



**Volume XXVIII      Number 5      May 2016**

**Sailing Singles of South Florida**

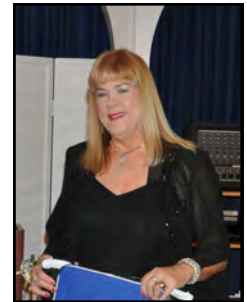
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<b>Up Coming Events</b>	<b>General Meeting</b> 5 May	<b>SOS</b> 21 May	<b>Man Overboard sail</b> 22 May
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**From the Helm - Lynette Beal - Commodore**

I want to thank all of the Club members and guests that attended and supported the second annual free SSSF picnic held at Hugh Taylor Birch State Park on April 16<sup>th</sup>. We had 76 RSVP's a great response! Our Social Director Debi Hallmark did a fantastic job coordinating this very successful event. Rich Hustins and Vince Giudice were great cooks!



Nikki McSweeney helped with shopping and of course Stan Dekiel was there to help. So many others helped to make this a special day. We all bonded and enjoyed the water activities including trips to the beach and free Tram Rides! The opportunity for members to talk and laugh together was awesome. Some people managed to tackle the Bean Bag Game too.

Fleet Commander Captain Kelly Dobbs has been working to plan an Overnight SSSF Sail to SunFest 2016 from 4/29-5/1/16. Sailing Director Stan Dekiel and Sheila O'Neil have been assisting with this event. This has been a wonderful opportunity for SSSF members to sail and enjoy the entertainment and activities at SunFest. Even Landlubbers have been able to participate. I know Captain Kelly was anchored near the ZZ Top Concert!! Congratulations to Captain Kelly and all involved to make this event a great success. There will be more overnight sails coming up so stay tuned.

The SSSF/SOS (Sailing Orientation Session) is scheduled May 21<sup>st</sup> at Lighthouse Point Marina located at 2831 Marina Circle, Lighthouse Point, FL 33064. Registration is 11:30am. Classes begin at 12:00noon. There will be a free Barbecue and Pool Party at 5:00pm. A Club Sail is planned the next day May 22nd and priority will be given to the SOS participants. I encourage you all to come out for the SOS. You will be given the opportunity to improve your sailing skills and have fun as well. We are planning a Man/Overboard exercise as part of the Club Sail.

## Sailing Singles of South Florida

### New members by Susan Cohoat

Please welcome the following members to our club:

Joseph Basil  
Cheryl Lutz  
Harry De Baby  
Paul Ferguson  
Sandra Fernandez  
Steve Kivett  
Wendy McCarthy

Tina Owens  
Prince Taylor  
Marcus Robertson  
Chong Susan Piper  
Stefani Mueller-Punga  
Sofia Mercer  
James Eddy Bouskela

### 2nd Annual SSSF Picnic by Debi Hallmark

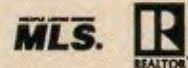
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# Sailing Singles of South Florida

## 2nd Annual SSSF Picnic—photos by Dick Linehan



## Sailing Singles of South Florida

### SOS: Sailing Orientation Session by Terry Patterson

Save the date!!! May 21st/22nd, 2016

This A great way to improve your skills, or learn about SAILING!!!

This session we have 3 new classes, 2 new instructors!!!

Classes are on Saturday, Sail on Sunday!!!

Member participating in the SOS classes have 1st priority for the Club Sail on Sunday!!!

11:30 Registration/ Classes start at 12 noon!

Cost: Members Free/Club Members coming to the barbeque: \$10

Location: Light House Point Marina/2831 Marina Circle/LHP, 33064/ Ph#: 954941-0227

Go East on 24th off Federal Hwy, follow the signs for "Marina", or Cap's Place, Marina is on the left at the end of the road!!! Free parking!!!

RSVP is Mandatory: [tbythesea@bellsouth.net](mailto:tbythesea@bellsouth.net) or [tpbythesea@comcast.net](mailto:tpbythesea@comcast.net) by 5/19/16

Barbeque at 5pm/BYOB/Water will be provided!

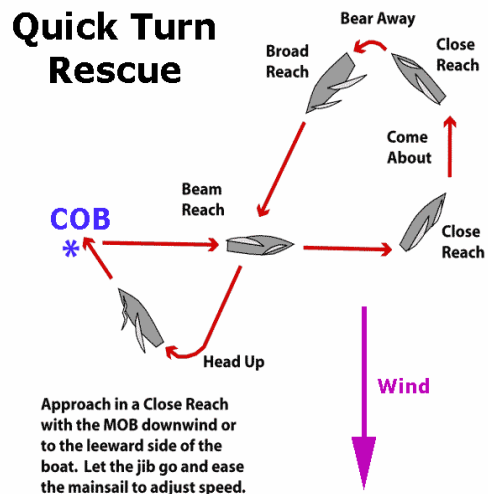


## Man Overboard Recovery by Xcapt. Dick Linehan

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, jy-bed 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.



## Sailing Singles of South Florida

### May Birthdays

<b>Robert Bettarel</b>	<b>5/08</b>
<b>Anne Ekstrom</b>	<b>5/03</b>
<b>Diana Faure</b>	<b>5/24</b>
<b>John Foy</b>	<b>5/18</b>
<b>Camille Galindo</b>	<b>5/28</b>
<b>Cindy Kehoe</b>	<b>5/28</b>
<b>Jennifer McDonald</b>	<b>5/27</b>
<b>Carol Saler</b>	<b>5/12</b>
<b>Walter Schildt</b>	<b>5/14</b>
<b>Marsha Whipple</b>	<b>5/12</b>



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## Sailing Singles of South Florida

### General Meeting Video Presentation

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 May'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

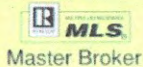


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# Sailing Singles of South Florida

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