

Nautical Notes

The Newsletter of the Peterborough Squadron CPS - ECP



Commander's Message

I hope that everyone enjoyed a wonderful Canada Day.

For the first time ever, our squadron held a **virtual** Annual Meeting! I am honored to have an opportunity to remain as Commander for one more year. I am pleased to welcome Melody Roberts, Ron Gernat and Liz Woosey to the Bridge this year. Please take a few minutes to look at our web page and see what new duties other members have agreed to undertake. The hard work of our dedicated volunteers is the foundation of our Squadron.

I hope that everyone has been outside enjoying the lovely weather. It is nice to see that the restrictions surrounding COVID-19 are slowly being lifted. During these uncertain times, everyone has to be extra careful. I am looking forward to the day when our Squadron members can start socializing in person and we can offer our annual courses.

If you get a chance, pick up a copy of 'Kawartha Cottage' magazine. Our Promotions Officer, Sue Mellow, has been doing a great job putting together articles promoting our programs and membership.

I am sad to say that one of our long time members, Joyce Little, passed away recently. Joyce's upbeat attitude and smiling face will be greatly missed.

Until we can meet again, I encourage anyone who has any comments or suggestions that enhance our hard work, to please contact me at:

Commander@peterboroughsafeboating.org.

Stay Safe!!

Commander Nick

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Peterborough CPS ECP Squadron
Local Volunteers Teaching Safe Boating since 1959

Face - to - Face Annual General Meeting of the CPS ECP to be held in Windsor has gone Virtual!

Please be advised that the face-to-face Meetings and National Conference at Windsor will not now take place. These events will be replaced by online meetings. The schedule planning will start in July with the aim of keeping the general format reasonably close to what we do in "Normal" times. The hotel has agreed to re-book CPS-ECP for October 2023 with no change to costs apart from a small increase in hotel night costs.

This decision is the best course of action for the safety and wellness of our members, National Office Staff, guest speakers, and everyone else involved in the delivery of this event.

We will be sending out an e-blast to all members shortly, but please inform your squadrons in the meantime.

Thanks,

Peter

Peter Bolton, SN

Chief Commander - Commandant en chef



Peterborough squadron officer Chris McMahon sent this reminder about social distancing – sign on his boat at the height of the outbreak!



From the Galley – Linguine with Shrimp and Roasted Fennel

This quick pasta dish makes use of canned and dried ingredients that are space-savers – i.e. easy to store in your boat's galley. You will need a propane/alcohol hotplate, and/or a barbeque designed for boating to prepare this dish. The well-known Italian chef, Lidia Bastianich (Lidia's Kitchen) made a version of this recipe that inspired me to try this at home or on the boat.

Ingredients:

1. Dried linguine pasta noodles (prepare by boiling in salted water for 7 minutes, until just before the 'al dente' stage. Do not overcook, since the pasta will continue to cook when added to the saucepan of sautéed ingredients. Do not add oil to the boiling water!
2. Tinned flat filets of anchovies;
3. Bottled capers in vinegar and tinned or canned black olives;
4. Vegetable fennel (finocchio vegetale) – this is a bulb with a sweet licorice flavor and leaves at the top that look like dill). If you don't have this fennel, you can just use fennel seed for a light anise or licorice flavor. If you happen to have fresh fennel, sauté thin slices, seasoned with salt, in oil until just tender – do not overcook
5. Garlic cloves (three) – finely chopped
6. a yellow or red onion – thin slices
7. Dried pepper flakes
8. Olive or other cooking oil for sautéing
9. Shrimp or other similar fresh seafood (or tinned salmon or tuna, drained if you cannot find fresh fish)
10. Dried flakes of basil

Preparing the Pasta Dish:

Lightly coat the fresh shrimp with flour. In a saucepan over medium heat, sauté the shrimp in olive oil until just done and **remove from the pan**. Do not overcook or shrimp will be chewy and tough. Then sauté the garlic, onion, slices of fennel, and chopped leaves of the fennel. If using fennel seed, you can sauté this to enhance the flavor. Sprinkle the ingredients with pepper flakes. Add chopped filets of anchovies (about five filets), the capers and chopped, pitted olives. Continue to sauté until flavours are blended. Deglaze the pan with a bit of white wine, beer or vegetable stock. Add the fried shrimp back into the mixture. If you are using canned tuna or salmon, don't add this until the last minute since the fish will continue to cook in the liquid and will become mushy. Using tongs, or a slotted spoon, transfer the cooked linguine into the pan and add a few tablespoons of the boiling salted water. It contains starch and will thicken the pasta. Do not drain the pasta or run cold water over it. Continue to cook until the pasta is done, but do not overcook. The sauce should thicken. Season to taste with salt, pepper and basil flakes. Top with dried parmesan cheese and enjoy!

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Images of the Great People who work at the CPS ECP National Office

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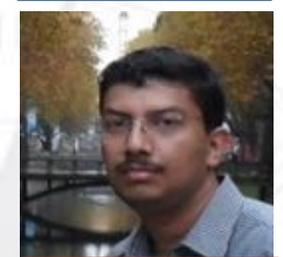
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The following page is reprinted from the website: uscgboating.org

COVID-19 VIRUS: CLEANING AND STORING YOUR PFD

The Life Jacket Association (LJA) provides the following guidance. For more information on the LJA please visit their website at www.lifejacketassociation.org

If you think your product has been exposed to a virus, clean as recommended by the manufacturer and then let dry in warm, low humidity environment for at least 72 hours before reuse.

Manufacturer's recommendations for cleaning your PFD:

CLEANING AND STORING YOUR PFD: To clean your inflatable PFD, hand wash or sponge down in warm, soapy water, taking care not to submerge the inflator. Rinse your PFD with clean water and hang to dry on a plastic coat hanger. Do not dry-clean, use chlorine bleach, or apply direct heat. Always store your fully dried PFD in a warm, dry, well ventilated place out of direct sunlight.

- Inherently buoyant PFDs (foam) are cleaned in the same manner except they may be fully submerged.

If you must reuse your product within 72 hours, the following precautionary guidance is suggested.

- COVID-19 virus may exist 3 days on or in clothing. Virus can exist longer on porous surfaces.
- Synthetic fabrics, plastic and metal surfaces may harbor the virus longer.
- Buckles, zippers, other hardware and hook/loop fasteners (e.g. Velcro®) are hard to clean due to crevasses and metal/plastic construction.
- Using 60 – 90% solutions of alcohol sprayed/wetted on these components is acceptable.
- Avoid spraying inflatables with specific disinfectants that are detrimental to the fabric. e.g. bleach-based products.
- Do not machine launder life jackets.
- Life jackets should be hand-washed with gloved hands – wash as hot as possible (< 60C) to kill virus.
- Ensuring complete drying is critical, heated air drying is encouraged < 60C
- Virus likes moisture and can survive in cold – virus dies by drying out and by heat, which some fibers can enhance.
- This pandemic is a new challenge and it is truly not known how all materials and the virus respond to laundry.
- If hang to air dry, allow 72 hours (3 days) before reuse.
- Do not share garments.

DISCLAIMER: Remember it is not possible to carry out or guarantee complete disinfection, the goal is to minimize risk.

Advice for Boaters who set sail during the Pandemic, from the Public Health Agency of Canada:

Staying home saves lives; but if you are going to travel on the water, be prepared. Check any provincial, territorial, local and regional health measures regarding social gatherings, physical distancing, or non-essential services that might impact your trip to ensure boating is allowed locally.

The recreational boating season in Canada is a busy time for marinas and boat launches across the country. You should look to your local jurisdiction for advice on measures related to discretionary or non-essential activities. If local measures allow operating a pleasure craft, Canadians are being asked to maintain physical distancing to reduce the risk of spreading COVID-19 and support public health and safety. With this in mind, the following measures are strongly recommended for pleasure craft operators and everyone on board:

- **Contact marina and vessel storage facilities in advance to understand local COVID-19 practices.**
- **Keep a distance of at least 2 metres from other people and boats.**
- **Avoid using boat ramps and docks while other people are on them.**
- **Respect your local health authority's measures with respect to the size and make-up of your boating group.**
- **Refrain from beaching your boat right next to someone else.**
- **Avoid sharing your boating or shing equipment.**
- **• Face coverings and non-medical masks can be useful for short periods of time, when physical distancing is not possible in public settings. If the face covering or non-medical mask becomes damp or wet, we encourage you to replace it with a dry one.**
- **• Wash your hands often with soap under warm running water for at least 20 seconds or use alcohol-based hand sanitizer.**

Pleasure craft operators and everyone on board are asked to avoid any unnecessary contact with others during their trip. As always, boaters must operate at safe speeds. Don't cruise while drinking alcohol or using cannabis. In keeping with all public health messaging, marina operators are encouraged to follow the provincial or territorial guidelines as well as direction provided by their local or regional health authority. As an additional support, the Public Health Agency of Canada has published a framework for risk-informed decision making about public health actions for workplaces and businesses during the COVID-19 pandemic. Please visit: Canada.ca/coronavirusbeprepared#a5

For more information on COVID-19:

Canada.ca/COVID19

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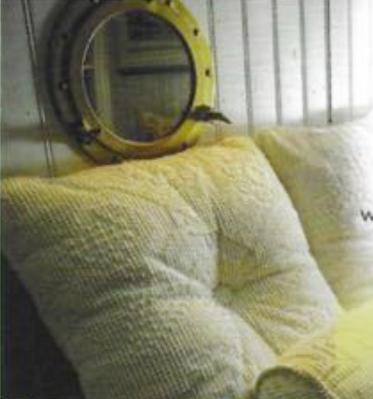


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