



THE CROW'S NEST

LADYSMITH YACHT CLUB

EDITION: 2026-09 (September)



Photo (above): Goat Island, Broughton Archipelago (2025) my photo.

September has crept up softly behind us, and here it is! Gone are the dog days of summer, now replaced with a slight fall scent in the air, and leaves beginning to show their autumn colours. Fortunately, September is often a month that offers good weather and uncrowded anchorages and marinas.

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A few notes:

Don't forget about the Ladysmith Marina Customer Appreciation BBQ on Friday, 4 September from 12:00 to 16:00 at Roy's Place. There will be burgers, smokies, and vegetarian options.

I am always on the hunt for interesting *Crowsnest* stories, recipes, destinations, and photos. You can send them to: crowsnest@ladysmithyc.bc.ca

Gord Coulman, Editor.

Scurvy - When life doesn't give you lemons



JAMES LIND—CONQUEROR OF SCURVY

Surgeon in Britain's Royal Navy, James Lind in 1747 conducted clinical experiments proving citrus fruits would cure scurvy, dreaded killer of seamen. His recommendations and writings helped reform naval health practices.

One of a series: *A History of Medicine In Pictures*, presented by Parke, Davis & Company
Directed by George A. Bender © 1959 Painted by Robert A. Thom

PRINTED IN U.S.A.

Photo: James Lind (source: Wikimedia Commons)

Everyone knows that scurvy was caused by a lack of vitamin C, and many sailors know that the cure (eating lemons) was discovered by Dr. James Lind of the Royal Navy in 1747, although it took the Navy another 50 years to fully adopt this treatment. Citrus juice was required on Royal Navy vessels up until 1867.

What often comes as a surprise is that the Royal Navy then seems to have forgotten all about the curative powers of lemons for almost another century. In fact, Robert Scott's failed 1911 expedition to the South Pole suffered greatly from scurvy, probably because they didn't believe that something as simple as a lemon could cure it quickly and completely.

The reasons for this strange lapse are many. The Navy switched from lemons to less-potent limes in 1860, plus Louis Pasteur's discovery of germs caused many diseases to be attributed to infections, including scurvy. Vitamin C was not isolated and identified until 1932, so no one knew exactly why citrus juice worked until then.

Book Review

Limeys: The true story of one man's war against ignorance, the establishment and the Deadly Scurvy

David I. Harvey

I found a copy of this book in a used bookstore and found it to be a fascinating read, probably because scurvy was so deadly and yet so easily curable.

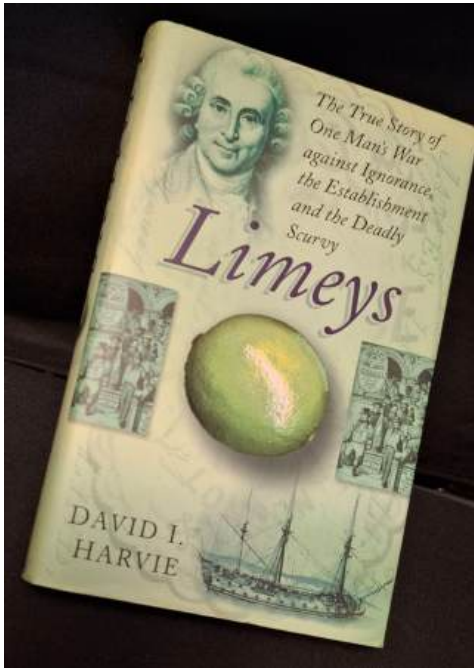


Photo: my copy of the book

Review (from the inner jacket of the book):

“In 1740, Commodore George Anson left Portsmouth with seven ships and nearly 2,000 men. He returned four years later with under 600. Only four were killed by the enemy; the rest died not as the result of war, weather or misnavigation, but of scurvy. Limeys is the dramatic history of Dr. James Lind's heroic efforts to find a cure for this 'dreaded disease' in the face of the corrosive patronage and establishment antipathy of the times... [Amazon.ca](https://www.amazon.ca/dp/0007111111) \$25.10

A Three Hour Tour - LYC Rendezvous

From August 24-27, the LYC held a “Gilligan’s Island” themed Rendezvous, a light-hearted gathering inspired by the spirit of Gilligan’s Island, where castaways enjoyed a playful, tropical “marooned but making the best of it” setting.

Telegraph Harbour was the perfect setting for this event, tantalizingly near to Honolulu (Ladysmith), and yet so far away in time! The rendezvous blended adventure, teamwork, and humour as participants explored island-style activities and dockside storytelling.

Photos: supplied by Susan Erickson and Paul Tellier



















Monthly Social Barbeques



Photo: The May 29 barbeque with 16 members around two picnic tables with a remarkable turnout from E Dock.

Barbeques are held on the last Friday of the month: ~~July 31~~, ~~August 28~~ and September 25. These are informal barbecues, just bring your own food, drink, dishes and cutlery and meet at “Roy’s Place”, under the big tent at the marina. It’s a great way to meet fellow club members for some informal conversation in the marina surroundings.

Jeff Reichert
M: (306) 229-8332

Destination - Smuggler Cove

Smuggler Cove is a small, picturesque all-weather anchorage on the south west corner of the Sechelt Peninsula near Secret Cove. I'm not sure how it got its name exactly, but I can say that approaching the entrance, it isn't apparent that the cove exists at all, making it a pretty good hiding spot for nefarious activities. The tight entrance opens up into a small and well-protected anchorage, although a strong west wind can funnel through the entrance. I anchored behind one of the little islets to get out of the wind. There are stern-tie rings available, which are needed during busier times of year. There is an inner cove, accessible by shallower draft boats and dinghies.

Smuggler Cove has a nice hiking trail, although it is rocky to get ashore and there is no dinghy dock. I have read that the cove is known for mosquitoes, but I didn't encounter any. To access this park by land, visitors can hike 4 km from a parking lot off Hwy 101. This park provides hiking, swimming, kayaking and picnicking.



Photo: Rover and Northern Comfort anchored at Smuggler Cove (2025).



Photo: Laurie, Squatchy, and Jean exploring the park.



Photo: Your humble correspondent setting up the stern line.

Recipe

Crab Cakes With Chipotle Mayonnaise

Crab cakes are one of Laurie's favourite seafood treats and a perfect way to serve crab if you are a fisherman. If you aren't a fisherman or simply don't have the time or opportunity, you can easily substitute frozen, canned crab, or even fake crab.



Photo: Wikimedia Commons

Ingredients

- Fresh crab or two 170g (6 ounce) tins
- ¼ cup red onion, minced
- 2 garlic cloves, minced
- 2 tablespoons mayo
- 2 tablespoons parsley, minced
- 1 teaspoon black pepper
- 1 teaspoon salt (that's a lot of salt, I would use none)
- 1 egg
- ¼ cup almond meal or ⅓ cup breadcrumbs, plus more as needed
- 2 tablespoons vegetable oil, for frying

Instructions

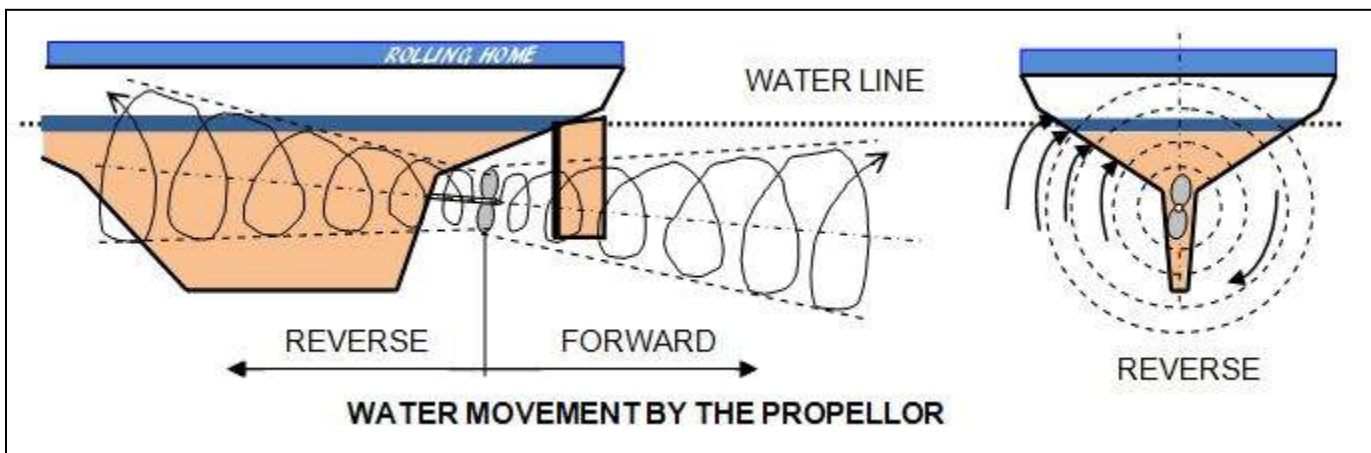
1. In a medium bowl, add crab, almond meal/breadcrumbs, onion, garlic, mayo, parsley, salt, and pepper, and egg. Stir to combine and set aside.
2. Divide the mix into 4 balls and form crab cakes. Add an extra breadcrumbs as needed to help bind the mixture together. Set aside to rest. You could cover the crab cakes and transfer them to the refrigerator for 30 minutes to chill and firm them up a little bit, I dunno.
3. Heat a large frying pan using medium-high heat with just enough cooking oil to cover the bottom. Once the oil is hot enough to sizzle, place each cake into the oil.
4. Fry crab cakes for 3 to 4 minutes per side, until golden brown.
5. Serve with chipotle mayo, either prepared or by adding chipotle sauce or chopped peppers to ½ C of mayonnaise.

Do you have a boating recipe to share? Include a photo if possible and send it to me: crowsnest@ladysmithyc.bc.ca

Technical - What Causes Prop-Walk?

If you have docked a boat, you will have experienced prop-walk - that mysterious force that pushes the stern of the boat either port or starboard, when entering reverse gear. Correctly used, prop-walk can be of great assistance, nicely tucking the stern into the dock just as the boat is coming to rest, crew gently stepping ashore, lines tightened, champagne opened with a satisfying pop.

The dark side of prop-walk has the stern mysteriously swinging away from the dock, crew jumping for shore but not quite making it, dogs barking, lines fouled, foul language and dark looks from crew, a neighbouring boat thumped resoundingly, unrestrained mirth from other sailors sprinting down the dock to assist, etc, etc. Our humiliation is complete.

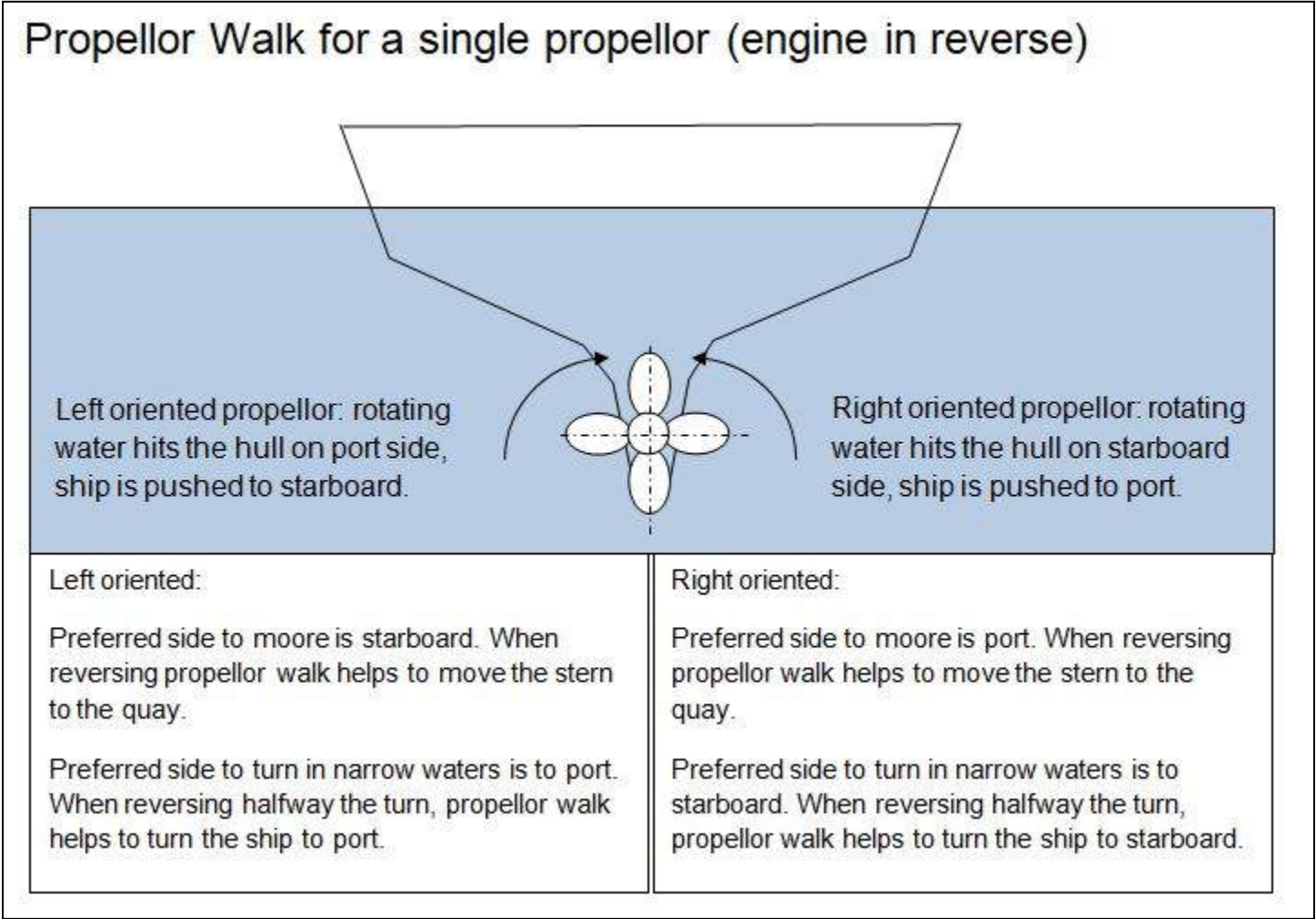


Graphic: Wikipedia

To harness the power of prop-walk for good and not evil, we need to understand what causes it, and when we are most likely to feel its effects. According to Wikipedia, prop-walk is caused by the “waterwheel” effect of the propeller causing water to impact the hull of the boat, imparting a force. The direction of the force depends upon the shaft rotation. Some boats will have port-hand prop-walk, others starboard-hand. Prop-walk happens in both forward and reverse gear, but we tend to notice it more in reverse because the propeller wash isn’t hitting the rudder and the boat is moving slower. Prop-walk is strongest when the boat is stationary, but diminishes when it gathers way and the rudder gains more authority.

Most boats will turn more quickly and with a tighter radius in one direction vs. the other; this too, is caused by prop-walk. Together, these effects can be used to advantage when turning in tight spaces like marinas. Using prop-walk along with a hard-over rudder and alternating forward/reverse gear, it is possible to turn a complete circle nearly within the length of the boat. Indeed, this is a skill worth practicing, as I found out last year when rafting up to another boat in a crowded Westview Marina (I wanted to be facing outward to ease departure the next morning). Without prop-walk, I would not have been able to accomplish this maneuver.

Little-known fact: airplanes have prop-walk too, but pilots call it asymmetric thrust, or P-factor (pucker-factor?).



Graphic: Wikipedia

LYC Member's Forum

If you have not already done so, please register to use the new Member's Forum. It might take a day or two, as Owen and Fiona might not see your request right away. Feel free to post anything related to boating or the club.

1. Visit 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 the forum and the exclusive members-only part of the LYC website (log in with your personal password and check the "keep me signed in" box for instant access going forward).

If you are unsure if you are already registered, you can try to change your password. If you are registered, you will be able to change it. If you have any difficulty, just email forum@ladysmithyc.bc.ca for assistance. We hope to see you soon in the virtual club-house!

Upcoming Events

- 4 September - Ladysmith Marina Customer Appreciation BBQ (12:00 to 16:00)
- 9 September - Executive Meeting
- 18 September - Potluck/Education (RCM SAR)
- 25 September - Monthly Club Social
- 21 October - Executive Meeting
- 31 October - Crew Overboard Certification Training
- 7 November - Cooks Night Out
- 18 November - Executive Meeting
- 24 November - Special General Meeting
- 4 December - Christmas Party
- 16 December - Executive Meeting

