



Aboard this issue

Princess Louisa/ Desolation Sound Cruise.....	2
Snug Cove Cruise.....	5
Family Picnic.....	6
Great Canadian Shoreline Cleanup....	6
Looking Ahead.....	7
A Matter of Course....	8
Notice to Mariners....	9
Member News.....	10
Galley Grits.....	11
Qrossword.....	12

We're on the Web:

www.portmoodypss.com

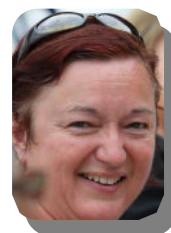


Submit your stories
announcements and
pictures to the Editor
editor@portmoodypss.com



Commander's Message

What is a Commander without a Bridge? Absolutely nothing in my view. I've have the pleasure to work with an experienced team of thoughtful, energetic, like minded individuals who want to make improvements and changes. This bridge year has been busy and one of evolving change and ambition. We've looked at a number of improvements:



1. **Education:** rental costs have increased dramatically. Thanks to our bridge and Past Commander Glen Anchor, we've moved to Port Moody Sr. Secondary. There was some costs increases due to color printing but nothing compared to the other rent hikes.
2. **The website:** is updated and transitioned to National CPS website. You can now book courses or social events and pay online. Facebook, Twitter site links on the website. Bridge members will schedule events on both the website and Facebook. Facebook is very active. Our **bridge meeting** dates have been added to the website. All members are welcome to attend, just let our secretary or myself know so we can advise on the location.
3. **Family events:** 'End of Summer BBQ Family Picnic' at Belcarra Park, Sept 14. A number of families came out to enjoy the great weather, games and fun. **Facebook:** Families can also connect with other families who have children of similar ages for cruising. Just add a post or event.
4. **Socials events:** have changed from rentals to hotels or restaurants mainly because of rising rental costs and insurance fee's. Harvest Moon October 22nd social is at the Executive Inn Hotel, North Road. Our February 14th, Valentine's Day will be at the Hart House. Keeping costs down here allows us to continue paying rental for the Summer house at Snug Cove for both Easter and Labour Day long weekends cruises where we get an average of 21 boats and 45-55 people.
5. **Communications:** Community involvement raises public profile i.e. Great Canadian Shoreline Beach Clean and Remembrance Day. Increased public attendance over the years for Remembrance Day is now 250-300 on average. Our Public Relations Officer actively watches for newsworthy articles to promote us in local newspapers. Our Quarterdeck has a new flare to it with our Editor.

All of us volunteer because we want to help make this organization a good and welcome place with the goal to **"increase awareness and knowledge of safe boating by educating and training members and the general public."** If you have any thoughts or like to see something added to our website or want to share, feel free to send me an email at commander@portmoodypss.com.

R Yigit

Contests? Prizes?

Best photograph in a category (TBA) and best story submission...submit yours between now and March 15th, 2012, and you could be featured in the QuarterDeck, and win a prize ...to be awarded at the next COW!



Princess Louisa & Desolation Sound Cruise

July 30, 2011

BUCCANEER BAY

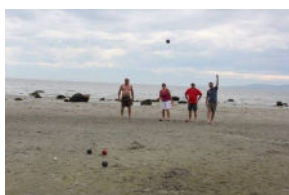


*O! Buccaneer Bay has a charm for me,
Where a beautiful isle lies lapped by the sea--
My thoughts turn thither.
I long once more
To beach my boat by its sandy shore--
My thoughts turn thither.
O! Take me back to that sunny bay
Where the salmon fish leap and the small fish play--
The waves are calling me.
All day long
I cannot forget their crooning song--
The waves are calling me.*



A small marine park located on the sand spit on the southern

tip of North Thormanby Island. This park has beautiful broad sandy beaches and warm waters. The large sheltered bay provides safe anchorage in most summer conditions. This park is accessible only by boat and provides opportunities for fishing, swimming, camping and picnicking...and playing Bocce ball.



The name Thormanby was given to the island by Captain George Richards, who surveyed



Kim Church, Rod Bourke, Hollie (Abbey's Friend), Jim & Abbey Church, Steve & Yvonne McCaugh, Tony & Arlene Gojovic

the area with his ship *Plumber* in 1860. The name Thormanby was that of the horse who won the Epsom derby, a famous horse race, that year. Buccaneer Bay, whose name was also taken from that of a race horse Buccaneer who won the Royal Hunt Cup at Ascot in 1861.

July 31—
Egmont



Egmont is at the gateway for two

incredible areas along the BC Coast. One is the Sechelt Rapids where you can witness the natural occurrence of tidal rapids at Skookumchuck Narrows Provincial Park. The other is boating up the waters of Jervis Inlet eventually to Malibu and the



Front left & clockwise: Arlene Gojovic, Kim Church, Kim Edgar, Sharon Bourke, Pam Gojovic, Deb Strong, Brendan Gojovic, Rod Bourke, Dore Edger, Jim Church, & Tony Gojovic

entrance to Princess Louisa Inlet.

The Egmont Marina & Resort

is one of two modern marinas offering moorage and supplies for yachts and floatplanes.

Egmont is named after the HMS *Egmont*, which served under Rear-Admiral Sir John Jervis at the Battle of St. Vincent on 14th February 1797. Egmont was used as the background for the television series *Ritter's Cove*, based on the adventures of a float plane pilot.



Back: Melva Lamont, Arlene & Pam Gojovic
Front: Roni Clark, Grace Barrell, Yvonne McCaugh

August 1&2—
Princess Louisa



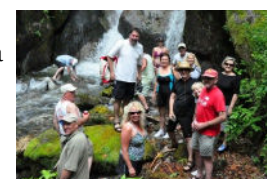
The Princess possesses a unique ecological system in the only true example of fjord land on the Pacific coast. A mere 8 kilometres (5 miles) long,

the Princess' mile high cliffs rise sheer from the placid waters and teem with dozens of waterfalls in the early summer. Chatterbox Falls,



at the head of the Inlet, gathers waters from the snowfields and mountain meadows above the Princess to cascade throughout the year into the Inlet near the present Campground. For

boaters there is a mooring buoy, stern pins, a boat dock and a dinghy dock. Maximum vessel length allowed on the docks is less than 18 metres (55 feet). The Macdonald Memorial Shelter is available at Chatterbox Falls and is a teepee style structure with 3 large openings around the perimeter and a large fire pit at it's centre.



There are 3 picnic tables at the shelter.

August 3—
Harmony Islands



Harmony islands are just that!! A

(Continued on page 3)



wonderful quiet place off the main track. Float and dream as you wallow in the warmest water north of



the Caribbean. Two of the islands are privately owned. Good shelter is provided here



for a few boats at any one time. Bottom is rock and anchoring is difficult. Stern ties are recommended

August 4—Lund

The picturesque fishing village of Lund, is located on Malaspina Peninsula, 120km north of Vancouver, on the Sunshine Coast.



Lund was established in 1889 by two brothers, Charles and Fred Thulin, from Lund, Sweden. Since then it has become a thriving fishing village offering an abundance of fish, crabs, clams, and oysters.

At the heart of Lund is the historic [Lund Hotel](#) boasting a restaurant and pub with ocean views. In the same building there is a laundromat, general store, post office, kayak rental shop, and local artisans' gallery. There is a year-round marine fuel dock adjacent to the Lund government marina.

August 5&6—Grace Harbour.



On the Gifford Peninsula, the inner part of Grace Harbour is completely protected from all winds

and seas. At the northern end of the bay, there are a series of hiking trails. Follow one of the trails to a small, peaceful, freshwater beaver lake.



The entire north shore of Grace Harbour was once privately owned but

15 boats in the largest raft up of this year's cruise, in Grace Harbour - Chris Gordon

was added to the park in 1975. One possible anchorage spot is found on the outer portion of Grace Harbour, particularly north of Jean Island. Dinghies can be beached at the site of a park information board, which illustrates the surroundings.



August 7 & 8 Pendrell Sound

Separating West and East Redonda Islands in the [Discovery Islands](#), Pendrell sound is like a huge crater partially filled with water. The bowl

effect creates some of the warmest salt water north of Mexico in the summer months (up to 82 degrees Fahrenheit!) and is ripe with oysters and mussels.



August 9 Squirrel Cove

Found on the east side of Cortes Island (pronounced Cortez). Cortes was named after the Spanish conqueror of Mexico, Hernando Cortes. This unlikely link was established by the Spanish cartographer, Valdez, who charted these waters in 1793. The Spanish never settled the area, but Cortes and other Spanish names remained. At Squirrel Cove there is a government dock and the Squirrel Cove Trading Company which contains a liquor outlet, general store with fresh fruits and vegetables, showers, laundromat, and a restaurant called The Cove. The floating bakery takes orders in the pm for bread, cinnamon buns, pies, granola, (and even ice cream), ready for pick up in the am the next day!



Neil Wildman, Sheryl Dawson, & Zdenko Erceg



Laughing Oyster Restaurant—Back Row: Dave & Grace Burnell, Dave & Kim Edgar, Lorraine Fyfe, Victor McCaugh & Didi Group, Front Row: Ron & Silver Clark, Melina & Dave Lennart, Janet & Len Palmer, & Steve McCaugh

(Continued on page 4)

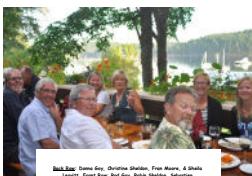


August 10 –14

At this point, most of the members deviated from course and new destinations were plotted in:

Gorge Harbour

On the west side of Cortes Island near the middle is Gorge Harbour, a beautiful and extremely well protected bay. This large enclosed harbour is accessible by a small opening bracketed by towering rock bluffs. At its entrance, Indian Pictographs can be seen on the cliffs on the west side and ancient Indian burial caves can be found on the



east side. It is said this area was protected by throwing large rocks onto the canoes on the water

below. The harbour is full of large well-established aquaculture growing operations.



Left: Bakery Vigil, Dave & Elaine Lamer, Dave & Grace Barrell, Rose & Steve Clark, & Lorraine Vigil

There is also an excellent marina/resort with full facilities near the NW anchorage. They have moorage, fuel, water, showers, a well stocked store and an excellent restaurant open May through September.

Prideaux Haven



The most popular anchorage in Desolation Sound is also a Provincial

Marine Park. Pay special attention to your chart and tide book upon entering. Once



you've set anchor, launch the dinghy and explore the numerous small coves and islands. An interesting hike from the head of Melanie Cove to Laura Cove also awaits you. An old log bridge, a field of huge ferns and changing vegetation lead to an old log cabin at the head of Laura Cove. For the brave and daring there is a rope



swing on the south shore opposite the entrance and to your right.

Heriot Bay

The picturesque hub of the east side of Quadra



Island, facing the dramatic views of the mainland coast. The historic Heriot Bay Inn has stood in various forms for over one hundred years and continues its rich traditions of good times and helping tie the community. The Inn has live music weekly and has a pub, dining room, accommodation and full service marina.

Sturt Bay

Identified in an 1871 survey only as "Bay," it was not changed to Sturt Bay until 1878. This was when Captain Sturt had the first lot surveyed on Texada Island.



For most of history, Sturt Bay lay open to fierce south and northeast gales that blew along Malaspina Strait. Only low-lying Shark Island protected it. Sturt Bay's windswept outlook changed in 1966 when local boaters formed the Texada Boat Club and started work on a mammoth engineering project; a rock breakwater. The island's mining community generously supplied the rock from their quarries. Nearly 30

years later, in 1997, the breakwater was finally finished. Sturt Bay now offers boaters a new, secure harbour, safe overnight anchorage, dockside moorage and some great shore side attractions including services and amenities within walking distance from the boat harbour.

Garden Bay

A government surveyor named Garden, assigned to mapping and naming the area, is how Garden Bay, Garden Bay Road, Garden Peninsula and Garden Bay Lake came by their names. Garden Bay is tucked between the waters of Garden Bay and Hospital Bay on the north side of Pender Harbour on the Sunshine Coast of British Columbia, Canada. The communities of Garden Bay, Madeira Park, Irvine's Landing and Kleindale are known collectively as **Pender Harbour**.



Secret Cove

Secret Cove is a popular summer resort retreat located on Highway 101 on the Sunshine Coast of BC, with the remote feeling of an island and all the convenience of a mainland coastal community. Anchorage within Secret Cove is available in a number of inlets, but most boaters prefer the inside of **Turnagain Island**, named when the commander of an 1860 survey boat couldn't navigate a dangerously narrow passage, and ordered his oarsmen to "Turnagain!"



Labour Day Cruise—Snug Cove, Bowen Island

The Labour Day Cruise to Snug Cove on Bowen Island on September 2nd to 5th brought out another significant number of members to celebrate the long weekend together. Again, we were successfully able to raft-up Caribbean style at the dock consisting of 10 larger vessels.

The itinerary included a fun & silly “Mexican” theme day with Mexican appies on the dock. Outgoing Cruise Master



Rod Bourke was honoured with a few parting gifts including a commemorative “PrawnStar Bellissimo” tea towel. A potluck dinner at the summer house followed the next day where members brought their photos from the Princess Louisa/ Desolation Sound cruise for all to view on the big screen TV.

The weather cooperated perfectly being sunny & very warm allowing all sorts of activities such as hiking, Bocce ball games, kayaking, fishing, & more dinghy rides.

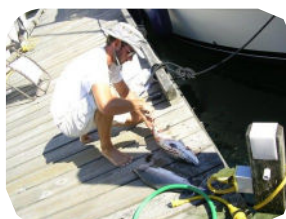
The underwater lights at night on Bob & Lucille McCarthy’s boat, “Clintessa”, created a magical dockside aquarium which was quite a mesmerizing experience to see.



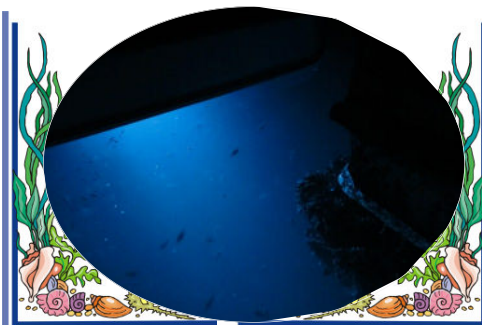
OLA!



Bruce Leavitt, Neil Wildman, Dave Burrell, Jeanette Clements, Dave Bruce, Zdenko Erceg, Steve Clements, & Tony Scjanc



Sheila Leavitt, Jim Church, Balinder West, Abbey Church, Gerard West, Kim Church, Jeanette & Chris Gordon



Family Picnic- "End of Summer BBQ"

The first annual Family "End of Summer BBQ" Picnic was a ball. Approximately 30+ members & family attended at Belcarra Park on September 10, arriving either by boat or by land. The park's new BBQ facilities made it easy to cook up a quick and delicious lunch. Arlene & Tony Gojevic



organized a Bocce Ball tournament and water balloon fun, but unfortunately the water balloons got cancelled due to a park rule against water balloons. However, Denis Hewson made up for that by entrancing all who watched his magic tricks.

It was a fun day! Hope to see you all out there next year!



Sheila Leavitt, Steve Van Gaalen, Sukru Yigit, Greg Archibald, & Tony Gojevic



The Great Canadian Shoreline Cleanup



Glen Anchor, Jeanette Gordon, Neil Wildman, Sheryl Dawson, Dennis Heinrichs, Lorraine Yigit, Chikako from Japan, Sukru Yigit, Rosario Passos, Sheila Leavitt, Bruce Leavitt, Sarah Rosenthal, & Brodie McEachan.

The world is a bit better of a place now thanks to the efforts of those who helped clean up the litter along our great Canadian shorelines on September 17th.

765 lbs of garbage, of which approx. 600 lbs consisted of 2 motor

engines, was picked up by 22 of our members and 10 community volunteers. Other debris included items such as rope, a wooden pallet, cigarette butts, and ugh, used doggie bags!

Sarah Rosenthal was the site coordinator responsible for registering and organizing the



clean up for us at Rocky Point with thanks for help from

Sheryl Dawson & Lorraine Yigit, and special thanks to Sukru's company, UltraTech, for providing gloves & bags, etc.



2 community volunteers, Lucille McCarthy, Jeanette Gordon, & Sarah Rosenthal




Upcoming Activities & Events

October

October 22, 2011


- ♦ **Harvest Moon Dinner & Dance**—see poster for details.

- ♦  **The Christmas Cruise** in December is a non-squadron event, but if you're participating this year, now is a good time to start planning/reviewing your decorative lighting schematics & power supply.

November

Friday Nov 11, 2011

9:30am-2pm

- ♦ **Remembrance Day Ceremony**
 Belcarra Park Dock followed with lunch in the picnic area.

- ♦ **Small Boat Cruise**

 Come join us for a bonus long weekend in November. Remembrance Day falls on a Friday this year, so we'll be heading to Gibsons after the Remembrance Day Ceremonies in the morning. For those of you who haven't been, Gibsons is a great fall getaway for smaller boats. We'll also be planning to stop by that fantastic Greek restaurant we tried last time.

Call the marina at 1.604.886.8686 to



**Harvest Moon
Dinner & Dance**

Sat, October 22, 2011

**Reception: 6:30
Buffet Dinner: 7:30
Dance: 9:00 - late**

**Copper Club Lounge
@ Executive Inn & Hotel
405 North Rd,
Coquitlam, BC**

\$30

Dinner & Dance

\$10


*Entry after 9pm only
1 alcoholic beverage
and dance*

Taxes & Tip Are Included!


**To buy tickets contact: Port Moody Power & Sail Squadron
Sukru and Lorraine Yigit: 604-468-4833**

reserve. They don't have too many spaces available, so book soon! I think they only have space for boats under 38' or so. They only have 15 amp service at the transient dock, so don't forget your 30 amp to 15 amp adapter. If there is no space available at the marina, the Harbour Authority may have space as well.

Hope to see you over there!

 Install decorative lighting for Christmas Cruise. **Captains meeting TBA.**

December

- ♦  Christmas Cruise (non-squadron event)—first 3 weekends of December: Fridays & Saturdays.

A Matter of Course

BOATING BASICS - (PCOC Course)

Many people were on hand to make this [course have] as smooth a start as possible. Thanks to everyone who was there to help.



We have 20 students registered. They seem to be an involved and interested group of students.

Thanks to Kim (Church), Glen (Anchor) and Sukru (Yigit) for managing the required supplies.

....Jeanette Gordon, Training Officer



VHS Radio Course

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

Classes On Request

Restricted Operator's Certificate (Maritime)	Certificat restreint d'opérateur (Maritime)
DSC endorsement - endossement ASN	Canada
Name / Nom	Card Number / Numéro de la carte
Date of Birth / Date de naissance Yr - An. Mo - M. Day - Jc.	Date of Issue / Date d'émission Yr - An. Mo - M. Day - Jc.
Industry Canada	Canadian Power & Sail Squadrons Équipes canadiennes de plaisance

**NEW
IMPROVED!**



Boat & Engine Maintenance Course

Start Date:

Thurs, October 6, 2011.

Duration:

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

\$145.00

- ♦ General/Seasonal Maintenance
- ♦ Inboard Spark Ignition
- ♦ Inboard Diesel Engines
- ♦ Inboard/Outboard Engines
- ♦ Engine Controls,

Instruments & Alarms

- ♦ Steering Systems
- ♦ Emergency Repairs Afloat
- ♦ And much more.....

There is a price reduction offer for students who have taken the 'old' Maintenance Course and would like to take this new and updated course.

Do you have family or friends that may be interested in taking one of our great courses?



Please contact

Denis at 604-469-3595

Glen at 604-461-5677

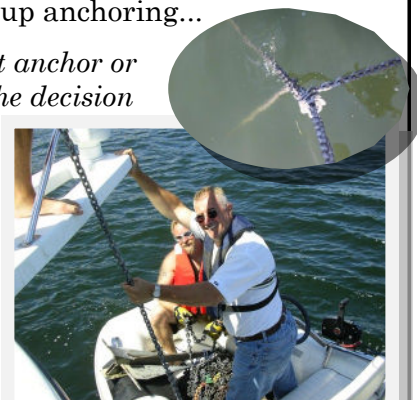
for further information or to register for these or any course

Refresher

Raft Up Anchoring

Even the most veteran boater(s) can have a "twisted" day, and such a day was recently experienced. Therefore to try to turn it into a learning experience for all to benefit, here's an excerpt from the [World Wide Web Yacht Club](#) on raft up anchoring...

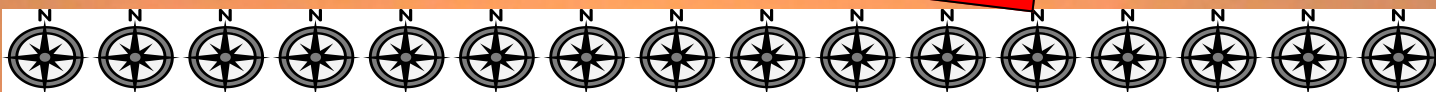
"If you and another boat or boats are not at anchor or on a mooring when you decide to raft up, the decision has to be made as to who drops an anchor (or picks up a mooring) and who ties alongside. The decision should be made before any steps are taken to tie up together. You should also be conscious of the need for more than one boat to anchor if it is a big raft up, and sometimes that is best done with the second anchoring boat tied up stern-to and the anchor laid out in the opposite direction to the first...[to avoid spinning and twisting the anchors chains together]. When you are the main or only anchoring boat in a raft up, always let out extra scope, at least 5-7x is necessary even in quiet conditions."



Who all was involved? All I can say is this: "Davey L. was Justa Lucky Boy 'N a Tini Boat on a Chilly Sea...Ok?"



(Shhhh...Possible Green Jacket/Bent Prop & Brick Candidate(s))



Boating into U.S. Waters?

For those of you who boat South of the border, the

following is an information bulletin recently issued by U.S. Customs and Border Protection regarding a new program to permit easier entry of pleasure craft into the U.S.

"The Small Vessel Reporting System (SVRS), a voluntary program offered by U.S. Customs and Border Protection (CBP), helps boaters report their arrival to the U.S. at no charge.

The program is designed to expedite entry of legitimate boaters, enabling CBP officers to focus their attention on higher-risk travelers and craft.

SVRS is available to: U.S. Citizens, nationals and lawful permanent residents; Canadian citizens; and permanent residents of Canada who are nationals of a Visa Waiver Program country.

Enrolling is quick, easy, and free via the Internet in just three steps:

- 1. Complete application at <https://svrs.cbp.dhs.gov/>***
- 2. Schedule interview online with CBP officer.***
- 3. Receive boater registration number and password by email.***

SVRS participants report their entry to the U.S. quickly too, by calling a dedicated telephone line and responding to the questions. (CBP reserves the right to hold an in-person inspection if needed.)"

Fall Maintenance Tip



With fall upon us now, chances are your boat may not get used as much as it had. The fall & winter weather brings a lot of moisture into the boat, and with that the opportunity for mildew to set in. There are a couple of easy ways to prevent mildew from developing.

- ◆ Keep cupboard doors and drawers open so air can circulate through them better.
- ◆ A dehumidifier, or if possible, a small space heater can help evaporate excess moisture.
- ◆ Prop up or remove any bedding, cushions, towels & mattresses.
- ◆ Anything of paper—books, charts, toilet paper, boxed foods—should be kept in plastic bags, or removed.

Keeping the relative humidity below 55 percent throughout the boat gives you a good chance of preventing mould growth. Relative humidity can be measured by a hygrometer, available at many marine and air-conditioner stores, as well as some mega-retailers or hardware stores.

Your Boat as an Alternate Emergency Shelter



If a disaster were to happen that caused your home to be damaged or unreachable, having a well stocked boat of emergency rations and supplies to go to year round just makes sense. Make sure your fuel and water tanks are always topped up, emergency rations and supplies have not expired and replace any that have. Store some extra clothes there as well. Create an emergency plan for your family to meet at the boat in case communication lines are down. Be prepared!

Proud New Grandparents



Congratulations to Tony & Arlene Gojevic on the newest addition to their family, their first

grandchild. Caryss Madeline Forbister, born August 10, 2011 to daughter Melissa & husband Derek, attended the PMPSS family picnic, and was introduced to the members there.



So Cute!

The Crab Meister



Dave Burrell wins this year's "Crab Meister"

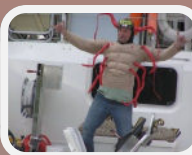
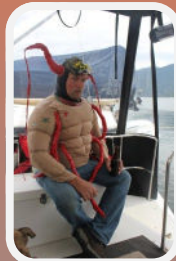


contest for catching...you guessed it...the most crab, awarded at Snug Cove. Along with that distinction comes the coveted Crab Meister trophy. A couple of ways Dave likes his crab is to cook it up on the BBQ, still in the shell, with a bit of seasoning salt. The other is in their infamous seafood chowder. **So Good!**

Tribute to our PrawnStar Cruise Master



Where do we begin... to say thank-you to one of the most unique Cruise Masters of all time! Good job Rod-PrawnStar Bellissimo-Bourke!



New Cruise Master!

Grace Burrell has

graciously agreed to take on

the role of cruise master for the next year. She doesn't have a giant prawnstar costume, or is good with games, but her many years of cruising experience will more than make up for that ...you'll see!



Dock-or-D'oeuvres?

We all know that with this group, appies on the dock is no small snack, and can often turn into a meal event. We love our appies, however, making them at times can be a bit of a labour of love.



Therefore, if you don't already have one, I highly recommend that every galley should harbour a "Miracle Kitchen" type of manual food

processing unit. This space-saving/time saving tool with it's heavy-duty blades will cut, dice, julienne, grate and shred up to 10 times faster than by regular hand. When making desserts, a paddle is used to whip, blend, and beat to create excellent results.

The great thing about them is that they don't require electricity which is a bonus for vessels with limited battery reserves when anchored out at sea somewhere.

Until this summer I had two of these units stuffed in the back of a cupboard at home that rarely saw the light of day, if at all. For whatever reason it was, one finally made it's way to the boat, and each time I use it, I marvel at how it comes in so surprisingly

handy.

Here are a couple of really yummy hors d'oeuvres that I whipped up in blink in my now "miracle galley". One is from our Mexican theme day, and the other is one that makes great use of all that crab we catch.



So Easy!



Chicken Taco Cups

- 18 Servings
- Prep: 20 min. Bake: 20 min.

Ingredients

- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 envelope reduced-sodium taco seasoning
- 1 small onion, chopped
- 1 jar (16 ounces) salsa, divided
- 2 cups (8 ounces) shredded reduced-fat cheddar cheese, divided
- 36 wonton wrappers

Sour cream, chopped green onions, chopped ripe olives, and black beans optional

Directions

- Sprinkle chicken with taco seasoning. In a large skillet coated with cooking spray, cook and stir the chicken over medium heat for 5 minutes or until meat is no longer pink.
- Transfer chicken to a **food processor**; cover and process until chopped. Combine the chicken, onion, half of the salsa and 1 cup cheese.
- Press wonton wrappers into miniature muffin cups coated with cooking spray. Bake at 375° for 5 minutes or until lightly browned.

Spoon rounded tablespoonful's of chicken mixture into cups; top with remaining salsa and cheese. Bake 15 minutes longer or until heated through. Serve warm. Garnish with sour cream, green onions black beans, and olives if desired. **Yield:** 3 dozen.



Crab Salad Cups

- 18 Servings
- Prep: 5 min. Chill: 1 hr. Bake: 20 min.

Ingredients

- 3 cups crabmeat
- 1/2 cup mayonnaise
- 1 tbsp. Dijon mustard
- 1 tbsp. lemon juice
- 3/4 tsp sea salt
- 6 scallions
- 1 1/2 ribs celery
- 3 tbsp. parsley
- 36 wonton wrappers

Directions

- Combine crab, scallions & celery into a **food processor**; cover and process until chopped. Combine the crab with mayo, mustard, lemon juice, salt & parley. Chill for at least 1 hour for flavours to blend.
- Press wonton wrappers into miniature muffin cups coated with cooking spray. Bake at 375° for 5 minutes or until lightly browned.

Spoon rounded tablespoonful's of crab mixture into cups and serve cold. Or bake 15 minutes longer or until heated through. Serve warm. **Yield:** 3 dozen.

Both can also be served without the wonton cups. For the Chicken Taco Cups, substitute with Tortilla Chips, and crackers with the Crab Salad.



Crossword

Page 12

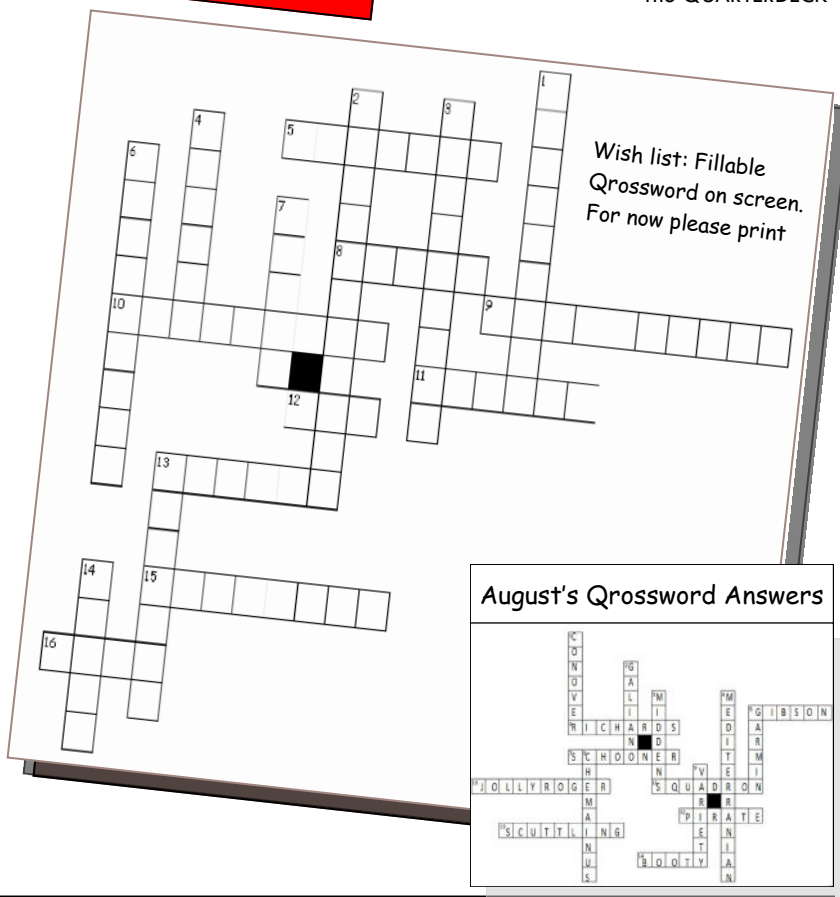
The QUARTERDECK

Across

5. A place where ships, boats, and barges can seek shelter, or else are stored for future use.
8. A narrow body of water leading inland from a larger body of water
9. Term referring to a type of cruising in shallow or shoal water
10. Bay named after a famous race horse
11. A narrow, navigable channel of water that connects two larger navigable bodies of water
12. An area of water mostly surrounded by land
13. Estados Unidos Mexicanos, or commonly known as
15. Cove on Cortes Island that harbours a floating bakery
16. A circular or oval coastal inlet with a narrow entrance

Down

1. An area of land almost completely surrounded by water except for an isthmus connecting it with the mainland
2. Sometimes called an island group, chain or cluster of islands.
3. A species of crab that inhabits the west coast of North America
4. A pleasure excursion at which a meal is eaten outdoors
6. Stern-To raft up style at a dock
7. A large sea or ocean inlet larger than a bay, deeper than a bight and wider than a fjord
13. Means master in German
14. A long, narrow inlet with steep sides or cliffs, created in a valley carved by glacial activity



Got a good story that's "newspaper" worthy? If so, send contact info to Sheryl Dawson at news@portmoodypss.com

As Seen in the News

MCP Altona Quarantined?

They come and go all the time in the inlet and you never really give them much thought, but this freighter, which you may have noticed while passing by it on route to Bedwell Bay or up Indian Arm, anchored between Deep Cove & Belcarra Park for the last several months, got me wondering. A small article I glanced over earlier this year, in the Tri-City or affiliated online news websites, made mention of a quarantined vessel, with it's picture, due to some kind of contamination. Of course I didn't bookmark the article and of course can't find it again. However I was able to locate a transcript of a public hearing conducted by the Canadian Nuclear Safety Commission on June 9th on the

subject. As quoted from it:

"In December 2010, a shipment of natural uranium concentrate, also called yellowcake, from Cameco was loaded on board the marine vessel MCP Altona in the Port of Vancouver. The Altona left Vancouver on December 23, 2010 and was expected to arrive in Zhanjiang, China, on January 14, 2011. However, during its voyage through the Pacific Ocean, the Altona encountered very rough seas between Hawaii and Midway Islands. Upon first evaluation by the crew following the storm, they observed that the cargo sustained damage with breach of some of the packages containing the yellowcake.



The Altona sailed back to Vancouver, where Cameco undertook measures to remove the damaged containers and drums of yellowcake from the vessel, ship them back to Cameco's Key Lake facility in Saskatchewan and clean up the cargo hold. Upon termination of these operations, Cameco conducted a final radiation survey of the vessel to verify that there was no residual contamination on board. CNSC staff conducted independent radiological surveys of all of the cargo hold and adjacent areas and confirmed that there is no residual contamination from uranium concentrate on board the vessel Altona or on the pier.

In conclusion, there was no risk to the environment, the health and safety of the Altona crew, the workers or the public from this incident or from the decontamination work conducted by Cameco."

We may very well see the Altona there for some time yet while they reconstruct the event, and determine what could have been the contributing factors of the damages, for litigation purposes.