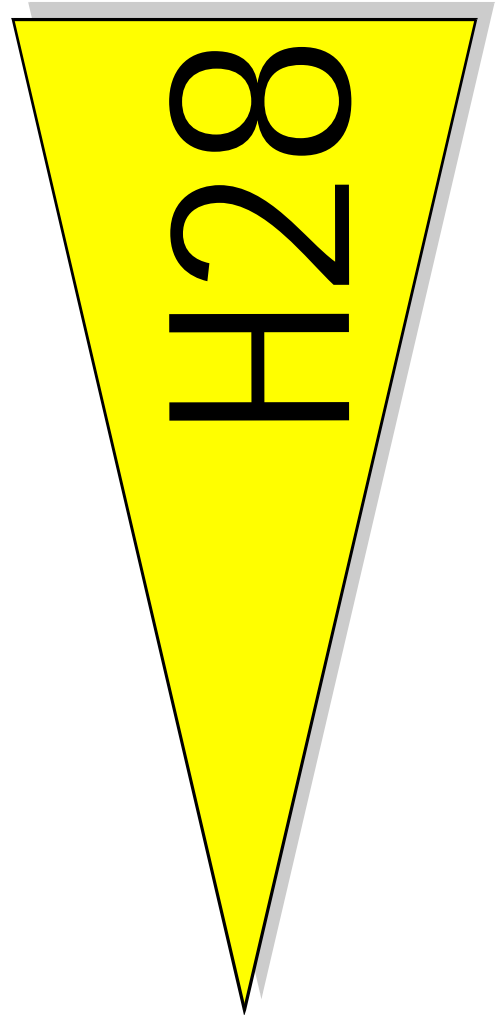


**RETURN ADDRESS:**

**H28 Yacht Owners' Association**  
PO Box 91 114  
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Auckland



signals



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## Committee Members

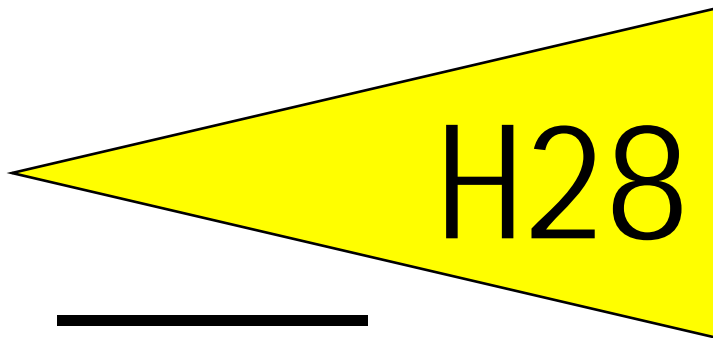
### The H28 Yacht Owners' Association

P O Box 91 114  
 Auckland Mail Centre  
 New Zealand

email: [info@h28.org.nz](mailto:info@h28.org.nz)  
 internet: <http://www.H28.org.nz>

Chairperson	John Gauntlett	Tropic Bird	09 442 2030	jester1@value.net.nz
Treasurer	Nigel Trickett	Vanadas	09 575 6012	info@h28.org.nz
Secretary	Evelyn Gauntlett	Tropic Bird	09 442 2030	jester1@value.net.nz
Historian/New Members Coord	Richie Williams	Monty Python	09 537 3254	willys@ihug.co.nz
Blue-Water & Technical	John Gauntlett	Tropic Bird	09 442 2030	jester1@value.net.nz
Social/Rally Coordinator	Nick Hoyles	Stamp Machine	09 535 1127	hoyles@xtra.co.nz
Social/Racing	Wayne Cook	Ninepence	09 419 1089	wtcook@clear.net.nz
Social	Jan Hollway	Santu	09 535 0539	hollway@xtra.co.nz
Social	Don Finlay	Sabazius	09 521 2436	dafinlay@xtra.co.nz
Wellington Coordinator	Robin Clearwater	Lyla	04 388 4531	clearwater@clear.net.nz
Southern Coordinator	David Grant	Lady Helen	03 980 7852	djgrant@gmsl.co.nz
Nelson Coordinator	Dale Felmingham	Confusion	03 545 9148	ddf@paradise.net.nz
Web Page	Richard Legge	Achernaries	09 537 9464	richard.legge@xtra.co.nz
Advertising	Carol Morrow	Blue Bird	09 274 7331	carollz@extra.co.nz
Newsletter Editor	Rowland Church	Karie	09 480 6506	w-wise@xtra.co.nz
Newsletter	Sarah Marsden		09 577 2370	sarah@dynamiclimited.co.nz

A General and Social meeting of the Association is held on the third Monday of each month at the Richmond Yacht Club, Westhaven Drive, Westhaven, Auckland, at 7.30 pm with the exemption of December and January.



# Signals

August 2008

## Grin & Beer



Hi Everyone

Well as we continue to suffer our wind tunnel with a hose on type winter, I can't help feeling a little envious of those members who have managed to escape for awhile. Rowland and Jane Church along with Richard and Judy Barrington have just returned from what I'm sure was a very pleasant sojourn in Rarotonga, and Evelyn is still enjoying the Canadian Summer. Never mind our summer is just around the corner.

Our AGM went off very well, and we welcome four new members on to our committee. Jan Hollway, Carol Morrow, Nick Hoyles and Don Finlay. I'm sure the extra numbers will enable the committee to run more efficiently. The Prize giving followed the AGM, Congratulations to all our winners. Full results and prizewinners later in this issue. The evening concluded with a very enjoyable share supper.

Our next social at Richmond on Monday 18th August is curry night. This was very popular last year with some wonderful dishes on offer. So get creating and come on down there's a prize for the best curry.

Our September social has a photographic theme. Bob

Wharton will be giving us some tips on yachting photography and we will also be selecting the shots for inclusion in next year's calendar.

It's not too late to submit your photos for the calendar but get them to Evelyn by the end of this month please.

Don't forget the brunch on the Waterfront Café, Sunday 7th September. Please contact Jan Hollway, Carol Morrow or myself if you plan to attend so we have some idea of numbers.

Our Season will commence as usual with our open day at Westhaven (tentatively 12th October). Obviously we'll need a few boats on show, so if you can bring yours along, please let me know. Hopefully the weather will be kinder than last year when we had to cancel. Finally don't forget that subscriptions are now due and must be in by the end of September for your details to be included in "Who's Who" and for you to qualify for the \$50 draw.

Till next month, take care.

*John Gauntlett - "Tropic Bird"*  
*Chairman*

## SUBSCRIPTIONS

Please note that the  
"WIN A FREE  
SUBSCRIPTION"  
**deadline is 30th September 08**

*Fill out the form attached,  
send it off with your payment  
and be in to WIN*



## Editor's Passage



It's hard to think about putting Signals together after having been whisked away to tropical islands for a surprise 65th Birthday treat. Most of you knew about it but I was the twit at the Auckland International Airport with a toothbrush.

Luckily Jane had attended to 95% of things and so I got over it and joined in the fun. Aitutaki blew me away. The setting, the luxury, the happy natives that all waved to us, even the police.

Rarotonga - Go back 30 years but 2010 prices. Loved the experience as my first visit to Pacific Islands apart from Hawaiian Islands. The Lagoons and coral reefs are amazing. More on all this next time as Signals is full of all the events.

There's the new committee, AGM Report and prize giving. Race results, maintenance, health, jokes and all the rest of it.

All in all as I dedicate another year to Signals the same philosophy applies. Signals will keep you up to date, informed, advised and entertained.

Should you have any questions or ideas please tell me as we have extensive resources to reply and help all members. Once again, be proud as we are the strongest class yacht association in NZ.

Enjoy this Signals.

**Rowland - "Karie", Editor**

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## Chairman's Report 2007/2008

I have much pleasure in presenting the H28 Owner's Association Chairman's Report for 2007/2008, our 34th AGM.

Our membership remains active and strong and although members are slightly down on last year we hope that some boats will return to the Association under new ownership. It is particularly pleasing to see several of our new members participating regularly in our on water activities.

We've had excellent support for our sailing programme this year averaging nearly thirteen boats at our Rallies. The highlight, once again, being the Auckland Anniversary Regatta Weekend, which attracted an amazing twenty-four boats including nineteen H's! Our racing continues to be a popular addition to our rallies with seventeen different boats participating in the series with an average of nearly eight starters.

This season we have run a handicap in addition to line honours. This has inevitably involved a certain amount of guesswork, being the first season. Hopefully I've managed to come up with results that fairly reflect the efforts of all competitors.

This year for the first time the H28's were invited to join the Classic Yacht Regatta. Unfortunately we only managed four entries, which were not enough for our own class, but I'm sure that next year we will rectify this. Despite strong winds and the unfortunate episode with Rowland on Karie, it was an enjoyable and interesting Regatta which has the potential to give the H28 class good exposure in the future.

Unfortunately we had to cancel last October's Open Day due to atrocious weather so we can only hope for a better outcome this year.

Due to a change of circumstances with the Victoria

Cruising Club the venue for our socials changed to the Richmond Yacht Club. I think this is a fine venue but despite this the members attending, particularly over the summer, were sometimes disappointing. We hope to have a few extra members on our committee next year and this should enable us to put more emphasis on our social activities. Also, hopefully the return to meetings on the third Monday will help.

Once again I would like, on your behalf, to thank all those that have assisted in running the Association over the past year.

Rowland Church continues to do a great job editing and organising our 'Signals' newsletter. Rowland gave us all a hell of a fright during the Classic Yacht Regatta and it's great to see that he made such a complete recovery. So well done Rowland and many thanks for all your efforts.



**NB:** The bottle of rum was won by Jane Church who chose No.16, being her husband Rowland's birthday date and his huge birthday treat starting the next day!!!



The next day arriving at Aitutaki Airport Cook Islands (the previous day NZ time) so Rowland had two birthdays at once!!

Nigel Trickett continues to do a terrific job as our Treasurer, a job he has done for many years. Once again, thank you Nigel.

Wayne Cook is new to our Committee this year. Wayne's main interests lie with the racing and his efforts to input on committee are much appreciated. Wayne of course has also proved to be very much the man to beat; having taken line honours in every race he's entered in this past season. So well done Wayne and many thanks for all your support.

Amanda Latimer, with the arrival of Sebastian last July has been unable to attend our committee meetings, but has continued doing the advertising for Signals. Thank you, Amanda for your continued efforts.

Evelyn Gauntlett, our secretary, Calendar organiser, my wife, my assistant, etc. Evelyn has worked tirelessly for the Association this year. The Secretary's job would almost certainly take more time and effort than any other on our Committee, and Evelyn has handled it with apparent ease. In addition she organised the production of the 2008 H28 Calendar, which I'm sure you'd agree was a great success. Evelyn deserves our sincere thanks for all her work.

Last, but by no means least of our Committee, Richie Williams. Richie, a life member of our Association has been a valued committee member for many years. Unfortunately, all good things must come to an end and Richie has decided not to stand again for Committee. He has, however, agreed to continue as our Historian and maintain our database. I'm sure that future Committees will be tapping into Richie's extensive knowledge of the Association for many years to come and that 'Monty Python' will continue to be seen regularly at our Rallies. So, thank you Richie for your tremendous contribution to the Association over many years.

Also, thanks once again to Richard Legge for managing our website so efficiently, our Associate members, in particular Paul and Helen Leydon, Richard and Judy Barrington and Don and Jenny Finlay for their assistance on race days.

A word of thanks also, to those members outside the Auckland area for your continued support. In particular Robin Clearwater in Wellington, David

## Signals 6

Grant in Christchurch and Dale Felmingham in Nelson. We would, of course, like to hear about any H28 activities happening around the country, so don't hesitate to let Rowland have any information or article you would like published in the 'Signals' newsletter.

It would seem from our recent survey that you are generally satisfied with how things are running. The new Committee will, however, be taking your suggestions on board and we will hopefully make any improvements needed.

A final word of thanks to the Commodore and Committee of the Richmond Yacht Club for allowing us the use of their fine clubrooms for our social gatherings. Special thanks to Tim for manning the bar for us on a regular basis.

I'm sure that with your support our Association will continue to be one of the largest and most active Keeler Class Associations in the country.

It was not really my intention to stand for a third term as your Chairman, however, I have agreed, elected to stand for one more year.

I very much appreciate and thank you for your support over the last couple of years.

*John Gauntlett - Chairman*

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## H28 Brunch

***Sunday September 7th***

**Waterfront Cafe  
(beside the Maritime Museum)  
Viaduct Harbour, Auckland**

Gather here 10-11am for generous helpings of fine food

Have a chat and a nice walk afterwards.

***Maybe a drink on the way back***

---

## Introducing our New Committee Members

These four new members are already helping with the affairs of the association and they bring with them new ideas and a fresh approach.



Carol Morrow - Advertising



Jan Hollway - Social



Don Finlay - Social



Nick Hoyles - Social/Rally Coordinator

---

## 2007/2008 H28 Association Points Series Handicap

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8		
Karie	2	2	DNS	2	1	3	2	3	12	1 <sup>st</sup>
Monty Python	5	1	1	8	3	4	DNS	DNS	22	2 <sup>nd</sup>
Tropicbird	4	8	2	3	5	5	DNF	DNF	27	3 <sup>rd</sup>
Ninepence	3	3	DNS	DNS	DNS	2	1	4	31	4 <sup>th</sup>
Caranda	DNS	10	DNS	DNS	2	1	DNF	1	40	5 <sup>th</sup>
Santu	DNS	DNS	DNS	4	4	DNF	DNF	DNF	52	6 <sup>th</sup>
Tiptree	1	9	DNS	DNS	6	DNS	DNS	2	54	7 <sup>th</sup>
Stamp Machine	DNS	DNS	4	1	DNS	DNS	DNS	DNF	68	8 <sup>th</sup>
Le Chat	DNS	7	DNS	5	DNS	DNS	DNS	5	71	9 <sup>th</sup>
Skana	DNS	DNS	3	DNS	7	DNS	DNS	DNS	82	10 <sup>th</sup>
Tiamarama	DNS	4	DNS	DNS	DNS	DNS	DNF	DNS	84	11 <sup>th</sup>
Bluebird	DNS	DNS	DNS	7	DNS	DNF	DNS	DNS	88	12 <sup>th</sup>
Te Kawai	DNS	4	DNS	DNS	DNS	DNS	DNS	DNS	94	13 <sup>th</sup>
Compass Rose	DNS	6	DNS	DNS	DNS	DNS	DNS	DNS	96	14 <sup>th</sup>
The Bach	DNS	DNS	DNS	6	DNS	DNS	DNS	DNS	96	14 <sup>th</sup>
Enchantress	DNS	DNS	DNF	DNS	DNS	DNS	DNS	DNS	97	16 <sup>th</sup>
Desiderada	DNS	DNS	DNF	DNS	DNS	DNS	DNS	DNS	97	16 <sup>th</sup>
Total entries in series = 17 Average # of starters = 7.4 Points based on best 6 out of 8 Points = 1 for 1 <sup>st</sup> , 2 for 2 <sup>nd</sup> etc					Did Not Finish (DNF) points equal to # of starters in race + 1 Did Not Start (DNS) points equal to # of boats in series + 1 (18)					

## 2007/2008 H28 Association Points Series Line

	Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8		
Tropicbird	2	421	1	1	1	3	DNF	DNF	12	1 <sup>st</sup>
Karie	4	7	DNS	2	2	2	2	4	16	2 <sup>nd</sup>
Ninepence	1	1	DNS	DNS	DNS	1	1	1	23	3 <sup>rd</sup>
Monty Python	5	6	2	8	3	4	DNS	DNS	28	4 <sup>th</sup>
Tiptree	3	5	DNS	DNS	4	DNS	DNS	2	50	5 <sup>th</sup>
Caranda	DNS	10	DNS	DNS	6	5	DNF	3	50	6 <sup>th</sup>
Santu	DNS	DNS	DNS	4	5	DNF	DNF	DNF	53	7 <sup>th</sup>
Stamp Machine	DNS	DNS	4	3	DNS	DNF	DNS	DNF	61	8 <sup>th</sup>
Le Chat	DNS	9	DNS	5	DNS	DNS	DNS	5	73	9 <sup>th</sup>
Skana	DNS	DNS	3	DNS	7	DNS	DNS	DNS	82	10 <sup>th</sup>
Bluebird	DNS	DNS	DNS	7	DNS	DNF	DNS	DNS	88	11 <sup>th</sup>
Tiamarama	DNS	8	DNS	DNS	DNS	DNS	DNF	DNS	88	12 <sup>th</sup>
Te Kawai	DNS	2	DNS	DNS	DNS	DNS	DNS	DNS	92	13 <sup>th</sup>
Compass Rose	DNS	3	DNS	DNS	DNS	DNS	DNS	DNS	93	14 <sup>th</sup>
The Bach	DNS	DNS	DNS	6	DNS	DNS	DNS	DNS	96	15 <sup>th</sup>
Enchantress	DNS	DNS	DNF	DNS	DNS	DNS	DNS	DNS	97	16 <sup>th</sup>
Desiderada	DNS	DNS	DNF	DNS	DNS	DNS	DNS	DNS	97	16 <sup>th</sup>

## H28 Quiz Night

Here are the answers for the last 4 questions from our Quiz Night.

**Question 13:** What does a mark with two spherical markers tops represent?

A: Isolated danger mark

**Question 14:** What does a red and white buoy or marker indicate ?

B: Safe water mark

**Question 15:** If a vessel sounds its horn once, what is its intension

C: Altering its course to starboard

**Question 16:** There are six grave sites on Motuhie Island. Which vessel were these people from

C: RMS Manaia

**H28 YACHT OWNER'S ASSOCIATION**  
**MINUTES FOR THE 34th ANNUAL GENERAL MEETING**

Meeting started at 8 p.m. TUESDAY 15<sup>TH</sup> JULY, 2008  
RICHMOND YACHT CLUB, WESTHAVEN, AUCKLAND

WELCOME: John Gauntlett, Chairman, welcomed all those present.  
(22 members)

APOLOGIES: Apologies were accepted from  
Bob & Judy Gordon  
Robyn & Alan Brown  
Don & Jenny Findlay  
Anthony Hobbs & Wendy Goode  
Brydon & Anne Gallilee  
Stewart & Amanda Latimer

PREVIOUS MINUTES: Members took time to read the printed copies of these Minutes.

Proposed they be accepted – Wayne Cook  
Seconded - Paul Leydon

CHAIRMAN'S REPORT: John read his Report. This will also be published in the next 'Signals'.  
He made particular attention to thanking all the committee members for their efforts and contributions to the association as well as Ritchie Williams for his efforts over the years.

TREASURERS REPORT: Nigel Trickett presented the Annual Income and Expenditure and Balance Sheet Reports. He also read a summary of the Financial activities for the past 12 months.

Proposed that they be tabled – Wayne Cook  
Seconded – David Hilliar

ELECTION OF OFFICERS 2007/2008:

Chairman: John Gauntlett

Proposed by Heather Williams  
Seconded by Richard Barrington

Secretary: Evelyn Gauntlett

Proposed by David Hilliar  
Seconded by Carol Morrow

Treasurer: Nigel Trickett

Proposed by Evelyn Gauntlett  
Seconded by Ester Hunt

Committee: Rowland Church

Proposed: John Gauntlett  
Seconded: Heather Williams

Committee: Wayne Cook

Proposed: Nigel Trickett  
Seconded: Rowland Church

Committee: Carol Morrow

Proposed: Evelyn Gauntlett  
Seconded: Ritchie Williams

Committee: Jan Hollway

Proposed: John Gauntlett  
Seconded: Richard Barrington

Committee: Don Finlay

Proposed: Evelyn Gauntlett  
Seconded: Richard Barrington

Committee: Nick Hoyles

Proposed: John Gauntlett  
Seconded: Rowland Church

Ex-Officios: –

Technical / Blue water – John Gauntlett

Associate Member – Don Finlay

Website Manager – Richard Legge

Newsletter – Rowland Church

Wellington co-ordinator – Robin Clearwater

Nelson co-ordinator – David Felmington

Southern co-ordinator – David Grant

GENERAL  
BUSINESS:

SUBS – Now due. Important that we receive your membership form and subs as soon as possible to ensure that you are listed Who's Who for 2007/2008.

**BUSINESS FROM THE FLOOR**

Nick Hoyles – advised that they had enjoyed being new members and thanked the membership for making them feel welcome.

Free membership draw was won by Terence Taylor - Taranui

**PRIZE GIVING:**

<i><b>Trophy</b></i>	<i><b>Awarded for</b></i>	<i><b>Awarded To</b></i>
H28 Club Trophy	Active participation by a New Member	Stamp Machine – Nick & Claire Hoyle
Kerry Blaymires Cup	To a member who has shown dedication and enthusiastic involvement within the H28 Association	Caranda – Ester Hunt
Associate Trophy		Forthwright
Compass Trophy	Summer Sailing Series 1 <sup>st</sup> place - Line	Tropic Bird – John & Evelyn Gauntlett
H28 Assoc – Div 1 Trophy	Summer Sailing Series 2 <sup>nd</sup> place Line	Karie – Jane & Rowland Church
Lidgard Rudling Trophy	Summer Sailing Series 3 <sup>rd</sup> place - Line	Ninepence – Wayne Cook
Chairman’s Trophy	Handicap – 1st	Karie – Jane & Rowland Church
Marina Trophy	Handicap – 2 <sup>nd</sup>	Monty Python – Richie & Heather Williams
Ladies Buoy	Ladies Race Line	Helen Leydon
Penny Whiting Pewter	Ladies Race Handicap	Ester Hunt
Barry Osbourne	Auckland Anniversary Regatta	Ninepence – Wayne Cook
Chairman’s Cup	In special recognition of long time service to the H28 Assoc	Richie Williams



**MEETING CLOSED:**

The Meeting closed at approx. 8:45 p.m. and was followed by a shared supper.

# Don's Turf Talk

Over the years we have had an amazing collection of speakers talking on sailing adventures, boat maintenance, first aid, the NZ sailing team, H28s and their particular quirks and upkeep, engines, sails and much more. The guest speakers at our monthly meetings are always fascinating to listen to but do not always say much directly related to H28s or even boats. Don's talk had nothing to do with boats - unless you want artificial grass on your boat's deck.

Don is an expert on artificial turf and now does turf work for FIFA which is the international Football Association. The organisation is based Zurich and operates in four world "regions". Don explained how he had got roped into working for FIFA and was allocated the "Oceania region" which includes Japan, Korea, China, NZ and the Pacific islands. FIFA actively promotes football as part of their social upliftment programme.

Don was most entertaining explaining all of the peculiar island problems that he has to deal with trying to get football areas covered with artificial turf in the islands. His first problem was to convince FIFA that the turf did not need to be laid on the same sort of foundation as is used in Europe. Don then went on

to give an idea of island life.

In an amusing way Don made light of island conditions - theft, incompetence, laziness, vandalism and even a full scale riot. He described Vanuatu as 4th World and he was evacuated from there at night by the Australian SAS who were called in to rescue visitors trapped in a hotel by a rioting mob. He was flown back to Darwin, Australia without any of his possessions. Everyone was wearing pyjamas so they were given Australian military uniform to wear. On return to Auckland the uniform had to be given back. That was on his first FIFA trip.

The technical aspects of artificial turf are intriguing and Don showed us samples of all of the various types, explained their properties and use. Yes, you do water the plastic grass before you play on it! His assessment of the Islands was that Tahiti is poor but friendly; Nemea is the hardest place to work and as for Vanuatu - his advice was to go there by cruise ship so when you get there you do not need go ashore. Unfortunately for Don he has to keep going back as part of his FIFA contract. Don, how about going in your H28? - just imagine that it is a cruise ship and ye'll be right, mate.

*Notes taken by Chris Rein - "Tio Pepe"*

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60L	480W x 625L x 445H	RRP \$309	<b>Now \$225</b>	
80L	480W x 700L x 505H	RRP \$339	<b>Now \$275</b>	
100L	500W x 707L x 510H	RRP \$379	<b>Now \$295</b>	
120L	500W x 775L x 535H	RRP \$399	<b>Now \$325</b>	

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## ***Creamy Tuna and Celery on Pasta***



*3 tbsps butter  
2 medium onions peeled and diced  
2-3 stalks celery, trimmed and sliced  
3 tbsps plain flour  
1 cup milk  
1 cup grated tasty cheddar cheese  
¼ cup cream  
1 tsp hot English mustard  
1 85g tuna chunks in water, drained  
400g macaroni elbows*

### ***Crunchy Topping***

*1 cup fresh breadcrumbs  
2 tbsp butter  
¼ cup chopped parsley  
2 tbsps finely chopped walnuts and almond pieces*

Heat the butter in a frying pan and cook the onion and celery until soft. Add the flour and cook 2-3 minutes. Gradually stir in the milk and cook until the sauce thickens. Stir in the cheese, cream and mustard. Season with salt and pepper. Cook the macaroni in boiling salted water for 10-12 minutes until al dente. Drain well. Flake the tuna and fold into the sauce. Toss through the pasta and transfer to a serving dish. Sprinkle with the crunchy topping and serve immediately.

### ***Crunchy Topping***

In a frying pan, cook the breadcrumbs in the butter until crispy. Stir in the parsley, walnuts and almond pieces.

### ***TOOLS***

*You only need two tools in life.*

*WD40 and Duct Tape*

*If it doesn't move and should use WD40*

*If it shouldn't move and does use Duct Tape*

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## **"Salty Sayings"**

Collected over the years from Sail Magazine, Practical Boat Owners Magazine & Yachting Monthly Magazine.

**Half a loaf of bread is better than none, unless you have been at sea for more than 6 weeks - then stick to canned goods.**

*Lasting relationships are built on trust and at least 2200 kilos of backstay pressure.*

Action speaks louder than words - although not during a spinnaker wrap.

**Sticks and stones may break my bones but words will never hurt me - unless they are "Whoops, Gybe Ho, Sorry."**

# Winter Maintenance Schedule - Part 3

This month we will look at water tanks, hoses, limber holes, decks and hardware.

All water tanks should be flushed clean every year or two and especially if you can “taste” the water. This taste is caused by black algae in the tank or in the clear plastic hoses that runs to your pumps at the sink or the hand basin

Good potable water always contains some solids in suspension and over a period of time these settle out in the bottom of your water tanks.

The best way to drain the tanks is to use a spare piece of hose and connect one end to the tank outlet and the other to the inlet for the motor cooling water. Start your motor, make sure that it is out of gear so the propeller will not turn, and drain tanks and flush motor at the same time! If you don't have inspection ports in the top of the tank to allow you to agitate the water then remove your deck filler plug and run a hose from the fresh water tap, turn on and stir up the sediment that way.

**NOTE:** Do not let the motor run out of water so keep a good eye on it during this operation.

This procedure can be carried out either on the hard or in the water. ( No you most likely won't have a mains water faucet handy out on a mooring!)

If you have clear plastic water carrying pipes I suggest that you change them for black food grade neoprene ones as this will stop any light getting to the water and inducing algae to grow. Enough light does get into the areas where these run for this problem to occur.

Finally you can obtain from you chemist “Milton” solution or water treatment tablets. These can help sweeten the tanks and it is well worth while to consider fitting a small inline activated charcoal filter and make sure that all tanks are well fastened to the hull. Remember that 1-gallon of water weighs 4.5kg so a full 40-gallon tank has 200kgs of potential kinetic energy.

Check also that all hoses are securely attached to tail pieces.

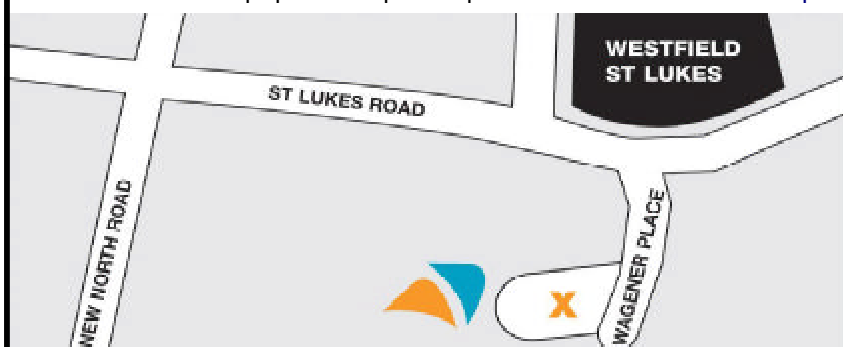
**TIP:** If you ever suddenly find water over the floor boards taste it first as this will determine whether it is fresh or salt and help you to quickly narrow down the possible source.

We have pretty well covered the toilet area in a previous article however check all the anti-siphon devices, hoses and hose clips. To keep the bowl

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## Signals 14

smelling fresh when you leave the boat after a weekend away rinse it out with a bowl full of fresh water. (Leave the inlet valve off for this operation.)

### Limber Holes:

These are the holes that drain any water to the bilge sump area. Make sure that they are clear so that the water flow is not impeded. A good trick is to thread one piece of cord through with a knot just forward of each hole. Join the forward end to a short piece of shock cord and attach this to the hull. On the other end tie a loop and when you need to clear the holes one or two pulls on the loop end will clear all at once. This can be left in place permanently.

Before we leave down below take a look at your batteries, gas lines, wiring, switches and lights and your fire extinguishers.

### Topside:

On deck strip and service all your winches including those on the mast and don't forget to grease them well with ptfе grease.

When you dismantle any winches always check that you block off the scuppers just incase you accidentally drop a pawl, spring or screw.

Check that all the Genoa track bolts are tight and well sealed, as this is a common area for leaks to occur.

An excellent idea here is to slightly countersink each

hole in the deck as this enables the sealer to form a "O" ring, which ensures no leaks. This also applies to your stanchion bases, and bolts.

Give all your stainless a treat with a coat of reviver and polish and check the swages on the stanchion wires for corrosion or broken wires.

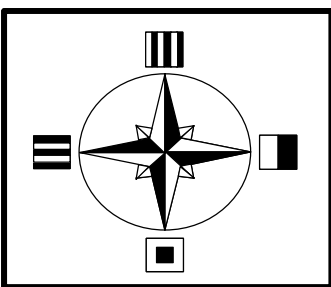
Have a look at the stays, rigging screws, clevis and cotter pins.

Some ptfе or lanolin grease here helps keep everything free and sealed. Put a little lanolin grease where the wire enters the swages on the bottle screw as this helps seal out water from wicking down the wire strands.

With the rigging wire that is used for the stays it pays to inspect the strands carefully and if you find a broken one replace the whole stay. The recommendation is that you replace all your rigging once every 10 years. Do not throw out the old ones, as these can be kept as an emergency spare.

Also look at the spreader tips and make sure that they are bisecting the angle correctly and that the cap shrouds are wired into the ends and that a boot or insulation tape is wrapped well around the ends to protect your Genoa.

Check all your sheets and halyards and if they are showing slight signs of wear, end for end them. This applies for your anchor warps and chain. This is a



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good time to re-mark the chain and warp with either fathom, or 10-meter marks. Use paint on the chain and coloured sailcloth or twine on the warp.

Make sure that all shackles and pins are tight, secure and seized.

The bitter end of the warp should be attached to an eye in the anchor well with some medium lashing to prevent the whole lot going over the side!

Do Not shackle this to the eye, as one day you might need to let the whole lot go in an emergency and you won't have time to fiddle with a spanner undoing a pin! Just cut the lashing with a knife!

We will finish off next month with the mast and balance of the topsides.

*Author: Kerry Blaymires*

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# Signals Health



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A **Tomato** has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

**Grapes** hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebel-

lums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

**Kidney Beans** actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

**Celery, Bok Choy, Rhubarb** and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

**Avocados, Eggplant and Pears** target the health and function of the womb and cervix of the female - they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers. And how profound is this? It takes exactly nine (9) months to grow an avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).

**Figs** are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.

**Sweet Potatoes** look like the pancreas and actually balance the glycemic index of diabetics.

**Olives** assist the health and function of the ovaries

**Oranges, Grapefruits, and other Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

**Onions** look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.

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2009 H28 CALENDAR

*H28 Calendar*



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