

THE QUARTERDECK

PORT MOODY POWER AND SAIL SQUADRON

February 2017 Newsletter

NAVIGATING THIS ISSUE

COMMANDER'S MESSAGE	1
COURSE AVAILABLE.....	3
VALENTINE INVITE.....	5
CALENDAR OF EVENTS.....	6
SPECIAL FEATURE.....	9
UPCOMING EVENTS.....	10
THE CAPTAIN'S TABLE.....	11
VANCOUVER BOAT SHOW.....	12
FUN & GAMES.....	13
THE TRANSOM	14



Commander Tony
Gojevic

A Message from the Commander

I hope you all had pleasant times with friends and family and I that you are looking forward to a winning and successful new year.

Even with the unseasonably cold weather, turn out for the Christmas Ships, though not a Squadron specific event we do form a significant contingent, the outings were pretty good with about 23 vessels participating on the best night. If you haven't partaken in the past I urge you all to consider participating next year. It's a great way to get experience with night cruising in a safe environment and helps keep your boats in operating condition during the off season.

My thanks to a number of skippers that invited your boatless Commander and his Admiral aboard their vessels. I really miss having my boat, no more so than during the Christmas Ships as it's a fabulous time of year to get out on a boat.

The December Pacific Mainland District meeting was postponed due to the unusual snowfall we had and was held January 9th.

There was a request for volunteers to help with the CPS booth at the Boat Show and a few PMPSS members stepped up, thank you. We were told the amalgamation of the 3 North Shore squadrons is just about complete with all squadrons surrendering their warrants. They are waiting on CPS National to rubber stamp the application for the new North Shore Squadron warrant. As previously noted the merger of NorDel into the White Rock squadron is completed.

Speaking of mergers and amalgamations, I was approached at the PMD meeting by the Commander of the Alouette Squadron as to how they might join Port Moody. They have a declining membership and difficulties in filling bridge positions. I advised him to speak with his existing bridge and membership and let them

(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
Cheers,
Dianne Kakanowski, Editor

WHERE TO FIND US



www.portmoodypss.com



www.facebook.com/groups/pmpss



www.twitter.com/portmoodypss

(Continued from page 1)

know we would graciously accept any members wanting to transfer in to our squadron.

As I commented in my last report we won some awards at last year's National AGM. There are a number of awards available each year in CPS and many are there waiting for us to apply. I have arranged for a committee to work at making presentations for next year's National AGM Awards series. If you know of any volunteers, instructors or Members at Large that you think deserve recognition please forward your ideas to secretary@portmoodypss.com. Our Secretary, Sheri Girard, has graciously volunteered to head the committee.

As you know we voted for and passed a motion to increase our Squadron dues at our Special General meeting in November. I still have some more work to do in moving the process forward and I hope to have this completed by the end of the month.

At our recent Bridge meeting we discussed ways to get students to further their education. Where we used to pay the \$35 introductory CPS membership fee for students who passed boating 2, we are now going to offer \$35 off the Boating 3 course for those students that join CPS at their own expense.

We're confident we will see an uptick in enrollment and hopefully get more knowledgeable members in our Squadron.

The Socials department has arranged for reserved seating at the Burrard Public house for a special Valentines dinner, more on that in this Quarterdeck edition. Also the cruise master has put out the dates for this year's cruises, no specific details yet, but check out the dates so you can plan your boating vacations, more on that also in this edition. Our next cruise is to Snug Cove on Bowen Island for Easter. I believe it's sold out but there are always cancellations, so get your name on the wait list. We have a great pot luck dinner and it's a great way to kick off the boating season.

Sorry for getting so wordy, but I think it's important that you all are kept informed with the goings on in the Squadron and at District, but that's it for now.

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



Christmas Ships 2016

As always I encourage all of you to contact me at Commander@PortMoodyPSS.com if you have any concerns or have items you'd like to see discussed at our meetings. Remember, everyone is always welcome at our Bridge meetings.

Cheers everybody
A.J. (Tony) Gojevic
PMPSS Commanding Officer



HAVE YOU TAKEN THE VHF COURSE?

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

Upcoming Courses Start Soon!

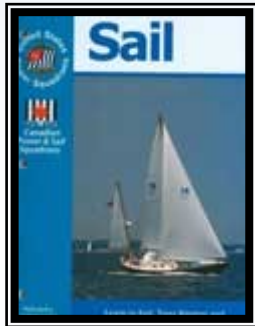


Restricted Operator Certificate (Maritime) & DSC

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 life-line. Be sure that you and your family take the Maritime Radio course. **Please contact Lynn Meisl at 604-516-6072.**



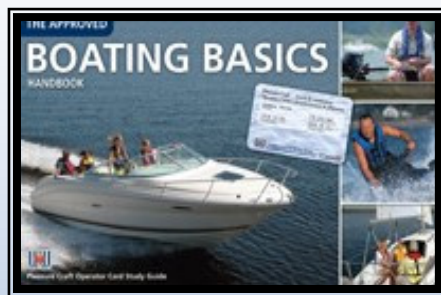
Sail

February 15th to April 12th at Willy's Galley, Reed Point, Port Moody

Do you want to learn more about sailing? Do you want to improve your sailing skills and your understanding of how sails work?

This Sailing Course covers the practical and theoretical basics of sailing and sailing seamanship. The range of topics is broad: from a description of different sailboat rigs, sail plans, hull types, and rigging to stability, balance, and the physics of sailing; from sailing at different points of sail to handling heavy weather and storm conditions; from spinnaker handling to reefing; from leaving the dock to mooring and anchoring. It also covers

sailing safety, navigation rules, and sailing tactics. Whether you are a new sailor or you are an experienced sailor and want to increase your sailing knowledge and skills, this course is for you.



Boating Basics PCOC: Boating I

April 22nd at 10am at the Marine Education Centre-Reed Point, Port Moody

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 gwanchor@telus.net or [604-461-5677](tel:604-461-5677) for the PCOC course.

For other courses that you wish to sign up for, please go to www.portmoodypss.com and look under "Courses and Events" on the left side of the screen for dates and location.



Introduction to Marine Navigation—Boating 3 **March 30-May 4th at Willy's Galley, Reed Point, Port Moody**

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.



Recent Class Photos



For a list of courses, please visit www.portmoodypps.com and look under “Courses and Events” on the left side of the screen for dates and location.

WE SHORE LOVE YOU, WHALE YOU BE OUR VALENTINE?



Be Our Valentine's!

FOUR COURSE DINNER FOR TWO



Menu

1st Course

Shared Antipasto

2nd Course

Two Caesar Salads

Main Course Options

Cioppino

Porcini Papperdelle

Stuffed Chicken

Peppercorn Sirloin Steak

Dessert

Flour-less Chocolate Cake & Prosecco

Available by reservation only. \$80 plus tax
Dietary restrictions may be accommodated with advance notice



Come spend your Valentines Day Dinner with your Valentine..... and the rest of the Port Moody Power Squadron!!

Enjoy a beautifully created four course meal for two, Only \$80 per couple!



Call the Burrard Public House (604) 939-7811 and book your spot today - Don't

forget to let them know you are with the PMPSS when booking!!



Looking at the Upcoming Months

February 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 <i>Boating 2</i>	3	4
5	6	7	8	9 <i>Boating 2</i>	10	11
12	13	14  <i>Valentine's Day</i> <i>(see invite)</i>	15 <i>Sail</i>	16 <i>Boating 2</i>	17	18
19	20	21  <i>Bridge Meeting</i> <i>At Willy's Galley</i>	22 <i>Sail</i>	23 <i>Boating 2</i>	24	25
26	27	28				


Be Our Valentines!



Look for the invite and details on Page 5.

*Four Course Dinner for Two
by reservation only \$80*

*Shared Antipasto
Two Caesar Salads | Two Entrees
Shared Dessert + Prosecco*



Willy's Galley hours of operation through to the end of February is 10am-2pm daily except Tuesdays.

Check out their Facebook Page: <https://www.facebook.com/Willysgalley2016/> for changes to business hours and to check out their menu!

March 2017

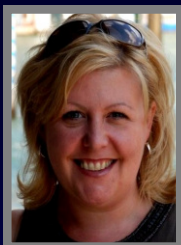
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Sail</i>	2	3	4
5	6	7	8 <i>Sail</i>	9	10	11
12	13	14	15 <i>Sail</i>	16	17 <i>St. Patrick's Day</i>	18
19	20 <i>First Day of Spring</i>	21 <i>Bridge Meeting At Willy's</i>	22 <i>Sail</i>	23	24	25
26	27	28	29 <i>Sail</i>	30 <i>Boating 3</i>	31	

Useful Links

Tide & Current Tables for 2017

<http://www.tides.gc.ca/eng/data/predictions/2017#vol5>

<http://www.tides.gc.ca/eng/data/currents/2017#vol5>



NEED A NEW SQUADRON BURGEE OR CPS FLAG?


Contact our Supplies Officer, Tannis Goddard at supplies@portmoodypss.com for hats, jackets, t-shirts and more!



April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Sail	6 Boating 3	7	8
9	10	11	12 Sail	13 Boating 3	14 Good Friday	15
16 	17	18  Bridge Meeting	19	20 Boating 3	21	22 PCOC
23	24	25	26	27 Boating 3	28	29
30						

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Boating 3	5	6 Change of Watch
7	8	9	10	11	12	13 Sail Past
14 	15	16  Bridge Meeting	17	18	19	20
21	22 Victoria Day	23	24	25	26	27
28	29	30	31			

Special Feature

Packing Food for a Month Cruise -- Part 1: The Ingredients ~Submitted by Cynthia Oldham



My family have been blessed to be able to cruise for about a month at a time on our 36 foot sailboat (the Pacific Swan) for the last two summers. The Swan has a large chest fridge with small freezer powered by 160 Watts of solar panels, which is handy. We cruise the inside passage and can therefore schedule a partial resupply every week or two. Some of our favorite resupply points are: Lund, Port McNeill, Comox, Nanaimo, Sidney and Victoria.



When I plan the menu for the cruise I work with the following three constraints: we only expect to pick up bread, milk and eggs en route; going to restaurants is non-optimal when traveling with a 9, 5 and 1.5 year old; and we minimize re-packaging of food, as we are very busy just before leaving on a long trip. Therefore, most food is purchased and loaded directly from

the store at the beginning of the trip. This article explains which foods can easily be purchased and will naturally store for a month under reasonable conditions (and how to keep them).

Key Ingredients in the Swan's pantry:

Root Cellar: onions, tortillas, apples, red pointed peppers (carrots, pears, grapes, bread and hotdog buns for the first part of the trip or after a resupply)

Fridge: Ham, hot dogs, cheese, milk, minced garlic, minced ginger and yogurt.

Freezer: frozen mixed vegetables

Dry Goods (protein): canned chicken, spaghetti sauces,

Dry Goods (carbohydrates): pasta, rice, crackers, tortilla chips, Dutch rusks, cold cereal, instant oatmeal, spices

Dry Goods (fluids): UHT (ultra-high temperature) milk, tetrapak almond milk.

Dry Goods (children's snacks): fruit cups, cookies, sweet snacks, cheesie puffs

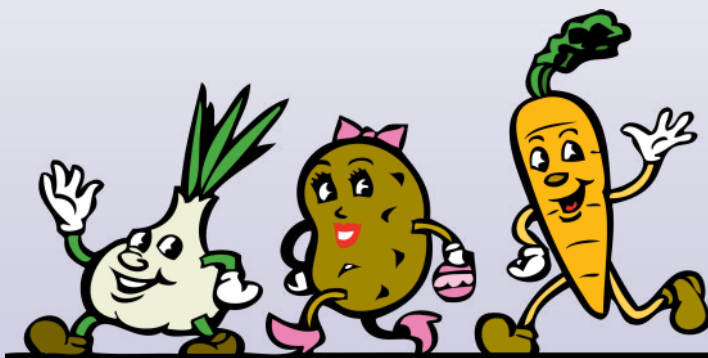
The key to successfully keeping food for a month is to find a naturally cooled "root cellar" in your boat. This is a compartment against the hull under the water line, therefore cooled by the water and insulated from warming by the boat above. In our boat there is one under the aft cabin bunk and under the floor boards in the galley. This is where we store: onions, tortillas, apples and red pointed peppers. (Last trip, red pointed peppers kept better than red/yellow bell peppers). I find that produce here keeps even better than in a fridge at home.

Major protein sources we use are canned chicken breast (from Costco), Yves ground round (a ground beef substitute), eggs (whole and egg whites), hot dogs, ham and cheese. {Keep an eye on the best before dates of the food when you purchase it.} Carbohydrates include tortillas, tortilla chips, pasta, rice, instant mashed potatoes (dried), and hashbrown potatoes (dried in waxed cardboard box). {Dried potatoes are from Costco.} Fruits and veggies include frozen mixed veggies, onions, red

pointed peppers, apples, canned fruit (in plastic cups) . See the side box with a listing of the key ingredients in the Swan's pantry.

If you have any questions post them on the PMPSS Facebook page, and I will respond. That way everyone else who has the same question can read the answer as well. Next Quarterdeck, I will write about what breakfasts, lunches and 8 different dinners we make from those ingredients.

Happy Boating, Cynthia



PMPSS Upcoming Events

Happy New Year everyone!! Come 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 as always as well as 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: <https://www.facebook.com/events/162962600860575/>

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

Cheers!!
Cruisemaster/Socials
Steve DeWitt and Melissa Forbister



Change Of Watch

Dinner ~ Awards ~ Live Music ~Dancing
(and some laughs)

Date: May 6th at 18:00 hours

Location: Old Mill Boathouse Banquet Hall
2715 Esplanade St, Port Moody, BC V3H 3P4

\$75/person and tickets can be purchased by contacting the Social Committee at socials@portmoodypss.com. Tickets will also be available on the Easter weekend cruise!

This is an event you don't want to miss!



The Captain's Table

Salmon Cakes with Sriracha Lemon Aioli Recipe

Ingredients:

For the Salmon Cakes

- 2 pounds salmon fillet
- 1 1/2 teaspoon salt
- 1 1/2 teaspoon pepper
- 1 large onion, diced, sautéed
- 2/3 cup plain dried bread-crumbs
- 1/2 cup finely chopped fresh parsley
- 1/3 cup mayonnaise
- 1/4 cup Dijon mustard
- 1 large egg (or 2 egg whites), lightly beaten
- 4 tablespoons of lemon juice

For the Sriracha Lemon Aioli

- 1/2 cup mayonnaise
- 4 teaspoons Sriracha sauce
- 4 teaspoons lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon salt



Preparation:

For The Salmon Cakes:

Preheat oven to 400. Rinse and pat dry the salmon, then place on a parchment-lined baking sheet and season with 1/2 teaspoon salt and pepper. Roast until cooked through, about 15 minutes. Allow to cool 5 minutes then using fork s flake or separate the salmon into small pieces.

Place salmon in a large bowl. Add onions, breadcrumbs, parsley, mayo, mustard, egg, & lemon juice. Season with 1 teaspoon salt and pepper, then mix gently.

Using your hands, form the mixture into patties and place on a parchment-lined baking sheet.

If you are freezing the salmon cakes, leave them on the baking sheet and place them in the freezer. Once firm, store them in a resealable freezer bag until needed.

To finish the cakes, bake on 400 for about 15-20 minutes, just until they start to crisp and become golden.

For The Sriracha Lemon Aioli:

Combine all ingredients in a small mixing bowl, and whisk thoroughly. Adjust salt and pepper to taste.

PMPSS Does the Boat Show 2017



The exterior photos were found on the PMPSS Facebook page and posted by Stephen McCoach. Fantastic photos!



PMPSS members gather for a meal at to celebrate the Commanders birthday.. The birthday boy seems to be missing but showed up later.



Fun & Games

Can you spot the 12 differences between the two teddy bear pictures below?
Find them and circle them as quickly as you can.



Chuckles



"When you said we were taking your 'boat' down the coast, I assumed the boat would be doing all the work."



"Yes, Mom, boating safety is important, however, a giant floaty is a little embarrassing."



The Transom



NEW

Classifieds

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



Do 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 editor@portmoodypss.com

Do you have a story to share with PMPSS members? Feel free to forward your story to editor@portmoodypss.com and it may appear in the next Quarterdeck!



WHERE TO FIND US



www.portmoodypss.com

www.facebook.com/groups/pmpss

www.twitter.com/portmoodypss

HAVE YOU PUT OFF GETTING YOUR ROC?

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

Restricted Operator's Certificate (Maritime) | Certificat restreint d'opérateur (Maritime)
DSC endorsement - endossement ASN

Canada

VOID

Name / Nom

Card Number / Numéro de la carte

Date of Birth / Date de naissance
Yr - An. Mo - M. Day - J.

Date of Issue / Date d'émission
Yr - An. Mo - M. Day - J.

Industry / Industrie
Canada Canada

Canadian Power & Sail Squadrons
Escadilles canadiennes de plaisance