

# CAPS

*The All Catalina Association of Puget Sound*

## **NORM WELLS SAYS WONDER WOMAN IS SPEAKING AT CAPS MEETING FEBRUARY 9,**



- **Awards Banquet moves to Fremont**
- **New Year's Cruise very cozy again!**
- **Destinations flow freely from new cruise chair**
- **Crab Cakes galore find Cynthia in the middle of nowhere!**

Well...maybe not *the* Wonder Woman. But Guinness Book of Records recently acknowledged her with a certificate for her achievement. She also received the Blue Water Medal in 1998 and the Circumnavigation Award.

Who is she? She is Karen Thorndike, the first American woman to solo circumnavigate the world. And, she is going to visit us this month at our regular meeting on Friday, February 9<sup>th</sup>. You won't want to miss hearing how she and

her Rival '36 overcame two damaging storms to win the Pacific NW Yachting Woman of the Year "Tugboat Annie Award." You'll also learn why she has become known for helping sailors overcome fears they have about offshore sailing.

The meeting will be at the Leschi facility of CYC: 6:30 for drinks (BYOB) and eats (pizza at \$5 each for all you can eat). We'll go over the new calendar, and give you an update on the Upland Cruise. See you there!

## **UPLAND CRUISE TO CHELAN HAS 5 COUPLES PLUS ONE (SO FAR) FOR A WINERY WEEKEND**

The upland cruise is to Lake Chelan this year. There are 11 wineries around Chelan and they have a Red Wine and Chocolate festival the weekend of February 16-18. We will be staying at Campbell's Resort, which also has one of the best restaurants in town. Paul

McManus, the new cruise chair, has arranged for the booking, and if you want to add yourself, you'll have to contact Campbell's Resort directly to see if they still have room [www.campbellsresort.com](http://www.campbellsresort.com)

It should be a wet and wonderful time!

## **AWARDS BANQUET AT HALE'S BREWERY IN FREMONT DRAWS HAPPY, HEARTY CROWD**

The more than three dozen people at Hale's Ales Brew Pub made a big brou-haha when the stories behind the awards came to light! Fun was the theme of the evening.

The more mundane, but highly important, trophies for racing and cruising were awarded first. Ken McKenzie gave out the racing awards: 1st to **Seatrek**, Captain Tom Madden, 2nd to **Starbird**, Captain Mark Pywell, and 3rd to **Scotch & Soda**,

Captain, himself. Cruising awards, presented by John Hamel, went to: 1st **Branwen**, Captain Linda Loux and mate George Fogg, and a tied 2nd place to **Northern Light**, Captain Mike Parker and Mate Marilyn, and **Jolly Roger**, Captain Roger Jenkins and mate Barbara. [She did not attend because she was just out of the hospital recovering from the surgery on the arm she broke while at Disneyland

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## COMMODORE'S CORNER

By Jim Fielder



The good ship Chinook now has one skipper who is in command of the others — and it's his turn to put water in the fuel tank!

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*Jim has  
A commanding  
Air about him  
But he still needed  
To be reminded of  
The deadline  
For the Newsletter  
(which he set)!*

I'm sitting here looking forward to longer, warmer, sunny days. It's been a long hard winter. The good news is this: Punxsutawney Phil, emerged this past week to look for his shadow, which he was unable to locate, so we're in store for an early spring. It's time to get those reservations for haul-outs and making some plans for some shakedown cruises. Spring and summer are just around the corner, so it's time to be thinking about getting out on your boats. Your board has met, and we've planned a busy year.

Our Cruise Chair, Paul McManus, has been busy nailing down cruises. We have a full calendar of weekend cruises and holiday cruises. Be sure to join us at a dock around the Sound for a weekend get-together. Join us for our holiday cruises: Memorial Day, 4th of July, Labor Day and New Years' Eve. Reservations must have been made for the Upland Cruise.

Ken McKenzie, our Measurer (read, Race Chair) has filled our race schedule. Be scrubbing those bottoms, buy a new set of racing sails and join the group in the hunt for racing trophies.

Norm Wells, our new Vice Commodore [*He says he had too much wine at the nomination meeting. Ed.*] has been actively looking for speakers for our monthly meetings. Norm has some good leads from the boat show and several dates already filled. The February speaker sounds great, so plan on being at our kickoff meeting on the 9th.

Our Safety Focal, Carol McManus, is working on an evening of CPR training. This is a wonderful class to participate in. Be prepared to respond to Carol as she

works on planning the dates for this class.

Communications is a very important part of being a community. Two board members, Sally Hamel, Secretary and Newsletter Editor, and Dave Fend, our Webmaster, bring us our ongoing communications. ***Our newsletter does not write itself, and it's not the job of the editor to write the whole newsletter. So, if you go on a cruise, please volunteer to write an article about your weekend. If you have an interesting boat repair, story, or sailing experience, please send it to Sally in the form of an article.*** All articles are due on the first of each month.

Dave Fend has brought our electronic communications to a new level. Dave keeps our webpage ([www.capsfleet1.com](http://www.capsfleet1.com)) updated and filled with the information you need to know. It has links to all things Catalina, a gallery with pictures of activities and cruises, an archive of past newsletters, a list of races, our calendar, and — well, it's time to stope and let you explore the site. All members have instant access to other members with an email address via our Google Group. Just send to [CAPSFleet1@googlegroups.com](mailto:CAPSFleet1@googlegroups.com). You will reach the entire group. Catalina Association officers can be reached at [CAPSOfficers@googlegroups.com](mailto:CAPSOfficers@googlegroups.com). You even get this, your newsletter via the google group.

Lastly, I'd like to mention our Treasurer, Nancy McKenzie. If you haven't had the opportunity to get you dues to Nancy, please do so. Nancy helps us by maintaining our books and keeping us on a straight financial pathway.

I look forward to seeing each of you throughout this year, both at meetings and on the water. Smooth winds.

### NEW YEAR'S CRUISE ON BRANWEN IS INTIMATE AND CHILLY

Linda Loux and George Fogg once more were hosts on **Branwen** for the New Year's gathering at Elliott Bay Marina. Partying with time out to watch the fireworks were Mike Parker (Marilyn was working), Bill & Jennie Disney, Bob & Jody Rosain, Gary &

Shari Wilson, Gordon Ellis & Cynthia Jones, and Paul & Carol McManus.

They all got points in the cruising contest! [*We think that's what put Mike Parker over the top! Ed.*]

**Awards Banquet continued from Page 1**

right after Christmas. We all missed her and sent best wishes via a card. Ed.] John and Sally Hamel decided the **Boat of the Year Award** should go to **Branwen**, too. Not only did Linda Loux and George Fogg go to all the cruises and the meetings and host the New Year's party, but George has become the *de facto* internet wonk for CAPS by forwarding all sorts of valuable and shocking information about boats and boating that he has found while surfing the net. [This is a lot drier and safer than the kind of surfing he did in his youth! Ed.]

Finally, we got to the more intriguing awards, the ones that require a sneaky tattle-tale to ferret out the winner!

First was the **Wrong Way Corrigan**. As the details of the tale came to the surface, the winner sank farther and farther down in his chair. Gordon Ellis had been told by John Billings' spouse (who had nothing to do with this!) that during his week-long charter on a Beneteau 32, somehow, between his "invited" crew and inadequate instruction, had managed to reverse the pumpout at Stewart Island, so the results landed in his face! Talk about shit-faced!

Then came the **Broken Prop Award**. Who could be more deserving than Rod Sparks? And now he has another boat, still named **Windrunner**, but this one needed to be christened properly. Actually, he was only trying to keep up the support Mike Parker gave last year to the marina in Sydney. Rod's older boat seems to have had a "meltdown" in the water cooling system,

and a very pricey one at that. Should we have his name engraved a little larger?

Then we gave out the **Deadhead Award**, in absentia, to Dan Clawson, who now has a C25 called **Keta**, and managed to hit a submerged log and lose his rudder! Whoops! He got back to the dock, though.

Roger Jenkins, the first winner of the **Toe Boat Award** (newly established in 2006), passed it on to our highly esteemed new Commodore, Jim Fielder on **Chinook**. He towed former member Brian Berg back to the closest dock. That sailor wanted to be towed all the way back to Shilshole! Rots of ruck!

Ironically, one award got to stay on the same boat, different captain. Last year Bob Rosain of the obsessive list-making genre got the **Murphy Award** for putting water in the diesel tank of **Chinook**. Perhaps that could be blamed on the fact that they had a new boat and all the procedures weren't cast in bronze yet. However, this year, in spite of the fact that the other skippers that share this boat said it could never happen again, Bill Disney did the same thing! Who woulda thunk? And he's such a nice guy, too.

Last, but not least, and not given out every year, Paul McManus got the Rubber Ducky. He tells one story, and Carol tells another, but both stories end up with him in the drink. At least he was at the dock!

So now we move on to 2007. Remember, members, take copious notes during others' mishaps. Someone will deserve to receive one of these accolades, and it only takes you to tell it as it is.



Sometimes it's questionable if anyone has "won" something!

*Send your  
2007 Dues  
NOW  
to  
Nancy McKenzie,  
11945 80th Pl. NE  
Kirkland, WA 98034  
It's still  
\$29 without Mainsheet,  
\$39 with Mainsheet  
Write the check to  
CAPS*

THE ALL CATALINA ASSOCIATION OF PUGET SOUND			
Commodore	Jim Fielder	(425) 641-9097	jimfielder@comcast.net
Vice-Commodore	Norm Wells	(206) 366-6654	normwells910@hotmail.com
Treas./Sec.	Nancy McKenzie	(425) 823-2849	ngm@coredesign.com
Newsletter	Sally Hamel	(206) 364-6606	sally_john@comcast.net
Measurer	Ken McKenzie	(425) 823-2849	mckenzie.k@portseattle.org
Cruise	Paul McManus	(206) 365-7079	pc_mcmanus@yahoo.com
Webmaster	Dave Fend	(206) 232-2362	dfend@thefends.com
Hospitality	Bob Armstrong	(425) 235-0756	barmstro2@juno.com
Safety Focal	Carol McManus	(206) 310-8580	pc_mcmanus@comcast.net
Historian	Rod Sparks	(206) 290-6779	rod@nwsailor.com



Oh, do we have plans for you!

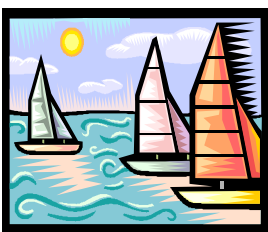
# ENCAPSULATED CALENDAR FOR 2007

Subject to revision (speaker names will be added when booked)...



You can't go wrong if you schedule your life around this calendar!

*Changes for this calendar will show up on the Web At [www.capsfleet1.com](http://www.capsfleet1.com)*



Follow those boats; they must be going to a party.

<p align="center"><b>JANUARY</b></p> <p>Jan. 20 <b>Winter Social and Awards Banquet</b> at Hale's Brewery Leary Way, Seattle (In Fremont) No Host Bar 5:00 – 9:00 PM Call Nancy McKenzie</p>	<p align="center"><b>FEBRUARY</b></p> <p>Feb. 9 <i>Monthly Meeting</i> 6:30 PM, CYC Leschi 106 Lakeside Ave. \$5/ea. for pizza <b>BYOB</b> Solo Circumnavigator</p> <p>Feb. 16-18 <b>Upland Cruise</b> Chelan Red Wine And Chocolate</p>	<p align="center"><b>MARCH</b></p> <p>Mar. 9 <i>Monthly Meeting</i> 6:30 PM, CYC Leschi 106 Lakeside Ave. \$5/ea. for pizza <b>BYOB</b> Program: TBA</p> <p>Mar. 23-25 Kingston Cruise Reservations: 360-297-3545 <b>? Chandlery Day</b> at Fisheries</p>
<p align="center"><b>APRIL</b></p> <p>Apr. 7 <b>Sloop Tavern Blakely Rock Race</b></p> <p>Apr. 13 <i>Monthly Meeting</i> 6:30 PM, CYC Leschi \$5/ea. for pizza <b>BYOB</b> Program: TBA</p> <p>Apr. 20-22 <b>Bell Harbor Cruise</b> Reservations: 206-615-3952</p>	<p align="center"><b>MAY</b></p> <p>May 11 <i>Monthly Meeting</i> 6:30 PM, CYC Leschi \$5/ea. for pizza <b>BYOB</b> Program: TBA</p> <p>May May 25-28 CAPS &amp; CATSS</p> <p><b>Memorial Day Cruise to Port Townsend</b></p>	<p align="center"><b>JUNE</b></p> <p>Jun. 8 <i>Monthly Meeting</i> 6:30 PM, CYC Leschi \$5/ea. for pizza <b>BYOB</b> Program: TBA</p> <p>Jun. 15-17 <b>Manzanita Bay</b> Anchor-out Cruise</p> <p>Jun. 23 Shilshole CYC <b>Northwest Catalina Regatta</b></p>
<p align="center"><b>JULY</b></p> <p>Jul. 1-3 <b>Gunkhole Anchor-out Marathon</b> — Port Madison, Manzanita, &amp; Liberty Bay for Poulsbo 3rd Fireworks <b>NO MEETING GONE CRUISING</b></p>	<p align="center"><b>AUGUST</b></p> <p>Aug. 17-19 <b>Everett Cruise</b> At the guest dock Crab feast if the Season is still open And a belated Birthday cake</p>	<p align="center"><b>SEPTEMBER</b></p> <p>Aug. 31-Sep. 3 <b>Poulsbo Cruise</b> Labor Day Anchor-out</p> <p>Sept. 14 <i>Monthly Meeting</i> 6:30</p> <p>Sept. 21-22 CAPS &amp; CATTSS <b>Catalina Rendezvous at Port Orchard</b></p> <p>Sept. <b>Jack and Jill Race</b></p>
<p align="center"><b>OCTOBER</b></p> <p>Oct. 5-7 <b>Brownsville Cruise</b></p> <p>Oct. 13 <i>Monthly Meeting</i> Saturday Men's Cook-off CYC Leschi 7:00 PM (BYOB) Program:TBA</p>	<p align="center"><b>NOVEMBER</b></p> <p>Nov. 9 <i>Monthly Meeting</i> 6:30 Pizza, BYOB CYC Leschi <b>Elections</b></p> <p><b>HAPPY THANKSGIVING</b></p>	<p align="center"><b>DECEMBER</b></p> <p>Dec. 8 <b>Annual Christmas Party Potluck and Gift Exchange</b> (Boat Gift and/or White Elephant) CYC Leschi</p> <p>Dec. 31-Jan. 1 <b>Elliott Bay New Year's Cruise</b></p>

## MS. CLAUS IS BACK! SANTA PERFORMS BOLDLY (AND SWEATY) AT XMAS PARTY

Shari Smith is back, and this time Santa was in full regalia for the Annual CAPS Christmas Party. The edible part was, as always, delicious, with CAPS providing the ham, and members bringing the side-dishes; however, next year we will have a sign-up sheet for that, because we found out how many different ways that potatoes could be made for a crowd, and were definitely lacking in the salad and sweets department!

The Christmas Gift exchange was hilarious, too, with gift getters madly exchanging both serious and silly boat gifts until they had really run the gamut.

Amazingly, we managed to throw the shindig without Barb Jenkins to direct us. Marilyn Morrow and Kathy Wells filled the bill nicely by decorating the hall, and managing the niceties of the party, and everyone dutifully cleaned up afterward.



Santa always makes our parties better!

## SAFETY FOCAL WANTS TO SCHEDULE CPR

Carol McManus is the new Safety Focal, and, by popular demand, she is trying to schedule a CPR class. She says,

“At the Christmas Party, interest was expressed in having a CPR class for CAPS. I have learned that the Seattle Fire Department offers classes taught by off-duty firefighters on their own time. These classes are free, but donations are requested to help underwrite the program. If you were to pay for instruction, classes would run between \$35 and \$50 per person for a 2-hour class. A minimum attendance of 20 people is requested. Here is what we need to know before we try to schedule a class for us.

1. Do you want a CPR Class?
2. Do you want it on a Friday night as

our regular meeting? It would be a 2-hour class running from 7-9 PM, with the meeting probably starting at 6.

3. Would you rather have it on a Saturday? (We would have no problem with a place to meet.)
4. Would you prefer March or May (the months available before this summer’s cruising season) for a class?

I need you to get back to me via email, [pc\\_mcmanus@comcast.com](mailto:pc_mcmanus@comcast.com) (don’t overlook the underscore after “pc” if you are typing the address instead of clicking it on the link), or via the Google Group, or at the February meeting. The sooner the better (it will help Norm Wells schedule the other speakers, too).

Thanks!

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*Did you  
Have enough  
Snow and  
Power outages  
In January?  
Some of us  
Resorted  
To going down  
To the boat  
Because  
It was warm  
there!*

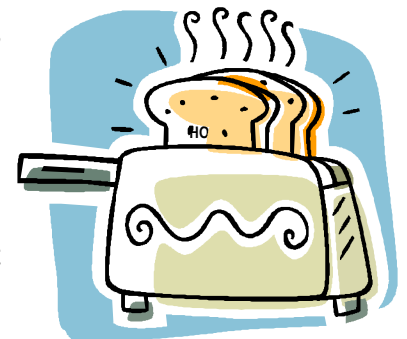
## CRAB CAKES FROM THE COSMOS By Cynthia Jones

*[Last year Cynthia had us drowning in booze, this year it’s just as tasty, but more fishy! Ed.]*

Late last August, Gordon and I set sail from Anacortes to South Sound. The first thing he wanted to do was stop at Saddlebag Island for some crabs. We were leaving late and had to get to LaConner for the night so only had an hour for crabbing. Gordon put out the crab pot and waited 45 minutes. When he pulled up the pot to check it, he had

about 50 Dungeness crabs! They were even hanging onto the outside of the pot. He quickly discarded the females and selected the five biggest males. I thought, what am I going to do with those crabs? I found myself briefly wishing that I had brought my crab cake recipe.

When we got to LaConner, Gordon cleaned the crabs at the dock. Of course, all the men in nearby boats had to come to look and discuss crabbing. One skipper stated that he had “the best crab



Cooking crabcakes on a boat require more than a toaster!

**Cosmic Crab cont. from Page 5**

cake recipe” and insisted on giving it to Gordon. Gordon, of course, insisted on giving it to me with the intention that I could fry us up some crab cakes. There is a lesson here: be careful what you wish for. I briefly wished for a crab cake recipe and here was one. All I had to do was walk to the grocery store, buy ingredients, pick crab meat from the shell, mix up ingredients, and deep fry a mess of crab cakes on a small boat at eight o’clock at night.

After considering the effort, heat, and lingering fishy, grease smell, I decided not to make crab cakes. Instead we opted for boiling the crabs and putting them on ice to share with our friends in Langley the next night. But, I did have a new crab cake recipe, which I am told is very good because it has lots of meat and not much filler. And, my wish for a crab cake recipe was still out in the universe producing results.

During our boat trip, we were listening to an audio book, *Savannah Breeze*, by Mary Key Andrews. At the end of the story, the narrator presented a recipe for “Breeze Inn Crab Cakes.” I have never known a novel to contain a crab cake recipe at the end, but this one did. (The story was about a woman who owned a restaurant.) The new recipe was even for oven-baked crab cakes. My biggest objection to the other recipe was that I did not want to do all the smelly deep frying on the boat. I felt like I was getting some kind of cosmic message about these crab cakes. Never in nine years of sailing have I wished for a crab cake recipe and never have I encountered one. I briefly wished for one and here came two within days of each other. I think there is a message here, but when it comes to crab cakes, I will probably cook them at home and stick to my tried and true recipe, which is from *Craig Claiborne’s Southern Cooking*. It has simple, available ingredients (if you don’t make your own mayonnaise and Tartar Sauce as Craig suggests). Here are the recipes, if anyone want to try them.

**Maryland Crab Cakes**

(from Skipper at LaConner

- 1 lb. crab meat
- 4 minced scallions
- 1 T. chopped herbs\*
- 1 1/2 t. Old Bay seasoning
- 2-4 T. bread crumbs
- 1/4 C. Mayo
- 1 large egg
- salt & pepper

Mix ingredients well and chill for an hour. Dip in flour (optional) and deep fry.

\*Mix and match cilantro, basil, dill and/or parsley as available.

**Breeze Inn Crab Cakes**

(from *Savannah Breeze*)

- 1 T. butter
- 1 egg
- 1 lb. crab
- 3 T. half & half
- 1 clove garlic minced
- 2 T. minced red onion
- 2 T. minced red bell pep.
- 1/2 t. minced parsley
- 1 T. spicy brown mustard
- 1/2 t. Old Bay Seasoning

Topping:

- 1/2 C. bread crumbs
- 1/4 C. grated parmesan
- 1 T. melted butter
- 2 T. veg. oil

Sauté vegetables in butter til limp (about 3 minutes). Add Old Bay, half & half, and mustard. Mix well. Add egg, parsley, and bread crumbs. Mix well. Gently fold in crab. Form into 8 patties about 1/2” thick. Make patties smaller for appetizers. Stir together bread crumbs and parmesan cheese. Pat topping onto both sides of crab cakes and refrigerate till firm (about 2 hours). Place patties on cookie sheet. Sprinkle with oil and butter mixture. Bake at 400°F for 7-10 minutes. For appetizers, place crab cakes on salad greens topped with spicy remoulade. Top entrée size crab cakes with mango salsa.

**Crab Cakes**

(from *Craig Claiborne’s Southern Cooking*)

- 1 lb. crab meat
- 2 C. fresh bread crumbs
- 2 eggs (well-beaten)
- 1 T. Dijon mustard
- 1/2 t. Worcestershire
- 2 T. chopped parsley
- 1/4 C. finely chopped scallions
- 1 t. Old Bay Seasoning (optional)
- 1/2 C. mayonnaise
- Corn, peanut, or vegetable oil
- Lemon Wedges
- Tartar Sauce

Put crab meat in mixing bowl and add 1/2 C. bread crumbs, eggs, mustard, Worcestershire sauce, parsley, scallions, Old Bay, and mayonnaise. Blend well, but gently, leaving crab lumps as large as possible. Shape mixture into 10 flat patties of equal size (about 1” thick or less). Coat each patty with the remaining bread crumbs. Chill until ready to cook. Crab cakes may be cooked one batch at a time, in 2 T. oil heated in a heavy skillet, adding more oil as necessary as each batch is cooked. Cook each batch about 2 1/2 minutes on each side or until golden brown on both sides. Drain on paper towels. Serve hot with lemon wedges and tartar sauce.

*[My captain has expressed a liking for crab cakes, which yours truly has honestly never made herself. However, after reading three, yes, three recipes for the aforementioned, my taste buds are working overtime! Guess I’ll have to try at least one of them! Thank you for the inspiration, Cynthia. Ed.]*