



SAILPAST

St Patrick's Day Edition

March, 2017



Don't Forget!!!!

St Patrick's Day Dinner and Pub Night

This Friday - March 17

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The Duty Officer list will be out shortly.

The first shifts will begin the last week of April.

Keep on eye on your emails!

Why do hamburgers go to the gym ?

A: To get better buns!

In Memoriam

Our thoughts and prayers go out to the Reesor and Redman families at this difficult time.

Annette Reesor's father passed on Monday, March 13th. For those wishing to show their support, the visitation will be held at Dixon Garland Funeral Home, located at 166 Main St N, Markham, ON L3P 1Y3, on Friday Mar 17 from 2:00-4:00 and 7:00-9:00.

Jan Redman's mother has passed away recently. Visitation and service was held early this week.

St Patricks Day

Saint Patrick's Day, or the **Feast of Saint Patrick** is a cultural and religious celebration held on 17 March, the traditional death date of Saint Patrick (c. AD 385–461), the foremost patron saint of Ireland.

Patrick was a 5th-century Romano-British Christian missionary and bishop in Ireland. Much of what is known about Saint Patrick comes from the Declaration, which was allegedly written by Patrick himself. It is believed that he was born in Roman Britain in the fourth century, into a wealthy Romano-British family. His father was a deacon and his grandfather was a priest in the Christian church.

According to the Declaration, at the age of sixteen, he was kidnapped by Irish raiders and taken as a slave to Gaelic Ireland. It says that he spent six years there working as a shepherd and that during this time he "found God". The Declaration says that God told Patrick to flee to the coast, where a ship would be waiting to take him home. After making his way home, Patrick went on to become a priest.

According to tradition, Patrick returned to Ireland to convert the pagan Irish to Christianity. The Declaration says that he spent many years evangelizing in the northern half of Ireland and converted "thousands". Patrick's efforts against the druids were eventually turned into an allegory in which he drove "snakes" out of Ireland (Ireland never had any snakes).

Tradition holds that he died on 17 March and was buried at Downpatrick. Over the following centuries, many legends grew up around Patrick and he became Ireland's foremost saint.

Saint Patrick's Day was made an official Christian feast day in the early 17th century and is observed by the Catholic Church, the Anglican Communion (especially the Church of Ireland), the Eastern Orthodox Church, and the Lutheran Church.

The day commemorates Saint Patrick and the arrival of Christianity in Ireland, and celebrates the heritage and culture of the Irish in general. Celebrations generally involve public parades and festivals, ceilidhs, and the wearing of green attire or shamrocks. Christians also attend church services and historically the Lenten restrictions on eating and drinking alcohol were lifted for the day, which encouraged and propagated the holiday's tradition of alcohol consumption.

It is also widely celebrated by the Irish diaspora around the world, especially in Great Britain, Canada, the United States, Argentina, Australia, and New Zealand. Saint Patrick's Day is celebrated in more countries than any other national festival.

- this is an edited version of a Wikipedia article. See Wikipedia for the original.

Of Special Note

The March edition of "Sailor" is available for pickup in the clubhouse.

Eyewear Retainer

For those of you and your boating crew who may have a tendency to lose glasses while on your vessel, this product may be of interest.

Cablz is a new innovative product that will keep your eyewear secure and stylish.
(www.cablz.ca)

Community News

Empower Our Girls - Sunday March 26
(1 to 4 pm) - Pickering Public Library

A free event for the young women, 10 to 17 years of age, of Pickering and surrounding areas to create awareness of different professions and empower them to follow the career of their dreams.

Ontario Sailing News

Annual Workshop - Saturday, November 25

Race Management Seminars are being held at the Kingston Yacht Club, Barrie Yacht Club, Niagara-on-the-Lake Sailing Club (info@ontariosailing.ca)

Club Judge Seminar is being held at the Royal Canadian Yacht Club (info@ontariosailing.ca)

Sailwave Seminar at PCYC. Sailwave is the popular Race Results Software recommended by Sail Canada (contact Pat Lymburner pro@cork.org if interested).



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Commodore's Report

Spring is (hopefully!) close. I can almost feel it. Except for the fact that while I write this its snowing and -11...

Thank you to all who came out and attended the Celebration of Life for Lori Robinson. Our estimates are north of 250 people. Certainly the busiest I've ever seen the flag room. The ceremony was just the way Lori would have wanted it. Sincere, heartfelt, and with a few laughs mingled in.

Launch is rapidly approaching for many, and the tarps will start coming off in just a few weeks. I know many are chomping at the bit to get back on the water. Even though it's still frozen right now.

Sailpast is less than 3 months away. The official start of our season, and will be held on Saturday June 3rd. Sam has plans well underway, and its shaping up to be a great day.

I'm still looking for someone to take the lead on fundraising this year. At the moment we have nobody to front a group of volunteers to follow in Lori's footsteps and plan events to raise needed funds for special projects. We'd like to replace the carpets upstairs and down, but with the retaining walls needing urgent attention, our existing reserves are unavailable.

Speaking of the walls, Greg is hard at work examining several different options for the east wall. We have our list of needs and wishes. We wish it could be stunningly beautiful, but the cost will dictate what we can afford to do. We also need to repair the south wall soon after, so need to remain cognizant of the overall project costs and plan accordingly. TRCA have been very helpful in offering guidance, planning and assistance. Meetings are ongoing, drawings are taking

shape, and estimates are finally arriving. We hope to have more solid plans in the next few months, and then Greg can start organizing and formulating a timeline for the membership.

It was great to see Bob Hickson at the Celebration for Lori. For those who are unaware, Bob was quite unexpectedly diagnosed with a brain tumour in mid January and underwent extensive surgery. For those who have seen him since, he is doing very well and aside from some expected side effects, is managing quite nicely.

Great to see you back on your feet Bob!

I would like to express my thanks to the team from PARA, who graciously rearranged their schedules to accommodate an unfortunate need for multiple Celebrations of Life for past and present members or their families. The schedule is fairly busy until launch at the club, so if you have a need to book the facilities, please check the schedule and book early.

I look forward to seeing many of you around the boat yard in the very near future.

- Glen Dickson

Vice Commodore's Report



The count down is on to launch and with longer days and spring here, I can't wait for the hot sun, warm breeze and beautiful weather that I know must be right around the corner.

I wanted to send a quick shout out to the house committee (Chris Smith and team) for all of the great work done at the club over the last couple of months – I think we would all agree that this work has made a big difference in the look and feel of our club and the team never fails to impress.

Duty officer assignments are now underway and I thought I would take an opportunity to share a few updates and reminders especially given the expected increased traffic and visitors for the 2017 sailing season. Similar to that of last year we will be having 8 hour weekend shifts from 12-8pm and weeknight shifts from 6-9pm. Weeknight shifts for April & May will be from 6-8pm as will both September & October to reflect the support needed during these times. As a reminder – Anyone who missed a DO shift last year will be receiving additional responsibility

this year and always – We make every effort to accommodate requests but it's always the member's responsibility to manage his or her shifts accordingly. I hope to have this list out and finalized in the coming weeks which will be available at the club and online for your review.

Lastly – Sail Past is less than 3 months away and planning is well underway. Rev. Canon Millie Hope, Trumpeter Annie Granados and "Double The Pleasure" our entertainment for the evening have all confirmed their attendance and I am looking forward to another memorable day. Look out for tickets next month, as you won't want to miss this fantastic day!

I hope to see you all around the yard or on the water in the coming weeks!

- Sam Cummings

Rear Commodore, Fleet

Check out the 2017 race schedule on our website as you plan your summer schedule. Race registration takes place Friday April 28.

Every four years the Racing Rules of Sailing are updated. We are required to carry these on board when racing. The only place which I have found the Canadian edition online is at www.sailing.ca in Kingston (for \$19.99+SHT). Nat's Marine is not planning on stocking any. The free downloadable PDF (available from <http://www.sailing.org/documents/racingrules/>) is not the Canadian version, but the basic rules are the same.

I have copied Rule 28 and 31 to stimulate you into reading the rules.

28 SAILING THE COURSE

28.1 A boat shall *start*, sail the course described in the sailing instructions and *finish*. While doing so, she may leave on either side a *mark* that does not begin, bound or end the leg she is sailing. After *finishing* she need not cross the finishing line completely.

28.2 A string representing a boat's track from the time she begins to approach the starting line from its pre-start side to *start* until she *finishes* shall, when drawn taut,

- (a) pass each *mark* on the required side and in the correct order,
- (b) touch each rounding *mark*, and
- (c) pass between the *marks* of a gate from the direction of the previous *mark*.

She may correct any errors to comply with this rule, provided she has not *finished*.

31 TOUCHING A MARK

While *racing*, a boat shall not touch a starting *mark* before *starting*, a *mark* that begins, bounds or ends the leg of the course on which she is sailing, or a finishing *mark* after *finishing*.

PHRF-LO racers association has updated their website at www.PHRFracersassociation.com. You can register with them to get updates.

They exist to:

OUR VISION: To create a platform to provide PHRF sailors on Lake Ontario with up-to-date information on PHRF events, resulting in increased participation in PHRF inter-club racing.

OUR MISSION: To support communication and promote collaboration with all members, including sailors, clubs and related organizations.

To identify and make available information on all racing events pertaining to Lake Ontario, and after the events to publish race results.

Ontario Sailing is sponsoring a number of seminars related to training in race management. For more info follow this link

<http://campaign.r20.constantcontact.com/render?m=1117729130203&ca=55a92722-87ea-435b-b91e-967246921aef>

A three day intensive sailing clinic is being offered by North U on May 25-28. The cost is \$649. More info at <https://1dsailing.com/index.php/events/north-u-tune-win> or see post on the racing board at the club.

- David Riegert

Happy Memories!

This will be my first entry for Sailpast so I thought I would introduce myself to the club in case we haven't met.

My name is Laura McNeil formally Gwilliames. Our family has been members of the club since 1970. My sister Sue and I have grown up on the docks of FBYC and we have so many fond memories of our sailing adventures with our family. My Mom and Dad are almost in their 80's now and just bought a Catalina 34 so that we can cruise as a family again. How great is that!!



copyright Laura McNeil

We have rekindled our love for Lake Ontario by visiting as many clubs as we can every summer. My Mom (Elaine) had a scare with Cancer 2 summers ago and my Dad (Phil) decided that he wanted to buy a boat so that they could relax and spend time at the club while she recuperated. It was the best decision he could have made. We have all loved being at the club every weekend and my Mom is strong and healthy again.

This isn't our only reason that we are at the club every week, we also have a race boat!



copyright Laura McNeil

Gotcha II is our Kirby 25 that we race every Wednesday night in the Spinnaker fleet. I think our crew is the only one in the club that has 3 generations on board? My 79 year old father (Phil) is the captain while my sister Sue and I are the crew. My son Connor is our tactician and foredeck crew. We keep up with the fleet but everyone is getting so good that we usually end up in the middle somewhere. We have learned so much about sailing through our racing with our father. We are very competitive but we don't always get the results we think we are capable of. Too many Captain's on the boat maybe????



copyright Laura McNeil

And if that wasn't enough time spent at the club my dad had to go and introduce our middle son to all the fun things on a 420 when he was 10. That's when everything stepped up into high gear. We enrolled him in FBYC's famous sailing school and he was hooked. He was asked to go on the race team for Opti's that same summer and he started going

into regattas. At the end of that first summer he went to compete at CORK in Kingston (the big league's) and he WON! We couldn't have been more proud of him. Now Connor is all grown up and in his 3rd year at Dalhousie University in Halifax and you guessed it, sailing on the Ocean every chance he gets.

When Connor comes home from school this spring he will be the Head Sailing Instructor/Race coach for our Junior club. So needless to say we are very grateful that my dad took him out sailing 11 years ago.



copyright Laura McNeil

This wonderful club has meant so much to me and our family. We all have a passion for sailing and we always want to be on the water wherever we are. My sister and I have also chartered sail boats in the Caribbean with our husband's and have improved our own sailing skills considerably.

We hope to spend another summer all together on Sedona and Gotcha so if you see us on the water, at another club or just relaxing after sailing come over and say hi.

This club is not just a place to have our boat at. It has been at the centre of our lives for 47 years. It is a place for learning, healing and a source of employment but most of all it has given us time with family, which is after all the most important thing of all.

Happy Sailing to everyone.

- Laura McNeil

Cruise Committee

Greetings!

A sign the season is rapidly approaching despite the storm that never quite hit us-- attached are the dock assignments for Cobourg for Canada Day weekend. I have everyone booked in for three nights Friday, Saturday and Sunday. I was able to get dock assignments for everyone so I no longer have any names on a wait list. As the season gets closer and plans firm up, adjustments can be made to either arrive earlier or stay later.

One thing I do need is some idea of numbers for the BBQ at Cobourg Yacht Club on Saturday night. I don't have an exact cost, but it is estimated to be around \$25 per person. Can you please reply back with an idea of whether you will attend the BBQ and if so how many tickets you would like. I will get preliminary numbers to CYC and get back to you on further details.

As time approaches I will send out navigation information, specifically a reminder about Peter Rock which is mid-way between Cobourg and Port Hope and requires you to be off shore a fair distance.

If you are unable to attend, please let me know as soon as you find out that you are no longer able to attend.

Note--some of the smaller boats may be relocated to a more appropriate dock size location depending on bookings. Cobourg was able to get us all on one dock so it should be a fun weekend.

A reminder that this is not a reciprocal cruise, you will have to pay the going nightly rate at the marina. In the past, Cobourg has had some of the lowest fuel

prices on the lake if you are considering filling up.

If you have not already done so, please make arrangements to pay the \$13.00 reservation fee to me as soon as possible. E-transfers, cash or cheque are all suitable methods of payment.

- Mike Brajac

Cruising Schedule - 2017

May 20-22 - Victoria Day Weekend

Whitby Yacht Club - Reciprocal Cruise

June 30-July 2 Cobourg Waterfront Festival--Fireworks/Market

Cobourg Marina Club

July 15/16 Commodore's Cruise

Mimico Cruise Club - Reciprocal Cruise

August 5/6/7- Kids Cruise (This is Caribana Weekend)

Island Yacht Club (Toronto)
Toronto Sailing and Canoe Club (6 boats incoming) Reciprocal available if you are a small boat. If you want to be in the heart of the action, Toronto Sailing and Canoe Club is the Place to be.

August 19/20 BPYC (Reciprocal Cruise)

September 16/17 THSC (Reciprocal Cruise)

Women who Sail

Today we find more women who sail either to cruise or race; sailing was mainly a male domain until this last decade.

Motivations are varied, and fall into many different categories.

Just a Social Affair

Some women who sail are happy for it to be social affair. They catch a ride on a yacht when they can and often take part in club races.

They often have a regular yacht they sail on and get to know what is expected by the skipper and how the boat handles. They may even have their own sailing 'jobs' they feel comfortable with.

Sailing with Partners

Cruising women with partners, coastal or blue water adventuring for different lengths of time; a lot of them living aboard and when not at sea, most can be found at marinas working to fill up the kitty so they can head out again.

The Elite Women Sailors

Then there are the elite women who sail.... the solo circumnavigators and off shore racers!!

- Kay Cottee an Australian... the 1st women to circumnavigate the world solo, non stop and unassisted. She has published a book if you are interested.
- Ellen MacArthur: The fastest women on the planet! her catch cry is 'you can do it!' she gives even cruising women who sail goose bumps.

- Samantha Davies: Samantha is one of the worlds leading solo sailors in a male dominated sport! Despite tackling perilous seas and hauling sails twice her weight.
- Jessica Watson: The youngest female to sail solo around the world ... 16 years old ... She had a dream!! Yes she had a mishap involving a container ship initially... but that did not stop her ... she fulfilled her dream!
- Dee Caffari: An inspirational and record breaking British round the world yachtswomen. Dee Cafferri, 35, in 2006 became the first women to circumnavigate the world the 'wrong way,' East to West, against the prevailing wind and tide. The voyage took 178 days.

Others that Inspire

- Hilary Lister By 2005 she made history becoming the first quadriplegic to sail solo across the English Channel. In 2009 she sailed into the record books on her solo sail round Britain. She not only battled the elements but also exhaustion and the severe limitations of her body. "If you multiply that sense of freedom a thousand times, that's how I feel. I leave behind my wheelchair, a team of carers and suddenly it's just me."
- Jeanne Socrates at the age of 70 years became the oldest women to sail nonstop, unassisted and single handed around the world! A wonderful accomplishment for this retired math's teacher aboard her 11 meter yacht Nereida the voyage took her 259 days!

Sailing School

Cubs' Day

March 25th will be the first of what we hope is an annual event.

Scouts Canada, PARA, Ontario Sailing and FBYC Sailing School are combining for a one-day 'Introduction to Sailing' event for Cubs.

Cubs are boys and girls between the ages of 8 and 10. We have invited a handful of Cub Packs from the surrounding area to come and visit. The PARA volunteers will teach a little marine safety, and Ontario Sailing will give the kids a try on their sailing simulator.



copyright unknown

Its basically an Opti mounted on a motorized turntable, and a big fan. You might have seen it in action at the boat show. The would-be sailors can try their hand at tacking and gybing and ducking under the boom!

Any FBYC senior members that want to come out and help, we'd be glad to have you.

Just reach out to Jeff Blundell at SailingSchool@FBYC.ca

Of Interest to Foodies

For anyone looking for new ideas for the food table, check out the following recipes.

Pumpnickel Bread Dip

- 500 gram tub of Sour Cream
- 1 Pkg. of frozen chopped spinach
- 1 cup of Hellman's Mayonnaise
- 1 Pkg. of dry Knorr Vegetable soup mix

Mix the sour cream up with the mayonnaise.

Add in the dry vegetable soup mix.

Make sure you've squeezed most of the water out of the frozen chopped spinach and then add to the rest of the mixture.

Put in the refrigerator to cool. It is better if you make up the mixture the day before so as it has time to absorb all of the flavours.

You can buy a small pumpnickel loaf to use as the bowl and a large loaf to chop up. Cut the top off of the small pumpnickel loaf. Take your knife and cut straight up and down around the edge of the bread. With your fingers, begin to pull the bread away from the bottom of the loaf. Use this to cut up into cubes.

Pour your dip mix into the bread bowl and stick the top upright in the dip as a decorative addition.

Mock Filet Mignon

Ingredients

- 1 lb. of ground beef
- 1/4 cup dried bread crumbs or crushed soda crackers
- 1 tablespoons of water
- 1 tablespoon of worchestershire sauce
- 1 tablespoon of soya sauce
- 1/4 teaspoon of ground pepper or steak spice
- 1/4 cup finely chopped onion
- 1 clove garlic crushed (optional)
- 1 egg
- 6 strips of bacon

1) Mix together all ingredients except bacon.

2) Form into 6 patties, 1 inch thick.

3) Wrap a strip of bacon around each "filet mignon" and secure with toothpicks. If the bacon is a little fatty, cook it on the stove to remove some of the fat before barbecuing.

4) Grill 5-7 minutes on each side for medium cooked patties.

5) Served with sauteed mushrooms, fresh-baked bread, salad and a bottle of red wine.

Upcoming Events

Social Events

Every Friday Night (7:00 pm) - Pub Nights in the Regatta Room

Friday, March 17 - St. Patricks Day Dinner

Friday, March 24 (8 pm) - Caribbean Cruising Reports

Dessert and cruising social night. Bring finger desserts to share while hearing reports from the Mediterranean by Louis Skretas and Antigua cruising from Welch, Chalkley, and Zeeb

Saturday, March 25 (10 am) - Junior Sail Cubs Day

Friday, April 28 - Spring Pot Luck Dinner

Club Business

Monday, April 10 (7:30 pm) - Board Meeting

Saturday, May 6 (9 am) - Spring Clean Up Day!

Club Racing

Friday, April 28 (7 pm) - Race Registration Night

Wednesday, May 3 (6:50 pm) - Spring Series Begins

Yoga

Tuesdays from 7:30 pm to 9 pm - starts March 7 and continues until April 4

PARA Meetings:

Thursday, March 21
(1700-2130)

Tuesday, April 4
(1900-2130)

Thursday, April 13
(1900-2130)

Tuesday, April 18
(1900-2130)

Sunday, April 23
CCGA Training
(1000-1600)

Saturday, April 29
(0800-1600)

Power Radio Course

Saturday, April 1
Flag Room
(0800-1600)

Regatta Room
(1400-1600)

Sunday, April 2
(0800-1600)

Test your Boating Knowledge

How well do you know the basics of cruising? Check out the following criteria of Sail Canada's Basic Cruising Standard.

A sailor should be able to cruise safely in familiar waters as both skipper and crew of a sloop rigged keelboat of 6 to 10 meters with an outboard or inboard motor in moderate wind and sea conditions by day.

In this two part series, we present the knowledge areas that are the core of the Basic Cruising Standard program. This issue presents the 'Ashore Knowledge' criteria and our April issue will outline the 'Afloat Skills' required.

Enjoy!

Ashore Knowledge

Section I: Terms and Definitions

1. Identify and describe: Hull and keel, Gooseneck, Bow, beam and stern, Boomvang and topping lift, Fenders Shackles and fairleads, Deck, cabin and companion way, Cleats and winches, Rudder and tiller/wheel, Pulpit and pushpit, Cockpit and self-bailing cockpit Stanchions and lifelines, Gudgeons and pintles, Main, jib and storm jib, Mast and boom, Genoa and spinnaker, Spreader Head, tack and clew, Shrouds and stays Luff, foot and leech, Tangs and tumbuckles, Battens, hanks and slides, Chainplates Cringles and reef points, Running rigging, Standing rigging, Roller and jiffy/slab reefing, Sheets and halyards, Telltales, Outhaul and cunningham, Spring and breast lines Roller furling.

2. Describe the following with the aid of diagrams: Ahead, abeam and astern, forward and aft;

3. Define and be able to identify these terms from a diagram: Port Underway, Starboard No way, Windward In irons, Leeward Beating, Tacking Sailing by the lee, Gybing Running, Close Hauled On a tack, Port tack Luffing (of sail), Starboard tack Heading up, Leeway Bearing away, Wash Wake, Reaching (Close, beam and broad).

Section II: Gear and Equipment

4. List from memory:

- a) Transport Canada (TC) required items for the candidate's boat (Safe Boating Guide),
- b) The rules for care of PFDs and life jackets,
- c) The recommended method of testing for buoyancy in a PFD;

5. Describe:

- a) The reasons for keeping gear and equipment stowed in assigned places in a cruising boat,
- b) The frequency of maintenance of a recreational boat and its equipment so that it is capable of functioning at all times,
- c) The minimum items recommended for a waterproof emergency kit.

Section III: Safety

6. a) Describe the purpose of a safety harness and dangers of improper attachment in a cruising boat, b) State the purpose of pulpits and lifelines;

7. Identify the required navigation lights for: a) A vessel under sail, under power, and at anchor and describe the angles of each, b) An unpowered vessel less than 6 meters in length;

8. Define what hypothermia is including: a) The signs and symptoms and the major areas of heat loss to the body, b) Steps for prevention, c) Treatment for mild and severe hypothermia, d) The actions to be taken by one or more individuals in cold water to increase survival time;

9. Define what cold shock is including: a) The signs and symptoms, b) Steps for prevention, c) Treatment for;

10. Define what carbon monoxide poisoning is including: a) The signs and symptoms, b) Steps for prevention, c) Treatment for;

11. Describe the precautions taken to prevent undue magnetic influences to the vessel's compass;

12. Describe the common sources of fire and explosion and list the methods for preventing such occurrences and actions to be taken in the event of an onboard fire;

13. Describe safe refueling procedures;

14. Identify the two scuba diving flags;

15. Describe/list: a) The danger involved in re-charging batteries, b) How to safely launch flares, c) The types of signals used to indicate distress, d) The actions to be taken in case of a capsized;

16. Describe the uses, capabilities and limitations of a yacht radar reflector;

17. State the dangers of overhead power lines;

18. Describe:

a) Reasons for filing a float plan and who the plan should be filed with, b) Items of important information which should be included in a float plan, c) Reasons for completing a pre-departure checklist.

Section IV: Rules of the Road and Canadian Regulations

19. Apply Rules 12 to 17 of the Collision Regulations by means of diagrams;

20. Identify and describe the following: Pleasure craft Power driven vessel, Sailing vessel Recommended gross load capacity, Compliance notice / Capacity plate Recommended safe limit of engine power

21. Identify: a) Four considerations in determining the safe speed to operate a vessel, b) The actions and precautions to be taken in

reduced visibility, c) Responsibilities when operating in a commercial traffic lane;

22. Demonstrate knowledge of regulations applying to boaters as follows: a) Identify the minimum required publications for operating a 10 meter pleasure vessel in unfamiliar waters, b) Describe the guidelines for licensing and how a license number must be marked on a vessel, c) Identify the principal acts and regulations that a pleasure craft operator should be knowledgeable about and the areas covered by each including: Canada Shipping Act (2001) Small Vessel Regulations, Contraventions Act, Vessel Operation Restriction Regulations, The Criminal Code of Canada, Collision Regulations, Competency of Operators of Pleasure Craft Regulations.

Section V: Weather

23. State three sources of marine weather information;

24. Interpret the marine weather forecast applicable to the area of operation, and describe how to apply the information as follows: a) Determine whether it is safe to set sail in the candidate's boat, b) Decide what changes are forecast for the next six hours and what expect these should have on the day's planned activities, c) Identify the wind speeds associated with: Light winds, Moderate wind, Strong wind, Strong wind warnin, Gale warning, Storm warning.

25. Describe local weather hazards, how they can be identified, the normal warning time available, and the actions to be taken to reduce/avoid effects.

Section VI: Duties of the Skipper and Crew

26. List the main responsibilities of the skipper and crew.

Section VII: Seamanship

27. Describe the sequence of sail reduction as wind speed increases;

28. Describe the danger of a lee shore;

29. Understand the use of a Canadian Hydrographic chart of the local area as follows:
A chart, Aids to Navigation, Depth of water, Distance scale, Buoys and their significance, Types of bottom (sand, rock, mud and clay), Under water/surface hazards: kelp, cable, rock, shoals, cribs, wrecks, currents, Light symbols, Beacons;

30. Use the Tide and Current Tables to find: a) Times and heights of tides at reference ports, b) Direction and rate of current at reference stations;

31. Describe: a) The features of a secure anchorage, b) The holding characteristics of commonly used anchors, c) Suitable rode makeup and handling, d) Scope requirements when anchoring for lunch, overnight and rough weather;

32. Describe the immediate action to be take for the following circumstances: Springing a leak, Dragging anchor, Steering fails, Running aground, Grounding at anchor, Broken halyard, Fouled propeller, Fire; Standing rigging fails,

33. Describe the one commonly accepted use for each of the following knots, bends and hitches: Figure Eight, Bowline, Reef Knot, Clove Hitch, Double Sheet Bend, Round Turn & Two Half Hitches;

34. Describe the use of the VHF radio for receiving weather reports and making emergency calls.



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