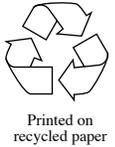




London Line

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AUGUST 2007

The newsletter of the London Power and Sail Squadron

www.powerandsail.ca

Rendezvous 2007 Sarnia Bay Marina

As every year in past, the annual Western Ontario District Rendezvous was held the third weekend in June. This year's event was hosted by the London Squadron and held at Sarnia Bay Marina. The weather throughout the weekend was glorious and we couldn't have asked for anything better. Friday night, however, did get a wee bit on the cool side, to down right nippy, but nothing the "Baileys' bonfire" couldn't handle, with lots of wood to burn on hand.

London turned things up a notch by serving a hot lasagna dinner, accompanied by fresh

tossed Caesar salad, fresh baked rolls, and some red vino. Just to be sure everyone's palate was satisfied, six large deluxe pizzas were brought in for good measure. Even our last guests who looked no worse for wear after a 10hr sailboat ride down from Bayfield were pleasantly surprised to have their hunger satisfied. No one went away hungry. The Bailey's bonfire brought friends old and new around the fire to chat and even blurt out a few Versus of "Alouette" till late in the evening.

Continued on page 3



**Some London Squadron volunteers at the Rendezvous:
Judy Finch, Al Sargant, Bev Miatello, Alice and Nick Baratta.**

Fall courses: pg 4

CALENDAR

All events start or take place at HMCS Prevost, 19 Becher Street, London unless noted otherwise.

August

14th Bridge Meeting 1645

23rd **Advanced Registration Night** for fall training courses 1730-2000. See page 4.

September

6th Fall training starts.

11th Bridge Meeting 1645

October

9th Bridge Meeting 1645

26th National Conference starts

November

13th Bridge Meeting 1645

18th District meeting London (tentative)

December

2nd **Commander's Christmas Levy** 1-3pm, all welcome.

11th Bridge Meeting 1645

**Watch for
social events
coming up
this fall!**

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PORT CAPTAIN - PORT STANLEY	Paul Neve	519-473-0296
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ENVIRONMENTAL OFFICER		

AS THIS EDITION of the London Line reaches you, the summer boating season will be approaching the mid point for this year. It is hoped that all on-the-water experiences have been pleasurable for you and your families and devoid of any form of misadventure.

The London Power and Sail Squadron's training year culminated with The Graduation Dinner held on May 31, 2007 at HMCS Prevost. At this event, thirty-six new CPS members were congratulated on their successful completion of the Boating Course. In addition, fifty-seven students received Marine Radio Certification, eight completed the Piloting course, one Advanced Piloting, and thirteen the GPS course. Congratulations to all of our successful students! Just a reminder to all – the Squadron's Training Staff is busily planning for courses set to begin in September, so get on board, and decide to upgrade or refresh your skills by registering for the course of your choice.

During the June 22-24 weekend, Western Ontario District CPS-ECP held its annual Rendezvous, this year at the Sarnia Bay Marina. This event was organized by London Squadron members who have been working diligently on this project for over six months. Many thanks go to Alan Sargent, Bev Miatello, Judy Finch, Alice and Nick Baratta and several others from our squadron who planned, assisted and participated in this most enjoyable event. (Steve Waite may have a second career as an 'Emcee' in his future!) The marina accommodated approximately 30 boats of CPS-ECP and USPS (United States Power Squadron) members and almost 150 people joined in the seminars, meetings and social events. Sarnia Mayor Mike Bradley brought greetings from the city and our Chief Commander, Serge St. Martin, attended from Montreal.

During the District Meeting held at the aforementioned Rendezvous, an update was provided on some of the issues to be brought before those assembled at the National Conference in Ottawa in October. The "Branding Contest" referred to in the last edition of the London Line has resulted in three choices to be voted upon:

CPS-ECP Nautique Canada CPS Nautique

(All were reminded that one of the major considerations in choosing these entries as the final three from two hundred was the need for recognition in both of our official languages).

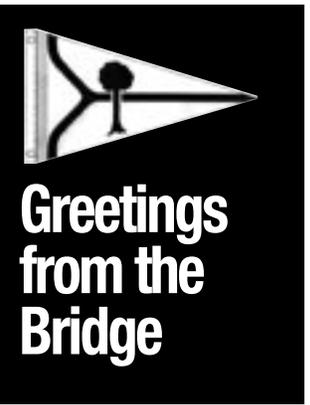
The second major issue to be discussed and voted upon in Ottawa is that of a proposed membership fee increase of \$3.00 to offset rising costs and avoid a deficit at the national level of our organization.

London Squadron, as one of the largest in Canada, will have considerable influence on these decisions. As your delegate at the National Conference in October, I am very interested in members' views on these matters.

On the local front, London Squadron continues to need a committed volunteer to serve as Public Relations Officer. If you have some time to spare, please consider becoming more involved in your organization. Please call me at your convenience.

Finally, thanks go to our Events Officer, Bev Miatello, AP and her crew for organizing the 'fireworks and ice cream' family get-together at HMCS Prevost for Canada's birthday on July 1. A great time was enjoyed by all.

Best Wishes to all for a safe and happy summer.



Larry Monger, Commander

London Line

is the official publication of the London Power and Sail Squadron, a unit of Canadian Power and Sail Squadrons. It is published to inform and advise members and students.

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London Power and Sail Squadron, London, Ontario.

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Rendezvous 2007 *Continued from page 1*

Saturday hosted the continental breakfast, along with the District Meeting held at Stokes Grill. Fortunately, long reports were kept to a minimum, but the business that needed to be reported on did get addressed. The "Dock Lunch" again did not disappoint. Montreal smoked meat on fresh rye bread with mustard kept the crowds in line for more, courtesy of our Chief Commander Serge St-Martin, all the way from Quebec.



Saturday afternoon, a seminar was given by Mike Purdy (who is a 3rd generation fisher) on fishing on the Great Lakes. After the seminar, six teams had a blast at testing their eye-hand coordination at Texas horse shoes, their math skills at Sudoku, and finally just their plain smarts at the Water balloon toss.

The hit seemed to be the event of the Dragon Boat Race. The six teams, comprised of 12-14 rowers coached by professionals, made their way across the Bay as a practice run. But timed enroute back...the best time was 1min and 46 seconds...way to row brown team! After that trying task of rowing, an hour of social time or a quick dip in the pool was the call before dinner. Dinner, catered by Stokes Bar & Grill, was comprised of a chicken and rib dinner... finger lickn' good.

The night's entertainment was the "Tillsonburg players", putting on their show of the nautical version of Pirates of the Caribbean. Never heard of them you say?...you will! After that, the Tim Tyler duo from London started their set with an acoustic version of "Rollin' on the River". Their set consisted of tunes from Bob Marley, to Jimmy Buffet on their acoustic, and electric guitar, to the bongos. The crowd got a chance to get up and boogie till way past their bedtimes.

Come Sunday, the crowds came steadily in for a feast consisting of eggs, pancakes, sausage, bacon, hash browns, and all the fixin's of a good ol'country breakfast. At 1030 hrs. , the Commanders challenge was underway. A mind testing nautical question gave the Commanders a challenge, and wanting a refresher on their boating course. After that, lines, knots and toss line skills were all completed. The Goderich Commander, Chris Thatcher, took a first place finish...way to go Chris!...you guys get to decide on it next year. Speaking of which... how many of you reading this article now wish you had attended this weekend? Well don't let next year pass by without attending. Location is to be announced but keep posted with your Squadron and set aside the weekend next year to be just as fun.

*1st Lt Bev Miatello, AP
Events Officer*

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London Squadron Fall Courses

Advanced Courses for Members
(must be taken in sequence)

Water safety is strengthened by education. CPS volunteers work together to teach various courses and share knowledge and experience. For further information please call: (519)438-6222 or see the descriptions and schedules below.

How to register for courses:

- There is a pre-registration evening planned for 2007 August 23, 5:30 pm through 8:00 pm (1730 – 2000) at HMCS Prevost. The course schedules have been updated for Fall and Winter 07/08 term.
- To sign up for any of the courses, please contact our course registrar: John Manvell at 519-455-3627

Unless otherwise posted, all course are offered at the following location and time:

Location: HMCS Prevost, 19 Becher St. at the forks of the Thames (unless otherwise specified)

Time: 1900 - 2130 (07:00 PM - 09:30 PM) (unless otherwise specified)

The London Power and Sail Squadron Training Department will offer the following courses subject to sufficient enrollment and availability of materials and instructors. Prices are subject to change without notice.

Please call if you see a course below that is not currently offered. If enough students show interest we may be able to offer the course.

Alternatively, we maybe able to direct you to a neighbouring squadron that is offering the course.

- All Thursday courses will be held at the HMCS Prevost facility at 19 Becher St., at the Forks of the Thames River. Room numbers will be assigned after registration and then posted to this website.
- All Tuesday courses will be held at Catholic Central High School, 450 Dundas Street, at the

northeast corner of Dundas and Colborne streets. Room numbers will be assigned after registration and then posted to this website.

- Note: Prices and the course schedule are current, but may change on short notice. Please contact the Squadron at the phone numbers at the top of this page for latest prices and space in the courses.

For Prospective New Members

BOATING

This is the No. 1 ranked "Safe Boating Course" in North America. Remember the knowledge, wisdom and confidence you gained after completing this course? Why not mention this fact to some of your "less than trained" friends, or fellow boating partners. Completion of this course makes you realize why simply obtaining your PCOC is simply not enough to call yourself a safe boater. Completion of this course gains you membership into CPS and the opportunity to take further advanced courses.

As a CPS member, you can take advantage of numerous benefits which include:

- Your PCOC and Boating Certificate
- Reduced Insurance Costs for your boat
- Squadron Newsletters
- Free subscription to "The Port Hole," the National CPS Magazine inserted into either "Canadian Yachting" or "L'Escale Nautique".
- Marine Reporting (MAREP) programs
- The right to fly the CPS Flag
- Social Events
- Opportunities to take advanced courses
- About 600 other Londoner's to help you with your boating issues

The Boating Course is accredited by the Canadian Coast Guard and meets all the training requirements for the Pleasure Craft Operator Card.

Cost: \$195.00 (\$185 for additional family members from the same address if course taken in same year)

Date: Thursday September 06, 2007

Course Length: 15 weeks (another course planned for January)

Location: HMCS Prevost, 19 Becher St.

Room: TBA

Time: 1900 -2130

Contact: John Manvell 519-455-3627

PILOTING

This course is designed to enhance your knowledge of navigation, plotting, seamanship and boat capabilities (hulls, buoyancy, stability, weather, wind and waves, current and leeway).

Successful completion of the Boating Course is a prerequisite.

Cost: \$140.00

Date: Thursday September 06, 2007

Course Length: 16 weeks

(another course planned for January)

Location: HMCS Prevost, 19 Becher St.

Room: TBA

Time: 1900 -2130

Contact: John Manvell 519-455-3627

ADVANCED PILOTING

You will learn advanced coastal navigation principles to enable you to know, at all times, where you are. The vessel's position can be determined by using landmarks and aids to navigation, allowing for current, leeway, tides and tidal currents. Course content: Become familiar with charts, the compass, steering and timing a course, tides and tidal currents, effect of current and leeway, methods of determining a position, running fixes, aids to navigation, electronic navigational aids and the sextant.

Successful completion of the Piloting Course is a prerequisite.

Cost: \$140.00

Date: Thursday September 06, 2007

Course Length: up to 22 weeks

Location: HMCS Prevost, 19 Becher St.

Room: TBA

Time: 1900 -2130

Contact: John Manvell 519-455-3627

CELESTIAL NAVIGATION

This is a relatively new course which combines the material and examinations of the previous Junior Navigator and Navigator courses. JN and N are no longer available.

This course gives you extensive knowledge about celestial navigation. You learn the parts of the marine sextant, the errors, timing and the proper way to handle a sextant. This will enable you to log the necessary information and obtain the sextant altitudes of celestial bodies.

Successful completion of Advanced Piloting is a prerequisite.

Not offered at this time, but leave your name if interested.

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ELECTIVE COURSES

Open to All

NAVIGATING WITH GPS

This course covers the fundamentals of operating a GPS receiver, navigating with GPS, sources of GPS error, selecting units, importance of chart datum and some discussion of interfacing your GPS with a personal computer. The flexible format seminar format allows instruction to be tailored to students needs. A practical walk-about session shows you GPS in action. This course is one module of the Electronic Navigation course.

Cost: \$50.00, \$60.00 for non-members

Date: Tuesday, January 08, 2008

Course Length: 6 weeks

plus a weekend afternoon walkabout.

Location: Catholic Central HS

Time: 1900 -2130

ELECTRONIC CHARTING

This course takes over where Navigating with GPS (a pre-requisite) leaves off. It builds upon the information you have learned and teaches the more advanced features of electronic charting (EC). You learn about the different kinds of EC, how they were developed, their advantages and disadvantages, how to use them in a practical manner. You learn about connecting your GPS to a laptop, desktop, PDA or tablet computer. There is information about the use of navigational programs for computers. You get practical knowledge about EC by utilizing a great program that is included on the accompanying CD.

The CD has a variety of features and includes over 200 electronic charts and an EC program that displays and uses these charts. You can put your PC computer to work as a practical learning tool by running this program.

Cost: \$50.00, \$60.00 for non-members

Date: Tuesday, February 19, 2008

Course Length: 6 weeks

Location: Catholic Central HS

Time: 1900 -2130

RADAR FOR PLEASURE CRAFT

Now that the cost of radar has been drastically reduced to the point where entry level units can be had for about \$1200, many boaters want to learn more about this valuable safety device.

This new CPS course, "Radar for Pleasure Craft" teaches the use and capabilities of marine radar. You learn how to interpret the screen and how to use the various controls, how to measure distance and bearing to other boats and to hazards.

You learn about radar's abilities and limitations. It is important that you understand the meaning of a unit's specifications when selecting a radar and the course explains these.

This course manual has over 130 pages and also comes with a CD that can be used on a PC computer. Among the CD's various features is a radar simulator that allows you try out the common radar controls including VRM, EBL, ERBL, etc.

Learn collision avoidance in the safety of your home using the simulator's MARPA capability.

Cost: \$50.00, \$60.00 for non-members

Date: Tuesday, October 23, 2007

Course Length: 9 weeks

Location: Catholic Central HS

Time: 1900 -2130

SEAMANSHIP SAIL

This introductory course will teach some of the basic sailing techniques for safe operation under various conditions and will encourage the participant to become a more competent sailor. Covers spars and rigging, sails and sail handling, cruising under sail (day sailers and keelboats.) Fire safety and sailboat racing are included as additional information.

Cost: \$TBD

Date: Tuesday, November 06, 2007

Course Length: 14 weeks

Location: Catholic Central HS

Time: 1900 -2130

GLOBAL WEATHER

Global Weather expands on concepts introduced in the Fundamentals of Weather (a pre-requisite). You may choose to take this course for general interest or because the far horizon tempts you to sail beyond sheltered waters.

In this course you will study topics like El Niño, summer monsoons, or lake effect snows. Work with measurements such as air pressure, temperature, dew point and wind direction/speed to sharpen your forecasting skills.

Appreciate the inner workings of tropical cyclones (hurricanes) and chinooks. Develop skills in offshore sailing and advance planning including the use of weather services and interpreting data.

Whatever your reasons, "Global Weather" is your chance to study the weather in all its moods.

Cost: \$50.00, \$60.00 for non-members

Date: Tuesday, September 11, 2007

Course Length: 6 weeks

Location: Catholic Central HS

Time: 1900 -2130

PUBLIC SHORT COURSES

Open to all

THE PCOC COURSE - "BOAT PRO"

Boat Pro is a short introduction to Safe Boating Through Education. Successful completion of this one - day course gains the student the mandatory PCOC certificate. We at CPS wish to state that this course will in no way enable you to gain the knowledge with regards to the understanding of Safe Boating that would be gained by taking our Boating Course. This course will enable student for Associate Membership in CPS.

Cost:

Full course - \$70.00

Challenge the test, with manual - \$50.00

Challenge the test, without manual - \$40.00

Each course is three weeks, one night per week

Date: Tuesday, October 09, 2007

Course Length: 4 weeks

(another course planned for 2008 April)

Location: Catholic Central HS

Time: 1900 -2130

Marine Radio (VHF-DSC)

With the new DSC format due to be up and operational for the Great Lakes area by September of 2007, we are anticipating that many of you will wish to upgrade your present VHF certificate, to include the new DSC portion of the mandatory certification, to allow you the benefits that this new technology will enable you to enjoy. Just imagine, sending a pre-determined fixed, call for assistance, at the push of a button and allowing you the freedom to deal with the emergency at hand. You may choose to take the whole course again, as a refresher, or choose only to upgrade your current certification to include the DSC portion only. For further information on this course, please contact Steve Waite at 519-473-0517.

Cost:

Full course - \$45.00, \$50.00 non-members

DSC upgrade portion only - (to take this portion only, you must show proof of current VHF certification) - \$35.00, \$40.00 non-members

Date: Tuesday, September 11, 2007

Length of course: 4 weeks, exam is on final evening. Successful Candidates will be issued a temporary certificate the night of the exam. (another course planned for 2008 February)

Location: Catholic Central HS

Time: 1900 -2130

Contact: Steve Waite 519-473-0517

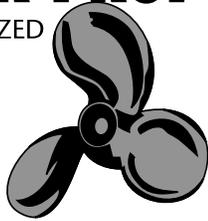
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Graduation

THURSDAY May 24 was the day for which most Boating students had waited, and worked hard for many weeks. 34 Boating students, 4 Piloting, and 1 Advanced Piloting student attended the Annual Commanders dinner, held in their honour at HMCS Prevost.

Outgoing Commander Mark Hunsberger, along with his wife Cheryl, greeted most of the attendees. Incoming Commander Larry Monger and his wife Sherry were also present, mingling with most of the guests.

We also had the honour of many Past Commanders in attendance. Also on hand to pledge in the new graduates was Past District Commander Karen Connor from the St. Thomas Squadron.

Guy MacLean gave the speech on behalf of the students in recognition of how much they enjoyed the classes. Most of the boating students were taught by the Commander himself, an extra honour, and they gave Mark their "thanks for a job well done".

London Squadron has an annual award for "Volunteer of the year". This year's recipient was Ralph Smith, the Bridges Treasurer, who has

been volunteering in this position for the past 3 years, doing an awesome job keeping our financial records on track. "Congratulations Ralph!"

Next years courses begin again in September, and early registration will begin Thursday Aug. 23 with a BBQ for the new and old students to catch up on their summers' activities or to sign up for the next course on their list.

Have a healthy and safe summer. See you in August.

1st Lt Bev Miatello, AP Events Officer

JOHN MCKAY

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Playing it safe in the sun

(adapted, with permission, from the London-Middlesex Health Unit)

MEMBERS of CPS are committed to safe boating practices on the water and while we usually consider this to mean ensuring that our vessels have the necessary safety equipment on board and that the skipper knows and practises the rules which will keep all aboard safe. Understanding the dangers of sun exposure and taking appropriate precautions should also receive serious consideration.

Ultraviolet (UV) radiation can cause skin damage, aging, wrinkling, sunburn and skin cancer. Sunscreen can effectively block the majority of UV radiation reaching your skin. It should, however, be used as a last line of defence after other methods of protection such as clothing, hats and shade. It's important to remember that sunscreen shouldn't be used in order to stay out in the sun longer, but as a way to reduce the risk of skin damage when exposure to the sun is unavoidable.

About Sunscreens

Sunscreens work by filtering out most of the UV radiation, preventing it from reaching your skin in two ways: it provides a chemical barrier which absorbs some or all of the UV radiation and also as a physical barrier which reflects or scatters radiation away from the skin. Some sunscreens provide both kinds of protection.

Not all sunscreens contain the same ingredients. If your skin reacts to one sunscreen, talk to a pharmacist or doctor about choosing another with different chemicals.

"SPF" (sun protection factor) is a laboratory-derived ratio and should only be considered a guide to a sunscreen's relative strength. How long a person will take to burn depends very much on the time of day, the time of year, the amount of reflection, degree of cloudiness and skin type. Remember that sunscreen must be applied liberally with about a teaspoon applied to each arm and leg prior to going out in the sun and then must be reapplied at least every two hours. "Broad spectrum" sunscreens – those that filter out both UV-A and UV-B radiation – are recommended. Remember that expensive sunscreens are not necessarily more effective but do choose a product with a minimum of SPF-15, preferably SPF-30 and then apply it properly and at regular intervals.

Sun Protection Tips

- The amount of UV radiation received depends on both the strength of the sun's rays as measured by the UV index ("1" being "low" and "11" being "extreme") and the amount of time spent in the sun
- Reduce your time in the sun and seek shade or protective clothing, particularly from 1100 to 1600 hr from April to September
- Use a sunscreen – broad spectrum with SPF of 15 or higher
- Check Environment Canada's UV Index – it's included with the weather forecast if the UV is expected to reach 3 or higher – and then act to protect yourself accordingly.



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