



fore'n aft

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Great turnout for this year's dockside party



Themes at this year's Dockside included Mexican, Asian, Lumberjack and East Coast seafood. Here, Gerard loads up his bubble machine at the "Bubbel & Grumps Sea Food" stop. Look carefully to see the bubbles. More dockside pictures on the next page.



Many thanks to Lois Irvine for this stunning show of Canna Lillies and Petunias at the clubhouse entrance!!



Available on Facebook
Ask to join CFB Trenton
Yacht Club Group.

Another great Dockside Party!!

With perfect weather, the Club's dockside party on June 10 was a winner with close to 50 members visiting 10 participating boats (and two floating docks) for tasty nibbles and interesting drinks.



Guests took advantage of Andrew and Sara's roomy platform to sample a tasty selection of appetizers.



Passengers aboard E dock's SS Dill, skippered by new members Dan Verret (aka Capt. Pickle) and First mate Heidi.



Stacey Simic checks out Bubbel & Grumps Seafood shack.

This year's event was notable for the creative use made of dock space. Andrew and Sarah added a spare finger to their dock creating a double-width platform for a picnic tent, which allowed for seating as well as room to mill around while sampling those tasty morsels.

With the addition of lights, green streamers and lots of balloons, the floating dock at E dock was speedily converted by Dan and Heidi into the good ship *SS Dill Pickle*. Green T shirts maintained the theme, as did the refreshments. Who knew dill pickles could be served so many ways?

With the creative addition of some black netting and other accessories, Gerard and Peggy were able to convert FanaSea into *Bubbel & Grumps Sea Food* shack. The bubble machine, shown on the front page picture, was an especially nice touch!

Mike and Stacey deserve a special mention for sticking to their Lumberjack theme throughout. They served baked beans with potato sticks as kindling, pretzels as sticks, chocolate "hohos" as logs, chocolate drops as beaver droppings, and their drink, called 'the lumberjack' was root beer mixed with Jack Daniels. Stacey and their two guests were dressed appropriately in plaid shirts while Mike wore a onesie. No photo of that, which is probably a good thing.

There were no prizes awarded this year, but D dock deserves kudos for their group effort to create a fun party destination.



Mike Simic and Andrew Hunt



For their lumberjack theme Mike and Stacey served baked beans with potato sticks, root beer and Jack Daniels. For guests, plaid shirts and suspenders were a must.



THE BLESSING OF THE FLEET AND THE COMMODORE'S SAILPAST



8 Wing Padre Capt Jonathan London.

In time honoured tradition, the season kicked off with a blessing of the fleet delivered by Capt Jonathan London. About 30 people attended. 11 boats then headed out for the annual salute to the Commodore.



Playing bagpipes is thirsty work. Here, Andrew Hunt and piper Alan Buchanan imbibe in a wee dram to wet their pipes. Slainte Mhor!!



The Sailpast was followed by a steak barbecue on the deck accompanied by some of the Club's many talented musicians. Above, from l-r Marty Mathias with Sara and Andrew Hunt.

BY CAROL BAILEY, ENTERTAINMENT CO-ORDINATOR.

I would like to express my sincere thanks for all the last minute help I am offered for the larger club dinners. This is very much appreciated. However, when three or four people appear in the kitchen at about the same time, all asking what they can do to help or if there is anything to go upstairs, it can become overwhelming, especially when I am trying to focus on assembling dishes or taking food out of the oven. Often I don't have anything ready for them to carry upstairs at that precise moment and, as everyone knows, space in the kitchen and sink areas is very limited, so when people stand around chatting it just adds to the chaos. As a result I can become quite frazzled by the start of food service!!

In order to make things go more smoothly in the future, I would like to request that if someone is able to help, that they contact me earlier to let me know what time they can be available. That way, I can arrange to have a task or two for them to do when they arrive. If you do decide to pop by to see if you can help and you see something that you think needs to be done, let me know that you are willing to do it. I will let you know if I need the help offered and if not immediately, when I would like the assistance.

Once again, thank you all for your help, it is greatly appreciated.

Dave Hiett, photo.

Non-destructible carcinogenic particles: dealing with a 'forever' problem

BY CHRISTINE FLETT

Soil contamination at civilian and military aviation facilities, as well as fire training areas is an evolving concern for the federal government. This is due to the accumulation of non-destructible carcinogenic particles in the ground.

These particles, known as PFAS, are the key ingredient in aqueous film-forming foam or AFFF, which is typically used on high-heat fuel fires. Residue from the discharge of this type of foam during airport fire emergencies and training exercises, has resulted in large quantities of PFAS ground contamination which do not break down and can migrate into nearby water sources.

In order to monitor the situation at 8 Wing, staff from SNC Lavalin will once again be collecting and testing soil and sediment samples taken from various sites including in the harbour and around the shore line.

PFAS stands for Perfluoroalkyl and Polyfluoroalkyl Substances, a class of 4,700 man-made carbon-fluorine-based chemicals. These have been around since the mid '40s when DuPont first introduced Teflon. The carbon-fluorine bond is one of the strongest known which means these chemicals do not easily break down, earning them the moniker 'forever chemicals'.

Not confined to firefighting foam, PFAS chemicals are used in a multitude of industrial and domestic products such as lubricants, water and stain repellents, textiles and carpets.

In fact, the use of PFAS is so widespread they can literally be found anywhere you look – from nonstick cookware to cosmetics, clothing and food packaging.

Measured in parts per trillion, the minute size of PFAS particles allows them to easily migrate from their primary source into the air, dust, soil, and water sources, infiltrating our lungs, bloodstream and other organs.

They can also be taken up by plants and animals, leading to bio-accumulation in humans through the food chain. PFAS chemicals are found in people, wildlife and fish all over the world.

Children are especially at risk since they may be more sensitive to the harmful effects of chemicals. They also drink more water, eat more food, and breathe more air per pound of body weight than adults, which over a lifetime could result in significantly increased exposure to harmful chemicals.

Health risks from exposure to PFAS chemicals include cancer, liver disease, thyroid problems and infertility.

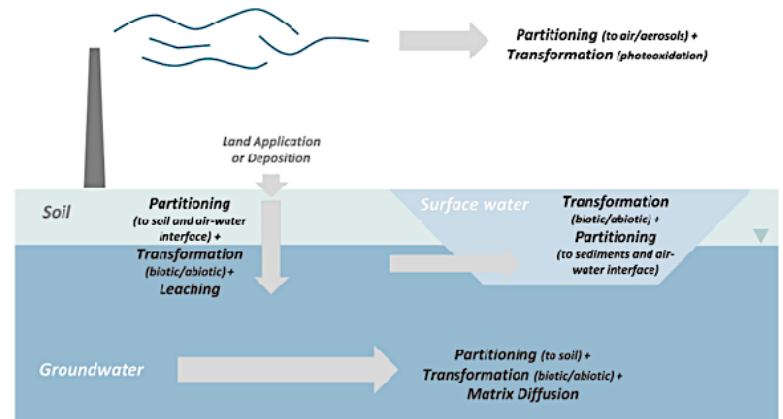


Diagram shows transportation of PFAS chemicals into air and water sources.

There is, as yet, no way to undo PFAS contamination since these particles do not deteriorate over time, but continue to accumulate in the environment. The only course of action is to fence off and quarantine the area until an answer is found – maybe 50 years down the road. Meanwhile new PFAS chemicals are registered everyday, further compounding the problem.

The Federal Government has had PFAS chemicals in its sights for some time. In 2012, Environment Canada designated specific PFAS subsets – including some contained in AFFFs – as “toxic” under the Canadian Environmental Protection Act (CEPA) because of the risks posed to humans and the environment.

Unfortunately, manufacturers have been able to come up with new non-designated PFAS chemicals that pose the same risks.

Now, Environment Canada is looking to further strengthen current regulations.

A draft report released in May 2023 recommends designating all PFAS chemicals as “toxic” under the CEPA “because they have or may have immediate or long-term harmful effects on human health, the environment and its biological diversity,” and that, “owing to the extreme persistence of these substances,” environmental impacts would be expected to increase.

Environment Minister Steven Guilbeault is quoted as saying “Only diamonds should be forever, not human-made substances that are polluting our environment.”

If Canada decides to limit or ban the use of PFAS chemicals it would be following the European Union which agreed last winter to ban all PFAS chemicals except in essential uses where there are no alternatives.

*“Only diamonds should be forever,
not human-made substances that
are polluting our environment.”*

Steven Guilbeault
MINISTER OF ENVIRONMENT

Treating pondweed and laying weed blankets

BY CHRISTINE FLETT
SAFETY & ENVIRONMENT



For the first time in many years, the Club has a chance to break the cycle of a troublesome spring weed.

Curly leaf pondweed is an invasive species that thrives in cold water. So much so, it usually defies treatment by completing its entire life cycle before the Club is permitted to spray. But this year the stars have aligned in our favour. We received a permit to treat the main channel on June 1, two weeks before the pondweed was due to flower. This gave us a rare opportunity to prevent it from setting seed for next year.

The channel was treated with Reward herbicide on June 12. Conditions that day were wet, cool and generally unpleasant, so foul-weather gear, boots and goggles were the choice of clothing. I'm pleased to say, one week after we sprayed, the treated pondweed was looking decidedly sorry for itself.

The team for the Reward treatment were Eric Lawlor, Dave Flett, Dan Kennedy, Ted Wood, Bob Forgues and Perry Petrie.

The following weekend, another team laid weed eight blankets in the south beach to control the Water Soldier there. Weed blankets are basically tarps with rebar every five feet. Each blanket was folded concertina-style then loaded onto the front platform of the pontoon boat, and unfolded as the boat moved slowly in reverse. This is heavy work. The whole process took over four hours to complete. Many thanks to Eric Lawlor, David Flett, Dan Kennedy, Ed Morris and Marty Mathias for giving up any chance of a Father's Day brunch to help with this work.



Weed blanket folded and ready to be placed in the water from the front platform of the pontoon boat.



Unfolding the blanket as the boat moves slowly in reverse.



Dan and Marty work to stretch the blanket out as it sinks.



Using their feet to push air out to help the blanket lie flat.

Oriental Cabbage Salad

BY CAROL BAILEY
ENTERTAINMENT CO-ORDINATOR

This is a great salad when feeding a crowd due to the size of a Napa cabbage. It is always a popular choice at our club barbecues. Because of possible nut allergies, I usually serve the almonds separately. However, if you are sure there are no risks, throw them in the salad with the noodles and the sesame seeds.

Ingredients:

Dressing

½ cup Salad oil
2 tbsp Soya Sauce
½ cup Sugar
½ tsp Salt
½ cup Cider vinegar
½ tsp Pepper

Blend together all ingredients.

Crush noodles. Brown in butter with sesame seeds then drain on paper towel and set aside.

Toast the slivered almonds.

Chop the Napa cabbage and green onions.

Combine with noodles and toss in dressing.

Note: I toast the almonds in a glass dish in the microwave on high for 30 seconds, stir and repeat until they become a golden brown colour. Alternatively, toast them in a frying pan over low heat stirring frequently. They can burn quickly if left unattended.



Salad

1 head Napa cabbage
1 pkg. sesame seeds
1 bunch green onions
1 pkg. slivered almonds
2 pkgs. Ramen noodles - discard seasoning
Butter or Margarine

Many thanks to Carol for sharing this recipe with the Fore'n Aft, and for all her hard work organizing all the Club's great entertainment events. Editor.

We have many excellent cooks in our Club so your recipes ideas are always welcome. Send your suggestions, with photo, to theforenaft@gmail.com.