

GARDEN BAY SAILING CLUB

Results Winter Race Series

What a winter! A total of three races were held during February, in very mixed conditions, and the results were:

Pretender (Claus Sjogren)	27 points
Linnea (Anders Rahmberg)	25.7 “
La Belle Rêve (Tommy Spooner)	24.3 “
Frendy (Charlie Park)	13.0 “
Infidel (Dale Kerfoot)	12.5 “

The results for October through February were:

Pretender (Claus Sjogren)	113.5 points
Infidel (Dale Kerfoot)	85.3 “
Frendy (Charlie Park)	41.5 “
Linnea (Anders Rahmberg)	38.7 “
Elua Makani (Sean McAllister)	38.1 “

We are now in the final month of the Winter Series, the weather is improving, so I hope to see more of you out there!

Race/Cruise Schedule

Charlie Park has put together this summer's timetable. Please note the dates in your calendars.

May 6/7	Secret Cove
June 10	Thormanby (Lunch)
July 8/9	Van Anda
Aug 5/6	Nanaimo
Sept 9/10	Egmont/Hotham Sound

Next Pub Meeting

The next Pub meeting will be held, at the Garden Bay Pub, after the race on March 19. If there happens to be no race we will gather around 12 noon. Please mark your calendars accordingly.

PHRF Certificates

The PHRF Certificate Forms are now available online at BC Sailing. The cost for certification is \$45.

I had a long talk with Clint Currie, who is the designated person for the GBSC, and asked him if he would be prepared to visit and give a talk on the

ratings and do some measurements. He declined, as he is also responsible for 5 other clubs including heavies like WVYC, Kitsilano YC to name two.

He emphasized that the measuring is not that hard and it is all done on an honour system. So why not give it a try!

P.S. Peregrine was rated at 215!

Malaspina Regatta

We are a victim of our own success in that our numbers are now so high that there are few venues that can handle us! This year, therefore, we have decided to break with tradition.

We will be holding the Malaspina Regatta BBQ at the Legion in Madeira Park. Another break with tradition is that it will be fully catered, so we will not be doing our own BBQing, etc. Liquid refreshments will be available at the Cash Bar.

The charge this year will be \$15 instead of \$12, mostly due to the increase in food costs.

I believe that we will have another very successful Regatta and BBQ, and am looking forward to this change.

Rules Quiz

At the February Pub meeting there was a request for another session of the Rules of Racing. I am delighted to say that I have the latest version of the animated Rules 2017-20, so we will be scheduling some shortly.

As you saw in the earlier Newsletter only three rules (18,19 and 20) have any changes, so I will be concentrating on those.

Subject to confirmation these classes will be held at Liaison Marine's Board Room, on Sinclair Bay Road.

Stay tuned.

SCYC Update

The Sunshine Coast Yacht Club is now a registered Member funded Association.

They hope to have their insurance in place to enable them to start racing on February 26. They need 12 fully paid members in order to then register with BC Sailing. Their fees are \$150 for Full membership, \$50 for Associate Membership.

If any non member decides to join their races it will cost \$ 20 per race day or \$80 for a series.

Renewed Memberships

At the time of writing the number of renewed memberships stood at **36**, which is a long way from the 57 payed up members in 2016. If you have not already renewed please could you do it ASAP. Thank You.

Jude's Food

Jude LeMoine has very kindly offered to submit some boating menus for the Newsletter. The first is to be found on page 2, and is formatted so that you can easily print it off and keep it on your boat.

Enjoy!

Wanted

Crew / Skippers

The Club website now has a place where you can seek crew or crew can find skippers. On entering the site go to the Blog. If you are not registered then you will need to register first before you can post your requirements. We hope that this will allow those who are currently not sailing, because they either lack a skipper or lack a boat, to now get sailing.

Fair Winds

David Ll. Twentyman

GARDEN BAY SAILING CLUB

Sitting at anchor in a snug harbour after a day on the water (preferably under sail) is one of the greatest attractions of cruising. Knowing that after a wee relaxing libation will come a simple but delicious meal is another delight.

Ah, but there's the rub.

How does one achieve this "simple but delicious" meal with limited food storage, a primitive ice box and a two-burner stove?

Planning.

Quite simply, I am a foodie. One of my great pleasures in life is reading recipes and if they sound yummy, I will make them. We had been collecting recipes from one of the yachting magazines to collate into a provisioning and cruising cookbook. I decided that the Cobb Salad looked and sounded too good to pass up. It was BUT...

The delicate lettuce had to be eaten no later than evening two of the cruise, the large number of other ingredients had limited cross-recipe uses and it was a somewhat tedious assembly process with limited counter space. Truly, it was a spectacular presentation! Would I do it again? No.

Many, many years ago when my time on a sail boat was spent cruising the frigid waters of Notre Dame Bay in Newfoundland, equipped with a very primitive ice box, no stores anywhere we went, and a gimbaled alcohol stove, the pressure cooker became my best galley friend. Certainly, having a barbecue on board to provide an extra cooking element was unheard of. I think my family would tell you we ate reasonably well on our 10 day cruises. I am a newbie at cruising beautiful Northwest Pacific waters, after the summer of 2017, I expect to be telling a different tale.

Food!

by Jude LeMoine



On our brief cruise last summer, finding that I access grocery stores along the way, was a total delight to me. Noteworthy though, is the fact that in my experience, you may not be able to get something that you would consider a basic in your local supermarket.

Back to planning...provisioning your limited larder with multi-purpose possibilities will ensure you can have that "simple but delicious" meal anywhere an evening finds you. If, in our evolved world, you have developed a disdain for canned goods, I suggest you lay it aside when you begin to stock your provision box.

Yesterday I pretended I was at anchor in that aforementioned snug cove and came up with the following which fits my criteria of simple and delicious. I've called it:

Pasta Pronto

You'll need:

3 cups uncooked pasta

(I used rotini but it could be anything you have on hand; the ridges of 'curly' pasta hold the sauce well)

Cook the pasta and put it aside until you're ready to assemble the dish.

16 oz. of meat or fish.

(I used home-canned salmon. I'm not likely to have that very often!)

Sauté:

1 cup (approx) of any combo of the following:

chopped celery

chopped red bell pepper

chopped onion

sliced mushrooms

When veggies are soft, sprinkle with a generous tablespoon of curry powder.

Add:

1 can cream of mushroom soup

3/4 can milk

a generous grinding of black pepper
salt to taste

Mix in the pasta and meat or fish, sprinkle with parsley and voilà, it's ready to serve or to be heated in a 350 oven for 20-25 minutes.

Notes:

Dehydrated celery flakes can be substituted. 1 c. celery = 1/2 cup dehydrated flakes

Same is true of red bell peppers.

Substitute canned mushrooms for fresh if necessary.

If using dehydrated and/or canned items, add to the sautéed onions when you add the soup and milk.

I added frozen green peas for colour and texture. Any canned green vegetable will make an interesting addition.

When the fish aren't biting, the crab have gone on vacation and the tides are too high for oyster gathering, I hope you'll enjoy this Pasta Pronto using the ingredients in your provision box.

Enjoy!