



"Limey" to our friends!
Box 41, Commodore Road, Kars, ON K0A 2E0
(613) 489-2747

E-mail: longisland@cyberus.ca
Web Site: www.longislandmarine.com



The Commodore's Log

Volume 9, issue 2 August 2006



YOU'LL NEVER BELIEVE THIS!

Nutritional blue-green algae
A NEW SUPERFOOD!

(severely condensed & annotated by this scribe from the July 2006 issue of 'Alive' magazine)

While many people in North America *(especially here at Limi)* might not think of eating algae, the indigenous people of Japan & China have eaten it for thousands of years for its nutritional properties!

From the nori sheets *(the what?)* that encircle your sushi, to dulse & certain kelps, edible algae is becoming well known for its nutritional benefits & properties. *(Guess I'll never eat sushi again!)*

Algae contains more chlorophyll than probably any other food source. Algae grows only in the wild *(maybe Limi should go on a trade mission to China?)* In many ways it's nature's perfect food. It contains amino acids, vitamins & trace minerals that tone the

immune system, raise energy levels and improve general health. Its high chlorophyll and phyto-chemical content make it an effective antioxidant that helps prevent cell damage and aids detoxification in the body. Compared to other protein sources, algae is low in fat and high in fibre. *(I'd rather eat a steak!)*

The next time you make a smoothie, add some algae & start reaping the benefits of this blue-green super food!

Gillian's note: DON'T EVEN THINK ABOUT IT! (not that it's remotely likely you will!) The article goes on to describe the extreme toxic dangers of not harvesting algae properly!

WHERE Y'ALL BIN?

It's been remarkably quiet at our little marina all summer ... Could turn it into a bowling alley!

Our free seminars (Anchoring, Stern Drive Maintenance & Navigation) have become semi-private lessons and on top of that you're not eating enough Ice Cream!

Actually it seems the same all over, including the Rideau Canal, whose numbers are reportedly down 25 to 30%!

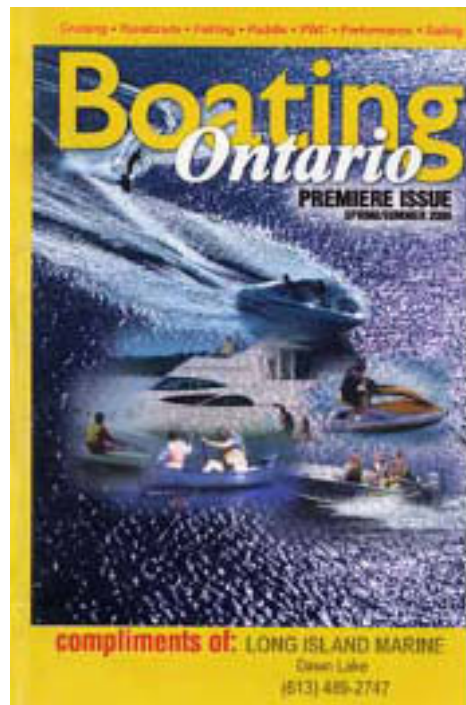
Some blame the price of gas but if that's your thinking perhaps you should think again. Instead of allowing per litre cost increases to ruin your summer on the water, consider how much you spend on gas in total for a season and weigh the increase (probably a small number of actual dollars) to the pleasure of the trips and the overall cost of owning a boat. You'll almost certainly realize that the increased cost is insignificant ... *So carry on boating!*

SERIOUS STUFF!

- There's been a change to Hydrographic Chart 1513 (Smiths Falls to Kingston) in the Big Rideau, Rocky Narrows area. Copies of the notice are available in The Chandlery, but you can set up your profile with the Canadian Hydrographic Service & they will automatically inform you of navigational changes relevant to you. Go to: www.notmar.gc.ca to sign up.

- DID YOU KNOW that portable gasoline tanks now must be secured in the boat 'to allow as little movement as possible'. Existing tanks are grandfathered, but as soon as the tank is repaired, altered or replaced it must be brought into compliance. The solution is simple ... we sell the securing kit for well under \$10.00. Talk to Dawn.

- AND A REMINDER ... It's actually ILLEGAL to fill portable tanks while they are still in the boat. Such tanks must be brought ashore to be refilled. The real potential for spilled gas, either into the hull of the boat **(BOOM !)** or the water are the issues.



The premier issue of 'Boating Ontario' was included in your 'Welcome Aboard' gift



Issue #2 is available in the Snack bar or offices ... pick it up ... it's Free!



- We've changed the way we do boat sales at Limi. For \$75.00 per year we'll post your listing on our website, maintain it in 3 binders available to anyone in the Snack Bar, Summer Office & Workshop Office (with copies for the prospective buyer to take). We'll put the appropriate signage on the boat. Your contact info is provided & you make your own deal with the buyer. Limi takes no commission on the sale!



WELCOME ABOARD

- Marilyn & Steve A, riding around in their little sailboat instead on the back of a horse!
- Old friend Sue A, & James A, who are already getting seven-foot-it is!
- Pierre B, with his 'new to him' houseboat.
- Brian, Carol, Zoe & Rebecca, here for only a month ... hope they like us enough to stay longer!
- Chris H, who's suffering mistaken identity with a wake-causing idiot on the river!

MORE FREE STUFF!

All season long boaters at our docks or on land for the summer season receive our 'Welcome Aboard' package, which includes a bottle of wine! For year-rounders we also include coupons for free meals, pump-outs, ice etc. We used to put this package on your boat in May, until some of you reported that the wine had boiled by the time you got to it! Now we give the gift to you when we see you, or put a little note on your boat explaining that your package is ready for you to pick up in the Summer Office.

Still waiting to be claimed are gifts for: Brian N, Tom & Lyse M, Ian & Shana P, Paul A, Dave G, David G, Chris L, David H, Vedad N, Sally & Harvey N, Ron M, Bruce & Karen M, Gil P, Fred W, Gordon W, Andrew T, Don S & Luke & Nancy SS.

Claim them soon ... or Pres Gillian's gonna have one helluva party!

FREE STUFF!

Check out the weekend display outside our Chandlery for lots of gizmos, paints etc ... some new, some used, but all free for the taking!

ASK US

Q My boat old but it runs fine, and it's perfectly good enough for my needs. I doubt my insurance company would give me even \$2,000 for it, so why shouldn't I simply cancel the insurance?

A Your insurance policy includes liability coverage should you (even if it's not your fault) cause damage to someone else's property (for example, your boat's engine quits &, as a result you ding ... even slightly ... another boat). The cost of repair you'll incur could be considerable, especially if Murphy is at work and the boat you scratch is a brand new, 40 foot Baja!

Even worse, & heaven forbid, a guest on your boat slips & falls & is injured. Much worse, the guest is a child, falls overboard & drowns! Can you afford to pay the settlement without insurance?

Also, all marinas you moor at, seasonally or occasionally, public or private require you to carry liability insurance.

Q The lower unit of my outboard engine gets covered in scummy growth. How can I keep it clean & shiny?

A To properly remove the marine growth from your lower unit first take the boat out of the water and lay multiple layers of newspaper on the ground to catch the drippings. Apply 'Easy Off' oven cleaner, following the directions.. White calcium deposits usually found where hot water is exiting an exhaust port, can be removed with CLR.

To avoid developing marine growth in the first place, at the beginning of the season apply a coating of a good quality marine wax.. If your waters have Zebra Mussels use a wax designed specifically to prevent them hitching a ride on your craft. You may need to repeat this process two or three times throughout the season.

Q My Marina owner keeps nagging me to 'tie a cleat properly! Why does it matter how I tie my boat, as long as it stays tied?

A Because improperly tied knots:

- rarely hold in all circumstances (like wind, wakes etc). At Limi we frequently, on our regular 'dock walks' have to re-tie a loose line. You could find your vessel has drifted away and perhaps disappeared altogether!
- can jam so tight that you have to cut the line to release the boat! (almost happened at Limi last week!)
- In some circumstances you may have to share a cleat with another boat.. The less line you pile on the cleat the more secure both boats will be.

The correct way to tie to a cleat is with one round turn, one cross & one locking turn. That's It! Coil or flake the remaining line tidily on the dock. And while on the subject, your boat should be secured with a bow line, a stern line and at least one (but preferably 2) spring lines.

If you're not sure, ask the Limi staff to give you a free lesson.

Q My family loves to spend the whole weekend away on our twenty-four foot cruiser. We don't have refrigeration, only an ice box and use ice blocks to keep the food fresh. I'm tired of ending up with food floating in cold, bloody water & labels floating in the soup by the second day out.



The only problem with this old houseboat is the basement leaks

The food, especially milk & meat, is sometimes spoiled by day three! Do you have any solutions?

A Absolutely! We have cruised up to five days without refrigeration in extremely hot weather and still enjoyed delicious barbecued chicken on day 5!

- Instead of buying commercial ice blocks, freeze water at home in large plastic containers about the size of the ice blocks. This way, as the ice melts it doesn't flood the ice box, and there is the added benefit of being able to use it (once melted) as drinking water.
- Don't bother taking ice cubes, they melt too quickly. Take instead an ice pick & chip off chunks of the block ice for your drinks.
- Freeze ahead of time anything that's freezable.
- Buy milk in one litre (max) containers and juices in boxes. Divide butter into several small plastic containers. Freeze them before you put them in your ice box & remove only one at a time as needed.
- Refrigerate all non-freezable items for at least 24 hours before adding to your ice box.
- Pre-freeze all meats. Plan your meals so that the most sensitive products (like sausages) are eaten on the first night. Steaks hold well for at least two days and a whole frozen chicken will not thaw for several days. Eat it last.
- Last but not least ... spirits & liqueurs can be kept in the freezer compartment of your home refrigerator for at least twenty four hours. Then put in your on board

ice box (tho' you may need two ice boxes by now!) . A d d e d bonus is that icy cold G & T's are deliciously refreshing!

Party
time
again!



End of Season Pig Roast!

Saturday, September 16th, 5:30pm

Bring your usually hungry selves and a food offering (salads, breads, desserts, etc. or something deliciously gourmet) and get ready to pig out at our ninth annual, hugely popular PIG ROAST beginning at 5:30pm. Oink Oink Acres will again be firing up the roaster early that morning and serving up succulent pig somewhere around 5:30 pm. Then enjoy 'THE STANDBY BROTHERS' as they strut their stuff till we drop.

No Reservations Required!

No Charge!