



SAILPAST



May , 2019

Remember 2017????



Sailpast - June 1

Sailpast

June 1

Publisher

Frenchman's Bay Yacht Club

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Printed: May 2019 in Pickering, Ontario.

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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.

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Contact the Editor for graphic and content requirements.

Sail Canada News

Volunteers

The Nominating Committee of Sail Canada is calling for nominations from interested individuals who are prepared to help shape the future of the sport of Sailing in Canada and guide the overall strategic plan of the organization.

Candidates for election to the Sail Canada Board of Directors must be at least 18 years of age and be a member in good standing of a member club, class or other member organization.

The 2019-2020 Canadian Sailing Team & Canadian Sailing Development Squad

Sail Canada is proud to announce the members of the 2019-2020 Canadian Sailing Team and Canadian Sailing Development Squad.

Based on the current Sail Canada High-Performance Plan and the Podium Pathway, what has been previously known as the National Sailing Team or the Canadian Sailing Team, is now divided into two divisions; The Canadian Sailing Team ("CST") and The Canadian Sailing Development Squad ("CSDS"). Sail Canada believes it is important to make a shift from the notion that receiving Sport Canada AAP funding ("carded") automatically translate to Canadian Sailing Team or National Team status.

Sail Canada Championships

Don't miss your chance to participate in some good times, head to our website and register to attend Sail Canada Championships this summer!

August 1 - 4 : Sail East, Shediac Bay Yacht Club

July 4 - 7 : Sail West, Central Okanagan Sailing Association

July 18 - 21 : Sail Central at HYC Fruitbowl, Hudson Yacht Club

August 12 - 16 : Youth Championships at CORK International, CORK International

August 16 - 20 : Sail Canada Senior Championships at CORK OCR, CORK OCR

September 26-29 2019 : Women's Keelboat Championships, Hudson Yacht Club



Commodore



Greetings FBYC!

It seems there is some excitement every spring - In 2017 we had record-breaking water levels with no power for what seemed like months. 2018 water levels were back to normal but we did encounter 50+ knots of wind in the bay stretching dock lines to their max, ripping trees from the ground and shingles from roofs in the neighbourhood. Finally this year we are back to familiar water levels with the highs of 2017 here again and a scramble to get the club ready for Sailpast. The good news is we have planned for this type of event and this year there have been no issue with power (for the most part.)

It's great to see more and more boats are making their way into slips, masts are being stepped and the club is starting to come alive with race nights and reciprocal cruises. Lets talk about masts – With Sailpast only a couple of weeks away we ask that you please find the time to step your mast as we will be removing mast racks in preparation for the final touches to the grounds before the big day. The unofficial start to our sailing season is right around the corner and I know Mark Chin has promised great weather, fair winds, an amazing band and another fantastic meal prepared by Chef Izzy. Tickets are on sale now and you are not

going to want to miss this! – New members might also the night before Sailpast and I encourage everyone to come out and support this great evening. I can't think of a better way to welcome our newest members to the FBYC family.

A quick note on reciprocal cruises – Mike Brajac and committee have put a lot of work in planning our 2019 cruising schedule – That said we had a number of cruises in 2018 that many members signed up for and then cancelled with short notice or missed all together. We all know that it is typical for final slip assignments to be completed in advance and cancelling on short notice can wreck havoc on these plans. Of course weather is critical but we ask that if you need to cancel that you provide as much notice as possible to ensure a successful cruise.

As you may have noticed – Our club is back to our summer schedule with cleaning weekly and summer bar hours commencing in June. That said – There have been a couple of instances where both the Regatta Room and Flag Rooms have been left with food and other garbage not in it's rightful place. Friendly reminders to everyone to please ensure you are placing all garbage where it belongs as our friendly neighbourhood mice have been seen enjoying leftovers. Everyone's contributions to keeping our club clean are appreciated by all.

That's it for me – I'm looking forward to seeing you all at the club in the coming weeks - As always, If you have any thoughts, feedback or ideas you would like to share – Feel free to drop me a line at commodore@fbyc.ca

Cheers to another season!

- Samuel Cummings

On the Harbour

Well.....here we go again. Water levels are waaay up. The forecast is for within 2" of the record levels in 2017, and I have a hunch we may actually surpass that level.

Already the water is in the corner of the driveway by the pumpout, and our temporary repairs to the south wall as you walk towards A dock have pretty much been washed out.

The good news is our dock power will stay on. If this was 2017, current levels would have us shutting it off now.

So, a few things are happening in anticipation of what's to come over the next 3 weeks until it peaks.

By the time you read this, we should have had some skids delivered (thanks Brent), along with some donated 2x10's (thanks Ian) so that we can construct raised walkways to the higher parts of B and C docks, which will be much safer than just using skids as we did in 2017.

A dock will be on standby to do the same thing. In the short term we may build a temporary ramp to the service dock to avoid the big puddle that is growing every day.

Pumpout power has been turned OFF. That is the weak point in all our efforts to date, as the motor is sitting very low. It is quite likely we will have to remove the pump from the box for the short term to avoid damage. We had hoped to move that box as part of the south wall project, but sadly it was delayed. Power to the crane should remain on.

The mast crane and dinghy crane, while functional, will not be safe for long as the water level is going to make it virtually impossible to safely tie up to the service

dock. Levels are only 6 or 7" below the decking.

Please make serious efforts to get your masts stepped in the next week, or you may miss the window. We also need to get the easternmost rack off the lawn as the ground is already saturated. Now is probably a good time to mention all masts need to be removed from the lawn prior to Sailpast anyway..

A dock suffered some major damage during the 2 most recent, and significant, wind storms. Easterly winds gusting to 38 knots created waves in the bay that I would estimate at 2 feet. These waves battered the outer finger on A dock and managed to actually rip (not break, tore jagged pieces) of quarter inch steel angle iron that attached 2 braces to the main tubes.

This break allowed the tube to rotate freely stopped only by the collars around the pilings on the end. The result was a wild fun house moving walkway for those of us that ventured out to the ends to retie boats multiple times over 24 hours. At one point I actually had to crawl the final few feet to reach the piling to pull lines up above the decking as it bucked and heaved. Such fun!

Thanks to Stu Robinson, Denis Carrier and Patrick Mealiffe for putting in some long hours to clean up the mess and weld repairs.

The last thing is a big one.

During my discussions with Greg Greason since the east wall was rebuilt, the thought was that an armour stone wall could be economically built for the south wall replacement. I recently met with TRCA and had them price out such a build. The estimate was a bit of a shock. \$200k plus. So that idea has been scrapped.

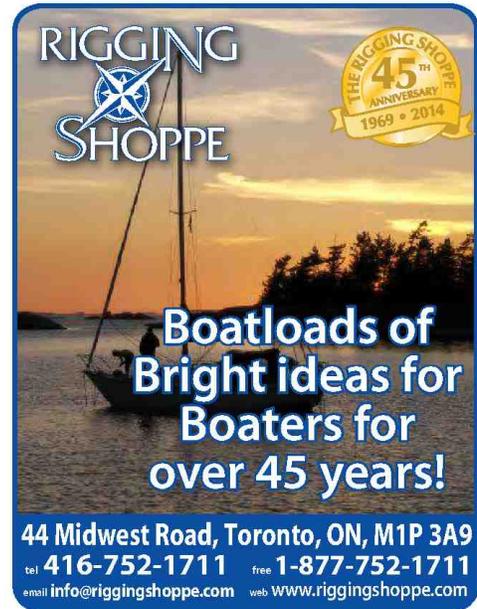
Currently TRCA is pricing out doing the south wall the same way we did the east, and I am working with Steve Richardson to estimate a sheet pile wall that would be pounded in just inside the existing fixed dock (between the dock and the pumpout), and get costs back in line.

More on that as things progress.

Here's hoping the weeds stay down, or I'm moving south.

Cheers,

- Glen Dickson



The advertisement for Rigging Shoppe features a background image of a sailboat on the water at sunset. The text 'RIGGING SHOPPE' is prominently displayed at the top left. A gold anniversary seal in the top right corner reads 'THE RIGGING SHOPPE 45th ANNIVERSARY 1969 - 2014'. The main headline in large blue letters says 'Boatloads of Bright ideas for Boaters for over 45 years!'. At the bottom, contact information is provided: '44 Midwest Road, Toronto, ON, M1P 3A9', 'tel 416-752-1711 free 1-877-752-1711', 'email info@riggingshoppe.com web www.riggingshoppe.com'.

- a smooth sea never made a skilled mariner (English proverb)

- Man cannot discover new oceans unless he has the courage to lose sight of the shore (Andre Gide (1869-1951))

Junior Sail

Our second troop of sailors have returned from the Ontario Sailing Team training camp in Clearwater Florida. Rachael Susman, Madeleine Schropp and Madison Fertile spent a week down in the sunny state, working on ocean training in a variety of conditions. I've been told it was also an amazing bonding experience for the team in getting to know one another. Much like last month, an interview with Rachael Susman will be provided later in the article about her experience in Clearwater.

In other news, our Head/ Race Coach, Connor McNeil, just completed an interview about his current job in the Caribbean, the link to that can be found here: <https://www.bnnbloomberg.ca/this-canadian-nets-2-500-a-month-as-a-yacht-chauffeur-in-the-caribbean-1.1233188>

Have a great month everyone!

-Victoria Dickson

Did you have any expectations going into this camp for the first time?

I didn't really have any specific expectations going into the camp, but as my first team Ontario camp, I was extremely nervous the first few days seeing so many new sailors and people who I was previously intimidated by in the past. I was nervous about making friends with the team and trying to fit in with everyone else but overall my expectations were low considering it was my first time with a new set of faces.

The workouts were difficult, in comparison to what most are used to, did you find fitness in the Florida heat worse than at home? What did it entail?

In Florida, we were looking at the weather being anywhere between 28-32 degrees Celsius and with humidity, even hotter. The sun's UV rays were much stronger than

what I am used to back in Canada and especially for doing hour-long workouts made the running components extremely difficult. The actual workouts themselves were different in a variety of ways than what we do back at home. It wasn't like I could just go outside and cool off because our humidity isn't near what it is like in Florida. Our workouts with the team consisted of daily runs, some of which were over the causeway. We did 5 minute planks everyday trying to motivate our team in the sense that if one person dropped, the team had to restart. Although they were somewhat difficult, they paid off when it came to the on-water training for the week.

What was the overall lesson for the week, in terms of sailing?

In terms of sailing, our overall lesson was boat balance and in depth, we explored all of the components that make up boat balance. Every day we learned how to keep proper boat balance in each condition that we experienced, whether it was light wind, heavy wind or anything in between. Over the week each sailor discovered how to incorporate boat balance into their sailing and learned to focus on it more until it becomes second nature to them. Throughout each debrief we broke down the components of boat balanced and each day we worked on our posture, steering, sail controls, trimming and much more. Overall the lesson of boat balance definitely helped me to become more comfortable in my boat and made me realize how crucial these components are when you are racing.

Were there any team bonding events organized for after the sailing day? If so, what?

Throughout the week we had 2 days of organized team bonding. On Wednesday, was our optional sail day since we were working very hard the days prior. In the afternoon, our team decided to go "Go-Karting" at the Tampa Bay Grand Prix and I have to admit it was super fun. The whole team got to race against each other and you got to see the competition from each sailor come off the water. It was definitely the highlight of my week. On Friday night, before our last day of training we decided to have a big team dinner where it was just the

coaches and the team. We ate somewhere just outside of Clearwater and it was nice to see everyone out of their sailing gear and all gathered together. The one rule that we set for that night was that everyone's phone had to stay at the center of the table and the first person to touch theirs before we left that night, had to buy everyone's food. I can 100% tell you that the nights we got to do team bonding, was very beneficial for the team and was extremely fun.

You were trained by different coaches; did you find this beneficial? What did you learn from them?

I got the privilege to be trained by Ontario sailing coaches, Chris Hewson and Chris Cowan. My main coach over the week was Chris Hewson and I found the training that I received super beneficial only because it was completely different from what I am used to back at home. Going back to what I said earlier about our week lesson of boat balance, I definitely think that I learned from Chris how to properly keep my boat balance and I personally feel that he helped me to better myself in terms of sailing.



Team member Braden Johnson at Midwinters East regatta 2019, Clearwater, Florida

Acknowledgements from John and Cameron for the month:

Chris Viscount: On April 23rd Chris generously delivered training to a group of our young sailors, giving them glimpse of how to use weather to give them advantage over the other racers on the course. Thanks again Chris for your committed support of the Jr Sail race teams.

Rob Lalonde: Thanks to Rob's efforts supporting John (or maybe vice versa), we have the Jr Sail fleet out and rigged and on the water. Thanks Rob for making sure the boats are ready for Spring Training

Note from the Rear Commodore of Jr Sail

We are pleased to welcome Megan McNeil as our CANSail Wetfeet instructor for the 2019.

It is awesome to see all the activity around both sides of the club in anticipation of a great year.

See you all at Sail Past!

- Cameron Hastings

- There never was a great man yet who spent all his life inland (Herman Melville (1819-91))

Cruising

As this goes to press we are looking about an even split of 4-6 boats for the Whitby Cruise.

The next cruise is Canada Day to Cobourg. A fair bit of news on that cruise:

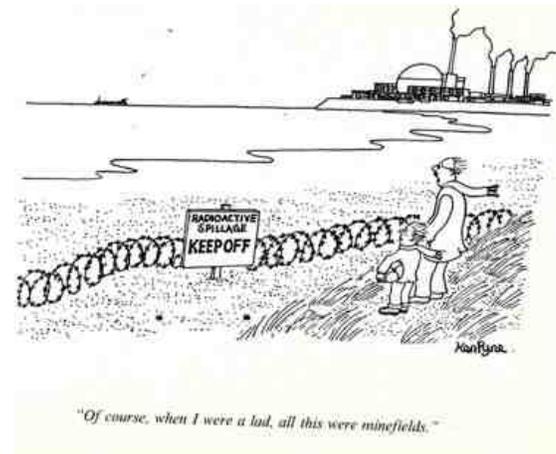
- 1) CYC has had their pig roast moved to the middle of July due to some issues in getting a permit from the town to hold the event during Canada Day weekend. CYC is looking at opening their restaurant for a meal to be served on Saturday evening. FBYC is welcome to join that meal. For initial planning purposes, please e-mail me at mike.brajac@gmail.com if you wish to participate in that event and how many of your crew would attend if it were to be held. This also goes for some people that may prefer to drive to the event. (See note below)
- 2) Come hell or high water and high water has come again. Cobourg marina has shut off power to all docks since their electrical boxes are flooded out. CYC reports that in 2017, Cobourg peaked at 75.77 metres above sea level on May 19 and had power restored around August 9. As of last week, the lake was at 75.69 metres and still rising about .02 meters per day. If you decide not to go, please cancel your reservation directly with the marina with a cc to me so I can keep CYC up to date on possible attendance to their dinner. As this goes to press, power for Canada Day weekend doesn't look promising and the marina has left their electrical situation in the same state as 2017. Thanks to vision of Glen, Greg and others that we are in better shape.

Next cruise after Cobourg is to Harbour City (Toronto Island Marina) July 13/14— one night reciprocal. Too early to prognosticate on that cruise happening. I will get a note out and I am sure everyone will be following situation on the islands.

Commodore's Cruise will be the long weekend in August at ABYC. Sign-up sheets were posted at the club on May 1 and were filling up rapidly.

Cruising Schedule for the remainder of the season:

Cobourg—June 29-July 2—Canada Day Cruise--Outgoing
 June 29-July 1—THSC—Incoming Cruise
 July 13/14—Harbour City YC (Toronto Island)—Reciprocal Cruise
 Aug 3/4/5—Ashbridges Bay YC—Reciprocal Cruise
 Aug 30-Sept 2—Bronte Harbour YC—Reciprocal Cruise



Upcoming Events

Annual Sailpast - Saturday, June 1

Social Events

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

Friday, May 31
- New members night

Club Business

Monday, May 27 (8 pm)
- General meeting

Monday, June 10 (8 pm)
- Executive meeting

Monday, July 8 (7 pm)
- Executive meeting

Monday, August 12 (7 pm)
- Executive Meeting

Cruising

Weekend, June 29/30
- Cobourg Cruise

Weekend, July 13
- Harbor City cruise

Weekend, August 3
- ABYC Cruise

Weekend, August 31
- Bronte Harbour cruise

Racing

Saturday, May 25
- Double handed race

Saturday, June 8
- Single handed race

Wednesday, June 12
- Summer series I begins

Wednesday, July 24
- Summer series II begins

August 9-11
- Falcon Cup

Thursday, August 22
- Single hand series begins

Saturday, August 24 (10 am)
- Pursuit race

Yoga

Tuesdays (7:30 pm)

PARA

Tuesday, June 11 (7 pm)
- Executive meeting

Tuesday, July 9 (7 pm)
- Executive meeting

Tuesday, August 13 (7:30 pm)
- Executive meeting

Falcon Cup



Things are progressing nicely for the Falcon Cup which will be held on the Regatta weekend August 9 - 11, 2019.

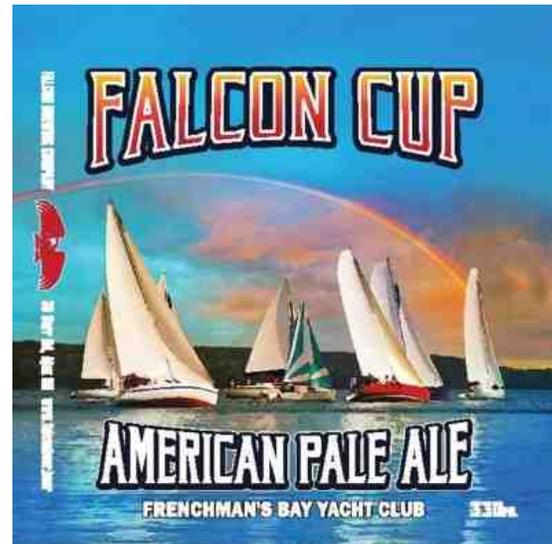
We only have five clubs confirmed but RCYC and PCYC are giving serious consideration to sending a team. We feel extremely comfortable that we will have seven yacht clubs represented. All of our planning is based on fleets (FS and NFS) of seven. So we can expect fourteen boats as visitors during the regatta - a little better than the 1 we had last year.

Don't forget to put CLUB NIGHT in your schedule of events. Friday night August 9th we will have live music, toonie beer and a club fittingly decorated with flags etc. for a queen's coronation.

At 8pm we will recognize Olympian Brenda Bowskill, who learned how to race at FBYC as a teenager and is an Honorary Member.

The menu for dinner that night will be a choice of either Steak and Red Falcon Ale Meat Pie or Laggar Falcon Bierwurst Sausage. These are the same meals you can get at the Falcon Brewery in Ajax.

Please plan on coming out to enjoy the evening by listening to the music, having a great meal, meeting old friends, talking to our visitors and walking the docks to see the racing fleets first hand. We strongly encourage all our boats at dock to fly flags to make it a festive occasion. You will also be impressed with the Falcon Cup, American Pale Ale which will be made just for the regatta.



On Saturday morning there will be a 'Battle Parade' of boats in the regatta and we will encourage local residents to venture out on both channel piers to view the parade. PARU and the Durham Regional police boat from Whitby will attend. Brenda Bowskill will also be partaking in the parade on our Commodore's boat which will be appropriately signed.

We will likely have a Dixieland Band to serenade the competitors as they go out the channel.

Saturday evening will be the big party with the same band as last year, toonie beer, and a great meal by Chef Izzy. It stands to be a great evening. You are all welcome to attend.

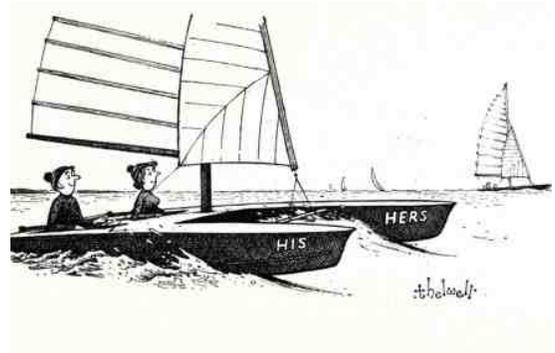
Sunday will be the last day of racing with everything concluding for the Falcon Cup presentation promptly at 3:30pm (as long as there are no protests). It would be nice to have a large contingent of members present when the winner is announced. Yes, toonie beer will still be available.

This will be a great weekend and we encourage all members to participate. If you own a power boat, a sailboat or no boat, there is no reason you can't come out to enjoy the fun. You will be impressed by the Falcon Cup trophy which Bob Hess is helping to make.

All in all a great weekend - particularly if you are there.

- Alan May

- tis the set of the sail that decides the goal, and not the storm of life (Ella Wheeler Wilcox (1850-1919))



Upcoming Duty Officer Shifts

Just as a reminder to members who still have duty hours for this season, the following is the published schedule for the coming weeks.

This is the *original* schedule from the spring and does NOT include any changes and substitutions members may have made since it was originally published.

Green Shift: 1400-1800 hours

Red Shift: 1800-2100 hours

May 21, 2019 Red Carlaw, Richard
 May 22, 2019 Red Greenhalgh, Richard
 May 23, 2019 Red Plumb, Phil
 May 24, 2019 Red Wolfel, Fred
 May 25, 2019 Red Rumball, Shirley
 May 25, 2019 Green Villani, Tony
 May 26, 2019 Green Gillmeister, Heinz
 May 26, 2019 Red Hammond, Steve
 May 27, 2019 Red Hughes, Brent
 May 28, 2019 Red Piggins, William
 May 29, 2019 Red Walsh, Christine
 May 30, 2019 Red Zagrodney, Bruce
 May 31, 2019 Red Sherban, Mike
 June 1, 2019 Green Fertile, John
 June 1, 2019 Red McKeown, Nancy
 June 2, 2019 Red Costar, Nick
 June 2, 2019 Green Trewin, Ron
 June 3, 2019 Red Hess, Robert
 June 4, 2019 Red Smith, Chris
 June 5, 2019 Red Bellstedt, Peter
 June 6, 2019 Red McLean, Al
 June 7, 2019 Red McNally, Michael
 June 8, 2019 Red Mokhtarian, Hovik
 June 8, 2019 Green Wiseman, Marcus & Ed
 Fulton
 June 9, 2019 Red Costar, Nick
 June 9, 2019 Green Robinson, Stuart
 June 10, 2019 Red Bested, Colin

June 11, 2019 Red May-Kim, Karen
 June 12, 2019 Red Rennie, Michael
 June 13, 2019 Red Brajac, Michael
 June 14, 2019 Red Rumball, Shirley
 June 15, 2019 Red Carrier, Denis
 June 15, 2019 Green Yang, Xiyun Edward
 June 16, 2019 Green Blundell, Jeff
 June 16, 2019 Red Buttigieg, Bryan
 June 17, 2019 Red Campbell, Peter
 June 18, 2019 Red Barkhouse, Andrew
 June 19, 2019 Red Hess, Robert
 June 20, 2019 Red Stobie, Bob
 June 21, 2019 Red Verwey, Craig
 June 22, 2019 Green McLean, Al
 June 22, 2019 Red Steiner, Jeff
 June 23, 2019 Green Coons, Bill
 June 23, 2019 Red Schulz, Roger
 June 24, 2019 Red Gwilliames, Phil
 June 25, 2019 Red Hammond, Steve
 June 26, 2019 Red Gillmeister, Heinz
 June 27, 2019 Red Redman, John
 June 28, 2019 Red Van Nus, Beuce
 June 29, 2019 Green VanDerWees, Ron
 June 29, 2019 Red Walsh, Christine
 June 30, 2019 Red Thompson, Miles
 June 30, 2019 Green Van Nus, Beuce

Aging Wisely

It's time to use the money you have saved. Spend it and enjoy it. Don't just keep it for those who may have no idea of the sacrifices you made to earn it. Remember there is nothing more dangerous than a relative with big plans for your hard-earned money. This stage of life is also a bad time for new investments, even if it seems risk-free. Investments this late in life only bring problems and worries. Enjoy some peace and quiet.

Stay healthy without a lot of physical effort. Do moderate exercise, like going for walks every day, eat well and get plenty of sleep. It's easy to become ill, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs.

Stop worrying about the finances of your kids and grandchildren, and don't feel bad about spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter, and support. It is now their responsibility to earn their own money and provide for themselves. They will be OK on their own.

Always buy the best and most beautiful items for your significant other. The reward of enjoying your money with your partner is priceless. One day one of you will miss the other, and the money will not provide any comfort then, so enjoy it together while you can.

Don't stress over the little things in life. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel

good in the present day. Small issues will soon be forgotten.

Regardless of your age, always keep love and romance alive. Love your partner, love life, love your family, love your neighbor, love your cat or dog. Always remember this quote: "A man is not old as long as he has intelligence and affection."

Be strong and proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong. "

Don't lose sight of fashion trends for your age but keep your own sense of style. There's nothing worse than an older person trying to wear what the youngsters are wearing. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

ALWAYS stay up-to-date. Read newspapers, surf the Internet, and watch the news. Make sure you have an active email account and try to use one of the social networks. You'll be surprised what old friends you'll meet. Keeping in touch with the people you know is important.

Never use the phrase: "In my day." Your day is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you. Have fun and enjoy life. You have a lifetime of experiences and knowledge that can be shared with anyone that is willing to listen and learn

Do not surrender to the temptation of living with your children if you have a financial choice. Being with family sounds great, but we all need our privacy. They need theirs and you need yours. If you've

lost your partner (my deepest condolences), and don't want to live alone, then find a person to move in with you and help out.

Accept invitations, even if you don't feel like it. Try to go to baptisms, parties, graduations, birthdays, weddings, and conferences. Experience something new or something old, but don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums or go walk through a park. Get out there.

Pain and discomfort go hand in hand with getting older. Try not to dwell on it but accept them as a part of the cycle of life we're all going through. Try to minimize the pain and discomfort in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

If you've been offended by someone – forgive them. If you've offended someone – apologize. Don't be resentful. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

Respect the younger generation and their opinions. Hopefully, they will return the respect. They may not have the same ideals as you, but they are the future and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

Don't abandon your hobbies. If you don't have any, make some new ones. You can travel, hike, cook, read, and dance. You can adopt a cat or a dog, grow a garden,

play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some time having fun with it

Be a conversationalist. Talk less and listen more. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

If you have a strong belief, savor it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humor in your situation.

Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!



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Beachfront Park Playground and Boardwalk

Purpose: Due to recent high winds combined with elevated water levels from Lake Ontario, the playground, boardwalk and east harbor entrance pier at Beachfront Park are closed.

Duration: Wednesday, May 9, 2019 until further notice.

Due to recent high winds combined with elevated water levels from Lake Ontario, the playground, boardwalk and east harbour entrance pier at Beachfront Park are closed and will remain so until further notice.

For additional information please contact:

Rob Gagen

Supervisor, Parks Operations

Community Services Department

T. 905.420.4660 ext. 5228

Service Disruption Line: 1.866.278.9993

Copy: Mayor Ryan

Members of Council

Chief Administrative Officer

Director, Community Services

Division Head, Operations

Manager, Customer Care



NOTICE OF RACE
WHITBY 50
WHITBY YACHT CLUB
FRIDAY-SATURDAY JUNE 21-22, 2019

WHITBY YACHT CLUB IS THE RACE ORGANIZING AUTHORITY

1 RULES

- 1.1 The race will be governed by the rules as defined in *The Racing Rules of Sailing 2017-2020 Racing Rules of Sailing (RRS)*.
- 1.2 The prescriptions of *Sail Canada*, applicable Class Rules and the Sailing Instructions apply. The requirements of rule 75.2 shall not be grounds for protest. This changes Rule 60.1a.
- 1.3 The International Regulations for Preventing Collisions at Sea, 1972 will replace Part 2 of the *RRS* between 2000 hrs and 0600 hrs for the duration of the race.
- 1.4 Individuals and boats are strongly recommended to comply with the *World Sailing Offshore Special Regulations Category 3*. Skippers not meeting these regulations are strongly encouraged to file a sail plan with the coast guard and provide regular VHF updates on channel 16.
- 1.5 Stanchions, lifelines and pulpits and/or a longitudinal system of jackstays fitted in such a way that a crew member can clip on and move the full length of the yacht are required. Such a system should have a breaking strain of at least 2000 kg (4400 lbs).
- 1.6 *Outside Help* is modified to allow all forms of communication. Each yacht may communicate with any person, competitor, yacht or outside source of information available using any means available throughout the race. This changes Rule 41.
- 1.7 If there is a conflict between the Sailing Instructions and this Notice of Race, the Sailing Instructions will prevail.

2 ELIGIBILITY AND ENTRY

- 2.1 PHRF Spinnaker (FS), PHRF JAM (Jib and Main or NFS) and class divisions.
- 2.2 Participating boats will be split into Spinnaker and JAM divisions. If there are 5 or more boats in a class then they can request their own start. The division splits will be presented at the Skipper's Meeting and they will be posted on the Racing Notice board.
- 2.2 Entries are to be submitted on the accompanying registration form by mail to Whitby 50 Race Committee, Whitby Yacht Club, 701 Gordon St, P.O.Box 321, Whitby, Ontario L1N 5S4, Canada. They

may also be submitted by fax to (905) 668-6007 or by email to fleet@wyc.ca. Entries may also be submitted in person at the Whitby Yacht Club. Entries close at 1900 hrs 21 June 2019.

3 FEES

The Whitby "50" Fees for WYC Club Racers are included in the season's race fees. The entry fee for all other participating boats is \$20.00. All Skippers must sign the Insurance Certification and the Waiver, Release of Liability and Indemnification Agreement. Fee is payable in cash at the Skippers' meeting.

4 SCHEDULE

4.1 The race will be held starting not before 2000 hrs 21 June 2019 with a time limit of 1900 hrs 22 June 2019.

4.2 The Whitby Yacht Club serves a weekly TGIF dinner that will be available to racers in the clubhouse at 1800 hrs 21 June 2019. Racers will need to confirm their wishes to eat no later than Wednesday, 19 June 2019 and will be given preferential service at the start of the dinner service. A menu will be forwarded in mid June and posted to www.wycfleet.com. Cost of the meals is over and above the entry fee and must be paid with the fees on arrival on 21 June 2019.

5 MEASUREMENT

Each PHRF boat shall produce a valid PHRF-LO certificate. Boats racing in class division must have a valid class certificate applicable to their class.

6 SAILING INSTRUCTIONS

The sailing instructions will be available at www.wycfleet.com.

7 VENUE

7.1 Attachment A shows the location of the Whitby Yacht Club.

7.2 Attachment B shows the location of the racing areas.

8 THE COURSE

8.1 The diagram at Attachment B shows the course.

8.2 The Start will be between WYC Mark 9 (N 43° 49.708' W 78° 56.260') and the Signal Boat.

8.3 Head West to Toronto Harbour Outer Approach Light Spar Buoy T2 (N 43° 36.661' W 79° 20.78'). Location listed at Attachment A. Location listed only as a reference of current information available at the creation of this NOR. All participants are advised to confirm all course mark locations.

8.4 Head East back to Whitby. Finish at WYC Mark 9.

9 COMPETITOR'S BRIEFING (SKIPPER'S MEETING)

A mandatory Skippers' Meeting will be on 21 June at 1900 hrs.

10 RADIO COMMUNICATION

The Race Committee will use VHF Channel 71 for this event.

11 AWARDS

Flags for the overall division winners in 1st, 2nd and 3rd place will be awarded on WYC Awards Night November 16, 2019.

12 DISCLAIMER OF LIABILITY

Competitors participate in the regatta entirely at their own risk. See RRS 4, Decision to Race. The organizing authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the race.

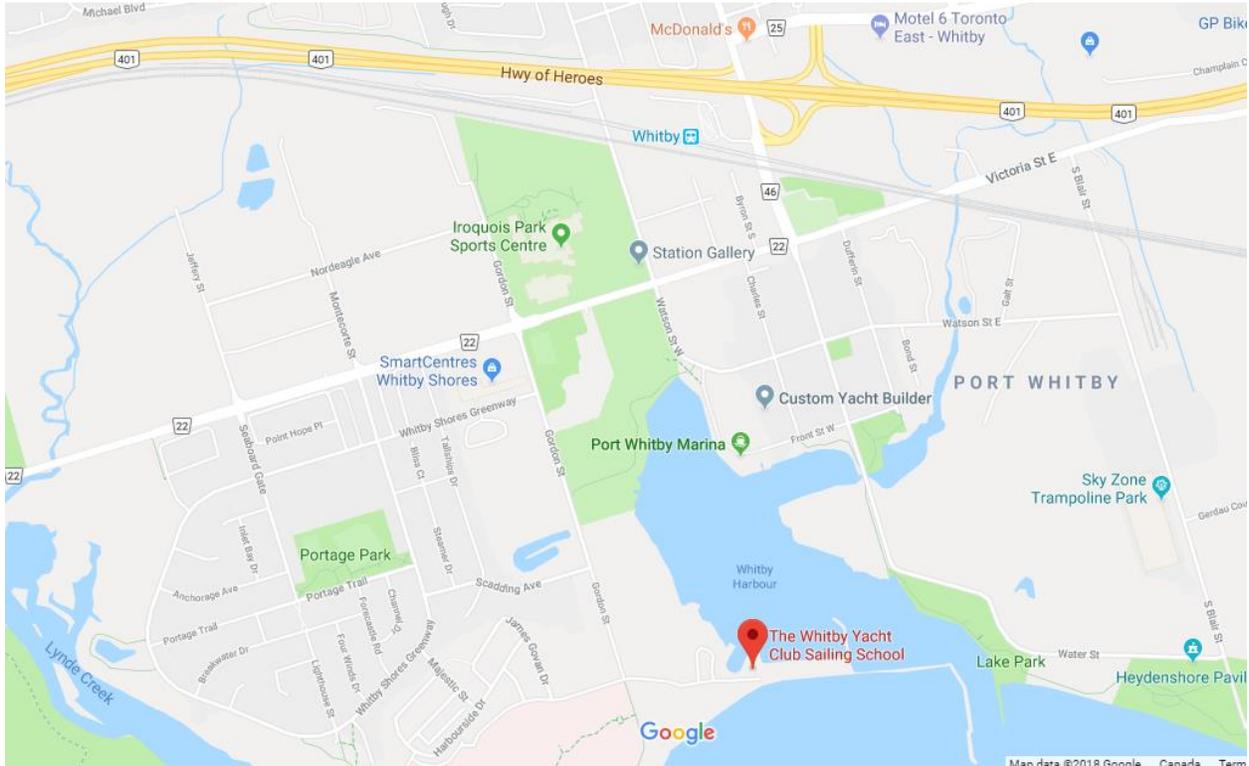
13 INSURANCE

Each participating boat shall be insured with valid third-party liability insurance. Proof of Insurance may be requested at registration or check-in time.

14 FURTHER INFORMATION

For further information please contact the Paul Duff, WYC Fleet Captain at fleet@wycfleet.com.

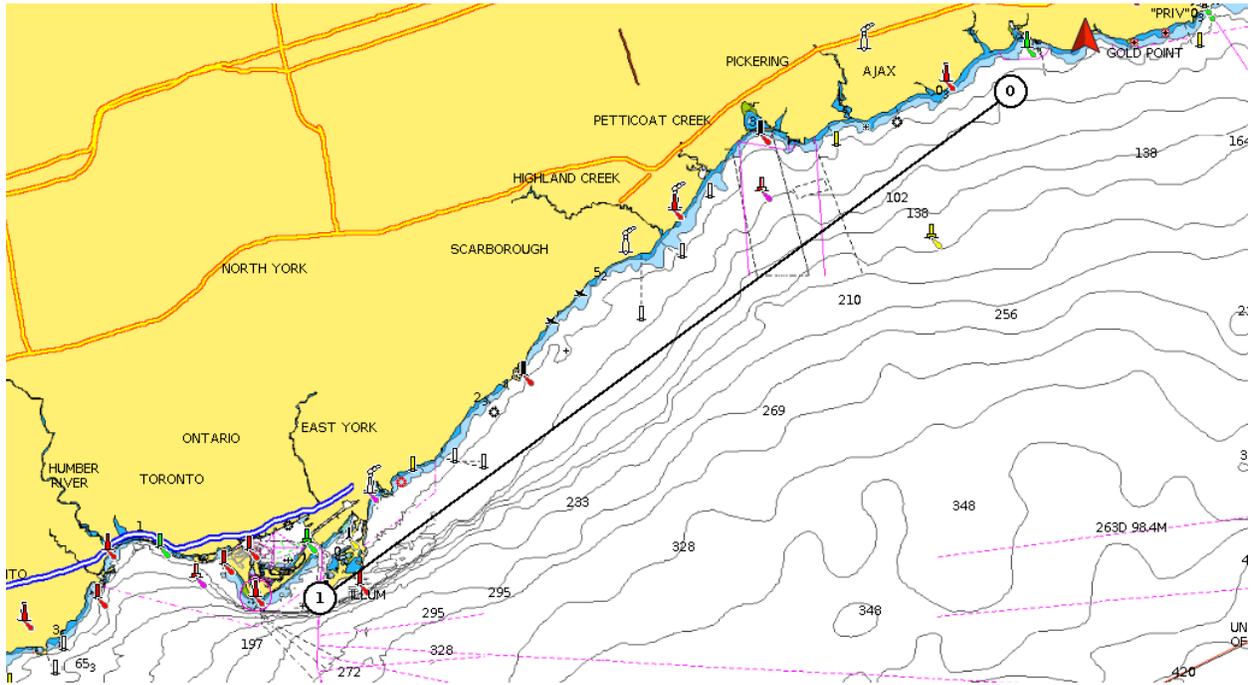
ATTACHMENT A LOCATION OF WHITBY YACHT CLUB



Directions

Take Highway 401 to exit 410 Brock St. Travel South on Brock St to Victoria St W. Turn Right on Victoria St W to Gordon St. Turn Left on Gordon St. Proceed South on Gordon St to the stop sign when Gordon St curves right. Turn Left at the stop sign and proceed to the main gate.

ATTACHMENT B RACING AREA



Mark	Location	Description
Start	N 43° 49.708' W 78° 56.260'	Tethered polyethylene barrel painted yellow with a blue number 9 painted in three places.
Turn	N 43° 36.661' W 79° 20.78'	Red spar marked T2