



MACASSA MARINER

JANUARY, 2012

CELEBRATING 45 YEARS

MBYC EXECUTIVE

Commodore:	Bill Mitchell
Vice Commodore:	Charlie Mitchell
Secretary:	Dave Bailey
Treasurer:	Kevin Andrew
Secretary Treasurer:	Sandy Kovacs
Dir. Bar Management:	John Travale
Dir. Building Maint.:	Henry Vanderstoep
Dir. Membership:	Bob Mueller
Dock / Yard Master:	Bill Jeffery
Dir. Entertainment:	Jim Hollands
Sergeant At Arms:	Gary Hale
Auditors:	Barry Fraser & Adam Wilk
Bar Staff:	Josie, Carole, Linda, Terry, Kim & Heather

UPCOMING EVENTS

- Kevin's Jam Sessions (last Friday of every month)
- St. Patrick's Day: March 17
- Swing Dance: April 21
- Lift In: May 5
- Doors Open: June 23
- Sail Past: June 9
- Ribfest: July 21
- Tropical Beach Party: August 25
- Pig Roast: September 15
- Lift Out: October 13
- Commodore's Ball: November 17
- Children's Xmas Party: December 2
- MBYC Open House: December 16

www.mbyc-hamilton.org

From the Bridge Commodore Bill Mitchell



Our year has ended as quickly as 2012 has begun anew. During the year, as Commodore I have been considering the truly remarkable contributions from the Executive and membership at large. So for the record, I would like to elaborate briefly on the dynamics of your Club. My reasoning is that at times, we take the Spirit of MBYC - our activities and its surroundings - without much collective notice. On the other hand, I'd like to believe that the city fathers have noticed the good will of Macassa, and the value-added benefits it contributes to the community.

For instance, we continue to host and support *Knot a Breast as well as our team participating in the Breast Cancer Run for the Cure*. We made numerous contributions to the *North End Community*, in terms of the *Open Doors Event*. Our participation and sponsorship of the *Rotary Mobility Cup* held at RHYC, and *Flower and Garden* area beautification and sponsorship at the entrance to Bayfront Park are more examples.

We made several generous donations to various organizations; *Royal Canadian Sea Cadets, Welcome Inn and Doors Open Hamilton*, just to name a few. MBYC had a well-attended *Sail Past*, and the MBYC *Open House* was an event that collected \$2,040.00 for a donation to Hamilton Food Share. Our Children's Christmas party was a screaming success. We continue to support the *Euchre Club, Dart League and Book Club*. From time to time, upon request, *we provide various organizations with meeting room space*.

Also, the in-house *Reading Library* has been receiving numerous donated books on Sailing and an assortment of other titles. In addition, the writing contributors and staff of this publication, *The Mariner*, are some of the volunteers that make these endeavors stand out. Further, all our social events, were well attended and the volunteers who baked, bought, repaired, prepared and served are appreciated, but, too numerous to mention in this forum.

I want to thank our outgoing Executive Members for their time and Dedication to our Club. I also would like to welcome our new Executive members and new Club Members. I would also especially like to thank

those volunteers who keep our gardens beautiful for us to enjoy. Over the years I have seen many changes, accomplishments and contributions to our club by its members. I am proud to be Commodore of MBYC.

In closing, I would like to wish the membership, at large, a safe and enjoyable 2012 boating season.

Vice-Commodore Charlie Mitchell



I hope everyone had a great Christmas and a fabulous New Years Eve celebration.

On behalf of MBYC I would like to thank our Past Executive Members for serving in 2011. A well deserved thank you also goes out to our past Director of Bar Management Tony Andrew and MBYC Auditor Doug Wallace. We really appreciated your dedication and past commitment to our club.

Next I want to welcome aboard our 3 new Executive members for 2012, John Travale, Jim Hollands and Adam Wilk. Thank you for stepping up and making that commitment to MBYC and its members.

Ah yes, one of the first signs of the 2012 Boating season is visiting the Toronto Boat Show. I hope you got to enjoy the teasing of the show and the hint of boating that will soon be upon us.

As for 2011, we had an exciting season last year, whether it was day sailing, cruising or enjoying the many club functions.

By the way, there are many activities planned for 2012, so please stay informed with the Mariner, the clubs bulletin boards and the MBYC web-site.

Usually at this time I remind our members to check their safety gear for their boat and this year it is no different. It could be time to replace your flares, fire extinguishers or smoke alarm, please don't leave it till you need it. This is also the time to update your knowledge about boating. As you are probably aware; I am a firm believer of the Canadian Power and Sail Squadrons. This is a volunteer organization with a goal to educate and promote safe boating. Remember boating laws change, so keep current and check out Transport Canada's Safe Boating Guild.

Just a reminder that MBYC will be hosting a Doors Open Event in conjunction with the City of Hamilton again this year, please come out and support your great Club.

In closing, I sincerely want to thank the members in allowing me to serve as your Vice Commodore, I truly am proud to do so.

Secretary's Report Dave Bailey



I fought hard and long, and at great expense, to be re elected as MBYC Secretary. Thank you for your support. My oath to

all is that I will do my best to dot the eyes and cross the *tees* before I swing or you swing me.

My first year as Club Secretary has been fun and most satisfying and I hope my second year remains so. If I may quote Shakespeare "my words fly up and my thoughts remain below". That sounds like a formula for survival.

One more quote from the great *man/woman* reminded me of the sailing membership at large:

"We thought there was no more behind,
But such a day to-morrow as to-day,
And to be boy eternal." Shakespeare



Model by
Bob
Urban
On display
in the club

Secretary-Treasurer Report Sandy Kovacs



Please remember the usual critical and fast approaching deadlines folks:

- ▶ Membership deadline is January 31, 2012
- ▶ Dock deposit February 15/ 2012.
(applies to Permanent dock holders only)

Membership Report Bob Mueller



Winter's here (I Think!) Christmas is over -time to pay your 2012 memberships; they must to be paid by January 31 (by-law 12 b.).

You will find a list of applicants for Regular membership posted in the club, if your name is not on this list and you would like to be considered for Regular membership then please fill out the application form available at the bar.

Dock Master's Report Bill Jeffery



A reminder to dock holders that a copy of their insurance policy must be submitted before lift-in. Thank you.

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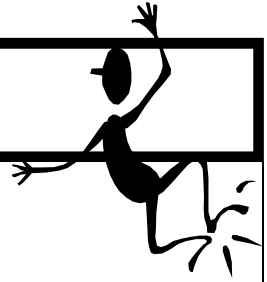
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Out & About

By M. Kay



Welcome to our new executive! It is great to see we have a full slate of people who are willing to make this remarkable club even more so!

It is a bit late to mention this, but the Bar staff did a wonderful job of decorating the whole clubhouse for Christmas. The model train set was a real hit, bringing back fond memories.

As we all know, time flies! With this in mind Richard Brooks, our newsletter editor, is wisely beginning to think about the club's 50th anniversary electronic album in plenty of time to create a good feature. The high cost of producing a printed copy is prompting the change to the electronic format. Richard and Jim Irvine are soliciting the help of a couple of long time member volunteers who could look over the many pictures in the club's archives. They could help in identifying people's names, locations and dates etc. Richard and Jim plan to work along with the volunteers to collect, digitize photos and collate the information. Also, additional pictures (both photos and in digital format) are requested. They will be copied then returned. Anyone who could assist in this endeavour please leave their name at the bar so they could be contacted.

Finally, the group of folks who organized last season's successful Doors Open event are already back at it again. They are planning for another run this June 23rd with the 24th as a raindate. They'd welcome other members to assist in the planning. Contact Rich Brooks.

Entertainment

Jim Hollands



I am pleased that the members of MBYC have installed me as Director of Entertainment for the coming year. I think I will enjoy putting on the many functions that we are currently planning. But first of all, I would like to thank the out-going director Tony Andrew. He jumped into the position last year on short notice, and with hard work and skill made last year's social scene at Macassa Bay a successful one. But I am especially grateful that he documented so much information about how the events are run so that a new-comer like myself has a running start in fulfilling this position. He has already passed on a wealth of knowledge to me. Cheers Tony!

While we are giving out thanks, I must also thank the many, many members who have pledged support and help to make this year's events successful. I am indeed grateful and will need much of the help offered.

But the main element of success for this year's social season will be the participation of the members and their families and friends. This means YOU! Please make it a point to attend as many of these functions as you can. If everybody buys tickets early, it makes planning an event easy and fun for those putting it together. Make it a point to give these events a high priority in your social calendar, and not merely something to do if there is nothing better on.

We will start off this season with a St. Patrick's Day celebration upstairs in the club room on March 17th. This will be a non-ticket event, so plan to drop by and join in on the shenanigans. Of course we will have the regular events for Lift-in, Lift-out, Sailpast, Commodore's Ball and Open House. We are also planning a couple of new events including a Swing Dance in April and a Tropical Beach Party on the patio in late August.

Make sure you check out our lineup of 2012 events, shown as always on the front page of this publication.

I hope we can make this an exciting social season for 2012 and
I look forward to sharing the good times with all of you.

Bobbin' in the Wake

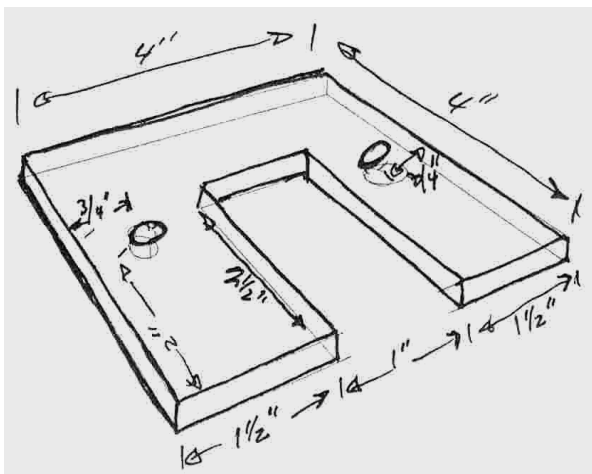
Jan Grodzinski



Simple Propeller Puller for use on an Alberg-30 Recently I had occasion to remove VIVA's prop. I discovered that a puller small enough to accommodate the confines of the keel/rudder aperture did not have arms long enough to reach past the depth of the propeller hub. The pullers I tried that had long enough arms, I found the thickness of the jaws to great to fit in the groove between the propeller hub & the end of the cutlass bearing housing.

I obtained two 4"x 4" x 3/8" mild steel plates. In each plate I drilled two holes sized to accommodate 3/8" diameter bolts. In one plate I cut out a rectangular piece which provided a squared off "U" shape to this plate. (See sketch below.) The "U" shaped plate slides easily between the propeller hub & the cutlass bearing housing. I removed the propeller nut & reversed it screwing it back on the shaft. This provides a bearing surface for the flat of the other plate & insures that the shaft threads will not be damaged.

Lining up the 3/8" diameter holes, I inserted bolts of sufficient length, applied flat washers followed by appropriate nuts. By evenly tightening the nuts I applied sufficient tension so that when I struck the flat plate at the end of the prop shaft smartly with a hammer, the prop popped off the shaft.



I used Schedule 5 bolts 6" long. Since the puller fabrication was done at home I was not sure as to the length of thread I would need on the bolts. For this reason I used a threading die to increase the length of thread on each bolt. If you don't have access to a threading die 6" lengths of 3/8" threaded rod could be used in place of the bolts.

This puller is so compact it now has a permanent home on the VIVA II. Although this particular design is specific to the Alberg 30, the concept can be modified to accommodate almost any vessel.

Janski

Gerard's Mobile Yacht Detail

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Healthy Living

By Irene Reinhold Registered Physiotherapist

STRESS THE SILENT KILLER – A PRECURSOR TO DISEASE

As sailors (maybe even motor boaters ;-}) we are in a unique position to practice “mindfulness” and use specific techniques to battle stress.



I believe that stress management is the key to disease prevention, slowing the aging process, plus maintain our memories and it will also make us more pleasant and happy. Research shows that I am right and some studies show that daily meditation can change your brain. It will rewire and over time produce high frequency brain waves that increase your ability to focus, pay attention, learn and remember. Short term stress, such as when being threatened by an approaching dock, produces high levels of adrenalin and activates the fight or flight response which is a healthy reflex.

The trouble is that we do not get threatened by docks too often but we are all exposed to small doses of daily stressors. The slow, long-term stressors are the ones to watch for as they can lead to long-term ill health and stresses our adrenal glands by producing small amounts of adrenalin and the harmful hormone cortisol.

Studies show that our health is severely compromised by stress. We tend to eat more, particularly bad food, drink excessively, smoke more and feel too tired to exercise. The result is high levels of obesity, increased blood sugar, diabetes, cardiovascular disease, arthritis, back and neck pain and many more serious and life threatening diseases including Parkinson's, Alzheimer's and possibly some forms of cancer.

What can we do?

1. Try to analyze your stressors and list them in three categories:
 - ▶ List A: Stressors that you can get rid of. (no, mother-in-law does not fit in this category).
 - ▶ List B: Stressors that can be changed. (ie. spend less money on the boat.....).
 - ▶ List C: Stressors with which no changes can be made. Accept and learn to live with the stress (guess where mother-in-law fits in). The stressors which you feel you cannot change can probably be handled easier since you have managed to decrease the others stressors from List A and B.
2. Get some exercise. Half an hour of walking twice a day is ideal but start slowly and add distance and speed gradually. Check with your doctor if you have health concerns.
3. Learn deep breathing and relaxation techniques. Take long slow inhalations with long slow relaxed exhalations. Picture your perfect harbour, as well as concentrate on your breathing and the word C A L M. Find a quiet place where you won't be interrupted for 10-20 minutes. Close your eyes to help you stay focused. If odd thoughts or little twinges of ideas crop up (they will for sure), re-direct your focus to the rhythmic pattern of your breathing.
4. Try a little aromatherapy such as smelling the roses. The sweet smell from flowers helps reduce stress as do herbs such as lavender, basil and fruit.
5. Chew gum. Chewing gum is a stress reliever - just make sure you are chewing sugar free gum. Chewing gum stimulates the vagus nerve which helps induce relaxation.
6. Sip a cup of tea. It turns out black tea is rich in stress busting anti-oxidants including polyphenols, flavonoids and amino acids. There is also evidence that green tea can help lower cholesterol levels.
7. Laughter is a wonderful medicine and produces endorphins, the body's feel good hormones. Laugh as much as you can, come down to the club for the music nights.
8. Do you have a pet? If so spend lots of time petting your animal. Some studies indicate that spending just ten minutes with a dog or cat or watching a movie with cute animals will lower your blood pressure.

Boating is certainly the ideal way to practice your new learned techniques, even if it is just an hour or two on the Bay. You will feel the fresh wind caress you, the sound of the waves, your connectivity to the elements. All your muscles will relax, the worries are left on shore, your blood pressure will decrease, your heart rate slows, you breathe deep and slow. It is the ultimate relaxation technique. Feel those endorphins flow.

Have a wonderful winter and a Happy New Year with dreams of the best boating season in 2012.

**MACASSA
MARINER**

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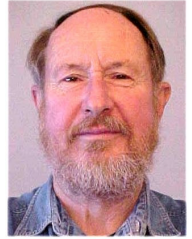
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•Regular Contributors: Mike Kott, Jan Grodzinski, Irene Reinhold & Jimmy Irvine •Advertising: Bruce McLeod

Bay Breeze

By Mike Kott



“The Bug”, writer’s block! Usually the mind is full of boating related themes to include in this column, but with the due date looming it was felt necessary to come up with something original.

At MBYC we are surrounded by many gifted members having fascinating, out of the ordinary talents. Most of the guys at this club are obviously fascinated with boats, as well as planes, and trains.


While visiting the club in December, I was quite taken with a coffee table sized book that our Commodore Bill Mitchell had recently purchased from the old train station in Caledonia, (now a museum). The volunteer workers at the station were delighted with Bill’s anecdotes about working on the very railway which passed through the town. Rich Brooks our newsletter editor and avid train man and Bill were going through the book which described the now abandoned Canadian National Railway section that ran between Toronto, Hamilton and Port Dover. It turns out that Bill actually worked on this section of railway. He was able to enlighten us with many of the interesting aspects of running the steam trains along this surprisingly arduous line. For example, the sharp turn that was atop the escarpment above King’s Forest, where the track headed south to Caledonia was very tricky to negotiate. Two locomotives were always needed to scale the very steep grade along the face of the escarpment from Wentworth Street, east to the top of the hill. Coming down the hill was also very tricky as the air brake pressure had to be monitored acutely to avoid trouble. The engineer had to be able to observe the signal at Wentworth Street to make sure the track was clear to Ferguson Avenue where the track turned north to connect with the CNR main line in Hamilton’s north end.

When the train reached the top of the hill above King’s Forest to head south, it followed a somewhat serpentine path crossing Highway 6 at Caledonia, Garnet and Jarvis, west along the Wabash RR main line to Simcoe, then south to Port Dover with a spur over to Port Rowan. Another very interesting facet was at the end on the line at Port Dover. There was a turntable which was used to turn the locomotives around for the trip back north to Hamilton. The heavy locomotives had to be carefully positioned fore and aft on the turntable otherwise there was a danger of the wheels falling off the track. Once this was accomplished, a pressure line from the locomotive was connected to an air powered motor which provided the force to turn the locomotives around. When this railway was abandoned the price of scrap iron was very low. As a result, the turntable was simply buried. The present day “Sandalmaker” craft store, close to the pier on the west side of the harbour, was built right over the abandoned turntable. There was also another turntable located at the end of the spur line at Port Rowan.

Besides crossing several roads and highways, this rail line also crossed the Grand River at Caledonia. The bridge is still there, west of the bridge on Argyle Street. It also crossed over 3 other railway tracks: the B&G (Buffalo to Goderich line) at Caledonia, two sets of tracks belonging to New York Central RR at Hagersville, and the Wabash RR which ran from fort Erie to Detroit. As already mentioned the train had to travel between Jarvis and Simcoe along the Wabash line.

So as you can possibly see, there was far more to trains besides a toot and a puff of steam!

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Cricket calls



⇒ Gardens were put to bed for the winter by volunteers who helped Joe and Marg Scime. Kudos to those who helped.

⇒ Kudos and thanks once again to our bar staff for the Xmas decorations on both floors.

⇒ Want to rent the hall for functions? Check with the bar staff for rates and rules.

⇒ If a member is in the hospital or passes, please let me know so that I can acknowledge in the Mariner. JIRVINE6@COGECO.CA

⇒ Get on the MBYC Email Mailing List: (1) Prepare an email to mbyclist@gmail.com (2) Enter "add me to the list" in the Subject area (3) Type your name plus 'full' or 'associate' member whichever is applicable in the message area. (4) Press Send.

***When Doing Nothing You Never Know
When You Are Finished!***



By Margaretanne Cranfield

Since I last wrote to you all, the paddles of Knot A Breast have been at rest.. but hopefully not the work-outs that the team continues to do on an individual basis.

We start up again the first week of January at the YWCA on Macnab Street. At the poolside, we pretend that we are in a dragon boat. The alternate week will be a physical workout in the gym.

And so we look forward to the beginning of another season knowing that Macassa Bay Yacht club has our back. We are so very grateful to each of you for the continued interest and support that you show us.

As I sit here tonight writing this passage, Earl has just pointed out that tomorrow is the shortest day of the year.. and then we begin to march again towards the lengthening of the days when we can again board our dragonboats and listen for the direction.. "paddles up".

We wish to all our friends at Macassa Bay a Happy and Healthy New Year.

"Paddles at rest"



**"Taking Aim"
MBYC DART LEAGUE
Jackie Andrews &
Jimmy Irvine**



Thanks to all who attended the Xmas Dart Tournament. Once teams were formed, play began and winning teams remained in "A" Pool while losers dropped to 'B' Pool. By the time play was finished the winners were:

'A' Pool - Sandra Mitchell (C) & Max Drukesen (E). Note: Sandra, a normally right handed shooter had to shoot left handed due to an injury! Kudos!
'B' Pool - John Devine (D) & Greg Baynes (E).

'50/50' Winner - Dawn Mueller (D).
Door Prize - Sam Beattie (E).

Darts have restarted as of January 9, 2012.



Lift In

Sat., May 5

Please, no children or spectators in the yard!

Change of Address

Every mailed edition of Macassa Mariner results in some "returned" copies as we don't have your new address! This costs us unnecessary expense. Please let the club know of your changes.



CANADIAN TIRE MONEY IS STILL BEING ACCEPTED! THIS IS USED TO BUY TOOLS AND EQUIPMENT FOR OUR WORKSHOP.

PLEASE LEAVE CTC COUPONS AT THE BAR!