



fore' n aft



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Vol. 14 No. 6 Fall, 2025

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Another
GREAT
season
comes
to an
end



Dona Neves, photo



Winter Events at the CFB Trenton Yacht Club



Winter may be just around the corner, but the yacht club doesn't stop because the weather turned cold. Indoor events continue throughout the fall and winter months.

One of these is the Coffee Club. Started last year, a group of members decided to get together every Wednesday afternoon at 1:00 pm for coffee and a chat. Folks showed up with a cup of Tim Horton's, some also brought a few pastries and cookies. The Club has a coffee machine for those who prefer to brew a fresh pot.

Bob Forgues says there is quite a lot of interest in starting this up again, so they have decided on Wednesday November 19th for the first gathering. There will be a break over the Christmas/New Year period.

As Bob puts it, "This is a good informal opportunity to socialize, check on our boats and discuss sailing and club issues."

So mark your calendar for Nov. 19 at 1.00 pm.

A tradition for the last six years or so, Games Night is held every third Friday of the month during the fall and winter. Members get together to play cards, board games, maybe a round or two of penny puck pool, or simply hang out with friends. Everyone brings an appetizer or snack to share, and their choice of beverage. November 21 will be the next Games Night. Info will be provided nearer that date, so stay tuned.

Games Night in December will double as a Christmas Party complete with potluck supper, cookie exchange, decorations and so forth, so grab your Santa hats and join us at the Club for that.

Finally, the Commodore's Ball has been rescheduled for Valentine's Day 2026 which conveniently falls on a Saturday. The event will be held at the Officers' Mess. Following dinner, the 2025 racing trophies and Club awards will be presented, after which there will be dancing to live music. Details to follow.

Hope to see you ALL at these events!

Drought conditions persist across Eastern Ontario

Given this year's hot dry summer it should come as no surprise to learn that Eastern Ontario is experiencing a serious drought. Provincial figures from June to October 2025, show many parts of the region received less than 40 percent of their normal precipitation amounts.

The situation is so severe that the Conservation Authorities responsible for the Lower Trent, Moira, Salmon, Napanee, Cataraqui and Rideau watersheds have all issued Level III low water warnings – the most severe in Ontario's drought response program. Affected residents are asked to reduce water use by a minimum of 30 percent. Municipalities may impose additional water-use restrictions.

Like most of the region, the Quinte area has seen mixed rainfall amounts this year with March and May being wetter than average while June, July and August were unusually dry receiving only 38 percent of their average rainfall.

Quinte Conservation issued a Level 1 low water warning on August 14. This was upgraded to a Level III condition on September 3, indicating the water supply was unable to meet demand.

While some rain fell in late October, authorities say it was not nearly enough to replenish ground water supplies. In a news release issued October 22, QCA Water Resources Manager, Christine Philibert, said that despite recent rainfall, the Quinte Watershed remained under a Level 3 Low Water Condition, indicating severe drought.

"Stream flows are well below normal for this time of year, with some locations reporting no-flow. The long-range forecast shows little chance of substantial rainfall...groundwater recharge may be limited if the ground freezes before significant rain..."

Philibert noted the Quinte region has not experienced a drought of this magnitude since 2016.

Quinte Conservation continues to monitor conditions and provide updates. The current Level III condition will remain in effect until at least November 26, 2025.



Lynda Williamson and Julie Hinton shown on the beach after sailing the Club's 420 dinghy.

Some Pictures from Lift Out 2025

Dona Neves, photos.



Christine Flett, photo.



Don't feed bread to geese, swans and other wild birds

CHRISTINE FLETT

Feeding bread to geese, swans and other wild birds may seem like a kindness – especially in the depths of winter when natural food is scarce – but the effect on the birds themselves can be devastating.

A recent on-line post by the Windsor/Essex County Humane Society warns that eating bread or crackers by wild birds can lead to a serious condition known as angel wing syndrome.

Opposite is a poster featured on the Society's website. Entitled "Please don't feed us bread!" the caption on the poster reads as follows:

"Often, geese are fed bread by well-meaning people, but this is very harmful to them – it causes "angel wing," which makes it impossible for them to fly, migrate, and escape predators.

According to Trumpeter Swan Conservation Ontario, a not-for-profit organization based at Port Severn, ON, Angel Wing syndrome is a condition affecting waterfowl including Canada Geese, Trumpeter and Mute Swans, in which the last joint of the wing twists in such a way that the primary flight feathers point outwards instead of laying flat against the body. Birds with this condition are rendered flightless for life which leaves them vulnerable, unable to migrate or escape predators. The abnormality can occur in one or both wings.

The Angel Wing deformity can occasionally be corrected in juvenile birds if it is caught early enough, but it is not curable in adult birds and will ultimately lead to their death.

Inappropriate diet is leading cause of angel wing deformity, specifically food high in carbohydrates and protein and low in vitamins and minerals, such as bread, crackers and popcorn – which are essentially junk food for wild birds.

Besides causing Angel Wing, eating bread can also cause a swan's crop to become impacted. The combination of bread mixed with water can form a thick doughy ball in the swan's crop, preventing food from passing to the stomach. The affected bird will eventually starve to death. Surgery is the only way to remove an impacted dough ball.

Wildlife officials say the ideal diet for waterfowl should comprise only grass, aquatic plants and some aquatic invertebrates. Swans in particular are grazers, preferring cattails, bulrushes, pickerel weed, and mixed shallow marshy type vegetation. In addition, adult swans will pump their feet stirring up the bottom sediments to dislodge small crustaceans for their cygnets.

For those who feel compelled to feed the birds, experts say whole untreated corn is both nutritious and acceptable for waterfowl. But they point out that most waterfowl are well able to withstand the cold season without human intervention. In the long run, it is healthier for the birds to have to forage for their food –as nature intended them to.



This Humane Society poster shows a Canada Goose with Angel Wing Syndrome, a fatal condition caused by the bird being fed bread.

Some pictures from the first October Work Party

BY JULIE HINTON, HISTORIAN



BY RICK TINGA
DOCKSIDE MARINE SERVICES

WINTER MAINTENANCE TIPS



1. SUPPORTING YOUR BOAT ON THE HARD.

Boats are not meant to be on the hard for any length of time so ideally, the keel has wood blocks or planks running its full length where it meets the ground. Along with this are various supports – whether wood blocking, adjustable (screw type) pads as part of a cradle, or free stands to steady the boat. Most of the weight should be on the keel.

Free stands should be chained to their opposite mate under the hull to provide the required stability when the wind comes up. If your pride and joy sits on a trailer, make sure the tires are in good condition, or that the trailer is adequately supported with stands.

Imagine your vessel lying on this support for six months. The ground settles, cradles bend (even if properly supported) and Boats Change Shape! If you don't keep an eye on your vessel's hull support while on the hard, you might be facing damage to your boat.

2. YOUR VESSEL HAS OPENING HATCHES AND PORTS WITH WATERTIGHT SEALS. If these devices are not activated between periods, the seals can become brittle or permanently deformed. (Ugh! Now you don't have such a watertight seal.) What to do? Crack 'em open for a while, apply some lubricant i.e. silicone or a gasket-friendly product. Be careful about what is applied as it might damage the seal material.

3. ENGINES DON'T LIKE SITTING AROUND FOR LONG PERIODS OF TIME. Ideally, it would be nice to fire 'em up and run them for a while, but in most cases that's not practical. But we can do a few things to help them through the drought. If the engine can be manually turned over by hand-crank or starter, that will reposition the water impeller, the belt(s) and move some oil over the internal parts.

You will also (I hope) stick your nose around the engine area with a flashlight to look for leaks of any kind. Gasoline-equipped engines are especially at risk of fuel leaks, so sniff around before you do anything that could cause a FIRE. Check the fuel tank through-hull vents, and any other vents while you're at it.

4. BATTERIES SHOULD BE IN GOOD CONDITION. Check the electrolyte is topped off with de-ionized water only. They should be clean and above all, fully charged. Discharged batteries will die an unpleasant death leaving a mess and a hole in your pocket!

Removing the battery cables will prevent "parasitic" voltage loss as well as help to prevent possible electrical fires. Yes, mice! Juicy plastic-coated wire and a little spark can cause a comfy, cozy fire until it gets too hot. I've seen this first hand. In my case it involved the AC shore power system. How the boat didn't burn, even with the tripped main breaker, was just plain luck!

5. INSPECT WINTER COVERS OR TARPS at regular intervals. They are supposed to shed rain and snow to prevent it collecting on, or in, your vessel. Make sure your covers are securely tied down. If not, the boat might be going "*Round the Horn*" without you knowing it! Tarps also help reduce UV damage to canvas and woodwork.

6. VENTILATION: a cover should not turn your boat's interior into a mushroom farm! If your boat leaks water, i.e. it collects inside and there is no ventilation, especially during warmer days, you will get mould or fungus. Make sure there is adequate ventilation fore and aft. Leave some ports or hatches slightly open where there is no risk of water entering. The more venting the better. Even if your boat doesn't leak, it sweats. If it does leak any air movement will help to dry it out.

Lastly, store cushions etc. (anything that can absorb moisture) outside the boat to help with air circulation. Cupboards, drawer access plates left open, also help with ventilation.

By keeping an eye out, or applying any of these simple measures, you can minimize or prevent any issues caused by short- to long-time storage of your investment.

Come on Spring!!

Unsaid goodbyes: Wind phones help the bereaved with their grief

If you are mourning the loss of someone close to you, using a wind phone to spiritually reconnect and converse with your loved one might help provide comfort.

Intended as a tool for grief, the wind phone is an unconnected telephone situated in a peaceful location where a person can have a one-sided conversation with someone who has passed.

Since the phone is not connected to any network, the words are literally carried on the wind, allowing the bereaved person to express unsaid thoughts and feelings, and in this way to find solace.

Japanese in origin, the Wind Phone was created in 2010 by Itaru Sasaki as a way of grieving a close cousin who had died of cancer. Sasaki set up an old phone booth in his garden with only "an earth connection" as a way to still talk to his deceased cousin.

A year later, Japan was hit by a devastating earthquake and tsunami which killed thousands of people. Aware that many were mourning, Sasaki set up his phone booth on a hill in Otsuchi for the use of the bereaved. Still in use today his "wind phone" not only attracts a large number of tourists who wish to connect with their loved ones, it has inspired similar spaces around the world including North America.

In Canada, the concept is quickly gaining momentum. Hospices, including many in Ontario, are now embracing the Wind Phone as a way of helping family members of the deceased deal with their grief. Wind phone locations in Eastern Ontario include Carlton Place, Roseneath and Cobourg. There are none as yet in the Kingston or Quinte areas.



Wind phone set up by Hospice Huronia in Penatanguishine provides a novel way for people to deal with grief.

Fancy cruising the Great Lakes in this luxury vessel?

For a cool \$15 grand US, you can enjoy a once-in-a-lifetime luxurious 17 night cruise aboard the *Hanseatic Inspiration*. The journey will take you through the Great Lakes and St. Lawrence Seaway from Milwaukee on Lake Michigan to Halifax.

Cruise itinerary includes stops at Mackinac Island, Sault Ste Marie, Killarney, Parry Sound, the Welland Canal, Niagara Falls, Toronto, Montreal, Quebec City, Tadoussac, the Magdalen Islands Archipelago, Charlottetown and Halifax.

Launched in 2019 by German shipping and container company Hapag Lloyd, the seven-deck luxury liner aims to mix adventure with comfort. With a high ice rating, the ship is equipped to operate all over the world, including in polar regions and the Great Lakes.



Luxury cruise ship the *Hanseatic Inspiration* navigates the St. Lawrence Seaway en route to Montreal during a Great Lakes cruise from Milwaukee WI to Halifax NS. Built in 2019, the 138m. by 22m. 7-deck liner is equipped to carry 230 passengers. The ship proved quite a spectacle for sunrise watchers when it passed Brockville on October 17.

Things to do with all those **GREEN** tomatoes

GREEN TOMATO SOUP

Ingredients:

2 pounds green tomatoes,
quartered
2 medium onions, quartered
5 cloves garlic
2 tablespoons olive oil
1/2 teaspoon fine sea salt
1/4 teaspoon black pepper
4 cups kale, chopped (see
notes)
1 cup broth

Preheat oven to 425 degrees.



Spread tomatoes on a baking sheet; nestle in onions and garlic. Drizzle with olive oil, season with salt and pepper.

Roast for 15 minutes. Flip tomatoes and roast for another 15 minutes or until browned and caramelized.

Meanwhile, simmer the broth and greens, covered, over low heat for 10 minutes. Combine tomatoes in a blender with the broth and greens. Process until smooth. Taste and season as desired, and set aside.

Serve the soup hot with a generous drizzle of olive oil, cracked pepper and **parsley**.

Notes: Instead of kale, you can substitute spinach, baby spinach or collard greens.

GREEN TOMATO CAKE

3 cups grated green
tomatoes
2 cups sugar
1½ cups vegetable oil
3 eggs
2 tsp vanilla extract
3 cups All-purpose flour
1 tsp cinnamon
2 tsp baking soda
1 tsp cloves
½ tsp salt



Heat oven to 350 degrees F.

Spray 9 x 13 cake or bunt pan with cooking spray.

Grate green tomatoes and allow to sit in a colander for 20-30 minutes so liquid can drain.

Cream sugar and oil. Alternate adding eggs with dry ingredients flour, baking soda, spices, salt etc. Mix all ingredients together. Pour into prepared pan.

Bake for approx. 40-50 minutes. Frost with cream cheese frosting if desired, but it's also great plain.

Thanks to Karen Mathias for this popular recipe.

GREEN TOMATO JAM

3-4 pounds green tomatoes,
(about 6-7 tomatoes)
3 cups white sugar
3/4 cup brown sugar
1 teaspoon salt
1 teaspoon dried rosemary
1/3 cup lemon juice

Cut tomatoes into quarters.
Place green tomatoes in a food processor or blender, pulsing them until you have a rough puree.
You can chop them with a knife but jam will be chunkier.



Place the green tomatoes in a large pot, along with white sugar, brown sugar, salt, dried rosemary and lemon juice.

Bring to a boil, then reduce to a low simmer until a thick jam forms, around 35-40 minutes. Stir pot regularly to prevent jam from burning on the bottom.

Carefully pour jam into mason jars and place on the counter to cool for one hour.

Store in the refrigerator for up to one month. If canning the jam, process for 10 minutes, allow to cool, then store in a cool dark cabinet for up to one year.

Spread on toast or grilled cheese sandwich or add to cheese and crackers as a relish.