



# The Lighthouse

The Official Newsletter of the Bras d'Or Yacht Club

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295-7177

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Jeannette Lays  
brasdoryacht@hotmail.com

## RACING AT BYC

### Regatta Week 2009 August 2 – 8

Without question, one of the highlights of the entire year at the Bras d'Or Yacht Club is Regatta Week. 2009 will be no exception. Planning and preparation are well under way. Enormous thanks are due once again to our Rear Commodore, Dr. Tim Woodford, and to our excellent Entertainment Committee, Cory Cox and Fraser MacLeod.

#### Regatta Week Schedule (So far)

**Sunday** – Sail Past - Annual Wine & Cheese  
**Monday** – Competitors Meeting - Racing  
**Tuesday** – Racing  
**Wednesday** – Racing  
**Thursday** – Racing  
**Friday** – You Gussed It – More Racing  
**Saturday** – Final Race Day & Awards Celebration

#### Entertainment Schedule

We can't give away all the surprises just yet, but be assured the entertainment will be spectacular, with music, and celebration every single day. Stay tuned for more news on who you will see and hear this year. Old favourites and new found friends are on tap.



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## JUNIOR SAILING

### Learn to Sail Program Schedule

#### Session 1

June 29 – July 10

#### Session 2

July 13 – July 24

#### Session 3 – Week I

July 27 – 31

#### Session 3 – Week II

August 10 – 14

**NOTE:** Session 3 is split - first week prior to Regatta week, second week after Regatta week.

Registration Forms available now at BYC. Pick up at the bar. Includes Fee Schedule and Conditions of student entry.

Each session restricted to maximum 20 Students. Register early to reserve your spot. Registration Fees must be paid in full. Learn to Sail Contract is required.

For more information contact  
**Learn to Sail Director**  
**Len Harvey**

bycjuniorsailing@hotmail.com  
or  
Phone: 295-0399

#### Bras d'Or Yacht Club

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## SILVER DART CENTENNIAL CELEBRATION BADDECK 2009

The celebration continues with  
**Youth Aviation Week – June 14 to June 21**

An entire week of events in Baddeck with everything from making paper airplanes to a Gala ball under the stars.

### BYC Takes Part

**Wednesday June 17<sup>th</sup>**, following a full scale air show with the Snow Birds, Hawk One and parachutists in the afternoon, there will be a **Street Dance** on Water Street beginning @ 7:30 PM.

**BYC** will host the bar for the Street Dance featuring ECMA winning bands, Paper Lions and the Tom Fun Orchestra.

**Thursday, June 18<sup>th</sup>**, **BYC** will host a club social.

Watch for more details on this great week of Celebration.

Visit [www.flightofthesilverdart.ca](http://www.flightofthesilverdart.ca)



## NSYA NEWS

### Pleasure Craft Operator Card

By September 15, 2009, Transport Canada requires everyone who operates a motorized pleasure craft to carry proof of competency on board at all times. The NSYA offers the Canadian Yachting Association's Pleasure Craft Operators Card test. For more information contact NSYA at 902-425-5450 ext 312

### Safe Boating Guide

Transport Canada has released a 2009 version of the Safe Boating Guide, which is based on the proposed new Small Vessel Regulations that are expected to come into force in the summer of 2009.

To get your copy contact NSYA at 902-425-5450 ext 312 or the Office of Boating Safety at 902-426-7729.

**(NOTE: Copies of this handbook will be available at BYC soon)**

COMPLETE NSYA LETTER TO THE COMMODORE  
POSTED ON THE BULLETIN BOARD IN THE CLUB  
FOYER.

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## RACING AT BYC

### RACING PRIOR TO REGATTA WEEK HOSTED BY BYC

Saturday, July 18 - McCurdy Cup  
Sunday, July 19 - Equis Cup

And don't forget  
July 25/26 – East Bay Regatta hosted by  
RCBYC

## RACING NEWS AT BYC FOR 2009

The **Baddeck 100<sup>th</sup> Anniversary (1908 – 2008) Trophy** was awarded for the first time in 2008. This beautiful trophy is a gift from the Village of Baddeck to the Bras d'Or Yacht Club in recognition of the great history of recreational sailing in and around the Baddeck area on the beautiful Bras d'Or Lakes.

The trophy will be presented to the yacht with the best overall score from regattas held in Cape Breton each summer. The qualifying regattas and the scoring system used to determine the winner will be formulated each year by the Bras d'Or Yacht Club Regatta Committee.

The inaugural event was in 2008 and the cup was awarded to **Yarra**, owned by **Dr. Arthur Coakley** of Baddeck.

The **Silver Dart 100<sup>th</sup> Anniversary Trophy** will be award for the first time this year, 2009, in a new competition using the **Seabird** daysailer, a boat that carries 3 crew. It has a main, jib, and spinnaker. There will be four of these boats available for BYC Regatta Week this year. This will be a unique and exciting competition for 2009. The following clubs will be invited to compete.

Bras d'Or Yacht Club  
Northern Yacht Club  
RCBYC/Dobson Club  
Western Cape Breton Yacht Clubs including  
St. Peter's, Isle Madam, & Port Hawkesbury

**COMPLETE RULES AVAILABLE SOON**

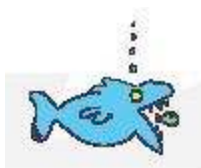
## GETTING IN SHAPE FOR RACE SEASON

The breeze is feeling warmer. The days are growing longer. The tarps are coming off. Maybe you've been thinking about bottom paint. Here's a list of other things you can do to help you get in shape.

1. Buy a case of beer, sit with it in a very warm place for 3 hours then drink it.
2. Apply sunscreen to your face in streaks and sit in front of a sun lamp for 2 hours
3. Sit on a bench with sharp metal edges digging into the backs of your knees for 2 hours and stare up into the sun. For a more robust workout, invite 4 friends to come over and shout at you at 5-minute intervals.
4. Go out and get very drunk, sleep for 2 hours then stand on a rocking chair for 4 hours.
5. Go to the bank, withdraw \$1,000 then light it on fire.
6. Sit in front of a large commercial fan and have someone throw large buckets of water at you.
7. Repeat number 6 in jeans and sweatshirt. Keep head turned sideways to ensure water lodges fully into eardrum.
8. Cut limb off nearby tree and tie several ropes to it. Stand on rocking chair holding tree limb and ropes above your head for 3 hours. Drop the limb on your head from time to time. For a more robust workout, have 4 friends shout at you at 5-minute intervals.
9. Set your wristwatch alarm to 5 minute repeating counts ... let it go off all day long.
10. Pour cold water in your lap, give yourself a wedgie then alternate between sitting and running around bent over.
11. Glue sandpaper on your stairs; crawl up and down on your knees for several hours.
12. Make 12 sandwiches on white bread with bad meat and cram them into a bread bag – eat one a day for 12 consecutive days. Make the last one peanut butter and jelly if preparing for Race Week.

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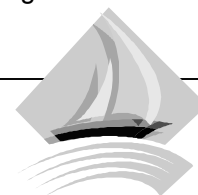
*"The chance of mistakes is about equal to the number of crew squared." – Ted Turner*



## Thank You to All our Members

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Thank you for renewing your membership, for offering your help, for your donations, for your time, for your strength, for your experience, for your advice, for your encouragement, and most of all, for continuing to believe in sailing.



### LASER WORLD CHAMPIONSHIPS NOVA SCOTIA

The 2009 Laser World Championships will take place on St. Margaret's Bay from August 17 to September 5, 2009 - One of the largest one-design championships in the world and likely the largest individual sailing competition ever to take place in Canada. They need volunteers of all skills and experience. If you would like to volunteer contact event manager Duncan Enamn at 902-830-1948 or go to:

[www.2009laserworlds.org](http://www.2009laserworlds.org)

### NEW RULEBOOK 2009 – 2012

**ISAF** – International Sailing Federation – issues a revised rulebook every four years. Make sure you get a new copy of the Racing Rules of Sailing this year. There have been quite a few changes to the structure of the rulebook in an effort to make the rules more modern and easier to understand. Download a copy from the ISAF website at [www.sailing.org](http://www.sailing.org) with all the changes highlighted.

***If you intend to race, it is your responsibility to know the rules, so get a new book, or go on line, and find out what's new for 2009.***

## CABOT TRAIL KIOSK

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The Cabot Trail Association is building 23 Interpretive Panel Kiosks at designated sites around the Cabot Trail this summer. BYC has been chosen to receive one of these kiosks. The kiosk has already been installed and the Interpretive Panel is under development to be on display by July this year.

The purpose of these kiosks is to build awareness of destinations around the Cabot Trail, to enhance traveller's interest in places of interest around the island, and promote the members of the Cabot Trail Association.

We are grateful to the Village of Baddeck for putting our name forward as a prime location for one of these destination structures. It will bring a lot more attention to our club, it's history, and the great tradition of sailing on Bras d'Or Lakes.

Our thanks also to Jocelyn Bethune, Shawn Dunlop, and Philip MacRae for their help in collecting excellent photographs, both old and new, and historic information, which will be used in the development of the BYC interpretive panel.

## WANTED

### Full Time Editor for "The Lighthouse"

Here is a great opportunity to get involved in the Bras d'Or Yacht Club. Sign on as the full time **Editor in Chief** of the club's newsletter "The Lighthouse".

- Work from home.
- Keep the membership informed.
- Attend monthly Board of Governors meetings.
- Produce just 4 issues per year.
- Long hours, no pay, and tons of free criticism.

Contact Mona Anderson at 295-1653 or [mona.chickaepa@gmail.com](mailto:mona.chickaepa@gmail.com) to discuss.



## BYC CALENDAR Summer 2009

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**June 14 – 21** Silver Dart Centennial Youth Aviation Week in Baddeck

**June 17** Snowbirds Fly Past & Street Party with Tom Fun Orchestra - **BYC Beer Garden**

**June 18** **BYC Social** – Drop by the club and hear some great music and celebrate the Silver Dart Centennial.

### BYC JUNIOR SAILING LEARN TO SAIL PROGRAM

**June 29 – July 10** Session I

**July 13 – July 24** Session II

**July 27 – 31** Week 1 Session III

**August 10 – 14** Week 2 Session III

### BYC REGATTAS

**July 18** McCurdy Cup – BYC

**July 19** Equis Cup – BYC

**July 25 / 26** East Bay Regatta - RCBYC

**August 2** **BYC SAILPAST** followed by Wine & Cheese party. Bring the family.

**August 3 – 8** **BYC Regatta Week** – racing every day, and entertainment every night.

**August 8** Final day of racing and **AWARDS** presentations

And lots of other fun things throughout the summer so watch the bulletin board at the club and notices around town.

### Got Something To Say?

Write an article, or a Letter to the Editor. Have your say in **THE LIGHTHOUSE**.

*Editor reserves the right to select material appropriate for publication.*