



MIDDLE HARBOUR YACHT CLUB
THE COMPASS ROSE CRUISING LOG

Volume No. 35. No.11 December 2015

Editor: Michael Mulholland-Licht

NEXT EVENT: FRIDAY, 11TH DECEMBER 6:00 P.M.
CHRISTMAS PARTY. BOOK NOW!



**MHYC
ANNUAL
CHRISTMAS
PARTY**

Friday December 11, 2015
6:00 p.m. to 9:00 p.m.
MHYC Members \$48 pp
Non Members \$53 pp
(includes drink on arrival & 2
course meal)

Lower Parriwi Road
Mosman NSW 2088

Please R.S.V.P. by November 23 to
MHYC Reception on 02 9969 1244
or book online at www.mhyc.com.au



CRUISING DIVISION OFFICE BEARERS – 2014 - 2015

Cruising Captain	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	0419-247-500
Name Tags	Lena D'Alton	9960-2878
Compass Rose Coordinator	Committee Members	
Safety Coordinator	Bill Allen	9977- 0392
Waterways User Group	Mike McEvoy	9968-1777
Sailing Committee	Michael Mulholland-Licht	0418-476-216
Guest Speakers	Committee Members	
On Water Events Coordinator	Colin Pitstock, Michael Mulholland-Licht, Phil Darling, Paul Wotherspoon	Michael 0418-476-216 Phil 0411-882-760
On Land Events Coordinators	Kelly Clark, Gill Attersall	
Committee Members	Michael Mulholland-Licht, Phil Darling, Trevor D'Alton, Colin Pitstock, Paul Wotherspoon, Kelly Clark, Gill Attersall, Evan Hodge	



Editor's note: Thanks to Maralyn Miller for editorial coaching!

Deadline for the next edition of the Compass Rose, is: **Monday, 1st February, 2016**

The EDITOR for the next Compass Rose is:

Trevor D'Alton.

Please forward contributions via email to:

[**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 ANNUAL PROGRAM 2016		
January 2016	18 th	Post New Year BBQ and get together.
	30 th	Chaos and Bedlam Point Cup
February	15 th	Cruising Division Meeting
	19 th to 21 st	MHYC and Gosford Sailing Club Challenge followed by the CD Late Summer Cruise to Lake Macquarie.
March	12 th & 13 th	Harbour Night Sail and raft-up. Preceded by the Make a Wish Harbour Cruise on Sat 12 th .
	21 th	Cruising Division Meeting.
	25 th to 28 th	Easter Cruise – Pittwater/Broken Bay include Safety Practice and Slocum event.
	31 st	Twilight racing ends.
April	12 th Tues	On Land Event. Visit to Heritage Fleet. TBC.
	18 th	Cruising Division Meeting
	23 rd to 25 th	ANZAC Day LWE.
May	16 th	Cruising Division Meeting
	18 th & 19 th	Mystery Cruise
June	4 th & 5 th	Get Checked Weekend.
	18 th & 19 th	Club Get Set Weekend.
	20 th	Cruising Division Meeting (AGM)
July	10 th	Long Lunch
	18 th	Cruising Division Meeting
August	15 th	Cruising Division Meeting
	25 th	Skippers Briefing
September	TBA	Club Opening Day and Sail Past
	17 th & 18 th	090 plus Sugarloaf Raft Up
	19 th	Cruising Division Meeting
October	1 rd to 3 th	Lake Macquarie (tides look OK)
	6 th (TBC)	Twilight racing starts
	17 th	Cruising Division Meeting
November	12 th & 13 th	On Water Event (TBA)



CAPTAIN'S COLUMN – NOVEMBER 2015



Greetings fellow cruisers,
Fresh spring Nor-Easters and the occasional stiff southerly have provided ideal sailing conditions. The 7 Island event, on Saturday November 28, saw 49 boats in total, including 6 Cruising Division Boats. It was a quintessential Sydney Harbour day. Some of us poled out a headsail as we dined on sushi,

chicken and salad in true cruising style. We were greeted by live music back at the Sand Bar at MHC where racers and cruisers enjoyed a beverage and presentations. It was great to see cruisers and racers making the most of their boats and the club together by participating in this feature event

The flair practice was a popular night at our last members meeting, where we all got to practice what we hope to never have to do in earnest. This event was well attended by both cruisers and racers.

The recent hirsute appearance your Cruising Captain raised \$1,200 for Movember charity, which supports research into men's health conditions such as prostate and testicular cancer and mental health. It also encourages men to talk to mates and professionals about health issues, be they physical, mental or emotional. Thanks to those who generously supported with donations.

This month is the MHC Christmas Party, in lieu of our members meeting. See the notice in this edition. Friday December 11. 6:00pm.

Monday January 18 at 6:30pm will be the Cruising Division New Year BBQ at the Club. This is an informal summer BBQ to discuss summer cruising over a meal.

Our next members meeting will be on February 15, where Jenny and Doug Lawton, long standing MHC Cruising Division members, will discuss their extensive cruising in the South Pacific which Jenny has written into a book that will be available for signing on the night.

Feb 19th to 21st is the Middle Harbour - Gosford Challenge followed by the CD Late Summer Cruise to Lake Macquarie.

Wishing you all a safe and enjoyable festive season.

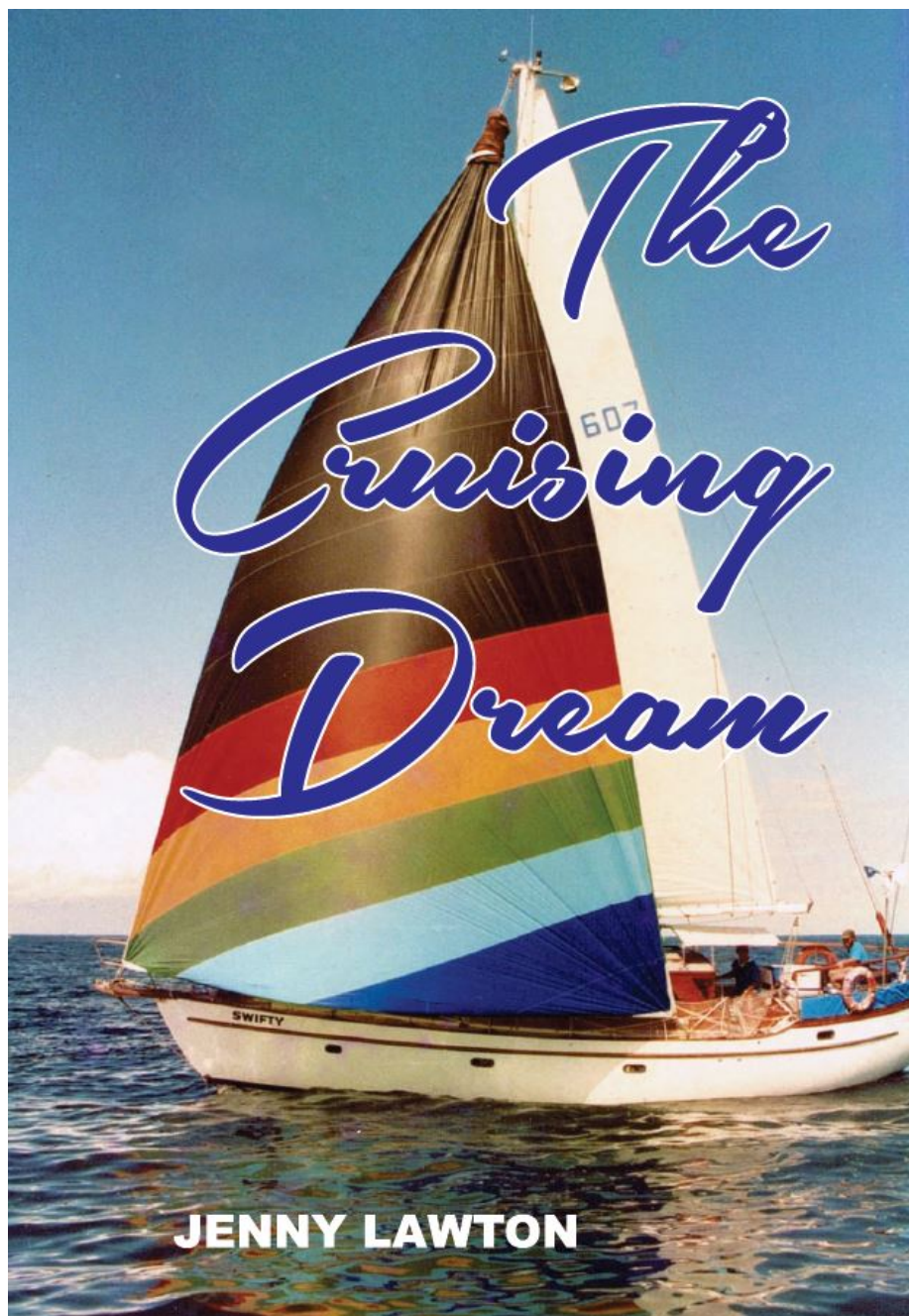
Michael Mulholland-Licht, Vice-Commodore Cruising. SY. "Bliss"

NEXT MEETING: MONDAY FEBRUARY 18TH, 7:30 P.M.
B.Y.O. BBQ 6:30 P.M.

GUEST SPEAKER: DOUG AND JENNY LAWTON.
CRUISING THE SOUTH PACIFIC

CHEESE PLATE FEBRUARY MEETING:
MICHAEL MULHOLLAND-LIGHT

ENVELOPING COMPASS ROSE:
TREVOR D'ALTON



PAST EVENTS:



Flare Practice. Definitely worthwhile.

The Cruising Division Flare demonstration held Monday 16th Nov was a great success with participants experiencing some of the issues that they may face in a real emergency at sea, such as:

- Trying to read the tiny written instructions without your reading glasses.
- Trying to read the instructions in the dark in unstable conditions.
- Trying to find the English version of instructions printed in multiple languages.
- Realising that different manufacturers have different methods of igniting the flare.
- Realising the effect of wind on the flare.
- Understanding the dangers of molten material from the flare dripping onto fiberglass.

If you did not manage to get along to the demonstration, don't worry, the Cruising Division will organise another next year.

One thing that became apparent on the night was just how many out of date flares people have on their boats, in the garage or shed or under the house. This is really dangerous as these devices degrade as they get older and can become unstable, especially in a damp environment, that's why we keep them in sealed containers on-board.

Keeping last season's expired flares for use at the next demonstration is probably OK provided they are stored in cool and dry conditions. Flares older than that should be taken to the nearest RMS office, which accepts them. For a list of these locations please visit the RMS website at the following URL.

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

Trevor D'Alton, Kachina

MHYC Cruising Division Captain's Pennant

The November members' meeting was attended by long standing Cruising members Peter Moffit and Lorraine Cairnes of "Pixie".

Peter, a long time member of the Cruising Division addressed the meeting. He explained that he had recently come across the large Cruising Captain's pennant which he had when he was the Cruising Captain many years ago. As he and Lorraine were heading of for extended cruising to the Pacific he had wanted to come along and present it to the current Cruising Captain, Michael Mulholland-Licht.



Cruising Division Comp"L"etes the Seven Islands Feature Event.

Bliss, Sanctum, CavSav, Slack N Off and Nashira took part in the 7 Islands Feature event hosted by MHYC.

Saturday started with a nice 10-15 knot Nor-Easter that built gradually during the day to a good 20-25 knot breeze for the tack back up the harbour through the Manly Junior, Flying 11, traditional 18 foot skiff and Moth fleets. The harbour was a spectacular tapestry of sails.

The cruising division had the added challenge of answering 10 quiz questions as we went, which prompted much post race discussion at the bar.

One question I still do not know the correct answer to is how many lighthouses are visible on the course we sailed?



Whilst none of the cruisers were at the front of the fleet we did enjoy our own little battles. I know I was most intent on keeping Nashira in front of CavSav on the tack from Grotto back to the club.

We welcomed Sanctum back to an event. They needed a shake down to get the cobwebs out from the stories we heard post race. They had two other cruising couples on board in Trevor and Lena as well as Royce and Wendy.

7 Island Event continued

It was a very enjoyable day on the harbour, venturing in one 4-hour period to circumnavigate the seven islands of the harbour (to port) that can actually be rounded. That brings us to another of the questions. What 2 “islands” in the Harbour did we not go round? So much to debate at our next members meeting in February.

It is always a treat to sail past the icons of Opera House, CBD, and Harbour Bridge.

Pacific Dream was the trophy winner of the Cruising Division quiz, while Sanctum, Cav Sav, Slack N Off and Nashira were runners up. All crews looked suitably tired after long day of sailing

Pacific Dream was the first cruising division yacht home ahead of Bliss (not that we were racing) and a good day was had by all.

See you out at the next feature event.

Kelly and Evan

Nashira



CD Quiz – December 2015 by Phil Darling

1. What is a Monkey's Fist and what is it used for?
2. Last month we talked about the Diver Down flag (code flag Alpha – white and blue). What is the alternative flag used in North America?
3. Talking about alternatives – which countries are covered by Area B of the IALA regulations?
4. What is the difference in markers between IALA Area A and Area B?
5. When crossing a Traffic Separation Scheme, should you heading or ground track be at right angles to the traffic flow?
6. What is meant by the term "In Irons"?
7. You have a riding turn on a winch and wish to take the strain by gripping the fouled sheet with a rope to another winch. Which knot do you use to attach the new line to the fouled sheet?
8. At sea, do you see a lighthouse from further away at High Water or at Low Water?
9. You have sheeted in the headsail but it continues to flap in the upper part. What further adjustment is now required?
10. At the time of a solar eclipse, would you expect tides to be at (or near) Springs or Neaps?

FUTURE EVENTS:

MHYC Christmas Party Friday December 11.

The last MHYC feature event for 2015 is the Christmas Cup and Veterans' Cup on Saturday December 24.

The Christmas Cup is open to all, with spinnaker and non spinnaker divisions. Yachts that are 30 years old or more will be competing for the "Veterans Cup Perpetual Trophy". Yachts and skippers who have a combined age of 90+ years can also compete for the "Old Fart's Dogs Bowl Trophy", initiated by Alex Whitworth.

Middle Harbour – Gosford Challenge February 19-20, 2016.

The Middle Harbour – Gosford Challenge is an inaugural event between the two clubs. The aim is to create a new event that includes all types of boats, all sailing levels and takes us to new destinations.

Day 1. Friday February 19 will start in Middle Harbour and finish in Broken Bay. There will be several racing divisions and a cruising division that will include powerboats. The racers will go from start to finish ASAP. The cruisers will also cover the course, but will have the added excitement of a series of navigation exercises along the journey.

Vessels that can pass under the Rip Bridge will be accommodated at Gosford Sailing Club. Vessels with mast heights of over 17.1m will anchor or moor in Hardy's Bay and Booker Bay. The Gosford hosts will provide tender a service to their club for an evening function.

Day 2. Saturday February 20 will have 2 options for cruisers:

- a. There will be a return event for racers and cruisers from Broken Bay to Middle Harbour followed by the Barefoot Ball at MHYC.
- b. Some Cruising boats will continue North to Lake Macquarie for the annual CD summer cruise, co-ordinated by Paul Wotherspoon.

Middle Harbour Yacht Club - Cruising Division

Treasurer's Report As at 31st October 2015

Cash at Bank as at 30.9.15	\$	2,369.74
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Plus Receipts

Membership Contributions	\$	100.00
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Less Payments

Cash at Bank as at 31.10.15	\$	2,469.74
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Outstanding Receipts

Outstanding Payments

Purchase of CD Burgees	\$	-734.25
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Account Balance	\$	1,735.49
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Signed as a true record

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Trevor D'Alton

Treasurer

USE YELLOW CELLS ONLY		CRUISING DIVISION PARTICIPATION POINTSCORE CALCULATION SHEET																				
		JAN - DEC 2015																				
DATE =		Feb 22-1	Mar 22-23	Apr 3-6	May 16-17	Jun 6-8	Sep 12-13	Oct 3-5	Nov 14-15			Compass	Attendance	Technical								
EVENT =		1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	Rose	at	Corner	TOTAL							
ENTER CREW FOR EACH		Feb Cruise	Hen & Chicken Bay	Easter Cruise	Hardys bay	Check Safety LWE	Fish Markets	090 & Raftup Sugarf	Harbour Navgtn Challenge	Port Hacking & Slocum		Feature Articles Points	Monthly Meeting Points	Projects compl't'd Points	CUMUL' SEASON							
YACHT	No. Nights	6	1	3	1	2	1	2	1			2	1	3	POINTS							
Sanctum	Crew	2										0	7	0	13							
Noel & Jean	Nights	2																				
Breeze	Crew	2										14	9	0	40							
Bill & Helen	Nights	5	1																			
eXpresso	Crew	4										1	4	9	0	20						
Phil & Maralyn	Nights	1										1										
Flemingo	Crew	1										1	1	4	6	0	18					
John Eastway	Nights	1										2	1									
Jabiru	Crew	2										2	12	8	0	29						
Mike & Suzanne	Nights	2	1																			
Jenzminc	Crew											0	3	0	3							
Andy & Jen	Nights																					
Kachina	Crew	2	2	2										2	6	10	0	40				
Trevor/Lena	Nights	1	3	2										2								
Mereki	Crew											0	0	0	0							
Richard	Nights																					
Nashira	Crew	2	2	2	2	2	2										6	9	0	60		
Evan & Kelly Clark	Nights	6	1	3	1	2	2															
Rapture	Crew Avge	1	1	1	1	1	1	1	1										16	8	0	56
Paul & Anne	Crew	6	1	3	1	2	1	2														
	Nights																					
Simply Irrestible	Crew	2										4	6	0	16							
Glynne & Gill	Nights	2																				
Galaxy 3	Crew											0	3	0	3							
Chris & Diane	Nights																					
												0	0	0	0							
												0	0	0	0							
No. of Boats =		4	3	5	4	8	5	3	0	0	0	60										
		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																				

CD Quiz – December 2015 – Answers

1. A Monkey's Fist is a knot tied in the end of a heaving line to add weight when throwing it. It is also highly decorative.
2. The North American version of the Diver Down flag (also used in other areas of the Americas, and some other countries as well) is Red with a diagonal white stripe.
3. Area B is used in the Americas (North, South, Central and the Caribbean) as well as in Japan, the Philippines, Taiwan and Korea.
4. In Area A lateral markers are Green to Starboard and Red to Port when ENTERING FROM the sea; in area B lateral markers are Green to Starboard and Red to port when DEPARTING TO sea. Also in area A Red markers had a can-shaped top mark and Green markers have a cone shaped top mark – in area B this is reversed ie Red markers have a Cone shaped top mark and Green markers have a Can shaped top mark. These changes also apply to Preferred Channel markers but all other marks (Cardinals, Special, Isolated Danger, Safe Water and Temporary Wreck) are the same in the two areas.
5. Heading.
6. A sailing vessel is "In Irons" when it is stationary head to wind and unable to pay off on either tack.
7. A Rolling Hitch.
8. At Low Water since at that time the lighthouse is effectively higher above the water level.
9. You now need to move the sheet car (i.e. the block through which the sheet is lead on deck) further forward to increase the downward tension down the leech of the sail.
10. Springs since for a solar eclipse the moon and sun need to be in line.



CHEF'S CORNER..WITH COLIN PITSTOCK

Hello Sailors.

It's not long now until the big fat man in the red suit, comes down your chimney, hope you've all been good this year..... Since it's the festive season lets get some bubbles & pour your self a drink. Maybe something from Tassie.

South Cardinal whiskey glazed ham.



- 1½ cups (510g) orange marmalade
- ¼ cup (70g) Dijon mustard
- ½ cup (125ml) whisky
- ½ teaspoon sea salt flakes
- 5–6kg ham leg, skin removed and trimmed, see cook's tip, below

- cloves, to decorate

Preheat oven to 200°C (400°F). Place the marmalade, mustard, whisky and salt in a saucepan over high heat and whisk to combine. Bring to the boil, reduce heat to low and cook for 5–7 minutes or until thickened slightly. Strain and set aside. Use a small, sharp knife to score the ham in a diamond pattern and cover the hock with aluminum foil (this will prevent it from burning). Place the ham on a lightly greased wire rack in a baking dish lined with non-stick baking paper. Push a clove into each diamond and brush ham with the glaze. Roast for 35–40 minutes, brushing with the glaze every 10 minutes, or until the ham is golden and caramelised. Serves 8–10. + Use your fingers to gently remove the skin from the ham, before using a knife to the ham to trim any excess fat

North Cardinal mark frozen Christmas pudding.

- ½ cup (110g) caster (superfine) sugar
- 1 cup (250ml) water
- ½ cup (85g) currants
- ¾ cup (100g) sweetened dried cranberries
- 2 liters vanilla ice-cream
- 2 teaspoons vanilla bean paste
- 1 teaspoon cinnamon
- 85g unsalted shelled pistachios, chopped
- ¼ cup (60ml) brandy
- blackberries and raspberries, to serve
- icing (confectioner's) sugar, for dusting

Place the sugar and water in a small saucepan over low heat and stir until



sugar is dissolved. Bring to the boil for 1 minute. Place the currants and cranberries in a bowl and pour over the sugar mixture. Set aside for 10 minutes or until the fruit is plump. Drain and allow to cool completely. Place the ice-cream, vanilla and cinnamon in the bowl of an electric mixer and beat for 1 minute or until softened. Stir through the currant mixture, pistachios and brandy and spoon into a 1.75 liter-capacity pudding basin lined with muslin. Top with a round of non-stick baking-paper and freeze for 4 hours or overnight until set. Top with berries

and dust with icing sugar. Serves 8–10.

Scott & I would like to wish you all a happy safe & healthy 2016. Merry Christmas. See you out on the big blue sea.

Colin SY Shazam.



PHOTO CORNER

HINTS ... FROM *PAUL WOTHERSPOON*.

TRIPODS...

Often quoted as photography's most hated accessory, here are a few examples of inexpensive Portable Tripods.

It is hard to see why so many photographers view them so adversely. It may be because of the bulk and weight they add to a photographer's kit - or perhaps because the capabilities of many recently-released cameras allow camera users to feel a tripod isn't necessary.



But shooting without a tripod can sometimes compromise sharpness. Using a tripod can dramatically improve shots like portraits and low-light scenes. Finally, there are situations where you simply can't take the shot unless the camera is on a tripod.

Fortunately, there are plenty of lightweight tripods around and a wide variety of styles and sizes to choose from. To help you shop for a tripod you will use and appreciate, here are a few commonly available tripods that are lightweight.

1



Joby Gorilla pod \$25



Joby Gorillapod Hybrid \$39



Joby Gpot Mini Magnetic \$14



Slik 450G \$47

Good Shooting - !!!

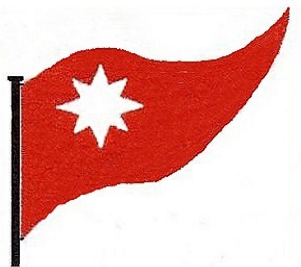


MERRY CHRISTMAS TO ALL!



DRIFTWOOD XMAS TREE BY
GABRIELE JORDAN, *SLACK N OFF*

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 3rd 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