

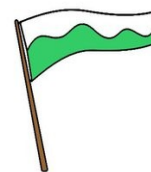


From The Masthead

South Bay Cruising Club

July 2011

Volume 61 Number 6



**Babylon Yacht Club July 4th Weekend Invitational
PHRF Saturday July 2nd 1000**

Notice of Race <http://www.babylonyachtclub.org/bycregatta.shtml>

SBCC/UCYC

**West Cup Saturday July 16th Babylon 1200
After Party Unqua Corinthian Yacht Club**

**SBCC Broadside Women's' Invitational
Saturday July 23rd Babylon 1200**

after party *'Girls just want to have fun'* location TBA

**South Bay Cruising Club Annual
Champagne Breakfast Sunday, July 31st
at Great River - Host 'Fun Sway'**

Save the Date November 6, 2011



**A History of the South Bay Cruising Club
1951 to 2011**

**July 2nd Rendezvous has been changed to Great River
July 9th Rendezvous has been moved to Hemlock -see page three**

From the Helm

Commodore Matt DeMarco

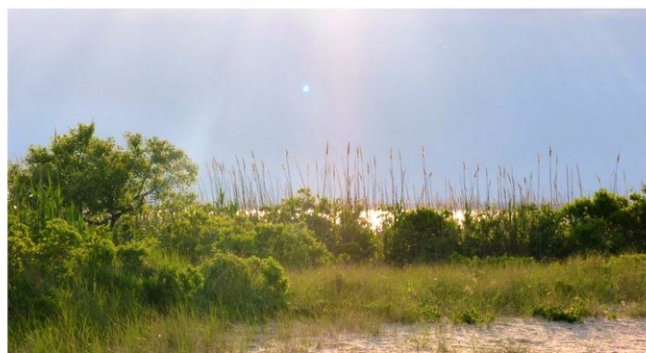
It is only just the start of "official" Summer, but, as usual, the SBCC activities are rolling right along.

Grace and most of the crew have already spent four over nights out on the bay stretching it end to end- from the Unqua Heading (fantastic job by their Dockmaster in having that facility in great shape) to Watch Hill (beautiful as always), and then to Atlantique last weekend, where my guitar playing was so rusty the Fleet Surgeon had to administer tetanus shots.

I hate to even say it, lest I break the spell, but for us this is an extraordinary development, as the norm has been that I am usually busting my "aft" getting the boat ready well into the Saturday afternoon prior to heading out for our own 'Sing or Swim' Rendezvous the last weekend of June (this year Hemlock, June 25).

From where I sit, the Club is doing well and we are very fortunate to have a great group of dedicated Volunteers working diligently to keep it so. There are lots of fun times ahead, so be sure to check the Yearbook, double check the website, read your e-mails and get out on the bay.
<http://www.sbccsail.org/>

Spring Family Weekend Watch Hill June 4&5th



photos by Barry Schlossberg and Margaret Christiansen



SBCC JULY 2011 EVENTS



2	TBA Sat	Babylon Yacht Club Invitational Reg Start	Notes 1,3,6 Crs TBA
2 3	Sat Sun	Rendezvous at Great River Hosts Grottoli <i>Floriana</i> & Van Tassel <i>Margret Gale</i>	
5	Tues 1930	Bay Shore Twilight Mid Summer 1 RC Manko Non Spin	Notes 2,11 Crs 1-02
7	Thur 1930	Babylon Twilight Mid Summer 1 RC Milligi Reg Start	Notes 2,11 Crs 1-9
9 10	Sat Sun	Rendezvous at Hemlock Cove Host <i>Miss Liberty</i> Sherman	
12	Tues 1930	Bay Shore Twilight Mid Summer 2 RC Davies Non Spin	Notes 2,11 Crs 1-02
14	Thur 1930	Babylon Twilight Mid Summer 2 RC Milligi Reg Start	Notes 2,11 Crs 1-9
16 17	Sat Sun	Rendezvous at Hemlock Cove Return of The Pirates of the Caribbean Host <i>Shadow</i> Margeson	
16	Sat 1200 1500	UCYC & SBCC West Cup Babylon RC Reichel Reg Start After Party UCYC Hemingway/Reichel	Notes 1,7,11 Crs 1-9
19	Tues 1930	Bay Shore Twilight Mid Summer 3 RC McMillan Reg Start	Notes 2,11 Crs 1-02
21	Thur 1930	Babylon Twilight Mid Summer 3 RC McMillan Reg Start	Notes 2,11 Crs 1-9
23 Sat	Sat 1200 1500	Broadside Women's Invitational RC Hemingway Non Spin After Party	Notes 2,11 Crs 1-02
23 24	Sat Sun	Rendezvous 'Heave Ho' at Coast Guard Cove Host <i>Miss Liberty II</i> Sherman	
26	Tues 1930	Bay Shore Twilight Mid Summer 4 RC Padden Non Spin	Notes 2,11 Crs 1-02
28	Thur 1930	Babylon Twilight Mid Summer 4 RC Goodman Reg Start	Notes 2,11 Crs 1-9
30	Sat	GSBYRA Race Week Bay Shore Yacht Club	Notes 1,3,6
30 31	Sat Sun	Rendezvous at Great River Host <i>Arcadia</i> Sheppard	
31	Sun	SBCC Champagne Breakfast at Great River Host <i>Fun Sway</i> Troy	

See SBCC Website for Late Changes <http://www.sbccsail.org/>

From the Regatta Captain

Andrew Hemingway

June has been an exciting month! I had so much fun at the Atlantique Rendezvous. Thank you all for the great company, food, drink and tunes. Tony Furey, Harry Manko, Commodore Matt DeMarco and many others put on an incredible show.

Racing is finally in full swing. I have to say that the SBCC was very well represented in the GSBYRA Men's/Women's Flying Scott Championship. Our Women's team, the first in over a decade, was stacked with nothing but talent and great people. The team was Lindsay Brink on the helm, with Laura LaTorre and Daisy Holzmacher. It was a fight to the end...literally. Three races were run. By the last race, two boats were tied for 1st place. On the last leg it was one boat ahead then the other. Finally, the boats crossed the finish line. Our team took a strong 2nd place only missing 1st place by two boat lengths. Watching from the dock was really exciting. I am, as the whole club should be, very proud and thankful that the SBCC was so strongly represented.

The Men's team for the SBCC was also represented. The team was Kevin Regan on the helm, Kevin Brink and me. All I am going to say is that we had a great time out there. I couldn't have sailed with two finer people. JP Morgan once said, "You can do business with anyone, but you can only sail with gentlemen." I thank you gentlemen for the afternoon. I wouldn't have wanted to be anywhere else.

IMPORTANT: July is going to be a fun filled month!

- July 2nd is one of my favorites, the traditional 4th of July Regatta. This will be a one day event hosted by the Babylon Yacht Club.
- The West Cup, held at UCYC is on July 16 at 1200. This will prove to be a great race. Unqua has also graciously invited us to an after party and awards ceremony. It is going to be an incredible time.
- The Broadside will be Sat, July 23 at 1200. I know we can get a ton of boats out for that. We are going to have an awesome shindig afterwards. The Awards/Celebration location is TBA.
- On July 30th, time TBD, will be RACE WEEK at Bay Shore Yacht Club. This will be a one day event with an after party and awards at BSYC. They always put on a great party for us. I would like to see at least 20 boats for this event-we owe them that.
- We will most likely also be having some makeup races that were previously canceled due to inclement weather.

As always, my cell phone is on. Give me a ring if you have any questions or suggestions. My tagline as always...*So come on out and join the fun!*



From the Fleet Captain

Rich Troy

The SBCC summer season is in full "swing" and our Rendezvous are being happily attended by our members. We've already had a rendezvous where the weather was so bad that only one boat attended: Della Bucher. The current best attended rendezvous had great weather at Atlantique and 23 boats, hosted by Andrew Hemingway.

The SBCC two week cruise off the bay, led by Dave and June Tedesco will probably be underway by the time you read this. It leaves June 25 for Block Island, then Essex and back to Block Island before returning home. Helen and Ed Pshedsky will also be along for the cruise. Happy Sailing, folks!

Plans for the SBCC 1-week Cruise in the Bay have been updated.. This 1-week Cruise in the Bay is one of the SBCC's most popular events and is typically very well attended. The SBCC gets town resident prices at the Atlantique marina.. Roger Daisley has graciously agreed to be the Captain for this Cruise-- thanks, Roger! See below report by our Cruise Captain.

Cruise plans may change again between now and when their Cruise Captain sets sail. Please check for updated details on the SBCC website <http://www.sbccsail.org/Cruise%20schedule.htm>

In case you missed this email announcement:

I applied to the Town of Islip and I've received official permission for SBCC members to use Atlantique at resident rates for most of our scheduled events, except for 10/8/11 which is the Columbus Day holiday weekend. The Town offers no discounts on holiday weekends. The specific dates for which all SBCC members can receive resident rates at Atlantique are:

Monday - Thursday, 8/15 - 8/18- as a destination during the SBCC One Week Cruise in the Bay

Saturday: September 24 -Fall Family Weekend, hosted by Bob and Jackie Forman

Tell the dock person you are from the South Bay Cruising Club to receive your discount on any of these dates.

thanks Rich Troy

Around the Bay Cruise by

Roger Daisley, Cruise Captain

We will be starting the "Around the Bay" cruise immediately following the Blast -- Sunday, August 13th. We will start from The River, or your homeport, sail to Bellport Sunday and stay in Bellport for two nights. Then, off to Atlantique for two nights where we will have some fun activities planned. Thanks to our Fleet Captain Rich Troy, all will be billed the Islip resident rate for docking at Atlantique. Thursday evening will be at the Oak Island Lead, followed by Friday at Hemlock Cove.

We are still planning all the fun things we will be doing during this week, and we will hold a planning meeting July 12th at 7:00 at the West Islip Public Library, Room "B". So if you have some fun ideas, please bring them along.

hrdaisley@gmail.com

SBCC Twilight Race Results

Babylon Summer Series Thru Race 3

Spin

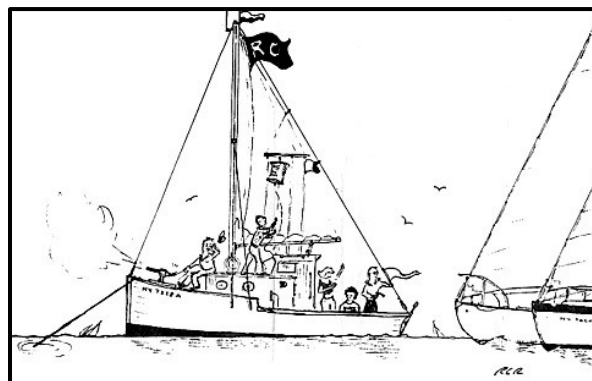
Place	Sail	Boat	Skipper	Score
1	759	Brokher	A. Eppig	0.9000
2	1156	JT9D	P. Rendich	0.9000
3	42370	Silver Bullet	J. Reichel	0.7000
4	40999	Lucky Frog	R. Schwartz	0.5000

Non- Spin

1	536	Mirage	G. Schneller	0.9643
2	7700	Dark Star	R. LaTorre	0.9375
3	726	Whitewater	D. Crocker	0.8929
4	5861	Dragon Fly	J. Davis C. Toner	0.7500
5	103	Rettsie	K. Padden	0.6875
6	735	Liquid Courage	K. Regan	0.6786
7	22	Dream Voyager	J. Bieselin	0.5357
8	1419	Firewater	C. Hartnett	0.4643
9	395	Bionator	M. Goodman	0.3929
10	719	Flying Wasp	A. Hemingway	0.3214
11	1227	Kickin' Back	M. O'Connell	0.2500
12	57	Lettuce Buy	M. Romaine	0.1786
13	4817	South Bound	J. Bartow	0.0625

Bay Shore Summer Series thru Race 4

1	759	Brokher	A. Eppig	0.8611
2	5861	Dragon Fly	J. Davis/C. Toner	0.7639
3	227	H2OT	T. Drossos	0.7361
4	735	Liquid Courage	K. Regan	0.5000
5	2224	Pandemonium	G. Sebouhian	0.2917
6	51841	Full Circle	H. Manko	0.2083

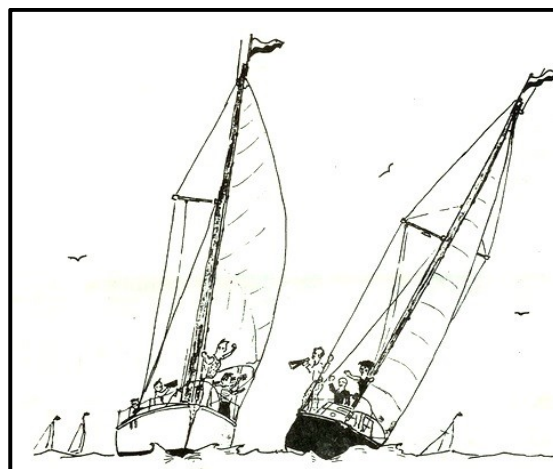


by Roger Ramsdell

Babylon Spring Thru Race 4

Non- Spin

1	536	Mirage	G. Schneller	0.9530
2	735	Liquid Courage	K. Regan	0.7954
3	726	Whitewater	D. Crocker	0.7076
4	7700	Dark Star	R. LaTorre	0.6742
5	719	Flying Wasp	A. Hemingway	0.6015
6	5861	Dragon Fly	J. Davis Toner	0.5364
7	759	Brokher	A. Eppig	0.3914
8	1419	Firewater	C. Hartnett	0.3813
9	22	Dream Voyager	J. Bieselin	0.2409
10	4817	South Bound	J. Bartow	0.2318



by Roger Ramsdell

SBCC 60th Anniversary Rendezvous Great River June 11th 2011



Photos by Barry Schlossberg and Vince Piazza

Hospitality News

Peg and Roger Daisley

Mark your calendars! Saturday, August 13th starting about noon, The Blast will be held again this year at Vanderbilt's Wharf in Oakdale. You can come by land. Or you can come by sea - Vanderbilt's is right on the Connetquot River, so you can anchor out and dinghy in.

Note also that the annual Round the Bay Cruise starts the next day, Sunday August 14th.

Invitations will be mailed in mid-July. The Blast is an RSVP event -- we need to know ahead of time how many lobsters, steaks, and chickens to purchase. Once again, the *Old Salts Band* will be playing, there will be raffle items, as well as the usual 50-50 drawing.

Don't be shy about volunteering! We can always use extra hands at the front door, to help shuck corn and clams, to man (and woman) the grills, and prepare and serve the food. Let us know -- it's always a lot of fun to be part of the crew that makes the event happen.

Hospitality Chair: Roger and Peg Daisley, mdaisley@msn.com, 917-847-7445.



All members of the SBCC are invited to the Bon Voyage Party for 'Fiona' as she leaves for an eleven month Atlantic cruise. To be held at Weeks Yacht Yard, Riverview Court -off River Ave, Patchogue, between 2pm and 5pm, Saturday, 9 July, 2011 Eric Forsyth

The South Bay Gourmet

Flori Grottoli

Using fruits and vegetables that are in season, and better yet locally grown, make your on-board dishes- fresh, fun and flavorful. This month's menu uses tomatoes, lettuce and all the fruits found in abundance at your local market, and whose flavor is at its peak!

July Menu



Appetizer Bruschetta with a glass of your favorite wine.

Main Dish Pasta with olives and bread crumbs

Side Dish Crisp mixed salad

Dessert Macedonia

Appetizer Bruschetta (pronounced brewsketta) or Garlic Bread and Bruschetta are almost the same.

- Italian garlic bread is made by using crusty Italian bread that has been cut into 1/2" slices. Place slices on a very lightly oiled cooking sheet and drizzle both sides of bread with olive oil. Bake at 350 degrees about 15 minutes, or for those that do not have access to an on-board oven, place slices on the barbeque grill.
- Remove bread when it is golden brown and peel a large, whole clove of garlic. Rub each slice with the garlic, keeping in mind that the more you rub the stronger the taste of garlic! You have just made Italian garlic bread. Now you're ready to make bruschetta!

For Bruschetta, use any topping that complements the garlic taste. Be creative...here are some ideas:

- Top with a classic tomato mixture by chopping plum tomatoes and lots of fresh basil. Add fresh thyme, virgin olive oil and salt to taste. Pour tomato mixture onto garlic bread...maybe top with a thin slice of fresh mozzarella too?
- Have some leftover chicken breast? Spread garlic bread with a thin layer of apricot jam, add thinly sliced fontina cheese and thinly sliced, previously cooked chicken breast....maybe top with some prosciutto.
- If you have left over turkey breast, use cranberry jelly and thinly sliced turkey breast!)
- Sparingly spread anchovy paste and top with a fresh mozzarella slice....the ideas are endless!

Main Dish: Pasta with olives and bread crumbs for 4 persons. This dish is easy to make on the boat

- Cook Barilla thick spaghetti, as per package directions, in lightly salted water
- While the pasta is cooking, chop 1/2 cup of Italian flat leaf parsley.
- Take pitted green, black and calamata olives - cut into halves to make 1 cup - leave on the side
- Put 3/4 cup olive oil in a skillet over medium heat - add 2/3 cup bread crumbs - stir and toast crumbs until golden brown (be careful not to burn)
- Once spaghetti is al dente, reserve approximately 2 cups of the starchy water and drain pasta. Toss spaghetti directly into the pan with the bread crumbs until evenly coated. Add enough pasta water to create a nice sauce and add parsley, olives and some grated parmiggiano. Add a little more pasta water if needed. Serve immediately.

Side Dish: Crisp Mixed Salad

- Use different types of salad greens to create a refreshing blend of texture, flavor and color. I like to start with Romaine lettuce and add radicchio, Belgian endive and arugula. As a salad dressing, use a classic balsamic vinaigrette or extra virgin olive oil and freshly squeezed lemon juice. Salt/pepper to taste.
- Lemon Vinaigrette - 1/2 cup olive oil, 2 tablespoons fresh lemon juice, 1 tablespoon minced shallot, 1 1/2 teaspoons Dijon mustard, 1/2 teaspoon sugar (optional)

for dessert go to next page

Preparing Your Medical Kits for Cruising

Dr. Jennifer DeMarco Fleet Surgeon



- Questions to consider: How long is the cruise?
- How many people are traveling?
- Where are you traveling, and what infections or infestations are common to the area in which you are cruising?
- A great resource to begin stocking your medical kit is the Medical Kit for the Cruising Sailor, an updated guide which can be found on the SBCC website, and also in your SBCC Cruising Guide. Build or add to your kit based on your cruising and cruiser's needs.

Before a long cruise, it is wise to put together a list of each crew member's medications and medical history, including any allergies to medications. Keep this list in an obvious place. May I suggest the medical kit? (One never knows when emergency assistance is needed and you may necessarily be the one who will have to give this information to emergency workers. If you don't ask, you will not have this information to give.) Compile a list of potential illnesses or weaknesses your crew may be prone to, i.e.: Gilligan has diabetes and a peanut allergy. Ginger has frequent urinary tract infections and Mary Ann gets eczema. In this scenario it would be good to have glucose, an Epi-pen, topical steroid cream and some antibiotics. Anticipate what might occur on a long trip, for instance, skin (Staph) infection, pink eye, swimmer's ear. Locally, there should be plenty of health care options available, but the farther you travel, finding a doctor or a pharmacy may be a challenge. Also, the farther the trip and the longer the duration, the more your medical kit should be stocked, including some antibiotics (usually Cipro and Keflex are sufficient), pain medication, muscle relaxants, albuterol inhaler, yeast infection medication. With a longer cruise, consult with your physician to obtain and determine which prescription medications you will need to complete your medical kit.

It is most helpful to have on board a book to assist in diagnosing and treating, especially if you are far from medical care. A book on wilderness medicine may be helpful. Let's not forget a VHS radio.

The above information certainly does not constitute medical advice and remember, it is important to have a discussion with your doctor about your specific health care needs in order to outfit a medical kit tailored for you and your cruise. Gilligan and his pals got lucky, but it never hurts to plan for more than a "three hour tour"

The South Bay Gourmet continued from previous page



Dessert: Macedonia (fruit salad) Cups

I like to use dessert cups for this quick and refreshing dish, but this fruit salad can also be served in a wine goblet or margherita glass with a mint leaf garnish.

- Use your favorite in-season fruits...strawberries, blueberries, banana, melon, peaches, etc.
- Wash and cut fruit into bite size pieces. Add 2 tablespoons of sugar per large bowl of fruit, and half a freshly squeezed lemon.
- Toss and let fruit salad marinate about 30 minutes. The sugar will release the fruit's natural juices which you will use to wet the bottom of the dessert cups. Add fruit salad to cups creating a mound of fresh fruit at the center of the cup. Top with whipped cream (or not) and enjoy! - (An alternative to lemon juice is a good rum or cognac or brandy to taste).

Buon Appetito!

Please write to me with comments and include one of your favorite on-board recipes. I will share one member's recipe every month with the club! My email address is cavalieri@mindspring.com

The Family Doctor for iPhone

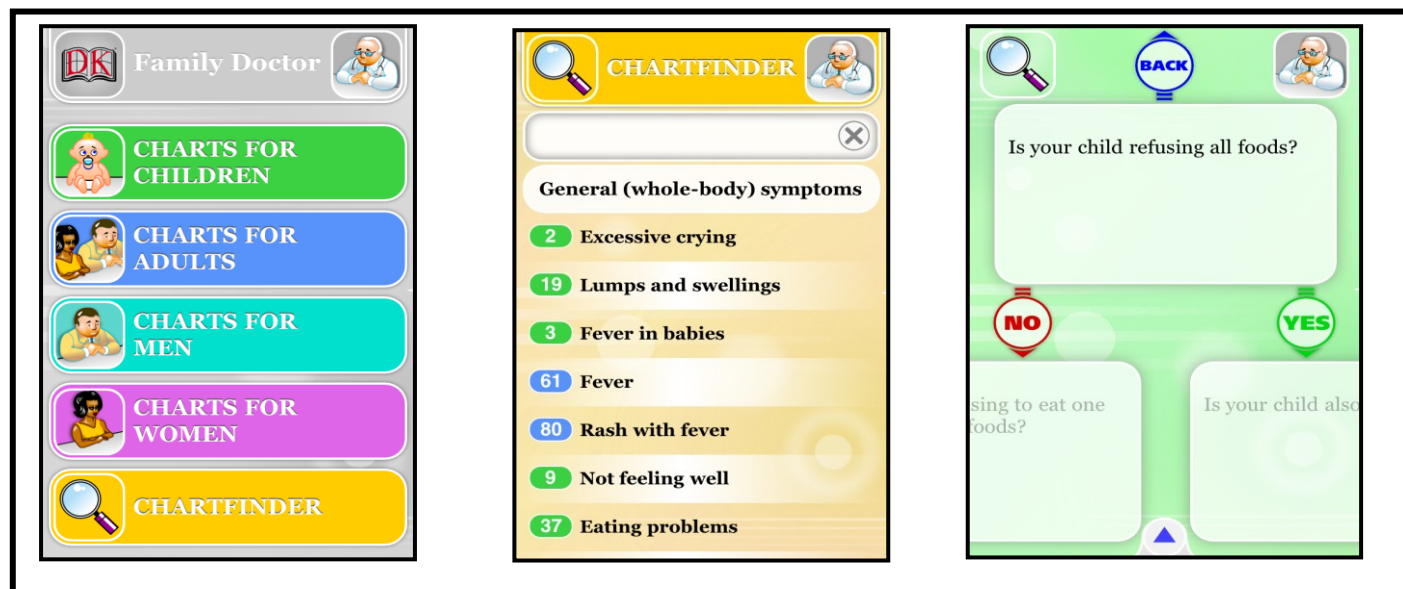


Have you ever been face with a medical situation while sailing on your boat, Family Doctor is a helpful App that will get you pointed in the right direction in most medical situations? The cost of Family Doctor is \$4.99. Family Doctor is an interesting Home Medical App that guides the user through a simple “yes or no” Q and A so you can analyze your symptoms and get to the root of a possible medical problem that could be treated at home or on your boat.

The 150 easy-to-follow symptom charts in this app will help you determine the importance of your symptom: whether it is a minor disease that can be treated with self-measures or something more serious requiring an immediate doctor's interference. Each chart deals with a particular minor illness such as chest pain or hearing problems. You just answer yes/no questions simulating ones a doctor can ask to get to the heart of the problem and take the required steps. Chart-finder facilitates the search of the most appropriate chart for a particular symptom.

Family Doctor provides you with all the appropriate medical information you need:

- to feel safe and protected with knowledge
- to make your child feel better
- to become more literate about your health
- to learn about gender and age specific health conditions



Follow *Jacqueline IV* as Skipper Bob Forman and Crew race her across the Atlantic Ocean

<http://www.transatlanticrace.com/tracker.html>

Click on Teams-then *Jacqueline IV* or Leaderboard-then Class IRC-4

Thanks to all who Opted-Out of Masthead delivery by mail, the monthly Masthead budget and mailing costs have been substantially reduced. Our SBCC Volunteers will make good use of the savings. If you would like to Opt-Out please contact;

mtduffy51@msn.com or joendj@yahoo.com



The Old Salts Band

by Chantyman Roger Daisley

We had a great time at Bieselin's Rendezvous the night before Commissioning Day. In the band, we had some new people. Eddie Thayer is our drummer, as well as being Bill Danilczyk's business partner. They went to the same elementary school and grew close in college. Lisa Donnatelli, the Vice Commodore of the Muscata Cove Yacht Club and has joined us several times in the past, and as always she was great with her harmonies and harmonica. Harry Manko has brought his banjo to the band and has also written lyrics to two new songs.

Rich Troy bought two microphones and stands and mixing board, so while we practice, we can better hear what we sound like when we play for you. Charlie Margeson is still very strong on lead guitar, and DJ Greco is great with vocals, and she joined with Joe to help round out the percussion.

Mark Romaine is our music leader! We all help with suggestions but Mark is constantly giving us ideas on how to perform better, with different harmonies, strumming techniques and selecting songs that he feels we are ready to perform.

We have a lot of fun playing, we keep getting better...we hope you agree! And don't forget -- we are having a song writing contest this year at the Boat Yard Party October 22nd. As you may have heard, we have new lyrics to several old songs -- "Hey, Mr. West Marine Man", "Run Aground Sue", and "Oh Lord Won't You Buy Me a New C&C", and there are at least two more "New" songs on the schedule. We'd love to have more, so those of you who are feeling creative, please send in a song.

The Future of Sailing is Optimistic

The Optimist was designed in 1947 by American Clark Mills. The Soap-box Derby program is sponsored by Optimist International service club to encourage father/son construction of gravity powered cars for down-hill competition. Clearwater had no hills so Mills designed a simple pram that could be built from a single sheet of plywood, and donated the plan to the Optimist International



The Optimist has a pram hull, originally formed primarily from five pieces of plywood. It was the biggest hull Mills could make from two 4 ft by 8 ft sheets. Just in front of a bulkhead, which partitions the boat nearly in half, is the dagger board case. Right behind it on the centerline of the hull floor are attached a pulley and ratchet block. These anchor the sheet and its pulley on the boom directly above. At the bow resides a thwart to support the mast which passes through a hole in its centre to the mast step mounted on the centre line of the boat. The painter, a rope used for securing a boat like a mooring line, is usually tied around the mast step. The vast majority of hulls today are made of glass-reinforced plastic, although it is still possible to make and buy wooden hulls.



The International Optimist is sailed in over 100 countries by over 160,000 skippers and it is only one of two yachts approved by the International Sailing Federation exclusively for sailors under 16. At the Beijing Olympics, 85% of medal winning skippers were former Optimist dinghy sailors. As so many were home built, no one knows for sure how many have Optimists Dinghies been built but estimates range well into the hundreds of thousands. (from internet sources)



Jarrett Fifield



But now a breeze came up for us astern—a canvas-bellying breeze, hale shipmate sent by the singing nymph with sun-bright hair; we made fast the braces, took our thwarts, and let the wind and steersman work the ship with full sail spread all day above our coursing, till the sun dipped, and all the ways grew dark upon the fathomless unresting sea.

Homer

may the tide
that is entering even now
the lip of our understanding
carry you out
beyond the face of fear
may you kiss
the wind then turn from it
certain that it will
love your back may you
open your eyes to water
water waving forever
and may you in your innocence
sail through this to that

- Lucille Clifton

*The Moon is distant from the Sea --
And yet, with Amber Hands --
She leads Him -- docile as a Boy --
Along appointed Sands --*

*He never misses a Degree --
Obedient to Her Eye
He comes just so far -- toward the
Town --
Just so far -- goes away --*

*Oh, Signor, Thine, the Amber Hand -
-*

*And mine -- the distant Sea --
Obedient to the least command
Thine eye impose on me --*

Emily Dickinson

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore Dream Discover.

Mark Twain

Liquid Courage Mast Step-Deck Repair *by Kevin Regan*

Hope everyone is having a great sailing season. I know we all work hard over the winter to get our boats prepped so that we can have great sailing. This article details some work that we did to repair our mast step area and install a new mast step this past winter.

Background - since I have had my boat (2008) we've had trouble getting the rig to tune consistently. We knew that there was some softness to the mast step area to begin with and then at the end of 2010 we cracked the mast step into two pieces toward the end of the season. Having a cracked mast step is not a good thing when you are racing 40-50 races a year as we do!

We hauled the boat in October 2010 and started immediately to cut away the mast step deck area. What we found there was that the marine plywood was completely soaked as was the surrounding core. The area was so soft that we basically just vacuumed it out. See pictures at right



Once we had the area cleaned out we dried it thoroughly and then set about getting the area repaired. Initially we were going to put a plate of 1/2" G10 in there but then decided to fill and fair it by hand using fiberglass cloth in several layers, West Systems Epoxy and high density filler. See picture below (remember the all the snow?). Winter came quickly so we were on hold until Spring. We let the area really harden up until right before launch and then set about installing a new mast step (below). We also had to reinforce the bulkhead with aluminum because when the mast step cracked the bulkhead rolled forward and there was a lot of compression in the area. Not good.



When all was finished here is what we ended up with- we painted the deck with Interlux Interdeck to match for now- at some point down the road we will have the deck painted in full. Honestly you can't really tell the difference after a few weeks in the sun, the Interdeck has faded a bit. The end result of this project is that Liquid Courage is ready for another 25 years of sailing (I hope).

I could write an entire Masthead on what I learned from this project and some of my other winter 2011 projects (bottom strip, fair and VC Offshore and new boom) but we don't have the space here- if you ever have any questions about these projects, I would love to share my experiences. See you on the water- **Kevin Regan- Liquid Courage**

Ida Lewis of Newport

from Internet sources



Ida Lewis was born in Newport, Rhode Island, the daughter of Captain Hosea Lewis of the Revenue Cutter Service. Her father was transferred to the Lighthouse Service and appointed keeper of Lime Rock Light in Newport in 1854. Hosea Lewis had been at Lime Rock less than four months when he was stricken by a disabling stroke. Like many wives and daughters of lighthouse keepers before and after, Ida expanded her domestic duties to include filling the lamp with oil at sundown and again at midnight trimming the wick, polishing the carbon off the reflectors and extinguishing the light at dawn in addition to the care of a seriously ill sister and disabled father

Her first rescue was in the fall of 1858, when she was only 16. On a cold, dreary day, four local young men were sailing back and forth between Fort Adams and the Lime Rocks. Ida watched from a window as one of the youths climbed the mast and began deliberately rocking the boat back and forth, probably to scare his friends. Scare them he did, but his tactic proved too successful when the sailboat capsized. The boat was soon keel up, with the four young men desperately struggling to stay afloat alongside. Ida rushed to the scene in her small boat and hauled the four aboard one at a time. They were taken to the lighthouse, where they soon recovered. The incident received no attention at the time. Ida later said that she "did not think the matter worth talking about and never gave it a second thought." Ida and her mother tended the Lime Rock Light for her father from 1857 until 1872, when he died. Her mother was appointed keeper until 1879, although Ida continued to do the keeper's work. By 1877, the health of Ida's mother was failing, leaving her with increased housekeeping and care giving responsibilities. Her mother would remain ill and eventually died of cancer in 1887.

Because of her many rescues, Ida Lewis became the best-known lighthouse keeper of her day. During her 39 years on Lime Rock, Ida is credited with saving 18 lives, although unofficial reports suggest the number may have been as high as 36. She kept no records of her lifesaving exploits. Ida's fame spread quickly after her rescues, a reporter was sent from the New York Tribune to record her deeds. Articles also appeared in Harper's Weekly, Leslie's magazine and other leading newspapers. The Life Saving Benevolent Association of New York sent her a silver medal and a check for \$100—a substantial sum to a young woman who then earned \$750 a year. A parade was held in her honor in Newport on Independence Day, followed by the presentation of a sleek mahogany rowboat with red velvet cushions, gold braid around the gunwales, and gold-plated oarlocks. When she was 64, Ida became a life beneficiary of the Carnegie Hero Fund, receiving a monthly pension of thirty dollars. She was awarded a Gold Lifesaving Medal for her work.



Fame brought countless other visitors to the island to stare at Ida. Her wheelchair-bound father entertained himself by counting their numbers often a hundred a day; nine thousand in one summer alone. Ida also received numerous gifts, letters and even proposals of marriage (some of them offering to supply references as to good character). Ida was distressed by all the attention and fended off her many unknown admirers as best she could. Although few details are known, she did marry a Captain William Wilson of Black Rock, Connecticut, in 1870, but they separated after two years.

Ida finally received the official appointment as keeper in 1879, largely through the efforts of an admirer, General Ambrose Everett Burnside, the Civil War hero who became a Rhode Island governor and United States Senator. With a salary of \$750 per year, Ida was for a time the highest-paid lighthouse keeper in the nation. The extra pay was given "in consideration of the remarkable services of Mrs. Wilson in the saving of lives." She spent most of her career alone at Lime Rock. In 1881 the Annual Report of the U.S. Life Saving Service reported that the highest medal awarded by the Life Saving Service had been presented to Mrs. Ida Lewis-Wilson. Ida's last recorded rescue occurred when she was sixty three years old. A close friend, rowing out to the lighthouse, stood up in her boat, lost her balance and fell overboard. Ida, with all the vigor of her past youth, launched a lifeboat and hauled the woman aboard.

Early one morning in October 1911, Ida Lewis extinguished the light at Lime Rock for the final time. She became ill that morning and remained in bed for several days. Artillery practice at nearby Fort Adams was suspended. Ida Lewis died on October 25, 1911, at the age of 69. The bells of all the vessels in Newport Harbor tolled for Ida Lewis that night, and flags were flown at half staff throughout Newport.

South Bay Cruising Club Commodores Cup

June 26th 2011 John Davis Chair Course 9 Bay Shore

Class	Pos	Sail#	Boat	Skipper	HCP	Start	Finish	Elapsed	Cor.
spin	1	329	Hooch	B. Kennedy	96	12:05:00	13:33:23	01:28:23	01:28:55
spin	2	759	Brokher	A. Eppig	207	12:05:00	13:49:13	01:44:13	01:29:29
spin	3	1156	JT9D	P. Rendich	96	12:05:00	13:33:59	01:28:59	01:29:32
spin	4	103	Rettsie	K. Padden	136	12:05:00	13:40:27	01:35:27	01:30:26
non-spin	1	725	Blaze	R. LaBella	175	12:10:00	13:57:11	01:47:11	01:36:05
non-spin	2	735	Liquid Courage	K. Regan	207	12:10:00	14:05:24	01:55:24	01:39:05
non-spin	3	11933	Rum Line	P. Sullivan	213	12:10:00	14:17:40	02:07:40	01:48:45
non-spin	4	2224	Pandemonium	G. Sebouhian	185	12:10:00	14:14:20	02:04:20	01:49:57
Trophy	1	329	Hooch	B. Kennedy	96	12:05:00	13:33:23	01:28:23	01:28:55
Trophy	2	725	Blaze	R. LaBella	199	12:10:00	13:57:11	01:47:11	01:33:00

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Website Photo Album

<http://www.sbccsail.org/archive.htm>

Hospitality

mdaisley@msn.com



Masthead Editor

Mike Duffy

mtduffy51@msn.com



Regatta Captain

Andrew Hemingway

ahemingway75@aol.com



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