

Upcoming Events

• Christmas Bash December 13

Also see

http://
collinsbaymarina.com/
cbyc/social/

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Collins Mixer

Collins Bay Yacht Club Newsletter



191

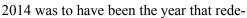
COMMODORE'S CORNER

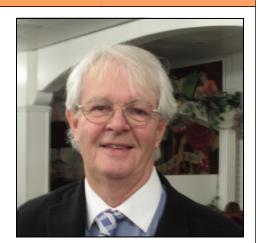
NOVEMBER 2014

Year End 2014

It has been my honour to represent and be the Commodore of the Collins Bay Yacht Club for the past 18 months. I have been lucky to have a great executive team to work with and very much appreciate all their hard

I will be remaining on the executive as Past Commodore. Jacques, Glenda, Lionel, Todd, and Chuck, are stepping away from the executive. Join me in thanking them for their time and enthusiasm.





fined us as a not-for-profit organization in the eyes of the government. The drop dead date was supposed to have been October 17 when all submissions needed to be made. However; our accepted participation in the Shells and Sails program this year allowed us access to their lawyer who is very familiar with Ontario's *Not-for-Profit Act*. I attended an on-line presentation which highlighted again the requirements of the Act. However; Mr. McGuinty decided to leave politics and the election which followed sidelined the changes indefinitely.

Our participation in the Shells and Sails program measures us against province wide standards of best practice. Our sailing school garnered a 4 rating which is great. We have not completed the Club measurement survey yet. Shells and Sails will be requesting that we try to complete this in the next year.

Our Sailing School has been taken to the next level by James and Heidi. They moved us into the 21st. century using social media to stimulate interest in our School and sailing programs which were expanded to include Friday night dinghy sailing (read racing)!

Our race fleet grew slightly although cooler spring weather slowed the interest. The race committee continues to work to invigorate the program.

Although we had individual cruise organizers this year there was no official cruise chair. However; Lionel stepped up and filled the gaps needed to complete a successful cruising season. We're still looking to fill the positions of Social and Cruise Chairs for the 2015 season. We need your help! Call or talk to anyone on the executive if you want to volunteer or find out more. Thank you to all the volunteers who stepped up on various initiatives this year.

Respectfully submitted

Lee Baker Commodore (retired)

YEAR END REPORT

The Marina saw just under 100 reciprocals and transient boats this season, which was down from 2013, most likely due to the cold spring which showed a decline in boat traffic on the lake.

We continue to support and encourage the many new Marina patrons to join CBYC for both the cruises and the racing program. We believe that CBYC is an integral part of Collins Bay Marina. The Marina will be acquiring a few more picnic tables



for the 2015 season, which should help with seating for the CBYC events held on the lawn!

The Marina welcomed a new crew member, Dave Redford. Dave has been a great addition to the crew, helping keep things running seamlessly.

The Marina purchased a lake weed cutter this past summer and has had great success in keeping the Marina weed free.

The Marina with the help of CBYC members constructed a beautiful gazebo with a flagstone base which will be the center for the morning coffee. Benches have been installed and the crew have stained it, ready for use next season!

A new camera was installed this fall and is up and running with great colour and clarity!



Gerry is registered for the mobile crane apprenticeship training at Durham College for Jan 2015, the first part of the training is six weeks and will enable him to do emergency lifts when Henry is unavailable.

Lori, Gerry, Brittany, Caitlyn, Desiree & Elmo! Collins Bay Marina

From your Has Been Commodore – Lionel Redford (Knot Happening)

Well, for those of you who missed the Annual General Meeting, you missed a first for a long time! We held an election for Commodore!

Although Hans Mertins (our current Vice Commodore) (Moondance) had agreed to stand as Commodore, he also indicated some concerns about being able to fulfill the duties, as he lived out of town and expected to be away and unable to attend several meetings. Recently retired Al MacLachlan (now a Kingston resident) (Commotion) was nominated from the floor and received the majority of votes. Congratulations Al. Hans was not at the meeting due to a racing commitment in the Caribbean and though we all felt sorry for him that he couldn't be here in the cold it wasn't enough to pull out a win!

In a note to the meeting Hans indicated that he was willing to remain as Vice Commodore, however Claudia Stevenson (*Tamara C*) had also agreed to stand as a candidate for that position and another election ensued; Claudia received the most votes and will now be the Vice Commodore. Thanks Hans for your contribution as Vice Commodore for the past 2 years.

The rest of the line-up for 2015 is as follows:

Treasurer: Ghislain Trudel (*Pfarr Aweigh*)
Secretary: Sue Brown-Stevenson (*Legato 1*)

Race Chair: Dave DePlanche (Lei Line)

Cruise Chair: ??????

Membership Chair: Ed Nash (Bay Breeze)

News Letter: Robert Van Dyk & Marilyn Sykes (Day Dreams)

Fleet Captain: Angus Ferguson (Pandion)

House Chair: Bill Amirault (Sybarite)

Past Commodore: Lee Baker (Knot Happening)

Social Chair: ???????

Have you noticed that there are question marks showing on the line-up?

Yes, we need more volunteers to step up to the plate.

Both Cruise and Social Chairpersons need to be people who will be willing to delegate and coordinate the events that we intend to have next year . Particularly in the Social portfolio, we need to have a full committee to spread the work around to avoid "burn out" as we do have many successful events on our social calendar that we all enjoy. How about three or four people (two couples maybe) getting together and taking on this job? Only one would have to attend the board meetings and the workload would be reduced.

We do have a potential Cruise Chair but due to other irons in the fire they cannot give a definite answer on this question until December.

Please think about the Social Chair position and who you would like to team-up with to make this a great year to come.

Lionel Redford Past, Past Commodore The AGM has come and gone. A lot of work has now come to fruition. All proposed revisions to the Membership Clauses of the CBYC Constitution were approved at the AGM.

The main changes to the Constitution include:

- Adding another class of membership Sustaining Membership at a reduced rate (25% of Full Member fee) for Full Members who will not be launching and/or docking their boat at Collins Bay Marina for one or more seasons. This class is for those members who do not wish to join as an Associate member with related privileges, but wish to eventually return to the Club as Full Members without paying a new Initiation Fee.
- Defining "Family" for membership purposes and outlining which categories of membership are "Family" and which are "Individual" memberships.
- Explicitly stating the requirements for each Membership type.
- Clarifying membership options for co-owners of boat.
- Moving from a fee surcharge for late payment to a fee discount for early payment.
- Changing the fee due dates to May 15th to coincide with Marina timing and setting the final lapsed date to July 1st for fee payments.
- Eliminating the Grace Periods for Initiation Fee repayment and Membership Fee payment.
- Allowing Associate members who sit on the Executive to vote at the AGM during their term on the Executive.
- Clarifying the age restrictions for Youth Members and Family Dependents of Full, and Honorary Members.
- Clarifying the point at which Race Crew must become members of CBYC (defining an "Event").
- Dealing with changes in Family circumstances for Full Members (i.e., divorce).
- Adding Disciplinary Clauses.

All changes were in Sections 4, 5 and 6 of the CBYC Constitution. The updated Constitution is now posted on the website.

Again, many thanks to the other members of the Bylaw Review Committee (Dave Sansom, Marilyn Sykes, Robert vanDyk, David Athersych, David Johnston, Jacques Levesque) for their time and efforts to explore the options and repercussions of any changes, and to the CBYC Executive for their patience and support during the process.

I would like to especially thank Marilyn and Robert for researching and tabulating the Bylaws and Membership policies of many Yacht Clubs around the Lake. It was very helpful background information during the process.

At the AGM a new Membership Chair was named. After 4 years my time on the Executive has come to an end. Please join me in welcoming Ed Nash (Bay Breeze). It has been a pleasure.

Glenda Levesque
Outgoing CBYC - Membership Chair



AL MACLACHLAN (Commotion)

I started sailing as a teenager racing Albacores and other dinghy's at Frenchman's Bay Yacht club. That was a very long time ago.

Years later, Chris talked me into looking for a sailboat. We found one at Collin's Bay Marina and although we did not buy that particular boat, we fell in love with the marina and the yacht club at Collins Bay.

Chris and I bought a boat in Orillia named "Smyril" (an "Aloha" 27) and had it trucked down to Collin's Bay. Smyril was the boat Chris learned to sail on with me (and yes, we are still together, despite that). Then at a chili dinner about four years ago, we bought Commotion, a CS33 and have never looked back.

Over the past years we have enjoyed cruising, either alone or with other boats. We completed our "around the county" this year with friends, though with retiring and moving to Kingston from Carleton Place this past summer the boating was not as much as we would have liked, but there is always next year.

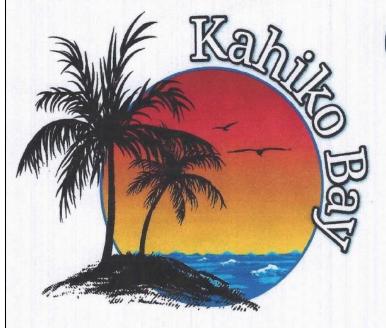
In addition to sailing, Chris and I are involved in the arts, Chris is a painter and teacher, I pursue photography, though again, never as much as we would like.



With regard to a way forward, a good start is for me to just listen. I cannot tell you that I have this immediate set of solutions in my mind that will provide all answers to everything including world peace at this time. Rather I can tell you that we have a strong executive that will act with the best interests of the Club in mind and be responsive to the needs of the membership. We are also counting on the membership to lets us know what their needs are.

Al MacLachlan
Next Season's Commodore

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- * Accessories including flip flops, water shoes, towels, beach bags, sunscreen/after sun, bathing caps, goggles, sarongs, sun hats, and swimwear cleaner.
 - * Kahiko Bay also has a selection of children's swimwear, rashguards, and flip flops.

INSIDE THE FRONTIENAC MALL

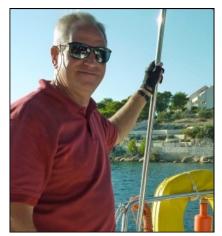
Unit F-13, 1300 Bath Road, Kingston, Ontario, K7M 4X4

Fleet Captain Annual Report 2014

The Marina hosted a terrific safety day on May 17th and many Club members took advantage of the displays. In addition, a total of 61 members participated in the international Ready, Set, Wear It! event to highlight the importance of wearing life jackets and PFDs. A total of 6,973 people, as well as 49 canines, participated this year in 175 events across the globe. This set a new life jacket world record!

June 7th was also a very busy day at the Club this year. The 2014 Sail Past was held on that day and prizes were awarded for best dressed boat and crew, and the best salute at the celebration dinner.

A First Aid and CPR course was held on the morning of June 8th which included instructions on how to use the AED units. Our two Automated External Defibrillators (AED) were checked by St. John Ambulance representatives and found to be in good working order.



As a further safety measure, the Club has purchased an epipen for anyone who might need it in an emergency. It is located in the Marina office.

We see that many new private mooring buoys have been installed in different anchorages and enquiries are being made of the government regarding the legality of these buoys and our rights to anchor nearby or attach to them.

Thankfully, no significant boating accidents were reported this year at CBYC.

Jacques Levesque Fleet Captain



Year In Review

The season began with an instructor orientation weekend covering safety items such as our Operations Manual and WHMIS training. The instructor participated in hands on the water training for rescue and medical incidents on the water. There were no recordable injuries this season just the typical bumps and bruises.



The sailing School Operations Manual has been updated to meet current insurance requirements, and industry standards.

We received a 4 Star rating from Ontario Sailing through Shells and Sails.

It is with great regret that this past season was Ellie Clark's last. She will be pursuing a career in Kinesiology. She has been a fixture at CBYC Sailing School and will be greatly missed by us, the staff and all the kids. If the head instructor is hired from within we will have an opening for an instructor to maintain our numbers. We have a few potential candidates in mind.

Currently we have a full complement of Topazes and Club 420's, with a new Club 420 added to the fleet this year.

We introduced online registration this year which was a great success with the ability to pay by credit card online, with near capacity enrolment we had a good year. There also is an opportunity to start a CANSail 5 program for our graduating CANSail 4 students.

The 2014 season saw the introduction of Friday night dingy racing. This turned out to be a huge success. With participants from 7-70, sailors had the opportunity to hone their skills and show off their newly developed skills to their family. Thank you to all that volunteered to help make the success of this new initiative.

- Next year will see the continuation of Friday Night Racing.
- New RIB coach boat to replace 14 foot aluminum.
- New Head instructor.
- New junior instructor.
- Potential development of upper level sailing program.
- Ongoing promotion and development for CANSail 1 students.

Heidi and James Colburn Sailing School



As my term as your Social chair comes to an end, I would like to take a moment to say thanks...

First, thank you to those members who came out to event after event. I personally am grateful to have had such great participation in the Club.

Second, thank you to those Club members who also sponsor our events with door prizes, event after event. To Kingston Yacht Sales' Adrian Philpot for our TGIF and door prize, Red Lobsters' Chuck Francis, Marine Outfitters' Dave Wilby, Lake of Bay's Liz Taylor, and On-Serve's Glenn Reid. It's the icing on the





Third, many, many thanks to those members who pitched in and volunteered. A special thanks to Heidi and James Colburn who not only did a smash up job with the Sailing School but who also helped out at every event! Also to Diane Butler and Ed McCann, Dave White, Sue and Keith Davies, Sarah and Bill Visser, Sylvie and Ghislian Trudel, and Lori Buzzi!!!! Thanks to all. And especially John, the best voluntold I know.

With participation and involvement from all of our Club members we create the best club around.

As a new sailor and member of the Club, I didn't quite know what I was getting myself into. It's been a blast. Thank you.

> Sue Stevenson Social



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This event was held September 27th, in the clubhouse.

Many thanks to our *chili judges*John Stevenson, Ed McCann and
Dave White.

The winners of the best chilies were: **Hans Mertins (Moondance),** first and **Ben Rotteveel,** second. Prizes were provided by Lake of Bay Brewing Company via Liz Taylor and On-Serve via Glenn Reid.



end our sailing season.

The weather was great!

Sue Stevenson Social



Carole Martin (Coral Wave) placed third. Prize, a bottle of wine, was provided by Sue Stevenson, Social. This is always a fun event, low maintenance and a nice way to





Sue's Favourite events of 2014

Christmas 2013 was held at Megalos as it will be again this year. With our own private party room and great music we were able to get into the holiday spirit and "get down", after a lovely three course dinner. We "old folks" then marched downtown in a snowstorm to continue our nonsense. Great fun © Can't wait for this year's!





Sail Past was a fun filled day that began with the Pancake breakfast, followed by the Sail Past and seminars/clinics. We then celebrated ON THE LAWN (in the sun!) with our BBQ, door prizes and speeches where our new members were welcomed in officially. Fun was had by all.

This year's Frostbite race/Chili Contest was held late September on another beautiful sunny day! This year we introduced judging of the chilis and the winners received prizes as well as the appreciation of us sailors. I love the camaraderie and low maintenance of this event. Thanks to our judges Dave, Ed and John! And to our sponsors, Liz (Lake of Bay) and Glenn (OnServe).



Great year!!! Hope everyone had as much fun as I did!

Sue Stevenson Social



CHRISTMAS BASH 2014

DINNER AND DANCE

MEGALO-LOWER SALON-PRINCESS ST.

DECEMBER 13TH, 2014

COCKTAILS 1800 HRS, DINNER 1900 HRS

DANCE TO FOLLOW

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Social, Sue Stevenson sbrownstevenson@gmail.com







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WEDNESDAY JANUARY 14, 2015

Bus DEPARTS FROM COLLINS BAY MARINA AT 08:00 HOURS

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> Contact: Gary Logan – 613-634-1308 or Dennis Reed – 613-373-0288

First come – first served
Once the bus is full, no more names will be accepted!
Entrance tickets to the Boat Show will be provided to CBM patrons by Collins Bay Marina!

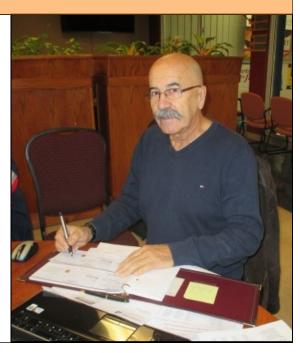


This past year's financial activities has seen growth in our Sailing school assets and the overall net worth of our club.

Our closing bank balance this year is still positive and a bit more than last year. In terms of total assets, our Club's equity has increased by about 5% this year.

As you all know this was my first year in this position. I'm doing the best I can to give you a clear view of our financial situation even though I don't have all the figures to close the year yet. But everything is looking good for a non profit organization.

Ghislain Trudel
Treasurer in progress



CLUBHOUSE REPORT

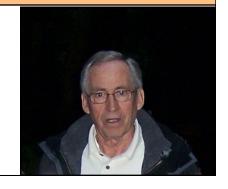


The Clubhouse needed just maintenance and cleaning in 2014. Overall the Clubhouse was treated well by everyone who used it. I appreciate all those who pitched in to keep it clean and tidy. The help of Ina and Norm Poitier *(Cabernet)* and Dave White *(Grandpaw)* most notably, but I know there must have been others. Thank You.

Chuck Francis
Clubhouse

OBITUARY - ERNIE MUUS

It is with sadness that we report the passing of Ernie Muus, a long-time member of CBYC and former owner of Pirate Jenny. Ernie and his wife, Connie were active cruisers and participated in most social events at the club. They moved to British Columbia in 2007. Ernie passed away, peacefully in his home, on Monday, October 6, 2014.





KINGSTON'S FAVOURITE WEST END RESTAURANT

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Days on Front offers contemporary Canadian Cuisine, reflective of a simplified, yet refined approach to taste. We are proud to offer the finest ingredients, sourced locally whenever possible and prepared by Chef Jay Legere. We shop for quality and consistency, and we strive to maintain our menu with the most interesting and intriguing seasonal ingredients. With our attentive knowledgeable staff, we are confident you will enjoy your dining experience.

Tammy Fergusson

Tammy Fergusson (*Pandion*) was recognized as CBYC's most improved sailor as she has persevered as a novice cruiser and worked hard to get things right aboard their boat Pandion. She showed great enthusiasm in battening down in the face of the big storm while at the Waupoos extravaganza on Labour Day weekend.



COMMODORE'S CUP AWARD

Dave White

Dave White (*Grandpaw*) is the winner of the Commodore's Cup. Since he returned this spring with this new boat, Grandpaw, he has been actively and enthusiastically involved in all parts of the Club: racing, dinghy racing and social events, helping at the sailing school and volunteering at most of our land based events. Dave wasn't able to make the Awards Banquet, but judging by the enthusiastic reaction of the attendees the Commodore made the right pick.



Nathan Little

CBYC Junior Skipper award was presented to Nathan Little. Nathan showed his dedication to the sport this year and perseverance to achieve his Cansail 4 level. Nathan joined our Friday night race night to help improve his skills giving him that extra edge to pass. He was always present to help younger students rig their boat and hauling them out. His love of the sport was very evident this year. Great job Nathan.



SPORTSMANSHIP AWARD



Katelyn Mackey and Meggi Graham

The Sportsmanship Award was presented to Katelyn Mackey (left) and Meggi Graham (right) for their participation in the sailing school in all aspects. They attended their sessions as well as volunteering. They both joined our Friday night race night and showed great skill. Katelyn and Meggi were asked if they would be interested in attending Fall Cork (their first regatta). Their enthusiasm and eagerness to learn what they needed too was exciting. Meggi and Katelyn represented CBYC with pride and with a wiliness to learn. They made us very proud.

ALPINE STAR AWARD

Jean and Bob White

Alpine Star Award – for the member who contributed the most to cruising, was given to Jean and Bob White (*Moonshadow*). Jean and Bob organized a fabulous 7 day "Around the County" Cruise. (see August Mixer for details). The seven participating boats had some wonderful sails (all, that is, except Knot Happening who got to all the anchorages first), entertaining happy hours and created new memories and friends for those participating.



The Mackey Family

The Cruising Award went to the crew of Tingirrautalik (aka The T Boat). The Mackey family (Robert, Leena, Katelyn, Raigilie and Cynthia) participated in the Around the County Cruise. Their team work in handling all aspects of the boating experience was phenomenal. The girls sailing expertise was a joy to watch. And, once docked / anchored for the night, they joined in the story telling and sing alongs of Happy Hour. We hope to see you on many more Cruises!



MOONDANCE CHALLENGE AWARD



Mike Miles

The Moondance Challenge winner was Mike Miles (Ondine II) As with each year, the selection criteria for winning the challenge is a mystery, but it is a fun event.

LEAD LIFE RING AWARD

Dennis Reed

The recipient of the Lead Life Ring Award for the year 2014 is none other than the Grand Pooh-Bah of the Fender Heads, Dennis Reed. On a cold and very windy day, he attempted, with the help of a friend, to install his dock. This attempt was made futile after a large wave and a very strong gust of wind turned the dock upside down. I think next year he may consider installing wheels on both the top and bottom. But the real kicker was when he rowed out to his mooring to do some chores onboard Innisfree. He climbed aboard, tied one of his best knots, and proceeded on with his chores! Sometime later he noticed that his dinghy was drifting away at a good rate of speed. Dennis, being the sharp lad he is, decided he couldn't swim fast enough to catch the dinghy, jumped into the water and swam over to his (now right side up dock) ran along the shore to retrieve his elusive dinghy. The moral of this story being "If you can't tie knots tie lots"! Presented by Gary Logan



James and Heidi Colburn

The Gostlin Jewellers award for Best Contribution to the Club was presented to James and Heidi Colburn by Lee Baker. They moved us into the 21st. century using social media to stimulate interest in our school and sailing programs which were expanded to include Friday night dinghy sailing. They have worked very hard to reorganize the sailing school, update our fleet, and ensure the school meets the highest of standards in the province.



RACING AWARDS





Racing Awards

Pennants and trophies were presented for each of the 2014 season's sailboat races.

Go to this link for details of the results:

http://collinsbaymarina.com/cbyc/racing/past-results/

Investors Group was the big winner for the season.

The Film, The Way, started it all for my daughter and I. The film is about a father, grieving for his son, taking the son's journey on the Camino de Santiago de Compestela, a 750 km. pilgrimage from Saint-Jean-Pied-de-Port on the French side of the Pyrennes to the city of Santiago de Compestala about 50 km. from the Atlantic. We looked at each other and said "yes, it would be something to do sometime". Years passed and then in September 2013 I received an email from my daughter







forwarding someone's blog with magnificent photos of her Camino walk and the message from my daughter was "??". I could have ignored the hint but I was game when I replied "Next summer?".

Before you could say 'long hard 2014 winter" my daughter and I were immersed in our plans for our Camino. Because Mya only had a week's holidays set aside for the Camino, we decided to walk from Sarria to Santiago de Compestela. We read books, we searched the web and Facebook, read the Camino forums, bought the recommended clothes and knapsacks and started training. We joined the Toronto Camino Pilgrim's Group and attended a one way information meeting where we learned excellent information pertaining to the walk, chatted with men and women of all ages who had walked the Camino and bought our Camino passport, which is a book to receive stamps from stops along the walk. To receive the Compestela in Santiago, one must had walked the last 110 km. and have at least two stamps each day.

What is the Camino de Santiago de Compestela? It is a 750 km. walk that has its roots buried in at least two and a half milleniums of history. The Celts walked across northern Spain long before the Romans arrived to what they considered the end of the world at the Atlantic Ocean.

Much of the music of northern Spain has its routes in Celtic bagpipes. Rome used the Camino as transportation for its armies.

In the ninth century, remains were found that were thought to be that of St. James, the disciple. A church was built in Santiago de Compestala to hold the saint's body. Very shortly pilgrims walked from across Europe to Santiago de Compestela to revere St. James. And the tradition has remained to the modern day. This year about 250,000 walkers will have walked all or part of the Camino and arrived in Santiago. They are all ages, from over 100 countries, all walks of life, and with different reasons for walking.

Mya and I started from Sarria on September 12th. We spent the next five days walking an average of a little over 20 km. daily. On our second last day we walked almost 40 and on the last morning we trotted into Santiago with 12 km. To beat the heat we would start a half hour before sunrise and generally stopped at an albergue (the equivalent of a hostel) about 1-2 PM. During the day we would have walked through forests, along trails through forests, along mountain trails, and through small villages, always looking for and following the yellow arrows wherever we

found them. We would have stopped at least twice at cafes for coffee, water, white wine and sandwiches, We would have chatted with walkers from Ireland, Canada, Australia, UK, Spain and Germany. We would have scurried to the side of the trail as cyclists went past, occasionally ringing a bell and yelling Buen Camino. We would have taken numerous photos and marvelled at the Spanish scenery and the quietness and kindness of the walkers to each other. Most walkers have mixed emotions when they arrive in Santigo; happiness that they succeeded in their journey and sadness that its over. Many people become addicted to the Camino and yes I plan to return to another Camino route next year and if you are interested in more information you can contact me at jacmac48@gmail.com.



In Santiago we spent two nights at the hotel, Parador "Hostal dos Reis Católicos", a fifteenth century hospital for the pilgrims. What history and what antiques. We took a one way bus trip to Muxia and Finisterre (Latin for end



of the earth), villages on the Atlantic. Some pilgrims continue their walks to these villages, Muxia, because it is thought that this is where St. James landed in his boat, and Finisterre because it is the most western tip of continental Europe and hence the point to which the Celts walked over 2000 years ago. Mya and I both felt the spiritual environment of Muxia. The rocky shoreline, the stormy waves, the rebuilding of the church, and again the rocky shoreline and ocean. Sitting there was as spiritual as sitting in the cathedral in Santiago where St. James is buried. Anyone going on the Camino should not miss Muxia.

There is a marker at the lighthouse in Finisterre which marks 0 for the Camino and here is a photo of Mya and I standing beside it.

Buen Camino.

Jacquie MacKinnon

Bittern

Vegetarian Chili

3 Tbsp vegetable oil

white onions, minced
cloves garlic, minced
green peppers, chopped

1 can diced tomatoes

3 small zucchini, sliced 1/4" thick 2 cans kidney beans, drained and rinsed 1 Tbsp each chill powder, ground cumin,

dried basil and dried oregano

1 tsp salt & pepper

1/4 cup lemon juice (fresh if possible)

In skillet, sauté onions, peppers and garlic in oil over medium heat for 5 minutes.

Transfer to large pot and add tomatoes and zucchini. Cook uncovered, for 30 minutes.

Stir in kidney beans, spices, herbs and lemon juice. Cook for 15 minutes more.

Enjoy!



Contributed by Carole Martin



The CBYC Mixer is published seven times a year for CBYC members and friends, April through November. Letters to the Editor, suggestions, commentaries, pictures, wit, memoirs, tales, sea worthy tips and maritime art are welcome. Submissions may be edited and published as space, temperament and accommodations allow. Thanks to all the members who have provided articles and pictures.

Mixer Editors Robert van Dyk & Marilyn Sykes Day Dreams

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Commodore	Al MacLachlan	Commotion	(613) 257-7710
Vice-Commodore	Claudia Stevenson	Tamara C	(613) 634-4035
Past Commodore	Lee Baker	Knot Happening	(613) 888-2865
Secretary	Sue Stevenson	Legato I	(613) 547-7866
Treasurer	Ghislain Trudel	Pfarr Aweigh	(819) 648-4150
Fleet Captain	Angus Ferguson	Pandion	(613) 389-4473
Membership	Ed Nash	Bay Breeze	(905) 785-0628
Social Chair	vacant		
Clubhouse	Bill Amirault	Sybarite	(613) 384-8660
Race Chair	Dave DePlanche	Lei Line	(613) 329-4792
Cruise Coordinator	vacant		
Sailing School Director	James Colburn	Synergy	(613) 766-0467
Newsletter	Marilyn Sykes and		
	Robert van Dyk	Day Dreams	(613) 832-0468
Webmaster	Eric Howarth	Morning Mist IV	(613) 767-7171
Regalia	Crystal Baker	Knot Happening	(613) 373-2889
Sub Committees:			
Sailing School			
Administrator	Heidi Colburn	Synergy	(613) 766-0467
Clubhouse Historian	Judy Adams	Aslan	(613) 389-1812



For two Board Positions

Cruise Coordinator and Social Chair

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