



Scuttlebutt



May 2019

FIFTY POINT www.fpyc.ca
YACHT CLUB

2019 Issue #5



5th Place Photo By; Don Wood



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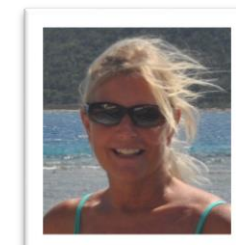


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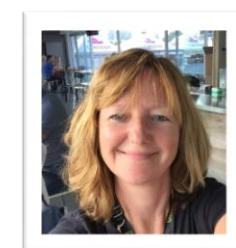


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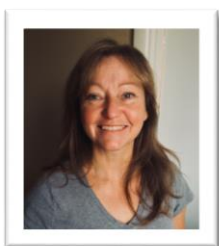


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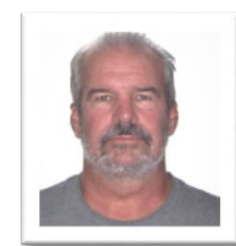


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Commodore's Message



Hello everyone,

Now that is how you kick off the boating season!! Two great parties in one day. The first one, our pre-launch BBQ held at the D-dock shelter. It was great to see so many of you there. I would like to give a very special thank you to Tony and Linda Goodrow for donating the food this year!! I would also like to thank the members of the Board who go above and beyond to organize and prepare for these events. Also I need to thank the BBQ team Tony Goodrow, Doug Galvin and Steve Burgin who braved the cold and windy conditions.

Later in the afternoon we were invited to an amazing restaurant called Limani. We were welcomed out of the cold and into their warm hearts with open arms. The food, drinks and live entertainment were great. On behalf of everyone at marina, I would like to thank George and Maria for bringing love and life back into the Restaurant at Fifty. What an amazing event!!

Up next is our Sail Past [on May 25th](#), which is a full day of events you don't want to miss. We get started [at 10:30am](#) with the Grimsby Phantom Squadron Air Cadets leading the parade around the marina followed by the blessing of the boats and then out to the lake we go for the Commodore's salute. Then [starting at 3:30](#) is the wine and beer tasting hosted by Marel Real Estate Brokers and after that it's off to Limani for our Sail Past dinner. I hope to see you all there!!

I can't wait to enjoy the great times ahead.

SINCERELY,

Jason Kirk

Sail Past 2019

Schedule of Events Saturday, May 25th

- 10:30 Dock parade with colour guard. Starting at J dock and finishing at the gas dock
- 11:00 Blessing of the boats and Commodore's comments
- 1:00 Sailpast and Commodore's salute on the water
- 3:30-5:30 VQA wine and craft beer tastings, compliments of **MAREL BROKERS**.
Near the D dock picnic shelter.
Wristband required. Raffles and social time
- 6:00 Dinner at Limani Restaurant.
Pre-registration required on the FPYC website. Wristband required

Please take note of the details below

- **Pre-registration required by May 20th, 5:00pm. No late registration or additions permitted after this date**, we have to submit the numbers to our suppliers ahead of the event.
- Open to 2019 registered FPYC members and dependent children.
- Non-member guests at a cost of \$25/person **MUST** indicate the number of guests when signing up on-line.
- Sign up is through the FPYC web page, www.fpyc.ca at the bottom of the home page is a link for the sign up sheet. Please complete and submit by May 20th. After that date, late registration cannot be accommodated.
- Pick up your wristband at the D dock shelter from 9 to 10:30am & 3:30 to 4:00pm
- Roast beef prepared by Gunter .
- Side dishes will be provided by Limani Restaruant. Dinner is located at Limani

Any questions regarding Sail Past can be directed to Steve and Susan
Email to social@fpyc.ca

Membership renewals will not be available at Sail Past. See FPYC website for renewal methods.

Save the date from your FPYC Social Directors

Steve Burgin & Susan MacDonald

Sail Past and Dinner: Sat. May 25, 2019

- 2019 Membership required for this event.
- Must pre-register by 5:00pm May 20, 2019
- *****New; dinner will be held at Limani and they will be providing all the sides*****
- Sign up on the website.

New Member Potluck: Sat. June 8, 2019

- All members are invited to come out and welcome new members to the club.
- **Where:** D-dock Shelter
- **Format:** An appetizer potluck - returning FPYC members, please bring a small appetizer or favourite snack to share; new members, please just come along and enjoy the hospitality. Everyone - bring your preferred beverage.

Summer BBQ and Dance: Sat. July 20, 2019

Looking forward to seeing everyone!

Events are constantly being updated on the FPYC website calendar as well as in Scuttlebutt each month. Stay tuned for details for these fun get togethers.

Membership Committee - Sunday, May 5th 11 to 1pm

Dean Maddeaux and Donna Shepherd

Sunday, May 5th, from 11:00am to 1:00pm Membership will be at the Club House by D-dock if you would like to stop in and renew or become a new member and pick up your Membership Card. You can also join on line at www.fpyc.ca with e-transfer payment an option.

2019 Membership is required for Sail Past, don't delay!

Fifty Point Yacht Club Apparel - Sunday, May 5th 11 to 1pm

A wonderful turn out for the unveiling of the new line up. We will be at the Club House by D-dock on Sunday, May 5th from 11:00am to 1:00pm. Come on out and see what's new. We will be taking orders for the new line up as well as last season's line up. Vintage T's for \$5.00 and Sweatshirts for \$10.00. Don't miss out!

A big **THANK YOU** to those who have brought in donations for the Sail Past raffle baskets. It is shaping up to be an awesome season. If you have something to donate, please let us know info@fpyc.ca



FIFTY POINT

YACHT CLUB

CRUISING 2019

Registration Opens @9:00am		
June 15/16	Oakville Club	May 25
June 29-July 1	Port Credit Yacht Club	June 8
July 13/14 JUST ADDED	Royal Hamilton Yacht Club	June 22
August 3/5	Bluffers Park Yacht Club	July 13
August 17/18	Etobicoke Yacht Club	July 27
August 31-September 2	Royal Canadian Yacht Club	August 10

The New & Improved Registration System is COMING SOON

You must be a FPYC Member (dues paid in full) in order to register

Cruise Captains are needed for each Cruise

Talk to your Cruise Directors - Dave Spragge (G27) & Sue Fletcher (G3)

Important News

Registration - New and improved for 2019

Registration is online and will be active 3 weeks prior to each cruise (see the poster for dates). This will cut down on the number of boats that cancel shortly before the late season cruises and will also allow for the newer members to have a crack at Cruising.

Once you register, you can immediately view the list of boats registered (including yours) and see where you sit on the list - complete transparency. You will also see which boats have been approved and which are on the Wait List. It's important to note that we don't finalize exact numbers until approximately 2 weeks prior to departure and that some cruises are limited to certain boat types and sizes.

You access the online registration by clicking the "Members Only" tab on the FPYC website and using your 2019 membership number as your password.

Important - if you can't register online, please contact Sue or Dave directly

Cruise Captains

We are asking for Skipper or Crew to volunteer to be the CC for each Cruise.

This is not a difficult or onerous job.

Your duties are;

- Communicate with each boat to ensure that everyone arrives safely at the destination
- Check in with the Dock Master (DM) at each destination and liaise with the DM should the need arise
- Organize any event(s) that you may want to have at each destination that could include themes (e.g. Canada Day) games, appetizer get-together, potluck dinner, or outings in the local area (this will be done in collaboration with the Cruise Directors, Sue and Dave)

Morning Meetings

Skippers' Meetings will continue this year to discuss dock assignments and any last minute concerns or details. They will be held on the morning of each cruise at F-Dock Shelter.

FPYC Brochures

In collaboration with Nancy, we are producing a new 6 panel brochure.

They will be given to incoming Cruisers when they register at the gas dock. We will also be sending them to our 6 Cruising Destinations for distribution to those Skippers who are coming to Fifty Point. We hope that this along with the new pop-up shelters will help offer our reciprocal guests an even more pleasurable experience at the **best yacht club** on Lake Ontario.

Happy Cruising

Sue Fletcher "Peregrine" G3 & Dave Spragge "SailMate" G27

MEMBERS ONLY EXCLUSIVE

*Celebrate
Mother's Day
at Limani at Fifty*

*All MOTHERS will receive a complimentary
hand piped authentic Sicilian Cannoli for
dessert. **

**with the purchase of an entree*

**valid only on May 12, 2019*

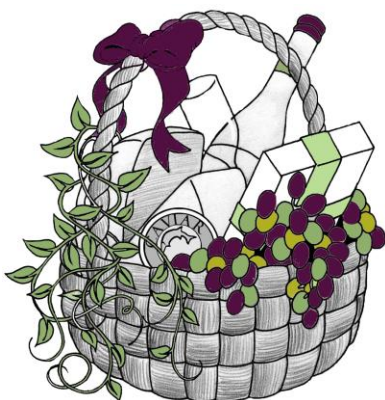
**excludes all other promotions/coupons*

Reserve today, please call 647.893.7332

**Gift Basket
Raffle**

Last year's fundraiser was a great success thanks to the support of our Membership. Once again we will be raising funds through the ticket sales of these baskets at Sail Past.

If you would like to help by donating items or know of a corporation that would like to contribute to the contents of our baskets, please email us at info@fpyc.ca



BioPed

10% OFF*
SANDALS
FOR YACHT CLUB MEMBERS



FOOTCARE FOR SMOOTH SAILING AT BIOPED GRIMSBY!

*On Regular priced sandals, offer valid at BioPed Grimsby location only.
BioPed Grimsby: 155 Main Street East Unit 105B, Grimsby, Ontario
t: 905-309-9999 e: grimsby@bioped.com

Scuttlebutt



Oh, Canadian Spring!

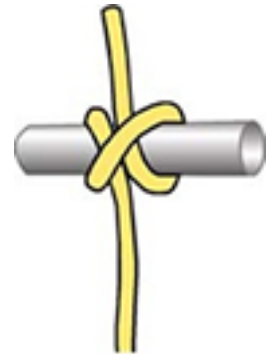


Photos by Deb Hauser and Karyn Maddeaux

Clove hitch

This is a quick knot for tying a rope to a larger object or line. You may want to tie a fender to the side of the boat for example.

- Firstly, lie the rope over the top of the object.
- Pass it underneath and to the left of the rope on top, back over the rope on top and underneath to the right of the rope, going over it this time.
- You will see a figure of eight shape
- pass the end of the rope under the cross of the 8 to finish the knot.



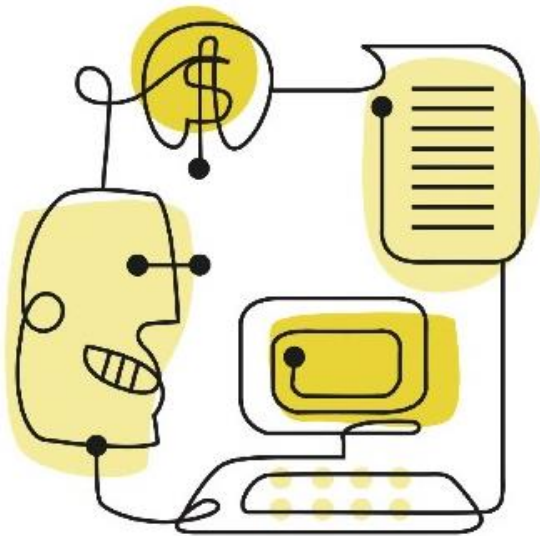
The cleat hitch

The cleat hitch is generally for tying a line to a cleat. The cleat is for holding a line under tension.

- Firstly, do a full turn with the rope around the bottom of the cleat.
- Then do a figure of 8 on top.
- To lock the knot, tuck the loose end of the rope under the top cross of the 8 you have just made.



<https://www.kavas.com/sailors-guide/chapter-a-the-basics/a5-three-essential-knots.html>



Simpson & Associates

Accounting, Taxation
& Management Consulting
905.464.0029
peter@simpsonandassociates.ca



Scuttlebutt



Launch Day;

Weather Forecast:

4 degrees with 25 knot winds and lets throw in some sleet to make it interesting!





1988 Mirage 29

One owner purchased new in 1989. Loved by owners and well taken care of.

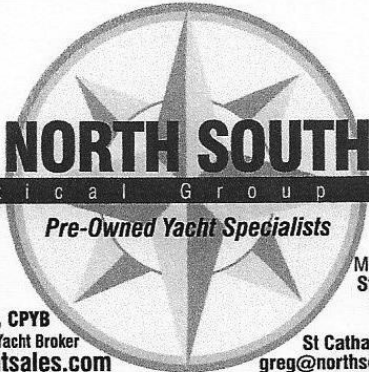
18 hp Volvo Penta Diesel engine, fridge, 2 burner stove with oven, GPS, VHF radio, stereo.

New berth cushions in 2017 and folding cockpit cushions. Dodger & bimini, aft cabin.

Sail inventory: Main, Genoa, Storm sail & Asymmetrical cruising sail with dowsing sock.



Contact D. MacLean at 905 930-9627 or cell 905-520-8603



NORTH SOUTH
Nautical Group Inc.
Pre-Owned Yacht Specialists

CPYB
Greg Stratychuk, CPYB
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Your Brain on a Boat:

Research Says Boating Improves Creativity, Emotional Health, Relaxation Dr Wallace J. Nichols

Recent research has confirmed what many boaters already know – you experience emotional, behavioral and psychological benefits being near, in, on or under water, and while participating in activities like boating.

One of the leading researchers on the health benefits of the water is Dr. Wallace J. Nichols, marine biologist and author of *Blue Mind*, the bestselling book on the scientific connection between water and happiness. Working with Discover Boating, Dr. Nichols has begun to explore the wellness benefits associated with boating.

"Being on a boat is one of the best ways to access the wellness benefits of the water."
– Dr. Wallace J. Nichols

We now know, thanks to science, that the mere sight and sound of water promotes wellness by lowering cortisol, increasing serotonin and inducing relaxation.

Red Mind, Blue Mind

"Red Mind" is a state of mind described as an "edgy high, characterized by stress, anxiety and fear." While stressors such as money and work influence people, there are new stressors associated with urbanization and a constant tether to technology that offer little respite from the demands of today's world. An antidote to "Red Mind" is "Blue Mind"—a mildly meditative state characterized by calm, peacefulness, unity, and a sense of general happiness associated with the water.

Blue Mind and Boating

Boating triggers a restful, "Blue Mind" state of mind. It provides the means to get outside of daily routines, allowing our brains to reset. Being on a boat promotes physiological and psychological changes spanning health and wellness, awe and wonder, creativity and play, happiness and relaxation.

Your Brain on a Boat

Research has shown getting out on the water in a boat promotes a restful state, with various physiological and psychological benefits. With an increased number of Americans taking less vacation*, boating is the perfect way to unwind and relax as it:

- Rests our brains
- Is meditative
- Is awe-inspiring
- Promotes play and induces creativity
- Appeals to our senses

[Download the infographic](#) to better understand how boating can benefit your health.

*Gallup, Dec. 4 – 11, 2017 <https://www.discoverboating.com/your-brain-on-a-boat>

Scuttlebutt



Thank you Tony and Linda Goodrow for generously donating all the meat for the Pre-Launch BBQ.

What a hardy bunch we had out on that winter like day to celebrate the boats going in. Great to see so many of you.





Marg Whorwood
MORTGAGE AGENT M11000188

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margaret.whorwood@mtgarc.ca
<http://www.mortgageswithmarg.ca>

The logo for North South Nautical Group Inc. features a large compass rose with the words 'NORTH SOUTH' in bold, black, sans-serif capital letters across the center. Below the compass rose, it says 'Nautical Group Inc.' and 'Pre-Owned Yacht Specialists'. To the left of the compass rose is a smaller logo for 'CPYB' (Certified Professional Yacht Broker) with a star. Below that, it says 'Greg Stratychuk, CPYB', 'Certified Professional Yacht Broker', and 'northsouthyachtsales.com'. To the right of the compass rose, it says 'Mobile: 905.931.4752', 'St Catharines Marina', '200 Broadway Ave.', 'Port Weller East', 'St Catharines, ON L2M 7W8', and 'greg@northsouthyachtsales.com'.

Joke of the month

How do you make a boat feel better? Give it some "Vitamin Sea".

source: <http://www.jokes4us.com/sportsjokes/sailingjokes.html>

FPYC

The contest is open to all FPYC members and it's easy and fun. To keep everyone on the same page, please see the following simple rules:

PHOTO

- * Photos must be of a nautical theme, e.g. boats, water, marinas
- * Photos must be taken between May 1 and September 30 of 2019
- * Entries must be submitted by October 4, 2019
- * Editing is permitted but strong Photo-Shopping is discouraged
- * Entries to be submitted by e-mail to debhauser@sympatico.ca

CONTEST

The 10 winning entries will be featured on the cover of Scuttlebutt throughout 2020!





2005 Monterey 270

Engine is a Volvo Penta 5.7 GXi/DP stern drive with approximately 650 hours.

Air Conditioning; hot water; cockpit fridge; Lowrance GPS; VHF radio; 3 batteries; single burner stove; microwave and fridge in galley; Sea Dek installed last year; new battery charger last year; front berth cushions newly re-covered this year. Asking \$45,900.



Contact; Steve Burgin, scburgin@gmail.com or (905) 570-4782



Public education initiative aimed at keeping ducks and geese safe and helping reduce aggressive incidents with people

Aug 20, 2018 8:30 PM by: [Tony Saxon](#)



The birds eat insects, grass and water plants. Human food can be bad for them, says Heather Flaherty, the city's general manager of parks and recreation.

Feeding the birds can cause malnourishment, wing deformities, sickness, delayed migration and overcrowding in feeding areas, the signs point out.

Also of great concern is that it can lead to aggressive behaviour toward humans by the birds.

"We wanted to get the word out and just start with the public education part of it, in cooperation with other organizations wanting to do the same thing," Flaherty said.

Don't feed them at all, Flaherty said.

"They need to be able to find their own food and look after themselves," Flaherty said. "Everyone brings a loaf of bread to the park, but bread is not naturally what a goose would eat. We shouldn't be sharing our food with them."

For the full story go to: <https://www.guelphtoday.com/local-news/guelph-park-goers-urged-to-not-feed-the-geese-or-ducks-1020875>

Scuttlebutt

Thank you Limani for a wonderful taste of what's to come.
Great Food, Great Drinks and Great Friends



Karyn's Kitchen

I wanted to make an appetizer for a Boater Appetizer party and lazy me didn't feel like going out to the grocery store . I thought I would do my own version of the TV Show "CHOPPED" and looked in my fridge to see what I had. This yummy hot asparagus dip was the result, so while it was fresh in my mind what I put in it, I wrote it down. I hope you enjoy. You can just make this ahead and re-warm it if you wish, as I did.



CHEESY HOT ASPARAGUS DIP

1 lb fresh asparagus (preferably thin)-diced
1 cup mayonnaise (not Miracle Whip)
1 cup parmesan cheese
1 cup grated mozzarella cheese
1 shallot onion, minced
2-3 cloves garlic, minced
1/8 tsp pepper
1/4 tsp paprika
1/2 tsp thyme
3-4 dashes hot sauce
1 tbsp olive oil



Lightly sauté shallots and garlic for a few minutes. Add chopped asparagus and continue to sauté for another 3-4 minutes just until asparagus softens. Add asparagus mixture to an oven proof bowl or serving dish and add all remaining ingredients. Bake in 350-degree oven for 15 minutes or just until top browns slightly. Served warm with pita chips, crackers or crostini.

	<p>CALL TODAY FOR A FREE MARKET EVALUATION!</p> <p>905.664.7900</p> <p>A FAMILY OF REALTORS.</p> <p>MAREL REAL ESTATE BROKERS</p> <p>MARELBROKERS.COM INFO@MARELBROKERS.COM <small>MAREL Real Estate (2012) Inc.</small></p>	
<p>BROKER</p> <p>JEREMY VANDERMAREL</p>		<p>BROKER</p> <p>HEIDI KIRK</p>



<http://www.gamru.ca>

A Group of Volunteers with the Canadian Coast Guard Auxiliary Dedicated to The Safety of Life on the waters of South Western Lake Ontario.



Follow along with our FPYC club members on their travels!

John, Kathryn, Simon & Wavey Middleton

[Nahanni V](#)

Space Coast & Velcro Beach



Steve & Lise Denison

[GaYa](#)

End of 2019 Bahama Adventure



Al & Laurie Pollard

[Needfull Things](#)

NASA



Items of Interest

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

Sail-World

<https://www.sail-world.com/Canada>

Canadian Yachting

<http://www.canadianyachting.ca/>

Sail-World Cruising

<https://www.sail-worldcruising.com/newsletter/6197>

Spartan – Ocean Racing & Training

<https://www.spartanoceanracing.com/>

POWER BOATING CANADA

<https://powerboating.com/lake-ontario/>

Get My Boat

Tips for Boating in the Great Lakes

<https://www.getmyboat.ca/resources/top-destinations/472/tips-for-boating-in-the-great-lakes>

Sail Canada

<https://www.sailing.ca/>

Press - Star Sailors League

<http://finals.starsailors.com/>

Ontario Sailing

<http://campaign.r20.constantcontact.com/render?m=1117729130203&ca=c3977b60-7e55-4469-bc01-59f0330c6e0d>