



# fore'n aft

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Time 1 heading into the sunset as seen from the committee boat. Races are held every Wednesday evening from 6 to 8 pm and feature two classes – white sail and spinnaker. Following the race, crews are invited to join members and guests on the club deck for a well deserved burger and beer.

Photo: Scott Brown



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

## Optimist dinghies back in use at club



Photos: Karen Mathias



IT'S BEEN WAY TOO LONG SINCE WE SAW CHILDREN LEARNING TO SAIL IN THE SOUTH BEACH but, thanks to Brian Coughlan, dinghies are once again out on the water. Brian spent three weeks getting the Club-owned boats scrubbed, repaired and rigged for use.

In these pictures, Mary Game's granddaughter Victoria, 6, (in pink) enjoys a Saturday afternoon sail with Kalin, 5 and Finn, 7, the grandsons of Karen and Marty Mathias. All the kids had a ball. In fact, Karen says of her two, "They had such an awesome time that Finn went out again on Sunday. He's looking forward to using the boats when they are down for a week later this summer."



Brian has also been volunteering with this summer's Kidz Kamp being run by Canadian Forces Morale & Welfare Services (CFNWS) on Base. He spends several hours at the Club every Tuesday helping with the on-water part of this program.

The Optimist dinghies are available throughout the summer for use by all members, contact the club supervisor to arrange.

## See what you missed!



These flaky pastries filled with cream, fresh blueberries, strawberries, pineapple or peaches, were made by Marina Kennedy for a recent Wednesday night BBQ. They were instantly devoured by the 25 or so lucky members present that evening. Everyone had seconds. So, eat your heart out!!

## Return of the Scotch Bonnet Race

CFB Trenton Yacht Club did well at this year's Scotch Bonnet Race run by the Presqu'île Yacht Club.

Placing first in White Sail was Dwight Koshman's team on *Interlude*, with Gerard O'Brien and Dave Flett on *FanaSea*— just 30 seconds behind – a close second.



Dave, Gerard, Carol and Dwight.

Carol Bailey and her crew on *Imok* finished third in the Spinnaker fleet. Other Club boats that participated in the race included Marty Mathias, *Time 1*; Bob Forgues, *Pengwyn*, and Eric Lawlor, *Layalee*. This year's race also featured a Cruising division for boats without a PHRF rating.

The race is sailed from Presqu'île Point south for 11 km, around Scotch Bonnet Island in Lake Ontario, and back to Presqu'île.





Marty Mathias leads the singing with harmonica and guitar accompaniment during this year's Canada Day event.

Photo: Christine Flett.



Over 30 members enjoyed a free Canada Day BBQ on the Club deck.

Photos by Dona Neves.

## Members entertain at two July events



HELD IN PERFECT SUMMER WEATHER, this year's Canada Day celebrations drew over 30 people to the Club. On the menu was a choice burgers or hot dogs served with French fries and salads. This was followed by a selection of frozen desserts. And all food was free, what's not to like about that!

Later, the Club's one man band known as Marty Mathias led everyone in a selection of oldies. Those with phones were able to find the lyrics on line which made for a truly spirited (but not necessarily tuneful) singalong.

18 people signed up for Wing Night on July 9, however 38 showed up for the meal – a discrepancy in numbers that gave volunteers in the kitchen more than a few anxious moments. The resulting miracle that saw everyone fed must be second only to the biblical parable involving five loaves and two fishes...

The meal over, members were treated to another great musical night with lots of old favourites such as Sweet Caroline, American Pie, and the Stan Roger's classic, Barrett's Privateers.

Many thanks to everyone who helped make both these events so great!



The entertainers – Marty Mathias, guitar & harmonica, Gerard O'Brien, percussion, Brian Coughlan, saxophone, Andrew and Sara Hunt, guitars.

# Milfoil control: new selective herbicide could be a game changer

BY CHRISTINE FLETT  
SAFETY & ENVIRONMENT

**A** NEW HERBICIDE ON TRACK FOR CANADIAN APPROVAL LATER THIS year, could tip the balance against one species of invasive weed.

Eurasian Water Milfoil has plagued the Quinte region, including at CFB Trenton, since first identified in the 1960s.

Last August, our Club was selected as one of several Canadian research sites for ProcellaCOR, a new herbicide designed to target the aquatic weed family that includes Milfoil.

ProcellaCOR is what is called a “reduced risk” herbicide. It has no swimming, fishing or irrigation restrictions, and water from the treated area can be used immediately to irrigate lawns.

In August 2021, as part of the research process, ProcellaCOR was applied in two locations where Milfoil was abundant. The main treatment area extended from B-dock to the tip of the breakwater, as outlined above. The second was a small area in the South beach. Six weeks after treatment, an on-water survey found no live Milfoil in either of the treated areas, and although many plant species were identified, none of them showed any ill effects. Live Milfoil was found in all non-treated parts of the harbour basin.

To follow up on these results, a second on-water survey will take place early in August 2022, roughly one year after the ProcellaCOR trial. The main object is to see whether Water Milfoil has re-grown in any of the places treated last year, or if it has been eliminated from those areas. More to follow, so stay tuned.



Curly Leaf Pondweed in the main channel was treated under an early permit on June 24 in ideal conditions. The spray team was (l-r) Colin Baillie, Perry Petrie, Dave Flett, Ted Wood and Dan Kennedy (not in picture). A second application of Reward herbicide to deal with late season weeds like Water Milfoil, will take place towards the end of this month.



Aerial view of CFB Trenton Yacht Club used in the post-treatment report submitted to Ministry of Environment and Climate Change in support of ProcellaCOR application.

**PRIOR TO THE PROCELLACOR TRIAL IN 2021**, we identified a patch of Water Soldier in the South beach area. This is a sharp-leaved ornamental pond plant that has escaped and become invasive. Native to Asia, it does not naturally occur anywhere in North America. Only a few colonies are known to exist in the entire continent – all are in eastern Ontario, mostly in the Trent River system.

Since about 2015, Government agencies have attempted to eradicate Water Soldier and prevent further spread, so its discovery on the south shore of Baker Island is not encouraging, nor does it bode well for the future of the Bay of Quinte. The Wing Environment Office is in the process of hiring a consultant to identify and remove all Water Soldier plants from DND property.

The yacht club is not responsible for weed control in the south beach since that is DND property, but we benefit by having shore access. In an effort to prevent further spread until the Wing program is up and running, the Club has laid five weed blankets over those areas where Water Soldier plants were identified last year.



# Tall Ships and Tall Tales

BY SIMON GELLER

Our small band of mariners took their first cruise of this season, leaving for Brockville and the Tall Ships Festival on Sunday June 19.

Several of our CFB sailing fleet left to challenge the tall seas of the Bay of Quinte, directly after participating in the club sail past. Bob Forges on *Pengwyn*, and Eric Lawlor and Kathy Simpson on *Layalee* spent their first night in Sandy Cove while Mike Simic and Kenna Wiech on *Stacey-a-Lee* set off to transit the Murray Canal.

The next morning, Rob Byers on *King Arthur* left from Crates, his home marina in Belleville, while Simon Geller on *HeartBeat* left from CFB Trenton YC.

*HeartBeat*, *Pengwyn*, *Layalee* and *King Arthur* made it to Prinyers Cove, a pleasant little marina that offers good docks, BBQs, showers, and dockside power, but no potable water. While at Prinyers we had a communal dinner that included venison burgers.

From there, this four-boat flotilla of three "wind fairies" and one "stinkpot" made their way to Kingston, transiting both the Upper and Lower Gaps. The winds were favourable for the sailboats but the Gaps had their way with the power boat!

That Monday evening, all four boats found tremendous dockage at Cedar Island, one of the St. Lawrence Park systems with a modest fee of \$1/ft.

Just before sundown Mike and Kenna on *Stacy-a-Lee*, joined the group at Cedar Island.

Most of us have enjoyed the boat trip from Trenton to Kingston, but continuing on to Brockville is a MUST for anyone who likes to view the scenery. The 1000 Islands, the mega boats and mega homes are breathtaking as you cruise leisurely by seeing how the other side lives.



Kathy, Bob, Eric and Rob at Prinyers Cove



*Pengwyn & Layalee at Brother Islands*



*Dockage at Cedar Island*



*View from Cedar Island over Kingston*

From Cedar Island the flotilla headed to Camelot Island. *Heartbeat* had fair winds all the way, however the sailboats found themselves becalmed while crossing 40 Acres, and had to travel as stink pots for a while. The section of navigable waters through the 1000 Islands is beautiful, but with a current up to six-knots, care needs to be taken to stay in the channel.

Camelot is another beautiful island within the 1000 Island chain, with brand new docks that can hold at least 10 boats overnight. Our little band of mariners had snacks together, then a communal meal at the picnic bench on the main dock.

Another gorgeous morning saw our band of travellers heading to Brockville and the Tall Ship Marina. The marina was ready for us placing us in two groups – *HeartBeat* with *King Arthur*, and *Layalee*, *Pengwyn* and *Stacey-a-Lee* all close together. Our slips had a front-seat view of all the tall ships.

While in Brockville our merry band of mariners scouted out the town and found some great eateries such as the 1000 Island Brewing Company and the bakery.

We explored old town and historic train tunnel, took in the event grounds complete with pirates, vendors and a concert by former Great Big Sea member, Sean McCann.

Gerard and Rick drove down to join us for Friday which became a major part of our celebrations.

Friday's highlight was the Parade of Tall Ships. The ships proudly paraded in all of their glory with cannons blazing and smoke billowing out of them, while a fleet of all types of boats encircled them. Scott and Virginia Creamer and their son Colin arrived on *Défi I*, just in time to be part of the tall ship parade.

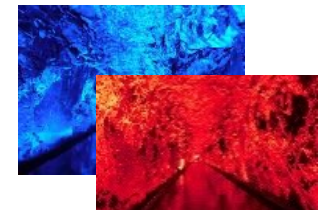
But by far, the true highlight of the trip was all of us joining together for sundowners on *HeartBeat's* aft deck.



Marina view of tall ships



Dinner at the 1000 Island Brewing Company



Historic Train Tunnel lights changing colours



"Arrr, me Maties!"



Sundowners on board *HeartBeat*.



# Parade of the Tall Ships



We left Brockville on Saturday June 25, with the exception of Scott and Virginia who stayed on an extra day or two to explore the 1000 islands.

Our flotilla's trip back to CFB Trenton was once again a great sail. The first night saw us stopping at Hickey Island. Being the last Saturday before school let out, the islands and docks were chock full of boaters as were the waters around Rockport. The one side of Hickey Island was laden with

boats at anchor, there must have been two dozen boats. However, a couple of us went around to the opposite side of the Island and found a nice protected bay with a great bottom for anchoring, and no one else there.

Our next day was on to Collins Bay. The keel boats found fair winds. We all stayed on reciprocals at Collins Bay YC and had a lovely communal dinner that we all prepared at the club house. The meal included some venison steak, sausages, salads and potatoes.

From Collins Bay, our route took us through Adolphus Reach and Long Reach. We had planned on stopping at Hay Bay for the night, but winds on Long Reach were so good we continued on to Grassy Point. Finally from there, it was home to CFB on Tuesday June 28.

*Pengwyn takes advantage of the winds on Adolphus Reach*

## CARDIAC ARREST IS SUDDEN, DRAMATIC AND TOO OFTEN FATAL

### BUT A DEFIBRILLATOR CAN GREATLY IMPROVE THE ODDS.

BY CHRISTINE FLETT

First published July, 2019.

The stats are alarming. An estimated 35,000 Canadians suffer cardiac arrests every year. The vast majority happen at home or in a public place, and only five percent will live to tell the tale.

But survival rates more than double if someone performs CPR and uses a defibrillator within three minutes of collapse.

So what exactly is cardiac arrest, and how does it differ from a heart attack?

Cardiac arrest is an electrical problem that causes the heart to stop beating, whereas heart attack is when a blockage impedes blood flow to the heart.

Cardiac arrest happens suddenly and dramatically. The patient will collapse, lose consciousness and stop breathing. If the heart isn't restarted, they will die. In the case of heart attack, they may be in pain but will usually remain conscious.

If a patient is unresponsive with no pulse, you should assume they are in cardiac arrest.

So, what should you do?

First, call 9-1-1 to alert emergency services. Then immediately start CPR chest compressions, and keep doing them until the paramedics take over. The 9-1-1 Operator will talk you through the CPR process.

Meanwhile, send someone to fetch an automated external defibrillator (AED). This portable device is designed to automatically diagnose and treat cardiac arrest by applying



AED on wall in clubhouse

electricity to restore the heart's normal rhythm. It is simple to use and can significantly improve the patient's chances of survival.

Once turned on, the AED will give step-by-step voice instructions. It explains how to check for breathing and a pulse, and how to position the electrode pads on the person's chest.

When the pads are in place, the AED automatically measures heart rhythm and determines if a shock is needed. If it is, the machine tells the user to stand back and push a button to deliver the shock. The AED is programmed not to deliver a shock unless needed.

The AED will also guide users through CPR or Cardio-pulmonary resuscitation. CPR chest compressions are essential after cardiac arrest to keep blood flowing to the heart and brain.

Alternating chest pumps with mouth to mouth breathing is no longer recommended.

Doing CPR is hard work. You should have someone on hand to take over if you tire.

If you are unsure how fast to do those chest pumps, Dr. Brian Goldman, host of CBC Radio's 'White Coat, Black Art,' has the following tip:

"Listen to the 1977 song 'Stayin' Alive,' by the Bee Gees. That's the rhythm required for CPR."

The Club has an AED in the front entrance of the building. Feel free to check it out – it's there for your safety.

#### CARDIAC ARREST

Call 9-1-1 and shout for a defibrillator (AED)

Start CPR chest compressions

Use a defibrillator as soon as it arrives. (One is located on wall in Clubhouse entrance. Instructions are on the Unit)

Don't hesitate. This is a medical emergency that requires your immediate attention.

#### HEART ATTACK

Call 9-1-1

Stop all activity. Sit or lie down.

Take your nitroglycerin, if prescribed.

Chew Aspirin (ASA) one 325 mg or four 81 mg tablets.

Rest and wait.

From the Heart & Stroke Association.

## COME OUT AND ENJOY AUGUST AT THE CLUB !!

**August 12:** Starting 1700 hrs, steak Dinner held in conjunction with Round the County Race. A sign-up sheet for the barbecue is posted in club OR email Carol Bailey at: [cfbtycweb@gmail.com](mailto:cfbtycweb@gmail.com) if you plan to attend. The cut-off date for sign-up is Tuesday August 9 — no guarantee of a steak beyond that date.

**August 13:** A continental breakfast will be available early Saturday morning before the boats participating in the Round the County Race head to Murray Canal for the first swing of the day.

**August 20:** Family day at the club! Lots of fun activities for all ages. See how far you can toss a life ring, go on a scavenger hunt, enjoy on-water activities, and more. Lunch on the deck. Volunteers needed to help organize and run the various activities.

**August 27** – The Once Around the Bay Race. This is a pursuit style race with the handicap applied to each boat's start times, so boats place in order of their finish. The race start and finish will be visible from the deck since "A" is used as the start/finish mark.



# Summer means Salads

This month, Cooking on Board features a pair of unusual but delicious summer salads. The first, containing curried lentils, wild rice and orzo, was made by Peggy O'Brien for a recent Wednesday night barbecue. No surprise, it was an instant hit. The second is an easy-to-make chickpea salad that you can literally whip up in minutes – perfect for that pot-luck invitation. For variety, substitute different kinds of beans or pasta for chickpeas.

## Curried lentils, wild rice and orzo salad

1/2 cup (125 mL) wild rice  
 2/3 cup (150 mL) green or brown lentils  
 1/2 cup (125 mL) orzo pasta  
 1/2 cup (125 mL) currants (or use raisins)  
 1/4 cup (50 mL) finely chopped red onion  
 1/3 cup (75 mL) slivered almonds, toasted

In large pot of boiling salted water, cook wild rice covered for 10 minutes.

Add orzo, cook until just tender about 5 minutes. drain and place in a large bowl.

Add currents and onion.

## Dressing

1/4 cup (50 mL) white wine vinegar  
 1 tsp. (5 mL) ground cumin  
 1 tsp. (5 mL) Dijon mustard  
 1/2 tsp. (2 mL) granulated sugar

1/2 tsp. (2 mL) salt  
 1/2 tsp. (2 mL) ground coriander  
 1/4 tsp. (1 mL) turmeric  
 1/4 tsp. (1 mL) paprika  
 1/4 tsp. (1 mL) nutmeg  
 1 pinch cinnamon  
 1 pinch cloves  
 1 pinch cayenne pepper  
 1/3 cup (75 mL) canola or vegetable oil

In a small bowl, whisk together vinegar, cumin, mustard, sugar, salt, coriander, nutmeg, cinnamon, cloves and cayenne; whisk in oil. Pour over rice mixture and toss.

Let cool; cover and refrigerate until chilled at least 4 hours. Serve sprinkled with toasted slivered almonds.

Makes 12 servings.



## Chick Pea Salad

1 can chickpeas  
 1/2 cup olives, sliced  
 1 small red onion  
 1/2 medium English cucumber  
 1 pint cherry tomatoes  
 Chopped parsley

Drain the chickpeas. Dice up the red onion and cucumber. Quarter the cherry tomatoes. Mix everything in a bowl.

Add your favourite vinaigrette dressing

Garnish with chopped parsley

