

THE

FAIRLEAD

NEWS FROM
FRASER SQUADRON



MAY 1988

Vol. 14

No. 1

FROM THE BRIDGE

I want to take this opportunity to thank all the members of my bridge, for putting up with my hounding throughout the squadron year.

I have thoroughly enjoyed this experience, and have made many new friends in the process.

I liken this to running a corporation with over a hundred colleagues, except for one thing, when you ask for help, everyone comes running!

I must especially thank my executive officer, Linda Gisborne, for her great support, and her telephone ear for an average of at least one hour per day.

I wish her the very best for a happy and successful year ahead.

I would also ask that Linda accept my apologies if she finds that I have misled her in any way regarding being Commander of Fraser. I promise to help her occasionally!

Last, but not least, I would like to thank my first Woman, Lindsay, for all her support, guidance, censorship, writing and many other things.

Best of luck to the new Bridge.

Brian Smith
Retired Commander

FRASER'S GRADUATION PARTY

Fraser's 24th annual awards night and graduation dance ran smoothly under the guidance of Cdr. Linda and past Cdr. Brian. The Town and Country Inn served up about 140 first class meals and then D/Cdr. George Dunbar conducted the pledging of 27 new members. Eighty-nine merit marks were presented to the volunteers who powered Fraser's activities. Past Commanders Dave Gunn and Tony Merry received their 20th and 21st merit marks respectively while Herb Brimble and Al Curran each took home his 29th. In case anyone may feel left out, the merit mark year is based on the calendar year. This means that those who started work in January will have to wait until this time next year to receive their merit marks.

The Stuart Church trophy for service "above and beyond the call of duty in the Training Department" was awarded to John Moran. Tom and Virginia Walker received the John Murray trophy for towing a broken-down power boat that was in imminent danger of drifting on to a rocky shore. Gerhard Meuter won the beautiful Marep trophy that he had just assembled to encourage Fraser members to submit plenty of Marep reports. He had submitted over forty of them. The Pleasure Bent trophy had been awarded to Gerhard at our last Christmas party on the understanding that there was an unnamed, equally guilty party who would hold the trophy for the second half of the year. Running aground on a rock off Norway Island secured the trophy for George Schurman. Your editor suggests that George should cruise in company with the Walkers.

During a break in dancing to recorded music by "Dance Party," door prizes donated by Berry's Bait and Tackle Ltd. of Richmond, Nikka Industries Ltd., and Steveston Marine and Hardware were distributed by Brian Smith. Three prizes went to our district guests and a floater coat went to Herb Brimble who very generously re-donated it for a future social event. This party was a very successful conclusion to the winter's events.

DID YOU KNOW?



The basic fault leading to the greatest number of fires in boats is corrosion of fuel tanks. Even stainless steel will corrode quite rapidly under conditions that could be found in your boat.

Plastic fuel lines, hoses of rubber-like material, and plastic sediment bowls are real hazards even though they are free of leaks. A small nearby fire may cause them to soften and leak or burn themselves so that the boat's fuel can be released into the fire.

Fuel is getting dirtier so watch the fuel filters; they may now need more frequent changing than in the past.

The two devices that have been suspected as the major sources of ignition in many boating fires are the ignition distributor and the starter.

MESSAGE FROM OUR NEW COMMANDER

The Annual General Meeting and Change of Watch has come and gone and we are now busy assembling the new Bridge into position.

I would like to begin by thanking the outgoing Executive. You all did an excellent job of carrying on Squadron activities last year which definitely paid dividends in attendance at Socials, Boating classes, and general camaraderie. I am sure we have all made a few new friends this year through Squadron association. I especially wish to recognize Retiring Commander - Brian Smith who so ably took the position when Cliff Cunningham was transferred. His supreme efforts, especially in the Training Dept., have certainly made this a banner year.

Next, I would like to thank the members for your vote of confidence in electing me Commander for the next year. I hope to carry on with the same dedication as my predecessors have shown.

Thank you, also, to my fellow Bridge members for volunteering your support. With your help, I am anticipating another busy year for Fraser Squadron.

Welcome New Members, recent graduates of Boating classes. Your response to join the Squadron after exam results has been overwhelming. We hope you will find your association with our organization rewarding and that you will participate in our summer cruises.

Linda Gisborne
Commander.

FRASER SQUADRON'S A.G.M.

D/Lt/C Tom Symons and Mrs. Symons paid a visit to Fraser's A.G.M. to pledge the new bridge as nominated by the committee of Jack Hunter, George Schurman and Martin Hoffman. Robin Poole was presented with a fishing trophy by our retiring Commander, Brian Smith.

The Training Dept. gave a positive account of 100% passing rate in three of the Boating classes, Weather and A.P.

Dick Wagner, director of the Center for Wooden Boats in Seattle, entertained us for the social part of the evening. He gave a carefree discussion supported with slides of glaciers, icebergs, eagles and scenery that he encountered on his solo trip from Juneau to Seattle last summer. As this was a delivery trip with an unknown boat, Dick had to do some improvising with the meagre equipment provided. The presentation stimulated some interesting questions from our members.

Cheryl Gaudet



MAREP TROPHY

Retiring Marep Officer, Gerhard Meuter, left office with a big splash! He made a beautiful trophy from a good old brass sextant to be used to stimulate more Marep reports from members of Fraser Squadron. The "rules of the game", in preliminary form, are:

1. The candidate must be a member in good standing of Fraser Squadron.
2. The candidate must have collected and submitted throughout the Marep year (August 16 to August 15 of the following year) the highest number of Mareps.
Note: Mareps spread out over different areas and dates will outweigh a somewhat greater number taken in one area on one day.
3. All submitted Marep forms must be properly and completely filled out. There must be no missing information. Photos of the subject of the Marep or other additional information will be used in the judging.
4. The Marep trophy cannot be won by the same person for two succeeding years.
5. Judging of the Mareps and selecting the candidate for the Marep trophy will be carried out by a committee comprised of the Executive Officer, the Commander and the Marep Officer.
6. The Marep trophy will be perpetual and a keeper plaque will be presented with the trophy.

TRAINING DEPT. NEWS

The 1987-88 training season will soon be completed, and I am pleased to report yet another busy year. We conducted 9 regular Boating classes with 152 students completing and writing exams. Those who were not successful will be re-writing shortly.

We also held classes for Let's Be Boatwise, Seamanship Sail, Seamanship Power, Advanced Piloting, Marine Maintenance, Marine Electronics, Weather, Instructor Training, and Junior Navigation. These courses attracted a total enrollment of 65 students. The results of these courses to date are as follows:

Let's Be Boatwise	- 11 attended	- 9 wrote and passed
Seamanship Sail	- 7 wrote	- 6 passed
Seamanship Power	- 9 wrote	- 8 passed
Advanced Piloting	- 10 wrote	- 10 passed
Marine Maintenance	- 8 wrote	- 5 passed
Weather	- 6 wrote	- 6 passed
Instructor Training	- 5 wrote	- 4 passed

In addition, 42 students have completed and passed two Restricted Radio Operators courses, and 31 are presently enrolled in the Local Knowledge Seminar.

Our hard working training staff consisted of 22 instructors, 42 proctors, as well as many other members who assisted as guest lecturers. On behalf of Fraser Squadron, I wish to thank each and every one of you for a job well done. I look forward to working with all of you next season, and hope for an 88-89 training year as successful as this one.

Dave Bauer
Training Officer.



1988-89 EXECUTIVE OFFICERS ELECTED AT THE A.G.M. - APRIL 22/88

COMMANDER	Linda Gisborne	946-2749
Lt/C Exec.	Rand Lutman	946-2701
Lt/C Training	Dave Bauer	946-4227
1st Lt. Secretary	Shirley Terrick	277-9919
1st Lt. Administration	Cheryl Gaudet	946-4281
1st Lt. Treasurer	Bernie Larmet	274-6246
1st Lt. P.R.O.	Ben Wong	274-8408
1st Lt. Marep	Bill Gardner	946-1196
1st Lt. Membership	Larry Terrick	277-9919

APPOINTED OFFICERS

Lt. Supply	John Grabher	274-8716
Lt. Socials	Janice Lea	585-1782
Lt. Programs	Paul Labonté	943-8757
Lt. Training Aids	Rob Smith	277-7981
Lt. Assistant Training - Ladner	Terry McBratney	943-7124
Lt. Assistant Training - Richmond	Audrey McLeod	277-4360
Lt. Assistant Training - Advanced & Elective	Tom and Virginia Walker	277-4360
Lt. Cruisemaster	Brian Payne	946-9692
Lt. Editor	John Moran	943-3416
Lt. Assistant Editor	Vic Ramos	946-2543
Lt. Historian	Lindsay Smith	277-7981
Lt. Assistant Cruisemaster	George Schurman	271-7439
Lt. Assistant Cruisemaster	Dave Williams	274-1085
Auditor	Carolyn Hoffman	277-4924
Past Commander	Brian Smith	277-7981

A JOKE

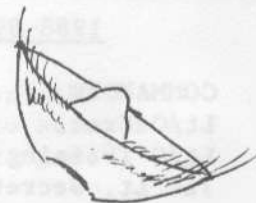
A friend of my husband's was making his way into harbour after a day of fishing when fog came up. Steering by the compass, he suddenly heard the noise of a heavy engine.

With visions of being run down, he found some saucepans in the galley and rushed on deck, banging them together and shouting, "Ahoy, Ahoy!" The dull drone became louder and he yelled once more, "Ahoy, Ahoy! This is the Passing Cloud of Delta."

Out of the enveloping fog came the reply: "Ahoy. Ahoy! This is the concrete mixer on the seawall!"

Alare Ramos





"MEXICAN REPORT"

By line:

Del & Marg Dash
Mazatlan, Mexico.

14 Marzo 1988

BUENAS DIAS, AMIGOS:

This report is slightly late as it was to have been available for the January "Fairlead". However, even with "Advanced Piloting" it took us three months to find the "Mazatlan Yacht Club". Our courses were not in Spanish.

In the last week we have, through diligent digging and sleuthing, ascertained that there are no members of Fraser Squadron presently visiting our beautiful sunny city. As a matter of fact we could not find a single yacht of Canadian Registry although there were three power yachts in excess of 50' and seven hardy sailors, mostly from California and one from Oregon. Our prestigious reporter in Puerto Vallarta reports much the same.

A diligent search of the sport fishing docks could not find a Marlin larger than 134 lbs. It is the off-season right now!

This will be our last (and only) report for 1987/88. We love it here - and the bargains couldn't be better. Kahlua \$5.36/26 oz., Bacardi \$6.10/40 oz. (you could become an alcoholic) one month's electricity \$6.65, average week's groceries for 2 - \$30. (incl. sirloin, T-Bones, etc.). A fantastic place to live.

For those wishing a sunny, inexpensive holiday, consider Mazatlan. We would be happy to show you around.

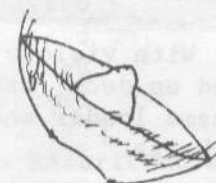
A MEXICAN RECIPE

MEXICAN RICE

- 2 Tbsp. Oil
- 1 cup uncooked brown rice
- 2 cloves garlic, minced
- 1 - 4 oz. can mushrooms
- 1/2 cup chopped onions
- 1/2 cup California chilies (or green onions)
- 1 - 16 oz. can tomatoes, undrained
- 1/4 tsp. sweet basil
- 1/4 tsp. oregano
- 1 cup chicken broth

Heat oil in large skillet and add garlic, mushrooms, onions and chilies. Cook until tender and add rice. Continue sauteing until rice is browned. Add remaining ingredients. Cover and simmer slowly for 30 min.

Serves 4 - 6.
Recipe may be halved.



Hasta luego.
Del & Marg.

COMING EVENTS

- May 20-23, 1988 - Victoria Day Long Weekend Cruise.
May 27-28, 1988 - Pacific Mainland District's AGM.
Refer to the March Fairlead for the registration form and details.
June 5, 1988 - Executive meeting at Rand Lutman's home.
June 30 - July 3, 1988 - Cruise.
Sept. 2 - 5, 1988 - Cruise.
Sept. 23, 1988 - Fraser's 1st social evening of the fall & winter season.

NOTE - There will NOT be a social evening in May as the Graduation Party will be the last indoor social event sponsored by Fraser Squadron until September.

CRUISES CRUISES CRUISES

VICTORIA DAY LONG WEEKEND CRUISE

- Friday, May 20: - Rendezvous at Whaler Bay, Galiano Island.
Saturday, May 21: - Ganges, Saltspring Island.
Sunday, May 22: - Otter Bay Marina, North Pender Island.
Monday, May 23: - Travel home.

NOTE: On Sunday, May 22nd, there will be an on-shore "Cocktail Hour".
Bring some nibblies and refreshments and join the fun!

JULY 1st CRUISE

- Friday, June 30: - Rendezvous at Degnen Bay, Gabriola Island.
Saturday & Sunday, July 1 & 2: - Newcastle Island, Nanaimo.
On shore BBQ (bring your own).
Monday, July 3: Return home.

LABOUR DAY CRUISE

- Friday, Sept. 2: - Rendezvous Degnen Bay, Gabriola Island.
Saturday, Sept. 3: - Ladysmith Harbour, Govt. Dock.
Chinese food at local restaurant for those who wish to participate.
Sunday, Sept. 4: - Telegraph Harbour Marina, Thetis Island.
Monday, Sept. 5: - Return home.

NOTE: The tide is suitable for travelling the "Ditch" between Thetis & Kuper.

FOR INFORMATION, PLEASE CONTACT:

Cruisemaster: Brian Payne - 946-9692
Asst. Cruisemaster: Dave Williams - 274-1085
Asst. Cruisemaster: George Schurman - 271-7439



First Aid Kits: Recommended Contents

By Mrs. Louanne Twaites, B.S.P.
Clinical Pharmacy Specialist - Ambulatory Care
Health Sciences Centre Hospital
Assistant Professor (Part-time)
Faculty of Pharmaceutical Sciences
The University of British Columbia

"First aid" is defined as the emergency care of the injured or suddenly ill person given at the scene using readily available materials. The objectives of first aid are to preserve life, prevent the injury or illness from becoming worse, and to promote recovery.² The essence of first aid is to enable the non-medical person to deal with minor injuries, or to administer aid to a severely injured victim in the vital minutes before the doctor or ambulance arrives.¹

Practical first aid training is a valuable asset for anyone. An adequate first aid kit should be within reach at home, at camp, and in the car, private boat or airplane. The person administering first aid requires necessary material which must be readily available.

Pharmacists, because of their unique position in the community, should be able to give advice to anyone desiring information regarding the necessary contents of a complete first aid kit. Items required may be purchased individually and should then be assembled in an unbreakable, waterproof, dustproof container (e.g. polyethylene box, fishing tackle box), or first aid kits containing these items can be selected from a wide range of available kits.

It is important to distinguish between first aid kits and survival kits. Survival kits are designed to assist the person lost in the wilderness to survive the elements long enough to be able to find a way out or to be rescued. These kits usually contain such items as matches, candles, nylon line, fishing hooks, waterproof cloth, and a compass.

First aid kits are designed to deal with the most commonly occurring cases of illness or injury.¹ First aid kits are most often used for treating cuts and scratches and should contain adequate supplies to clean and bandage minor wounds. They

may also be used to treat insect bites, frost bite or other effects of exposure or to deal with major or minor fractures until medical help is available.

Minor burns can be treated by running cold water over the burn. This eases the pain and slows cellular damage. Many experts believe that the medicated products found in some first aid kits are useless for treating burns and that they could even be detrimental to the burned areas.¹

A basic first aid kit should always be easily accessible and should contain all the items needed to cope with minor accidents without being awkward or bulky. Optional items can be added to adapt the basic kit to different situations. Most references suggest that if medications are included in a first aid kit, they should be chosen with the specific family or expedition in mind and that any prescription drugs should only be included on the advice of the family physician.

If drugs are included, they must be checked periodically. Their expiry dates should be noted in an obvious place on the kit so that outdated products are removed and replaced. Kits left in a car or boat are subject not only to aging but to temperature extremes as well. Since a full, ready-to-use kit is essential, the kit should be checked and replenished whenever it has been used.

Non-prescription medications which might be considered for inclusion are an antibacterial cleanser, antibiotic cream (to only be used if a wound is infected), antihistamines for insect bites, hives or poison ivy, analgesics such as acetaminophen or ASA, tincture of benzoin for application to skin before adhesive taping, antinauseant for motion sickness, and a sunscreen agent.

Miscellaneous items could include coins for emergency telephone calls, pencil and paper, snake bite kit, splints, and thermometer.

The safety of the kit itself should be kept in mind. If left within the reach of children, any items such as acetaminophen, ASA or antiseptics must be packaged in child-resistant containers.

The following recommendations have been made by St. John Ambulance personnel for contents of first aid kits:

Currently Available Kits

There are many First Aid Kits presently available on the market. Prices and contents vary considerably. The contents of some of these kits are listed for information.

Emergency First Aid Kit Workers' Compensation Board

The Workers' Compensation Board of British Columbia Industrial First Aid Regulations booklet lists requirements for an Emergency First Aid Kit (formerly Ambulance Kit).

- 2 roller bandage conforming, 1"x 2 yd.
- 2 roller bandage conforming, 2"x 2 yd.
- 2 roller bandage conforming, 3"x 2 yd.
- 2 adhesive tape, 1"x 5 yards
- 2 adhesive tape, 2"x 5 yards
- 6 cloth woven crepe bandage, 3"
- 1 gun rubber Esmarch bandage, 3" x 3 yd.
- 12 triangular bandages, 40"
- 3 dressings, sterile 4-ply gauze, 17"x 17"
- 24 dressings, sterile 4-ply gauze, 4"x 4"
- 3 drainage dressings, 8"x 10"
- 3 drainage dressings, 12" x 16"
- 4 sterile pressure dressings (elastic web), 3"x 5"
- 1 flashlight with batteries
- 1 pair forceps, artery, 5"
- 36 hand cleansers (wash and dry type)
- 1 pair scissors, 5-1/2" stainless steel bandage
- 6 disposable vomitus bags
- 6 TPR charts for unconscious patient

Home First Aid Kit (keep first aid materials together)

- adhesive dressings, assorted sizes
- 2 drainage dressings
- 3 triangular bandages
- 12 sterile gauze pads, 3"x3"
- 1 tensor bandage
- 1 roll adhesive tape, 1"
- 1 pair scissors
- 1 pair tweezers
- 12 cotton-tipped applicators
- 6 safety pins
- 1 bottle syrup of ipecac

Auto or Boat Kit

- 10 cotton-tipped applicators
- 1 large pressure dressing
- 3 triangular bandages
- 12 post-op sponges, 4"x3"
- 5 antiseptic towelettes
- 1 roll adhesive tape, 1"x5 yd.
- 2 combine pads
- 10 gauze sponges
- 1 pair scissors
- 1 stretch bandage, 2"
- 6 telfa pads
- 2 drainage pads
- 1 crepe bandage
- 1 pair tweezers
- 25 adhesive dressings
- 2 pressure dressings
- 6 safety pins, #3 size
- 1 packet sterile gauze
- 1 "Pocket Guide to First Aid"

St. John Ambulance First Aid Kit (Also called First Aider's Auto/Boat Kit)

- 10 cotton-tipped applicators
- 1 large pressure dressing
- 3 triangular bandages
- 12 post-op sponges, 4"x 3"
- 5 antiseptic towelettes
- 1 adhesive tape, 1"x 5 yd.
- 2 combine pads
- 10 gauze sponges
- 1 pair scissors
- 1 stretch bandage, 2"
- 6 telfa pads
- 2 drainage pads
- 1 crepe bandage
- 1 pair tweezers
- 25 adhesive dressings
- 2 pressure dressings
- 6 safety pins, #3 size
- 1 packet sterile gauze
- 1 "Pocket Guide to First Aid"

Available from St. John Ambulance branches throughout British Columbia or St. John Ambulance Provincial Headquarters, 6111 Cambie Street, Vancouver, B.C.

Cutter Pocket Pack

- 1 "Instant Guide"
- 10 adhesive bandages 1-1/2" x 1/4"
- 1 antiseptic pad
- 4 Anacin tablets
- 3 adhesive bandages, 1/4" x 3"
- 1 alcohol pad
- 1 knuckle bandage
- 1 gauze pad, 2" x 2"
- 2 adhesive strips

Available in pharmacies

Cutter Marine Pack

- 1 sling
- 1 sterile gauze, 2"x 6 yd.
- 1 adhesive tape 1/2" x 10 yd.
- 10 adhesive bandages 1/4" x 1-1/2"
- 10 adhesive bandages 1/4" x 3"
- 1 eye pad
- 2 sterile gauze pads, 2" x 2"
- 3 sterile gauze pads, 3" x 3"
- 2 adhesive pads, 3" x 4"
- 3 antiseptic pads
- 3 alcohol prep pads
- 2 safety pins
- 2 ammonia inhalants
- 1 pair scissors
- 6 Anacin tablets

Available in pharmacies