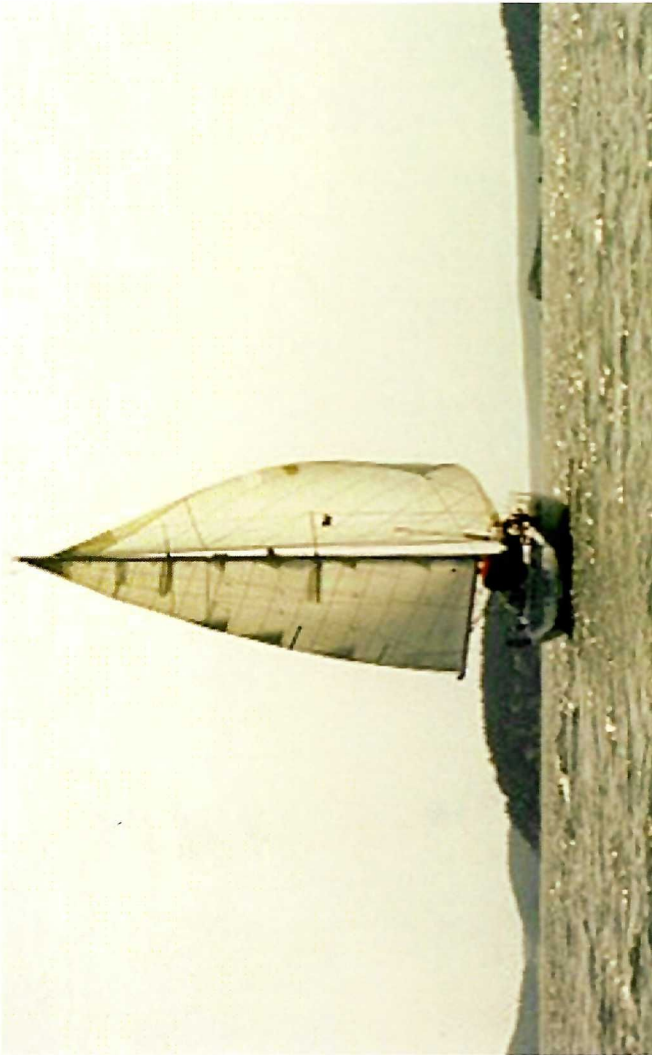

Calgary Ail Sail

2007



**Playing in Sechelt
Rapids**

May 19 - 26



Sailing Plan

Date	Route	Comments
Fri May 18	Sleep Aboard	Some boats in transit
Sat May 19	Sidney to Port of Nanaimo	Dock
Sun May 20	Port of Nanaimo to Little Bull Passage, Lasqueti Island	At anchor
Mon May 21	Little Bull Passage to Egmont Marina	
Tues May 22	Egmont to Porpoise Bay	At anchor
Wed May 23	Porpoise Bay to Pender Harbour	At Anchor
Thurs May 24	Pender Harbour to Kendrick Island	At anchor
Fri May 25	Kendrick Island to Maple Bay Marina	Docks
Sat May 26	Maple Bay to Sydney	Get in First Thing

Boats & Crews

SKOOKUMCHUK SKIPPER - DOUG SULLIVAN CREW - KEN WONG CREW - DON VORONEY
MARGARIDAVILLE SKIPPER - BRAD DENNIS CREW - BOB GERST CREW - RUSS GREGORY CREW - CALVIN MUTH
SANGUINE SKIPPER - LONNIE ENNS CREW - KIM KRUEGER CREW - ROSS GRAHAM
BELLA MARIA SKIPPER - NEIL WATSON CREW - HUGO SPRINGER CREW - ALAN SPRINGER CREW - DAN GRAY
PRAIRIE PRINCESS SKIPPER - LORNE WEBBER CREW - BILL POLLOCK CREW - DAVE FERMER CREW - BARRY WARD
AIRLOOM SKIPPER - JIM BENEDICT CREW - RICHARD CRAIG CREW - JOHN KNOX CREW - EARL MORRIS
TAKEFIVE SKIPPER - TODD SOROKAN CREW - MARK ATTISHA CREW - RAYMOND ATTISHA CREW - OTHER
DESERT MARINER III GRANT STEWART RAMSAY ATTISHA FRED ALLEN RON MACKENZIE RONIE MANGAOANG JUN MORTA

Saturday May 19

Sailing Directions:

Before You Set Sail, Wait for Your Food. Arrival from Thrifty's set for between 07:30 and 09:30.

Sidney to Nanaimo Port Authority

Departure Time Set for 10:00

Distance: 30 NM

Charts:

Destination Position:

Tides: Sidney

05:04 +10.2 ft. high
12:58 -0.7 ft. low

Current: Dodds Narrows

12:28 slack, flood begins
15:43 max flood 8.3 k
19:29 slack, ebb begins

Directions / Hazards:

Beware rocks/hazards off Yellow Point. For clarification raise Prairie Princess and talk to Lorne.

Nanaimo Port Authority VHF 67

Le Menu

Breakfast: On shore

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: On shore

Since we are at the famous party location of Nanaimo (okay I am kidding here), Dinner will be a pay as you go up at the bar/restaurant.

Let's see if we can eat together as this is the first night out for the Ail Sail and a good opportunity to meet one another.

For those not wishing to spend anything, consider this a pasta night. Boil it up while heating some sauce. Strain the pasta when done, top with sauce, cheese etc.

Sunday May 20

Sailing Directions:

Nanaimo to Little Bull Passage and/or Deep Bay

Morning Skippers' Meeting 8AM on Bella
Maria

Distance: 30 NM

Charts: 3463, 3512, 3312

Destination Position: N 49 30 136 W 124 12.937
Position gets you in the vicinity

Tides: Nanaimo
07:16 PDT +13.1 ft high
15:02 PDT +1.4 ft low

Directions / Hazards:

Deep Bay is the little notch in Jedediah island off the
south end of Paul Island

Boho Bay is an alternate

Activities:

Drinking heavily

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: 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: Ail Sail Baked Whole Salmon with Rice and Carrots

Long standing Ail Sail tradition going back 28
years (or so the story goes). First time at anchor
is baked salmon.

Stuff salmon with lemon slices, onion, and butter,
wrap in tin foil (well) and place in oven. Should
take about 60 minutes. You should be able to do
this on the bar-be-que as well.

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.

Monday May 21

Sailing Directions

Little Bull to Egmont Marina

Morning Skippers' Meeting 8AM on Sanquine.

Distance: 34 NM

Charts: 3514, 3512 (chart book)

Destination Position: N W

Tides: False Bay
08:23 PDT 13.1 ft high
15:53 PDT 2.9 ft low

Currents:

Directions / Hazards:

Watch current as you approach the Egmont Marina.

Marina monitors 66A

Activities:

The Backeddy Marine Pub

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 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.

Rob's Mod

Long time Ail Sailor Rob Rose was famous for his love of hot sauce. Rob's Modification is officially smothering the finished burger in Tobasco/Louisiana Hot Sauce. Not for the faint of heart.

Serve with Caesar salad and yes, you can add hot sauce to that too.

I HATE MEAT go to page 22

Tuesday May 22

Sailing Directions

Egmont to Porpoise Bay

Skippers' Meeting 8AM on Prairie Princess.

Distance: NM

Charts: 3512, 3312 (Chart book)

Destination Position: N 49 29 541
W 123 45 488

Tides: Porpoise Bay
9:22 PDT +6.7 ft high
19:20PDT +1.5 ft. low

Currents: Sechelt Rapids
09:22 PDT slack ebb begins
15:51 PDT max ebb 8.9kt
19:02 PDT slack, flood begins

Directions / Hazards:

Inflow/Outflow winds can develop

Tidal range 10 feet

Activities:

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.

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: Stu's Steak and Potatos.

Marinate steak in bar-be-que sauce (the longer the better, start in the morning by placing in large bag and storing in the fridge).

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

I HATE MEAT go to page 22

Wednesday, May 23

Sailing Directions

Porpoise Bay to Pender Harbour

Skippers' meeting 8AM on Margaridaville

Distance: 34 NM

Charts: 3512, 3312 (chart book)

Destination Position:

Tides: Porpoise Bay

04:20 PDT	1.5 ft. high
12:03 PDT	9.2 ft. low

Currents Sechelt rapids

10:54 PDT	slack, flood begins
11:21 PDT	slack turns to ebb

Directions/Hazards:

Sechelt Rapids — Safe Transit 10:00am to 1:00pm

Activities:

Fishermans Resort marine Pub

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 or syrup.

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: Bar-be-que Chicken with New Vegetables.

Marinate chicken breasts in bar-be-que sauce and throw on bar be que when your ready. (Again, the longer you marinate the better.)

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 7 minutes per side.

Thursday, May 24

Sailing Directions

Pender Harbour to Kendrick Island — Pirates Cove/Silva Bay are options

Skippers' meeting 8AM on Airloom.

Distance: 36 NM

Charts: 3512, 3475, 3463, 3443

Destination Position: N W

Tides: Squitty Bay

08:41 PDT +8.0 low

12:31 PDT +12.0 ft. high

Currents: 17:15 PDT Gabriola Passage
ebb turning to flood

Directions / Hazards:

Activities:

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

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 with salad on the side.

The John DeMonye Gin and Tonic.

Fill glass full of ice. Find someone with some gin. Pour their gin into your glass. Add lime slice.

Drink while staring at a can of tonic.

Friday, May 25

Sailing Directions

Kendrick Island to Maple Bay Marina

Skippers' meeting 8AM on Skookumchuk

Distance: 23 NM

Charts: 3443, 3442, 3478

Destination Position: N W

Tides: Nanaimo

09:09 PDT +7.8 ft. low
14:23 PDT +10. ft. high

Currents: Samsun Narrows

06:49 PDT slack, flood begins
12:27 PDT slack, ebb begins

Directions / Hazards:

Maple Bay Marina 66A

Activities:

Shipyard Pub and Restaurant top of C Dock for Wind Up Party

Big Wind Up Dinner Tonight at Maple Bay

Le Menu

Breakfast: Whatever

Time to finish 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.

Dinner:

BIG Wind Up PARTY on the AIL SAIL

7:00 pm

Shipyard Pub & Restaurant

Saturday, May 26

Sailing Directions

Maple Bay to Sydney

Distance: 10 NM

Charts: 3442, 3441, 3476

Destination Position:

Tides: Ganges
09:02 PDT +5.2 ft. low
15:42 PDT +8.2 ft. high

Currents: Dodds Narrows
06:49 PDT slack, flood begins
12:27 PDT slack, ebb begins

Directions / Hazards:

Charter Boats need to leave by 7:00 am to get back in time

Activities:

The party is over. Looking forward to 2008.

Le Menu

Breakfast: Whatever

Time to finish whatever is left and fix it up. Only a couple of hours to Sydney.

I Hate Meat

And some other alternatives to the listed recipes.

First off, there is always extra pasta and tomato sauce to help fill in the blanks if you want something with no meat. Also, we have a secret recipe for those that may want to spice things up a notch and are willing to try some shrimp.

Neil's Curry Shrimp

Specially created for our Commodore Neil Watson by Carmen Phillips.

Here is the recipe. Take out a fry pan and heat it up with a little olive oil or butter. Throw in the bag of frozen shrimp (Yes, take the shrimp out of the bag first and defrost the shrimp before throwing into pan.)

Cook for about 2 minutes. Then, throw in the can of curry sauce and bring to a boil. Add additional coconut milk (not the cream) for extra sauce and to soften the strength of the curry (add as much or as little as you would like) and continue to heat for another couple of minutes.

Serve over rice (or just about anything else) as an alternative to any of the dinners listed or as a replacement to the steaks or burgers.

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
- 2 7&1/2 oz tins of flaked white tuna packed in water.
- 1 175ml. regular mustard
- 1 175 Dijon mustard
- 1 can curry sauce*
- 1 can coconut milk*

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*
- 4 large jars Pasta Sauce (Tomato basil)
- 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**
- 12 hamburger buns**
- 1 loaf sliced rye bread*

Provisions

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
3 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*
3 bags romaine lettuce

3 bags gourmet salad
1 head fresh lettuce**

Meats, etc

1 Bag Frozen (20 count)
P&D Shrimp*
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 Grated Parmesan
cheese
1 lb butter
1 tub Becel Margerine
1 1lb. block cheddar
cheese**
2 8oz. cream cheese**
1/2 lb sliced
mozzarella**
1/4 lb sliced Swiss
cheese**

Provisions

3 doz. large eggs
white**
1 2litre 2% milk*
1 2litre skim milk*
1 1litre half and half*

Spices, etc.

salt (in shaker container)
**

pepper (in shaker
container)**

Small sizes (5 gram)
of ...

basil**

oregano**

red pepper flakes**

parsley flakes*

Ground nutmeg

Miscellaneous

4 rolls paper towels
4 rolls single ply toilet
paper
1 25' roll aluminum foil
1 pack SOS pads
1 pkg. small white
garbage bags
1 small package of J
cloth
1 Box of Extra Large
Freezer Bags (for mari-
nating stuff)

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.

Provisioning Notes

Mark missing or extra items here. Please notify Robert Gerst of missing items so arrangements can be made to get replacements to you — or not.

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 deserving of our greatest respect. This year — Neil Watson. Standard respectful greeting — *Hey Commodore, where the hell is the sun?*
- 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 too much Fuel (see above).
- Ail Sail** *Sailing* with *Crew* led by *Skippers* laughingly organized by a *Commodore* all while consuming copious amounts of *Fuel*.
-

More Definitions (cont.)

Some specialized Ail Sail Medical terms for the ship's doctor provided by Mr. Mike Kosten

Band Aid Money for the guitar player.
(Of course, Mike would say that.)

Here's another definition Mike:
Guitar lessons!

Sling A water balloon launcher.
Also: A device used by those without the Kuhuna's to throw by hand.

Alcohol Swab Spilling G&T on the deck.
It's just too horrible to even think about.

Ice Pack A bag full of ice cubes

Organizing Committee

Some thank you's to the Ail Sail Organizing Committee (and some others):

Neil Watson. Commodore and all around good guy. As Commodore, must be served a drink upon boarding any boat. Rank has its privileges.

Peter (This is the Pacific, Right?) Simpson. Navigation and Route Planning. Thanks for the work Peter. Peter will be sailing with this year if he can find Sidney, which means he won't be sailing with us this year.

Fred (Iron Man) Allen. Organizer of all things financial and no, you don't want to know the origins nickname but here is a hint — pay your Ail Sail bill.

Lonnie (Magic Man) Enns. Boat booker (that's 'booker' with a 'b') and all around arranger. When Lonnie offers to show you a 'special trick' be careful, be very careful.

Stu (Hey, Wait for Me!) Briscoe. Gift buyer and general counsel on all things Ail Sail. Also a former Commodore and one hell of a knowledgeable guy. Stu won't be with us this year but he will be in our hearts. No wait, he won't be there either.

Robert (GPS) Gerst. Brochure producer and provisions. Former commodore and general liquor mooch.

Personal Notes



Peter Gregory, an Ail Sail original, died July 2006.

There are no words that describe what Peter meant to the Ail Sail and to those that sailed with him. Peter and I sailed together on a number of Ail Sails. He was a steady hand and a wellspring of sailing knowledge and patient advice.

Thanks Peter.

Grant Stewart has written a tribute on www.ailsail.com.