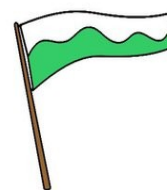




# *From The Masthead*



## **South Bay Cruising Club**

February 2012

Volume 62 Number 2

### **Program Event**

**Saturday January 28th from 1pm to 4pm**

**SBCC 2012 Two Week Cruise**

**at the West Islip Library**

**Event Chair Jeff Mattera & Fleet Captain Roger Daisley**

RSVP to Bob Forman [rsformanjr@aol.com](mailto:rsformanjr@aol.com) or 516 383 6621

### **Program Event**

**Sunday February 5th from 1:30pm to 4:30**

**Technology for Sailors**

**at the West Islip Library**

**Event Chair Rich Troy**

RSVP to Bob Forman [rsformanjr@aol.com](mailto:rsformanjr@aol.com) or 516 383 6621

## **South Bay Cruising Club Awards for Racing and Cruising**

**March 10<sup>th</sup> 2012 1:00pm-5:00pm**

**at The View in Oakdale New York**

**formerly The Riverview**

**Twenty Dollars per person**

**Cash Bar**



There was an error in the January Issue

The Program Event 'Documenting your Sailing Experiences' Chaired by Harry Manko  
is Sunday April 1st, not April 12th as published in the January issue

## **From the Helm**

***Sue Montana***

As I write this there are 49 days til Habanero launches for the season. Somehow, that thought, coupled with the extra minute or two of daylight we gain each day, makes the winter pass a little easier.

The first storm of 2012 coincided with the South Bay Cruising Club's Installation of Officers on 21 January at The View in Oakdale. In typical SBCC hearty sailor fashion, reservations for 65 turned into attendance of 70!

It was a great opportunity to introduce the new Board to the membership. We've got a fantastic crew lined up to carry out the mission of the SBCC - to promote cruising and racing under sail on the Great South Bay - for the next two years. Please see the list of Board members in this issue of the Masthead and know that the old saying is true - many hands make light work. Each one of these sailors has stepped up to the plate to help hold down one segment of SBCC operations. Next time you see one of them, please thank them for their contribution to your club.

During these winter months, the Program Committee and our Chantyman have been busy putting together entertaining and educational events. I love the idea that I can not only go out on a cold winter day and get my sailing fix, but also that I have a chance to catch up with my sailing friends at the same time. See the schedule of Program and Chantyman events in this issue and be sure to put some of them on your calendar.

The winter is a super busy time for our Board and Committees. We all want to get the bulk of the work done so we can plan for and enjoy the sailing season.

The Fleet and Regatta Captains have not only worked with their committees to schedule and plan more than 26 weeks worth of racing and cruising events, but they've also coordinated with the Hospitality and GSBYRA Chairs, and other clubs, to (hopefully) minimize scheduling conflicts throughout the year. Interestingly, many of the clubs we attempted to coordinate with haven't finalized their schedules yet, so we've done the best we could.

The Racing Program is shaping up to be another exciting year with a few tweaks here and there to both bring our club more in line with US Sailing rules, and also to make it easier to know where you stand with the competition. This takes quite a bit of colorful collaboration between the Regatta, Scoring, Handicap and Protest Committees.

Check your closets to see what kinds of SBCC swag you need. Our Storekeeping and Trophy Committees are going to have some new surprises for us this year.

There is a whole crew of volunteers charged with communicating with you, the membership. Between the Membership Committee (you have sent in your membership renewal, right?) the Corresponding Secretary and his committee, our Welcoming Chair, Mailing and Technology Committees. There is no excuse for being out of the loop.

While we never hope to need their services, our Fleet Chaplain and Fleet Surgeon stand by the ready - just in case.

And if you have any concerns, our Flag Officers are here to help make sure they are heard, so don't hesitate to reach out to one of us. We're ready for a great two years of sailing. The next step is for you to join in the fun! The party doesn't start until you get there, so come out and help us all promote sailing!

## **In Memory of Alex Pearson**

**Alex Pearson was a South Bay Cruising Club Member since 1959**

**Alex served as Commodore from 1968-1969 and was also**

**Commodore of Bay Shore Yacht Club**

**During the services many rose to share anecdotes and to eulogize Alex who is survived by his wife Ann and his children Andrew, Diana and Russell who is the current Commodore of Bay Shore Yacht Club.**

**He will be missed**

## **Change of Watch**

### **New Officers, Governors and Committee Chairs for 2012-2013**

**Commodore- Sue Montana**

**Vice Commodore- Ed Pshedesky    Rear Commodore -Dave Tedesco**

**Treasurer –Mark Romaine    Recording Secretary- Lindsay Brink**

**Governor-Matt DeMarco    Governor-Sally Eilbeck    Governor Bill Grauer**

**Governor- Joyce Gotard    Governor –John Holst    Governor- Rich LaBella**

**Governor- Bob Van Tassel**

**Fleet Captain Roger Daisley    Regatta Captain Kevin Regan**

**Fleet Surgeon    Dr. Jen DeMarco**

**Fleet Chaplain- Frank Peter    Corresponding Secretary - Mike Duffy**

**Chanteyman -Bill Dainlczyk**

**GSBYRA- David Hyer    Handicap - Jim Reichel    Historian Tom Gotard**

**Hospitality- Fred & Betty Golder**

**Mailing- George & Mary Dugoniths    Membership -Joe & DJ Greco**

**Program- Bob Forman    Protest- Joe Mulle'    Scoring -Harry Manko**

**Storekeeper- Rich Mourino    Technology -Rich Troy    Trophy-Jeff Bieslin**

**Welcoming- Belle Baxter    Yearbook- Andrew Hemmingway**

***Thanks to all who volunteer to help the Club***

## **From the Program Chair**

***Bob Forman***

*Put these two dates on your schedule January 28th and February 5th.*

These are two events that you should not miss. We are fortunate in our club to have so many very talented and knowledgeable individuals who are willing to share their knowledge with others in the Club. In these first two events you will see examples of this.

The first event is all about the Two Week Cruise the ports that it will hit and the activities and sites to see at each port. Jeff Mattera is the event chair for this event ably assisted by his workout partner and Fleet Captain Roger Daisley. In addition Roger and Jeff will discuss the support infrastructure they are putting in place to insure that everyone has an enjoyable safe cruise. Once you hear what they have planned, you will want to sign up for the Cruise.

The second event is Technology for Sailors and in many ways complements the Two Week Cruise Program. The technology that Rich will be presenting can help make your cruising and racing safer and more enjoyable. Rich Troy is the event Chair for this event and is probably the most knowledgeable individual in the Club to speak on the technology that is being presented in this program. This is an area that is both his hobby and his career. A field he entered as a youngster studied in college and built a career around. In addition Rich has recruited the Coast Guard to come and talk to us about their new rescue system (Rescue 21), that can locate a vessel in distress in 3 seconds provided they have the appropriate technology on board.

The topics that Rich and the Coast Guard will be discussing are:

**VHF- DSC:** Why this is the most important safety tool for coastal cruising, and why this is a terrific tool for contacting a boater or a group of boaters. If you've never used DSC for calling, this is your chance to learn.

**USCG Rescue 21:** Taking the 'Search' out of 'Search and Rescue' – the USCG often know where you are in less than 3 seconds even if you don't know where you are. This will be a presentation by the US Coast Guard.

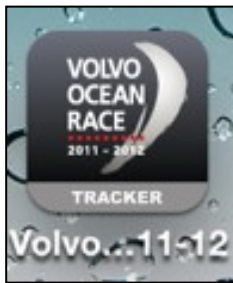
**AIS:** Why this is better than RADAR in some ways.

**Wi-Fi Repeater:** Potentially free high speed Internet connectivity.

**LED masthead light:** Why this device might be the last time anyone needs to go to the top of your mast, while increasing your safety at sea and reducing your power consumption by 66% or more.

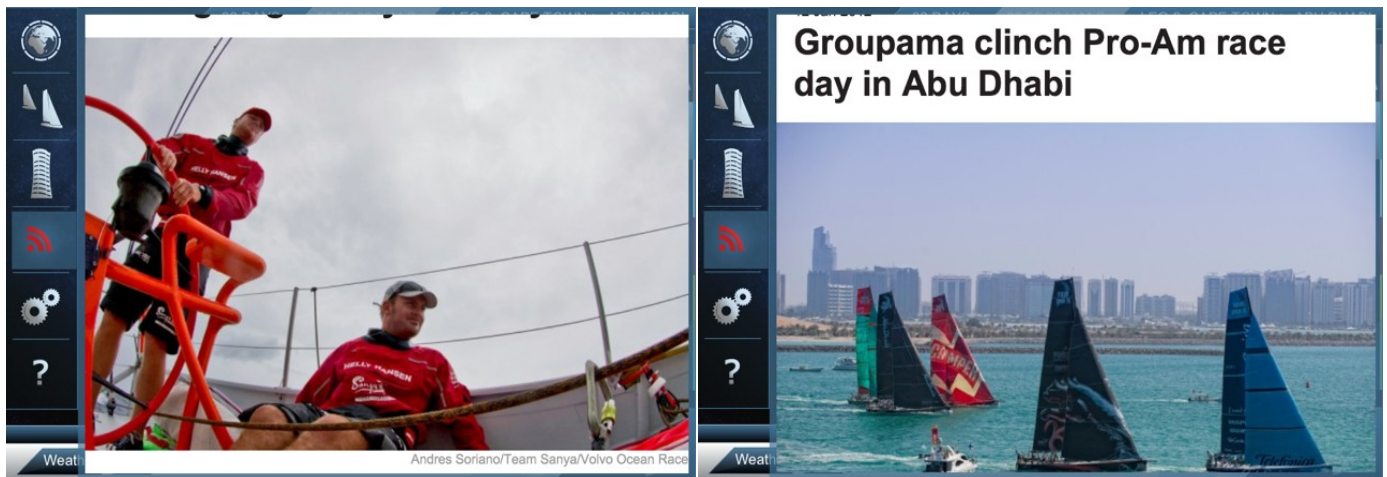
Eric Forsyth and his crew aboard Fiona have re- crossed the Atlantic and are back in the Western Hemisphere expected to arrive in Barbados January 27. Fiona has now sailed nearly three hundred thousand miles; for updates go to <http://www.yachtfiona.com/fnn.htm>

# The Smart Phone and Sailing a New Era *by Bob Forman*



I want to introduce you to my latest addiction – following the Volvo Race via my iPhone. When the Race was really close between Puma and Telephonica, I was checking the status of the Race several times a day. Every time that I checked the status would have been updated and there would be new stories posted and new YouTube videos posted. Right now there are six teams racing around the world in closely matched VOR70's.

Each of these boats is capable of doing 40+ knots. Each boat is equipped with broadband communications and has an on board a media specialist whose responsibility is to communicate to the outside world what is happening on their boat. It is almost like you are right there on the boats as they bounce off waves and have large quantities of salt spray stinging your face. The racing has been very close with the lead changing hands several times on each leg. This is not an easy race, so far one boat has cracked their hull and two have been dismantled.



There is a leader board that gives you the up to date status of the race including who is in the lead, how fast each boat is going and the distance that separates each boat from the leader. Two legs have been completed but there is still a lot of sailing to be done. And the App is free.

32 DAYS 08:55:00 H:M:S LEG 2: CAPE TOWN ► ABU DHABI

Galway | Alicante  
Lorient  
Cape Town  
Galway Lorient  
Lisbon  
Lisbon  
Abu Dhabi  
Sanya  
Stealth Zone  
Miami  
Sanya  
Cape Town  
Itajai Auckland  
Jan 12, 2012 9:55 PM UTC

Report time: Thu, 12 Jan 2012, 22:01:39 UTC

Pos	Teams	DTL (Nm)	DTLC (Nm)	Speed (KTS)	LEG PTS	OVERALL PTS
1	TELE			Overall Points		66
2	CAMP			Overall Points		58
3	PUMA			Overall Points		28
4	GPMA			Overall Points		42
5	ADOR			Overall Points		19
6	SNYA	00.0	0	9.8	4	4

STE: The fleet is moving into the Stealth Zone to minimise the risk of piracy  
 ARROWS (show graphics red & green) - Gain/loss to leader since last report  
 DTL: Distance to Leader in Nautical Miles  
 DTLC: Distance to Leader Change in Nautical Miles  
 DTF: Distance to Finish in Nautical Miles  
 Speed: Average GPS speed over the last 3 hours  
 LEG PTS: Predicted points for this leg  
 OVERALL PTS: Current overall points scored before the start of this leg

## Baked Pasta



- Bring a large pot of water to boil. Add salt to taste. Cook 1 lb. of your favorite short pasta until it is VERY AL DENTE (remember, we're going to cook the pasta again by placing it in the oven so it has to be a little less cooked than usual). When done, drain pasta well to remove all water and toss with your tomato sauce. Put aside.
- At this point, you will need to decide whether to make one big lasagna-type pan of the baked pasta or smaller portions for later use.
- Line the pan (s) with a little tomato sauce and drizzle some Besciamella sauce over it.
- Start your first layer with the pasta (already tossed in the tomato sauce). Drizzle the Besciamella sauce over this first layer, being careful not to be heavy handed...just enough to keep pasta moist during baking.
- Next, sprinkle some parmiggiano cheese and layer with chopped mozzarella.
- Repeat every layer until you fill your pan (s). Top with mozzarella, enough to create a cap.
- Allow pasta to rest at least one hour.
  
- Preheat oven to 375 degrees and bake pasta until mozzarella is bubbly and top layer has slightly browned (approximately 20 minutes).
- If you freeze the pasta, thaw it before putting it into the oven (it doesn't have to be completely thawed but it should not be rock hard before going into the oven...otherwise, you will over cook the outer edges of the pasta while waiting for the center to thaw and cook). Serve hot and enjoy with a glass of Chianti wine.

### Tips

If you have leftover ham or prosciutto....chopped into small pieces and use it between the layers of pasta.

If you are using a simple sauce, chopped down some sundried tomatoes for added flavor between the layers of pasta.

If you like to use sautéed vegetables (spinach or eggplant or zucchini or radicchio) chop down and use between the layers of the pasta.

I know Italians that use hardboiled egg as well as olives and capers in between the layers.

If you're not a fan of tomato sauce, you can substitute it with a Pesto sauce...than add the Besciamella and mozzarella as above. Don't forget the pinoli nuts!

**Be creative and enjoy!**

WYNKEN, BLYNKEN, AND NOD  
ONE NIGHT SAILED OFF IN  
A WOODEN SHOE ~  
SAILED ON A RIVER OF  
CRYSTAL LIGHT,  
INTO A SEA OF DEW.



"WHERE ARE YOU GOING,  
AND WHAT DO YOU WISH?"  
THE OLD MOON ASKED THE THREE.  
"WE HAVE COME TO FISH FOR THE  
HERRING FISH THAT LIVE IN  
THIS BEAUTIFUL SEA;  
NETS OF SILVER AND GOLD HAVE WE!"

*SAID WYNKEN,  
BLYNKEN,  
AND NOD.*

THE OLD MOON LAUGHED AND SANG A  
SONG  
AS THEY ROCKED IN THE WOODEN SHOE,  
AND THE WIND THAT SPED THEM ALL  
NIGHT LONG RUFFLED THE WAVES OF DEW.  
THE LITTLE STARS WERE THE HERRING FISH  
THAT LIVED IN THE BEAUTIFUL SEA ~

"NOW CAST YOUR NETS WHEREVER YOU  
WISH ~  
NEVER AFEARD ARE WE"; SO CRIED THE  
STARS TO THE FISHERMAN THREE:

*WYNKEN,  
BLYNKEN,  
AND NOD.*

ALL NIGHT LONG THEIR NETS THEY THREW  
TO THE STARS IN THE TWINKLING FOAM ~  
THEN DOWN FROM THE SKIES CAME THE  
WOODEN SHOE,  
BRINGING THE FISHERMEN HOME;  
"T'WAS ALL SO PRETTY A SAIL IT SEEMED  
AS IF IT COULD NOT BE, AND SOME FOLKS  
THOUGHT 'T'WAS  
A DREAM THEY'D DREAMED  
OF SAILING THAT BEAUTIFUL SEA ~

BUT I SHALL NAME YOU  
THE FISHERMEN *THREE*:

*WYNKEN,  
BLYNKEN,  
AND NOD.*

WYNKEN AND BLYNKEN ARE  
TWO LITTLE EYES, AND  
NOD IS A LITTLE HEAD,  
AND THE WOODEN SHOE THAT  
SAILED THE SKIES IS A WEE ONE'S  
TRUNDLE-BED.  
SO SHUT YOUR EYES  
WHILE MOTHER SINGS

OF WONDERFUL SIGHTS THAT BE,  
AND YOU SHALL SEE  
THE BEAUTIFUL THINGS

AS YOU ROCK IN THE MISTY SEA,  
WHERE THE OLD SHOE ROCKED  
THE FISHERMEN THREE:

*WYNKEN,  
BLYNKEN,  
AND NOD.*

--EUGENE FIELD



# Jack Young 1919-2011

“Formed in 1951 to fill a long felt need for an organization of cruising sailor-men in Great South Bay, L.I. this club is devoted to a program that will encourage and improve the joys of cruising in sailing crafts.”

The SBBC was created: Jack was a founding member, the first Corresponding Secretary and later named Commodore in 1954 – 1955.

The fleet consisted of 60 auxiliaries. Five events were scheduled for the 1951 season. The first West Island Race attracted 36 vessels.

*The following commentary on Jack’s life as a sailor was written by one of his sailing-mates, Scott Woodrick.*

*Jack was sailing Reverie, a 40’ yawl designed by Cox and Stevens built in 1913 by Fyffe. In the beginning years the fleet consisted of woodies with a compass, a good bilge pump, burgee and sometimes a radio direction finder.*

*In 1952 Jack organized a cruise to Nantucket stopping at Block Island, Cuttyhunk, Martha’s Vineyard, Hyannis, Woods Hole, etc. and back to Brightwaters.*

*In 1965 he launched Courtesan; a custom built 43’ steel yawl which was designed by Cassian & Cuthbertson of Canadian Northern Co., which later became C&C Yachts.*

*He was one of the first SBCC members to participate in racing campaigns outside of the Great South Bay. Courtesan sailed competitively in multiple ocean races such as the Newport-Bermuda, Marblehead-Halifax and Annapolis-Newport races.*

## SBCC Membership Dues – Yearbook Updates

As the Yearbook Committee wraps things up and gets ready to go to print soon, we still have a bit of time left for you to submit your data forms and your dues payment so your updated information will be correct in the new Yearbook.

THANKS to all of you who have already sent everything in to us. We have received most of them already, but there are still a few of you we have not heard from. Just remember all dues and data forms should have been submitted by January 31st

If you’ve misplaced your data form which was mailed to you in early November, please email us for a new one.

Thanks again everyone!!!

Joe & DJ  
Membership Committee  
[joendj@yahoo.com](mailto:joendj@yahoo.com)

## **SBCC the Drinking Club with a Sailing Problem.**

Members of the SBCC have often heard the quip, "We are a Drinking Club with a Sailing Problem." It's cute. But I think for this article we will focus on the effects of alcohol on the body and the risk of alcohol misuse. Because, it's not all fun and games. Alcohol is the most commonly used drug. It is popular, legal, and socially acceptable. More than one-half of American adults have a close family member who is an alcoholic

Though alcohol affects every organ of the body, it's most dramatic impact is on the liver. Heavy drinking causes advancing levels of deterioration, from fatty liver to fibrosis (or liver scarring,) to the final stage of cirrhosis, which is generally not reversible. Most of us are familiar with these effects, though many aren't aware of the effects on the rest of the body.

Recently studies are showing that with moderate drinking our risk of cancer is dramatically increased. Cancers of the liver, pancreas, rectum, breast, mouth, pharynx, larynx and esophagus often occur with chronic use, even moderate use. Alcohol also raises blood pressure and cholesterol and therefore it raises the risk of stroke and heart disease. It has been said that a glass of wine a day has a protective effect, this is generally true but the recommendation is not more than one glass a day for a woman and not more than two for a man. A glass of Welch's grape juice a day has the same benefit.

I have heard many patients say, "I take a drink to help me sleep." This is a myth; in fact, the opposite is true, as alcohol causes insomnia. While the initial effect of alcohol is a feeling of sleepiness (alcohol is a depressant) one may fall asleep but once the alcohol is metabolized it acts like a stimulant, and the overall effect is less sleep. It also increases snoring and may cause or worsen existing apnea, which is the actual ceasing of breathing. In response, the brain then jolts the person awake to breath, thereby making it very difficult to get into a REM cycle. Chronic alcohol use can cause neurologic changes such as neuropathy and dementia, as well as impairment in balance and memory. Depression and anxiety are common. And another serious problem is malnutrition due to the depletion of calcium, iron, vitamin A, vitamin C, thiamine, vitamin B6, and riboflavin, and impaired absorption of calcium, phosphorus, vitamin D and zinc.

If you consume alcohol simply to feel good, or to avoid feeling bad, drinking could become problematic. Alcoholism and alcohol abuse can sneak up on you. There are many interconnected factors, including genetics, how you were raised, your social environment, your emotional health, and a family history of alcoholism. Are you at risk?

Take the *CAGE* test:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover?

*Continued from page*

The CAGE test can identify alcohol problems. Two positive responses are considered a positive test and indicate further assessment is warranted. For a more detailed analysis take the AUDIT test. This can be found at the following website:

[http://www.mentalhelp.net/poc/view\\_doc.php?type=doc&id=1860&cn=14](http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=1860&cn=14)

*The bottom line is, how does alcohol affect you?*

Is drinking causing problems in your life? If the answer is “yes,” you may have a drinking problem. Alcoholism is a progressive disease, and is not curable but it can be arrested with abstinence. If you feel you have a problem with alcohol, please see your healthcare professional to discuss further evaluation and treatment. Effective treatment is available such as rehab, self-help programs, therapy, or a self-directed treatment approach. Support is essential. AA (or 12 step) meetings have proven to be very effective.

We are a sailing club. Here's to many more years of healthy sailing enjoyment. Cheers!

*Dr. Jennifer DeMarco*

*SBCB Fleet Surgeon*

The Old Salts' Band has an opening for a Keyboard Player  
contact [wjdanilczyk@gmail.com](mailto:wjdanilczyk@gmail.com)

## The Rigging Locker



**For Sale Endeavour 33 sloop 1984**  
Very good condition, 30HP diesel engine, Roller  
Furling Jib & Main sails, hot water etc.  
Price \$25,000. Negotiable; Contact Carol  
Napolitano at 631 793 9526 or email  
[cnapolitano@jeletto.com](mailto:cnapolitano@jeletto.com)



### Slip For Rent

75 feet of Dock Space Broadside Docking, Water and Electric-  
Secure Neighborhood -West Islip \$75.00 per foot May Thru October  
Bob Martorana 631 422-3404

Submit Nautical Items for Sale or Wanted to Buy to

[mtduffy51@msn.com](mailto:mtduffy51@msn.com)

## **SBCC EMPTIES YOUR HOLDING TANK** *Joel Becker*

The SBCC pumpout boat initiative (members listed below) was the direct force that resulted in the procurement and operation of two boats by the town of Brookhaven and one by Islip. Prior to our work, the Bay was limited to land-based facilities. Many, if not most, of these were in depths not approachable by sailboats. GSB was the only location around LI which did not offer pumpout boat service. Efforts by SBCC members date back to the late 1990's, when Islip was (unsuccessfully) approached by a club member numerous times to move the East Islip Marina pumpout station to a location with more than 3' of water.

The first formal action undertaken by the club was in 2002 when (then Commodore) Sally Eilbeck, Bob Sheppard and Joel Becker had a meeting with Legislator Ginny Fields, which resulted in legislation proposed by her and Steve Levy and then passed for the county to share the Towns 25% contribution towards the purchase of boats. The State Clean Vessel Assistance Program funded by the Marine Fuel Tax was already reimbursing 75% up to \$35,000. The County contribution brought the towns share down to approximately \$5,000 to \$10,000.

Following some preliminary fact finding, the SBCC board of Governors in 2004 established an ad-hoc committee to further investigate the existing facilities and to propose a course of action.

The committee's subsequent action included:

- Survey of existing facilities and contacts with those towns which already operated pumpout boats
- Preparation of a pictorial representation of existing land-based facilities, indicating water depth at each location.
- Preparation of a statement of purpose
- Numerous strategy sessions including the Peconic Baykeeper
- Discussions with PO boat manufacturers, NY State DEC which provides grant.
- Meetings and telephone contacts with environmental groups, yacht clubs, power squadrons, to obtain their co-sponsorship of our initiative
- Circulation of petitions to these organizations and their members.
- Meetings with and subsequent representation to in South Shore Estuary Reserve
- Newsday publicity
- Meetings with Suffolk County, Islip and Brookhaven officials

In January 2006 the Islip town Board approved the purchase of a pumpout boat and the contract was let in June. The boat was launched on August 30, 2006 and since has operated every weekend from Memorial Day to Columbus Day (weather allowing). Operator Chris can be reached on Channel 73 (although sometimes the engine noise prevents him from responding to hailing). Atlantique is a major venue as is the Connetquot River.

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Brookhaven approved the purchase of two pumpout boats in November 2006 and they were purchased and operational in 2007. One operates west of the Smith point bridge and primarily services Davis Park and Watch hill. The other handles the other side of the bridge, working Moriches Bay marinas and anchorages.

While Babylon Town was not willing to pay the expense of operating a pumpout boat

They did use the State program funding to upgrade their land based stations.

Thanks to the many SBCC volunteers who have joined me in the endeavor: Members (at various points, random order) Mike Duffy, John Davis ,Matt DeMarco, Sue Montana, Bob Sheppard, Sally Eilbeck, Bob VanTassel, Helen and Ed Pshedesky, Rich Troy, Joel Becker, Charlie Margeson. Pat Halpin

It has been difficult to obtain complete data from Brookhaven and Islip on the usage of the boats.

For Brookhaven, I obtained the following:

YEAR	# BOATS SERVICED	# GALLONS
2007	NOT AVAILABLE	NOT AVAILABLE
2008	750	17,000
2009	NOT AVAILABLE	NOT AVAILABLE
2010 <sup>1</sup>	2300	50000
2011	1985	40900

Because of the change in Islip's administration, no new historical data was available. In 2010, 21870 gallons were collected.



Let's be happy we're not swimming in this stuff.

I urge all SBCC members who have (for financial and other reasons) not equipped their boats with a holding tank for deck pumpout, to take the plunge.