



## MIDDLE HARBOUR YACHT CLUB

### THE COMPASS ROSE CRUISING LOG

Volume No. 35, No. 6 July 2015

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Editor: Michael Mulholland-Licht

**NEXT MEETING: JULY 20, 19:30 HRS  
BYO BBQ 18:30HRS**

**GUEST SPEAKER: TIM HAYES. CHIEF PETTY OFFICER,  
CLEARANCE DIVER RETIRED**

**PRESENTATION: DEALING WITH EMERGENCIES ON BOARD.  
PRIORITIES OF SURVIVAL**



**DEFINITELY A GOOD OMEN FOR THE SEASON AHEAD AT  
MHYC**

## CRUISING DIVISION OFFICE BEARERS – 2015 - 2016

<b><i>Cruising Captain</i></b>	Michael Mulholland-Licht	0418 476 216
Cruising Vice-Captain	Phil Darling	0411-882-760
Vice-Commodore Cruising	Michael Mulholland-Licht	0418 476 216
Secretary	Trevor D'Alton	9960-2878
Treasurer	Trevor D'Alton	9960-2878
Membership	Evan Hodge	0419 274 500
Name Tags	Lena D'Alton	9960-2878
Compass Rose Coordinator	Committee Members	0411-156-009
Safety Coordinator	Bill Allen	9977- 0392
Waterways User Group	Mike McEvoy	9968-1777
Sailing Committee	Colin Pitstock	0407-669-322
Guest Speakers	Committee & Members as required	
On Water Events Coordinators	Colin Pitstock, Paul Wotherspoon, Phil Darling , Michael Mulholland-Licht	Michael 0418-476-216 Phil 0411-882-760
Co-opted Committee	Gill Attersall, Kelly Clark	
Committee Members	Michael Mulholland-Licht, Phil Darling, Colin Pitstock, Paul Wotherspoon, Trevor D'Alton, Gill Attersall, Kelly Clark, Evan Hodge	



### **Editor's note:**

**Deadline** for the next edition of the Compass Rose, is: **7th August 2015**

The EDITOR for the next Compass Rose is **Trevor D'Alton**. Please forward contributions

c/-: MHYC PO Box 106  
SEAFORTH NSW 2092,

Or

email:

[tdalto@ozemail.com.au](mailto:tdalto@ozemail.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***

<b>July</b>	20 <sup>th</sup>	Cruising Division Meeting
<b>July</b>	25th	Yule fest Ugg Boot Ball on the Beach
<b>July</b>	26th	Sunday Sounds. Jazz at Sandbar 14:00 -17:00
<b>August</b>	17 <sup>th</sup>	Cruising Division Meeting
<b>August</b>	20 <sup>th</sup>	Ladies Lunch
<b>August</b>	28th	Skippers Briefing 18:30
<b>September</b>	5th	MHYC Opening Day & Sail-past.
<b>September</b>	12-13th	Black Wattle Bay & Fish Market Cruise
<b>October</b>	3-5 <sup>th</sup> Long Weekend	Port Hacking Cruise, Slocum Event

NEXT MEETING: MONDAY JULY 20TH, 19:30 HRS  
B.Y.O. BBQ 18:30 HRS

GUEST SPEAKER: **TIM HAYES CHIEF PETTY OFFICER, CLEARANCE  
DIVER -RETIRED**

PRESENTATION: **DEALING WITH EMERGENCIES ON BOARD.  
PRIORITIES OF SURVIVAL**

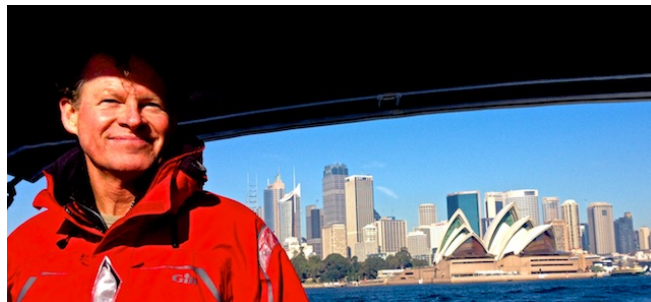
### FAREWELL TO OUR FOUNDING CAPTAIN

Tony Rickards, the founding Cruising Captain of MHYC Cruising Division, was farewelled at MHYC by Sue, his sister, who had flown in from America, friends from his early Army days with the CMF, sailing companions and early Cruising Division Members.

Michael McEvoy did Tony proud by constructing a presentation board on which to display Tony's many skite plates from skiff competitions through to "*Truant V*". He has also written an interesting account of Tony's life, so if you wish to read this I'm sure he will be happy to email you a copy.

Tony's many achievements and amusing anecdotes of the larrikin side of Tony were accompanied by a roll of photographs collated by Michael. Many thanks go to Michael for all his work in making Tony's farewell a memorable experience.

## CAPTAIN'S COLUMN - JULY 2015



Dear Members,

It is an honour to have your support in taking the helm of MHYC Cruising Division for our next passage together! Our sincere thanks go to Colin Pitstock for enthusiastically captaining our Division during the recent years. His energy has been motivating and he continues to inspire us all to truly live the cruising life as he is always out there! Thanks also to the Cruising Division Committee: Phil Darling, Trevor D'Alton, Jean Parker, Maralyn Miller, Paul Wotherspoon and Hillary Gallagher. Maralyn steps down after a marathon 16 years on Committee where she has edited the Compass Rose and coached many others to now be able to do the job (almost as well).

The new Committee was elected at the June AGM and no sooner than we realised an absence of Alternate Skippers; two volunteered. So Gill Attersall and Kelley Clark were unanimously co-opted onto the Committee at our first meeting. Evan Hodge is also welcomed onto the Committee as an active new member of the Division who we regularly see on-board Nashira with Kelly (and Max). So I'm pleased to have a balance of new ideas and experience in our committee for 2015/16. Also thank you to all the regular contributors to Compass Rose and our members meetings. Please keep your articles, tech corner items and suggestions coming, as you are the lifeblood of the Division.

My background and experience beyond sailing is national and international health accreditation and not for profit boards and teaching. As a sailor I started as forehand-hand on a plywood Sabot, graduating to sailboards (my first coastal cruising craft) then keelboats. I have been racing and cruising with MHYC since 1999 on an Adams 10, "*Contentious*" and now a Sydney 36, "*Stormaway*" and Astrid's and my Beneteau Oceanis 40, "*Bliss*".

Last year the Division developed a strategic plan that will be reinvigorated to help plan the year ahead. In keeping with the broader strategy of MHYC we plan to grow and diversify the membership, including powerboat cruisers. Our aim is to conduct well-organised events with good attendance. Such events provide the opportunity for on-going skills development for both skippers and alternate skippers. We are privileged to have such a wonderful Club. Let's all make it the best that it can be. Please let me know if you have ideas of how we can make our Club and Cruising Division thrive. We are only as strong as our members' participation.

I look forward to seeing you all, on and off the water during the year ahead.

**Michael Mulholland-Licht, "*Bliss*" [vitalifestyle@me.com](mailto:vitalifestyle@me.com)**

## Cruising Captain

### PAST EVENTS:

#### JUNE LONG WEEKEND SAFETY INSPECTIONS



.....Boats in Sugarloaf Bay

The weather for the Long Weekend was near perfect, which perhaps contributed to the magnificent turnout of 10 boats showing up in Sugarloaf Bay. Nearly all were able to attend for the entire 3 days with most ready for their safety audit to ensure they met the Safety requirements of the MHYC and Cruising Division.

The Organiser was near speechless with absolute surprise at the excellent turnout and is optimistic that this bodes well for the coming season.

Such was the spontaneity that from Saturday on, everyone was in instant Party Mode encouraged by the generous hospitality of John Eastway again offering the aft deck of his sumptuous "*Flemingo*" as the Party boat, hosting Saturday evening Drinks, Sunday BBQ Lunch and more, interspersed with Coffee and Homemade Cake on other boats.

At the Cruising Division Meeting of Monday 15<sup>th</sup> June, a motion was moved by the organiser thanking John Eastway for his generosity in overstocking his fridge and being the catalyst in ensuring the success of any event he attends. Unfortunately

John was unable to attend the meeting and missed the loud round of applause that ensued even in his absence.

In between all this revelry, it is perhaps surprising that 7 boats still managed to have their Safety Audits carried out.

Boats attending were ...(in alphabetical order)

*As free as The Breeze*  
*Espresso*  
*Flemingo*  
*Jabiru*  
*Katchina*

*Nashira*  
*Rapture*  
*Sanctum*  
*Simply Irresistible*  
*Tulip*



.....Party in full swing aboard Flemingo.

On the following Saturday, 13<sup>th</sup> June, the Cruising Division Auditors assisted the Club to assist a further 50 Club boats through their Safety Audits.

Paul Wotherspoon,  
*"Rapture"*

## DRIFTWOOD:

### **Did you have a little tipple too much at Sugarloaf on the Queens Birthday weekend? Take heart:-**

The recorded story of rum rations started with USS Constitution, which set sail from Boston on 27th July 1798. She had 48,600 gallons of water and 79,400 gallons of rum on board. She sailed from Boston to Jamaica. At Jamaica she took on 64,300 gallons of wine. Subsequently she captured a distillery in Scotland. She arrived back in Boston on 20th February 1799. No rum or wine was left but 38,600 gallons of the original water was still in the tanks. Why? Water went off whilst rum, wine and beer was safe to drink. Made the bad food more tolerable, did not go off and high in Vitamin B.

Admiral Vernon became worried about the ability of drunken sailors to carry out their duties so ordered rum to be watered down 4:1.

The above supplied by **Ron Ray from the Australian National Maritime Museum.**

So keep up the fluids everyone!! Tho' not sure about the watering down bit.

Gill Attersall

*"Simply Irresistible"*

### **Another Great Read or Gift**

The Unlikely Voyage of *Jack de Crow* by A.J. Mackinnon

"A couple of quiet weeks sailing the River Severn was the intention. Somehow things got out of hand – a year later I had reached Romania and was still going...."

Truly hilarious books are rare. Even rarer are those based on real events. Join Aussie A.J. Mackinnon, your charming and eccentric guide, on an amazing voyage in a boat (Mirror dinghy) called Jack de Crow. Equipped with his cheerful optimism and a pith helmet, this Australian Odysseus in a dinghy travels from the borders of North Wales to the Black Sea – 4,900 kilometers over salt and fresh water, under sail, at the oars, or at the end of a tow-rope – through twelve countries, 282 locks and numerous trials and adventures, including an encounter with Balkan pirates. Along the way he experiences the kindness of strangers, gets very lost and perfects the art of slow travel.

Gill Attersall

*"Simply Irresistible"*

## NOTICE FROM ROADS AND MARITIME SERVICES, COURTESY OF MIKE McEVOY, MIDDLE HARBOUR USER GROUP:

### **Installation of 18 courtesy moorings: McMahons Point West, Sydney Harbour East and Middle Harbour South**

Roads and Maritime Services will install 18 new courtesy moorings in Sydney Harbour. Courtesy moorings are available for temporary use by the boating public for mooring recreational vessels free of charge.

We have engaged a specialist contractor Polaris Marine Pty Ltd to carry out this important work. Work will start from 26 June 2015 and will take around four weeks to complete, weather permitting.

Location and number of new courtesy moorings are as follows:

- 3 at Balmoral
- 2 at Chinamans Beach
- 1 at Chowder Bay
- 1 at Taylors Bay
- 1 at Camp Cove
- 1 at Watsons Bay
- 1 at Vaucluse Bay
- 1 at Nielson Park
- 2 at Hermit Bay
- 4 at Rose Bay
- 1 at McMahons Point West

Courtesy moorings provide an environmentally sensitive alternative to anchoring and there are about 130 courtesy moorings across NSW allowing short term use by any registered vessel.

Please do not hesitate to contact me on 02 9563 8504 or email [daniel.duemmer@rms.nsw.gov.au](mailto:daniel.duemmer@rms.nsw.gov.au) if you have any questions, feedback or would like more information about the project. For more information on our projects, visit [rms.nsw.gov.au](http://rms.nsw.gov.au)

Yours sincerely

Daniel Duemmer

Manager Operations Sydney Harbour




## CD Quiz – July 2015 by Phil Darling

This month – something old something new. First the old items:

1. What does the red and white marker off Bradleys Head mean, and what is it's proper name?
2. When we refer to the wind backing – what does this mean?
3. If the wind is going in the opposite direction to backing, what do we call this?
4. What is a Great Circle Route, and when is it best used?
5. On what type of chart is a Great Circle route drawn as a straight line?
6. What is the name of a line led forward from the end the boom to reduce the chance of an accidental gybe?
7. On your list to buy prior to a cruise is an item “Chart 5011”. What is this?

Now – three new items:

8. What radio frequency does the AIS system operate on?
9. You are sailing along in an area you know well – no hazards here – and see three new bouys painted in vertical yellow and blue stripes, with lights on top on the new colours. What do these mean?
10. You buy a new chart and notice a new symbol  What does this mean?

## MY BOAT, “TULIP” .....BY DICK WILLIAMSON

Most members who attend the members meetings will have seen me occasionally. I joined the cruising division after realising that I was too old and not agile enough to race on today's sporting yachts. So rather than continue injuring myself every Saturday I thought that I could do some sailing and enjoy the company of likeminded people in the Cruising division.

I had sailed in the UK with a similar club, The Little Ship Club and did a lot of sailing on other peoples boats all over the UK coast and into France. However, it became apparent that most members had their crews and I wasn't getting as much sailing done as I had hoped. Consequently about 4 months ago I bought the first boat I have had in 20 years, a very old Endeavour 26 launched 1975.

She was quite cheap which means I will have to spend a bit of money bringing her up to the standard needed for today's cruising. She had been equipped for cruising and racing but had no creature comforts like sinks and stoves or indeed, a head of any kind except a port-a-pottie stuck under the forward (you couldn't call it a foc'sle) bunk area, with no access. I don't think it has been used for a while.

But she is sound and I have managed to rid the deck of a lot of very strange stains. She sails quite well and the outboard motor starts on first pull. Apart from renewing the rigging and getting a new boom cover with lazy-jacks I will slowly make her more habitable and by the start of the summer she should be in good enough shape to join the rallies planned either with me alone or with some other masochist. She is currently called Emma 3 but I plan to change her name to Tulip in honour of my wife whose name translates as that.



Ironically I am not a newcomer to Endeavour 26's as my father had one in the 70's and 80's which he used to race in the Endeavour division at MHYC in those days. I would occasionally race with him but most of the time I was racing as forward hand on a dragon until I returned overseas in 1980. I have to say Dad's boat, Heather Marie, was fully equipped for cruising as well as racing and he and my mother used to regularly sail up to Pittwater for holidays. If anyone remembers her I would be pleased to know where she went.

**Dick Williamson, 'Tulip'.**

USE YELLOW CELLS ONLY	CRUISING DIVISION PARTICIPATION POINTSCORE CALCULATION SHEET													TOTAL	CUMUL' SEASON POINTS
	JAN - DEC 2015										Compass	Attendance	Technical		
DATE =	Feb 22-1	Mar 22-23	Apr 3-6	May 16-17	Jun 6-8	Sep 12-13	Oct 3-5	Nov 7-8	9th	10th	Rose	at	Corner		
EVENT =	1st	2nd	3rd	4th	5th	6th	7th	8th			Feature Articles Points	Monthly Meeting Points	Projects compl't'd Points		
ENTER CREW FOR EACH		Feb Cruise	Hen & Chicken Bay	Easter Cruise	Hardys bay	Check Safety LWE	Fish Markets	Port Hacking & Slocum	090 & Raftup Sugarf						
YACHT	No. Nights	6	1	3	1	2	1	2	1		2	1	3		
Sanctum	Crew					2					0	3	0	9	
	Noel & Jean					2									
Breeze	Crew	2				1					8	5	0	30	
	Bill & Helen	5				1									
eXpresso	Crew				4	1					4	5	0	16	
	Phil & Maralyn				1	1									
Flemingo	Crew				1	1					4	3	0	13	
	John Eastway				1	2									
Jabiru	Crew	2									4	4	0	14	
	Mike & Suzanne	2													
Jenzminc	Crew										0	3	0	3	
	Andy & Jen														
Kachina	Crew		2	2		2					6	5	0	29	
	Trevor/Leena		1	3		2									
Mereki	Crew										0	0	0	0	
	Richard														
Nashira	Crew	2	2	2	2	2					2	5	0	46	
	Evan & Kelly Clark	6	1	3	1	2									
Rapture	Crew Avge	1	1	1	1	1					8	4	0	38	
	Paul & Anne	6	1	3	1	2									
Simply Irresistible	Crew					2					2	5	0	13	
	Glynne & Gill					2									
Galaxy 3	Crew										0	2	0	2	
	Chris & Diane														
											0	0	0	0	
											0	0	0	0	
No. of Boats =		4	3	5	4	8	0	0	0	0	0			46	

The Leading Boat is....

Nashira

Boat = 1 Point per Night  
Crew = 1 Point per Night per Person.  
Skippers are deemed to sleep on their own boat.  
Crew are averaged, if not present for all nights of the event.

Compass Rose Articles = 2 points per feature  
Representation at Meetings = 1 point per month  
Technical Projects implemented = 3 points each

First 3 Bottles of Wine  
Second 2 Bottles of Wine  
Third 1 Bottles of Wine

Skippers are required to email <paul\_wotherspoon@bigpond.com>with results to receive points

## PHOTO CORNER

.....HINTS FROM *WOLFGANG KULLIK*



### Lightroom

I have recently bought the Lightroom 5.7 program. It allows me to edit my images considerably. Cropping is made easy due to the overlaying grid that allows concentrating on the Rule of thirds. I can position a key element exactly where I want it. The program also allows me to play around with a range of sliders to change such things as exposure, brightness, clarity, highlights and shadows. The results are a much improved image. Lightroom is very extensive in its ability to edit and I have a lot to learn.

Printing from Lightroom is much better than from the Microsoft program. The colours are brighter and sharper. The images can easily be resized on exporting to another file.

Give it a try by downloading a trial from the web.

Attached is the latest photo I am submitting to the Camera Club competition. It has been edited.

Wolfgang  
*"MateShip"*





## CHEF'S CORNER .....WITH COLIN PITSTOCK

Hello sailors,

Some winter warmers you can make on board or take in a thermos because it's been so cold. This is Super-easy. So head for the ships stores & grab your supplies. Plus a glass of red even at room temp is cold.

I've been drinking a Montepulciano, soft & easy to drink, easy to get that red wine smile :-). So pour yourself a glass & let's get started.

### **Isobar Thai pumpkin and coconut chook soup.**



- ½ cup (85g) Thai red curry paste
- 1 x 400ml can coconut milk
- 2 tablespoons brown sugar
- 3 cups (750ml) chicken stock
- 800g butternut pumpkin, peeled and chopped
- 1 tablespoon lime juice
- 200g chicken breast fillet, thinly sliced
- 1 thinly sliced long red chili, green onion and basil leaves, to serve

Heat a large saucepan over medium heat. Add the curry paste and cook, stirring, for 1 minute or until fragrant. Add the coconut milk, sugar and stock and bring to the boil. Add the pumpkin, lime juice and chicken and cook for 8–10 minutes or until the

chicken is cooked through and the pumpkin is tender. Top the soup with the chilli, green onion and basil leaves to serve. Serves 4–6.

### **Gale warning beef Ragu & Pasta.**

Fill your glass & start...

- 1kg beef brisket, cut into 4 pieces
- plain (all-purpose) flour, for dusting
- ¼ cup (60ml) extra virgin olive oil
- 1 brown onion, thickly sliced
- 3 cloves garlic, peeled
- 1 cup (250ml) dry red wine
- 2 cups (500ml) beef stock
- 1 cup (250ml) water
- 1 x 400g can cherry tomatoes
- 4 bay leaves
- 2 tablespoons tomato paste
- 1 tablespoon caster (superfine) sugar
- 400g caserecci pasta, or rigatoni (see tip)
- sea salt and cracked black pepper
- ½ cup basil leaves
- finely grated parmesan, to serve

Preheat oven to 180°C (350°F).

Dust the beef in flour, shaking to remove any excess. Heat 2 tablespoons of oil in a heavy-based saucepan over high heat. Cook the beef for 2–3 minutes each side or until browned. Remove from the pan and set aside. Reduce heat to low, add the remaining oil, onion and garlic and cook for 6–8 minutes or until softened. Increase heat to high. Add the wine and cook, scraping the bottom of the pan, for 2–3 minutes or until liquid is reduced by half. Add the stock, water, tomatoes, bay leaves, tomato paste and sugar and stir to combine. Return the beef to the pan, cover with a tight-fitting lid, transfer to the oven and roast for 2 hours. Remove the lid and roast for a further 30 minutes. Remove beef from the pan and shred the meat using 2 forks, discarding any fat. Return meat to the sauce and mix to combine. Set aside. Cook the pasta in a large saucepan of salted boiling water for 10–12 minutes or until al dente. Drain, return to the pan with the beef sauce, salt, pepper and toss to combine. Top with basil and sprinkle with parmesan to serve. Serves 4–6.

Tip: Caserecci is a rustic rolled tube of pasta available from some supermarkets,



Italian grocery stores and delicatessens. You can use rigatoni or pappardelle, too.

### CD Quiz – July 2015 – Answers

1. This is a Safe Water Marker (even though it is locally known as the “KFC marker”). It is a traffic separation zone for larger vessels who have to keep to their starboard side of it.
2. If the wind is backing it is going “against” the compass – ie swinging to the left of anti-clockwise. For example – an easterly wind backing is going to come from more of a north easterly or northerly direction.
3. Veering
4. A Great Circle Route is a route across the earth’s circle which forms part of a circle with it’s centre at the centre of the earth. They are used in ocean passaging (and also in aeroplane flying) and give the shortest and most direct route between any two points on the earths surface.
5. A Gnomonic Chart is constructed to enable Great Circle Routes to be drawn as straight lines – our usual charts (usually based on some sort of Mercator projection) do not allow this.
6. This is the Gybe Preventer, usually referred to simply as the Preventer.
7. “Chart 5011” is actually a book – it contains the list of chart symbols which appear on our charts. Very useful when wondering what that strange symbol is (for example – the one is Question 10)!
8. AIS operates using the VHF frequency (and may be set up using your existing VHF aerial).
9. These are temporary wreck markers and were added to the IALA scheme in the past 5 years or so (so your trusty old reference book may not have them). Keep well clear until the wreck is raised and the area is safe again.
10. This is a Tidal Diamond –and there may be several of them labelled A, B, C etc. Somewhere on the chart is a table giving the tidal stream direction and strength for that location for each hour before and after high tide at the local standard port. They used to be rare on Australian charts but are starting to appear on new issues in some areas such as off Mackay in Queensland tropical waters.

TREASURER'S REPORT  
BY TREVOR D'ALTON ;

**Middle Harbour Yacht Club - Cruising Division  
Treasurer's Report As at 30th June 2015**

**Cash at Bank as at 31.5.15** **\$2,118.46**

*Plus Receipts*

Interest **\$0.74**

*Less Payments*

**Cash at Bank as at 30.6.15** **\$2,119.20**

*Outstanding Receipts*

*Outstanding Payments*

**Account Balance** **\$2,119.20**

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 3<sup>rd</sup> 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](http://www.mhyc.com.au)