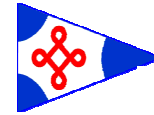




The Reef



May 2011
Editor Lynne Lockhurst

Issue 16



Commander's Address

Hello Fellow Boaters!

Wow, has it already been a whole year since I took office?

Spring has arrived, the snow is gone and I know that many of you are ready to launch your boats if you haven't already done so. Soon we will be on the water basking in the glorious sun.

As Commander this year I have had the honor of serving you and I have thoroughly appreciated the chance to represent this wonderful squadron.

I urge you all to support your squad and cannot stress enough the importance of becoming involved and keeping our squadron one of the best in the country. I want to take this opportunity to thank all the Bridge members, Instructors and Volunteers because without you making things happen we wouldn't be where we are today.

Please, if you are interested in volunteering contact Peter Salvador psalvador@cogeco.ca or myself at flockhurst@bell.net, no experience is necessary just your enthusiasm is all that is required. The rewards for getting involved are well worth it.

Hard to believe this is my last report to you as Commander via our wonderful REEF, my watch ends at the **AGM/Graduation Ceremony on Thursday, May 5th**. There will be a pre AGM Dinner that I hope you are able to attend, and as I say my farewells and welcome your new Commander and Bridge, know that it has been an honor and a privilege to serve you.

Your incoming Commander Peter Salvador is ready to lead. Peter will make a great commander and I

would like everyone to welcome him to his new position.

Your squadron likes to keep in close contact with its members. We want to keep you informed... so if you have a new email address or change your contact information please send it along to your membership officer or myself at flockhurst@bell.net and we will make sure our contact list is updated so you don't get left out.

Enjoy this issue of the REEF. I look forward to seeing all of you at our events and even out on the water.

I wish everyone smooth sailing and may the wind always be at your back!

Fraser Lockhurst,
Commander
North Halton Power & Sail Squadron

Cold Water can kill you.

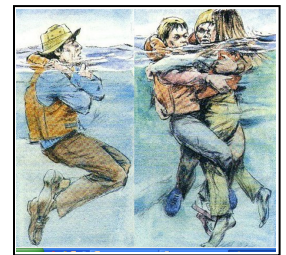
Even when the weather seems warm, do not forget that in many areas the water can be very, very cold. A sudden unexpected wake or other "unbalancing event" can land you in the frigid water. The possibility of drowning from falling into the water is a real threat, sudden and unexpected entry into cold water will probably cause a reflexive "gasp" and there will be nothing you can do but inhale the ice cold water, drowning can be instantaneous. The other real threat is hypothermia. In water that is colder than 5° Celsius, you can lose consciousness in only 20 minutes, so you don't have much time.

A few minutes in cold water makes it very difficult to swim or move, even to keep afloat. Hypothermia happens when the body's core temperature goes below 35° Celsius. Signs of hypothermia can include shivering (the body's normal response as it tries to increase the production of heat), numbness in the hands, feet, arms and legs, confusion, and eventually unconsciousness.

If you plan to be out on the water especially in the spring and late fall when the water and air are coldest, remember to wear proper and warm clothing and always wear a PFD.

If you find yourself in cold water, get as much of your body out of the water as possible. Do not try to swim ashore unless it is unlikely that you will be rescued soon. It's estimated that, in a lifejacket, you will lose heat 35% faster if you swim than if you just stay still.

Tuck your chin into your chest, cross your arms against your torso, and pull your knees up. This is the survival position and can help you survive up to 50% longer. It permits you to float effortlessly and protect those areas most susceptible to heat loss including the armpits, sides of the chest, groin, and the back of the knees. If you find yourself in the water with others, you should huddle as a group to help lessen heat loss.



If you come across someone suffering from hypothermia, get the person out of danger (treating them gently). If the victim is unconscious, determine if they are breathing and if necessary begin "mouth-to-mouth" resuscitation. Check for a heartbeat. Do not perform CPR if there is a heartbeat as it can cause heart failure. Make the person as warm and dry as possible, cover them with blankets, towels, coats, sweaters or whatever you have available. Do not rub the skin thinking it will increase circulation. Use the blankets. Warm slowly. Give them lukewarm liquid such as water or juice if you have it. Never give alcohol. Get the person to a hospital as soon as you can!

Your NHPSS 2010-2011 Bridge

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Past Commander	Martha FitzPatrick	705-549-5814	marthaspace@rogers.com



A very special round of applause please for your 2010 – 2011 bridge members. Without their dedication and support we could not have made it through the year. Excellent work people, Bravo!

Kudos to all our wonderful bridge members, remember, they give 100% dedication, all their knowledge and commitment and much of their free time to ensure that your North Halton Power and Sail Squadron remains one of the best in the country. Have a question? Just call any one of them; they're always happy to assist you.



CPS Canadian Safe Boating Awareness Week May 28 - June 3, 2011



AGM

Join us May 5th for North Halton's AGM

(That's Annual General Meeting for you newcomers) show your support as all our class graduates get the well-deserved recognition for their achievements in their studies, and of course we will be swearing in your new 2011-2012 bridge, everyone is invited, McGibbon Hotel Georgetown. There is no cost to participate in the AGM/Graduation Ceremony itself, but you are also invited to join us for an all you care to eat dinner buffet before the ceremonies start.

Please RSVP by April 30th to Fraser at 905-693-9806 or flockhurst@bell.net

Dinner \$20.00 person starts at 18:00 – followed by the ceremonies at 19:00

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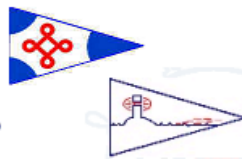
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Upcoming events – Come on out, we always have a great time.



2011

Rendezvous

Come plot a course with your **North Halton & Penetanguishene Power & Sail Squadrons** and 'Rendezvous' with us in 2011. You don't want to miss this annual event as we feast, party and cruise on beautiful Georgian Bay, come join us for breakfast, spend a day of fun on the water, and afterwards, well the fun doesn't stop there as we serve up a mouthwatering all you care to eat steak dinner at Hindson's Marine in Penetanguishene (chicken for those non-red meat eaters).

No boat? No problem! We'll find you a ride. Remember, you don't have to be a member to attend this event!

***Saturday, July 9, 2011 - Hindson's Marina Penetanguishene
Start time for Registration and breakfast 0730 - 1030***



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Or check out our website at www.nhpss.ca



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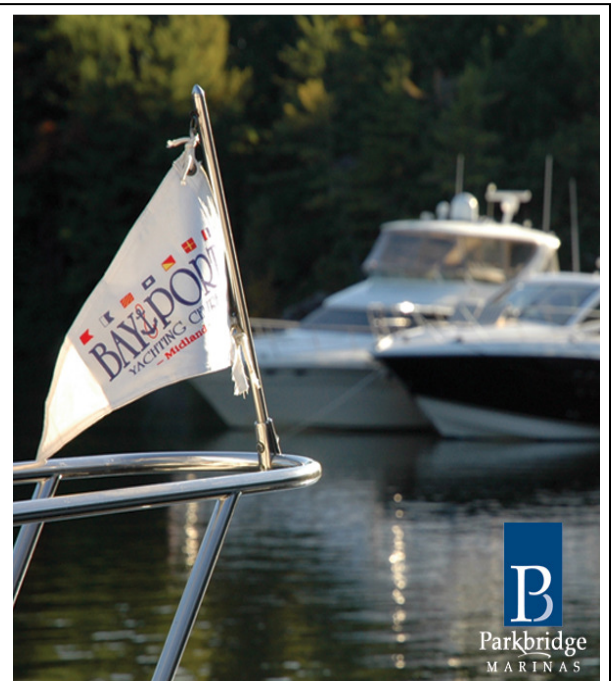
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Orange loaf cake

The Cake

- 1 ½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup softened butter (or marg.)
- 1 cup sugar
- Grated zest of 3 oranges
- 3 eggs
- ¼ cup orange juice

Preheat oven to 350°F butter a loaf pan and line it with parchment paper.

In a bowl, cream the butter with the sugar and the orange zest using an electric mixer. Add the eggs one at a time and beat until smooth. With the mixer on low speed, add the dry ingredients, alternating with the orange juice. Pour the batter into the pan. Bake about 1 hr or until toothpick comes out clean. Let sit for 10 mins then turn out on a cooling rack and cool.

Strawberry sauce

- 1 cup fresh or frozen strawberries, thawed
- ¼ cup sugar

In a blender or food processor, purée the strawberries and sugar until smooth. Store in airtight container and keep cool.

Garnish

- 1 - 2 cups fresh strawberries, hulled (sliced if desired)
- ¼ cup sugar
- Zest of 1 lemon

In a bowl, gently toss the strawberries with the sugar and zest. Store in airtight container and keep cool.

Serving

Spoon sauce over slice(s) of cake and garnish with strawberries. This can be made well ahead of time and will keep for days if kept cool.

<h1>Ceramic Tile</h1> <p>Dave LoDuca</p> <p>cell 416-989-7809 home 905-877-1936</p>	<p>Heated Flooring ceramic tile and porcelain tile Installation</p> <p>Kitchen backsplashes</p> <p>Bathroom Renovations</p> <p>Basements</p>
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Basic pasta salad

- 1 ¼ cups cooked tri-colour spiral pasta
- ¼ cup low salt chicken or vegetable broth
- 3 tbsp red wine vinegar
- 1 tbsp oil
- 1 clove garlic, minced
- 1 teas sugar
- 1 teas basil (dry or fresh)
- ½ teas salt
- 2 cups broccoli florets
- 1 cup halved cherry tomatoes
- 1 large sweet red pepper julienne
- ¼ cup grated Parmesan cheese

In large bowl whisk together broth, vinegar, oil, garlic, sugar, basil and salt. Toss in everything else to coat. Store in airtight container in the fridge or cooler.

Beenie Weenie Stew

This recipe can be done on the stove or over a fire.

- 1 large can baked beans
- 1 package hotdogs
- 1 tablespoon mustard
- 1 tablespoon ketchup
- 1 tablespoon brown sugar
- 1/2 medium onion

Pour beans in a baking pan. Slice hotdogs into 1/4-inch pieces and add to beans. Dice onions and add to beans. Add mustard, ketchup, and brown sugar. Stir until everything is mixed and cook for about 30 minutes.

Crispy Shore Fish Fry

This recipe came about when good fishermen were out camping one summer and none of them thought about bringing a fish batter. The recipe is awesome!

- Fish Fillets
- Hot oil
- Salt and Vinegar Chips
- Beer, any good Canadian brand!

Soak fish in beer. Crush the salt and vinegar chips. Coat the beer soaked fish with the crushed salt and vinegar chips. Deep fry in very hot oil until the fish is golden!



Find all the 2010-2011 bridge members.

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And that wraps up our Reef! Hope you enjoyed it. Remember, if anyone has any recipes, stories, upcoming events, news or anything else they would like to share with the rest of the members, please submit them to the editor, Lynne Lockhurst. Either email them to flockhurst@bell.net or give her a call at 905-693-9806.

