



CanBoat  
NautiSavoir

Peterborough

Nautical Notes - May 2025

**A Message from Commander Martha Scott**

Dear Boating Friends,

Having survived a cold, Canadian winter, I am enthusiastic about getting back out on the water for another season of boating in Peterborough and the Kawarthas. I cannot believe that this will be my fifth year as Commander of CanBoat Peterborough. We recently had a wonderful AGM and banquet at Beachwood Resort and it was truly an honour to celebrate the occasion with fellow officers and members from our squadron. A special thanks to District Commander Bill Thompson and his partner Karen, who joined us, along with Deborah Paris and her partner Dan from Paris Marine. I am so thankful to have such a hard-working team, who never fail to deliver on our message of teaching boating safety and navigation.

This summer, we will be joining Paris Marine at McCracken's Landing for another season of Women Making Waves, an on-the-water program to teach safe boating, rules of the road, and required safety equipment to female boaters who are looking to build their boating skills.

At CanBoat Peterborough, we value your support as members and boating friends. Enjoy the season and remember to take extra precautions while boating in cold waters!

Martha Scott  
Canboat Peterborough Commander



### Do you have expired marine flares and wondering how to dispose of them?

Flares manufactured in **2021** or earlier expire this year, as Transport Canada approves them for four years. They should be replaced every third or fourth boating season.

To dispose of expired flares, do not light them, throw them overboard, or add them to household garbage.

CanBoat / NautiSavoir volunteers and select CIL Dealers are hosting Safety Equipment Education and Flare Disposal Days (see below) to collect expired marine flares for neutralization and safe disposal.

Here is a list of locations and dates accepting old flares. Don't forget to get your new flares before taking off on your summer adventure!

2025 Dates:	Dealer / Host Squadron / Location:
May 10	Queens Cove Marine, 67 Juneau Rd, Victoria Harbour, ON
May 17	Bayfield Marine, 23 Fishermans Wharf Rd, Bayfield, ON
May 17	Lefroy Yacht Harbour, 727 Harbour St. Lefroy, ON
May 23-24	The Chandlery, 367 Poulin Ave, Ottawa, ON
May 24	Robinson Home Hardware, 138 Penetanguishene Rd, Barrie, ON
June 7	Port Whitby Marine Supplies, 1636 Charles St #2, Whitby, ON
June 7	Marina Del Rey, 4130 Bayview Ave, Ramara, ON
June 14	Bridgeview Marine Services, 1 Marina Rd, Point Edward, ON
June 14	Collins Bay Marina, 1270 Coverdale Dr, Kingston, ON
June 14	MacDonald Turkey Point Marina, 92 Clubhouse Rd, Vittoria, ON
June 14	Georgian Shores Marina, 195 24th St W, Owen Sound, ON



**CanBoat / NautiSavoir Peterborough held their 66th Annual General Meeting on May 3 at Beachwood Resort.**

We were pleased to host guests Bill Thompson, Quinte District Commander, and his partner Karen Reid, and Paris Marine President, Deborah Paris, and her partner Dan.



District Commander Bill Thompson pledges Martha Scott as our Squadron Commander, and the rest of our Squadron Officers



Karen Morgan receives her 24<sup>th</sup>  
Merit Mark Certificate.

Unfortunately, Mel Little was  
unable to be with us to receive  
his 25<sup>th</sup> Merit Mark Certificate  
and pin.





Susan and Leigh Mellow both received their 20<sup>th</sup> Merit Mark Certificate, granting them Life Memberships! In addition to the framed certificates, they also each received a special edition flag, pin, and gold membership card.

And our other Merit Mark Certificates Recipients:



And then we all enjoyed a wonderful meal, a 50/50 draw, and door prizes!



Our thanks to the staff of Beachwood Resort for making our AGM and dinner a very enjoyable experience!





### **Paris Marine in Lakefield offers boating education specifically for women...**

What keeps you from taking your kids boating; from boating with your girlfriends, or on your own? Is it a lack of knowledge, experience, confidence, or something else? Come join Deborah Paris, President of Paris Marine and the creator, and lead instructor for Women Making Waves™ for an open and candid discussion relating to the leading reasons women become the stereotypical “passive boater”.

Deborah has personally trained over 800 ladies in on-water boating instruction since 2005 and has proven methods and practices to make you safe and more confident on the water. For an open conversation about women boating and receive free safety hand-outs and checklists for the coming boating season, register today.

Noticing a trend in the boating industry, Deborah designed and trademarked Women Making Waves in Canada - a course designed to make women more comfortable behind the wheel of a boat. Women Making Waves began in 2005 and to date has graduated over 800 participants. "Women need to understand the basics of boating and can't learn what they need from being a passenger" she smiles "we need to get them behind the wheel, out on the water, in a safe no pressure environment".

Women are often surprised to find others "in the same boat" - nervous, unsure of where to start, afraid of the unknown. "By establishing a routine and acknowledging the stressors involved with boating we can eliminate a lot of our participants' apprehensions".

Paris Marine is proud to be the only FREE training center in Canada for women boaters. This comprehensive course covers everything you need to know for the season ahead. "This program is designed to make women more comfortable with the basics of boating. The program consists of three one-hour blocks of training covering trailering and towing, loading and launching, on the water instruction, and boating safety. We provide hands-on, active instruction in a supportive and fun atmosphere. You will leave with the knowledge you need to be a successful, independent boater and an active participant in your family's boating experience. We promise to provide you with the skills and confidence necessary for safe boating for life! Join us!"

## About Deborah

Deborah is the President of Paris Marine, a third generation, family owned and operated marine dealership that began in 1946, specializing in boat sales, service and storage. Armed with a university degree from Western and a lifetime of experience within the marine industry, Deborah charted a course in her early twenties to become the president and owner of Paris Marine; a position previously held by her grandfather Jack from 1946-1973 and her father Bill from 1974-2005. Since 2005, Deborah has successfully led her team to nineteen consecutive Top 100 Dealer Awards from Boating Industry Magazine, continuous growth in market share and product lines, and a multitude of local, provincial and international accolades. Deborah was named Boating Professional of the year by the Canadian Safe Boating council in 2019 for her success and contribution to the industry with her trademarked course Women Making Waves. In 2024 she received the President's Award from Boating Ontario for her outstanding dedication and passion for the Marine Industry. Paris Marine was awarded Retailer of the Year in 2024 by the Peterborough Chamber of Commerce.

To sign up for the course, go to their website at [www.parismarine.com](http://www.parismarine.com)







### Get ready for spring boating!

The days are getting longer and it won't be long until it's time to start your spring/summer boating season. Our pre-launch check list covers all the preparations to do with your boat. Double check to see that all the mandatory safety equipment is on board in good condition.

**Don't forget!** It's even more important this time of year to:

- Tell family or friends where you are going boating
- Who is going with you and when you expect to return
- And let them know when you have returned

The pre-launch check list covers all the preparations to do with your boat. Many marinas do this for their clients. Double check to see that all the mandatory safety equipment is on board in good condition. It's even more important this time of year to tell family or friends where you are going boating, who is going with you and when you expect to return. Let them know when you have returned. Your trip plan can be written or verbal, but it can be a great help if a rescue crew has to be sent to find you. There are few boats on the lakes just now, but you still need to keep a proper lookout. Do be aware of your surroundings before changing course or speed.

Pre-Launch Checklist Before launching a boat for the first time each season, please complete the following checklist to reduce your chances of an unpleasant boating experience.

- Check the pleasure craft licence. Check that the numbers on your bow are in good condition and legible.
- Check your safety equipment. Look at the required equipment chart to make sure you have all the equipment needed on your boat after it has been stored.
- Inspect your life jackets. In addition to making sure you have a properly sized wearable life jacket for each passenger, check each life jacket for mildew, rot and tears in the material, seams and straps. Discard and replace any damaged life jackets. The new ones are even more comfortable to wear and make great gifts.
- Check fire extinguishers. Make sure the fire extinguishers are properly charged or buy new ones.
- Check the first-aid kit. Replace any supplies that were used last season or have passed the expiration date.

- Check fittings. Thru-hull fittings below the waterline should be tight; sea valves should operate freely. Make sure the boat plug is plugged in and in good condition before you launch.
- Check for winter damage. Inspect non-metallic thru-hulls; they get brittle with age and winter ice can crack or loosen them. Look for hoses that have been forced off or split from freezing. Every spring, boats sink at the dock when these problems go undetected until the first heavy rain.
- Check the fuel system. Inspect fuel fittings and hoses; replace if cracked or showing other signs of stress. Probably good to replace the fuel filters as well.
- Check electronic gear. Get fresh batteries for portable electronic gear, radios, handheld GPS and flashlights. Inspect connections on lights and the horn and other equipment wired in to the boat.
- Inspect dock and anchor lines for chafing. Replace lines if they show signs of wear.
- Check the boat trailer. Inspect trailer tires for wear and inflate properly. Check the trailer frame for rust spots; inspect the wheel bearings and re-pack if necessary. Test the trailer's lights before towing.
- Check the oil. Creamy brown or gray engine or drive oil has water in it and a mechanic should find the source of the leak before you start the engine.
- Examine sailboat rigging: Check for signs of corrosion and wear and for leaks where chain plate mountings come through the deck.
- Check charts: Do you have a current chart aboard? Channel markers and buoys may be out of position due to ice movements so take extra care.

### **Cold Water Survival Tips**

Please do remember that even though the days may be warm the water is still very cold. Minor boating incidents in warmer weather could quickly turn to tragedy at this time of year. So be sensible, not silly. Dress for the water temperature, not the air temperature. Even the differences in temperature from cruising down a sheltered river to being in the open lake are significant. One of the major causes of boating fatalities is cold water shock, the rapid reduction of body temperature, which occurs when boaters fall into cold water.

The following is taken from the **Safe Boating Guide: Surviving in Cold Water**. Cold water shock likely causes more deaths than hypothermia. Canada's cold waters are especially dangerous when you fall into them unexpectedly. For three to five minutes, you will gasp for air. You could also experience muscle spasms or a rise in your heart rate and blood pressure. Worse yet, you could choke on water or suffer a heart attack or a stroke. Even strong swimmers can suffer the effects of cold-water shock. If you are wearing a lifejacket before falling into cold water, it will keep you afloat while you gain control of your breathing and prevent drowning from loss of muscle control. Trying to grab a lifejacket while in the water, let alone putting one on, will be very hard because of the changes your body will be experiencing. If you survive the shock of cold water, hypothermia is the next danger. Hypothermia is a drop in your body temperature to below its normal level because of being very cold for a long time. Hypothermia affects a person's control over their muscles and thinking. Someone who is exposed to cold water and becoming hypothermic might:

- shiver, use slurred speech and become semi-conscious;
  - have a weak, irregular or no pulse;
-

- breathe slowly;
- lose control of body movements;
- behave in ways that don't make sense;
- act confused and/or sleepy;
- stop breathing; and
- become unconscious.

If you end up in the water, do everything you can to save your energy and body heat. Swim only if you can join others or reach safety. Do not swim to keep warm. You may survive longer in cold water if you:

- Wear a Canadian-approved lifejacket so that you will not lose valuable energy trying to keep your head above water.
- Climb onto a nearby floating object to get as much of your body out of or above the water as possible.
- Cross your arms tightly against your chest and draw your knees up close to them to help you keep your body heat.
- Huddle with others with chests close together, arms around mid to lower back, and legs intertwined.

For more information, or to see what really happens during cold water immersion, please visit [www.coldwaterbootcamp.com](http://www.coldwaterbootcamp.com). Do not exceed the carrying capacity in passengers or total gear. An overloaded boat sits lower in the water, which increases the chances of swamping or capsizing by waves. Keep as much weight as possible in the middle of the boat. To keep the boat riding high in the water, limit the load to only essential items and make several trips. And please, have a life jacket or PFD suitable for each person on board. Speaking of life jackets – always wear a PFD or life jacket at this time of year. A life jacket will keep you afloat even after the shock of falling into frigid water. They also provide excellent insulation against cold, wind and rain. Even if you don't wear one all summer, at least have it on now. Who knows. You might find the new ones quite comfortable.

Have a safe and happy boating season.



**Would you like to get 10% on new ropes for your boat?**

Order your new products at <http://www.onlineropestore.com> and enter CANBOAT10 for a 10% discount on your order. They have a store in Trenton, Ontario, but will ship anywhere in Canada. Shipping is free with a minimum order of \$110 CA. See their website for more details.



**Interested in learning to sail?**

The Peterborough Sailing Club on Clear Lake is offering adult and youth sailing classes in June and July taught by Sail Canada certified instructors. For more information, visit their website at <http://www.peterboroughsailingclub.org>

NOTE: Peterborough Sailing Club is not in partnership, affiliated with, or endorsed by CanBoat / NautiSavoir.





### From The Galley - Rhubarb Dream Squares

Nothing says spring like the luscious sweet-tart flavour of fresh rhubarb! Click on this link for an easy and delicious treat!

#### Ingredients:

2 Cups flour  
2 Cup butter  
 $\frac{3}{4}$  Cup powdered sugar  
4 Eggs  
2 Cups granulated sugar  
 $\frac{1}{2}$  Cup flour  
 $\frac{1}{2}$  Tsp salt  
4 Cups diced rhubarb

#### Directions:

Mix first three ingredients and press into 10" x 15" pan. Bake at 350 degrees for 15 minutes. Beat together eggs, granulated sugar, flour, and salt. Stir in rhubarb and spread on hot crust. Bake another 40-45 minutes.

Allow to cook completely before cutting into squares.

Have a safe and happy summer!

