



MIDDLE HARBOUR YACHT CLUB
THE COMPASS ROSE CRUISING LOG

Volume No. 42 No. 3 April 2022

Editor: Dorothy Theeboom



Boats come in many sizes: Narrabeen Lakes.

NEXT MEETING: Monday, May 16th

Please note that there is no meeting in April due to the Easter holiday.



MAY SPEAKER: David Astbury, Programme Director, Serco Defence.

Australia's new Antarctic icebreaker, RSV *Nuyina*, is the main lifeline to Australia's Antarctic and sub-Antarctic research stations and the central platform of our Antarctic and Southern Ocean scientific research.

Cheese Platter: Niclas and Sanna Westling



Editor's note:

Deadline for the next edition of the Compass Rose is 30/04/22

The **EDITORS** for the next Compass Rose are **Phil Darling and Maralyn Miller**

Please forward contributions via email to the editor at cruising@mhyc.com.au

Opinions expressed in the Compass Rose are those of the contributors, and do not necessarily reflect opinions of either Middle Harbour Yacht Club or the Cruising Division

MHYC CRUISING DIVISION PROGRAM 2022 Apr - Aug

April	Friday 15 th – Monday 18 th	Easter Cruise, Botany Bay or Pittwater (wind dependent)
	Saturday 23 rd -Monday 25 th	Anzac Day Weekend Cruise (TBC)
May	Sunday 1 st	Sailing Sunday, Sandbar 10.00 Meet up and Sailing
	Saturday 14 th	MHYC Annual Prize Giving Keelboats
	Sunday 15 th	Sailing Sunday, Sandbar 10.00 Meet up and Sailing
	Monday 16 th	Cruising Division Meeting Talk: Icebreaker information
	Friday 20 th	Cruising Division Meet up and presentation from Captain Dean, Sandbar
June	Sunday 5 th	Sailing Sunday, Sandbar 10.00 Meet up and Sailing
	Saturday 11 th -Monday13 th	Queen's Birthday Cruise Weekend, Botany Bay
	Saturday 18 th & Sunday 19 th	Get Set Safety checks and Raft-Up
	Monday 20 th	Cruising Division Meeting
	Sunday 17 th	Sailing Sunday, Sandbar 10.00 Meet up and Sailing
	Saturday 25 th	Get Checked Day 1 of 2 at MHYC.
July	Sunday, 3 rd	Cruising Division Long Lunch, MHYC
	Monday 18 th	Cruising Division Meeting
August	Sunday 07 th	On-land event Sydney CBD Museum excersion
	Sunday 14 th	Sailing Sunday, Sandbar 10.00 Meet up and Sailing
	Monday 15 th	Cruising Division Meeting
	Saturday 27 th	Get Checked Day 2 of 2 MHYC
	Sunday 28 th	Sunday Breakfast and Safety Training Workshop

CRUISING DIVISION OFFICE BEARERS 2021 – 2022

Cruising Captain	Evan Hodge	0419 247 500
Cruising Co-Captain	Sanna (Susanna) Westling	0476 152 799
Secretary	Kelly Nunn-Clark	0457 007 554
Treasurer	Niclas Westling	0476 152 800
Membership	Kelly Nunn-Clark	0457-007-554
Safety Coordinator	Phil Darling	0411 882 760
Sailing Committee	Dallas O'Brien, Phil Darling	0411 882 760
On Water Events Coordinators	Evan Hodge	0419 247 500
On Land Events Coordinators	Kelly Nunn-Clark	
Committee Members	Martyn Colebrook, Phil Darling, Evan Hodge, , Kelly Nunn-Clark, Dallas O'Brien, Dorothy Theeboom, Niclas Westling , Sanna Westling, Jeremy Clarke	

RETIRING CAPTAIN'S COLUMN –APRIL 2022



Well, the last few days has seen this big bright thing in the sky that makes one squint. Ancient folk lore tells us it is the Sun. It is warm and bright, and I can feel the vitamin D being absorbed into my body.

Seriously though, this has been an unusual spring/summer/autumn with more southerly winds than I can remember. And yes, there is another east coast low forming up north which will be coming down our way next weekend. Oh joy.

Kelly and I will be heading off to Tasmania again this Saturday ahead of the low catching the easterly winds to get to Jervis Bay before the southerlies start again. At least that is the current plan.

This is an extended trip away and has been in the planning for a while. Sanna will do a great job as cruising captain and is keen and enthusiastic about MHYC and the Cruising Division. It has been great serving you all over the last few years unfortunately Covid got in the way and ruined a great many sailing plans.

Stay safe and healthy and we hope to see you cruising.

Cheers Evan Hodge

Cruising Captain - retiring. *SV Sanctum*



CAPTAIN'S COLUMN– APRIL 2022



Well – I would like to say a Big Thank you to Evan for having been such an amazing Captain of the Cruising Division and thank you for letting me take over this post.

I acknowledge that I have some big boots to fill and will do my utmost to be there for you all as we move into the future of the Cruising Division. Luckily Evan and Kelly, onboard Sanctum, will still be in Australia for a while and as well as being moored in Tasmania in the future months, Evan and Kelly will be flying

up to Sydney regularly. I hope that we will be seeing them at meetings and get together.

As for the Cruising Division, we have managed to have a sailing get together on the Harbour in March. Seven boats came along as we sailed to Blackwattle Bay where we anchored. See separate article.

Looking ahead we have an Easter Cruise planned as well as a long lunch in July. There will also be various Sailing Sunday get togethers – which we hope will be a regular feature going forward. So far it has been poorly attended, and not much sailing done, as the planned Sundays thus far have all been on days with heavy rain and wind.

Keep in touch with the Events calendar and I look forward to seeing you at a gathering soon.

Stay safe on and off the Water.

Sanna

Co – Captain Cruising, *SV RaRa*

**CRUISING DIVISION
EASTER CRUISE
15-18 APRIL**



Come along for the Easter Cruising Division sail of 2022. The plan is to sail south, towards Shellharbour. There is a new marina in Shellharbour that would be lovely to go and visit – if the weather is right.

Friday 15 April:

Meet up for a roll call outside MHYC. Then sail south towards Botany Bay for the first stop. Anchor near Conwang beach or west of Bare Island, wind and wave dependant.



Saturday 16 April:

Continue on south to Shell Harbour.

Grab a mooring/berth at the new marina and then have dinner together.

Sunday 17 April:

Head back north and anchor in Port Hacking – depending on sea state and wind, otherwise continue to Port Botany for the night.

Monday 18 April:

Return to Port Jackson

As always, this is very weather dependant and if the forecast is not looking too good for heading south, we will sail to Pittwater and spend the weekend up there.

If you are interested to come along, please send us an email as soon as possible on: cruising@mhyc.com.au

DOROTHY'S HARBOUR RAMBLINGS

Coastal Walk from Dee Why to North Curl Curl

To commence at Dee Why go to the corner of Monash and Pacific Parades. The walk follows the coastline for 1.6kms to the car park of North Curl Curl RSL. Along the way there are lots of ups and downs and fantastic ocean views. There are safety rails along the way at the difficult points. Nearing the RSL the road forks. Take the left hand fork, Cobbers Way, if you want to reach the RSL or veer right to head back to Dee Why via the road. The track south from the RSL joins the Bicentennial Coastal Walk. At the north end of Dee Why beach the path reaches Dee Why lagoon. There is parking at each end of this walk or you can walk back via the same track for a different outlook. It's also simple to walk back along the roads but there is a quite large hill between Curl Curl and Dee Why.



Long Reef from the walk



DEE WHY HEADLAND

Dee Why Headland is a sensitive coastal ecosystem, providing an important wildlife corridor between Curl Curl and Dee Why Lagoons. The rugged sandstone headland boasts spectacular views south to Manly and north to Long Reef and beyond.

GRADE
Medium

DISTANCE
1.6km one way

TIME
45 mins - 1 hour

PATH
Formed track, short steep hills, some obstacles, many steps

- 1 On an outcrop overhanging the beach, the **obelisk** was erected in 1917 and is inscribed with the names of 10 men who died during World War I. Although from Randwick, the mates had camped at North Curl Curl Beach in the years prior to 1914.
- 2 The **North Curl Curl Rockpool** was originally built in 1937. Soon after, it was deepened and a retaining wall was constructed using unemployed labour. Having been demolished by heavy seas in 1947, it was reconstructed in 1957. It is Warringah's most natural rockpool due to its location carved into the exposed rock shelf. Only accessible by foot, the pool is dangerous during big swells.
- 3 Experience breathtaking views across Curl Curl Beach, Manly and North Head from **Rulingia Lookout**. Named after the low growing shrub with pink flowers, wildflowers are common here in spring, and provide an amazing juxtaposition between the rugged sandstone rock platform and the beauty of the flowers.
- 4 **Tea Tree Lookout** sits high above the crashing waves. The view north stretches as far as the Central Coast.
- 5 Enjoy the amazing views north from **Gahnia Lookout**, named after the tussock-forming sedge or clumping grass that is commonly found on the headland.
- 6 Along the track you'll notice the Hawkesbury heath vegetation is thriving on the infertile soils of the coastal sandstone. The hardy plants are accustomed to the harsh conditions.
- 7 If you look closely you can see the remains of the original rockpool, which was carved out of the rock platform in 1912. The remains of a second pool can also be seen next to the current children's pool.

Bushland health: Being a long, narrow reserve, with houses and streets along the upper slope, this area is susceptible to runoff pollution from roads and garden chemicals. Regeneration efforts have made significant progress in removing invasive species and rehabilitating sections of the headland.

Dogs: Dogs pose a risk to birds and native animals and are not allowed on the Headland at any time.

Please use caution near cliff edges.

START HERE
TOILETS
PARKING
BUS STOP

Aerial Imagery © VEXTA 2012

For more information: <https://www.northernbeaches.nsw.gov.au/>



Narrabeen yachts part 2 (see front cover)

MHYC Cruising Division

Is Proud to present an evening with

Dean Cropp

May 20th @ 7:30pm

Marine environmentalist, adventurer and documentary maker, Dean will share with us his adventures in the coral sea, Sydney area and beyond. He has captured amazing footage of marine life with sharks, whales, dolphin, sea snakes in their natural habitat.



Bring the kids to see and hear this underwater adventurer speak.

Captain Dean Cropp the Barefoot Oceanic Filmmaker

7.30 pm 20th May at MHYC

Harbourview room – Gold Coin Donation

RSVP: cruising@mhyc.com.au - numbers are limited

CRUISING 'GET BACK TOGETHER' ON WATER 19-20TH MARCH – IT DID HAPPEN!

Finally, we managed to get together for a sail on the Harbour. After Covid and all the restrictions that followed and then added on top of this the adverse weather we finally managed to get a weekend of cruising done.



The weekend started with a roll call in Hunters Bay and then a sail down the harbour. The wind was strong and the waves big, but as we all rounded Bradleys Head, the sun came out.

Due to the forecast of S or SE winds we decided to head to Blackwattle Bay instead of to Berry Island (as this is the only wind direction which Berry Island anchoring is not protected from).

We met Rapture there as the timings differed a little in the morning before we all got organised. Then Sanctum, Kai Rani, Eternity and RaRa arrived and rafted up 2 by 2. Simply Irresistible arrived shortly after Slac-n-off (as Flo is out of action).



The sun came out and we had a lovely sundowner drinks on board Kai Rani. Around dinner time we were treated to an amazing moon up over CBD.

Sunday morning we met up on the beach for some Yoga led by Selina.

After the yoga we went for a walk along Glebe point to the Tramshed for brunch.

Upon return to the boats, some of us ventured to the fish market by dingy and bought some provisioning.

Returning to home base for the boats went great with some lovely winds and sunshine.

//Sanna on RaRa

RENEWABLE ENERGY CUP

A few of us cruisers put our boats into service for the charity regatta, Kai Rani, RaRa, and Flo/SnO. Apologies if I forgot any other participating boats. The regatta was in aid of the Australian Marine Conservation Society, Australia's only national charity dedicated solely to protecting our ocean's wildlife. The headline speaker was Zali Steggall, who sailed on Rumba. Zali spoke about the progress Australia's renewable energy sector is making. This is despite the lack of federal government support and the obstructiveness of the fossil fuel lobbyists and their friends in parliament (my words). Flo was the only catamaran in the fleet of mono hulls. Handicapping presented an issue for the handicapping team so we were off at one minute, to keep us out of the way. Ensign Yacht brokers were supporting TAG Energy and wanted to show Flo off as one of their brands.

With our guest crew of four, Andrew Pearson, Anna and myself we set off half an hour early to familiarise our guests. As with all things Flo the start didn't go too well. With Anna at the wheel the boat had almost zero propulsion and didn't want to leave its comfortable berth. That Sunday morning



feeling. We checked the mooring lines, just in case, and all were free. With more foot on the pedal we gradually moved forward. With the engine in neutral there was plenty of power, but in gear, clearly there was an issue.



A dilemma as we had four excited guests to entertain. Decisions needed to be made. Anna wanted to abandon ship, Andrew was happy to proceed as we had two sails. I was undecided. After some procrastination Andrew decided he would abstain from further involvement in decision making and I decided I preferred a peaceful life and do as I was instructed, as always, and return Flo to the berth. However we did have an ace up our sleeves, in that Slac N Off (SnO) was sitting on a 'pinkie' a mere 100m away. We would transfer our crew to SnO and get to the race on time. With limited propulsion Anna very ably manoeuvred Flo back to her berth.

The MHYC tender transferred us to SnO and we headed to the start line starting 15 minutes late. We weren't going to be amongst the winners so they were encouraged to fully participate. Each guest helmed a leg; Manly West, East, East Channel, Fort Denison and back to MHYC. One was an experienced sailor, one picked it up quickly, the third Patrick wasn't a natural and Marie, from Tesla, had to be reminded several times to steer clear of Middle Head South. It was when I told her I only had two boats, one of which was already down, and we wouldn't have another one to jump on to, that the message finally sunk in. We were all hoping for a discount in batteries or even a car but unfortunately due to the worldwide chip shortage Tesla were having supply difficulties so there wasn't any point hoping.

No medals were won but we had fun and the charity raised a lot of money. It was our second charity race this month. They all seem to be in March. All we had to do was donate our boat and time. Companies pay the charity for the use of the boat and invite their guests. Such a worthwhile cause.

Martyn Flo/SnO

BUY, SELL OR SWAP



There are still some rugby tops for sale. Please contact Jeremy Clarke: jeremyjc@tpg.com.au

Ocean Blankets



We have a limited supply of Ocean Blankets inside cushion covers, made in Tasmania. We are down to about 90 out of the original 300. The price is incredible, so get yours before they are gone.

\$57 a blanket/cushion and that includes freight from Tasmania to you.

The Navy-Blue Striped Cushions are SOLD out.

Contact Kelly at cruising@mhyc.com.au or 0457 007 554



If you don't have electric winches and would like a substitute, this Milwaukee right angle drill may suit the purpose. It comes with a rechargeable battery. Very handy at times especially when sailing shorthanded. It cost \$400 new. The angle grinder is also rechargeable. It was on Caviar if ever we needed to cut lines or rigging and has never been used.

Please contact Dot Theeboom theeboom1@tpg.com.au if you are interested.



CHEF'S CORNER



Lentil Dal with Mango

Healthy and Tasty sounding. A good dish to prepare on board. I wonder what other fruits could replace mango if mango is in short supply?

Kelly Clark S/V Sanctum

<https://www.drfulhrman.com/recipes/>

Ingredients - Serves 4

- 1 cup dry lentils, rinsed
- 4 cups no-salt-added vegetable broth
- 1/2 teaspoon ground turmeric
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 1/2 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon garam marsala
- 1/4 teaspoon black pepper, or to taste
- 1-2 tablespoons curry powder, optional
- 2 mangos, peeled and diced or 2 cups frozen mango, diced
- 3 cups coarsely chopped spinach
- 1/2 cup chopped fresh cilantro (coriander)
- 1 tablespoon lime juice

Instructions:

Combine lentils, vegetable broth and turmeric in a large saucepan. Bring to a boil, reduce heat, partially cover and cook, stirring occasionally for 30 minutes.

Meanwhile, dry saute onion until almost tender, about 3 minutes, add garlic and ginger and cook for an additional 2 minutes, adding a small amount of water if needed to keep from sticking. Add coriander, cumin, garam marsala, black pepper and if desired, curry powder.

Stir the onion mixture and mangoes into the lentils. Return to a simmer; cook stirring occasionally, until lentils are very tender, about 15 minutes. Stir in spinach and cilantro and heat until spinach is wilted. Stir in lime juice.

CD QUIZ –APRIL 2022 BY PHIL DARLING

Weather is all important for sailing, and indeed all marine activities. Over the past month or two it has been of particular concern so we have focussed on it in this quiz.

1. What weather would you normally associate with a high pressure system, and why?
2. What weather would you normally associate with a low pressure system, and why?
3. What is a trough, and what impact could it have on our weather?
4. This year the East Australian Current has been especially strong. Is this a good or bad thing, and what impact has it had on our weather?
5. We have had a number of East Coast Lows this season. What are the elements that tend to encourage their formation?
6. What direction do the winds circulate around a Low Pressure System in the Southern Hemisphere?
7. What is the difference between an East Coast Low, a Cyclone, a Typhoon and a Hurricane?
8. What conditions are required to form a Tropical Revolving Storm?
9. An easy one now – what wind speeds trigger the Australian Bureau of Meteorology to issue Strong Wind, Gale and Storm warnings?
10. We went out in a Strong Wind Warning and noticed wind gusts in the mid 30s. Did the BOM get their forecast wrong?

PHOTO COMPETITION FOR 2022

April WinnerPhoto of the Month is by Dallas and Selina O'Brien



Send your photos to **Maralyn Miller** to enter into the 2022 Cruising Division Photo Competition. Each Month the best photo received will be published and, in the running, to win a new **Mystery Prize** at the end of 2022.

The winning photo for April is called 'full ☾ rising over Sydney taken from Blackwattle Bay' and was taken by Dallas and Selina at the Blackwattle Bay CD event.

Only one photo per month (as a JPG / JPEG) to be submitted. Remember ... to be in the running to win the prize you must be in it.

Hint Give your favourite photo a Title and Place taken. Submit your photo and only to Darling.maralyn@ozemail.com.au. Good Shooting ...!! Maralyn.

TECH CORNER

Kai Rani improvements It never ends

While Kai Rani was away in Port Stephens earlier this year we noticed that the fridge performance was dropping. When we returned to Sydney I removed the Dan force compressor to have it modified (larger dryer) and while it was out I googled frost free fridges. The difference between frost free and not is a fan that moves air around in the box. I spoke to Martyn Stolp at Summit Marine Refrigeration who suggested a case fan (computer). This draws .08 amps so no problems.

I wired it into the light switch supply. The idea is to move the air around to keep the temp is consistent throughout the fridge box. At this stage I've had to turn the thermostat right down using less power at + I and put a 120 mm fan from Jay Car, \$27.00, More efficient.

CALAMITY CORNER

Bilge pumps

Kai Rani with almost one year of Ownership, I need to replace the Volvo dripless seal for the prop shaft. It's dripping, filling the bilge up slowly.

I rowed out to Kai Rani a day after finding the dripless shaft seal dripping to check that all was well with the bilge. I lifted the panel above the bilge and to my amazement the bilge well was full of water. The bilge pump was making bilge noises but nothing was happening with the water level not dropping. So I removed the (Rule) High Water Bilge (HWB) pump, switched on the pump and placed it into the bilge water. It then made all the right sounds with the water level dropping very slowly. I checked the condition of the HWB pump and it had not been fitted back properly into its casing, causing the pump to be damaged by the impeller, making the pump very inefficient. Bloody hell more money to spend!

The fix

A new diaphragm and flapper valve for the (Johnson Viking 10) Jeanneau fitted pump, \$90.00 for two bits of rubber and \$104.00 for the HWB pump. I also found the float switch was sticking every now and then for \$44.00 now all fixed and operating properly. The flapper valve was jammed with a piece of gel coat and the HWB pump body was scalloped out near the impeller. The float switch was also worn. I suppose 16 years isn't too bad before failure.

Be wary of bits of insulation or rubbish on the sole of your beloved boat because it could cause a pump failure.

Still floating. Jeremy, SV Kai Rani

CD QUIZ – APRIL 2022 – ANSWERS

1. High pressure systems are associated with downward flowing air. As it descends to lower altitudes it warms and can carry more moisture, so clouds are rare and they are generally associated with fine weather.
2. Low pressure systems are associated with upward flowing air. As it rises to higher altitudes it cools and can carry less moisture, which generally results in cloud formation and instability, so they are generally associated with unstable weather and storms.
3. A trough is an elongated area of low pressure. It will draw air into it and upwards – if there is moisture in this air (especially if it is drawing it in from over the sea) then this will form clouds, storms and possible heavy rainfall as it rises.
4. The East Australian Current has both positive and negative impacts. It brings warm water down our coast from the tropics. One negative is that all that warm water just off the coast tends to evaporate into any onshore winds and forms a ready reservoir for heavy rainfall near the coast. It also tends to encourage the formation of East Coast Lows.
5. East Coast Lows can easily form when a pool of cool air or a trough move offshore and sit over a body of warm water. The energy from the water then drives the formation of a more intense low, with the Coriolis Force starting it spinning and further intensifying.
6. Clockwise.
7. East Coast Lows form in sub-tropical latitudes in conjunction with an east-coastal current bringing warm water from the tropics. Cyclones, Typhoons and Hurricanes are names used in different parts of the world for the same phenomenon – a Tropical Revolving Storm.
8. Tropical Revolving Storms are intense low pressure systems that require warm water and a source of rotation from the Coriolis Force to form. They typically start over warm shallow tropical seas (such as the Coral Sea to the north east of Australia). They cannot form any closer than about 5 degrees either side of the equator as the Coriolis Force is too weak close to the equator to start them spinning.
9. Strong Wind Warning – winds expected to average over 25kts; Gale Warning - winds expected to average over 33kts; Storm Warning – winds expected to average over 48kts. There is also a Hurricane Warning possible (winds in excess of 64kts)
10. No – a Strong Wind Warning predicts that the AVERAGE wind will be above 25kts but is not expected to be over 33kts. Individual gusts can be up to 40% higher so could even be into the low 40s! Also be aware that any forecast is a prediction only – conditions can and do change without warning. Beware!

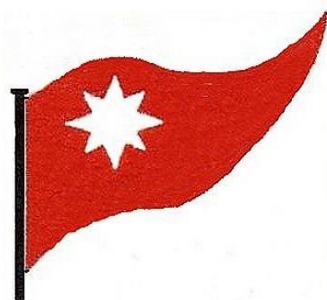
**Middle Harbour Yacht Club - Cruising Division
Treasurer's Report on 1 April 2022**

Cash at Bank on 01.03.2022	1,771.88
<i><u>Plus Receipts</u></i>	
-	\$0.00
<i><u>Less Payments</u></i>	
-	-\$0.00
Cash at Bank on 31.03.2022	\$1,771.88
<i><u>Outstanding Receipts</u></i>	\$0.00
<i><u>Outstanding Payments</u></i>	
Account Balance	\$1,771.88

In addition, we have an inventory of
4 unsold jumpers (priced at \$50 ea)

Signed as a true record
Niclas Westling,
Treasurer

MEMBERS ARE INVITED TO SUBMIT ARTICLES OF APPROXIMATELY 800 - 900 WORDS ON SUBJECTS WITH A SAILING THEME, INCLUDING PERSONAL SAILING ADVENTURES, BOOK REVIEWS, SKETCHES, JOKES, AND SO ON. WRITE YOUR ARTICLE WITH TITLE, YOUR NAME AND BOAT NAME, AND EMAIL TO THE EDITOR.



The Cruising Division of MHYC meets on the 3rd Monday of each month, and uses as its sailing pennant a flag with a white compass rose on a red background.

MHYC Cruising Division members invite a raft-up or cruise in company whenever they fly our pennant, which we refer to as 'the compass rose'. The Cruising Division newsletter is titled 'The Compass Rose Cruising Log' and is published monthly. The newsletter is also available through the MHYC web-site at www.mhyc.com.au.