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www.portmoodypss.com



Submit your stories,
announcements, and
photos to the Editor
editor@portmoodypss.com

Editor: Julie Ryder



Commander's Message

As I write this it is mid July, and after a bit of teasing by the sun and rain Gods, I believe we finally have summer. For a while there I thought it wasn't going to happen; but even a cool-ish summer couldn't keep our Squadron from enjoying the many planned cruises and activities of the season. Rain or shine, while enjoying each other's company, we will be on the water feeding our passion for safe cruising.

From all reports the Southern Cruise(s) were well attended and enjoyed by those who were able to participate. We look forward to Cruise Master Goose's report. Many of you know Justavacation was grounded (not literally – you green jacket hounds) and could not participate in the Southern Cruise.

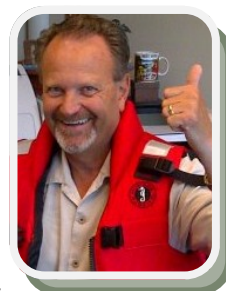
Fortunately, Sheila and I were able to spend some quality time with a couple of our grandkids cruising in our dinghy around the marina. We visited the sea lions and counted starfish along the shore. This little outing with our grandchildren reminded me of the song "Drive" by Alan Jackson. If you know it, you will remember that some very fond memories were made between a young boy and his dad with an old plywood boat. *"Built out of love, made for the water; Ran her for years, till the transom got rotten; A piece of my childhood will never be forgotten ..."* Like the lyrics of this song, we are all making great memories with our families and each other, often centered on our common enthusiasm for boating. I always marvel at people like Dave and Grace who, so obviously, have built many "on the water" memories with their family and Steve and Roni who are currently building memories with their great nieces and so many others who are constructing a similar legacy.

We obviously could not fully enjoy these treasured sojourns without the ability to safely navigate the pristine waters we are so fortunate to be surrounded with. Our Squadron's primary purpose is to promote and educate individuals in the art of safe boat handling. We are doing a great job with this primary goal. Julie Ryder has initiated the "I Got Caught Wearing My Life Jacket" Tee shirt giveaway program. This initiative is raising the awareness of life jacket importance for being safe on the water and at the same time promoting our great Squadron. Awesome job Julie! Susan Cooper (our PRO) is doing such a fantastic job of promoting our courses and activates. Without steeling her thunder, sufficed to say she has many irons in the fire that are starting to pay great dividends.

HOW CAN YOU ASSIST YOUR SQUADRON? We can all promote every class being offered to family, friends and associates. Our courses are very valuable and appreciated gift giving ideas. Also, Susan could use our help. She has sent out a request for assistance with putting up our banner in August, and to help at the "Thrifty Foods" registration table. If you have not heard about it and would like to help her, please give her a ring at (604) 461-5011.

I am looking forward to making many more amazing memories with my family and with you, our good friends of the Port Moody Power and Sail Squadron. Let's have a wonderful, safe rest of the summer. See you in Desolation!

"It was just an old plywood boat; A '75 Johnson with electric choke; A young boy two hands on the wheel; I can't replace the way it make me feel..." Safe Cruising,
Bruce Leavitt, AP
Commander



Thanks to our T-Shirt sponsors:

Glenn Richmond - Kor-Kon Charters Ltd.
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Dave Bruce - Bruce's Marine Repairs Inc
Chris Gordon - Teligence (Canada) Ltd.
Steve & Yvonne McCoach
Bruce & Sheila Leavitt



The Archives is looking for 4 past copies of the Roster / PropWash. This is the yearly publication that we all keep in our boats or homes to locate our fellow boaters. The years that we need are 2000, 1999, 1997, 1993. Please check your basements, attics, boats, and with any friends from other squadrons.

Thank you—Melody Hewson, Historian

A Matter of Course

BOATING ESSENTIALS



ALL operators of any powered boat must carry proof of competency on board at all times. The **Pleasure Craft Operators Card** can be obtained by taking a BOATING ESSENTIALS course through the Port Moody Training Department.

Start Date:

Thurs,
September 13

Duration:

7:00pm - 10:00pm for 13 weeks

All Courses held
at **Port Moody
Secondary School**

The Canadian Power Squadron **SAIL** Course



Being offered this fall, this course covers everything you need to know – *from a Sunday afternoon sailor to serious racing*

- Sailboat Rig
- Sail plans
- Boat design and hull types
- Standing and running rigging
- Sail shape
- Preparing to sail
- Stability, balance,
- Sailing upwind,

A PCOC card will get you out there, but a CPS boating course will get you back safely!

- downwind, heavy weather sailing and storm conditions
- Docking and anchoring
 - Marlinspike seamanship
 - Navigation rules
 - Safety

Start Date:

Thurs, September 20

Duration:

7:00pm - 10:00pm for 9 weeks



Boating Basics

PLEASURE CRAFT OPERATOR
COMPETENCY PROGRAM

'Anyone who operates a motorized pleasure craft must carry proof of competency on board'

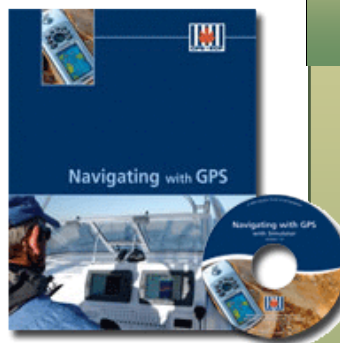
Training Department will be offering a two-evening Fall Boating Basics Course

For further information on dates and time, or to register for this or any course, please contact:

Lynn at 604-516-6072 or
lmeisl@telus.net

Navigating with GPS

This seminar will introduce you to the versatile Global Positioning System (GPS) receivers. With this course you will learn simple explanations of the system which makes GPS such an effective navigational aid, and methods of extracting the maximum navigational information from your equipment. Improved position information, course planning and real time speed/direction data improves your boating safety and cruise enjoyment but reduces transit time and fuel consumption.



Start Date:

Thurs, September 20,
7:00pm - 10:00pm for 9 weeks

VHF Radio Course

All those who operate the radio are required by law to have a **Restricted Operator's Certificate (Maritime)**.



Classes On Request



Diving Flag Awareness

"Tool of The Day"



This happened near Hutt Island. We were flying both the traditional red flag with white bar, as well as the Alpha flag from our boat. This moron decided to buzz right by our second floating buoy which is clearly marked with both a flag and the words "dive buoy".

This happens all too often.

Roy Mulder, CPS member

Diver Down Flag

As per the CPS "How To Fly Flags" booklet:



When your boat is engaged in diving operations, prominently display the internationally recognized "diver flag," a red flag with a diagonal white stripe. Most state and provincial jurisdictions provide that, when this flag is displayed, divers must stay within a certain radius of the boat (typically 100 feet) and other boats may not intrude into that area. If divers venture beyond that radius, they should take a buoy displaying the diver flag with them. There is no signal for night diving. Display the diver down flag only when divers are in the water. Do not fly it routinely as the hallmark of a dive boat.

Alpha Flag

Whenever a vessel is restricted in her ability to maneuver due to underwater operations, such as diving, internationally recognized Navigation

KRules provide that she may display International Code flag A (Alpha), a swallow tailed flag with the half nearest the hoist white and the outer half blue. The vessel thereby gains a special privilege under the Rules and may not be impeded by ordinary vessels not entitled to a higher class of privilege. This flag is only for vessels and is not carried on buoys, as is the Diver Down flag. At night, three vertically arranged, all-round lights red over white over red invoke the same privilege as the flag.



While 3 people thrown from an exploding powerboat in Oakville harbour on July 21st are recovering in hospitals, police announced Monday its destruction was not deliberate. Witnesses told police the boat erupted in flames after refuelling at the Oakville Power Boat Club, with all aboard blown out of the vessel.



Photo courtesy CityNews

SAFE REFUELLING

BEFORE REFUELLING

1. Secure the boat to the dock
2. Switch off engine(s)
3. Make certain all persons not involved in fuelling are ashore
4. Extinguish all open flames
5. No smoking
6. Switch off electrical equipment
7. Ports, hatches, and doors closed
8. Portable tanks must be refuelled ashore

DURING REFUELLING

1. Hold hose nozzle firmly against the fill pipe opening to prevent sparks from static electricity
2. Do not overfill

AFTER REFUELLING

1. Wipe up all spillage
2. Open up ports, hatches and doors
3. Operate blower for at least four (4) minutes immediately before every start-up
4. Before starting engine, test for fuel vapour; use your nose

Printing partially funded by the CPS Foundation

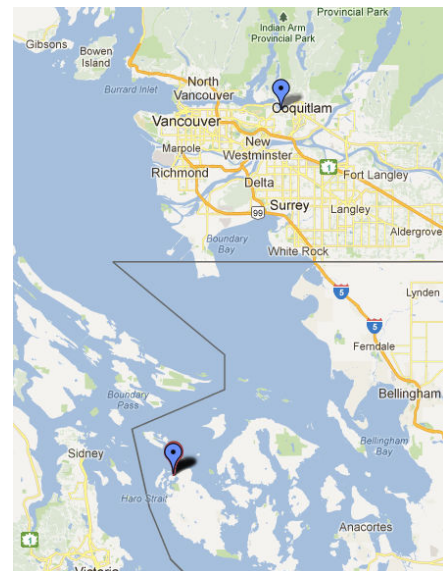
Canadian Power & Sail Squadrons
1-888-CPS-BOAT | www.cpsboat.ca



**Featured
Destination**

Roche Harbor Resort & Marina, USA

Maybe we should all get a Bayliner or a Meridian and then we could all go to the exclusive "Rally at Roche" rendezvous. Held May 31-June 3 at Roche Harbor Marina on San Juan Island, this annual 3-day family fun event hosted 105 Bayliners and Meridians, attracting close to 300 guests.



"Welcome to the Big Apple" was this year's theme and PMPSS members are no strangers to theme days. In keeping with the theme, activities consisted of boat decorating and dog show costume contests, carnival games & give-aways, and a "Lights of Broadway Dinghy Cruise". Culinary delight events were aptly named "Coney Island Carnival Happy Hour" (with New York Pizza & Long Island Ice Tea), 2 hosted lunches: a Friday "Kosher Street Dog Lunch" with the dock-side dog show, followed on Saturday with the "Manhattan Katz Deli Lunch" (unfortunately no cat show), and a hosted "Little Italy Dinner" & dance where you could dress up with a little New York flair for a chance to win a prize. It was a lot of fun....but wait there's more. Bayliners & Meridians aren't the only rendezvous events they hold there. [Check their calendar](#) and you might find one for your boat make this summer but even if you don't, there's lots of other sights to see in Roche.

The Roche Harbor marina is a designated port of entry for pleasure boats and is considered to be one of the best marinas in the Western United States. A customs dock occupies a section of the marina, with Customs and Border Protection agents on duty during summer months. When agents are not on duty, arriving boaters must call Customs and Border Protection from the Customs Dock. The resort was formerly a company town surrounding the Tacoma and Roche Harbor Lime Company, which was incorporated in 1886. Lime production was a major industry and revenue source for a corporation run by John S.

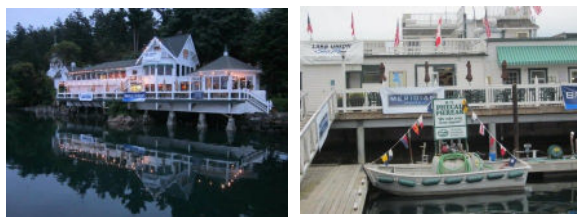
McMillin, whose ashes are buried in a large mausoleum nearby. The focal point of the resort is the historic Hotel de Haro. Explore the island on a moped, scooter, or bicycle rental, by foot on the many hiking & walking trails, or on a kayak. Relax at the Spa, or watch a Shakespeare play under the stars at the outdoor theatre, which is free of charge.



The marina features:

- Dock-side greeting and tie-up service
- Power and water hook-ups
- Mobile pump-out

- Access to resort amenities like the pool, tennis and bocce courts, and gardens.
- Fuel dock with diesel and unleaded gasoline.





Boat fer Hope originated in 1999 as a way t' share th' boatin' experience wit' sprogs who 'ave special needs 'n raise funds fer Variety - Th' Children's Charity. Boat fer Hope now happens in three communities, Vancouver, Victoria 'n Kelowna, has hosted o'er 3200 sprogs, 'n has raised more than \$1,300,000 fer Variety.

A blunderingly big thanks goes t' th' PMPSS Skippers, Admirals, & crews o' Pacific Pearl, Bull Durham, Our Office, Dubrovnik, an' Boy N Sea, who took th' time t' take some

sprogs and their families on a treasure hunt o' a lifetime down in False Creek on June 9th.

Th' (Ye Scurvy Dog!) Royal Vancou'er Yacht Club (Jericho), agin hosted an awesome appreciation dinner fer th' Skippers & first mates, followed by a sneak preview o' th' 2012 video ([see it here](#)), guest speakers, an' a carbunculously silent auction. Treasure Isle won th' "Spirit o' th' Water" award wi' Pacific Pearl com'n in a close 2nd. Next year, we'll g't that canon mounted an' see who get's it then....arrrrrrr, who's wi' us? 🚩

Why is pirating addictive?
They say once ye lose yer first hand, ye get hooked!





**SOUTHERN
COMFORT**

Cruise



Word on the docks is that many of you wish to head south and experience some great adventures in the San Juan Islands! In order to get far enough down there to really enjoy and experience as much as possible, we will be spending Canada Day in the U.S. Not to worry, we've done it before, and it actually is a great way to wear our red and whites and show off our Canadian pride to our neighbours.

Cruisemaster Grace Burrell

We started out Friday in Telegraph Harbour. Really nice marina, ... there were 12 boats there.

Grace Burrell, Cruisemaster

June 29th Telegraph Harbour, Thetis Island

Thetis Island was named after the HMS *Thetis*, a 36-gun Royal Navy frigate on the Pacific Station between 1851 and 1853. In Greek mythology, Thetis was a Nereid, a sea nymph, and daughter of Zeus. With the exception of 9 miles of public roads and 12 miles of public shoreline, Thetis Island is entirely privately owned, and mainly forested, with some farmlands, meadows and wetlands. At Preedy Harbour there is a public dock, and nestled in the protected waters of Telegraph Harbour, an excellent harbour with good moorage/anchorage, are two full service marinas: Telegraph Harbour Marina and Thetis Island Marina & Pub.



For you wine buffs, a brisk five minute walk from Telegraph Harbour Marina is Thetis Island Vineyard. The winery, complete with an on-site store, was planted in 2000 with 11 varieties of grapes, licensed in 2004, and their main product is the very popular Wild (organic) Blackberry Fruit Wine.

Thetis Island Marina and the Ladysmith Yacht Club have hosted a regatta which includes a race around both Thetis and Kuper Island. This regatta first ran 13 years ago, and each year proves to be one of the best social sailing meets anywhere. The regatta takes place on the second weekend of May each and every year, and includes registration on Friday, the race on Saturday, and departure on Sunday.

June 30th Montague Harbour, Galiano Island



For only \$1.6 million this could be the new PMPSS clubhouse. Montague Harbour Marina provides transient, winter & annual moorage in a picturesque & sheltered setting. 15 & 30 amp electric hook-ups, washrooms, and an easily accessible fuel dock for gas & diesel. The licensed Waterfront Cafe is open daily & the store offers novelty ice cream, groceries, gifts, clothing, books, charts, plus camping & fishing supplies. There's also a moped, boat &



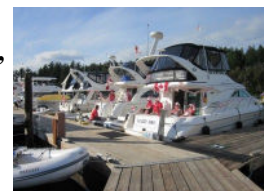
kayak rental facility. Montague Park, beaches & golf are nearby. Many members also

enjoy taking the "Pub Bus" from the marina up to the Hummingbird Inn for social time in the evenings (May to September). If you are at Montague Harbour in the summer look for great educational displays at the park dock. They often light up the water under the dock to attract sea creatures at night. Also a treat is the dinghy ride back to your boat after dark - you'll be amazed at the incredible phosphorescence mid-summer!



July 1 & 2 Roche Harbor, San Juan Island

Roche Harbor was named in honor of Richard Roche, who served under British Captain Henry Kellett in 1846 and Captain James Charles Prevost in 1857-60. The Tarte Family restored historic buildings to function and cleared the way for Roche Harbor's metamorphosis into a boater and resort. Since then, the resort has returned to its community-centered roots with the reestablishment of neighborhoods and a village center.



July 3 & 4 Reid Harbor, Stuart Island

Stuart Island was named by Charles Wilkes during the Wilkes Expedition of 1838-1842, to honor Frederick D. Stuart, the captain's clerk of the expedition. It is home to two communities of full and part-time residents, a state park, a one-room schoolhouse, and two airstrips. The lighthouse and nearby "Lover's Leap" are popular hiking destinations accessible by county road. Sheltered anchorages for boaters can be found in Reid Harbor and Prevost Harbor, with public state park facilities in each. There are no stores or other

(Continued on page 7)



We had 8 boats in Roche on Sunday (Canada Day). The next day we were supposed to anchor in Roche or head around to Garrison Bay, however we somehow managed to all stay on the dock in Roche one extra night and we were thrilled about that. It gave us an extra day to go sightseeing and do things, especially for the people that had never been there before. From there, we headed to a place called Stuart Island. It ended up being my favourite place of all. They have these floating docks in the bay and you can just tie up to them. There is no power or anything, they are just docks with picnic tables on them. We managed to get one and had 9 of our boats on it. It was like our very own private island, gosh we had such a good time there. Spent 2 nights there, according to plan. We all said that if we didn't have reservations at Deer Harbor the next night, we probably would have stayed in Stuart for 3 nights.

On July 4th, we all jumped aboard Lucky Day and headed back to Roche to watch the fireworks. We lucked out again and were able to raft to Merlin (who had decided to stay at Roche for 5 nights). We watched the fireworks which were great and then cruised back slowly to Stuart. It is only about 5 miles away so not too bad.

Grace Burrell, Cruisemaster



Mexico who sent an exploration expedition under Francisco de Eliza to the Pacific Northwest in 1791. Originally named Hull Island (after Commodore Isaac Hull) by American naval officer & explorer Charles Wilkes, British officer Vice Admiral Henry

Kellett re-named it Orcas Island during his reorganization of the British Admiralty charts in 1847. Deer Harbor is home to the Deer Harbor Marina, and across the road is the Resort.

Amenities:

- Wet slips up to 50'
- Side Ties up to 120'
- Guest overnight dockage
- Electricity and potable water
- High speed internet access
- Fuel Dock
- Pump out Station
- Dock store with grocery items
- Beer and wine sales
- Restrooms and laundry
- Showers
- Beach and Pool access
- Shuttle access to ferry & shopping
- Bicycle, Kayak and small boat rentals

Off to Deer Harbor for July 5th, there were 9 of us there. Again a nice place. The final destination was Sucia Island, and we were supposed to spend 2 nights there. However, it was so crowded there, we couldn't get right in, ... so our 9 boats were all near the mouth and although we were stern tied, it was a bumpy night.

Grace Burrell, Cruisemaster

July 6 Fossil Bay, Sucia Island
Sucia Island's name originated with the Spanish Captain Demi Helena, on his map of 1791. He named it "Isla Sucia". Sucia in Spanish means "dirty" or in a nautical sense "foul". This word was chosen because the shore was deemed dangerous due to reefs and hidden rocks. Fossil

bay got its name from the fossils of small marine life that are found in the surrounding rock faces. There are 16 mooring buoys to tie up to in Fossil Bay as well as two floating docks-- both of which fill up fast on holidays and on weekends during the summer months. 🇺🇸



Big Booty, Getaway, Merlin IV, Bull Durham, Chel Sea, Sea Baer, Rainbow, Boy N Sea, Clintessa, Lucky Day, Davy's Locker & Viaggio. & Sonador

Next Issue: Double Southern Comfort Cruise



(Continued from page 6)

public commercial establishments on the island, aside from a wooden box, stocked by a local family with printed T-shirts and other souvenir items; each souvenir comes with an envelope through which visitors return payment by mail, based on an honour system.

July 5 Deer Harbor, Orcas Island

The name "Orcas" is a shortened form of *Horcasitas*, or Juan Vicente de Güemes Padilla Horcasitas y Aguayo, 2nd Count of Revillagigedo, the Viceroy of



Looking Ahead

Upcoming Activities & Events

August



The Vancouver Wooden Boat Society produces the annual Vancouver

Wooden Boat Festival which is held at Granville Island on August 23-26.



September

End of Summer Picnic in the Park
Saturday, September 22



Family Picnic
11 am – 4 pm

Come and join us for a Barbecue and Games at Belcarra Park. Come by boat, car, walk or bicycle. Bring your own food, soft drinks, plates & cutlery. BBQ provided. Invite your family, friends, pets and/or neighbours.

For more details please call
Arlene Gojevic:
604-931-7105 or 604-230-7354

Help Wanted!

PMPSS Banner on Rocky Point Bridge:

- Banner down Sunday Aug 19 (evening)
- Banner up Monday Aug 27 (evening)
- Banner Down Sunday September 9 (evening)

Boating Courses Registration Table at Thrifty's

Saturday Aug 25, approx from 10am onwards. Lots of people in the village at Suter Brook so it will be hectic. Take a short shift; every little bit will help on this major registration day.

Watch for more "Help Wanted" e-blasts in your mailbox!!

Volunteers Please Contact: Susan Cooper
Public Relations Officer

coopersw@telus.net

604 461 5011 or 604 250 2377

Upcoming 2012 Cruises



DATES	EVENT	INFORMATION
August 3-19 th	Destination Desolation Desolation cruise with stops including Garden Bay, Grace Harbour, Squirrel Cove, Prideaux Haven, Pendrell Sound, Von Donop, and Gorge Harbour	For further information or reservation details please see our website (www.portmoodypss.com) or contact the cruisemaster at cruisemaster@portmoodypss.com Hawaiian Luau Aug 17th at Gorge Harbour 
August 31-September 3 LABOUR DAY LONG WEEKEND	Union Steamship Marina Snug Cove, Bowen Island	Contact marina directly for your reservation at (604) 947-0707
November 11 th Remembrance Day 	Remembrance Day Services Belcarra Park	Further details to follow in future
December 2012	Christmas Ship Cruises	Further details to follow in future

PMD Integrated Cruise

August 24-26



Port Browning, Pender Island

All PMD Squadron members and their guests are invited to attend an integrated cruise at Port Browning Marina during the weekend of August 24, 25 and 26th, 2012. In the last couple of years, Port Browning Marina has upgraded their docks, power supply, washroom and shower facilities. So, please mark these dates on your calendar and come join us for fun and fellowship.

Friday evening will be a meet and greet as our members arrive.

Starting at approximately 1:00 PM Saturday afternoon, a three hour dinghy exploration cruise will depart for Bedwell Harbour and return around 4:00 PM. (Hopefully we won't

run into Gilligan.)

A potluck dinner will commence at 6:00 PM on the lawn near the fire pit. Members are asked to supply their own main course and one potluck dish to share. BYOB plus plates, cutlery and napkins.

Weather permitting, at dusk on Saturday evening, we will show a movie that will be entertaining for all ages.

NB: Hosted by White Rock Squadron. Please contact Norm Headrick to reserve your slip. He will need your name, Squadron, telephone number, boat name & length, port or starboard tie, date of arrival and departure. Norm's email address is nheadrick@shaw.ca 

Freedom 55?



Sheila Leavitt officially retired July 18th under direct orders from her husband (the Commander) ...congratulations! What are her plans now? More time with the grandkids, and boating of course. 🇺🇸

It's about time! Your husband is a slave driver...sends you to work while he sits around with his feet up and blames a broken ankle!

Seb Anderson

Editors Note: Last issue I incorrectly reported that Levon Dean is the youngest Crab Meister. The youngest is Chris & Robin Sheldon's grandson, Jaiden Goode, who was 6 or 7 at the time. 🇺🇸

With Sympathy

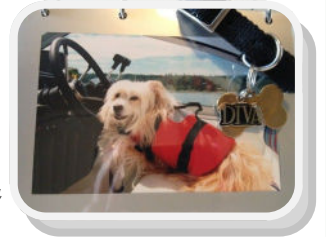


Our little squadron puppy "Kayla" left us on June 28th, 2012. She was such an incredible friend to us over the years.

We got Kayla in September 1995 and quickly found out just how much she liked chicken. It was actually Kayla that pointed us in the boating direction about 12 years ago. Due to her medical condition it was difficult for us to travel together because Kayla couldn't be left with anyone, so we bought a boat. We quickly found out what a great experience boating was and Kayla loved every minute of it. When she was young we could barely keep her in the boat. She loved jumping off the back of the boat to swim to shore so we had to make a doggy ramp for her to get back out of the water. As she aged she swam a little less but still loved to chew on a nice piece of driftwood.

We will miss Kayla. She brought so much enjoyment to us and others in the boating group. She was very unique and beautiful. Sleep well our little princess. You will be missed. 🇺🇸

Steve & Jeanette Clements, Zenyatta



Milestone Birthdays

Happy Birthday wishes to members celebrating their 50th & 60th birthday this year,

sharing the fun with their fellow PMPSS shipmates. 🇺🇸

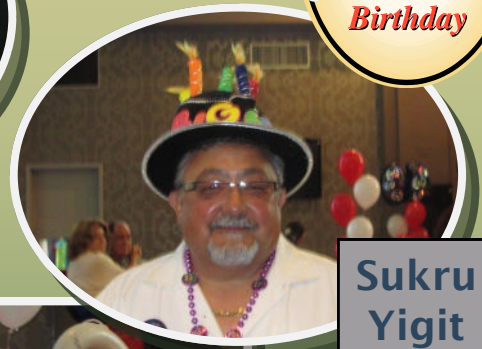


Happy Birthday Julie

Berne Engen



Laurie Neiser-Braaten



Sukru Yigit





Hawaiian Kaukau



Cue the Hawaiian music in a remote bay with sandy beaches, the smell of coconut suntan lotion in the air, and the sun's rays melting the tension from your body...so what's missing? The taste of Hawaii. A sure hit will be this summer's potluck theme, a Hawaiian

Luau to be held in Gorge Harbour on Cortes Island in Desolation Sound.

In 1819, King Kamehameha II abolished the traditional religious practices where men and woman ate their meals apart, and commoners and women of all ranks were not allowed eat certain delicacies. A feast where the King ate with women was the symbolic act which ended the Hawaiian religious taboos, and the luau was born. The favorite dish at these feasts is what gave the luau its name. Young and tender leaves of the taro plant were combined with chicken, baked in coconut milk and called luau.

The flavour of Hawaii is a fusion of many foods brought by immigrants to the islands, particularly of American, Chinese, Filipino, Japanese, Korean, Polynesian and Portuguese origins. The classic flavor combination of



Polynesian cuisine is sweet and salty: think coconut shrimp, maui ribs, coleslaw, chicken satay, and kebobs with grilled pineapple. Guava is a favourite ingredient in tiki cuisine and tastes delicious in a

glaze spooned over cheesecake or ice cream. A Hawaiian breakfast dish called a Loco Moco consists of a hamburger patty served over rice, topped with a fried egg and gravy. Lunch is typically a meat with rice and macaroni salad. Spam is also a favourite among locals.



Decorate your drinks. Half the fun of tiki drinks are their colorful straws and garnishes. Paper umbrellas are perfect, or get creative with



skewered fruits. Rum is the main ingredient of many Hawaiian cocktails such as the classic Mai Tais, Singapore Slings and Blue Hawaiis, as is pineapple juice and coconut milk. Hipahipa! 🇵🇭



Polynesian Sausages

Ingredients (4-6 servings)

- 1 500g (Maple Leaf) sausage links
- 1 green bell pepper, sliced
- 2 ribs celery, sliced
- 1 onion, sliced
- 1 398 ml can pineapple chunks
- 2 tbsp cornstarch
- 1/4 cup packed brown sugar
- 1/4 cup vinegar
- 1 tbsp soy sauce

Directions

Brown sausages over med low heat 20-25 mins in a skillet; remove from skillet and keep warm. Add the green pepper, celery and onion to the drippings in the skillet; brown slightly. Drain the pineapple, reserving juice. Add the pineapple to the onion mixture. Combine the cornstarch and brown sugar in a small bowl and mix well. Add the pineapple juice, vinegar and soy sauce; beat until smooth. Add the cornstarch mixture gradually to the pineapple mixture and cook until thickened, stirring constantly. Return the sausages to the skillet and reheat. Serve over a bed of hot fluffy rice. 🇵🇭

Lava Smash

Ingredients (makes 2)

- 8 frozen unsweetened strawberries, partially thawed
- 3 oz. rum
- 1/2 cup sugar-free calorie-free coconut-flavored syrup (like Torani Sugar Free)
- 1/2 cup fat-free vanilla ice cream
- 1/4 cup crushed pineapple in juice (not drained)
- 2 no-calorie sweetener packets (like Splenda or Stevia)
- 2 cups crushed ice or 10 - 16 ice cubes
- Optional garnish: pineapple wedges



Directions

Add strawberries and rum to a blender and puree until smooth. Distribute evenly between 2 tall glasses.

Rinse blender. Put remaining ingredients in the blender along with 1/2 cup of cold water. Blend at high speed until smooth.

Very slowly pour the contents of the blender over the strawberry mixture in the glasses. If you like, garnish each glass with a pineapple wedge. Enjoy! 🇵🇭



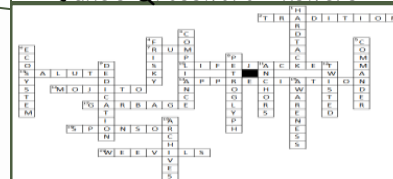
Across

2. Evidence of ancient life as recorded in rock
3. The surface that forms the stern of a vessel
7. A concentration of riches
9. A general term for calcium-containing inorganic materials
10. A voyage on a ship or boat taken for pleasure or as a holiday and usually calling in at several places.
12. Heatless light generated chemically by marine plants and animals
13. A series of boat races
17. A large burial chamber, usually above ground
18. Hawaiian word for Cheers
19. Once disparaging term for a child, now often used affectionately

Down

1. Traveling amusement show usually including rides, games, and sideshows
2. Any of several types of warship
4. A memento, keepsake or token of remembrance
5. To enhance in appearance by adding decorative touches
6. A person who has command of a vessel
8. visible suspension in the air of particles of some substance
10. The place at a port, airport, or frontier where officials check incoming goods, travelers, or luggage
11. A Hawaiian Feast
12. The quality or state of being proud
14. Spanish word for dirty or foul in a nautical sense
15. A structure extending into a body of water, to which boats may be moored
16. A desirable or useful feature or facility of a building or place

June's Crossword Answers



Wish list: Fillable
Crossword on screen.
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As Seen In The News

Great Japanese Tsunami Debris Cleanup

Residents of B.C.'s coastal communities are already finding debris from last year's Japanese earthquake and tsunami on their shorelines—and they know it's just the beginning. Scientists expect the bulk of the floating debris will arrive next year

"I go out to the beach quite a bit, and we've recovered a lot of bottles with Japanese writing," said Andrew Merilees, mayor of Masset in Haida Gwaii. Styrofoam buoys, lots of fishing floats, large pieces of plastic. It seems that anything that floats is what is coming across now.

Merilees said that commercial crab fishermen from Haida Gwaii have been salvaging buoys for reuse but the spectre of a large debris field heading toward British Columbia has local officials concerned about who is responsible for the cleanup and the costs. *"The issue isn't just who is going to pay for it — it's also where we are going to store the debris because we don't have a recycling facility,"* said Karla Robison,



manager of emergency services in Ucluelet, on the western shore of Vancouver Island. Robison said local volunteers and even volunteers from elsewhere in B.C. will help collect and separate the debris.

The Great Canadian Shoreline Cleanup will spearhead the visitor volunteer strategy, jointly led by the Vancouver Aquarium and the World Wildlife Fund. The group is launching a volunteer sign-up registry to support local, provincial and federal cleanup efforts. *"We just want to be ready to provide some volunteers to these communities,"* said Great Canadian Shoreline Cleanup manager Jill Dwyer.



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