



Email: theforenaft@gmail.com

fore' n aft



Vol. 13 No. 1, April 2024

PUBLISHER & EDITOR

Christine Flett

CONTRIBUTORS

Mark Bowering

Dave Flett

Rick Jones

Dale Harron

Gerard O'Brien

Brian Keizer

Mike Hope

Eric Lawlor

IN THIS ISSUE

April means it's
work party season

Message from Commodore
Mark Bowering.

Moon Shadow over Presqu'île Bay.

Barge refitted, back in water.

St. Paddy's Potluck and
Penny Puck Pool Tournament

Brian Keizer wins 2023
PHRF New Racer Award

Your Third Place: somewhere to
hang out – like the Yacht Club

Mike Hope as Newfie Whaler in
Pinnacle Playhouse Production.

Cooking on Board
Irish Guinness Brown Bread

April means its work party season



Ed Brake sets sparks flying as he reworks a torsion bar to fit the new dock during the first work party on April 6. It was a long but productive day with over 50 people on hand to help ready the club for the new season. For more pictures and story see page 3.

Dave Flett, photo

GREETINGS AND INTRODUCTION FROM

MARK BOWERING, COMMODORE

Dear Yacht Club Members,

As we embark on a new season of sailing and boating, I hope this message finds you well.

Allow me to introduce myself — I am Mark Bowering, and I currently serve at 436 SQN in the operations section. Alongside me is my wife, Charlene Piper, a veteran, and our three children: Keira, Jamie and Moe.

Our journey into sailing began in 2022, fuelled by curiosity and a desire to challenge ourselves to learn a new skill. Despite our lack of prior experience, the warm camaraderie and expertise of fellow club members has been invaluable. We've learned from each of you, and for that, we extend our heartfelt gratitude.

While our family's time on the water has been limited, we recognize that the heart of our club lies in the collective efforts of its members. Your dedication ensures that our club remains a vibrant hub for adventure and community. Together, we've discovered the hidden gems of this beautiful area, and we look forward to further exploration.

As the season unfolds, I encourage each of you to seize every opportunity—to sail, to connect, and to revel in the joy of the Bay. Let's make this year unforgettable, filled with shared experiences and the thrill of the wind in our sails.

Wishing you fair winds and smooth tides, Mark.



April 8 Solar Eclipse: Moon Shadow passing over Presqu'île Bay in Brighton.



3.20 pm moon shadow approaching across Presqu'île Bay.



3.21 pm Under the moon shadow. Note light band along the horizon.



3.22 pm, two minutes into totality the moon shadow is retreating.



3.23 pm daylight returns to Presqu'île Bay after the two minute totality.

April 8 saw the Quinte region in the direct path of totality during the recent solar eclipse. Unfortunately, in many areas this rare event could not be seen due to cloud cover. But we could still appreciate the moon shadow phenomenon that accompanied totality. For a very brief period – which in Brighton lasted two minutes from 3.21 to 3.23 pm – the moon's disc appeared to cover the sun, plunging the entire region into mid-afternoon darkness. The air grew cold and light abruptly disappeared as the moon shadow passed over the region, leaving an eerie glow along the horizon. The street lights came on, but birds and other wildlife were uncannily silent for those moments of totality. Then just as quickly the light returned, the birds sang, and it was over. Shortly after, the clouds briefly parted and we were treated to a glimpse of the partially covered sun. Now I know why smart people travel to desert areas to witness a total eclipse. Ed.

Spring means its work party season!

Over 50 club members and several guests, showed up for this spring's first work party on April 6. The list of tasks to be done was long, as is usually the case at this time of year, but the day saw many checked off and others partially completed.

Gangway connections were inspected, and all were installed, except at B dock which requires repair. Electrical was also connected, except on B dock. Two old finger docks were lifted out and disassembled; 10 anchor forms were set up ready for concrete, and one new dock was completely built and is ready for launch.

In addition, the head vacuum was hooked up and the barbecues cleaned and inspected. One on the deck is not working so the barbecue from D dock has been temporarily moved until a replacement is purchased.

Below are some pictures of the day's events.



All hands on deck to build a new finger dock.

Dave Flett, photos.



Taking a well earned coffee break.

Work barge refitted, back in the water and floating like a cork!

BY DALE HARRON

We were asked to improve the performance of the work barge with a three-year timeline in mind. A group of members loosely formed a committee to implement this, namely myself, Ed Brake, Rick Jones, Mike Simic, Gerard Obrien, Eric Lawlor, Bob Forgues and others.

We worked on the barge in surprisingly good March weather to improve the bow buoyancy to avoid that sinking feeling, and to implement a 12 volt winch for powered lifting, while retaining the one ton chain fall hoist full operation, so the barge could continue use if the power supply was depleted.

The original idea of placing the barrels vertically to achieve a 1,350 lbs increase in buoyancy was overridden by a suggestion from Rick Jones to turn the barrels 90 degrees from their current orientation.

There was sufficient room to mount four additional barrels for an increase of 1,800 lbs in buoyancy, and in the process reduce the draft at the bow by at least four inches, raising the end of the boom accordingly for additional single lift height. We had to provide a limit to the barrel movement into the frame as the barge's wood deck is floating. This was achieved with simple 2 X 4's on either side of each barrel.

Providing a powered lifting mechanism was more challenging because the upper boom sheave needed to be replaced to support steel cable instead of chain. We were unable to locate a suitable replacement and came up with mounting a winch to the front A-Frame and routing the steel cable through a snatch block to a grab hook that could alternately be used in the same manner as the existing manual chain fall winch. This allowed the existing sheaves to remain in use.

All of this was completed at minimal new expense and optimal use of existing club resources. Thanks to everyone for their assistance.

Following the retrofit, the barge was taken out to see how it performed when picking up an anchor. The crew for this was Gerard O'Brien, Mike Simic and Ed Brake.

Gerard called the test "a moderate success." He says, at this point, the centre of gravity has not changed but, once passed the centre of gravity, the tipping point is now more dramatic."

This is because modifications to the winch have "increased the lifting power, but we will need to be cautious (when lifting heavy anchors) as applying too much power, could pull the barge under."

He explains that lifting an anchor requires more than just power. The anchor is lodged in the mud which tends to suck it down. Releasing that suction takes several moments during which steady pressure, rather than brute force, should be applied. It is important that crews are aware of this and keep the power moderate, but constant. If too much power is applied they risk capsizing the barge.

There are some tweaks that can be made to further improve barge performance without the addition of extra equipment. These will be discussed with members in the days to come.

Rick Jones, photos



Testing the new electric winch on the work barge are Gerard O'Brien, Mike Simic and Ed Brake.



St Paddy's Potluck & Penny Puck Pool Tournament

Sixteen people signed up for the annual Penny Puck Pool tournament, which took place on March 16 at the Clubhouse. Competitors included several invited guests including some former club members.

Following the elimination rounds it was up to Jason Coon and Dave Flett to battle it out for the championship bragging rights. Jason, who has only been playing for four years, won this game, however the overall scores ended up exactly the same. Rather than play a decider (and hold up dinner) the competitors agreed to share kudos, and declare the match a draw.

The room was quickly re-arranged for the potluck supper which, given the time of year, had an Irish theme. About 30 people attended. On offer was a choice of stews, salads and desserts including Eric Lawlor's popular home-baked Guinness bread, which he has generously agreed to share with members. (See page 8 for recipe.)



Sláinte mhaith!! Good health in Irish.



Just who the Heck is Tom?

Two birthdays, those of Peggy O'Brien and Christine Flett, were celebrated with a chocolate slab cake ordered from Metro (which almost slid off its base, as evidenced by the deep thumb print in the icing.) However, due to an in-store mix-up, the inscription referred to Christine as the better half of **TOM** instead of Dave!!! Somewhere in the Trenton area, there is another cake with **DAVE** inscribed in icing. Let's hope **TOM** has a sense of humour...



The competitors in the 2024 CFB Trenton Yacht Club Penny Puck Pool Tournament.



Dave Flett takes a shot in the final game of the 2024 CFB Trenton Yacht Club Penny Puck Pool tournament.



Jason Coon, a Rasmussen relative from Athens Ontario, was the winner of the final game.

Brian Keizer wins 2023 PHRF Eastern District New Racer award



Brian Keizer (far left) is shown receiving top honours in the 2023 PHRF New Racer Award for the Eastern District at the Toronto Boat Show, on Jan. 20.

PHRF Awards are given by district with six winners covering all of Lake Ontario. This particular award applies to the Eastern side of the Lake, Canadian and US.

Brian has been sailing for several years, previously as a crew member for Bent Rasmussen, who himself is no stranger to an awards platform.

However, 2023 was Brian's first race season as owner of *Zest for Life*. Competing in Spinnaker fleet, Brian placed first overall in the Greenleaf, Diehard and Harvest series.

Congratulations, Brian, on a very impressive season!

Your Third Place: somewhere to hang out, de-stress like the Yacht Club.

Welcome to the CFB Trenton Yacht Club – otherwise known as your friendly de-stressing *Third Place*.

According to Ray Oldenburg, an American sociologist who coined the term, your third place is an informal public space where you can relax without social pressure.

In his book *The Great Good Place*, Oldenburg defines your first place as your home, in which you are defined by your role within the family – as parent, cousin, child, sibling, etc.

Your second place is where you work, usually structured and mission-driven. Once again you are defined by your role there.

Your third place is somewhere public but informal where you can mix with others on your own terms. Examples include parks, libraries, coffee shops, and groups that focus on common activities, like the yacht club.

Oldenburg believed informal public gathering places are vital for a functioning society and democracy because of the stress-relief value they provide. The availability of such places can have a positive effect on overall social behaviour, including the rate of crime in a region.

The problem is, due to suburbanization, third places are becoming harder to find. Most modern suburbs offer only first and second places, often with a long mandatory commute between them.

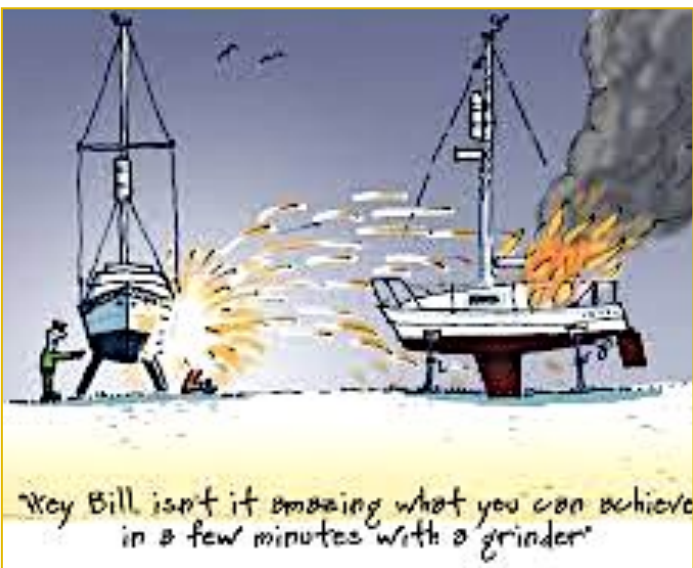
Neutral places like libraries, parks, pubs and cafés tend not to be in convenient locations, making it difficult to find a public space in which to share a common interest or just be yourself.

This is not the case for members of the CFB Trenton Yacht Club which was formed specifically to foster interest in boating, with the stated emphasis “on community participation, fun and friendship at the lowest possible cost.”

Keeping costs low is why the founders chose a self-help model as opposed to full-service marina. It's also a built-in advantage, since working together on a project is a great way to get to know your fellow members. And how better to de-stress than with like-minded people?

So, for your informal, relaxing and friendly Third Place, you need look no farther than the CFB Trenton Yacht Club!

See you at the next work party!



April 6, 13	Work Party	0730	Yacht Club grounds
April 11	Weed Mtg. (postponed)	1900	2nd floor Club
April 16	Executive Meeting	1830	2nd floor Club
April 19	Games Night	1930	2nd floor Club
April 20	YC SAGM	1300	2nd floor Club
April 30	Lift In/work party	0730	Yacht Club grounds
May 4	Cradle Day	0800	Yacht Club grounds
May 8,15,22,29	Wednesday BBQs	1730	Club 2nd floor
May 8,15,22,29	Greenleaf Race Series	1830	On water
May 11	Yard Sale	1100	Club lawn
May 18	Belleville-Trenton Race	1300	On water
	Steak BBQ	1700	Club 2nd floor
May 21	Executive Meeting	1830	Club 2nd floor
May 26	Fleet Blessing/Sailpast	1400	Flagpole/On water
	Supper	1700	Club 2nd floor

Mike Hope convinces as Newfie whaler, in production of *Between Breaths*

BY CHRISTINE FLETT

Mike Hope has no actual connection to “The Rock” but to hear him in his recent role as Wayne Ledwell, a fisherman and former whaler from Calvert, NL, you could be forgiven for thinking he was native born.

Written by Newfoundland playwright Robert Chafe, and performed at Belleville’s Pinnacle Playhouse in February, *Between Breaths*, is about entrapment and freedom.

The drama is based on the true life story of Dr. Jon Lien, a researcher with Memorial University known for his groundbreaking work on methods to safely release trapped humpback whales and other large mammals.

Because whales eat the same fish as humans, they can become entangled in commercial fishing gear. The outcomes are grim: sure death for the whale if it can’t be rescued and, depending on the extent of damage, possible ruin for the fishermen.

Known in Newfoundland as the *Whale Man*, Lien was initially hired to study sea birds, but in 1979, he became hooked by the unfolding story of a whale that for three months had been trapped in a fishing net. Armed with only a knife and snorkel, working for hours in freezing water, he was eventually able to set the animal free.

Lien dedicated the rest of his working life to this dangerous work, developing what are now widely-used rescue techniques. He invented “*The Lien Pinger*,” an acoustic alarm that is attached to fishing nets to help reduce whale entrapments. This ingenious device uses a hammer and anvil mechanism to create a pinging noise at a frequency which marine mammals can hear, but the fish cannot.

In a career spanning two decades, Lien and Ledwell, his fisherman colleague, successfully rescued over 500 whales, leatherback sea turtles, dolphins and basking sharks, while also saving the valuable gear for the fishermen.

But Lien’s toughest battle, waged against a relentless progressing paralysis and dementia, was one he could not win. *Between Breaths* opens with Lien on his death bed, paralyzed and unable to communicate. It then moves backwards through key moments of rescue and survival to that first whale intervention.

Only three characters are featured – Jon Lien, his wife Judy, and Wayne Ledwell, the fisherman who becomes Lien’s rescue partner and ultimately his successor. It is mostly through Ledwell that we witness Lien’s interactions with the whales, learn his motivations, admire his strength and fearlessness, and recognize the ironic parallel between his own final physical entrapment and that of the whales.

The production is minimalist in every sense of the word. Apart from the planks of hand-cut lumber lining the stage wall, there is no scenery and very few props. That is all left to the imagination. The action, such as hauling ropes or working to free a 30 foot whale from a net, is relayed entirely through the use of mime.

Lighting is stark, dramatic and ice-cold, and that chilly mood is intensified by the compelling use of recorded sound – the roar of ocean waves eerily interspersed with the calls of actual humpback whales.

Jon Lien died 14 years ago on April 14, 2010 in Portugal Cove Newfoundland, but the Whale Research Group he founded back in 1979, lives on. Now known as “*The Whale Release and Strandings Group*,” it is led by his former colleagues Julie Huntington and Wayne Ledwell. The group responds to as many as 150 calls every year to help save entrapped whales and other large sea mammals.



Mike Hope (right) as Wayne Ledwell with Ben Rogers as Jon Lien in *Between Breaths*, on stage at the Pinnacle Theatre in February, Ian Feltham directed. Photo courtesy of Rachel Lewington, Belleville Pinnacle Playhouse.



Continuing in Jon Lien’s footsteps, Wayne Ledwell of the Whale Release and Strandings Group based in Portugal Cove, NL, works to release a humpback whale that has become entangled in commercial fishing gear.

Irish Guinness Brown Bread

BY ERIC LAWLOR

I have shared this recipe for Irish Guinness Brown Bread with many people at the club but was asked to put it in the newsletter so everyone could have it. I prefer to warm it up before serving it.

Total Time: 1 hr 30 min (includes cooling time)
Prep time: 15 min
Yield: 1 loaf
Level: Easy

1 cup quick-cooking oats (not instant) plus extra for sprinkling
2 1/4 cups whole wheat flour
1/4 cup all-purpose flour
1/2 cup dark brown sugar, lightly packed
2 1/4 teaspoons baking soda
1 teaspoon baking powder
2 teaspoons salt
12 ounces Guinness extra stout beer, at room temperature
1 cup buttermilk, shaken
5 tablespoons unsalted butter, melted, plus extra for brushing the pan
1 teaspoon pure vanilla extract

Pre-heat oven to 350 degrees.

In large bowl, combine the oats, brown sugar, baking soda, baking powder and salt. In a separate bowl whisk together the beer, buttermilk, melted butter and vanilla.

Make a well in the dry ingredients and pour the wet ingredients into the well. Stir the batter from the middle of the bowl to the outside until it is well mixed. It will look more like cake batter than bread dough.

Brush 9 x 5 x 2 1/2 inch loaf pan with melted butter. Pour the batter into the pan and sprinkle the top with oats. Put the bread into the oven and bake for 45 to 50 minutes, until a toothpick comes out clean. Turn the bread out onto a baking rack to allow to cool completely.

Slice and serve warm with butter.



Please send your recipe ideas, with picture if possible, to theforeaft@gmail.com.