



# GULF SAILOR

## CRUISING UNDER SAIL



*Big Canada Day raft-up with a record turnout in 'Before Covid' days. Coming again to you one day soon!*

### Looking on the bright side ...

Sailing is good for our health. Everyone knows that (who sails) and even before modern science confirmed it, taking a cure in or on the sea has been a thing. Read all about it in this last edition of the newsletter before summer break. Lucky for us, restrictions are loosening up just as the sun is out more than it's in, and we can finally make plans to be out on the water properly.

**Please note:** Minutes of general meetings appearing in the newsletter may contain references to cruises which have later had to be cancelled. Always check out the latest reports by Fleet Captain Robert for the most up-to-date information and be aware that last minute changes can occur in these tumultuous times.

The Executive has been very busy dealing with the business side of the club: revised Membership definitions that need to reflect changing times are presented, as are the benefits of Insurance coverage that will protect us in an increasingly litigious society.

**Robert** has once again had the difficult job of keeping up with all the latest Covid news and cancelling or reorganizing the cruises he's spent so much time and effort organizing. **Glen** presents the first, of what I hope will be a regular article, on Innovation in the GYC. He gives us three projects to get the ball rolling. Contributors wanted. **John**

**Laing** reports on a Thetis Island Victoria Day which saw several GYCers wind up in the same place at the same time – our usual cruise having been cancelled. **From the Archives** revisits a Canada Day celebration with shared appies and birthday cake, BBQs on the rock and dinghy flotillas at sunset.

Getting back to normal – even the 'new' normal – is what Andreas wants after two weeks in quarantine. He tells us what he missed most. And I end with a cautionary tale for Ken and Anne that's all about Cornflakes.

Suzanne Walker, Editor S/V White Wolf



### Message from our Commodore



Chris Stangroom,  
Commodore, S/V Christie Cove

I knew I was in the doghouse as soon as we got away on Friday before the long weekend – I had forgotten the junk food!!

Continued p.2 Commodore's Message

# GULF SAILOR

## Executive Officers 2021

|                              |  |
|------------------------------|--|
| <b>Commodore:</b>            | <b>Christie Stangroom</b><br><i>Christie Cove</i>  |
| <b>Vice Com:</b>             | <b>John Dixon</b><br><i>Tantramar</i>  |
| <b>Fleet Captain:</b>        | <b>Robert Sinkus</b><br><i>Reality</i>   |
| <b>Staff Captain:</b>        | <b>Doug MacLeod</b><br><i>Willpower</i>  |
| <b>Exec. Officer:</b>        | <b>Pat Costa</b><br><i>Sparkle Plenty</i>  |
| <b>Hon. Secretary:</b>       | <b>Ken Buckley</b><br><i>Nalda</i>   |
| <b>Hon. Treasurer:</b>       | <b>Glen Mitchell</b><br><i>Tucana</i>  |
| <b>Hon. Signals Officer:</b> | <b>Andreas Truckenbrodt</b><br><i>Beautiful Day</i>  |
| <b>Past Com:</b>             | <b>Darlyne Farrell</b><br><i>SawLeeAh</i>  |
| <b>Hon. Editor:</b>          | <b>Suzanne Walker</b><br><i>White Wolf</i><br><a href="mailto:dandg@portal.ca">dandg@portal.ca</a> |

## Commodore's Message

Cheeto's Crunchits and Lays Original chips – staples on our boat lunch menus!! Two "solutions" came from the captain, neither of which was to live without them. We managed to make it until Sunday afternoon around 4:00 p.m. After sailing for a few hours around Keats Island, we anchored in front of Gibson's, walked up for ice cream, and came back with a bag of Lays. All was well.

We did not venture far as COVID restrictions were still in place. Friday evening in Port Graves saw about 40 boats anchored. Saturday evening there were an estimated 70 to 80 boats, it was a parking lot! We returned again after sailing on Sunday evening and the count was back to 30 or so. All three nights were calm thank goodness. I had visions of one of those 25 knot outflow winds bouncing 70 or 80 boats about the bay. Only one other GYC boat kept us company and that was *Lady Dane* with Ted and Dee on board.

It was a happy thought to know there were a couple of small group GYC gatherings happening here and there. Thanks to the Gulf Island group who met at Thetis and

the brave GYCers who headed to Secret Cove. No costumes or BBQ Brats but that will come sometime in the next couple of months we hope.

I'm so hopeful that by the end of June we will be able to go where the wind blows, whether it's across to the Gulf Islands and/or north to Pender and beyond. The Farmer's Almanac has determined it will be a hot summer! Swimming and kayaking in Desolation are on our list in July and part of August. We look forward to sharing our chips and cheesies with fellow GYC friends wherever we are.



Chris Stangroom  
S/V *Christie Cove*

*A happy Chris taken at  
Hardy Island.*

## Membership Definitions – Changes to By-Laws

With more members residing outside of the Lower Mainland and some moving to power boats, fewer people are eligible to participate on the Executive under the current By-Laws. So the Executive wants to make some changes to allow more members to get involved.

### Why change?

- More members moving to the Islands and the Sunshine Coast
- More members moving to power boats
- We don't see a difference between the activities of associate members and other members
- It's sometimes difficult to get members to participate on the Executive
- Zoom is becoming popular
  - All members can attend meetings and chat before official start
  - We'll keep Zoom when we go back to in-person meetings

### The Executive wants ...

- The focus of the club to continue to be sailing
- To keep the rule that in order to join the club you must have a sailboat
- To become an active member you must still sail across Georgia Strait
- To keep the option for power boaters to remain as active members of the club if they have been a sailboat member for a minimum of five years
- All members to feel fully engaged in our club
- All members to feel equal with the same rights
- All members to understand they are important to the successful running of the club

### The Executive suggests ...

- Deleting the definitions of
  - Resident/Non-Resident membership
  - Associate membership
- Having only
  - Active and Non-Active membership
  - Interim membership
  - Honorary and Honorary Life membership
- Having a reduced fee for
  - Members 40nm outside Lower Mainland – the Gulf Islands, Sunshine Coast – pay less

These proposed changes will not affect the current fee schedule. Members living outside the Lower Mainland continue to receive a reduced membership fee.

*Membership Changes cont. on p.3*



# GULF SAILOR

## With these changes the Executive hopes to ...

- Reinforce the unity of the club
- Make more members eligible to be on the Executive
- Allow more members to vote
- Maintain the spirit of the club as a sailboat club
  - Members must still own a sailboat to join and be a sailing member for a minimum of five years before changing to power
  - Power boat members will have been in the club long enough to understand and appreciate the sailing aspects of the club

Thanks to the Membership Committee – **Commodore Chris, Past Commodore Dar, Staff Captain Doug, Hon Secretary Ken and Hon Signals Officer Andreas** – who worked hard to figure this all out. Also thanks to Andreas and Glen, for their side-by-side comparison of the by-law changes: the old and new versions viewed together make the proposed changes easier to understand.

| 2019 by-laws   | 2021 draft  |
|--|---|
| <b>13. Membership</b><br><br>Any person wishing to become a member of the club shall complete an Application for Membership form to the satisfaction of the Executive Committee, such application shall be considered for approval by the Executive Committee. No one shall be eligible for membership unless the name and address of the prospective member together with the names of the proposer and seconder have been lodged with the Honorary Secretary for at least seven (7) days prior to an Executive Committee Meeting.<br><br>The Executive Committee shall have the power to grant membership status as and when they see fit when exceptional circumstances present themselves. |   |
| <b>a) Resident Memberships</b><br>Resident members must reside inside a circle, the radius of which is forty (40) Nautical Miles from the Burrard Street Bridge, within the Province of British Columbia and not on one of the Gulf Islands (including Bowen Island) or Vancouver Island or the Sunshine Coast (including Keats Island, Gambier Island).   | (deleted)<br><br>(Resident and non-resident definitions will be used to determine respective membership duties) |
| <b>b) Non-Resident memberships</b><br>Non-Resident members must reside outside a circle, the radius of which is forty (40) Nautical Miles from the Burrard Street Bridge, outside of the Province of British Columbia, on one of the Gulf Islands (including Bowen Island), on Vancouver Island or on the Sunshine Coast (including Keats Island, Gambier Island).   |   |

| 2019 by-laws  | 2021 draft   |
|---|--|
| <b>c) Active Membership (Resident)</b><br>The following are eligible for Active Membership (Resident):<br>1. Owners or joint owners of cruising sailing yachts.<br>2. Such persons shall be at least eighteen (18) years of age.<br>3. Applicants must satisfy Section 28 of the By-Laws.<br>Active Resident Members are entitled to all the privileges of the Club.  | <b>a) Active Membership</b><br>The following are eligible for Active Membership:<br>1. Owners or joint owners of cruising sailing yachts.<br>2. Such persons shall be at least eighteen (18) years of age<br>3. Applicants must complete an application for membership form<br><b>4. Applicants must satisfy Section 28 in the Constitution and By-laws</b><br><b>5. Should a member sell their sailboat after 5 years of membership and buy a cruising power yacht, they are entitled, at the discretion of the Executive Committee, to maintain their active membership.</b><br><br><b>Active Members who are owners or joint owners of cruising sailing yachts or cruising power yachts are entitled to all the privileges of the club.</b> |
| <b>d) Active Membership (Non-Resident)</b><br>The following are eligible for Active Membership (Non-Resident):<br>1. Owners or joint owners of cruising sailing yachts.<br>2. Such persons shall be at least eighteen (18) years of age.<br>3. Applicants must satisfy Section 28 in the Constitution and By-laws<br>Active Non-Resident Members are entitled to all the privileges of the club except for holding office |  |

| 2019 by-laws  | 2021 draft |
|---|------------|
| <b>e) Associate Membership (Resident)</b><br>A member with at least five (5) years as an Active Member (Resident or Non-Resident) and no longer owns a cruising sailing yacht but now owns a cruising power yacht may apply to become an Associate Member (Resident). Associate Resident Membership is granted at the discretion of the Executive Committee. Associate Resident Members are entitled to all the privileges of the Club except for voting rights and holding office.               |            |
| <b>f) Associate Membership (Non-Resident)</b><br>A member with at least five (5) years as an Active Member (Resident or Non-Resident) and no longer owns a cruising sailing yacht but now owns a cruising power yacht may apply to become an Associate Non-Resident Member. Associate Non-Resident Membership is granted at the discretion of the Executive Committee. Associate Non-Resident Members are entitled to all the privileges of the Club except for voting rights and holding office. | (deleted)  |

| 2019 by-laws   | 2021 draft  |
|--|---|
| <b>g) Non-Active Membership (Resident)</b><br>A member with at least five (5) years as an Active Member (Resident or Non-Resident) who no longer owns a boat but retains an interest in sailing may apply for Non-Active Resident Membership. Non-Active Resident Membership is granted at the discretion of the Executive Committee. Non-Active Resident Members shall have all the privileges of the club except for voting rights and holding office.                 | <b>b) Non-Active Membership</b><br>A member with at least five (5) years as an Active Member who no longer owns a boat but retains an interest in sailing may apply for Non-Active Membership. Non-Active Membership is granted at the discretion of the Executive Committee. Non-Active Members shall have all the privileges of the club except for voting rights and holding office. |
| <b>h) Non-Active Membership (Non-Resident)</b><br>A member with at least five (5) years as an Active Member (Resident or Non-Resident) who no longer owns a boat but retains an interest in sailing may apply for Non-Active Non-Resident Membership. Non-Active Non-Resident Membership is granted at the discretion of the Executive Committee. Non-Active Non-Resident Members shall have all the privileges of the club except for voting rights and holding office. |   |

| 2019 by-laws  | 2021 draft  |
|---|---|
| <b>i) Interim Membership (Resident)</b><br>Interim Resident Membership is available for up to one (1) year pending a satisfactory completion of the Strait of Georgia crossing as per Section 28 of the Constitution and By-Laws. Interim Resident Membership is granted at the discretion of the Executive Committee. Interim Resident Members are entitled to all the privileges of the Club except for voting rights and holding office.                 | <b>c) Interim Membership</b><br>Interim Membership is available for up to one (1) year pending a satisfactory completion of the Strait of Georgia crossing as per Section 28 of the Constitution and By-Laws. Interim Membership is granted at the discretion of the Executive Committee. Interim Members are entitled to all the privileges of the Club except for voting rights and holding office. |
| <b>j) Interim Membership (Non-Resident)</b><br>Interim Non-Resident Membership is available for up to one (1) year pending a satisfactory completion of the Strait of Georgia crossing as per Section 28 of the Constitution and By-Laws. Interim Non-Resident Membership is granted at the discretion of the Executive Committee. Interim Non-Resident Members are entitled to all the privileges of the Club except for voting rights and holding office. |   |

| 2019 by-laws   | 2021 draft |
|--|------------|
| <b>d) Honorary Member</b><br>The Executive Committee may have the power to elect for the current year as Honorary Members such officers or representative members of other clubs of special distinction as may seem to them desirable. Any person may become an Honorary Member who is approved by the Executive Committee and is elected by a two-thirds majority of a General Meeting of the Club. Honorary members have all the privileges of the Club except voting and being eligible for office. They shall not, however, have any proprietary rights in the assets of the Club and are exempt from any fees or assessments. |            |
| <b>e) Honorary Life Member</b><br>An Honorary Life Member shall be one to whom the freedom of the Club has been presented in recognition for important services rendered to the Club or its representatives. An Honorary Life Member is exempt from payment of any fees or assessments and entitled for life to all the privileges of the Club including the right to vote and hold office. An Honorary Life Member shall not have any proprietary rights in the assets of the Club. Honorary Life Members may only be elected at a General Meeting of the club by a unanimous vote of the members present.                        |            |

# GULF SAILOR

## Staff Captain's Report

We are all yearning to meet face to face when the COVID restrictions pass, but the Zoom general meetings have been remarkably well attended and successful.

At our May General Meeting we were treated to an engaging presentation by Ken Buckley and Anne Trudel titled, Passport to Adventure – How Bluewater Cruising Association Supports Cruising Dreams.



At our June 14 meeting we have another exciting presentation to look forward to by Lorraine de la Morandière on **Burgoyne Bay**.

*This cruising destination lies within a Provincial Park in the southwest section of Saltspring Island. It is the location of the first cross-cultural settlement of First Nations and Europeans in British Columbia. Ongoing restorations and educational activities demonstrate the continuity of First Nations life along with the (historically) recent integration of European culture.*



Doug MacLeod,  
Staff Captain,  
S/V Willpower

### Pub Night: September 13th

Restrictions should be lifted by the fall so let's get together for some food and good cheer. The fun starts at 6:30 on Monday, September 13, at a pub TBA.

### Looking ahead

Do you have a suggestion for a guest speaker? We're interested in a range of topics from DIY tips to exciting sailing stories. Presentations by members are always a hit. In years past, we've had engaging presentations on such topics as Provisioning for Long Cruises or First Aid Essentials. Cruising experiences on our BC coast or exotic locations around the world make great stories to share.

Contact me so we can discuss your presentation idea. ([dmmacleod1833@telus.net](mailto:dmmacleod1833@telus.net))

## Vice Commodore's Report

Some time ago I inherited the task of researching liability insurance for our club. I have had conversations with a number of people in the insurance industry and fielded questions from our membership.

*True Story: My own experience with this was long ago in a previous life and is a saga of a story.*

When I was involved on the executive of another club and participated in motorcycle racing there was an incident that brought about a lawsuit. As a member of the executive I was named in the law suit and believe me it is not a good experience. Anyways, we were insured, the case was settled and even though most agreed that the person suing was at fault she was awarded something. This is a situation that we are trying to avoid and liability insurance will protect us.



John Dixon,  
Vice Commodore,  
S/V Tantramar

**This is what my research has found and I have attempted to answer frequently raised questions.**

- Liability insurance will protect our club if there is an incident of some sort that results in a lawsuit or other claim against us. The insurance will cover legal costs even if we are found not at fault.
- Insurance on members' boats (which I am sure we all have) will not protect the club – only the individuals.
- It is my understanding that we are the only yacht club in our area that doesn't have liability insurance.
- It is possible that in the event of a lawsuit against our club the Executive could be named individually and found liable. This has discouraged some members from even considering joining the Executive.
- Navis Insurance is the broker I have been working with and they indicate that \$1 million liability coverage is sufficient.
- The annual premium for this coverage will be approximately \$1,750.00 per year (\$30.00 per member) and we won't enact the policy until such time as we actually have organized events again.

At the next General Meeting the Executive will be bringing forward a motion for our club to purchase this insurance.



# GULF SAILOR

## A Thetis Island-style Victoria Day Non-Cruise Get Together

The May long weekend has always been a lot of fun, and a highlight of our cruising season. But COVID protocols have changed the way we can do things – for now.

Long time members of GYC will have fond memories of Victoria Day cruises to Telegraph Harbour. Whether tossing heavy boots, putting each other's eyes out with badly aimed paper airplanes or dressing up in costume to make total fools of ourselves, the May long weekend has always been a lot of fun, and a highlight of our cruising season.



Turning on, tuning in and dropping out at Telegraph, May 2013

Then COVID intervened. The Club had to be split into two parts – on one side, those of us fortunate enough to live in the Islands. On the other side, the Mainlanders. A new history was waiting to be made.

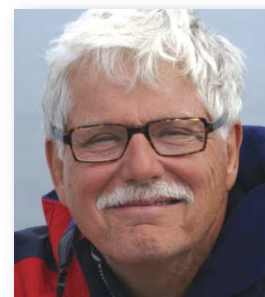
Restricted by COVID protocols, the Island fleet set a new standard of decorum for future cruises. Traditional games, costumes and the BBQ couldn't happen, so they were replaced by highly intelligent conversation during our socially distanced

responsible, the topic that stood out for me was the various methods of folding toilet paper during use to reduce consumption and save our forests. A pinnacle of erudite and learned conversation for sure.

On Sunday morning the group gathered for a walk to the Vandergaag estate, where we were treated to a tour of the grounds and house. Ron and Eleanor are in their element here, where their creativity plus the foresight of the original property developers have resulted in a beautiful and private forested retreat home with access to a private Clam Bay beach and communal gardens.

Although the weather was cool and cloudy for much of the time, the genuine and welcoming friendship of our GYC members kept us warm. Glen Mitchell with his new *Tango*, Bruce and Adele Shuh on *Perspective*, and me with friends Pauline and Frank Havelock on *Spiritus II* added three Hunter Legends to the mix. Sandwiched among us were Kurt and Wilma on *Knotsure*, and a few fingers away former members Lin and Graham Rankine were welcomed back. We also enjoyed the company of Gord and Wendy on their C&C 32, who would make wonderful GYC members if I can convince them of how important that decision would be. And our Thetis experience is so enriched by having Ron and Eleanor as local residents.

So was our contribution important to the marina owners, Ron and Tara? Based on numbers, probably not. The marina was jam packed full the entire weekend. But from the point of view of tradition? Tara made a point of coming down the dock on



John Laing,  
*S/V Spiritus II*



Glen beside his new ride, *Tango*; Adele and Glen in mid story; Ron and Eleanor enjoying company near home; Glen, acting up with Eleanor's bowl on his head! Next year we hope to be back to our more boisterous selves.

happy hours. We covered a variety of sophisticated subjects. For example, the question was asked what unique or new-to-them activities people had engaged in during the pandemic. A broad range of answers included finishing a hooked rug after 20 years, learning to play guitar and building furniture. We talked about whisky tasting in Scotland, where one's taste buds can lead to both beautiful distilleries and beautiful countryside.

We talked about our collective travels around the globe, especially those of Kurt and Wilma, who have been everywhere. ("You have a choice. You stay with your little old boat, and can afford to travel, or you can buy a bigger boat." – Kurt.)

But because we are so progressive and environmentally

Sunday evening to visit us. "Thank you so much for coming", she told us. "The Gulf Yacht Club is a highlight of our year. You guys are so much fun, and Ron and I really look forward to greeting you."

So, on reflection maybe the lofty standard set by the Island fleet isn't relevant after all. Maybe our natural superiority is just a blip in GYC history, and we will be forced to act like fools again next year. The marina owners have said so.





# GULF SAILOR

# Fleet Captain's Report

Summer Cruise  
June 12-13  
Cancelled

## Hoping to Restart Cruises by Canada Day

Sometimes when becalmed while sailing, I stubbornly wait and look for the cat's paws on the glassy water's surface to show me wind arriving instead of starting the engine. Sometimes I can wait and ghost along, and sometimes I seem to make no headway but it is still nice to be out there on the water. Many times the cat's paws don't appear and I end up starting the engine, but then there are those wonderfully magic moments when the winds start to fill in and with excitement, I am soon happily sailing away again.



*Cat's paws on the water.*

Dr. Bonnie has expressed that we should be able to travel by the summer, so that would appear to indicate that the orders will have changed in time for the July long weekend Smuggler's Cruise. Look for that cruise notice elsewhere in this newsletter.

So get ready for a great cruising season to resume shortly.

I also want to take a moment to acknowledge the great spirit of our sailors getting out there in these challenging times. Especially those who have posted amongst themselves including on WhatsApp so that other club members are aware of the activity and inspiring each other to get out more! It was great to see folks going up to Secret Cove, posting about Port Graves, and even getting their family out in English Bay despite the rain. And of course a real big big shout out to our entire Island contingent who enjoyed Thetis Island over the May long weekend. Thanks to John Laing for reporting on the weekend for the newsletter.



Robert Sinkus,  
Fleet Captain,  
*S/V Reality*

| STEP     | OTHER         | PHO Guidance       | Relevant Activities             | Relevant Subgroups        | Target             | Inputs & Outputs   | Resources          | Efforts & Activities |
|----------|---------------|--------------------|---------------------------------|---------------------------|--------------------|--------------------|--------------------|----------------------|
| <b>1</b> |               | PHO Guidance       | Identify the relevant subgroups | Subgroup working with PHO | Relevant subgroups | Relevant subgroups | Relevant subgroups | Relevant subgroups   |
| <b>2</b> | <b>SEP 15</b> | Relevant subgroups | Relevant subgroups              | Relevant subgroups        | Relevant subgroups | Relevant subgroups | Relevant subgroups | Relevant subgroups   |
| <b>3</b> | <b>JULY 1</b> | Relevant subgroups | Relevant subgroups              | Relevant subgroups        | Relevant subgroups | Relevant subgroups | Relevant subgroups | Relevant subgroups   |
| <b>4</b> | <b>SEP 17</b> | Relevant subgroups | Relevant subgroups              | Relevant subgroups        | Relevant subgroups | Relevant subgroups | Relevant subgroups | Relevant subgroups   |

C-C-10 Case study: BC-C-10 hospitalization: 3% minimum for 10 years with data 1

**BC'S RESTART: A PLAN TO BRING US BACK TOGETHER**



*Cecilia and Harry socially distancing on their dock; Eclipse 'enjoying' a foul weather sail in English Bay – bravo!; Julia and Paul being responsible GYCers; and Lady Dane in Collingwood Channel en route to Port Graves.*

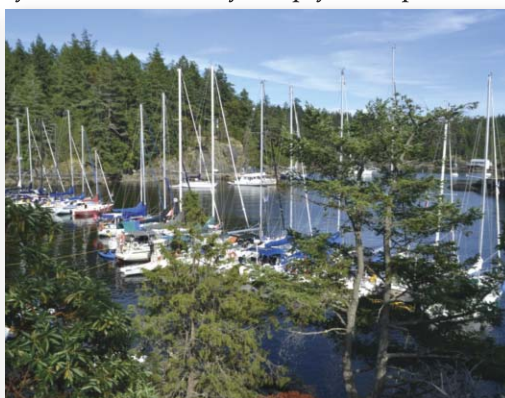
So as we resume the cruises, lets continue to communicate amongst ourselves, and continue getting out there – a joy shared is doubled, and that’s part of what being part of the GYC is all about!! Way to go!!!

## GULF SAILOR

## Fleet Captain's Report



This rendezvous will be in Smuggler Cove with a raft up against the northwest wall inside the cove (to port just after the entrance to the cove). Anchor and stern tie (but not everyone has to – many simply raft up). We've had as many as 25 in a row!



### NEWBIES PLEASE NOTE:

The raft forms on the left after you pass the notorious rock in the entrance. Boats will be there help you tie up.

- Friday Appies on Isle Capri.
- Another tip:** watch what the tides are doing so your dinghy rode doesn't wind up under three feet of water!
- Saturday Dinner on MT 25

Due to the precautionary recommendations stated in Public Health Orders, our get together may be less structured than previously, and we will **NOT share food, just bring your own for both the appie hours and the dinner.**

Canada Day is on a Thursday and is expected to be a travel day for many, as will Sunday for those headed either further north on the next leg of their cruise, or back to their home port.

### What You Need to Know

#### 1700 Friday Appies:

Bring your own appetizer (BYOA – appie and alcohol), no sharing. Meet on Isle Capri (the island on your port as you enter Smuggler Cove) although there is a possibility of a floating dinghy raft up. Bring a chair and celebratory hat and t-shirt (if you want) for toasting Canada Day!

#### 1000 Saturday Hike:

Hiking apparel. Meet at the SW corner of the innermost cove. People often "dinghy-pool" to get there. We traditionally either hike around the west side of the Cove, or to the SE, over the boardwalk, and then along Brooks road to Halfmoon Bay (in the little Cove to the NE of Frenchman's Cove). Saturday is also a great day for swimming or paddling for those so inclined.

#### 1800 Saturday Group Dinner:

Bring your own dinner, dishes, drinks, lawn chairs, etc. The Dinner is planned to be on "Island 25". This island would be located to your port (East) when entering the inner cove (across from the beacon). It is labelled 25MT on the map. No food sharing. No BBQs provided.



Robert Sinkus,  
Fleet Captain,  
S/V Reality

**BEWARE! Thirsty mosquitos often come out as the sun starts to set.**

**VOLUNTEERS NEEDED:** We need a scribe for the event. And several someones to take lots of photos as well. Let me know.



## GULF SAILOR

## From The Archives

This Canada Day saga is from the more recent past – 2009. That year Ron Vandergaag was Commodore, Keith Tracey was Editor of the newsletter, there was a Summer Cruise to Silva Bay, and Canada Day fell on Wednesday, but they had the raft-up on the following weekend. The August cruise had meet-ups in Comox, Squirrel Cove and down south, in Degnen Bay. Only some things never change!

## 2009 CANADA DAY AT SMUGGLER COVE

As published in the October 2009 Gulf Sailor

Despite the inconvenience of a mid week holiday 21 boats attended the gathering hosted by Keith and Polly Tracey and Norm and Gladys Ross. Attending their first GYC Canada Day gathering, Liz and Klaus on *Moondance* fit right into the raft up.

First to arrive on Wednesday was the Fleet Captain and Kellay on *An Affair* to be joined on Thursday by the hosts, Norm, Gladys, Keith and Polly on their respective boats, *Diamond Wave* and *Take Five*.

On Friday the initial three had their ranks swollen to 11 by the addition of eight more boats: *Moondance*, *Discovery*, *Fast Forward*, *C'est la Vie*, *Felicity*, *Rosa Maria*, *Tenacious* and *The Other Boat*.

Happy Hour at five and a barbecue later lead to a flotilla of dinghies and kayaks rafting up against an exquisite sunset. A brief appearance by "Cam"tain Morgan provided an historical touch.

Saturday, *Demara*, *Gambit* and *Aura* joined the northern end of the raft up. Judy Crumlin, crewing for Roz on *Aura*, was resplendent in her pastel Docksidiers. *Ainsley* and *Pala* slipped out of Secret Cove to add to the south end of the raft up. They were joined later by *2nd Chapter*, *Snapshot*, *Boqueron*, *Tantramar* and *Nesika*, who, without Sage, sported Aaron and Dale who were helping Peter move from the Vancouver moorings to a new permanent home in Pender Harbour.

Canine members, Moxey and Crew accompanied a group of ladies on a Saturday morning walk.

Bob Cooke tried his hand at ice carving resulting in eight stitches at St. Mary's Hospital in Sechelt. The Vandergaags and Traceys plotted the repatriation of *Gambit* and her wounded skipper. Eleanor accompanied Bob to Secret Cove and Keith, after taking him to the Emergency Room, shepherded him and *Gambit* to Gibsons where, safely ensconced in his cockpit, Keith, Polly who had driven down, Doug and Mariette McLeod, persuaded Bob to take his "medicine" which he generously shared with his guests. Bob

also saw David Dyck and other GYC'ers at the Gibson's dock.

Tuesday, Bob met up with Tom and I. We offered refuge at a cottage moorage on Keats and an escort home on Wednesday but Bob slipped away in the rain, making his own way home.

John, on *Tantramar*, reported discovering a new Tapas eatery at Snug Cove. John says the experience is well worth the walk up to the village. Our stalwart Commodore took credit for the wonderful weather, as befits his station, and thanked the hosts for their efforts.



Milestone birthdays were marked for Bob Hamelin and Laura MacLeod. Eleanor Vandergaag was fortunate to be celebrating her real birthday on Saturday. All were treated to two large birthday cakes, which they graciously shared. Amber MacLeod announced her engagement to the delight

of the assembly. Mike Carson provided each boat with a Sunshine Coast reference and tide chart booklet.

A cool wind from the west drove the Saturday night gathering off the rocks and back on to boats. An invitation to reconvene on *The Other Boat* was accepted by many. The second storey crush in the cockpit lead Tom and I to take refuge below where we found co-Captain Fran, nice soft seats and a good chat.

The raft up broke up Sunday with boats headed in all directions. Our journey south was free of the 27 knot winds we encountered on the outward journey.

Canada Day 2009 was well celebrated in GYC fashion.

Dawn Douthwaite, *S/V Discovery*



# GULF SAILOR

## Innovation In The GYC

While enjoying the May long weekend with GYC Island members at Telegraph Harbour I was very impressed with Bruce and Adele's innovative ideas for *Perspective*.



First to catch my eye was the step that hooks on the toe rail. Toe rail steps are not new to GYC and there are several boats with them but this one is quite different. It not only provides a large platform to step on, but it folds flat for storage. ☺

The second innovation is something that I have mentioned to a few members as an essential piece of equipment that everyone should have for emergency use. It is an outboard motor mount that attaches to the boarding ladder on boats with a sugar scoop stern. As I now own a Hunter I will be making one of these mounts ASAP. The simplicity and ease of use in Bruce's design is elegant. Adele says having the mount was a life saver when they had to get out of the way of a ferry on a recent trip.



Glen Mitchell,  
S/V Tango



The final innovation is by Eleanor Vandergaag who has made some lovely soft face masks with an anchor design. I have received multiple comments liking the mask as I wore it around Nanaimo. When I said I would like the mask and a basket which she was selling she said no problem but I had to wait until she made a men's size mask. Much to my surprise, that evening at the happy hour, she was very gracious and gave both to me as a boat warming gift. Thankyou Eleanor.

So GYC, keep innovating and sharing your ideas. A simple thing that works for you might be just the great idea that someone else is looking for.

## What will Two Weeks in Quarantine be Like? I Wondered

I thought it might be like two weeks in Desolation on my boat. But I was wrong. And I thought I'd hate having nothing to do, but surprisingly I was wrong about that too!

I had to be in Germany recently and after coming back to Canada I had to do a few things like get tested, endure a mandatory government-approved hotel stopover and then quarantine for 14 days. No moans and groans though – these measures are certainly part of the reason why we are, overall, in pretty good shape. Doesn't sound too hard to deal with? Or so I thought...

Won't it be interesting to find out how I feel when I'm not allowed to leave my house – no hike, walk or bike ride to get some exercise. And Save-on-Foods and Home Depot will have to survive without me for now! Sounds a bit like being single-handed in Desolation Sound or the Broughtons for two weeks I thought...except that being at home means I can still get Amazon to deliver toys whenever I want (boys and their toys!).

So, here is what I found out by Day 9 of my quarantine. Overall, it's okay and definitely manageable as I have a good supply of food, drinks and chores. I have the luxury, of course, of staying at my house in Squamish where I have a nice yard, a view of The Chief, and plenty of opportunities for creating new quarantini cocktails at happy hour(s) (as in more than one). I'm getting stuff done at home that I've been putting off for quite a while: I started a new furniture project in my workshop, had time to fight the weeds in my lawn and reorganized my linen closet...(well, maybe not really that last one!).

There is one thing I really enjoy though, and that is waking up and knowing that there is NOTHING on the agenda for the day. NOTHING to think about except for what meal concoctions and happy hour(s) drinks I can come up with! The sunny/warm weather has been a definite bonus! I don't feel bored but I'm really missing Cristina. I love the view of the Chief I've got but I'm really missing seeing something, anything, else. And I can meet with friends on Zoom, but I'm really missing being with them in reality. And that's the difference to being on the boat in Desolation Sound: the beautiful scenery, always changing, the rocking of the boat in the waves, and, above all, the friends!

Off to clean the fridge now?! Five more days and I'm set free. Looking forward to seeing many of you soon!



Cristina Pow and  
Andreas Truckenbrodt,  
S/V Beautiful Day

# GULF SAILOR

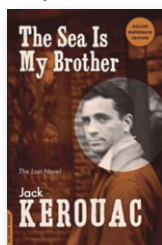
## Sea of tranquility: The sensational health benefits of sailing

Not that we GYCers need to be told – we know this instinctively. This article in *Boat International*, June 2018, documents the benefits of being on, near or in the sea dating back centuries – it's good for PTSD too!

Whether it's the negative ions in the air, potassium in the water, or the freedom from everyday life, being at sea is good for you, says Nic Compton.

"Wesley walked forward and breathed the salt-seeped wind deep into his lungs. He pounded his chest joyfully and waved the broom around his head, and since no one was around, he hopped around the deck like a gleeful witch with his broom.

This was it! That air, that water, the ship's gentle plunges, the way a universe of pure wind drove off the Westminster's smoke and absorbed it, the way white-capped waves flashed green, blue and pink in the primordial dawn light, the way the Protean ocean extended its cleansing forces up, down, and in a terrific cyclorama to all directions."



This is the young Jack Kerouac writing in his first novel, *The Sea is My Brother* (unpublished until 2011, when Penguin released it), drawing on his own experiences in the merchant navy in the 1940s. The detail of the broom aside (his character Wesley was a deckhand), it's a description anyone who has witnessed sunrise at sea will relate to.

There is something euphoric and elemental about being out at sea, the deep throb of the engines below, the determined progress of the boat forward through inhospitable and often dangerous elements, that makes us feel more alive than almost anything else on earth. At its best, it can sweep away the clutter of our daily lives and help us reconnect with who we really are. And recent research backs up this long-held instinct that the sea is good for our health, both physical and mental.

The benefits of being on, near or in the sea have been felt since ancient times. Both the Greeks and Romans used salt to exfoliate the skin and took baths in warm salt water to help them relax – what's now known as thalassotherapy, from the Greek word *thalassa*, for "sea", and *therapia*, for "treatment". Hippocrates and Herodotus were both fans, and playwright Euripides' character Iphigenia said: "The sea washes away the ills of humankind."

Much later, the 19th century French historian Jules Michelet echoed the sentiment: "The earth begs you to live; she offers you her best asset, the sea, to restore you." And Michelet also had like-minded contemporaries: the idea was taken to an extreme by French biologist René Quinton, who discovered the chemical make up of seawater is remarkably similar to that of human and animal blood. To demonstrate his theory, he drained as much blood from a live dog as he could without killing it, and replaced it with seawater. The dog not only survived, but its blood soon returned to normal. Although his

approach was radical, injections of seawater were used in the 1920s to treat nervous diseases in children and, later, skin infections, lumbago and obesity in adults. The practice carries on to this day – albeit in smaller quantities than those advocated by Quinton

The more lasting practice of sea bathing really started with the advent of coastal resorts in the 18th century. At the centre of this movement was Dr Richard Russell, from Lewes in East Sussex, who in 1750 wrote a treatise called *A Dissertation on the Use of Sea Water in Diseases of the Glands*, which explained how seawater could be used to treat "scurvy, jaundice, King's evil, leprosy and the Glandular Consumption". The book included recipes for potions with ingredients such as cuttlefish bone, crab eyes, woodlice, viper flesh and syrup of violets, all to be imbibed with several pints of salt water.

Russell was also a great advocate of "cold bathing in the sea" to treat scurvy, madness, bites from mad dogs, and impotency "arising from the immoderate use of venery" (ie, too much sex). Three years after his book was published, he opened a health spa by the sea in the nearby fishing village of Brighthelmstone with the express purpose of promoting sea cures and sea bathing in general. The young Prince George (later King George IV) was one of the visitors and was instrumental in transforming the former shining town of Brighthelmstone into the modern coastal resort of Brighton.

Despite the sometimes wacky theories of early pioneers, subsequent research proved the sea really does have a restorative effect on both body and mind. Its high levels of salt (3.5 per cent) and potassium (1.1 per cent) encourage healing, which can cure skin complaints such as psoriasis, while its magnesium content (3.7 per cent) helps the skin retain moisture and become more flexible. A report by dermatologists in the Oxford-based medical journal *Skin Research and Technology* confirms that seawater is good for dermatitis, while researchers at the University of Alicante have recently demonstrated that it boosts the immune system and guards the body against viruses and bacteria.

The healing properties of seawater – or at least a particular type of Mediterranean seawater – are so powerful that one London health club has taken to transporting the stuff 1,500 miles across Europe for the benefit of its wealthy clientele. The South Kensington Club has arranged for a fortnightly delivery of 25 tonnes of seawater from the base of Sicilian volcanoes to fill its "watsu" pool. Celebrities such as the Delevingne sisters, Cara and Poppy, Alexa Chung and Pippa Middleton are said to be among the club's aquatic clientele.

Being by the sea also helps our brains function better. Sea air is full of negative ions that increase the body's ability to absorb oxygen, which in turn makes us feel more energised. Negative



# GULF SAILOR

ions also help balance the body's levels of serotonin – the chemical that controls mood – to guard against depression. There are also theories that the colour blue is intrinsically calming, that the twinkling patterns made by the sun's reflection on the sea is somehow soothing, and that the repetitive sound of waves breaking makes us feel more relaxed. According to Orfeu Buxton, associate professor of biobehavioural health at Pennsylvania State University: "These slow, whooshing noises are the sounds of non-threats, which is why they work to calm people. It's like they're saying: 'Don't worry, don't worry, don't worry.'"

Russell's pioneering concept of swimming in cold water, reinvented as wild swimming, has also gained a new following. Its 21st century proponents claim that immersing the body in cold water acts as a mild "stressor" that triggers a rush of adrenalin and activates the immune system. The adrenalin makes us feel more "alive" and acts as a natural painkiller by diverting our attention away from our aches and pains. Research by Nasa has shown that regular swimming in cold water brings down blood pressure, reduces cholesterol levels and encourages healthier distribution of fat. It also suggests that wild swimmers might have better sex lives, since splashing around in all that cold water apparently increases the levels of testosterone in men and oestrogen in women.

The sea, then, is good for us. But what about enjoying it from a yacht? There are some obvious physical benefits. Just moving around a boat at sea forces you to use a whole host of muscles you might not normally use in order to counteract the movement of the waves (a yacht is the world's most expensive power plate). And even if you're not involved in operating the boat, the leisure activities you're likely to partake in, such as swimming, waterskiing and windsurfing, are more healthful than on a land-based holiday.

More subtle perhaps are the psychological benefits of sailing. Being at sea provides an opportunity to take a break from the demands of 21st century life. Time becomes more elastic and you measure your routine by the sunset, sunrise, and phases of the moon. Turn your smartphone off and you can get into a natural rhythm of the sun, the stars and the sea.

Recently, sailing has been used to help war veterans suffering from post-traumatic stress disorder (PTSD). The Falmouth, UK-based charity Turn to Starboard was set up in 2012 by a former RAF medic, Shaun Pascoe, himself a veteran of the Afghanistan conflict who was invalided out of the air force with PTSD. The organisation was gifted a 28 metre

schooner by the Prince's Trust, which, in 2016 and 2017, sailed around Britain crewed by war veterans.

"The effects of sailing are quite profound," says Pascoe. "You're taken away from land and reminded that there's a big wide world out there. And suddenly your problems become smaller. On a practical level, you don't have a phone on you, no email, no car key in your pocket – nothing to remind you of your day-to-day worries."

Researching my book *Off the Deep End: A History of Madness at Sea*, I came across hundreds of cases of sailors who had lost their minds, sometimes due to dramatic events, such as injury, shipwreck or starvation, but more often because of mundane personal issues, such as bereavement, unrequited love or difficulties at work. The reasons people go mad at sea seem mostly the same as the reasons people go mad on land – except that the sea acts as a lens to magnify their troubles. When you're out at sea, there really is no escape, and you either deal with your problems or become consumed by them.

One of the most moving stories I came across was about one of Turn to Starboard's own instructors, Dan Fielding. By 2015, 11 years in the Royal Marines, including stints in Iraq, Northern Ireland and Sierra Leone (four times), had taken their toll. He soon qualified as day skipper, then yachtmaster and instructor. In 2016, he took part in the Round Britain Challenge as first mate, and the following year came back – this time as skipper. From nervous wreck to skippering a 28 metre yacht on a 2,000 mile journey around Britain in the space of just two years, his transformation was complete.

"I don't think I'll ever get over my PTSD," he says. "I've learned how to manage it, but I'll never lose it. Sailing gives me a little respite. When I'm on a boat, I leave everything behind on land. The moment the engine's switched off, and the sail fills in with a kick, I get that amazing feeling; being pushed along by the wind, hanging there in the natural elements. It's what keeps me grounded – I couldn't be without it."

Which brings us back to Jack Kerouac's description. For, whatever the scientific basis, it is the sheer physical sensation of being at sea that creates a special kind of magic. We feel it in the soles of our feet, as the passing of the waves is communicated through the movement of the ship, and we feel it in our lungs, as all those negative ions flood into our body. That physical sense of well-being is translated into a psychological contentment that is almost child-like in its simplicity and immediacy. We are being rocked into happiness.



Nic Compton is a writer/photographer who writes about and photographs all things nautical. After an idyllic childhood on boats in the Mediterranean he completed his formal education in the UK before working as a journeyman shipwright for several years. He eventually wound up working for Classic Boat magazine, where he became deputy editor and then editor before giving it all up to go freelance. Nic writes books about boats, sailors and the sea (with the occasional foray into economics). Since then he has travelled the world as a writer/photographer, contributing to a variety of magazines, and has written 18 books, mostly about boats. He recently added an MA in Global Political Economy to his earlier degree in English and study of Journalism at City University, going on to co-write two books about economics. He currently lives by the River Dart in Devon, UK, from where he sails a 14ft wooden skiff.

# GULF SAILOR

## Heads-up Anne and Ken!

A short aside at the end of an article in an old edition of *Currents* produced by BCA should be essential reading for anyone thinking about heading down the coast.

I'm sure Ken and Anne are well aware of all this, but I think maybe some of us armchair cruisers will find it interesting to know what they are facing. The article, *How to Sail to Mexico from the Pacific Northwest*, by Rob Murray, in *Currents*, the Bluewater Cruising Association magazine, was published back in February 12th, 2020 and discusses the three widely recommended passage plans to get south:

**The 'big jump':** head out southwest until you are 60~80~100 miles offshore, turn to a near due south heading and maintain that until about 100 miles north of San Francisco, and then turn to a southeast heading until arrival. For sailing vessels, this is usually a trip that must be accomplished primarily under sail, as the 700 to 800 miles it entails exceeds the motoring range of most sailboats

**The 'two-step':** head out to perhaps 15~25 miles offshore and proceed south, diverting to Crescent City or Eureka (some 400-500 miles from Neah Bay) for a rest and refueling stop. Ensure you have a good weather window to get around Cape Mendocino (~80mi from Crescent City, ~20mi from Eureka) and take the next leg to San Francisco (325-375 miles) when the weather permits.

**The 'lindy-hop':** Even though we enjoyed good weather windows and smooth seas, the effect of this passage was evident. For example, we left with a new box of corn flakes in a locker below and didn't open it on the trip. When we did open it in Southern California, we found the flakes reduced to dust by the constant motion.



Suzanne Walker,  
Editor, S/V White Wolf

I found this all very interesting but what particularly caught my eye, and even raised my eyebrows, was this little paragraph at the end of the account. The author transited the coast southbound on their Beneteau First 435, *Avant*, in August and September of 2013. It took them 27 days, starting with the Two Step but changing to the Lindy Hop because of the weather. Even though they had what they considered to be an 'easy sail', his account serves as a warning, at least it does for me.

*Even though we enjoyed good weather windows and smooth seas, the effect of this passage was evident. For example, we left with a new box of corn flakes in a locker below and didn't open it on the trip. When we did open it in Southern California, we found the flakes reduced to dust by the constant motion.*

A picture might be worth a thousand words, but being a cornflake fan from way back, these few words paint a hugely vivid picture of the challenge ahead of Ken and Anne. I guess they'll need to store theirs in a swinging hammock in the galley!



### May Virtual General Meeting Minutes Cont. from p.13

thanked Nick for the kind words. Adele thanked Suzanne for the picture of their boat at Portland Island and noted that Bob Hamelin told them about Portland and it has become a favourite destination.

**Commodore •** No report.

**Business Arising from the Reports •** None.

### Door Prize Draw

- Glen drew one more door prize, first drawing *Kiwi Kruza* who were not present. The second draw was *Naida*, Ken and Anne.

### NEW BUSINESS –

- George Paget reported on a great trip sailing up Indian Arm last Saturday. It was not crowded until he returned to Deep Cove to anchor for the night. On the way home he anchored in front of 3rd Beach and enjoyed the exotic location.
- John Laing informed us of a little-known requirement to quarantine after essential travel outside your health

zone. He and Karen had to travel to Vernon and on their return to the Island they were informed by the Island Health Authority of this need to quarantine. Members can call 811 for clarity.

- Glen Mitchell reported that he has purchased a Hunter 35.5 named *Tango* that was previously moored at Salt Spring Island.

**Motion to Adjourn** by Robert Sinkus. Carried.

**Meeting adjourned** 20:08 hrs.

### Presentations:

- Passport to Adventure - How Bluewater Cruising Association Supports Cruising Dreams, by Ken Buckley and Anne Trudel.

**Minutes prepared** and respectfully submitted by Ken Buckley, Hon. Secretary, S/V *Naida*.





# GULF SAILOR



## Minutes

of the Virtual General Meeting,  
May 10, 2021

The meeting was called to order at 19:33 hrs by Commodore Chris Stangroom.

### COMMODORE COMMENTS AND WELCOME

- Commodore Stangroom described some recent great sailing days and pleasant anchoring in East Bay where it was calm overnight. She and Ragnar circumnavigated Keats Island under sail and as they came across the bar in front of Gibsons Elaine James called on the radio to say hello.

**Motion and Second for The Minutes of the previous meeting** Moved by Miles Walker and seconded by Glen Mitchell. Carried.

**Business arising from the Minutes of the previous meeting** • None

### Door Prize Draw

- Glen drew *Knotsure* and then *Contender* before getting to a member who was present when he drew *Renewal*. Doug reported that Jaimie won a \$50 gift certificate to Martin Marine.

### REPORTS OF OFFICERS:

#### Executive Officer –

- Pat reported that 46 members were present. She has new burgees available for \$26.

#### Treasurer –

- Glen reported the Savings account has \$4,124 and the Chequing account \$15,692 for a total of \$19,816.
- The move of the bank account from Scotia Bank to Coast Capital Savings is on hold due to covid.
- There was discussion of whether the Treasurer's report needed to be voted on. A vote was conducted and the report adopted though after the meeting Phill Little informed the Commodore that a vote was not required and apologized for the error.

#### Fleet Captain –

- Robert reported that everything is on hold until the current health order expires on May 25. The Executive is meeting May 26 to decide on the June cruise. It is possible the destination will change from Bedwell Bay.
- Robert reminded everyone the May cruise to Telegraph Harbour May 21-24 is cancelled.
- The Barkley flotilla plans are also currently on hold, but please contact Andreas, John Dixon or Robert to get on the GYC Flotilla WhatsApp group specifically for extended cruises like Barkley and the fall Extreme Scream.

**Hon. Signals Officer** • No report.

**Council of BC Yacht Clubs** • No report.

### Door Prize Draw

- Glen drew *Hale Kai* and Doug awarded Paul and Julia a Martin Marine \$50 gift certificate.

### Executive Officers Present:

|                   |                    |
|-------------------|--------------------|
| Commodore         | Christie Stangroom |
| Vice-Commodore    | John Dixon         |
| Fleet Captain     | Robert Sinkus      |
| Staff Captain     | Doug MacLeod       |
| Hon. Secretary    | Ken Buckley        |
| Hon. Treasurer    | Glen Mitchell      |
| Executive Officer | Pat Costa          |
| Past Commodore    | Darlyne Farrell    |

### Absent:

Signals Officer Andreas Truckenbrodt

### Other Officers:

Gulf Sailor Editor Suzanne Walker

### Staff Captain –

- Doug joined from Bowen Island again. The presentations to date have been good, Ken & Anne are presenting tonight on the Bluewater Cruising Association and Lorraine de la Morandière will present in June on Burgoyne Bay.
- Please consider suggestions for fall presentations. If something interests you it will interest other sailors too. In the past there have been presentations on first aid, provisioning, and sailing adventures both local and exotic.

### Secretary –

- Ken reported that rosters have been mailed out and should have been received. There are still some extra copies available for purchase at \$10, get them while they are available.

### Vice Commodore –

- John reported that we are the only club without liability insurance and while we have not had an issue for 55 years he has been told we've just been lucky. He has quotes for \$1M liability at \$1750 per year and \$2M for \$2250 per year. The broker, James MacDonald, recommends \$1M coverage which is about \$30 per member. In response to some questions John received he noted that this liability covers different events than the liability insurance we each carry for our boat. In order to serve liquor at the Maritime Museum we would need to carry \$2M liability as required by the city. John is happy to receive any other questions regarding the insurance.
- John will make a motion at the next meeting and is looking forward to having a vote and bringing this issue to a resolution. The insurance can be in place shortly after the vote (assuming that is the outcome) but due to timing of the next meeting it would not be in place for the scheduled June cruise.
- Robert Sinkus thanked John for his work on this topic for the past year.

**Past Commodore** • No report.

**Gulf Sailor Editor** • No report.

- Nick Palmer noted that Suzie does an amazing job on the newsletter and must never stop sailing. Suzie

*May Virtual General Meeting Minutes Cont. on p.12*

# GULF SAILOR



General Meetings

begin at 7:30 pm

**All meetings are Virtual until further notice.**



Executive Meetings

begin at 7:30 pm

## GYC Cruise and Meeting Schedule 2021

**Cruises and in-person meetings will proceed only if Provincial Health Regulations change.**

| Month         | Event/Meeting Dates | Event and Cruise Location  | General Meetings/Notes<br>MONDAYS |
|---------------|---------------------|--|-----------------------------------|
| December 2020 | Dec 31-Jan 1        | New Year's Cruise: Snug Cove   |                                   |
| January 2021  | 11                  | AGM and General Meeting: Virtual   | Jan 11                            |
| February      | 8                   | General Meeting: Virtual   | Feb 8                             |
| February      | 13-14-15            | <b>FAMILY DAY CRUISE: CANCELLED</b>  | S/S/M                             |
| March         | 8                   | General Meeting: Virtual   | Mar 8                             |
| March         | 20-21               | <b>SHAKEDOWN CRUISE: CANCELLED</b>   | S/S                               |
| April         | 2-3-4-5             | <b>EASTER CRUISE: CANCELLED</b>  | F/S/S/M                           |
| April         | 12                  | General Meeting: Virtual   | Apr 12                            |
| April         | 24-25               | <b>SAILPAST: CANCELLED</b>   | S/S                               |
| May           | 10                  | Pub Night: <b>CANCELLED</b>  | * May 10                          |
| May           | 21-22-23-24         | <b>VICTORIA DAY CRUISE: CANCELLED</b><br>Telegraph Harbour Marina, Thetis Island | F/S/S/M                           |
| June          | 11-13               | <b>SUMMER CRUISE: CANCELLED</b>  | F/S/S                             |
| June          | 14                  | General Meeting: Virtual   | June 8                            |
| July          | 2-3-4               | <b>CANADA DAY CRUISE: Smuggler Cove</b>  | F/S/S                             |
| July          |                     | <b>BROUGHTONS-DESOLATION CRUISING</b>  | WhatsApp                          |
| July/August   | July 31/Aug 1-2     | <b>BC DAY CRUISE:</b><br>Squirrel (Northern); Montague (Southern)                | S/S/M                             |
| August        |                     | <b>DESOLATION CRUISING</b>   | WhatsApp                          |
| September     | 4-5-6               | <b>LABOUR DAY CRUISE: Newcastle Island</b>                                       | S/S/M                             |
| September     | 13                  | Pub Night: TBA   | * Sept 13                         |
| September     | 24-30               | <b>EXTENDED FALL CRUISING</b>  | WhatsApp                          |
| October       | 1-2-3               | <b>FALL CRUISE: Port Graves/Gibsons</b>  | F/S/S                             |
| October       | 18                  | General Meeting: Virtual   | Oct 18                            |
| November      | 8                   | General Meeting: Virtual   | Nov 8                             |
| November      | 20                  | <b>AWARDS DINNER DANCE: RVYC</b>   | Nov 20                            |
| December      | 14                  | <b>CHRISTMAS SING-ALONG: Virtual</b>   | Dec 14                            |
| December 2020 | Dec 31-Jan 1        | New Year's Cruise: Snug Cove   |                                   |

Information may change as the year progresses and conditions change.

\*Pub Night once that is allowed.

