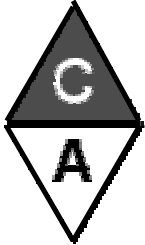


CAPS

The All Catalina Association of Puget Sound

BIG NAME SPEAKER, BIG TIME DUDS THIS MONTH — DON'T MISS HERB AND NANCY PAYSON PLUS BOATIQUE CLOTHING SHOW!



- Elections coming up. Commodore needs your help!
- Feed your face works again at Crew Cook-off
- Winch servicing has nothing to do with Johnny Depp

You *must* make it to the November 14 CAPS meeting, 7 PM at CYC Leschi, for a lot of reasons. The biggest one is to meet and hear **Herb Payson**. He and Nancy currently write the “**Things That Work**” page for *Sail* magazine, and they just happened to have chosen Port Townsend as their retirement community — right in our back yard! He has also written several other books about offshore sailing, and has even trailer-sailed a C25 all over the USA. Since we have a great mix of large and small boats, and occasionally hear that a member might just “go out and turn left”, we’ve left it to him to chose his mix for presentation, and he’ll bring his other books for your perusal and purchase.

In addition, Carol McManus has arranged for Rosa Lee Eacho from **Boat-ique** to bring her inventory of nautical clothing, accessories and gifts for us to look at, try on and buy before or after the Payson program. For over 30 years she has been showing her merchandise at boat shows. **Here’s a bonus: she will donate 10% of all CAPS sales to our organization!** This includes anything she orders for you. What a fundraiser! She offers t-shirts,

denim shirts, sweatshirts, sweaters, nautical jewelry, socks and gift items. Now, you have a wonderful opportunity to buy your favority swabbie her or his heart’s desire for Christmas or even a birthday, so come with your cash, checkbook, or charge card. And if your mate can’t come with you, be sure to bring the wish list and sizes just in case!

Another good reason to come to the meeting is that we need a quorum to approve the officer roster for 2004. Commodore Paul McManus has more to say about that in his **Commodore’s Corner**. We do this in November so the December meeting is just party, party, party, something CAPS does quite well!

The final reason to attend is so we don’t embarrass ourselves; remember how grateful we were that the September speaker from Vancouver, BC, had to cancel at the last minute and there were only a handful of members that showed up. We’re giving Herb Payson an honorarium, and he’s coming across on the ferry in November just to entertain us! **Please, BE THERE!**

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CRAB CRUISE INTIMATE AND VERY CRABBY

By Ken McKenzie

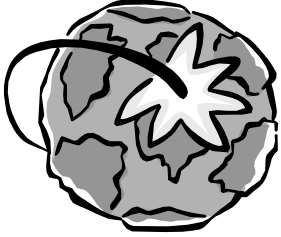
Saturday, October 4, brought *heavy fog* to most of Puget Sound. John Segerstrom called me and said he was coming by car because the fog was too thick and he had to turn back on **VoyageuR**. He also told me that he and Bruce Moulton had been

crabbing at Shilshole and caught lots of crab! That was good news! I think everyone knows by now that the season in the Everett area was shut down back in August, so we originally thought our Crab Cruise was doomed. Mike Parker also called to ask if I was going up to Everett; I

Rendezvous continued on Page 4

COMMODORE'S CORNER

By Paul McManus



How did Magellan ever find his way around the world without all those gizmos?

*Give Paul
a place to stand
and he'll figure he
needs
another
electronic device
to find his way there.*



It's all done with magnets!

Has anyone noticed how fast electronics for boats go out of date? We have had our boat for almost four years now, and I don't think I can go buy a replacement for any of the electronics on the boat. It has all been replaced in the market by newer, more advanced equipment and most of the stuff we bought with **Sea Sea Rider** was top of the line when we bought her. A guy could go broke just trying to keep up with the latest toys.

GPS technology is a good example. It has changed dramatically. About a week after I bought my differential GPS, the government took the dither out of the GPS signal and eliminated most of the advantage of the differential part of the GPS I bought. A couple of years later the WASS GPS technology came out which is more accurate than my differential GPS. It's kind of like the PC industry where anything you buy is obsolete by the time you get it installed.

But, you know, most of the electronics I bought with the boat four years ago are still working pretty well. And I'm actually pretty lucky to have the electronics I do because it makes sailing safer and more comfortable. It especially helped when we first got our boat because we were rookies. It helped, for example, to be able to look at the chart plotter to see our location and compare it to what we saw around us and on the paper chart. Both Carol and I can get position with a hand-held compass and paper charts, and we do so to keep in practice, but it's much quicker to be able to look at the chart plotter.

And the chart plotter works in the fog. It's hard for me to understand how it felt twenty years ago when most sailors had to do without a lot of the electronics that I take for granted today. Some of you have probably gotten used to doing without some of my favorite instruments and don't see the need for all the electronics that we have on **Sea Sea Rider**.

One instrument I have found very convenient is the battery monitor. When we are

anchored for several days the battery monitor keeps track of how much battery capacity I use and how much gets put back when I charge it with the alternator. So I don't have to guess how much battery capacity is left after three days on the hook.

There is one electronic instrument that hasn't worked out all that well. It is the Carbon Monoxide monitor. After going off several times in the middle of the night when there was obviously not a CO problem, it has been disabled.

Of course, Carol is not nearly as enamoured with all the electronics as I am. Every time she buys something for **Sea Sea Rider**, she reminds me that she has a long way to go to spend up to the radar/chart plotter.

It's clear to me that not everyone needs all the electronics that I have to enjoy sailing. But adding electronics to **Sea Sea Rider** and seeing them work adds to the enjoyment for the engineer in me. I just have to make sure that I can temporarily do without them if they fail.

My time as commodore is almost up. I will be passing the reins of CAPS to Gordon Ellis in another month. We will be having an election of officers this coming meeting and I hope some of you will step up to offer your services. It is very important to have good leadership, and I want to thank all the officers who have helped CAPS have a good year.

[As for the electronics, it's a gender thing! Been in the fog; didn't like it. Survived. However, as for the officers, we need a few good men and women! Paul is looking for a volunteer to be Vice-Commodore; the duties are to find speakers for regular meetings and to be Commodore the next year. Sounds daunting? Not really; just ask those who have already been there. Need a cruise chair, too. Piece of cake. Carol will continue as treasurer, I will write, but would like some help with mailings. Ed.]

OCTOBER PROGRAM & CREW COOK-OFF MEMORABLE

By Carol McManus

It was a small group who enjoyed a great program and feasted on home-cooked goodies offered by the crews of **Jolly Roger**, **Aerie**, **Jaded**, **Blythe Spirit**, **Joy Ride**, **DeFENDER** and **Sea Sea Rider** (more about the food later). We started the evening with our usual "happy hour", moved quickly on to dinner, and then settle in with well-filled stomachs to listen to Phil and Nancy Rink discuss their year-long Caribbean and Bahamas cruise with their 2 children, aged 9 and 12 at the time. They related details about preparations, schooling their kids, provisioning and maintaining their Beneteau Oceanis 400, and the cruising lifestyle, all augmented by beautiful slides. Phil and Nancy have written a book and produced a video, both entitled **Mermaid: Our Family in Paradise**. They now live on Camano Island. Paul bought their book; I've stolen a peek at it and it looks very interesting. For any of you considering an extended cruise, this would be a good read. Included are appendices regarding equipment, planning, places to stay, and a reading list. *Too bad we didn't have a larger group for this program!*

Now on to the food of the evening! In the **Four Seasons** category, we had *Butternut Squash Soup* offered by **Jaded** and *Seafood Gumbo* prepared by **Joy Ride**. In the **Martha Stewart** category, **Blythe Spirit** presented *Shrimp Creole* and **Aerie** provided *Stolen Hummus Dip*. In the **Fill Your Belly** category, **Good Tide'ngs** offered *Teriyaki Chicken Wings*, **DeFENDER** gave us *Linguine with Clam Sauce*, and **Sea Sea Rider** prepared a *Mexican Chicken Dish*. We had one entry in the **Nauti But Nice** category, **Jolly Roger's** yummy *Oatmeal Carmelitas*. I tasted every dish and they were all good. We all found it hard to pick just one entry in each category (except **Nauti But Nice** where there was only one entry which I would have chosen anyway because it was so good!) But after some tasting and some more tasting, with our guest speakers dining with us and joining in the voting, we selected *Butternut Squash Soup* by **Jaded** in the **Four Seasons** category, a tie between *Shrimp*

Creole from **Blythe Spirit** and *Stolen Hummus Dip* by **Aerie** in the **Martha Stewart** category [*Is the title of the latter appropriate or what for that category? Ed.*], *Mexican Chicken Dish* for **Sea Sea Rider** in the **Fill Your Belly** category, and *Oatmeal Carmelitas* in the **Nauti But Nice** category.

Now, here are some recipes (sorry, no *Stolen Hummus Dip* — it really was stolen!).

CURRIED BUTTERNUT SQUASH SOUP

2 tsp. vegetable oil
 1 C. thinly sliced leek
 1 T curry powder
 1 T brown sugar
 3/4 tsp. ground cumin
 1/4 tsp. ground red pepper
 5 chopped garlic cloves
 6 C peeled & chopped butternut squash
 4 C peeled & chopped granny smith apples
 6 C water
 1/3 C cream
 3/4 tsp. salt.

Heat oil in pot over medium heat. Add leeks, curry, sugar, cumin, pepper and garlic. Cook 2 minutes, stirring frequently. Add squash, apples and water; bring to boil. Cover, reduce heat and simmer 25 minutes or until squash is tender.

Place 1/3 soup in food processor or blender and process until smooth. Repeat process until all soup has been pureed. Return soup to pot, stir in cream and salt. Cook 1 minute or until heated. Yield: 10 servings.

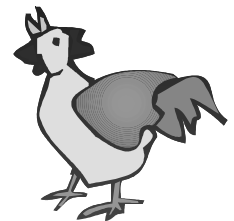
MEXICAN CHICKEN DISH

4 chicken breasts, broiled or microwaved
 with salt & a little onion & celery
 1 can cream of mushroom soup*
 1 4 oz. can diced green chiles
 1 8 oz. container sour cream*
 6 green onions, chopped including tops
 1/2 soup can half & half or cream*
 garlic salt to taste
 Seasoned salt to taste
 1 10 oz. pkg. tortilla chips, hand smashed
 Shredded Monterey Jack & cheddar cheese
 Salsa of your choice.



Looks like a butternut squash to me!

*We
 once
 again
 proved
 we could
 cook, eat and
 listen.
 Sort of like
 walking and
 chewing
 gum!*



Do you have any idea how hard it is to find a picture of a Mexican chicken?

Recipes from Page 3

**I use Campbell's Healthy Request Soup, lite sour cream, milk and low fat cheese to help control the fat and cholesterol.*



That linguine sounds like something easy to make on the boat.

When chicken is tender and cool, break into bite-sized chunks and set aside.

Mix together next 7 ingredients. Layer as follows in 9 x 12 pan:

- 1/2 of chips
- 1/2 of chicken
- 1/2 of soup mixture
- Repeat.

Top with lots of cheese, or to taste.

Bake at 350° for 20 minutes or until cheese has melted and chicken is hot.

Serve with salsa.

LINGUINE WITH CLAM SAUCE

16 oz. cooked hot drained linguine

- 1/3 C olive oil
- 2 cloves chopped garlic
- 1 large chopped onion
- 2 cans minced or chopped clams
- 1 T basil
- 1-2 T chopped parsley
- grated parmesan cheese

Sauté the onion and garlic in oil. Add clams with their liquid and simmer for 10 minutes. Add basil and parsley, simmer another 5 minutes. Pour over hot linguine; serve with grated parmesan cheese on side.

[There may be other recipes forthcoming, but you must wait for a future issue of CAPS Eyes! You'll have to badger Dick and Peg Eagle to find out about that stolen hummus stuff, but meanwhile these goodies ought to keep your stomach from growling! Ed.]

The Crab Cruise wasn't crabless after all; but everyone fit easily around the settee on Scotch & Soda.

Crabby Cruise from Page 1

said I was and to meet me at about 3 PM. When Nancy and I got there we saw no one! So I decided to put **Scotch & Soda** on the guest dock for anyone to see. It worked! John & Betty came down with a cooler **FULL OF FROZEN CRAB!** Steve and Sue Malan and Mike arrived so we got things started. It was John's birthday so Betty brought a cake. Nancy and Mike went to QFC and bought some salads and, along

with the corn, we had a **HUGE CRAB FEAST!** Steve and Sue had eaten a late lunch at Anthony's so they left before dinner — too bad. And since it was fairly cold outside, we ate in the boat, drank wine and thoroughly enjoyed ourselves. **WHERE WERE YOU?** We all took home plenty of crab for other meals. **NEXT TIME SHOW UP!** *[Hey, I would have come if I had been in town! Thanks, Ken & Nancy for being the host (and only) boat! Ed.]*



Who do you think puts all this sh.. together anyway?

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Historians	Barb Jenkins	(253) 852-5467	No email yet; this year Roger?

TECH TALK: YOUR WINCHES NEED SERVICE

By Steve Brown of *Something Special Yacht Services*

If you're a typical sailboat owner, you probably haven't serviced your winches since you bought the boat. They are likely **some of the most expensive pieces of equipment on a boat** but somehow seem to be the last thing on our list. This can be understandable as they seem so complex and daunting; when taken apart it seems as though even Rube Goldberg would have a seizure.

First, **get everything handy before you start.** You will need a bucket or large coffee can, mineral spirits, a couple of small paint brushes, some hot water, one of you wife's best towels [*Sez who, Steve? Ed.*], and plenty of rags or paper towels, and I mean plenty!

The first step is to remove the drum. This will vary from brand to brand; some use a screw inside the socket while others use part of the self-tailer or split ring. Whichever you have, be careful no to lose anything overboard or let it bounce down the side decks towards the scupper. Inside the drum will be one or more cages of roller bearings; these tend to slide out slowly and drop out when you least expect them to, so grab them immediately and put them into the coffee can with mineral spirits. As you take it apart try to keep all the parts on the towel and keep them in order; this will aid you in reassembling the winch and insure you don't have any leftover parts when you're done. Using your brush, mineral spirits and the hundreds of rags you've assembled, clean everything including the gear ring inside the drum. After all the nasty old grease is gone, it is very important to rinse all the mineral spirits off with hot water so that the new grease won't

wash off.

Hopefully you haven't finished the six-pack yet, because the hard part is coming up. If you kept everything neatly on the towel, reassembly should be easier than it looks. This is also a good time to look at the pawls (the little clicky things). These are simply the most important parts and need to be clean and in good working order. If there is any doubt, I would replace them. Do not grease them as this will cause them to stick; simply put a couple of drops of light oil on them after you've put them together. Now reverse the order everything came apart and reassemble, leaving nothing behind. All the parts should only fit one way, but keep checking that everything still spins as you go. Once you have everything back together take a clean brush and lightly brush winch grease on all the bearing and gear surfaces including the gear ring inside the drum. Don't overdue it as it will only make a mess later on. Lastly, remount the drum and check to see that it turns freely and won't back up or turn the wrong way.

Hopefully you're rested up and everything went well because there are probably three or four more ready for you to tackle; but be warned — just when you thought you'd mastered the task of winch rebuilding, you'll find that no two are built alike.... I think the engineers that design the damn things are part of a deviant cult or something!

[Thanks again, Steve. We had a speaker last year that showed us how to do this, but



Do these look like winches? Hey, a drum's a drum, right?

The
CAPS
Web Page
can be found at
www.capsfleet1.com

EnCAPSulated Calendar subject to change...

WE GET TO DO THIS ALL OVER AGAIN NEXT YEAR. ARE YOU READY?	NOVEMBER Nov. 14 <i>Monthly Meeting</i> CYC Leschi, 7:00 PM, BYOB, 7:30 Elections Herb & Nancy Payson Boat-ique Clothing HAPPY THANKSGIVING	DECEMBER Dec. 6 Annual Christmas Party Potluck and Gift Exchange Dec. 6 Mid-Distance Race #4 Dec. 31-Jan. 1 Elliott Bay New Year's Cruise
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And in your cornucopia is an exciting meeting for November, followed by a big Turkey!

THE ALL CATALINA ASSOCIATION OF PUGET SOUND

Please fill out this form completely. The data generated will be used to fill the database and to provide you with a roster (in May), newsletter (almost monthly), and Mainsheet (quarterly). Dues for 2003 are \$39/boat/family for voting members and \$29/boat/family for those who do not own Catalina sailboats or owners who receive Mainsheet from another source.

Owner First Name	Owner Last Name		
Significant Other First Name	Significant Other Last Name		
Street Address	City	State/Province	Zip/Postal Code
	Country		
Home Phone	Work Phone <u>or</u> Cell Phone		
FAX	E-Mail		
Boat Name	Catalina Model	Year	Hull Number
Home Port	Slip Number	Call Sign	Radio License Number
Name(s) of any local yacht club(s) you are currently a member of :			

Please return this form to
 Carol McManus, 20216 41st Place NE, Lake Forest Park, WA 98155,
 with your check made out to CAPS (you may also buy a CAPS Burgee from her for only \$26) .



CAPS

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