



Foghorn



www.cps Halifax.ca / 1-888-277-2381

May
2010

*CPS is a volunteer organization dedicated to enhancing boating enjoyment and safety through training. The Foghorn is the newsletter of the **Halifax Squadron**, a unit of Canadian Power and Sail Squadrons.*

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UPCOMING EVENT HALIFAX SQUADRON

Annual General Meeting and Graduation

- When:** Saturday, June 5, 2010
- Time:** Cash bar 18:00 – 19:00
Buffet Dinner 19:00 – 20:30
Presentations 20:30
Cash bar following
- Location:** Armdale Yacht Club
75 Burgee Run (off Purcell's Cove Road),
Halifax, Nova Scotia
- Tickets:** \$30 a person (includes Buffet dinner,
taxes and gratuities)
- RSVP:** by May 29th

Register early to confirm your seat:

- ✚ Online at <http://www.cps-ecp.ca/public.asp?WCE=C=56|K=234037|CAL=25480>
- ✚ Email CPS_Commander@cps Halifax.ca
- ✚ or Call Sarah-Jane Raine at 1-888-277-2381

We encourage you to come out for an enjoyable evening at a great location. This gives us an opportunity to recognize the great efforts of our facilitators, volunteers, and the many people who work so hard throughout the year to help to improve the safe boating of all on the water.

Check out the buffet menu for the AGM!

- Crusty rolls and creamery butter
- Crisp Fresh Chefs Tossed Salad
- Pasta Pleasures Salad
- Herb Roasted Potatoes
- A Medley of Vegetables
- Rich and Flavourful Beef Bourguignon
- Tender Roasted Herb Chicken Tenders
- A variety of sweet petites
- Coffee and Tea

We look forward to seeing you there.



CPS Booth at Halifax Boat Show 2010
Dave Hickey (Halifax Squadron) and Scotty Hayward
(Alderney Squadron)



CPS CANADIAN SAFE BOATING AWARENESS WEEK

May 29-June 4, 2010

SAFE BOATING KEY MESSAGES

1. Wear Your Lifejacket
2. Don't Drink and Boat
3. Take a Boating Course
4. Be Prepared
5. Beware of Cold Water Risks

For more information visit www.cpsboat.ca



CPS Halifax Squadron
1-888-277-2381 | www.cps Halifax.ca

Chilling Facts of Cold Water

We used to think that hypothermia was something that we all needed to know about cold water immersion. However, research has shown that few people who fall into cold water make it through hypothermia. They die long before.

What you need to know is a simple series of numbers... 1 – 10 – 1. It is the second most important thing to remember to survive an accidental fall into cold water. If you fall into cold water:

- 1 You have 1 minute to get your breathing under control. The initial cold shock will have you gasping for air, breathing uncontrollably and probably panicking. Keeping afloat and breathing will be very difficult but concentrate on just getting your breathing under control and you can expect gasping to pass in about 1 minute
- 10 During the next 10 minutes you will experience Cold Incapacitation and your body, in an attempt to preserve core temperature, will shunt blood to its core causing your limbs to shut down and quickly making it impossible for you to self rescue or even stay afloat.
- 1 After Cold Incapacitation, hypothermia will finally start to set in but you can expect that will take about 1 hour to become unconscious and still longer before you succumb to hypothermia.

Remember those numbers! 1 – 10 – 1; the second most important thing to know and understand if you accidentally fall into cold water. And you already know the first! Wear your lifejacket before you accidentally end up in cold water or you will likely be down before the count even starts.

Information provided by the *Canadian Safe Boating Council*

'Promoting Safe and Responsible Boating Throughout Canada'

www.csbc.ca and www.cpsboat.ca

Do We Have Your Correct Email Address?

The majority of our communication to members on upcoming training courses and social events is through email notifications along with notifications provided on our website. Surprisingly, quite a few emails are returned with an error message "incorrect email address" or "address unknown".

Stay current to receive timely information on upcoming training courses, social events, and the Foghorn.

To help control printing, handling and mailing costs, we encourage all members to ensure we have a correct, up to date, email address.

Please go online and verify we have your email address and that it is correct. Alternatively, you may contact our Membership Officer at cps_membership@cpshalifax.com and ask to verify your coordinates.

Laughing in the Face of Adversity

For at least five full minutes the three of us were gasping for breath, we were laughing so hard. I had tears running down my cheeks, both from the sheer hilarity of the moment, and the nervous release. It was at this moment I realized that we were going to be alright.

Heather and I and my cousin Jim Matthieu were lying hove-to 250 miles off the coast of Bermuda. En-route to St. Martin we had left Newport four days ago on November 1st, 2009 along with 30 other boats who joined this year's North Atlantic Rally to the Caribbean (NARC). Our brave little ship, Moonlight Maid (1980 Shannon 38 ketch) had performed wonderfully. So far we had hit 2 gales and hove to twice in the first 3 days. And now we were in a full storm with 55 knots of wind and 10 metre seas.

There were about six smaller boats (37 to 43 ft.) in the rally that got caught. We didn't have the speed to head further south as Herb Hilgenburg (Southbound II) had been urging us to do. Fortunately we'd passed through the Gulf Stream and air and water temperatures were around 20 °C. Throughout the night we held a broad reach as the winds continued to build from 25 to 30, gusting to 35 to 40 knots. Each of us managed the helm, finding a whole new definition of a 'Nantucket sleigh-ride'. We took up to 8 inches of water in the cockpit on 4 different occasions. Fatigue was becoming a factor; thankfully we were standing a 1 in 3 watch rotation, with the watch reduced to 2 hours each.

The morning of December 5th broke with clearer skies than we had been experiencing and it was relatively warm. But the winds and seas continued to build. I saw the wind indicator hit 47 knots and called all hands on deck to prepare to heave to. Earlier we had accomplished this manoeuvre with two reefs in the main. Now we needed to put the third and final reef in the main. Heather took the helm while Jim and I moved onto the forward deck, me at the main halyard at the mast, and Jim at the boom, rigging the final reef line. Without warning a breaking wave came over the port side. It swept Jim across the deck. He landed on his back, held on deck by his tether, jackline and lifelines. Fortunately he was not hurt and we were able to secure the third reef.

After checking that everything was secure on the upper deck the three of us headed below, battening down all hatches and making sure our gear was stowed. It was at this point that a sense of fear and possible panic started to surface. Should we have hove-to earlier? Probably. Were we going to withstand this third challenge? Probably. The only thing we could do now was lie down and get whatever rest we could. Heather was tucked into the port settee, I was in the starboard settee and Jim was on the floor between us.

So what in the world could have us laughing so hard? Believe me we were slipping into a sense of despair, especially laying there listening to the storm raging around us. Moonlight Maid continued to lie around 60° to the wind. Every few minutes or so a large wave would smash into us but for the most part she handled the challenge better than we were. After about an hour or so of getting used to our new situation I was feeling really bad, especially for Heather. I began to blame myself for exposing her to this adventure, never dreaming we would see this kind of weather day after day. In a moment of total remorse I looked over at her and began to babble away at how sorry I was and how much I loved her. It was a tender, heartfelt instant... when all of a sudden Jim, who I thought was asleep, popped his head up between us and said with a big grin "aw, gee Al, I feel the same way about you!"

I wish I had been able to record that conversation and the gales of laughter that followed. The sense of relief is hard to convey. We lay hove-to in that storm for another 13 hours. We drew upon years of knowledge and experience to get us through this challenge. But I'm sure it was the ability to laugh in the face of all this adversity that pushed us over the top and helped bring us safely into St. Georges, Bermuda on November 7th. We had several bumps and bruises and Moonlight Maid suffered some very minor damage. Others did not fair so well. One of our friends suffered a knock-down and had to return to Newport. Two boats lost their steering and had to be towed in. One person suffered a broken collar bone. Several boats suffered extensive damage.



It really is all a matter of perspective. The picture you see here is the morning after the storm. Incredibly, the wind was only around 25 knots, gusting to 30 + and the seas were only about 5 to 7 metres. As you can see, our ensign is bar-taut. And we're smiling... because this was a calm day!

Editor's note:

Alan and Heather Uren and Jim Matthieu are long-time members of Canadian Power and Sail. Alan received his Senior Navigator designation in June, 2009 and he is the former Squadron Training Officer.

Cooking Afloat Presentation A "Full" House!

By Mary Keddy

On Saturday, February 27, 2010 the Halifax Squadron of the Canadian Power and Sail Squadrons (CPS) hosted an event that attracted over 60 people to the AYC Clubhouse. Attendees were curious to pick up tips, tricks and tools for cooking on a boat...and, judging by the jovial mood, perhaps they also welcomed the opportunity to spend a few pleasant hours among friends and acquaintances!

Even before the presentation began, Kellie Skelhorn engaged the attendees and an entire wall of convenient and time saving post-it notes appeared! Later in the evening, prizes were drawn and awarded to those who contributed.

The evening opened with welcoming remarks from Sara Jane Raine, CPS Halifax Squadron Commander and AYC Commodore Jim McBurney. Dave Hickey, Social Officer of the CPS Halifax Squadron, then led the group through an entertaining evening that included an impressive line up of food preparation demonstrations.

Following each demonstration, samples were distributed to everyone. The demos were nothing less than impressive, and even featured AYC's Chef Fintan! A glance at the list below tells you we'd all had plenty to eat by the end of the evening!

The show featured:

Bare Boat Demo and Talk by Marion Leslie
Cucumber Salad demo by Finton O'shea
Phil's Shrimp demo by Dave Hickey
Eggs in Bags demo by Leslie Sears
Chicken Cordon Bleu demo by Mary Keddy
Pork Tenderloin and Potato Packets prepared by Dave Hickey
Lamb on Skewers w. Tzatziki sauce prepared by Munden Manuel
Chocolate and bananas with yogurt prepared by Finton O'shea

CPS Halifax Squadron and AYC were very pleased with the favourable response to this event - and that almost guarantees a repeat occasion!



Phil's Shrimp Demo by
CPS Social Officer Dave Hickey

I want a boat that drinks six, eats four, and sleeps two.....Ernest K Gann

CPS Halifax Squadron Pennant has been updated!

Our very own Squadron pennant is now available in new vibrant colours made from a heavier fabric. These can be purchased from the Supply Officer for only \$20. Please call 477-1280 to get yours today before the next boating season begins. Hurry, supplies are limited.

TO: THE MEMBERS, HALIFAX SQUADRON

NOTICE OF ANNUAL GENERAL MEETING

TAKE NOTICE that the Annual General Meeting of Halifax Squadron will be held at Armdale Yacht Club on June 5, 2010 at 20:30 hours for the purpose of:

- a) receiving and approving the reports of the officers of the Squadron
- b) receiving and approving the Financial Statements of the Squadron for the twelve month period ending March 31, 2010
- c) electing the officers of the Halifax Squadron
- d) considering other business as may properly come before the meeting

The Report of the Squadron Nominating Committee is attached to, and forms part of, this Notice. Under Squadron Regulation 12.1, any further nominations must be made by way of a petition, in writing, signed by not less than 5 members of this squadron who shall confirm the consent of their nominee to stand for election. The petition must be filed with the Squadron Secretary not less than 2 days prior to the date of this meeting.

Dated this 12th day of May, 2010
Harry Henteleff
Squadron Secretary



Halifax Squadron Bridge 2009-2010

REPORT OF SQUADRON NOMINATING COMMITTEE
May 12, 2010

1. The Squadron Nominating Committee nominates the following members for election as squadron officers for 2010-2011.

Commander	Sarah-Jane Raine
Executive Officer	Marlon Lewis
Training Officer	Norman Raine
Asst. Training Officer	Alek Simonic
Asst. Training Officer	Adriana McCrea
Secretary	Harry Henteleff
Treasurer	Dan White
PR Officer	Kellie Skelhorn
Membership Officer	Louise White
Newsletter Editor	Janice Cook
Supply Officer	Rozanne Raine
Communications Officer	Dave Hackett
Social Coordinator	Dave Hickey
Environmental Officer	Carl Kumpic

2. The Squadron Nominating Committee also advises that:
- a) the following member will serve on the Squadron Executive Committee by virtue of his position as immediate Past Commander, and does not require election or appointment:

Dan White

- b) pursuant to Squadron Regulation 9.14.1, the following members will serve on the Squadron Nominating Committee for 2011-2012 by virtue of their position, and do not require election or appointment:

P/Cdr Dan White, Chairman
Cdr Sarah-Jane Raine
Exec. Officer Marlon Lewis

Respectfully submitted,

Dan White, Sarah-Jane Raine

2010-2011 Nominating Committee

STOCK YOUR VESSEL WITH CPS LIFEJACKETS

In June 2009, CPS-ECP signed a Memorandum of Agreement with Salus Marine, a Canadian manufacturer of lifejackets. Salus has received several awards including one from the Canadian Safe Boating Council for the introduction of lifejackets suitable for infants. CPS-ECP acquired lifejackets from Salus for the CPS-ECP Recreational Vessel Courtesy Check (RVCC) program, carried out through the summer of 2009.

The standard gold lifejacket, without pockets, and with the CPS-ECP logo on both front and back can be purchased directly through Ships Store for \$76.00 each plus tax and shipping charges, a 15% savings off the regular retail price. These are the ones that have been displayed by Ships Store at both National Training and Governing Board meetings held in March at the Delta Airport Hotel in Toronto and also featured under Ships Store on the CPS-ECP website, complete with a dropdown sizing chart.

Information on other Salus lifejackets, including custom orders, is available by contacting Ships Store directly and the catalogue can be viewed on the Salus website, www.salusmarine.com. Salus President Steve Wagner is offering all lifejackets at 15% off the retail price to CPS-ECP members, plus applicable taxes and shipping.

Shipping costs for anywhere in Canada will be \$7.00 for one lifejacket and \$10.00 for two or more.

If you have any questions or concerns and/or are interested in placing an order, please contact Lynda Green directly from Ships Store at 1-800-CPS-BOAT.



Win a Klepper Folding Kayak

To thank Canadians for their continued support and to celebrate 103 years of innovation, Klepper Folding Kayaks will give away one Aerius Classic II + 545 tandem folding kayak to a lucky Canadian winner in 2010.

The Aerius Classic II + 545 tandem is part of the newest line of products from Klepper Folding Kayaks designed to meet the modern paddler's needs.

"Paddlers are getting taller," explains Gerhard Schedel from the Klepper head office and manufacturing facility in Rosenheim Germany, "so we stretched our most popular folding kayak, the Aerius II 520 and created the Aerius II + 545. The extra 25cm provides more leg room or can even accommodate an extra seat for a child".

This model has quickly become the top seller in Europe and in North America.

The 'Win a Klepper Folding Kayak' Contest opened on January 1, 2010 and will be running until June 1. On July 1, 2010, the Klepper Folding Kayaks Agents in Canada will draw the winner's name for an Aerius Classic II + 545 tandem folding kayak package that includes a Isar paddles, a spray cover, a rudder, carrying bags and years of fun and adventure! The contest ballot, complete contest rules and restrictions and information on Klepper Folding Kayaks products are available on the Klepper Folding Kayaks in Canada website, www.klepper.ca.





Commander's Corner

Spring has teased us a little but the weather is becoming warm and we are now thinking of removing those tarps and getting at the boat work. Before you know it we will have them in the water and enjoying our summer boating season.

Our Training Department has had a busy season. We have successfully put 338 students through our various courses over the fall & winter months. We held several BoatPro courses with 68 successful students. We have also done ROC (M) classes with 134 students passing.

The Squadron Training Officer, Norman Raine with his assistants, Alex Simonic and Adriana McCrea have done a great job and along with the instructors and proctors continuing to provide courses for the boaters in the Halifax area. We appreciate the work they have done over the year.

We held a very well attended Social event in February, "Cooking Afloat". Everyone had a great time and we sampled some delicious food. It showed us how to prepare great food very easily while boating.

The Bridge members have been busy over the past year and a very big thank you goes to each and every one of them for their work for CPS and the Halifax Squadron.

I look forward to seeing you at the AGM & Graduation on June 5th; information is included in this issue.

Sarah-Jane Raine S

Commander

Gourmet Galley

MEDITERRANEAN SPREAD

INGREDIENTS

1 pkg. (8 oz.) Cream Cheese, softened
1 jar (7 oz.) roasted red peppers, drained, and chopped
1 pkg. (4 oz.) Crumbled Feta Cheese
1/2 cup chopped kalamata olives (about 40)
1/4 cup Balsamic Vinaigrette Dressing
2 Tbsp. Chopped fresh parsley

Spread cream cheese onto bottom of pie plate.

Combine remaining ingredients and spoon over cream cheese.

Serve with crackers.

