



# THE CROW'S NEST

## LADYSMITH YACHT CLUB

### EDITION: 2025-05 (October)



## Welcome!

I hope you have all had a great summer of 2025 and that you were able to spend lots of time boating. I spent a lot of time on Northern Comfort, which means I have many interesting topics for the *Crowsnest*. Here is some of the content coming your way in this edition:

- Special Feature - Harbour Seal
- Provisioning for a long trip
- Recipe - Petra's Mediterranean Lentil Salad
- Photos - Telegraph Harbour Rendezvous
- Boat winterizing checklist
- 2025 Club Calendar
- LYC Member's Forum
- Cruising the Broughton Archipelago - part 2

As regular *Crowsnest* readers will know, Laurie and I spent a good part of the summer cruising the Broughton Archipelago, in the experienced company of fellow LYC members Tom and Jean. A trip like that takes a lot of planning, not least deciding what to provision, and what quantities. Re-provisioning opportunities are few and far between, limited to places like Campbell River and Port McNeil. After consulting with other club members, I have put together some interesting tips.

In the last *Crowsnest*, I shared my departure checklist, which I hope you have found useful. This time, I have shared my winterizing checklist, which has recently been updated, as we are sadly done with boating for the year.

This edition also features the final special article about marine mammals by LYC member Owen Thistle. In this edition of the *Crowsnest* we learn about the Harbour Seal.

Be sure to take a look at the photos from the most excellent Telegraph Harbour Rendezvous, held in late August. The weather was perfect, and we had a live band. How great is that? Many thanks to Mindy Coles, Susan Erickson, and other volunteers who helped end our 2025 Rendezvous season on a very high note!



Photo: LYC members at Telegraph Harbour

Don't forget to sign up for the new LYC member's forum if you haven't already done so. I've included the instructions within this edition.

Happy cruising! Gord Coulman, Editor.

# Special Feature

## The World According to Sea Mammals, by Owen Thistle

### Part 3: The Harbour Seal

This is the third *Crowsnest* essay about the umwelt of local sea mammals – how they experience their ocean world through their highly specialized and remarkable senses.

You've anchored for the night in Montague Harbour and a harbour seal surfaces to check out the new arrival. She

feathered in the direction of the water flowing around her face. She can tell something has disturbed the water when the swirling vortices deflect her whiskers and she feels the footprint left behind. Harbour seals are able to track and locate fish 100 meters away by following the trail of turbulence they leave behind, a skill that serves them as well in the dark murky depths as it does near the surface. Their umwelt is a map of flow patterns that paints a story of the past, pointing to a future meal.

I hope you've enjoyed learning a little more about our sea-mammal cousins, their remarkable senses, and their umwelt – how they experience their water world. Hopefully this has also given an appreciation of how our



dips below the surface again to cruise around the bay and you wonder what she's looking for – maybe she's hoping to spot a fish for a quick meal. More likely she isn't looking for anything at all, though she is on the hunt. Like a hound she's trying to pick up the trail of her prey, only her scent organs don't work under water.

The trail she's looking for is the turbulence left behind in the water from something that had passed there before. Her whiskers are stiff and thick and connected to hundreds of thousands of nerve cells – much more than most animal whiskers. And unlike other whiskers, the seal's whiskers are not round in shape, but elliptical, and

own, very visual umwelt makes our experience of the world very different from theirs. For some great reading on the topic of amazing animal adaptations and senses here is some recommended reading:

*An Immense World*, Ed Yong 2022

*Great Adaptations*, Kenneth Catania 2020

Photo: A Harbour Seal Corrals a School of Baitfish in Friday Harbor (Owen Thistle)

# Provisioning for a Long Trip

## What to take, what to leave?

Several LYC members headed north during 2025, some to Desolation Sound or the Broughton Archipelago, some much further than that. Since there aren't many grocery stores in these areas, what are the best practices?

A lot depends upon your boat. Many larger powerboats or sailboats will have ample dry storage, plus plenty of refrigerator and freezer space. Smaller sailboats like mine definitely do not! My fridge is about the size of a small bar fridge, with an integrated freezer compartment about the size of a textbook (not a big one). Plus, the ends of the freezer compartment are open to the fridge space, so things sometimes unexpectedly thaw. Even with a big fridge, fresh vegetables are only going to last a week or so.

## Things to do

- Plan some dinners in advance, particularly if you want to do something special
- Figure out roughly when and where you will stop at the better provisioning points, for example: Port McNeil or Heriot Bay
- Don't forget about water and diesel. You might not be able to get water in more remote spots, or it might not be very good
- Consider where you will dispose of garbage. Remote places can't deal with it. If you wash and separate cans and plastic containers, you can stow them in lazarettes without smell. Organics can go over the side. Most places will take deposit cans and bottles.
- Canned and dry goods keep for a long time. Canned fish, chicken, and vegetables are great for soups, stews, and curries.
- Don't hesitate to spend some money on a few grocery items in more remote places. These places need our trade to survive and be there next year when we need them.
- Do a bit of fishing if you are so inclined.
- Look for farm stands and farmers markets

## Things to avoid

- Leave as much packaging as possible behind. Cardboard takes up a lot of space and sometimes harbours bugs that you don't want aboard.
- You might not need to stock as much wine, beer, and spirits as you think. Even remote places will have these for sale, although they might cost a bit more than they do at home.

## Tips and Tricks

- An empty 3L plastic water jug is a great repository for soft plastic waste. Just stuff it in and compress it now and then with a broomstick handle or similar. It is amazing how much plastic you can jam in there, which reduces the volume of waste you need to store.
- Tortillas don't need refrigeration
- Kirkland canned chicken is pretty good and has low sodium, although the smell drives my cat crazy. We like canned shrimp and crab too.
- Individually wrapped cheese sticks last a long time and make a nice snack underway.
- A mesh hammock is great for keeping fruit. We use a separate hammock for lightweight snacks like chips, granola bars, and fruit bars
- Root vegetables and squash keep well in cool, dark lockers, but check them every day.
- Vegetarian foods can be easier to keep if you don't have a freezer. We use jackfruit as a meat substitute and it doesn't even require refrigeration until you open it.
- Spices don't take up a lot of space, but really make a difference. We use garlic powder and dried onion flakes too.
- I like the little packets of instant oatmeal for breakfast. Maple sugar is the only good flavour, and it is available in a less sweet version.
- Pancake mix can be used for lots of different purposes.



# Recipe

## Petra's Mediterranean Lentil Salad

This recipe was submitted by our Staff Captain Susan Erickson, and we can attest that it is very good!

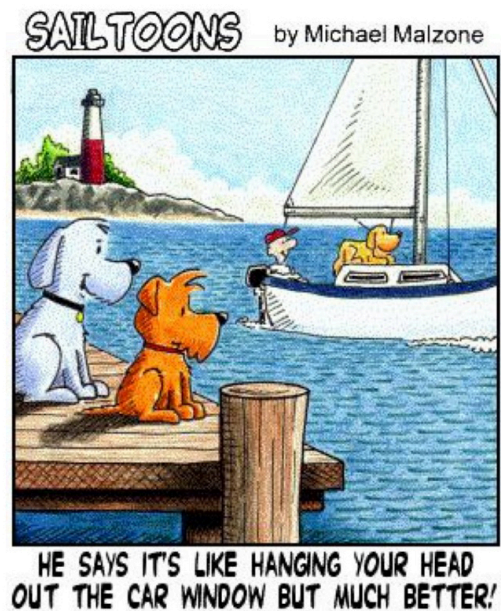
### Ingredients

- 540ml/19g lentils (or chick peas)
- 2 Tbsp lemon juice
- 4 Tbsp olive oil
- 1 tsp cumin, ground
- 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 1 pint grape tomatoes or 1 large tomato
- 2 red bell peppers, finely chopped
- 1/4 cup fresh coriander, and/or mint, and/or basil, chopped
- 1/4 cup red onion, finely chopped
- 1/2 cup light feta cheese, crumbled

### Preparation

- Rinse and drain lentils/chickpeas
- In large bowl mix lemon juice, oil, cumin, salt and cayenne
- Add lentils
- Slice grape tomatoes in quarters or coarsely chop large tomato
- Add to lentils with red pepper, coriander and onion
- Crumble in feta

Serve or refrigerate for up to 2 days.





# Telegraph Harbour Rendezvous



Above: Copper Canyon Band



Horseshoes



Horseshoe winners Susan Erickson and guest on "Capercaillie", Emery



How well do you know your partner? Game winners John and Sheila Berlinghof



Bocce winners John Berlinghof and Mindy Coles



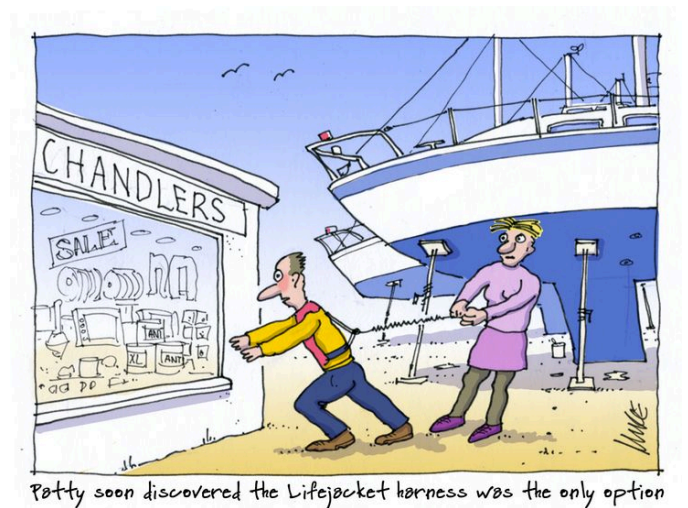
# Winterization Checklist

It is sad, but eventually that crisp fall day comes along, when winterizing can't be postponed any longer. For me, that day arrived in early September, which was especially hard, because the weather was so beautiful.

Of course, this list is specific to my boat, but you are welcome to adapt it to your own use. As I mentioned in the last *Crowsnest*, I use Google Keep on my phone, which I find convenient for this kind of thing.

- Flush deck drains
- Spray 303 on exposed sunbrella
- Oil and filter change
- Transmission oil change
- Oil indoor teak
- Handheld radios (2) to storage
- Install foil window covers
- Run RV antifreeze through engine
- Put away Canadian flag, club burgees
- Remove solar panel fuse
- Open Orion circuit breaker
- Unplug Victron AC charger, use lithium house bank down to 50 to 70 percent remaining
- Side window weep holes clear
- Flush dinghy motor and stow, empty fuel or stabilize, cover and lock
- Stow dinghy and tarp, check for dangling lines
- Moisture traps in several places
- Plug in round dryers, engine room dryer
- Leave engine room cover ajar for ventilation
- Plug in dehumidifier, set to 65 percent
- Caframo heater on setting 1, just above freezing on temp dial
- Tarps on bimini and cabin top
- Check mooring lines, chafe preventers
- Adjust fenders
- Through hulls closed except cockpit drain and galley sink
- Install plug in head sink
- Plug in security camera, make sure it works
- Fuel additives, top up diesel tank
- Lower level in water tank, add a bit of bleach
- Cooler and fridge empty and dry
- Food bins to the truck
- Sails flaked and stowed
- Power cord tied in place
- Propane valve off, BBQ hose stowed
- V berth cushions raised for ventilation

- Place empty food bins along quarter berth in case of leaks
- Start battery switch off, check electrolyte level
- House battery switch off
- Garbage empty, head empty
- Cat box clean, covered
- Cover exposed part of teak grab rails
- General cleaning
- Laundry done or take home
- Test bilge pump, dry bilge with sponge, new oil absorber
- Place dock mat on deck
- Make sad face :{
- Lock up and go



# LYC 2025 Events

Hello everyone!

It is amazing how fast the summer went by! Here is a reminder of the rest of the Club schedule for 2025.

Please add these dates to your calendars!

- **September 23rd Member engagement meeting** - Heart on the Hill. We will share the survey results, provide updates on the club, and brainstorm ideas for the future direction of the club. This will be a fun, interactive and collaborative session. Please RSVP to [commodore@ladysmithyc.bc.ca](mailto:commodore@ladysmithyc.bc.ca) if you are planning to attend in person. The cash bar will be open and we will provide the appetizers! You are also welcome to join via ZOOM if you prefer. We will send the link out before the event.
- **October 7th Education night** - Solar on your Boat. Jarad Hildebrand from Neptune Marine Electric will share how boaters can integrate reliable, efficient systems into our vessels.
- **October 24th LYC Oktoberfest!**
- **November 4th Education night** - Sailing from Croatia to Ladysmith. Jason and Roberta Bowman will tell us about their epic journey!
- **November 15th LYC Commodores Gala!**
- **November 25th Special General Meeting** - election of the 2026 Board of Directors and Committee Leads via Zoom.
- **December 6 LYC Christmas Social**

Details on all of the events will be sent out closer to the dates. We hope to see you all!

Paul Tellier, Commodore

## LYC Member's Forum

If you have not already done so, please register to use the new Member's Forum. Instructions are below.

Note: It might take a day or two, as Owen and Fiona are on their boat and they might not see your request right away. If you have any issues registering, please reach out and we are happy to help. Feel free to post anything related to boating or the club.

To register:

1. Visit [www.ladysmithyc.bc.ca](http://www.ladysmithyc.bc.ca) and click on *Members Registration*
2. Enter this one-time passcode to request an account: *myLYC*.
3. Enter your information on the account request form and click *Register*. We'll confirm your membership by email and activate your account. This may take a couple of days.

Once registered, you will have full access to our exclusive members-only space (log in with your personal password and check the "keep me signed in" box for instant access going forward).

If you have any difficulty, just email [forum@ladysmithyc.bc.ca](mailto:forum@ladysmithyc.bc.ca) for assistance. We hope to see you soon in the virtual club-house!



# Cruising the Broughton Archipelago

## Part 2 - Forward Harbour to Turnbull Cove

**June 16. Forward Harbour to Boughey Bay 29.4 nm.** We are anchored in Boughey Bay (pronounced "boogie", like '70s disco). That means we have entered the Broughton archipelago, our cruising destination for the next couple of weeks. Today we traveled along Johnstone Strait, which was in a very good mood, with calm conditions and a bit of following current. Squatchy snoozed on a cockpit seat most of the way, which testified to the mild conditions.

Our cruising will take us through inlets and passages between islands and a mixture of anchorages and marinas. The main provisioning port will be Port McNeil, which we will visit sometime during the coming week. We still have lots of fuel and water, plus some fruit and vegetables. We have a lot of preserved food remaining, since we have been using the fresh stuff first.

I'm looking forward to Lagoon Cove, when the marina hosts a daily potluck, supplying fresh prawns. Boaters bring a side dish. To get there, we have to transit narrow Chatham Channel at slack current, then another little channel called the Blowhole, though I'm assured that it's more severely named than necessary.



Photo: tea cakes, yum!

**June 17. Boughey Bay to Lagoon Cove 10.1 nm.** Just a short trip today, but challenging as we negotiated the narrow Chatham Channel, in line with four other sailboats. The slack current prediction wasn't very accurate, so we pushed our way in and perhaps a half hour later the current abated. Chatham has range markers at each end to help boaters keep to the centre of the channel. Before Chatham, we passed the site of a former native village called Matilpi, which has a shell midden beach remaining, the only sign that people once lived there.

Approaching Lagoon Cove, we navigated the Blowhole, a narrow and very shallow passage with a big rock midway. We had no issues, except for strong wind gusts that were a bit startling. The winds were strong at Lagoon as well, but the wharfingers caught our lines and we had no problems. The marina is frequented by some quite large boats - we stared upward at the anchor of an "ocean liner" next to us!

Lagoon Cove hosts a nightly happy hour where boaters bring drinks and appetizers and the marina provides fresh prawns. It was fun and we met some nice people, many on their way to Northern BC or Alaska. Squatchy met a grey cat with yellow eyes named Marlowe, who wandered into the marina last fall, from who knows where. He has found a nice home and is well cared for. The two cats were fast friends, but that's Squatchy for you. He also befriended several dogs and many people.



Photo: Squatchy and Marlowe at Lagoon Cove

**June 18. Lagoon Cove to Crease Island 14.9 nm.** More challenging navigation today as we traversed rock-strewn and aptly named Beware Passage on our way to a little Cove on the east side of Crease Island. The Cove is a natural harbour, sheltered from most directions, although the bottom may be mostly kelp, which doesn't give the anchor a very good grip. We watched another boat leave, and their anchor brought up a huge ball of kelp.





Photo: Goat Island, opposite Crease Island

Along the way, a pair of orcas surfaced nearby, and we passed some abandoned native villages, one having a collapsed house and a still-standing totem pole. Laurie made some delicious tea cakes, since we have exhausted our supply of cookies. Tomorrow, if the weather is favourable, we may go to the village of Sointula.



Photo: Crease Island

**June 19. Crease Island to Sointula 19.0 nm.** We had a nice trip from Crease Island to Sointula, seeing a lot of wildlife and an active native village. After yesterday's orcas, we were surprised today by a minke whale, humpback whale, porpoises, and even a group of sea otters. The scenery was quite spectacular as we crossed Blackfish Sound and Cormorant Channel in almost calm waters.

At Sointula, we were grateful that Rover went into the tight marina first and found us a length of dock where we could squeeze our two boats in. Tomorrow, we will hike into town, which is about 1.5 km away. Sointula was founded by Finnish people, who set up a kind of utopian cooperative about 100 years ago. Today, the Coop



store remains the western Canada's oldest. There was a strong tradition of ship building here, with more than 600 fishing vessels built.

**June 20.** It was fun wandering around Sointula today. We visited Coho Joe's Cafe for an excellent lunch, then the Malcolm Island Food Company, where we bought frozen chicken curry for supper. At the Coop, we found big Carl Fazer Finnish chocolate bars and topped up our supply of Finn Crisps. We met a nice couple who run a shed-sized Finnish craft gallery in their backyard full of flowers and chickens. The owner's grandfather was the first child born of Finnish settlers on the island.

On the way back to the marina, we stopped at the museum, where there were artifacts and stories from the early settlement and a very knowledgeable curator. We saw unique rugs woven from old gill nets. Everyone we met was friendly and helpful, and throughout the village there was evidence of both artistic talent and an abundant sense of humor, for example: a sign that said "commence silly walking now". In short, Sointula is a very charming and beautiful place. The curry dinner was delicious too. I'm sure we will visit again.



Photo: Sointula has a strong tradition of boat building

**June 21. Sointula to Port McNeil 4.3 nm.** It took less than an hour to motor from Sointula to Port McNeil today. We watched the high school graduation parade through town and had dinner at a brewpub. It was misty in the morning, then sunny and warm, and then misty again. Fortunately, we had shore power, so the boat was cozy and dry. We filled up the water tank and tomorrow we will top up our fuel and get some fresh provisions.

**June 22.** Port McNeil takes pride in having the world's largest burl, which we thought we had found yesterday near the museum, but apparently that wasn't it. The real item is here somewhere, but was damaged by fire a few years ago and now sits neglected and scorched out in the open. As I mentioned before, the good citizens of nearby Sointula have a distinct sense of humour and now boast having the world's smallest burl, which we saw a couple of days ago. It is indeed quite tiny. Far more impressive in my view were the monkey puzzle trees, which are a kind of spiky Dr. Seuss tree that you won't see very often. Perhaps they aren't the world's largest...

**June 23. Port McNeil to Alert Bay 6.8 nm.** We had a short trip from Port McNeil to Alert Bay, particularly as the current lived up to predictions and pushed us along at 7.5 kt at one point. The Alert Bay Marina is a very tiny set of docks behind a manmade breakwater. Getting to our slip required lots of maneuvering, but we managed to shoehorn Northern Comfort in between the rafted fishing boats. Laurie says we can now parallel park! Getting out promised to be a bigger challenge, as NC doesn't enjoy backing up. Rover had similar challenges and had to help move another boat to make room to squeeze in.

Alert Bay used to be a kind of fishing gold rush town, with a thousand boats at one point and a main street full of bars and wealthy fishermen. They even had a bus that plied the bars at night. Some of the old buildings remain, along with a fair sized native community. Tomorrow we plan to visit the cultural museum, and there is a gift shop close to the marina that boasts the best coffee in town.

We had a long walk through town and then along a boardwalk through a marsh area. We also passed the native cemetery, with its impressive totems. Digby was delighted by the swamp and was soon unrecognizable and somewhat odiferous. Nothing makes him happier, except a roll in the sand right after the mud, a sort of "shake and bake" effect. He is a funny little dog.

**June 24.** The U'mista cultural centre was very interesting, full of interesting artifacts and descriptions of the way people lived in this area for millennia. We met a couple of wood carvers who are carrying on the traditions of carved masks and totem poles. One of these gentlemen had traveled to museums as far away as Hull Quebec and England to restore and re-dedicate totems. Sadly, they are having difficulty interesting the younger generations in taking over these roles. At one time, there were villages scattered throughout these islands and inlets, but now there are only a few. The large masonry residential school was once nearby, and was only demolished in 2015. One exit door was preserved, with some poignant Banksy-type artwork painted on it.



Photo: U'mista cultural centre

**June 25. Alert Bay to Spout Cove 9.8 nm** Via Garmin: Arrived safely Spout Cove. No phone service.

**26 June Spout Cove to Cullen Harbour 11.8 nm** Via Garmin: No phone service, so brief update. At anchor Cullen Hbr. Broughton Isl. Quiet conditions but steady rain most of the day. Laurie made chowder, yum.



**June 27.** No phone service at Spout Cove, so I could not send my daily update. The anchorage was quiet, and we saw a deer swim right across it, swerving around Rover, and then climbing the steep and rocky shore, where it stood for a few minutes, maybe to catch its breath. We had a delicious dinner aboard Rover, where Jean had made Chicken Tangine, a Moroccan stew. In the calm anchorage, Squatchy was in a curious mood, exploring Rover's decks and our dinghy, jumping in and out of it several times (wearing his lifejacket).

Facing east, the Cove overlooked Blackfish Sound, and true to the name, we saw humpback whales spouting and surfacing. This same feature allowed us to watch passing vessels, which was fine until 5 AM, when three cruise ships went by at 19 knots, creating massive wakes that arrived right on our beam. We rocked and rolled for quite a while, with loose items falling off shelves and rolling around. Looking out our portlights, we could watch these behemoths glide by, brightly lit with decorative lights from end to end. From the AIS, I learned that the largest was the Coral Princess, nearly one thousand feet long.

Today was very rainy, but we opted for a short trip due north to Cullen Harbour, on the south end of Broughton Island. Just beyond is the large Booker Lagoon, with a narrow entrance and therefore strong currents with each tide change. Cullen Harbour was very sheltered, so we didn't need to bother with the Lagoon. Several other sailboats were also anchored.



Photo: Cullen Harbour

Getting out of Alert Bay a couple of days ago wasn't too bad. We had a good plan and Tom and Jean helped by managing mooring lines and fending off from other boats. When we reached a wide enough point, Tom walked our bow along the dock so that we could turn 180 degrees and head out. Thankfully, there was almost no wind and the plan worked perfectly.

**June 28 Cullen Harbour to Claydon Bay 20.5 nm** Via Garmin: Arrived Claydon Hbr. Well sheltered. Fog in AM but fine now. Sailed in light winds last part of the trip.



**June 29 Claydon Bay to Blair Island 15.8 nm** Via Garmin: Arrived Blair Island, MacKenzie Sound. Pointy mountains and clear green water. Saw boiling rapids where lagoons flow out, but Kenneth Passage was slack, no problem.



Photo: Rover at Blair Island, MacKenzie Sound

**June 30 Blair Island to Turnbull Cove 4.6 nm** Via Garmin: Arrived Turnbull Cove. Very short trip today, but scenic. Hiking to Hauskin Lake, about 1km uphill. Hauskin Lake climb was challenging but worth it. Had entire lake to ourselves, 4 people, 1 dog, 1 cat. Water was cool and refreshing. Digby enjoyed the cool mud.

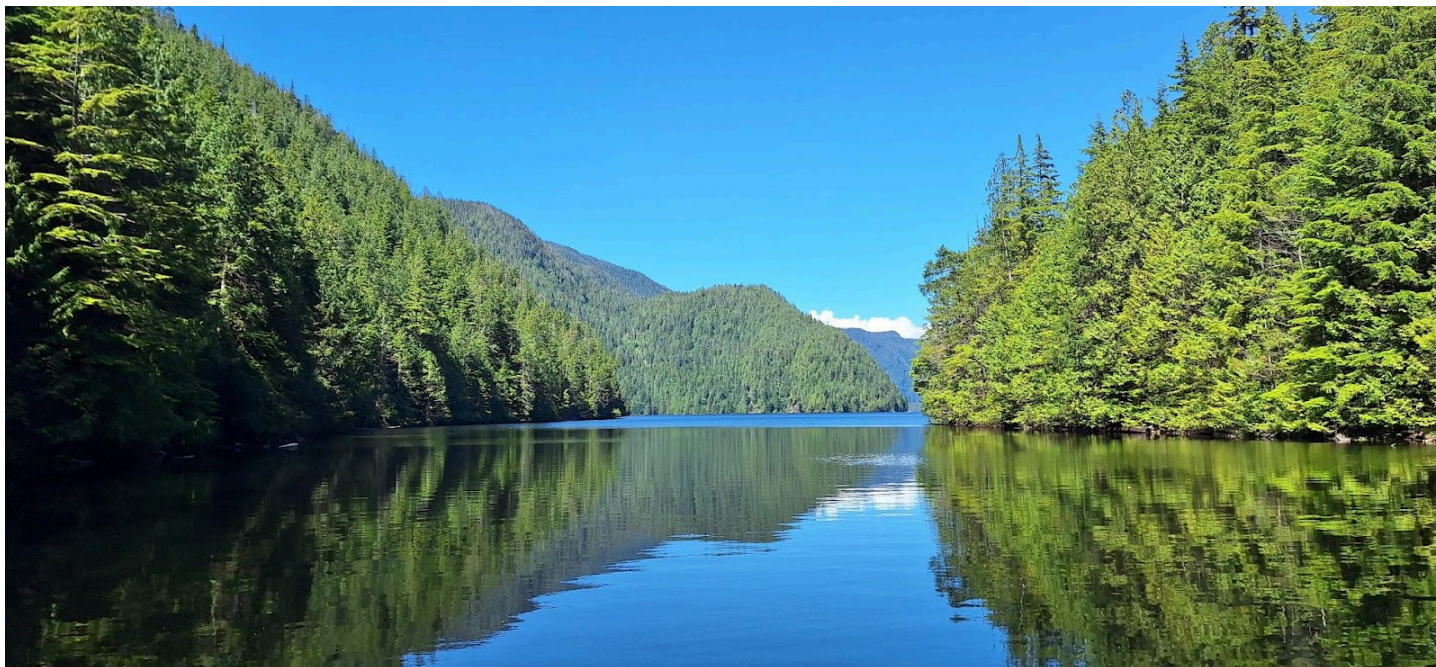


Photo: beautiful Hauskin Lake

Tune into the next *Crowsnest* for Part 3: Sullivan Bay to Ladysmith