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**Peterborough Power and Sail Squadron**

**Annual General Meeting & Dinner**

**Saturday, May 5, 2018**

**4:30 Meeting ... 5:30 Cocktails/Social Time ... 6:30 Dinner**

**At Beachwood Resort**

**3043 Beachwood Drive, Lakefield, ON K0L 2H0**



**\$45/person – Choice of:**

**Prime Rib**

**Pan Fried Pickerel with Tartar Sauce**

**Roast Chicken with Brie and Pesto Sauce**

**Please RSVP by April 17 to:**

**Jean or Leann Blondin**

**705-292-7154 or email to**

**[social@peterboroughsafeboating.org](mailto:social@peterboroughsafeboating.org)**

**Payment and meal choice must be received**

**by April 17:**

**By cash, cheque made out to Leann Blondin, or**

**e-transfer funds to [leann.jean@eastlink.ca](mailto:leann.jean@eastlink.ca)**

## Celebrating our Long-Time Members

### Doug Lavery

On April 10, we visited Douglas Lavery at his home in Peterborough to present a Certificate of Appreciation for 50 years as a Regular member of the Peterborough Power and Sail Squadron.



Doug was originally from Toronto, but came to Peterborough, via Montreal, while working for Bell Canada. Since then he has been a professor in computer science at Fleming College and then started a private business following his college employment in which he helped people with their home computer issues.

As a young man new to the Peterborough area, he stayed with friends and realized that now that he was in “cottage country” he’d better learn something about boating. He took his first CPS course in 1968 from Dr. Don Curtis and was hooked from then on!

Doug and his family still own two properties on Stony Lake and their “navy” consists of boats of all shapes and sizes, including a variety of non-motorized craft. He has continued to promote safe boating by ensuring his family are conscientious boaters. We asked Doug why he continues to support CPS and he responded that he feels it’s a great organization and he wants to help us continue the good work of ensuring safe boating in our area.

Many thanks to Doug for 50 years of membership with the Peterborough Power and Sail Squadron!

### John Rutkauskas

On April 11, a Certificate of Appreciation was presented to John Rutkauskas in celebration of 54 years as a Regular member of the Peterborough Power and Sail Squadron.



John emigrated from Lithuania to Canada in 1951. He married his lovely wife Mary in 1962 and shortly after purchased his first boat, 16-feet long with a small cabin. Their friends teased that they had no money, yet they had a boat! In fact, the boat

was somewhat of a rescue... they purchased it for \$1,000 from a teacher in Guelph who had built the boat himself, but was told “it’s the boat or the wife!” So John and Mary bought the boat to save a marriage! They often bundled their baby daughter into a carrier at the front of the little boat and enjoyed day trips on it.

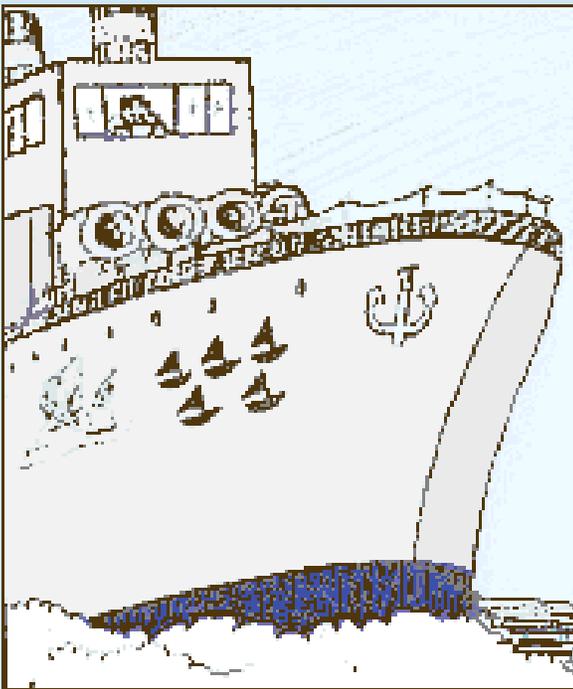
The Rutkauskas family eventually moved up to a 25’ cabin cruiser which they kept mostly at Mars Marina when they weren’t cruising Lake Simcoe, part of the Rideau Canal system, and the Thousand Islands.

John took several CPS courses including Advanced Piloting, Sailing, and Weather, and was the Peterborough Squadron Commander in 1976-77. When asked why John has kept up his membership for so many years, he replied that he feels it’s a great organization and, since being a Squadron Commander, he feels a certain ownership and responsibility to continue his support.

Although John and Mary are no longer boaters, they continue their membership; we truly appreciate John’s dedication to the Peterborough Power and Sail Squadron!

### **John Metheral**

We also celebrate 50 years of membership from John Metheral who, after earning 24 merit marks, has become a Life Member. Joining CPS in 1968, John has been instrumental in the success of the Peterborough Power and Sail Squadron, and we appreciate his contributions!



## **Education Events**

### **VHF/Marine Radio Course – April 28 and May 5**

The Maritime Radio course teaches emergency radio procedures and everyday operating techniques. Learn all about the uses of marine radios, choice of frequencies, operation, phonetic alphabet, procedural words and phrases, as well as Digital Selective Calling and the Global Maritime Distress and Safety System, (DSC/GMDSS). All mariners, including recreational boaters, will want to take advantage of the many features and capabilities of this innovative form “automatic” radio. Secure your lifeline. Be sure that you and your family take the Maritime Radio course. To operate a maritime radio, you need the certificate. It's the law!

Dates: April 28 and May 5 (2 consecutive Saturdays), 2 weeks from 9:00 am to 2:00 pm

Price: \$100 for members/ \$120 for non-members

Location: 1903 Pratt's Marina Road, Lakefield

Register for these courses at: [www.boatingcourses.ca/cities/Peterborough](http://www.boatingcourses.ca/cities/Peterborough) or call Jim Lee at 705-652-1206 or email [training@peterboroughsafeboating.org](mailto:training@peterboroughsafeboating.org).

### [What is CPS-ECP?](#)

Have you ever had someone ask you this question, or ask what the flag on your boat represents? I'll bet you have, and I'll also bet that you were wordless for a few moments!

Next time you get this question, here are the Vision, Mission, and Values of CPS-ECP, which might help you answer the question...

#### **Vision – what we are**

“A committed community of experienced boaters inspiring others to adopt a safe boating attitude through education and training”

#### **Mission – what we do to achieve our vision**

- We teach safe boating practices and proper navigational techniques
- We promote the cause of boating safety by creating a safe boating ethic
- We advance the cause of boating safety in cooperation with other agencies and organizations
- We keep our Member and Volunteer community strong through ongoing social interaction and enjoyment

Values – what keeps us strong

#### **Safety:**

- Boating safety is of prime importance
- We encourage the boating experience as a safe and enjoyable recreation

#### **Education:**

- Our CPS-ECP Boating Courses are of high quality and provide good value
- We are leaders in safe boating education
- We embrace changes in boating education and practices

#### **Community:**

- We depend on volunteers of all ages, levels of experience and skill
- We enjoy our interactions with our fellow volunteers and members

#### **Environment:**

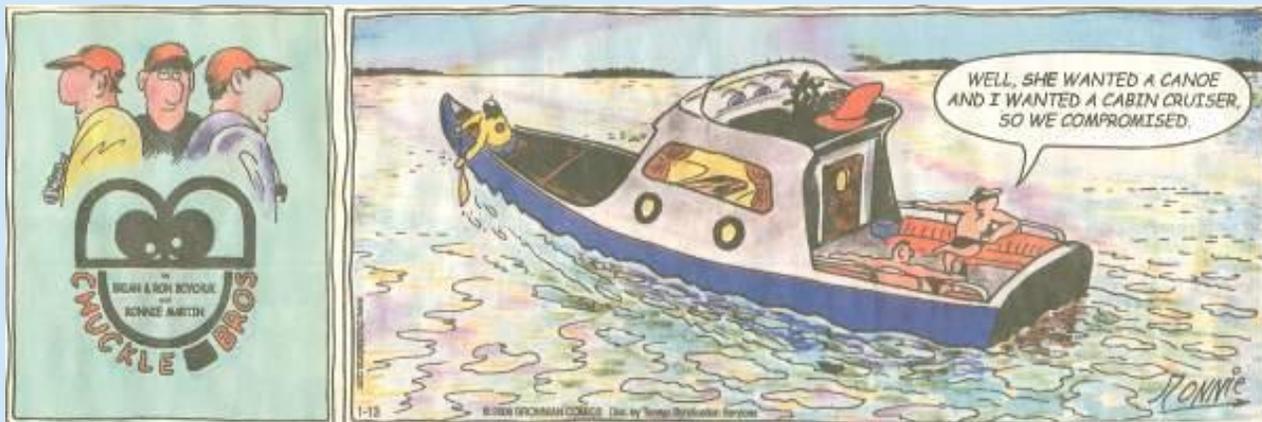
- We believe in boating in an environmentally responsible manner

2018 marks CPS-ECP's 80<sup>th</sup> Anniversary in Canada!

Plans for your participation to celebrate our 80th anniversary at various levels of the organization are now being finalized. Stay tuned for upcoming announcements on where and when these will happen. The celebrations will

culminate at the CPS-ECP National Conference in Ottawa - October 16-21, 2018.

Check out our history, awards, and events as we mark the occasion by visiting our website at [www.CPS-ECP.ca](http://www.CPS-ECP.ca).



## Stories of Interest

### Spring Launch Checklist

#### Boat cover

Check it over before you store it away for the summer. If it has holes, repair them. If it needs stitching, get it done early. If it's shrink wrap, make sure the marina recycles it.

#### Bottom paint

Spring is the time to check and repair bottom blisters (fibreglass), cracks in the hull-deck joint (fibreglass), corrosion or cracks (metal), and soft spots (wood).

If your bottom paint is no longer repelling *critters* and *weeds*, you need to add a coat of the same type of bottom paint (paints that are not compatible will not adhere). If the paint is no longer doing its job or is falling off, you will likely need to scrape off the old paint and repainting. Do not paint your anodes, ground plate or instrument surfaces (knotmeter, depth sounder). They need to be kept clear!

Removing toxic bottom paint is dangerous to both you and surrounding environment. Use a face mask to keep out the paint dust, and wear clothing from head to foot that you can wash separately from your other clothing. The safest method for your hull's gel coat is still manual scraping using a putty knife. There are abrasive methods and chemicals that remove paint, but they can easily damage the gel coat, which is the very thin outer layer.

#### Outside Fittings

- Check fittings for cracks, crazing or wear. Clean fittings with a protective marine polish in salt water areas.
- Do not paint your hull anode or instruments!
- Turn the prop and shaft (inboard engine) by hand with transmission in neutral. It should not be too stiff nor should it spin freely or make any noise. Nuts, pins and keyway should be tight.
- Check steering operation, cable and linkages.
- Inspect your anchor, chain and shackles. Check anchor rope for wear. Is it secured to the boat?
- Check your compass for fluid or bubbles.
- Check all required safety equipment for a boat your size.
- Replace any spare parts you used last year.
- Test navigation bulbs; clean contacts.
- If your boat has a PLUG, put it in!
- If you have sail rigging, check for damage, kinks or frays. Check and service winches, blocks and stoppers. Check, clean or repair sails.
- Check rails, stantions, life-lines, ladder
- 

#### Inside Fittings and gear

- Open and close all seacocks and grease if needed.

- Check hoses attached to fittings or seacocks
- Close all but the engine cooling water seacock (you'd be surprised how many boats sink after launch).
- Check fire extinguishers for service date (a dated tag must be attached)
- Life jackets, PFDs, harnesses, rain gear, boots
- 

#### Engine

Change the oil, or at least check the level. Check or replace spark plugs, ignition wires, distributor cap, belts, hoses. The first year you own a boat, hire a good mechanic to do the work while you make notes. One missed engine plug can leave water inside the engine block.

#### Electrical

Poor connections are common in the marine environment and cause intermittent operation and early failure of everything from light bulbs to electronic equipment.

##### 12 Volt system:

Before connecting the batteries, you can safely open and clean the connections in your electric distribution panel. Clean battery posts and wire fittings with steel wool. Top up with distilled water (unless sealed) and charge them fully (over 12.5 volts). Reconnect the cables to the batteries and test the voltage with a "load" such as 20 watts worth of lighting to see if the voltage is maintained. Under 12 volts is considered time to recharge and 11.5 volts is considered "dead". Allowing the starting battery to discharge below 12 volts will shorten its life.

##### 12 Volt equipment:

Test vapour alarms. Test bilge pump and automatic switch.

120 volts system: Check your GFCI (ground fault circuit interrupter) plugs - they can save your life by detecting stray currents or malfunctioning appliances. Buy "rough" use light bulbs.

#### Fresh water system

Empty all non-toxic antifreeze from the fresh water tank and lines. Partly refill and flush again. If you wish to sterilize the water system, add a small amount of bleach (1 capful to 30 gallons water) and fill the tank - pump the solution through all hoses and leave for a few hours. Flush and refill with fresh water. Bleach is not fish-friendly but this small amount should be exhausted if there is any bacteria or fungus in the system.

#### Black water (sewage) system

Check toilet operation, hoses, fittings.

[<http://boating.ncf.ca/>]

#### Lyme Disease

Admittedly not a boating malady [generally restricted to seasickness, broken knuckles, bruised egos and Veisalgia]. But is becoming common to other outdoor activities, some that may be associated with remote boating.



Black-legged Tick / Deer Tick  
[larva, nymph, female, male]

Lyme disease is the fastest growing epidemic in North America and is found right across Canada. The disease is an infection caused by bacteria *Borrelia burgdorferi* transmitted through the bite of an infected tick. It is transmitted by black-legged ticks (also called deer ticks) that become infected by feeding on the blood of infected rodents, birds, and deer, then pass it on to any animal or bird they feed on.

Ticks should be removed as soon as possible, since it takes at least **24 hours** for them to transmit the bacteria that causes Lyme disease. On humans, ticks are most commonly attached to arms or legs. On pets, ticks prefer skin near the eyes and ears. There are more ticks in rural areas, but they can be carried by animals, birds, and humans into a city.

Most humans are infected through the bite of an immature tick during spring and summer. These are less than 2 mm long and difficult to see. Adult ticks are much larger and are more easily noticed. Adult black-legged ticks are most active during late summer and fall. The ticks have a two-year life cycle, normally becoming dormant in cold weather, but at 4°C, start looking for an animal or person to feed on for a blood meal. ***Animals may harbour live ticks well into winter.*** Hunters should note that ticks can survive for some time on a dead animal.

### Prevention

Prevention is very important as the disease is difficult to diagnose and can cause life-long health problems.

Prevention is similar to [mosquitoes](#). It is a good to check yourself (and your dog) after you have been in forest or fields, since the tick must be ***attached 24+ hours before it transmits Lyme disease***. Dogs can be inoculated for the disease by a veterinarian, but there is no vaccine for humans.

- Check for ticks on your body after every outing in forest or fields.
- Inspect for the tiny ticks at the end of every day spent outdoors, Start at ankles, taking special care around knees, armpits and head.
- Check pets as well, especially the head.
- Avoid tick habitats such as tall grass, bushes and woods.
- Wear long pants, long sleeves, socks and closed shoes.
- Tuck your pants into your socks.
- Use insect repellent containing "DEET". Follow directions for use.
- Your vet can vaccinate your dog against Lyme disease.
- Ticks and mosquitoes are repelled by a strong garlic scent applied to grass, patios, barns, etc.
- 

### Symptoms of Lyme Disease

Symptoms usually begin three days to a month after being infected by a tick bite. They may include a skin rash that looks like an ***expanding red ring*** and/or ***flu-like symptoms***. If you see any of these symptoms, see a doctor right away. If left untreated, Lyme Disease can cause neurological symptoms, rheumatologic symptoms or cardiac abnormalities weeks or even years after infection.

- fatigue
- chills
- fever
- headache
- muscle and joint pain
- swollen lymph nodes
- "bull's-eye" rash around bite

### Treatment

Early diagnosis and treatment with antibiotics can usually eradicate this bacterial infection. If not treated, Lyme Disease can cause ongoing pain and permanent disability of the heart, nervous system or joints.

A recent study published in the European Journal of Microbiology and Immunology revealed that [Stevia whole leaf extracts](#), a natural sweetener, has been found to terminate chronic Lyme disease. The bacteria has the ability to change from spirochetes and spheroplasts into a dormant form, or hide in a biofilm form. The stevia extract was able to treat even the most antibiotic-resistant form - the biofilm form.



Black-legged Tick

### **Lyme Disease in Dogs**

Ticks in grass or low shrubs can easily attach themselves to dogs. Infection typically occurs after the tick has been attached for 2-3 days, so it's important to check your dog regularly, particularly on skin near the eyes and ears.

Symptoms of dogs who have acquired Lyme disease are similar to humans:

- lameness
- swollen joints
- vomiting
- diarrhea
- lack of appetite
- weight loss
- abnormal fluid buildup
- kidney problems

### **Tick Removal Procedures**

#### **Standard Tick Removal:**

The bite is painless so look for a tick the size of a sesame seed with 8 legs. The tick attaches to your skin with their mandible (mouth), which has backward sloping barbs that hold it in. Once the tick attaches to the skin, it's difficult to pull it straight out. You must get a good grip near its mouth with fine-tip tweezers (not blunt-tip). An alternative is to loop dental floss tightly around the tick's mouthparts close to its attachment to the skin. Pull steadily upwards until the tick releases. Place the tick in a bottle or zip-lock bag with a damp paper towel. Wash the bite site with soap and water or rubbing alcohol.

Cautions: Never use a match, petroleum jelly or nail polish as this makes a tick burrow in, injecting even more saliva into the skin! [[Tick Removal](#)] If any parts remain attached, try to remove them with tweezers. Clean the bite with soap and water or use rubbing alcohol. Watch for symptoms, and see a doctor immediately if any develop.

#### **Easy Tick Removal:**

An easier method is to rub the tick's body *gently* in a circular motion with the tip of a finger, moving its body around until it releases from the skin. You may wear gloves as a precaution. The tick should release from the skin in under a minute. [[Video](#)]

Capture the tick and dispose of it by soaking in rubbing alcohol or flush it down a toilet. If you are in an area which has ticks that carry Lyme Disease, put the tick in a jar or a sealed bag with a moist paper towel and contact your municipal Public Health Unit to have it tested.

- **Related Pages**
- [Mosquitoes](#)
- [Birds - St. Lawrence](#)
- [Black Rat Snakes - St. Lawrence](#)

### **Links**

- [Risk Map for Lyme Disease in Canada](#)
- [Lyme Disease \(Ontario Ministry of Health\)](#)
- [Map of cases of ehrlichiosis, Lyme disease, anaplasmosis and heartworm in dogs in U.S./Canada](#)
- [Tick information \(Public Health Agency of Canada\)](#)

- [Lyme Disease Association](#)
- [Canadian Lyme Disease Foundation](#)
- [Stevia whole leaf extract treatment for chronic Lyme disease](#)

[<http://boating.ncf.ca/>]

## Today's Funny

Joke from the net, modified for boaters...

70° Fahrenheit / 21° C

Floridians turn off their air conditioners.

Canadians turn them on.

50° Fahrenheit / 10° Celsius

Floridians dig out their sweaters.

Canadian "snowbirds" cruise the ICW in bikinis.

40° Fahrenheit / 4° Celsius

U.S. weathermen talk about the "cold".

Canadians have the last sail of the season.

30° Fahrenheit / -1° Celsius

American waters freeze.

Canadians drive their boats through ice for haulout.

20° Fahrenheit / -7° Celsius

New York City landlords finally turn on the heat.

Florida orange growers panic.

Canadians put the barbeque in the garage to use on nice days.

14° Fahrenheit / -10° Celsius

Santa Claus abandons the North Pole.

Rideau Canal Skateway in Ottawa opens for skating.

-173° Fahrenheit / -114° Celsius

Ethyl alcohol freezes.

Canadians get frustrated when they can't thaw the beer keg.

-460° Fahrenheit / -273° Celsius

Absolute zero; all atomic motion stops.

Canadians start saying "cold eh?"

-500° Fahrenheit / -295° Celsius

Hell freezes over.

Toronto Maple Leafs win Stanley Cup.

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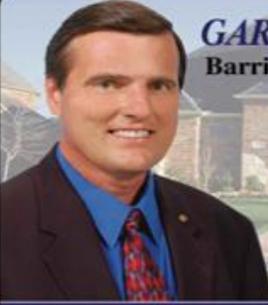
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## CPS Website Addresses

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