



**Volume XXVIII**

**Number 2**

**February 2016**

**Sailing Singles of South Florida**

**[HTTP://SAILINGSINGLES.ORG](http://sailingsingles.org)**



**Up Coming  
Events**

**General Meeting**

**4 Feb**

**Miami Boat Show**

**11—15 Feb**

**Board Meeting**

**22 Feb**

### **From the Helm - Lynette Beal - Commodore**

The SSSF Change of Command held on January 16, 2016 was a big success!! I want to thank our 2015 Commodore Max Goldstein for all that he has done for our Club during the past year especially. His dedication and hard work along with the entire 2015 Board has put our 2016 Board in a good place to begin our duties as Board members. The following Volunteers and Board Members contributed to the success of the COC Event: Max Goldstein, Anne Ekstrom, Susan Cohoat, Mary Kress, Janet Pogozelski, Rena Mamolou, Jennifer McDonald, and Bill Roberts. Congratulations to all of the Award Winners and Volunteers recognized!!



At the COC we did have the Incoming Commodore of Hillsboro Inlet Sailing Club (HISC) and our own Captain Mike Sawzak the Commodore of Gulfstream Sailing Club attend our COC. These Organizations have invited the SSSF Commodore to attend their Change of Command Ceremonies. This is a wonderful way for our Clubs to continue networking together for joint activities such as the HISC Circle Raft-up scheduled 3/5/16!!

The SSSF Board of Director's is in the process of building our Budget for this year. All Membership Renewals for returning members are due 1/31/16. We will then fully know what our total Membership Base will be at the beginning of the year. I believe we will reach 100+!! Emphasis will continue on Public Relations and Marketing our Club this year. Last year's Board allocated \$1,000 to be spent out of Reserve funds for SSSF to recruit new members and captains. Let's all make this a big priority!

Our Sailing Director Stan Dekeil has volunteered to take pictures of members for the Pink Book. We are planning "Picture Night" at the next General Meeting 2/4/16. Those individuals that are happy with their current picture in the Pink Book do not need a new picture. Only those members that don't have a picture they like or don't have one at all should participate.

I encourage you all to volunteer for SSSF activities that come up. It is a great way to meet people and contribute to the success of our Club!!

## Sailing Singles of South Florida



**2015 SSSF Board of Directors**



**Captain of the Year**  
**Peter Wilkinson**



**Outstanding Service Award**  
**Lynette Beal**



## **Sailing Singles of South Florida**



**2015 Active Captains**



**2016 SSSF Board of Directors**



**2015 Outstanding Service Award Nominees**

**Photos by Max Goldstein and Terry Patterson**

## Sailing Singles of South Florida

### Special Thanks

I had a project; I have been putting off for nearly a year. I needed help, another body or two in order to "Get Ur Done." No, it wasn't a bottom job. My spreader lights needed to be replaced. That's not a one person job. If you are reading this and don't know what or where spreader lights are, they are half way up the mast on my vessel and shine light on the deck at night.



It is really a three person job. One to sit in a bosun's chair filled with tools and parts. Then, go up the mast to do the replacement of the LED lights and wiring. One person is needed to hoist the first person up the mast with a halyard, winch, winch handle and muscle. Then there is the tailer who assists the second person hoisting the first person.

Thus that project has been on my to-do list way too long. I called a couple of very friendly, knowledgeable captains who just happen to be members of SSSF. We set a date, time; the place was The Grand's home dock. LOL - BAM! "We" got it done. Yes it did take longer that I had planned, Hell, it's a boat.

A special thank you to some unnamed VERY special, Captains and SSSF friends.

Do you have a project to be completed but you need an extra hand or guidance? Please send me your to do list that needs someone's assistance. Let me see if I can find just the right person (s) and schedule them to assist you in that project. Please list Project, estimated number of people needed, estimated time to complete and any special tools needed that you don't have.

**Capt. Kelly – Boat Owners Rep.**

**Photos by Dick Linehan**



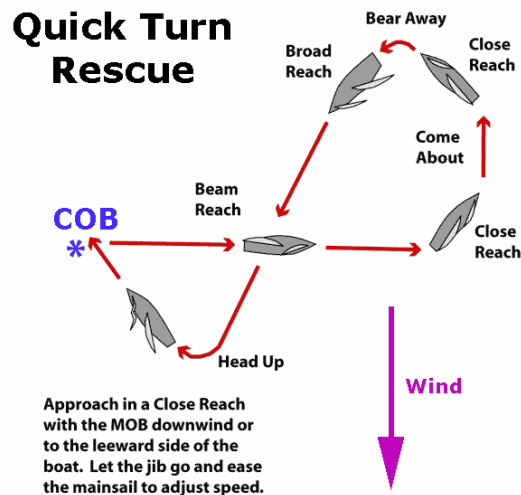
## Sailing Singles of South Florida

### Man Overboard Recovery by Xcapt. Dick Linehan

Editor's Note: About 2005, I took a group of SSSF members sailing on my J-30 FREEDOM. It was a sunny day with winds about 15 kts. out of the east. The sea was flat with 2 ft. white caps. Someone in the cockpit tossed a seat cushion with straps that can be used as flotation device. The wind took it and it went over the side. I asked one person to keep an eye on it as we executed a Man Overboard Recovery technique. Within a few seconds, the crew member assigned to keep the cushion in sight, lost sight of it. We fell off to a broad reach to a run, jybed and came back to the estimated position. The cushion was lost. After that event, when I took club members sailing, we first practiced retrieving two plastic jugs tied together with a 6 ft. section of line for Man Overboard practice.

### The Figure 8 Method

1. Regardless of which point of sail you are on when a crewmember falls overboard, the figure eight method starts with yelling "Man overboard," throwing flotation devices and appointing a spotter.
2. The helmsman should immediately either head up or bear away (depending on which point of sail the boat is on) to a beam reach.
3. Sail six to eight boat lengths on a beam reach.
4. Tack and immediately bear away from the wind to a broad reach, but only briefly until you cross your wake.
5. Head up to a close reach, ease the sheets and pick the victim up on the leeward side with speed between 1 and 2 knots and sails luffing.



Pros: The figure eight method is a classic approach often taught to beginning sailors on smaller vessels. Since it does not require a jibe, this method eliminates the potential danger of an uncontrolled boom flying across the cockpit and banging somebody in the head or damaging the rig-

Cons: The biggest concern is the requirement of heading six to eight boat lengths away from the victim before returning. Considering the only thing the spotter might see is the victim's head in the water, unless the victim is waving, it would be easy to lose sight of them at such distances, especially in rougher conditions or when sailing offshore.



## Sailing Singles of South Florida

### SSSF Holiday Party by Lynette Beal

The SSSF Holiday Party was held December 5<sup>th</sup> at Tropical Acres Steakhouse. There were 70 Tickets sold and not an empty seat at the Holiday Party!! Everyone had a fantastic time eating delicious food and dancing all night. A Big Thank you to all the volunteers, Jan Kerlin, Bill Roberts, Janet Pogozeleski, and Max Goldstein for all your help!



**Photos by Max Goldstein**



## Sailing Singles of South Florida

### Winterfest Boat Parade Raft-up by Lynette Beal

The Ft Lauderdale Winterfest Boat Parade was held this past December 12<sup>th</sup> and SSSF had a fantastic view of the Boat Parade on the water in front of Hugh Taylor Birch State Park. Captain Mike Efford (No Mo) got to the site at 11:00 am to assure the best spot for our club. Captain Tom Crawford (The Only Way), and Captain Patrick O'Brien (Irish Rover), Captains Debi Hallmark and Stan Dekiel (Ryan's Place) and Captain Jay Thomsen helped make this event a great success!! We danced on Irish Rover and shared grilled hot dogs, wings, barbecued chicken among boats. Everyone really enjoyed the parade!!



**Photos by Max Goldstein**



## Sailing Singles of South Florida

### New Year's Eve Party by Lynette Beal

SSSF celebrated New Year's Eve at Arlene and Rudy Sprenger's home!! We brought in 2016 Rockin out to great tunes by DJ Rich Hustins!! At midnight we saw a magical fence with lighted stars and everyone hugged and wished each other Happy New Year!! What a great way to start out 2016. Thank you to the Sprengers and Volunteers, Arlene Sprenger, Nikki McSweeney, Bill Roberts, Robert Bettarel, Andrea Malow, Max Goldstein, Lynn Robbins, Carol Saler, and especially Jennifer McDonald who helped tirelessly along with donating wood for the fire pit, and marshmallows. Happy New Year to all!!!



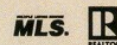
**Photos by Max Goldstein**


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## Sailing Singles of South Florida

### February Birthdays

<b>William McLean</b>	<b>2/1</b>
<b>Ed White</b>	<b>2/3</b>
<b>Beverly D'Amico</b>	<b>2/17</b>
<b>Lynette Beal</b>	<b>2/21</b>



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## Sailing Singles of South Florida

### General Meeting Video Presentations

Years ago, I subscribed to Sailing Quarterly VHS videos for a few years. Each tape contained a number of about 10 minute segments on some aspect of sailing. I have converted some segments to DVD.

In February's meeting, I will play "Man Overboard Recovery System by a short-handed crew." Also included in this issue, I will describe the "Figure 8" method. There are other methods for sailboats. And beyond these methods, are other methods for power boats and large vessels. To prepare yourself for this information, I suggest you GOOGLE "Man Overboard Recovery Techniques." – Xcapt. Dick



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