

THE

# FAIRLEAD

NEWS FROM  
FRASER SQUADRON



APRIL 1986

VOL. 11

No. 10

## GRADUATION PARTY

DINNER, GRADUATION  
CEREMONIES,  
RECOGNITION OF  
SERVICE TO CPS,  
SWEARING-IN OF THE  
NEW BRIDGE  
AND DANCING

"EVERYONE IS  
WELCOME"!

TICKETS : \$17.50 PER PERSON  
THE  
DELTA TOWN & COUNTRY INN  
SATURDAY, MAY 10, 1986

BAR WILL OPEN AT 1800  
DINNER WILL BE SERVED  
AT 1900 SHARP.

THIS IS STUDENTS' NIGHT

( DETAILS INSIDE THIS ISSUE. )

## TREATMENT OF ANKLE SPRAINS

Spring always brings a revitalization to us all along with very common injuries of the ankle. They may occur from direct violence or the usual mechanism of indirect force.

An ankle sprain is a tear of the ligaments supporting the joint. The most common type is due to an inversion injury which may occur when you step on an uneven surface and you turn your foot inward. Stress is applied to the ligaments. With greater force, pressure is applied to the bones and a fracture can occur.

Turning the foot outward or an eversion injury causes pressure or stress on the ligaments or bones inside or the medial aspect of the ankle. If additional stress is added a supramalleolar fracture or separation of the lower fibial or fibular epiphysis may result. The epiphysis is very important in the growth of a child.

When an ankle injury is suspected use a pillow to splint it. Fold the pillow in half crosswise and supporting the ankle, tie the pillow in place. Elevate the limb and apply ice to the area to decrease the swelling.

Do not give the person anything to eat or drink, in case a fracture requiring surgery is involved.

If you have a tensor bandage, you can gently apply the tensor for splinting and to decrease pain and swelling. Do not weight bear.

Often people take sprains lightly, not understanding that in severe fractures and dislocations the arteries supplying the foot can be injured and the tendons can be torn from their positions.

X-rays are required to evaluate these injuries.

You can expect your ankle to heal in 6-8 weeks if it is a usual fracture. If it is sprained, healing time is sometimes less. The consequences of a poorly treated injury are severe.

Epiphyseal separation results in growth disturbances and ankle deformities requiring surgery later.

Malleolar fractures not properly reduced cause permanent widening of the ankle joint. Traumatic arthritis is the final outcome.

With care, concern and respect of your injury complications need not occur. See your Doctor and follow medical advice.

Cheryl Gaudet



### FROM THE BRIDGE

It seems just a short while ago I sat down to write my first message from the Bridge, and now, it's time to write my last message. Many things have happened in the past months and more coming up. Firstly, Boating, Elective and Advanced classes are almost complete with excellent results coming back for most of the courses. Secondly, we have word that we will have a new Membership Roster this year. It's supposed to look better and be out by June 15. Other upcoming events are:

- Fraser's Annual General Meeting, April 25 at which we officially "Rail Road" our new Bridge.
- Fraser's Graduation & Change of Watch, May 10. On behalf of our Bridge, I would like to extend a cordial invitation to all our students, members and their spouses and families to join us.
- Pacific Mainland District's Annual General Meeting is coming up on May 31 at the Royal Vancouver Yacht Club. A high light of the event will be a tour of the Expo site aboard several large R.V.Y.C. vessels. Costs are as follows: Lunch & Cruise \$10.00, Dinner \$32.50 Please contact me at 277-4924 before May 15 for details and reservations. Also a large contingent of USPS District 16, will be coming up and in need of a bed. Anyone with a spare bedroom for May 30 and 31, please contact me.
- A gigantic Expo Sail Past will be held July 19-21, we will need to have names of vessels attending by no later than May 1.
- The CPS booth at Expo requires volunteers from Aug. 18-24. People may be required to man the booth up to 6 hours, 2 or 3 days. Anyone interested, again please contact me.

Cdr. Martin Hoffman.

### TRAINING DEPT. NEWS

Exams are underway and so far the results are:

BOATING - only two classes results are available - 45 passed and 6 failed.

WEATHER - 11 wrote and all passed.

SEAMANSHIP POWER - 13 wrote and all passed.

SEAMANSHIP SAIL - 7 passed and 1 failed.

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EASTER CRUISE - No interest was shown so the proposed cruise to Pitt Lake was cancelled.





## THE MARCH SOCIAL

Capt. John Armstrong, Port Captain for Seaspan International, Canada's largest towboat company, was the guest speaker at the March 21st meeting. Eighty-five people enjoyed a well presented slide show and talk by Capt. Armstrong who enlightened our knowledge of tug boat procedures on our coast.

The error of running between tug and tow has entrapped pleasure craft more than once! Always keep in mind that barges are unreliable as to manoeuvrability because they have no steering capability. The tug, therefore, cannot anticipate the barges' movement especially when slowing down. The barges often will follow on a zig-zag course rather than directly behind a tug. The problem worsens when a tug is towing more than one barge because, contrary to common belief, barges towed in tandem are on separate pendants from the main towline. They are not short coupled to the barge in front except in very confined waters.

In our coastal waters, a trailing line for emergency pick-up is only used on barges carrying a dangerous cargo such as chemicals. An orange scotsman is attached to this line. A bright yellow sign is attached to the stern of a barge carrying dangerous cargo. The main towline is extremely strong (490,000 lbs. breaking strength) so it hangs almost straight down from the tug usually to about 10 fathoms in local waters. Note that other companies may use different procedures for trailing lines. A normal distance between tug and barge is 2500 feet. A wise skipper always gives a wide berth to these work horses of the seas.

Linda Nixon.

### SALMON CHOWDER

2 cups canned or home-cooked  
salmon (16 oz. can)  
1 cup diced potatoes  
1 cup stewed tomatoes or  
tomato sauce  
1/2 cup sliced onions  
1/2 teaspoon celery seed

2 cups boiling water  
1/4 cup butter  
1/4 cup flour  
2 cups milk  
2 teaspoons salt  
1/4 teaspoon pepper

Place salmon with liquor from can in a saucepan; add potatoes, tomatoes, onions, celery seed and boiling water; bring to boil, reduce heat and simmer about 20 min. or until potatoes are tender. Make a white sauce of butter, flour and milk; add to salmon mixture and heat; add seasonings. Garnish each serving with chopped parsley if desired. Makes about 6 servings.



## NOTICE TO MARINERS - Some important changes and people.

In the past month a few important changes have been reported in the Notices to Mariners. They are in areas familiar to us and may go unnoticed until it's too late. For one, the range lights in Nanaimo Harbour have been discontinued (N/M #11-244). Nothing is said about a replacement navigation aid so for those planning a trip to Nanaimo, use caution or contact the Port Captain in Nanaimo for his guidance. Added to the above, the Spar Buoys have also been changed and re-numbered. Over in Horseshoe Bay Harbour, a Flashing Red (3) Light has been located on Grebe Islets (N/M #11-246). It's on a round white tower with a red band and located on the S.W. on the islet. In Queen Charlotte Channel a Flashing Red Light has been located on a similar tower on the Drying Rock off Bird Islet. There are of course many more changes, many in and around the Vancouver Harbour and Expo site and all are important for your boating safety. If you do not get the notices I urge you to do so. Application forms will be available at the social evening, and I will have all the Notices there for you to look at, discuss or whatever. Please come over and spend a minute or two. Also, the Special Chart #1986 for Expo will be laid out for discussion before the meeting and during the breaks.

And what does Herb do when not eating hamburgers? Herb buys charts! There he was yesterday in the marine store, burger in one hand dripping juices everywhere, charts strewn all over the shop, and the store clerk steaming like a Big Mac too long on the Heat Rack. As a helpful Squadron Officer I offered a good suggestion (certainly not my hand). If only Herb had our "Chart Card" !!!!

Lt. Larry Terrick  
Marep/Safety Officer.

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## WHAT'S HAPPENING

The weather class predicted a good evening to get together and show their appreciation to Tony Merry, weather instructor, for sharing his valuable instruction and dedicated time.

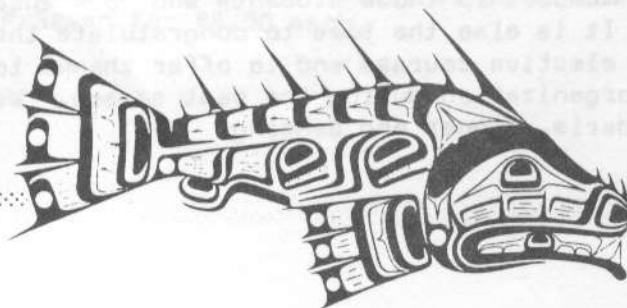
The students with some help from spouses or escorts took their time to share a "Pot Luck Supper" with Tony and his wife.

The event turned into a pleasing affair and was successful in displaying gratitude to Tony.

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A similar party was held at the home of Boating students Carol & Eric Stewart with other students to thank their instructor Brian Smith and his proctors, wife Lindsay, Joanne Llewellyn, Gerry O'Neil and John Grabher.

The food, gifts and very humorous limericks written and read by the students about the course, classroom instructions, etc. were very much appreciated by all.



## FRASER'S ANNUAL GENERAL MEETING

April 25, 1986.

The speaker will be Peter Chettleburgh, author of "An Explorer's Guide to Marine Parks of British Columbia." We will have a quantity of books for sale, as well as a few for door prizes. Peter will have slides to show, and will answer questions about the Marine Parks. This is a good opportunity for all boaters to come and find out where the best places are to anchor or find mooring buoys, where to go in case of a storm, etc. P.S. Bring a student or a friend!

THE PLACE - The Delta Town & Country Inn, 6005 #17 Hwy., Delta, B.C.

THE TIME - The bar opens at 1930 and the program starts at 2000.

THE COST - The admission fee of \$2.50 per person covers the cost of sandwiches and tea or coffee served at the end of program.

WHO MAY COME - All members of any CPS Squadron, their family and friends, as well as Boating Class students and their families are welcome.

DRESS - Very casual dress is just fine.

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## VICTORIA DAY CRUISE TO THE OTTER BAY FISH FRY

Tickets must be obtained prior to the event to be held on May 18, 1986. They will be available from Cruise Master Del Dash at the April social evening, if any are left by that time. Better still, phone Del 685-8820 to ask him to hold the tickets for you. The cruise itinerary will be: Friday night, May 16 at Montague Harbour (Galiano Island) and Saturday night and Sunday at Otter Bay (North Pender Island). The Fish Fry is on Sunday May 18 and this can be attended by persons travelling by the B.C. Ferries' Gulf Islands runs which are suitably scheduled to suit the main events. However, to save time, ferry passengers can get off at Sturdies Bay (Galiano Island) where CPS boats will be waiting to transfer them to Otter Bay. After the feast, a short walk to the Otter Bay ferry terminal and a scenic trip home will complete a day of eating and entertainment!

## THE GRADUATION PARTY MAY 10, 1986

The dinner will feature chicken cordon bleu and, after the ceremonies, we will dance to taped music.

Tickets at \$17.50 per person are available from instructors and members of the Bridge (executive) including Admin. Officer Verna Payne (946-9692). Tickets will NOT be sold at the door. Please arrange for your tickets before May 6th so that catering can be confirmed with the Inn.

Location: The Delta Town & Country Inn, 6005 No. 17 Hwy., Delta. (The entrance is from River Road beside the Shell gas station).

This annual party gives our members and friends an opportunity to welcome into CPS membership those students who have successfully passed the Boating Course. It is also the time to congratulate the graduates from the advanced and elective courses and to offer thanks to the members who have served our organization during the past season. We hope everyone will enjoy the camaraderie, dinner and dancing!



### COMING EVENTS

April 25, 1986 - Fraser's Annual General Meeting with guest speaker Peter Chettleburgh.

May 10, 1986 - The Graduation Party - Note that this is on a Saturday night and will take the place of a social evening in May. There will be no more social evenings until September.

May 11th - May 18th, 1986 - EXPO 86 - SEARCH AND RESCUE WEEK

Search and Rescue Week at Expo '86 is intended to provide a forum for the display of new technology, utilization of the latest equipment and discussion of the topics which concern people whose responsibility is the saving of lives at risk.

A wide variety of events, displays and lectures will guarantee that the experience will be educational, relevant and enjoyable. Entertaining and competitive events are planned to provide some diversion. Your participation is encouraged and we look forward to seeing you.

May 16 - May 18, 1986 - Victoria Day Cruise to Otter Bay Fish Fry.  
Details elsewhere in this Fairlead.

June 7th & 8th, 1986 - Burrard Squadron's 7th Annual Women's Cruise.

Burrard Squadron's 7th Annual Women's Cruise is open to all PMD women members and female guests. Rendezvous - June 7 Camp Artaban  
Cost \$20.

Call: Marion Monk 299-2383  
Dianna Kent 942-7624

June 27th to July 1st, 1986 - Canada Day Cruise to Rosario.

August 29 to 31, 1986 - Labour Day Cruise to Howe Sound.

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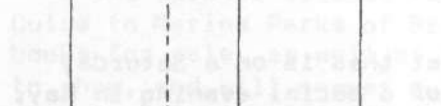
### BARGAIN ON PAINT

The Hometown store in North Vancouver only is offering a 20% discount on Interlux topside and bottom paint during March and April. This applies to any CPS member who can show a current membership card.

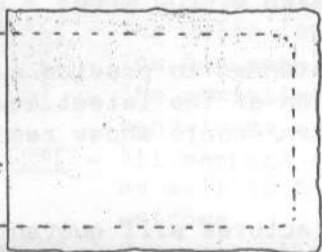
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### FRASER BURGEEES

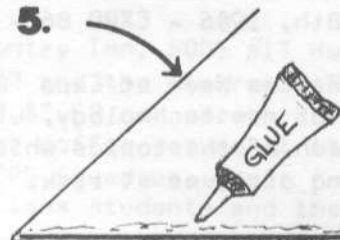
The new burgees 25.4 cm x 38.1 cm (10" x 13") are now available from Supply Officer Ron McBryan for \$8.00 each.



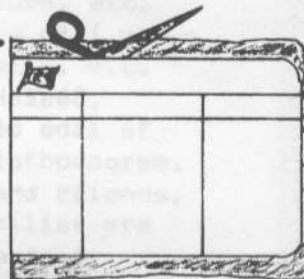
**STIFF CARD  
PAPER**



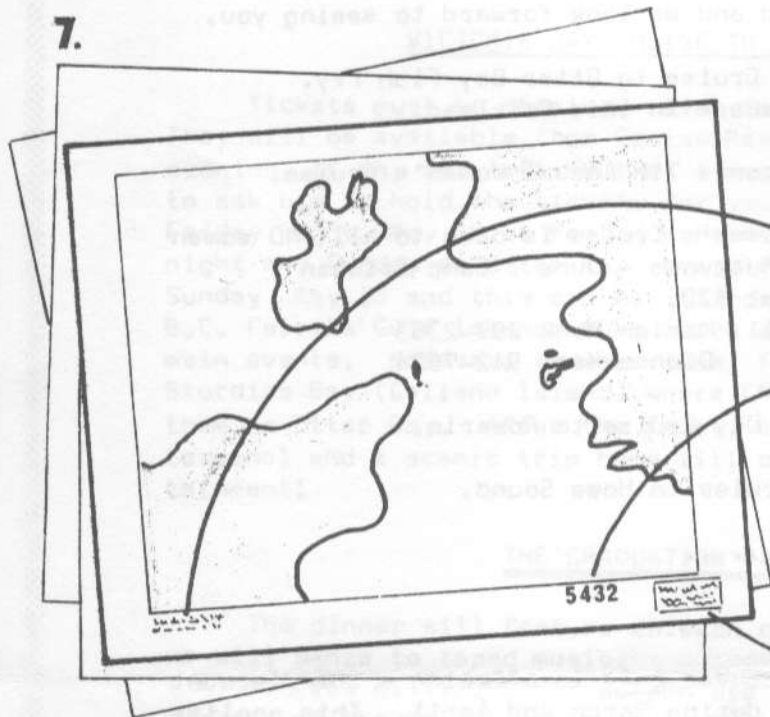
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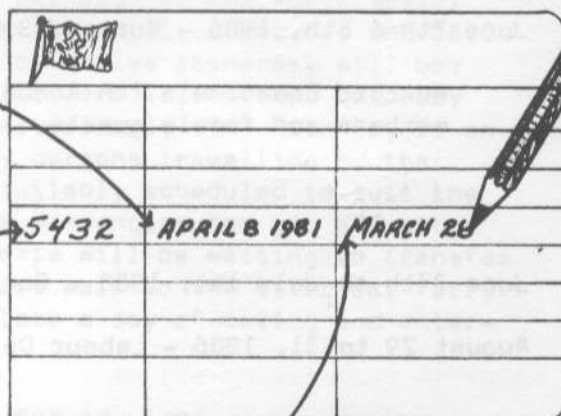
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