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March 2011

The Blinker

of the North Shore Yacht Club

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In Preparation

With the longer days and stronger sun of spring, all of us are focused in some way on preparation for the sailing season. Whether it is preparing your boat or North Shore or a little of both, we are all thinking of ways to make this year even better than last. For EJ and me, in addition to working on the boat and club, we're preparing ourselves: This weekend we attended the World Cruising Club Ocean Sailing Seminar in Annapolis, MD.

It was an informative two-day event that covered everything from weather to watches. We learned about riding out storms and fishing through the doldrums. For those of you who have experienced an off-shore passage, it must've been magnificent. For others who are interested in crossing this milestone it is a daunting prospect. We were greatly reassured by the content of the course.

The photos shared and the stories told really took my breath away. One captain shared pictures of the 48-inch tuna he caught and another showed the hallucinogenic effect of a sunset over open water. The most important realization shared by all: Although there will be rough patches, in truth they're usually less than 20% of the time. We are not out there sailing a Maxi through the Southern Ocean with a dozen crew grinding, we're out there to enjoy ourselves while gently testing our limits. In almost every circumstance there's an easy and enjoyable way to meet our goals. Here's hoping we all find the most enjoyable way to complete our pre-season preparation.

Enjoy the diverse contributions in this issue of the Blinker, which cover work and play, hot and cold, and everything in between – as changeable as our weather.

....Editor, 'the Nautical Mom'

★ ★ ★ ★ From the Commodore

The snow is gone and thoughts are beginning to turn to boats, varnish, bottom paint and possibly buying the special electronic gizmo that will help us get just a little more from our time on the water. That can mean only one thing, winter is over and spring is at hand. It's time to join in on our Club work parties.

There is scheduled work for all hands with dock work planned as well as the usual scraping, painting and scrubbing. Not so comfortable with a brush, bring your rubber gloves and a bucket as the Club Room will also get some attention as we wash away the dust of the old season to begin fresh. Remember to record your time as we all have 8 hours to donate to the betterment of our Club. Check with Fleet Captain Frank Gallo or Lloyd Herman (clubroom work needed) and read their article for times and schedules. So come and enjoy the camaraderie.

Speaking of friends, our Officers Cocktail Party was a huge success almost as big as the Canolli presented for dessert. Joe Stigliano and his Entertainment Committee did an outstanding job providing great finger food (including labels and dietary info for each) the bar flowed and everyone had a great time, Thanks all for pitching in to clean up afterwards. Many hands made light work.

I would also like to thank you for making our St. Pat's Party on Saturday March 19th a great success. Your dishes, and your voices joined with our very own NSYC Songstress Jane Murphy, made the evening memorable.

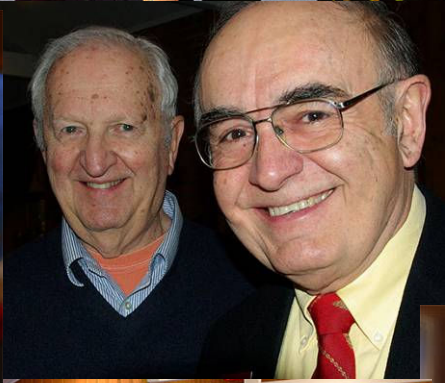
Also, please plan to attend our Annual Membership Meeting on Saturday, April 16th at 9AM to hear how well your Club is doing. Finally our 2011 Club Commissioning will be on Sunday May 15th at 4PM. It is always an event not to be missed and properly launches our season. Remember to dress well for this special occasion.

...Commodore Mario (Butch) Rufino





Officers Cocktail Party





B*L*I*N*K*S

- Ever since we started sailing, way back in 1959, we have been wearing Sportif shorts. They are, as far as we are concerned, the only shorts a sailor would want to wear. About 5 years ago they stopped making the women's line. But now I have discovered an outlet source where they still have some pairs left. Of course they are 5 years old, but still very wearable. The good news is they are much, much less expensive. Their shorts usually sell for \$55.00 which is a high price. But at the outlet they can be as low as \$9.99. You call 888-357-3567 and speak to Nick. Do it before they sell out. They also have men's shorts at the outlet.

Elyse & Harold Hecht

Dates To Be Remembered

- **SPRING WORK PARTIES**
April 2-3 and April 9-10 from 09:00 hrs getting the club ready for 2011 Season. We each have an 8-hour obligation, so plan to join.
- **ANNUAL MEMBERSHIP MEETING**
Come learn more about the NSYC 'state of affairs' on **April 16 at 09:00. 141st NSYC Commissioning May 15th at 16:00**

Sunday at the Movies

March 27, 2011 3:00 PM

This past Sunday afternoon 14 club members gathered to watch Yehuda Rosenstock's DVD at the club—'Deep Water'—about the first non-stop, around-the-world sailing race. We settled in (as Paul Meilink kindly draped the windows with a tarp) and saw in 1967 Francis Chichester dubbed with Sir Francis Drake's sword by the Queen at Greenwich—*Sir Chichester*. The harbor was crowded with celebratory boats of all sorts and, at that moment, the idea for the race was born.

But rather than the expected discussion of marine engineering, competitor preparations and execution, the psychological aspects of such a voyage began to unfold. Particularly of Donald Crowhurst, an amateur sailor from England. The DVD liner says:

Deep Water is the story of Donald Crowhurst an amateur sailor who enters the most brutal nautical challenge ever—the first solo, non-stop, round-the-world sailboat race. The least experienced of 9 highly skilled sailors, Crowhurst risks family, finances, and health to find fame. The world watches as Crowhurst, setting sail in 1967, faces a treacherous abyss that would leave some dead and some overwrought, with victory hanging in the balance.

We watch, and are progressively and deeply drawn into the mind of Crowhurst as he wrestles with the elements and his boat, and then himself, as reality slips from his grasp, and, rather than sailing to an ignominious victory, he drifts into the Sargasso sea; leaving another sailing legend, and a parable of the endurance and weakness of a man.

This Sunday at the club, we left thinking about, not the sea, but our 'humanity,' and how we face our own capabilities and limitations. No, not a treatise of sailing skill or boat design, but a chance to further understand ourselves in the world of sailing.

Thank you Yehuda for this exceptional opportunity.
Three guns!!!

...Bob Ebenau





Education Update – Emergencies at Sea

January 27, 2011

What a wonderful evening that started with the pre-meeting pizza at Amalfi's. It certainly melted winter melancholy shoot the breeze and brag about sailing stuff again - even if the wine took longer to arrive than the start of a windless mid-summer race!

Once at the club, the topic turned serious - crew-overboard situations. Some 25 of the most active sailors of the club shared their experiences and knowledge about these harrowing events. Skipper George Marks, Georgetown III discussed experiences gleaned from pre-race meetings at the Round-Long-Island, and the Bermuda races. Mark Epstein then made a PowerPoint presentation of the most dangerous behaviors, the best precautions and four of the most common sailing maneuvers of MOB recovery. The bottom line was that skippers should practice their best maneuver and learn to do it slowly and with great caution.

Mark threw us a challenging scenario: while sailing duo, the most experienced crew falls overboard. What next?

- Picking up a MOB no exactly picking up a mooring. You need to keep cool.
- Don't hesitate to use the engine.
- It is very difficult to bring someone aboard, especially if unconscious. Get the right equipment for your boat, have it handy and know how to use it.
- There is no single best approach, each boat is different and we need to adapt the basic knowledge to the situation and the boat.
- Since this is a short-handed scenario, one crew cannot devote 100% of their attention to pinpoint the MOB. Therefore, throwing everything overboard such as cockpit cushions, bumpers will help to locate the victim. Boats equipped with a MOB pole have a major advantage. However, keep in mind that the person will not be affected by wind - therefore the MOB pole will need a drogue or a floating anchor to mimic the affect of the current. Regardless of equipment (which is a big topic), being prepared and practicing for the unexpected is a critical rule of thumb.
- Use the portable VHF radio that should be located in the cockpit. The MOB button is good, but the navigation station VHF may be too far from the lookout post. Think about locating your MOB electronics in the cockpit.
- Self-inflating PFDs are a great device, but they must be tested. If defective, they may not inflate. Also, they must be worn outside of all other clothes. Otherwise they might suffocate the wearer.
- Wearing a harness and PFD is smart. Too often they are not as accessible as they should be. When a squall shows up without warning, we are often too preoccupied with naviga-

tion and reefing as to fetch safety gear. These should be located in a cockpit locker.

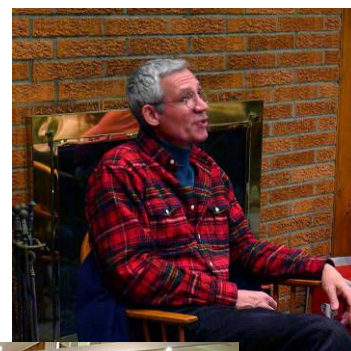
- One favorite is a harness with two tethers: one long to slide from the cockpit to the bow, and the other very short tether to attach to the mast allowing two hands free for reefing or other work.

- Ask yourself: Can you attach your harness while getting into the cockpit? Is there a hook accessible from the cabin stairs? Do you wear your PFD when going on deck ,at night alone?

- Surprisingly at least 4 of us had had crew overboard, or had close experience with MOB victims. This definitely proves the point: This is not an extraordinary event and it is our duty to get prepared and be familiar with what is on board.

In closing, Mark refrained from speaking about health emergencies, revival procedures, hypothermia and the likes. These topics will be the focus of next meeting. Also, Rear Commodore Paul Meilink suggested that we have live MOB practice during the season. To facilitate this he volunteered to be the "victim". Thank you, Paul.

Job well done Al! Good prep, good marketing, good topic. Thank you Mark for insight, eloquence and animation.



.....Robert Coles



Managing Medical Emergencies

March 3, 2011

On Thursday March 1st, Dr. Dan Herron, captain of "Liquid Courage", presented down-to-earth, pragmatic ideas for managing a wide range of medical issues that one might encounter while aboard ship. Approximately 35 members and guests thoroughly enjoyed the presentation and active discussion on the topic.

Dan covered a wide range of ideas. Among the most important was the need to assess a medical issue according to the "ABC" formula of medical priorities – **airway, breathing and circulation**. These are the main things that one should be concerned about when encountering a person who becomes ill or has been traumatized by injury.

Dan also talked about prevention and preparation. Be familiar with your guests' medical issues, have appropriate supplies onboard and be prepared.

These are critical components for managing medical emergencies on board.

Dan spent a lot of time talking about preventing burns, including severe sunburn, seasickness, and hypothermia. Dehydration was discussed as a major problem that many did not take seriously enough. This can be a pernicious and potentially deadly issue if one becomes unconscious due to lack of fluids. He also suggested having a range of medications onboard for a variety of issues that may come up.

He did a great job of touching on all of the questions that were raised by the participants and the audience had many contributions to make. Thanks for sending the questions forward. You can see a copy of Dan's outline by which is posted as a PDF on the website by following this link to <http://nsyc.net/bosun/MedicalEmergenciesAtSea.pdf>. Good job Dan!

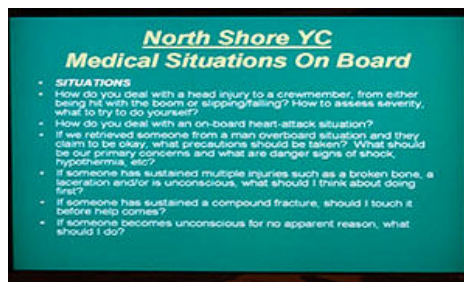
We are planning a follow up to these meetings on medical emergencies for CPR training at St Francis Hospital. Watch for details.

The next event is scheduled for Thursday evening, March 31st. Our speakers will be Dave James, the Rigging Locker, Mark Friel, Manager Brewer Glen Cove Marina. They will talk about is-

sues related to preventative maintenance for the long term. Things that all owners should keep in mind in order to continue to maintain their boats in good condition and with a minimum of avoidable mechanical failures.

We are also planning a follow up to these meetings on medical emergencies for CPR training at St Francis Hospital. Watch for details.

Please send your questions ahead so that we may help the guest speakers prepare their remarks accordingly.



...Alan Bernstein
NSYC Education Chair





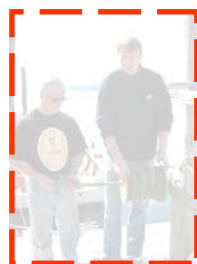
"All Hands on Deck!"... Spring 2011 Work Parties

The North Shore Yacht Club will be organizing work parties for **Saturday and Sunday April 2-3 and Saturday and Sunday April 9-10**. We encourage all members to participate regardless of age, physical condition or skill level. There will be productive jobs for all!

The Dock Work Party will muster at 8:30AM followed by the remaining work parties at 9:00AM.

The traditional work party participant lunch of pizza and soda will be served in the club house at 12:00 Noon each day. So please come and enjoy a fun day with your fellow club members, meet new friends and renew old acquaintances while also improving our Club while keeping our overall operating costs down...a "Win- Win" for all!

The work will consist of the following:



Bubbler Removal Work:

Mustering "first off" on Saturday, April 2nd, this will be the first task at hand in order to "clear the decks" for others.

This work party will remove the protective bidders from the dock and label and store them below the club house.

Upon completion, these people can join one of the other crews. We would appreciate all members who worked on this work party last fall to do it again this spring. New hands are welcome!



Dock Work:

Consisting of 13 members with prior experience in renewing our floating docks, this crew will be skippered by the most-able Bill Fish. New hands are also welcome. We would appreciate all members who participated in this work party last year to please try

doing so again this year. Our objective is to completely renew the remaining two sections of the dock which includes the area under the end of the gangway ramp.

Launch Work:

This will consist of about six people to clean and wax the launches, replace lifejackets, fenders, etc. aboard both our launches.

This work is slated for April 3rd, 9th and 10th.



Note...this is not the launch mechanical maintenance group which will be organized separately by Past Commodore Jim Thompson.

Launch Mechanical Work:

This work party will be under the able supervision of Past Commodore Jim Thompson and will consist of the regular launch crew that Jim uses for the replacement of engine filters etc. on both launches. This work is slated for April 3rd at 9:00AM. If you are interested in joining this select crew and/or were a member of this crew in the past, please contact Jim.



General House Work:

This work party will consist of four to six people to prepare the club house, the parking lot and the "beautification" of the property for the coming sailing

season. The objective is to start and finish this work on April 2nd.

As you can see we have an ambitious program to accomplish. However, the "Can Do" and "Team" spirit of our members, can surely yield a success for the Club and for all.

In closing, we may still have some chilly weather in early April so please dress accordingly. Participants expecting to be working on Dock and Bubbler crews should bring a good pair of work gloves. **As always, Safety is Paramount!** Also, those of you who have past experience in these work parties, please bring any tools you think we may need. More tools are always better!

Regards,
Frank Gallo
Fleet Captain





“When Irish Eyes Are Smiling...”

March 19, 2011

They certainly were smiling on Saturday night at our Saint Patrick's Day pot luck dinner. Commodore Mario and Rosemary Rufino along with Jim and Linda O'Brien hosted this perennial favorite. Once again, members pulled out all the stops to bring some of the most delicious fare with too many scrumptious dishes to name. After delectable deserts and a few Irish Coffees for all, Jane Murphy led us in singing some Irish favorites. Mine was by far “Molly Malone”, which even the children were familiar enough with to sing.

The memorable twist on this year's event, for those who weren't there, was innovative name tags. How bizarre to remember a member's name only to realize that for this night they weren't allowed to be called by it. In fact, the 'penalty' was acquiring their name tag, which explains why I saw men with the likes of Fiona and Clara, as well as their assigned names of Seamus, or Sean. Hopefully, next meeting we'll be back to our given names.

Sláinte

Kelly O'Rourke (aka 'the Nautical Mom')





St. Patrick's Day pictures continued...

see the entire Picture Gallery at:

<http://www.NSYC.net/Gallery/StPat11>



*pictures by
.../Marvin Covitz*

