



# Ottawa Power and Sail Squadron Rideau Ripples

August – September 2012



## Commander's Comments



Sixty years has past since our Squadron joined the Canadian Power and Sail Squadrons in 1952. At our Squadron and District Picnic, our Rideau District Commander André Dubois presented the CPS 60<sup>th</sup> Anniversary Plaque to the old guard. I felt that it was only fitting to have our former leaders accept this honour.

What a fine group!

**Back Row:** (L-R) P/Cdr Frank Schilder, P/Cdr Don Tanner, P/Cdr Bob Morgan, P/Cdr Paul Weisbrod and P/Cdr Gord Abry. **Middle Row:** P/Cdr Frank Keating, P/D/C Linda Hamilton, P/D/C Cathie Johnstone, P/Cdr Jim Drummond, P/Cdr Rosine Weisbrod, P/Cdr Jean-Francois Milotte, P/Cdr Bernie Goulet, P/Cdr Bryan Carroll.

**Sitting down:** P/C/C John Richards, P/D/C Bob Wanless, P/D/C Evelyn Clue

Collectively they have accumulated 353 merit marks volunteering for our Squadron, District and National. From that photo, you can see that our Squadron produced 15 Squadron Commanders, 5 District Commanders and 1 Chief Commander. This is quite an accomplishment and to have them all attend the Picnic was really an unexpected bonus. They were all part of our first 60



years of history and now I have the honour of starting the second 60 years teaching safe boating in order to make the return trip a safe one! The Picnic was a great success but I will let our Social Activities Officer Christopher Friesen report on the event.

As you read this newsletter most of you will have been on your annual boating trip or just returning from it. It is true that any day on the water is better than a day at work or for some of us at home. Memories were made to be shared and I will attempt to convince some of you to share your adventures at the next Commander's Breakfast or an Information Night!

I have so much more to say but so little room on this page. Please enjoy this newsletter, look for all the new information on Courses and I will give you more details on the 2012 Roster and my final Commander's Breakfast in October.

Enjoy the rest of the boating season and please be safe,

*Guy*

Guy A. Ladouceur  
Ottawa Commander

## The 2011-2012 Bridge

Squadron Commander	Guy A. Ladouceur
Immediate Past Commander	Bryan Carroll
Executive Officer	Terry Hamilton, <u>AP</u>
Treasurer	William Moyle, <u>AP</u>
Training Officer	Robin Craig, CN
A/Training Officer (Adv/Elective)	Court Harkness, S
A/Training Officer (Boating Basics)	<i>Court Harkness, S</i>
A/Training Officer (Supply)	Monique Vallieres, S
Communications Officers	Frank Keating, <u>AP</u>
Environmental Officer	Nick Baets, CN
MAREP & safety Officer	Sue Baker, SN
Mailing Officer	Marjorie Ladouceur
Membership	<i>Terry Hamilton, <u>AP</u></i>
Public Relation / Marketing Officer	Donald Partridge, P
Regalia	Joy Moyle, S
Rideau Ripples Editor	<i>Philip Harris, N</i>
Secretary	Paulette Vineham
Social Affairs Officer	Christopher Friesen
Webmaster	Philip Harris, N

\*\_\*\*

Squadron Examiner	Robin Craig, CN
Squadron Financial Review	Don Tanner, CN

**Why not help the Bridge and volunteer  
as an assistant!**

## Squadron Events Calendar

**Sep 06, 2012 (THU) - BRIDGE MEETING** - Louis Steak House  
1682 Cyrville Rd. Informal dinner at 1800 hrs, meeting starts at  
1900 hrs. All are welcome to attend.

**Sep 20, 2012 (THU) – INFORMATION NIGHT** - Louis Steak  
House 1682 Cyrville Rd. Informal dinner at 1730 hrs, Presentation  
will start at 1915 hrs. All are welcome to attend to enjoy *Sailing  
the Gulf Coast of Florida* with Nick & Hetty Baets.

**Oct 01, 2012 (THU) - BRIDGE MEETING** - Louis Steak House  
1682 Cyrville Rd. Informal dinner at 1800 hrs, meeting starts at  
1900 hrs. All are welcome to attend.

**Oct 17-20, 2012 (WED-SAT) – EDMONTON CONFERENCE  
& AGM** – See CPS Website for more information.

**OCT 27, 2012 (SAT) – COMMANDER’ BREAKFAST** - Louis  
Steak House 1682 Cyrville Rd. Check the information in this  
newsletter.

**Nov 01, 2012 (THU) - BRIDGE MEETING** - Louis Steak House  
1682 Cyrville Rd. Informal dinner at 1800 hrs, meeting starts at  
1900 hrs. All are welcome to attend.

Please check the website for updates and latest information:

<http://cps-ottawa.com/events.html>

Christopher Friesen (613) 837-3461  
Social Activities Officer

### Squadron Mailing Address

Ottawa Power and Sail Squadron  
P.O. Box 8481, Terminal ‘T’  
Ottawa, ON K1G 3H9

**Cdr Guy A. Ladouceur**  
(613) 824-9490



**EDMONTON**  
**WELCOMES YOU!**  
**CPS Conference & AGM**  
**October 17 – 20, 2012**  
**Celebrating our 74<sup>th</sup> year**

**Cruise with Confidence!**

Why not further your knowledge from when you obtained your Pleasure Craft Operator’s Card (Associate Members). You could register in the brand new Boating Essentials Course starting in September. Learn more and get instruction in navigation, charting and plotting. The course includes an introduction to electronic navigation. It sounds like a real good deal to expand your knowledge. Don’t delay register now to have a seat in this new course.



Richard Bee, AP  
Chief Commander  
7 Manning Cres., Newmarket, ON., L3Y 6H3  
Res: 905-895-4201 Fax: 905-895-2443  
E-mail: rbee2@rogers.com

June 11, 2012

Guy A. Ladouceur  
Cdr - Ottawa Squadron

Dear Guy

Sixty years is a significant milestone. A Squadron does not achieve this milestone without the hard work and dedication of many people. Your Squadron has been an important contributor to the success of CPS and its mission to provide boating safety education. Marking a 60th Anniversary is a huge testimony to the strength of both the Ottawa Squadron over the years and the overall Organization. With CPS marking its' own 75th Anniversary next year we certainly have seen a lot of change and made a lot of progress over the years

While we have made a lot of progress we still have some challenges. Some of these include course enrolment, membership retention, volunteer recruitment and our finances. Challenges are also opportunities and CPS' most recent launch of our PCOC Online course, Boating Basics, this past January is attracting a different market; People who are used to taking courses online and who would not normally sign up for our classroom courses. This move, as well as a new Boating Essentials Course to launch this September are all ways CPS continues to meet the markets available to us today.

Change is inevitable. We must embrace change without losing sight of our history and traditions. The success of CPS does not depend on one person or a few people. It depends on all of us at all levels working together to meet the challenges and seizing the opportunities to make CPS successful in the years ahead

I would like to extend my congratulations on your anniversary and to thank the members and all who have volunteered many hours over the years to make your Squadron a success and extend my best wishes for continued success in the future

Yours Sincerely,

Richard Bee, AP  
Chief Commander



# 2012 Annual Squadron & District Picnic

by Christopher Friesen (Social Activities Officer)



This was to be a special picnic as it was the 60<sup>th</sup> Anniversary of the Ottawa Power and Sail Squadron and the weatherman had been calling for rain all week long. Although there were a few tense minutes just as the volunteers were barbequing, the clouds and rain managed to stay away for the afternoon and evening. Good thing too and this was not only the 60<sup>th</sup> Anniversary of the Ottawa Power & Sail Squadron but also the first joint picnic for the Rideau District and the Ottawa Squadron was to hosting this first rotating event. We were anticipating a larger than normal

group as the Ottawa Commander, Guy Ladouceur, had been very busy working the phones and emailing everyone to ensure a good turnout. The efforts paid off as 116 registered members and guests plus a few last minute attendees showed up at the RCMP camp grounds.

As a result of Guy's gentle prodding, there were representatives from Britannia-Rideau, Cornwall and Kinston plus a large contingent from our own squadron. The BBQ began at 17:00 hrs. A couple hundred hamburgers and sausages were consumed along with copious amounts of salads, soft drinks and water. This was followed by District Commander André Dubois extending his kind words and reading a letter of congratulations on the Squadron's 60<sup>th</sup> Anniversary from Chief Commander Richard Bee. Our Commander said a few words then acknowledged the past year's efforts by squadron members, the formal introduction of all Past Commanders, Past District Commander and Past Chief Commander who were in attendance. Past District Commander Cathie Johnstone superbly cut the Anniversary Cake.



There was also the customary picnic raffle that was won by Robert Milburn. The evening ended with the used item auction and there was some surprisingly active 'no-holds bared' bidding (amongst family members no less) and there were plenty of laughs. Again P/Cdr Robert Morgan and his assistant P/Cdr Frank Keating did a remarkable job selling real nautical gems! Both the RCMP Campground Site and the weather were perfect and we are anticipating an equally fun BBQ

next year on Monday June 17, 2013! Hope to see everyone back and a lot more new attendees in 2013.

# 2012 Roster

## by Guy A. Ladouceur, Cdr

For most of us, the Annual Squadron Roster is the book that we get at the Annual Picnic and Graduation containing alphabetical information on the members and their boats. That's real nice but how do you get to be included into the Roster. Simple, you must want to share your information with the rest of the Squadron members.

At the Picnic a few people were surprised to see that their information was not correct. "Well I sold my boat or I changed my boat". That's nice but did you tell anyone.

I have been producing the Roster for the past 5 years and there are members in there that I have never met, never heard from but the information remains the same every year. If you notice that anyone's information is not correct or that person is not at your Marina any longer, please let me know.

As you read this article, you should have in your possession a copy of the 2012 Roster. They were distributed at the Picnic in June, handed out by a few members at their marinas and finally the majority was sent by Canada Post.

Why not grab your 2012 Roster and check your information to ensure that it is correct or you would like to modify or add to it. Do it now by sending me the information by e-mail at [gladoun648@rogers.com](mailto:gladoun648@rogers.com).

So you do not have one and would like to be included in next year's Roster, you can simply send me your information:

*Last Name – First Name – Address, Province & Postal Code – Phone (Home –Work - Cell) – Name of your Vessel – Type: Power or Sail - Mooring Location – Licence of Vessel – MMSI Number.*

Producing the yearly Roster is very time consuming while being a labour of love for me it is financially draining on the Squadron's bottom line. Your Bridge will look in the next few months at alternative ways to disseminate the information at a lower cost possibly by changing the frequency, the size, the quality, etc. As the editor of the Roster, I would like to ask you, the member, what you would like to see in your Roster, any changes and new format. All suggestions will be considered and certainly appreciated.

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## Heat Stroke - Sue Baker, MAREP and Safety

In the last issue I talked about Hypothermia, but equally as dangerous and not as well known, is Hyperthermia or Heat (Sun) Stroke. Most of us are aware of the winter perils and not so knowledgeable about the summer time problems of excessive heat. It is something that we have experienced a lot of this summer.

**What are the signs and symptoms?** Hyperthermia occurs when the body produces or absorbs more heat than it can dissipate. When the elevated body temperatures are sufficiently high, hyperthermia is a medical emergency and requires immediate treatment to prevent disability or death.

The most common causes are heat stroke and adverse reactions to drugs. Heat stroke is an acute condition of hyperthermia that is caused by prolonged exposure to excessive heat or heat and humidity (this summer's conditions). The heat-regulating mechanisms of the body eventually become overwhelmed and unable to effectively deal with the heat, causing the body temperature to climb uncontrollably. Hyperthermia is a relatively rare side effect of many drugs, particularly those that affect the central nervous system. Malignant hyperthermia is a rare complication of some types of general anesthesia

**What should you do?** First try to prevent it by drinking lots of water. Other fluids are alright but not as good as water since you will suffer from the side effects of too much sugar in sodas and juices or too much dehydration from alcohol. Both of these will exacerbate the symptoms. We have water- water everywhere, so use it.

In the event that someone around you suffers from Heat Stroke do the following, remembering that lowering the body core temperature is very important, the same as raising it is important in the winter.

Treatment for hyperthermia depends on its cause, as the underlying cause must be corrected. Mild hyperthermia caused by exertion on a hot day might be adequately treated through self-care measures, such as drinking water and resting in a cool place. Hyperthermia that results from drug exposures is frequently treated by cessation of that drug, and occasionally by other drugs to counteract them. Fever reducing drugs such as Aspirin have no value in treating hyperthermia.

When the body temperature is significantly elevated, mechanical methods of cooling are used to remove heat from the body and to restore the body's ability to regulate its own temperatures. Passive cooling techniques, such as resting in a cool, shady area and removing clothing can be applied immediately. Active cooling methods, such as sponging the head, neck, and trunk with cool water, remove heat from the body and thereby speed the body's return to normal temperatures. Drinking water and turning a fan or dehumidifying unit (air conditioning) on the affected person may improve the effectiveness of the body's evaporative cooling mechanisms (sweating).

Sitting in a river or lake of tepid or cool water (immersion method) can remove a significant amount of heat in a relatively short period of time. It is thought by some that immersion in very cold water is counterproductive, as it causes vasoconstriction in the skin and thereby prevents heat from escaping the body core.

When the body temperature reaches about 40°C, or if the affected person is unconscious or showing signs of confusion, hyperthermia is considered a medical emergency that requires treatment in a proper medical facility. In a hospital, more aggressive cooling measures are available, including intravenous hydration, gastric lavage with iced saline, and even hemodialysis to cool the blood.

Please be aware of what people are doing around you. This is one that can happen before you know it. Be pro-active not re-active.

Safe Boating

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## **Tug along / 2012 Flotilla proudly representing the OTTAWA POWER & SAIL SQUADRON** by Rolly Nantel



This miniature tugboat called "TUG ALONG" welcomes the opportunity to participate annually in our RIDEAU CANAL FESTIVAL Flotilla & Parade of Lights as a crowd pleaser.

Tug Along is the flotilla MASCOT and part of the organizing committee thus participating as a "non-competing" entry. TUG ALONG has been a winner of first and second place awards in all competitions from 2002 to 2006 and has since participated in many community events for the sole purpose of entertaining people. Spectators' dancing to the music, waving, clapping hands and picture taking makes it a worthwhile effort of participation. TUG ALONG breaks ranks and approaches anyone along the shoreline who lines up for picture taking helping to make this event a memorable one.

**TUG ALONG is reminding everyone that all boaters need to have their PLEASURE CRAFT OPERATOR CARD and "BE SAFE ON THE WATER". Spot the danger before you play!**

# Boat Green with Pets

You and your Pets can enjoy and protect our waterways

Many boat owners are also pet owners. It is not surprising to encounter a dog or dogs even in the remotest anchorages. Some ferry their dog ashore so that Fido can “do his business” but we’ve also encountered dogs that were trained to do their business on the boat. Just like us, pets affect our marine environment. It’s easiest to think about boating green with pets in three ways: on a boat, in the water and on land.

## Pets Aboard

- Make sure your pet has an ID tag that includes your boat’s permanent marina location as well as a phone contact for when you’re afloat. Consider having an ID microchip implanted in your pet.
- Have your pet fitted for a Personal Flotation Device. No matter how good a swimmer, a sudden dunking can cause panic. Bright colours and a handle on top make the animal easy to retrieve.
- Teach your dog basic commands, such as “on boat”, “off boat”.
- Obtain sea sickness medication for your pet if necessary.
- Introduce your pet to the boat in incremental steps; ideally begin when the animal is young.
- Dispose dog & cat waste in your marine head, not overboard.

## Pets in the Water

- Since you don’t want your pet to fall overboard, you should take steps to prevent that from happening, and also practice for that eventuality.
- Be alert even at the dock because, surprisingly that is where many accidents happen.
- Practice swimming and rescue drills with your pet.
- Have a large fishnet with a long handle at the ready to scoop up a pet in the water.

## Pets Ashore

- In remote places you visit by boat both you and your pet are non-native species, keep that in mind when you take your dog ashore.
- Carry a plastic bag and pick up what your dog leaves behind.
- Keep your dog away from other (wild) animals.
- Your dog’s bark is a form of noise pollution for native species. It can signal danger and disrupt them from their normal activities like sitting on eggs.

Internet Search Terms: “boating with pets”, “water safety” training dogs

Excerpt from “Boat Green” 50 Steps Boaters can take to save our waters by Clyde W. Ford.

*Nick Baets, Environmental Affairs Officer*

**Information Night**  
**Thursday, September 20<sup>th</sup>, 2012**

**Sailing the Gulf Coast of Florida**



This is a presentation by Hetty & Nick Baets describing their sailing adventures along the Gulf Coast of Florida where they have spent the past two winters. The slides you see should give you a good idea of what sailing in this part of the world has to offer and the services that are available. You will hear a first hand account of living and boating from Tampa to Key West and what to expect when you go there. From the land of the palm trees and pelicans, you'll get an impression of beautiful coast, the wild life, the Keys, the great little harbours and many anchorages plus local sight seeing attractions. This area is a great alternative to the Caribbean and you can even get there by car.

**Louis Steak House – 1682 Cyrville Rd – 1900 hrs**

**Why not join us for dinner before!**

***ENTRY FEE: \$1.00 CPS members - \$2.00 Non-Members***



# TRAINING COURSES – FALL 2012 & WINTER/SPRING 2013

Please Register On-Line!

[www.cps-ecp.ca](http://www.cps-ecp.ca) or <http://cps-ottawa.com/courses.html>

## FALL 2012 COURSE DATES AND INFORMATION

**Registration:** Online Registration form at the National CPS website

Boating Essentials - *Boating Basics get you out there, Boating Essentials brings your back.*

The Boating Essentials course replaces the old Boating course, for boaters who already have a PCOC from CPS or any other accredited provider. This course continues where the Boating Basics course leaves off and offers instruction in navigation, charting, plotting and an introduction to electronic navigation. Topics include: the magnetic compass, global positioning and charts, navigation, conning, plotting, digital charting, anchoring, lines and ropes, electrical hazards, towing, boating and the environment, and more. The duration is 10 weeks, 1 night per week. Boating Essentials graduates are entitled to regular membership in CPS.

Advanced Piloting – *a necessary course in advanced coastal navigation for short duration trips out of sight of land.*

The new Advanced Piloting course includes an updated and enhanced chapter on Electronic Navigation Tools, composed by our squadron's AP Instructor Monique Pelland. You will be taken out of the realm of conning and visual plotting to coastal cruising out of sight of land: navigating in tidal waters; dealing with winds and current; standing clear of danger; using radar, an autopilot, and other instruments; and determining position by visual observation or with the use of electronic devices. Advance your piloting skills by taking this exciting course.

### Course Calendar fall 2012 and winter/spring 2013:

#### St. Patrick's High School

Boating Essentials 1: Wednesdays Sep 12 to Nov 14

Boating Essentials 2: Wednesdays Jan 9 to Mar 20

Seamanship: Wednesdays 9 Jan to Apr 10

Advanced Piloting: Wednesdays Jan 9 to Apr 10

Marine Radio 1: Wednesdays Jan 16 to Jan 30

Marine Radio 2: Wednesdays Apr 10 to Apr 24

Marine Radio 3: Wednesdays May 22 to Jun 5

#### Nepean Centrepointe Library

Boating Basics: Tuesdays Feb. 12th, 19th, 26th

Boating Basics: Tuesdays Apr. 9th, 16th, 23rd

#### North Gloucester Library

Boating Basics: Tuesdays April 9th, 16th, and 23rd

Boating Basics: Thursdays May 9th, 16th, and 23rd

#### **Robin Craig CN**

Training Officer

Help us have safer boating by promoting CPS and our courses to anyone on the dock, the grocery store, the doctor's office. Fly the colours and be proud!

**HAVE A WONDERFUL SEASON PRACTISING SAFE BOATING!**



# Commander's Breakfast



**Saturday – October 27, 2012 – 0900 hrs**  
**Louis Steak House**  
**1682 Cyrville Rd (near Innes Rd)**

- Come out and have breakfast with Commander Guy. This is will be his last as Squadron Commander.
- You have questions; well this is the place to get them answered.
- You will have a chance to make new friends, renew acquaintances.
- Regalia will be there for you to get your fall and/or winter wear! Maybe buy a Xmas Present for that special someone.
- There will be draws and surprises.
- We are pursuing a few presenters and we will keep you informed!
- Nice way to start the day amongst friends. Come join us!

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