



GULF SAILOR

CRUISING UNDER SAIL



Ron and Eleanor's prize-winning photo for 'Sunset' Category. Location forgotten. Any ideas?

Summer going on and on...

We waited and waited for summer and when it came, it came in spades – the longest fair weather sailing season we could ever have imagined here in the Pacific Northwest. How lucky are we?

Despite the perfect weather, however, boat owners still had lots of issues to deal with. **John Dixon** summarizes a few of them in his account entitled "The Trials of Older Boats and Older People".

How many of you know about the glass-sponge reefs in Howe Sound? Ken directed me to this remarkable discovery and the unique creatures that only exist in our backyard. So we need to protect them.

Naida's crew, **Ken and Anne**, embarked on a tour of BC after returning from Mexico. They loaded up the car and just took off – spending three months hiking, biking and camping. Sample some of what they got up to in Part 1.

Big apologies to **Robert** whose account of his time at Bedwell Bay with *Boqueron* and *Tantramar* was cut off before the end. It is reproduced in full this time on p.3. **Geoff** recounts his experience at Smuggler Cove – each cruise he attended this year was his 'last' one with *Taeko IV* which he is putting up for sale at the end of the season. **Wilma and Kurt** also decided to say goodbye to the GYC and *Knotsure*, but it's not all bittersweet – see the surprising story of their sale. I present an article about Thermal Cookers – we don't have one but it's top of my list for galley gadgets, and Ken and Anne weigh in with their experience of them.



Chris Stangroom and **Doug Macleod** both report on the final cruise of the year to Gibson's. Fall cruises are often blustery and cold – not this year. Eight boats tied up at the Gibsons Harbour Authority Marina and, like bears getting ready for hibernation, GYCers apparently did nothing but eat for the whole weekend! Doug describes this grazing behaviour in detail – every bite sounds scrumptious. Sprinkled throughout the newsletter are photos from our Photo Contest back in February, as well as Lorraine's photos of our last Pub Night.

Suzanne Walker, Editor *S/V White Wolf*

OCTOBER 17

A Guide to Sail Shape



Nicole Foster
presents

A Guide to Sail Shape for Cruising Yachts

Nicole is a local Vancouverite and an avid sailor and racer with over 30 years experience as a sailmaker.

Staff Captain's Report Continued p.2

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Staff Captain's Report

At the general meeting on **October 17** we'll be treated to a presentation by Nicole Foster from Evolution Sails titled *A Guide to Sail Shape for Cruising Yachts*.

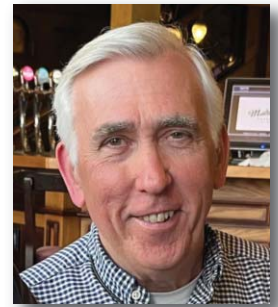


Nicole will go over the definition of sail camber, sail twist and angle of entry. Sailors will know how to identify sail shape on the water and what sail shape to apply under different wind and sea state conditions.

She'll describe all the controls (halyard tension, back stay, lead position...) used on the mainsail and genoa on typical cruising boats and how they effect sail shape. Sail shape and angles of asymmetrical spinnakers will also be discussed. Handouts will be available.

Nicole is a local Vancouverite with over 30 years experience as a sailmaker. She's an avid sailor and racer, with over 20,000 hrs on the racecourse. She is also an expert on rigging and deck layout. Nicole will speak for 20 to 30 minutes, leaving lots of time for interaction so bring your questions.

See you there.



Doug MacLeod,
Staff Captain,
S/V Willpower



Your Yacht Club Needs You to make a presentation at one of our general meetings. Last March we enjoyed a well researched and entertaining presentation by John Laing on his travels through the Strait of Magellan on a cruise ship. Many of you have experienced unique cruising grounds or have knowledge to share with fellow club members. Please contact me and we can discuss your ideas. (dmmacleod1833@telus.net)

On The Horizon

Get ready for a fascinating verbal and audio-visual presentation on **November 14** by **Amber Mae, aka Underwater Angel**.

Amber is a member of Divers for Cleaner Lakes and Rivers. You may remember this group and marveling at the loads of junk they retrieved from the bottom of Snug Cove during our Shakedown cruise last March.

Fishermen's Pier, West Vancouver, BC

*On July 21, 2021, we removed 154 lbs (69.8 kg) of trash (last cleaned in 2014).
Land-based volunteers also removed many bags of trash from the beach.*



And finally, keep those vocal cords limber for our annual **GYC Christmas Social and Sing-along** that happens on **December 12**. Think about which delectable treat you'll bring and start getting your 12 Days of Christmas singing chops in shape.

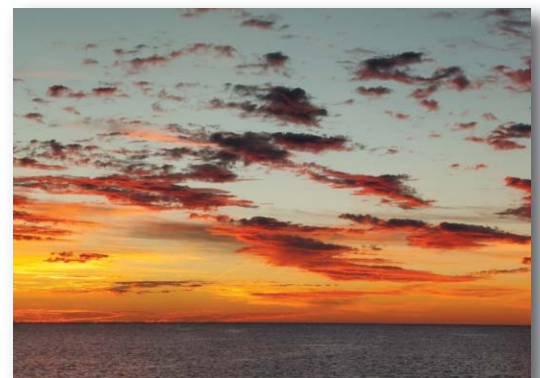
After our **Annual General Meeting on January 9, 2023**, we'll have mini presentations by members. If you have an idea for a 5 to 15-minute presentation, contact me. Topics can range from do-it-yourself projects to a favourite anchorage or any seamanship related subject.

Photo Contest Winners **Ken Buckley**, second prize 'Boats and Destinations' and **Anne Trudel**, third prize in the 'Sunsets' Category.



Left: Colour galore in front of a casita in Yelapa on Banderas Bay. February 16, 2021.

Right: Sunrise, about 6:30, taken at Bahia Los Frailes on the west side of the Sea of Cortez 70nm north of Cabo San Lucas. December 4, 2021,



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The July 1 Holiday Weekend at Smugglers

Appies on both our old site on the cliff as well as the nice flat new one, lots of sunshine and the ubiquitous mozzies. Canada Day was celebrated almost just like in the 'old days'.



As is usual at one of the "big three" holiday weekend rendezvous, a wonderful gathering of those aboard eleven of our sailor's vessels – and two of our power boaters – experienced another memorable event. You know, I think this crowd would have a good time even if they were deprived of appies!



Geoff Stevenson,
S/V Taeko IV

Despite intermittent weather beforehand, we had two remarkably hot sunny days in a row including on July 1st. We all thought it was the start of summer, or at least, it felt like it. The sunscreen came out in force and later in the day, was replaced by the mosquitos. The only difference from prior years is that the hour of repose decreases in an inverse relationship to the average age of those present: though there were exceptions many years ago – remember when "Cookie" entertained on his boat until the

whisky ran out and "Riggsy" was a willing helper! In the interest of full disclosure, *Taeko* Joan was not an innocent bystander. Perhaps we are lucky there seem to be no successors these days?

The full company scaled the 'mountain' behind the rafted flotilla for the July 1 appies – the moans and groans were something to behold, especially later on the downward leg. Still, 'tis a nice tradition though it may have had its swansong. July 2's barbeque was on the flat grassy knoll between the anchor zones – easy to alight and depart so I suspect a change will be forthcoming next time. "O Canada" was sung on the knoll this year – a beautiful tradition relocated!



Boats in attendance:

Taeko IV, Serenity, Tutta Bella, Tantramar, Kiwi Kruza, Forever Young, Perspective, Toolik, Lobo Del Mar, Seaclusion, Tango, Feliner and Sassy

Bruce Edmond did a great job in hosting the weekend – like clockwork and much appreciated by us all and especially this writer – crossing the border has become such a hassle and acquiring 'fresh food' directly enroute thereafter very difficult: even Secret Cove's store was devoid of produce except for old small apples at \$2.15 each! Bruce (and Bernie) helped me out – how good is that!

Please note:

No potential paddle events were witnessed.

Cheers, y'all, Geoff S. (#446)



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June Cruise to Bedwell Bay – a Reprise

Somehow I lost the second page of Robert's report on the Bedwell Bay Cruise! One of those computer gremlins I guess. So here is his whole story for your enjoyment.



Heading out Friday night at about 7 pm from Burrard Civic, *Reality* and her small engine gave her all to get to Bedwell Bay before it started getting dark. We caught the two bridge flood tides shortly after max flood. After clearing under Lions Gate Bridge there were some fun short and steep waves created by the 20 knots of easterly funnelled wind against the 6 knot flood current. Continuing into the Harbour the funnel effect eased and the winds calmed down.



Robert Sinkus,
Fleet Captain,
S/V Reality

I learned a new skill: navigating by GPS Speed. By paying attention to my GPS speed *Reality* was able to stay with the flooding stream of

water which after Brockton Pt and Burnaby Shoal headed toward the south half of Vancouver Harbour before heading towards the centre channel as the Harbour narrowed and the current pushed us towards 2nd Narrows Bridge. We gained about 2-4 knots of favourable speed for most of the time between the bridges.

The Railway Bridge master raised for us with no wait as the winds again funnelled and picked up, but not as strong as at Lions Gate. After going under the raised rail bridge, there were a lot of waves and upwellings pushing us along. Again, the GPS Speed was a great indicator of the fastest route. I noticed the current was also pushing *Reality* sideways quite a bit, and a nearby Tug going about a knot faster seemed to be doing the same thing.

As we closed on the Cates Park dock and rounded Roche Pt, the current faded. Even though I was under power, the dynamic of playing the currents and reading the water had been a lot of fun. It was an unexpected treat that was kind of like reading the wind and trimming the sails while sailing but different.

I arrived after about two hours for a journey that I had expected would take closer to three – great fun for us slow sailboats☺. I highly recommend riding the currents through the Harbour. I rafted up alongside *Boquerón* with *Tantramar* on the other side. We were swinging on *Boquerón's* anchor with plenty of chain out. (Our desired nook to stern-tie to already had a boat there). I learned that their earlier Happy Hour had been a success (as our GYC Happy hours always are!) and there was a lot of seal activity to entertain them. John was pleased to have received a fresh caught crab from the McLeod's to cook up for his dinner.

The forecast was for a bit of rain to persist through most of the weekend, but aside from the peaceful soothing patter of raindrops on the hull late Friday night, the skies held back, and at times it was almost, dare I say, hot as the sun almost came out – unusual considering the "January" weather and rains we had been having. Even the night wasn't nearly as chilly as expected.

Saturday morning I was surprised to find a guest aboard – a lovely Dungeness crab from the McLeod's which made for a delicious dinner Saturday in the cockpit!

Don and I scouted the bay looking for the trail head for the hike to Jug Island, but really it was an excuse to poke around in his dinghy and explore the shoreline. The water was unfortunately quite murky, so the visibility of sea life was non-existent, except for a few spots where we could see the water was filled with schools of fish that seemed to resemble pile perch. We found the trailhead, a nice beach and a waterfall / babbling brook, and got a nice look at the docks and the craft attached to them on the eastern side of the bay. One fast looking power boat was raised completely out of the water – perhaps to keep her bottom clean. We even got to see the water skiing club in action, including what may have been the very first attempt by a future water ski star to get up before making a spectacular face plant seconds later amidst much cheering of support from her fellow club members on the dock.

We returned to our raft, and after much debated and heated discussion (or was it unanimously in agreement from the start?) we decided our adventure for the day was for the men to dinghy up the coastline to Twin Islets, and back. Laura – representing the women decided to have some quiet time aboard. We explored the northern of the two islands and dinghied back via Raccoon Island and Jug Island.

Back at the boats, the seals really came out and fed like crazy, with splashing and slapping. It was a feeding frenzy! None of us had ever seen seals that active before. Even flocks of cormorants got in on the action.

Bedwell Bay continued p.5

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Bedwell Bay continued from p.4

We figured it must have been about the many fish we had seen having gotten to the right size to eat!

Happy hour was fun and delicious with great discussions and afterwards I enjoyed my tasty crab dinner in the cockpit, enjoying the view facing the undeveloped west side of the bay.

After another peaceful night in Bedwell Bay, I cast off from *Boquerón*, and along with *Tantramar* headed for home crossing the bridges at slack tide. The passage was calm enough to have a nice call with my Dad wishing him a happy Father's Day in windy cold Toronto.

Taeko IV FOR SALE BY ORIGINAL OWNER



Catalina C-350 Sailboat
Commissioned May, 2006 in Bellingham

35'9" LOA,
13' Beam
4'5" shoal draft

- ◆ Complete Service and Upgrade records
- ◆ Unique Yanmar 3YM30hp factory installed diesel with just 2500 hours (log available)

Many factory options and extras including:

- | | |
|--|-------------------------------|
| ◆ Diesel Heat | ◆ Raytheon Radar |
| ◆ 140w Solar and upgraded battery system | ◆ C120 Chart Plotter |
| ◆ In Mast main and headsail furling | ◆ ST60 instruments |
| ◆ Original Mainsail and newer Doyle Headsail | ◆ Hard Dodger |
| ◆ Kiwi feathering prop | ◆ Full hull refurbish in 2021 |

Note: *Taeko IV* is a US boat lying Semiahmoo, WA.

Asking \$125,000
Tel. 1-425-210-8955

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The Trials of Older Boats and Older People

During the GYC flotilla cruise in July and August there were many events that prevented sailors from participating or continuing. Some issues were quite serious and others are paddle-worthy. Here are a few instances that I am aware of.

Through no fault of the skipper, *Trooper* had a series of misadventures with her propellor in June. Following this, Judy fell and broke her leg on the Canada Day long weekend which meant they were unable to join the fleet.

Willpower found Stacy Rock when in Desolation Sound and damaged her keel. For the benefit of others, she marked the location with lead paint. She made her way back to home port and has undergone repairs.

Lobo del Mar experienced complications with her recently new engine when in Ballet Bay and was towed to Pender Harbour by *Forever Young*. A mechanic arrived quickly from Vancouver and rectified the matter. *Lobo* also had head problems and apparently "crew retraining" fixed this.

River of Dreams managed to get hung up on a rock in Malibu Rapids and spent the night on the hard. No serious damage occurred and she and her crew joined us for the Labour Day Rendezvous at Newcastle Island.

Martin on *Kailani* had a medical issue when at Elworthy Island and went to Comox to get checked out. He was deemed OK and rejoined.

Sparkle Plenty suffered refrigeration failure and even though Don on *Boquerón* had refrigerant and the means to install it, the fix was ineffective. A new refrigeration unit was installed by Rui and, after a trip to Vancouver and Nanaimo, it is now working well.

Glen on *Tango* made quick repairs after touching Shipyard Rock in May. He then went on to router off his fingertips (ouch!) while doing some woodwork on his boat. He is healing well and did join the flotilla.

Tony and Barb on *Seaclusion* experienced difficulties with their dinghy outboard motor, holding tank, auto-pilot and batteries. Most of this was fixed before joining us in Tenedos Bay and continuing on although the outboard motor remained recalcitrant.

Forever Young required a water pump impellor replacement. Fortunately, they were near Lund and a local mechanic had them underway in short order.

Honu II had macerator pump difficulties and the crew was able to get a replacement pump when in Comox. The new pump was not quite the same as the original but with some boat yoga and creative engineering by Ernie everything was soon moving again.

When in Drew Harbour, Chris on *Karavia* had the anchor drag even though he was stern tied. Because he had set his anchor alarm he was awakened and a dark night catastrophe was avoided.

Boquerón had a leaking fuel filter. Don made the fix but there was quite a mess in the bilge and apparently the clean-up was no fun.

Tantramar was not exempt from troubles. It seems the skipper may have calibrated the new depth sounder incorrectly and this was not evident until we were ploughing the bottom of Drew Harbour while seeking a place to anchor.

This may just be a partial list and there were likely more intentionally undisclosed incidents because the individuals wish to remain paddle-less.



John Dixon,
S/V Tantramar

Photo Contest Winners Deirdre Bain, first prize and Fred Bain, third prize for 'Bays and Beaches' Category.



Heron on a Post was taken on Sidney Spit.

Boats Passing By at Sunset was shot on a quiet evening going through Porlier Pass.



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A Bittersweet Day

This is what today was for Wilma and myself. It had become apparent over the last while that physical changes were not only making some activities aboard more difficult but also more importantly making us less safe as sailors.

So we decided with a heavy heart to put our boat 'Knotsure' up for sale. And this is where the story begins to read like a novel:



Knotsure under sail.

So it has become time for us to say 'Goodbye' to all our friends at the Gulf Yacht Club. It is the members that make this club so very special and we feel privileged to have been a part of this great group



Knotsure was sold today to a wonderful family: Jennifer, Curtis and their two sons. Jennifer's Grandfather had purchased the bare hull and deck of *Knotsure* in 1976, finished her and sailed her until we bought her 16 years ago. Jennifer had happy memories of sailing aboard her.

She and Curtis had been owning boats since then, but were now 'in between'. She just happened to see our ad and called us right away to confirm that indeed it was the boat her Grandfather had built.

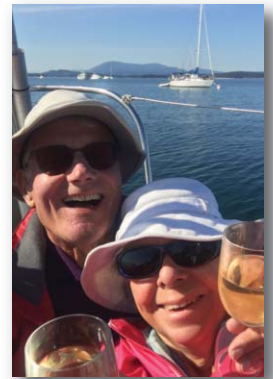
This was the boat she wanted!

She travelled all the way from Summerland the next day and Curtis flew in from Calgary. The boat was everything she remembered and a trial sail and survey cemented her decision to buy *Knotsure*.

Today we closed the deal.

We are sorry to say goodbye but *Knotsure* is back where she belongs with her family.

Fair winds on all your sailing voyages!
Kurt Rudzewski and Wilma Morden



Kurt Rudzewski and Wilma Morden, S/V *Knotsure*



Photo Contest Winner Martin Pengelly, first prize 'Boats and Destinations' and third prize for 'Living' Category.



Left: I took this on the pathway by Gibsons Marina. Not sure why they were all sitting there – it was a calm day – too good to pass up.

I am fascinated by the oyster catchers but they are very nervous so it took a while to get close enough even with 50X zoom on my Canon Power Shot. Taken at Walsh Cove from my dinghy.



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The Old is New Again: Thermal Cookers

The humble vacuum flask, or thermos, is one of those 19th century technologies that has withstood the tests of time. The ultimate domestic iteration of this, however, is the thermal cooker.

Originally a delicate, double-walled, glass vessel, the vacuum flask was given a new lease on life in 1978, when Thermos introduced a stainless-steel version.

Unlike pressure cookers, which use heat and pressure to cook foods quickly, or slow-cooking Crock-pots, which require a constant heat source, thermal cookers rely on thermal mass, retained heat, and insulation to maintain temperature and “cook” the contents. Basically, the thermal cooker is a large, stainless vacuum flask containing one or two fitted saucepans. The contents of the stainless saucepan are brought to boiling point on the stove, and then the pan is immediately placed in the vacuum flask (insulated base). The insulation traps the heat in the food and uses it as the heat source for cooking the contents. Hours later, once the contents are fully cooked, the dish requires only minimal re-heating before serving.

The main advantages of cooking with a thermal cooker are the cooking-fuel (or power) savings and the convenience of being



1.5L Cooker

able to safely cook a meal while underway – without constant stove-tending or worry over spilled pots – even in foul weather, when slaving over a galley stove can prove challenging and dangerous. Single-handers will particularly appreciate the ability to prep a meal before raising the anchor, leaving it to cook while sailing, and then enjoying it later – once the anchor is dropped.

The shorter stovetop-cooking time also means the cabin isn't turned into a sauna, a plus for those in temperate climates (and heat waves), and there is less danger of burned food getting stuck on the pans – a common problem with some pressure cookers – making dish-washing easier.



Family sized 4.5L Cooker

How to Use

1. Prepare the ingredients and put them into the inner cooking pot that comes with the cooker set.
2. Put the inner pot on the stove and bring it to the boil, then reduce the heat and simmer for 10 to 15 minutes, depending on the recipe.
3. Turn off the heat and transfer the inner cooking pot from the stove to the outer thermal pot (preheated if possible by pouring in a bit of hot water), close the lid and leave it to do the rest of the cooking.

How easy is that? After the minimum required cooking time, the meal is ready to serve. Even if you are not ready to eat, the food stays warm for a few hours so you can always enjoy warm meals without having to reheat the food.

Check out the recipes overleaf to see if their easiness has any appeal? They work for me!

See p.9 for Recipes

Photo Contest Winners **Ron and Eleanor Vandergaag**, first prize 'Living;' second place 'Boats and Destinations.'



Left: Ron says he suspects it is Vivien on a rock in the pink sunset. (I, however, am pretty sure it's more likely Eleanor. *Ed.*)

Right: Ron wasn't entirely sure where this was taken but guesses Panther Point on Wallace. (I think that's right. *Ed.*)



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Cooking underway and over night so it's ready without a hassle.

Thermal cookers come in a range of sizes, from single-serving size (1.5 liters) to family sizes (4.5, 6, and 8 liters). The bigger the cooker, the longer the food will stay warm. A six-litre cooker will retain heat for 8 to 10 hours, with a heat loss of 3 or 4°C per hour. The more liquid you have in the cooking, the longer the food will stay hot. The recommended instruction is to fill the pot with over 50% and up to 80% full with food and liquid. Here are some random recipes to tweak your interest.

Ken and Anne's Assessment

"We purchased a 2x3 litre thermal cooker for the boat. It is a good size but fits sideways beside our pots in a lower galley cupboard. The two pots means you can prepare rice and curry, or you can make a large portion in the two pots and freeze leftovers for meals on passage.

I've made pulled pork overnight which is great for sandwiches or a quick dinner. When your portions only require one pot then you put boiling water in the second pot and 6 hours later it is still hot enough to use for washing dishes – so no heat (or water) is wasted.

The real advantage of the thermal cooker is that it is efficient on fuel usage and time. You can prepare a stew/curry/spaghetti sauce in the morning and have it ready at dinner time when you return from a day's trip ashore."



How about

Awesome Rice in your Thermal Cooker

In this method of cooking all the moisture is retained so you don't need as much water to make perfect rice because all of this water will stay in with the rice.

4 c water
pinch of salt
2 1/2 c white rice

Place the inner pot of the thermal cooker on your stovetop, add the water and salt, bring to a full boil. Add the rice, stir, and bring to a boil. Let it boil for 2-4 minutes.

Put the lid on the inner pot, turn off the burner, and place the inner pot into the outer pot of the thermal cooker. The rice will be ready to eat in about 2 hours!

Your rice can be left in the thermal cooker for up to about 8 hours, depending on how full your pot is. The more full the pot is, the longer it can stay warm.

Hot Steel-cut Oats First Thing in the Morning?

Want breakfast to be ready immediately when you want it? This would stop our windows getting all fogged up.

Bring to a boil in your thermal cooker:

4 1/2 cups of water

1 tsp salt

Then add:

2 Tbl butter

1 tsp cinnamon

2 cups Steel-cut Oats

Bring to a full boil for 2 minutes, then place the inner pot into the outer thermal pot and close it. Set aside while you sleep and enjoy a nice hot breakfast 8 hours later.

Easy Coconut Curry Chicken and Veggies

Specially for Miles (to make! haha)

2 Tbl Olive Oil

1 onion, diced or sliced thin

1/4 - 1/3 c Yellow Curry Paste

1 1/2 lb boneless, skinless chicken, cut into bite-sized chunks

1 20 oz can Coconut Cream (yes, cream, not coconut milk)

1 1/2 c chicken broth

6 baby golden Yukon potatoes, cut into chunks

1 red bell pepper, sliced

1 c snow peas

2-3 handfuls baby spinach

2-3 Tbl brown sugar

Place the inner pot of the thermal cooker on your stovetop. Add the olive oil and the onion. Saute for a couple of minutes. Add the yellow curry paste, stir.

Add the chicken pieces and stir to coat. Saute for 3-5 minutes, stirring occasionally. Then add the coconut cream, chicken broth, and brown sugar. Stir.

Add red pepper, snow peas, and spinach. Bring all to a boil. Let boil for 3-4 minutes.

Place lid on the inner pot, turn off the burner, and put inner pot into the outer pot of the thermal cooker. Close the lid on the outer pot and let sit for at least 2 hours before eating.

If the proper care and handling of your thermal cooker has taken place, your meal can stay in your thermal cooker for up to 10 hours before eating.

Remember the safety of your food items is up to you.

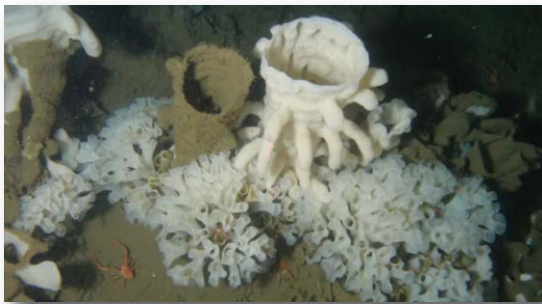
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"Globally Unique Ecosystem" in Howe Sound Protected

Ken sent me links to this story back in March: *"I guess I've been living under a rock somewhere as I didn't know about these."* Well, you aren't the only one Ken. I, too, had to confess ignorance of this remarkable discovery and ongoing efforts to protect them.

The federal government has now protected all identified sections of prehistoric and living glass-sponge reefs in Howe Sound.

As of the week of Jan 25, 2022, **trawling for shrimp and setting prawn and crab traps is banned in five sections of Howe Sound by commercial or recreational fishers.** This comes two years after nine other reef sites in the sound were protected.



Anything that touches them can break them, the reefs are as fragile as prawn crackers or meringue. Although in some places the reefs have grown to the height of an eight story building, they're easily damaged by fish nets, bottom trawling, and any industrial activity that stirs up sediment and blocks the sponge filters.

Glass sponges – that are made of silica and filter bacteria out of water and provide deepwater fish habitat – are believed to have first appeared on earth 570 million years ago. Around 200 million years ago, these living things began to join up to form reefs.

A Canadian Parks and Wilderness Society ocean campaigner, Carlo Acuña, describes them: "Glass-sponge reefs are ocean superheroes. They provide habitat for rockfish and shrimp and store carbon in the ocean floor, filter bacteria out of the water and fertilize ocean water for plankton and marine plants." The Fisheries Department said the goal of the fishing bans was to protect these "rare and ancient ecosystems" that are also incredibly fragile and easily destroyed by bottom fishing and sediment. **The protections extend 150 metres beyond each reef.**

According to the Canadian Parks and Wilderness Society they were considered extinct until the discovery of a section in 1987 in the Hecate Strait between Haida Gwaii and the B.C. coast that was twice the size of Barbados. Half of the reef, which is 200 metres deep, was destroyed by bottom trawling before fishing closures were established in 2002. In 2017, the Haida Gwaii reefs were designated as a marine protected area where no fishing of any type is allowed. The new closures in Howe Sound cover a total area of 5.2 square kilometres and include portions of Alberta Bay near Lions Bay, Carmelo Point off south Gambier Island, Langdale near the ferry terminal, Mariners Rest on the west side of Gambier and Collingwood Channel between Keats and Bowen Islands.

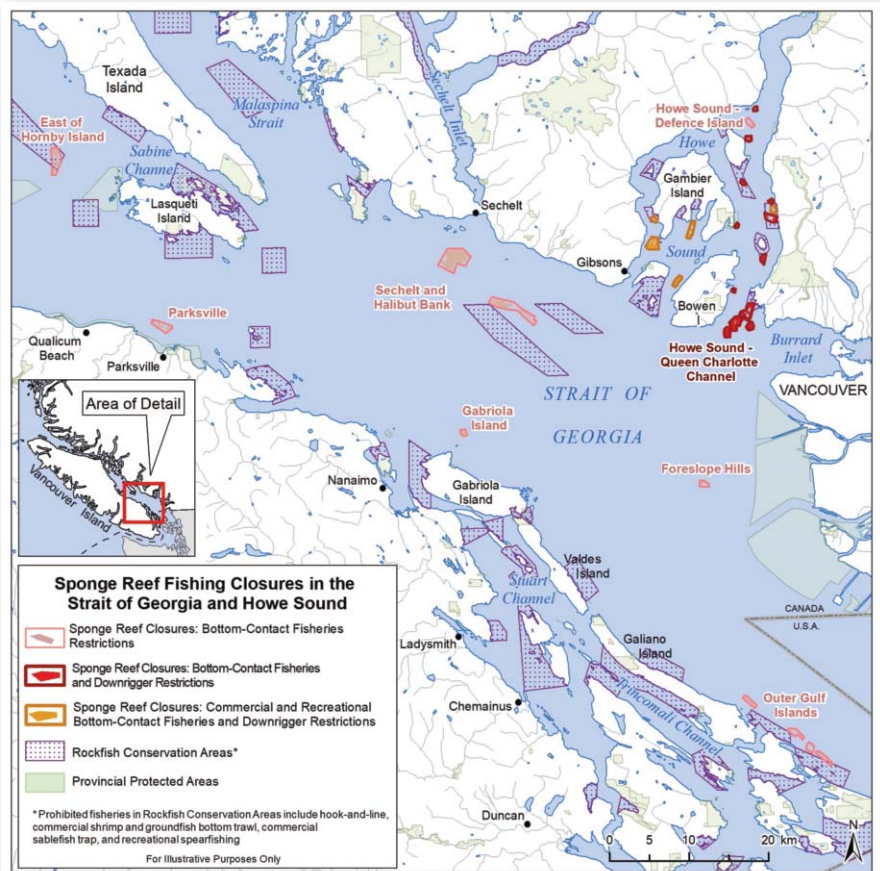


Suzanne Walker,
Editor,
S/V White Wolf

No prawning, crabbing or fishing allowed!

Fishing for groundfish and rockfish in the area with hook and line atop and near the reefs is also banned.

Glass sponge reefs only exist in B.C.'s Hecate Strait, Georgia Strait, Howe Sound, Chatham Sound and a small reef in Alaska.



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GYC's Final Cruise of the Year at Gibson's

The last hurrah for some members before boats are snuggled up for winter and travel to exotic places begins. One would not believe Fall had arrived as shorts and tees were the order of the afternoon.

It was a glorious weekend! Eight GYC boats arrived at Gibson's Harbour Authority Marina by Happy Hour on Friday, September 31st and we had a happy appie hour with *Tantramar*, *Tango*, *Willpower*, *Sassy*, *Moondance*, *Contender*, *Christie Cove* and *Reality*.

Jane Fee (a former GYC member and Mom to Chris, the Wharfinger) joined us for the last rays of warm sun at the end of D dock after which Robert corralled us all at 6:30 and led the way to a great Mexican restaurant called *Lunita's*. The meals were interesting, tasty and the margarita's rocked!

Saturday's agenda was a busy one. Robert treated himself to a fabulous breakfast at *The Mad Hen* before meeting a group of us at the Sontag Centre for Marine Education – definitely worth a visit if just to see how the prawns live before we haul them up and cook them! Some walked the town, some ventured up the new zigzag path to the (almost empty) mall at the top. It was very warm on Saturday. Mario (Cecilia and Harry's dog) made a break for freedom by racing down the dock and disappearing for a while around lunchtime – must have been the lure of the BBQ at the top of the ramp!



Chris Stangroom
S/V Christie Cove



Interesting fact: *Molly's Reach* was celebrating their 50th Anniversary and some of the original actors and crew were in town milling about at the restaurant.

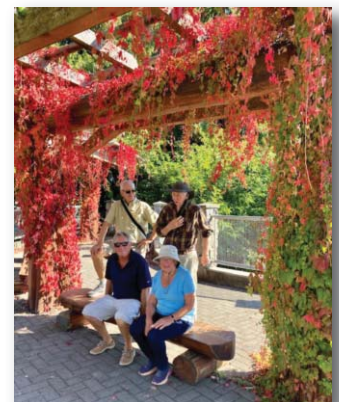
We counted ourselves lucky to enjoy another beautiful late afternoon of heat and sun to enjoy the Appie Hour. As usual we outdid ourselves with the appies, but I have to mention the one brought by Harry and Cecilia. They went to the Olive Oil store on the main drag and supplied blackberry infused oil with garlic and fresh bits of French bread to dip. They had to refill twice!

A little bird told us that Liz was celebrating her 84th birthday the very next day (Oct. 2nd) so we had a Prosecco toast and presented her with a couple of cake pops and a card signed by all.

Dinner Saturday night was at the Friendly Thai restaurant where we had the wonderful surprise of having Rae and Mike and Norm and Gladys join us. They of course did not have to hike half way up "Cardiac Hill" to get there but we worked up our appetites non-the less. There was evidence of bear scat along the way so we were a noisy bunch on the downhill run back to the Marina.

More shorts and tees for Sunday – it was hot! Boats departed for home, most of us were on our way by 11. It was so beautiful and we all had some wind for sailing home.

Kudos and many thanks to Robert for organizing the best end of season weekend at Gibson's. He must have magical powers to arrange the weather so perfectly and have us all together on



Ragnar, George P., John D and the birthday girl, Liz.



the dock. Thanks to all who were there, it's the people who make it all worthwhile.

Tango and Willpower heading home under sunny skies after a fantastic weekend.

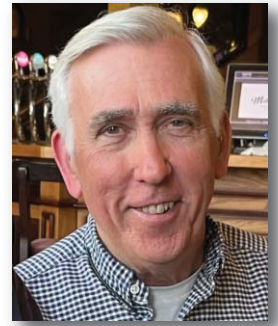
GULF SAILOR

Cuisine Under Sail: Gibson's Fabulous Food

Gulf Yacht Club cruises often include blues skies, sparkling seas, fair winds, games, competitions, costumes, dancing into the night and lively conversations. The 2022, Fall Cruise to Gibson's Landing was memorable for something unique – the food!



As usual the feasting started with appie hour on Friday. There was a range of delicacies including one of my favourites, crab and cheese quesadillas made by John on the bar-b-que. Unfortunately for me, others gobbled up before the plate came back for a second helping. GYC appie hours are hard on a guy's waistline.



Doug Macleod
S/V Willpower

Then it was off to *Lunitas*, a Mexican restaurant overlooking the Gibson's Landing Harbour Authority Marina. Lunitas' cuisine is far from the usual Tex-Mex food that we have come to expect from Mexican restaurants in Vancouver. Lunitas specializes in tapas, tacos and burrito bowls made from key ingredients like, avocado, mushrooms, pulled pork, Baja fish, pork belly, chicken and grilled prawns mixed with such things as purple cabbage, beans,

pickled red onion, cilantro, a variety of sauces, green onions and toasted pumpkin seeds. Mariette ordered charred avocado tacos. I tucked into a burrito bowl featuring chargrilled chili garlic prawns and fried rice, shaved purple cabbage, Pico de Gala, chimichurri and topped with crunchy broken taco chips. The flavours were sublime. There were "oohs" and "ahs" along the table as others relished their meals.

Sailors spread out Saturday morning to explore various options for breakfast and brunch. I was the first in line when the *Black Bean Café* opened and brought three blueberry muffins back to the boat for breakfast. They were still warm, huge, and delicious. For brunch, Robert enjoyed the delicious Sunshine Coast Hash with basil pesto on the patio at the *Mad Hen*.

GYC'rs separated for Saturday lunch. Several of our members were seen sitting in the sun at the top of the marina ramp enjoying a meal at the *Smoke on The Water BBQ Shack*. Cooking aromas filled the air as I passed by on the way to my boat. I



heard that the lunches matched the wonderful smell. Robert recommends their pork belly Bahn Mi.

In the early afternoon I went to the *Tapworks Brewing Company*, a new craft brewery in Gibson's Landing and picked up a can of Hazy Pale Ale, for Saturday's appie hour. On the same walkabout I stopped in at *Mike's Place* for gelato. I picked tiramisu from their dozens of choices. It's the best gelato on the coast, so sweet and creamy that my Scottish Presbyterian grandmother would call it sinful.



Saturday at 5:00 saw us gather for another appie hour. Once again, GYC'rs produced wonderful treats. We were delighted with the garlic olive oil and flavoured balsamic vinegar brought by Cecilia, purchased that morning at

the Gibson's Public Market. Dinner that evening was at the *Friendly Thai Restaurant*, a fifteen-minute trek up a very steep hill. The huffing, puffing and sweating we did to get there helped us burn calories, justifying the feast we were about to enjoy.



When we arrived at the restaurant, we were delighted to find four members of the GYC Northern Fleet seated at the table. Norm and Gladys from *Tutta Bella* and Mike and Rae Sutcliffe from *Encore* had driven down from Sechart to share a meal with us. Just like the night before, this meal was wonderful with dishes such as spring rolls, chicken satay, red or green curry, and garlic prawn pad Thai. Several people enjoyed a new dessert, tapioca in coconut milk.

On Sunday morning it was time to head for home but there was still one more meal to enjoy – breakfast at *Molly's Reach*, a Gibson's tradition. Robert reported that the smoked salmon benny (left) was delicious.

We're already looking forward to next year's Fall Cruise. I hope it's back to Gibson's Landing. There are more restaurants to try and more flavours to enjoy.

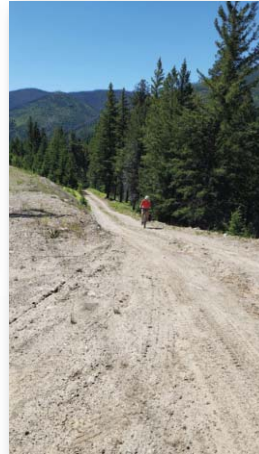
GULF SAILOR

Naida's Crew's Summer Adventures! Part 1

You might think Ken and Anne would be relaxing after their six months of non-stop cruising. But you'd be wrong. Not content to chill out while they take a break, they decided to 'do BC'. By the time they'd finished it was very well done indeed. They've hardly left a square mile of the province unexplored by either car, bike, raft or legs. Here are some highlights that might inspire you to do a trip of your own like this – after all, you've got a ready-made itinerary.

July 14

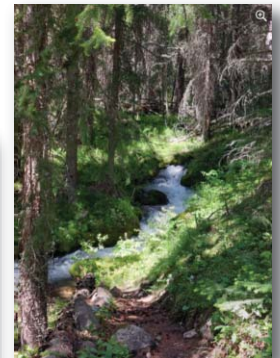
Had a spectacular bike and hike from our campsite in Downing Provincial Park (near Clinton) up to Porcupine Creek trail and into Marble Range Provincial Park. 600m elevation gain, mostly on the bikes so the way back was super easy!



July 15

Exploring the Lillooet and South Cariboo area has been a feast for the eyes! This is what we've been missing with all our summers spent on the coast. We've also been reading *Grass Beyond the Mountains* about pioneering days in the north Chilcotin providing perfect context for our travels.

Cycling from Kelly Lake up to Porcupine Creek



Porcupine Creek



Chasm – this deep and wide canyon was formed as the ice melted around 10,000 years ago where a stream carved through revealing layers of deposited lava.



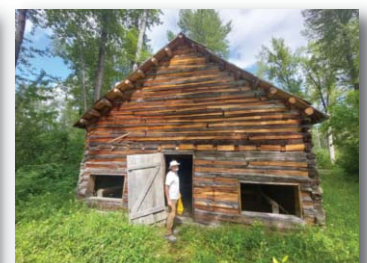
July 18

Mahood – Canim Lake falls and rainbows on Deception Falls in Wells Gray Provincial Park.



July 16

Great to meet up with Rob and Chris in Lac La Hache Provincial Park as we camp our way up to Whitehorse and they work their way back down. Last time we were together was Los Frailes anchorage in Mexico after we had both sailed down the Baja.



July 21

We made the 60km trek off the beaten path to Quesnel Forks at the confluence of the Quesnel and Cariboo rivers where we had an idyllic campsite backing on the Cariboo River. It is the location of a Gold Rush ghost town that once housed several hundred miners and a few families Caucasian and Chinese.

Naida continued on p.14

GULF SAILOR

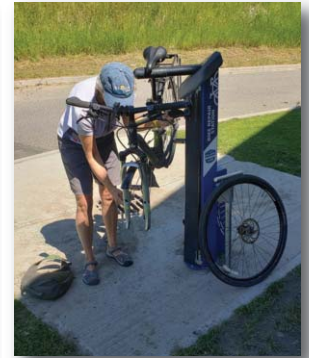
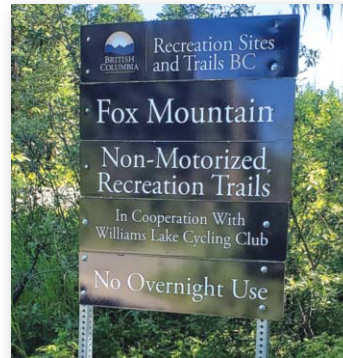


Naida continued from p.13

July 26

We are in cowboy country these days. We were in Williams Lake where we rode some of the Fox Mountain biking trails and then Anne used the bike repair station to fix her mangled fender.

Next time on *Naida's Crew's Adventures*: they explore the geographical centre of BC, take a trip down the McNeil/Nisutlin Rivers, check out fossilized dinosaur tracks, admire the Chilcotin hoodoos and much more.



Bet you're dying to ask too? Where DO you sleep?

SW (Ed.) Question: When we saw this pic we couldn't figure out where you sleep. You have SO much stuff in that Fiat - it reminded us of US! Totally jam packed and the source of much stressful packing and unpacking. You guys are clearly 'masters' of the art and of keeping your relationship together despite having to repeat it every couple of days.

July 26

Our first rain in almost a week.



Was a good day for driving and got the car tarp set up quickly.

July 27

Last night we were camped at a rec site on the Upper Kispiox River. Very hot until the sun went down, then suddenly very cool. Nice for sleeping.

The pic (below) is the view we had out of the roof top tent. Life is rough...



KB Answer: We sleep on top of the car! :) In our iKamper Mini 2.0. You are right, there is no way we could fit inside the car. It is jammed full every day. If we think we are done packing and there is room in the car we turn around to find something still on the ground!

GULF SAILOR

Pub Night #2 at Mahony's

And the sun sets – beautifully – on our final pub night of the season. It was a warm evening and we had a great turnout.



Many thanks to Lorraine for taking these images of our last Monday night get together at Mahony's.



Lorraine de la Morandière,
S/V Somerset



John accepted the prize for winning the fiercely contested Bocce Competition at Newcastle Island with partner Ernie against Lorraine and Elizabeth. More about this in the next newsletter.

Commodore Pat also played host to guests whom she and Rui took out for their first sailing experience – ever – that very day. Future GYCers perhaps?



Photo Contest Winners Glen Mitchell, third prize 'Boats and Destinations.'
And this one by Glen might also be a prize winner next year in the 'Sad Endings' category.



Left: Glen Mitchell used John Dixon's iPhone to capture this image of him in one of his favourite places: the deck in the "pub" at Shoal Bay.

Right: Fishing from his dinghy off Snake Island Glen also captured evidence of someone's mistake.



GULF SAILOR



Minutes

of the Hybrid Zoom General Meeting, June 13, 2022

The meeting was called to order at 19:32 hrs by Commodore Pat Costa.

COMMODORE COMMENTS AND WELCOME

- Commodore Costa welcomed everyone to the meeting promising to keep it short so we could get to the evening's much anticipated speaker, well-known local author and CBC personality, Grant Lawrence. She offered thanks to Staff Captain Doug MacLeod for making this happen. The next regular club meeting will be in October after the summer break and the September pub night.
- Commodore Costa asked if there was any business arising from the minutes of the last meeting. No business arising.

REPORTS OF OFFICERS:

Executive Officer –

- Martin counted 29 members in attendance in person and 13 online. Silver Ship ballots were handed out.

Treasurer –

- Chris Stangroom reported for Glen who was absent due to a workshop accident. Bank balance is \$19,388 with \$602 in expenses in May and \$483 deposits.

Staff Captain –

- Doug indicated that Grant Lawrence's books would be available.
- September meeting will be a pub night, likely at Mahony's in False Creek.

Fleet Captain –

- Rob reported that the Victoria Day Weekend rendezvous at Thetis Island was a big success with half the fleet attending. Thanks to Ron and Eleanor for doing an excellent job of hosting the event and agreeing to do it again next year. With recent moves from the mainland by several members, 14% of the fleet is now in the Vancouver Island area.
- Upcoming events:
 - Bedwell Bay this coming weekend, June 17/18/19. Don and Laura McLeod are hosting. Plans include dinghy happy hours, dinghy trip to Twin Islets and a hike to Jug Island.
 - Smuggler Cove on the Canada Day long weekend. Bruce Edmond will be hosting.
 - Post Canada Day, John Dixon will be leading a Flotilla Cruise through Desolation Sound and the Discovery Islands for anyone who is interested in participating. As usual there is no agenda or firm plans; the group will take each day as it comes. The cruise will end in Comox.
 - BC Day long weekend destinations: Comox (with the Filberg Festival and Nautical Days) for those heading north and Montague Harbour for those in the south. No host yet for Montague.
 - Labour Day weekend will be at Newcastle Island.

Executive Officers Present:

Commodore	Pat Costa
Fleet Captain	Robert Sinkus
Staff Captain	Doug MacLeod
Executive Officer	Martin Pengelly
Past Commodore	Christie Stangroom

Other Officers:

Hon. Signals Officer	Andreas Truckenbrodt
Gulf Sailor Editor	Suzanne Walker

Absent:

Vice-Commodore	Cathie West
Hon. Secretary	Cecilia Wong
Hon. Treasurer	Glen Mitchell

- Extreme Scream flotilla cruise will be at the end of September. Details to follow.

Hon. Signals Officer and Council of BC Yacht Clubs –

- Andreas indicated that there was so much information from Marine Parks Forever Society that he will make a written report for the Gulf Sailor.
- He is working on developing a way for members attending GYC meetings online to vote for the Silver Ship Award.

Secretary • No report.

Vice Commodore • No report.

Past Commodore • No report.

Gulf Sailor Editor –

- Suzanne said the latest edition would be a bit late and encouraged contributions.

Commodore –

- Pat commended Glen, Cecilia and Suzanne for their work on the roster. Because of Covid distribution was somewhat tricky and she urged members who have not received their's to contact her. Once all rosters have been distributed, extras can be purchased for \$10 each.
- Our 50/50 contribution to Disabled Sailing was delayed as no one has been carrying cash. \$124 was recently collected at Thetis and will be remitted.
- Pat welcomed new member David Kramer and welcomed back well-travelled GYC members Ken and Ann who are on summer hiatus from an extended offshore cruise to and around Mexico.
- Pat also welcomed two prospective new members.

Business Arising from the Reports • None

NEW BUSINESS • None

Motion to Adjourn by Rob Sinkus. Carried.

Meeting adjourned 19:52 hrs.

Presentation:

- Grant Lawrence: readings from *Return to Solitude*

Minutes prepared and respectfully submitted by Terry Dixon, *S/V Tantramar*, as Hon. Secretary Cecilia Wong, absent.

