



*Promoting Safe & Environmentally Friendly Boating in BC Waters*



# Scuttlebutt



July 2014

## BC School Dragon Boat Regatta

By Darcy O'Shea

NEWSLETTER OF THE BURNABY POWER AND SAIL SQUADRON

ISSUE HIGHLIGHTS

The Burnaby Squadron volunteered at the BC School Dragon Boat Regatta held on Saturday, May 31<sup>st</sup> at Burnaby Lake Pavilion. It was a beautiful day to be on the water, and a perfect day for the Dragon Boat Regatta.

Four Burnaby Squadron volunteers Bill Grout, Mike Cops, Bob Douglas and Darcy O'Shea operated the Referee and Safety boats for the day and assisted with other tasks as they arose.

The BC School Dragon Boat Regatta was organized by Dave Nosella.

Many thanks again to the willingness of our members to come and help out.

Next year in August, North Vancouver is scheduled to host the BC Seniors' Games, with the Dragon Boat Regatta to be held at Burnaby Lake. Having volunteered for the Dragon Boat Regatta at the 2012 BC Seniors' Games at Burnaby Lake, we may be asked to assist again!

- BC School Dragon Boat Regatta.....1
- Commander's Corner .....2
- Lawn Sign Coordinator .....3
- Regalia Sale .....3
- Victoria Day Cruise.....4
- Burnaby Squadron COW .....6
- Boating Basics & Essentials .....8
- A Taste From The Galley.....9
- Cooks Face Off .....10
- Member News .....10
- 2014 PMD AGM & COW.....12
- PMD August Cruise.....13
- BPS Labour Day Cruise.....13
- BPS on CityTV.....13
- Up-Coming Events.....14
- Did you know?.....14
- Acknowledgements .....14

# Commander's Corner

By Commander Beverly Estock

Ahoy to all my boaty buddies!

Here I am again as Commander for the third time. Things have changed since the last time I was Commander in 2009-10: Boat Pro turned into Boating Basics, the Boating Course turned into Boating Essentials, Piloting turned into Seamanship. And there are more changes to come, all in the name of keeping CPS relevant in the Online Age.

Some things haven't changed, though. We all still love the sea, and are passionate about teaching safe boating. I'm still a member of the OPYC (Other People's Yacht Club), but I enjoy attending cruises by land yacht. So if you hear anyone say "I can't join CPS; I don't have a boat", make them honorary members of the OPYC, and get them involved.

Your Bridge is working actively to promote more involvement by members. A new joint Squadron initiative is underway, with plans to share information about courses, cruises, and social events among the Squadrons. The idea is that one squadron can't provide all courses and cruise to every destination, but if we share information, more students will be able to take the courses they want, more boaters will be able to attend cruises to interesting destinations, and so on and so on. Keep your eyes on the websites of the various squadrons, as that's where the information will be posted.

In addition, make sure [boatingcourses.ca](http://boatingcourses.ca) is one of your favourites in your internet browser. This is the new common website for all of CPS that is being advertised across the country. It's short, it's sweet, and it's coming up as #3 in online searches. If prospective students can find us, we can teach them.

Summer's here, the weather is fantastic, and I hope to meet some of you out on the water, OPYC members included.

Bev Estock

Commander, Burnaby Power and Sail Squadron



# Lawn Sign Coordinator

Looking to get involved in a small but very important way?  
Want to help your Squadron attract new students and members?  
Have you seen our Squadron lawn signs in the Fall and Winter?

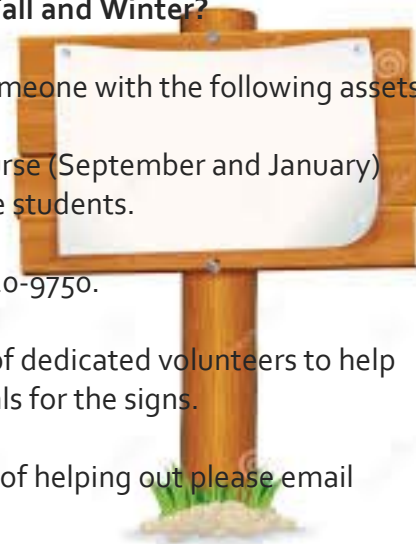
Our current lawn sign coordinator has retired and we are searching for someone with the following assets:

- a couple of available days before and after the start of each Boating Course (September and January)
- available space to store the signs when not on the lawns attracting more students.

For more information on this opportunity please contact Lorne @ 604-420-9750.

**The fine print:** There is already a system and routes in place and a team of dedicated volunteers to help (this is a team effort). We have a contact that prepares the new date decals for the signs.

If this doesn't sound like your thing but you might want to try other ways of helping out please email [publications@burnabysquadron.com](mailto:publications@burnabysquadron.com).



## Regalia Sale

Burnaby Power & Sail Squadron is currently having a "blow-out" sale of some of its regalia items. Here is your chance to purchase top quality items at very reasonable prices as long as supplies last.

Save 50% on Helly Hansen Jackets

Save 25% on T-shirts, Twill Caps, Denim Shirts, Golf Shirts and Long Sleeve Hoodies

For more information, please contact Maxine at [regalia@burnabysquardon.com](mailto:regalia@burnabysquardon.com)

# Victoria Day Cruise to Union Steamship Co Marina (Bowen Island)

By Val O'Shea

We arrived on Palaran on Friday, the weather was pleasant but too windy for us to anchor and safely dive at our favourite site in Howe Sound. We were just getting ourselves settled and then Kama Lua, Nirvana and Enigma also arrived. The conversation was enjoyable for the afternoon: boats, weather, CPS and of course the new puppy on Nirvana (Poppy).

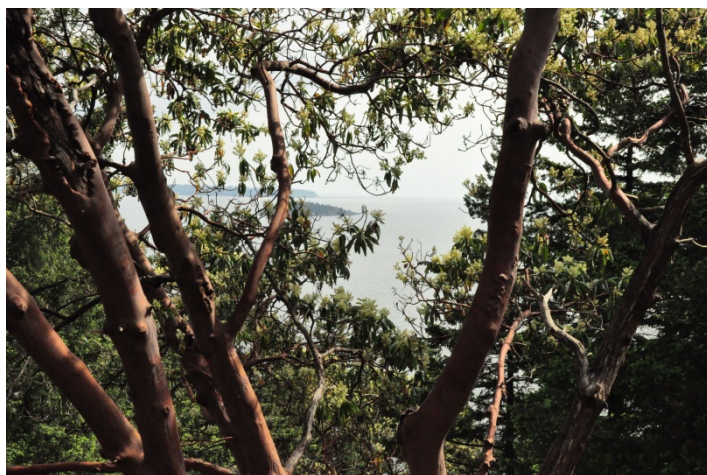


Darcy and I went up to the Bowen Island Pub for the pasta special dinner (\$10.95 all you can eat). Everyone else preferred to relax and have dinner on their boats. Friday night's small but lively party was held on Kama Lua.

Saturday saw the arrival of Santa Maria VI, Diversion, Maple Leaf, and later Someday Lady II. Our new Commander Bev who came via BC Ferries and Gabriele who acted as deck-hand for Rob on Diversion both stayed at a local B&B.

The weather proved to be just right for sun bathing (burning) on Saturday. One must remember to put on sunscreen especially around the water and the deceptive cooling breeze.

Groups of us hiked up to Dorman Point for the gorgeous view of the entrance to Howe Sound and south to Point Grey and/or around Killarney Lake for the relaxed forested scenery.



Of course we must also check out the birds at the lagoon: young families of Canada Goose and



Common Merganser, a lone swan, adult herons and numerous variously-patterned pigeons.

The Bowen Island Green Man Festival was held over the weekend and we joined the crowd in front of the library for the battle between the Frost Queen and the Green Man of Spring.



Cruisemaster Darcy thought that it would be nice to make morning coffee for the group - which he did every morning. It was a hit! Just like a drive through! Wake up, grab your mug, walk over to Palaran's slip, pour a cup, pick out your donut or muffin, pull up a chair (or take the coffee back to your loved one still in bed?) and join the crowd.

The social atmosphere was (as Rob likes to say) – fabulous!



There was only one casualty during the course of the weekend. After a valiant effort by Rob Anderson and Patrick Julien to save it, sadly we lost a fork between the slats of the pier.



I am also happy to report that Maxine survived her stand-up paddle board excursion (although we did document evidence of her kneeling).



Would that be considered cheating? Of course no one else was brave enough to try it!

On Sunday the boats were joined by Maresia and a number of guests arrived by ferry to join us for an afternoon of sunshine on the docks. Sunday night's BBQ dinner was held at Doc Morgan's restaurant.



There were 31 attendees and a great time was had by all (I know the saying is so cliché but it's true).



First-time cruiser Luke on Someday Lady II created a gourmet egg and crab dish for everyone to taste on Monday morning. It was delicious.



Then we packed up all our stuff and headed out for the long trek home (tongue in cheek of course). It was a great weekend to spend with our boating friends. Thank you to everyone who came and joined in the fun. See you all at the 'Labour Day Cruise' in September! Register early!

## BURNABY SQUADRON 55<sup>th</sup> CHANGE OF WATCH

By Gabriele Flint

The 55<sup>th</sup> Burnaby Power & Sail Squadron's Change of Watch was held on May 10, 2014, at the Eagle Creek at Burnaby Mountain Golf Course, Burnaby.

Before dinner members had a chance to visit with one another. Shortly, before dinner Commander Rob Anderson, Master of Ceremony, called the meeting to order and conducted the evening's program with humour, aplomb and elegance.



The 55<sup>th</sup> COW was well attended and dinner was delicious. The dessert buffet was in great demand.

After dinner Commander Rob Anderson presented the Merit Marks as well as the Bent Prop Award. As pointed out by Commander Rob Anderson the Bent Prop Award was a close call between two contenders but in the end the Bent Prop Award went to Bob Douglas who managed to leave his Kama Lua high and dry.





Past Commander Bill Grout reached the 20<sup>th</sup> year of Merit Mark Milestone and became a Life member of the Burnaby Squadron.

address, District Commander Shirley Shea administered the CPS commander's pledge to new Burnaby Squadron Commander Beverly Estock.



Following Commander Rob Anderson's farewell



Thereafter District Commander Shirley Shea administered the CPS's pledge to the new bridge of the Burnaby Power and Sail Squadron of 2014/15.

**2014/2015 BPS Bridge**

Commander  
 Senior Training Officer  
 Administration  
 Communications/Webmaster  
 Secretary  
 Treasurer  
 Membership  
 Public Relations  
 Marep/Safety

P/Cdr Beverly Estock  
 Tom Scottnicki  
 Tom Scottnicki  
 Brent Morrison  
 Jennifer Matich  
 P/Cdr Darcy O'Shea  
 Val O'Shea  
 Wink Koehler  
 P/Cdr Lorne Reesor

Socials  
 Supplies & Regalia  
 Assistant Communications  
 Training VHF Radio  
 Asst Training VHF Radio  
 Cruisemaster  
 Publications  
 Programs  
 Assistant Programs  
 Assistant Public Relations  
 Port Captain  
 USPS Liaison  
 Financial Reviewer

P/Cdr R. Neal Tyldsley  
 Maxine Julien  
 Sara Morrison  
 Bob Douglas  
 Ray Lindroos  
 P/Cdr Darcy O'Shea  
 Gabriele Flint  
 P/Cdr Bill Grout  
 P/Cdr Darlene Wood  
 P/Cdr Betty Ewasiuk  
 P/Cdr Lorne Reesor  
 P/Cdr R. Neal Tyldsley  
 Lorraine Rose



Anderson, the evening was concluded with door prize draws.



After closing remarks by Past Commander Rob



The door prizes were generously donated by Royal Canadian Marine Search & Rescue Unit 8 and ICOM Canada and we thank our sponsor for their generous donations.

## Boating Basics and Essentials Courses

Burnaby Power and Sail Squadron offers courses for Boating Basics (PCOC) – The Pleasure Craft Operator Card course - and Boating Essentials.



All operators of motorized pleasure crafts are required to show proof of operator competency which is obtained by taking and passing the Boating Basics course.

Boating Basics gets you out there, Boating Essentials brings you back.

Enjoyment and safety on the water require knowledge. Boating Essentials will take you to the next level in your boating education. Technology has changed the way that we navigate. However, in order to use a GPS/chart plotter effectively, you should understand the use of paper charts and coastal navigation. The topics covered in this course, magnetic compass, global positioning and charts, navigation, conning, plotting, digital charting, anchoring, lines and ropes, will increase your boating knowledge and make your adventures on the water safe and enjoyable.

After you pass PCOC and Boating Essentials Burnaby Power and Sail Squadron will give you one year complimentary Regular Membership.

Next course starts on September 9, 2014. For more information, please call Tom at 604-515-0038 or visit

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

# A Taste from the Galley

By Dave Holbrook

## Tuna Casserole

Ingredients:

- Approximately, 6 tbsl butter
- 2 cups uncooked medium egg noodles
- 1 medium onion finely chopped
- 2 stalks celery chopped
- 1 clove garlic minced
- 10 white mushrooms sliced
- ¼ cup all-purpose flour
- 2 cups milk room temperature
- Salt and pepper to taste
- 2 6oz cans of flaked white tuna drained
- 2 cups mixed veg thawed
- 3 tbsl bread crumbs or Panko
- 1 cup your choice of white cheese shredded

Directions:

1. Lightly butter a two quart baking dish and set aside. Also, allow the mixed veg to thaw.
2. Heat a large pot of lightly salted water, ready to go to a boil.
3. Melt 1 tbsl butter in a large skillet over medium low heat. Stir in the onion, celery, garlic and cook 5 min until tender. Increase heat to medium high and mix in mushrooms. Continue to cook and stir for 5 min or until most of the liquid has evaporated.
4. At this point the water in the large pot should be boiling. Add the egg noodles and cook to Al Dente as per the package instructions.

5. About the same time as number 4, melt 4 tbs butter in a med skillet and whisk in flour until smooth. Gradually whisk in milk and continue cooking 5 min until white sauce is smooth and slightly thickened. Season with salt and pepper.
6. Transfer the white sauce to the large skillet, add the tuna, mixed veg and cooked noodles to the mushroom mixture.
7. Finally, add the combined ingredients to the baking dish, add the crumbs then the cheese. Bake approximately 20 min at 350 or until bubbling and very lightly browned.



## Cooks Face Off at Burnaby Squadron

As we all know, there are many good cooks in the squadron. One in particular comes to mind. A certain Past Commander whose home renovations were featured on Channel 29 HGTV "Buy it or Fix it". Prominent among those renovations was a new stove with 6 gas burners, so the chef who lived there could display his gustatory prowess. We assume that Rob is the chef, but there is a possibility that Admiral Tracey is actually at the helm.

Therefore, Dave Holbrook throws down the glove to challenge Rob Anderson to a cook off with his recipe against Rob's best recipe entree, to be judged by squadron members, at a venue of Rob's choice.

## Member News

### BC School Dragon Boat Regatta

### Bob and Bill manning



Bill, Bob, Darcy and Mike



the referee boats



Darcy with Dave Norsella



All the boat operator volunteers in action

## Lawns Needed!

Do you have a lawn at your place?

If yes, would you allow us to place a lawn sign advertising our boating courses on your lawn?

Lawn signs are the most effective way of spreading the word that Burnaby Squadron offers boating courses.

Lawn signs will be up for three weeks starting the last week in August. We will bring the lawn sign to your home, place the lawn sign on your lawn and remove it again.

All you have to do is pick up your phone and call Lorne at 604-420-9750 or email [marep@burnabysquadron.com](mailto:marep@burnabysquadron.com).

## Bill Grout's Birthday

On July 5<sup>th</sup>, family and friends celebrated Bill's birthday at the Dynasty Palace restaurant!

Happy Birthday Bill!



## Share Your News / Opinion / Recipes

Share your news /opinion/recipes/pictures with your Burnaby Power and Sail Squadron members. Email your news, opinion, recipes and pictures to [publications@burnabysquadron.com](mailto:publications@burnabysquadron.com) to have them included in the next edition of the Scuttlebutt.

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

# 2014 PMD AGM & COW

By Gabriele Flint

The 2014 Pacific Mainland District Annual General Meeting and Change of Watch were held at the Executive Plaza Hotel, Coquitlam, on May 24.

District Commander Shirley Shea welcomed all members and guests and conducted the Annual General Meeting and the Change of Watch. We not only heard reports and news from the Secretary of the Pacific Mainland District but also from various Squadron Commanders from across the province of British Columbia.

The meeting also included presentations of several awards. The Burnaby Squadron received an award for retaining the most members which was accepted by Commander Beverly Estock.



Past Commander Rob Anderson received District Commander Shirley Shea's Citation in recognition of his outstanding service to Pacific Mainland District's squadron life.



Nancy Powers received a Letter of Appreciation from District Commander Shirley Shea in recognition of her service as Regional Training Officer (North).



Thereafter the new bridge of the Pacific Mainland District was introduced.



The afternoon included a very informative presentation about safety on the water and was concluded with a fashion show.

The fashion show was a huge success and featured our Past Commander Rob Anderson.



# PMD Integrated Squadron Cruise

By Jeff Booth, Vancouver Squadron

All PMD Squadron members and their families and guests are invited to attend an Integrated Squadron Cruise, hosted by Vancouver Power & Sail Squadron, at Telegraph Harbour Marina on Thetis Island during the weekend of August 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup>, 2014. Please mark these dates on your calendar and come join us for fun and fellowship.

- Friday evening will be a "meet & greet" as our members arrive.

- Saturday's activities will consist of a BBQ, Shuffleboard, Bocce Ball and more.

Please contact the marina directly at 1-800-246-6011 to reserve your slip now (it's easier to cancel later if need be.) Be sure to tell them your name, Squadron, vessel name & length, contact phone number, 15 or 30 amp power, date of arrival and departure.

Hope to see you all there!

# Burnaby Squadron Labour Day Cruise

By Darcy O'Shea

Burnaby Squadron's Labour Day cruise will be hosted at Snug Cove, Bowen Island, from August 30 to September 1. All members and guests are welcome by boat, car, RV, on foot, bicycle or skateboard. Stay on board, at a B&B, RV or at Union Steamship Accommodation.

On Friday evening we have a dock party to meet and greet new arrivals. On Saturday a pot luck dinner at the docks is planned and on Sunday we have dinner at Doc Morgan's pub. Please reserve your slip at the Union Steamship Co Marina by calling 604-947-0707 as soon as possible. For more information and to let me know that you are coming please call me at 604-420-9453 or email [cruisemaster2@burnabysquadron.com](mailto:cruisemaster2@burnabysquadron.com).

# Burnaby Squadron on CityTV Breakfast

By Brent Morrison

On July 10, 2014, at 0640 H, Past Commander Rob Anderson, Communications Officer / Webmaster Brent Morrison, Assistant Communications Officer Sara Morrison and "Future Commander" Olivia Morrison aboard the Santa Maria VI (graciously donated by Maxine Julien) took to the waves ..... promoting Burnaby Squadron and CPS National.

This event was sponsored by Mustang Life Vests, Maxine Julien, CPS National and the Burnaby Squadron.

CityTV Breakfast Television's film crew came onboard and recorded the event.

It was an introduction to what Burnaby Squadron and CPS National do on the water and on land, showed navigating the waterways of False Creek and how to understand buoys, hazards, right of way, water safety, etc. How to properly set your anchor in a congested bay to avoid pulling the anchor as the tide rises was filmed and was concluded with a "Man overboard" drill.

In case you missed it, here is the link to the video clip: <http://bcove.me/7ao3zs6c>

# Up-coming Events

Pacific Mainland District

Integrated Squadron Cruise	Telegraph Harbour Marina, Thetis Island	Aug 22,23,24
Labour Day Cruise	Snug Cove, Bowen Island	Aug 30, 31, Sep 1
Boating Classes	1005 Kensington Ave, Burnaby	Starting Sep 9 (10 weeks)
VHF Radio Course	1005 Kensington Ave, Burnaby	Sep 24, Oct 1, 8
Thanksgiving Day Cruise	Squamish Yacht Club, Squamish	Oct 11, 12, 13

For more information, on any of the above events, please email [publications@burnabysquadron.com](mailto:publications@burnabysquadron.com).

## Did You Know?

### The Top 10 Boating Locations in Canada

The majority of people in Canada live less than an hour away from water so it's no surprise that boating is one of the most popular activities in the country. Canada boasts some of the most beautiful scenic views and stunning lakes in the world making it an ideal place for anyone looking to get out on the water.

1. Niagara on the Lake, Ontario
2. Lake Erie, Ontario
3. Princess Louisa Inlet, British Columbia
4. Trent-Severn Waterway, Ontario
5. Northumberland Strait, Prince Edward Island
6. Rideau Canal & Waterway, Ontario
7. Gulf of St. Lawrence, Ontario
8. Miramichi River, New Brunswick
9. Howe Sound, British Columbia
10. Coal Harbour Marina, British Columbia

## Acknowledgements

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**Scuttlebutt**

Official Newsletter of the  
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