

NAUTICAL NOTES



Local Volunteers teaching safe boating since 1959

Commander's Message

The dark, shorter days of winter are finally over, and we have some green grass showing again on our lawn. We make frequent visits to the garage to visit our sailing dinghy, and are looking forward to spring and getting back out on the water. Some of you may have attended the Toronto International Boat Show and purchased some new water toys, marine products or maybe even a new boat!

Our feature article this month is about purchasing and caring for your PFD or life jacket. There are tips about selecting the right jacket for your age and size, as well as buoyancy testing to make sure that the jacket actually keeps you afloat in an emergency.

We are excited to be offering our blended Boating 2/3 course again this winter. Eleven students are registered and are just beginning to learn to navigate using paper charts and some simple plotting tools. We also have nine students registered in Maritime Radio and they are enjoying a completely online experience. Our registered ROC (M) Examiner, Munroe Scott is booking face- to- face exams for local students, and exams using Zoom technology. You can sign up for Maritime Radio and begin your self- study at any time.

Our speaker series is now up and running for the season. We are excited to have avid boater and electrical engineer, Gerry Thompson, speaking to us on February 16th on the topic of electrical safety on board. This is such an important topic to ensure that you don't suffer injury from electrocution, or burn your boat to the waterline. On March 23rd, Munroe Scott will host a session on building a wooden sailing dinghy and will review some safety concerns related to human powered watercraft. The virtual speaker series uses Go To Meeting technology. Your Mailchimp email will contain a link to enable you to join us for the first session!

Enjoy the rest of the winter season!

Commander Martha Scott

UPCOMING EVENTS

February 16, 2023
7:00 - 8:30 p.m. EST

Speaker Series Event with Electrical engineer and sailor, Gerry Thompson, details on pages 4 and 5, along with link to join the session.

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March

Speaker Series Event with Munroe Scott, Registered Examiner for Maritime Radio and Boat Builder Thursday, March 23rd, 7:00 - 8:30 p.m. Virtual Talk on building a wooden sailing dinghy. Link will be included in the March edition of Nautical Notes

April

Ask the Expert Panel Discussion. A virtual question and answer session with a panel of three experts:
Weather: John Cunningham, Peterborough Squadron
Fire: Captain William Walker, Toronto Marine Fire Unit;
Insurance - Ashley Nietlisbach, Cowan Insurance

Stay tuned for details of our first face- to- face event, spring, 2023



Choosing, Buoyancy-Testing and Caring for your PFD/Lifejacket

Boaters are increasingly aware of the need to wear a life jacket at all times when boarding, travelling on the water, and disembarking from their watercraft, regardless of whether the craft is large or small, or human or engine -powered. A significant number of deaths on the water occur when individuals are not wearing a personal flotation device. **The PFD, or life jacket may also fail to provide protection when it does not fit properly, is in disrepair, or does not provide enough buoyancy to keep the wearer afloat.** Adults, youth and infants require different sizes and features in a PFD. You may also wish to consider purchasing a PFD, with a grab handle, for your dog, as not all canines are great swimmers. Winter is a good time of year to inspect your PFDs and look for signs of damage or wear. You should always store life jackets out of the sunlight and make sure that they are clean and dry so that the foam padding and straps do not disintegrate. Never kneel on your PFD, or use it as a fender when tying up your boat. Tug on the straps to make sure that they are firmly attached to the body of the jacket. Overwinter the jackets indoors in a dry, well ventilated space - preferably not in the boat itself because of winter dampness. When examining your life jacket, consider the following:



- **For adults, sizing is based on chest size (ie. circumference).** There are often specific jackets for women to accommodate variations in chest size. The jacket should fit snugly, but be comfortable enough to allow the range of movement required to do on-board tasks. For many human-powered vessels, there are vest-like PDFs that permit paddling. Youth, children and adults should always wear a PDF while paddling a canoe or kayak, even if they remain close to shore and are excellent swimmers. Note that for kayaking, a short-waisted life jacket is ideal to prevent the jacket from riding up when you are sitting in the seat. For all types of boating, it is recommended that you check your jacket for buoyancy by wading out into the water (with a buddy to lifeguard) and determining if your jacket has enough buoyancy to keep you afloat, and turn you over if you fall face down and are unconscious. You may require a heavier jacket with more foam padding. Differences in body mass index and body type may mean that your jacket will not keep you afloat, even if it fits around your chest.
- **For children and infants, weight is the most important factor when selecting a PFD.** Jackets are usually labeled as suitable for infants (8 - 30 lbs), a child (30 - 50 lbs), or youth (50 - 90 lbs). For the little ones, the following features are essential: a snug fitting jacket that does not ride up over the chin and ears, a large collar to keep the head clear of the water, a safety strap that runs between the legs to keep the jacket from shifting position, buckles on the safety straps to easily extricate the child from the jacket, reflective tape in case the child is too frightened to call for help, or it is dark, and a non metallic (pealess) whistle. It is a good idea to rehearse (ahead of the voyage) the steps required in wearing the life jacket, to minimize fear and crying while on board. Remember that inflatable jackets may not be used by anyone under 16;
- **For all users, the following PFD features are recommended:** pockets to contain a waterproof flashlight, phone or water bottle, tabs to attach a knife and whistle, reflective tape for extra night visibility, and fabric in bright colours, especially the traditional orange or yellow;
- Remember that you are required by law to have a lifejacket or PFD on board for each person in a watercraft. The jacket must be approved for use in Canada by Transport Canada, the Canadian coast guard, or Fisheries and Oceans Canada. Most jackets made in the USA are not certified for use in Canada.



Update on our Boating Safety Courses Winter 2023

Boating 2/3 Blending Learning Course

This course combines Boating Safety Course 2 and Course 3 - Introduction to Navigation. We started this course at the end of January 2023, and will finish near the end of April. Winter is a perfect time to upgrade your boating safety and navigation skills. Our experienced course instructor Leigh Mellow, with assistance from other Peterborough squadron volunteers (Doug Hagan and Mel Little) have completed the first three sessions. We have an amazing class of 11 boaters, along with their tutors, who will be practicing skills of conning, paper charting, electronic navigation, and understanding aids to navigation. Other practical skills such as anchoring, towing, collision regulations, and environmental responsibilities of the skipper and crew are also covered in this course. We use a blended approach that combines independent learning, a weekly classroom session for answering questions and connecting with other students, and a series of online quizzes and practical exercises. Our current course is full, but we will be offering this training again in 2024. Other squadrons also offer this course, so check the course calendar at cps-ecp.ca (courses and training tab on the left hand side of the main webpage).

Maritime Radio VHF - receive your ROC (M) license in time for Boating Season!

You can take this fully online course, offered by Peterborough squadron, anytime. When you are ready to write your exam, contact our Registered Maritime Radio Examiner, Munroe Scott, who will book an exam time for you. There is a face-to-face requirement for the exam that contains a practical section where you simulate a distress call and practice the call alphabet used to identify vessels. Currently Zoom technology is used for this portion of the course, although Industry Canada, who administers the licenses, is currently reviewing their testing protocol. You can enroll in this class and begin your instruction immediately.

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Time to Renew your CPS-ECP Membership!

At this time of year, many of you will be receiving reminders, with instructions, to renew your membership in CPS-ECP. The website has been upgraded to make it easier to renew. Please let our Membership Officer, Jean Blondin, know if you encounter any challenges and he would be happy to guide you through the process. I would like to take this opportunity to express our deep appreciation for your support of Peterborough squadron and CPS-ECP National. Your membership contributes to outstanding boating safety education in Canada. Many lives are saved, and accidents prevented because of your generosity and ongoing financial support. We also value your friendship and look forward to getting together face to face in 2023, now that the impacts of the pandemic have lessened.

Peterborough Squadron, in Partnership with Oakville Squadron, CPS-ECP
Speaker Series Virtual Event for February 16th, 2023, 7:00 - 8:30 p.m. EST

Electrical Safety and How to Avoid Burning your Boat to the Waterline!

See Details on next page (p.5 of this newsletter)



Peterborough Squadron, CPS-ECP
Speaker Series Event for February 16th, 2023, 7:00 - 8:30 p.m. Eastern Standard Time

Electrical Safety for Boaters

Join us, virtually, for an evening with electrical engineer and avid boater Gerry Thompson, from the Oakville Squadron of the Canadian Power and Sail Squadron. The event is free of charge, and all boaters and their friends and family are welcome to attend. The event will be broadcast live, using Go To Meeting technology. There will be a 45 minute presentation, with questions and discussion to follow.

Meet Gerry Thompson:

Gerry has been sailing on western Lake Ontario for 40 years and is a qualified electrical engineer. He is also a CPS Advance Pilot and a volunteer instructor for CPS's Boating 2/3 offered by a number of squadrons, including Oakville and Peterborough. On the water, Gerry crews and navigates on racing sailboats and enjoys weekend cruising on the Great Lakes.

What will you learn from this Talk?

Some knowledge of electricity is vitally important to the safe operation of a sail or powerboat. As you already know, electricity and water do not mix and there is high risk of electrocution, especially at dockside. A second safety concern is heat or fire from overheated cables and connections. These risks can be avoided by following safe practices that will be reviewed as part of this speaker series talk.

Gerry will provide valuable information on the following topics:

- Basics of maritime electricity and a review of Ohm's law;
- Electrocution risks and how to avoid them;
- Circuit overloading and how to prevent it; and,
- Safe installation and use of boat batteries

So please join us on February 16th at 7:00 p.m. to join in the fun. Click the link below to access the talk and join in a few minutes early just in case you encounter some technical difficulties

Link to access the talk:

Speaker Series Session - Marine Electrical Safety

Feb 16, 2023, 7:00 - 8:30 EST The link will be open at 6:45 to give people time to join the session.

Please join my meeting from your computer, tablet or smartphone.

<https://meet.goto.com/425766261>

You can also dial in using your phone.


Access Code: 425-766-261

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Get the app now and be ready when your first meeting starts:

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Although it is not necessary to pre-register, you can let our moderator, Gina, know that you are coming by sending a quick email to sao-peterborough@cps-ecp.org



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From the Galley, with Joyce Little

Our squadron historian, Mel Little, has contributed this recipe from an archived edition of From the Galley. Mel's wife Joyce was the editor of this monthly recipe feature. This recipe came from Catherine McLeod, our first female Commander of Peterborough Squadron.

Joyce wrote: Catherine is one of my frequent suppliers of great recipes and she told me this one came from Joanne Calen, an artist that lives near Hastings Ontario. This recipe is cool and refreshing and would compliment a summer BBQ.

CHAMPAGNE SALAD SQUARES

1 Large Pkg. Of Cream Cheese

$\frac{3}{4}$ Cup Sugar

10 oz Pkg. Frozen Strawberries (thawed, using the juice)

$\frac{1}{2}$ Cup Walnut Pieces

2 Bananas Diced

1 Large Tin Crushed Pineapple (drained)

12 Ounces Cool Whip

Blend the cream cheese and sugar until smooth. Mix in the remaining ingredients. Freeze or chill in a square or oblong baking dish – good either way – Bon Appetit !



A current version of this recipe appears on the recipe blog:

hello-homebody.com

Check out this great website!

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