



# Foghorn

[www.cps Halifax.com](http://www.cps Halifax.com) / 1-888-277-2381



November  
2008

*CPS is a volunteer organization dedicated to enhancing boating enjoyment and safety through training. The Foghorn is the newsletter of the **Halifax Squadron**, a unit of Canadian Power and Sail Squadrons.*

## Inside this Issue:

Meet the Instructors .....	1
Boating Tips.....	2
Information Update.....	2
Commander's Corner.....	2
AGM Report.....	3
Gourmet Galley.....	4
"Ref" Reid Award.....	4
CPS Courses.....	5
Cold Water Facts.....	6
Bridge List and Contacts .....	6

## Meet the Instructors

We would like to introduce you to our additional winter course instructors. They will be volunteering their time to teach some of the courses offered in the New Year.

### Rod Shaw



Photo taken aboard Larus Marinus in St. Margaret's Bay

I was born and brought up in Drummondville Quebec. After graduating from the Royal Military College and Queen's University, I flew as a radio navigator on the Argus anti-submarine patrol aircraft out of RCAF Greenwood. Because we flew in a lot a bad weather, I became interested in the topic, left the RCAF in 1964 and went back to university, receiving a Master's degree in meteorology from U of T in 1966 and a Ph. D from McGill in 1970. I then spent the next 24 years in various research and management positions in air pollution research and control with Environment Canada in Toronto and Halifax, as well as at research institutes in Stockholm Sweden and Vienna Austria. Upon our return to Canada in 1994, I was a self-employed consultant for nine years, when I decided to retire full-time and devote (with my wife Myrla) more time to our rather large garden, sailing, photography, and to travelling. Our top travel destinations are, of course, to our son in Calgary and our daughter and two granddaughters near Vienna Austria.

My sailing career began rather unintentionally in 1976 when I bought a Sunfish to enable my son to take sailing lessons in St. Margaret's Bay. I ended up sailing the Sunfish more than he did, and still occasionally put it in the water (I'm looking forward to the time when my granddaughters are old enough to enjoy it). The Sunfish was followed by a 19"-6" Mouette built in Mahone Bay and eventually in 1985 by our present boat /Larus Marinus, an Aloha 28. We sailed her for many years out of South Shore Marine near Chester but this year moved her to Shining Waters which is just around the corner from where we live. Our sailing is primarily day sailing with friends and family but we occasionally overnight.

I have taught the CPS Weather several times and firmly believe that all boaters should have knowledge of the weather. Going out on the water without knowing and understanding the weather forecast is like going out without your PFD. Take the Weather course!

---

**If you haven't been lost at sea you haven't spent much time out of sight of land... Anon**

## Angus Macpherson

I was born and grew up in Edinburgh, Scotland. As a young man, became apprenticed in the local shipyard, whence began my love for the sea. I came to Canada in 1967 and for the past 40 years I have worked on staff at the Nova Scotia Technical College which became TUNs and finally the Dalhousie University Faculty of Engineering. Presently I am the supervisor of the Faculty of Engineering machine shop.

About fifteen years ago, a friend invited me to go sailing with him. That invitation led to many memorable evenings of tall tales and wonderful suppers on St. Margaret's Bay aboard his Eastwind.

Since then I have crewed for a number of friends, sailing around the coast of Nova Scotia amid much fog and big tides, a trip to Sable Island, to walk on the beach with hundreds of seals and wild horses. A sailing trip from Bermuda to Halifax which resulted in being marooned in St. George due to mechanical problems, but I did develop an appreciation for Bermuda rum. A second trip from Bermuda to Halifax was an incredible experience that I will never forget.

After sailing for a few years, I decided it might be time to take a course in boating to give myself some technical background in sailing and navigation. I came to CPS, took the Boating Course which I really enjoyed, that led to Piloting and Advanced Piloting. Also along the way I have taken Beginners Weather and a GPS course. During this process I discovered that I really enjoyed the courses and eventually this brought me to becoming an instructor with CPS.

I have instructed BoatPro for a number of years and also the Boating Course which I particularly enjoy.

---

### CPS YouTube Boating Tips

Have you seen the CPS YouTube Boating Tips? Presently there are eleven videos, less than one minute each, including:

- Leaving the Dock
- Distress Signaling
- PWC Control
- Equipping your Boat
- How to Tow a Boat
- Winterizing Your Boat
- How to Refuel Your Boat
- ...and more

The CPS YouTube link is:  
<http://www.youtube.com/CPSECP>

Check it out!

Hello Members!

Just for the record, Halifax Squadron has a strong membership of over 360 members! As Membership Officer, one of my key duties is ensuring that our membership list is accurate. This way, we can better communicate with you to deliver information on Training Courses, Social Events and timely delivery of the Fog Horn to your door. Some of you prefer to receive the Foghorn via e-mail. We certainly can accommodate this but I'll need your correct e-mail address as well as your consent to send the Foghorn via e-mail.

Should you wish to contact me with any address or contact information, please refer to the back page of the Foghorn for details or go to our website at [www.cps Halifax.com](http://www.cps Halifax.com) to send me an e-mail.

As always, if you'd like to participate as a volunteer to help with training or our administration, please let us know!

P/R/C Carl Kumpic  
Membership Halifax Squadron

---

**If your anchor hasn't ever dragged, you haven't done much cruising...Anon**

---

## Commanders Corner

As I write this summer is history as it is cold and windy and not much for boating weather. We are all busy getting our boats tucked away and now is a good time to make a list of what needs to be done over the winter and especially what really needs to be done before going back into the water in the spring. The Training Office has classes going in Boating, Seamanship (Piloting), Marine Maintenance and the new Seamanship Sail. We would like to have more numbers but we have enough to make the classes interesting for those taking them. My personal thanks to the instructors for giving of their time. We had three members attend the National AGM in Windsor, ON recently and much information was obtained which will be of use to the Squadron Bridge. Our Squadron received its 11<sup>th</sup> Award for the donation to the Canada Power Squadrons Foundation. This Foundation assisted with the development of courses, which benefits us all. Membership retention is of a major concern to all Squadrons and work is being started to help with this problem. Make sure we have your **correct email address** as any social events over the winter will be notified by an email blast.

Sarah-Jane Raine  
Commander

## A First Timers' Perspective

I had the great pleasure of attending the Annual General meeting (of the 70<sup>th</sup> Anniversary of CPS, which began in Windsor Ontario at the Yacht Club there) and which was held in Windsor this year from October 23<sup>rd</sup> through to the 26<sup>th</sup>.

First, a bit of background on me – I am a newbie – new to sailing and new to CPS. Brian and I purchased our first sailboat (a 29 ft Bayfield, now named “Skelly”) in July 2007, so this summer was only our second season. We took the *Boating* course last winter graduating in June 2008 and I was appointed to the Bridge at that time with the Change in Watch at our own Squadrons' AGM.

As a newly appointed member of our Halifax Squadron's Bridge as Public Relations Officer, the first question I had was “What in the world am I supposed to do?” So I began a journey of trying to understand what CPS was all about, what my role was, and to put a plan in place of trying to promote our courses, which were scheduled to start late October 2008. I am hopeful that you have seen some of our activities over the past months? I won't go into them all right now, but I'd love to hear from you if you have comments and / or any suggestions at all. [I may be reached at [PublicRelations@cpshalifax.com](mailto:PublicRelations@cpshalifax.com).]

So, back to the AGM...where one word describes it all – WOW! I am still in awe; in awe of all of these people and their passion and dedication for what they are doing.

I learned tons about CPS – about Districts and Bridge positions; about the Governing Board and the “OpComm” committee; about National Committees; various Training Committees (there are Course Directors, Training Officers, District Training Officers, a National Training Officer, Instructors, Editors, DEEs, and it goes on...). The proceedings were all fraught with protocol, history, and tradition. But the tradition was refreshing in a way as it's a part of our history. And we the younger generation (yes, with this crowd I can still consider myself part of the younger generation) tend not to know or respect enough about the past. Sure, there are those few that resist change, don't listen, and hold up progress. It would also be easy to get frustrated with the bureaucratic process after some time, however in behind all that is what CPS is all about; the core comes back to “Volunteers Teaching Safe Boating”.

A few of the statistics that I noted while at the conference included that there are more than 35,000 CPS members across Canada; 24,000 individuals took courses last year; and a staggering 43% of people who drown are less than 2 meters from their boat! (Sorry I can not quote the source for that last statistic, but it certainly embedded in my memory).

Where am I heading... the Training Department and back to my one word – WOW! There were about 300 people at the actual AGM meeting. Joe Gatfield who is the National

Training Officer asked all those people who were directly involved in training to stand up; section by section, my guess is at least 50% of the people in the room stood. And that's hardly representative of all the people involved in training. Even in our own Squadron, you will recall our last Foghorn which featured BIOs on our own trainers. All these people are volunteers; volunteering their own time and passion whether they are developing and writing courses or delivering them, all with the passion and common goal for safe boating. Not to just meet legal requirements, but to go beyond, get us out and get us back safely. Before this trip, I didn't appreciate the magnitude and the power of what this dedicated group of volunteers is trying to do. It is truly amazing.

Joe Gatfield, who I mentioned earlier, made a plea to the members in attendance at the conference to go back to encourage all to take a course they have not taken or to refresh skills that they've taken in the past. With the statistics on recreational boating fatalities, his plea was worth passing on to you.

It wasn't all meetings; we had great fun as well and I met lots of very interesting people, which of course is the mission of CPS –précised as - to educate and train, foster fellowship amongst members, and establish alliances with organizations interested in boating.



Dirty Thirties Dinner & Dance  
(L to R) Kellie Skelhorn, Norman and Sarah-Jane Raine

Respectfully,

Kellie Skelhorn  
Public Relations Officer

---

### Safety Tip:

Keep your lifejackets easily accessible. In an emergency, you don't have time to go to the forward locker, or under a bunk, to find them.

---

## Gourmet Galley



Ever wonder what to do with freshly caught mackerel? Try this favorite recipe sent to us by a CPS member.

### Ocean Delight

Fishing rod                      Sunny afternoon  
Mackerel feathers              Refreshments

Combine the above 4 ingredients until desired amount of mackerel is obtained.

Using only clean ocean water, clean and fillet mackerel. DO NOT use fresh water.

Dry pancake mix (add water only type)  
Dried dill (mariners' staple seasoning!)  
Cooking oil  
Mackerel fillets

Heat oil in skillet over moderate heat. Dredge fillets in **dry** pancake mix. Add fillets to heated oil skin side down and sprinkle with dill. When blood rises to top of fillet, flip. Fillets are cooked when easily flaked with a fork. Do not overcook!

Thanks for sharing. If any members have a recipe to pass along for our new Gourmet Galley section, please email to [NewsEditor@cps Halifax.com](mailto:NewsEditor@cps Halifax.com). We look forward to hearing from you.

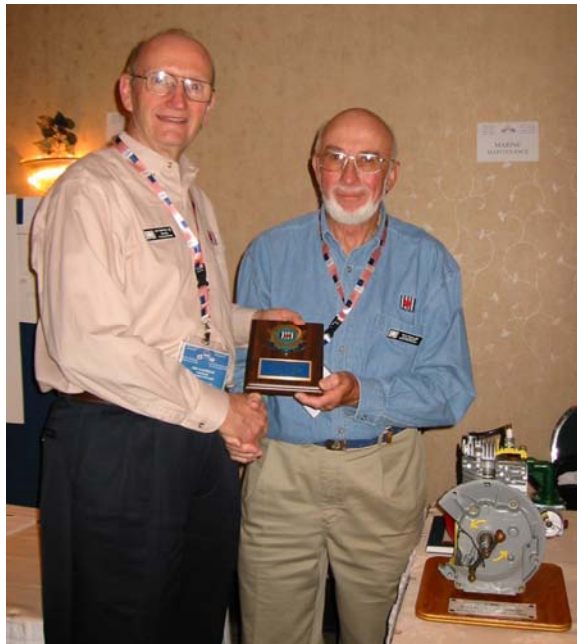
---

### Safety Tip:

You are required to have one government-approved lifejacket for every person on board your boat. If you don't have enough lifejackets, don't leave the shore.

---

## "Ref" Reid Award



(L-R) Joe Gatfield and Norman Raine

**Congratulations** to our own Norman Raine for receiving the "Ref" Reid Award, presented to him at the AGM, held in Windsor Ontario.

This award is for the Squadron level and goes to the Marine Maintenance Instructor having the most successful class during the preceding year.



AGM Commander's Dinner- Windsor, ON  
Kellie Skelhorn, Norman and Sarah-Jane Raine

## Take a **Boating** Course - Register Now

### Safe Boating Is Everyone's Concern

Learn confident, enjoyable boating through education.  
Enrol in a CPS Boating Course.



### CPS **Halifax** Squadron

For further information and registration, please go to our website:

[www.cps Halifax.com](http://www.cps Halifax.com)

or contact: **1-888-277-2381**

Course	Start Date	Duration	Prerequisite	Fee
Extended Cruising	January 8, 2009 Time 7:00 pm	14 weeks		\$125 member \$150 non-member
Celestial Navigation	January 8, 2009 Time 7:00 pm	varies	Advanced Piloting	\$250 member
Fundamentals of Weather	February 24, 2009 7:00 pm	11 weeks		\$125 member \$150 non-member

Course	Start Date	Duration	Prerequisite	Fee
Electronic Navigation* package	January 29, 2009 7:00 pm	13 weeks*		\$195 member \$225 non-member

**\*Register for all three electronic navigation courses: GPS, Charting, and RADAR and receive a special package price; or alternatively the courses may be taken individually:**

Navigating with GPS*	January 29, 2009 7:00 pm	4 weeks*		\$75 member \$85 non-member
Electronic Charting*	February 26, 2009 7:00 pm	4 weeks*		\$75 member \$85 non-member
RADAR for Pleasure Craft*	March 26, 2009 7:00 pm	5 weeks*		\$75 member \$85 non-member

Course	Start Date	Duration	Prerequisite	Fee
Boating Course (Spring 2009)	March 5, 2009 7:00 pm	15 weeks		\$200 non-member Includes 1 yr membership

**Location: All courses will be held at Captain William Spry Community Center, Halifax, Nova Scotia**

## Chilling Facts of Cold Water

Hypothermia - say it out loud and it's an unpleasant sounding word.

But it has a simple meaning. It's when the core of your body drops to abnormally low body temperatures and if it goes too low and for too long eventually your heart can stop.

Many Canadian boaters are aware of hypothermia but most are not aware that it is the 'final stage' your body reaches after being in cold water. Many people die during the first few minutes of immersion in cold water and they are not hypothermic, they simply drown due to the immediate, involuntary and often deadly effects of cold water.



If you accidentally tumble into cold water, the initial cold shock will make you gasp and if you are underwater you can breathe in about a litre of water. If you are on the surface, your heart rate can skyrocket; your breathing will be uncontrolled and increase as much 600 to 1000 percent. You can expect panic to set in as well. For most, this initial shock will last about a minute and then the breathing will slowly come back under control.

Depending on the water temperature, over the next ten minutes or so you will experience Cold Incapacitation. As your body struggles to preserve its core temperature your limbs will become numb and your ability to self rescue or even simply continue to swim will become impaired. In cold water without a lifejacket, you will eventually become so incapacitated that you can no longer stay afloat.

If you do have a lifejacket on and have not been able to rescue yourself, even in the coldest water, you can expect to be conscious for about an hour and it will still be some time before you succumb to hypothermia. This will give rescuers plenty of additional time to find and rescue you.

There is one simple preventative measure that anyone can take to avoid drowning in cold water and to keep you floating if you become hypothermic. Wear your lifejacket. It guarantees that you will float, especially in those first critical minutes when just trying to catch your breath and figure out how to rescue yourself.

---

'Promoting Safe and Responsible Boating Throughout Canada'  
'Promouvoir la Sécurité Nautique et le sens de la Responsabilité à Travers le Canada'  
[www.csbc.ca](http://www.csbc.ca)

## Halifax Squadron Bridge 2008-2009

Position	Email Address	Officer's Name
Commander	CPS_Commander@cpshalifax.com	Sarah-Jane Raine
Past Commander	CPS_PastCommander@cpshalifax.com	Dan White
Executive Officer	CPS_ExecutiveOfficer@cpshalifax.com	Marlon Lewis
Secretary	CPS_Secretary@cpshalifax.com	Harry Henteleff
Treasurer	CPS_Treasurer@cpshalifax.com	Dan White
Training Officer	TrainingOfficer@cpshalifax.com	Norman Raine
Assistant Training Officer	Assistant_TO1@cpshalifax.com	Alek Simonic
Youth Officer	Youth_T0@cpshalifax.com	vacant
Membership Officer	CPS_Membership@cpshalifax.com	Carl Kumpic
Social Officer	SocialOfficer@cpshalifax.com	David Hickey
Supply Officer	SupplyOfficer@cpshalifax.com	Rozanne Raine
Newsletter Editor	NewsEditor@cpshalifax.com	Susan Blagdon Janice Cook
Communications Officer		Dave Hackett
Public Relations	PublicRelations@cpshalifax.com	Kellie Skelhorn