



So, I Married A Sailor . . .

Galley Gal to the Rescue!

By Michelle Weist

My last article focused on making the most of your storage on the boat. I teased that my next article would be focusing on recipes as well as a few mealtime tricks that I have learned over the years. I want to start by saying that cooking food on the boat can be challenging at times but not impossible. What I am talking about is making delicious meals that are simple and with a little organization before you set sail, a delicious meal can come together with little effort. Just remember the 3 P's: plan it, prep it, and prepare it.

PLAN IT!

Any good boat menu starts with a plan. I will be honest, I am super excited about this as it involves a list. Think about where you're going, the duration of the trip, and what resources you are going to have. It may seem simple, but this is the foundation of your boat meals because without thinking about these three things in advance you can be prepared with the wrong food or tools for your trip. For example: packing cans of tuna without a can opener, refrigeration or mayo is not going to get you a tuna fish sandwich but it will lead to frustration and flyby the seat of your pants mealtime, not to mention potential injury with trying to open a can with a utility knife or other sharp object. Save yourself from injury and think about what you want to make as well as what you need to accomplish it on the boat. This is where silicone and wood utensils are your friends. Try to also think about collapsible cookware, a few knives, bowls, and a cutting board with rubber ends so your board does not slide around on you. When you plan, you can really start to minimize unnecessary items on board which means more space for other boat stuff.

A tip I have learned to save space is to make a meal item do double or even triple duty. Tortillas are super versatile, and they last longer than bread on a boat. I have no idea why tortillas do not spoil as quickly but trust me on this one, I have had a loaf of



bread get ruined by humidity on the boat in 3 days, but had tortillas make it a week in a Ziplock storage bag. Also, tortillas make excellent burritos (quick and easy) as well as quesadillas, fajitas, and sandwich wraps. Breakfast burritos are another excellent use for tortillas as you just cook your eggs and sausage and then toss it all in a tortilla for easy eating and minimal dishes.

Another cooking trick I have learned is to utilize canned meats, or dried and boxed goods whenever possible. Canned tuna is not everyone's favorite, I TOTALLY get it, but try a different canned meat. There are many to choose from such as canned chicken, corned beef, beef in gravy, and other fish products, and the infamous Spam in a can. I realize that none of these canned meats are gourmet but with a little cooking wizardry you can turn these canned goods into chicken salad, corned beef sloppy joes, beef stroganoff, and well you get the idea here. Boat food on your Catalina 22 is not going to be 5-star restaurant quality but it can be tasty and creativity that requires minimal cooler space.

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You may remember reading in my last article about how I have a snack bin at the ready for my husband and 3 boys to handle those hangry cravings as well as reduce bulky packaging on the boat. Consider



making some nachos out of extra chips with some taco meat and canned nacho cheese. Another idea for a simple meal is have crackers with some sliced meat, cheese and fruit. You can even get all fancy and call it

a *charcuterie* board. One of my families favorites is walking tacos. I think it's a Midwest thing because I grew up on the beaches of Southern California and I never had a "walking" taco at any of the Mexican food places I frequented. This recipe is ridiculously simple, it's a taco in a chip bag. You open a bag of nacho chips and crush them up a bit, then you add the magic... taco meat, beans, veggies, cheese, sour cream, whatever you love on a taco you throw it in. Then, the best part is grab a fork and dig in. Bonus points if you've prepped your add-ins ahead of time as it cuts down on the cooking and assembly time as well as the mess.

PREP IT!

So, my next P for you to remember is to prep it. I mean prepare ahead of time. I am not going to lie; this takes a significant amount of time before loading the boat and leaving the dock, but it is worth it. If you have made your plan, then you know what you are going to need. For example, I will pre-cut and bag my fruits and veggies, so they are ready for eating as soon as I take them out. I will also pre-cook my seasoned hamburger meat, put it in a freezer bag, and then heat to de-thaw it when I need it (this method makes walking taco's come together even faster). Think about what you can cook ahead and

freeze in flat bags that can slide in and out of the cooler quickly. I have also cracked eggs and froze them in freezer bags ahead of time for quick scrambled eggs. As part of your preparation consider the packaging again to minimize wasted space. For example, my family



loves pancakes. In fact, we made pancakes complete with strawberries and whipped cream on our Apostle Islands trip with everyone on board while we were at anchor. You may wonder how I did this; well, I took the just add water pancake mix and put it in a squeeze bottle and when I was ready for pancakes, I just added water, shook it, and poured. The strawberries were pre-cut and a can of Reddiwhip did the rest. Voila! These were a real treat, even a little decadent, and yet took almost no work onboard to prepare.

Another part of the prep it process is to think about your condiments. We all know that ice chest space is limited, so get the kind that does not need refrigeration. We all get those single serve



condiments from fast food restaurants or gas stations so just save them for the boat instead of throwing the extras away.

I have even seen them on Amazon where you can get a 75 pack for \$9 and you get the big three: ketchup, mayo, and mustard. It may be a bit more expensive upfront but then you only open what you need, minimize the bulky packaging, and eliminate the need for refrigerating the open bottles. I got this idea from my husband, and it is genius because it works for syrup and jellies too. Also, consider some shelf stable milk. It does not need to be refrigerated until it's opened and can be purchased in various sizes.

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PREPARE IT!

Now that you have planned and prepped your meals it is time to eat. Well, you must cook then eat but seriously if you've done the first two steps the last one should come together pretty easily. Burgers and brats are great on a grill on shore or off the back of the boat. Pizza pockets are quick and family friendly too. Our boat version of pizza pockets consists of a little pizza sauce, cheese, and other toppings stuffed in a pita, wrap it in foil and then grill it for a few minutes. If you plan to do a lot of inside cooking, get a collapsible strainer and with some quick boil pasta you can make spaghetti or chicken pesto pasta.



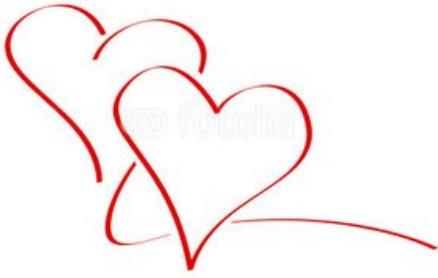
Maybe ditch the strainer and get some ramen noodles and throw in some delicious extras like dried veggies and a protein to jazz up those noodles.

Perhaps you don't want to cook one night or a chilly morning...this is a perfect opportunity to get some freeze-dried camp food. With these all you do is add in some hot water, seal it, and wait for dinner or breakfast to be served. There are many options available, but I would recommend using this option sparingly as these MRE type meals are anywhere from \$8 to \$12 each...ouch!



For those who feel like they can't think of anything to make onboard try looking online. I have found many camp food recipes on Pinterest that have been adaptable to cooking on the boat. In fact, there are even websites that are all about cooking onboard. Just put into your search bar: theboatgalley.com for my favorite site.

There are many ways to cook on a boat and I could go on and on with other things my family of five does to make mealtime a little easier, but you should get out there and try cooking something new on your boat when you are out cruising. You might just find a new recipe you like and will make it repeatedly. The bottom line is just stick to the 3 P's and you will be fine. Not every meal experiment will be a success, but you will also make some delicious memories along the way.



So, I Married a Sailor . . .

Finding Order Onboard

By: Michelle Weist

My family of five just got back from a 3-day camping trip at our local state park and it was wonderful! We hiked for miles in beautiful scenery, we sat around a campfire and make smores and pudgy pies, but most importantly we had a lot of great family time. It dawned on me as we were packing up camp that there are a lot of similarities between camping on land and camping on a boat, especially when it comes to carefully planning and packing for a trip. So, I thought I would share a few principles and tips for making the most of limited space onboard or ashore. This may seem a little odd as my last article was about cruising in comfort which involves bringing things that are not necessities to make the trip more comfortable; but whatever you bring it has to still fit in the boat.



Have a plan and write it out! Thinking about what is needed for the trip is crucial for two reasons. First, you make sure that you don't forget anything important like sunblock and a hat. I am a list person so literally writing out everything I intend to bring helps me to mentally organize into appropriate groups and make sure that I don't forget anything. Second, you should examine your plan (i.e., list) and see if it can be thinned down. At the end of the day there is only so much space on a boat and there must be room for the necessary gear and people.

Know your space potential. Boat compartments are weird sizes and in weird locations. A perfect example of this is the triangle storage in the front of the V-berth. Thinking creatively and finding ways to make the most of those awkward spaces can expand what you are able to bring while still maintaining some organization on the boat. I crawled into the boat with paper, a pencil, and a tape measure. I'm sure you can see where I'm going with this; I literally drew a map of the storage compartments with measurements. This allowed me to know the spaces I was working with. With this information I could effectively organize our necessary food and belongings into the space available.



Food and water can take up a tremendous amount of space on a boat, but it is not needed all at once. I take half of the food and water and put it the settee storage by the sink and the other half in the V-berth. Dividing up resources into "longer term storage" and immediate easy access compartments is a great way to maximize storage potential and minimize wasted space or rooting around for that one thing.

Keep everything contained. This can be tricky on a boat. Some of the compartments are long and narrow while others are just holes that give access to the hull in multiple locations. I have found that hard plastic bins don't always work. More often than not, rigid bins create wasted space so I use soft sided storage bins that will keep my items contained while conforming to the compartment. They are inexpensive, durable, and easy

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to find in stores. I especially like to put my cooking pots, pans, and utensils in these and then store them under the starboard settee. I simply take the bin out, use what I need and then put it back. I will say that having items in bins that are ready to go makes loading and unloading the boat so much faster. Also grouping meal items together such as having a communal bin for various snacks is especially handy with kids or husbands onboard.

Stick it! Command hooks and the picture hanging Velcro are awesome! Not only do they increase storage without a lot of modification or added weight, but they are inexpensive and easily removeable. Velcro is great for hanging a small mirror on a bulkhead or storing a chart. Hooks are handy too, because there is so much that you can hang within the compartment spaces. For example, the storage behind the onboard toilet it's practically unusable because whatever you put in there may be lost in the hull. But when you add a hook, it is a great place to store the first aid kit or extra towels or toilet paper. Also, a hook for a hat or a towel by the sink is another way to use the wall space in the boat for storage.

Think outside the box, literally. I alluded to this earlier but removing bulky packaging can really save space on a boat. Because my kids cruise with my husband and I we have a snack bin that has a variety of snacks mixed together. By eliminating the outer, cardboard packaging I save space and trash. Repurposing containers can also be an effective way to save on wasted storage. I had a plastic powdered drink mix container at home that I was able to clean and use for holding clothespins on the boat. I also have used old ketchup bottles to hold dry pancake mix that only need a bit of water and a good shake to make fluffy pancakes, no wasted space with a box and I can wash and reuse it again and again.

Collapsible Cookware. If you're willing to invest in boat cookware, get some collapsible silicone necessities. I LOVE my collapsible kettle for boiling water or making coffee. It's easy to clean, lightweight and inexpensive should I lose it or accidentally destroy it. Also, a hard plastic bucket can be unnecessarily bulky, but a collapsible bucket eliminates wasted space. There are so many options out there for lightweight, flexible cookware. I would encourage you to see what your needs are and look at what's out there. Every family is unique in their cookware needs but the more you can save space the better.

With these simple, handy tips cruising comfortably on your next adventure is within reach. With a little time spent in preparation and creative thinking you would be surprised with how much space you can find on a Catalina 22. My next article will focus on a few recipes as well as tips and tricks that I've picked up over the years. Cooking on the boat doesn't have to be messy, complicated or a hassle. Enjoying a wonderful meal with family and friends is within reach with a little advanced planning, preparation, and creative storage on the boat.

So, I Married a Sailor . . .

Cruising in Comfort from a Ladies Perspective

By: Michelle Weist



Without diving into my whole life story I will start with the basics, I own a 22-foot sailboat but only because I was the one who registered the boat when my husband and I purchased it 6 years ago. I did not grow up around boats nor did I ever imagine that my life experience would include things like living aboard a 30-foot Catalina for 3 years, sailing from Catalina Island to San Diego, or camping on a sailboat while island-hopping in the Apostles with my family onboard. My husband, Stuart, has a love for the sea and I knew when I married him that owning sailboats would be a part of our marriage. While there are many “boat things” I have learned over the years, in this article I wanted to focus on one thing that has made all the difference for me, comfort.

Maybe you are asking yourself, can a sailboat be comfortable? Most men do not care about comfort when it comes to boating. If they are men who love the wind in their sails and a tiller in their hand then they are happiest on the water. Furthermore, most men do not give much thought to what they need to make them happy while boating. For them the act of being on the water makes them happy, they do not “need” anything else except maybe a bottle of water and a sandwich. Women typically are not that way, at least I am not that way. I do not want to rough it all day or week on the boat, I want to relax on the boat and enjoy the slowness and beauty of the view. Many years ago, Stuart and I were talking about boats (okay he was talking, and I was half listening) and he mentioned a book that he had read on sailing. Honestly, I do not remember the title of the book or what he was trying to say to me but there was a key phrase that came up from the book, “sailing decadence” that has stuck with me over our 16 years of marriage.

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Decadence, by definition, carries the idea of excess or self-indulgence. The thought of blending decadence and sailing isn't just for the uber wealthy on a mega sailing yacht. Sailing decadence is possible for anyone and it starts with being comfortable on the boat. For me to be comfortable living aboard a sailboat or out cruising with my husband and children I had to ask myself a simple question, what do I need to make boating fun (i.e., comfortable) for me? I am not talking about plenty of sunblock, water, or lunch. I mean what are the extra things that I need to be a part of boating for me to have a good time. The hard part of this question was answering myself honestly. For me to be comfortable on the boat I need snacks, pillows, a bathroom, and a great sun hat.



It does not matter if it is just my husband and I having a date on the boat or if my whole family is crammed into every bit of the boat's 22 feet for several days. Without access to these things boating is not as much fun for me, and my husband would struggle to get me to spend anytime on the boat with him. Your list is probably going to be different than my list and that is my point, you have to be honest and say what works for you. To borrow a phrase from Marie Kondo, "what brings you joy?" Evaluate the type of boater you are and what you want to do on the boat, this is a great way to figure out what you need to be comfortable while boating.

By now you are probably wondering about my seemingly random list. It's not random, it's purposeful and a little bit decadent. I like snacks and having fun snacks on board enhances my boating fun. I specifically pick "boat snacks" that are things that I wouldn't normally buy at the grocery store to just have around the house. I have 3 boys and whenever mom tries to have special mom snacks in the house, they gobble it up before I get a chance to eat it. I have in the past even resorted to hiding places and let me tell you teens are like blood hounds when it comes to food, they can sniff it out anywhere. So, when I am preparing for a sailing adventure whether it is for the day or longer, I pack myself with some salty and sweet treats. Cheese-Its, pretzels, M&Ms, and dried fruit are my favorites.

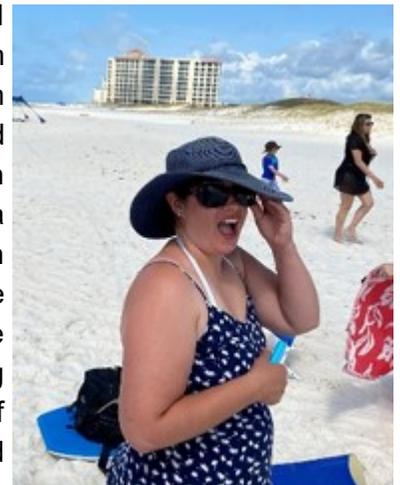


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Pillows- yes, I am a girl who loves pillows. There are 6 decorative pillows on my bed at home that are not for sleeping and several throw pillows on the couch that make it look pretty. These seemingly useless pillows annoy my husband. For the men who may be reading this article, do not squish your wife's pretty pillows, you will never live it down and indoor pillows are not for going outside. On the boat I like to have pillows too, because having a few throw pillows onboard makes my boat spot a little more comfortable. The pillows I have honestly came with the boat when we bought it and they were in good shape, so we kept them and use them regularly. I enjoy laying on deck and having a pillow under my head or sitting in the cockpit with a pillow on my back as I lean on the cabin. Again, this is just something that makes boating more fun for me. So maybe go get yourself some special pillows just for the boat to add to your spot. Another reason to have separate pillows for the boat is so if something happens to them, like going overboard, it is no big deal.

Ok now the weird one on my list... a bathroom. Without getting too specific I have needs. Sometimes due to medical reasons I need to get to a bathroom fast. So, for me to be comfortable boating I need to have access to a bathroom within a reasonable amount of time should "nature call". My sweet husband bought a new porta-potty for our boat, just in case we are not near a shore with bathroom access. There are many toilet logistics to figure out for ladies on a boat but that will have to wait for a different article. We almost never use it, in fact I think the last time the porta-potty was used it was on our family Apostle Islands trip during 2020 when everything was shut down, including many of the bathrooms on the islands. Without a toilet onboard I would worry about needing one and not enjoy the trip much at all. I think you all get my point. The peace of mind in just having it on board makes me more willing to relax, go sailing, and have a great time.



Now the silly item, a great hat. I like big hats, I cannot lie... yep, I went there! I have always enjoyed sun hats as opposed to a baseball cap. It does not matter if I am laying out in the sun, sailing on the boat, or out working in my garden my favorite type of hat is a lady's, wide-rimmed wrap-around hat. In fact, I have lost several of these hats overboard due to the wide brim catching the wind and going into the lake. I finally bought a hat with a string that goes around my neck. A wide hat has a two-fold purpose. First, it protects all sides of my head and my shoulders from excessive sun on the boat. Sunburns are no fun, especially on the

face so a wide brimmed hat is what works for me. Second, it is totally girly. I have 3 sons and a husband which means that my home is basically a 24/7 boys locker room. Anywhere that I can add a little femininity (insert throw pillows here too) into my life I appreciate it. My life does not only need to be full of nerf guns and fart jokes.



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The bottom line is that sailing does not have to be difficult or unpleasant. Sailing can be a really enjoyable adventure with a little planning and personal decadence it can actually be quite comfortable and a lot of fun. So, ladies, and men who are reading this article, have the conversation of what it would take for you to have fun on the boat. Your list of things to make you comfortable on the boat does not have to be big or expensive things but just things that matter to you. Maybe it is having music playing onboard from a wireless speaker, or a book to read during the slow parts of sailing. Perhaps you need nerf guns on board to bean the crew and captain when they get a little surly, just make your list and get out there. Sailing is more fun when you are comfortable, and you will be more likely to go again if you have a little decadence.



So, I Married A Sailor . . .

Functional First Aid: An ounce of prevention is worth a pound of cure



By Michelle Weist

There is an old saying that is often attributed to medicine, “An ounce of prevention is worth a pound of cure,” but the reality is that this was a quote from Benjamin Franklin, and he wasn’t talking about medicine. He was asked in 1736 about fire prevention in reference to Philadelphians who were constantly threatened by fire in their homes and communities. He was trying to say that preventing fires is better than fighting them as it is easier to stop the disaster before it starts. You may be wondering why I am talking about Benjamin

Franklin and fires when my article is supposed to be about first aid. Well, the idea is to plan ahead of time so that you are prepared should the worst occur.

An often-forgotten part of any day on the water is that people can get banged up trying to have a good time on the boat. I remember being told once if you don’t get hurt once in awhile having fun on the boat, then you’re not trying hard enough. I am not advocating for getting hurt each time you have a day on the water, but I think it is reasonable to assume that accidents happen onboard. Besides don’t all the pirate stories have the pirate with a peg leg? I doubt he was born that way and pirates aren’t exactly known to be wise in decision making. The ways to get hurt on a boat are too numerous to count but some common injuries are knocking your head, smashing a finger, and cutting your hand. I have done all of these, in the same day even, and it’s never fun to get hurt. But having some basic first aid knowledge and a few supplies on board can make an unfortunate event not as bad as it could be. I think every boat on the water should have a first aid kit aboard. To me it just makes sense to handle small injuries aboard and not let the injury become a major ordeal that would ruin a great day of sailing. Consider yourself warned, because according to George Mikes, a Hungarian - British journalist, “one you start buying first aid kits you start having accidents”.



I should start off by saying that I have what I think is a basic first aid kit that works for my family of 5 when we do our day trips but when we go on longer overnights, I add to my everyday kit. To be honest I had never really thought about having a first aid kit aboard until the inevitable happened many years ago. Someone smashed their head on the boom, a hand got pinched in the wench and someone was bleeding from their face (yes this was all in one trip). There was nothing to soothe the pain or stop the gushing aboard except a half-frozen water bottle and a beach towel.

There are many great pre-made first aid kits available for purchase in store or online. The kits usually range in price from \$30.00 at Walmart on up to \$800 from West Marine. I passed on the fancy \$800 kit from West Marine and ended up finding a bag at home and made my own. I did this for two reasons. First, I’m thrifty (that’s a nice way to say I’m cheap). I decided that I

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pretty much had everything at home that I would want in an onboard kit since I have kids and we are all accident prone. The second reason is that I didn't want to have a bunch of extra stuff in a kit that I wouldn't use. Again, I'm cheap and didn't want the wasted expense or wasted storage space on the boat.

For day sailing trips my families kit includes the basics: waterproof Band-Aids (assorted sizes), gauze and tape, cold packs, Tylenol, Dramamine and Pedialyte packets. These items seem to be what we need most often when injury occurs. I had everything at home except the cold packs. I found those online, in bulk and inexpensive. Pedialyte may not be an item you think you need on board, but it is hard to stay hydrated on the boat. A sunny day makes you sweat, but the nice wind will keep you so cool that you don't realize that you are getting thirsty until you feel it and then at that point you are mildly dehydrated. You need more than water; you need electrolytes and I like having the dry packets that are lightweight and compact.



This brings up an interesting first aid tidbit that I learned at a women's sailing conference a few years ago. A question was asked about how clean water needs to be to be suitable for cleaning a wound. The speaker, Shelly Galligan, who is an avid sailor and former E.R. nurse says that "if water is clean enough to drink then it is clean enough to clean a wound with". So, I try to keep plenty of water onboard for hydrating my thirsty crew so if we are gone for the day then I don't worry about packing extra water in case of a serious bleeding injury. If we are on the boat for a few days, then I pack an extra gallon of water for emergency use. That emergency may be for cleaning a cut or as back up drinking water, it's nice to have options.



When we are packing for a longer trip on the water where we are gone for a few days then I pretty much bring everything I can think of, minus the kitchen sink of course. Some things that I add to the basic kit are nose plugs, steri-strips, ibuprofen, extra water and cleaning wipes, antibiotic with Q-tips, tweezers, extra cold packs, sterile scissors, gloves, a handkerchief and a laminated first aid pamphlet. You're probably wondering about those nose plugs. They are to help stop a nosebleed, hands free, and my kids get a lot of nosebleeds. The plugs are so handy in that they pinch your nose enough to stop the bleeding so that you can still work with your hands because no one has time to deal with a bloody nose when you're in the middle of a tack. Also, don't



underestimate the value in a clean bandana in your first aid kit. They are the Swiss army knife of your first aid kit. You can use it to make a makeshift bandage, a tourniquet, a sling for your arm, you can cut it into strips when you run out of tape, it will hold an icepack to most parts of your body, and if all else fails use a red one to disguise all the blood coming from your face.

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I keep my first aid kit in different places onboard depending on the type of sailing that my family and I are doing. If we are sailing for the day, then I keep it out on the settee just inside the door so that I can grab it quickly without having to go down into the boat while it is thrashing about in the waves. When we are doing longer sailing and are on the boat for several days then I stow it in the open space behind the onboard toilet. I have installed a command hook inside the open compartment that my little bag will hang on until I need it. This seems to work well, and everyone onboard knows where the kit is should an emergency arise. The bag is clear so we can see everything in it and get what is needed out quickly.



There is first aid training from the red cross that is available specifically designed for sailing, but I haven't taken any of those classes. Honestly, I don't see the need for me. I've been educated in the field as M.O.M. (master of mayhem) and my husband has had lots of CPR and first aid training over the years for his various jobs. Should my husband get himself knocked out and is unable to communicate what to do, I have the first aid pamphlet and my cell phone to help me out. I don't sail without my husband aboard and if my husband was not so well trained, then I would definitely invest in the CPR & first aid training for my own peace of mind. The general rules for me are: if it's bleeding, clean it and cover it; if it's swelling, ice it and take a break. Lastly, if it's broken, stabilize it and call for professional help.

If you are ever interested in that Women's Sailing Conference they usually have it mid-May and the link is: <https://www.midwestwomenssailing.org/>. Shelly Galligan also has her own website as well: <https://shellygalligan.com/> which is a great resource as it has great first aid tips as well as an exhaustive list of potential boat first aid items. Her list is huge as she caters to large yachts and racers so some of her things didn't make sense for my little boat, but I appreciate her thoroughness in thinking of everything but the kitchen sink.

The bottom line is that boo-boos happen onboard, but they don't have to ruin your trip. Whether you are out for the day or for several days, a well-stocked first aid kit is easy to do and is important for a safe day on the water. No one wants the worst to happen, but having a plan and a few carefully selected supplies onboard our boats can make a world of difference in how much fun a day on the water can be.