

Tiller Tales

Gulfstream Sailing Club

September 2016

SHOULD GULFSTREAM SAILING CLUB GO TO CUBA?

By Vivian Verble



Good day Gulfstream sailors!

I have been asked to put together some information on Cuba.

Travel to Cuba for Gulfstream Sailing Club would be beneficial to the club.

As you know there are many different categories of legal travel to Cuba. I am sure you will be able to find a category of travel that fits your needs.

My suggestion is to wait until January, February or March. Hurricane season will be behind us, temperatures in Cuba will be cooler, and perhaps, new cruise lines will be calling on Cuba.

It would be my suggestion to be able to take one of these cruise ships since they will be stopping at different ports within Cuba and you will be able to witness the people of Cuba, and its different majestic topography.

If you are interested in pursuing such a trip, I would need at least two months advance notice.

Please visit my web page www.airlinebrokers.net; here you will find forms that need to be filled out, and much more information about Cuba.

Once we have a clearer picture of new carrier fares, and if and when cruise ships will be calling on Cuba, I will help you decide when and how you wish to travel.

2016 Officers

Commodore.....Marvin Verble
 Vice Commodore.....Gregg Henry
 Rear Commodore.....Ben Bowen
 Treasurer.....Linda Gossett
 Secretary.....Rosemary Chelick-Mahon

2016 Governing Board

Mike Sawzak
 Jim O'Hara
 Luis Oliviera
 Paul Hinden

2016 Committee Chairs

Crew Pool.....Open
 CruisingGregg Henry
 Fleet Captain 420s Open
 Fleet Captain Sunfish ..Luis Oliveira
 Legislative..... Open
 Membership.....Phil Decker
 Nominating.....Jim Webb
 Ocean RaceOpen
 Program.....Jim Webb
 Ship's StoreJohn Edmonds
 SocialRosemary Chelick-Mahon
 Tiller Tales Editor.....Kay Harrison
 Trophy.....Debra Case
 Website.....Ben Bowen

REMINDER

Our calendar is published
 on the GSC web site,
www.gulfstreamsailingclub.org

CLUB NEWS AND ANNOUNCEMENTS



The Gulfstream Regatta, 2017

By Linda Gossett, Treasurer

I am heading up next year's Gulfstream regatta. We will be having our first planning meeting in late September. Anyone interested in getting involved with this long-standing club event, give me a call at 954-370-4811.

My late husband, Bill Gossett was commodore when the first Gulfstream regatta took place. There were 30 boats in that first regatta. I would like to see it that big again!

Let's do what it takes to make it happen.

Call 954-370-4811



GSC 2016 HALLOWEEN PARTY

- October 29, 2016
- At the Gastesi Home
- 1784 SE Marietta Dr
- Fort Lauderdale 33316
- 6pm – 10pm
- Prizes for best Costume
- GSC to provide wine, beer and hot apple cider
- Bring a scary dish to share



SOCIAL COMMITTEE REPORT—ROSEMARY CHELICK-MAHON

I would like to thank everyone who participated in our Annual Beach Bash which was held on August 20th. The theme this year was "Luau" and there were many costumed club members. (See all the photos on page 4!) A big thank you goes out to Lauren Lavender for the decorations and coordination of the event. Thanks to Derek Gastesi and Jim Mahon for "manning" the barbeque and the roasting pig. A big thank you to Andrea Keyser, Kay Harrison and Phil Decker for helping with the decorations the day of the event and to Lauren's crew for the cleanup. A great time was had by all.

It has been my pleasure to be the GSC secretary for the last two years. The minutes of the past general meetings are now on our web site. Please give them a review to see where the club has been and the direction we are now taking to ensure the continued success of our club and that the members always come first in cruising and comradery, both on and off the water.

Rosemary Chelick-Mahon

A Halloween Party has been planned. See the announcement above. Stay tuned for exciting news about our Christmas Party.

As always, we meet every Tuesday (except the second Tuesday of the month – General Meeting) for Happy Hour. After a few months at Flip Flops, we changed the venue to Historic Dockers on US1 at Old Griffin Road. Come out to join your fellow club members for great food and beverages and interesting conversations.



GULFSTREAM SAILING CLUB “SEA MARKET”

For Sale, Will Trade, For Rent, Wanted, Please Take It Away Ads

For Sale: Scuba Gear, very lightly used

1. Women’s BC xs Scuba Gear Sub 3
2. Men’s BC Med. “Sea Quest” 30th Anniversary Edition with dual vest drop weights, secondary breather and knife
3. Weight belt and six pellet soft weights of various sizes
4. 40 foot Brownies Third Lung breathing umbilical line
5. Aqua Lung Primary and secondary stages and gauges
6. Mesh carry backpack

Call Mike Limuti (Blue Hwy) 954.760.9224

Also available: 2 Luxfer 80 air tanks

Any reasonable offer considered.

For Sale: 42’ Clipper Ketch

Muninn, a 42’ Cheoy Lee

"Clipper Ketch" is ready to sail away with a new owner. She is a great cruising boat very well equipped and ready to go.

Too much to tell here, please call Bill Bradley, 954 257 2219, or 954 463 3642, or email:

bibilliam@me.com



MEMBERSHIP— PHIL DECKER

Please Keep Your Contact Info Current

By Phil Decker, Membership Chair

The Club adopted MemberPlanet as our new membership management database in July, and the transition has gone very well. We can now more easily add new members and share e-mails, events, photos, and other information within the Club.

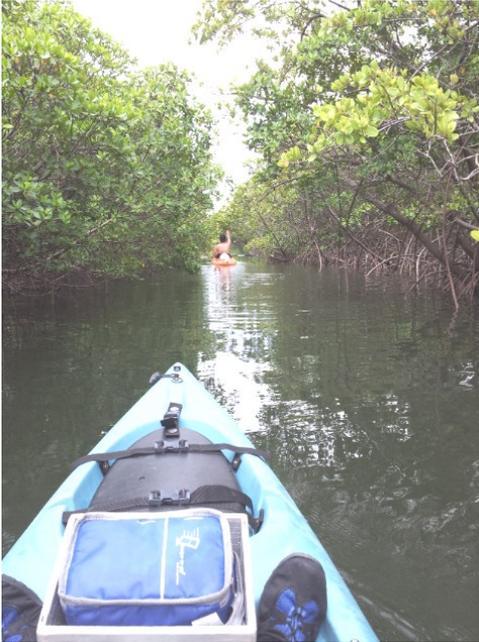
Looking forward to publishing a new membership directory at the end of the year, I ask each of you to please keep your physical mailing address and e-mail address up to date. If something changes, please log in to your MemberPlanet account at <https://www.memberplanet.com/Login.aspx>. (If you have forgotten your password, I can reset it.) Then, click on “My profile”, and “Profile information”. Then, click on the “Location & Contact” tab to edit your information. Don’t forget to click the “Save” button. You can also control who sees your information yourself by clicking on “Manage privacy”. If you have any trouble, you can also send me your updated information by e-mail at phildecker@mac.com. See you on the water!

GSC would like to welcome the following new members to our club. Please add these members’ numbers to your 2016 GSC directory, and say hello at our next meeting or social event!

Name	Phone	Boat
Joffre & Dianna DeSabatino	901-485-9787	
Lauren Lavender	754-366-9991	Easy Skankin’, Sabre 28
Michele Opferman	954-554-5048	
Albert & Joyce Franco	954-587-6443	Whispering Winds, Irwin 38 Mk II

KAYAKING ADVENTURES AT WEST LAKE

By Andrew Rosz



Yes, I know this is a sailing club and a kayak is not a sailboat. And for that matter, perhaps a kayak is not even a boat. But for the benefit of all sailing club members, sailboat owners, and boating newbies alike, I'd like to share with you a wonderful nautical treasure that's right here in Broward County. It's West Lake in Hollywood; just west of the ICW between Hollywood Boulevard and Dania Beach Boulevard. This environmentally-protected area has some of the best kayaking trails that can be found anywhere in the country.

Covering many square miles of unspoiled mangrove and undeveloped wilderness, certain sections of the land area surrounding West Lake were at one time platted for residential development. In fact, I personally own three residential lots in the West Lake area which the county has been trying to purchase from me for the past several years. But like many other West Lake land owners, I continue to pay the property taxes on these lots year after year. Because one day, who knows... large scale development of the West Lake wetlands

may just become a reality if the big developers ever get their way.

But for now, this unspoiled area remains pristine natural mangrove and untouched by human development of any kind with the exception of the Ann Kolb Nature Center which offers public boat tours of West Lake.

But to really explore the essence of West Lake and the seeming limitless miles of kayak trails, one must do so on a kayak as fossil fuel boats of any kind are not permitted in West Lake nor on any of the surrounding kayak trails. And it's a good thing because West Lake isn't very deep. From what I can gather, only about 4 to 5 feet at its deepest point and many of the trails are not even passible in a kayak at low tide. At high tide however, most kayak trails are passable and many of them are marked for navigation. There's the white trail, the green trail, and the red trail; all of which are designated park trails which most kayakers can enjoy without getting lost. But then there are the unmarked trails whereby one can easily get lost. So for these trails, a bit of pre-planning with Google maps is definitely in order as well as a good compass and your cell phone to save the day if you lose your way.



Indeed, on one of our recent adventures on an unmarked trail, we found ourselves near an outlet to the ICW near North Lake so we decided to backtrack on a new unmarked trail to the northwest. An hour and a half later, we reached a dead end and also discovered that we were hopelessly lost.

Kayaking Adventures in West Lake – Continued

After consulting Google maps on our phone, we also discovered that we were completely blocked in by a road on all three sides with no way out. Our choices were thus to paddle back the way we came and attempt to find our way, or to portage our posse of five boats over the road to a familiar trail on the other side. We chose to do the latter.



And what an adventure it was hauling our boats and all our gear up a ten-foot 45-degree incline, over the road, and down the other side back into the muddy swamp. What really made it a real cliff hanger is that by the time we all realized that climbing out of the water and hauling our boats over the road was our only practical choice, each of us had already consumed substantial quantities of beer which made our wandering and stumbling even more challenging and entertaining. But we all safely made it over the road and down the other side without incident, and we were again in familiar territory.

This particular adventure was about a six mile trip, and about the upper limit of what one can realistically expect to do in one day on a kayak. But the natural habitat we saw along the way was simply breathtaking. Birds, fish, land creatures, and even a sea turtle. And that was only one such trip. And that's what's so wonderful about kayaking in the West Lake area. There are simply so many trails that you can go out 50 times and never travel the same route twice. Each trip is uniquely different with its own adventures. You truly get to feel like Lewis and Clark.

Weather permitting, we try to get out at least once per week, and four to five miles seems to be a comfortable paddling limit for an easy trip. So to make longer trips possible, we recently equipped one of our kayaks with a trolling motor (and got it registered, of course) which conveniently serves as a tug so when one or more members of our posse gets tired of paddling, the powered kayak simply pulls them along at a nice easy pace while they regroup and enjoy a couple of beers along the ride.

And now with one powered kayak in our group, our practical travel limit has been dramatically increased to about 10 to 15 miles. We simply launch from our regular spot at West Lake Park, and then motor the entire posse through West Lake to where we want to explore, and then disengage and traverse the trails. We've been doing this for several months now and we never get tired of it. Weekday or weekend; because any time is a good time for kayaking. But high tide seems to work best with kayaks in the West Lake area so it's wise to plan your trips to begin a couple hours before high tide so you can return no later than a couple of hours after high tide. This way, you won't get stuck in the shallows when the tide starts to go out.



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Kayaking Adventures in West Lake — Continued



As for mosquitoes, so far this summer mosquitoes haven't been a problem, but then again, we never hang around after dark as we try to finish our adventures before West Lake Park closes at dusk. The park even offers concession kayak rentals for those who don't own their own kayaks, and weekends are especially busy with paddlers of all ages and sizes. Even for those of you with "certain body dimensions" who probably wouldn't fit a standard airplane seat, you can still probably fit in a kayak without sinking. So you might want to give it a try.

Kayaking in West Lake is simply a blast and truly a relaxing experience which never gets old or boring. Simply take a buddy and a cooler full of whatever you like to drink, and paddle away. It's great weekend therapy for renewing your soul and a fitting end to a busy workweek. And the best part is that kayaks are low maintenance. Well actually, no maintenance. Just rinse them off with fresh water after each trip and store them out of the sun and they will last for many years.

We prefer the "Ocean Kayak" brand and we now have a fleet of four of them. They are rugged and easily transportable with a pickup truck or on the top of your car. You can even get a decent used kayak on Craigslist for somewhere between three and six hundred dollars depending on model and condition. So for all of you hard core sailors who have yet to experience the thrill of human-powered navigation of one-foot deep waters on a kayak, this may be a great opportunity for you to broaden your nautical horizons as an alternative to tacking and jibing.

In addition to West Lake in Broward County, our wonderful state also has many other great spots to enjoy human-powered kayaking... Oleta State Park for one... And Johnathan Dickenson State Park in Stuart for another as this fresh water preserve hosts turtles, alligators, and many species of birds and fish. And most great kayaking spots (like West Lake Park and the others mentioned above) offer kayak rentals. So even if you're not into kayaking on a regular basis, you can rent one for a day and experience the thrill. It's also a great alternative to sailing through 10 foot seas and having to deal with broken tillers and failed equipment.

So if any of you GSC club members want to join us on a kayak adventure, we can arrange for you to meet us at West Lake Park and you can rent one of their kayaks (for about \$24 for two hours, or \$40 for four hours) and join our posse. Just let me know if you're interested and we can be your tour guide. But you will still need to bring some nautical essentials... Like beer. We go through quite a bit of it on each adventure. Some bottled water, a hat, and sunscreen might be a good idea too. So whether you are completely new to kayaking or a veteran paddler, blazing the kayak trails at West Lake is always a lot of fun and sure to be an adventure that you'll never forget.



FROM THE VICE SQUAD / CRUISING CHAIR

By Gregg Henry

Not much happened in July and August. Unfortunately, I'm not going to be doing much with the boat until mid-September. So I'll do my best to report our happenings.

One cruising event that did happen was on Saturday the 30th of July—a sail and raft-up. It was attended by four boats: *Alberta Rose*, *Catmandu*, *Puff* and *Mi Sirena*.

We gathered at Lake Mable (the turning basin) around 11:00, set sail and headed out to sea.

What a great sail. The seas were flat but light winds, you can't have it all. The three of us (*Puff* headed straight to the raft-up area to be our anchor) sailed together for a few hours. Then Diver John and I had to head back around 12:00. I needed to get anchored, inflate the dink, hang the outboard and get over to Bahia Cabana to pick up Sam.

Because I was running late, like normal, John and I had to go directly to the dock to pick up Sam. We got there a little early so we tied up and went to the bar for a Bloody Mary.



Location: Sailors Point, Hollywood, FL

September 24th, 2016 @ 3:00 PM

-Time: 3:00 to until

- Anchorage: South Lake (Preferred), North Lake, or Hollywood Marina (Very Limited)

- Categories: Best Chili, Best Drinks, Best Table

- Skipper and Crew brunch at 5 O'clock Somewhere Bar and Grill

CHILI COOK OFF

*RSVP by September 13 2016. There will be a sign-up sheet at the General Meeting

Send RSVP's to JosephA.Helly@mac.com with the following information: If you arriving by boat, number of people, which categories you are entering (multiple categories are

Gulfstream Sailing Club
Fort Lauderdale, FL

We loaded Sam and supplies then go underway. Off to the raft up.

Swimming, diving, eating and conversation made for a good time.

We broke up around 4:30 and motored over to the Bahia Cabana for a libation. Thank you, Joffe, for the round of drinks.

A note: There was some room on the boats for extra people, maybe not to sail but to party. Those of you who would like to participate, come to a happy hour and meet with the captains that might be involved. That way, you can determine whether you want to sail with him or not. Or, arrange a ride out to the boats. (It might cost you a Bloody Mary.)

Keep in mind that the "Chili Cook-Off" is the 24th of September. BE THERE! See you at the meetings.

ONE PARTICULAR HARBOR...

By Vice Commodore Gregg Henry

On Friday night, July 1st, a bunch of us from the club gathered at the “Starlite Concerts” to see and hear a Jimmy Buffett cover band. Somewhere in the evening, they played “One Particular Harbor.” It’s a favorite of several of us, especially Phil (Decker) and I.

I always get a tear and remember a particular harbor. But, I was thinking about it and thought of several particular harbors.

One of these was a small town in Mexico, Santa Rosalita. Several days into our trip, we entered a small breakwater, dropped the hook in the lee, had a cool one, ate and crashed. The next day around noon a bell rang and a flock of kids ran to the beach, threw off their shoes, saw the boat and started swimming. It wasn’t long before we had a dozen kids around the boat, on the boat and jumping into the water off the boat. A couple of the boys sat in the cockpit, told me their names and ages. (That’s as much Spanish as I could muster up.) The girls wanted to see how we cooked, where we slept and where we ate.

The girls were given some costume jewelry trinkets and all got pencils. We had lots of pencils on board to hand out.

The bell rang and suddenly we were alone. All the kids were swimming to shore with a story to tell.

*Where the children play on the shore each day
And all is safe within.*

Another particular harbor was... We were motor-sailing trying to get to the canal before night. We had a flat sea but light wind. Our Atomic 4 was pushing us at a whopping 4 knots and it was hot! Normally we’d stop and drift or heave to and jump in the water but, it was late in the afternoon, night was falling and rain was coming.

We checked the chart and picked a small bay to duck into. Dropped the hook, and sat back with a cold one (as cold as it could be with the dwindling ice). We looked around and saw a picture perfect little bay, what I’d call a storybook beach. The vegetation ran down a slight slope to within 10 feet of the water. Coconut palms bent over the beach with their fruit ready to fall into the water. The jungle so thick you could only see a couple hundred feet into it.

At the end of the bay was a small creek running down the slope into the bay. Not a water fall—that would be too perfect and man made—but beautiful none the less.

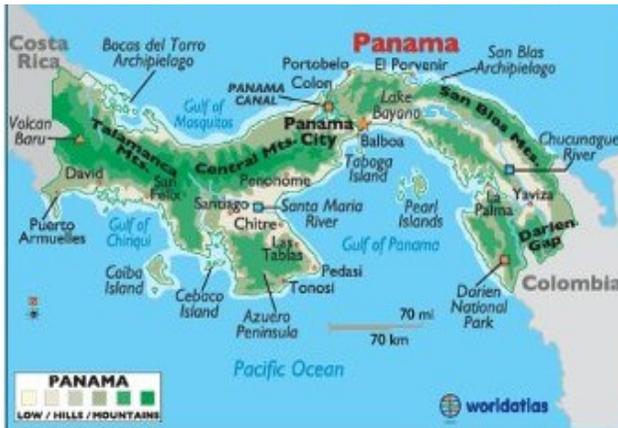
Above the jungle canopy, a couple of columns of light smoke rose straight up. Following the smoke down, we could now see several dwellings. We who have too much would call them shacks. They who have all they need called them home.

On the beach in front of this small settlement kids were playing soccer in the sand. When they saw the “Vagrant Lady” and us onboard, they all started to wave and shout. I hoped, welcoming us.

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One Particular Harbor

Continued from page 8



Remember I said a storm was coming! Suddenly all hell broke loose. We spent the next 2 hours running wildly to open the rain-catching scuppers and securing jugs to their hoses. We pulled out every water catching device we had: buckets, pots, and pans scattered down the deck.

Water, glorious fresh water! Nature's bath shower, and we did. Standing on the foredeck, bare ass naked with soap in hand scrubbing the past two days' sweat and grime off.

*I can see the day when my hair's full gray
and I finally disappear.*

The next day we got up late. The canal zone was only a few miles away and once again we motor sailed to the "Panama Canal."

QUINOA SALAD WITH LEMON SHALLOT DRESSING

Contributed by Linda Gossett

Many people at the Gulfstream Regatta this year asked about the wonderful quinoa salad. Here is the recipe. "This quinoa salad is delicious with Marcona almonds, but I sometimes substitute toasted pine nuts, because everything tastes better with toasted pine nuts!" —*Oprah Winfrey*

Ingredients

- 1 cup quinoa, preferably multicolored, rinsed and drained (if necessary)
- ¼ cup minced shallots (from 1 to 2 large shallots)
- ¼ cup white balsamic vinegar
- 1 Tbsp. Dijon mustard
- 2 garlic cloves, minced
- Finely grated zest and 2 Tbsp. juice from 1 lemon
- ½ tsp. kosher salt
- 1 tsp. ground black pepper
- ⅛ tsp. cayenne pepper
- ¼ cup extra-virgin olive oil
- 1 large orange
- 4 hearts of palm (from one 14-ounce can), drained and thinly sliced
- 1 ripe mango, peeled, pitted and chopped
- ½ English cucumber, thinly sliced into half moons
- ½ cup Marcona almonds or toasted pine nuts

Directions

Active time: 30 minutes;

Total time: 1 hour

In a medium pot, bring 2 cups water to a boil. Add quinoa, cover, reduce heat to medium-low and simmer until liquid is absorbed, 15 to 20 minutes. Remove from heat and set aside, covered, for 5 minutes more. Uncover, fluff with a fork and spread out on a baking sheet or large platter to let cool.

Meanwhile, in a medium bowl, whisk together shallots, vinegar, mustard, garlic, lemon zest and juice, salt, black pepper and cayenne. Whisk in oil.

Zest orange into a large bowl. Using a paring knife, cut and discard peel and pith from orange. Cut between membranes to release segments; roughly chop and add to bowl with zest. Add cooled quinoa, hearts of palm, mango, cucumber and almonds. Toss gently to combine. Drizzle vinaigrette on top and toss again to coat. Serve immediately.

SHIPWRECK WEEKEND AT MARINE STADIUM

By Kay Dolliver Harrison



Labor Day Weekend was not a good weekend for the boats of the Gulfstream Sailing Club, especially those which run on Atomic 4 gas engines. (But it was a great weekend for TowBoatUS.) First, *Alberta Rose's* Atomic 4 engine quit and refused to start again. Jim and Rosemary dropped an anchor, but couldn't repair it and got towed back home to Hollywood. Then, *Bleu Bayou's* Atomic 4 lost power and she had to be towed to Marine Stadium. Well, she could have gone home, but she was almost there! *Catmandu's* Atomic 4 was behaving... for a change. *Catmandu* made it to Marine Stadium, dropped a hook and waited. Then *Puff* came by with Marvin and his friend Gary, and that's enough to make a party. Mike, Karen, Kathy and Michelle on *Bleu Bayou* made it by 10:30pm, thanks to TowBoatUS. The next day, we all went to Atlantica for lunch, and met up with Sam and Gregg. After lunch, *Catmandu* needed ice, so Phil went next door to buy a bag of very expensive ice! The cashier said, "That's \$5.34, don't stab me!" Our troubles weren't quite over with, as *Puff* couldn't leave for want of a pulley inside the water pump.



There's TowBoat taking him to Dinner Key for repairs. Four boats, three tows for TowBoatUS.



But of course we had fun, and beautiful sunsets over the Miami skyline and a lot of laughs. Here's *Catmandu* in front of the stadium.

THE DINGHY RUN!

Here are a few pictures from the Sept. 10 Dinghy Run. Watch for more in the next issue.



BEACH BASH LUAU

August 20, 2016



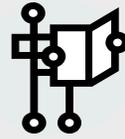
UPCOMING EVENTS AND DEADLINES

Join Us for Happy Hour!



Every Tuesday afternoon around 6:30, you'll find us gathering for drinks & snacks at a local eatery. You're invited!

Watch your email to find out where we'll show up!



Publication Schedule for Tiller Tales

DECEMBER ISSUE

Article Deadline: Dec. 1, 2016

Mailing Date: Mid-December



FREE "Sea Market" ADS

List your nautical-related items for sale, your "help wanted" notices, your items needed, dock space for rent or any other "classifieds" in Tiller Tales. See page 3 of this issue

Send to kdolliver@hotmail.com and put Tiller Tales in the subject line.

From: Gulfstream Sailing Club

P.O. Box 1124

Fort Lauderdale, FL 33302

