



**MIDDLE HARBOUR YACHT CLUB  
THE COMPASS ROSE CRUISING LOG**

Volume No. 41 No. 11 December 2020

Editors: Phil Darling & Maralyn Miller

**NEXT MEETING:**

**MONDAY DECEMBER 14<sup>TH</sup> 7:30 P.M.  
BOAT NAMING CEREMONY 6:00 P.M.  
B.Y.O. BBQ 6:30 P.M.**



**December 14<sup>th</sup>, Monday Night**

**Cruising Division December Meeting  
& Xmas Get together**



**\$10 Secret Santa**

*Come on your own or organise a table of  
up to 8 people*

**Schedule**

6pm: Dallas and Selina boat Naming Celebration

6:30: BBQ or organize potluck or whatever with your table of guests.



7.30pm(approx.): Let the Games Begin.



RSVP: [Cruising@mhyc.com.au](mailto:Cruising@mhyc.com.au)  
(50ppl Max)



MHYC CRUISING DIVISION PROGRAM 2019		
Dec	TBC	MHYC Christmas Party
Jan	2 <sup>nd</sup> -7 <sup>th</sup>	New Year Cruise – Sydney Harbour and Botany Bay
	18 <sup>th</sup>	BBQ – no meeting
	23 <sup>rd</sup> – 26 <sup>th</sup>	Australia Day Holiday Weekend
Feb	15 <sup>th</sup>	Cruising Division Meeting

**NEXT MEETING: MONDAY JANUARY 18<sup>TH</sup> FROM 6:30 P.M.**

As usual in January, we will have an informal get together without a formal meeting or speaker. Bring your BBQ meal with you, and be ready to swap summer holiday stories and adventures.

**FEBRUARY MEETING: MONDAY FEBRUARY 15<sup>TH</sup> 7:30 P.M.  
B.Y.O. BBQ 6:30 P.M.**

**SPEAKER: MATT HAYES – ARC ACROSS THE ATLANTIC**

Matt is an ex Olympian (Atlanta 1996) and founder of Sydney by Sail yacht charters. He recently took 2 ½ years off to circumnavigate the world in a 54ft yacht including the ARC rally.

Come along and listen to him recount his various adventures and advice to other long distance cruisers.

## 2021 NEW YEAR CRUISE

Please pencil in your diaries January 2nd to 7th for our cruise to Sydney Harbour and Botany Bay. The cruise will take in Blackwattle Bay, Woolwich, Looking Glass Bay, Balmain, La Perouse and Manly, just to name a few locations.

Trip co-ordinator Dallas O'Brien will issue sailing instructions closer to the time, when prevailing weather conditions are known.

There will be a number of land events, enabling people to join by car.

## CRUISING DIVISION OFFICE BEARERS –2020– 2021

<b>Cruising Captain</b>	Evan Hodge	0419-247-500
Vice-Commodore Cruising	Evan Hodge	0419-247-500
Secretary	Kelly Nunn-Clark	0457-007-554
Treasurer	Mike McEvoy	9968-1777
Membership	Kelly Nunn-Clark	0457-007-554
Name Tags	Mike McEvoy & Kimberley Pratt	9968-1777
Compass Rose Coordinator.	Committee Members	
Safety Coordinator	Phil Darling	0411-882-760
Maritime Group	Mike McEvoy	9968-1777
Sailing Committee	Dallas O'Brien, Phil Darling	0411-882-760
Guest Speakers	Committee Members as required; Royce Engelhardt (winter months)	
On Water Events Coordinators	Phil Darling, Evan Hodge	Phil 0411-882-760
On Land Events Coordinators	Kelly Nunn-Clark	
Committee Members	Martyn Colebrook, Phil Darling, Evan Hodge, Mike McEvoy, Kelly Nunn-Clark, Dallas O'Brien, Dorothy Theeboom, Dallas O'Brien, Sanna Westling, Jeremy Clarke	



### Editor's note:

**Deadline** for the next edition of the Compass Rose is **5th February 2021**

The **EDITOR** for the next Compass Rose is **Evan Hodge**

Please forward contributions via email to the editor at [cruising@mhyc.com.au](mailto: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

## CAPTAIN'S COLUMN – DECEMBER 2020



Wow! What a whacky weekend of extraordinary weather we have just experienced. From extreme heat to unforecast southerly changes and extremely windy north westerlies.



Sanctum, Buggalugs and Slac-n-Off participated in the Seven Islands Feature Event and by the end of the race many were suffering from the heat. Sanctum crossed the finish line turned around, mounted the anchor and dropped it below Parrawi Rd and jumped in to cool down our core body temperatures.

November saw our annual flare practice attract more than a little attention. Read more in Kelly's article further on in this edition.

The MHYC Xmas meeting will be on Monday 14<sup>th</sup> December and will be a special night starting with the naming of Dallas & Selina's Buizen 40, followed by dinner, Secret Santa and a monster quiz for all. Spaces are limited so if you have not already done so book your spaces and get together with friends for a fun, festive night.

Dallas is preparing an itinerary for the new year cruise around the harbour. Looks like it may be 2-10 January 2021. We will email details when they are clearer. Please register your interest by emailing us at [cruising@mhy.com.au](mailto:cruising@mhy.com.au).

Reserve the 15<sup>th</sup> Feb 2021 for the first meeting of the new year with guest speaker Matt Hayes telling us of his experiences in the ARC rally. The following months have a great line up of speakers so keep reading the Compass Rose for details.

As this year draws to a close, we can reflect on what has been a most extraordinary time in our lives. We started with bush fires and then the pandemic which has dragged on for many months. As such when you are around the club please remember social distancing and the contact tracing so we comply with health regulations.

If you have been around the club lately you will notice it is starting to be freshened up and a lot of work has been completed on the entrance and gardens. Over the coming months you will start to see the next phases of the updates which will be around the Sandbar and surrounding areas. The aim is to be in a position to expand the food offerings and make a great place to have a drink.

Till next month stay safe, avoid the foul weather and enjoy the warmer sailing weather. Keep cruising.

**Evan Hodge, Cruising Captain. *SV Sanctum***



## Flare Night at Middle Harbour Yacht Club..... What could possibly go wrong?

Article by: Kelly Nunn Clark and photos by: Nicole Balestro

Every year we go through a rigorous protocol to get permission to have our flare practice night. We have a long list of police, fire departments, marine rescue, water police, HMAS penguin base, AMSA and others which are notified and can potentially request us to cancel the night. This year the process went very smoothly, all the authorities were happy to have us proceed.

On the evening the weather was perfect, we had a brief Cruising Division meeting then headed down to our little beach. There were several other MHYC members that joined in which is terrific, as everyone should take the opportunity to set off a flare in a controlled environment.



So, with flares at the ready, buckets set up for dousing spent flares, and Phil Darling as our safety officer, we were ready.

Phil showed us how to set off a flare properly and did a great rendition of the Statue of Liberty.

Everyone joined in getting a good chance to test Orange, Red and a few White flares that were brought in for the night.



About 10 minutes into setting off flares we could hear sirens wailing. We ended up with 3 fire trucks and 2 ambulances in the parking lot!! The ambulances happened to be in the neighbourhood and just stopped in to make sure everyone was okay.

The fire trucks were from Mosman, Manly and Cremorne stations. It turned out that there was a breakdown in communication from their head office. Apparently, several locals called in reporting flares being set off. It was good to see how fast the response was. Kind of heartening.



But for us we are thinking perhaps we will do our next flare practice during the daylight hours!

## FLARE COLLECTIONS

Please note that flare collections are starting this year on November 20<sup>th</sup>. The link below outlines the various pick up locations and dates.

<https://www.rms.nsw.gov.au/maritime/safety-rules/safety-equipment/flare-disposal.html#GreaterSydneyRegion>

Our closest local pick up points are:

Place	Date	Start	Finish
Bayview Boat Ramp, Bayview	Sunday, 29 November 2020	07:30 12:30	12:00 17:00
	Saturday, 16 January 2021	07:30 12:30	12:00 17:00
	Saturday, 17th April 2021	12:30	17:00
Tunks Park Boat Ramp, Cammeray	Monday, 30 November 2020	15:30	17:30
	Sunday, 17 January 2021	15:30	17:30
	Sunday, 18 April 2021	15:30	17:30

This is perfect as it is not long after our Flare practice night !!!

## SYDNEY HARBOUR SPOTS:

My favourite places – so many, and just in Sydney Harbour as well.

How to choose. We have the quietness and solitude (mostly) of Bantry Bay. The inner-city bustle and excitement of Lavender Bay, just under the Harbour Bridge. The suburban charm of Hen and Chicken Bay. The upmarket shelter and rub-shoulders-with-the-rich of Vaucluse Bay. Or the “let’s pretend we are really a million miles away” bushland of Taylors Bay, just around Bradley’s Head from the City. Or even the “lets party on” atmosphere of Athol Bight off the zoo.

One of my favourites, though, has to be Blackwattle Bay. It is a peaceful oasis masquerading as an inner-city destination. Just next to the fish markets, it is protected from the elements (from whatever direction) by buildings, expressways, parks, headlands and bridges. At night it is amazingly quiet – considering all that traffic is whizzing past not too far over our heads.

Approach it with caution. The entry is under the new(ish) Anzac Bridge, which has enough clearance for all except for the tallest rigs. Take care through the old Glebe Island Bridge, which is kept open for our access on all except for a very few times (not sure if it can close any more). Take the port side (eastern) channel – the other one has some debris and is dangerous – and always obey the priority instructions and traffic lights as big ships do occasionally still enter.



Once inside, anchoring is only permitted within the marked areas against the Glebe shore. You will often find world sailors there – it is a recognized stopping place for our international friends. Mind your Ps and Qs too – the office for the Maritime is opposite and the patrol officers come past regularly at the beginning and end of their duty shifts. Once securely anchored you can chill out onboard, or go ashore as you wish. There are some lovely little wharfs along the park for your dinghy (I would leave it on a locked chain though – just in case). You can stroll along the shore, look at the historic artifacts (an incinerator designed by Walter Burley Griffen while he was taking a break from designing Canberra I guess), or catch the bus into the city.

Or just go across to the Fish markets for a lazy lunch and afternoon.

What a bay! *Phil Darling, eXpresso*



## SAILING IN STOCKHOLM, SWEDEN - SAILING BOATS AND WINTER STORAGE



.. Having passed our first winter with RaRa in Sydney, the differences with our friends in Stockholm becomes very clear to us. We spent the winter sailing most weekends, though the over nights onboard got slightly cooler than normal. Extra duvets and lovely merino wool clothing under the ocean gear worked well. Perhaps going out to watch the sunrise at 5 am in the morning in June was not the most comfortable but still pretty OK in comparison.

In Sweden, especially the Baltic and the archipelago outside (and north from) Stockholm, can freeze completely, so sailing yachts normally come out of the water from end of September and stay on the hard until end of April/May. If you are lucky to be at a marina with a mast crane and slip, you only have to motor the boat to the ramps. If you have a winter place for your boat somewhere else, the motoring of the boat might be a slightly cooler trip.

At most marinas the mast comes off, then gets stored either on top of your boat or in a mast shed. (There are marinas that lift the boat out with the mast standing - makes for an odd site when passing by). This is a great opportunity to check your rigging and anything up/in the mast that you need to service.



(Not sure if you have to take the sail down from a furling main, must check this, probably best for the main to be stored in a bag safely somewhere else). The boat is then slipped and placed on struts on the hard. You either buy or build them and keep them for the next winter. You then cover the whole boat with a cover to protect it from snow.



Off course all the systems with water in, pipes etc will have to be either emptied or filled with non-freezing liquid. The engine has to be safely prepared for freezing temperatures as well as not being used for the next six months.



The good thing is that you get the painting of the bottom done as well as any other maintenance and repairs you want to do done during this time - and you have plenty of time to do it (at no extra cost for being on the hard). Though it can get very cold and you have to check the cover when there have been heavy snow falls.

If you have your boat moored on the west coast of Sweden you can keep the boat in the water as the likelihood of the water freezing over is much less. In Stockholm you can keep the boat in the water but you have to have a smaller engine outside the hull to keep the water from moving to prevent the boat getting stuck in the ice. All the other anti-freezing jobs need to be done too though.

In conclusion - this is one of the reasons I love having my boat in Sydney Harbour...

***Sanna on RaRa***

## WARNING – EAST COAST LOWS BY PHIL DARLING

You have probably heard of the infamous “East Coast Low” which stalks us yachties off the Sydney Coast. They can form any time of year, but are more prevalent in Autumn when cool air coming up from the south meets the warm East Australian Current. Short, sharp but intense they have caused much havoc ranging from gale and storm force winds to heavy rain and flooding in estuaries.

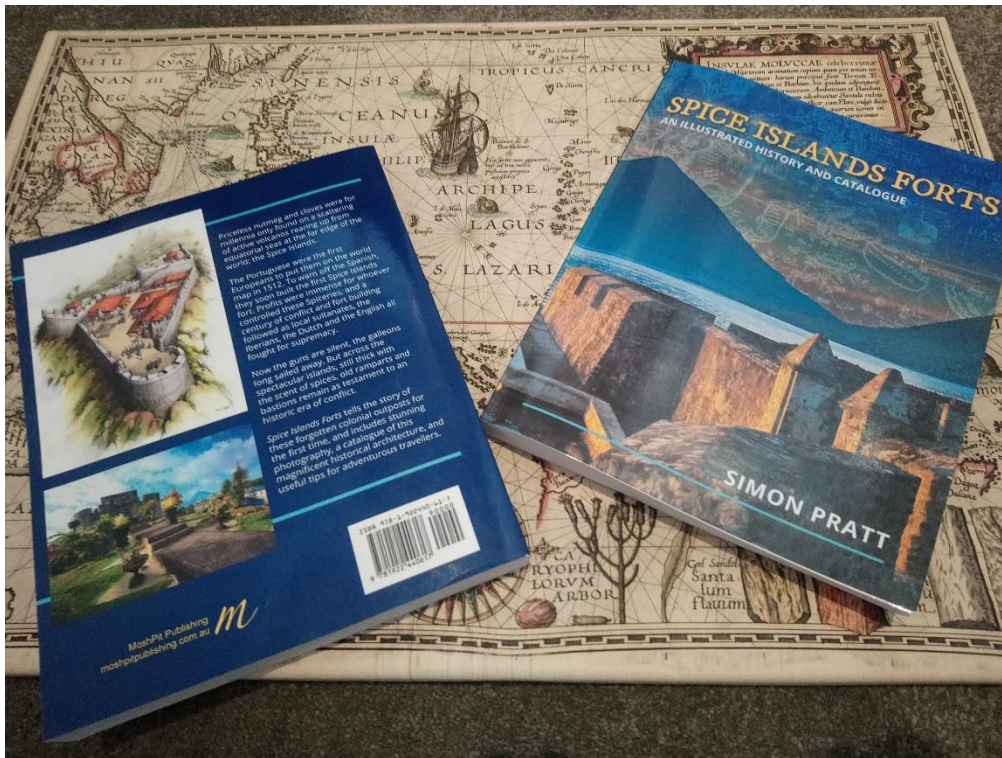
I recently found the attached picture in my archives. It shows the result of an East Coast Low in April 2015. Many boats in our marina were damaged, especially those on A arm, and one even sank as you can see.



I took this picture on the following morning (22<sup>nd</sup> April 2015) after the storm had eased somewhat. Be warned.

## BOOK PREVIEW

Members might remember an interesting talk by our own Simon Pratt about the Spice Islands and their Forts. The book *SPICE ISLANDS FORTS* on which that talk was based has now been published! Over 300 pages with 200 colour illustrations, maps, and photos.



Priceless nutmeg and cloves were for millennia only found on a scattering of active volcanos rearing up from equatorial seas at the far edge of the world; the Spice Islands.

The Portuguese were the first Europeans to put them on the world map in 1512. To warn off the Spanish, they soon built the first Spice Islands fort. Profits were immense for whoever controlled these Spiceries, and a century of conflict and fort building followed as local sultanates, the Iberians, the Dutch and the English all fought for supremacy.

Now the guns are silent, the galleons long sailed away. But across the spectacular islands, still thick with the scent of spices, old ramparts and bastions remain as testament to an historic era of conflict.

*Spice Islands Forts* tells the story of these forgotten colonial outposts for the first time, and includes stunning photography, a catalogue of this magnificent historical architecture, and useful tips for adventurous travellers.

The book is available on Amazon or (faster) from Indiemosh

<https://themoshshop.com.au/>

## CD QUIZ – DECEMBER 2020 BY PHIL DARLING

1. You are returning from Lord Howe Island on a starboard tack with a rising north westerly wind which is gradually backing. What weather feature should you prepare for?
2. Same trip – as you close the coast after dark you see three lights ahead, not flashing. It looks like one set of yellow over white, and another a single white. What is this likely to be and what should you do?
3. Same trip – a little later you see a single white light with two flashes every 10 seconds. What is this likely to be and what should you do?
4. Same trip – you are now inside Sydney Harbour late at night. There is a confusion of lights, especially worrying is a red/green pair coming at you with a white light above topped by a flashing yellow light. What is this and what should you do?
5. What do the following flags mean and where would you see them?



6. You set your vessel instruments to SPEED and it gives you a choice of STW, SOG and VMG. What are these and which one should you use?
7. You are broad reaching under sail up a river against an outgoing tide and wish to come alongside a wharf. What is your best approach without using the motor?
8. What are the two main reasons we use navigation lights at night?
9. A yacht switches on the masthead tricolour light, steaming light and pulpit bicolour light on the principle of “the more lights the better”. From the starboard side they are now showing the lights of what type of vessel?
10. What is a Cunningham Hole and what is it used for?

## CHEF'S CORNER.....BY JEREMY CLARKE & KRISTIN KOOL

### MEXICAN GRILLED RED SNAPPER



Achiote paste is a traditional Mexican ingredient with a salty, spicy flavour. You should be able to find it in a specialist food shop – or make your own (see below).

120ml achiote paste	Grated zest of 1 lemon and 1 lime
120ml orange juice	1 whole snapper, gutted (about 900gms)
3 tbsp fresh lemon juice	3 tbsp fresh lime juice
Heated tomato salsa	

Mix the achiote paste with the citrus juices and zest. Cover all surfaces of the fish with the mixture. Place the fish in the fridge and leave to marinate for 30mins to an hour.

Place the fish on a BBQ preheated to medium, skin side down. When the fish is about half way done (after about 5 mins) turn it and continue cooking another 3 minutes. You should be able to lift the central bone out easily when the fish is cooked. Serve with heated salsa.

To make your own achiote paste, mix together 2 tablespoons ground annatto seeds or paprika, 1 tablespoon olive oil, 1 tablespoon ground allspice, 1 tablespoon chilli powder, 2 tablespoons chopped fresh garlic, 12 teaspoon ground cinnamon, 2 teaspoons clear honey, 2 teaspoons dried oregano and 1 teaspoon salt. Stir in 4 tablespoons fresh orange juice to make a smooth paste.

Serves 4-6



## CD QUIZ – DECEMBER 2020 – ANSWERS

1. I would prepare for a Southerly Front (Cold Front) to come through as the wind continues to rise and backs from North West to South West and Southerly.
2. Looks like one vessel towing another. Keep well clear.
3. Check your chart – it could be a lighthouse. On checking – it has the same characteristics as Macquarie Light at Sydney Heads – congratulations you are on track and closing on home!
4. This is a high-speed craft coming directly at you – most likely a fast ferry. You technically have priority but I would make my position known to them (a flashlight on the sails is a good idea) and prepare to take evasive action.
5. Both flags when flown on or near the water mean “diver down – keep clear”. The top flag is used in US territories and associated countries as well as often being used to advertise a dive store ashore. The lower flag is Code Flag Alpha and is used in other areas for the same reason.
6. STW – Speed Through the Water; SOG – Speed Over the Ground (ie GPS speed); VMG – Velocity Made Good (usually directly to windward but may be downwind). Which one to use? Depends on your need but SOG is probably the most relevant for navigation.
7. Depends on the relative strengths of tide and wind but usually tide overpowers wind. I would drop the main, come in under headsail alone up-tide (so down wind) and prepare to let the headsail fly once I was alongside the wharf.
8. Equally important: to be seen; and to signify what type of vessel we are so that other vessels know whether to stand on or give way to us.
9. A vessel underway and engaged in trawling.
10. The Cunningham Hole (or Eye) is a hole in the mainsail close to the luff and slightly above the tack. It is used to increase the lower luff tension on the mainsail and create a more efficient sail shape for going to windward.

## PHOTO COMPETITION for 2020

December Winner .....Photo of the Month is Gill Attersall

Send your photos to **Maralyn Miller** to enter into the 2020 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 2020.



The winning photo for December is called  
'A safe haven after the storm', and was taken by Gill Attersall

Send your best photos (as a JPG / JPEG) - 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 photos to [Darling.maralyn@ozemail.com.au](mailto:Darling.maralyn@ozemail.com.au).

Good Shooting ...!! Maralyn.



## PHOTO COMPETITION for 2020

### The Overall Winner for 2020 .....Photo by Kristin Kool

Send your photos to **Maralyn Miller** to enter into the 2021 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 2021.



The winning photo for 2020 is called  
'Wedding Cake' and was taken by Kristin Kool

Send your best photos (as a JPG / JPEG) - 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 photos to [Darling.maralyn@ozemail.com.au](mailto:Darling.maralyn@ozemail.com.au).

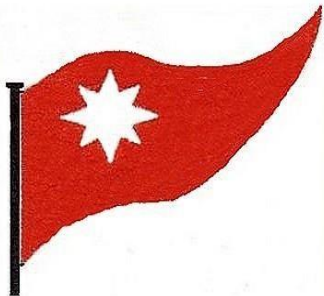
Good Shooting ...!! Maralyn.

## Middle Harbour Yacht Club - Cruising Division Treasurer's Report As at 1 December 2020

Cash at Bank as at 01.11.2020	\$2,137.61
 <i>Plus Receipts</i>	
Membership	\$0.00
Interest 30 November 2020	\$0.08
 <i>Less Payments</i>	
	\$
Cash at Bank as at 30.11.2020	\$2,137.69
 <i>Outstanding Receipts</i>	
	\$0.00
 <i>Outstanding Payments</i>	
	\$0.00
 <b>Account Balance</b>	 <b>\$2,137.69</b>

Signed as a true record  
Mike McEvoy  
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 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).