



# The Crow's Nest

Volume – 9      September – December 2016

## 2016 Executive Committee

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<b>Capt Yann Patione-Bedard</b>	Commodore
<b>Maj Rick Smith</b>	Past Commodore
<b>Gary Woodroffe</b>	Vice Commodore
<b>Dave Hooper</b>	Rear Commodore
<b>Derrick Mondry</b>	Secretary
<b>Capt Dave Jones</b>	Treasurer
<b>Hamish Murray</b>	Foreshore Officer
<b>Gary Crossan</b>	Asst Foreshoreman
<b>Capt Helen Neilson</b>	Keelboat Captain
	Asst Keelboat Captain
<b>MWO Roch Massicotte</b>	Kayak Captain
	Asst Kayak Captain
<b>Trevor Espenant</b>	Kayak Training Coordinator
<b>Sgt Don Cooper</b>	Dinghy Captain
	Asst Dinghy Captain
<b>Agnes Hebert</b>	Membership Officer
<b>Maj Francis Laplante</b>	Training Officer
<b>Donna Gallant</b>	Newsletter
<b>Maggie Norman</b>	Website

## Commodore's Log



*Happy New Year and all the very best in 2017  
The Commodore was away and not able to provide an article.*

## Keelboat Division

The keelboat division has been busy! New sails for *Against the Wind* have arrived, and we have requested a new dodger to be built for *Wildside*, as well as full new GPS suites for each boat. Our new “adopt a keelboat” program has been instituted, with 4 keen members stepping up and adopting the boats. They will be assistant “captains” of their vessels, and subject matter experts on their particular boat.

Our first maintenance day will be taking place this Friday, 27 January from 0930-1230. In the spring we will have a couple of bigger days, followed by a BBQ at the club- we will be looking for volunteers to help out as the weather improves!

Lastly, we are still **looking for a keelboat assistant and/or captain** who will be available this summer (unfortunately I am not), it's a fun and engaging position and a great way to get involved with the club and learn more about the boats.

If you are interested in helping either with cleaning the boats up for the sailing season, or in putting your name forth for the above positions, please email Helen at [helenjneilson@gmail.com](mailto:helenjneilson@gmail.com)

## Training Officer

The Training Officer is now accepting applications for the 2017 - Basic Cruising Course. Don't miss the opportunity to get out on the water this summer. Priority will be given to CAF members until 28 Feb 2017 at which time full registration and payment must be received and registration will be open to all others.

Cost for the course is **\$300.00 ea.**

**Training dates are as follows:**

22 & 23 Apr 17	Classroom Theory portion	Conference Room at 19 Wing Fitness and Community Centre	0900-1700	Bring your lunch
29 Apr 17	Written Exam	19 WCYC Clubhouse at HMCS Quadra	0900-1300	
30 Apr 17	Restricted Operator Certificate Marine Radio-ROC(M)	19 WCYC Clubhouse at HMCS Quadra	0900-1300	
ROC(M) Material (Manual and CD) \$48 per student. Exam \$35 per Student <ul style="list-style-type: none"> <li>• <b>Package needs to be purchased in advance.</b></li> <li>• Priority One; Keelboat Students (Mil or ex-Mil only).</li> <li>• Half day course in the morning, afternoon written &amp; practical Exam.</li> </ul>				
1 Apr-30 Jun 17	On-water Portion of course	All students must be finished the course requirements by 30 June 2017.		

For information on the course or to register, contact Course Coordinator Maj Francis Laplante at [Francis.Laplante@forces.gc.ca](mailto:Francis.Laplante@forces.gc.ca) or 250-339-8211 ext. 8263.

**Of note: The Training Officer may be deploying with the CAF and is looking for an assistant to take over should he have to leave at a moment's notice. If you can help out, contact him at 250-339-8211 ext 8263, or [Francis.Laplante@forces.gc.ca](mailto:Francis.Laplante@forces.gc.ca)**

## Kayak Division

Kayaking year around is safe if we plan considering the environment, weather and the sea state. Since last December we had two fatalities in Comox Valley unfortunately, maybe it could have been prevented if proper equipment and planning had been considered before venturing on the ocean. Kayak capsizing in the cold weather on the ocean could be unforgettable, it is very important to wear the right clothing such as dry suit and personal floatation device (PFD). It will keep you warm long enough and afloat hopefully until you could help yourself or be rescued. It is the policy of 19WCYC for all members and dependents to have the sea kayak safety course prior use of the club's kayak and SUP's. Also, it is mandatory for everyone using manpower vessels of the club to wear a PFD at all times.

To my knowledge our club had two incidents since 2007. One member not using a spray skirt was hit by waves coming broad side filling the kayak and capsizing it. Lucky maybe, the member was able to reach the beach because it was very close to the shore. The second incident approximately 5 years ago, the member decided after a local trip to head for Tree Island around 16:00. Unprepared, unplanned, on the way back capsized the kayak. Not able to help himself, he managed to climb onto the overturned hull of the kayak and drift all night, reaching Royston around midnight. Fortunately, he managed to find help from a local resident. If you are kayaking alone, having a paddle float could be your best friend and save your life.

Average temperature year around is about 9 to 12 degrees, in the winter the ocean surface is relative to the outside temperature. Therefore, you need to dress for cold water immersion to be safe. There is a rule 1 – 10 – 1 for people falling in the cold water. One minute to get your breathing under control, 10 minutes of meaning full strength to help yourself to get out of the cold water and one hour before hypothermia starts to set in. Few factors could make a difference such as clothing and body mass. Without thermal protection, a person can lose body heat 25 times faster in water than in air with similar temperatures. That number can be increased by a factor of 10 with movement like swimming or moving water. Sea Kayak Self-Rescue training, proper clothing, the right safety gear and good planning will make your kayak trip safe and pleasant. Always plan considering the weather and tides, and always bring liquid and snacks with you. The weather could change quickly and you might have to wait it out in a safe place. Make sure you have a sailing plan and let your family or friends know what your plan is. With a portable 5 watts Marine VHF radio, you can reach the Canadian Coast Guard on channel 16 anytime. It is monitored 24/7 year round by the C.C.G. and all boaters equipped with a radio.

NOTE: Cellphone is not designed for the water sport and not the best tool to help you out when you need it out there. You can only talk one on one and while transmitting the battery drains

faster. Using a Marine VHF Radio will give you a better chance to reach someone who can really help you out when you need it.

With the following links: [Sea Kayak Safety Guide](#) & [Safe Boating Guide](#) take the time to review the safety tips and what gear you should take with you before boating. Both PFD documents can be downloaded to your computer.

Sea Kayak Course will resume sometime in April when the weather permits. If you have any questions, please do not hesitate to contact me. You can always find me at the yacht club at the TGIF, most of the time☺.

Be safe

**Roch Massicotte**  
MWO  
Kayak Captain  
[kayak@19wcyc.com](mailto:kayak@19wcyc.com)

## **Dinghy Division**

Ahoy 19WCYC members,

As some of you may know, we purchased two used 420 Club Sailboats in the late fall in hopes to revitalize the Dinghy Sailboat Division. The Division will start up training this coming spring, plus we can participate in regattas (races) sponsored by neighbouring clubs. This valuable platform is an inexpensive way to allow small families to go for a day sail or allow for individual one-to-one training.

Members with previous 420 experiences and who wish to provide any assistance in giving this project a running start; please contact the Dinghy Division Captain at [dinghy@19wcyc.com](mailto:dinghy@19wcyc.com)

Don Cooper  
Sgt  
Dinghy Captain  
[dinghy@19wcyc.com](mailto:dinghy@19wcyc.com)

## **Membership Officer**

***Renew your membership at the AGM and save \$5.00***

Don't forget to renew your Membership before the end of March. As of 1 April the Commissionaire will have a new list. If your name is not on the list because you did not renew your membership you will not have access to the club or the rental equipment. **Renew your**

**membership at the AGM on 22 February and save \$5.00.** You can reach me at 250-339-2435 for any information regarding membership.

Aggie Mondry  
Membership Officer

## Foreshore

When the gales of November keep coming - As winter storms continue to batter the west coast there have been more high wind events this season than we usually see – and the winter is not over yet. The rough conditions are taking their toll on the boats, fenders, and mooring lines. Head sails have unravelled, wind indicators and radar reflectors have been blown off masts, and sail covers and dodgers torn. You should be checking your boats and dock gear on a regular basis during the winter for any damage and wear. Mooring lines should be protected from chaffing where they go through the chocks on the deck and where they go around the cleats on the dock. This is not always obvious unless some line is taken off the cleat. And make sure your emergency information is easily visible from the dock so you can be contacted quickly if any concerns are noted. Here endeth the first lesson...



Lines may begin to wear in the middle due to the snapping action when the boat is pitching.



No babying your bottom - The tidal grid at Quadra remains closed at the request of the Wing Environmental Officer while her office conducts a review of the environmental impacts.

Job Opportunity – Motivated individual with thick skin and unlimited patience to take on the duties of 19WCYC Foreshore Officer. One year term beginning March 1, 2017. Long hours. No perks. Thankless task. Put up hand at Annual General Meeting...

Foreshore Officer  
Hamish Murray  
250-336-2581  
[foreshoreman@19wcyc.com](mailto:foreshoreman@19wcyc.com)

Assistant Foreshore Officer  
Gary Crossan  
[asst-foreshoreman@19wcyc.com](mailto:asst-foreshoreman@19wcyc.com)

## Rear-Commodore

### Plaque presented to Rear-Commodore



Some of you may have noticed the new plaque on the wall by the bar. It was presented to the Rear-Commodore by the Comox Valley Marine Search and Rescue (RCMSAR). The plaque reads, *“Presented to 19 Wing Comox Yacht Club in appreciation of your support of the Comox Valley Marine Rescue Society and your commitment to our community”*.

## News & Events



Of course I'm going, there is a \$5. discount if I renew my Membership at the AGM!

**AGM – Mark your calendars, 22 February at the Officer's Mess at 19 Wing. Registration starts at 1800 and the meeting will start at 1900 sharp. A \$5.00 discount on Membership Renewal will only be given to those members signed in at the AGM.**

**Need some volunteer points? The executive is looking for some volunteers to help the night of the AGM in the following capacity:**

- 2 people to assist with Registration
- 3 people to assist the Membership Officer with membership renewals

Of note, the night of the AGM there will be an election for the following Executive positions. The following members have agreed to stay on, but we are desperately seeking to fill the 3 vacant positions as of 1 April. If you are interested in volunteering for any of the executive positions and want to put your name forward, please do so by contacting the Vice-Commodore at the following email:

[vice-commodore@19wcyc.com](mailto:vice-commodore@19wcyc.com)

Position	Eligibility R-Regular O-Ordinary	
Commodore	R	<b>Vacant as of 31 Mar</b>
Vice-Commodore	R	Gary Woodroffe
Secretary	R	Sgt Derrick Mondry
Treasurer	R	Capt Dave Jones
Rear Commodore	R/O	Dave Hooper
Foreshoreman	R/O	<b>Vacant as of 31 Mar</b>
Captain – Keelboat Division	R/O	<b>Vacant as of 31 Mar</b>
Captain – Dinghy Division	R/O	Sgt Don Cooper
Captain – Kayak Division	R/O	MWO Roch Massicotte
Training Officer	R/O	Maj Francis Laplante
Membership Officer	R/O	Agnes Mondry

**Note: Regular Member is defined as: CAF members, currently serving Reg & Reserve and their families; Foreign military currently serving and their families; Veterans (former members of the CAF who successfully completed Basic Mil Trg and were honorably discharged) and their families.**

**In order to approve the budget, and vote in new executive members, we need to have a quorum at the AGM. We need MAXIMUM attendance. If you are not able to attend be sure to submit a proxy vote.**

**All of the AGM information and documents can be found at the club website [19wcyc.com](http://19wcyc.com)**

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## Great Bowls of Fire - February 24 – Chili Cook Off

Make up teams of 4 to create a pot of chili  
Name your team then email Marion

Contact Marion... [tmbrett@shaw.ca](mailto:tmbrett@shaw.ca)



Each team to make one fairly large pot of Chili (shares the cost around) from whatever recipe they choose. Does not have to be super hot (no prize for the hottest, just the best!)

Judging to be done by members that are present, using small samples in numbered cups. Each judge will have at least 3 small cups with numbers on the bottom that match the team number. There will be big bags marked GOOD, BETTER, BEST. The winning team will have the most cups in the BEST bag.

The teams should be at the Club House at 1600 hours or shortly thereafter so that we can set up the sampling stations.

People NOT on teams will bring salads, dessert or whatever they feel appropriate for a Mexican feast as is usual for our Pot Lucks.

Mexican dress, sombreros, maracas all welcome. It's HOT BEAN NIGHT at 19 Wing.

A couple of volunteers are needed to help decorate the clubhouse. If you are able to help out, give Marion Brett a call or email her at Tel: 250-338-5735 or email: [tmbrett@shaw.ca](mailto:tmbrett@shaw.ca).

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### Pleasure Craft Safety Check (PCSC)

The Pleasure Craft Safety Check (PCSC) program provides RCM-SAR members trained, in conjunction with Transport Canada Office of Boating Safety, to educate and assist boaters in having the proper safety equipment aboard their vessel. The Safety Check is done free of charge to all mariners and available at their request, where ever the boat is located, in the marina or at home.

Our very own Kayak Captain, Roch Massicotte, is a member of the RCM-SAR 60 Comox and is qualified to do the Pleasure Craft Safety Checks. If you would like to have your boat checked, contact Roch at [kayak@19wcyc.com](mailto:kayak@19wcyc.com)

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### HI FROM ST VINCENT & GRENADINES

Al and Brenda are active members of the club. Al held the position of Treasurer for a few years when he was still serving in the CAF. They have provided us with a brief summary of their travels.



Well we departed Grenada 5 days ago sailing north after spending Christmas touring the island with our daughter, who has since returned to Victoria. We are anchored in a little bay called "Windward Bay" on the south end of Mayreau Island in the Caribbean Windward Islands of St Vincent & Grenadines.



I guess I should back up a bit first. My name is Alan Phillips and my partner in life is Brenda Russell. Some of you may know us from the club as we have lived in the valley for over 20 years to current. I retired from the Forces and have been sailing since 2013 on our 36ft S2 center cockpit. We return home to Comox for the summers and sail from November to June each year. Our final posting was in Trenton so we set sail from Lake Ontario heading down the Erie Canal from Oswago NY to the Hudson River and into the Atlantic Ocean at New York City.



We travelled the Intracoastal Waterway (ICW) from Norfolk Virginia to Miami Florida where we crossed the Gulf Stream to the Bahamas. The ICW was very neat and educational. It's

basically a big ditch you travel just inland protected from the Atlantic Ocean coast of the US. It was like a travelling education cruise of pirates, civil war, slave plantations and many Spanish explorers.

Once you're in the Bahamas the water is gin clear. Seeing everything on the bottom at 40 ft. is an everyday occurrence except the water depth is usually 15 ft. or less and any boat with a 6 ft. draft is usually anchored way out in the middle of no man's land. We draw 4.8 ft. which worked great for anchoring in protected areas. We enjoyed the Bahamas so much that we stayed for the 2013/2014 sailing season. In 2014/2015 we continued sailing south from Jacksonville Florida to Bahamas, Cuba, Haiti, Dominican Republic, Puerto Rico, Spanish Virgin Islands, US Virgin Islands and British Virgin Islands (BVI's). The BVI's is where we left our boat for the hurricane season. Upon returning to our boat in Nov 2015 we continued sailing south for the 2015/2016 season from the BVI's to St Martin and down the Leeward and Windward Islands to Grenada where once again we left our boat on the hard for hurricane season. We returned to our boat this past Nov 2016 and have been hanging out between Grenada and St Vincent waiting for family to come for Christmas. To kill some time we hiked Mt Soufriere Volcano on St Vincent which is the largest volcano in the island chain but not active like the one we went to on the island of Montserrat last year. It has a research team monitoring the volcanic activity at all times, pretty cool. Another fantastic thing to do in the Grenadines is snorkel. The water is crystal clear like the Bahamas and you get protection from the 15 to 20 knot trade winds behind the thousands of reefs and islands that break the waves. The winds are great to keep you cool as there is no land on these reefs for the most part, just underwater coral. It's very eerie at first spending the night anchored behind basically nothing while the wind blows 20 knots. You get used to it and sleep well with a nice breeze to keep you cool. The heat in general is not an issue unless the winds get stalled from an approaching cold front or you go to shore for hikes or shopping. The temperatures are in the 30's day time and mid 20's at night so without the wind it's HOT HOT HOT. We also make sure to keep shaded from direct sunlight while on the boat.

So, as I mentioned earlier we're in the Grenadines of St Vincent having cleared out of Grenada last Tuesday (10 Jan). Clearing in and out of countries for the most part is pretty straight forward. When we clear out of a country they give us a clearance document with date and time. When we clear into the next country they take this document and issue some arrival doc's. They're looking at time to and from each country in case you decided to take a side trip and have a little illegal side business. Each country has their own fees involved (cruising permits etc.) and varies from \$20 to \$200. You MUST also have your boat registered; just having a vessel licence is not good enough. The French Islands (our favourite) are the easiest to clear in/out of. You just go enter your info in a computer then pay your 4 euro and you're in. This computer could be at a bar, restaurant, dress shop, who knows where but it's pretty straight forward and relaxed. NO officials but somehow it all works.

So as I mentioned we're currently in the Windward Anchorage of Mayreau. We are here waiting out a huge north swell that occasionally occur when the northern cold front extends lower than normal. These cold fronts are created from winter storms in Canada and USA. They create big waves up north (Bermuda area for example) and these waves turn into swells as they travel south

and are currently generating 12 to 15 ft. swells in the BVI's and about 4 to 6 ft. here. The swells are not usually a concern at sea, with about 10 to 12 sec between them. But if you're in an anchorage exposed to the swell it will build to a short breaking wave that can be extremely uncomfortable, dangerous and possibly devastating to you and your vessel.



We're heading further north in 2 days to Bequia, still in the Grenadines and about 25 miles from our current location. Next weekend 19 - 22nd January is their music festival, lots of tunes and parties. We are meeting up with some other cruisers to hang out for a few days before looking for a weather window to continue north to St Lucia. This will be our second visit to these islands and anything we didn't get a chance to do last year we will try to do this year.

Waiting for weather is a great opportunity to catch up on my list of boat chores which is never ending. As 1 item is fixed 2 more things usually break. I use a proven problem solving flow chart to more effectively correct these boat issues (see boat repair flow chart).



You are literally your own electrical, water and waste company repair facility. Power consumption on a boat is a little higher when your 700 miles from the equator. Our freezer/fridge, which modestly consumes about 3.5 amps per hr., only ran approximately 10 minutes out of every hour back home in Comox. But for the past 4 years it's been running 24/7 when in use. We occasionally get together with other cruising couples for a sociable or two and about 80% of my conversation is based on power generation and how to extend battery life. Some things never change for sailors.



We use a single side band (SSB) to receive weather forecast and to communicate with other boats outside of VHF range. We listen to "Chris Parker" out of Florida and a few other sources. Once you depart the USA you no longer receive weather on your VHF radio. We also use weather app's ("passage weather" for one) compliments of our Digicel SIM

card. We use a pay as you go plan with data to consult Mr. Google & Skype. If you want Wi-Fi you can go to shore and search it out. We are anchored out somewhere the majority of the time so cell works best for us to remain in contact with family and people supporting us on our journey. Thank you Mr. Visa & MC.



So what about food you may ask. Well first of all I must tell you that Brenda has become well known within our circle of friends as the source for food/cooking advice. The dishes that come out of our 2 burner galley is second to none and gets us invited to many happy hours. Sometimes they even know I'm there. The Caribbean island chain has a variety of local fresh fruits and vegetables. We eat what's in season and available at each island plus fresh fish. Just landed a Mahi Mahi the other day for a nice treat. It has been a fun learning curve to incorporate these different foods into some very tasty dishes. In Grenada, also known as the spice island you have a multitude of things growing at all times. The island produces nutmeg, cocoa, cinnamon and loads of other produce including 3 rum distilleries. On a hike I can pick all these items (except the rum) plus grapefruit, mangos, callaloo (the leaf of the dasheen root one of our fav's) and so much more. The larger islands including Grenada have good supermarkets with everything you need to stock your boat with can goods, frozen food and beer. Our favourite stores are in the French Islands and we should be in Martinique in a couple of weeks where we'll purchase some great (and cheap) French bread, pastries, wines and cheeses. These islands are still part of France, unlike many of the other islands who are independent of Britain. The aircraft from France delivers goodies to the island at subsidized prices daily.

So for this year the season is just getting going for us and there are many adventures to look forward too. If I haven't bored the good folks at the 19WCYC to much I'll do another one for the next club newsletter. Now that you know a little about what where doing I'll write about some of the islands and adventures we have done in my next article. If you have any questions or want me to talk about something particular about our voyage or an Island let Donna Gallant know and she can pass it on to me. I'm sure Donna Gallant, who does a fabulous job putting together this newsletter, wouldn't mind (sorry Donna you're now an active part). Bye for now, stay warm and see you at the club this June.



### **Alan Phillips & Brenda Russell**

s/v **HAVEN**

Currently St Vincent & Grenadines:

N 12 38.1799' Lat

W 061 23.1349' Long

## Note from the Editor

### Happy New Year!

I hope with all the hustle and bustle of the holidays you are finally able to sit and relax a bit. It won't be long before there will be a flurry of activity on the docks with everyone getting their boats cleaned up and ready for the sailing season. Or perhaps you'll be busy planning a dry land vacation, or getting the lawn furniture cleaned and ready for a beautiful warm sunny day, or cleaning the sand off the beach chairs or camping equipment. Whatever your plans, I am sure they will be amazing.

The tans will fade but the memories will last forever.