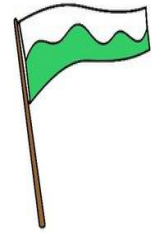




From The Masthead

South Bay Cruising Club



July 2013
Volume 63 - No. 6



Have a Safe 4th of July

As I write this, Habanero is anchored in the Wye River Natural Resource Management Area in Maryland. The setting is pristine - lots of birds around, deer on land, and a bunch of local crabbers running trot lines. Our cruise has been a combination of quiet and relaxing locations, as well as the bustling sailing mecca of Annapolis, where we spent 3 days in the heart of the city's Ego Alley. The first 2 weeks brought us phenomenal weather, although the searing heat of the past couple days have delivered the traditional afternoon thunderstorms. Thank goodness for Raindar! If you don't have that, or a similar Doppler app, on your smart phone you are missing out on a great tool.

With any luck, we'll be waving to the SBCC 2 week cruise fleet as they transit Fire Island Inlet on July 6th. I would like to thank the Captain and crew of *Silent P* for offering to lead the Club Cruise up to Martha's Vineyard, with some brave souls continuing on to Nantucket. It is a beautiful area, and I can't wait to see the photos and hear the stories. Last year, several members of the cruise posted photos to the SBCC private Facebook group, which allowed the rest of us to arm-chair travel along with them. If you're not a member of the Facebook group, what are you waiting for?

Our weekend rendezvous have been a lot of fun! In order to see where we will be each weekend, you can check the website, the Facebook group or get on the Cruise email list. If you need help with any of these, contact our Technology Chair, Rich Troy.

The Regatta Captain has been reporting the Babylon racing has been very competitive, with many races being decided within seconds! I encourage anyone who keeps their boat in Babylon or Bay Shore to consider getting out on that race course during the week. The races are not only action packed, but there is a lot of camaraderie after the races.

Speaking of racing, the Broadside Invitational Race is scheduled for July 27th. I'm hoping to see some of the women who attended the Sailing 101 classes on the course! If you are interested in participating, either as captain or crew, feel free to give me a call and I'll be happy to help you make connections to either fill your crew roster, or get you on a boat as crew.

Keep your eyes peeled for our new members! Our Membership Committee reports 13 new members/associates this year, so be sure to roll out the red carpet when you see them. A good way to identify fellow club members is to look for the club burgee. If your burgee needs replacement, get in touch with our Storekeeper. I think he might make deliveries!

I encourage all members to direct any questions or concerns they have with regards to the operations of the club to any one of our Board members. And if you're interested in getting involved, there are many committees that could always use an extra set of hands so please reach out accordingly.

Looking forward to seeing you all in July at Tuesday or Thursday night racing, the two week cruise, the West Cup, one of the weekend rendezvous, or the Broadside Race! It's your club so get out there and be a part of the action!

Regatta Reminders

As I write this it's the third day in a row the sun is out, which is remarkable given the weather we have had over the last few weeks.

The twilights have seen some decent turnouts in Babylon, I know we definitely have some people not sailing yet- hope to see you out there soon. Bay Shore is lagging a bit this year for a few reasons so hopefully that will pick up a bit. I would suggest to any Babylon based boats to give Bay Shore Twilights a try, there is nothing better than racing without the bridge in the course and no boats for miles around, we have some great race courses in Bay Shore. And it's all NSPIN so it's an easy night for the crew, family, new sailors, etc.

Due to weather we had to cancel the Babylon Cup (6/7). The Babylon Cup will be sailed on Friday, July 5 which will also be when our Babylon Twilight is that week because it's simply not safe to race on July 4th in the evening. The July 5th race will also be scored as part of the Babylon Yacht Club 4th of July Invitational. Basically we are having one race that will be scored 3 ways. Don't worry about the scoring just show up and race. If you are planning to race the BYC 4th of July please let either me or the BYC know, they asked for a boat count for their regatta planning.

Unfortunately we also had to move and reschedule the 6/13 Babylon Twilight due to weather. This race will be made up on Thursday, September 26- this is during a week in September that we have for makeup races.

I do not like to cancel or postpone races but sometimes it just makes sense. I realize that not everyone will love all of my decisions but I do the best I can to make a good call and get the word out if needed. As you have seen we are using email primarily for our communications of race information/cancels, etc. If you wish to be added to the Regatta List please email me. I am happy to add crew members to make it easier for you as well.

Finally, as most have seen we are using a new scoring program and distribution system. Thanks to Harry Manko for running the scoring and thanks for all of your patience while we sort some of the bugs out- we switched to this system/format literally a few days before racing started.

Thanks for reading and if you have any questions about the Regatta Program please do not hesitate to contact me.

See you on the water,

Kevin Regan--SBCC Regatta

Just recently, I remembered that I had an ice cream maker packed away in the garage somewhere. So I dug it out. My goal was to make sorbets, using fresh summer fruit, which could be frozen and enjoyed on a hot day or a little later in the year.

Little did I know that sorbets are so easy to make that an ice cream maker isn't even needed!

I have included a basic sorbet recipe, with a little variation. Use either recipe with just about any fruit available. My favorite so far is the Mango sorbet.

Keep cool and enjoy!



***Variation:** Most sorbets use fruit juice or sugar water as the emulsifying agent. I always keep a small bottle of Simple Syrup in my fridge for use in recipes that call for sugar water, like sorbets, and for use in drinks like Mojito. Just bring to boil equal amounts of sugar and water, and allow it to become syrup. Do not overcook or sugar will brown and possibly burn. Allow to cool thoroughly, and then put into a small bottle with top. Simple Syrup lasts several weeks in the refrigerator. In the recipe, substitute $\frac{1}{2}$ the amount of sugar if using Simple Syrup.

PINEAPPLE SORBET

- 1 small pineapple, peeled and cored
- 2 tablespoons fresh lemon juice
- 1 cup plus 2 tablespoons sugar (or $\frac{1}{2}$ cup Simple Syrup)

Preparation

1. Cut pineapple into 2-inch pieces. Place pineapple and lemon juice in a food processor; process until smooth. Add sugar or Simple Syrup and process until well blended.
2. If you have an ice cream maker, pour mixture into the freezer can of the ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container. Cover and freeze until firm.

If you don't have an ice-cream maker, use a covered metal bowl. Freeze mixture for 3 hours or until it is hard on the outside but slushy in the middle. Remove it from the freezer, beat it with a whisk until smooth, and return to the freezer, covered, until firm.

MANGO SORBET

4 cups cubed peeled ripe mango (about 3 pounds)
1/2 cup fresh orange juice (about 3 oranges)
1/3 cup fresh lime juice (about 3 limes)
3/4 cup light agave nectar 1/3 cup water

Preparation

1. Combine cubed mango, orange juice and lime juice in a food processor; process until smooth. Pour the mixture into a bowl, and stir in the agave nectar and 1/3 cup water (or 1/2 cup Simple Syrup). Cover and chill for 2 hours.
 2. If you have an ice cream maker, pour mixture into the freezer can of the ice-cream freezer; freeze according to manufacturer's instructions. Spoon the sorbet into a freezer-safe container. Cover and freeze until firm.
- *Want to spice it up? Add 3/4 cup Tequila to the mixture!

PINK GRAPEFRUIT SORBET

3 cups fresh pink grapefruit juice (about 4 grapefruits)
3/4 cup sugar (or 1/2 cup Simple Syrup)
Mint leaves (optional)

Preparation

1. Combine 1/2 cup grapefruit juice and sugar in a small saucepan over medium heat. Cook until sugar dissolves, stirring frequently (or add 1/2 cup Simple Syrup, no cooking is necessary).
2. Combine the sugar mixture, the remaining 2 1/2 cups grapefruit juice and a handful of fresh mint leaves in a medium bowl; cover and refrigerate until chilled.
3. If you have an ice cream maker, pour mixture into the freezer can of the ice-cream freezer; freeze according to manufacturer's instructions. Spoon the sorbet into a freezer-safe container. Cover and freeze until firm.

The types of fruits that can be used to make a sorbet are endless; watermelon, honey dew, peaches, key limes, nectarines, blueberries, strawberries, and so on. Enjoy!

Drowning Doesn't Look Like Drowning

by Mario Vittone “*Water Safety Magazine*”

The new captain jumped from the cockpit, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the owners who were swimming between their anchored sportfisher and the beach. “I think he thinks you’re drowning,” the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. “We’re fine, what is he doing?” she asked, a little annoyed. “We’re fine!” the husband yelled, waving him off, but his captain kept swimming hard. “Move!” he barked as he sprinted between the stunned owners. Directly behind them, not ten feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, “Daddy!”



How did this captain know – from fifty feet away – what the father couldn't recognize from just ten? Drowning is not the violent, splashing, call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew knows what to look for whenever people enter the water. Until she cried a tearful, “Daddy,” she hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for, is rarely seen in real life.

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under (just behind vehicle accidents) – of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In ten percent of those drownings, the adult will actually watch them do it, having no idea it is happening (source: CDC). Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.

3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. By pressing down on the surface of the water, it permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.
5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs – Vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Ladder climb, rarely out of the water.

So if a crew member falls overboard and everything looks OK – don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them, "Are you alright?" If they can answer at all – they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents – children playing in the water make noise. *When they get quiet, you get to them and find out why.*

If you are planning to head over to Fire Island to dock at one of your favorite marinas it might be a good idea to make a call to the appropriate Dockmaster. Many locations that suffered damage in Superstorm Sandy have done extensive work on their electrical systems. If you want to use the electric you might require a different adapter than you used last year. Hot Water, Fans, Refrigeration, Air Conditioning, Hair Dryers, or whatever else you may need for a nice time at the beach, could make a planned stay cut short or more uncomfortable because you can't plug in. Make the call --

SBCC Band -- You can see them at many locations

August 10th – The Blast @ Vanderbilt's Wharf

November 2nd – Boatyard Party @ Long Island Yacht Sales

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The Old Salts Band had a great gig Saturday, June 15th at the Sagamore Yacht Club First Annual Regatta fund raiser for Alzheimer's. They raised over \$26,000.

Also I would like invite any club members who play or sing music and are interested in performing at the Blast to contact me at [wjdanilczyk@gmail.com](mailto:wjdanilczyk@gmail.com). We will have a sound system available for their use. This will be in addition to the band playing. I already have Peg Daisley and Matt Demarco playing and am hoping for a few more members to play.

Let me know if you have any questions.

Bill Danilczyk  
Chantyman

~~~~~

NUTS & BOLTS / MACERATOR MAINTENANCE

--Rich Mourino

Over the years I have found that this helps keep my macerator running in good shape and is also a good emergency method to get a macerator working when it is jammed or clogged.

Assuming that the intake hose is in an upright position, remove the intake hose and pour in some dishwashing liquid. I like to use Dove liquid dish washing soap.

Give it a few minutes to penetrate the macerator then reconnect the hose. If your holding tank is empty pump in some water. If you are out to sea now you can start your macerator.

The liquid dish soap cleans out the macerator impeller and also provides some lubrication. You should notice that the macerator runs at a higher revolution (louder sound). It should work much better.

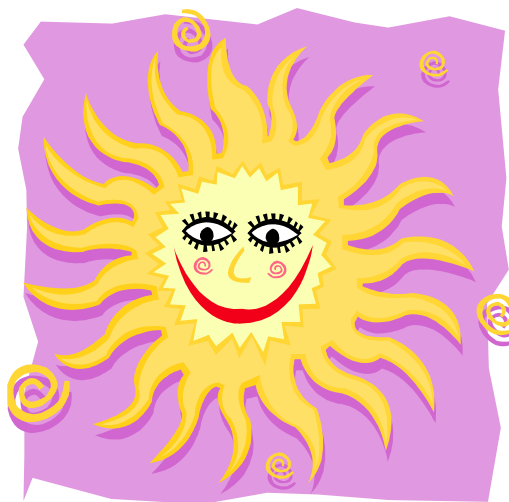
I usually do this at least twice a year, once in the beginning of the season and then again later if it is needed.

*There are days where we are much too serious,
totally forgetting to laugh
and not allowing our perspective to change.*

"Laughter:

*Lightens the load--
avoids negativity--
unites hearts--
gathers people together--
heals heartache--
tickles the soul--
energizes the human spirit--
and restores us to wholeness."*

Fleet Chaplin



Congratulations to Andrew Hemingway, Joe Mullé and Hugh Larkin for winning the GSBYRA Men's Championship hosted by Babylon Yacht Club on June 1st.

Local Knowledge

The following are emails that were received over the last few weeks from some of our members who have ventured out into the bay recently.

Roger Daisley received this email from a friend -- "We draw 3.5 feet, but we still managed to bounce off the bottom—twice—in the middle of the channel heading to Watch Hill and close to the opening. The ferry also hit and came to a stop.

A lot of the other Power Squadron people also bounced off the bottom as well.

We left Watch Hill at 11 am on Sunday to catch high tide. We were concerned about leaving at a low tide.

FYI—Davis Park

Monday through Thursday is \$1.00 / foot (electric extra)

Report of the Fleet Captain—Roger Daisley

Well, summer has finally arrived and we are off to a great start. In these past 4 weeks, we've had between 4 and 12 boats at our rendezvous, and the feedback has been great. I realize that many still don't have their boats in the water yet, including me which is very frustrating, but this too shall change soon.

In the next few weeks we'll have Joe & DJ hosting in Great River on June 29, Pat Halpin at Coast Guard Cove on July 6, Jay and Stephanie Pizer at the Oak Island Lead on July 13, Bob and Mary DeSimone in Great River on July 20, and then Dennis Marzocco in Great River on July 27.

We are a little top heavy with Great River, but that's left over from Sandy and not knowing when and if the usual Fire Island locations would be available. However, I've heard that all our usual locations are now open except Sailor's Haven*. Those who haven't selected a rendezvous location, please consider selecting so that we can distribute this to the rest of the members.

Tuesday evening 6/25/13 we are hosting a meeting for all those planning on being a part of the two-week cruise. This will be at my house -- 309 Asharoken Boulevard in Bay Shore. The list of people keeps growing and it looks like it will be a great trip. If you are "on the fence" about joining the cruise for all or at least part of the cruise, please consider coming over and join the planning of locations and activities. If you have any questions at all, this is a good opportunity to address those questions.

Most of the trip has already been discussed and the itinerary distributed, but there are several who are going to leave Martha's Vineyard and go to Nantucket, then rejoin the group. I know others who are going for the first week but will have to return early. So come out and join us Tuesday at the Daisley's house.

***Regarding Sailor's Haven, if anyone has any news as to whether it is open and what the water depths are, please let me know.**



WELCOME

The following new members were approved at the last Board meeting.

Edward & Beth Anderson

139 Litchfield Avenue, Babylon, NY 11702

631-422-4253 – Home & FAX

631-275-1312 – Cell

eander2607@aol.com

Their boat is *Why Knot*, a Morgan 30 that they sail out of Babylon. Their sail number is 813

William & Patricia Lapp

1311 Ocean Avenue, Bohemia, NY 11716

631-563-6391 – Home

516-209-9616 – Cell

Sail1742@hotmail.com

Their boat is *Konstellation*, a 30' William Show that they sail out of Bay Shore. Their sail number is 1742

Jim Papa

26 Awixa Avenue, Bay Shore, NY 11706

631-968-6947 – Home

631-312-3360 – Cell

atlsrf@yahoo.com

Jim sails *Noddy*, a 22' Sailmaster, out of Bay Shore. His sail number is 149

Thomas Potter & Christy Edwards

7 Maynard Lane, East Islip, NY 11730

631-277-2754 – Home

631-942-8583 – Tom's Cell

631-859-1054 – Christy's Cell

Tompotter33@gmail.com

Their boat is *Watercolor*, a MacGregor 26M that they sail out of East Islip. Their sail number is 337

Karen Quigley

12 Jackson Road, Babylon, NY 11702

631-661-1544 – Home

631-321-1795 – Business

k.quigley4@verizon.net

Karen sails *Cally Won*, an O'Day, out of Lewis Pond in Babylon.

Welcome New Members-continued

Douglas & Lisa Voos

511 Lakeview Avenue, Bayport, NY 11705

631-472-3042 – Home

631-487-1296 – Cell

dvoos@yahoo.com – Doug

onreleve@live.com - Lisa

Their boat is *Challenger*, a Hunter 30 that they sail out of Bayport. Their sail number is 1738

Please welcome them and encourage them to join us on the Bay.

Hospitality Report

by Fred & Betty Golder

Commissioning Day was especially meaningful this year. The Babylon Yacht Club has come a long way since the damage suffered in Superstorm Sandy last fall. The interior of the club had just received a new coat of lovely blue paint the week before our event and someone said the color was called "yacht club blue." So, the BYC looked very spiffy and we thank Commodore Tom McGowan for once again welcoming the SBCC as we launched the 2013 boating season.

We would also like to thank our committee members who made Commissioning Day possible by contributing dishes or helping to prep or serve lunch, and by acting as hosts at the door -- Sandy, Nancy, Peg, Della, Stephanie, Belle, Andrea, Marie, Whitney, Dever, Jay, Dave, and Charlie. We also would like to thank non-committee members John Holtz and Rich Mourino for jumping in and helping us get all the gear to and from the Babylon Yacht Club.

We congratulate Andrew Hemingway for his triple success that afternoon (Ken Kondor Award, winner of the Creepstakes Race, and winner of the 50-50 drawing), and we thank Andrew for his generous contribution of his half of the 50-50 back to the Club.

Our next big event is The Blast on August 10th at Vanderbilt Wharf on Great River. **Save the date!** This is the biggest party of the season and you can come by land or by sea to enjoy steak, chicken, or lobster and clams, fresh corn on the cob, salads and desserts and music by The "Old Salts Band." Chantyman Bill Danilczyk reports the band will also be hosting an "open stage" that afternoon. So, if you want to sing or make music, let Bill know and he will put you on the program.

And if you want to pitch in and help shuck corn or clams, or set up tables, or just hang out and have fun with the Hospitality Crew, stop by and see us at The Blast. We hope to see everyone there!

Fred & Betty Golder

In Memory of Arnold G. McKenney
June 20, 2013
SBCC Associate Member since 2005



Watercolor by Vince Piazzi



Yearbooks Distributed -- Did You Get Too Many?

The 2013 SBCC Yearbooks have all been mailed out. If for any reason you did not get your copies, please contact Peg Daisley (917-847-7445 or mdaisley@msn.com).

If by any chance you got yearbooks in the mail, but you had already picked them up in person at the Spring Party or Commissioning Day, please let Peg know and she will arrange to pick them up. These "extras" are needed for distribution to new members -- and we have had a lot of new members join the club already this year. Thanks!

JULY 2013 CALENDAR

2	Tues 1930	Bay Shore Twilight Mid Summer 1 RC Hemingway Non Spin
5	Fri 1930	Babylon Twilight Mid Summer 1 RC Penny Reg Start
6	Sat TBA	<i>Babylon Yacht Club Invitational</i> RC BYC Reg Start
6	Sat	Start of the Two-Week Cruise
6 7	Sat Sun	Rendezvous – “Wine Tasting – Coast Guard Cove Pat Halpin - <i>Nirvana</i>
9	Tues 1930	Bay Shore Twilight Mid Summer 2 RC Morgan Non Spin
11	Thur 1930	Babylon Twilight Mid Summer 2 RC Drossos Reg Start
13	Sat 1200 1500	<i>UCYC & SBCC West Cup Invitational – Babylon</i> Reg Start After Party UCYC
13 14	Sat Sun	Rendezvous – Oak Island Lead Jay & Stephanie Pizer-Cayenne
16	Tues 1930	Bay Shore Twilight Mid Summer 3 RC Hartnett Non Spin
18	Thur 1930	Babylon Twilight Mid Summer 3 RC Sullivan Reg Start
20	Sat	End of the 2-Week Cruise
20 21	Sat Sun	Rendezvous – Great River Bob & Mary DiSimone – <i>Free Spirit</i>
23	Tues 1930	Bay Shore Twilight Mid Summer 4 RC Rendich Non Spin
25	Thur 1930	Babylon Twilight Mid Summer 4 RC Schneller Reg Start
27	Sat 1200	<i>Broadside Women's Invitational</i> RC LaBella Non Spin
27 28	Sat Sun	Rendezvous – “Crazy Hat Party” – Great River Dennis Marzocco – <i>Silver Cloud</i>
30	Tues 1930	Bay Shore Twilight Late Summer 1 RC Kennedy Non Spin

For updates about rendezvous locations, check the SBCC Group Facebook page, The Masthead, the website <http://www.sbccsail.org/> and club e-mails.

Program Events 2013

Date	Topic	Location	Time	Event Chair
Nov TBD	Caribbean Sailing and Salty Dog Rally	West Islip Library	1 – 4 PM	Bill Danilczyk
Nov 9, 2013	Basic Boating Safety			

Advertising / Want Ads

"Charisma" 1976 Bristol 32'

Centerboard sloop, good condition. Doyle sails, Furler roller-furling 120% Genoa, Dodger, 4cyl 25 HP Westerbeke diesel - new injectors & injector pump, New fuel tank, auto pilot, VHF. \$21,500.00
Alan Parker (516) 883-0917

"Cu Mara" 1984 Endeavour 33 sloop

Very good condition, 30HP diesel engine, Roller Furling Jib & Main sails, hot water etc.
Price Just Reduced—Now!!! \$15,000 or Best Offer
Contact Carol Napolitano at 631-793-9526

Cherry Pi" 1974 C&C 25, Mark 1

Fully equipped for racing or cruising. Winning record.
New galvanized steel Triad trailer, GPS and VHF
Multiple suits of sails, OB motor, etc.,
Contact Nick DeMarco at 631-598-0168 or sailvela@optonline.net



U Guys R Awesome!!!

Thanks to all the SBCC members who have been sponsoring all the new SBCC members. We have had lots of folks submitting applications this year thanks to you, bringing up our total number of members to 218. We've had 13 new members this calendar year alone, and it's only June!!! It's always good to tell people you meet about what a fun Club we are, and how much you get for the price you pay. There is so much to do all summer that our calendars are crammed right now between rendezvous, racing, parties, etc. We hope you continue to invite folks to join in on the fun. THANKS AGAIN!

C U on the Bay!!

DJ & Joe Greco

Membership Committee

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kregan@reganagency.com

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rsformanjr@aol.com

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