

LAKE MACQUARIE YACHT CLUB
CRUISING DIVISION



CRUISELETTER

July 2024 No. 4010



GENERAL MEETING MONDAY 8TH JULY

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Committee

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Cover - 2 Dream & Midlife - Esmeralda Cove, Broughton Island



Skipper's Report

Ralph Asquith



Despite entering the cooler part of the year, the weather Gods have been kind and provided pleasant windows that have allowed us to enjoy both the Broughton Island Cruise and the Soup lake cruise (coupled with a light display from the "Float Your Boat" fleet). Great to see members joining in and participating and we would love to see more.

A big thanks to Tony Austin for leading our strategy review. We had some very positive feedback from members but pickup up on several issues that could be improved

- Technical sessions could be held both at on-water events and before our meetings
- Good mix of meeting presentations but maybe more "personal experiences" presentations
- Better links to information like the alternate Skippers Manual

The committee will be working on these issues and do not hesitate to contact me if you have any further suggestions.

Current TEMPORARY dredging of the Swansea channel should ensure that it is navigable in the short term. It's important to remember that we need a PERMANENT solution to the channel silting problem, and we need to maintain the pressure on the politicians and government officials. Please contact the minister for transport using the following link <https://www.nsw.gov.au/nsw-government/ministers/minister-for-transport>. Emphasise the need to permanently keep the channel navigable. Copy to your local member and me so that I have a record.

LMYC CD sun hats still available at the bargain member price of \$5 (\$10 for non-members). Please email me with your size (medium 58/large 60) and choose of (colour grey/navy blue/bone). They are designed for sun protection and sailing in a stiff breeze. Member feedback has again been very positive. Payment can be made by EFT to the CD account with a description of hat/your name.

Upcoming Events

Next general meeting is scheduled for Monday 8th July 19:00. Guest speaker, Stacy Wilson NSW National Parks and Wildlife Service talking about interaction with marine life. A briefing for the Newcastle Cruise will also be presented. Dinner has been booked for 17:30 as per normal.

We have scheduled the Newcastle Cruise for 12-14th July. I hope we get a good role up for this cruise as it has been packed with both sailing and social events. It should be great, as long as the weather remains kind.

Safety Audits

Safety is one of the key objectives of the LMYC CD and therefore, we are asking all members to participate in the audit process to help identify any safety related issues on our yachts. Our auditors are experienced yachtsman who provide this valuable service free of charge to the members, and I thank them for their service, and encourage all members to participate. The audit process is being reviewed, with the objective of alleviating any disputes by putting the responsibility for safety in the hands of the owner/skipper of the vessel whilst fulfilling the divisions/clubs safety and education objectives.

Cheers

Stay warm and safe sailing.

Ralph

June Outing

Set Sail for Soup! 21st June

Marion & John Cotterill



The Cruising Division enjoyed another lovely day on the lake escaping the winter blues.

After checking the forecast it was decided to consolidate the gathering into Friday as the weekend was forecast to be cold and wet.



Meeting at Rathmines F Jetty, crews from 7 CD boats - *Moondance, Migaloo, Double Fun, 2Dream, Midlife, Windsong and Kimberly Dreaming* - plus a visiting boat from Tasmania went ashore for an early happy hour where we enjoyed the friendly conversation and a lovely sunset.

The temperature started to drop as darkness approached which prompted a gracious invitation onto the 2 Catamarans - *2Dream and Double Fun* - which had conveniently rafted together.

Here we shared a lovely dinner of our homemade soups - including Red Curry Thai Sweet Potato, Minestrone and Scottish Bean Soup plus many other delicious offerings - and bread-rolls. (see recipe for Red Curry Thai Sweet Potato - p6)



The group had a wonderful evening of lively discussions and at 7.30pm the entertainment arrived with the parade of Float Your Boat contestants. A flotilla of brightly decorated boats dressed as Bluey, humpback whales, TNT, tugboats and many more motored slowly past. All in all the night was a great success!

The winds were calm and once back inside the cabins under the doonas we were warm enough and, as predicted, Saturday and Sunday proved to be quite wet days so a great call to get together Friday night!



July Outing

Newcastle Cruise 12th –14th July

- Depart the Lake Friday via 10:00 bridge
- Tuck into a berth at NCYC Marina
- Explore the harbour on-board a host boat
- Share time with other cruisers over lunch and dinner
- Return to the Lake Sunday



Don't forget to register by completing and submitting your Open Water Cruising Registration and Short Coastal Passage Self-Audit Forms.

Broughton Island Getaway

A Whale of a Time!

Lisa & Geoff Allen



As coastal sailing novices, Geoff and I were excited to be able to take advantage of the wealth of knowledge and experience offered by the Lake Macquarie Yacht Club Cruising Division. Leading up to this excursion we had been attending Cruising Division meetings where we were warmly welcomed by the members. We began equipping Midlife for coastal sailing and undergoing our radio licences and ocean safety courses. We recruited our son Dan and Geoff's brother Jim to join us as support for the journey and were raring to go!

On Thursday evening we pulled up at the Lake Macquarie Yacht Club pier and joined Ralph and Angela, Ross and Anne and our family for dinner and briefing on the upcoming journey. The weather was looking good so it was all systems go! On Friday morning 2 Dream and Midlife made our way through the channel to the 7am bridge opening and successfully made our way over the bar and out to sea!



What can I say – a brisk 18-25-knot South Westerly had us cruising along at 7-9 knots so Geoff, Jim and Dan were happy. We saw plenty of whales, dolphins and even some jet fighters along the way which kept me happy!

Ralph was our own personal tour guide and showed us safe cruising into Coal Shaft Bay, then past the Looking Glass and into Esmeralda Cove where we pulled up moorings, had some lunch and then headed into shore for an informative walk around the island followed by sundowner nibbles under a spectacular sunset and some evening fishing.



Saturday morning we had a lazy morning and then another walk around the island and along Providence Bay before heading back to Esmeralda Cove where we chatted to a couple of local fishermen, Tim and Garry. Back on board we again enjoyed drinks, nibbles and another amazing sunset. Ross managed to catch an octopus and a stingray while we drank!

Sunday morning we did another scenic cruise around the island where Ralph showed us the safe entry to Providence Bay and around past the two sisters and on to Nelsons Bay. More whale sightings and a lovely 16 knot wind with a boat speed of 6-7 knots under jib only. Brilliant!

Arriving in Nelsons Bay at around 10.30am we picked up moorings close to the beach and headed in for a coffee and tour by our local guide Ralph. After lunch Angela joined us and we had a lovely dinner at the Hogs Breath to round out a great day.



After consulting the weather guides it was decided that Tuesday was our best day for returning home. Monday we were joined by Ralph and Angela's daughter Melissa and grandkids Theo and Genevieve. Another tour of Port Stephens up to Karuah where we had lunch on board then sailed back in 15-25 knots cruising at a respectable 7-8 knots under jib via Fame Cove and back to Nelson Bay where we said goodbye to Angela and the kids and our faithful deputy guide Ross.



On Tuesday morning Jim joined Ralph on 2 Dream for the homeward journey. We departed Nelson Bay at 7.30am heading back with a brisk 15-25 knot Westerly. Hugging the coast we enjoyed the beautiful scenery and again the whales were plentiful and in full breaching mode. With a cruising speed of around 7-8 knots we managed to just sneak in through the 2pm bridge and were honoured by a short Marine Rescue (Ross) escort!



What a fantastic introduction to coastal sailing - the views are spectacular and the beaches divine. What a beautiful part of the world we have on our doorstep. Many thanks to Ralph and Ross who were our own personal tour guides for the excursion and offered invaluable advice on what to look out for along the way – priceless!



Bring on Jervis Bay!



Thai Red Curry Sweet Potato Soup

Cath Austin

An unexpected outcome from a wonderful soup night on Friday 21st June was a request for the recipe I used to make this yummy sweet potato soup. So, here it is! (NB: I did use red curry paste in it – and no it wasn't a hot chilli paste!) This is a recipe I discovered in The Australian Women's Weekly 'Food for Camping' book - and yes it was the first time I had made it!



Ingredients:

- | | |
|--|--------------------------|
| 1 tab vegetable oil | 1 litre vegetable stock |
| 1 red onion | 1 cup water |
| 2 tab red curry paste | 1 tab fish sauce |
| 2 teaspoons of finely chopped coriander | 1 tab lime juice |
| 1 kg orange sweet potato, peeled and cut into chunks | 2 teaspoons brown sugar |
| | 270 ml can coconut cream |

Method:

- Heat oil in a large saucepan over medium high heat; cook onion stirring for 5 minutes. Add curry paste and coriander; cook, stirring for 1 minute or until fragrant.
- Add sweet potato, stock and water; bring to the boil. Reduce heat to low and cook covered for 15 minutes or until sweet potato is tender. Remove from heat and stand for 5 minutes. Add fish sauce, juice and sugar. Blend soup until smooth – use a stick blender (if you have one!).
- Add ¾cup coconut cream (NB. I used the whole can - the recipe suggests you use the cream remaining to top off your soup when finished.)
- Ladle soup into bowls and top with coconut cream, diced onion and coriander.

Guest Speakers

Those members who regularly attend General Meetings (*held on 2nd Monday of the month*) will attest the high quality of Guest Speakers who regularly grace our gatherings.

The Guest Speaker is always invited to address the Meeting early in the evening, immediately following the welcome from the Skipper and usually speak to their topic for approximately 30-40 minutes. To whet your appetite we have some fabulous speakers coming up!

July 8th: We have invited Stacey Wilson, a **National Parks and Wildlife Service Ranger and Marine Specialist** to speak on the very important topic of safety around whales and other marine life when travelling up the coast.



August 12th: Matt MacBride will provide technical information on **infrared cameras** for yachts, ranging from hand held appliances to larger commercial units and their many uses - both off-shore and when coming into harbour.

September 9th: Local **diesel mechanic**, James Bradshaw, will discuss the importance of maintaining your engine and answer questions from members on all things diesel.

October 14th: Panel discussion regarding provisioning of vessels for longer passages.

Looking forward to catching up with you at our next General Meeting — Monday 8th July in the Bridgedeck Room LMYC.

When is a Chandlery Not a Chandlery?

Richard Masson



Back in the May 2022 Cruiseletter, John Lemberg formerly of *'The Bach'* penned a great article titled "Bunnings is the New Chandlery". He wrote about boat accessories available from mass-market retailers (like Bunnings) that didn't include the usual "marine" mark-up.

I ended up buying one of the suggested solar sensor lights and have been really happy with it (until a seagull landed on it and broke the bracket). Not sure if you can still get them or not.

So I thought I'd share some recent similar purchases for *'Jodi'* that other may find useful.

This folding step stool from Kmart folds completely flat for locker storage and is perfect for placing on marina pontoon jetties. It's often a long step down from a monohull to a floating jetty, so this will come in useful for say Newcastle CYC marina. Yes, I've tested it and it will take my weight!



<https://www.kmart.com.au/product/folding-step-stool-42210320/>

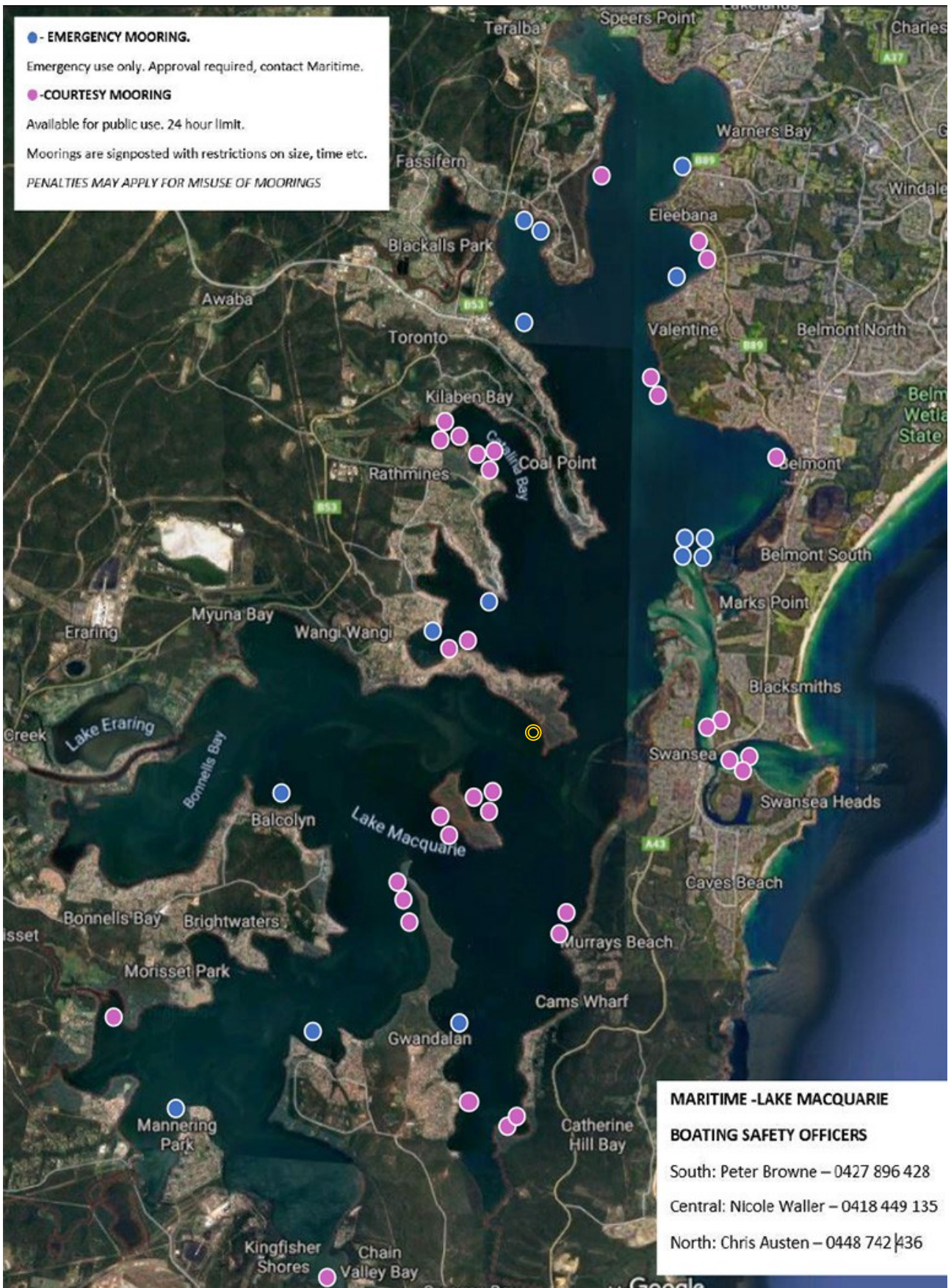
I picked up the little LED clamping work light from Bunnings for \$9. Definitely no "marine mark-up" here. Have already used it for several jobs like peering into the engine bay or searching a dark locker. It has two brightness levels and recharges from a standard USB-C connector. What's not to like?



Members can access the 2022 article mentioned by Richard via the LMYC website where published editions of the Cruiseletter are filed. Also don't forget to visit the Tips and Tricks page on our CD Facebook Page - lots of helpful hints and advice from CD members. Ed.

Courtesy Mooring Map - Lake Macquarie

Courtesy of RTA-Maritime the map below shows both public courtesy moorings as well as emergency moorings. Also shown is the LMYC club mooring at the southern end of Wangi Pt.



For Your Calendar

Next Three Months Outings:

July 12th-14th Newcastle Harbour and a Night at NCYC

Mark this one in your diaries and keep your fingers crossed for fine weather and deep water in the channel! This is always a great weekend don't miss it!



August 16th -18th A Visit to Taylors

Drop anchor in this beautiful bay and spend the weekend enjoying the sunshine, rambling Pt Wolstencroft, maybe spend time with friends gathering on-shore - fingers crossed for fine weather and light breezes!



September 7th Opening of the Sailing Season

Deck out your boat in all its finery and celebrate the start of the Sailing Season by joining in the Sailpast and Blessing of the Fleet. Follow-up gathering and BBQ somewhere on-the Lake following the official parade.

PLUS.....

October Ivan Irwin Lake Cruise - 5th-11th October - Lock it in!

October - November - Jervis Bay Hop — a Cruising Division first! (Exact dates TBA)



General Meetings – Bridgedeck Room

Whilst our General Meetings start at 7pm, a table is always booked for dinner from 5.30pm onwards for those wishing to share a meal prior to the meeting.

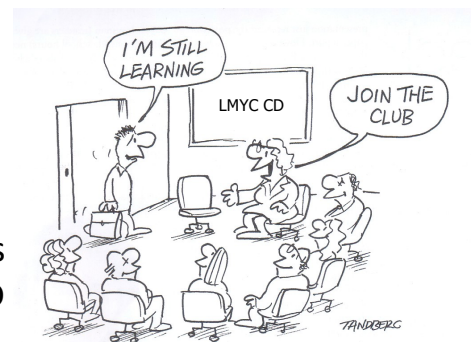
Dates for General Meetings:-

July - 8th

August - 12th

September - 9th

Our meetings are a great way to find out what's happening and to get to know your fellow CD members a little better.



Thankyou!

Our Cruiseletter is enriched by your contributions — all items of interest or handy hints are always gratefully received! Ed. My thanks this month to :-

Ralph Asquith
Richard Masson
Marion Cotterill

Ross Shirtley
Lisa and Geoff Allen
Cath Austin