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We're on the Web:

[www.portmoodypss.com](http://www.portmoodypss.com)



Submit your stories, announcements, and photos to the Editor  
[editor@portmoodypss.com](mailto:editor@portmoodypss.com)

**Editor: Julie Ryder**



## Commander's Message

**M**y last message to you the members of PMPSS... This was a tough one for me to write, and I thank our editor, Julie Ryder for her patience. I'll tell you why:

It's been an extraordinary year for me full of emotion, pride and celebration. I have to say that I was overwhelmed when I began the task of being your Commander just over a year ago. It was something I did not take lightly and I wanted to continue the good work from past Bridges.

But then, I came to realize that I wouldn't be on my own. There would be lots of help, just like there always is.

Help with Administration, Public Relations, help with Training and Advanced Training; help with Cruises, Socials, Communications and Membership. Other times, I needed help from the Secretary, Treasurer, Historian and Supply Officer. The generous Captains and Admirals who host our On the Water Cruises year after year who volunteer their vessels and their time to welcome students onboard every Fall and Spring.

Websites, Quarterdeck, MAREP, Environment and Members at Large rounded out the amazing Officers of the PMPSS Bridge, and they are the people who make it the best CPS Squadron there is. Period. End of Story.

I thank all of them and all of you for the support and guidance over the year. I feel very good about leaving the Port Moody Power & Sail Squadron ship-shape! Jeanette Gordon, your Incoming Commander will lead us into a bright year; and it's all because of the tremendous people who work so diligently on your behalf.

Thank you! 🚩

*Jim Church,  
Commander*

*PMPSS Bridge Meetings are held 7pm  
every 3rd Tuesday of the month at  
Port Moody Secondary School—300  
Albert Street, Port Moody., Room 214  
All members welcome.*

**April 2014**

**The Official Newsletter of the Port Moody Power & Sail Squadron**



## PMD AGM & COW

*The Pacific Mainland District Annual General Meeting and Change of Watch will be held on May 24th at the Executive Plaza Hotel starting at 8:30am. All members are encouraged to attend. Free continental breakfast and \$20.00 buffet lunch. See AGM notice and registration form in May issue of Pacific Yachting or [register online](#). 🚩*

# A Matter of Course

## Spring 2014 Student "Snow Day" Cruise



Snowy day at the Marina. Great day for the student cruise. Oh well, a day on the water is still a good day.  
Membership Officer Laurie Braaten.

February 22, saw Captains Robin Sheldon on Merlin IV, Steve Clark on Getaway, and Sukru Yigit (STO) on Sea Baer take the spring students out for an on-the-water practical to Bedwell

Bay in spite of the weather. Raftmaster Tony and first mate Socials Officer Arlene Gojevic on Boy 'N Sea, had a welcome lunch waiting for them. Thanks to all including Steve Van Gaalen who did the hands-on fire extinguisher demonstration at the Marina, and Glen Richmond for organizing it.



MV Sea Baer



MV Merlin IV



MV Boy 'N Sea

### Boating Basics (PCOC)

**Next Class May 8th**

Call Lynn Meisl 604-516-6072  
or Register online at

<http://www.boatingcourses.ca/squadrons/port-moody>

### Marine Radio Course

All those who operate the VHF radio are required by law to have a



**Restricted Operator's Certificate (Maritime).**

**Next Class May 6th**

Call Lynn Meisl

at 604-516-6072



### Our Instructors Are Boaters Too!

Lynn Meisl, our VHF & Administrative Officer, is a power boater. Before her and husband Jack purchased their cabin up Indian Arm in 2007, they had done lots of cruises with the squadron. Lynn is very involved with the CPS training department and instructs the VHF & PCOC with P/Cdr Glen Anchor. She was STO for 4 years, 2 years AO, and 3 years Assistant PRO for PMD.

*"Although I haven't taken any advanced courses I think the training is the best thing CPS has to offer so getting people into the courses is my priority. I enjoy meeting new people too."*



**Our Instructors are boaters too!**  
Learn from their experience

[www.boatingcourses.ca](http://www.boatingcourses.ca)

Read more about all our instructors in the coming & past issues.

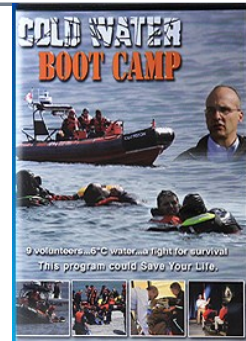


## Open Education Night



### “From Tragedy to Lessons Learned”

A crowd of about 60 filled the Port Moody Secondary School classroom on March 4th for a 2 hour series of lectures. Jeffe Baille from Burrard Sailing Club started the evening with some hard “cold” facts about survival at sea, showing videos from an experiment called “Cold Water Boot Camp”.



Unfortunately Ian Morrison was unavailable to present his topic “Aqua Iram”, so you’ll just have to wait to find out what that means another time. In his place, Neil Wildman gave an informative lecture on our volunteer RCM-SAR organization and all the training, drills, and practice they have to go through on a regular basis, as well as the vessels they use.

Cruisemaster Stephen McCoach rounded up the evening with a short video by past Cruisemaster Grace Burrell capturing the essence of our cruises, and a briefing on the cruises planned for this year including a possible first for PMPSS cruises: to Bamfield located on the west coast of Vancouver Island. 🇨🇦



## Giggle Dam Dinner Theater Spring Social



Giggles all round from “*Captain Jim and the Power Sailors*” as they joined the rampantly comedic cast of the Dam on March 1st for a romp across Canada they will never forget. “Good Food, Good Friends, Good Times!” 🇨🇦



[Click Here to see the video by Tony Gojevic on Facebook.com](#)







## Hard Cold Facts



Most of the water in Canada is cold year round. It's cold water that is a major contributor to recreational drowning deaths year after year.

**1-10-1** is a simple way to remember the first three phases of cold water immersion and the approximate time each phase takes.

### 1 Minute - Cold Shock:

An initial deep and sudden Gasp followed by hyperventilation that can be as much as 600-1000% greater than normal breathing. You must keep your airway clear or run the risk of drowning. Cold Shock will pass in about 1 minute. During that time concentrate on avoiding panic and getting control of your breathing. Wearing a lifejacket during this phase is critically important to keep you afloat and breathing.

### 10 Minutes - Cold Incapacitation:

Over approximately the next 10 minutes you will lose the effective use of your fingers, arms and legs for any meaningful movement. Concentrate on self rescue initially, and if that isn't possible, prepare to have a way to keep your airway clear to wait for self rescue. Swim failure will occur within these critical minutes and if you are in the water without a lifejacket, drowning will likely occur.

### 1 Hour - HYPOTHERMIA:

Even in ice water it could take approximately 1 hour before becoming unconscious due to Hypothermia. If you understand the aspects of hypothermia, techniques of how to delay it, self rescue and calling for help, your chances of survival and rescue will be dramatically increased

### TREATMENT FOR MILD HYPOTHERMIA

- If there is no way to get to a medical facility within 30 minutes, a mildly hypothermic person should be rewarmed as follows. Shivering is a very effective process especially when well insulated. Shivering should be fueled by calorie replacement with fluids containing sugars. The sugar content is actually more important than the heat in warm liquids. Make sure that the person is capable of ingesting liquids without aspirating. Alcohol and tobacco use should not be permitted because they constrict blood flow.

- External heat can be applied to high heat transfer areas such as the underarms and sides of the chest. Active heating of the skin is beneficial as it increases comfort, preserves energy stores and reduces cardiovascular stress

- Light exercise such as walking produces heat but should only be attempted after a mildly hypothermic person is dry, has had calorie replacement and has been stable for at least 30 minutes. A warm shower or bath may be tolerated by an individual that is alert and mobile. However, this could be fatal to a moderate to severely hypothermic person and should be avoided in this case.

### TREATMENT FOR MODERATE TO SEVERE HYPOTHERMIA

- This is a serious medical emergency requiring proper handling and treatment and in severe cases, immediate transport to a medical facility. There are some specific things you can do to help stabilize the individual prior to the arrival of paramedics.
- Great care must be taken in handling a moderate or severely hypothermic person. Extraction from the water must be as gentle as possible to avoid precipitating ventricular fibrillation. Arms, hands, feet and legs should not be rubbed or manipulated. The person should be placed in a horizontal position and wet clothing should be gently removed and the body insulated as best as possible using dry blankets, clothing or other protective materials. If shelter is available, keep the person protected from the elements and insulated from the cold ground or snow using sleeping bags, clothing, back packs or even evergreen boughs.
- If vital signs are present, the person should be rewarmed as previously described but not allowed to sit or stand until rewarmed. Under no circumstances should the person be placed in a warm shower or bath, no oral fluids or food should be given and no attempts should be made to rewarm with exercise, including walking.

In any hypothermic individual, core body temperature continues to decrease after rescue. It is called 'afterdrop' and may last many hours in a moderate to severely hypothermic person when no shivering is present and metabolic heat production may be only 50 percent of normal. Even gradual warming of the heart will help avoid cardiac arrest and ventricular fibrillation. 🇨🇦

Courtesy of [Cold Water Boot Camp](#)



# Looking Ahead

## Upcoming Activities & Events

### APRIL 2014

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12 First Aid
13 First Aid	14	15	16	17	18 Easter Snug Cove Cruise	19 Easter Snug Cove
20 Easter Snug Cove	21 Easter Snug Cove	22	23	24 AGM	25	26 COW
27	28	29	30			

### MAY 2014

SUN	MO	TUE	WE	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 SFPP	15	16 Cruise	17 READY SET WEAR IT!
18 Cruise	19 Cruise	20	21	22	23	24 PMD AGM
25	26	27	28	29	30	31

**ST. JOHN AMBULANCE MARINE COURSE**

St. John Ambulance  
SAVING LIVES  
at work, home and play

Marine Basic  
First Aid

THIS IS A TWO DAY COURSE WHICH OFFERS THE FOLLOWING:

- STANDARD FIRST AID TICKET
- CPR – C (highest Level of CPR)
- AED TRAINING (defibrillator)
- MARINE BASIC CERTIFICATION

THE BASIC FIRST AID TRAINING, CPR-C, AED TRAINING WOULD BE FROM 8:30 TO 4:30 AND ONE HOUR WOULD BE ADDED EACH DAY FOR THE MARINE PORTION

THE MARINE BASIC CERTIFICATION IS THROUGH TRANSPORT CANADA

EACH PERSON WOULD REQUIRE A CANDIDATE DOCUMENT NUMBER (CDN) – ST. JOHN WILL SEND US THE FORM TO COMPLETE – NO CHARGE FOR THIS NUMBER

WE WOULD BE ALLOWED TO BRING OUR OWN DEFIBRILLATOR FOR STUDENTS TO USE.

COST IS \$195.00 PER PERSON.

2338 Clarke St  
Port Moody, BC  
(604) 931-3426

April 12<sup>th</sup> and 13<sup>th</sup>

Please Call Lynn Meisl to register  
[lmeisl@telus.net](mailto:lmeisl@telus.net)  
604-516-6072

**April 24th**  
**Annual General Meeting**  
1900 hrs  
Port Moody Secondary School  
2nd Floor, 300 Albert St., Port Moody, BC  
All members are welcome to attend!



Port Moody Power & Sail Squadron

**Change of Watch 2014-2015**

Saturday, April 26, 2014  
18:00 Hrs.  
Executive Plaza Hotel  
405 North Road, Coquitlam BC

Tickets \$65.00  
Dinner \* Awards \* Dancing \* Door Prizes  
Semi-Formal

Call Arlene Gojevic 604-931-7105  
[ArleneGojevic@telus.net](mailto:ArleneGojevic@telus.net)  
or Lynn Meisl 604-516-6072  
[lmeisl@telus.net](mailto:lmeisl@telus.net)



The following is a notice for an event I wanted to get PMPSS into last year but it sold out. They currently have less than 150 tickets available out of 500. The event is the "Search for the Perfect Pint". It's held at Port Moody City Hall in the rotunda area. Last year they had about 120 different craft beers, and I believe 5 different restaurants serving apples and regular food. Really great food too. All included for \$35. But you need to get tickets in advance only. I can get them for you from AI (below). You can get them from the Well in Newport Village You can get them from Gallagher's coffee shop in Newport Village. It's a great event. Hope to see some of the members there. This is a general, open to the public event, not just a Rotary thing. But it does add to the Port Moody Rotary club's fund raising efforts over the year. Personally I just go because it's a lot of fun.

Thanks  
Greg Archibald  
Past Commander, Port Captain, Port Moody Squadron

**North American Safe Boating Awareness Week**

Mark Your Calendars For May 17-23, 2014

**READY SET WEAR IT!**

Vanier Park in Vancouver BC. It will take place at the "West Boat Ramp" of the park.  
Time: 11:00 AM  
Contact: Rick Cassels – [rcassels@mustangsuvival.com](mailto:rcassels@mustangsuvival.com)



## JUNE 2014

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5 Rally at Roche	6 Rally at Roche	7 Rally at Roche
8 Rally at Roche	9	10	11	12	13	14 Boat for Hope
15	16	17	18	19	20	21
22	23	24	25	26	27 Cruise	28 Cruise
29 Cruise	30 Cruise					

### Classic Show June 7, 2014



Saturday 10:00 AM – 4:00 PM

**BURRARD YACHT CLUB**

10 Gostick Place, North Vancouver

Come and enjoy some of the most beautiful vintage wooden boats and classic automobiles on the BC coast



Variety's Boat for Hope 2014 events are coming up this summer! Our skippers, pirates and families will sail the high seas during these memorable days which include an exciting pirate adventure on the water followed by a fun-filled land event. Save these dates:

- Boat for Hope Victoria: June 7 - Inner Harbour
- Boat for Hope Vancouver: June 14 - Royal Vancouver Yacht Club
- Boat for Hope Kelowna: June 21 - Okanagan Lake

These events not only provide a unique experience for children and their families but also raise significant funds for Variety through the skippers plus corporate and community partners. Since its inception, Boat for Hope has raised over \$1.2 million for children who have special needs.

**If you'd like to volunteer your vessel or time as a crew for an on-the-water treasure hunt, please contact**

**[Andrew.forshner@variety.bc.ca](mailto:Andrew.forshner@variety.bc.ca)**

Skippers are awarded prizes for most funds raised and best decorated boat, followed by a Captain's Banquet hosted at RVYC on Monday June 16th.



**Bayliner/Meridian Yachts Rendezvous @ Roche Harbor**

This years theme is Come Out & Play!

Join the fun and play all weekend at beautiful Roche Harbor!

Enjoy boating classes, great food, live music plus games and contests for all ages.

**Rally Dates:**

June 5-8, 2014

Arrive Wednesday June 4th and receive free moorage for this night!

Adults: \$65 Teens 11-16: \$35 10 & Under are Free

Call Roche Harbor Marina to register. 800.586.3590



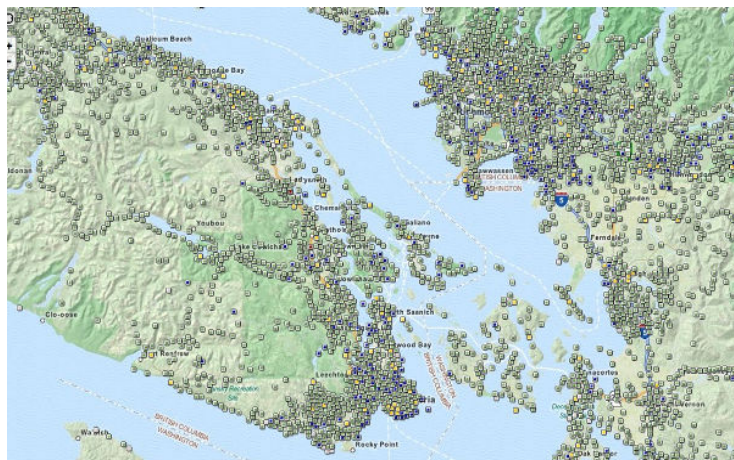


## Geocruising the PMPSS Way



**G**eocruising is our version of geocaching for boaters. Geocaching is a worldwide GPS fueled treasure hunt. This fun new PMPSS activity will be included in our cruises and events this year, joining a community of over 6 million geocachers world-wide. There are over 2 million hidden geocaches (containers) around the world and there are thousands of them here on the Pacific west coast that are easily accessible by boat. How many will you find?

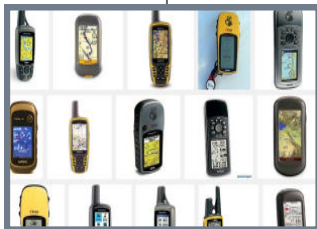
Geocaches are located by their GPS coordinates. There is a website called Geocaching.com that lists hidden geocaches and their GPS coordinates as well as other information to help you find them. Players use GPS enabled devices to navigate to their locations. Geocache containers can be any size and shape, and are hidden within it's surroundings but never buried. Geocaches may contain tradeable and trackable items, or only the coordinates of other caches designed to take you on a tour of the area. Others try to challenge you by requiring you to solve a puzzle to get the coordinates. Almost all contain a log book for you to sign. While it's possible to go paperless, it's difficult for most boaters because of the likelihood of not having a WIFI internet connection in remote areas and/or the devices to allow you to access the information easily. However, we've got some options that may work for you.



**O**ur first cruise of the season to Snug Cove on Bowen Island at Easter will be a great time to learn how to play. There will be a short workshop at the cabin to demonstrate the activity, equipment and software needed. After the workshop, you should be ready to navigate to and find the 3 caches hidden near the Marina during the rest of your stay. You'll need to bring a handheld GPS (and, if possible, it's PC cable that has a serial or USB connection), or a GPS enabled cel phone.

For both technologies, you need to input the GPS coordinates of each geocache as waypoints to navigate to, into the device...and considering the sheer number of caches available, can be quite a time-consuming task done by hand. Therefore a waypoint file is available for [download](#) from the PMPSS website, containing the coordinates of geocaches within close proximity of our planned 2014 cruise destinations. Then all you have to do is transfer them to your device:

- **For dedicated handheld GPS devices,** I found a free software called EasyGPS that is compatible with most brands and will transfer the waypoints file to your device through it's PC cable.



- **For cel phones,** the Geocaching.com App is free and so very wonderful with WIFI, but it does not have offline capabilities. Instead, there are dozens of navigational Apps you can install on your phone which will allow you to store maps (including NOAA charts) for use in areas with no cel coverage, and import waypoints.

Also available for [download](#) from the PMPSS website is the PMPSS Geocruising Tour Guide.

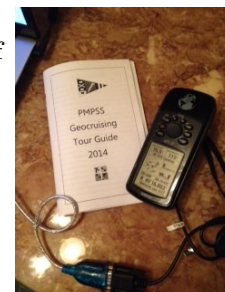
This PDF document contains the copy & paste descriptions of the caches from Geocaching.com to match the waypoints transferred to your GPS device. It is recommended that you

download and print it before going on any cruise. Pre-printed booklets may be available for a small fee to cover the cost of paper & ink.

### The game has three primary components.

- 1) The first is to navigate to and find, as many geocaches as you can, using the Geocruising Tour Guide booklet for reference. It's a fun and educational way to discover your surroundings. Bring your own pen/pencil and small trading items.
- 2) The second is to adopt a "travel bug" and give it a "mission" of your choosing. This could as simple as sending it to another destination which is done via other geocachers moving it along a random route of geocaches... much like a relay. Travel Bugs are available for a small fee and require a free membership with Geocaching.com to be able to track it's progress.
- 3) The third component is part of a world wide collaborative known as CITO which means "Cache In, Trash Out", where players take a garbage bag with them on a hunt and remove any garbage they find. As an added bonus, there are organizations that hide geocaches as part of a GeoTour and, if they fall within our planned cruise routes, may be included too. The Gulf Island National Parks has created a series of caches to find, and if you find them all, you can qualify to receive a custom Geocoin. Geocoins are collectable. PMPSS will be offering Geocoins too for various accomplishments, and awarded at next year's Change of Watch event.

If you're interested in adopting a Travel Bug and/or a pre-printed Geocruise Tour Guide booklet, please email me at [editor@portmoodypss.com](mailto:editor@portmoodypss.com). If you're interested in GPS and electronic charting & navigation, see our [Electronic Courses](#).



Submitted by: "Geo-Julee" (Julie Ryder)





## Cruisemaster's Headquarters



**H**i there everyone! Its time to get organized for the upcoming cruising season and start looking forward to this years adventures! It's going to be another great year out on the water so come join the fun! Don't forget to make your reservations now, or very soon.

*Cheers from Cruisemaster Stephen McCoach and  
Assistant Cruisemaster, Yvonne McCoach 604-312-4413*

DATES	EVENT	INFORMATION
April 18-21 <b>EASTER LONG WEEKEND</b>	<b>Union Steamship Marina</b> Snug Cove, Bowen Island	Contact marina directly for your reservation at (604) 947-0707. Call 7-10 days before to confirm.
May 16-19 <b>MAY LONG WEEKEND</b>	<b>Silva Bay Marina</b> Gabriola Island	Bookings to be done as a group - Contact Assistant Cruisemaster ASAP to secure your reservation: <a href="mailto:ymccoach1@gmail.com">ymccoach1@gmail.com</a>
June 27 <sup>th</sup> - July 6 <sup>th</sup>	<b>More of a Southern Cruise</b> TBA 2nd Week Extended Cruise around outside of Race Rocks, Vanc Isl	For further information or reservation details, please see our website ( <a href="http://www.portmoodypss.com">www.portmoodypss.com</a> ) or contact the Assistant cruisemaster at <a href="mailto:ymccoach1@gmail.com">ymccoach1@gmail.com</a>
August 1st-18 <sup>th</sup>	<b>Less of a Southern Cruise</b> TBA SAVE THESE DATES!! Again, we are working on the itinerary and will keep you posted!	For further information or reservation details please see our website ( <a href="http://www.portmoodypss.com">www.portmoodypss.com</a> ) or contact the Assistant Cruisemaster at <a href="mailto:ymccoach1@gmail.com">ymccoach1@gmail.com</a>
August 30th-September 1st <b>LABOUR DAY</b>	<b>Union Steamship Marina</b> Snug Cove, Bowen Island	Contact marina directly for your reservation at (604) 947-0707
November 11 <sup>th</sup> Remembrance Day	<b>Remembrance Day Services</b> Belcarra Park	Further details to follow in future
December 2014	<b>Chritmas Ships Cruise</b>	Further details to follow in future

### Small Boat Cruise Advisory

I am going to plan a weekend trip to Squamish up the Howe Sound this summer. The plan is to make it a two day trip: Cruise up on a Saturday morning, do a brewery tour in the afternoon, spend the night at one of the marina's, and cruise home Sunday. This event will be for boats 30 feet and under. That is largest boat they can accommodate at this time. Please contact me if your interested so I can start making arrangements and inquiries. Dates TBA. Glen Richmond kor-kon@shaw.ca





## Davey's Locker III



**D**ave & Kim Edgar just became the proud owners of a 2004 Meridian 459.

*"We are very excited and look forward to cruising (more than ever!). Dave says it's a whole lotta boat! Bring on the grandchildren!"*  
If anyone is interested, Davey's Locker II is still for sale. 🚩

## SAR MAN I

**I**n the October 2013 issue I ran an article on the free RCMSAR phone App. After, it was brought to my attention that Neil Wildman, a sometimes PMPSS VHF course instructor/assistant, is a RCM-SAR volunteer out of Station 2 in North Vancouver.

Recently he took and aced his SARnav 1 course.

Congratulations Neil! We all feel safer. 🚩



*Learned lots. Running at night no visibility at 20-30 knots, a lot easier now after taking this course.*



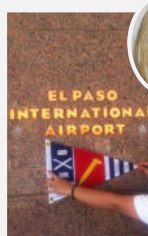
## Where in the World has Burgee Been? With...



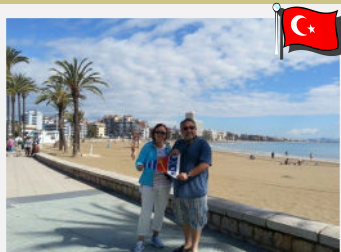
The Goddards in Australia



The McCoachs in San Juan de Capistrano (Left) and Seal Beach (Right), California



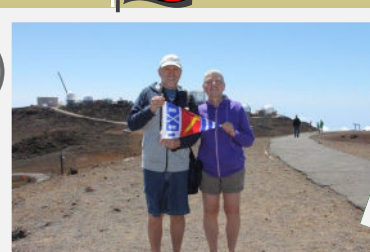
Shelly Heron-Dean in Texas



The Yigits in Turkey



The Ercegs in Dubrovnik, Croatia



The Gordons in Hawaii



Cdr Jim Church  
Burgee flapping in the Texas wind



## Reminder: CPS 2014 Membership Dues

*Renew now to maintain your Membership.*

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

**Act now to renew your membership** online, in order to avoid being removed from the roster. It's easy. The CPS website is a safe and convenient way to make your payment. Click [here](#) now and follow the instructions. If you would like to view a short video on how I renewed myself using the CPS website, just click below:



**Membership Benefits** are too numerous to list here, so visit our **Port Moody Power & Sail Squadron website** and take a look now. Your membership is paid back many times over in member discounts. Click [here](#) to view them all now.

We really want you to continue as a member of the **Port Moody Squadron**, so please renew now. Thank you! 🇨🇦

*Jim Church, Commander*

# SPRING FEVER

BE READY FOR BOATING SEASON!

**Lost or Damaged Operator Card?**

Order Replacements and **SAVE!**

**SAVE 50% NOW**

✓ IN EACH BOAT ✓ AT THE COTTAGE ✓ AS BACKUP  
\$5 PER CARD FOR MEMBERS \$10 FOR NON-MEMBERS

**www.cpsboat.ca 1-888-CPS-BOAT**

### CPS-ECP INITIATES ONE TIME MEMBERSHIP CARDS FOR ALL MEMBERS

Beginning in 2014, membership cards for CPS-ECP members will be issued on a one time basis.

- Current members renewing in 2014 will be issued one more membership card this year that they will retain for the balance of their tenure as members of CPS-ECP. In future years beginning in 2015 no new cards will automatically be issued at renewal.
- Members who achieve Life Membership will be issued a special Life Members Card at the time they are awarded life membership.
- New members to CPS-ECP in 2014 will be issued the one time card at the start of their membership which they will retain for the entire tenure of their membership.
- Should a member misplace his or her membership card a replacement can be ordered from the National Office. 🇨🇦





## Food Safety Quiz



In your galley, food safety revolves around three main functions: food storage, handling, and cooking. To see how well you're doing in each, take this quiz and choose the answer that best describes the practices of your crew.

**1. The temperature of the refrigerator on our boat is:**

- a. 50 degrees Fahrenheit (10 degrees Celsius)
- b. 40 F (5 C)
- c. I don't know.

**2. I don't have a refrigerator on my boat so I:**

- a. keep all my food in one cooler
- b. use multiple coolers each for meats, produce, & beverages.

**3. Meat, poultry and fish products are defrosted in our galley by:**

- a. setting them on the counter in a pan to catch the moisture
- b. placing them in the refrigerator
- c. micro-waving

**4. If a cutting board is used in our galley to cut raw meat, poultry or fish and it is going to be used to chop another food, the board is:**

- a. reused as is
- b. wiped with a damp cloth
- c. washed with soap and hot water
- d. washed with soap and hot water and then sanitized



**5. The last time I handled raw meat, poultry or fish, I cleaned my hands afterwards by:**

- a. wiping them on a towel
- b. rinsing them under hot, cold or warm tap water
- c. washing with soap and warm water



**6. When I remove cooked meat, poultry & fish products from the barbecue or other cooking appliance, I:**

- a. use a clean plate.
- b. reuse the same plate used to bring raw meat to BBQ

**7. The last time we had hamburgers in our galley, I ate mine:**

- a. rare (140 F)
- b. medium (160 F)
- c. well-done (170 F)
- d. don't know



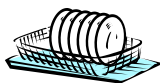
**8. When we have leftover cooked food with meat, chicken or fish, the food is:**

- a. cooled to room temperature, then put in the refrigerator
- b. put in the refrigerator immediately after the food was served.



**9. When dishes are washed in our galley, they are:**

- a. washed and dried in an automatic dishwasher
- b. left to soak in the sink for several hours and then washed with soap in the same water
- c. washed right away with hot water and soap in the sink and then air-dried
- d. washed right away with hot water and soap in the sink and immediately towel-dried



**10. I clean our galley's counters and other surfaces that come in contact with food with:**

- a. water
- b. hot water and soap
- c. hot water and soap, then bleach solution



**11. The last time the galley sink drain, dish washer and connecting pipes in my galley were sanitized were:**

- a. last night
- b. several weeks ago
- c. can't remember

**Answers:**

1. **b = 2 points.** Refrigeration should stay at 40 F (5 C) or less.

2. **b = 2 points.** Keep raw meat, poultry, and seafood in a separate cooler so their juices won't cross contaminate already prepared foods or raw produce. Limit the times a cooler is opened by putting frequently used items together in their own cooler.

3. **b or c = 2 points.** Do not thaw meat, poultry and fish products on the counter or in the sink without cold water; bacteria can multiply rapidly at room temperature.

4. **d = 2 points.** Never allow raw meat, poultry and fish to come in contact with other foods and washing only with soap and water may not do the job.

5. **c = 2 points.** Wash hands with warm water and soap for at least 20 seconds before and after handling food, especially raw meat, poultry and fish

6. **a = 2 points.** Again, never allow raw meat, poultry and fish drippings to come in contact with other food.

7. **b or c = 2 points.** Ground beef must be cooked to an internal temperature of 160 F (71 C).

8. **b = 2 points.** Hot foods should be refrigerated as soon as possible within two hours after cooking, and should keep for 3-5 days.

9. **a or c = 2 points.** When washing dishes by hand, it's best to wash them all within two hours. Also, it's best to air-dry them so you don't handle them while they're wet.

10. **c = 2 points, B = 1 point.** Hot water and soap does a good job too, but may not kill all strains of bacteria.

11. **a = 2 points, b = 1 point.** Trapped food particles and moisture in the drain and dishwasher create an ideal environment for bacterial growth.



**Rating Your Galley's Food Practices:**

**20-22 points:** Feel confident about the safe food practices you follow on your boat.

**12 to 19 points:** Re-examine food safety practices on your boat. Some key rules are being violated. Share this information with your crew.

**11 points or below:** Take steps immediately to correct food handling, storage and cooking techniques used on your boat.





# Crossword

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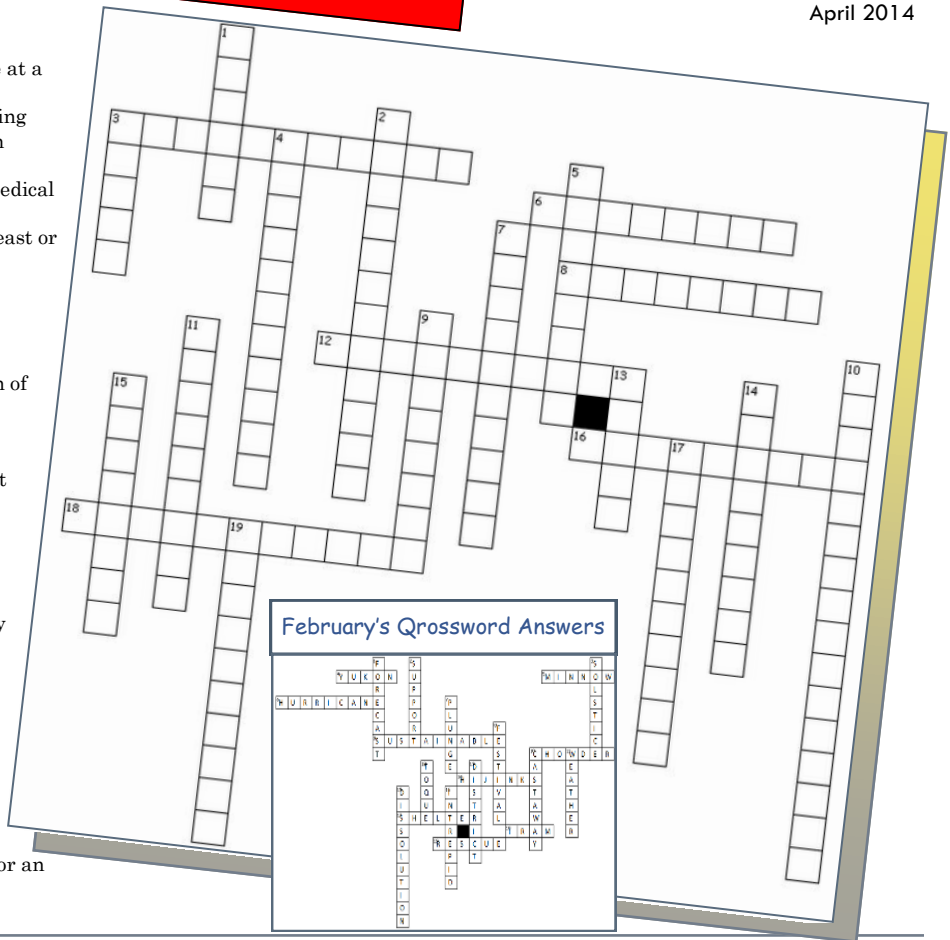
April 2014

## Across

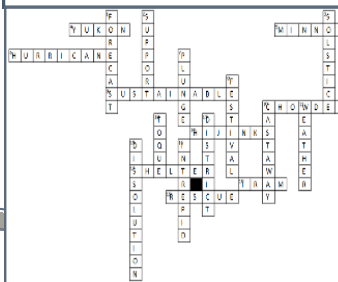
3. An arrangement to have something held for your use at a later time
6. To find the way to get to a place when you are traveling
8. A very bad event that causes great sadness and often involves someone's death
12. Healthcare professionals who work in emergency medical situations
16. Angular distance on the earth's surface, measured east or west
18. To make impure or unclean by contact or mixture

## Down

1. A dramatic work that is light and often humorous or satirical in tone
2. The rapid, irregular, and unsynchronized contraction of muscle fibers
3. To make effective for an additional period
4. Pertaining to the lower chambers of the heart
5. Microscopic living organisms, usually one-celled, that can be found everywhere
7. Fitting in well with a person's needs, activities, and plans
9. Angular distance on the earth's surface, measured north or south
10. Rapid or deep breathing that can occur with anxiety or panic
11. Extending unchecked; unrestrained
13. Life-threatening condition that occurs when the body is not getting enough blood flow
14. A moon, planet or machine that orbits a planet or star
15. The co-ordinates of a specific location as defined by a GPS
17. A GPS fueled treasure hunt
19. The state of belonging to or being a part of a group or an organization



### February's Crossword Answers



Got a good story?  
If so, send it to  
[editor@portmoodypss.com](mailto:editor@portmoodypss.com)

## Go Green

Here are some alternative natural cleaning products you can use this spring:

PRODUCT	ALTERNATIVE
Bleach & Borax	Hydrogen peroxide
Detergent & Soap	Elbow grease
Scouring Powders	Baking soda.
	Mix vinegar and salt for a good surface cleaner.
	Pour some baking soda and vinegar on a damp sponge. It will clean and deodorize all galley and head surfaces.
General Purpose Cleaner	Bicarbonate of soda and vinegar or lemon juice combined with borax paste
Floor Cleaner	One cup white vinegar in 8 l water
Window Cleaner	One cup vinegar + 1 l warm water. Rinse and squeegee
Aluminum Cleaner	2 tbsp of cream of tartar + 1 l of hot water

Brass Cleaner	Worcestershire sauce or paste made of equal amounts of salt, vinegar and water. Pour on ketchup. Let sit, then polish.
Stainless Steel	Clean and polish with a baking sods/water paste
Copper Cleaner	Lemon juice and water
Chrome Cleaner/Polish	Apple cider vinegar to clean; baby oil polish
Fibreglass Stain Remover	Baking soda paste
Mildew Remover	Paste with equal amounts of lemon juice and salt or vinegar and salt. Scrub mildew spots with borax/water solution (½ Cup borax to 4 l water) using a nylon scouring pad. To prevent mould or mildew from forming, don't rinse off the borax.
Drain Opener	Disassemble or use plumbers snake; toxic substances should not be used in a through-hull drain
Wood Polish	Olive or almond oil (interior wood only)
Outside Teak	Let it go natural as boaters did for hundreds of years. Wash it down with salt water
Hand Cleaner	Baby oil or margarine
Remove grease spots	Immediately pour salt on grease spots to absorb and prevent staining.



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. The Roster / PropWash contains a listing of all active & life members, and more.

Thank you—*Melody Hewson, Historian*