

Calgary Ail Sail

2000



Southern Gulf
Islands

Sailing Plan

Date	Route	Comments
Saturday May 20	Sidney to Bedwell Harbour	Provisioning Leave by 11:00 Rendezvous to be ar- ranged outside Sidney Harbour.
Sunday, May 21	Bedwell to Montague Harbour	35 NM
Monday, May 22	Montague Harbour to Thetis Island Marina	Race Day
Tuesday, May 23	Thetis Island Marina to Silva Bay Marina	Race Day, Mix and Match, Crew Change
Wednesday, May 24	Silva Bay to Retreat Cove	24 NM
Thursday, May 25	Retreat Cove to Ganges	35 NM Watch for Ferry Traffic
Friday, May 26	Ganges to Sidney	Wind Up Party
Saturday, May 27	Make Our Way Home	

Crews

Stu Briscoe

Jim Benedict
Sam Atelevich
Rodney Smith

John DeMonye

Earl Morris
John Barlow
John Knox

Robert Nicholson

Guy Metcalfe
Brad Denis
Robert Gerst

Neil Watson

Bob Ohlson
Terry Stewart
Bill Stewart

Grant Stewart

Tom Joyce
Bruce Bailey

Saturday May 20

Sailing Directions

Sidney to Bedwell Harbour, S. Pender Island (approx. 20 NM)

Boarding for those flying in this morning, provisioning & supplies, departing between 1000-1200 hrs

Rendezvous of flotilla vessels near/or within Sidney marina, radio standby .

Falling tide at Sidney to LLW @ 11:43 hrs of 0.9ft

Sidney Channel/Haro Strait: Shakeout cruise

Sidney Channel, turning to flood at 13:05 hrs and 13:30 hrs on Haro Strait.

Heading SE, between Sydney Island and James Island, Hughes Passage, turning up into Haro Strait to Stuart Island and finally to S. Pender

Secondary Tidal Port: Sidney

Secondary Current Station: Haro Strait, Sydney Channel

Le Menu

Breakfast: On shore

Lunch: Deli Sandwiches and Tomato Soup

Heat up the tomato soup. Add basil, oregano and pepper. Top with croutons and some Parmesan cheese.

If we have to tell you how to make a sandwich — you're done for. Okay, break out some bread, sliced meat, cheese and slather on fixn's to taste.

Dinner: Baked Whole Salmon with Rice and Carrots

Long standing Ail Sail tradition going back 26 years (or so the story goes).

Stuff salmon with lemon slices, onion, and butter, wrap in tin foil (well) and place in oven. Should take about 45 minutes.

Once salmon in the oven, prepare the rice according to directions.

To prepare carrots, open bag, place carrots in pot of boiling water and cook for about ten minutes.

SERVE

Sunday May 21

SAILING DIRECTIONS

Bedwell Harbour to Montague Harbour, Galiano Island (30-35 NM)

Route will head East in Boundary Pass or SE (depending on winds) around Waldron Island in President Channel, Skipjack Island, into Plumper Sound to Montague Harbour Marine Park.

Falling tide at Bedwell in morning to LLW @12:30 hrs of 1.5ft

Boundary Pass, max ebb at 10:05hrs and turning to flood at 13:40hrs

Skipper Notes: Ferry Traffic expected at junction of Navy, Swanson and Tricomali channels with Active Pass. Watch for possible currents pushing towards Enterprise Reef.

Locate Ben Mohr Rk near entrance to Payne Bay then to Montague.

Secondary Tidal Port: Bedwell Harbour, Montague Harbour

Secondary Current Station: Boundary Pass

LE MENU

Breakfast: Bagels and Cream Cheese

Break out the bagels and toast. Slather on some cream cheese and you are away. Don't forget you have a selection of juices and never ever forget the coffee.

Lunch: Tuna Bunwich & Chicken Noodle Soup

Drain two cans of tuna and combine with some mayo. Add some chopped green onions and celery if you would like. Serve on Kaiser buns.

Take a bold step!! Add some cheese to the top of an open faced bunwich and broil for a couple of minutes and viola — toast Nova Scotia.

Prepare soup according to directions and serve in mugs.

Dinner: Bar-be-que Chicken with New Vegetables.

Marinate chicken breasts in bar-be-que sauce and throw on bar be que when your ready. Meanwhile start two pots of boiling water. To one, add the new potatoes, to the other, add the second bag of small carrots. Potatoes will take about 40 minutes to cook, carrots about 10 and the chicken about 5 minutes per

Monday May 22

SAILING DIRECTIONS

Montague Harbour to Thetis Island Marina (approx. 24 NM)

(Race day)

Northwest through Houston Passage, into Stuart Channel, to Telegraph Harbour

Falling tide at Montague to LLW @ 13:17 of 2.6ft

Trincomali Channel, max ebb at 10:20hrs and turning to flood at 13:50hrs

Preedy Harbour rising tide at 21:39hrs of 12ft

Skipper Notes:

Caution as you re-enter Trincomali Channel

Atkin's Reef: The reef actually stretches a mile SE of beacon which marks its presence. Extreme caution is required in vicinity.

Governor Rock: Likewise, Buoy U45 has submerged rocks stretching 500 yds to the west of it.

Walker Rock and Victoria Shoal (U43)

Grappler Rock off Southey Pt on Saltspring

North Reef entering Stuart Channel (Ask the Commo-dore about this one!!)

Secondary Tidal Port: Montague Harbour, Preedy Harbour

Secondary Current Station: Trincomali Channel

LE MENU

Breakfast: Bacon & Eggs

Fry up 1 package of bacon, and keep warm in the oven. Now cook 8 - 10 eggs to the personal individual tastes of the crew or just through the entire dozen into the pan and make a mess of scrambled.

Lunch: Deli Sandwiches and Onion Soup.

Heat up the French Onion soup as per directions. Make sure to add croutons and a little parmesan.

Make whatever sandwiches people feel in the mood for.

Dinner: Bob's Burgers

Throw two pounds of hamburger meat into bowl. Add a little bar-be-que sauce. Mix with your hands. Make large patties and throw on the bar-be-que. Cook until done.

Tuesday May 23

SAILING DIRECTIONS:

**Thetis Island Marina to Silva Bay
Marina, Gabriola Islando (15-18 NM)**

**(Race day-Mix and Match, Crew
Change)**

North along Stuart Channel, through Ruxton Passage, Pylades Channel, Gabriola Passage to Silva Bay

Gabriola Passage turns to flood at 13:05hrs with max flood at 16:30hrs

Preedy Harbour falling tide to LLW @14:00hrs of 2.5ft

Skipper's Notes:

Keep alert through Ruxton Passage

Aim to navigate Gabriola Passage within one hour of slack tide

Main entrance into Silva Bay between Vance and Tugboat Islands, Shipyard Rk to Port

Reference Current Station: Gabriola Passage

Secondary Tidal Port: Silva Bay

LE MENU:

Breakfast: Pancakes

Mix pancake mix and water according to directions. Pour onto extremely hot pan. Serve as they become ready with syrup.

Lunch: Italiano Grilled Cheese With Minestrone Soup

Heat 2 cans of minestrone soup. Feel free to add parmesan cheese and a little hot sauce (in case the eggs didn't quite cut it).

For each sandwich, 2 slices rye bread, 1 slice mozzarella cheese, 2 to 3 slices of salami. Assemble the sandwich, butter the tops and bottom of and fry in a covered skillet over medium heat.

Dinner: Pasta Night

Boil up one bag of fusilli pasta. (Take pasta out of the bag first, put pasta in the boiling water and throw the bag away). While doing this, heat up one large jar of pasta sauce.

Drain pasta when done, pour sauce over top and serve.

Serve salad on the side.

SAILING DIRECTIONS

Silva Bay Marina to Retreat Cove, Galiano Island(approx. 24 NM)

Heading East into Strait of Georgia, past Trasher Rock (Gabriola Reefs) re-enter at Porlier Pass, Trincomali Channel to Retreat Cove.

Silva Bay rising tide to HHW @7:45hrs of 11.5ft

Retreat Cove falling tide to LLW @ 14:32hrs of 3.2ft, then rising to HHW @23:31hrs of 11.4ft

Porlier Pass turns to flood at 13:45hrs with max flood at 17:20hrs

Skipper's Notes:

Caution through Porlier Pass, aim to navigate within one hour of slack tide. Safer to motor through and watch for Virago Rk and Black Rock reefs.

Watch for traffic, large vessels and freighters over 20m will report on VHF 11 (156.55Mhz) to Vancouver to proceed through.

Common hazardous eddies in pass

Retreat Cove: Sheltered anchorage in 2-8m depth, public wharf. Alternate at Wallace Island/Conover Cove.

Reference Current Station: Porlier Pass

LE MENU

Breakfast: French Toast

Use French loaf slices and dip into some whisked leftover eggs. Fry egged bread slices in a little butter. Serve with jam.

Lunch: Deli Sandwiches and Tomato Soup

Okay, by now you know the drill. Heat up the soup. Add some croutons and Parmesan as desired. Meanwhile take orders for the sandwiches and fix them up.

Dinner: Steak and Potatos.

Marinate steak in bar-be-que sauce. Throw on the bar-be-que and cook until done. Meanwhile, boil new potatoes for 40 minutes, drain and add butter.

Heat the canned peas, drain and serve the whole mess up.

Serve with a salad

SAILING DIRECTIONS

Retreat Cove to Ganges, Salt Spring Island (approx. 35 NM)

Heading northwest to Houston Passage, circumnavigate Salt Spring Island via Stuart Channel, Sansum Narrows, Satellite Channel

Skipper Notes:

Caution as you re-enter Trincomali Channel, Panther Point off Wallace Island

Governor Rock: Buoy U45 has submerged rocks stretching 500 yds to the west of it.

Walker Rock and Victoria Shoal (U43) Remember these ones from 3 days ago?

Grappler Rock off Southey Pt on Saltspring

Sansum Narrows turns to flood at 15:40hrs

Some whirlpools and tide rips around Burial Islet and between Sansum and Bold Bluff points.

Watch for ferry traffic where Satellite Channel meets Shute Channel into Swartz Bay terminal.

Secondary Current Station: Sansum Narrows

Secondary Tidal Port: Ganges Harbour

LE MENU

Breakfast: Bacon and Eggs

Same way as you did last time. Do it in Rob Rose fashion and add hot sauce to the eggs. Guaranteed to clear you out.

Lunch: Left Over Mode

You should still have lots of bread and deli meats available. Fix sandwiches as desired. Look around, there are still two cans of minestrone soup. Heat up and serve.

Dinner: Pasta Night Again!

You should have another bag of pasta. Boil it up (a), heat sauce (b), pour part (b) over part (a) and you are away.

Serve with a salad.

Friday, May 26

SAILING DIRECTIONS

Ganges to Sidney (approx. 20 NM)

Via Swanson Channel, rounding Moresby Island

Keep alert as you approach the broken island group and Little Group.

Head to Sidney marina and Island Cruising base

Clean Up & Wind-Up Party at location to be determined in Sydney.

LE MENU

Breakfast: Whatever

Time to fin whatever is left and fix it up. You are in survival mode now. Simply hanging in to the big wind-up dinner.

Lunch: Whatever

Your choice of sandwiches. If you have been following recipes so far, you will have plenty of turkey, roast beef and salami left, perhaps even some ham. There should also be plenty of cheese. So let loose and make up your favorite sandwich.

Soup: Chicken Noodle. A package of Lipton chicken noodle soup will still be remaining. Heat it up.

Or just scramble and fix up whatever is remaining. Remember what is for dinner — the big wind up at some local place. That means no more cooking for you!! Drink to that!!

Tide & Currents

Tides & Currents Determination
All times PST, in 24 hr clock

Reference Ports	Time		Higher High Water		Time		Lower Low Water		Reference Current Stations	Turn Flood		Turn Ebb	
	Mean Tide	Large Tide	Mean Tide	Large Tide	Mean Tide	Large Tide	Mean Tide	Large Tide		na	8	na	8
Fulford Harbour	10.4	12.5	-0.7	-0.6	-0.17	-0.6	2.5	-0.5	Active Pass Portler Pass Gabriola Passage Race Passage	na	8	na	8
20-May-00 Sidney #8 on Fulford at Sidney	-0.07 20:15 20:08	-0.8 10.5 9.7	-0.17 12:00 11:43	-0.6	-0.7 12:00 11:43	-0.6	-0.5	20-May-00 Sidney Channel Race Passage on Sidney Channel Haro Strait on Haro Strait	100 12:05 13:05 1:25 13:30	130 15:40 17:10 1:35 17:15	130 18:40 20:10 2:30 23:40	na na na na	8 8 9 7
21-May-00 Beiwell Hbr on Fulford at Beiwell	-0.08 4:55 4:47	-0.1 9.2 9.1	-0.05 12:35 12:30	-0.1	-0.1 12:35 12:30	-0.1	0.6	21-May-00 Race Passage Boundary Pass Active Pass	12:40 1:00 13:40 12:20	15:25 1:10 16:35 15:50	4:35 1:00 5:35 5:20	8:55 1:10 10:05 9:10	
Montague on Fulford on Montague	-0.04 4:55 4:51	0.9 9.2 10.1	0.07 12:35 12:42	1.3	0.6 12:35 12:42	0.6	0.6						
May 22, 2000 Montague on Fulford on Montague	-0.04 21:40 21:36	0.9 10.8 11.7	0.07 13:10 13:17	1.3	0.6 13:10 13:17	0.6	0.6	May 22, 2000 Trincomali Race Passage on Trincomali	0:35 13:15 13:50	0:50 16:05 16:55	0:50 4:45 5:35	0:45 9:35 10:20	
Preedy Hbr on Fulford on Preedy Hbr	-0.01 21:40 21:39	1.2 10.8 12	0.15 13:10 13:25	1.6	0.2 13:10 13:25	0.2	-0.1						

Tide & Currents

May 23, 2000 Preedy Hbr on Fulford on Preedy Hbr	-0.01 5:40 5:39	1.2 8.5 9.7	0.15 13:45 14:00	1.6	0.2 2.3 2.5	0.2	0.3	May 23, 2000 Gabriola Passage	13:05	16:30	6:10	9:45
Silva Bay on Pt. Atkinson on Silva Bay	0.05 7:00 7:05	0.3 11.8 12.1	0.04 14:25 14:29	0.3	0.3 3.9 4.2	0.3	0.3					
May 24, 2000 Silva Bay on Pt. Atkinson on Silva Bay	0.05 7:40 7:45	0.3 11.2 11.5	0.04 15:05 15:09	0.3	0.3 4.6 4.9	0.3	0.3	May 24, 2000 Portler Pass	13:45	17:20	7:30	10:40
Retreat Cove (est) on Fulford on Retreat Cove(est)	-0.04 23:00 10:56	0.9 10.5 11.4	0.07 14:25 14:32	1.3	0.6 2.6 3.2	0.6	0.6					
May 25, 2000 Retreat Cove (est) on Fulford on Retreat Cove(est)	-0.04 23:35 23:31	0.9 10.5 11.4	0.07 15:10 15:17	1.3	0.6 3.3 3.9	0.6	0.6	May 25, 2000 Active Pass Sansum Narrows on Sansum Narrows	15:15 0:25 na 15:40	18:50 na 7:55	8:30 na 7:55	12:10
Ganges Hbr on Fulford on Ganges Hbr	-0.03 23:35 23:32	0.1 10.5 10.6	0.08 15:10 15:18	0.5	0.1 3.3 3.4	0.1	0.1					
May 26, 2000 Ganges Hbr on Fulford on Ganges Hbr	-0.03 8:45 8:42	0.1 10.5 7.2	0.08 16:05 16:13	0.5	0.1 3.9 4	0.1	0.1					
Sidney on Fulford on Sidney	-0.07 8:45 8:38	-0.8 7.2 6.4	-0.17 16:05 15:48	-0.06	-0.7 3.9 3.2	-0.06	-0.06					

Provisions

Canned Goods

- 1 48oz grapefruit juice*
- 1 48oz orange juice*
- 1 48oz clamato juice*
- 1 48oz apple juice*
- 4 10oz cans tomato soup
- 4 cans minestrone soup
- 1 large can peas
- 3 large jars Pasta Sauce (Tomato basil)
- 2 7&1/2 oz tins of flaked white tuna packed in water.
- 1 175ml. regular mustard
- 1 175 Dijon mustard

Dry Goods & Jars

- 1 125 ml. virgin olive oil*
- 1 125ml. red wine vinegar*
- 1 5oz Worcestershire sauce**
- 1 2oz tobasco sauce*
- 1 250ml mayonnaise**
- 1 375ml ketchup*
- 1 Bottle Bar-be-Que sauce
- 2 450 ml. medium salsa (Pace)*

- 1 250g white sugar
- 1 small package brown sugar
- 2 lbs. coffee (regular grind)*
- 1 25 tea bags*
- 1 jar dry roasted peanuts*
- 1 10 oz strawberry jam*
- 1 10 oz marmalade*
- 1 10 oz sooth peanut butter*
- 1 large box potato chips*
- 1 large box nacho chips*
- 2 pkg. Lipton's chicken noodle soup
- 2 pkg. Lipton's French Onion Soup
- 1 Caesar Salad Dressing
- 1 Thousand Island Dressing
- 1 small pkg. Pancake Mix (add water only)
- 1 small Pancake Syrup

Breads, Cereals, Cookies

- 1 525 raisin bran cereal**
- 1 170g croutons
- 1 pkg. pita bread**
- 12 Kaiser rolls**

Provisions

- 12 hamburger buns**
- 1 loaf sliced rye bread*
- 1 loaf French bread*
- 1 loaf sliced whole wheat bread*
- 1/2 dozen bran muffins
- 1 dozen plain bagels*
- 1 pkg. unsalted crackers*
- 1 box Stoned Wheat Thins*
- 2 pkg. family size assorted cookies (preferably Dad's)*
- 1 1kg. bag of rice
- 2 450g bag rotini or fusilli pasta

Fresh Fruit & Vegetables

- 2 1lb. bag small carrots
- 2 1lb. bags of small new potatoes
- 1 bunch of spring onions
- 2 medium yellow onions*
- 6 tomatoes*
- 6 celery stalks**
- 3 lemons**
- 3 limes*
- 1 doz. oranges*

- 1 doz. bananas*
- 1 small jar crushed garlic*
- 2 cantaloupe*
- 2 bags romaine lettuce
- 2 bags gourmet salad
- 1 head fresh lettuce**

Meats

- 4 Boneless, Skinless Chicken Breasts
- 2 lbs lean hamburger
- 1 Whole Salmon
- 4 Rib Eye Steaks
- 2 lbs. bacon
- 1/2 lb sliced black forest ham**
- 1/2 lb sliced roast beef**
- 1/2 lb sliced turkey breast*
- 1 lb. sliced Genoa salami
- 1/2 lb. sliced summer sausage*

Dairy Products

- 1 Large grated Parmesan cheese
- 1 lb butter
- 1 tub Becel Margerine
- 1 1lb. block cheddar cheese**

Provisions

2 8oz. cream cheese**	pepper (in shaker container)**
1/2 lb sliced mozzarella**	Small sizes (5 gram)
1/4 lb sliced Swiss cheese**	of ...
3 doz. large eggs white**	basil**
1 2litre 2% milk*	oregano**
1 2litre skim milk*	red pepper flakes**
1 1litre half and half*	parsley flakes*
Spices, etc.	Miscellaneous
salt (in shaker container)**	4 rolls paper towels
	4 rolls single ply toilet paper
	1 25' roll aluminum foil

Notes to Chefs and Quartermasters:

The provision lists include everything ordered for you boat. Items without an asterisk are called for in a recipe and will likely be fully used up in that recipe.

Items with a double asterisk are called for in a recipe but we will likely have lots left over for other uses.

Items with a single asterisk are not called for in a recipe. For example, cantaloupe is not called for in a recipe but it is there for breakfast or perhaps desert or perhaps just throwing overboard.

Sailing Definitions

Sailing	The fine art of getting wet and becoming ill while slowly going nowhere at great expense.
Fuel	A clear bubbling liquid composed of 35% gin and 65% tonic in which numerous particles of frozen water are added.
Commodore	An individual running exclusively on fuel (see above). Failure to offer fuel to a commodore under any circumstances is grounds for keel hauling.
Crew	A highly disposable piece of manpower usually assigned to the production of fuel (see above).
Skipper	Leader of the boat whose sole task is to look (as opposed to remain) calm while docking in a 35 knot cross wind using only available Crew (see above) who themselves have consumed far
Ail Sail	<i>Sailing</i> with <i>Crew</i> led by <i>Skippers</i> laughingly organized by a <i>Commodore</i> all while consuming copious amounts of <i>Fuel</i> .