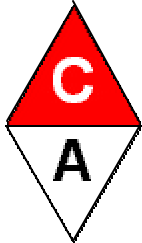


CAPS

The All Catalina Association of Puget Sound



- Winslow cruise coming up
- First Aid List within
- Check out revised EnCAPSulated Calendar
- Panama letter talks about different lifestyle

WE'RE IN WITH FINN — KNUDSEN THAT IS; ELLIOTT BAY YACHT LEASE OWNER TO SPEAK

You have been warned that the EnCAPSulated Calendar is subject to change; **the April meeting is on Friday, April 9 with no potluck.** So who really took notes at the planning meeting in December! At least Barb Jenkins, our designated rememberer, knew what was going on.

Finn Knudsen, new owner of Elliott Bay Yacht Lease and major innovator of same will be speaking on "Sailing As a Team". He knows that most boats are handled by a couple, but he also knows as both a boat owner and lessee that often the work is done by one of the two most of the time.

Yours truly knows how often the helm is commandeered by the male and the mate does the jumping when it comes to docking. Because her legs are often unreliable and upper body strength is non-existent, it's just the opposite on Auntie Beryl, and Elliott Bay Yacht School has taught more than one mate how to dock. It will be an interesting evening.

The meeting starts at 7 PM, so far it's still BYOB, with a brief business meeting and then the speaker by 8 PM. The venue is at Corinthian Yacht Club's Leschi facility under the Bluewater Bistro. Hope to see you there.

KINGSTON HOST FORGETS BURGEE; CEDES TO DEFENDER. 19 BODIES TEST WATERLINE!

Jaded was first to arrive; however, Mike McCann got up at 0-dark-thirty to bring the boat to Kingston so he could work all day and Linda drove up afterward so we're not sure that counts as first! **DeFENDER** with Peg and Dave Fend on board was next, and they went through the locks so that ought to be worth something. When **Auntie Beryl** docked with Sally and John Hamel and Ruby Tuesday aboard, Sally told Mike she had some good news and some bad news. The good news was that she had gotten the big burgee back from Carl Raffello who had used it for the boat show. The bad news was that it was still in the car at Shilshole! Ah, well.

Paul and Carol McManus came in from Everett on **Sea Sea Rider** shortly thereafter and all four couples had a scrumptious spaghetti dinner complete with chocolate krinkles and snickerdoodles

on **Jaded**. A couple of bottles of wine were demolished and the South Beach Diet went by the wayside.

The next day Jim Ventris, a former member who has re-upped recently and his friend Shelly Syverson pulled up on **Serenity**, followed by George and Lynn Meredith *avec les chiens* on **Caranda** (they get locks points, too). Have you figured out the interesting thing here? Everyone but the McManus's has a C36! Made the C380 a real oddball (or maybe it was just the crew).

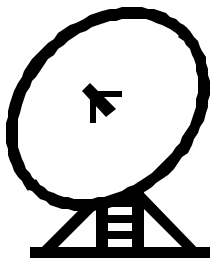
Because it was pretty cool Saturday evening, and the crowd was getting bigger by the moment, **DeFENDER** became our "foul weather friend" as Peggy put it. That gives them "host boat" points, too. The first couple to take the "big boat" to

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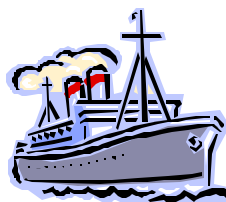
COMMODORE'S CORNER

By Gordon Ellis



Now we know that Gordon has been at the Manned Space Center, perhaps that explains why his favorite cat seems to be from outer space!

Glad to learn that although England once ruled the seas, sailing lessons were better over here in the colonies!



Glad he went back to little boats after that freebie on the 12 squares a day type!

By now many will have heard that our past Commodore Steve Malan has accepted a new position in Norfolk, Virginia. Of course, at first I thought this was Norfolk on the South Coast of England! I'm sure you will join me in wishing him and Sue the best of luck in their new endeavors. *[And I won't have Steve to kick around any more. Boo hoo. Ed.]* CAPS thanks Steve for his contributions in supporting the sailing club and the fine job he did as Web Master, Hospitality Chair, and lately Race Chair. It is understood we may have got a replacement for the Web and Race positions, but will discuss further at the next meeting.

I recently received email from a long time Renton Sailing Club member, Jean Gosse, who is now sailing Pelicans in the Seattle area. She said she went with the club on the canal narrow boats visiting Chester, England and was at Llandudno, Wales, for an open sea race event. This reminded me of a question from Carol McManus; "How did you get into sailing, Gordon?" Well, I started by joining the Works Sailing Club at Hawker Siddeley in Broughton, Wales, just outside Chester. After working on re-varnishing a wooden boat for 6 months and learning all the nautical names, I got a 10 minute practice on the River Dee in Chester. The group in the boat got to tack across the river and back. Then your turn was over. The river was very narrow so with a steady breeze your tiller time was short.

After immigrating to the US with a paid Cruise Ship boat trip by Boeing, my sailing interests started with joining the Renton Sailing Club. The club had about 8 El Toro sailing prams and one Pelican. I was almost shocked when someone handed me a mainsail, dagger board, and rudder/tiller combination. By the end of the day I was making controlled landings at the dock, dropping the sail, or coming into the wind. Many fun times were had sailing in many lakes with major regattas off Smith Island in the San Juans hosted by the Smith Brothers

who made these fine sailing prams.

Having been caught in the 1970 Boeing downturn I was assigned to Manned Space Center south of Houston, Texas. I immediately joined the Lido Sailing Club in Clear Lake, with an exit to the Gulf waters. The racing was fun and the barbecues after racing were very enjoyable. After one year I trailered the Lido to Seattle and competed for many years against the C-Larks in Juanita Bay Sailing Club. The Lido was not competitive against the C-Lark, but the headroom and built-in seats made it much more comfortable.

During this time two British friends decided they would like a family boat; so, after checking the local clubs for racing and cruising events, we settled on a used Coronado 25 called CRISTOBAL, named for Jack Crusoe's pet seal. The club was great and I still see many of the old time members but eventually many people sold their boats and moved to larger ones. We then followed the trend but first checked the active boating fleets. The Catalina 30 group appeared to be active (I had many phone calls to Chuck Hurter on the subject). We then bought Blythe Spirit and joined the CAT 30 Fleet 6. After the first year in the club the core of the group left for the Meydenbauer Bay YC. We then changed the format, encouraging the females to participate fully; this added a new quality to the activities (fewer technical meetings!). Then, as you know, the CAT 30 group joined CAPS so we could participate in the All Catalina Association of Puget Sound.

[The rest is history, except who knew that Gordon would end up wearing the tricorn! I should add that John Hamel had a Coronado 27 when I met him. Of course, I still say I was more interested in the boat than him at the time. However, six boats later and a lot of good friends down the road, CAPS is the best thing that has ever happened to us. Right, Gordon? Ed.]

ANNUAL WINSLOW CRUISE MEANS CALL FOR SLIP ASSIGNMENT NOW; U SNOOZE, U LOSE

It looks like April 23-25 is the time to make the scene at the Winslow Wharf Marina. The dockmaster can be reached at (206) 842-4202, M-F 9-5, and you have to call right away to get a slip since they don't really have a guest dock. He has always been able to fit us in so far, although some of the slips are available at the last minute. At least let him know your length and beam and when you'll be arriving so you can get on his list early.

Still up in the air is who will be the host, but

the burgee will be at the April meeting and passed on to the lucky boat. Hopefully it will make it further than Leschi!

As usual, hors d'oeuvres are scheduled for 5 o'clock on Saturday. This is another town served by ferry, so come over anyway even if your boat isn't available. Friday shenanigans will depend on who shows up. Winslow has lots of good restaurants and a good grocery within walking distance so the options are many. CAPS cruises are the place to be, and your presence will make this one even better!



Picture yourself in the sophisticated town of Winslow — heh, heh! CAPS'll show it what class is all about....

LAST CHANCE TO MAKE IN ONTO 2004 ROSTER (IN PRINT THAT IS); MAINSHEET DEADLINE 4/10

Every year we go through the "last chance" routine, and every year there are a few who want to wait until the last minute! So, here's the deal: if you want to be on the official CAPS Roster which will be sent out to all members to keep on their boats for the summer cruising season (you know, is that Catalina one of "ours" or not?) you must have paid your dues by the end of this month. In addition, if you have paid \$39, meaning that you want to get Mainsheet, too, the deadline for emailing them all of the names and addresses is April 10.

Our year is January to January, so this means that you are getting into your fourth month of arrears. No more Mr. Nice Guy. Pay up or else... And while you are at it, fill out the membership application at the end of this newsletter; please note if there are any changes, especially to your email, because we send out interim group email notices about cruises, meetings, and other events to help jog your memory. If you have any questions, the phone numbers and emails of all this year's officials are below — don't hesitate to use them.

**You
Might
Want to
Check
Out
Our
Web Site
At**

www.capsfleet1.com

THE ALL CATALINA ASSOCIATION OF PUGET SOUND

Commodore	Gordon Ellis	(425) 885-7462	gfedomino@msn.com
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Treasurer	Carol McManus	(206) 365-7079	pcmcmamus@comcast.net
Secretary	Sally Hamel	(206) 364-6606	sallyjohn@prodigy.net
Measurer	Ken McKenzie	(425) 823-2849	sodanscots@aol.com
Cruise	Mike McCann	(206) 780-5345	jadedcrew@bainbridge.net
Newsletter	Sally Hamel	(206) 364-6606	sallyjohn@prodigy.net
Hospitality	Paul McManus	(206) 365-7079	pcmcmamus@comcast.net
Safety Focal	Jim Fielder	(425) 641-9097	jimfielder@comcast.net
Historian	Barb Jenkins	(253) 852-5467	No email



And here's how hard we work at having fun!

ENCAPSULATED CALENDAR FOR 2004



Read this one for a change....

Changes for this calendar will show up on the Web At www.capsfleet1.com

APRIL	MAY	JUNE
Apr. 3 Sloop Tavern Blakely Rock Race Apr. 9 <i>Monthly Meeting CYC</i> Leschi, 7:00 PM Finn Knudsen, EBYL "Sailing As A Team" Apr. 23-25 Winslow Cruise at dock	May 1 Mid-Distance Race #3 May 7 <i>Monthly Meeting CYC</i> Leschi, 7:00 PM, BYOB, 7:30 Speaker Share Cruising Plans May 28-31 CAPS & CATSS Memorial Day Cruise to Port Townsend	Jun. 4 <i>Monthly Meeting CYC*</i> Leschi, 7:00 PM , BYOB, 7:30 Speaker Share Cruising Plans Jun. 11-13 Manzanita Bay Anchor Out Cruise
JULY	AUGUST	SEPTEMBER
July 3 Northwest Catalina Regatta (formerly Catalina Days) CYC – Shilshole July 10 CYC Shilshole Jack & Jill Race NO MEETING GONE CRUISING	Aug. 6-8 Langley Cruise (Dodge the Bayliners) Aug. 12 <i>Monthly Meeting</i> Thursday evening CAPS Birthday Meeting – Potluck/ Cake – Hamel’s	Sep. 3–6 CAPS & CATSS Poulsbo Cruise Sep. 10 <i>Monthly Meeting Leschi</i> 7 PM BYOB – Speaker Sep.11 Mid-Distance Race #4 Sep. 17-19 CAPS & CATTS Catalina Rendezvous at Port Orchard
OCTOBER	NOVEMBER	DECEMBER
Oct. 1-3 Crab Cruise at Everett Guest Dock Oct. 8 <i>Monthly Meeting CYC</i> Leschi, Sat. 7:00 PM, BYOB, 7:30 Meeting Speaker	Nov. 12 <i>Monthly Meeting CYC</i> Leschi, 7:00 PM, BYOB, 7:30 Speaker, Elections HAPPY THANKSGIVING	Dec. 11 Annual Christmas Party Potluck and Gift Exchange (Boat Gift and/or White Elephant) Dec. 31-Jan. 1 Elliott Bay New Year’s Cruise



So it could have been

KINGSTON CRUISE Continued from Page 1

Kingston was Gordon Ellis and Cynthia Jones. The next landing brought Luanne and John Billings, and last, but not least, Sue and Steve Malan came across so we could hear first-hand their new adventures.

Hors d'oeuvres began at 5 PM and never stopped for dinner. This time we didn't count the wine bottles. A friend of Jim & Shelly's, Keith Van, joined the festivities, making nineteen comfortably above and below on

DeFENDER. We don't call it "the condo" for nothing, and those of us contemplating Alaska next summer want a completely enclosed cockpit, too.

Ten were left Sunday for breakfast at Kingston Inn (George & Lynn snuck out early). Karen & Rob Trahan, new members, came from Poulsbo to take a ferry ride with grandson Daniel and said hello. The weather determined that the return voyage would be very quiet, which was just fine.

FIELDER FINE TUNES FIRST AID FIXINGS

At the March meeting, Jim Fielder spent the entire time talking about what, when and where to buy all the items necessary for a complete First Aid Kit. He left us with a long detailed list of all the ingredients for a very

safe voyage in and around Puget Sound. As many of the members noted, they have needed some very strange things on what should have been a very mundane voyage. The list is below:

INLAND CRUISING FIRST AID KIT

Wound Care:

- 50 Band-Aids Standard
- 1 package odd-shaped Band-Aids (knuckle/joint)
- 20 skin closure strips 1/4" (SteriStrips) - for closing open/gaping wounds
- 20 skin closure strips 1/2" - for closing larger open/gaping wounds
- 20 4x4 sterile pads – to clean and cover wounds
- 20 2x2 sterile pads – to clean and cover smaller wounds
- 20 Telfa Pads – will not stick to wounds; use for dressing
- 10 ABD pads 8-8 – to cover large wounds
- 10 Kling or Kerlix roll bandages – to cover wounds
- 10 Tegaderm or Bioclusive dressing covers (2x3 or 4x5)
- Q-tip cotton swabs – for cleaning wounds
- 4 oz. bottle of Hydrogen Peroxide – for cleaning open wounds
- 4 oz. bottle of Betadine – for cleaning open wounds
- Antibiotic ointment or cream – Neosporin or Bacitricin
- 2 rolls of waterproof tape 1" - Transpore
- 6 sterile eye pads – for wounds of the eye
- Bulb syringe – for irrigating wounds
- Spenco Second Skin or Gel Pad – hydropad for healing

Medications:

- 100 Analgesic tablets (your choice- aspirin, acetaminophen, ibuprofen)
- Aspirin — important to have aboard; prime drug to be given in case of heart attack— to be given per MD order or paramedic request only
- Package of Dramamine or Transderm Scop (available with prescription or in Canada — behind the ear patch to

- prevent seasickness
- 30 diphenhydramine (Benadryl) — antihistamine for allergic reaction
- 30 Imodium — antidiarrhea medication available over the counter
- Maalox or Mylanta liquid — indigestion
- Caladryl lotion – dries and takes itch out of poison oak
- Eye drops – Visine or your favorite
- Lotrimin (clotrimazole) cream — kills jock itch, athlete's foot and vaginal fungi
- Hydrocortisone Cream – steroid anti-inflammatory for itchy, inflamed rashes
- Solarcaine lotion
- Aloe Vera Gel
- Sunscreen
- Isopropyl Alcohol
- 20 Pepcid/Tagamet or equivalent
- Rehydralyte – fluid replacement
- Pedialyte – fluid replacement for children and infants
- Cavit – dental paste for emergency dental repairs
- Dental Pain reliever gel
- Personal Medications

Other Items:

- 4 instant cold packs — reduce swelling from severe bumps and bruises
- 4 Ace bandages (elastic)
- Tweezers (good pair for splinters and metal and glass fragments)
- Bandage scissors
- Single-edge razor
- Thermometer
- Flashlight
- Magnifying glass
- Water purification tablets (Potable Aqua, Halozone)

Good Medical Manual:

- **THE ONBOARD MEDICAL HANDBOOK** by Paul G. Gill, Jr., M.D.



Jim has listed almost everything you need to get to the hospital comfortably.

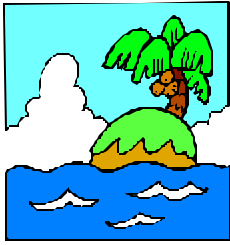
Here is the list everyone needs. Pull out this page and put it with your first aid kit.



Quite a pharmacy for a floating hospital!

LETTER FROM THE BAY OF PANAMA

By Judy Mork*



These are islands that are quite isolated and very primitive.

**You may be wondering who Judy Mork is. She's been a friend since the early 70s. Jorgen is a Danish sailor who has been all over the ocean from Antarctica to the Polynesian Islands. After Judy retired from Boeing a couple of years ago, the two finally got married and went to sea. She insisted on a little nicer boat; he was tired of being alone so is putting up with things like refrigeration! They come back north in the summer when it's too hot, but now it's not! Ed.*



Plenty of fruit and vegetables, as long as you like papayas!

Christmas turkey out of a Spam can may not sound great, but there are other things to feast on in the Perlas Islands — scenery, tranquility, clear water. And besides, even though there are no stores (or what we would call a store), there is food.

From the beach at the town on Isla Pedro Gonzales two boys paddle out in a dugout and offer just about anything we want from their farm garden. Cucumbers? No problem — how many? Oranges? Sure, and bananas, cabbage, carrots, onions. They take our shopping list and promise to return. When they do, they bring 2 enormous squashes, 3 weighty papayas the size of soccer balls, and about 8 pounds of small green bananas, not edible yet.

Meanwhile up in the village, we visit a building with a few mysterious things sitting on shelves in the semi darkness — the store. No meat or vegetables, but we do get beer, bleach and a bottle of rum. Outside are gathered some men of the town showing off their roosters, kept protected in boxes with legs bound. Not for eating, surely — sport (if you call it that). Later, in another village, I was proudly shown — in the only new building there, and a fine one at that, made from concrete block and, inside, spectator benches and a round pit expertly crafted of wood — the cockpit arena.

It is remarkable that all these people look not at all like the Panamanians we'd seen. Our young friend in the canoe who came out again for a visit explained that his grandfather had come from Panama City and founded the village for his fellow (African) Antilleans, who were probably out of work after the Canal was completed. (From the looks of the town, they weren't doing much work there either.)

On the other side of this island from the village is the beautiful palm-lined bay — a couple of hours' sail, or hike through the jungle. It's uninhabited, except for old Leonides' modest but well-kept cottage on stilts. He motions me to the beach from my

kayak and brings out a bucket of limes — a gift as it is apparent I am carrying no money in my bathing suit. I do go back later with a gift for him.

Then there is food from the sea. We know there are big fish to be caught — we've lost two lures and had a couple of lines snapped...and caught the tantalizing aroma of fish frying on neighboring boats. Scallops are plentiful if you know where to look. And we've heard tell of lobsters.

At Ensenada on Isla Del Rey, a pretty village of neat and colorful stick houses with tidy yards, the shop supplies only a few dry goods and Coca Cola, but, inquiring at another house, we are able to get some eggs. The young daughter disappears for some time, no doubt hunting down the hens — and comes back with five eggs of various sizes and colors. People are eager to sell whatever they have. We were offered a choice iguana which lay in front of the house, legs bound, awaiting the dinner hour. I couldn't resist replying that I would only want it as a pet — una mascota. One of the old men sitting along the quay asks if we want to buy a papaya — sure, OK. Back at their house, his wife wields a long stick and he gently catches the big green ball as it drops. Mmm, sweet.

Later, a dugout returning from a 'finca' (farm) stops by the boat for a friendly visit. This amounts to a lot of smiles and amicable silences, rather than conversation; it almost seems that conversation is unnecessary. The man and his three young daughters and son had gathered what the day had to give up — in this case a large-ish pile of ears of corn and some cucumbers. After a few long silences I venture, would he like to sell some corn? I'd been eyeing it hungrily; the vegetable supply was getting low and it had been a long time since I'd seen corn on the cob. They, inexplicably, seemed to chuckle inwardly, but agreed, and proceeded to select some for the bag I provided. I paid in

Panama Letter Continued on Page 7

6 CATALINA 36s AMID 60+ TACOMA BOATS IN POULSBO

Imagine our surprise when all of D-Dock at Poulsbo was reserved, and already full of huge stink-potters by the time John and Sally Hamel and Ruby on **Auntie Beryl** arrived Friday. The C36 Fleet 4 gathering scheduled for the weekend of March 19-21 was relegated to the 30-foot slips on E-Dock, but that didn't dampen spirits. Dave and Peggy Fend on **DeFender**, Lynda and Mike McCann on **Jaded** and Walt and Meryl Conner on **Endless Summer** rounded out the group for that evening and hadda gooda dinna at Atsa Some Italian Restaurant. The glow of another exquisite spring weekend continued Saturday when Karen and Rob Trahan moved **Escapade**

over from G-Dock (their permanent moorage; they live right up the hill) and Kathy and Lee Hayes brought **Charisma** over from Edmonds. Last to arrive by boat were Barry and Diana Williams on **Wishkah**, with Silent Bob and P.J. padding about on little cat feet. Diana immediately set up a real St. Paddy's hors d'oeuvres treat, complete with decorations. Laurie and Joe Payne drove up from Bremerton to complete the group which enjoyed a delicious potluck, great company, and incredible weather. Who could ask for more, except for the fact that the Hamels sold their whisker pole to the Trahans, and the Trahans have joined CAPS. Multiple good points!



Great weather, good company, and we sold a whisker pole and got a new member at the same time!

Panama Letter Continued from Page 6

change and small gifts which seemed to delight the children. Shucking the corn with mouthwatering anticipation, I was crushed to find inside only a few scattered and tough kernels on naked insect-infested cobs – not suitable for human consumption unless prepared with a mortar and pestle. And certainly not cultivated maize – perhaps an ancient throwback pre-Columbian variety that had somehow escaped the refinement of agriculture. Could have been chicken feed. But domestic animals, it seems, are pretty much left to forage on their own. Hens and roosters spend a lot of time scratching in bare dirt, or, at the shore, picking along the high water line.

It seems to be a hunting and gathering life at all levels. The villages – only a handful in number in all the islands – are very small and isolated, and from what I could tell live pretty much a subsistence lifestyle with the food that grows and lives there naturally. Very poor, from our point of view – shabby, dilapidated or half-finished very primitive houses. And, though it appears there is much to be done nobody seems to be doing anything. Houses and boats weather and deteriorate before they are completed. In one village two large skeletal hulls lay on the beach awaiting planks, looking as though they had been there in that condition quite a while. The only

activity that could be detected were some men sitting under them. They didn't stir all afternoon, motionless as the beached boats.

Cruising can become a subsistence life after a few weeks – especially without a water maker. Hunting for fresh water sources, bathing and washing clothes in a stream under the jungle canopy, hauling water to the boat. We visited a family outside their stick and palm hut, perched on low wooden benches while they use an overturned bucket and a hammock. She proudly toured me around the grounds showing her outside kitchen where there was a wood fire under a simmering pot, the bathing shelter, and the stream where they wash and swim, and invited me back with my laundry. She, helping and showing me how, sat on a bucket on the flat rocks by the stream, and, not satisfied with my washing technique, took the clothes to demonstrate how to scrub them vigorously together. Since then, every time I see drying clothes strung across a yard, I think how much more work was involved than I'd ever imagined. After doing the laundry, I was invited to bathe in the shelter, where a gravity pipe is surrounded by a crude wall of sticks and palm leaves. She and two toddlers joined me in stripping down and dousing ourselves with water dished out of a barrel with small bowls. I looked so pallid among their glistening brown and plump bodies.

To be continued....

***This tale is
very true
and
spells out
what we all
dream of doing —
or maybe not!***



Behold the lowly palm. It may have to clothe you, help you cook and put a roof over your head.

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/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/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

18525 26th Ave. NE
Lake Forest Park, WA 98155