



SAILPAST

Easter Edition

April, 2017



Launch Season is Here!!!!



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Part two (of two) on our test on boating knowledge appears in this issue. Can you pass the test? How did you do in part one of the quiz?

Unfortunately there is no prize other than you own peace of mind that you are a qualified boater.

In next month's issue, there will be a knowledge quiz on keelboating. Look for it!

In Memoriam

Delton Dixon "Del" Fisher

(January 24, 1939 - March 24, 2016)



Peacefully at home in the early morning of March 25th, 2017 with family at his side. Del Fisher, born January 24th, 1939 in Port Perry, of Fish Lake Road at the age of 78. Predeceased by his parents Milton and Minnie Fisher and Brother Barry. Bonnie Taylor, wife of 8 months and best friend for 31 years. Father of Scott (Cheryl) and grandfather to Justin (Cortney) of Toronto.

Del will be missed by his brother and sister-in-laws, nieces, nephews, step grandchildren and a multitude of friends. Always loved a good time, good laugh, an outing on his prized tugboat ³Rosebud² or a cuddle with one of his beloved pets. A special thank-you to the medical staff of the County and Belleville Hospital's, who through their kindness, caring and willingness to laugh at all Del's stories made his final months such a happy time for him.

Barbara (Penney) Boyes

As you may recall from the February Sailpast, Barbara (Penney) Boyes passed away on February 16 following a brave battle with cancer. She was 73 years old.

Penney left behind Bill, her husband of 52 years, children Brian (Tracy) and daughter Barb (Brent, a former Commodore of our club) and grandchildren Aubrey (14), Graydon (11) and Rowan (6 weeks).

Bill and Penney were dinghy and social members of the Club for many years, and had many fond memories of the club.

Of Special Note

Club Business

The administration of hours is a responsibility of both the club and each individual member. Each of us as members need to inform the appropriate committee chair of the hours contributed to a particular task, who in turn will inform the Hours Administrator of that contribution.

While status reports are posted at various times throughout the year to inform members of their hours contribution, it is at the conclusion of each calendar year when a final summary is produced. The club Treasurer uses this summary as the basis for any billings that may be necessary. These billings (for hours) are then noted on the annual invoices which are sent to members at the first of each year.

A more complete statement on this will be emailed to all members shortly.

Sail Canada Championships – Seeking Hosts for 2018!

Sail Canada Championships bring training & racing opportunities for sailors, coaches & officials to clubs. Sail Canada & local host organizing committees collaborate to deliver the annual championships that award regional and national titles.

Proposals to host in 2018 are due to Sail Canada (racing@sailing.ca) by May 31st 2017.

A Little Humour

- Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.
- Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.
- If you think nobody cares if you're alive, try missing a couple of payments.
- Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?
- Why does someone believe you when you say there are four billion stars, but checks when you say the paint is wet?
- The shinbone is a device for finding furniture in a dark room.
- What if there were no hypothetical questions?
- Why is it called Alcoholics ANONYMOUS when the first thing you do is stand up and say, 'My name is Peter and I am an alcoholic'.
- Drink coffee! Do stupid things faster with more energy!
- Just about the time when you think you can make ends meet, somebody moves the ends.
- The human brain is a wonderful thing. It starts working the moment you are born, and never stops until you stand up to speak in public

Easter

Good Friday is the Friday before Easter Sunday and it is a federal statutory holiday across Canada.

It's a complicated but precise formula that determines the day Easter Sunday is celebrated: It is the first Sunday after the first full moon in spring (after March 21st) which can occur as early March 22 and as late as April 25.

Good Friday marks the death of Jesus Christ according to the Christian religion. It is a fundamental part of Christianity along with the resurrection of Jesus on Easter Sunday. Many agree that this is a more important holiday than Christmas since it is the ultimate proof that Jesus is the son of God because he came back from death.

In provinces where Family Day, Islander Day and Louis Riel Day are not observed Good Friday is the first stat holiday after New Years Day.

In Quebec employers can choose to give the day off either on Good Friday or Easter Monday.

Bunnies & eggs

Easter is a highly commercialized holiday when tons of chocolate are sold in the form of easter eggs and easter bunnies. The Easter Bunny brings a basket full of goodies to children for Easter. Sometimes the gifts are hidden so children have to look for them - this is called an egg hunt.

Rabbits and eggs are symbols of fertility and were first mentioned in German literature as early as the 1600s.

Easter traditions

There are several traditions for this time of the year. Egg painting is very popular and easy to do. Egg paint kits can be purchased in stores but you can also dye hard boiled eggs using a jar of beet juice! To give eggs extra shine you can rub them with fat - bacon is perfect for this. You laugh now but once you try it you'll see how well this works!

Petting zoos are popular around Easter, too, where kids get a chance to pet and feed bunnies and other animals. Some people even buy pet bunnies but you should only do this if you are ready to truly commit to having a pet - no impulse shopping please.

Family get-togethers are also part of the Easter weekend. After Christmas and Thanksgiving the Easter weekend meal is the third largest meal nationwide.

Lent

In the Catholic religion there are 40 days of fasting preceding Easter.

The lent starts on Ash Wednesday and ends on holy Saturday. It is observed to imitate the 40-day fast of Jesus before his death.

Generally only one meal a day is allowed and meals shouldn't include meat or fish. Exceptions apply for children and the elderly.

The day after the lent period ends people eat a rich breakfast - break the fast - which consists of eggs, ham, bread and fish followed by games throughout the day.

Do you want perfume? A tradition of "sprinkling" in Hungary

A unique Easter tradition in Hungary is the sprinkling of women with perfume or cologne on Easter Sunday.

Men and older boys get up early in the morning and visit girls and women in their families (they are supposed to arrive when women are still sleeping) and sometimes even walk from house to house to visit strangers in the neighbourhood and sprinkle scented water (perfume) on their heads.

According to tradition this keeps women beautiful until next Easter. They usually recite a "sprinkling poem" and ask for permission to sprinkle the ladies. Some fun-loving (and brave) men sometimes use a bucket of cold water instead of perfume.

In return for the sprinkling women give them hand painted eggs, home-made cake, a shot of liquor and even money.

Commodore's Report

Ok. I admit it. I was wrong. VERY wrong.

I predicted low water levels this year, and told everyone to be prepared. Now I have to advise everyone to be prepared for the opposite reason.

Water levels are at their highest since 2003. It's been 14 years since we had to warn people that we are close to breaching the east wall. Granted, the wall has pushed out a bit, and the ground has sunk 5 or 6 inches, but we're within 3 inches at the lowest point, and maybe 10 inches from the top at the highest point. Wow. Just 4 years ago we were hauling boats Labour Day weekend due to low water.



We had a little problem with posting up to date work hours at the end of last year, but nobody seemed to notice. We've had a number of members claiming hours weren't credited, so I think it would be wise for me to draft up a notice to all, and especially for our newer members, on just

how the system works. Look for that in the next week or two as a separate notice. Nothing crazy, we just seem to have some more confusion than usual around them, so we'll refresh everyone and reset for 2017.

For those of you not aware, Shadowfax has indeed been sold, and is headed for new adventures in Michigan. While we're sorry to see her go, Connie, Victoria and I are looking forward to cruising Lake Ontario in our newly acquired (we hope) Catalina 400.

We had a little mishap this spring with B dock, although I must say we've really been expecting it. One of the tubes finally developed a hole and filled with water, dragging the whole thing, including a section of the main dock, under water.



Thankfully Steve Richardson and his team were just getting their equipment ready for another season, and were quickly across the bay to pump it out, unbolt it, and drag it over to the crane to be hauled. As I write this, repairs are being finished, and we hope to have it back in place before too many boats are in the water.

If your slip is on the north side of A dock, or the south side of B dock, and you are launching early, please just move to another available slip until the equipment is moved out of the way.

Greg is hard at work on plans for the East wall replacement project. And now we'll have to factor in either short term repairs for the other tubes on B dock, or a full on replacement, as well as planning out funding for the South wall replacement. Greg's life just got a lot more complicated!

Please watch for the Duty Watch list to come out in the next week. Shifts start very soon, and I don't need to remind everyone that its your responsibility to know when your shift is, and to show up. If you miss one, you get an extra one next year. Miss that, and somebody gets to call you.

Finally, I'd like to remind everyone that attracting new members to our club is an ongoing responsibility for all of us. Every year we lose a few members for various reasons, and it's important that we keep the roll up. This year we're a few members down, so please, if you hear of people that are looking to move clubs, or just get into sailing, start up a conversation!

You may remember that last year I reported that 40% of our membership were over the age of 65. That's a scary figure, and we need to start attracting younger members . With home prices the way they are, maybe it makes sense for young families to start looking at renting a home or apartment, or buying smaller condos, and that may make a boat an interesting option for spending more family time outdoors.

Launch is pretty much here, so I look forward to seeing you on the docks!

- Glen Dickson

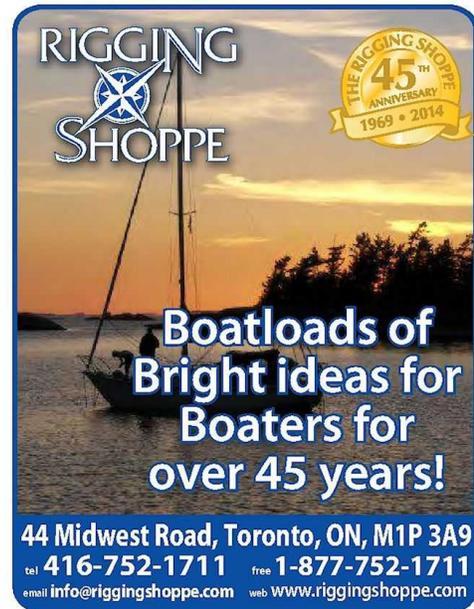
Vice Commodore's Report

Happy Easter FBYC!

A quick note that our 2017 DO List has now been uploaded on the website with the actual folder and paper based version to be updated by Thursday April 20th.

We have done our best trying ensure individual and racer request and I'm confident we were able to accommodate most if not all. Please take the time to review your assigned dates as we look to ensure 100% attendance in 2017.

- Sam Cummings



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Rear Commodore, Harbour

Launch Day approaches and you probably are wondering where your slip is.

Please see elsewhere in this newsletter the tentative slip assignments. I say tentative, as there are always requests for changes. Please address any requests via email.

The dreaded event has happened (at least it has been on my mind for years now). Just a couple of weeks ago one of the floatation tubes (finger docks) on B dock was reported sinking. One day it was fine, the next it was sinking. Fortunately Steve Richardson was scheduled to do some work on various pilings and was able to bring his barge over and raise the tube. We floated it over to the boat hoist, pulled it out of the water and are in the process of patching the holes. We expect it to be back in place prior to boats launching. If not and you are on B Dock, please find another slip on A or C docks. Stay off of B dock until all is well.



We are preparing contingency plans in case another tube is to fail in the future.

Finally, you have heard me drone on every year at haul out time to take all of your lines off the docks. Well apart from one electrical cord still plugged in on the sinking B dock tube, which could have had disastrous consequences, someone on A dock left their mooring lines attached to the end pile of their finger dock. The line fell into the space between the pile and the restraining collar; the water levels rose and the mooring line jammed preventing the tube from rising with the water levels (see photo). You have no idea how dangerous it is for us to free up the jammed tube.



Preparing for Launch

Okay, Okay I realize we have developed many years of experience in getting our boats ready for the season BUT I still thought it might be useful to present a checklist of those items that we should probably check every year.

- The Editor

General

- Do a general cleaning of hull, deck and topsides using a mild detergent
- Make sure drains and scuppers are clear and well secured
- Put on a good coat of wax
- Clean and polish metal with a good metal polish
- Clean teak and oil
- Clean windows and hatches
- Clean canvas, bimini and dodger
- Clean interior including bilges
- Check spare parts and tools and replace as necessary
- Make sure registration is current and onboard
- Make sure you have your Pleasure Craft Operator Card (mandatory for all by September 15, 2009)
- Check and replace wiper blades if necessary
- Inspect dock and anchor lines for chafing
- Update or replace old charts, waterway guides
- Review your boat insurance policy and update coverage if needed - including fuel spill coverage

Required and Recommended Equipment

- Sound signaling device
- Check distress signals and expiration date
- Check PFDs
- Inspect life rings

- Check fire extinguishers and recharge if necessary
- Check and adjust compass
- Check navigation lights
- Check charts and replace as necessary
- Check radar reflector
- Check and replace first aid supplies
- Check bailer and hand pump

Hull

- Check for hull abrasions, scratches, gouges, etc. and repair
- Check and replace zincs
- Check for blisters and refinish is necessary
- Check rub rails
- Check swim platform and/or ladder
- Inspect and test trim tabs
- Check shaft, cutlass bearing, strut and prop
- Check rudder and fittings
- Touch up or replace antifouling paint

Deck, Fittings, Safety Equipment

- Check stanchion, pulpits and lifelines for integrity
- Check ground tackle, lines, fenders, etc.
- Check chainplates and cleats
- Check hull/deck joint
- Check deck, windows, and port lights for leaks
- Inspect anchor windlass and lubricate
- Clean and grease winches
- Check and lubricate blocks, pad eyes, etc.
- Check dinghy, and life raft

Below Decks

- Check, test and lubricate seacocks
- Check condition of hoses and clamps
- Make sure below waterline hoses are double clamped
- Check bilges pumps for automatic and manual operation
- Check for oil in bilges
- Check limber holes and make sure they are clear of debris

Electrical System and Components

- Check battery water level
- Check/recharge batteries
- Check terminals for corrosion, clean and lubricate
- Check bonding system
- Inspect all wiring for wear and chafe
- Test all gauges for operability
- Check shore power and charger
- Check for spare fuses
- Check all lighting fixtures (including navigation lights) and make sure you have spare bulbs
- Check all electronics for proper operation
- Inspect antennas

General Engines and Fuel Systems

- Inspect fuel lines, including fill and vent hoses, for softness, brittleness or cracking
- Check all joints for leaks and make sure all lines are well supported with non-combustible clips or straps with smooth edges
- Inspect fuel tanks, fuel pumps and filters for leaks. Clamps should be snug and free of rust. Clean fuel filters.
- Inspect cooling hoses and fittings for stiffness, rot, leaks and/or cracking. Make sure they fit snugly and are double-clamped.
- Every few years, remove and inspect exhaust manifold for corrosion.
- Clean and tighten electrical connections, especially both ends of battery cables. Wire-brush battery terminals and fill cells with distilled water.
- Inspect bilge blower hose for leaks.

Inboard Engine(s)

- Change oil & filters - have spare onboard
- Check and change fuel filters - have spares onboard
- Check and change engine zincs
- Check cooling system change coolant as necessary - have extra onboard

- Record engine maintenance log, especially date & hours of last oil changes
- Check belts for tension
- Check transmission fluid
- Check and clean backfire flame arrestor
- Check impeller
- Check and clean water strainer
- Check bilge blower

Outboard Engine(s)

- Replace spark plugs
- Check plug wires for wear
- Check prop for nicks and bends
- Change/fill gear lube
- Inspect fuel lines, primer bulb and tank for leaks
- Lubricate and spray moveable parts
- Inspect rubber outdrive bellows for cracked, dried and/or deteriorated spots (look especially in the folds), and replace if suspect
- Check power steering and power trim oil levels. Replace worn-out zincs.
- Inspect outer jacket of control cables. Cracks or swelling indicate corrosion and mean that the cable has to be replaced.

Water System

- Flush water tank
- Check water system and pump for leaks and proper operation
- Check hot water tank working on both AC and engines
- Check for tank cap keys on board
- Check and clean shower sump pump screens

Galley

- Fill propane tank, check electric & manual valves, check storage box vent to make sure it is clear
- Check refrigerator, clean and freshen, operate on AC and DC
- Clean stove, check that all burners and oven are working
- Check microwave, if fitted

Head System

- Checked for smooth operation - lubricate and clean as necessary
- If equipped with treatment system, have chemicals on hand
- Y-valve operation checked, valve labeled & secured

Sails

- Check general condition
- Look for wear and chafing
- Check battens and batten pockets
- Check all sail attachments
- Inspect bolt rope

Mast and Rigging

- Check mast and spreaders for corrosion or damage
- Inspect spreader boots and shrouds
- Inspect rivets and screw connections for corrosion
- Check reefing points and reefing gear
- Clean sail track
- Check rigging, turnbuckles and clevis pins for wear and corrosion
- Inspect stays for fraying and "fish hooks"
- Check forestay and backstay connections
- Check masthead fitting and pulleys
- Check and lubricate roller furling
- Check halyards and consider replacing or swapping end for end
- Tape turnbuckles, cotter pins, and spreaders
- Recaulk through-deck chainplates as necessary (generally, once a decade)

Trailer

- Check for current registration
- Check rollers and pads
- Check and lubricate wheel bearings
- Clean and lubricate winch
- Lubricate tongue jack and wheel
- Test lights and electrical connections

- Check tire pressure and condition (remember the spare!)
- Check brakes (if equipped)
- Check safety chains
- Check tongue lock
- Inspect frame for rust and

Cruise Committee

The Cobourg Cruise is now completely booked and we can no longer accept any further enrollments.

Sign-Up Sheet for remaining cruises will go up on May 1. As with last year, all cruises will be posted at this date. There will be limitations for some of the cruises that may vary slightly depending on the number of incoming boats if the cruise is a reciprocal cruise. The general target will be 15 boats per cruise. First-come, first-served on the sign up-sheets. Cruises have become quite popular over the last few years, so to avoid disappointment, please sign-up early.

Tony Villani and a few others have been helping me on an ad-hoc basis with some of the cruises. I would like to formalize cruise arrangements this year with volunteers for the position of "cruise captain". Many other clubs utilize this position with some clubs having a 2 or 3 people per cruise fulfilling this position.

Responsibilities—

- *Serve as back-up/assistance for me in arranging slips for incoming boats*
- *Organize one event during a cruise such as a potluck, treasure hunt, or other fun activity.*

The Cobourg Cruise is already looked after and I will have more next month on activities at Cobourg. The Kid's cruise is headed by Jeff Blundell and there are plenty of activities at IYC to keep the kids busy. Commodore's cruise—we typically participate in hospitality hosted by the Commodore.

It comes down to the Whitby, BPYC, and THSC cruises where there is opportunity to plan an event. In addition to the Commodore's Cruise, all three of these cruises are reciprocal cruises so it would

be great to have some assistance in slip planning and allocation.

Most of the slip planning can be done by e-mail with perhaps a visit or two down to the club. Slip planning and allocation can run 2-3 hours per cruise depending on the number of boats and changes. Work hours will be awarded for this effort while organizing a potluck or event for a cruise is more of a volunteer activity and will not count as work hours.

I presently have travel plans that will conflict with the THSC cruise so I definitely need someone to take over arrangements for this cruise. If you are not familiar with the docks and allocating slips, I will train you.

On the sign-up sheets, I will have a column for people to check if they wish to volunteer as a cruise captain.

- Mike Brajac

Cruising Schedule - 2017

May 20-22 - Victoria Day Weekend

Whitby Yacht Club - Reciprocal
Cruise

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

Cobourg Marina Club

July 15/16 Commodore's Cruise

Mimico Cruise Club - Reciprocal
Cruise

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

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

August 19/20 BPYC (Reciprocal
Cruise)

September 16/17 THSC (Reciprocal
Cruise)

Test your Boating Knowledge - Part II

Hope you passed last months 'Ashore Knowledge' test.

In part 2 of this two part series, we present the Afloat criteria used by Sail Canada in their Basic Cruising Standard program.

Afloat Skills

Preliminaries

1. Demonstrate on land the correct method of putting on a personal flotation device in the water;
2. Demonstrate the correct use of a heaving line;
3. Carry out a check of the vessel's gear and equipment in accordance with the CYA Cruising Boat Checklist, and demonstrate use and care of onboard equipment;
4. Select, bend on, check and stow sails;
5. Coil a line and secure (sea coil);
6. Properly stow lines and fenders;
7. Demonstrate how to belay to a cleat;
8. Demonstrate safe winch techniques with particular emphasis on: a) Possible high strain on sheet/halyard, b) How to avoid riding turns (and how to clear), c) Position of hands/fingers, d) Fitting and removal of winch handles.

Maneuvering Under Power

9. Start auxiliary engine on vessel and as skipper and crew depart from dock observing commonly accepted safety practices ;
10. Come to a full stop with stem (bow) one half boat length away from a buoy using reverse.

11. Maneuver and stop a vessel under power to a position alongside and parallel to a dock, portside-to and starboardside-to, not more than two feet off without the aid of lines, without the stern passing a given mark at any time.

12. Apply Rules 5 through 18 of the Collision Regulations as applied to a vessel under power;

13. Set an anchor under power in water more than three meters in depth, so as not to drag when tested under engine power at half-throttle astern;

14. Raise anchor with boat ready and get under way;

Handling Under Sail

15. Hoist the basic sails while under power, at anchor, or mooring (head to wind, hoist mainsail first), set appropriate luff tensions, and flake halyards;

16. Apply Rules 5 through 18 of the Collision Regulations as applied to a vessel under sail;

17. Act as skipper and crew while demonstrating the proper techniques of beating, reaching and running; tacking and gybing; heading up, bearing away, luffing and heaving to; using the following commands and responses: "Head Up" "Bear Away" "Ease Sheets" "Harden Sheets" "Ready About" "Ready" "Helms-a-Lee" "Ready to Gybe" "Ready" "Gybe-ho"

18. Demonstrate, as skipper and crew, the management of the sail plan for different wind conditions while keeping the vessel under control, either at the helm or controlling the sails by: a) Reefing and shaking out the reef in the mainsail, b) Reefing and shaking out the reef, or changing the headsail.

19. Demonstrate the skipper and crew action/commands from the time a member of the crew falls overboard without warning, until the crew is safely recovered. Consider the crew overboard is wearing a PFD and able to assist him/herself. Include the following

minimum actions: a) Sound alarm "Crew Overboard!", b) Deploy marker and buoyant object(s), c) Appoint and maintain a look out, d) Triangle method of return (under sail), e) Describe at least two methods of getting a person out of the water and back aboard;

20. In response to a Crew Overboard situation, and unassisted, bring the vessel into irons. Start the engine, lower sails ensuring on-board control of all lines, and manoeuvre the vessel under power for a successful Crew Overboard recovery;

21. Lower sail while under power or at anchor or a mooring.

Making Fast and Snugging Down

22. Secure a vessel to a dock using appropriate dock lines to prevent excessive movement and set out fenders correctly.

23. Tie the following knots, bends and hitches within 30 seconds each: a) Figure Eight, d) Bowline, b) Reef Knot, e) Clove Hitch, c) Double Sheet Bend, f) Round Turn & Two Half Hitches.

Entertainment Committee

The Entertainment Committee would like to remind you that you are welcome to join the Tuesday evening Yoga Class on a pay-as-you-go basis for \$12 class. This session will run for another 5 weeks. The 60 minute class begins at 7:30. Wear comfortable clothes to move in, and bring a yoga mat & water bottle. (mats are available if you need to borrow one) The class is open to any age, gender or fitness level. If you've been wondering about trying it, this is your chance.

Friday April 21 Pub

night 7:30 - we're playing euchre in the Regatta room (to warm up for the big Jr Sail event the following week) and ordering pizza. \$5 to play euchre, \$5 to eat pizza. It'll be a fun evening.... some boats will already be in the water!

Friday, May 12 - Spring Potluck in the Flag room -

Come celebrate spring, and the unofficial launch of another sailing season, while reconnecting with your FBYC friends. Bring food to share. Bar will open at 6:30, dinner at 7:00 pm.

On a personal note, I would like to thank you for the opportunity to thank you for the condolences and care shown after the death of my father. I feel so fortunate to part of such a great sailing family, and value your friendship.

- Annette Reesor



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Sailing School

Junior Sail Fundraiser - Pasta and Euchre night

When: Saturday April 29th, 6-10pm.

What: Chez Izzy will be serving baked chicken pasta with fresh tomato sauce, garlic bread and a Caesar salad.

Dinner will be ready at 6pm and euchre will start at 8pm.

Cost of Dinner is \$20 with all net proceeds going to the Junior Club.

We will also be selling tickets for your chance to win pair of tickets for a Blue jays game in May.

Please come out and support the club and help us pay for our new coach boat and our dock refurbishment.

Upcoming Events

Social Events

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

Friday, April 21 - Euchre and Pizza Night

Saturday, April 29 (6 pm) Jr. Sail Fundraiser

Sunday, May 7 - Tom Wilson Birthday Party

Friday, May 12 - Spring Pot Luck

Big Brothers and Sisters

Saturday, June 10 - Boat assignments
TBA

Get Out On The Water

Saturday, June 24 - Boat assignments
TBA

Club Business

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

Monday, May 8 (7:30 pm) - Board Meeting

Monday, May 29 (8 pm) - General Meeting

Friday, June 2 (7 pm) - New Members Night

Saturday, June 3 - Sailpast

Monday, June 12 (7:30 pm) - Board Meeting

Club Racing

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

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

Saturday, May 27 - Double Handed Race

Saturday, June 10 - Single Handed Race

Cruises

Saturday, May 20 - Whitby Yacht Club

Saturday, June 30 - Cobourg (now fully booked)

Yoga

Tuesdays from 7:30 pm to 9 pm -
continues till May 16

PARA Meetings:

Sunday, April 23
CCGA Training
(1000-1600)
Saturday, April 29
(0800-1600)
Tuesday, May 23
(1900-2130)
Tuesday, June 20
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Recipes for Sailing and At Home

In keeping with Easter, here is a recipe for Hot Cross Buns for those of you who love fresh buns! These can be enjoyed at any time of the year and make great breakfast or lunch snacks when on a cruise.

Hot Cross Buns

¼ cup lukewarm water
 ½ cup granulated sugar
 1 pkg active dry yeast (or 1 tbsp 15 mL)
 3 1/2 cups all purpose flour (sifted)
 2 tbsp sugar
 1 tsp nutmeg
 ½ tsp salt
 ¼ tsp ground cloves
 ¾ cup warm milk
 ¼ cup butter, melted
 1 Egg
 1 egg yolk
 ½ cup currants
 ¼ cup chopped mixed candied peel

Glaze

2 tbsp each granulated sugar and water

Icing

½ cup icing sugar
 2 tsp water

1. In measuring cup, combine warm water with 1 tbsp of the sugar. Sprinkle yeast over top. Let stand for 10 minutes or until frothy.
2. In a large bowl, blend together remaining sugar, flour, cinnamon, nutmeg, salt and cloves*. Make a well in center of mixture.
3. In small bowl, whisk together milk, butter, egg and egg yolk; pour into well. Pour in yeast mixture. Using wooden spoon, stir until soft dough forms. Turn out onto lightly floured surface; knead for 8 minutes or until smooth and elastic.
4. Place in greased bowl,* turning to grease all over. Cover with plastic wrap; let rise in warm place for 1 hour or until doubled in bulk. Punch down; turn out onto floured surface; knead in currants and peel*. Shape into 12-inch log. Cut into 9 even pieces.
5. Stretch, tuck and pinch sides of dough all around to meet underneath. Using cupped hand, roll into seamless ball. Place 2 inches apart on greased (parchment paper ok) baking sheet. Cover and let rise for 35 minutes or until impression remains when dough is poked.
6. Bake buns in 400F oven for about 18 minutes or until golden brown.
7. Remove from oven. Glaze: in saucepan, stir sugar with water over medium heat until dissolved. Brush over buns. Let cool.
8. Icing: Stir together icing sugar and water. Using piping bad* fitted with round tip, pipe cross on top of each cooled bun.

Ham and Potato Soup (for 8)

3 1/2 cups peeled and diced potatoes
 1/3 cup diced celery
 1/3 cup finely chopped onion
 3/4 cup diced cooked ham
 3 1/4 cups water
 2 tablespoons chicken bouillon granules
 1/2 teaspoon salt, or to taste
 1 teaspoon ground white or black pepper, or to taste
 5 tablespoons butter
 5 tablespoons all-purpose flour
 2 cups milk

- Combine the potatoes, celery, onion, ham and water in a stockpot.
- Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes.
- Stir in the chicken bouillon, salt and pepper.
- In a separate saucepan, melt butter over medium-low heat.
- Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute.
- Slowly stir in milk as not to allow lumps to form until all of the milk has been added.
- Continue stirring over medium-low heat until thick, 4 to 5 minutes.
- Stir the milk mixture into the stockpot, and cook soup until heated through.

Tomato Garlic Soup (for 6)

1 tablespoon butter
 1 tablespoon oil or vegetable oil
 2 large yellow onions, quartered and thinly sliced
 10 garlic cloves, minced
 4 medium tomatoes, cored, peeled, seeded and chopped
 1 3/4 cups low-sodium beef broth
 1 cup low-sodium tomato sauce
 1 teaspoon dried thyme
 1 bay leaf
 1/2 teaspoon sugar
 1/4 teaspoon salt
 1/4 teaspoon black pepper
 1/4 cup minced fresh parsley

- In a large non-stick saucepan over medium-low heat, melt butter and heat oil.
- Add onion and garlic and sauté 25 minutes or until onions are very soft and golden.
- Stir in tomatoes, broth, tomato sauce, thyme, bay leaf, sugar, salt and pepper.
- Bring to boil then reduce heat and simmer the tomato-garlic soup, covered, 15 minutes.
- Remove bay leaf and stir in parsley.



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