

South Bay Cruising Club

Summer Blast

Saturday, August 7th, 2010

1530 – 2000 hours

Vanderbilt's Wharf

445 Vanderbilt Blvd, Oakdale

By land: Montauk Hwy to Vanderbilt Blvd in Oakdale

By boat: Anchor in Connetquot River and come by dinghy

Look for club burgee

Lobster & Clams	\$25
Shell Steaks	\$20 (bring your steak knife)
Barbecue Chicken	\$15

Local corn w/butter, salads & deserts for all meals

Children under 12 free—hot dogs / corn on the cob

Complimentary soft drinks, bottle water, and beer

There is also a cash bar throughout the day as well as music and fun for all.

RSVP by August 5

(You must RSVP for meals, walk-in meals will not be available)

Peg & Roger Daisley

Phone: 917-847-7445 Email: mdaisley@msn.com

Check payable to SBCC, mail to:

Roger & Peg Daisley, 124 Drake Court, West Islip, NY 11795

The West Cup was a great time! We had a slightly better turnout this year over last year. I had the fun job as RC. Commodore Matt Demarco made the evening more fun by rafting up with us during the race. Even though I was out there my boat sadly was not. The engine block corroded all the way through. With the help of several SBCC members I had her back up and running for Saturday's rendezvous. Thank you to Jerry Dunnels, the Padden brothers and Barry Pitman Jr for lending a helping hand. She hasn't run this great in years!

Congratulations to Doug Davies and Aileen Eppig aboard **Amethyst** for taking the Cup! John Davis aboard **Dragon Fly** won the non-spin division. Great job folks! I would also like to recognize the Gilinskis aboard **Lady Jane**. They are really making great strides out there. They won some silver in the non-spin class! I would be remiss not to say everyone sailed a great race...they did. I am looking forward to an even greater event next year. Let's all try to make it out there so we can keep events like this one thriving for years to come.

Hope to see you all soon!



LADIES DAY/BROADSIDE/PATRICIA A. KELLY RACE UPDATE

The buzz is that some females in the Club are anxious to get this race underway and are talking about an unofficial, "tune up" this season. If you're interested talk to other women at rendezvous, etc. and maybe a date, time and ground rules could be set and enough boats will show up to insure the race is official in 2011

Ladies! Hoist your sails!

Ship's Store

Rich Mourino

Burgee \$17
Canvas Bags \$24

Baseball Caps \$10
Visors \$10
Pins (Gold Color) \$5

Stainless Mug \$10

Cruising Guide CD \$10
Yearbooks \$5

Bucket hats \$10

Ties \$9

Can Huggers \$1.25

Items with the South Bay Cruising Club burgee are also available from Land's End.

http://ocs.landsend.com/cd/frontdoor?store_name=corpsales&store_type=1

For complete instructions on creating an account and attaching the SBCC logo to it contact
Richard.mourino@gmail.com

The **Sing or Swim Rendezvous** was preceded by some challenges for some of our musicians. Roger and Peg Daisley of **Blue Horizon** ran aground trying to avoid a crowd of on-coming motorboats in the Channel. Another of our musicians, Bill Danilczyk, tried to help with the un-grounding effort, but some less experienced onboard helping hands resulted in the tow line getting wrapped around first one catamaran propeller and then the other catamaran propeller in short order. That resulted in Roger doing some swimming and diving to free the line. Then when Roger's engine wouldn't start, Roger was so dedicated to his musical craft that he had TowBoat US bring his boat to the Rendezvous rather than go home. So Roger got to Sing AND Swim ☺

Bill and Maureen Danilczyk of **Runaway** graciously agreed on short notice to be the host boat which resulted in a five boat raft-up for them with many more boats anchored elsewhere in Hemlock Cove. True to the rendezvous title, our SBCC musicians brought their guitars, voices and music to **Runaway's** spacious cockpit – and were happily rocking until the daylight dimmed out. As the extended cocktail hour continued musically, we found ourselves laughing to spontaneously created song verses such as “I like peanut butter” that had nothing to do with the original lyrics.

The next morning had many reports of ‘aspirin for breakfast’ to combat the generously served ‘Dark and Stormy’ drinks of the evening before. A thick fog Sunday morning was the companion for those who left early, including Roger who sailed home to find his engine agreeing to start up just in time for him to stop at his dock.

Overall, the Rendezvous was a fun time of good music, good companionship, good weather, good snacks, good drinks and a good location. Other than being in the Caribbean, how does it get better than that?

Suggestion to musicians: Next time bring both rendezvous snacks and dinner for yourselves with a bit more for sharing, so you don't have to go hungry as the evening comes.

The following sailboats were noted to have attended this Rendezvous: **Runaway, Blue Horizon, Fun Sway, della.calm, Miss Liberty II, Shootn The Breeze, Laurie Jean, Windswept, Stealing Time, Flying Wasp, Njord**. If we lost track of you in the Sunday morning fog, please let me know.

You're Invited: One Week Cruise in the Bay, August 8 to August 14

Mike Duffy and Frank Peter held a very helpful cruise planning meeting recently, to discuss their current plans for the SBCC Annual One-Week Cruise in the Bay. For those of you who don't know, this is a one-week trip with our sailboats during which we stay within the Great South Bay. As Mike Duffy points out, to do this cruise all the sailboat equipment you need is a VHF radio (which could be hand-held), docking gear and an anchor.

This cruise will go to some of the nicer boating destinations in the Bay. So it's easy for someone who's never taken a multi-day trip with their sailboat, while also attracting seasoned sailors.

If you weren't able to attend that meeting and you'd like more info on the cruise, feel free to reach out to Mike or Frank.

Request for Volunteers: Champagne Breakfast, Hemlock Cove, Sunday August 15

It's an annual tradition for the SBCC to have the Blast kick off the One Week Cruise in the Bay which ends in a Saturday Rendezvous which is followed on Sunday morning by the Fleet Captain serving Champagne Breakfast.

Expecting there to be a good number of hungry sailors eager to get Champagne and Breakfast, please let me know if you'll be willing to help in any of these ways: Planning, Food Storage at the Rendezvous, Food Preparation, Champagne/Food Distribution...?

It's been a great season so far! Here's looking forward to seeing you-all with your boats in the water.....



Sunscreen Warnings

There are many sunscreens out there. How do we know which ones to use, which are safe for us? I wish I could tell you. But since the FDA has yet to issue guidelines for safety regulations for the manufacturers of sunscreen, it is difficult for us to know. In light of a recent article in Newsday on Oxybenzone increasing the risk of Melanoma, the most dangerous type of skin cancer, I would like to call to your attention two chemicals, Oxybenzone and Retinyl palmitate, commonly found in sunscreens, which have been found to have potentially harmful effects. At the very least we can avoid these chemicals. And at best, we can follow some commonsense precautions while enjoying our summer sailing.

The first of the two chemicals is Oxybenzone. According to the EWG (Environmental Working Group) this chemical penetrates the skin, increases harmful free radicals, and affects DNA. It may also have a hormone-like effect in the body, Oxybenzone, behaving similarly to estrogen, may lead to an increased risk of breast cancer. There is also evidence that Oxybenzone is to blame for an increase in Melanoma. Although some Doctors remain supportive of Oxybenzone, due to its effective ability to block the sun, one has to use their best judgment.

The next chemical to avoid is Retinyl palmitate. Retinyl, a derivative of Vitamin A (no, Vitamin A is not bad) combined with palmitic acid, a component of palm oil, is readily absorbed by the skin. According to FDA scientists retinyl palmitate, when exposed to UVA and UVB radiation, breaks down and forms free radicals. So it is thought that retinyl palmitate on our skin, with the added ingredient of sunlight may hasten the development of skin tumors and lesions.

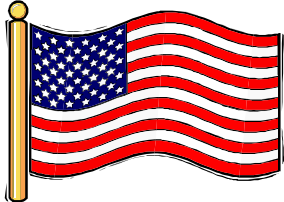
Add to this, sunscreen blocks our body's ability to produce Vitamin D, a critical compound that makes our bones and immune systems strong and healthy. Deficiency of vitamin D has been linked with an increase of multiple cancers. My experience in private practice on Long Island is that many patients are deficient in Vitamin D. Make sure to get some sun exposure without sunscreen a few times a week, not during the peak hours of the sun in summer.

So where do we go from here? We want to enjoy our sailing and summer activities without worrying that we are doing more harm than good. While there are no perfect sunscreens, the mineral sunscreens show the greatest safety profile, because they aren't absorbed, and UV light doesn't break them down. These are Titanium Dioxide and Zinc Oxide. They are both effective at blocking UVA and UVB rays, Zinc oxide is thought to be a better blocker. Read your labels.

The FDA in 2007 stated they are "not aware of data demonstrating that sunscreen use alone helps prevent skin cancer." So we must always be diligent in following basic commonsense guidelines when spending time in the sun. Along with sunscreen during the peak hours of the sun (in summer between 10 am and 3 pm), try for shade. If not, then wear your broad-brimmed hat, protective clothing, sunglasses that protect from both UVA and UVB, and limit the amount of time spent in the direct sunlight.

Remember SPF only refers to UVB protection, not UVA protection, and the higher numbers are only going to encourage you to stay out in the sun longer. Some say there is really nothing higher than SPF 30. As always use your best judgment and keep reading up on the issue. If any questions, you should always consult with your primary physician, and have regular dermatologic exams. Good resources are WebMD, and www.ewg.org/2010sunscreen.

Over The Bowsprit

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 2010 				1 Babylon Twilight Summer 4 1930 <i>Marinaccio</i>	2	3 <i>Liberty</i> Hemlock Cove <i>Loon</i> Babylon YC Invitational 1300 <i>BYCRC</i>
4 Babylon YC Invitational 1100 <i>BYCRC</i> Independence Day	5	6 Bay Shore Twilight Mid Summer 1 1930 <i>Reichel</i>	7	8 Babylon Twilight Mid Summer 1 1930 <i>Schneller</i>	9	10 <i>Anchored</i> <i>Racers</i> Hemlock Cove <i>Ceol na Mara &</i> <i>Kickin' Back</i> Bay Shore YC Invitational TBA <i>BSYCRC</i>
12	11	13 Bay Shore Twilight Mid Summer 2 1930 <i>Padden</i>	14	15 Babylon Twilight Mid Summer 2 1930 <i>Kennedy</i>	16	17 <i>Rendezvous</i> Great River <i>Drumshanbo</i> WPSA SBCC East Cup 1200 <i>LaBella</i>
18	19 MASTHEAD Deadline for August Issue	20 Bay Shore Twilight Mid Summer 3 1930 <i>Padden</i>	21	22 Babylon Twilight Mid Summer 3 1930 <i>Drossos</i>	23	24 <i>Heave Ho!</i> Great River <i>Miss Liberty II</i> West Island Race 1300 <i>Lockett</i>
25	26 SBCC Board Meeting West Islip Public Library 19:30	27 Bay Shore Twilight Mid Summer 4 1930 <i>Morgan</i>	28	29 Babylon Twilight Mid Summer 4 1930 <i>Romaine</i>	30	31 <i>This Ain't</i> <i>Woodstock</i> Hemlock Cove <i>Blue Horizon</i> GSBYRA Race Week TBA <i>GSBYRARC</i>

Over The Bowsprit

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Bay Shore Twilight Late Summer 1 1930 <i>Glinski</i>	4	5 Babylon Twilight Late Summer 1 1930 <i>Drossos</i>	6	7 The Blast Vanderbilt's Whar
8 Week in the Bay Cruise Begins Great River <i>Loon & Vixen</i>	9	10 Bay Shore Twilight Late Summer 2 1930 <i>LaTorre</i>	11	12 Babylon Twilight Late Summer 2 1930 <i>Penny</i>	13	14 ??? Hemlock Cove <i>Shadow</i> Leukemia Cup SYCRC
15 Champagne Breakfast Hemlock Cove <i>Fun Sway</i>	16	17 Bay Shore Twilight Late Summer 3 1930 <i>Glinski</i>	18	19 Babylon Twilight Late Summer 3 1930 <i>Crocker</i>	20 UCYC SBCC West Cup 19:30 <i>Heming way</i>	21 Rest Assured G River <i>Atlantic Rhythm</i>
22	23 MASTHEAD Deadline for September Issue	24 Bay Shore Twilight Late Summer 4 1900 <i>Bartow</i>	25	26 Babylon Twilight Late Summer 4 1900 <i>Goodman</i>	27	28 Crazy Hat Party Great River <i>Silver Cloud</i> Foulke Trophy 1 <i>Holst/Simon</i>
29	30 SBCC Board Meeting West Islip Public Library 19:30	31 Bay Shore Twilight Wrap Up 1 Race 1900 <i>McMillan</i>		August 2010 		

RACE RESULTS

BABYLON CUP INVITATIONAL JUNE 11, 2010

Race Chair: P. Capitain, *Sugar Magnolia*, Sail 529

Start Area: Babylon Course 5 Distance: 6.60

Wind Direction: SSE Wind Speed 10 B-Factor: 550

Spin Start 19:05:00

Pos	Ord	Sail#	Boat	Skipper	HCP	Finish	Elapsed	Cor.	Score
1	1	404	<i>Clipper</i>	P. Rendich	87	20:19:32	01:14:32	01:16:03	0.8750
2	2	421	<i>Amethyst</i>	D. Davies/A. Eppig	99	20:21:45	01:16:45	01:16:52	0.6250
3	3	51841	<i>Full Circle</i>	H. Manko	111	20:29:49	01:24:49	01:23:24	0.3750
1	1	536	<i>Mirage</i>	G. Schneller	207	20:42:49	01:32:49	01:19:41	0.9444
2	3	42371	<i>Naughty Dog</i>	J. Reichel	207	20:45:03	01:35:03	01:21:36	0.8333
3	2	719	<i>Flying Wasp</i>	A. Hemignway	181	20:43:13	01:33:13	01:22:53	0.7222
4	4	5861	<i>Dragon Fly</i>	J. Davis	207	20:46:43	01:36:43	01:23:02	0.6111
5	5	14364	<i>Radio Flyer</i>	R. LaTorre	207	20:46:44	01:36:44	01:23:03	0.5000
6	6	381	<i>Lady Jane</i>	D. Gilinski	219	20:48:22	01:38:22	01:23:08	0.3889
7	8	4817	<i>South Bound</i>	J. Bartow	213	20:49:09	01:39:09	01:24:27	0.2778
8	7	735	<i>Liquid Courage</i>	K. Regan	207	20:48:58	01:38:58	01:24:58	0.1667
1		404	<i>Clipper</i>	P. Rendich	87	20:19:32	01:14:32	01:16:03	
2		536	<i>Mirage</i>	G. Schneller	231	20:42:49	01:32:49	01:17:14	

COMMODORE'S CUP INVITATIONAL JUNE 27, 2010

Race Chair J. Davis, *Dragon Fly*, Sail 5861

Start Area: Bay Shore Course 9 Distance: 9.00

Wind Direction: SW Wind Speed 10 B-Factor: 550

Spin Start 12:05:00

Pos	Ord	Sail#	Boat	Skipper	HCP	Finish	Elapsed	Cor.	Score
1	1	421	<i>Amethyst</i>	D. Davies/A. Eppig	123	13:51:32	01:46:32	01:42:53	0.8750
2	3	51841	<i>Full Circle</i>	H. Manko	135	13:53:40	01:48:40	01:43:06	0.6250
3	2	404	<i>Clipper</i>	P. Rendich	111	13:53:18	01:48:18	01:46:29	0.3750

Non Spin Start 12:10:00

Pos	Ord	Sail#	Boat	Skipper	HCP	Finish	Elapsed	Cor.	Score
1	2	725	<i>Blaze</i>	R. LaBella	175	14:08:05	01:58:05	01:45:52	0.9286
2	3	719	<i>Flying Wasp</i>	A. Hemingway	181	14:10:59	02:00:59	01:47:34	0.7857

3	4	14423	<i>Cherry Pi</i>	F. Marinaccio	207	14:16:34	02:06:34	01:48:40	0.6429
4	1	103	<i>Rettsie</i>	K. Padden	136	14:06:00	01:56:00	01:49:54	0.5000
5	5	381	<i>Lady Jane</i>	D. Gilinski	219	14:23:23	02:13:23	01:52:44	0.3571
6	6	735	<i>Liquid Courage</i>	K. Regan	207	14:23:32	02:13:32	01:54:39	0.2143

UCYC/SBCC WEST CUP JUNE 27, 2010

Race Chair A. Hemingway, *Flying Wasp*, Sail 719
 Start Area Babylon Course 5 Distance: 6.00
 Wind Direction: S Wind Speed 6 B-Factor: 650

Spin Start: 19:35:00

Pos	Ord	Sail#	Boat	Skipper	HCP	Finish	Elapsed	Cor.	Score
1	3	421	<i>Amethyst</i>	D. Davies/A. Eppig	123	20:42:18	01:07:18	00:56:35	0.8750
2	2	404	<i>Clipper</i>	P. Rendich	111	20:41:37	01:06:37	00:56:53	0.6250
3	1	329	<i>Hooch</i>	B. Kennedy	96	20:40:24	01:05:24	00:56:59	0.3750

Non Spin Start: 19:40:00

Pos	Ord	Sail#	Boat	Skipper	HCP	Finish	Elapsed	Cor.	Score
1	1	5861	<i>Dragon Fly</i>	J. Davis	207	20:59:13	01:19:13	01:00:04	0.9000
2	2	42371	<i>Naughty Dog</i>	J. Reichel	207	21:01:42	01:21:42	01:01:57	0.7000
3	3	381	<i>Lady Jane</i>	D. Gilinski	219	21:03:14	01:23:14	01:02:15	0.5000
4	4	554	<i>Tir-nan-Oge</i>	C. Harbert	262	21:12:57	01:32:57	01:06:14	0.3000

Series Results

2010 Bay Shore Summer Twilights

Place	Class	Sail	Boat	Skipper	Score
1	non-spin	421	<i>Amethyst</i>	D. Davies/A. Eppig	0.9440
2	non-spin	51841	<i>Full Circle</i>	H. Manko	0.7250
3	non-spin	14423	<i>Cherry Pi</i>	F. Marinaccio	0.7199
4	non-spin	5861	<i>Dragon Fly</i>	J. Davis	0.7162
5	non-spin	227	<i>H2OT</i>	T. Drossos	0.6403
6	non-spin	381	<i>Lady Jane</i>	D. Gilinski	0.4208
7	non-spin	735	<i>Liquid Courage</i>	K. Regan	0.3153
8	non-spin	1555	<i>Ceol na Mara</i>	J. Morgan	0.2554
9	non-spin	93448	<i>Warlock VIII</i>	S Delise	0.0972
10	non-spin	822	<i>Sunshine</i>	V. Kind	0.0602

2010 Babylon Summer Twilights

Place	Class	Sail	Boat	Skipper	Score
1	spin	536	<i>Mirage</i>	G. Schneller	0.8917
2	spin	404	<i>Clipper</i>	P. Rendich	0.5417
3	spin	726	<i>Whitewater</i>	D. Crocker	0.5250
4	spin	40999	<i>Lucky Frog</i>	R. Schwartz	0.3306
5	spin	735	<i>Liquid Courage</i>	K. Regan	0.1972
1	non-spin	103	<i>Rettsie</i>	K. Padden	0.8899
2	non-spin	5861	<i>Dragon Fly</i>	J. Davis	0.8368
3	non-spin	14364	<i>Radio Flyer</i>	R. LaTorre	0.8227
4	non-spin	51841	<i>Full Circle</i>	H. Manko	0.8072
5	non-spin	719	<i>Flying Wasp</i>	A. Hemingway	0.7937
6	non-spin	4817	<i>South Bound</i>	J. Bartow	0.6070
7	non-spin	22	<i>Dream voyager</i>	J. Bieselin	0.4663
8	non-spin	735	<i>Liquid Courage</i>	K. Regan	0.4538
9	non-spin	2224	<i>Pandemonium</i>	G. Sebouhian	0.3118
10	non-spin	716	<i>Karma</i>	D. McMillan	0.2976
11	non-spin	50376	<i>Emma</i>	C. Drossos	0.2738
12	non-spin	664	<i>Warlock</i>	S. Delise	0.2350
13	non-spin	1419	<i>C&C 25 1419</i>	C. Hartnett	0.1688
14	non-spin	381	<i>Lady Jane</i>	D. Glinski	0.1474
15	non-spin	909	<i>Amblin</i>	M. Milligi	0.1190
16	non-spin	1457	<i>Firewater</i>	C. Hartnett	0.1111

Yearbook Photos

Vince Piazza

When submitting photos for the 2011 Yearbook please note the following to get us the best print quality possible

Set your camera to its highest resolution, or picture quality, which can be found in the camera's menu.

As many email programs automatically reduce photo quality to save space, when photos are attached, clicking on send file, rather than send photo, will maintain quality

If photos are between 5 and 10 megabytes please email to Mike Duffy at mtduffy51@msn.com

For photos over 10 megabytes please mail a CD to Mike at 128 Frederick Ave, Babylon, NY 11702

One Week Cruise in the Bay

SUNDAY AUGUST 8TH	MID MORNING DEPART CONNETQUOT RIVER HIGH TIDE 10:AM SAILING TO BELLPORT OPTIONAL PREDICTED TIME RACE	DIST. 11nm
MONDAY AUGUST 9TH	LAY DAY EXPLORE BELLPORT VILLAGE LAWN GAMES OPTIONAL DINNER OUTING	
TUESDAY AUGUST 10TH	DEPART BELLPORT SAILING TO ATLANTIQUE SBCC ONE WEEK CRUISE BARBEQUE	DIST 14nm
WEDNESDAY AUGUST 11TH	LAYDAY ATLANTIQUE BEACH/ GAMES FOR ALL /CHILDRENS GAMES DINNER OUTING TO OCEAN BEACH /POT LUCK SUPPER ATLANTIQUE SBCC BARBEQUE RAIN DATE	
THURSDAY AM AUGUST 12TH	DAY TRIP FROM ATLANTIQUE TO ROBERT MOSES BOAT BASIN HIGH TIDE AT CG STATION 10AM	DIST 5nm
THURSDAY PM AUGUST 12TH	SAIL FROM ROBERT MOSES BOAT BASIN TO EITHER OAK ISLAND LEAD OR COAST GUARD COVE* DINNER TRIP BY DINGHY FROM OAK ISLAND LEAD TO CAPTREE	DIST 12/15 nm
FRIDAY AUGUST 13TH	OAK ISLAND GROUP SAILS TO COAST GUARD COVE GAMES IN THE COVE/ OPTIONAL WRAP UP DINNER TRIP	DIST 5nm
SATURDAY AUGUST 14TH	WINDSHADOW RENDEZVOUS HEMLOCK COVE HOST SHADOW MARGESON	DIST 1nm
SUNDAY AUGUST 15TH	SOUTH BAY CRUISING CLUB 2010 CHAMPANGE BREAKFAST AT HEMLOCK COVE HOST FUN SWAYTROY	

***CONDCTIONS AND SLOOP CHANNEL BRIDGE WORK ALLOWING, SOME BOATS
MAY SAIL TO THE STATE CHANNEL VIA FIRE ISLAND AND JONES INLET.**

For more information, check your email or contact Cruise Captains

FRANK PETER 631 589 3466 captain365@yahoo.com

MIKE DUFFY 631 258 -1254 mtduffy51@msn.com

The Rigging Locker

Boats for Sale

Pearson Wanderer equipped for cruising with a full suit of sails for cruising/racing; one owner, available for survey.

Price: LOW to SBCC Sailor **Contact:** Bob Dunlop at 757-442-3316

C & C 25 Mark 1 1974 Great racer/Cruiser, 14 sails, all new standing & running rigging in '08, all halyards led aft to SpinLok clutches, VC offshore racing bottom, 8 hp Evinrude outboard, lots more

Price: Asking \$8,500 **Contact:** Rick LaTorre at 631-901-8236

Accessories For Sale

Cruise Air 5,000 btu. portable air conditioner. good condition seldom used. \$500.00

Contact: Richie at 631-730-7915 or Gail 516-313-2356

Wanted

13 foot Boston Whaler (any condition), with or without engine.

Contact with price and information: Colleen or Bill Harbert at 631 841-2049 or

bharbert@verizon.net

Listings in The Rigging Locker are ONLY for SBCC MEMBERS' nautical items. Ads will run for three months only unless an extension is requested. Send information to:

Belle Baxter
28 Shore Road
Babylon, NY 11702
baxter.belle@gmail.com



Hope this helps keep you cool over the summer

FROM THE MASTHEAD
Belle Baxter
South Bay Cruising Club
PO Box 365
Babylon, NY 11702

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