



From the Masthead

SOUTH BAY CRUISING CLUB

April 2020

FROM THE HELM

Charlie Margeson

Fellow SBCC Members & Associates,

Well, you certainly cannot make this up!

We've had such a great start to our 2020 season and plans were in place for April and May. On February 29th Bob Forman provided a very interesting presentation on his trip to Maine, with over 40 people attending. However, since the beginning of March we have seen the Covid 19 virus spread so dramatically that we are now dealing with an unprecedented worldwide pandemic. The bottom line, as you all are well aware is that we are currently in uncharted territory.

For the SBCC, we cancelled the March events and now our April schedule has also been cancelled, which includes our annual Spring Party. The adherence to NY State Coronavirus Regulations and the safety of our members remain our biggest concerns. With parks, libraries and boatyards closed, the spring season is currently on hold. The Board will be keeping close watch over the next few weeks and I will inform the membership as soon as possible about our May schedule. Our all-important Commissioning Day is currently scheduled for May 25th, fingers crossed. I am grateful to the board, and specifically the Hospitality, Fleet, Regatta and Yearbook Chairs for keeping the business of the SBCC going under such trying conditions.

Just keep in mind that we will get through this. There will be an end (as there always is) and the coronavirus will determine when this will be. When it ends, our schedules and activities for the remainder of the season will be announced. I expect this will be in another month or two. But the bay is still there, the wind will blow and I sincerely hope we can sit around this summer/fall and talk about the crazy spring we all have had to deal with.

Upcoming Events

- Spring Party cancelled
- 5/8—BSIR Skippers Mtg—will meet either at West Islip Library or by Zoom, TBA
- 5/16—Spring Invitational Race to Atlantique—cancelled
- 5/20—Cruising Awards Dinner re-scheduled, 6:30 pm at Tres Palms
- 5/25—Commissioning Day at BSYC still on, subject to further notice
- 5/25—Creepstakes Race still on, subject to further notice

In the meantime, please all be safe, pay attention to the rules, be diligent and do your part to help limit the spread of this virus. Please also support our first responders and let's be ready to get back to normal when the time finally comes. I am certainly looking forward to getting out on the bay as soon as possible.

The Board & I hope you and your families remain safe.

Fair Winds,
Charlie Margeson
SBCC Commodore
commodore@sbccsail.org

FROM THE TREASURER

Rich Troy

As Treasurer, I am now requesting that SBCC members move to **online payments until further notice**.

Given the current health concerns with the potential danger in handling physical mail and checks, this request is for the benefit of all. The SBCC website transactions and payments are quick, seamless and safe. It also has the ability to handle all membership dues and many other transactions. Please contact Rich Troy, Treasurer if you have any questions or need assistance.

Thank you very much for helping us all stay safe until we get through this crisis.

Rich Troy
SBCC Treasurer
treasurer@sbccsail.org

FROM THE FLEET SURGEON

Heather Reed

Health Advisory for SBCC Members Special Considerations for Higher Risk Populations

Prepared by Heather Reed, Fleet Surgeon, in collaboration with Jeff Frederick, Vice Commodore and Charlie Margeson, Commodore

Dear SBCC Members:

By now, most of you are already practicing social distancing and taking precautions to protect yourselves and others from COVID-19, by simply staying at home if at all possible while on PAUSE. For those who are employees of essential businesses and cannot stay home, your efforts are heroic.

Most of us have been carefully and frequently washing our hands for 20 seconds (while singing the "Happy Birthday" song twice), using hand sanitizer if washing with soap and water is not possible, coughing/sneezing into our sleeves, using sanitizing wipes on high touch areas at home and in public (ex., on the shopping cart), donning gloves to get our groceries, stocking up on provisions to prepare for an unknown period of time, taking all known steps to reduce risk, and setting up to connect online or by phone with family and friends.

As you know, NY State is currently experiencing the greatest number of COVID-19 cases in the country. This disease is particularly transmissible and is believed to spread more easily than the seasonal flu¹. There are precautions everyone can take now, as recommended by the CDC and NYS Department of Health, to reduce your risk of exposure and transmission.

In New York State, the Dept of Health advises those over 70 years old and/or who have compromised immune systems to:

- Remain indoors
- Go outside for solitary exercise
- Pre-screen all visitors by taking their temperatures
- Wear a face mask in the company of others
- Stay at least 6' from others
- Do not take public transportation unless urgent and absolutely necessary

The CDC recommends:

- Clean your hands often.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing, or having been in a public place.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- To the extent possible, avoid touching high-touch surfaces in public places – elevator buttons, door handles, handrails, handshaking with people, etc. Use a tissue or your sleeve to cover your hand or finger if you must touch something.
- Wash your hands after touching surfaces in public places.
- Avoid touching your face, nose, eyes, etc.
- CDC is now saying masks are advisable for all as long as they are not N95 masks that could otherwise be used by medical providers on the front lines. Homemade masks, and even using a bandanna or scarf, are OK.

Who is at Higher Risk?

Older adults and people with severe chronic medical conditions like heart, lung or kidney disease seem to be at higher

risk for more serious COVID-19 illness. Older people may be more likely to have serious COVID-19 illness, due possibly to immune system changes of aging. Many older adults are also more likely to have underlying health conditions that make it harder to cope with and recover from illness.

If you are at higher risk:

- Stay home as much as possible.
- Make sure you have access to several weeks of medications and supplies in case you need to stay home for prolonged periods of time.
- When you go out in public, keep away from others who are sick, limit close contact and wash your hands often.
- Avoid crowds.
- Stay up to date on CDC and NYS Dept of Health Notices.

The COVID-19 outbreak could last for a long time. While taking action to help prevent contracting or spreading COVID-19 is essential, it is also important to do what we can to keep the outbreak in perspective. Anxiety and stress can affect our health, limit our happiness and spoil our enjoyment of the present, so please consider the following:

- Maintain your normal daily routines and activities, as long as they do not put you at additional risk of exposure or transmission
- Seek social support². Reach out online and on the phone to family and friends for contact, support and laughter.
- Avoid media overload. While we need to be aware of significant updates in the situation, we don't benefit from 24/7 reminders of the outbreak. Set a time once or twice a day for media updates.
- Stay in the present and try to enjoy each day to the extent possible.
- Try to avoid over-focusing on the scale and scope of the situation going forward.
- Remind yourself it can be difficult to cope with the unknown and there are questions that are simply unanswerable at this time.
- While trying to stay focused on the present, try to think of something to look forward to. It may be that first sail on your boat, or planning a cruise on your boat for sometime in the future, or when your favorite flowers are likely to bloom
- Take opportunities to relax your mind and body in healthy ways, through yoga, other physical activity (such as a refreshing walk along the beach, maintaining 6' distance from others) or whatever else helps you relax.
- Consider mindfulness meditation. YouTube offers many on line guided meditations. One that is short but effective is: [ACT Meditation: Leaves on a Stream](#).
- If thoughts and feelings about the virus become intrusive, you can't get yourself away from them, or they are impairing your enjoyment of life, consider talking with a behavioral health professional.

For more information, use one of these sites: [the CDC web site](#), and/or [New York State web site](#).

Heather Dawson Reed

Fleet Surgeon

surgeon@sbccsail.org

FROM THE FLEET CAPTAIN**Mara Liesegang**

In this time of uncertainty we can fully expect our rendezvous schedule, and possibly our cruise schedules, to be affected. For now, we will leave all as is. I believe we should continue to plan for the one- and two-week cruises. If they get postponed, we can still follow "the plan." If they end up being cancelled, look at all the work we have already set up for next summer!

Anyone with interest in the TWC (two-week cruise), please email me at fleet@sbccsail.org, and leave me your name, boat name, phone number and whatever email address you would like to use for TWC Correspondence. Also your level of interest, assuming things would be back to normal: Light interest (interested; might go depending on what is happening in my life at the time); Moderate interest (very interested; would like to make it if I can get away); or High interest (definitely going; will let you know of my intention for all or part of the trip).

I will set up an email group for us rather than having everything go through the main email chains to the whole club. Once we have enough info together and a little more knowledge on the condition of the world, we may be able to set up an online meeting. I will keep you posted.

The yards are closed as being "non-essential." We are working on our boat, though. Can't get much more isolated than being down below in the hold! Hoping for not too much of a delay once things are open again.

Stay safe everyone! See you on the water!

Mara Liesegang
Fleet Captain
fleet@sbccsail.org

FROM THE PROGRAM CHAIR**Todd McCarthy****Maine & Nova Scotia Sailing Adventure Summer 2019**

Bob Forman and Jeff Matera held their seminar about their trip to Maine and Nova Scotia, Saturday February 29, 2020 at the West Islip Library. There were more than 40 people at this well-attended seminar. Bob prepared a narrated 25-minute movie he had prepared from footage from the trip.

Bob broke down the trip in stages, Bay Shore to SW Harbor Maine—350 miles, Southwest Harbor to St. Peters Nova Scotia —400 miles, Lunenburg Nova Scotia to Bay Shore—500 miles. He offered cruising tips, logistical information, answered questions and created handouts for those in attendance.

Jeff supported Bob with historical dialogue regarding one of our most well-known inventors, Alexander Graham Bell who had a summer house in Nova Scotia. Parks Canada has devoted a national Historical Site to him in Baddeck, Cape Breton, Nova Scotia overlooking Bras d'Or Lakes which was visited on this trip.

There were snacks and refreshments provided and some donated by other members, along with Pam McCarthy's home made NY Crumb Cake that was devoured!

Thanks to all who made this event a success, and to Bob and Jeff for their hard work preparing for the seminar.

Fair Winds,

Todd McCarthy
Program Chairperson
program@sbccsail.org



FROM THE HOSPITALITY CHAIR

Scott Gesele

With the planning for all events complete, your hospitality committee was off to a great start for 2020. Andy and Helaina Mirchel graciously hosted our kick off meeting on March 9 and our committee really came together with party planners stepping up to run the events that will provide SBCC a GREAT year.

Unfortunately, plans can be derailed in an instant. The evolving public health crisis has us in uncharted waters. What this means for the rest of 2020 is unknown at this time. I regret to announce that the **Spring Party, scheduled for April 18 at the Bay Shore Yacht Club, has been cancelled.**

The remaining parties will be reconsidered as we get closer to each event. For now, all we can do is hope for the best. Please reserve the dates for our remaining parties, with the understanding that this is a very difficult time with many unknowns.

- **Commissioning Day:** May 25 at Bay Shore Yacht Club, starting at noon.
- **The Blast:** August 1 at Long Island Yacht Club, starting at noon.
- **Boatyard Party:** November 7 at Cook's Boatyard (Long Island Yacht Sales), starting at noon.
- **The Holiday Party:** December 12 at Shandon Court in East Islip, starting at 5 p.m.

Please take care of yourselves as we get through this.

Scott Gesele

Hospitality Chair

hospitality@sbccsail.org

FROM THE WELCOMING CHAIR

Michele Jaeger

On March 30th, our newest members, Christine and Robert Smith, were confirmed at the SBCC board's first-ever teleconference meeting.

Robert and Christine sail *SailSmith*, a Tartan 27 berthed at the Anchorage Yacht Club in Lindenhurst. They were sponsored by the Liesegangs and the McCarthys.

Robert is a seasoned sailor and Christine and their daughter Jessica are enthusiastic learners. He has an interest in participating in both cruising and racing. We are glad they chose to join our club and welcome them to the SBCC family of sailors.

Michele Jaeger

Welcoming Chair

welcome@sbccsail.org

SAILING STORY

Chris Goodwin

This past August, my girlfriend and I enjoyed a fun, two-week trip on our 28-foot sailboat, *Intrepid*. We began the trip by sailing through the calm, starry night along the coast of Long Island from Fire Island to Montauk where we stayed at a friend's house for one night before continuing the sail to Sag Harbor for a family reunion. After a few days exploring the area around Sag Harbor with family, we continued our voyage with another overnight sail to Newport, RI where we rendezvoused with another friend in Jamestown for the weekend. As you know, Newport is the Mecca of sailing on the East Coast so I spent a few days drooling over the fancy sailboats.

Then we took a break from nautical life and rented a car to drive six hours up to Dover Foxcroft, ME where my grandmother (former SBCC member Jean Goodwin) has a small cottage on Lake Sebec. We didn't explore much of Dover Foxcroft, but instead drove two hours east to Acadia National Park to hike the scenic trails and enjoy the picturesque sights along Park Loop Road for each of the two days that we stayed in Maine. We then drove back down to Newport and returned the dusty and bug-spotted Mustang to Avis, but only after restocking the boat with food and supplies for the final leg of the trip.

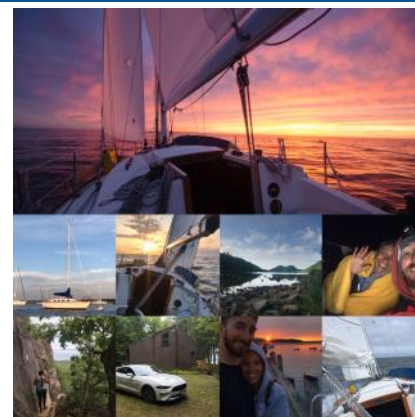
The next day, after waiting out a storm, we departed Newport and sailed a rigorous six hours upwind to Block Island, arriving just before sunset. The next day, we rented a moped and ex-

plored the island for the second time; the first being three years prior on our first big sailing trip, which was just a round trip from Fire Island to Block Island and back.

Two nights sleeping at anchor was enough for me be-

cause both nights we experienced heavy winds with one being a severe squall in which Vanessa and I had to fend off a 36' sailboat that had dragged anchor during the 50+ mph wind and rain event. We made it through the storm unscathed and departed the following evening for the final overnight sail home where we were rewarded for the midnight troubles with an epic sunset, fair winds, and following seas throughout the night into the next, sunny day.

Approaching Fire Island inlet, we were greeted by dolphins and escorted into the Great South Bay with an incoming tide, which made for a beautiful ending to an unforgettable adventure.



FROM THE REGATTA CAPTAINS

Duncan & Barbara Burns

We have finished up the racing schedule and it will be posted on sbccracing.org in a week or so. Our first race of the season will be the Creepstakes single-handed race. We will not be holding the Spring Race to Atlantique this year, but we have added a port-to-port race on August 15 to Great River. Please plan to stay overnight for the rendezvous. The NOR will be posted on the sbccracing.org site in April. This will be a traditional start for SBCC members only. We are working on scheduling all races with the Coast Guard for 2020.

Our Tuesday night BSIR will begin on June 2nd, and the Babylon Thursday twilight races will begin on June 4th.

The Commodore's Cup will be a two race series. The first race will be on June 23rd in Bay Shore and the second race will be on August 27th in Babylon. We have worked diligently to schedule this series around the one-week and two-week cruises, as well as other sailing races.

We are inviting all sailors to join our Tuesday night BSIR races. Please read the article in the Masthead on how easy it is to sail around the buoys. We then enjoy a cold one and some fine cooking on the grill.

If you are not currently a member of the South Bay Cruising Club, please reach out to the Gary Sebouhian and Ted Drossos for a non-member invitation to join us. You will also need to apply for a handicap. The BSIR Tuesday skippers meeting is tentatively set for May 5th, please check the website for any adjustments.

Barbara and Duncan Burns

Regatta Captains

regatta@sbccsail.org

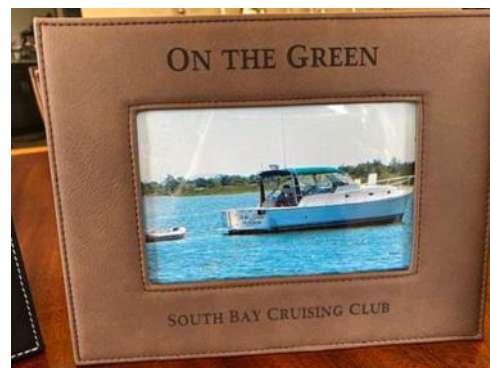
FROM THE OUTGOING FLEET CAPTAIN

Stephanie Pizer

The Cruising Awards dinner has been postponed again to Wednesday, May 20. The updated invitation is below. Thanks to Jay for updating the invitation again. I thought I'd give a sneak peak of some of the awards since handing them out is so delayed. If your boat is listed here, you will be receiving swag at the awards dinner. I hope to see you there.

<i>Adelina Rose</i>	<i>Galatea</i>	<i>NAIAD</i>
<i>Alexa Grace</i>	<i>Glenbeigh</i>	<i>On the Green</i>
<i>Becky</i>	<i>Heart of Gold</i>	<i>Rising Tide</i>
<i>Bleu Moon</i>	<i>Intruder</i>	<i>Sabbatical</i>
<i>Dream Voyager</i>	<i>Kailani</i>	<i>Shadow</i>
<i>Dust in the Wind</i>	<i>Kariana</i>	<i>Silhouette</i>
<i>Eagle's Wings</i>	<i>Maggie Lee</i>	<i>Summerhome II</i>
<i>Floriana</i>	<i>Margaret Gale</i>	<i>Tanzanite</i>
<i>Free Spirit</i>	<i>Midnight Sun</i>	<i>Thistle</i>
<i>Fun Sway</i>	<i>Miss Liberty II</i>	

Stephanie Pizer
Rear Commodore
2018-2019 Fleet Captain
rearcommodore@sbccsail.org



Sooooo you want to race in the BSIR?

Ted Drossos & Gary Sebouhian

A Simple Guide to Get You Started

Option One: The simplest way to get started in racing is to crew with someone else. There are always skippers that need crew and would be thrilled to have you aboard. Come down to Long Island Yacht Sales, 41 Degnon Blvd, Bay Shore, NY 11706 on Tuesday evening at least an hour before race time so we can get you on a boat.

Option Two: Just do it yourself by following these simple directions. In this article we're going to explain what you need to know in order to race in a typical BSIR pursuit style race from start to finish.

BEFORE RACE DAY

1. Get a boat and some friends together for an evening of fun.
2. You'll need the typical sailing equipment that you would normally use when you sail in the evening: working running lights, a VHF radio, flashlight and a compass, chart plotter or GPS.
3. You'll need a copy of the "Course Descriptions," the chart with the "Marks of the Courses," and the "Starting Time Offset Spreadsheet." All of these can be downloaded from the sbccracing.org website. Although it's not necessary,

number will be announced on VHF channel 72.

Course Description Look at the "Course Description" sheet to see the order of the buoys that will be used for tonight's race. It will indicate all the buoys that must be rounded and in which order they must be rounded to complete the race. It will also indicate how each buoy has to be rounded.

Determine Your Starting Time: After the course is announced look at the "Starting Time Offset Spreadsheet" (see below) to determine your actual starting time. Since this is a pursuit style start, each boat racing will have a different starting time. The slower boats will start before the faster boats. Below is a sample "Starting Time Offset Spreadsheet." For this example we will be using course #4 to illustrate how you will determine your actual starting time. Look at your spreadsheet and follow the selected course number column down until it intersects the row with your specific boat information. There are many courses, so it is important that you select the course column that corresponds to the course that was announced on VHF Channel 72. The information in the box where the row and column meet is your "Starting Time Offset." The "Starting Time Offset" is the number of minutes and seconds that you should start racing after the "Base Starting Time" horn has sounded.

Series			Course	1 or 2	3	4	5 or 6	7	8
BSIR Spring 2020			Distance	2.91	3.64	4.26	4.48	4.51	4.76
Boat Name	Sail #	Captain	PHRF	mm:ss	mm:ss	mm:ss	mm:ss	mm:ss	mm:ss
Integrity	11	Figueroa	233	00:49	01:02	01:12	01:16	01:17	01:21
Wind Dancer	378	Pfister	231	00:55	01:09	01:21	01:25	01:26	01:30
Your Boat Name	123	Your Name	228	01:04	01:20	01:34	01:39	01:40	01:45
Snoopy	682	Deruvo	223	01:19	01:38	01:55	02:01	02:02	02:09
Sabbatical	2803	Drossos A	222	01:21	01:42	01:59	02:05	02:06	02:13

print a copy of the "Notice of Race and Sailing Instructions" and read it. It will explain in greater detail some other information unique to the BSIR such as how handicaps are adjusted throughout the season.

RACE DAY, BEFORE THE START

Starting Area: All of the Bay Shore Invitational Races (BSIR) start at Buoy #1 in Great Cove, 0.8 nautical miles south of the Bay Shore Marina.

Checking in: When you arrive at the starting area, hail the committee boat on VHF channel 72 and broadcast your boat name and sail number. You should receive an acknowledgement from the committee boat.

Course Number: Fifteen minutes before the start, the course

If the race is scheduled to start at 7:00 pm, that would be considered the "Base Starting Time." If your "Starting Time Offset" is +01:34 (1 minute and 34 seconds) you should add this to the "Base Starting Time" and that will be your "Actual Starting Time." Example:

"Base Starting Time"	7:00:00 pm
"Starting Time Offset"	+01:34
"Actual Starting Time"	7:01:34 pm

In this example, you would start at 1:34 (1 minute 34 seconds) after the "Base Starting Time." Based on handicaps, boats will be starting at different times.

CONTINUED NEXT PAGE

Sooooo you want to race in the BSIR?

Continued from previous page

RACE DAY, THE START

Starting Sequence

There will be multiple (4-5) rapid horn blasts one minute prior to the "Base Starting Time" horn. One minute after the multiple rapid horns, a single long horn will be sounded precisely at the published start time as indicated in the SBCC yearbook and the sbccracing.org web site. This long single horn marks the "Base Starting Time."

Starting Line

The starting line is defined by Buoy #1 and a temporary mark set out by the race committee. You must pass between these two marks when it is your turn to start. The starting line is always perpendicular to the first leg of the course. Please keep the starting area clear for those boats that are about to start in order to avoid congestion at the starting line. It is very important that no boat be on the course side of the starting line after the "Base Starting Time" until your specific start time.

RACE DAY, AFTER THE START

Running the Course

Sail fast. Pass the marks of the course as indicated in the "Course Description" leaving each mark on the correct side of your boat. For instance if the course description indicates "6" starboard then you must pass buoy "6" leaving it on the starboard side of your boat – the right side. If the course description indicates "6" port then you must pass buoy "6" leaving it on the port side of your boat – the left side.

Oh, and try to pass as many boats as you can and try not to let any boats pass you. It's like a bunch of boats cruising while trying to get to the destination before everyone else. Pretty simple so far.

Marks

The "Marks of the Courses" chart will show you the location of all the marks (government buoys) used for every BSIR race throughout the season.

RACE DAY, THE FINISH

Finish Line

There will be a specific Finish Line that boats must pass through and this line will be described in the Course Description. Boats must finish by passing between buoy "1" and a mark set out by the race committee. When crossing the Finish Line, buoy "1" must be left on the same side of your boat as the previous mark of the course.

Boats that finish the race should call the committee boat on VHF channel 72 indicating their boat name and sail number. You should receive an acknowledgement from the committee boat. Boats that finish the race should also note their GPS finish time and the boat that finished immediately ahead and behind them. This information will be used if there is a discrepancy with the order of finish as recorded by the committee boat or in the event the committee boat had to leave station.

RACE DAY, AFTER THE RACE

The after race party

Come to Long Island Yacht Sales for the post race get-together and enjoy the fun and camaraderie with your fellow racers.

BETWEEN RACE DAYS

Information

All updates and the support information discussed here can be found on the sbccracing.org website. Race results and photos are posted there after every race.

HOW TO REGISTER TO RACE

Contacts:

Ted Drossos

Cell: 631-894-2760

E-mail: replusted@aol.com

Gary Sebouhian

Cell: 516-551-4399

E-mail: gsebouhian@nyc.rr.com

Photos from 2019 BSIR Races—Eric Winberry



SCUTTLEBUTT**D.J. Greco**

- ✿ Cindy LaValle and Mike Janoska (first photo, at right) just finished a Panama Canal cruise from Louisiana to San Diego. They are now back in Patchogue, and all is well with both of them.
- ✿ The Beckers, Golders, and the Holwells held a "wine & snackies" rendezvous in Golder's hotel room in Melbourne, Australia last month (see photo below) during their vacation/cruise through New Zealand and Australia. All of them have returned back to the United States safely.



- ✿ So, Joe and I are out sailing on Tampa Bay, and who do we see motoring by but Silent P. (photo at right) We were able to reach them by phone and they turned around so that we could talk a little of course from a distance. What fun to see club members on their boat down here even under the circumstances. Aqua therapy!
- ✿ After trying out snowbirding for several years, Rich and Diane LaBella decided to try St. Pete this year. They started driving home a few weeks ago, making stops along the way, including Savannah, West Palm Beach, St. Augustine, etc. They are currently in the Carolinas hunkered down in a rented cottage, where they have decided to stay a bit. They are nearby family, and they say they are safe.



- ✿ The entire world has changed since our last Masthead was published. We pray that you are all safe and healthy, and doing the right thing by quarantining or keeping your distance. Hoping this all will be over soon, and we can still all be together this summer on the Great South Bay! Virtual hugs to all of you from Joe and DJ.
- ✿ Can you imagine getting an alert on your phone that reads: Covid-19 alert. If you are boating down here in St. Petersburg, Florida, no more than 10 people per boat permitted. No boat closer than 50 ft. The dolphins and the wildlife are loving it!
- ✿ "There are three ways to ultimate success. One way is to be kind. The second way is to be kind. The third way is to be kind." ~ Mr. Rogers

SEASONAL RECIPES

by *Flori Grottoli*

Being strong during novel COVID - 19!

I've been listening, taking mental notes and acting upon protocols put forward by the World Health Organization and our government. I've also been listening to world news, Italian news in particular, to understand what they are going through and what they've learned so far about corona virus. I am hoping this will help me stay a step ahead of the impending infection.

The basic protocols are the same worldwide: washing hands frequently, social distancing and when possible, staying home. When leaving your home is necessary as in the case of food shopping, gloves and masks are the best defense from being infected and possibly infecting others if we are carriers.

While we're not being given guidance regarding diet and how it can help us during the COVID-19 spread, a strong immune system can be essential to keeping other pathologies away and giving us the added strength to fight corona virus in case of infection. I have identified a recipe that can benefit our immune system but, before I get into the recipe, here are some suggestions known to us for strengthening our general health:

Sleep - The Sleep Foundation states, "Without sufficient sleep, your body makes fewer cytokines, a type of protein that targets infection and inflammation, effectively creating an immune response. Cytokines are both produced and released during sleep and chronic sleep loss even makes the flu vaccine less effective by reducing your body's ability to respond." The study advises taking two 30-minute-or-less daily naps to help mitigate sleep deprivation's effects on the immune system.

Sugar - Making a simple conscious decision to limit or eliminate sugar, one meal at a time, strengthens your immune system by removing a food source for the "bad" bacteria in your gut that can kill off your good bacteria.

Stress - Stress causes an inflammatory response within the body that can greatly affect your fight-or-flight response by releasing too much of the stress hormone cortisol, leaving us more vulnerable to infections and disease. And since many of our essential minerals and vitamins can become depleted during stress, Vitamins C, B and D, as well as zinc, all support the immune system (no overdosing please).

Let's get cooking!

Minestrone: THE Super Food

Easy, satisfying, flavorful, super healthy—minestrone can be personalized to suit any taste, can be vegetarian or not, and has all the immune system support you'll need in one bowl. The best thing about minestrone is that you use what you have or what you can find. There's no set ingredients list; just remember to think "red, green and bean" for a balanced minestrone recipe. You can enjoy it with or without pasta, with large chunks of vegetables or pureed with a sprinkle of grated cheese (my favorite). I made a very large pot of minestrone and froze enough of it to give me four meals for both Claudio & I.

Here's what I found at the market and what I used for this minestrone:



1 cup mix of chopped onions, carrots & celery
 2 whole garlic cloves
 2 large chopped tomatoes
 1 large zucchini cut into small chunks
 1 medium bunch of escarole, washed & chopped
 1/2 lb. pumpkin cut into small chunks
 1 medium sweet potato cut into small chunks
 1 medium white potato cut into small chunks
 2 large yellow turnip cut into small chunks
 1 can (15 oz.) small white beans
 1/4 cup olive oil + a pat of butter
 salt & pepper to taste

Place olive oil and butter in a large soup pot over gentle heat. Add garlic, tomatoes, onions, carrots and celery. Sauté until onion becomes translucent, about 7 minutes, stirring constantly so as not to brown any of the ingredients.

Add the yellow turnip, sweet potato, white potato and pumpkin. Toss to coat with the base and add enough water to cover all the ingredients in the pot. Allow to cook on a gentle flame for 10 minutes stirring often. Add the beans and zucchini. Add enough water to cover this last addition of vegetables, and allow to cook another 10 minutes.

Finally, add the chopped escarole and fill with enough water to almost cover the escarole. Put a lid on the soup pot and allow to cook on medium flame for 30 minutes. Stir occasionally to ensure that veggies are cooking evenly. After 30 minutes, begin to taste the broth and adjust for salt (or add a bouillon cube if you prefer). Cook until the potatoes and pumpkin are tender but not overcooked.

Remove from stove, and to make it even more interesting, add a pinch of nutmeg, or cumin or turmeric, or saffron, or even some red pepper flakes. All these spices add another layer of flavor and, more importantly, are anti-inflammatory. Serve chunky or puree in a food processor. In any case, prepare containers for freezing your minestrone for use later on, when fresh veggies are not readily available or if you don't want to risk going to a market to shop. Enjoy, and please be safe and stay healthy!

Flori Grottoli

cavalieri@mindspring.com

FROM THE SHIP'S STORE**Glen Bernichon**

Ahoy Mates! The ship's store is open for business. Let's get ready for some great sailing this summer with some fashionable outfits. Please check out what we have, including a couple of new items.

what is actually ordered. If you would like to purchase items, please fill out the order form and mail it to the **Glen Bernichon @ 102 Manistee Lane, East Islip, NY 11730**, along with a check made out to SBCC for the total.

To avoid having product which can't be sold (wrong sizes, color, etc.) we are taking orders and having the members prepay for the items they want. This way we will only buy

Glen Bernichon

Ship's Store

Storekeeper@sbccsail.org

	<u>Burgee</u> Price \$26.00	\$
	<u>Decals</u> Price \$1.00	\$
	<u>Hats: Baseball</u> Adjustable strap Available in Nautical Red, Deck Blue Price \$18.00	\$
	<u>Hats: Bucket Hats</u> Available in Small and Large. Available in Forest Green, Caribbean Blue, Navy. Logo same as The Baseball type hat. Price \$21.00	\$
	<u>Hats: Sun Visor</u> Adjustable strap Available in Nautical Red, Deck Blue Price \$10.00	\$
	<u>Huggers: Folding Type</u> Keep drinks cool in the summer & warm in the winter! Neoprene folding flat can/bottle huggers. Very limited quantity available. For sale at events only. Price \$1.00.	\$
	<u>Huggers: Standing Type</u> Keep drinks cool in the summer & warm in the winter! Foam standing can/bottle huggers. Currently Sold Out Price \$TBD	\$
	<u>Socks: SBCC Socks</u> Unisex sock with the Club Burgee, Very comfy One Size fits most up to men's up to size 12. Supply Limited. For sale at events only. Send e-mail to storekeeper to verify availability. Price \$18.00	\$

	<u>Jackets: Breaker</u> SBCC water resistant wind breaker folds into its own pouch. Handy to carry whenever the weather might be threatening. Available in Navy or Scarlet Price \$38.00 (2XL add \$2.50)	\$
	<u>Shirts: Full Zipper Sweatshirt</u> Sweatshirt with hood in Navy, quality, thick & soft, by J-America, 80% cotton, 20% polyester, washes nicely. Available in Navy Price \$43.00 (2XL add \$2.50)	\$
	<u>Shirts: Men's Polo Shirt</u> Men's 2-Button Polo Jerzees brand shirt with collar. 50/50 Cotton/Polyester Pre-shrunk Jersey with stain-resistant finish. Sizes: Small, Medium, Large, X-Large, (2XL add \$2.50) Available in: True Red, Cyber Pink, California Blue, Navy, Suba Blue, Light Blue, Oxford.  Price \$21.00 (2XL add \$2.50) Logo: 	\$
	<u>Shirts: Women's Polo Shirt</u> Women's 4 Button Polo Jerzees brand shirt with collar. 50/50 Cotton/Polyester Pre-shrunk Jersey with stain-resistant finish. Sizes: Small, Medium, Large, X-Large, (2XL add \$2.50). Available in: True Red, Cyber Pink, California Blue, Navy, Light Blue, Oxford  Price \$21.00 (2XL add \$2.50) Logo: 	\$
	<u>Shirts: Long Sleeve T-Shirt</u> Limited Edition Light Weight Hoodie, Long sleeve T-Shirt, Graphic on back designed by our own Roger Ramsdell. Very limited sizes available and quantity available. Available in Heather gray. For sale at events only Existing stock price Price No Hood \$17.00 Price Hoodie \$25.00 To reorder, a minimum order of 30 items is required	\$
	<u>Tote Bag</u> Double Handled Tote Bag, 4-gallon capacity, Sturdy 100% cotton canvas, perfect for heading to stores while cruising Supply Limited. For sale at events only Send E-mail to storekeeper to verify availability Price \$25.00	\$

Check # _____

TOTAL ORDER:

\$ _____

Member Name: _____

Please make checks out to "SBCC," Mail the completed order and payment to:

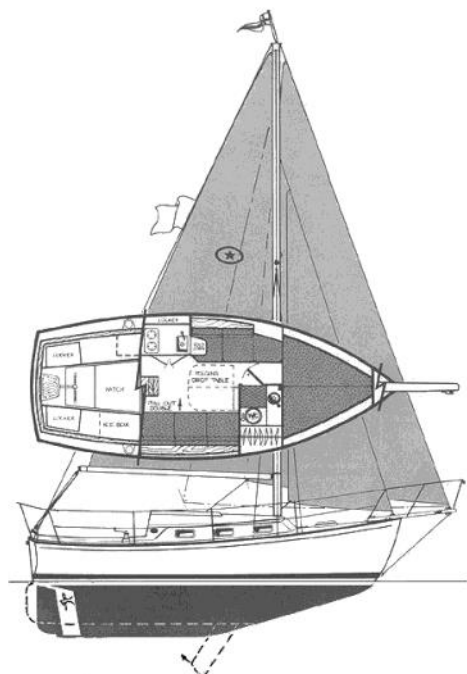
Glen Bernichon, 102 Manistee Lane, East Islip, NY 11730-3406.

Questions, please call Storekeeper at 631-335-8482 or email at: Storekeeper@sbccsail.org.

RIGGING LOCKER

Contact for placing ads: Joe Werkmeister masthead@sbccsail.org

Miss Liberty II — Asking \$20,000



1982 Island Packet Mark II, Cutter Rig
26 1/2 -foot with 10 1/2 beam

Fiberglass with teak rails and interior
Keel depth CB 2' 8" (centerboard missing)
Fuel: Diesel, 18 gallons
Water: 13 gallons

Sails: main, 130% jib and staysail, full set
Twin H-D batteries, 1-year and 2-year
Auto Pilot & GPS
15 HP Yanmar engine, 2008, low hours

Boat and engine yard-maintained
Spacious cockpit
Dodger and cockpit cover

More information about the boat at: <https://sailboatdata.com/sailboat/island-packet-26-mkii>

CONTACT:
Nancy Sherman
631-665-7884



Dock Space Available

There are 15', 14', 12', 11', and 10' wide slips available at a seven-slip private marina which is located in a deep water, natural canal on the border of West Babylon/Lindenhurst.

Included with each space is water, electric, captain's parking and ample guest parking.

Marina is located directly across from 401 Venetian Boulevard, Lindenhurst.

Contact: Chris Schaeffer
631-957-1220 (home) or 631-792-5898 (cell)



NYLON LINES & ROPE LADDER

Lines are all 3-strand rope-twisted nylon, white in color

Two (2) 50' no-splice loops—\$25 each
Two (2) 32' no-splice loops—\$20 each
One (1) 19' no-splice loops—\$15
One (1) 20' loop, splice on one end—\$15
One (1) rope ladder—\$20

Contact:
Dever Larmor
631-905-7967
dever.larmor@gmail.com



RIGGING LOCKER

Contact for placing ads: Joe Werkmeister masthead@sbccsail.org



Serious docking solutions! \$1,000 or best offer

Tired of fiberglass repair? Tired of spending money on fenders? Here's your alternative:

A pair of mooring arms that swing up, down, forward and aft, yet still position your boat a safe distance from the dock. These arms have worked for an 18,000-pound displacement boat that has survived many gales and hurricanes, including Sandy when the boat NEVER hit the dock!

These spars apply continuous variable pressure. Spring lines keep the boat from moving too far out of position. Base pulls the spars up and out of the way when not in use. Each spar incorporates a bow and stern line to cleat to your dock for easy retrieval for boarding.

Key Features

- Mooring arms are 7 ½ feet long, crafted from high quality heavy-duty aluminum
- Fixed bases made of stainless steel, bolts included
- Designed for fresh or saltwater use, low wake areas and non-tidal regions
- Ideal for any side-tie or other docking situation involving wake or surge action which would otherwise push your boat against the dock
- Provide reliable protection against costly dockside and seawall damage
- All you need are shackles and lines and lag



Contact: Roger Daisley | hrdaisley@gmail.com | 917-692-6955

For Sale: Mercury Dynamic Dinghy—Model #260, 3 person RIB—\$1,000

Contact: Jeff Mattera 631-431-1350 jmmattera@yahoo.com



Fabric	CSM PVC
Color	Gray White
Overall length	8' 2" / 250 cm
Overall beam	4' 9" / 145 cm
Inside length	5' / 153 cm
Tube diameter	15" / 381 mm
Load capacity	750 lbs / 340 kg
Maximum engine weight	66 lbs / 30 kg
Maximum horsepower	5

This is 7.5-ft hard bottom Mercury, approximately 3 to 4 years old

LOOKING FOR DOCK SPACE

I am looking for temporary dock space between May 28 and July 3, 2020
for my 36' Catalina

I have to leave the Anchorage Yacht Club before Memorial Day -
the boat is being re-located to Greenport before July 4, 2010.

Any assistance or recommendations are appreciated

CONTACT: Charles Lapp | lappandlapp@optimum.net | 516-581-1113

RIGGING LOCKER

Contact for placing ads: Joe Werkmeister masthead@sbccsail.org



1966 Pearson Wanderer #9

After 19 years and a lot of fun, it's time. Every year the boat has been hauled, winterized, mast un-stepped and the standing rigging inspected and replaced as necessary. Over the years I have upgraded many aspects of the boat. Here is what was done:

- Steering system replaced in 2018
- Electrical panel replaced in 2018
- Roller Furler replaced in 2017
- Centerboard pennant replaced in 2017
- Winch teak blocks reinforced in 2016 with teak backing and steel plates
- Rudder replaced 2012. Hand-made shaped laminated marine plywood.
- Brass shoe at the base of the keel replaced.
- Cockpit teak combing reinforced with brass rods 2004
- New sails in 2008—taken off the boat and stored every winter.
- Winches, 2 speed Lewmar 2008
- Boom Vang added 2011
- Traveler Blocks upgraded 2013.
- Yanmar Diesel serviced annually



Best Offer!

Contact: Mike Miligi | amblinmike@gmail.com | 631-774-3786

CLASSIC BEETLECAT

This wooden classic is launch ready with trailer, spar racks, sail and combo cover.
Hull #2304, built 2011

White topsides, buff deck and cedar cockpit
P/S bow chocks and cleats. Stern cleats.
Paddle, anchor, pump.
Delivery available.

Asking \$9,000

Contact: Andy Mirchel

Amirchel36@optonline.net

631-902-3848



RIGGING LOCKERContact for placing ads: Joe Werkmeister masthead@sbccsail.org**1998 Catalina 250 Water Ballast with Factory Trailer— \$11,500**

Wild Blue is a very clean example of the Catalina 250. She is the perfect trailer-sailer for weekend trips. Draft 2'- 4" with the centerboard up, 6' when down. The centerboard can be configured partially up.

2013 Yamaha 9.9 Four Stroke w/ electric start and power tilt; Asymmetrical Spinnaker with Sock and Turtle Bag; GPS; Autopilot; VHF; Pop Top; Whisker Pole, Bimini (not shown above). Latest updates include Self Tailing Winches - 2017; Standing Rigging- 2017; Main Battery - 2018; Sea Hawk Bottom Paint; Running Rigging; Trailer Updates.

Additional pictures available.

Reason for sale: upgraded to a Catalina 30

Contact: Scott Gesele

sgesele@yahoo.com | 631-987-4595 (cell)

**1999 PROLINE WALK AROUND CUDDYCABIN**

150 HP Mercury outboard with new powerhead

High performance stainless steel

VENGEANCE PROPELLER

DUAL AXLE TRAILER WITH DISK BRAKES

\$9,000

Contact: Larry Novak

novak34@optimum.net

631-793-4717

**CQR ANCHOR and NEW ENGLAND ROPES****25Lb CQR Anchor**

with 6ft coated 3/8" chain & Galvanized Shackles. **\$250**

350ft 3/4" New England Ropes Premium 3 Strand anchor rode, stainless thimble on one end and eye spliced on other end. **\$300**

Anchor & Rode have been used at most six times and have been stored off-boat. Both are in pristine condition and ready to give you a good firm hold on the bottom no matter what the weather.



Contact: Rich LaBella

labellarj@optonline.net

RIGGING LOCKER

Contact for placing ads: Joe Werkmeister masthead@sbccsail.org



1978 Tartan 27-2

Beam: 8'9"; Draft 3'2" board up, 6'6" board down

Electric Motor (easy maintenance!)

\$7,900

MANY upgrades over past 6 years, including:

- Sandblasted bottom, repainted with 4 coats Interlux barrier
- New electric motor and battery bank
- New cutlass bearing and stuffing box
- New ports and headliner
- New interior cushions
- Centerboard and mechanism rebuilt, new pennant
- New galley foot pump, Origo two burner Alcohol stove
- Most running rigging replaced
- New windex, VHF antenna and cable, mast sheaves, all mast wiring new and tied off, LED anchor light, some LED cabin lights, cowl vents, telescoping swim ladder, new Genoa blocks
- On-board battery chargers for house batteries and motor batteries
- New dock lines
- Danforth 25 lb. anchor with chain and nylon rode
- 150% genoa on roller furler, Gennaker on furler
- Mainsail cover, dodger (windows replaced 2016), lazy jacks
- Porta Potti (original holding tank was removed but available)



Contact: Fred Liesegang

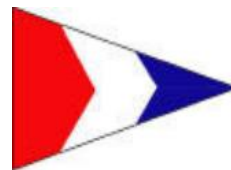
fred4936@yahoo.com ~ 516-567-3567

HELP WANTED

Bay Shore Yacht Club seeks the following employees to support our Youth Sailing Instruction Program. Approximately 50 to 85 students of varied ability—beginner to scholastic team sailors (high school sailing team). Student ages 8-16. Program runs July 6 to August 28, 2020 (8 weeks). Hours are approximately 9am to 5pm weekdays. Applicants can reply to bsyclub2@gmail.com.

PROGRAM DIRECTOR

Work with club board members to direct and develop the program, interact with sailors and their parents. Oversee a group of approximately 5 young (high school/college age) instructors. Help organize weekly youth invitational regattas, one to be hosted by our club in July. Requirements: Must be an adult. First Aid and CPR training. Powerboat and sailboat handling expertise a plus.



SAILING INSTRUCTOR(S)

Junior or advanced skill candidates are welcome to apply. Teach dinghy sailing skills to youths ages 8-16. Rig boats as required. Requirements: First Aid and CPR training, US Sailing Level I certificate (or willingness to obtain one), powerboat safety training (or willingness to obtain).

SBCC OFFICERS, GOVERNORS, COMMITTEE CHAIRS, 2020-2021

OFFICERS

Commodore—Charlie Margeson
 Vice Commodore—Jeff Frederick
 Rear Commodore—Stephanie Pizer
 Treasurer—Rich Troy
 Recording Secretary—Wendy Gesele

BOARD OF GOVERNORS

Roger Daisley
 Bill Danilczyk
 Bob Forman
 D.J. Greco
 Rich LaBella
 Bob Sheppard
 Bob Van Tassel

Fleet Captain—Mara Liesegang
 Regatta Captains—Duncan & Barbara Burns
 Fleet Surgeon—Heather Reed
 Fleet Chaplain—Rick Simpson
 Chanteyman—currently vacant
 Corresponding Secretary—Joe Werkmeister, Peg Daisley

COMMITTEE CHAIRS

Community Relations—Cathleen Messina
 Cruising—Mara Liesegang
 GSBYRA Delegate—Rob Gutmann
 Handicap—Ted Drossos
 Historian—Fred Liesegang
 Hospitality Chair—Scott Gesele
 Mailing—Fred Golder
 Masthead—Joe Werkmeister, Peg Daisley
 Membership—Pam McCarthy
 Program—Todd McCarthy
 Protest—Marty O'Connell
 Racing—Eric Winberry
 Scoring—Eric Winberry
 Storekeeper—Glen Bernichon
 Trophies—currently vacant
 Webmaster—Rich Mourino
 Welcoming—Michele Jaeger
 Yearbook—Jay Pizer

SBCC Website: www.sbccsail.org
 Racing Website: www.sbccracing.org
 Questions for the Board: corsec@sbccsail.org

DIRECTORY of Handy Contact Information

See the **SBCC Cruising Guide** for much more information about cruising in the Great South Bay and points beyond. The Guide is available to members and associates on the [web site](#). See the Table of Contents—Cruising Guide.

Anchorage Yacht Club, Lindenhurst
 Marina & Pump-out
 631-991-7372

Atlantique, Fire Island Marina
 631-583-8610

Bay Shore Marina Snack Bar Gas Dock
 631-665-1184

Captree Bridge
 631-433-3919

Captree Marina Fuel Dock
 631-587-3430

Davis Park
 631-597-9090

Fire Island Pines Marina
 631-597-9581

Jackson's Marina, Cormorant Point
 631-728-4220

Long Beach Bridge
 516-571-7785 or VHF 13

Loop Bridge
 516-578-5903 or VHF 13

Meadowbrook Bridge
 516-578-5903 or VHF 13

Ocean Beach Marina
 631-583-5153

Pump-out in Patchogue or Moriches
 Pump-out boat at VHF 73

Railroad Bridge/Channel Bridge
 516-889-9169 or VHF 13

Robert Moses State Park Boat Basin
 631-321-3515

Sailor's Haven
 631-597-6171

Seaview Marina
 631- 583-9380

Shinnecock Canal Lock Tender
 631-852-8291

Shinnecock Canal Slip RSVs
 631-854-4952

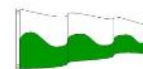
Shinnecock Canal
 Tobay Marina
 516-679-3911

TowBoatU.S.
 631-666-5380
 VHF Ch16

Wantaugh Bridge / Sloop Channel
 516-242-2637 or VHF 13

Westhampton Beach Yacht Marina
 631-288-9496

Watch Hill: 631-597-6455



Note that contact information for all yacht clubs and sailing associations on the Great South Bay can be found in the annual GSBYRA yearbook and on the GSBYRA web site at:
<http://gsbyra.org/contacts.htm>