



SAILPAST



April, 2018

Spring Edition

May 13



Happy Mother's Day !

Front Yard Renovations



The new front pathway!

Great place for remote control boats!

Publisher

Frenchman's Bay Yacht Club

Editor

Ron van der Wees

The Board

Commodore - Sam Cummings

Vice Commodore - Mark Chin

Vice Commodore, Facilities - Byron Lucas

Rear Commodore, Fleet - Tom Wood

Rear Commodore, Harbour - Greg Greason

Rear Commodore, Junior Sail - Kevin Guerin

Secretary - Bob Stobie

Treasurer - Chuck Watson

Past Commodore - Glen Dickson

Committee Chairs

Cruise Committee - Mike Brajac

House Committee - Chris Smith

Boat Committee - Bruce Stephen

Grounds Committee - Nick Costar

Entertainment Committee - Annette Reesor

Membership Committee - Louie Skretas

Public Relations Committee - Ed Fulton

Webmaster - Doug Welch

Sailing School Director - Jeff Blundell

Club Steward - Maureen Tutty

Advertising Rates

1/4 Page - \$ 95.58 per annum for 12 issues.

1/2 Page - \$155.30 per annum for 12 issues.

Full Page - \$215.05 per annum for 12 issues.

We also offer a special one-time placement
(for two issues of your choosing) for \$75.

Contact the Editor for graphic and content
requirements.

Reminders

Spring Cleanup Day is
Saturday May 5.

May 13 is Mothers Day!

Don't Forget!

All rights reserved. No parts of this work may be reproduced in any form or by any means - graphic, electronic, or mechanical, including photocopying, recording, taping, or information storage and retrieval systems - without the written permission of the publisher.

Products that are referred to in this document may be either trademarks and/or registered trademarks of the respective owners. The publisher and the author make no claim to these trademarks.

While every precaution has been taken in the preparation of this document, the publisher and the author assume no responsibility for errors or omissions, or for damages resulting from the use of information contained in this document or from the use of programs and source code that may accompany it. In no event shall the publisher and the author be liable for any loss of profit or any other commercial damage caused or alleged to have been caused directly or indirectly by this document.

Printed: April 2018 in Pickering, Ontario.

Mothers Day

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on various days in many parts of the world, most commonly in the months of March or May. It complements similar celebrations honoring family members, such as Father's Day, Siblings Day, and Grandparents Day.

In the United States, celebration of Mother's Day began in the early 20th century. It is not related to the many celebrations of mothers and motherhood that have occurred throughout the world over thousands of years, such as the Greek cult to Cybele, the Roman festival of Hilaria, or the Christian Mothering Sunday celebration (originally a commemoration of Mother Church, not motherhood). However, in some countries, Mother's Day has become synonymous with these older traditions.

The modern holiday of Mother's Day was first celebrated in 1908, when Anna Jarvis held a memorial for her mother at St Andrew's Methodist Church in Grafton, West Virginia. St Andrew's Methodist Church now holds the International Mother's Day Shrine. Her campaign to make Mother's Day a recognized holiday in the United States began in 1905, the year her mother, Ann Reeves Jarvis, died. Ann Jarvis had been a peace activist who cared for wounded soldiers on both sides of the American Civil War, and created Mother's Day Work Clubs to address public health issues. Anna Jarvis wanted to honor her mother by continuing the work she started and to set aside a day to honor all mothers because she believed a mother is "the person who has done more for you than anyone in the world".

While the United States holiday was adopted by some other countries, existing celebrations, held on different dates, honouring motherhood have become described as "Mother's Day", such as Mothering Sunday in the United Kingdom or, in Greece, the Eastern Orthodox celebration of the presentation of Jesus Christ to the temple (2 February of Julian Calendar). Both the secular and religious Mother Day are present in Greece. Mothering Sunday is often referred to as "Mother's Day" even though it is an unrelated celebration.

In some countries, the date adopted is one significant to the majority religion, such as Virgin Mary Day in Catholic countries. Other countries selected a date with historical significance. For example, Bolivia's Mother's Day is the date of a battle in which women participated.



**Don't Forget.....Sunday,
May 13**

News, Views, Requests

Spring Cleanup

Saturday, May 5be there or be square!

Shore Work

Volunteers are always welcome to continue the efforts on the front yard renovations. Contact the harbourmaster if you wish to contribute your time and energy.

Regatta Request

If you know of an interesting and entertaining band that could perform at Regatta, please contact either Mark Chin or Annette Reesor.

Spread the Word

The club is looking for new members so if you know of anyone who might be interested in joining FBYC, try and encourage them to contact Louis Skretas for membership information.

Earth Day

Saturday, April 21 (10 am to 1 pm)
Duffin Heights, 1565 Winville Road

Plant trees, pick up litter with Pick Waste and meet the animals ambassadors from Earth Rangers.. Food and drinks will be available for purchase. This is a rain or shine event so please dress for the weather and wear appropriate footwear.

Artfest on the Esplanade

Saturday, May 26 (11 am to 5 pm)

Check out the new Arts Studio at the Pickering Recreation Complex which opened on April 16.

Petapolooza, Pickerings Pet Festival

Saturday, May 12 (10 am to 4 pm)

A fun day for the whole family. With live animals, demonstrations, caricature drawings, plenty of giveaways and more.

Geocaching Event

Saturday, May 5 (10 am to 4 pm)

A Pickering-wide scavenger hunt for the whole family starting at Pickering Rec Complex, followed by a party with music, games and food.

Vice Commodore

At our last executive meeting it was brought to our attention that we as a club should have some safety awareness or reminders as we go about our activities around the club and even in our daily lives.

This has become more urgent as we are reinstalling the electricals for the docks and the mast crane that involves a lot of heavy duty equipment and manual labour to complete this work.

So, the following are reminders.

1. Proper lifting techniques must be exercised when lifting anything that is heavy like cement bags, wheel barrows, building blocks and even when shoveling dirt/rocks etc. Proper lifting techniques include bending at the knees and holding the load close to the body as possible and remember heavy loads are lighter if there are more hands lifting it so ask for help as required.
2. Proper personal protective equipment (PPE) should be worn always and if PPE's are not available ask for them. PPE are our last shield against being injured. So, please wear appropriate leather, rubber gloves for the task, wear appropriate footwear, welding glasses, and safety glasses when necessary.
3. Ladder safety includes have a second person holding the ladder before climbing especially on loose gravel or uneven ground. If a second person is not available, get one before ascending the ladder because it only takes a split second for someone to fall if the ladder is not being secured.
4. Slips, trips and falls are the leading causes of injuries at the workplace, at home at the cottage and at play. The ground is very muddy and wet at the club and a lot of dirt and sand is piled up around the club so please be mindful and use proper placement of your feet as the surface can be very slippery and hold on to railings when travelling up and down stairways. Too many slips trips and falls injuries occur that are preventable.
5. A lot of boats will be launched in the coming weeks so please remember marine safety gear for your boat including VHF radio, life jackets and flares in case your engine quits while you are in transit.

Tune in next month for more brief reminders so we can all enjoy our 2018 season at FBYC.

- Mark Chin



Rear Commodore, Fleet

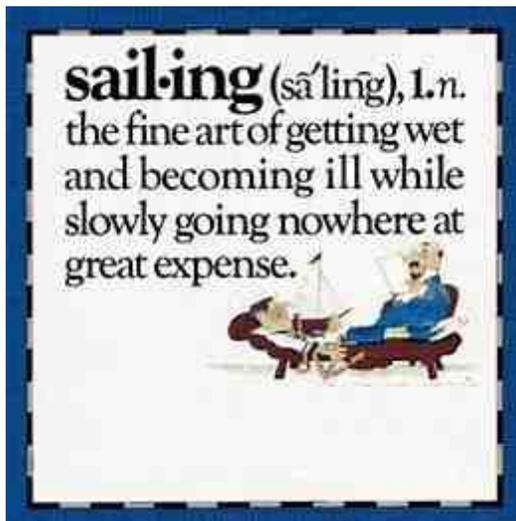
WE still need volunteers for Wednesday night BBQs. We have one volunteer to help with coordination but she is new to the club and not available for part of the early season. So we need another person to share being coordinator for the Wednesday night BBQ. This should be limited to coordinating volunteers, including the shopping volunteers.

WE also still need shopping volunteers (getting the food from the store to the club the night before) as well as volunteers for the Wednesday night (cooks, ticket collectors etc.).

Also -

WE need volunteers to place the race markers - Date to be determined.

If you are available call Tom Wood 416 315 7784 or email rcfleet@fbyc.ca



A Little Humour

An old sea captain was sitting on a bench near the wharf when a young man walked up and sat down.

The young man had spiked hair and each spike was a different color.... green, red, orange, blue, and yellow.

After a while the young man noticed that the captain was staring at him.

"What's the matter old timer, never done anything wild in your life?"

The old captain replied, "Got drunk once and married a parrot. I was just wondering if you were my son!"



Treasurer

Your treasurer has been quite busy this spring. No not working on his boat, it has snowed in Uxbridge the first 11 days of April. Sheeesh!

Lots of bank deposits from Slip Fees, Bar, Yoga, plus Donations and new members. Did you know we now own our previously rented Water Heater? - No more monthly payments.

For interest sake I have written 46 cheques so far this year from the General Bank Account. One of which was a deposit on our new Chairlift. This is our slow period.

There is an electronic form I am happy to email to anyone if they need to be reimbursed for club expenses they paid for personally. Just send me an email and I will forward it. Very helpful.

Things I will be doing in April – file HST for our 2018 first quarter. Sounds boring right? Sheeesh!

It has been quite some time since this has been done so I would like to ask all Active members with Boat (s) to provide proof of Boat Insurance please. A digital shot of your valid insurance slip would be grand. Just email it to me as an attachment. I will also accept hard copies left in my mail slot at the club. Thank you.

Last yet most important I want to say Egon was a good friend of mine and I will miss him dearly. Every time I install the mast track gate Egon manufactured I will take a moment to fondly remember him.

- Chuck Watson

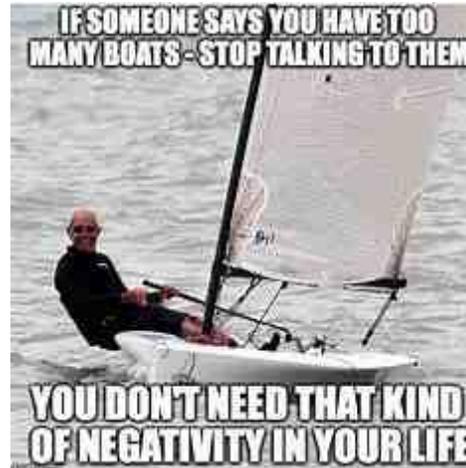
Cruising Notes

Last call for Toronto Island Yacht Club Cruise for Labour Day Weekend.

This is not a reciprocal cruise and participants will be responsible for the usual docking fees. IYC has new docks and is welcoming visitors for a new season after last year's wash out. If you would like to attend and didn't get a chance to sign up on the posted sheet, please e-mail me ASAP at mike.brajac@gmail.com with your boat details and I will add you to the list. I plan to get the list to IYC by the end of the week.

May 1—sign-up sheets for remaining cruises will be posted. The web site has been updated with dates.

- Mike Brajac



Front Yard Renovations



Material piles all set for workers!



Oops.....forgot to put the wires back!



Double trenching....somebody worked hard on this!



Aah.....a new location for the junction box!



The new pathway.....just step in!

- Photos copyright and courtesy of Ron van der Wees

Health and Safety

Hypothermia

Hypothermia is a drop in body temperature below normal level, which most frequently develops from exposure to very low temperatures such as immersion in cold water, exposure to cool air in water-soaked clothing, or prolonged exposure to low environmental temperatures.

Early Symptoms: uncontrolled shivering, slurred speech, conscious but withdrawn

Intermediate Symptoms: slow weak pulse and respiration, lack of coordination, confusion and fatigue

Final Symptoms: weak irregular or absent pulse and respiration, lack of consciousness

Actions to take

- Remove the person from the source of cold exposure and provide dry shelter
- If asked for, offer warm liquids but do not give alcohol or hot stimulants (such as coffee) to the person
- Do not rub or massage the surface of the person's body or extremities
- Use or exhibit signals to indicate distress and need of assistance if necessary
- Seek medical help if necessary
- If possible, prevent further decrease in body temperature and warm the person's body gradually by removing wet clothing and covering the person with warm dry objects, such as blankets or insulating devices.

Additional Protection Can be provided by:

- Dry suit
- Wet suit
- Immersion suit
- Survival suit
- Exposure coverall
- Multiple layers of dry clothing
- Water or wind proof outer layer

NOTE: Wool is the best for all-around warmth. Wool, when wet, retains its insulation properties.

Don't wear cotton.....COTTON KILLS!!!!

RIGGING SHOPPE

THE RIGGING SHOPPE
45TH
ANNIVERSARY
1969 • 2014

**Boatloads of
Bright ideas for
Boaters for
over 45 years!**

44 Midwest Road, Toronto, ON, M1P 3A9
tel 416-752-1711 free 1-877-752-1711
email info@riggingshoppe.com web www.riggingshoppe.com

Entertainment Committee

This week, we are beginning spring yoga at FBYC. Exactly what does that look like you ask, this yoga phenomenon that's being going on now for two years at the club?

Well Tuesday and Thursday evenings, about a dozen or so club members and a few guests arrive at 7:20 pm to set up their yoga mats on the dance floor of the Flag Room. The room is usually abuzz, when our instructor Taryn, settles us into our opening pose at 7:30. For the next 60 minutes, Taryn leads us in a variety of stretches and poses, guiding our thoughts away from the distractions of busy day, and bringing our focus back to the present, back to our breath. The experience feels a bit like mental reboot, and when the class wraps up at 8:30, many of us are wishing we could simply roll into bed.

If you're curious, and would like to join us one evening, you are welcome. We have a drop-in option for only \$12.

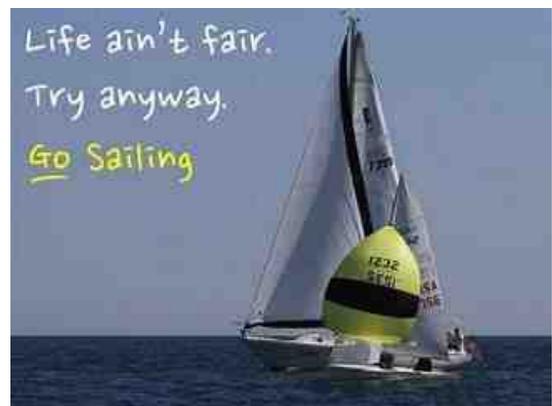
Saturday April 21

We are having a 'Launch into Spring' potluck at the club. The bar will open at 6:30, and we will eat once it feels like the critical mass has arrived.

In the hopes balancing the sweets and savoury, we're going to try this: if your last names begins with the letters A-R, bring a first course, or if your last names begins with the letters S-Z, you're on for dessert. Hope to see you there!

If you have any questions about what's happening around the club, email entertainment@fbyc.ca.

- Annette Reesor



Upcoming Events

Celebration of Life (April 22: 1400-1700) Egon Weidenborner

Social Events

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

Entertainment

Saturday, April 21 (1800-???)
- Spring Pot Luck Dinner

Club Business

Monday, May 14 (1930)
- Board Meeting

Saturday, May 5 (0900-)
- Spring Cleanup

Monday, May 28 (2000-)
- General Meeting

Yoga

Thursday Nights (1930-2100)
- till end of March

Tuesday Nights (1930-2100)

Racing

Friday, April 27
- Race Registration

Wednesday, May 2
- Spring Series begins

Saturday, May 26
- Double Handed Race

Cruising

Saturday, May 19
- Whitby Cruise

PARA

Thursday, April 26 (1900-2130)
- AGM

Saturday, April 28 (1000-1800)
- Training Ops

Easy Recipes for Sailors

Chilli con queso dip

1 10 oz. can Tomatoes
1 16 oz. package of your favourite
cheese, cubed
1 8 oz. can Chili (without beans)

- Heat chili and tomatoes
- Add cheese.
- Heat until cheese melts.

Serve with tortilla chips.

Tortilla potatos

3 lrg. potatoes, cut into small pieces
1 lrg. onion, chopped
4 eggs
1-2 tbs. oil
Salt & Pepper to taste

Optional ingredients: pepperoni, green or
red peppers, mushrooms, etc.

- Fry potatoes & onion in oil until done.
- Drain any extra oil.
- Add seasonings to eggs and pour
mixture over potatoes & onions.
- Spread eggs evenly over potatoes then
cover and cook on low heat until bottom
of mixture is brown. Do not stir.
- Keeping mixture in one large piece, turn
over in skillet and cook until other side is
browned.

You can slide the mixture out onto a plate,
cover with pan and flip to make it easier to
flip.

Greek Sailing Vacations with Louie

Sail the Greek Islands

Secondwindsailingadventures.com



Sailbikenike@gmail.com

2018

GREECE AUG 18 - SEPT 1

GREECE SEPT 1 - SEPT 15

2019

CROATIA AUG 18 - AUG 29

GREECE SEPT 1 - SEPT 15

VESSEL

2018 BAVARIA 51
5 CABINS 3 HEADS

Trips qualify for:

*Sail Canada Basic or
(intermediate) Certificate
and/or*

*International Certificate
of Competency (ICC)*

Contact Louie at 416-688-6708



AUTO-HOME-COMMERCIAL-LIFE-BOAT-MORTGAGE

**GWILLIAMES & ASSOCIATES
INSURANCE BROKERS LIMITED**

ALISON ZARPANA OWEN

Tel: 905-619-2424 - Fax 905-619-8080

Toll Free: 1-800-463-3156

2 Bunhill Court, Ajax, ON L1Z 1X5

Email: quote@gwilliamesinsurance.com

www.gwilliamesinsurance.com

