



# The Mainsheet

THE NEWSLETTER OF SAILING SINGLES OF SOUTH FLORIDA

## UPCOMING EVENTS



### RAFT UP

**Saturday November 12th 2022**, Lake Sylvia. Sign up on our website to participate in our next great sailing event!



### HALLOWEEN

#### MONSTER BASH PARTY!

**Saturday October 29th**  
7-10 PM at Arlene's house. Register online. Prizes for scariest, sexiness and most original costume. Pool and spa available. Bring a dish.

#### SAVE THE DATES!



**Holiday Party** December 4th 2022 at Tropical Acres.

#### Change of Command

January 28, 2023 at Coral Right Yacht Club.



### WEEKLY SOCIALS

Meet your friends, captains and greet new and potential members at Galuppis in Pompano Beach. Every Thursday 5.30 PM

Check our website <http://www.sailingsingles.org> for fun upcoming events.

#### Newsletter Director

Doug Noble  
[Sssf.club@yahoo.com](mailto:Sssf.club@yahoo.com)

## FROM THE HELM



Thanks to Cindy Kehoe and her helpers for organizing a great beach party July 4th weekend... to Sheila O'Neil and helpers for the Peanut Island Italian Riviera Party... to Susan Cohoat for another great SOS ... and to Scott Stemple for organizing our raftups. All are outstanding events that take a lot of coordination, especially Peanut Island where volunteers with boats helped bring the tables tents food and party supplies to our beach pavilion.

Our calendar of events included a a fun Summer Social at Seawatch. And a White Elephant Sale/Pool Party. On the water we had the Freedom Day sail in September and a raft is planned for October. While Galuppis remains our favorite spot for weekly socials, we are always on the lookout for other locations. If you have an idea for a good location, easily accessible from folks from both north and south, let me know. Requirements are easy and preferably free parking, an assigned area where we can socialize ...

*Jay*

Howard "Jay" Thomsen, Commodore.

### Pink Book 2022

If you don't already have your Membership Directory pick up your copy at a Social or General meeting.

Or login to the website, under the Members Only tab choose Directory to find a member's contact info.

## YOUR 2022 BOARD MEMBERS

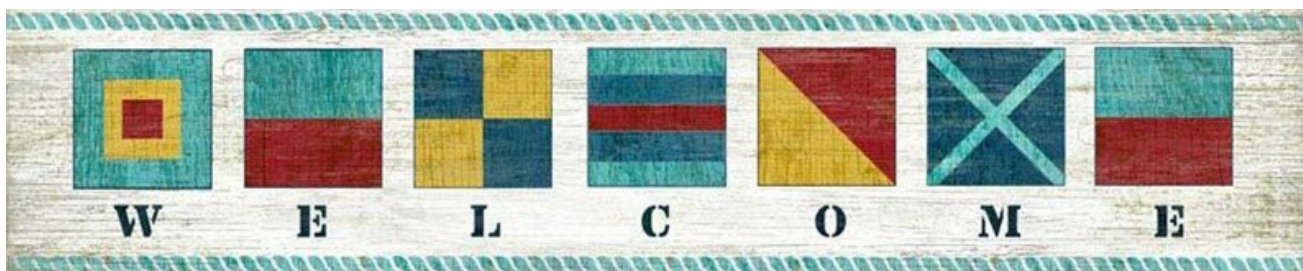
Commodore - Jay Thomsen  
Secretary - Anne Ekstrom  
Fleet Captain - Paul Africano  
Membership Dir - Sharon Schultz  
Sailing Dir - Scott Stemple

Vice Commodore - Susan Cohoat  
Treasurer - Nancy Widener  
IT Dir - Cheryl Lutz  
Newsletter Editor - Doug Noble  
Social Dir - Cindy Kehoe

To contact the board send an email to [SSSFclub@yahoo.com](mailto:SSSFclub@yahoo.com)



**FUN FACT!** We have had approximately 67 marriages in the 35 years since SSSF was founded, according to the club historian!



Welcome new and rejoining members Angie Aller, Marie Borges, Shia Fishman, Rosa Gonzalez, Tony Lester, Thomas Mestrits, Katherine Nailor, Lauren Rubinstein, Toni Sicignano, Laurence Soutter, Sharon Szczepankiewicz, and Chet Tingler. Great to have you aboard!



We will be having birthday cake once a month at Galuppis, on second meeting of each month. Below are our birthday boys and girls for October.



September birthday boy  
Allan Levitt at Galuppis.

Marie Borges	10/08
Mary Coonan	10/16
Lina Farrar	10/16
Carol Green	10/09
Richard Harper	10/13
Kathleen Levin	10/11
Veronica Milnark	10/30
Sharon Szczepankiewicz	10/12
Nancy Widener	10/16

### 2023 Board of Directors Nominations and Election

The final slate of Nominees for the SSSF 2023 Board of Directors has been approved. Nominations are now closed. The Nominees are:

Commodore- Lynette Beal  
Vice-Commodore- Susan Cohoat  
Treasurer- Colleen Murphy  
Secretary- Jeannette Jordan  
Membership Director- Beverly D'Amico  
Sailing Director- Cheryl Lutz  
Social Director- Cindy Kehoe  
Fleet Captain- Michael Iseman  
Information Technology Director- Tony Lester  
Newsletter Director- Karen Foster

The election will be held at the November General Meeting 11/3/22. A paper ballot vote will no longer be necessary. As long as we have a quorum and majority vote the 2023 Board will be elected! Thanks to the 2022 Board for their service.



# Sailing Singles Having Fun On The Water

## Freedom Day Sail September 10th.

As a change to our monthly fast up, our Sailing Director Scott Stemple organized a "Freedom" day sail, allowing participating captains to decide where they wanted to cruise. Captains Debi DeKiel, Jim Light and Kenneth Moore took part.



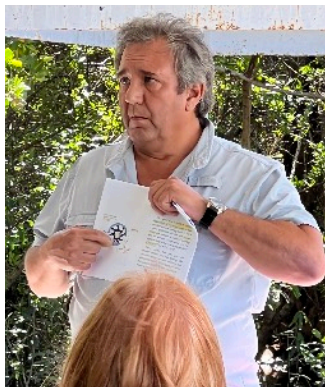




Our Fall **SOS** (Sailing Orientation Session) education event was held Saturday October 22 at Hugh Taylor Birch State Park in Fort Lauderdale. It was held in Manatee pavilion a few yards from the Intracoastal, with good shade, plenty of parking, and a nice lunch was served. Organized by our Vice Commodore Susan Cohoat, we had presentations from:

Sailing Terminology - Sheila O'Neil  
 Lines and Knots - Max Goldstein  
 How to be a Crew Chief - Jane Haughian  
 Radio operation - Stan DeKiel  
 Boat Mechanics - Jim Light  
 Basic Navigation - Debi DeKiel  
 Provisioning - Elyse Greene

Thanks for all the presenters and to the members who participated. Good to refresh the memories of those who have not been on the water for a while, I am sure we all learned a lot.





# Goodbye to our friend Benjamin Nahabedian



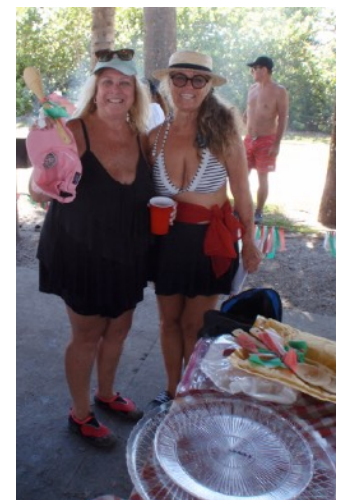
A Celebration of Life for Benjamin Nahabedian was held October 15th 2022. Ben passed away June 24th 2022, age 84. Originally from Newton, MA , Ben had lived in Fort Lauderdale for many years. Ben joined SSSF after his wife passed away and had been a member since at least 2004. He told me that joining Sailing Singles changed his life after his bereavement, making many new friends. Ben was a welcoming and friendly face at weekly socials and club events as well as on the water. He served on the board as Membership Director multiple years and was always there at weekly socials to greet potential new members and introduce them around. He had a business with his son Marc, Demo Estate Sales, liquidating the entire contents of properties down to the door knobs and plants. He also worked with Print Dynamics in Fort Lauderdale and helped SSSF with printing the Pink Book. Ben will be truly missed. Our heartfelt condolences to his family.





# The Italian Riviera Party at Peanut Island

On September 4th, we held a beach party at Peanut Island. There was an extended sail and some boats overnighted. Participants feasted on Pizza - delivered on the water - as well as salad. And a mini-meatball contest added to the fun. Swimming, snorkeling and just hanging out with friends was the order of the day. Thanks to Sheila O'Neil and her helpers for making it happen, especially Tom Mestrits and Camille Galindo transporting tables, tents, supplies and more over on Tom's boat, and back afterwards!





# Abaco Bound: Debi and Stan's Excellent Adventure!

Captain Debi Dekiel and crew Stan Dekiel, Elyse Greene, Jim Light, and Francois Larose departed Deerfield Beach June 25th 2022 7:00 pm headed for West End. Arrival was approximately 10:00 a.m.

However, the Bahamas has changed their check in procedures, they now have a Click to Clear system which we did not have downloaded so it took us 3 hours to clear. We finally left West end headed for Indian Cut. Unfortunately, our new Garmin GPS did not come with the Bahamian Charts. Consequently, we went aground missing the cut, since it was getting late and get me lost Garmin couldn't get us where we needed to go, we decided to go back to West End and get a slip for the night relax and have dinner at the resort's restaurant and try again in the morning.



Fortunately for us Jim had Navionics loaded on his phone as did Francois, and they guided us through the cut the next day no problem. Off to Mangrove Island to anchor for the night. Up early headed to Great Sale Island. Enroute to great Sale the engine quit. We anchored, and Stan went to work on the engine. Fortunately, Debi had plenty of fuel filters and spare diesel on board. After about 3 hours Stan got the engine running and off to Foxtown we went. Jim was our navigator, Elyse the cook and autopilot, Francois the best deck hand ever and Stan co-captain and first mate. Francois brought his guitar, and kept us entertained with his playing throughout the trip.



We arrived in Foxtown about 4 p.m. and headed to Da Valley for some food and libation. As we were eating our dinner – cracked conch and cracked lobster, and I might add Da Valley has the best conch fritters in the Abacos. When we finished eating our dinner a local Bahamian offered to go get us some lobster. The price was 10 lobsters for \$50.00, we decided that was a good deal. He requested someone go with him and Stan volunteered. Elyse and Francois went back to the boat and Jim and I stayed at Da Valley and enjoyed a few more beers. Off they went in search of lobster, so they found 22 lobsters, and brought them back to the boat. Then the Bahamians took Stan to the ice house for some block ice and returned him to the boat so he could pick up Jim and I. Total cost for the lobster, transportation and trip to ice house \$100.00. Elyse, great cook that she is, made us a wonderful lobster dinner.

Continues...



A group of people are gathered on a sandy beach next to clear, turquoise water. In the foreground, a man wearing a blue long-sleeved shirt, patterned shorts, and a wide-brimmed hat is holding a camera up to take a picture of a woman. The woman is wearing a bright yellow bikini and a straw hat. To their left, another person in a green shirt and patterned shorts is walking. In the background, several other people are scattered across the beach and wading in the shallow water. Some are wearing hats and casual summer clothes. In the far distance, a line of green trees marks the horizon, and a few small boats are visible on the water under a bright blue sky with scattered white clouds.

The next day was the Cheeseburger in Paradise party on Fiddle Cay. We anchored off Fiddle Cay and dinghied into the island. The party has free rum drinks and margaritas until they run out, free hamburgers and hot dogs and sell t-shirts to help offset the cost of the party. While there we ran into our friends Mike and Brenda Duvall. They were kind enough to bring some of our crew back to our boat which was great because it saved us a trip. Off we went back to Green Turtle, Francois went for a swim, Jim, Stan and I went to town for some errands. As I was getting in the dinghy, Stan and I were on the same side and we capsized! Our life jackets

The next day we sailed to Great Guana Cay. Word travels fast in the islands when we got ashore the locals said to us “oh so you’re the ones who capsized your dinghy on Green Turtle”. We rented Golf carts and toured the island. We went to Grabbers and Nippers did some snorkeling and swimming at Nippers. On our way back to our dinghy we ran into Mike and Brenda again at Grabbers. We had a few drinks, did some dancing, and had a nice visit. Elyse was making ribs for dinner and we invited Mike and Brenda to join us. A good time was had by all.



**SHOW YOUR CLUB COLORS!**  
**SSSF ONLINE STORE**  
<https://sssf.merchwebstore.com/>

Get your SSSF merchandise here, wear it proudly and help promote our club!

Additionally, you can access the store from our website ([www.sailingsingles.org](http://www.sailingsingles.org)), on the Home page.

We are adding new items all the time, make a request if you don't see what you want. We will try to accommodate.

### And Finally...

A **White Elephant Sale** and pool party was held September 25th at Karen Long's home. Many thanks to Karen for hosting this event.



**BUSINESS CARDS.** You can promote the club by distributing our business cards. Pin them on a notice board or pass to friends. See Sharon, Jay or other board members at Galuppis and ask for some.

## Snacks for sailing

*Contributed by Beverly D'Amico*

### Granola bars

Granola bars are great to bring with you. They are easy to store, they last a long time, and they are very filling. They have packed full of calories to keep you going all day long. You can buy granola and make the bars yourself, or, you can buy them wholesale from places like Costco. They can be broken up and eaten with things like oatmeal to make your meal more interesting.

### Trailmix

Trailmix has a pretty decent shelf life, it's designed for life on the trail. Where you will be eating a huge amount of calories to replace the ones you burnt doing strenuous exercise. Sailing is not always strenuous, but it can be. Bringing a high-calorie food like trail mix can keep you going even when exhaustion starts to set in. If you are just lounging around, it also makes a pretty tasty snack.

### Apples, Oranges and other fruits

Most fruits do not need to be refrigerated. They are perfectly fine when kept out in the open, like in a fruit bowl. You may not be at risk of getting scurvy, but it is still a good idea to bring some odd bits of fruit with you on your journey. Apples last a very long time, from the time they are picked to making it to your home they may be months old. You will get fresher apples at a farmers market. Those that aren't quite ripe will ripen slightly, but not a lot.

