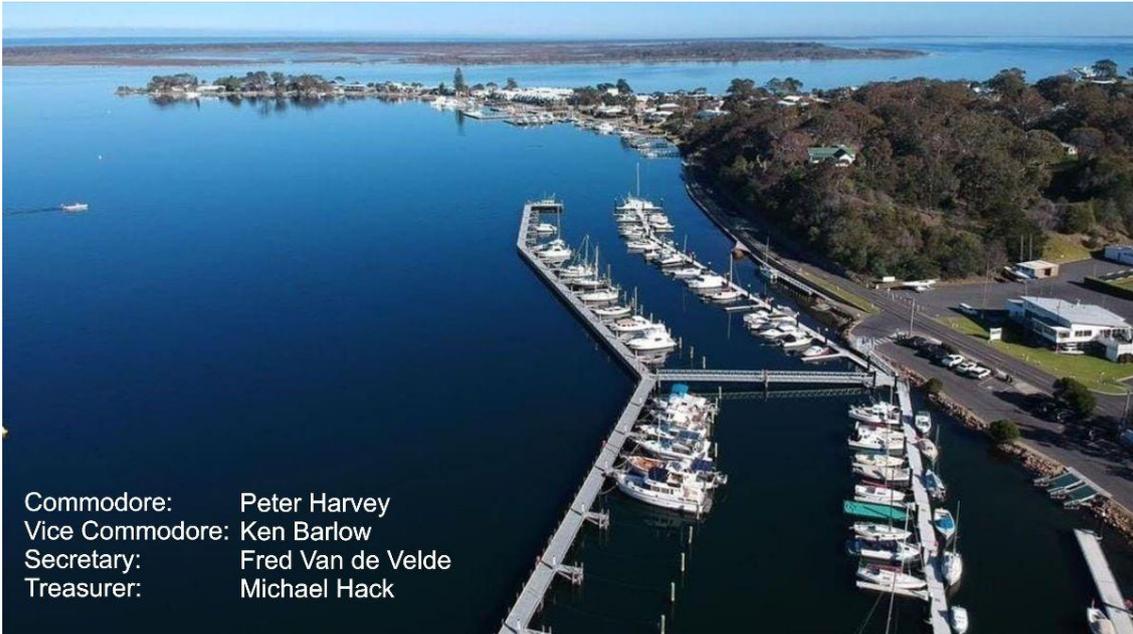




TELLTALES

Newsletter of The Metung Yacht Club Inc eIssue #35

Issued February 2021



Commodore: Peter Harvey
Vice Commodore: Ken Barlow
Secretary: Fred Van de Velde
Treasurer: Michael Hack

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WHAT'S ON AT THE CLUB

BAR - OPEN From 4.30 Wednesday - Sunday

SAILS@MYC RESTAURANT - OPEN Wednesday - Sunday From 6pm

Rob has recently updated his [menu](#) - come along for a meal & try his new dishes

Member bookings will receive preference Ph Rob on 0433 802 530 or 5156 2315

Remember Covid restrictions still apply and numbers are limited.

YOU MUST SIGN IN ON ARRIVAL - QR Sign in is mandatory

[CLICK HERE](#) for club requirements

Wednesdays	Next Twilights - 3rd March Sign on from 1615 for 1715 start
Friday 5th March	Etchells Vic State Championships - Measurement & Briefing
Sat 6th/Sun 7th March	Etchells Victorian State Championships & Dragons JJ Savage State Championships including Charles Stephenson Trophy - On water starts
Monday 8th March	Etchells State Championships & John Cuneo Cup - Dragon Match Races
Sat 6th-Mon 8th March	International Cadets - Victorian Championships
Saturday 13th March	Bill Hope Memorial - Visit to GLYC - Club Start 1100
Saturday 20th March	Club Race - 1355
Sunday 21st March	CWB/Sc Ht 8 - Andy Henderson - Club start 1355
Saturday 27th March	PB Lawrence Heat 2 - Club start 1355
Sundays	Junior Squad 10am (except 7th March due to Regatta)

COMMODORE'S COLUMN

As we move into autumn it seems hard to believe our sailing will be finished in a little over a month. We will have to see how much support there is from members to hold a series of winter races. In the meantime there are some exciting events coming up including the Etchells & Dragons Regatta and Cadet Victorian State Titles this weekend. Many members will be volunteering their time to make sure these events are a success. I thank them for their support.

Covid restrictions still apply in the Club. This includes:

- Mandatory signing into the Club by QR code (or manually);
- Maximum number of 80 patrons limited to 2sq metres per person (or half that if not using electronic record keeping);
- The need to carry a mask; and
- Practicing social distancing and good hygiene.

I urge members to use the front entrance where a hand sanitiser is located, the QR code can be easily located and the visitor's book is available. Our chairlift is also there and non-slip treads have been fitted to the steps. The fines are substantial if the Club is found to be in breach of its COVID obligations. Sails Restaurant is still proving popular with some changes being made to the menu. The favourites have been retained. Please support our Club. Details are on the website. There is a growing trend for trailers and boats to be placed under the Club and in the Club carpark without approval. Non-members are also leaving cars in the carpark for significant periods. The Committee is developing a policy to address these problems. The solution may involve appointing a Yard Supervisor, improved signage, wheel clamping, charging or in some cases the disposal of property that cannot be identified. Please help us by making other storage arrangements if you have property stored at the Club. We want members to be able to park and still promote participation in sailing.

The Clubhouse roof has required maintenance. Many thanks to Damien Daniels who removed the noisy whirly bird roof vents and replaced four badly corroded corrugated iron roof sheets. Work is required on Metung 2 and involves some preparation work and painting before the weather turns cold. If you support the retention of the boat for use in regattas please offer your assistance to me or Dick Whitaker.

Alternatively, maintenance will need to be outsourced and members will pay through increased membership fees. I would also like to see a working bee take place around the Club before Easter.

Yours in Sailing

Peter Harvey

(Commodore)

CLUB NEWS

NEW MEMBERS

Please make welcome our latest new members

Clive Bury

Sarah Brenan

Andrew Dempsey

John Farmery

Will Croke (Intermediate Member)

Craig McCallum

Kaye McMillan

Buster Hooper

Mathew Rossi (Junior Member)

JUNIOR SQUAD NEED HELP

The Junior Squad are holding
a canteen over the long weekend

Can anyone help by donating
cakes/slices/cookies to sell?

We also need volunteers to cover
some shifts in the canteen.

Please call Kim Bond on 0429 092 014
if you can help out.

All profits will go to Junior Sailing

CLUB SAILING

Congratulations to Peter Harvey, winning the Wattle Point, Milsonia Cup in Flying High on 6th February and the Scarborough Cup Heat 6 Sorrento Trophy on 21st February in Endeavour.

Unfortunately the Easter Region Regatta had to be cancelled due to lockdown.



Left:
Boats rounding
Shaving Point
on their way to
Wattle Point in
the Milsonia
Cup race on
6th February



Above L: It wasn't Dick Whitaker's day, first running aground then having to present his Sorrento Trophy to Peter Harvey.

Above R: Michael Metcalfe, Peter Harvey & Terry Reilly

Below: Approaching Shaving Point, the fleet were surrounded by entrants in the Bream Fishing Tournament returning to weigh their catch.





27th February PB Lawrence Heat 2 won by Steve Bull on Quandong



Above R: Steve Bull & crew Rick Holst, Dean Smith & Wayne Smith

Thanks to Richard Smith for the following photos taken of the Classic Wooden Boats competing in the Meg Trophy on 28th February. An eventful race with Sorrento (helmed by Brandon) having an interaction with the buoy on the start line. Congratulations to Tuna Smith in Calypso on the win.



JUST FOUR TWILIGHTS REMAINING THIS SEASON

Skippers, there are only four Twilights left for the season. Make the most of it and get your boat out on Wednesdays. The stern chaser format gives everybody a chance without the start line jitters.

The first boat starts at 1715 hrs. Get the course and your start time from Terry Reilly at the Club when you sign on.

Remember to join the other crews for a light meal at the Club's Sails@MYC Restaurant afterwards.

Below: Blade Runner & Harmony at the start of the Twilights Race on 3rd February



OUR MEMBERS - David Strange

I commenced as a member and active sailor of the Metung Yacht Club when I was about 12.

50 odd years ago – oh my god where have the years gone.

I started sailing International Cadets from the spare block of land next to Bulls Shipyard Metung in 1969. The Bulls Block was located where the Slipway apartments are built today. This land was owned by the Bull family but all the MYC “off the beach boats” congregated there for many years. Every summer and Easter all of us kids would gather and race. We did not have the great support the juniors have today, our dads in those days had a fondness for the local pub and we were left to our own devices. It was a healthy fleet up to 10 cadets couple of Gwen 20s a Mirror with many sailed by local girls.

Was tough beating Jill Raisebeck and Cathy Burg. Fiona Norman and Barb Howlett. We had the Sandringham Easter regatta and many a race and camps to the barrier. As I got older my father got me into Arafura and Arrow catamarans which I raced all over Australia not only Metung.

Dave Bull snr had me crewing on “Galatea” a 21-footer. The 21s were the Etchells in Metung in those days and all us juniors growing up moved into the 21s and raced on those. Many a Marley point was sailed; it was hard work in those 21s which most of the time were half filled with water.

I then moved into a Soling. The MYC had a very mixed fleet of keel boats including YC Diamonds, H28s, J24s, Hood 23, Swanson Dart, Folk Boat, Southerly Buster, Columbia 26 oh I forget all the classes but the list goes on.

I recall one incident one Marley point where I was instructed by my dad up at the Latrobe river camp site to switch all the Dymo labels to the many different halyards’ labels etc on Henry Halls Diamond. Poor Mr Hall had a bad memory and sails were going up and down and not in the proposed order much to the belly laughter of all the dads competing...

You reckon the handicapper has troubles today, it was a suicide job back then.



The Hood 23 made its way to Metung and they became a very active fleet and I think outside Sydney Harbour MYC were the biggest fleet, racing in Australia.

MYC had dipped its toe into class racing.

The club became a great home for the Hood 23 for many many years. Myself, Tony Bull, Stuart Bull and Tony Broome took the National title on Sydney Harbour one year beating all the Sydney self-proclaimed champions and we flogged local rival Herbert, Herb and Fred Hayes.

The Hayes had their turn winning one or two over the years (got yah Fred).

Other boats I owned and raced in Metung were a Fireball (spent more time in the water than on) Seaway 25, Magic 25, Hobie 18, Defiance 30, J80 and E22s. I sailed each boat in races and regattas all over the country not just Metung.

I ventured into Etchells with Barry Ravell a local Metung mate of my dad's and crewed for him in Melbourne starting about 1976. I went on to sail the E22 on and off for next 40+ years.

I am married to Tracy, whom has a coffee named after her at Aromas. We have 3 kids and 3 grandies. My mother and father were both Metung residents and interestingly my mum moved from Melbourne and lived in Metung for 18 months to avoid Polio in those days.

My father Frank and my mum Joan Nelsons parents all had houses in Metung but most people in those days had to go to Melbourne to make a living.

I worked the family business manufacturing Toys until I was about 25 then bought a business on my own during the VEDC crisis in about 1980. The business was a "Contract Manufacturing Chemist and Pharmaceuticals manufacturer". We manufactured in Hampton Park, Dandenong and Mulgrave over a 1000 different products under contract to multinational personal care companies etc etc etc., sold out in approx. 1998 bought the Metung Pub in 2005.

So that's about me, just a quiet shy thing I am. Be good all, love the MYC.

SAILING TIPS

HOW TO MANAGE SEA SICKNESS

Article from [SAILING TO WIN](#)

Regardless of what a lot of sailors will tell you, it has been reported that up to 90% of sailors experience seasickness, whether it be mild or violent, at some time in their sailing career.

Seasickness can be compared with a mild to massive hangover (only worse) and for some, the only relief comes when the boat reaches its destination.

Unfortunately, I am one of those sailors and I had a rule on my boats that no-one was allowed to be sick until I was. Fortunately for all concerned, no one had to wait long.

When putting together an offshore team, finding crew members who don't get debilitatingly sick is really important not only for your race performance but for the safety of the boat as well.

If you do suffer from "Mal de Mer" there are a few things that may help:

1. Drink lots of water, staying well hydrated is one of the easiest ways to prevent seasickness.
2. Don't sail on an empty stomach, sailing on an empty stomach can increase your chances of feeling seasick.
3. Avoid caffeinated drinks, colas, alcohol or fatty foods a few days before heading offshore.
4. Get a good night's sleep before the race, and start out feeling fresh and at your best.
5. Keep calm, feeling anxious or fearful can increase your likelihood of experiencing seasickness. Take a relaxing walk or spend some time meditating before the race, make sure you start race day feeling at ease.

Seasickness medication should be taken at least a couple of hours before heading to the boat and if you can, it makes sense starting the medication up to a day beforehand.

Don't try a new seasickness medication while you are out on the water, many include a sedative and can make you drowsy or have other negative effects which are not ideal if you're in the middle of a long offshore yacht race. Try out a new medication while onshore or in a short race to check out any potential side effects before venturing too far out to sea. Chat with your doctor or pharmacist to get advice on the right medication for you, and how to use it. Spending too much time below decks with your head in a bag searching for gear is not a good place to be if you're feeling sick. An easy way to minimise this is to make sure you're well organised before leaving the dock. While at sea, make sure you're well-hydrated and fed, stay warm and where possible, change into warm dry gear and get in as many hours of solid sleep as you can when you are off watch.

If you do start to feel sick, one of the easiest ways to recover is to stand up and look at the horizon, looking at the horizon gives your brain important information to help its predictive system adapt to the boat's movement, and standing up challenges it to do that faster.

Keeping busy helps as it keeps your mind off thinking about the movement and feelings of nausea and helming is a great antidote as well.

It goes without saying that if you are prone to seasickness, cooking, packing sails, or any other jobs that involve "enjoying" the smells of diesel and wet gear down below only contribute to making you feel worse. Even if you do end up getting seasick, taking the right steps to manage it and adopting a "mind over matter" approach, means you'll recover fast and any sickness will be a distant memory by the time you reach the finish line.

JUNIOR SQUAD

It has been great to finally get some better weather to get the Juniors out sailing. This past Sunday was perfect and the Juniors all had a great sail in Bancroft Bay and a jump off the jetty & a swim at Mosquito Point. We had Chase Britnell come along for a second go at sailing this weekend and he had a fabulous sail in an Opti, he looks to be a very promising young sailor. Tom, Kaden and Jaden all enjoyed sailing with Dean on the Pacer. Fletcher and Reuben also sailed an Opti. Will is sailing his Minnow beautifully. Arlo and Matthew had a great sail (with lots of chatting) in an Opti. Despite his broken arm, Charlie drove a rubber duck, looked after & gave tips to the Opti kids. Special mention to Tom's dad Pete Robertson for jumping in an Opti and having lots of fun sailing around the course!

Our 2 Cadet teams that will be competing in the Victorian Cadet State Title regatta being held here over the long weekend were out practicing and sailed beautifully. Wayne & Blake Smith in Lil Bandit and Sabrina & Eric Murphy in Fear This. We are looking forward to watching them over the weekend along with Arlo Britten who will crew for Mischa Suda (Sandringham skipper). They should gain valuable experience and have quite a good chance of a podium finish! Unfortunately Charlie Edwards has an arm in plaster for 6 weeks after coming off his mountain bike over a jump. Arlo was set to crew for Charlie this weekend, but with Mischa needing a crew, it is a win-win (and hopefully a WIN!!) Good luck to all of our Juniors sailing in the regatta.

We are still needing parents (or any club members or community members) to help out by baking cakes/slices/cookies that we can sell at our Canteen over this long weekend. We also need more volunteers to help out with some shifts in the canteen. Please phone or text Kim Bond on 0429 092 014 if you can help. It will be greatly appreciated. All profits will go to Junior Sailing.

We look forward to seeing all of our Junior Squad kids back at the club on Sunday 14th March. Eagle will be away for this session, so we would love some more parents to volunteer to attend that are able to help out with driving rubber ducks & setting up boats etc. Please contact Eagle 0419 122 969 or Dean 0400 181 440 if you can help out.





LOOKING FOR WITNESSES

On Thursday 21st January at approximately 9.30 am a boat crashed in to Laurie Tagg's boat Forte causing around \$12,000 of damage. Forte was berthed at Metung Marina near Metung II. If anyone happened to see the incident could they please contact Laurie on 0438 252 644.



MUST WATCH YACHTING

AMERICA'S CUP has been delayed until at least the 10th March due to Covid restrictions in NZ. - In the meantime [Click Here](#) to watch highlights of the PRADA Cup Final. When they resume races will be streamed live on [Facebook](#) , [YouTube](#) or at [36th America's Cup presented by PRADA](#)



BECOMING A MYC MEMBER

Do you know how to help somebody if they ask you how to become a Club member? An explanation of the processes is available through the following link. [Click Here](#). If you have any queries call our Membership Coordinator, Tony Owens on 0418 343 134 or metungyachtclub.membership@gmail.com

OUR SPONSORS



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Call [King & Heath](#)

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Call [Crowe Horwath](#) in Bairnsdale

Contact [Metung Marine & Storage](#)

Useful Links

Our Website [click here](#)

Club Fees [click here](#)

Club & Committee contacts [click here](#)

Membership Application Form [click here](#)

Sailing Calendar [click here](#)

Guest Crew Sail Pass [click here](#)

Junior Member Application Form [click here](#)

Annual Report 2019-20 [click here](#)

Australian Sailing Statistics [click here](#)

Trophy Winners Season 2019-20 [click here](#)

COVID Sailing Requirements [click here](#)

MYC ByLaws [click here](#)



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