



From the Masthead

SOUTH BAY CRUISING CLUB

May 2022

FROM THE HELM

Jeff Frederick

Fellow SBCC Members and Associates!

I was at a party recently, and the topic of boat building came up. I was dragged into the conversation by a friend who knew I built a 19' gaff sloop back in my younger days, and I was tickled to discover that a five word Google search immediately yielded a picture of said sloop, with my German Shepherd staring directly at the camera boat! Just as I remembered. Ha!

I began thinking about how one summer without a sailboat made me take on such a crazy commitment. I dug through boxes of old books to find the plans and directions, on which I kept some notes including progress notes, and my material shopping and expense log. It reminded me of a time (1999) when you could walk into a lumber yard (this was in Oregon) and select only the best teak, straight and flawless. Or you could get truly "AA" marine plywood, zero plugs, for approximately \$50 per sheet. Building a boat in your back yard used to be considered the "cheap way", and hundreds if not thousands of intrepid cruisers in the U.S. took this path, building boats from scratch or ordering bare hulls from builders to be fit out in the back yard over the years. Not captured in my notes, but firmly planted in my memory, are memories of the backaches, the body aches, and the profuse sweating associated with building a boat in a garage as the summer heats up. To this day I would warn anybody against building a boat—not because it wasn't a rich experience, but because I'm still not sure all of the pain and effort was really worth it.

That said, the cost of materials in 1999 for the hull - \$1,172; rigging and hardware was sourced locally, using galvanized fittings (a freshwater boat) and lots of home-made adaptations like spliced hemp rope mast hoops - \$448; Rolly Tasker sails - \$495; and a brand-new galvanized bunk trailer - \$650. Total cost - \$2,765—or in today's dollars that would be \$4,775. If you were to look in the local classifieds, you could probably find a pretty nice 19' sailboat for less than \$5k and save yourself the hundreds of hours of labor. Just a thought on the value of time, and a reminder that sailing is only as expensive as you want it to be.

Hospitality – With Commissioning Day quickly approaching, Susan Moran is looking for a few volunteers to make the party a success. Please reach out to Susan if you can assist.

Regatta – The schedule is set and should be posted to the sbccracing.org website. Check it out, and we hope to see you out on the water.

Programs - Eric Forsyth's 50 Years of Ocean Sailing presentation on Sunday April 10th at the West Islip Library was incredible! He compiled film and pictures into a movie that included interviews/narration by Eric, plus stories of his 50 years of sailboat cruising, two circumnavigations, 27 Atlantic crossings, and unbelievable adventure. He followed up with an organized Q&A which was a delight. Thank you, Programs and Eric, for giving us this amazing afternoon.

Fleet – The first RV of the season is May 7: the "Welcoming New Members RV" hosted by Sandy Carlberg and Michele Jaeger, our Welcoming Chairpersons. It will be held at Bellport's Osborne Park at the end of Bellport Lane and can be attended by boat or car. This is a nice feature, as lots of folks (myself included) are often not in the water at this early date. New members and old are invited to come out for a fun afternoon in this beautiful waterfront setting to get to know each other. If you have non-member friends who might be interested in joining the club, please extend an invite!

The following weekend of May 14, The RV will be hosted by Andrea and Dever Larmor at their waterfront home in Bay Shore— details to follow.

Summer is coming, the days are finally getting longer and marginally warmer, and we are looking forward to a great season on the Bay!

Regards,
Jeff

Jeffrey Frederick
SBCC Commodore
commodore@sbccsail.org

Upcoming Events

- May 7—New Member Welcome RV
- May 14—Cinco de Mayo RV—Lawrence Creek
- May 16—Board of Governor's Meeting, West Islip Library at 7:30
- May 21—Spring Race to Atlantique
- May 21—Spring Family Weekend at Atlantique
- May 28—RV at Coast Guard Cove
- May 30—Commissioning Day at BSYC
- May 30—Creepstakes Race
- May 31—BSIR Race Spring 1

2021 RACING AWARDS**Charlie Margeson**

We had a great turnout for the Regatta 2021 Race Awards Party on Wednesday, April 6th. Over 40 SBCC members and racers filled the Sea Gull Restaurant and we all enjoyed catching up with each other after the winter. Special thanks to the seven SBCC Board members who also attended our party in a show of support including new Commodore Jeff Frederick and all of our Flag Officers. Fleet Captain Todd McCarthy, Recording Secretary Wendy Gesele and the SBCC Masthead Editor Joe Werkmeister (who crews on Tuesday) also joined the party. The continued Board support for our Regatta program is much appreciated.

Everyone enjoyed plenty of food and drink and the awards were presented for the Tuesday and Thursday series, and all the weekend races throughout last year's season. This year's special SBCC awards for both the Deale Trophy and the Commodore Cup went to captain Rick LaTorre and his crew on *Dark Star*. It was well earned, they had a great season!

Thank you to all who volunteered for your race committee assignments. The schedule is now complete.

It was great to see such a good turnout and to hear such positive feedback from everyone. We have now completed the 2022 schedule (See pages 6 and 7) and look forward to the start of our season for 2022.

See you at the start!

Charlie Margeson
Regatta Captain
regatta@sbccsail.org



2020-2021 Regatta Captains Duncan and Barbara Burns with our 2022-2023 Captain Charlie Margeson and Commodore Jeff Frederick
(Photo by Stephanie Pizer)

2021 RACING AWARDS

Photos by Stephanie Pizer



FROM THE REGATTA CAPTAIN**Charlie Margeson**

It's been a busy spring for our SBCC Regatta committee! We had our 2021 Race Awards Party and the Regatta Committee has been working to get the new season together for all you racers. The good news- our 2022 race schedule is now finalized, Race Committee assignments are completed and we are ready to go.

Here's a quick summary of 2022 start dates:

-May 21st -Race to Atlantique- this is always a great way to start the season. This is a pursuit start for both cruisers and racers. It is a Bay Shore start with the finish at Atlantique. Racers can pull into Atlantique for the afternoon post-race party this year or stay overnight and join the SBCC Spring Family Weekend Rendezvous.

-May 30th - Creepstakes Race/Commissioning Day- this is a longstanding SBCC tradition as a single-handed pursuit start race at 11:00 AM prior to the Commissioning Day ceremonies at the Bay Shore Yacht Club.

-May 31st - Tuesday BSIR series begins Tuesday May 31st at 7:00 PM with Ted & Gary again managing this series. There are some changes to the courses and tweaks to the handicap adjustment rules for 2022, so please check the NOR on our website. New racers must register prior to racing BSIR. This is a very successful series.

-June 2nd - Thursday Babylon Twilight series starts at 7:30 PM under the continued leadership of Rick La-Torre. The schedule this year has been revised to an "every other Thursday" format to accommodate our limited resources for RC duty. Come out and join our Babylon racing series. It's some of the only PHRF racing west of "the Bridge" and is pretty exciting.

-The Final 2022 Race Schedule is now posted on our website and included below.

-Please visit the SBCC Racing website at sbccsail.org for final racing information. It is a great resource for all racing information so take a look and let us know what you think.

Finally, don't forget to file for your updated handicap rating if you haven't already done so. You'll find the instructions on the website or contact our Handicap Chair Ted Drossos. Remember, all new racers must register and have your handicap prior to racing in any club events.

See you on the race course!

Charlie Margeson
Regatta Captain
regatta@sbccsail.org



BSIR RACING**Gary Sebouhian/Ted Drossos**

Just about 4 weeks to the start of the 2022 BSIR season. Get your boats and crews ready for a great start on Tuesday, May 31.

The following information is needed in order to race in the BSIR in 2022:

- 2022 Bay Shore Invitational Races Marks of the Courses
- 2022 Bay Shore Invitational Race Courses
- 2022 BSIR Race Committee Boat Responsibilities
- 2022 BSIR Committee Boat Assignments
- BSIR Scratch Sheet (for committee boat use)
- 2022 Bay Shore Invitational Races Notice of Race and Sailing Instructions

Throw away all information from last season. Print this 2022 information and keep it on your boat. It is also available at www.sbccsail.org Go to the Regatta tab and then Racing Web Site. It may also be accessed at www.sbccracing.org.

The most notable change to the 2022 BSIR season is that courses have been modified.

Last season's course list is no longer valid.

Here are the dates and base starting times for the 2022 BSIR season:

May 31 – August 16	19:00 (7:00 pm)
August 23 – September 13	18:30 (6:30 pm)
September 20 – October 11	18:00 (6:00 pm)

Just a reminder, if you made changes to your boat that might affect your handicap rating, please send an email identifying the changes to sailboatracing@gmail.com.

If you are currently not racing your own boat or know someone that wants to race their boat, here is the procedure. The skipper must register their boat one week prior to their first race in order for a handicap and starting time be determined. Register by contacting sailboatracing@gmail.com.

The **Starting Time Offset Spreadsheet** for the first series will be sent to everyone, and will also be available on www.sbccracing.org , approximately one week prior to the first race once all the starting handicaps are finalized.

We're looking forward to another great season.

FROM THE REGATTA CAPTAIN**Charlie Margeson**

2022 SBCC Race Schedule							
Date	Race	First Gun	Classes	Notes	Race Chair	Start Locale	Courses
Sat May 21	Spring Race to Atlantique	1200	Pursuit	2, 3, 4, 8	E Winberry	Bay Shore	
Mon May 30	Creepstakes Single Handed	1100	Pursuit	2, 4	D Burns	Bay Shore	1 thru 15
Tues May 31	Bay Shore Invitational Race (BSIR) Spring 1	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Thurs Jun 2	Babylon Twilight Race Early Summer 1	1930	Reg	2,9,11	R LaTorre	Babylon	1 thru 9
Tues June 7	Bay Shore Invitational Race (BSIR) Spring 2	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Fri June 10	Babylon Cup	1900	Reg	2, 9, 11	BYC	Babylon	
Tues June 14	Bay Shore Invitational Race (BSIR) Spring 3 Commodore's Cup Race 1	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Thurs Jun 16	Babylon Twilight Race Early Summer 2	1930	Reg	2,9,11	R LaTorre	Babylon	1 thru 9
Tues June 21	Bay Shore Invitational Race (BSIR) Spring 4	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Tues June 28	Bay Shore Invitational Race (BSIR) Early Summer 1	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Thurs June 30	Babylon Twilight Race Early Summer 3	1930	Reg	2,9,11	R LaTorre	Babylon	1 thru 9
Sat July 2	Babylon Yacht Club July 4th Invitational		Reg	3	BYC	Babylon	1 thru 9
Tues July 5	Bay Shore Invitational Race (BSIR) Early Summer 2	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Tues July 12	Bay Shore Invitational Race (BSIR) Early Summer 3	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Thurs July 14	Babylon Twilight Race Early Summer 4	1930	Reg	2,9,11	R LaTorre	Babylon	1 thru 9
Tues July 19	Bay Shore Invitational Race (BSIR) Early Summer 4	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Tues July 26	Bay Shore Invitational Race (BSIR) Mid Summer 1	1900	Pursuit	2,4,6,11,13	Drossos/Sebouhian	Bay Shore	1 thru 15
Thurs July 28	Babylon Twilight Race Commodore's Cup Race 2 Late Summer 1	1930	Reg	2,9,11	R LaTorre	Babylon	1 Thru 9

FROM THE REGATTA CAPTAIN**Charlie Margeson**

Tues Aug 2	Bay Shore Invitational Race (BSIR) Mid Summer 2	1900	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Sun Aug 7	Bay Shore Yacht Club GSBY- RA Invitational Regatta	1300	Pursuit	3,4,8	BSYC	Bay Shore	1 thru 15
Tues Aug 9	Bay Shore Invitational Race (BSIR) Mid Summer 3	1900	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Thurs Aug 11	Babylon Twilight Race Late Summer 2	1930	Reg	2,9,11	R LaTorre	Babylon	1 Thru 9
Sat Aug 13	West Island Race	1200	Reg	2,9,12	Marko/Davis	Bay Shore	West Island
Tues Aug 16	Bay Shore Invitational Race (BSIR) Mid Summer 4	1900	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Tues Aug 23	Bay Shore Invitational Race (BSIR) Late Summer 1	1830	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Thurs Aug 25	Babylon Twilight Race Late Summer 3	1900	Reg	2,9,11	R LaTorre	Babylon	1 thru 9
Tues Aug 30	Bay Shore Invitational Race (BSIR) Late Summer 2	1830	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Sat Sept 3	Bellport Invitational		Reg		Bellport Yacht Club	Bellport	
Sun Sept 4	GSBYRA Queen of the Bay		Reg		GSBYRA	Bellport	
Tues Sept 6	Bay Shore Invitational Race (BSIR) Late Summer 3	1830	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Thurs Sept 8	Babylon Twilight Race Late Summer 4	1830	Reg	2,9,11	R LaTorre	Babylon	1 thru 9
Sat Sept 10	Mayor's Cup	1200	Reg	2	Davis	Long Island YC	
Tues Sept 13	Bay Shore Invitational Race (BSIR) Late Summer 4	1830	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Tues Sept 20	Bay Shore Invitational Race (BSIR) Fall 1	1800	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Tues Sept 27	Bay Shore Invitational Race (BSIR) Fall 2	1800	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Sun Oct 2	Louis Orr Invitational	1200	Reg	2,9,11	BYC	Babylon	1 thru 9
Tues Oct 4	Bay Shore Invitational Race (BSIR) Fall 3	1800	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15
Sat Oct 8	Discoverer's Race BSYC & SBCC	1200	Pursuit	2,3,4,8	BSYC	Bay Shore	
Tues Oct 11	Bay Shore Invitational Race (BSIR) Fall 4	1800	Pursuit	2,4,6,11,13	Drossos/ Sebouhian	Bay Shore	1 thru 15

SPRING PARTY**Susan Moran**

We had the first Hospitality event of the year, the Spring Party on April 9th at the Bay Shore Yacht Club, hosted by Wendy and Scott Gesele. It was great to see so many SBCC members in person! As always, the Hospitality Committee brought their "A" game in terms of food and presentation. We were also able to present awards for the past two years! Our next event will be Commissioning Day on Memorial Day, May 30th at the Bay Shore Yacht Club and, in keeping with SBCC tradition, it will be a glorious barbeque!

Please mark the remaining 2022 Hospitality events in your calendar:

Commissioning Day: Monday, May 30th (Memorial Day) at Bay Shore Yacht Club

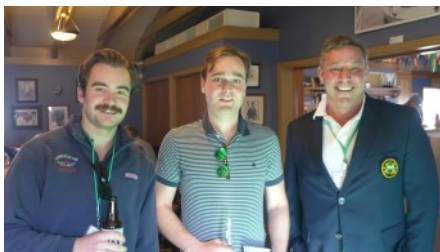
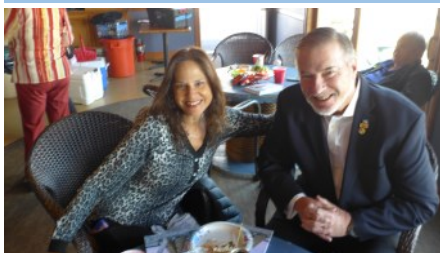
The Blast: Saturday, August 20th at The Wharf (Oakdale), (Catered; Buffet)

Boatyard Party: Saturday, November 5th at Coastal Yachting Center (Cook's)

Holiday Party: Saturday, December 10th at Shandon Court (East Islip), (Catered; Sit down)



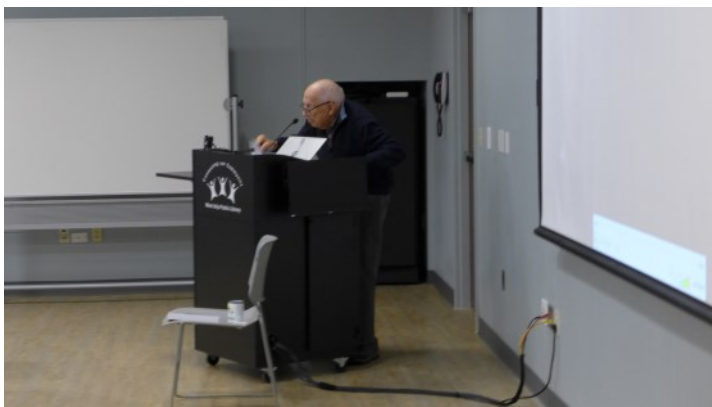
Hosts, Scott and Wendy Gesele



Photos by Stephanie Pizer

ERIC FORSYTH PRESENTATION**Bob Forman**

On April 10th, Eric Forsyth gave a presentation to Club members based upon his 50 years of cruising to some of the most remote places on the globe. Eric was introduced by Program Chair, Bob Forman, who highlighted Eric's amazing accomplishments. Eric then took over and showed his cruising video to an audience exceeding 40 members. Following the video, Eric was gracious to answer any questions from the group, of which there were plenty. Thanks go to all who worked to put this presentation together!

**Program Chair, Bob Forman****Bob Forman and Eric Forsythe**

**Above photos by
Stephanie Pizer**

**Left: S/V Fiona
Right: Fiona enters**



FIRST RENDEVOUS OF 2022**Michele Jaeger and Sandy Carlberg**

The first Rendezvous of the sailing season will be on May 7, 2022. The theme will be "Welcoming New Members." We would like our new members to meet some of our more seasoned sailors in a casual, comfortable outdoor setting. It will be held at Bellport Park at the foot of Bellport Lane, about 1 mile S of South Country Road, in Bellport. If your boats are not yet cruise ready, you may come by car. Of course, it will be weather permitting.

**SOUTH BAY CRUISING CLUB**

Please join our rendezvous:

In The Park

Welcoming New Members

SATURDAY, MAY 7TH
1600-2000 Hours

BELLPORT PARK
One mile South of South Country Lane
at the foot of Bellport Lane

It is traditional to bring your own
beverage and an appetizer to be shared
and it is wise to bring a folding chair for the park

Weather permitting, come by boat or by car
and look for the club burgee

If you have any questions, please email or text
Michele Jaeger at mjaeger01@optonline.net 631-741-2079
or call or text Sandy Carlberg at 631-838-1476

Remember to bring your name tags!

How To Avoid Being Part of "The Human Lobster Season"

Submitted by Roger Daisley c/o Dan Chesnut of the Boca Ciega Yacht Club in St. Petersburg, FL. This quiz is excerpted from a much longer article describing the hazards of exposure to UV rays. Give the quiz a try and look for the answers on the next page.

- 1) (True/False) Sunburn occurs when the air temperature is approximately 83 degrees or higher.
- 2) (True/False) On the Florida west coast In the summer, the sun is highest in the sky at approximately 1:30 p.m.
- 3) (Multiple Choice, trick question) UV radiation is strongest in the a) Summer b) Fall c) Spring d) None of the above e) All of the above
- 4) (True/False) When the sun is high, but I am under shade (tree, porch, beach umbrella, large hat), UV radiation cannot reach my skin.
- 5) (True/False) UV radiation passes through car windows.
- 6) (True/False) The sun is high up, but behind a cloud. UV will not affect me.
- 7) (True/False) I can become a burned-to-a-crisp "Human Lobster" even when my skin is wet and cool.
- 8) (True/False) Sunburns at any age are equally likely to promote skin cancer later in life.
- 9) (True/False) Sunscreen alone is enough to protect me from sunlight.
- 10) (True/False) My lips are vulnerable to UV damage. I should apply a high SPF lip balm while in the sun.
- 11) (True/False) My eyes are far enough in my head to avoid damage from UV rays.
- 12) (True/False) Sunscreens are too messy to – you know, mess with.
- 13) (True/False. Trick question.) The UV Index is 9 out of 10 today. I should apply sunscreen before I go outside.
- 14) (True/False) Premature aging of the skin caused by UV radiation will gradually reverse once I begin to practice safe sun precautions.
- 15) (True/False) It is windy today. I should apply sunscreen and/or lip balm to protect myself from windburn.
- 16) (True/False) Vitamin D is important for my overall health, including my immune system. Being in the sun is how the body creates Vitamin D. Yet the sun's rays are harmful. So, sunlight is actually beneficial, too.
- 17) (True/False) Ozone depletion in the atmosphere allows greater penetration of UV radiation to the earth's surface where it affects us.
- 18) (True/False) Ozone depletion in the atmosphere contributes to global warming.



FROM THE FLEET SURGEON**Kristine Schaefer**

Quiz answers:

- 1) False. Disregard the temperature for UV questions. Sunburn is possible any time the sun is at a high enough angle for UV rays to pass through clear air to the ground. It is not affected by whether the air is hot or cool.
- 2) True! Why 1:30, not 12:00? Daylight Savings Time adds one hour, so that makes it 1:00, and the Florida west coast is at the western edge of the Eastern time zone, and that adds another half hour. The standard advice of avoiding sun between 10:00 a.m. and 2:00 p.m. is misleading and unhealthy for Florida. It is better to avoid sun altogether from 10:30 a.m. to 4:30 p.m. Going fishing at 1:00 with sunscreen and a hat is a bit like buckling the seat belt and driving 100 m.p.h., IMHO. Even if your favorite sail out time is 2:00, the science of skin care remains what you see here. The good news is that UV does not easily penetrate air, so when the sun is bright and hot but at a low height where the air is relatively thick, the amount of UV reaching us is either very low or nonexistent. This also means that at higher altitude, where air is thinner, UV intensity is higher. I once got sunburned in just 15 minutes atop Grandfather Mountain, North Carolina where it was 65°.
- 3) D. None of the above! The sun's height and UV intensity are highest on June 21st, the first official day of summer (and last day of spring). So, UV radiation is equally strong in late spring and early summer. (April 21st through August 21st)
- 4) False. UV radiation scatters a lot, meaning it tends to come from all directions. If you can see the sky, UV can get to you, even in the shade.
- 5) True. Even though some windshields have some UV protection, 80-90% of UV radiation reaching ordinary glass windows passes through them. Left arms and left sides of face tend to get the most skin damage.
- 6) False. UV radiation not only can pass through thin clouds but scatters back at us from other parts of the sky.
- 7) True. Sunburn is not caused by your skin getting hot. It is caused by unfelt ultraviolet radiation. Keeping your skin cool using water, the breeze, etc. offers no protection from this type of burn.
- 8) False! (Mostly) Young people are much more vulnerable to this effect. Our children (or grandchildren) are in a dynamic state of growth and their systems have not fully developed. Their DNA has not stabilized. A radiation burn can disrupt their DNA more than an older person's, and so later in life they will be more likely to get skin cancer. Teach children how to wear protective clothing, apply their own sunscreen, and mostly, avoid the outdoors from 10:30 to 4:30. (My view is that UV radiation is nasty stuff, and full sunlight should be avoided no matter what other precautions are taken.)
- 9) False. Never rely on sunscreen alone. It's too easy to miss places on the skin. Use a broad rimmed hat, gloves, long sleeves, etc., and most of all, avoid sun between 10:30 and 4:30 p.m., plus the breeze is often better early and late in the day.
- 10) True. Some very good products are available now to protect lips from UV damage. Chapstick is more than it used to be.
- 11) False. Eyes are vulnerable. UV rays can cause cataracts and other vision losses. Always use UV sunglasses. Warning: Non-UV sunglasses are worse than none at all. The darkening effect of the lens opens our pupils more than their natural width in the bright light and lets in more UV than no sunglasses.
- 12) True, but cosmetic UV creams are also available that aren't messy at all. (They are not water resistant, though.) Look for these products in grocery stores and pharmacies. I use the one made by Olay, recommended by my dermatologist, for when I'm driving, taking walks, etc.
- 13) False! The daily UV index is only for high noon. Hours long before or after noon time have lower levels of UV or none at all, depending on the hour. See chart below, or find a website with hourly UV levels. (Using sunscreen is generally still a good idea, however.)
- 14) Wrinkling and other aging caused by UV damage does not reverse naturally, although a dermatologist or cosmetic surgeon might be able to somewhat improve the appearance of damaged skin.

FROM THE FLEET SURGEON**Kristine Schaefer**

15) False. Wind does not actually contribute to sunburn, but by drying the skin, it may make sunburn symptoms worse, and who wants that?

16) So true. Unfortunately, the same rays that harm our skin also help us form vitamin D. One solution is to block all the UV rays you can for the sake of your skin, but take vitamin D supplements and eat more salmon. Even cod liver oil high in vitamin D now comes lemon flavored with no fishy taste.

17) True. Lower amounts of ozone allow even more UV radiation to reach us, plus this higher level of UV radiation tends to kill oceanic plankton, which is the basis of the food chain for much of the ocean. Thanks to proactive measures being taken, ozone levels are slowly recovering and are expected (hopefully) to be back to normal sometime in the late 21st century.

18) False. Lower ozone levels do not allow more warming light to reach the Earth's surface, which is how air gets hotter. This item was included in order to separate the UV effects on skin health from climate related issues. A final thought. Since these skin issues are largely not reversible, so it is better to take care of ourselves proactively, not after it is too late.

FROM THE TREASURER**Rich Troy**

Attached is a link to a very interesting and well done video on the bay houses of the Great South Bay. It appears that PBS is keeping this available online for a while longer.

<https://www.pbs.org/video/a-world-within-a-world-the-bay-houses-of-long-island-nb8nhk/?fbclid=IwAR3F1C49vSt1wYG6DFrjN1Q64VjG3cEjoXF6PH8fAdTIQb9OHoUHfdWhnGs>

FROM THE WEBMASTER**Rich Mourino**

A new feature was added to our website that shows in graphic mode the direction of the wind on the Bay. It estimates the temperature, direction and speed of the wind for the current day and three days into the future. It starts with the view on our Bay, looking at the Oakdale area near the river, but one can expand it out to see the entire East coast or the entire country. On the bottom of the picture is a slide that starts at the current hour and can be slid to a later time of day to see what the prediction is. Look for "Great South Bay Weather" as you slide the view to other areas on the green line. If using an Android phone, select the "Menu" button to bring up all of the other selected items that are on the web site (the green stripe). I'm not sure what an iPhone does as I do not have one. But it may act the same as an Android phone. I hope it is useful.

We have an anniversary year book from 1971 and our latest from 2011. You can find them under the "About Use" heading with a title of Club Anniversary Documents. They also exist under the "Gallery" heading. Please note that Member addresses, phone numbers and email address were removed for security reasons. I hope you enjoy them.

Here is a direct link to them: <https://sbccsail.org/home/club-anniversary-items/>

Rich Mourino

Webmaster

webmaster@sbccsail.org

LIFELINE SAFETY**Todd McCarthy via *Skippertips.com*****1. Check for Hooks That Can Injure Your Crew**

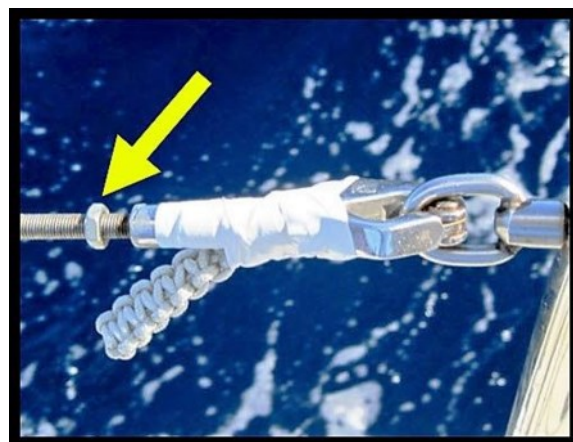
Sail offshore and you should consider bare lifelines for safety. Any veteran will tell you that lifeline covers can and do cover up defects and hide possible damage. And they can help trap moisture too. Bare lifelines are more seamanlike and easier to inspect. Check from bow to stern on both sides and look for broken wire strands, also called 'meat-hooks'. These can snag a finger or hand and lead to scrapes, scratches or puncture wounds. Cut the hooks off next to the lifeline body and cover them with tape or a seizing until more permanent repairs can be made.

2. Inspect Stanchions and Bases

Look for bent or warped stanchions. This puts an extra load on lifelines. Check stanchions at the base for tightness and integrity. Push on the stanchions from side to side with moderate pressure; look at the bases as you do. Stanchion bases should remain flush to the deck. Repair loose stanchion bases for sailing safety.

3. Look for Loose Lock-nuts and Missing Cotter Pins

Check the photo to the right. Note the locknut has backed away from the lifeline swage fitting. Tighten lock nuts to maintain lifeline integrity. Also, inspect the ends of lifelines for cotter pins. Replace missing or damaged cotters right away. Avoid cotter rings (also called ring-dings). These can distort over time, back out of the fitting, and cause catastrophic failure. Stick with bobby-pin shaped cotter pins for reliability. To replace broken cotter pins, shorten the legs and spread the cotter into a 'V' shape. Some sailors like to bend the legs into a 'U' shape, but this will make removal difficult or impossible in an emergency (i.e. dismasting). Stick with the 'V' for sailing safety and integrity.

**4. Tape Pelican Hooks in Place**

Prevent unexpected failure of a bale on your lifelines. Pelican hooks in particular are notorious for popping open when you least expect them to. Tape the bales shut with generous amounts of rigging tape or similar waterproof tape. Inspect them daily. Adhesive loses stickiness after constant exposure to spray, so replace the tape as needed.

5. Brief Your Crew for Safety's Sake

Caution your crew to crouch down a bit to keep knees below the level of the top lifelines. Not a guarantee of safety, but better than a straight walk fore and aft. If sailing outside of sheltered waters, make sure your sailing crew or partner understands not to attach sailing harness tethers to lifelines or lifeline bases. Use jacklines or strong deck attachment points (i.e. deck pad-eyes with proper backing plates) that are made to handle the shock load of body weight thrown against them. Most lifeline bases are much too weak to handle this kind of shock load.

Train your sailing crew with these tips to keep them safe and sound throughout the new sailing season, wherever you choose to sail or cruise.

Todd McCarthy
Fleet Captain
fleet@sbccsail.org

GREEN BOATING GUIDE**Joe Werkmeister**

These pages were published last year, but I felt it was worth repeating them. They are an excellent guide for boaters who want to do what they can to help improve the ecosystem. (It could also save you some money!)



NON-TOXIC CLEANING PRODUCTS

Many cleaning products are harmful to aquatic life, water quality and the overall ecosystem. Some chemicals damage fish tissues, while others create nutrient imbalances leading to algal blooms. Whether you clean your boat on land or in the water, the choice of product that you use is important.



Tips for cleaning:

- Regularly rinse your boat with freshwater to reduce the need for harsh chemicals.
- Research your cleaners. Manufacturers of chemical products are not required to list ingredients on containers or make them public.
- Use cleaning products sparingly and try to prevent graywater from directly draining into your waterways. Try utilizing designated washdown areas at your marina, or wash items on a grassy area, which can help absorb runoff.

Which products to buy?

BoatU.S. Foundation recently updated their [2009 study](#) and [tested 9 new "green" boat soaps](#) to see if the products lived up to their environmental claims while still cleaning a vessel effectively. Interestingly, they found that the "greenness" of a cleaner did not impact its ability to clean.

Based on their research and weighing all the factors (cleaning, performance, toxicity and biodegradability), here are some of the top product recommendations:

1. [303 Multi-Surface Cleaner](#)



2. [Boat Zoap](#)



3. [MaryKate Super Suds Boat Soap](#)



Additionally, [Ecoworks Marine](#) has a variety of products to clean every part of your boat. All of their products are compliant and surpass the MARPOL Annex 5 1.7.5 criteria and declared not harmful to the marine or river environment.



ECO-FRIENDLY PRODUCTS

Make your own homemade cleaners

With the following seven products that you may already have in your kitchen cabinets, you can clean most of your boat and boating accessories in an eco-smart and cost-effective way.



White vinegar

- acidic
- dissolves dirt and debris
- antibacterial



Baking soda

- mildly alkaline
- slightly abrasive
- dissolves dirt and grease



Borax

- alkaline
- dissolves stains, mold and mildew



Hydrogen peroxide

- disinfectant that is anti-bacterial and viral



Lemon juice

- acidic
- dissolves dirt and debris
- antibacterial



Cream of Tartar

- mildly acidic
- slightly abrasive
- dissolves dirt and grease



Salt

- gently scours
- boosts cleaning and deodorizing action of mixture

Recipes for cleaning your boat and gear



All-purpose

- White vinegar
- Water
- Bucket
- Brush or cloth

This simple mixture can be used for general cleaning purposes on your boat. In a bucket, add 1 cup of vinegar to a gallon of water. Use a brush or cloth to clean surfaces of dirt. Rinse with water.



Mildew remover

- Lemon juice
- Salt
- Bowl and spoon
- Brush or cloth

For mildew stains on canvas or cloth surfaces, mix one part lemon juice and one part salt in a bowl. Apply the mixture to the mildew stain and scrub. Rinse with water and let items dry fully in the sun.



Stainless steel

- Baking soda
- Water
- White vinegar
- Bowl and spoon
- Cloth

In a bowl, add baking soda and water. Mix until you make a thick paste. Rub the paste on the surface with cloth. Rinse with water. To remove water spots, wipe area with cloth that has been dipped in vinegar.



Life jackets

- White vinegar
- Water
- Hydrogen peroxide
- Bucket

In a bucket, add 1 cup of white vinegar to a gallon of water. Soak for 30 mins and rinse with water. To sanitize, add 1 cup of hydrogen peroxide to a gallon of water in a bucket. Repeat process and then dry.



Aluminum

- Cream of tartar
- Water
- Bucket
- Tablespoon
- Cloth

In a small bucket, add 2 tablespoons of cream of tartar to 1 quart of hot water, and mix. Use a cloth dipped in the mixture to clean aluminum. Rinse with water. Cream of tartar is used instead of baking soda because it can cause the metal to oxidize.



Sails

- Borax
- Water
- Bucket
- Sponge
- Soft brush

Add 1 to 2 cups of borax to a gallon of hot water. Use sponge to apply mixture to a damp sail. Use a soft scrub brush for stains. Let the mixture soak on for 2 hours. Rinse with water. Dry the sail fully by hoisting it or drape the sail in a dry place in the sun.

Which eco-friendly cleaners are best for below deck?

You can use the same environmentally friendly products that you use in your household. Here are some companies that produce eco-friendly cleaning products:

- [BioKleen](#)
- [Bon Ami](#)
- [Ecover](#)
- [PureGreen24](#)
- [Seventh Generation](#)
- [Simple Green](#)



To ensure that your cleaner is safe and eco-friendly, look to see if your cleaner is a part of these programs:

- The [Environment Protection Agency's Design for Environment \(DfE\)](#) created the Safer Choice label, which means every ingredient in the product has been evaluated to ensure it meets the EPA's stringent criteria. Additionally, the EPA creates partnerships with manufacturers to create products, whose ingredients are less toxic, less persistent (i.e., they biodegrade faster), less bioaccumulative (i.e., they do not build up in living tissue of humans or animals) and whose ingredient byproducts have similar characteristics.



- The Environmental Working Group (EWG) is a nonprofit dedicated to protecting human health and the environment. EWG's staff scientists compare the product ingredients, websites and worker safety documents with the information available in government, industry and academic toxicity databases and the scientific literature on health and environmental problems tied to cleaning products. They use that information to create [EWG's Guide to Healthy Cleaning](#), which provides you with easy-to-navigate safety ratings for a wide range of cleaners and ingredients.

Plan ahead:

Whether you are buying cleaning products or making your own from items in your kitchen, it's important to try to limit what ends up going into your waterways. Think ahead when planning your cleaning routine.



Try to keep wash liquids away from your waterways (See Graywater).

Also, use rags and old clothes to clean, rather than disposable items like paper towels.

Did you know?

- There is no regulation on the use of "natural", "non-toxic", "organic" or "biodegradable" for cleaners. These labels can be misleading, so make sure to research your cleaning products before you buy them.

RENDEVOUS MENU RECIPES**Flori Grottoli**

On June 4, 2022, the *Margaret Gale* and *Floriana* will hold this year's rendezvous at Great River. The theme is High Seas Tea. The decision was made to serve various types of finger sandwiches and iced tea (plain and spiked!)

The menu of sandwiches will consist of: English Cucumber and Dill, Creamy Egg and Cress, Artichoke and Mascarpone cream and Salmon with crème fraîche.

The finger sandwiches will be served with a fruity iced tea, in both a spiked and non-spiked version.

Below are the recipes to the sandwiches. I like to use Pepperidge Farm very thin sliced white bread. The crusts must be removed after placing the spreads onto them. The trick to finger sandwiches is two-fold; in order to avoid them getting soggy, all ingredients need to be soft but not wet, and after the sandwiches are cut into squares or triangles, they must be kept under plastic wrap, until ready to serve, in order to keep the bread soft.

Please come and join us for what we hope to be a beautiful afternoon on the river.

English Cucumber and Dill:

Ingredients:

- 2 slices of Pepperidge Farm very thin white bread
- 1 English cucumber
- Whipped cream cheese
- A couple of sprigs of dill

Slice the cucumber into paper-thin slices and lay them on a paper towel to dry. Mix cream cheese with the dill to taste. Spread the cream cheese onto one slice of bread and cover with the second slice. Cut all of the edges off of the bread. Cut the bread into squares or triangles. Cover immediately in plastic wrap.

Creamy Egg and Cress:

Ingredients:

- 4 eggs
- 2 finely chopped spring onions (small)
- 2-3 tbsp crème fraîche
- cress (or arugula)

Hard-boil 4 eggs (place eggs in a pot with cold water. After the water starts to boil, time for 8 mins). Cool the eggs in ice, peel, mash, then mix with 2 chopped spring onions and 2-3 tbsp crème fraîche. Season with salt and pepper, then spread over one slice of thin bread. Add a little cress, pop on the lids and cut the crusts. Cut the bread into squares or triangles. Cover immediately in plastic wrap.

RENDEVOUS MENU RECIPES**Flori Grottoli****Artichoke and Mascarpone Cream:**

Ingredients:

- 1 small jar of marinated artichokes, drained and placed on paper towels to dry
- 4 oz. Cream cheese
- 2 tablespoons of mayonnaise
- 1/2 teaspoon fresh lemon juice

Place all ingredients in a food processor and pulse until well blended and creamy. Taste and season if necessary. Spread the cream onto one slice of bread and cover with the second slice. Cut all of the edges off of the bread. Cut the bread into squares or triangles. Cover immediately in plastic wrap.

Salmon with crème fraîche:

Ingredients:

- Softened butter
- 6 oz. of smoked salmon
- 2 tablespoons of crème fraîche
- 2 tablespoons of Dijon mustard
- fresh chives chopped thin
- salt
- lemon juice

Divide the salmon into small slices that will fit on top of the bread slices, then sprinkle them with a little lemon juice. Put aside.

Put the crème fraîche, mustard and chives in a small bowl and mix them together until well blended.

Spread butter on one slice of bread only. Place a small slice of salmon on top of the buttered bread making sure that it is not dripping with lemon juice. Dry on a paper towel if necessary.

Spread the chive cream on the second slice of bread and use it to close the sandwiches.

Cut all of the edges off of the bread. Cut the bread into squares or triangles. Cover immediately in plastic wrap.

Keep all finger sandwiches in the refrigerator until serving (maximum 4 hrs.)

SEE YOU ON THE RIVER!**Flori Grottoli**

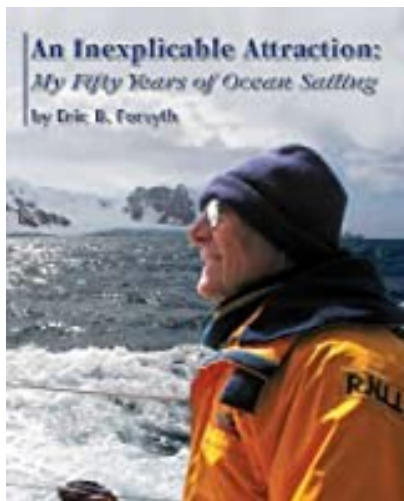
S/V Floriana

cavalieri@mindspring.com

ERIC FORSYTH BOOKS**Joe Werkmeister**

Since Eric was once again kind enough to offer his video presentation to Club members, I thought it appropriate to give him a little plug for the three books he has written. I can attest that his "50 Years" account of his sailing adventures is a fantastic read. How often will you meet someone with his accomplishments right in our own back yard? I am proud to own an autographed copy!

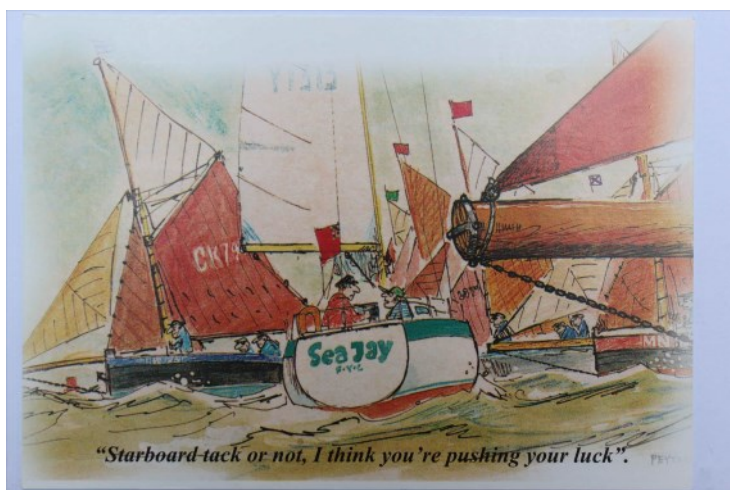
All of Eric's books are available on Amazon and wherever books are sold online. They are also available at the Long Island Authors Bookstore at the South Shore Mall in Bay Shore. (north end of the mall)

**ON THE LIGHTER SIDE**

"Hello Boy! What's that you've got there?"



Patty soon discovered the Lifejacket harness was the only option



"Starboard-tack or not, I think you're pushing your luck".



"I'm beginning to see last week's visit from the scuba diving club in a new light."

Rigging Locker

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

For all items on this page contact: Joe Werkmeister 631-766-8009



Standard Horizon GX 1000S Eclipse DSC VHF Radio

SC-101 DSC (Digital Selective Calling with position report and request) **\$50**



Krieger 2000 Watt Modified Sine Wave Inverter

2 AC Outlets and 2 USB Charging Ports

Overload, over voltage, under voltage, high temperature and short circuit protections.

LCD display panel. Remote On/Off panel with cable. Brand new but no box. **\$100**



Bestek 500W Pure Sine Wave Inverter

2 AC Outlets and 2 4.2 amp USB Charging ports

Cigarette lighter type plug and alligator clips

Suitable for sensitive electronics such as laptops and power tools

Brand new in the box **\$50**

Rigging Locker

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



Arcadia FOR SALE

Bristol 41.1 Center Cockpit

For info call Bob Sheppard at:

631 219 4699 or 631 472 0099

2 Coleman dock chairs with built-in 4 can cooler

Gray and black. Used twice.

Paid \$35 each, asking \$20 each.

Call Stephanie at 917-690-0422

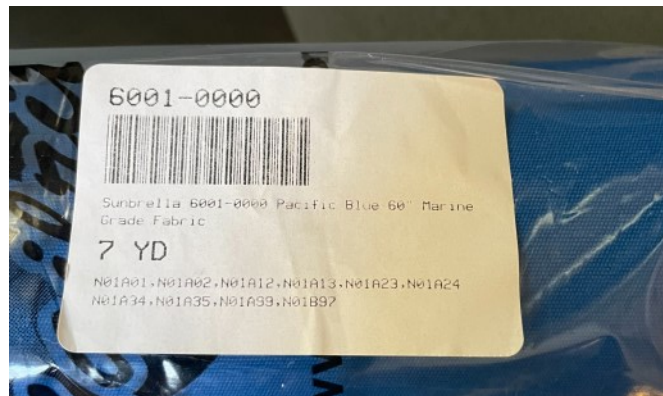


Sunbrella Fabric: \$190

Pacific Blue (#6001-0000 60" x 7 yards)

Retails at \$230.65

Contact Mara: 516-817-8778



Rigging Locker

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

Items listed on this page are for sale by Rich LaBella.

Contact: Rich LaBella labellar@optonline.net

50' Heaving Line - Hollow Braided PolyPro heaving line with monkey's fist. Perfect for MOB line or messenger to reach a dock or other vessel. **\$20**



Barient Super-HD 11" winch handle

Good condition **\$60**

Davis Merriman 11" Locking winch handle



3 - 5/8" West Marine "SuperBlue" Nylon Lines **\$110**

Good Condition. All ends heat sealed and whipped.

2 - 5/8" x 60' 1 - 5/8" x 52'



Barient Winch Replacement Delrin Bearings (4) **\$80**

For aluminum drums 1 7/8" inside diameter (fits Barient 24 and possibly 22?)



Barient 24 Two Speed Winch and Extra "parts" winch— **\$200**

Aluminum Anodized drum

Fully operational, cleaned & lubed., No Excessive wear

Second winch has corroded drum, and some other issues, but great to keep around for spare parts - Barient is no longer around so if you need parts you



Pair, Barient 22 Two Speed Winches—**\$350**

Aluminum Anodized drum

Fully operational, regularly cleaned & lubed.

No Excessive wear — Includes Sunbrella winch



Rigging Locker

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

50' 20amp Shore Power Cord -

20amp boat-side connector, 30amp shore-side connector. 125v, 12awg rubber coated Type S cable with stranded copper wire.

\$50



Yacht Signal Code Flag Set

12x18 sewn nylon flags with toggles. Complete Alpha-Numeric, Repeater, AP set with compartmentalized storage pouch.

\$65



Small Child's Safety

Harness

Including Tether and Carabiner

2 @ \$60 each



Atlantis Adult Safety Harness

unique minimalist one-piece design - super comfortable & secure, stays high on your torso

\$50



West Marine Standard Safety Harness

Size M - including 6' Safety Tether with carabiner on each end. Never Used.

3 @ \$150 each



Adult Land's End Safety Harness

Including Tether and Carabiner

\$90



Contact: Rich LaBella labellar@optonline.net

Schaefer Genoa Blocks

Fits 1 1/4" track—Like new \$450.00 for the pair

Contact: Fred Liesegang: 516-567-3567



Ship's Store**Glen Bernichon storekeeper@sbccsail.org**

Item	Description
	Burgee
	Decals
	Hats: Baseball Type
	Hats: Sun Visor
	Hugger: Folding Type
	Shirts: T-Shirts Long Sleeve WITHOUT HOODIE Color Heather Gray Limited Stock
	Socks: SBCC Socks
	Tote Bag Special Order
	<u>*SPECIAL ORDER ** Jackets: Wind Breaker 8925</u>

	<u>*SPECIAL ORDER ** Shirts: Men's Crew Shirt PC61</u>
	<u>*SPECIAL ORDER ** Shirts: Men's Long Sleeve Polo Shirt 85111</u>
	<u>*SPECIAL ORDER ** Shirts: Men's Mock Turtleneck 8510</u>
	<u>*SPECIAL ORDER ** Shirts: Men's Polo Shirt 437</u>
	<u>*SPECIAL ORDER ** Shirts: Men's V Neck Shirt PC54V</u>
	<u>*SPECIAL ORDER ** Shirts: Woman's Crew Shirt LPC61</u>
	<u>*SPECIAL ORDER ** Shirts: Woman's V Neck LPC54V</u>
	<u>*SPECIAL ORDER ** Shirts: Women's Long Sleeve Polo Shirt 75111</u>
	<u>*SPECIAL ORDER ** Shirts: Women's Polo Shirt 437W</u>
	<u>*SPECIAL ORDER ** Sweat Shirt: Crew Neck JA8446</u>
	<u>*SPECIAL ORDER ** Sweatshirt: Zipper Hooded JA8821</u>

SBCC OFFICERS, GOVERNORS, COMMITTEE CHAIRS, 2022-2023

OFFICERS

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

BOARD OF GOVERNORS

Charles Margeson
 Rich LaBella
 Bob Van Tassel
 John Davis
 David Tedesco
 Jeff Mattera
 Joyce Gotard

Fleet Captain—Todd McCarthy
 Regatta Captain—Charlie Margeson
 Fleet Surgeon—Kristine Schaefer
 Fleet Chaplain—Duncan Burns
 Corresponding Secretary—Joe Werkmeister

COMMITTEE CHAIRS

Cruising—Todd McCarthy
 GSBYRA Delegate—Rob Gutmann
 Historian—Dennis Krug
 Hospitality Chair—Susan Moran
 Legal Chair—Position currently vacant
 Mailing—Fred Golder
 Masthead—Joe Werkmeister
 Membership—Pam McCarthy
 Program—Bob Forman
 Racing Website—Eric Winberry
 Storekeeper—Glen Bernichon
 Webmaster—Rich Mourino
 Welcoming—Michele Jaeger and Sandy Carlberg
 Yearbook—Jay Pizer

SBCC Website: www.sbccsail.org
 Racing Website: www.sbccracing.org
 Questions for the Board: corsec@sbccsail.org
 Mailing: P.O. Box 365, Babylon, NY 11702

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 RSVPs
 631-854-4952

Shinnecock Canal
 Tobay Marina
 516-679-3911

TowBoatU.S.
 631-666-5380
 VHF Ch16

Wantagh 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>