



1871

June 2013

The Blinker

of the North Shore Yacht Club

Web site: www.nsync.net

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73 Orchard Beach Blvd. Port Washington N.Y. 11050

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From the Publisher and Editors

The articles in this issue of the Blinker have a broad range, from festive to scatological (yes, you read me right—look and see). We celebrate milestones, recognize achievements, report community outreach, acknowledge club effort, cite new members and events, highlight our education programs, delve into cruising, look at our racing program, and, finally, look back at some of our history.

Whew—how do we do it all? Through you, our members who contribute your news, views and events. Thank you all and we look to your continued help keeping the Blinker relevant, current and informative.

Well, can't discuss this issue more as we need to get on to the events that will make up the next issue of your club newsletter, the Blinker. Thanks again, and I hope you enjoy what we've prepared.

Bob Ebenau, Publisher
Bill Palafox, Co-Editor
Marian Weissman, Co-Editor

Did You Know? Member Quick Reference

What?	How?
Email address updates, adds, subtracts	Bob Ebenau at rebenau@gmail.com
Not receiving member email "blasts"	Bob Ebenau at rebenau@gmail.com
Member Directory - personal copy	Lower hallway in Club
Emergency Numbers/Local Vendors	Bosun's link www.nsync.net ...Member Directory page 42
Member bulletin/message board	Lower hallway in Club
Ship's Store	Ship's Store link www.nsync.net
Embroidered Clothing with NSYC logo and more	Ship's Store link www.nsync.net
Your boat photo – for NSYC wall photo gallery	Bill Palafox-516-728-4389- wpalafox@aol.com
NSYC Caps, lapel pins, magnets	Club Steward, Captain Vic
Calendars – Social, Racing, Cruising	Member Directory & Website...Bulletin Board for updates.
Launch Service Hours	Bosun's link www.nsync.net ...Member Directory page 3

★ ★ ★ ★ From the Commodore

The Snows have melted, the club commissioning was a great success, and the summer heat is here on time.

All because of the incredible membership that we have at NSYC. We are a "do it yourself" club, and we live up to that every year. Because we have such a diverse membership, there isn't any "Challenge" that we can't handle. Whether it is a broken this or that, maybe a new lower deck, a fix up the bathrooms committee, or a legal matter that needs addressed, our club members are always there to help out!

One could argue that NSYC is the best-kept secret on long island sound. This could be said because the club has many opportunities to offer: a convenient place to keep your sail boat; a beautiful harbor to enjoy; a comfortable clubhouse and deck with a view our "second home"; and many racing opportunities, with social events that go along with them.

However, I believe the best-kept secret around. It is our membership. Our love of sailing has brought us together and made us one big extended family that works together and plays together. Let's let the cat out of the bag this year and share this best kept secret with as many people as we can. Think about sharing a sailboat ride with someone who has never sailed before.

Good luck this summer and remember, keep a watchful eye out for pirates, and- Do not give up the ship.

Thank you,
Paul Robert Meilink
 Commodore, NSYC





Dates to Remember

- *Greek Isles Theme Party*: Sat. Jul. 20, 1900 hrs
- *Lobster & Clambake*: Sat. Aug. 10, 1800 hrs
- *Moonlight Regatta*: Sat. Aug. 24, 1930 hrs
- *Commodore's Raft-up*: Sun. Sep. 8, 1600 hrs
- *Fall Membership Meeting*: Sat. Oct. 19, 0900 hrs

Pumped-Up about Pump-Outs?

Two Free Alternatives in Port Washington:

At your boat:

- *Thursday thru Monday..... 8 AM - 3 PM*
- *Free Pump-Out Boat – Channel 9*

Free pump-out at Town Dock:

- *All days... 8 AM-11 PM, 6 Ft. depth @ Low Tide*



(picture not representative of town dock pump-out facility — well, maybe, some town)

B*L*I*N*K*S

NEW AFFILIATES – 2013 (5)

- *White Hawk* - Causin, Ed & Mary – 516-487-6395
causin@earthlink.net
14 South Drive
Great Neck, NY 11021
- *MEDITERRANEA* - Kovanlikaya, Ilhami (Bill) & Arzu – 646-918-7970
Ilk2002@med.cornell.edu
1161 York Ave. Apt 2L
NY, NY 10065
- *CHAT* - Olofsson, Peder (Peter) & Eva – 516-767-5109
Peder.olofsson@ki.se
40 Bayview Ave.
Port Washington, NY 11050
- *Rosi Peach* - Posner, David & Elizabeth (Liz) – 516-747-0253
dlungdoc@gmail.com
5 Dunhill Rd.
New Hyde Park, NY 11040
- *WHIM* - Ronzoni, Richard & Mary Ann – 516-365-7949
Catboat3@yahoo.com
222 Miro Place
Port Washington, NY 11050

NEW ACTIVES – 2013 (4+ 1)

- Davis, Paula
- Didriksen, Michael & Leah
- Hirschmann, Howard & Judith
- *NOLA* - Israel, Stuart – Re-Active – 516-784-0202
Address change 5/1/13 to 9 Quarterdeck, PW)
nofaultstu@yahoo.com
9 Quarterdeck
Port Washington, NY 11050
- Moran, Ken & Mary Lou

NEW SOCIAL ASSOCIATES – 2013 (2)

- Shapiro, Ben – 508-846-6662
Shapiro22@gmail.com
Shapiro22@gmail.com
30-36 48th Street
Astoria, NY 11362
- Silverman, Jerry & Janice – 718-352-9004
Jerry.silverman@ybrucesupply.net
72-16 243rd Street
Douglaston, NY 11362





NSYC Member Focus

Congratulations!

Happy 90th Birthday Stanley Rosenberg!

You are a model for us all, not only still sailing but still racing Tzuris! May you be around a lot longer to give us "trouble"!



Dave Goldsmith



Our own David Goldsmith has become rather famous this past year. We all know how Dave is always introducing the joys of sailing to anyone willing to listen and come aboard his boat. Well, his reputation has spread and he was written up three times in *BOATING TIMES Long Island*!

He first appeared in the October 2012 issue in an article written by Melissa McMahon entitled "A Newbie Goes Sailing". She describes her experience with Dave aboard *Content* as they cruised beyond Manhasset Bay into the Sound, learning how different a sailboat is from the power boats she was used to. As anyone who has sailed with Dave knows, when he brings novice sailors aboard, his lessons are thorough and fun and Ms. McMahon could not have had a better introduction to sailing.

To be sure no one missed it, the article was reprinted in the January 2013 issue.

The third time Dave appeared in the *BOATING TIMES Long Island* was in April 2012 in an article written by Jan Fletcher entitled "Boating for a Lifetime". Here Dave and another octogenarian, Morton Ray, were interviewed by the author about their lifetime of boating. Both gentlemen extol the virtues of being on the water, one as a sailor and the other as a power boater. Dave talks about the pleasure of mastering the elements and seeing "the wonderful sights afforded by water journeys." However, as we all know, what Dave loves best is being the teacher:

"I have a great sense of accomplishment seeing some of my 'newbies' become safe sailors. Some of my students have subsequently purchased their own sailboats and welcomed me aboard."

And now that Dave no longer has *Content* to sail and teach, we will welcome him aboard our boats as a passenger with a lot of good advice for us all.

...Marian Weissman

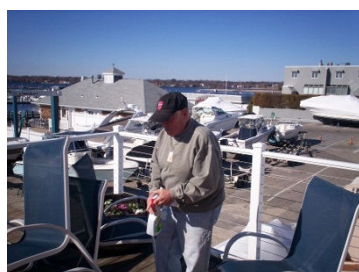
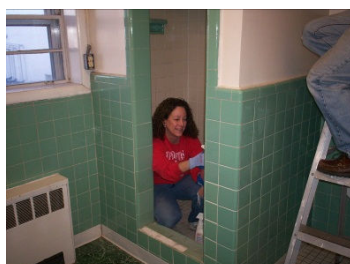
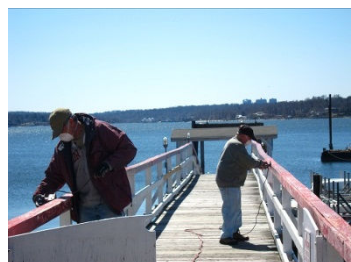
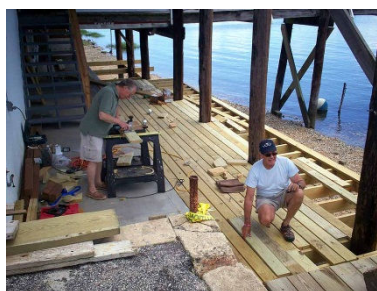
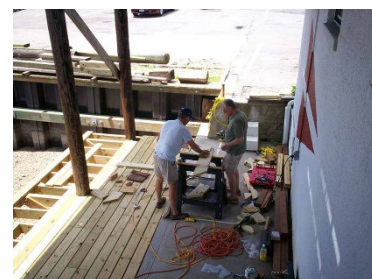
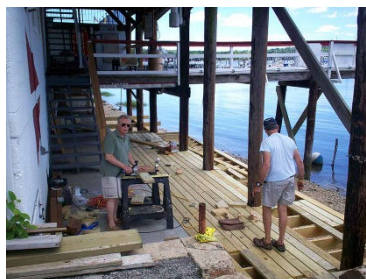




2013 NSYC Work Parties Continue

April 6th and 7th found busy sailors doing everything but sailing, getting the Club ready for the Spring Membership meeting and Commissioning! The most impressive result of their labor is the sparkling, refurbished men's room: wall paper removed and walls and trim repainted; tiles, blinds, and fan cleaned; new mirror, lighting and faucet hardware and even a new shower curtain. The ladies room was refreshed with a new shower head, curtain and hooks as well. Upstairs, the office was cleaned and a new floor was put down. The kitchen was cleaned and even the trophies in the trophy case were polished before they were returned to their spots behind clean glass.

With this issue of Blinker goes to press, we can view the fine work done by the cadre of dedicated members who near completion of our new lower deck. The reward for all this hard work was pizza as usual. Well Done!





Treasurer's Report – June 2013

I want to thank most of the members for being up to date in meeting their financial obligations to the Club. If you have not yet paid your second half dues bill, please due so promptly. If you did not receive your invoice, please leave a message for Marian at (516) 883-7185 and she will send you a replacement. Thank you also to those who have been conscientious about submitting your insurance certificates. This is a big help in assisting your Bridge in maintaining the fiscal responsibility of the Club.

Please do not forget to enter your work hours in the WorkBook. Unless you do so, we cannot give you the proper credit and you will be billed the additional fees in lieu of work. The WorkBook is located in the drawer under the coffee pot in the kitchen and is there for all to use.

In an effort to reduce costs, we again request that when you visit other clubs, that you make every effort to pay with cash or credit card. The additional bookkeeping involved in processing the relatively small amounts of money creates a burden on our bookkeeper.

Please do not hesitate to contact me if you have any questions about or would like to assist with Club finances.

Respectfully submitted,

Ken Magida, Treasurer

Thanks to Capt. Vic for:

- on Mother's Day, my best gift was being rescued by you off the rocks at Tom's Point.
- keeping my dinghy afloat through the hurricane.
- keeping us "Young" and everything you have done for the two of us.
- the many hours you have put in. Please know how thankful we are.
- always being there with us.
- keeping a watchful eye on severe weather for all our sailors.
- pumping-out the many gallons of water in our boat after a recent deluge...and, self-initiated.
- being such a helpful enabler with tools, advice and encouragement during construction of the lower deck



NSYC Sails Again – 2013 Harborfest Model Boat Regatta for Third Graders

It was 10:15AM, June 2nd, wind from the west at 8 knots, on a brilliant Sunday at Port Washington's Baxter Pond as well over 200 third grade "skippers" whooped it up and anxiously awaited their turn to race their own one-design, pontoon-style sailboats built from milk and juice cartons and basic sailboat accoutrements.....all in the spirit of recycling and promoting Port Washington's nautical heritage.

Accompanying these fledgling skippers were friends, families, pets and just about anyone else....a crowd estimated at over five hundred. Thirty-five volunteers on this day alone, more throughout the year and generous sponsors, made it all happen. North Shore Yacht Club was in the middle and orchestrating all this...from the middle of winter to race day.

This extraordinary event included all the trimmings, and more, of a major yacht racing event. Schoolchildren completed registration, 25 at a time were carefully escorted to the starting line for one of 22 elimination heats and the next starting gun. Large portable fans supplied by the fire department propelled the small boats towards the finish line, boat numbers for each heat's 1,2, 3 finishers were carefully scored and all small boats on the water were immediately collected by on-the-water kayakers to clear for the next heat. The sequence repeated every 6 minutes.

Within 80 minutes, 22 elimination heats were run; six school champions were crowned followed by the final run-off, which crowned the "All Port Champs" for 2013. Not to be outdone are the third graders from **Sousa school** who again walked away with the **School Spirit Award** determined by that school with the highest rate of participation...this year 62% !

Port's community owes much to the Community Service Team from NSYC for this event. The core Team, made up of Mary Lu Dempsey, Arlene Kase, Bill Palafox and Marian Weissman and significant support from the event's good friend, Bill Brakman of Manhasset Bay Yacht Club, orchestrated all activities building up to and including race day. From this cadre, model boat kits were assembled, school coordination was established, adult trainers were trained,

450 schoolchildren were trained, coordination with local officials, neighborhoods and crowd control were completed and all details for race day were completed.

During this period, even more NSYC members made their significant contributions to this All American day...including:

Butch Rufino, Rosemary Furno, Marian Girardin, Dave and Helene Goldsmith, Lloyd and Julie Herman, Nancy Kovach and Andy Weissman.

Much thanks goes to the generous sponsors for this successful event, which include The Port Washington Public Library Foundation, The Tepper Intergenerational Fund, Nautical Advisory Council of the Port Washington Public Library, Manhasset Bay Sailing Foundation, Manhasset Bay Yacht Club, North Shore Yacht Club, Port Washington Yacht Club and Port Sailing School.

...Bill Palafox





Education – “NSYC-Style”

Want those sails pulling at their best?
How about those latest “Apps” for cruising or racing?
Up-to-date with CPR?

If you are a member of NSYC, or a friend of NSYC, you were in luck this spring and don't want to miss future programs by our dynamic Education Committee made up of Alan Bernstein and Ken Bordieri. Consider these samples and plan to attend in the future!

Optimal Sail Shape for All Conditions
Thursday, April 4, 7:30 PM, 30+ Attendees

Attendees were asked to bring a clean handkerchief to the event to be used to demonstrate principles of air flow and fabric characteristics.

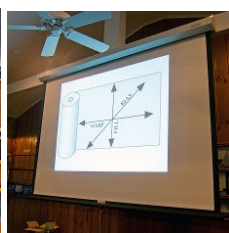
Featured Speakers were:

Butch Ulmer, UK Sails, City Island, NY

Marc Epstein, Experienced Racer, Past Commodore, NSYC

Butch Ulmer is one of our favorite speakers. With his vast wealth of experience as a racer, sail maker and yachtsman, his presentation took us through the basics to some of the fine points that surely enhanced the attendees' knowledge.

Marc Epstein, being one of the more experienced racers and sailors in NSYC Club and the Long Island area shared his deep of knowledge light air tactics.



Cruising Roundtable
Sunday, May 5, 4:30 PM

The program focused on the use of cruising apps and a discussion outlining cruising plans for the upcoming season.

Featured Speakers were:

Barry Mines, Editor and Publisher of Boating Times Magazine

Ron Gold, Past Commodore and Chairman of the NSYC Cruising Committee



CPR Training
Monday Evening, April 22, 6:00 PM

At the DeMatteis Center for Cardiac Research and Education. The course consisted of:

Full CPR for Adults and Children starting at 1 year of age

Hands On CPR

Use of an AED – Automatic External Defibrillator

What to do for: Choking Victims; Drowning Victims

How to recognize Sudden Cardiac Arrest and Stroke

Discussion on how to deal with falls and other emergencies

Successful students qualified all attendees for a two-year certification by the American Heart Association.





Buddies, "One and All"

It was a perfect, sunny, June 2nd for this year's New Member/Buddy Pizza Party. New members, their member buddies and members of the Bridge were present to enjoy pizza and a gorgeous, windless view. Just as the party drew to a close, the wind came up, and, just like any good sailors, most proceeded to their boats!

Many thanks to our new members, Ed and Mary Causin, who hosted this this year's party and to Arlene Kase for helping to organize this annual event.

New members...Welcome Aboard!

New Members

Member

Bill and Arzu Kovanlikaya

Peder and Eva Olofsson

David and Elizabeth Posner

Richard and Mary Ann Ronzoni

Ed and Mary Causin

Buddies

Arlene Kase and Ken Magida

Ron Gold

Dave and Helene Goldsmith

Peter and Geraldine Frank

Jim Thompson



2013 Harborfest Exhibit – NSYC "Reefed for Success"

Some have said that North Shore Yacht Club is one of Manhasset Bay's "Best Kept Secrets."

Well, after this spring's activities, one could say with fingers crossed, "The Secret is Out!"

Maintaining the NSYC "Share our Secret" campaign, the Club exhibited a strong presence at Port Washington's HarborFest on the Town Dock on Sunday June 2, which commenced as beautiful, crisp, breezy spring day.

With the Club's booth and new canopy up by 6:30AM, club members staffed the booth, in pairs, with smiling faces and welcoming greetings until 5:00PM as the breeze gradually increased to take-off speed for the average exhibiting booth canopy. The NSYC booth and canopy, adequately anchored and reefed for "heavy air," evolved to be the "talk-of-the-dock" by fellow exhibitors.

Thanks goes to our NSYC members who enthusiastically staffed our booth with two-hour shifts each, shared our secret and qualified visitor conversations resulting in nine leads worth follow-up. Thanks to Mary Lu Dempsey, Linda Kulla, Jody Lo-Presti, Paul and Lilli Meilink, Bill Palafox and Stephen and Phyllis Sax for their tireless efforts and smiling faces while representing our Club!





NSYC ANNUAL SPRING MEMBERSHIP MEETING

APRIL 20, 2013

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After socializing while munching on bagels and goodies, members gather and settle down to listen to the Bridge. Commodore Paul Meilink gets the ball rolling by calling the meeting to order. The minutes are read and accepted and the meeting begins.



The Commodore thanks the members for coming and also reminds folk to get involved and participate in Club activities.



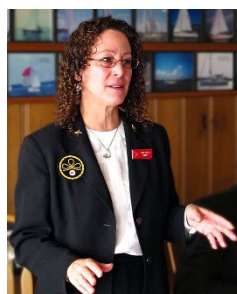
Vice Commodore Lloyd Herman reports on insurance certificates. Remember, NSYC must be named as an additional insured on your insurance policy and filed with the Club before bringing your boat to your mooring.



Rear Commodore Bob Dunn points out the improvements to Club facilities, particularly the complete “face lift” of the men’s bathroom. The ladies room had some minor upgrades and the floor was replaced in the storage room. All projects were completed under budget!



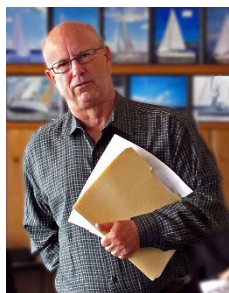
Fleet Captain, Bill Fish declares the Club is “ready to go” and all work parties, though small, have completed their jobs. Rebuilding the lower deck is the only project left to complete and the lumber is on hand and ready.



Secretary Linda Kulla thanks Captain Vic for all help with upgrades and refit of the bathrooms and storage room floor. Many improvements would not have been completed successfully without Captain Vic’s expert help.



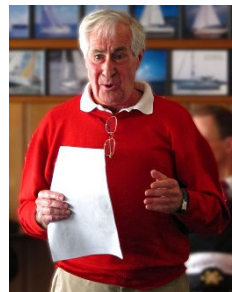
Treasurer, Ken Magida declares the Club is solvent, but we need to be careful. When asked about future large expenses, he replied the Bridge constantly upgrades and improves based on need and priority.



Leo Kamp reports on our investments, showing an approximate increase of 9%. Our funds are balanced between Money Market accounts and Mutual Funds.



Richard Raskin, Trustee, explains the seawall crack and its repair. A new seawall was constructed behind the existing wall and strengthened with rebar. The new lower deck will be constructed above it.



Neil Dorman, Chair of Audit Committee reports on the Budget, FY2013 shows a surplus which is average for this time of year. He also notes that the FY2013 audit has been completed.



Arlene Kase extends an invitation to the Membership to be mentors and requests that volunteers contact her directly.





**NSYC ANNUAL SPRING MEMBERSHIP
MEETING**
April 20, 2013
(continued)

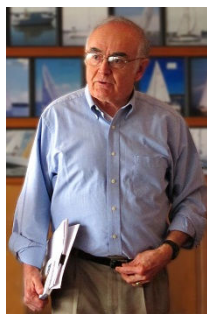
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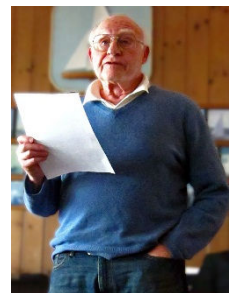
Mary Lu Dempsey/Palafox, Membership Chair, reports there are 4 new Affiliate Members and 5 new Active Members. The rental income for 2012 was \$1550 and \$200 to date for 2013.



Alan Bernstein, Education Committee Chair, thanked people for the bringing many more members and outside attendees to the education events which included safety, boat maintenance, sailing skills, and cruising knowledge. Upcoming classes scheduled are a CPR class and a live person MOB drill. He concluded by thanking Ken Bordieri, his co-chair



Bill Palafox, Trustee, explains proposed change in the bylaws to add new level of membership as a Social Associate. There would be on 5 members in this category and would be a trail program. There was considerable discussion on this proposal. The proposal was called for a vote and passed. He also listed the multiple activities of the Marketing Committee.



Bob Ebenau, Race Committee Chair reports NSYC is responsible for 15 days of races, the first being May 11 and 15, as well as 5 club PHRF races June 2, June 15, August 17 and September 8. The Moonlight Regatta will be held August 24. We need staff to help with the regattas.



Yehuda Rosenstock, Charles Murphy, Charles Cannam share their points of view regarding the proposed Social Associate membership category.

There were several other topics shared with the membership before the meeting was ended. A survey was passed out by Alan Bernstein, Education Committee Chair, looking for member feedback on possible future presentations, seminars, panel discussions and video presentations. Also, Bill Palafox reported on the continuing efforts of the Marketing Committee and that many members were participating in the HarborFest Model Boat Regatta and town dock exhibit this year.

Finally, the Blinker is now a group project with Bill Palafox and Marian Weissman as editors and Bob Ebenau as editor and publisher.





143rd Commissioning

May 19, 2013

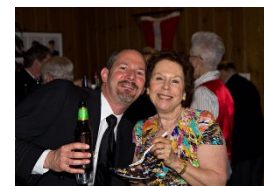
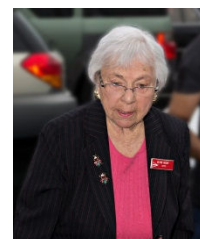
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(for slide show see: <http://nsyc.net/gallery/ProShow/comm2013.htm>)

No big deal—with 143 years of doing 'our thing,' we make it look easy.

Dressed in our nautical best...some ceremony...albeit indoors this year!...a pause to remember our past members who are always with us in spirit; meeting and greeting friends, members (some new) and honored guests; then eating, schmoozing, drinking and celebrating our continuing fellowship, the upcoming sailing, cruising, racing season and NSYC's bright future.

Three guns !!!...Navy salts will say, a big "Bravo Zulu" (aka "well done!")





Cruising Corner

Cruise to Norwalk YC

On Saturday, June 22, *Indecision*, *Cool Fire*, *A Capella* and *Forever Young* met at Norwalk YC. The clubhouse is under renovation and the shore facilities were minimal, actually non-existent for all purposes. We all met after dinner on *Cool Fire* for dessert and a drink. We enjoyed the fine sailing and good camaraderie. Hoping more members will join Club cruises in the future.

...Ron Gold



When cruising, Always Have a "Plan B"

.....Frank and I met college student, Alexander, a friend of the family over the New Year's holiday. He was a great sailor wanting some cruising experience. With a summer job teaching junior sailing awaiting him in Martha's Vineyard, he headed up to NYC over the Memorial Day weekend to stay with us and get ready for the cruise Frank had planned -- leaving Port Washington through Manhattan and Hell's Gate and on to Keyport YC in New Jersey to let our friends, Kurt and Mary, jump on -- solid crew for night ocean sailing.

The plan was to then head straight down to Norfolk, VA -- a 2 1/2 to 3 day sail on the ocean, and then to head up the Chesapeake to visit friends in St. Michael's, Maryland and then home using the canal. A trip Frank had done a few years ago with Charles Murphy as helpful crew. Upon return to NYC, Alexander would then take the ferry to Martha's Vineyard from NYC for his summer job. Well, when arriving in Keyport last Friday -- the marine forecasts predicted heavy southerlies for several days with some storm action coming east left over from the Oklahoma tornados. The experienced crew decided that 3 days of heading south in heavy southerlies and with gusty storms approaching was perhaps not anyone's idea of fun.

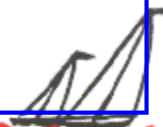
So, Plan B. With charts for all occasions, they put away the charts for the Chesapeake and turned east sailing along the south coast of Long Island -- reaching Block Island 19 hours after leaving Sandy Hook. Chunky seas but far better than the first planned southerly route. A few days of partying and catching up on sleep in Block and then on to Menemsha, Martha's Vineyard, and finally Vineyard Haven depositing Alexander for his summer job.

...Best, Jody

YOU KNOW YOU ARE A CRUISER WHEN...

See this amusing article if you have any doubts of your 'Cruising Identity.'

http://www.coastalboating.net/Features/FeatureArticles/You_Know_Your_A_Cruiser.html





Cruising Corner

On Safety:

Drowning Doesn't Look Like Drowning

By Mario Vittone

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

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

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

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

Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water, permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.

Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.

From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

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

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

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs – Vertical
- Hyperventilating or gasping
- Trying to swim in a direction but not making headway
- Trying to roll over on the back
- Appear to be climbing an invisible ladder.

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

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Man Overboard!

**NSYC "MOB" Seminar
Hands-On Drill and Observation
June 30, 2013**

DON'T TRY THIS AT HOME!

Ken Bordieri, who is co-chair of the Education Committee with Alan Bernstein, conducted an extremely valuable training session for NSYC members Sunday morning of MOB rescue procedures. We began with a video review of the MOB procedures recommended for use of the Life Sling, followed by an on-the water drill.

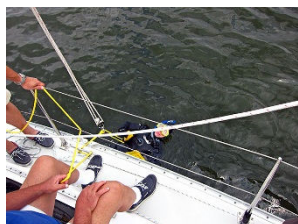
Ken Magida and Arlene Kase kindly provided the services of their boat *Forever Young*, a Catalina 355, for the drill, and our Commodore, Paul Meilink, was the 'victim.'

It was a reveling and very instructive exercise! The most valuable lesson the 13 of us learned was that MOB procedures are **HARD!** The best you might say was that—***The operation was a success, but the patient died!*** It took a half hour to 'rescue' Paul, far too long for an effective rescue.

NSYC will have an education seminar during early 2014 for MOB procedures that will discuss our experiences at this on the water training session and what techniques seem to work and which don't.

Thanks to all who participated, and particularly to Ken, Arlene, and our now revived victim, Commodore Paul.

Three guns to all !!!



The Racing Form

NSYC 2013 Day Race

What difference does 12 seconds make? That's what separated the corrected times of our second place finisher, *En Passant*, and our third place finisher, *Vision*; over a 17.6 mile, four hour course! Both are from NSYC, and therefore, by 12 seconds, *En Passant* takes the 2013 NSYC Reiman Trophy. *Whirlwind*, again, took first place in the spinnaker, and only, division—congratulations to Bill Purdy, of the City Island Yacht Club.

But the measure of the success of the Day Race is not only the fine sailors who competed or the closeness of the competition: it's the recognition NSYC receives as a sanctioned member of the Yacht Racing Association; it's the bonds we make with others in the sailing community; and it's the teamwork, spirit, camaraderie, and, yes, dedication of the NSYC members that made it happen—and happen well.

Recognized for their contribution to NSYC by the Commodore and Bridge are the race and entertainment committee teams of: Bob Ebenau, Race Organizer and PRO; Howard Hirschmann, Captain of *Sails Meeting*, our RC boat; Bob Kovach, RC Signaler; Roy Israel, Race Photographer and Boatswain; Lloyd Herman and Linda Kulla, Race Collation Coordinators (meaning they did all of the work making and running the post race party—which was GREAT), and Mary Lu Dempsey for superb chili. Special thanks to Ron Fink, who contributed the procedures, documents, equipment and advice which made this race happen.

To all who made the 2013 Day Race a success—three guns !!!

the results are:

2013 NSYC DAY RACE				
June 8, 2013				
DIVISION:	Spinnaker			
BOAT NAME	OWNER	Boat Type	Affiliation	POSITION
Whirlwind	William Purdy	Benetau 36.7	CIYC	1
En Passant	James Ebenau	Islander B30	NSYC	2
Vision	Marc Epstein	J-105	NSYC	3
Nordlys	Bob Schwartz	J-109	MBYC	4
Speedway Boogie	Chris Brady	Colgate 26	Hempstead Harbor	5
Sans-culottes	Robert Johnston	Benetau 40.7	Rockland YC	6
En Garde	Charlie Cannam	J-105	NSYC	7
Courageous	Gary Panariello	J/80	NSYC	8



The Racing Form

NSYC Club Race Series:

Our Club Race series consists of five races that are held throughout the sailing season in conjunction with the NSYC race committee weekends (see the accompanying schedule of races). This series, unlike the one design weekend races, is for NSYC 'big' boats, those that qualify for a PHRF rating, and is sailed under a variety of formats—but the overall goal is consistent; to provide our members with an enjoyable afternoon's low-key racing fun.

The results thus far are:

Borden Cup:

1 st	<i>En Garde</i>	Charlie Cannam
2 nd	<i>Dybbuk</i>	Roy Israel
3 rd	<i>Osprey</i>	Richard Raskin

Smith Cup:

1 st	<i>En Garde</i>	Charlie Cannam
2 nd	<i>Vision</i>	Mark Epstein
3 rd	<i>Dybbuk</i>	Roy Israel

NSYC Club Race Dates:

CLUB RACE SERIES

Borden Cup*:	Sun Jun 2	Full crew; in the Sound
Smith Cup:	Sat Jun 15	Two Handed; in the Bay
Epstein Trophy:	Sun Jul 7	Single Handed; conditional
Snyder Cup:	Sat Aug 17	Two handed; conditional
Commodore's Cup:	Sun Sep 8	Full crew; in the bay

** The Borden Cup will use a racing start. All other races will use a cruising start*

All starts at the Worry Wart at 1330 hrs, unless otherwise noted.

NSYC Race Committee Dates:

May 11
May 12
June 1
June 2
June 15
June 16
July 6
July 7



July 27
July 28
August 17
August 18
September 7
September 8

One Design Races:



Looking Back

Tales of the Trophy Case ...

History takes many forms. Family history is often passed down in an oral tradition—tales of the Old Country and of immigrant relatives we'll never meet. National history is written in books, embodied in monuments, painted in heroic colors. Our Club history, which begins in the mid-nineteenth century, long ago lost its original oral history. Its written record has large gaps, the product of the Club's many moves, physical damage and human carelessness. However, some of our history may be read through the trophies that have survived and that can be seen in the trophy case in the main room of the Club House. There, pewter, silver and teak speak of aspects of our Club's "ancient history."

Our earliest surviving racing trophy is dated October 17, 1894. It celebrates the victory of "Io" over "Needle" in the fall regatta. Unfortunately, we have no trophy for our first regatta, sailed 22 years earlier, but "Io's" victory reminds us that from our earliest days the Club has had a strong racing component.

Four of our trophies bear the name Leo Friede. Today his name may not ring down the thunder from the skies, but in 1921 The New York Times anointed him "the champion sailing canoeist in America." The dates on the trophies range from 1914 to 1933, giving evidence of the length of his career as a sailing canoe racer. In 1913 and 1914 the Club chose Leo Friede to defend the International Challenge Cup. On both occasions his racing skills prevailed over the English challengers.

In a more recent chapter of Club history, the existence of these two trophies was brought to the attention of Captain Vic Gerik, our Steward, who immediately recognized their value and acted quickly to acquire them for the Club, thus reconnecting us with a sailor who played a significant role in our history.

Some of our trophies bear a burgee that closely resembles our own, save that the white bar carries the letters A.C.A. Both the burgee and the letters—the initials of the American Canoe Association—are directly linked to our Club. The A.C.A. was organized in 1880 by W.L. Alden, our Founding Father. His duties connected with organizing the A.C.A. delayed his assuming the office of Club commodore until 1874. The similarity of the A.C.A. burgee—red background, white horizontal stripe—to our own is a reminder of the contributions of W.L. Alden.

Possibly the most unusual trophy is the very tall ceramic pitcher awarded to one F. C. Moore for his success sailing "Bronco" in the 1902 season. This ceramic trophy is more than a century old and has somehow managed to survive our Club's several moves undamaged. What seems even more miraculous is that four matching ceramic mugs from the same 1902 season sit next to it. We know little of the sailors—Moore and MacTaggart—save that two other trophies, dated 1898 and 1904, and won by Moore, testify to his skill as a sailing canoeist. How these ceramic pieces have survived undamaged for over a hundred years remains a happy mystery.

One of the more modern trophies, the Ostling Cup, commemorates Victor and Linnea Ostling who built the club house in which this trophy and the others reside, and whose generosity ultimately enabled us to have a permanent home.

There are, of course, many other trophies and awards in our display case and on the south wall. Space does not allow full recognition of them at this time. Many of them are newer than those described earlier, but all attest to the skill and spirit that have characterized our Club members for nearly a century and a half.

...By Charles P. Murphy

Questions or comments: cpjlmurphy@optonline.net

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