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### A Message from the Commander

Tello everybody. Our squadron year is quickly coming to an end, along with it my tenure as your Commander. This will be my last Quarterdeck report and our Bridge meeting on April 18 will be my last prior to our AGM on May 2. Please get those dates on your calendar along with May 6 which is the date of our COW. My thanks to everyone that helped me this year, especially all the bridge officers that made my job that much easier due to their efforts. It's because of the involvement of so many of you that Port Moody remains one of the most vibrant and active squadrons in the Pacific Mainland Dis-

trict.

Specifically I want to give my heartfelt thanks to Lynn Meisl who is stepping down as our Admin and PCOC officer. Lynn has been a vital resource to our squadron and her exemplary service will be sorely missed, I wish her all the best in her future endeavours. Though Lynn says she will be around to provide assistance and guidance, she's leaving big shoes to fill.

This past year has not been without its challenges and Port Moody along with PMD and CPS National face some more in maintaining our relevance in today's safe boating market place. I'm confident that with the proposed incoming bridge members we will be well positioned to meet those challenges. Please show your support to them by attending our upcoming AGM and also our COW to celebrate your incoming Commander and bridge officers.

As most of you know we have our annual Easter cruise to Bowen Island coming up on April 14. Tickets for the COW will be available there, get yours early as I expect it to be sold out. You can contact our socials officer Melissa Forbister at.

(Continued on page 2)



#### GOT A STORY?

Have a story? Some pictures perhaps? Article ideas? Or a celebration? Send me an email! editor@portmoodypss.com

Dianne Kakanowski, Editor

# www.portmoodypss.com

www.facebook.com/groups/pmpss

WHERE TO FIND US

www.twitter.com/portmoodypss

(Continued from page 1)

socials@PortMoodyPSS.com or me at Commander@PortMoodyPSS.com to get your tickets.

In closing, once again my thanks to the bridge members that helped make my job as Commander all that much easier for their efforts.

Even though my tenure is running down, I still encourage all of you to contact me if you have any concerns or have items you'd like to see discussed at our next bridge meeting. Remember, everyone is always welcome at our Bridge meetings and we're always looking for new people to join.

Cheers everybody
A.J. (Tony) Gojevic
PMPSS Commanding Officer
Commander@PortMoodyPSS.com



## Important Details

Student Cruise Details and Skippers Wanted



he Student Cruise is on Sunday April 27. We are looking for Skippers and boats for this event and we are aiming to have 12-15 students plus 5 proctors. Everyone is welcome to meet up with us at the raft up at Bedwell Bay around noon. Sandwiches and drinks will be provided! If you are able to skipper please contact Michelle Warrington at <a href="mailto:cmwarring-ton@telus.net">cmwarring-ton@telus.net</a> or call 604-250-5370, Chris Warrington at <a href="mailto:chris@cobrainteriors.com">chris@cobrainteriors.com</a> or 604-968-8068 or Derrik Luder at <a href="mailto:lu-de2@hotmail.com">lu-de2@hotmail.com</a> or 778-833-2716. Hopefully the weather will co-operate with us and it'll be a dry, warm day!

## **Cruise Dates Spring/Summer 2017**

he Easter Cruise is quickly approaching and a great start to the boating season! If you haven't already reserved your slip at Union Steamship Marina (604-947-0707), please do so asap! More details can be found in the calendar section.

Other cruise dates set aside for Spring/Summer 2017 are as follows:

- May Long weekend 19th to 22nd
- ♦ Gulf Island Cruise June 30th to July 16th
- Desolation Cruise August 4th to August 20th
- September Long weekend September 1st to 4th

Check the PMPSS Facebook page or <a href="www.portmoodypss.com">www.portmoodypss.com</a> for updates on future cruise details. Hope to see you on the water this year!



#### HAVE YOU TAKEN THE VHF COURSE?

ourses for VHF run often throughout the year based on demand. Check www.portmoodypss.com or contact Lynn Meisl at 604-516-6072.

# **Notice of Annual General Meeting (AGM)**

### To all Port Moody Power and Sail Squadron Members

Take notice that the Annual General Meeting of The PMPSS will be held at Willy's Galley, 850 Barnet Highway, Port Moody, BC on May 2nd, 2017 at 1900 (7pm) for the purpose of:

- A) receiving and if thought fit, approving reports of the Officers of the Squadron;
- B) receiving and if thought fit, approving the financial statements of the Squadron for the 12 month period ending March 31st, 2016, and the report of the Squadron Financial Reviewer thereon;
- C) electing the Officers of the Squadron;
- D) appointing the Squadron Auditor;
- E) considering such further and other business as may properly come before the meeting

The report of the Squadron Committee is on the following page and forms part of this notice Under Squadron Regulation 12.1, any further nominations must be made by way of petition in writing, signed by not less than 5 members of this Squadron who shall confirm consent of their nominee to the stand for election. The petition must be filed by the Squadron Secretary not less than 2 days prior to the date of this Meeting.

\*\*At this time, if you would like to nominate yourself or someone else for a position on the bridge, we ask that you contact **Sukru Yigit by email:** <a href="mailto:sukru@utcs.com">sukru@utcs.com</a> as soon as possible. Our Secretary will send out a formal announcement of the AGM via email as the date approaches.



Photo taken Saturday, March 25th at RVCC training. Remember, on June 3rd, 2017, PMPSS along with the Burnaby and Coquitlam Squadrons will be offering a free vessel courtesy check! Check the calendar section for details, and reach out to the squadron's RVCC officer Gary Coleman for more information at

rvcc@portmoodypss.com

## **Official Launch of Safe Boating Awareness Week 2017!**

n Saturday, May 20th, 2017, The Canadian Safe Boating Council is inviting people to attend the launch of Safe Boating Awareness Week where they hope to break the world record in simultaneous lifejacket inflation and life jacket wearing. Location is Vanier Park, west boat ramp and time is 10:30-11am.

Last year there were 210 Ready/Set/Wear it events worldwide with 6784 people inflating and wearing their lifejackets. This event was held in 6 countries and has ha 36,784 participants since 2010.

Boating Safety Awareness Week runs from May 20-26th, 2017.

## **Membership Renewals**

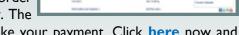
### Reminder: CPS 2017 Membership Dues

Renew now to maintain your Membership.



Your CPS Membership Expires Soon. You have been a valued member of the **Canadian Power Squadron** for years now and we want to ensure that you continue to be a part of the **Port Moody Power & Sail Squadron**.

Act now to renew your membership online, in order to avoid being removed from the roster. It's easy. The



CPS website is a safe and convenient way to make your payment. Click <a href="here">here</a> now and follow the instructions.

Jim Church

If you would like to view a short video on how I renewed myself using the CPS website, just click <u>here</u>.

**Membership Benefits** are too numerous to list here, so visit our *Port Moody Power & Sail Squadron website* and take a look now. Your membership is paid back many times over in member discounts. Click <a href="here">here</a> to view them all now.

We really want you to continue as a member of the *Port Moody Squadron*, so please renew now. Thank you! Jim Church, Membership Officer



ort Moody Power and Sail Squadron Exclusive! Enroll and complete your Boating 2 Course, join the Canadian Power Squadron, and we'll give you a \$35 credit towards your Boating 3 Course! If you qualify, email our Training Officer Michelle at <a href="mailto:training@portmoodypss.com">training@portmoodypss.com</a>.

# **Course Content Information**



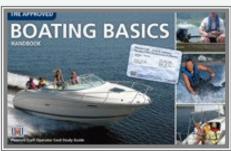
#### Restricted Operator Certificate (Maritime) & DSC

Call Lynn directly for availability -Reed Point Marina, Marine Education Centre, Port Moody

This complete package with CD, and the new Digital Selective Calling, will prepare you for the Restricted Operator Certificate (Maritime) with DSC Endorsement exam. To operate a maritime radio, you need the certificate. It is the law! The Maritime Radio course teaches emergency radio procedures, as well as everyday operating techniques.

Learn all about the uses of marine radios, choice of frequencies, operation, phonetic alphabet, procedural words and phrases, as well as Digital Selective Calling and the Global Maritime Distress and Safety System, (DSC/GMDSS). All mariners, including recreational boaters, will want to take advantage of the many features and capabilities of this innovative form

"automatic" radio. Secure your lifeline. Be sure that you and your family take the Maritime Radio course. **Please contact Lynn Meisl** at 604-516-6072.

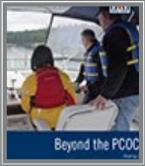


#### **Boating Basics PCOC: Boating 1**

Get your Pleasure Craft Operator Card! All operators of motorized pleasure craft are required to show proof of operator competency. All you need to know for the Transport Canada test is presented in an easy to read format that is both informative and entertaining. You can be confident that this study guide meets all the standards established by Transport Canada's Office of Boating Safety.

As an extra benefit, if you pass the test offered by Canadian Power and Sail Squadrons, your Card is recognized by BOTH Transport Canada and The National Association of State Boating Law Administrators (USA). You may contact Canadian Power and Sail Squadrons to locate a testing facility in your area.

\*\*\* Note\*\*\* You may call Glen Anchor directly at <a href="mailto:gwanchor@telus.net">gwanchor@telus.net</a> or <a href="mailto:604-461-5677">604-461-5677</a> for the PCOC course.

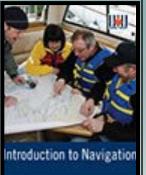


#### **Beyond the PCOC: Boating 2**

Enjoyment and safety on the water require knowledge. Beyond the PCOC will take you to the next level in your boating education. Technology has changed the way we navigate. However, in order to use a GPS/chartplotter effectively, you should understand the use of paper charts and coastal navigation. The topics covered in this course; magnetic compass, global positioning and charts, navigation, conning, electronic navigation, anchoring, handling a boat under power, ropes lines and knots will increase your boating knowledge and make your adventures on the water safe and enjoyable.

This course also has a number of optional topics that will be taught depending on the needs of the students; these include tides and currents, canals and locks, towing, trailering, collision reg-

ulations and a check list for layup and launch. The fee for a second family member is lower as they are expect to share some of the material. The course will run for 6 Thursday evenings from 7PM to 10PM, with the exam on the final evening. The companion course to this is "Introduction to Navigation". It is strongly recommended that you take this course as well to obtain the skills necessary to navigate using paper charts should the electronic systems fail. Suggested Prerequisite: Pleasure Craft Operator Card (PCOC)



#### **Introduction to Marine Navigation—Boating 3**

Enjoyment and safety on the water require knowledge. Introduction to Navigation will take you to the next level in your boating education. Technology has changed the way we navigate. However, in order to use a GPS/chartplotter effectively, you should understand the use of paper charts and coastal navigation. The topics covered in this course; plotting and labelling on paper charts, environmental responsibilities, skippers responsibilities before setting out and when under way, electrical hazards and handling a boat under sail will increase your boating knowledge and make your adventures on the water safe and enjoyable.

### Other Courses available

The courses outlined above are the most commonly taken with the PMPSS however there are other, more advanced courses that are recommended and available which include:

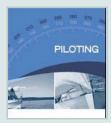
#### **Advanced Courses**

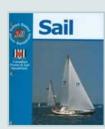
- Boating 4 Near Shore Marine Navigation Level I (formerly Seamanship)
- Boating 5 Near Shore Marine Navigation Level 2 (formerly Advanced Piloting)
- Boating 6 Offshore Marine Navigation Level I (formerly Junior Navigator)
- Boating 7 Offshore Marine Navigation Level 2 (formerly Global Navigation)

#### **Elective Courses**

- **♦** Boat and Engine Maintenance
- ♦ Sailing
- Introduction to Weather
- Extended Cruising
- **♦** Electronic Navigation

For a list of courses, please visit <a href="www.portmoodypss.com">www.portmoodypss.com</a> and look under "Courses and Events" on the left side of the screen and read the descriptions. Watch for dates for Fall course availability and locations.









## April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	<b>5</b> Sail	6 Boating 3	7	8
9	10	11	12 Sail	13 Boating 3 Easter Cruisi	14 Good Friday ng Fun (13th-17	15
16 Easter	17 Cruise	18 Bridge Meeting At Willy's	19	20 Boating 3	21	22 PCOC
23 Student Cruise	24	25	26	27 Boating 3	28	29
30						

ome join us start the 2017 cruising season!. We have a lot of activities planned this year so come out and have some fun with family and friends of PMPSS.

This year's "Easter Cruise" is April 13th –17th and the Annual Crabmeister derby will go ahead as always plus the Pot Luck Easter Dinner Sunday April 16th which is always amazing! We will also have Juno award winner and one of the best original songwriter/musicians in Canada, Bruce Coughlan entertaining us Sunday during the Pot Luck! Make sure to phone

Union Steamship Marina and book your slip if you haven't already. They have a waiting list already but we always find a way to get everyone in so get on the list asap!! Make sure you mention that are with PMPSS. Check out the Facebook event page for updates: <a href="https://www.facebook.com/events/162962600860575/">https://www.facebook.com/events/162962600860575/</a>



Call Union Steamship Marina Today!! 604-947-0707

Cheers!! Cruisemaster/Socials Steve DeWitt and Melissa Forbister



# May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 On AGM at Willy's Galley	3	4 Boating 3	5	Change of Watch (COW)
7	8	9	10	11	12	13 Sail Past
14 Happy Mother Motors	15	16 Bridge Meeting At Willy's	17	18	19 PMPSS Cruise	20 (19th-22nd)
21  PMPSS Cruise	22 Victoria Day	23	24	25	26	27
28	29	30	31			

### **Change Of Watch** Dinner ~ Awards ~ Live Music ~ Dancing

Date: May 6th at 18:00 hours Location: Old Mill Boathouse Banquet Hall 2715 Esplanade St, Port Moody, BC V3H 3P4

Price is \$75/person and tickets can be purchased through the Social Committee at socials@portmoodypss.com and tickets will also be available on the Easter weekend cruise! This is an event you don't want to miss!





## June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	RVCC at Reed Point Marina
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



### Would you bet \$200?

That's the cost of a fine for not having the required safety equipment in good working order on your boat. Let CPS-ECP volunteers help you beat the odds.

Port Moody Squadron in partnership with Coquitlam and Burnaby Squadrons will once again be hosting our annual free **Recreation Vehicle Courtesy Check (RVCC)** this June 3rd, 2017 at

Reed Point Marina. We will check your boat for free... and if you have everything you need, you'll get a Safety Inspection Sticker.

This sticker won't guarantee that enforcement officers won't ask to see your safety equipment, but as long as you don't take anything off the boat that was there when it was checked – you should be confident that you are in compliance and won't get a fine for safety equipment violations.

If you don't have everything... we will explain exactly what you should have on board so you can be sure to win that bet. And once you are boating safely, you're not just saving \$200 - you could be saving your life.

Reach out to the squadron's RVCC officer Gary Coleman for more information at <a href="rvcc@portmoodypss.com">rvcc@portmoodypss.com</a>

## **Special Feature**

Packing Food for a Month Cruise -- Part 2: Menu and Supply List
~Submitted by Cynthia Oldham

o you struggle with food provisioning for a long cruise? How do you create tasty nutritious meals, keep the ingredients fresh for that extended period, as well as still minimizing prep and cook time? In this series of articles I am explaining how I go about provisioning food for a month on the Pacific Swan which you should be able to use to extract a few details to make your next provision a little bit easier. Last month (in part I of this article) I went over the ingredients that keep for a month (and how to store them). Now, we can use that information to create the menu and supplies/groceries lists.

Below is a menu card (5x8") from a two week period from last summer. I work with a two week period; it is a manageable amount food to work with at one time. For four weeks, I make a second card for the second two weeks. These cards are placed in plastic pouches which are taped onto the fiberglass wall in the galley. (See image of a menu card on next page.)

Our menu card shows we use a 5 meal day: first breakfast, breakfast, lunch, dinner and mug-up. Not all people eat all meals; the children normally don't have first breakfast and I skip mug-up. Also, I cook only two meals a day; either Breakfast or Lunch and Dinner. The other three meals are assembled. The numbers after a menu item are the number of meals of that kind to pack.

First breakfast (Approx. 6AM) is quick food that my husband and I enjoy first thing in the morning. For breakfast and lunch (Approx. 9AM and IPM), either one is cooked but not both. If we are at a location, then breakfast is the big cooked meal and lunch is packed for our adventure that day. If we are underway that day, then breakfast is quick and lunch is cooked when we stop for lunch. In the breakfast/lunch section the numbers after the meal item are the number of meals of that kind.

Dinner is always a thoroughly enjoyed meal. Note, there are the same number of boxes on the menu plan as dinners required. We don't pre-plan which nights are which meals, the children choose what they want to eat that night based on the unchecked boxes and other factors such as temperature, if we are underway, and how energetic we are feeling. When we decide on the dinner for that night we check it off. That way we know how many of which meals are in store. Mug-up is mostly for the children to give them some extra calories to get them through the night. If you are running low on easily accessible calories, the body reduces heat production and they wake up cold. For children's dessert snack; I take the children to the Costco cookie aisle and ask them to each to choose a box of snacks.

Once you have your menu plan filled out for the time period, I then go through each menu item and list the carbohydrates, protein, fruit/vegetables and others ingredients needed for that item (see provisioning list below). You can then go through each kind of food (e.g. carbohydrates) and add up the quantity of each item needed (e.g. tortillas) and put it on the "shopping" or "from home" lists.

Once I have done the first card, I repeat the process for the second card. I am expecting to pick up some provisions on route for the second two weeks, so those are noted on the card and not added to the shopping list.

I hope you picked up a trick or two about food provisioning on a boat. Thanks for reading. If you have any questions post them on the PMPSS Facebook page, or email <a href="mailto:pacificswanboating@gmail.com">pacificswanboating@gmail.com</a>.

- \*Note: This menu is high in sodium.
- ~Please see next page for charts provided by Cynthia~

(Continued on page 11)



### NEED A NEW SQUADRON BURGEE OR CPS FLAG?

Contact our Supplies Officer, Tannis Goddard at <a href="mailto:supplies@portmoodypss.com">supplies@portmoodypss.com</a> for hats, jackets, t-shirts and more!



#### (Continued from page 10)

		Two	Weeks (14 d	ays)	2"		
First Breal	kfast (14)	Breakfast and Lunch (28)			Snacks (including mug-up)		
Baby Bells Honey Ham Sticks Almonds Mixed Nuts Tea/Coffee Instant Oatmeal Biscuits		Cold Cereal (4) Instant Oatmeal (4) Egg/cheese/ham on bun (4) Scrambled eggs & hash browns (4) Sandwiches/Rusks (6) Crackers and Cheese (4) Hot Dogs (2)			Hot Chocolate Mixed Nuts Apples Carrot Sticks Pears Cookies Fruit Cups Cheesy Poofs Children's dessert snack		
			Dinner				
Mac and Cheese Casserole	Mexican Egg Burritos	Curry Chicken on Rice	Hot Dogs	Quesadi	llas	Noodles and Sauce	Shepherd's Pie

	Exc	erpt from a Provisionir	ng List	
Item (quantity)	Carbohydrates	Protein	Fruit/Vegies	Others
Mac and Cheese Casserole (2)	elbow noodles (4 cups)	Just like Ground (2), parmesan cheese, cheddar cheese, milk	carrots and peas (3 cups), onions (2), diced tomatoes (2)	ketchup margarine basil, thyme, oregano



EW! Discover Boating Canada recently launched a new Boating Safety App. We are pleased to let our members know that CPS-ECP was involved in the development of this new app and contributed content to it.

The Key Features of the App are:

- Boating safety checklists
- Weather resources to help plan trips
- Minimum required safety equipment and navigation light requirements based on vessel type
- Visual references of buoys & beacons
- Interactive Float Plan in which the boater can save multiple plans for quick and easy access
- · Emergency procedures information such as recovering someone who has fallen overboard
- Information on how to properly operate a boat such as docking, mooring and anchoring
- Plus much more!

The app is now available for Free Download. To get the Boating Safety App go to: <a href="http://www.discover-boating.ca/tools/discover-boating-safety.aspx">http://www.discover-boating.ca/tools/discover-boating-safety.aspx</a>

Go directly to the Apple Store download <a href="here">here</a> or download the Google Play version <a href="here">here</a>.



# **The Captain's Table**

### **Corn Chowder with Shrimp and Bacon**



#### **Ingredients:**

- 5 slices *Bacon*, cut into small pieces
- I pound medium shrimp, peeled and deveined
- 2 cups chopped yellow onion
- I tablespoon fresh minced garlic
- I teaspoon paprika
- ½ teaspoon dried thyme
- Pinch crushed red pepper
- 2-1/2 cups frozen corn kernels
- 3 cups chicken stock
- I cup half and half
- Salt and pepper, to taste

#### **Preparation:**

~In a large pot or Dutch oven over medium heat, fry the bacon pieces until crispy. Transfer to a plate lined with paper towels. Drain off fat from pot, leaving I tablespoon.

~Add shrimp to the pot and cook until pink (about 3-4 minutes), stirring frequently. Remove shrimp with a slotted spoon and add to the plate with the bacon. Leave juices in pot.

~Add onions and garlic. Sauté for about 3 minutes, or until onions are soft and translucent.

~Add paprika, crushed red pepper, thyme, salt and pepper. Cook, stirring frequently for 2 minutes.

~Add corn, chicken stock and half and half. Stir to combine. Bring to a boil. Reduce heat to medium-low and simmer for 15 minutes.

~Using an immersion blender, blend about half of the soup until creamy. If you don't have an immersion blender, blend 2 cups of soup in a blender and pulse until creamy (exercise caution while blending hot liquids - blend small amounts) and return to pot and stir well.

~Serve with shrimp and sprinkle with bacon pieces.

Garnish with fresh thyme sprigs, if desired. Serves 4





# Member News!

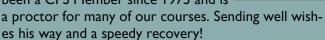


ongratulations to Darrell & Tova on their destination wedding in beautiful Cuba! Wishing the couple many years of wedded bliss!

o you have a story to share with PMPSS members? Feel free to forward your story to <a href="mailto:editor@portmoodypss.com">editor@portmoodypss.com</a> and it may appear in the next Quarterdeck!



ip, Hip, Hurray! PMPSS member, Mike Clegg had a hip replacement surgery late March and is on his way to recovery. Mike has been a CPS Member since 1975 and is





ongratulations to Captain Kimmy Saprunoff for her purchase of R&R, a 340 Sea Ray Sedan Bridge. Members Steve DeWitt & Melissa Forbister sailed with Kimmy on her maiden voy-

age to R&R's new home at Reed Point Marina. Have fun on the water Kimmy!

# Fun & Games

## **New! Caption This!**

prize to be won! Here's how to play... the picture on the right needs a catchy caption. Submit your caption (text only please) with "contest" in the subject line to: <a href="mailto:editor@portmoodypss.com">editor@portmoodypss.com</a>. Please include your contact information (email and/or phone number) so you can be reached in the event that you have won. A random draw will take place April 30th, 2017 and the winner will be contacted. Get your kids or grandkids involved!

(Note: Only the winner will be contacted and your contact information will not be shared or used for any other purpose).

\*\*If you have a photo that you'd like to have a caption added to, please forward to <a href="mailto:editor@portmoodypss.com">editor@portmoodypss.com</a> with the subject line of "Caption This"!



## When Not Boating, PMPSS Members Vacation Together!





## **The Transom**



### **Classifieds**

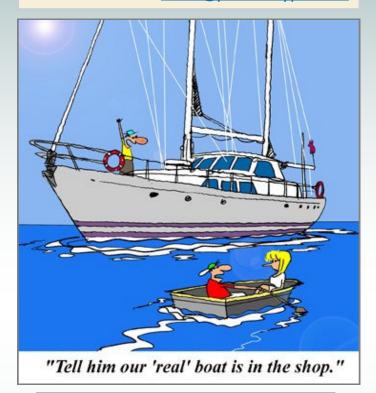
Like new, 22Kg stainless Ultra anchor, list price \$1600, lifetime guarantee, Asking \$1000. Contact Tony at 604-813-6814. Since selling the boat, many items for sale, too many to list. Contact Tony if you're looking for anything boat related! He may just have it to sell!



Blow out sale. PMPSS special. Case of 12 individual containers. Although they are called "boaters wipes", they also work great on RV's, bikes in the garage and around the house. Very multi purpose and environmentally friendly. You can check them out on line. Regularly \$99 US on line. NOW \$30 CDN. Cash and carry. Contact, Glenn at: kor-kon@shaw.ca



o you have a service, product or items that you're looking to sell? Let me know and I'll add it to the Classified section in the next Quarterdeck! Email me at <a href="mailto:editor@portmoodypsss.com">editor@portmoodypsss.com</a>





## HAVE YOU PUT OFF GETTING YOUR ROC?

ourses for VHF run often through the year on a demand basis. Check www.portmoodypss.com or contact Lynn Meisl at 604-516-6072.

