



Scuttlebutt



March 2026

FIFTY POINT
YACHT CLUB

2026 Issue #3

3rd Place Photo by Phil Kling



Summer is coming soon!!!

Want to submit a Photo for our Contest? Sent the Picture with background information (Location, boat name, photographer's name, caption, etc. to info@fpyc.ca – Thank you!



Commodore's Message

With the Winter Olympics behind us, we can now look forward to the longer days and rising temperatures of the approaching spring. With only eight weeks to go before launch, it's time to dust off the boat "To Do" list and stock up on supplies and gear needed to get our boats in shape for the coming season.

Reflecting on February, I want to thank Ian Munroe and Ken Beauchamp for hosting a successful PCOC Refresher course on February 7 at the Marina office. Together, they managed to condense a vast amount of material - including collision regulations, aids to navigation, weather insights, basic navigation and new vessel licensing rules - into an engaging two-hour session for 20 of our members. Given the excellent participation and engaged discussion, we hope to host additional Saturday morning educational talks in the coming season. Please let us know of any specific topics you would like to see covered.

Unfortunately, we had to cancel the February 21 Euchre Tournament and the March 14 First Aid course due to low registration. However, we are planning to bring the Euchre tournament back to D-Dock this summer. For those of you who are interested in the First Aid certification course, the Burlington Sailing and Boating Club is hosting the one-day course on Saturday March 28; you can find the details in the flyer included in this issue.

Our Social Team is hard at work finalizing the summer events program. The season kicks off with our traditional Pre-Launch BBQ on April 25 at the Marina Centre, featuring live music from Josh Coulter. It's a wonderful opportunity to reconnect with fellow members after the long winter and as always, Club volunteers are welcome to help out with the event. You can find a tentative social and cruising calendar inside this issue to help you plan your summer.

As reported at the Annual Member Meeting in January, the Board has decided to freeze 2026 Membership Fees at last year's levels. During these inflationary times, we are doing our best to keep your membership costs low and your value high. As all FPYC memberships expire on April 30, we encourage you to renew your memberships by April 15 and take advantage of the "Early Bird" discount. As a reminder, our e-transfer payment address has changed to treasurer@fpyc.ca

Last, but certainly not least, I am pleased to report the Board has revised the FPYC Reciprocal Policy to reflect the changes announced at the Annual Member Meeting in January. Specifically, FPYC will now offer reciprocal guests up to two (2) complimentary nights per visit (subject to member slip availability), with a maximum of four (4) nights per season. The Board believes the changes will provide our visitors more time to enjoy the amenities and services the Conservation Area has to offer and more time to visit at the local establishments in our surrounding community - ultimately helping make FPYC a favoured and welcoming destination for reciprocal boaters. The Board thanks the Marina Staff for their cooperation and support in making this initiative possible with minimal financial impact to FPYC. A copy of the revised Reciprocal Policy is included in this issue.

Enjoy the March issue and keep those great articles and photos coming.

See you at the Marina, Phil 

New Mailing Address

**Fifty Point Yacht Club
PO Box 10575, Stoney Creek PO
Winona, ON L8E 5R1**



Board Members 2025-2026



Commodore
Phil Kling
pkling@fpyc.ca



Secretary
Bill Wickett
bwickett@fpyc.ca



Communications Director
Victor Hache
vhache@fpyc.ca



Cruising Director
Ben Douglas
bdouglas@fpyc.ca



Membership Director
Mark Fischer
mfischer@fpyc.ca



Social Director
Lindsay Mann
lmann@fpyc.ca



Social Director
Krista Toussaint
ktoussaint@fpyc.ca



Vice-Commodore
Sam Slade
sslade@fpyc.ca



Treasurer
Rita Kling
rkling@fpyc.ca
treasurer50@yahoo.com



Cruising Director
Diederik Kloosterman
dkloosterman@fpyc.ca



Membership Director
John Robinson
jrobinson@fpyc.ca



Social Director
Chris Pollard
cpollard@fpyc.ca



Director-at-Large
Marcus Toussaint
mtoussaint@fpyc.ca

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Items of Interest

Reciprocal Policy

Fifty Point Yacht Club - Policy Manual

Policy Title:	Fifty Point Yacht Club Reciprocal Policy		
Policy Number:		Version:	
Date Issued:	2026-02-09	Last Revised:	2026-02-09
Filename:	Reciprocal_Policy_Final_2026-02-09.docx		

The Fifty Point Yacht Club (FPYC) and Fifty Point Marina are located within the 200-acre Fifty Point Conservation Area on the south shore of Lake Ontario. The marina, owned and operated by the Hamilton Conservation Authority (HCA), offers a boat launch, fully serviced gas and visitor docks, and a range of amenities including hydro, water, barbecues, and three comfort stations. Visitors can also enjoy the Conservation Area's warm, clean beaches, scenic lakefront views, waterfront trails, and the Limani Restaurant.

FPYC Members occupy roughly one-third of the marina's 336 slips. When vacant, these FPYC slips are available to visitors from reciprocating yacht clubs on a first-come, first-served basis. FPYC provides reciprocal guests with up to two (2) complimentary nights per visit, subject to slip availability. Marina rates apply for any additional nights. Each reciprocal visitor may enjoy up to four (4) complimentary nights per season. Reciprocal privileges are not available during regattas.

To qualify for reciprocal privileges, visitors must fly their yacht club burgee and present a valid membership card to the Marina Attendant. On arrival, visitors should tie up at the gas dock, where a Marina Attendant will assist with registration and assign an appropriate slip. If no FPYC member slips are available, a vacant marina slip will be assigned and standard marina fees applied.

Visitors planning a weekend stay may inquire about reciprocal slip availability by calling 905-525-2187. While not required, reservations are strongly recommended for larger vessels and for long-weekend visits. FPYC hopes you enjoy your stay at Fifty Point and wishes you a safe and enjoyable boating season.

FPYC Member Responsibilities When Visiting Other Clubs

FPYC Members should fly their FPYC burgee and present their valid FPYC membership card when visiting reciprocal clubs. Additionally, members are asked to notify the Marina Gas Dock Staff (905-525-2187) when leaving Fifty Point Marina for one or more nights so their slip can be made available to reciprocal visitors.

Verifying FPYC Membership at Your Club

Please be aware that not all boats moored at Fifty Point Marina are FPYC members. When a vessel from "Fifty Point" visits your club, kindly request to see their current FPYC membership card and burgee to confirm eligibility for reciprocal privileges.

Membership Fees 2026



FPYC MEMBERSHIP FEES FOR 2025

Fifty Point Yacht Club membership fees for 2025 are as follows:

New Members fee (includes Club Burgee)	\$305 (\$280 if paid by May 15)
Returning Members fee	\$270 (\$245 if paid by April 15)
Social Membership fee	\$85 (\$75 if paid by April 15)

The Members of the FPYC Board are very much aware of the inflationary pressures facing us all these days and we continue to make efforts to manage our costs in order to minimize their effect on our bottom line. We will always work hard to keep our member fees as low as possible. We will also continue to create club activities and events that provide our members with exceptional value for their boating dollar. Fifty Point Yacht Club is home to one of the prettiest and friendliest settings on the Lake and we believe our member fees offer exceptional value for the money.

With this in mind, the Board decided to freeze membership fees at 2025 at 2024 levels and continue to offer returning members an Early Bird discount rate for fees paid by April 15, 2025. We are also working on ways to streamline the application process. More details will follow soon!

As always, you can send your membership fee payments via e-transfer to: treasurer50@yahoo.com
Please include your full name and boat name in the comments field.

Thank you all for your continued support and membership. ⚓



March 28th First Aid Course

On Saturday, March 28th, 2026, Burlington Power Squadron will be offering a one-day first aid course geared to marine first aid.

This will be the Canadian Red Cross Emergency Level C certificate which includes CPR & AED training. The certificate will be valid for 3 years from the date of training.

The course will be held at the Burlington Sailing and Boating Club, clubhouse, 841 LaSalle Park Rd, Burlington, 9am to approx. 4.30. Lunch and coffee will be provided.

The total cost for CPS and BSBC members will be **\$160** and **\$185** for non-members.

The instructor will cover a wealth of material including;

- Responding to emergencies
- The EMS system available when afloat
- Check, Call, Care
- Airway emergencies
- Breathing and circulation emergencies
- First aid for respiratory and cardiac arrest
- Wound care
- Head and spine injuries
- Bone, muscle and joint injuries
- Sudden medical emergencies
- Poisons
- Marine first aid kits
- On water emergencies and scenarios

Only 20 spaces are available. Please contact jamesdean026@gmail.com to reserve your spot.

Once accepted, payment can be made to cpsbtowntreas@gmail.com.

Social Committee Calendar 2026 (Mark your Calendars)

Date	Event	
Apr 25, 2026	Pre-Launch BBQ & Music	
May 23, 2026	Members Potluck & Games	
Jun 13, 2026	Sailpast	
Jul 11, 2026	Christmas in July - Summer BBQ	
Aug 22, 2026	Beach Luau – Lakeside Pavillion	
September	Pre-Haul Out Tailgate Party	
Ad-Hoc	Friday Night Games & Entertainment	

FPYC Cruising Calendar 2026

Date	Destination
Jun 20-21, 2026	Oakville Club (Tentative)
Jun 27-28, 2026	Ashbridge's Bay Yacht Club
Jul 14-16, 2026	Triangle Cruise – DYC / NOTL / FPYC
Aug 1-3, 2026	Port Credit Yacht Club
Aug 15-16, 2026	Bluffers Park Yacht Club (Tentative)
Sep 5-7, 2026	National Yacht Club (Air Show)

How Wearable Tech is Transforming Boater Safety

Thank you, Tara Dinyer, for this submission from Boatblurb.com

Being on the water is about relaxation and creating memories with friends and family. But despite the easygoing lifestyle, boating carries an element of risk. Traditionally, safety gear for boaters is typically used only after an emergency has already occurred, often requiring quick thinking in high-stress situations.

Wearable technology is quickly changing our approach to boating safety by offering a self-activating system that can protect you and your loved ones. Using sensors, GPS, and wireless connectivity, wearable tech for boaters detects dangerous situations and often responds faster than a captain or crew member. This evolution is reframing boating safety from being a reactive tool to being proactive -- by giving automatic protection that responds faster and more thoroughly no matter the situation.

Types of Wearable Tech that Improves Boater Safety:

1. Smart life jackets are transforming boating safety by combining traditional flotation with automated protection. These jackets include sensors that track the wearer's

movement, orientation, and physiological signals, allowing them to identify patterns that might point to drowning or distress. If danger is detected, smart life jackets automatically inflate airbags or buoyancy systems to keep the wearer afloat. Even more, they often react much quicker than a person could. For example, the Chutex Flotis airbag life jacket aids in drowning prevention by analyzing the aquatic environment in real time and automatically triggering airbags within 0.08 seconds. Equipped with SOS signaling, a CO2 refill, and 6 hours of battery use, the Chutex Flotis is a smart safety measure for both kids and adults. Unlike traditional life jackets that rely on the wearer's ability to stay calm during emergencies, smart life jackets offer a proactive layer of protection that works silently in the background.



In addition to providing flotation, many smart life jackets also improve visibility and the chance of being rescued. They may turn on built-in lights and send real-time SOS alerts with the exact GPS coordinates to rescue services or emergency contacts. To help crew members track each other in real time, some smart life jackets even include whistles, strobe lights, or connectivity to smartphones and onboard navigation systems. Overall, smart life jackets are lightweight, comfortable, and designed with safety in mind to allow boaters to concentrate on having fun in the water.

2. The way boaters react to one of the riskiest situations on the water is changing thanks to wireless Man Overboard (MOB) alert devices. In open water, seconds count, and even a brief slip can cause someone to go overboard. MOB devices detect falls by using sensors and Bluetooth connectivity. If a fall is detected, the device promptly notifies the captain and crew and can frequently send the precise GPS location of the person who has fallen overboard. In order to prevent further danger, some systems even interface with the boat's navigation or autopilot systems,

Scuttlebutt

enabling the vessel to mark the location of the incident, set off automatic alarms, and slow or stop the engine. Even in low visibility or difficult conditions, MOB devices provide crews with vital time to respond by identifying emergencies as soon as they occur.



MOB devices are useful for all kinds of boaters because they are lightweight, adaptable, and comfortable to wear. To ensure they are always available, tags can be fastened to carabiners, wristbands, life jackets, and key ring floats. Some systems, such as the Garmin OnBoard wireless MOB can even support up to eight tags so that the wearer can monitor several adults, children, or even pets! Additionally, many models have smartphone connectivity, flashing lights, and loud, audible alarms that let the whole crew know to keep an eye on the wearer in real time. These features, when combined with clever integration, transform MOB devices into a proactive safety layer that offers assurance without interfering.

3. Smartwatches and fitness trackers are more than simply tools for tracking steps or workouts. They can be specially

designed to be effective wearable safety gadgets for boaters.



Smartwatches for boaters often feature heart rate monitors, fall detection, and GPS tracking. They can send ongoing information about the wearer's location and provide up-to-date information about their physiological state. For example, the Garmin Quatix 7 Pro marine smartwatch tracks the wearer's fitness age, can detect signs of irregular heart rhythm, and endurance level, which are important variables when spending extended periods of time on the water. It also features excellent positioning accuracy with multi-band GPS, a built-in flashlight, and can last up to 22 days on a single charge. Additionally, smartwatches can automatically send out an SOS alert, which frequently includes exact GPS coordinates, to emergency contacts or services if it detects a sudden fall, irregular heartbeat, or other health anomaly. Even if the wearer is alone, this real-time monitoring ensures that assistance can be sent out right away.

4. Wireless kill switches are an improved version of the engine cutoff system. Traditional kill switches are connected to the captain through physical lanyards that turn off the engine when the captain pulls away. However, the lanyards usually restrict movements and are frequently disconnected for practical reasons. By having a wireless kill switch that uses Bluetooth connection, it allows the engine to shut off automatically if the captain or a crew member accidentally falls overboard or moves out of range. Emerging tech from companies like 1st Mate Safety & Security System are making wireless kill switch systems easy to add to an existing boat and for your crew to adopt as part of their routine.



Wireless kill switches are typically worn as a wristband, fob, or clip, allowing the wearer to have full range of movement. Some systems even allow multiple crew members to be paired at once, which allows for more flexibility. Having an engine safety mechanism that is wireless increases compliance and protects boaters without interrupting the enjoyment of spending time on the water.

Impact of Wearable Tech on Boating Culture

By making safety an integral part of the experience rather than an afterthought, wearable technology is transforming boating culture. New technologies are subtle, or even concealed outright, so boaters don't have to change their routine or their enjoyment on the water. As wearable tech becomes more comfortable, it also helps normalize its use amongst boaters of all skill levels. This quietly promotes a more robust safety mindset on the water without affecting the experience, where protection is integrated and constantly active rather than something that is only used in emergencies. By moving boating safety from reactive to proactive, wearable technology is fostering a new

era that improves awareness, preparedness, and peace of mind, so boaters can enjoy the water without additional stress.

Limitations of Wearable Tech

Although wearable tech can increase boating safety, it cannot replace good decision making and seamanship. Wearable tech is available to assist boaters, but it cannot take the place of skills such as weather awareness, proper safety training, and navigation. Battery life and connectivity are also considerations depending on the length of time you spend on the water, or the capability of your vessel. For these devices to work properly, they must be properly worn, maintained, and located within the appropriate range.

As new technologies continue to emerge, especially with the advent of AI and autonomous marine technology, wearable tech will continue to transform boating safety at a rapid rate. These devices lessen the need for split-second human reactions during emergencies and add an intelligent layer of protection, giving both the captain and crew an additional set of 'eyes' monitoring everyone on board. These devices improve safety by instantly addressing some of the most significant risks associated with boating, but they work best when in combination with good seamanship and judgement. A good captain also keeps an eye on their crew. ⚓



Recreational Marine Insurance

A Comprehensive Overview

Thank you, Sam Slade, for this submission.

A recreational marine insurance policy is a specialized package designed to protect you from the financial risks of boat ownership. It serves two primary functions:

1. **Hull Insurance:** Covers physical damage to your boat, machinery, attached equipment (spars, sails, furniture), and onboard contents.
2. **Liability Coverage:** Protects against third-party property damage or bodily injury caused by negligence while operating the vessel.

Because every insurer defines "Hull Insurance" differently, it is vital to review your specific policy to understand the exact scope of your coverage.

1. Distribution Channels

In the Canadian market, insurance is typically accessed through two main avenues:

- **Managing General Agents (MGAs):** Specialized brokers (e.g., [Northstar Marine](#) or [MD Marine](#)) authorized to underwrite and bind coverage for a specific insurer. They often provide faster service and competitive premiums.
- **Independent Insurance Brokers:** These professionals act as your advocate, scanning the entire marketplace to compare pricing and terms. They are often better equipped to secure broader terms, such as **Agreed Value**, from various licensed companies.

2. Valuation: How You Get Paid

Choosing the correct valuation is essential to ensure you are not left with a financial gap after a loss.

Valuation Type	Description	Key Features
Agreed Value	The insurer pays the specific limit listed on your policy for a total loss.	No depreciation applied; partial losses paid on a "new for old" basis.
Actual Cash Value (ACV)	The insurer subtracts depreciation from the replacement cost.	Settlement is based on resale value, condition, and life expectancy.

Pro Tip: For vessels over 15 years old, insurers may require a marine survey every 5 years to maintain **Agreed Value**. Always update your hull limits following significant upgrades (e.g., new electronics, custom cushions, or SeaDek) to ensure full compensation.

3. Deductibles

The deductible is your out-of-pocket responsibility per claim.

- **Hull Deductibles:** Range from \$250 to \$1,000+. While higher deductibles lower your premium, ensure the amount is financially manageable.
- **Fixed Deductibles:** Secondary items like electronics, personal contents, and dinghies often have smaller, set deductibles that cannot be changed.

4. Standard Exclusions & Limitations

Standard policies are not "all-risk" and contain specific operational constraints:

- **Lay-up Periods:** Mandatory "out-of-water" periods (typically Nov–April). Using the boat during this window may void coverage.
- **Impaired Operation:** No coverage for accidents involving alcohol or drugs.
- **Commercial Use:** Using a pleasure craft for hire or charters is strictly excluded.
- **Vessel Age:** Older boats may face restrictive terms, frequent survey requirements, or limited coverage options.

5. Legal & Marina Requirements

While boat insurance is not legally mandated in Ontario, it is often a contractual requirement for:

- **Financing:** Lenders require comprehensive coverage to protect their interests.
- **Marinas:** Most facilities require proof of at least **\$2 million in Liability** to moor your boat.

Summary: Always read your policy thoroughly to avoid surprises. If any terms are unclear, reach out to your broker or MGA for clarification before a claim occurs. ⚓



PHOTO CONTEST

CALLING ALL PHOTOGRAPHERS!

**SUBMIT YOUR BEST PHOTOS TO
INFO@FPYC.CA**

***YOUR WINNING ENTRIES WILL
BE FEATURED IN SCUTTLEBUTT***

Buy and Sell Space

You can submit your ad via info@fpyc.ca

This Buy & Sell Space (***This Space***) is provided as a community service for the purpose of connecting individuals who wish to give, trade, or sell items. By participating, you acknowledge and agree to the following:

1. **No Guarantees or Endorsements**

FPYC does not verify, endorse, or guarantee the quality, safety, legality, or condition of any items listed, nor the accuracy of any descriptions provided by users.

2. **User Responsibility**

All transactions are conducted solely between the buyer and seller. It is the responsibility of participants to exercise caution, inspect items, ask questions, and make informed decisions before completing any exchange.

3. **No Liability**

FPYC assumes no responsibility or liability for any loss, damage, injury, disputes, or dissatisfaction resulting from interactions, transactions, or communications arising from this platform.

4. **Non-commercial Use**

This Space is intended strictly for nonprofit community use. Commercial sellers, resellers, or businesses are not permitted to post listings. No Motor Vehicles, No Watercrafts – Personal Dinghies and Outboard Engines are permitted, No Real Estate.

5. **Safety & Conduct**

Participants are expected to communicate respectfully and meet in safe, public locations when possible. FPYC reserves the right to refuse ads or block individuals who violate guidelines or engage in unsafe or inappropriate behavior.

6. **By Using This Board**

You acknowledge these terms and agree to use this platform at your own risk.

Why Sponsor FPYC???

Our Social Committee is working hard putting together a great slate of activities for FPYC Members in 2026. We are continuing efforts to seek out sponsors to help keep event costs to a minimum. Krista Toussaint is leading this initiative to propose suitable Sponsorship Opportunities. If you know any organization who would be willing to Sponsor FPYC, please reach out to Krista directly!



Fifty Point Yacht Club is nestled within the scenic Fifty Point Conservation Area, offering a perfect blend of natural beauty and modern convenience. Ideally situated just off the QEW Niagara, it provides easy access to nearby shopping, amenities, and vibrant neighboring communities.

CONTACT DETAILS FOR SPONSORSHIP - KRISTA

- 📞 905-973-1324
- ✉ krista_toussaint@yahoo.ca
- 🌐 www.fpyc.ca
- 📍 1479 Baseline Rd., Stoney Creek

WHO WE ARE

A thriving non-profit yacht club with nearly 100 members and growing, located in a marina featuring 336 boat slips. Boaters from near and far gather to enjoy a fun season filled with social events and exciting cruises. The majority of our members reside within a 30-minute radius, primarily from the Hamilton and Niagara regions. We welcome all ages and host many families!

WHEN OUR SEASON OPERATES

Our boating season runs from April to October, with events and membership perks offered all year round.

This year we have weekly and monthly events planned along with five cruises to neighbouring yacht clubs.

WHY SPONSOR US?

With close to 100 members and growing PLUS access to 336 Boat Slips plus visiting friends and families...

The possibilities are endless!

- We are a close-knit club built on strong community connections, with referrals playing a key role—especially for boat-related services, local dining, activities, and shopping.
- Our members share common interests, a passion for boating, and an appreciation for the finer things in life. Many spend weekends and extended stays at the club, seeking local places to dine, shop, and explore.
- We host a variety of weekly and monthly events, providing a fantastic opportunity for sponsors to showcase their brands through promotional items, prizes, signage, and giveaways.
- Our diverse membership spans all ages, including many families. Additionally, we welcome social members from the local community who may not be boaters but enjoy being part of our vibrant club.

Levels of Sponsorship

SPONSORSHIP OPPORTUNITIES

FIFTY POINT YACHT CLUB



PLATINUM SPONSOR \$1000

- Quarter size ad in Scuttlebutt for 12 months (\$375 value) - emailed to all members and displayed on Marina Board by Marina Office and Restaurant
- Official sponsor of One Event/Directional Sandwich Board
- Opportunity to place promo items in gift bags to all members at events
- Social Media Advertising - two ads per month from May to September
- Signage as Co-Host at One Major Event



GOLD SPONSOR \$500

- Quarter size ad in Scuttlebutt for 12 months (\$375 value) - emailed to all members and displayed on Marina Board by Marina Office and Restaurant
- Opportunity to place promo items in gift bags to all members at events
- Social Media Advertising - one ad per month from May to September



SILVER SPONSOR \$250

- Business size ad in Scuttlebutt for 12 months (\$275 value) - emailed to all members and displayed on Marina Board by Marina Office and Restaurant
- Opportunity to place promo items in gift bags to all members at events
- Social Media Advertising - two ads per Season (from May to September)



BRONZE SPONSOR \$100

- Business size ad in Scuttlebutt during one month of our busy summer season (from May to September)- emailed to all members and displayed on Marina Board by Marina Office and Restaurant
- Opportunity to place promo items in gift bags to all members at events
- Social Media Advertising - one ad per season (from May to September)



OTHER OPPORTUNITIES

- Provide prizes for events (gift cards, promo items, etc)
- Provide membership perk

CONTACT: KRISTA_TOUSSAINT@YAHOO.CA

Members Perks Program



- GTHN Boat Polishing - 10%
- Pita Pit- 10%
- Kelsey's - 20%
- Freshii - 15%
- DNA Pizza - 10% on orders over 15.00
- Booster Juice - 15%
- Sunset Grill - 15%
- Lazeez Shawarma - 15%
- Pho Huy - 15%
- Marine Doctors – 10% off labour
- imPerfect Fresh Eats, Winona Crossing Plaza – 10%
- Noodlebox, Winona Crossing Plaza – 10%

Members must present their membership cards to the server to receive the discounts.

If you have any “Perk” suggestions, please send us an e-mail at info@fpyc.ca

Practical Weather for Boaters

Thank you Ron Warby

Practical Weather for Boaters - Online (V2025_09) ✕



Practical Weather for Boaters - Online (V2025_09)

Suggested Prerequisite
none

Details
Courses material is available 24x7. This is a cohort-based format with a specific start and end date. You will take this course with a specific group of fellow students. You may also have one on one meetings with a local tutor to cover topics that are difficult to teach online.

Additional Information ^

Here is a course you can study the clouds in your own time.

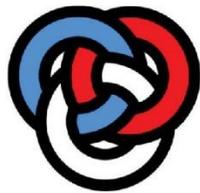
Burlington - Mar 17th, 2026 ^

Start Date: Mar 17th, 2026	Pricing and Packages:		
Start Time: 7:00 PM	Practical Weather for Boaters - Online (V2025_09)		
Contact: Ray Kirkham (905) 523-9721 burlingtompowersquadron@gmail.com	<table><tr><td>Non-Member Price \$160.00</td><td>Member Price \$128.00</td></tr></table>	Non-Member Price \$160.00	Member Price \$128.00
Non-Member Price \$160.00	Member Price \$128.00		
Address: BURLINGTON, ON	<table><tr><td>Login</td><td>Sign up</td></tr></table>	Login	Sign up
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Click [here](#) above for more information



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Sarah Galoni

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Aaron Porcaro

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- 161 DUNDURN ST S
HAMILTON, ON L8P 4K4
- BROKERAGE LICENSE #13183

"Helping you take advantage of banks and not let banks take advantage of you!"



An advertisement for Gorilla Property Services. It features a cartoon gorilla character holding a green sponge and a brush. The text includes 'Serving Niagara Region', 'GORILLA PROPERTY SERVICES', a QR code, and the phone number '905-963-9059' along with the website 'gorillapropertyservices.com'.



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JAMBALAYA

A New Orleans classic, jambalaya is spicy, hearty, and PACKED with flavor. Its complex flavor is thanks to cuisines from around the world— Spanish, West African, and French, to name a few.

Total Time 40 Mins | Yield 4 Servings

Ingredients (Crêpes)

- 1 Tbsp. extra-virgin olive oil
- 1 yellow onion, chopped
- 2 bell peppers, seeds and ribs removed, chopped
- Kosher salt
- Freshly ground black pepper
- 1 lb. boneless, skinless chicken breasts, cut into 1" pieces
- 1 tsp. dried oregano
- 6 oz. andouille sausage, sliced
- 2 Tbsp. tomato paste
- 2 cloves garlic, finely chopped
- 2 cups low-sodium chicken stock
- 1 (15-oz.) can crushed tomatoes
- 1 cup long-grain rice
- 2 tsp. Old Bay seasoning (Or Cajun Seasoning)
- 1 lb. medium shrimp, peeled, deveined
- 2 scallions, thinly sliced



Directions

1. In a large pot over medium heat, heat oil. Add onion and bell peppers; season with salt and pepper. Cook, stirring occasionally, until softened, about 7 minutes.
2. Stir in chicken and oregano; season with salt and pepper. Cook, stirring occasionally, until chicken is golden, about 5 minutes. Add sausage, tomato paste, and garlic and cook, stirring, until fragrant, about 1 minute. Add stock, tomatoes, rice, and Old Bay. Reduce heat to medium-low, cover with a tight-fitting lid, and cook until rice is tender and liquid is almost absorbed, about 20 minutes.
3. Add shrimp and cook, tossing to combine, until pink and just cooked through, 3 to 5 minutes.
4. Divide jambalaya among bowls. Top with scallions.

Items of Interest

FPYC is not endorsing these sites, but they may be of interest to our Club Members.

LIMANI AT FIFTY / LIMANI ON HESS https://limaniatfifty.com / Limani on Hess	GAMRU www.gamru.ca
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