



# CRUISING NEWS



OCTOBER 2014

## PREPARATION FOR CRUISING MEDICAL EMERGENCIES

BY SANDY WATSON



Rod thanking Kathy and Rosie.

On Friday 19<sup>th</sup> September approximately 55 people gathered for the monthly Cruising forum dinner. The topic which had attracted so much interest was presented by Dr. Kathy De Garis and Dr. Rosie Colahan, entitled 'Preparation for Cruising Medical Emergencies'.

Pre-cruise preparation is an essential element in pre-empting emergencies at sea. This includes preparation of CREW, with regard to careful passage planning, personal fitness and action plans for existing illnesses, which means, of

course, being aware of these before the cruise.

The BOAT EQUIPMENT necessary for dealing with emergencies is extensive and Kathy and Rosie provided a guideline to what is required. The presentation then went on to describe the necessary action required for various medical situations, from head injuries to dislocations to removal of fish hooks and burns. It was stressed that a FIRST AID COURSE appropriate to the marine environment is a mandatory part of cruise preparation as well.

Those who wished to were then given an opportunity to practice injecting. Several unfortunate oranges were 'the patients', who soon became vaccinated. We were able to have a close up look at Kathy's very comprehensive First Aid Kit, as a guide to making up our own.

Many thanks to Kathy and Rosie for preparing and presenting a very entertaining and informative talk, which was enjoyed by all in attendance.

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The PDF file of the presentation is attached to the email containing this newsletter, for your further information.

It contains useful tables and self explanatory diagrams that would be advantageous to print and add to your first aid kit. These include:

- An Observation Chart that gives guidelines as to how to record a patient's condition.
- A table that shows how to observe consciousness - The modified Glasgow Coma Scale.
- Fracture management, how to give first aid for dislocations.,plus many more topics!



## RBYC OPENING DAY - 2014

BY PAM MERRITT



Official Boat - *It's A Privilege*



*Andalucia*

Opening Day is historically a traditional celebration of the beginning of the new Summer Sailing Season, initiated in the days when racing was suspended in the colder months. These days yacht racing is held year round, but fortunately the tradition continues. This year was RBYC's 140<sup>th</sup> Opening Day – that's a very long tradition of Opening Days, and to honour this tradition Huey turned on a spectacularly sunny, warm day with a good northerly to boot. It was a hive of activity out on the water as boats milled around preparing to sail past the official boat, *It's a Privilege*, for the formality of cheering the Commodore. Cruising Boats lined up in their allocated spot behind the Sports Boats and fell in behind the cruising lead boat *Andalucia*, with Chairman Rod on board to direct the cheering. It was a good roll-up of Cruising representatives including *Allegresse, Andalucia, Aquacadabra, Aquarius, Charliebird, Currawong, Farr Fetched, Lena, Ophelia, Sophistiqué, Sun Kiss* and *Thula Mama*, with apologies to any we missed.

After a short Pursuit Race celebrations continued on various boats around the marina until late afternoon and beyond.



*Charliebird*



*Caledonia*



*Ophelia* - dressed as a true cruiser with laundry amongst the flags!

# TO INDONESIA ON GYPSEA ROVER

BY PAUL WISE

Bandaniera, looking across to Gunung Api volcano.



Leaving Cairns in the 25 knot SE trade winds, briskly zigzagging our way along the Great Barrier Reef, we were on our way to Thursday Island. Helen Scott, Mel Chambers and I had joined Sue and Bryan Drummond to crew on *Gypsea Rover* for part of the Sail2Indonesia Rally. Thursday Island was the mustering point for the international fleet of twenty participating boats. Many were circumnavigating couples, but there were also two American single-handers, one on a trimaran more suited to day sailing!

Our first leg to Saumlaki in the Tanimbar Islands was a four day, downwind sail in mostly 25-30kn. Depths for most of this leg were around 40 metres, resulting in lumpy seas making sleeping difficult. Two days out and at night, the fleet encountered a number of Chinese fishing boats straddled across its the path. *Gypsea Rover* passed through without incident, however two yachts became entangled in the nets. They managed to cut themselves free but one had remnants attached underneath making it impossible to motor. The only powerboat in the fleet understandably became quite paranoid and made a long detour around the nets.



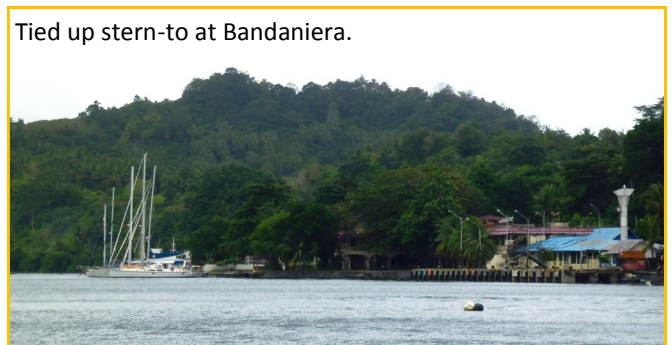
Saumlaki - Dancer wearing a Bird of Paradise headdress.

In Saumlaki we were treated to a gala dinner, featuring cultural dances and songs sung by local identities, the best of them the Chief of Police! A wonderful introduction to a new country.

One morning the rally participants were asked to gather on the pier to join the local high school drum band. With police escort and sirens blaring, we marched behind the band through the town to the school, causing much traffic chaos. We inspected the classrooms and were treated to beautiful cultural dancing by some of the students.

After a rolly sail 240nm northwest, we arrived at the Banda Islands. It was the lure of these fabled islands, once the only source of the exotic spices nutmeg and mace, that drove the 'Age of Discovery' and the first circumnavigation of our planet. With the high profits to be made in Europe, the Spice Islands were fiercely fought over by the Spanish, Portuguese, Dutch and British. The English occupied the small island of Run, just offshore from the main group of islands. The Dutch wanted rid of the English, so the English ceded Run to the Dutch in exchange for Manhattan. Possibly the worst property deal in history!

Tied up stern-to at Bandaniera.



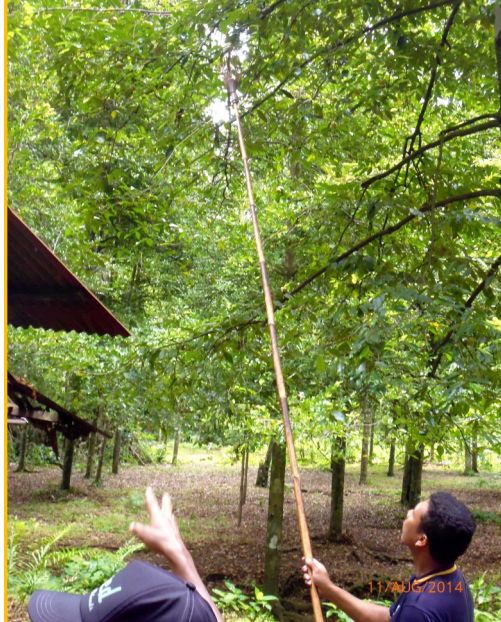
Most Indonesian Islands have little shoaling, with depths jumping rapidly from more than 2000m to 5m. The anchorage at Bandaniera (the capitol of Banda) was no exception. In 5m depth, the stern is tied to trees on the seawall and the anchor dropped off the bow into 100m, hoping it will cling to the cliff. The Banda Islands are stunningly beautiful. Dominated by Gunung Api, an active volcano which last erupted in 1988, the vegetation is lush tropical and there are many examples of Dutch colonial architecture. Original Dutch canons can be found lying at the side of the road. Because the streets are narrow, there are no cars on the islands, only motorcycles. Our anchorage was next to a mosque so we were treated to over-amplified calls to prayer five times a day, the first being at 4:30am.

Dockside, Bandaniera.



With our guide, we visited spice plantations, observing how nutmeg, cloves and cinnamon are cultivated and harvested. We saw cloves being dried by the villagers on mats in the street outside their houses and ladies cracking nutmegs on their porches. We learned how the different parts of the nutmeg are used in cooking and how clove stalks are used in

Harvesting nutmegs.



Indonesian cigarettes. Then, on the historical tour, we visited the museum, a Dutch fort and several Dutch colonial houses. In 1621 the Dutch massacred almost the entire population and we visited monuments commemorating this tragedy.

Leaving the Bandas, we sailed close-hauled 240nm SSW to Romang Island, anchoring in a beautiful bay next to a Christian village, which was situated on a very steep hill. As everywhere in Indonesia, we were greeted by friendly people, some eager to practise their English.

For two days we day-sailed along the rugged, dry north coast of Wetar Island, finally anchoring at a village where boats were being built by traditional methods. We nicknamed this spot "Crocodile Resort". The villagers told us that a 2.5m crocodile patrolled the shore, but happily we never saw it! A short walk took us to some thermal springs, a bit over-rated!



Our bare footed guide climbed a coconut tree to get coconut refreshments for us.

By now the winds had eased to less than 10kn, so we motor-sailed along the coast of Alor Island, the scenery softer than Wetar. Anchored at the port town of Kalabahi, we went on a diving trip, seeing the most beautiful coral. That night the Regent of Alor hosted a gala dinner for rally participants. For Helen, Mel and I this was a fitting last night, celebrating with all the great friends we had made on the rally. It was with sad hearts we left Sue, Bryan and *Gypsea Rover* to continue on their wonderful voyage.

Gypsea Rover at anchor, Wetar Island.



## SEPTEMBER END OF MONTH ON WATER ACTIVITY - CRUISE TO RMYC

A sojourn in St. Kilda was the plan for the September end-of-month cruise. RMYC had kindly invited boats to stay overnight at their lovely new marina, which is situated at the end of a very long jetty, seaward of the old pile berths. With only two boats planning on making the trip over on Friday evening, we decided to stay put and partake of dinner at RBYC instead. On Saturday morning, *Emma-Kate* headed out on an up-wind sail before heading in to RMYC. The Grand Final on TV beckoned and soon, *Summer Wind*

arrived; quite literally, as by now the northerly was building. The evening visitors to both boats possibly had to keep hold of the hand rails on the jetty to avoid becoming airborne! *Summer Wind* headed home on Sunday evening. *Emma-Kate* waited until Monday morning, after a day in the city for the crew, to return to Brighton. A pleasant weekend was had by those who attended - "Thank you" RMYC!

BY SANDY WATSON

# ON THE WATER IN CENTRAL AMERICA

BY LYN BINGHAM



David and I recently returned from a month's holiday in Central America visiting six countries all of which (with the exception of Honduras) offered interesting and varied opportunities to get out on the water. From the 119ft *Pacific Queen* for our partial transit of the Panama Canal, to a narrow wooden dugout on the Chagres River in Panama we enjoyed these water based excursions.

Our holiday commenced with a flight to LA and another flight south to Panama City to begin our trip - and we then headed north-west to Mexico - our final destination, visiting Costa Rica, Nicaragua, Guatemala and Honduras in between. Being the wet season the humidity was fairly high but we managed to avoid the tropical torrential downpours apart from a couple of exceptions.

## PANAMA



On our first day in Panama we were picked up by our driver Roberto and guide Fabio at 8am for a drive to Madden Lake. We were taken by dugout canoe about 10 m. long up the Chagres River for about an hour and experienced our first tropical downpour.

Fortunately we had rain-coats and soon dried out on reaching our destination. The boat had a crew of two, the boatman and outboard at the stern and a poleman in the bow, whose job was to get us around bends and push in the shallows. We spent several hours in the Chagres National Park in a small village of the Embera tribe who provided lunch and various forms of entertainment.



The Embera men wore a small brightly coloured beaded loincloth which contrasted well with their lovely brown skin. The women were also very colourfully dressed and wore beaded bodices for our visit. Our return was warm and dry.

Our second day was an even earlier start - 6am - for Panama's most

popular tourist attraction - a partial northbound transit of the Panama Canal which celebrated it's 100th anniversary in August 2014. We were driven to Flamenco marina to board the *MV Pacific Queen*, designed specifically for day cruises she is 119 ft. in length and holds up to 300 people.



Breakfast and lunch were provided during our partial transit, as well as a running commentary. Passing under the Bridge of the Americas we entered Miraflores locks with a large bulk carrier *Century Melody* and tug directly in front of us. It was fascinating to see the tugs at work manoeuvring these large ships. We were raised 18 meters above sea level in two locks then entered Miraflores Lake. Next we entered the Pedro Miguel lock which is the second stage on the Pacific side and here the vessel is raised 9 meters in one step. We then entered the north end of the Gailard Cut where the Chagres River flows into the Canal. The Gailard Cut (also known as Culebra Cut because its curves resemble a snake) is one of the main points of interest for visitors because it was carved through the Continental Divide and this section of the canal is full of history and geological value.

The *Pacific Queen* then travelled the Cut's 13.7 kilometres on the way to Gamboa Dredging Division. As we transited the Cut we were able to appreciate the continuous dredging that this area requires as it is very susceptible to landslides. We were also able to observe the work in progress of the Canal expansion project. We disembarked at the Gamboa Dredging Division for our bus ride back to Flamenco Marina.

Our third day in Panama and would you believe a 4.30am pick up for a 6am flight in a DeHaviland Twin Otter to Achutupo in the San Blas Islands in the Caribbean. The islands are a semi-autonomous region of Panama occupied by the Kuna people. Only accessible by boat our two day stay on a tiny island was delightful. Warm turquoise water, dining on local squid, lobster and crab we visited different islands for swimming and snorkelling; the local town on another small island and up a nearby river to where locals in dugouts loaded with plastic drums and containers visit each day for fresh water. All our activities were in a 15 metre fibre glass boat driven by our host Sam who spoke very little English. Fortunately, of the six guests at our Lodge, there were a Swiss woman and her son who spoke both Spanish and English and were able to interpret for us.



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## COSTA RICA



After a lengthy bus ride from San Jose, we arrived at the Tortuguero River boat depot where our luggage was loaded onto a long boat and ourselves onto another for a fast one hour trip down this swollen and swiftly flowing river to

Laguna Lodge on the coast for our two night stay. All activities here were by boat. Early morning excursions for spotting iguana, monkeys, birds etc. A visit to Tortuguero village and then the return boat trip to the boat depot. Right on the Costa Rica's north, Caribbean, coast, Tortuguero is on a thin strip of land 660 ft wide between the Caribbean Sea and the Tortuguero main lagoons right in the heart of the rainforest and is the most important site in the western Caribbean for the nesting of the green sea turtle and the main tourist destination in Costa Rica for its nature and wildlife. It is an extensive wetland made up of primary forest, surrounded by canals and the sea. It was interesting to observe the lovely Antonio Gaudi (famous Spanish architect) influence in brightly coloured areas at the Lodge in the form of curved seating near the boat pens, in the form of showers near the swimming pool, and the design of the main reception building. Land based activities in Costa Rica were Arenal National Park hanging bridges walk, and Arenal volcano area.

## NICARAGUA

We were based in Granada (Nicaragua) and visited several volcanic areas and a magnificent cloud forest walk in the Mombacho volcano area at around 1160 meters. A boat ride around the volcanic islands in Lake Nicaragua was interesting, stopping for lunch overlooking the lake. Next day we took a local ferry to Ometepe Island in Lake Nicaragua where the spectacular Concepcion volcano at 1,610 meters towers over everything. This lake is where a Chinese man is talking up the idea of a sea level canal across the Ithmus.



## GUATEMALA

We were based in the lovely old cobblestoned street town of Antigua about one hour from Guatemala City. After a 6.30am pick up, we were driven through spectacular mountainous scenery to Panajachel on Lake Atitlan. We were met by



our local guide Miguel who was dressed in the national costume of his home, Santiago Atitlan, and took us on a boat ride across Lake Atitlan, passing by three impressive volcanoes, Toliman, Atitlan and San Pedro. We explored the small town of Santiago with Miguel and found ourselves also donning the local costumes - see photo.



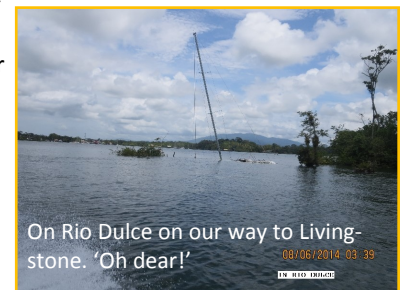
One of the highlights of Guatemala were the delightful people from the travel company who accompanied us and took good care of us. Fabiola from the office, Judith our guide, and Joshua our ever smiling driver. Guatemala was very scenic and colourful and our visit to Chichicastenango market was memorable.

## HONDURAS

From Atitlan in Guatemala we took a long drive to the border and into Honduras for a day and a night to visit the amazing Mayan ruins at Copan.

## GUATEMALA

A long drive with Joshua and Judith to Lake Dulce entailed another boat ride down the river to a small town on the Gulf of Honduras called Livingston. On the way David enjoyed a swim in some hot springs. The narrow canyon with its white walls was picturesque.



As we alighted and walked ashore I said that I wondered if this was the Livingston we had in mind from our CD of Jimmy Buffett songs, one of which is "Livingston Saturday Night". One of the local people leaning over the rail near the jetty overheard my comment and replied "Yes, Jimmy Buffett was here for a couple of weeks and that's when he wrote the song". The town is only accessible by boat and is populated by Garafuna people originally from West Africa. It has a reputation for being a wild place.....however we enjoyed a walk around and a pleasant lunch at the Livingston Hotel where we were entertained by music and dancing by some locals.

Next morning we flew back to Guatemala City for our long drive with Joshua and Fabiola to the Mexican border. It was sad to farewell them and we thought it couldn't get any better, but it did!

## MEXICO

Our first day in San Cristobal and 70 km west of there in Chiapas, we're off for a 35 km boat ride on the Grijalva River through the magnificent narrow and deep Sumidero Canyon, formed by a geological fault some 40 million years ago. The canyon, up to 1000 meters deep in spots and 14 kilometres long, was carved out by the river millions of years ago. The scenery is spectacular, travelling between towering sheer rock walls and seeing caves and waterfalls, we also saw crocs and several varieties of birds, herons, kingfishers etc. The canyon has thirty rapids, four waterfalls, beaches etc. and was unlike anything we had experienced before. An interesting formation was the Christmas tree waterfall - a large creation of moss covered rock on a mountainside and a very pretty effect of misty water trickling down the branches of the tree. It has formed over thousands of years. At the dam which stopped us the water reaches a depth of 860 ft or 260 meters.



The wearing of lifejackets on these boat trips was a haphazard affair. They were always there, in a rack above your head, tossed in the bow forward of your seating or you left them at your feet; except that, sometimes, the boatman asked you to actually wear them!

The Panama canal trip, Tortuguero, San Blas Islands and Sumidero Canyon were shared rides with other tourists in the boat. The others were just David and I, our guide and the boatman.

The remainder of our time in Mexico was spent visiting Palenque Mayan ruins, two days in one of Mexico's most captivating colonial cities, Oaxaca in the south west on the Pacific coast. An interesting and picturesque drive through the mountains to Mexico City where we visited archaeological sites and generally soaked up the atmosphere around our hotel on the corner of the third largest Zocola (plaza) in the world after Red Square and Tiananmen Square.

## MEMBER NEWS

The Cruising Group extends a warm welcome to new members **Paul Jenkins**, owner of *Kathleen B* and **Terence Frankham**.

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 Congratulations to:

**Murray and Sally Hine, Amelia** (named after their first granddaughter) who are grandparents for the third time. Georgina Claire arrived on the 23rd September.

**Sue and Bryan Drummond, Gypsea Rover**, have a new grandson, Max. A baby boy for Chris and Megan. Hopefully with the wonders of technology Sue and Bryan have had a few pictures sent to Indonesia.

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**Will Merritt's son Wayne** has flown back to the US to (hopefully) buy another boat to sail single handed back to Australia in the next few months. Wishing him fair winds and a less eventful trip than three years ago when he was in the midst of a cyclone and then the floods in Bundaberg.

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**Annual Cruise in Company** - Meeting for all those interested in cruising Feb/Mar 2015 will be held at the Yacht Club on Friday night 5th December at 6.30pm.

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**Kirra Kirra, Jo and John Walker**, have reached Lizard Island and are now waiting for a weather window to sail south. They have not been idle while waiting with a walk across the island to a remote beach that involved abseiling.

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**Robina and Brenton Smith, Chakana**, are enjoying the Whitsundays with family visitors. Great weather for sailing, snorkelling and the odd Peak walk. Due to the school holidays there are armadas of charter yachts sharing the anchorages.

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 Please keep your contributions rolling in. The inbox keeps looking very empty!!!

## CRUISING COMMITTEE

It is with great pleasure that we welcome new Committee Member **Peter Strain, It's A Privilege.**



Peter has a wealth of expertise on committees as he was on General Committee for a time. He is an experienced cruiser having cruised his catamaran up the East Coast and cruised further afield as we will find out at the next forum dinner.

Welcome Peter and I am sure we can find lots of jobs for you!

# NOTICEBOARD

## FORTHCOMING EVENTS

### FRIDAY 17th OCTOBER CRUISERS INPUT INTO RACING CALENDAR

Meeting with Club Captain, **James Heywood**. This is cruisers' opportunity to have some input into the racing calendar to encourage more cruising boats to participate in racing. If you have any ideas or comments then please come along at 5.00pm and stay on for the member draw and forum dinner. If you are unable to make the 5.00pm meeting then drop a line to Chairman Rod or catch up with James at the Cruising Dinner afterwards.

### FRIDAY 17th OCTOBER FORUM DINNER MEETING

**Guest Speaker: Peter Strain**  
**Carribbean Cruise: A Passage Through the Leeward Islands.**

Three couples, including Peter and Susie Strain, did a one way passage of 250 nautical miles from Saint Martin to Guadeloupe and all the islands in between over two weeks.

This will be an interesting presentation about an area we seldom hear about and is one of the top sailing destinations in the world.

As usual, gather at the Club about 6.30pm, member draw at 7pm, followed by the meal, with the talk to follow.

Booking with the office is essential to have accurate numbers for the catering.

Please book with Mandy in the office (95923092) no later than Wednesday September 15th.

### SUNDAY 26th OCTOBER DISCOVER SAILING OPEN DAY

Check website for details.  
A wonderful opportunity for friends and family to discover sailing.

### SATURDAY 1st -4th NOVEMBER CUP WEEKEND ON WATER ACTIVITY

Contacts for this cruise will be Rod and Sandy Watson. Please contact them [rodsandy@bigpond.net.au](mailto:rodsandy@bigpond.net.au) to register your interest and get details.

### FRIDAY 21st NOVEMBER FORUM DINNER MEETING

**Guest Speakers: Michael White and Christine Edwards**  
**Living the Cruising Dream**

### FRIDAY 5th DECEMBER Meeting for Annual Cruise in Company

For all those interested in cruising Feb/Mar 2015 there will be a meeting held at the Yacht Club on Friday night 5th December at 6.30pm.

## A NEW SEASON

## Chair Chat

The sailing season opened last Saturday on a delightfully warm spring day with a brisk northerly, hopefully an omen for a season of fine sailing weather.

The challenge for many of us is to find the time and motivation to get out on the water. The Club provides many opportunities to participate in racing, cruising and social events that are always entertaining once you have made the effort to participate.

To help increase the participation in racing by cruisers and new or novice boat owners a meeting has been organised with the Club Captain, James Heywood. This will investigate and discuss ideas for racing that will increase participation by cruisers and novices. Please come along to the meeting to give your views and ideas. It is at 5:00 p.m. before the Cruising Diner on Friday 17<sup>th</sup> October. If that is too early for you, James will be at the Dinner and is more than happy to continue the discussions.

The Club does already have a mentoring programme for those starting out and learning to sail. Many of us learnt to sail and hone our skills through racing.

So go out there and enjoy.



## Captain Coxswain's Corner

### 'How long is a CABLE?'

A cable is defined as a tenth of minute of a latitude even though the nautical mile, which originally was defined as one minute of latitude along a meridian, has had the indignity of being defined as a linear measurement of exactly 1,852m. The smallest unit of a useful size on a paper chart is one tenth of minute which is about 200 yards. Coincidentally, the length of the individual sections of rope that made up the anchor rode on a Nelsonian warship were also 200 yards and were called cables. So the smallest unit used when navigating before the pinpoint accuracy of GPS was called a cable.