



*Guelph Power and Sail Squadron*

## The Blinkin' Buoy Newsletter

<<< Quick Flash Edition >>>

December 2007

### Season's Greetings to all and best wishes for safe boating in 2008



#### Global Weather

Take this course for general interest or because the far horizon tempts you to sail beyond sheltered waters. Whatever your reasons, "Global Weather" is your chance to study the weather in all its moods.

**Course starts January 16**

#### Start the New Year with a CPS COURSE Your choice of Global Weather or Marine Maintenance

**REGISTRATION Jan. 9 7:00 p.m.**

for further details call:

Mark Parkinson at 519-766-0284

Wayne Young at 519-767-0132

Registration & courses are held at  
Centennial High School, 289 College Av. W.



#### Marine Maintenance

Boats need maintenance to correct for the wear and tear and exposure to the elements. From spark plugs to bottom paint, the this course covers all the basics.

**Course starts January 9**

### Guelph Squadron Student Night This is not just for Students. It is for everyone to enjoy!

**Jan 30 at 19:30** Trinity United Church Hall.  
400 Stevenson St. N. Guelph. South of Speedvale Ave.

Our speakers this year are Pam and Rich Eyram and their two children.

**Six years ago** this family left Bronte harbour on Lake Ontario and traveled south by boat on the Hudson and the ICW to the Caribbean. They spent 2 years island hopping before returning home. They are very excited about being with us at Student Night. Their kids enjoy talking about their experiences as well. You and your guests are invited to come hear the stories, the lessons learned and favourite memories. Whether you aspire to cruise south on your own or just like taking day trips from the local launch ramp, this should be an entertaining evening for all.

Be sure to bring, children, friends, other guests. Everyone is welcome for this great evening.

### In Memory of Past Commander Dennis Butterworth

Born March 24, 1927  
England

Passed away December 17, 2007  
Guelph, Ontario

Dennis was Guelph Squadron Commander in 1981-82

#### Moments

To take the wasted moments  
of time that's passed me by,  
and put them all together  
the day before I die,  
another life time might I see;  
but what has gone  
can never be.



To take the precious mo-  
ments  
of time not yet gone by,  
and live them to my utmost  
'til that day before I die,  
no other lifetime need I see;  
for what has gone  
will suffice for me.

DB

## FUTURE DATES

**Winter Course** Registration  
See page 1 for details

**Toronto Boat Show**  
January 12-20, 2008  
Direct Energy Centre  
Exhibition Place Toronto

Discounted tickets available on  
line until January 11 only at  
[www.torontoboatshow.com](http://www.torontoboatshow.com)

**Guelph Sea Cadet VHF Course**,  
presented by  
Guelph Power and Sail  
January 26. This is one of the  
many ways the squadron  
assists the Sea Cadets in Guelph  
as an outreach initiative.

**Boating Course Exam**  
March 30 13:00  
CAW Hall

**Squadron AGM**  
April 14 19:30  
CAW Hall

**Course Graduation**  
May 7 19:30  
CAW Hall

**Tentative Spring Courses**  
Details to follow on Boat Pro,VHF

**Squadron Rendezvous**  
July 4-6 2008

**Stay up to date on events,  
courses, meetings, changes at  
the Guelph Squadron website**

[www.guelph-power-sail.ca](http://www.guelph-power-sail.ca)



Thank you to Molly Van Roon, squadron MAREP officer,  
for submitting this recipe, which is high in fibre and anti-oxidants.  
These muffins are delicious and also freeze well.  
Good for hiking, skiing, or taking on the boat. Enjoy!

### **Orange Bran Flax Muffins**

1 1/2C	oat bran
1 C	all purpose flour
1 C	flaxseed, ground
1 C	wheat bran
1 Tbsp	baking powder
1/4 tsp	salt
2	oranges, peeled, quartered and seeded
1 C	brown sugar
1 C	buttermilk
1/2 C	canola oil
2	eggs
1 tsp	baking soda
1 1/2	golden raisins

1. Pre heat oven to 375 degrees F. Line two 12 cup muffin pans with paper liners, or coat the pans with cooking spray. In a large bowl, combine oat bran, flour, flaxseed, wheat bran, baking powder and salt. Set aside.

2. In a blender or food processor combine oranges, brown sugar, buttermilk, oil, eggs, and baking soda. Blend well

3. Pour orange mixture into the dry ingredients. Mix until well blended. Stir in raisins.

4. Divide batter evenly among muffin cups. Bake for 18-20 minutes, or until a toothpick inserted in the centre comes out clean.

Cool in pans for 5 minutes before removing to a cooling rack.

Recipe courtesy of Flax Council of Canada

### **Boating Buy, sell, and trade.**

Squadron members may list any boating related items that you want to buy, sell, or trade. Advertise for free in the Blinkin' Buoy.  
Call us at 519-740-8509

**Submissions for future Blinkin' Buoy editions** are welcomed any time. With over 200 members who get on the water many times in the boating season, there are many stories to be told. Where did you cruise last year? Have you researched and installed new equipment on your vessel recently? Charter a boat in the south from time to time? Learned something we should know about? The whole squadron is waiting to read about it in the Blinkin' Buoy. Call us at 519-740-8509 for details.