



LAKE MACQUARIE YACHT CLUB  
CRUISING DIVISION



# CRUISELETTER

November 2024 No. 414



GENERAL MEETING MONDAY 11TH NOVEMBER

# Contents

Skippers Report	3
November Outing	4
October Report - Ivan Irwin Cruise	5-6
Provisioning for the Long Haul	7-8
CD Christmas Party	8
Flare Demonstration	9
Calendar of Events - Next 3 months	10

# Contacts

## Cruising Division Executive

Skipper:	Ralph Asquith	0409 318230
Secretary	Richard Masson	0422 347875
Treasurer:	Nikki Cahill	0410 982887

## Committee

### Committee

Geoff Edman	(Board Rep)
Tony Austin	0416 266947
Chris Cahill	0416 939546
Nikki Cahill	0410 982887
Marion Cotterill	0409 982535
Fred Seysener	0413 185907
Maureen Seysener	0438 752561

## Cruising Division Editor:

*Any articles for the Cruiseletter can be sent to the Cruiseletter Editor, Maureen Seysener, preferably in MS Word format. [seysener@gmail.com](mailto:seysener@gmail.com) (0438752561) by 25th of each month.*

*Please address all letters for the Cruising Division to:*

LMYC CRUISING DIVISION  
Ada Street  
Belmont NSW 2280

Cover - *Seriousleigh* — Ivan Irwin Cruise



# Skipper's Report

Ralph Asquith



October has been packed with sailing, cruising adventure and fun.

The Ivan Irwin cruise was a great event. Plenty of culinary delights both onboard and at some of the many restaurants that dot the lake together with fun and games. Many thanks to Marion and John for organising the cruise.

Despite some weather problems the Jervis Bay Cruise has been enjoyed by the five yachts that participated in the event. The fleet was marooned in Pittwater for 4 days due to southerly winds (definitely a first world problem) before heading to Sydney harbour and then onto Shell Harbour marina. Tony has done a sterling job of organising the cruise and manoeuvring around the obstacles.

The flares demonstration and practice was also a great success although we have heard reports from some local residents that they thought there was a fire at the club due to quantity of red smoke belching from the carpark!

We are in the process of organising other technical sessions i.e.

\*Measuring and recording mast heights to enable safe navigation under bridges and power lines.

\*How to use DSC on your radio.

\* Fibreglass repairs.

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

Please keep up the pressure on our local politicians to build a permanent fix to keep the Swansea channel navigable for deeper drafted vessels.

Next general meeting is scheduled for Monday 11 th November at 19:00. Simon Turpin our LMYC Sailing Manager will be giving a talk on what he is doing at the club to train and promote the next generation of sailors. He has loads of experience having spent 10 years at Southport Yacht Club (SYC) as Sailing Operations Manager. Dinner has been booked for 18:00.

Our next on water event will be a cruise to Bonnell's Bay starting on Friday 16 th November.

The plan is to explore Dora Creek on Saturday morning in our tenders before returning for a sail to Frying Pan Bay and dinner at the Olive Tree Restaurant on Saturday night.

Don't forget we have our Christmas Party on the 9 th of December in the Bayview area of the club at 17:00. Please attend as it should be a fantastic night.

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.

## 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/club's safety and education objectives. New members are asked to please arrange an audit of your vessel.

Cheers, enjoy the warmer weather and safe sailing.

Ralph

# November Outing

## Bonnells Bay and Dora Creek Run 15th -17th November

Join us for a 'double-banger' outing on the 15th-17th November when we visit the oft-forgotten jewel in the Lake - Bonnells Bay and take a long dinghy run up beautiful Dora Creek.



This on-water event will kick off on Friday afternoon with a cruise to Bonnells Bay.

Saturday morning we'll move on to explore Dora Creek in our tenders before sailing to Frying Pan Bay for dinner at the Olive Tree Restaurant.

Sunday will be a free day to relax and make your own way home at a leisurely pace!

## Presentation of Donation to Marine Rescue

Each year the Cruising Division makes a donation to our local Marine Rescue Unit - Marine Rescue Lake Macquarie - in recognition of the wonderful support they offer to all who enjoy and use the lake.

As sailors we are only too aware of all that can go horribly wrong earth on the Lake or out at sea. It's so reassuring to know you only have to pick up the mobile or call up Channel 16 on the radio and know there will be an experienced operator at the other end to advise or facilitate assistance.

The other way to support this wonderful organisation is to become a member of the Radio Club (cost \$40pa) which provides on-going financial assistance for the maintenance of craft and provision of essential items.

Our thanks to all on the mighty team of MRLM!

*Ralph Asquith presents a cheque to Ross Shirtley (also CD Life Member) on behalf of the LMYC CD.*



## New Members

A warm welcome to our newest members -

Nigel and Bernadette Goddard *Tenacious* Northshore 34  
*and*

Ross and Sue Cottrell *Cobwebs* Jarcat CC30

We look forward to seeing you at our General Meetings and catching up on the water. We hope your time in the CD is both rewarding and fun filled!



# October Outing

Marion Cotterill



## Ivan Irwin Lake Cruise 5th-11th October

The cruise opened with a wonderful gathering of 34 CD members at Wangi Hotel on a warm evening at the start of the October long weekend. We welcomed a few first timers to the Ivan Irwin Cruise - *Renaissance, Tenacious, Wind Chill* and *Equinox*—it was great to catch up everyone over an enjoyable meal and relaxed (if not noisy!) gathering ashore at this well known watering hole.

The next 2 days had been predicting hot North westerly winds but this allowed for a brisk sail to our favourite hideaway at Taylor’s Bay. 14 CD boats met in the bay with at least as many other boats anchoring nearby for shelter from the strong westerlies. It was surprising how many could comfortably fit in there! The evening was spent in congenial company with a shared dinner (potluck) on 4 generous host boats—thanks to *Jodi, Isla Breeze, Yorkshire Relish* and *Equinox*.

Monday morning was spent paddle-boarding by some of the active members or just relaxing in the lovely sunshine before a sail up to Rathmines to shelter for the next few days from the Southerly winds and promised rain. Despite the threatening weather we still made the most of breaks in the weather with a happy hour ashore and BBQ and a coffee walk that turned into a visit the Classic Boatshed!

Interesting morning spent with the very welcoming gentlemen who so willingly shared their passion for all things wooden and nautical. The promise of Thai dinner that night saw us making our way to the Catalina Club where we also helped celebrate Coleen’s birthday.



In the Wednesday morning's sked, as the rain was pelting down, John aptly reported that the weather was 'miserable' so the group agreed the best plan was to simply to wait it out until there was a good break in the weather and enough breeze to enjoy a sail to Browns Bay.

Once comfortably anchored down the southern end of the lake we all enjoyed a sociable Curry night on a host boats *Stoked* and *Yorkshire Relish*.



The next morning was back to beautiful weather with good NE winds promised. A stand-up paddle in the bay followed by a gentle stroll to the Nords Wharf coffee shop made the most of a very pleasant morning.

In the afternoon a lively sail up to Valentine in the brisk NE and sunshine was a great way to finish the week.

Our final dinner at Valentine Bowling Club was enjoyed by a friendly group of 20 members with Seafood Plate for 2 being a favourite.



The Ivan Irwin Cruise allows boats to drop in and out during the week as needed and is always a great way for newer members to get to explore the lake and meet other CD members.

It was an easy relaxing cruise in the company of friends and the cooks were given plenty of time out!



*Our thanks to Marion and John Cotterill for organising this fun week on the water and for not allowing some testy weather to dampen spirits or slow down activities.*





## Provisioning for Short Coastal Cruises

Online Resources      The Nautical Nomad ([thenauticalnomad.com](http://thenauticalnomad.com))  
Family life on a boat  
Cooking on a boat  
The Boat Galley ([theboatgalley.com](http://theboatgalley.com))

1. What to consider when you are provisioning for your boat trip — aside from normal provisioning

Special Events :

- Sundowners
- Meals Ashore
- Shared meal
- Celebrations

2. Weather :

3. Stuff you need to use up :

- Use by date
- Best before date

4. Will you have access to shops and when?

5. Storage areas on your boat :

- How much room do you have on board?
- Do you have a fridge / freezer?

6. What cooking facilities do you have on your boat?

- Cooktop
- BBQ
- Oven

Foods to consider :

Fruit and Vegetables

- Best to store in pantry cupboards or lockers – many will have a limited life. Fresh food usually has a longer life if purchased from fruit / vegetable store rather than supermarket.

Alternatives

- Dried fruit and vegetables
- Canned fruit and vegetables

Meat

- Store in fridge and freezer
- Cryo packaging extends the life of raw meat and is less likely to leak juices
- Alternatives
- Canned soups
- Canned mixed vegetables and vegetables
- Canned or dried beans eg. Lentils, chickpeas

Bread / Alternatives

- Wraps
- Biscuits

Milk and Dairy

- Store in fridge
- Alternatives for milk:
- UHT versions – store in pantry.



## Provisioning for the Long Haul continued.....

Some suggestions and hints from the floor following the panel presentation:-

- Have a good supply of frozen cooked meals
- Flat pack your criovacced meals - saves on space
- Purchase green bags (Woolies or Coles) - prolongs life of fresh fruit and vegetables
- Sachets of rice can be cooked in saucepan of boiling water if no microwave is available
- Stack up on snack foods for overnights quick, easy and nourishing
- Commercially pre-packed dinners easy to heat up if you have an oven—saves cooking at the end of a long passage
- Tinned foods not lacking in goodness - good backup if supplies are running low
- Pasta and rice always a good base to build a meal
- Bread alternatives—wraps / corn thins/ Saos / vita-weets etc
- Space is always an issue - dried foods (peas/potato/dried fruits etc) easy to store and light on weight
- Stack your fridge/freezer to gain maximum benefit from the cold - frozen food at the bottom can help hold the cold longer however ensure that there is always enough room for airflow in the freezer to allow circulation and maximum efficiency. Whereas a fridge is happy to be fully stocked.
- Eggs come perfectly packaged and don't require refrigeration
- Consider the length of the passage and the dietary requirements of those on board
- Chocolate is usually an essential item!

*As always there was a wealth of experience in the room - thanks to Ralph and Cath for kicking off the discussion and to all who contributed their suggestions!*



### **CD Christmas Party - 9th December**

#### **Advance notice of this popular event.....**

Following the success of the change of last year's CD Christmas Party we will once again celebrate what has been a fabulous year of sailing with a gathering in the Bayview area at LMYC at 5.30pm on the evening of 9th December.

To allow for catering it is essential to book and pre-pay your tickets - this can only be done on-line.

Cost \$38 per person

Please ensure you record your name in the description

Acct

BSB



## Flare Demonstration

Prior to the October General Meeting members from the CD and LMYC Racing Fleet gathered in the club car-park to refresh their knowledge and experience on the use of safety flares.

Multiple smoke and magnesium flares were deployed with many members taking this opportunity to try this for the first time.

A huge thankyou to Tony Austin for organising and facilitating this activity.

The 'red tape' that had to be navigated to hold this event involving many Government organisations including Police and Fire Brigade to Airforce!

Thanks Tony — your hard work and tenacity is greatly appreciated!



## 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 immediately following the welcome from the Skipper and usually speaks for approximately 30 minutes.

**November 11th:** presentation from LMYC newly appointed *Sailing Manager, Simon Turpin*

***There will be no Guest Speaker in December as our usual General Meeting will be replaced by the annual CD Christmas Party***

*Looking forward to catching up with you at our next General Meeting — Monday November 11th 7pm in the Bridgedeck Room LMYC.*

## 2025 LMYC CD Calendars

The 2025 CD Calendars will be offered for sale and distribution at the November General Meeting. Price of calendars this year are \$20.

Please pre-pay using the CD Acct details below and include your name or have the correct amount in cash.

Acct: 482585899 BSB : 112879

If you would like to pre-order your copy please email Maureen at [seysener@gmail.com](mailto:seysener@gmail.com) with your **name and the number** you would like to purchase.



# For Your Calendar

## Next Three Months Outings:

**October - November - Jervis Bay Hop    October 18th**

A Cruising Division first!



**November - 15th - Bonnell's Bay & Dora Creek Dinghy Run**

Mark this on the calendar and grab the chance to enjoy a fun weekend out on the water before the Christmas craziness starts!



**December 9th - CD Christmas Party -**

***Save the date!***

More details on p8



**December 31st - NYE Celebrations on the Water**



## General Meetings – Bridgedeck Room

The November General Meeting will start at 7pm in the Bridgedeck Room. A table will be booked for dinner from 5.30pm onwards for those wishing to share a meal prior to the meeting.

**Dates for General Meetings:-**

**November - 11th**

**February - 10th**

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*

*Tony Austin*

*Marion Cotterill*

*Selma Barry*

*Eleanor Cunningham*

*Cath Austin*

