



SAILPAST



February, 2018

Valentine's Edition

Valentines Day



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Frenchman's Bay Yacht Club

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

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Reminder

*Gosh and by golly.....it's only a few short
weeks before boat launches begin!*

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Printed: February 2018 in Pickering, Ontario.

Valentines Day

Valentine's Day, also called Saint Valentine's Day or the Feast of Saint Valentine, is an annual holiday celebrated on February 14. It originated as a Western Christian liturgical feast day honoring one or more early saints named Valentinus, and is recognized as a significant cultural and commercial celebration in many regions around the world, although it is not a public holiday in any country.

Several martyrdom stories associated with the various Valentines that were connected to February 14 were added to later martyrologies, including a popular hagiographical account of Saint Valentine of Rome which indicated he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, Saint Valentine healed the daughter of his jailer, Asterius, and before his execution, he wrote her a letter signed "Your Valentine" as a farewell.

The day first became associated with romantic love within the circle of Geoffrey Chaucer in the 14th century, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart", as well as to children, in order to ward off epilepsy (called Saint Valentine's Malady). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards.

Numerous early Christian martyrs were named Valentine. The Valentines honored on February 14 are Valentine of Rome (Valentinus presb. m. Romae) and Valentine of Terni (Valentinus ep. Interamnensis m. Romae). Valentine of Rome was a priest in Rome who was martyred in 269 and was added to the calendar of saints by Pope Galesius in 496 and was buried on the Via Flaminia. The relics of Saint Valentine were kept in the Church and Catacombs of San Valentino in Rome, which "remained an important pilgrim site throughout the Middle Ages until the relics of St. Valentine were transferred to the church of Santa Prassede during the pontificate of Nicholas IV". The flower-crowned skull of Saint Valentine is exhibited in the Basilica of Santa Maria in Cosmedin, Rome. Other relics are found at Whitefriar Street Carmelite Church in Dublin, Ireland. The Catholic Encyclopedia also speaks of a third saint named Valentine who was mentioned in early martyrologies under date of February 14. He was martyred in Africa with a number of companions, but nothing more is known about him. Saint Valentine's head was preserved in the abbey of New Minster, Winchester, and venerated.

Modern Times

In 1797, a British publisher issued *The Young Man's Valentine Writer*, which contained scores of suggested sentimental verses for the young lover unable to compose his own. Printers had already begun producing a limited number of cards with verses and sketches, called "mechanical valentines." Paper Valentines became so popular in England in the early 19th century that they were assembled in factories. Fancy Valentines were made with real lace and ribbons, with paper lace introduced in the mid-19th century. In 1835, 60,000 Valentine cards were sent

by post in Britain, despite postage being expensive.

In the United States, the first mass-produced Valentines of embossed paper lace were produced and sold shortly after 1847 by Esther Howland (1828–1904) of Worcester, Massachusetts. Her father operated a large book and stationery store, but Howland took her inspiration from an English Valentine she had received from a business associate of her father. Intrigued with the idea of making similar Valentines, Howland began her business by importing paper lace and floral decorations from England. A writer in Graham's American Monthly observed in 1849, "Saint Valentine's Day ... is becoming, nay it has become, a national holyday." The English practice of sending Valentine's cards was established enough to feature as a plot device in Elizabeth Gaskell's *Mr. Harrison's Confessions* (1851): "I burst in with my explanations: 'The valentine I know nothing about.' 'It is in your handwriting', said he coldly."

Since the 19th century, handwritten notes have given way to mass-produced greeting cards. In the UK, just under half of the population spend money on their Valentines, and around £1.9 billion was spent in 2015 on cards, flowers, chocolates and other gifts. The mid-19th century Valentine's Day trade was a harbinger of further commercialized holidays in the U.S. to follow. In 1868, the British chocolate company Cadbury created Fancy Boxes — a decorated box of chocolates — in the shape of a heart for Valentine's Day. Boxes of filled chocolates quickly became associated with the holiday. In the second half of the 20th century, the practice of exchanging cards was extended to all manner of gifts, such as giving jewelry.

The U.S. Greeting Card Association estimates that approximately 190 million valentines are sent each year in the US.

Half of those valentines are given to family members other than husband or wife, usually to children. When the valentine-exchange cards made in school activities are included the figure goes up to 1 billion, and teachers become the people receiving the most valentines. The average valentine's spending has increased every year in the U.S, from \$108 a person in 2010 to \$131 in 2013.

The rise of Internet popularity at the turn of the millennium is creating new traditions. Millions of people use, every year, digital means of creating and sending Valentine's Day greeting messages such as e-cards, love coupons or printable greeting cards. An estimated 15 million e-valentines were sent in 2010. Valentine's Day is considered by some to be a Hallmark holiday due to its commercialization. In the modern era, liturgically, the Anglican Church has a service for St. Valentine's Day (the Feast of St. Valentine), which includes the optional rite of the renewal of marriage vows. In 2016, Catholic Bishops of England and Wales established a novena prayer "to support single people seeking a spouse ahead of St Valentine's Day."



Breeches Buoy

On one of my trips to the UK, I decided to go for a walk on the pier. The Tyne pier is about a mile long, built of 40 ton stone blocks, and sticks out into the North Sea. It was February, a day when it was blowing a gale from the East. Waves were washing over the pier. The weather was so bad they had closed off part of the pier, but I wanted to walk. Little did I suspect that this day I would end up getting a surprise invitation to have tea with the Lady Mayoress!

As I started along the the pier, just past the Watch House, I saw a bunch of guys, about 15 or so, laying out long ropes and lots of equipment. One end went to a platform high up on a stout mast. Ah ha! It looked like a Breeches Buoy exercise. The guys were from the SSVLB, South Shields Volunteer Life Brigade, and all in uniform. All looked fit and hearty. They were laying the ropes out carefully from the sturdy mast to begin the exercise and taking orders from the Coxswain. There was structure, and order, and they all seemed to know their own tasks getting the equipment ready.

Then a big black Limo pulled up and out came the Mayor of South Shields, wearing a business suit and the big gold chain of office; no coat. Next out of the limo was the Lady Mayoress; she was wearing a blue coat, but no hat, and had just had her hair done. Once out of the limo she was clutching her head as the easterly gale took her blonde hair and blew it horizontal. So much for the hair do. One of the brave guys from the crew took off his black wool watch cap and gave it to her, which she pulled down over her hair.

It looked like the Mayor was going to be the 'designated volunteer', willing or unwilling, for the exercise, which was now being video taped. Once the Mayor

stepped into the breeches, the crew took up the ropes and began pulling, hand to hand, and the Mayor was slowly transported to the mast.

The Breeches Buoy was invented by Captain Mabry around the 1830s in response to the awful loss of life along the coast of Britain due to near shore shipwrecks in bad weather. In those days there was no way to get the stranded crews and passengers off ships that had gone aground on the rocks and the weather was too bad to launch boats. Bystanders just looked helplessly at the tragic events while they were being pounded with surf, with no way to help them.

Mabry's invention consisted of a gun, a howitzer, which fired a shot with a light line attached that was aimed to fall across the ship in distress. This light line, (really a messenger) was used to haul a stout rope, called a hawser, and an endless line, called a whip, which was then hauled to the ship and made fast to a strong point high on the ship. Other equipment were blocks, instructions, and the breeches buoy itself. The hawser was tied off to a strong point high up on the ship. The two blocks were the 'travelling block', which ran along the hawser, and the 'tail, or end block' which terminated the whip.

Attached to the travelling block was a life buoy and a pair of stout canvas breeches. The whip was used to move the breeches buoy back and forth with the travelling block. The survivors stepped into the breeches and hung on tight to the buoy while they were hauled ashore. They needed a high attachment point for the hawser to keep the catenary and the survivors out of the surf.

In later years they used a rocket instead of a gun to fire the line across the ship. The rocket had a much longer range than the

gun and could reach out up to ¼ mile. The guy aiming the rocket was similar to a rock star of today. The breeches buoy proved very successful, it was adopted all around the UK, Europe and Australia to name a few. The US did not adopt the breeches buoy until around the 1870's after changing a few things. Although statistics were not kept in the 1800s, it is estimated that the breeches buoy was credited with saving about 45,000 lives world wide. The Coxswain told me, "Of course nowadays we use helicopters".

I walked part way along the pier as far as I could, leaning into the easterly wind, then turned around and went back. On my way back, I saw the Mayor and some of the team talking outside the Watch House.

Just as I was walking past, the other guys went back into the Watch House. I was impressed by the Mayor braving the elements in just a business suit, it was February after all, so I spoke to him and said "I admire your bravery in standing up to the elements with no coat". He said "Oh! I love it, I wouldn't miss this for the world. I have been interested in this since I was a kid".

I mentioned to him that I was originally from South Shields but was now living in Canada. "Oh, Canada, eh? Tell me about it" Just then the Lady Mayoress poked her head out of the door and the Mayor explained that I was originally from South Shields but had emigrated to Canada. "Oh Canada, eh? Isn't this weather terrible? Would you like a cup of tea and some biscuits?" With this weather, I said that I would love a cup of tea and followed her into the Watch House. And so, I did have tea with the Lady Mayoress while she plied me with questions about Canada.

Inside the Watch House was all sorts of memorabilia and photographs from different shipwrecks from around the Tyne. Also, they said, the finest collection of knots and rope work in the UK. Enough to keep me engrossed while the weather outside was still blowing a gale.

- article courtesy of Bill Graham

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Sailing News

Ontario Sailing Quest for Gold Ontario Athlete Assistance Program 2017 - 2018

Quest for Gold - Ontario Athlete Assistance Program 2017-2018 (OAAP) is funded by the Government of Ontario, through the Ministry of Tourism, Culture and Sport (MTCS), and operated through the Sport, Recreation & Community Programs Division. The overarching goal of the Quest for Gold - OAAP is directly related to the High Performance Sport goal of the Canadian Sport Policy - that Canadians are systematically achieving world-class results at the highest levels of international competition - by improving the performance and number of Ontario athletes performing at the national and international level, thereby contributing to the improved performance of Canada at international competitions.

Specific objectives of the program are:

1. To help athletes continue their pursuit of athletic excellence at the highest levels of national and international competition;
2. To encourage athletes to stay in Ontario to live and train;
3. To compensate athletes for earnings lost while training;
4. To enable athletes to successfully pursue excellence in sport while fulfilling their educational goals;
5. To increase athlete access to improved high performance coaching; and
6. To enhance training and competitive opportunities available to athletes.

The intent of the OAAP is to provide funding to individual athletes in the sport's Train to Train and Train to Win categories based on their demonstrated commitment

to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition. Only those athletes that meet the required minimum performance standard detailed in this Selection Criteria will be considered for this program. Ideally an athlete will first receive a Quest for Gold "Ontario Card" for 1 to 3 years, which will allow them to train towards the goal of a national team position in subsequent years. Once an Ontario athlete reaches the national level and becomes a recipient of Sport Canada's carding program, they become eligible for the Quest for Gold "Canada Card". Athletes who are not planning to train towards this level of competition should not apply for this program.

Upcoming LOCCA Meeting!

In the past, the LOCCA (Lake Ontario Club Cruising Association) meeting was scheduled after the Ontario Sailing AGM in January at the Toronto Boat Show. In 2017, Ontario Sailing moved their AGM to November. Therefore, the LOCCA meeting is now scheduled for February 2018.

Sunday, February 25, 2018

Registration: 8:30 am - 9:00 am
Meeting: 9:00 am - 12:00 noon

Ashbridge's Bay Yacht Club

Meeting Agenda:

- * Presentations on Cruising
- * LOCCA Futures - Website updates & other future activities
- * Session to encourage coordination of Reciprocal Club Cruises among clubs

RSVP your attendance to info@locca.org

Commodore's Report



Greeting FBYC,

I hope everyone is enjoying their off seasons so far. This month's message is short and sweet as there is nothing much to report given it's February but also a few items that I'm hoping everyone will keep top of mind in the coming months.

Firstly – As much as our Membership team is hard at work driving great conversations with prospective members - we've come to an active number that we could really use everyone's help with. The next few weeks are going to be a great opportunity to talk up our fantastic club with potential members at the yards, clubs and in our communities – I always find that the best way for us to onboard members is through the strong word of mouth from our local membership. With everyone's help I'm confident we will get our membership numbers where they need to be by the start of the season.

With that in mind I have 3 words for you – High Water Levels – It's no secret that water levels remain almost 12" above the seasonal average and I can tell you with confidence, we are prepared as a club. With the work on the East Wall and the electrical work that will soon follow we are the most prepared club east of Toronto to deal with 2018 we have floating dock to our advantage – Need I say more?

February 26th is our upcoming general meeting and I look forward to seeing everyone there – We have a couple of key items that we will be discussing and don't forget that meeting attendance counts for 1 work hour in 2018. On tap will be our licensed patio and what we believe will allow for more flexibility in 2018.

Lastly, I want to send a shout out to our entertainment committee for keeping the club engaged in various activities throughout the winter months – The level of participation and engagement over the last few months has been memorable.

With spring less than 30 days away - I look forward to seeing everyone in the yard and at the club over the next few weeks as launch is a mere 8 weeks away. 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,

- Samuel Cummings, Commodore

Treasurer's Report

It has been a very busy month in the FBYC Accounting Department. I processed 47 E-transfers, made countless cash and cheque deposits and paid a few bills. Communications via email were well over 100 and I made 6 motor-car round trips from Uxbridge to Pickering. Final payments for the 5 year old Dredging Loan are in the works. Plus I have processed many Donations to our Chair Lift Fund. Absolutely no time for working on my boat.

Couple of reminders. It is important for you to let FBYC know of any changes in address or all contact information so we can continue sending you things like this Sailpast and informational emails from our Secretary.

Dates to remember: March 31 when Slip Fees are due, Monday February 26 there is a General Meeting at which the 2017 Financial Results are to be presented among other interesting topics of course. My birthday date....no never mind.

If you are reading this and some questions come to mind please send me an email at Treasurer@FBYC.ca I am always interested in ways to improve or satisfy your curiosity.

- Chuck Watson

Harbour Report

It's going to be a very busy spring for us!

On top of prepping your boats for launch and as soon as the ground thaws, I'll be looking for members to:

- Grass seed the area around the new armour stone.
- Assist in trenching for the new electrical lines.
- Assist in installing new junction boxes and conduit on the grounds and docks.
- Cement / Mortar armour stone under B dock ramp
- Repair ramps to all docks.
- Layout new water lines to all docks.

It would be great if we can accomplish all this prior to the bulk of our boats being launched in order that we can have fully functional services when we arrive.

As if you weren't busy enough already.

- Greg Greason



Fleet Report

Tom's Bahamas trip to the Bahamas –
The technical details, Wednesday
February 28th 7:30

This will be applicable to anyone getting ready for cruising, even if it is only to the Thousand Islands.

Topics

- What kind (and how big) of a boat do I need
- managing energy budget
- upgrading the boat electrical system
 - upgrading other systems
- SOLAR power
- charts and cruising guides
- cost of cruising
- maintenance
- what went wrong, (Toms boat and other peoples boats)
- Hurricane strategy
- living on a boat with 2 people
- provisions
- water
- fuel
- draft
- mast height
- offshore options
- weather patterns
- weather forecasts and routing advice
- crossing the gulf stream (can be magical or an ordeal)
- communications
- navigation
- when to go

Send any specific questions to Tom at rcfleet@fbyc.ca

If you know for sure you will be attending please RSVP to rcfleet@fbyc.ca This will allow us to decide if we will have the bar open for that night.

Volunteers needed for race night Barbeque

Many thanks to Andrea for managing the race night barbeque. We need people to step up and take over however.

If we can get a few people to co-manage this it would be a great way to get your club hours.

As well we will be looking for volunteers to do the actual burger flipping.

If we can get enough volunteers and set this up well then no one will have to do more than their 16 hours.

Contact Tom Wood rcfleet@fbyc.ca .



Cruising Notes

Cobourg Cruise

Deadline to sign up for this cruise is Feb 26. Cruise sign-up sheet is presently posted. As always, it will be first come, first served.

Last time I checked, we are at close to 20 on the sign-up sheet. I will submit all names to the Cobourg Marina and hopefully they will be able to accommodate everybody. I need to guarantee slips with a \$13.00 dollar non-refundable reservation fee. The booking will take place March 1.

Thanks to those that have already paid. I will be at the next General Meeting collecting payments. Alternatively, you can e-transfer to me at mike.brajac@gmail.com.

Labour Day Cruise

I presently do not have a club cruise booked for Labour Day. Many clubs have arrangements in place already for Labour Day.

I am proposing a cruise to the Island Yacht Club (Toronto). Island YC has replaced docks at over 50 slips and wants to get the word out that they plan to be open for business in 2018.

To get this weekend, I need to book at the beginning of April. I will post a sign-up sheet on Feb 26 with a deadline of March 28.

We do not get a full reciprocal benefit on this cruise and payment will be required to the Island Yacht Club.

- Mike Brajac

Entertainment Committee

We are busy with a variety of things going on. I wasn't able to attend the Super Bowl party at the club, but from what I heard, there was a good turn out of people. Proceeds of \$142 from the evening are going to the race team.

This past weekend we hosted a day long yoga retreat. We had 18 people signed up, and we were very pleased with that number. The Flagroom was nice & full, occupied from 9 - 4 pm. (I turned up the heat initially, but forgot to save the new setting - it ended up being pretty chilly) Feedback was very positive, and we hope to host another one in the spring or summer.

Beginning Feb 20, we are going to offer a second yoga class on Tuesday evenings as a trial. (see below) This will hopefully lighten up the Thursday class (this sometimes has 18-21 people), and bring back some of the folks that were not able to move to Thursday evenings, when we made that switch. If we have an average of 10 people per class, we stay in the black, and anything more is fundraising.

I am going to enlist the help of our treasurer for 'entertainment event' payments by offering members to send an e-transfer to treasurer@fbyc.ca, if Chuck doesn't mind keeping track of incoming funds designated to Entertainment.

We are planning a St Paddy's dinner on March 17. I haven't heard back yet from the musicians, but hope that they are on board to play again as last year. Entertainment committee will sell tickets in advance, so that we know how much food to plan for & prepare.

- Annette Reesor

New Yoga Classes Available

Beginning February 20, we are offering a six week yoga class on *Tuesday* evenings, 7:30 at the club. (along with the Thurs session that is already underway)

Price is \$60 for the six weeks. Email entertainment@fbyc.ca to register today.

Dinner and Movie Night

Hey Everyone, I hope you all have had an incredible winter, but I think it is time for another get together. There will be a dinner and movie night on March 3rd which I hope you can all attend.

Dinner will feature three courses, to start my delicious French onion Soup, for our main, Pork Wellington with sweet potato and Yukon Potato Mash with sautéed Broccoli, and finally a warm chocolate brownie with vanilla ice cream. Sounds amazing right?

We will also be featuring the Captain Ron movie that originally came out in 1992. Dinner and a movie will be \$30 a person, which includes a bag of popcorn for the movie. If the movie is not to your liking, you are more than welcome to come for the \$25 dinner.

I hope you all can make it, I'd love to see your smiling faces.

Please RSVP by February 26th

Thanks, Chef Izzy

Upcoming Events

Social Events

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

Entertainment

Saturday, March 3
- Isabella Zeeb Hosted Dinner

Saturday, March 17 (1800-???)
- St. Patrick's Day Dinner

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

Club Business

Monday, February 26 (8:00 pm)
- General Meeting

Monday, March 12 (1930)
- Board Meeting

Monday, April 16 (1930)
- Board Meeting

Yoga

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

Racing

Friday, April 27 (tbd)
- Race Registration

PARA

Tuesday, February 20 (1900-2130)
- Para Course

Saturday, February 24 (0800-1800)
- Training

Sunday, February 25 (0800-1800)
- Training

Tuesday, March 6 (1900-2130)
- Executive Meeting

Tuesday, March 13 (1700-1930)
- Training

Tuesday, March 20 (1700-2130)
- Training

Saturday, March 24 (0800-1600)
- Training

Tuesday, April 3 (1900-2130)
- Training

Tuesday, April 10 (1900-2130)
- Executive Meeting

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

New Recipes

Just in case you didn't use up all your holiday leftovers yet, here are two more recipes.

Turkey Italiano Bake

3 cups whole wheat farfalle (bow-tie pasta), uncooked
 1 zucchini, coarsely grated
 1/2 cup chopped red peppers
 2 cups chopped roasted turkey (white meat)
 1-3/4 cups Tomato & Basil Pasta Sauce
 1/3 cup thinly sliced fresh basil
 1/4 cup Kraft 100% Parmesan Light Grated Cheese
 1 clove garlic, minced
 1/4 tsp. ground black pepper
 1 cup Shredded Light 4 Cheese Italiano Cheese, divided

- Heat oven to 350°F.
- Cook pasta in large saucepan as directed on package, omitting salt and adding vegetables to the water for the last minute; drain.
- Return to pan.
- Add all remaining ingredients except shredded cheese to pasta mixture; mix lightly.
- Stir in 1/2 cup shredded cheese; spoon into 8-inch square baking dish sprayed with cooking spray.
- Top with remaining shredded cheese; cover.
- Bake 30 min. or until heated through, uncovering after 20 min.

Holiday leftover sandwich

Hot Dog Buns

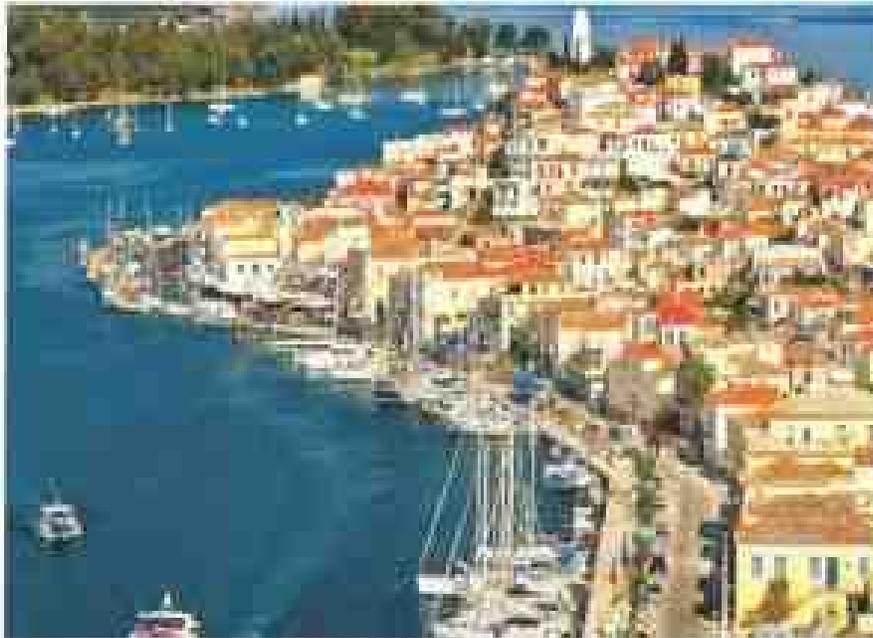
4 ounces cream cheese
 1 tablespoon chopped fresh chives
 1 tablespoon chopped fresh parsley
 1 cup mixed salad greens
 8 slices leftover roast turkey, warmed
 4 tablespoons cranberry sauce, warmed

- Preheat oven to 425 degrees F and toast buns till golden brown.
- Combine cream cheese, chives and parsley.
- Spread 1 tablespoon of herbed cream cheese over toasted buns of each sandwich.
- Then layer with spring mix and sliced turkey.
- Top with cranberry sauce.

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GREECE SEPT 1 - SEPT 15

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