, including several feet from walls and other combustibles. However, in crowded living situations or homes with small children and pets, it is easy for space heaters to be inadvertently moved or knocked over.

If a space heater is needed in a home, select a type that will be the safest option.

• Consider an electric model that doesn't require the replacement of fuel, such as kerosene.

• Choose a radiator type that doesn't feature any external heating coils.

• Look for models with a tip-over safety shut off. There are others that will automatically shut off if the unit senses too much heat from a close-by object.

• Select sturdy models that aren't prone to tip over, meaning look for short, stout heaters, rather than tall, skinny ones.

• The best type of space heaters have the heating element deep inside of the machine and only emit hot air.

• For those with an old-fashioned heater that features heating coils directly

behind a mesh screen, discard of this unsafe appliance promptly.

• A space heater should be the only major appliance on one circuit to avoid an electrical overload and fire.

• Do not use extension cords with a space heater, as the cord tends to overheat quickly.

• Turn off the space heater when a room is unattended. These heaters must be used under supervision. Leaving them unmonitored in a room is a recipe for trouble.

• Use space heaters as a last resort. Heavy blankets and clothing can chase away the chill.



# Ways to make your home safer

Homeowners are often on the lookout for ways to improve their homes. Many times those improvements concern aesthetic appeal, such as a new coat of paint, or more practical appeal, such as new furniture.

However, one of the best and most effective ways to improve a home is to make it safer. While it might not be as exciting as choosing a new color scheme or getting a new couch, making a home safer is certainly a practical improvement that can pay dividends for everyone. Homeowners looking to make their homes safer can do so throughout the house, with a few minor adjustments here and there.

## The Basement

Basements have grown increasingly popular over the years. Thanks to advancements in home theater technology many homeowners have turned their basements into their own private movie theaters. For parents, the basement might have morphed into a child's playroom, while those who work from home might have turned their basements into their very own home offices.

Whatever function a basement is serving, chances are it can be safer than it is. One of the more common safety concerns with basements is lighting. When attempting to improve a basement's safety, homeowners should make sure the staircase leading down to the basement has adequate lighting to avoid trips and falls. Consider installing a shelf at the top of the stair-

case to store a flashlight, batteries and light bulbs. This way, should the power go out or the basement bulbs die out, no one will risk injury walking down a poorly lit staircase.

## The Bedroom

A common misconception is that families spend more time in the kitchen than any other room in the house. However, when considering time spent asleep, the bedroom reigns supreme. But just because residents might be asleep the majority of the time they're in the bedroom doesn't mean a bedroom cannot present a safety threat.

When furnishing a bedroom, be sure to have adequate lighting on each side of the bed. This helps reduce the risk of injury should someone wake up in the middle of the night to visit the restroom or get

a glass of water.

It's also best to be sure a telephone is within reach of the bed. Should an injury occur or an ailment present itself while a person is lying in bed and they cannot move, it's important to have a telephone within reach so a call for help can be made.

Another easy and often overlooked way to make the bedroom more safe is to leave the door unlocked when going to sleep. In case of a fire or another medical emergency, it's important that other residents or emergency response professionals like first aide personnel or firefighters and police can easily access the bedroom.

## The Bathroom

Many injuries occur in the bathroom each and every year. Fortunately, many of those injuries are entirely preventable with a

few easy modifications.

For homes with elderly residents, install grab bars to make getting in and out of the shower easier. It's also possible to install a grab bar near the toilet if need be. Just be sure to attach the bar to something like a wall or cabinet that can support a person's body weight. Routinely check any grab bars for strength and stability.

When furnishing the bathroom, look for non-skid bath mats and floor coverings. Such non-skid mats often have plastic bottoms and won't move when stepped on regardless of how wet the floor might be.

It also helps to install a light switch just inside the bathroom door if there isn't one there already. This makes it easy to turn the light on in the middle of the night.



## Residential fire sprinklers can save your home

Homeowners install smoke alarms to be alerted that a fire is present in the home. Few, however, actively install a system that can extinguish a fire promptly, saving family members and belongings from injury or damage.

For centuries, commercial businesses have relied on emergency sprinkler systems to put out flames. The same technology can be installed at home to act fast should a fire start in the home.

According to the report, "National Fire Protection Association Fire Loss in the U.S. 2007," 414,000 fires occurred in 2007 resulting in 2,895 civilian deaths from the fires. Residential sprinkler systems may have been able to prevent many of the casualties in these events.

Residential sprinkler systems use specialized piping and specialized sprinklers attached to the home's water supply. Improved sensitivity in many home sprinkler systems enable the emergency system to react quickly should a fire occur. What's more, sprinklers are activated individually. That means

if a fire is present in the kitchen, only the kitchen sprinkler head will deploy based on the presence of heat. Sprinklers in other rooms in the house will not go off.

Many newer homes are being built with residential sprinkler systems in place. The sprinkler heads are designed to be unobtrusive so they blend in with a home's interior design. Plus, plastic plumbing enables the systems to be less expensive than in the past. Homeowners can also retrofit existing homes with a sprinkler system for about \$1.50 per square foot.

Some homeowners argue that a sprinkler system will cause more damage to the home than a fire, but research has indicated that smoke and fire damage are greater than interior damage from a sprinkler.

These sprinkler systems may help homeowners save money in the long run. Not only will it save on potential damage to human life and belongings, but also insurance rates may drop if the home is equipped with a residential sprinkler system.



Adequate lighting on both sides of the bed makes a bedroom safer, reducing the risk of injury when getting up at night to use the restroom or get a drink.

## Get your hands on this HOT COMMODITY

A 13-month calendar featuring the firemen of CFB Esquimalt will soon be available. Proceeds to support this year's GCWCC-United Way Campaign. Watch the Lookout for sale date and places.



Fireman: Clark Bay, Nova Scotia  
Years as a firefighter: 22 years  
Best trait as a fireman: Being a loyal and dedicated team player.

Best day so far: My first day! It was a good way to finish off my time in the military and a good way to start with the department as an inspector. It was a good transition to a new career.

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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### Leading cause of home fires

- \* Cooking fires are a major cause of home fires. Ignition of food and cooking utensils tops the list.
- \* Smoking and leaving the cigarette unattended or falling asleep while smoking attributes to many fires each year.
- \* Heating equipment can cause fires. Heating equipment fires are most prevalent during the winter months when auxiliary heating methods, such as space heaters, are used to keep warm.
- \* Electrical systems or electrical appliances can be overloaded and cause a fire.

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MFRC NEWS: CNC SUPPORTS MFRC

# Sale of bricks helps MFRC support children

**Shelley Lipke**  
Staff writer

The selling of inscribed bricks that surrounds the recently unveiled Homecoming Statue at Ship Point has been passed on by the Homecoming Statue Committee to the Military Family Resource Centre (MFRC) as a new fundraising initiative.

Monies raised will support the Centre's literacy initiative for military family children. The Dolly Parton Imagination Library Project gives each child born into a military family in 2010 a book a month for five years, enabling military families to spend more quality time reading to and with their children.

"We are relying on the sale of these bricks to keep this initiative and other MFRC projects, such as ongoing respite child care as we go forward," said Steve Lawrence, MFRC operations manager.

A small brick, which includes three lines of text, costs \$200; a large brick supporting four lines of text costs \$350.

"Since its inception, The Homecoming Statue has become an Inner Harbour icon," says Lawrence. "Any day of the week citizens of Victoria find this a place of solitude and a good place for reflection. Very seldom do you go there and not find someone sitting on

the bench enjoying this site," he said.

Money from past brick sales were used to pay sculptor Nathan Scott for his work and for the construction of the site; an additional \$50,000 raised was donated to the MFRC.

The Homecoming Statue committee is also creating a second statue on the site.

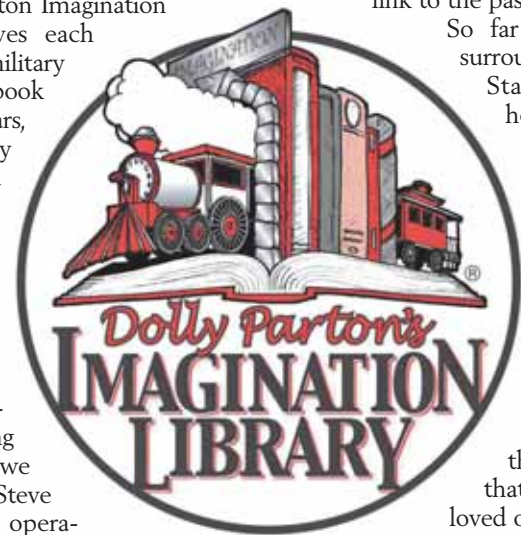
"The next statue will be an old sailor from a past era sitting on the bench overlooking the whole area, which gives a tie to the past.

Local veterans requested this important link to the past," says Lawrence.

So far about 1,000 bricks surround the Homecoming Statue. The MFRC hopes to add another 100 prior to Remembrance Day.

"Our plan is to have the bricks laid twice a year in advance of Remembrance Day and the Battle of the Atlantic Sunday, and then the families can visit the site to see the brick that commemorates their loved ones' service."

To order your brick go to the MFRC website and click on fundraising. A downloadable form is available that can be filled out and dropped off at any MFRC location. Additionally, orders can be made and questions answered by calling S/Lt Daniel Huot at 240-363-8394 or 250-363-2640. Credit cards and cash are accepted, and all orders placed will be confirmed by phone for accuracy.



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*Celebrate the Canadian Naval Centennial and support military families by buying a commemorative brick at "The Homecoming" statue. Each brick celebrates our gratitude for the tens of thousands of Canadians who answered both the call of their country and of the sea through the first century of Canada's Naval Service.*



By Sculptor Nathan Scott

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# Vancouver lands for humanitarian mission

**LS Carlos Cea**  
HMCS Vancouver

Two weeks ago 72 sailors from HMCS Vancouver set out on a community work project in Guayaquil, Ecuador, that, in the end, should have a lasting effect on the women and children they aided.

The project involved helping two facilities. One was a daycare for working mothers trying to get back on their feet, and a school that housed 350 children – grades primary to seven.

The ship's work crew was split into two groups. The first was led by PO2 Yannick Gagne. His team went to the daycare to paint the worn down structure and build a drainage trench to allow excess water to run away

*The principal of the school was touched by their interest in her school.*

from the play area during rainy season.

Lt(N) Kristina Gray took the rest of Vancouver's work crew to the affiliated school. There the team also re-painted three rooms, an outside wall and dug a trench to lead excess water away from the play area.

The crew also raised money for school supplies and donated juice boxes, cookies and fruit to the children. Sailors enjoyed passing out the snacks, playing soccer with the children and speaking

to the nuns who ran the school.

LS Scott MacDougall taught the children how to paint, even though they preferred painting his back rather than the wall, and PO1 Darren Fogarty played soccer against the very talented pre-school class who kept him laughing the entire game.

The Honorable Andrew Shisko, Canadian Ambassador to Ecuador, joined Cdr Robert Lewis-Manning, Commanding Officer of Vancouver, for a tour of the daycare and school. The principal of the school was touched by their interest in her school and insisted on introducing the Ambassador to all the classes of children where the children cheered and sang impromptu songs to their distinguished guests.



**Ordinary Seaman Heidi Clow**

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4 Oct 2009

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-Mom

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# Royal Victoria Yacht Club honours Canadian Naval Centennial

In honour of the Canadian Navy Centennial, Rear-Admiral Nigel S. Greenwood, Commander, Maritime Forces Pacific/Joint Task Force Pacific, presented a perpetual trophy to commemorate the hundredth anniversary of the Canadian Navy. The aptly named "Navy Centennial Cup" was donated to the Western Canada's oldest yacht club and will be awarded to the top Sea Cadet sail team racing in the Royal Victoria Yacht Club Fall Dinghy Championship Regatta.

Formed in 1888, the Royal Victoria Yacht Club is the oldest sailing association in Western Canada and has always had a strong connection to the military. During the two world wars the roster of active members included more than 100 enlisted members serving overseas. In 1911 the club was recognized by His Majesty King George V who granted permission for the club to add the prefix "Royal" to its title.

This trophy came from the efforts of the Admiral, Commanding Officer of the Regional Cadet Support Unit (Pacific), Commander Rod Hughes; James Webb, Maritime Forces Pacific's Visits and Protocol officer and Jamie Diamond of RVicYC. The Royal Vancouver Yacht Club also presents a trophy donated by Rear Admiral (Ret'd) Yanow to the top Sea Cadet team at the fall Commodores' Cup Dinghy Regatta.

There is a long history of Yacht Clubs honouring the Navy with celebrations to mark special occasions. The addition of this trophy will promote and strengthen the connection between one of only two Royal Yacht



Sea Cadets PO1 Cody Williamson (left) from 63 RCSCC Kalamalka in Vernon, B.C., and PO1 Quinn Lessing of 201 RCSCC Grilse in Port Moody, B.C., hold the newly-donated Navy Centennial Cup for the Top Sea Cadet Sailors at the Royal Victoria Yacht Club's Fall Dinghy Regatta.

Clubs in British Columbia and the Canadian Navy. The Admiral observed the last race from the Vice-commodore's yacht before presenting the trophy. "As a former Sea Cadet myself, I was very pleased to see the high caliber of competitive sailing displayed by the Cadets and to present the Navy Centennial Cup for the first time," he said.

"On behalf of the Royal Victoria Yacht Club, we thank the Admiral for the offer of this trophy in honour of the Navy's 100th

anniversary. We hope to continue to encourage Cadet sailing through collaboration between our organizations," said Randy Diamond, Dinghy Representative Co-Chair of the Regatta.

This year's Dinghy Championships included a team of 15 Sea Cadet sailors amongst a varied fleet of civilian competitors from the Royal Victoria Yacht Club, the Kelowna Yacht Club and the Royal Vancouver Yacht Club. Finishing first overall in the 420-fleet

was Petty Officer First Class Quinn Lessing of 201 Royal Canadian Sea Cadet Corps (RCSCC) GRILSE in Port Moody, BC and Petty Officer First Class Cody Williamson, of 63 Kalamalka in Vernon, BC. The competition took place Sept. 25 and 26 in the waters off of Oak Bay.

Finishing second in the Sea Cadet division and fourth overall was Petty Officer First Class Vassili Angelblazer and Master Seaman Stewart Clark, both of 5 RCSCC Rainbow. Third place in the Sea Cadet division went to Viktoria Seemannova and Danielle Ladret of 54 Admiral Dewolf in Campbell River.

This is the fourth straight victory for Sea Cadet sailors. Their winning streak started with the sweep of the National Sea Cadet Regatta in Kingston, Ontario, followed by gold in the 420 fleet at the Commodore's Cup Regatta in Vancouver and gold in the Maple Bay Regatta in Duncan.

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COMMUNITY NEWS: RAISING READERS

# Small group has big success

**PO2 Agnes Rancak**  
Contributor

Three members of CFB Esquimalt were amongst the more than 160 volunteers from Greater Victoria who took part in the National "Raise a Reader" Campaign in support of literacy programs, Tuesday Sept. 29.

In the early morning hours, Kelly Binette, Personnel Support Programs Recreation Director, SLt Cliff Burton from MARPAC J31 and PO2 Agnes Rancak from CFFS(E) along with members of the Victoria Grizzlies hockey team, happily traded donations for the Times Colonist newspaper where the unofficial total exceeded \$600.

The Raise a Reader campaign was established in 2002, with donations to date exceeding 15 million dollars. All of the money raised is put towards funding programs for family literacy. Approximately 40 per cent of the Canadian adult population's literacy levels are below the levels required to succeed in our society.

"This was an excellent experience, and a great opportunity to support children's literacy programs in the community. I look forward to next year" says SLt Burton.

Members of the Victoria community were supportive and very generous, with several donations given exceeding \$20. Local volunteers even went as far as to perform songs, dances, and even run between traffic knocking on car windows to obtain donations. Media celebrities, politicians, police, firefighters, Salmon Kings and gold medalist Dominic Seiterle rounded out the over 160 volunteers.

A brunch was held at the Empress Hotel following the busy morning of donation collection to thank the volunteers for their support. The Victoria drive director, Shannon Donnelly, Promotions Assistant at the Times Colonist newspaper, states, "This couldn't have been done without the support of all of you, and Gordie Tupper of CH News, we asked for sun today and he gave it to us, Thank you."

*This was an excellent experience, and a great opportunity to support children's literacy programs in the community. I look forward to next year.*

-SLt Cliff Burton

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**Date: 20 October**  
**Time: 1100-1700 hrs.**

