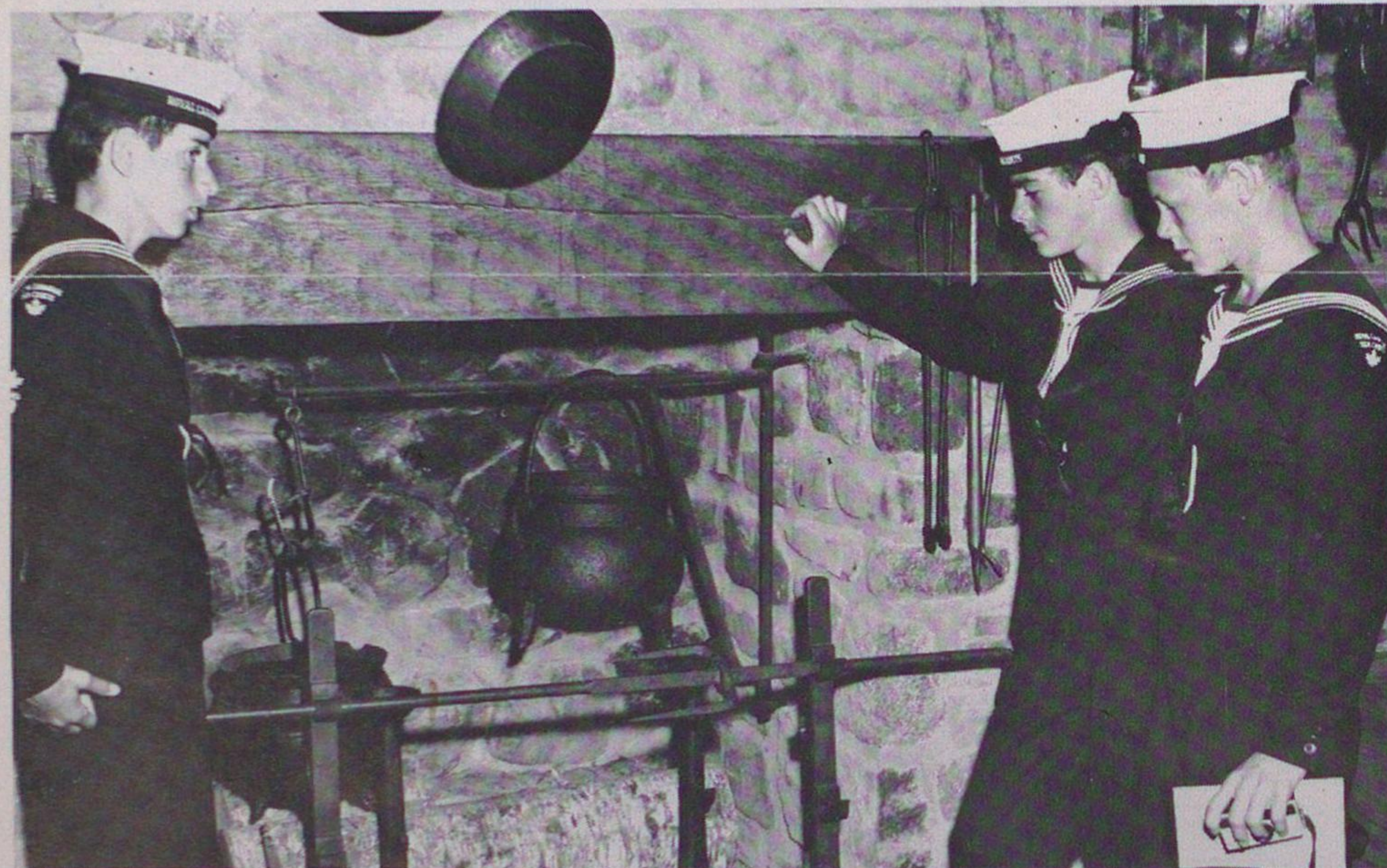


Cdr. D. Sabiston, commander of Sea Cadets, Defence Headquarters, Ottawa, takes the salute during a sail past at this summer's Sea Cadet training centre, CFB Cornwallis. Cdr. Sabiston visited the base boathouse, at nearby Annapolis Royal, while on a tour of cadet training facilities at Cornwallis.



Citizenship tours are a popular part of the training program at the Sea Cadet training centre, CFB Cornwallis. The cadets are taken on tours of and visits to historical sites, including Fort Anne, Annapolis Royal, and the Habitation, Port Royal, and other centres of interest. Left to right: Rob Portelance, RCSCC Rouanda, Noranda, P.Q.; Marko Davis, RCSCC, Drake, Oshawa, Ont., and Tom Campbell, also of Drake.

Plenty of Sailing

Lt. Donald MacIntyre, the officer-in-charge of the boatshed at this summer's Sea Cadet training centre, CFB Cornwallis, has only one wish when he arrives at work in the morning: A warm day and a light breeze.

The reason for his wish is quite simple: He wants to ensure that the 280 cadets a day who arrive at the boatshed for a day's outing get the most out of the instruction provided.

For the first month of this summer's training period he has gotten his wish.

Each cadet attending the two week basic training program at Cornwallis makes an average of five trips to the boathouse. He first receives 'dryland' instruction in parts of the whaler and dinghy, theory and rules of sailing, and proper conduct in a boat.

Next, the cadet starts putting his theoretical knowledge to work as a member of the crew of a whaler or 14-foot dinghy, and always under the watchful eye of an experienced instructor.

The cadet staff at the boatshed consists of six sailing officers, Lt. Frank Stockwell, Lt. Steve MacDonald, Lt. Ed Lawless, S—Lt. Mike Bergamin, S—Lt. Jean-Nil Desgagne and S—Lt. Mike Timmins. They are assisted by two Regular Force personnel, PO1 Ken Book and L—S Art Trileven, and six corporal callouts.

The staff provides instruction during two shifts, morning and afternoon, and afternoon-evening.

The cadets below participate in one of a number of athletic events that make up the popular sports tabloid.



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