

# SOLOMON SEZ



Solomons Island Yacht Club Newsletter

"One of the Friendliest Yacht Clubs on the Bay"

July, 2019



## Commodore's Corner

The past couple of weeks have seen serious medical setbacks for a couple of our oldest and most beloved members. All should say prayers that these two recover successfully. Not to seem maudlin, but these incidents remind that in many ways the club is akin to a family and what affects one affects us all. The tragedy last year involving the Kocen's reminded me to reconnect with my loved ones and to ensure that they were aware of my love and affection for them. We should get in the habit of expressing warmth to other club members.

Please express your appreciation for the constant efforts of Tony Baratta, Dennis Chandler, and members of the Pier Committee, for their omnipresence at the pier welcoming visiting boaters. Their efforts are akin to playing Tetris, matching multiple transients with their slip size and electrical requirements. The increased revenues from visiting yacht clubs has not happened by accident, and you should express your appreciation to these folks for their efforts.

Everyone should review and admire the outstanding art work now displayed in the lounge. These paintings are by Susan Buckley and display a sublime and exquisite talent. The detail in this art is extremely difficult to produce and we appreciate Susan's making her work available to us for a month.

I hope everyone signs up for this year's 4th of July picnic. Contrary to past such picnics, this year we are commencing the serving of the meal at 6 pm vice 5 pm in order to permit more members to hang around and watch the 9 pm Solomons fire works from our lot. As usual, the club itself opens at 2 p.m., and we will again need gate watchers to ensure our mere 48 spaces are available to members



## Vice Commodore's Corner

We had another great month at SIYC and I would like to thank all of our volunteer bartenders for keeping us hydrated. A big thank you to F/C Tony Baratta and Dennis Chandler and their crew for all the time and effort keeping our pier full and our guests happy. I also want to thank Doug Smith for his time and effort getting the Loopers to spend time with us on there loop journey. Marge has done a awesome job with all the hall rentals we have had in June. Keep spreading the word of what a great venue we offer for their special events. A lot of our members have taken advantage of the newly redesigned CRAB SHACK and have been using it quite often; so if your looking for a nice little place to get away try the Crab Shack. July looks to be yet again another great month at SIYC, and we look forward to seeing you.





## Rear Commodore's Corner

In June, we offered eight great dinners to Club members. Rob Plant provided a grilled salmon and BBQ chicken dinner that was well attended by Club members and several boaters from the Annapolis Yacht Club who were visiting us at the time. The R/C Pizza Night offered Mimi's pizza and was once again open to all Wait List applicants. Marge prepared a delicious Herb roast pork dinner for after the June BOG meeting on June 8th. There were no Saturday evening dinners in June. There was no Saturday dinner on June 1<sup>st</sup>, because of Rob Plant's dinner scheduled for Sunday, the next day. The last three Saturdays in June were booked with Hall Rentals and Marge was busy preparing food for these events. On Friday, June 14th, the Commodore and I provided stuffed baked potatoes and Friday, June 28, Pad Thai with spring rolls and egg rolls were provided in lieu of the Saturday night dinner.

On Wednesday, June 26<sup>th</sup>, the Maryland Dove arrived at the Club's pier on their outbound trip to the Eastern Shore. The ship's crew joined us for a spaghetti dinner and then held a topside tour for Club members after dinner. Thank you to Mark and Lucy Tonacci for making these arrangements with the Maryland Dove to dock here and for the tour. Lastly, I'd like to thank Vice Commodore Mike Stanton for helping me this month while recuperating from Bronchitis.

July will be a busy month with at least ten meals being served. The first begins with the July 4<sup>th</sup> picnic. Marge is preparing cheeseburgers/hot dogs, and trimmings; corn on the cob, potato salad, pasta salad and pound cake with strawberries for dessert for \$10.00, adults and \$5.00 under 12 years of age. Friday, July 5, is R/C Pizza Night. I'm trying pizzas from different establishments each

week to give pizza night some variety. Marge is serving Crab Cakes for the BOG dinner on Saturday, July 6th. A French Bistro Light Fare picnic will be held on July 12th and is sponsored by the Arbuthnot's, Davis', and Larsen's for \$10.00 and Rose' wine will be available for \$2.00 per glass or \$10.00 for a carafe. I'd like to thank the Arbuthnot's, Davis' and Larsen's for agreeing to sponsor this meal again this year.

I will be away beginning Saturday, July 13 and will return on Friday, July 19. I'm driving to Michigan's Upper Peninsula to bury my older brother's ashes in the family cemetery. This is after burying my mother in the same cemetery in July last year. I'm praying that I don't have to take this trip again for this purpose for many years to come. After convincing my husband that he doesn't have to accompany me on this trip, the Commodore and Vice Commodore will be here in my absence as needed.



## Fleet Captain's Corner

We are nearly through with the Loopers. We've had many come through and enjoy our hospitality on their way around the loop. I hope you had a chance to meet them as they passed through.

May's Blessing of the Fleet went well with 21 boats participating. Father Mike did an outstanding job as always including his usual little quips on the boat names or Captain's name. He'll be hard to replace as he is retiring in July.





## Fleet Captain's Corner

(cont'd.)

This month we've seen a drop in Loopers as they are now past us and headed to New York and the Great Lakes. With the decline in loopers we've seen a pickup in Club visits. Weather forced the Mathews YC to stay an extra day. At the same time, we had the Motor Trawlers Owners Association Cruise that brought a number of boats to our pier. Between the Mathews YC and MTOA, the pier looked awesome! We've also added a few annual rentals to the list, making us look more like a YC. If you have a boat and keep it elsewhere, please consider moving it to the Club.

We were privileged to have the MD Dove visit us again. Captain Gates provided us with tours, and he and his crew gave us many little details on what it was like to sail the Atlantic in a small vessel. I hope you had a chance to visit with him.

Finally, if you plan on coming by boat to the 4<sup>th</sup> of July picnic, please see either myself or Dennis for a slip assignment.



## Fleet Surgeon's Corner

Easy as 1-3-5-7

I know we all get 1, 2 or 3 Healthy Living Magazine from our nearby hospitals. I usually do read them, but the article titled "Mysteries of the Brain" caught my eye. Besides talking about a specific patient and her diagnosed and solved problem, it introduced us to a board certified neurologist, Dr Zhou.

What stood out to me was his advice on improving your memory and decreasing your risk of stroke, words that mean quite a bit to me and most of us, I presume.

He is talking about walking, which he calls "the best Exercise". Getting aerobic exercise just once a week, once a month, does not help you. It is the consistency of exercise that is important. Every patient who begins regular exercise improves their memory, and recall-- "everyone". He actually gives his patients a short quiz, testing their cognitive function at each appointment. They test better at each follow up appointment when tested - meaning their memory and recall have improved when they follow his plan.

He recommends his patients follow the 1-3-5-7 rule: Walk once per day, for 30 minutes, 5 days a week- and make sure your heart rate reaches 170 minus your age ( for me that would be 170-70 or 100 ).

Exercise improves circulation and blood to the brain, aiding memory. It improves energy levels and mental sharpness. It increases stamina and helps with sleep by increasing endorphins. Recent studies show moderate exercise can aid in rewiring memory circuits. In addition to helping individuals lose weight and lower their blood pressure, exercise for 30 minutes daily, at least 5 times a week, independently lowers your chance of stroke.

Exercise is a natural form of stress relief that can improve one's mood and help alleviate symptoms of depression and anxiety. "You don't have to do all 30 minutes at once. If it is better for you, take 2 - 15 minute walks or 3 - 10 minute walks. Just make sure your heart rate increases to the appropriate level." Now that all makes sense to me. Thanks Dr Zhou! See you all out and about. Emalie





## MEET SOME OF OUR LOOPERS



Betsy and Dave Frye  
(on our Waiting List)



## Social Committee

The June Travel Presentation was given by Betsy Cooksey on Outer Mongolia. It was very exciting and interesting to hear all the camping stories. Betsy did it all on HORSEBACK! Plus the fact she was almost locked up for contraband that she didn't even pack in her suit case! If you weren't at the presentation ask her to tell you the story!

Thanks for sharing Betsy, and thank you all for bringing your delicious appetizers to share.

July - There will be NO Presentation due to the busy calendar of all our members and the Club.

August 5 - Rick Sass - Will present his Antarctic Adventure.

September 9 - Susan & Doug Smith - Amsterdam & The United Kingdom

October 7 - We need a volunteer !!!

November 4 - John & Judy Okay and Curt & Judy Larsen— Malta & Sicily

Please continue to contact either me, Susan Smith ([susanmogansmith@yahoo.com](mailto:susanmogansmith@yahoo.com)) or Bobbie Sass ([bobbiesass@aol.com](mailto:bobbiesass@aol.com)) to let us know when you are ready for us to schedule a presentation for you to share with the Club members.

July 12, Friday 6pm, Dave & Sally Arbuthnot, Bob & Annette Davis, and Curt & Judy Larsen will be providing us with a French Bistro Lite Fare / Picnic Style for a warm evening. This will be held in the Captains Lounge for only \$10. They will also have available a Rose' by the glass at the bar for \$2.

The menu will be:

Homemade Gazpacho

Country Style "Compagnard" pate'

French double cream brie

French baguette

Chocolate éclair

Coffee

They have to keep the limit to 90 people so be sure to hurry up and sign up for this very enjoyable evening. It is not necessary to pay ahead but important they get a head count to purchase the ingredients needed to put this dinner on; and, you want to save yourself a place! This has been a very successful evening in the past and not one to miss.

Coming up, I want to remind everyone to save the dates for "Cruise to Solomons": August 23-26.

August 23rd will be Docktails at the Crab Shack.

Steak & Tuna Night kick off.

August 24th, Scavenger hunt by boat, Cornhole Tournament, and more games along with the hotdog stand and more Docktails & games.

So, save that weekend for some fun!!!

We will be planning another Ladies and Men's Dessert Cook-off; so, starting thinking about what you will be preparing this year to enter for prizes!!!

I hope everyone is having a fun and safe summer. Need more Ideas AND HELPERS TO MAKE THIS ALL COME TRUE!!! Hope to see you all at your SIYC EVENTS!





## ***Welcoming The Maryland Dove***

We were honored to have the *Maryland Dove* on our dock Wednesday, June 27. The crew, including our Membership Chair, Lucy Tonacci, sailed from St. Mary's City that day and rested on our dock. Later, the crew had dinner with us then gave us a topside tour that night. They left for St. Michael's the next day.

The *Maryland Dove* tells us about our Maryland history. She is a re-creation of a late 17th century vessel commemorating the Dove of 1634, which accompanied Lord Baltimore's original expedition to Maryland. A few times each year the *Maryland Dove* travels away from St. Mary's City for outreach visits to other ports.

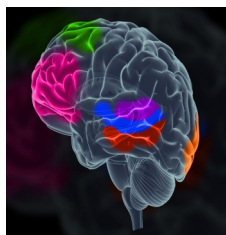
Captain William Gates expects to return to us Monday, July 1st for one night on the return to St. Mary's City. There will not be any tours that night, but we look forward to having the ship again in mid-September. He said, "We very much appreciate your hospitality, and look forward to meeting more of the members of Solomons Island Yacht Club!"

Mark and Lucy encourage SIYC members to join them in volunteering for the *Maryland Dove*.



**Brain Teaser:** A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

**Answer** will be in next months Solomon Sez.



The first person to give Susan Smith [susanmogansmith@yahoo.com](mailto:susanmogansmith@yahoo.com) the correct answer gets a bar chip for a drink!

**Last month's WINNER** was Doug MacDougall.

**The question was:** A sundial has the least moving parts of any time piece. Which has the most?

**The Answer is:** An hour glass



**ARTIST WALL**

The art wall will be changed at 10 am on July 6th. Thanks to Susan Buckley for showing her paintings through June. John Okay will be showing his photography for July and August.

The mantle will show works done by some of the Club's talented carvers.



**SUMMER SALE!!!**

**\$5.00 OFF**

**ALL MERCHANDISE**

Does not include burgees, neckties, can coolies or special orders.

**Your present circumstances don't determine where you can go; they merely determine where you start.**

Nido Qubein

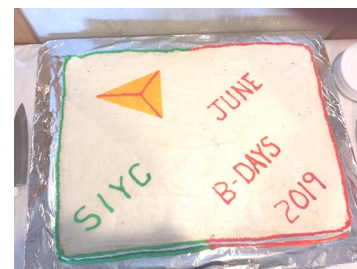


## **SPECIAL THOUGHTS**

The Bridge, Board of Governors and General Membership would like to express our condolences to Gail and Hoot Gibson for the loss of her mother. We want to extend get well wishes to Matt Gambrell, Laura Zurl, Palmer Esau, Peggy Whilden, Gerald Eastwood, Katie Kangas, Bruce Mason and anyone else who might be recuperating.

## **JUNE BIRTHDAY**

### **BABIES**







TRAVEL PRESENTATION AUGUST 5th  
MONDAY 6 PM TOPSIDE  
**ANTARCTICA ADVENTURE**  
PRESENTED BY RICK SASS



Rick had a three week adventure from Andean Condors in Patagonia to Leopard Seals in Antarctica and Iguazu falls in the tropics. Come join us in seeing his breath taking pictures.

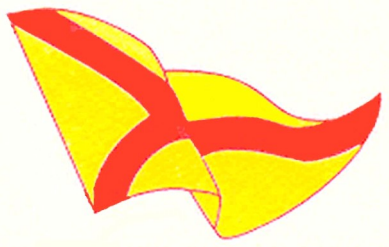
PLEASE BRING AN APPETIZER TO SHARE!!!



TAKE YOUR DRINK AND MOSEY ON DOWN TO THE CLUB'S NEW CRAB SHACK.

(You'll be glad you did!)





# Menu



## French Bistro Lite Fare

Picnic style for a warm evening

Friday July 12th at 6 pm

Presented by

Arbuthnot, Davis, Larsen

Captain's Lounge: \$10, limit 90 guests

Gazpacho

Country style "Compagnard" paté

French double cream brie

French baguette

Chocolate éclair

Coffee

Suggested wine:

Rosé \$2.00 by the glass at the bar



## JULY, 2019 MENUS

July 4 Picnic, 6:00 pm, \$10 Adult/\$5 12 yrs.  
or under

Cheeseburgers/Hot Dogs with fixings  
Corn on Cob  
Potato Salad  
Tomato & Mozzarella Salad  
Pound Cake with Strawberries

Friday, July 5, R/C Pizza Night, 6:00 pm,  
\$5.00

2 Slices Pizza  
Caesar Salad

Saturday, July 6, BOG, 7:00 pm, \$17.00

Crab Cake  
Wild Rice  
Grilled Zucchini  
Salad  
Rolls  
Key Lime Pie  
Coffee

Wednesday, July 10, 6:00 pm, \$10.00

Meatloaf  
Mashed Potatoes & Gravy  
Vegetable  
Salad  
Rolls  
Dessert

Friday, July 12, 6:00 pm, \$10.00

*French Bistro Light Fare*

Gazpacho  
Forest Style Country Pate  
French Double Cream Brie  
French Baguette  
Chocolate Eclair  
Coffee

Wednesday, July 17, 6:00 pm, \$8.00

Tacos  
Ice Cream w/Hot Fudge Sauce

Saturday, July 20, 6:00 pm, \$7.00

Pork BBQ Sliders  
Cole Slaw  
Dessert

Wednesday, July 24, 6:00 pm, \$10.00

Pepper Steak over Rice  
Salad  
Rolls  
Dessert

Saturday, July 27, 11:00 am – 1:00 pm,  
\$12.00

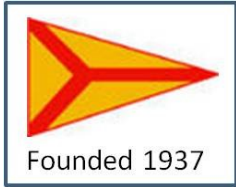
*Lunch Buffet*

Finger Sandwiches  
Fried Chicken Salad  
Pasta Salad  
Chips  
Sherbet & Cookies

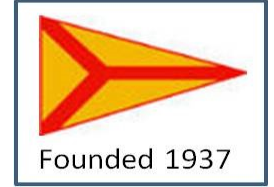
Wednesday, July 31, 6:00 pm, \$10.00

Chicken & Broccoli Alfredo with Linguine  
Noodles  
Salad  
Rolls  
Dessert





# June, 2019



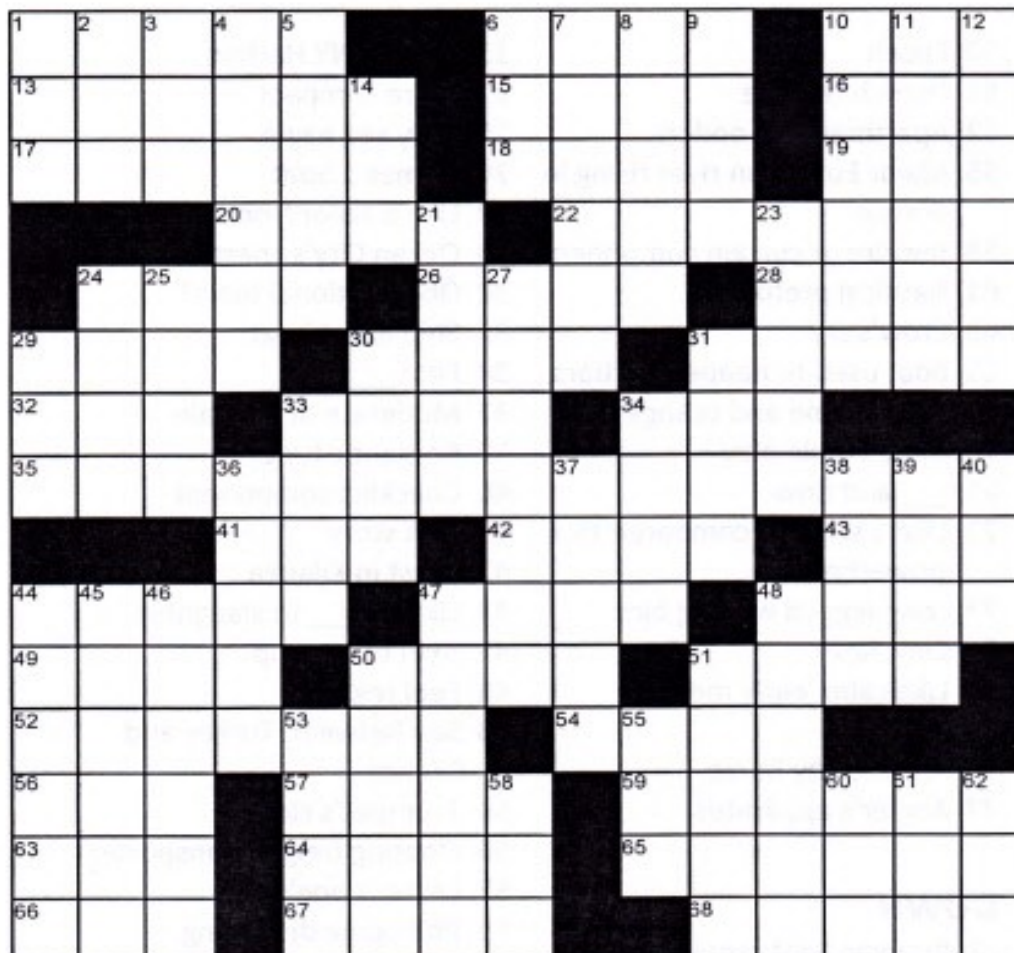
## July 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Staff Bartender	1 Gary Heal & Nancy Ririe	2 Member Bartender	3 Mike & Carol Snapp  No Dinner Tonight	4 Staff Bartender  4th Of July Picnic. Signup Required Here Or In The Lounge by 1 July.	5 Staff Bartender  R/C Pizza - All on the wait list invited	6 Staff Bartender  Crab Cakes. Sign up required here or in the Lounge by 3 Jul.
7 Staff Bartender	8 Mike D'Errico	9 Jack & Gail Chenevey	10 Betsy Montanio & Carolyn Keefe  Meat Loaf	11 Bill Brier	12 Indian Creek YC Cruise  Staff Bartender  French Bistro Lite Fare. Signup required here or in the lounge by 9 Jul.	13 Indian Creek YC Cruise  Staff Bartender
14 Indian Creek YC Cruise  Staff Bartender	15 Hoot & Gail Gibson	16 Member Bartender	17 Kat Tyrrell & Jerry Budnick  Taco Night	18 Bill Brier	19 Staff Bartender	20 Staff Bartender  Pork BBQ Sliders
21 Staff Bartender	22 Bill Brier	23 Jack & Gail Chenevey	24 Bruce Mason & Betsy Montanio  Pepper Steak over Rice	25 Baltimore Yacht Club Visiting SIYC  Carolyn Keefe  July Birthdays	26 Baltimore Yacht Club Visiting SIYC  Cambridge YC Cruise  Staff Bartender	27 Cambridge YC Cruise  Lunch Buffet  Staff Bartender
28 Cambridge YC Cruise  Staff Bartender	29 Bob & Carol Lightstone	30 Member Bartender	31 Dee Peters & Dennis Lawson  Linguini			





## A Whale of a Tale #17



### ACROSS

- |                                       |  |
|---------------------------------------|--|
| 1 'The Road Not Taken' poet           | 22 Type of lettuce or oceanic peril              |
| 6 Personal computer operator          | 24 Made a web                                    |
| 10 Space sailer, briefly?             | 26 Maritime journalist's question                |
| 13 Got back on the street, with "out" | 28 Regatta, for example                          |
| 15 Like a lone sailor                 | 29 Large cold-water seaweed                      |
| 16 Water sprite of German Mythology   | 30 False god                                     |
| 17 Like modern day skates             | 31 Like a heavily loaded cargo ship              |
| 18 Passed with flying colors          | 32 Not post                                      |
| 19 Spanish king                       | 33 Hum of a well running outboard                |
| 20 Fishing hole                       | 34 Half a boat drink?                            |
|                                       | 35 Joseph Conrad novel about 'Marlow the Sailor' |
|                                       | 41 Farm food                                     |
|                                       | 42 Alder or ash                                  |



## A Whale of a Tale

- |   |   |
|---|---|
| <p>43 Hot shot initials<br/> 44 Ropes on a boat<br/> 47 'Peter Pan' foe, briefly<br/> 48 Prefix ten<br/> 49 Revise a ship's log<br/> 50 Swindles<br/> 51 Animal with a fancy coat?<br/> 52 Roman God of the sea<br/> 54 Poet's black<br/> 56 Tree gum<br/> 57 Of sound mind<br/> 59 Fisherman<br/> 63 Building addition<br/> 64 What 59 ACROSS puts on<br/> his line<br/> 65 Bring back onboard<br/> 66 Compass pt.<br/> 67 In addition<br/> 68 Composed an email</p> <p><b>DOWN</b><br/> 1 CIA kin<br/> 2 Participated in a marathon<br/> 3 Major ocean liner content<br/> 4 Blunder (hyph)<br/> 5 Roulette bet, "_____ red!"<br/> (2 wds)<br/> 6 Springsteen, 'Born in the ____'<br/> 7 Type of yacht club gathering<br/> 8 Put a commodore in office<br/> 9 Anchor chain<br/> 10 Hasn't enjoyed the classics<br/> 11 Menacingly wild<br/> 12 Deep sea diver's need<br/> 14 Thief's hideout</p> | <p>21 Overshadow<br/> 23 Gray matter<br/> 24 Dried up, like vegetation<br/> 25 Guilty or not<br/> 27 Sturdy boat roof (2 wds)<br/> 29 Speed abbr.<br/> 30 Keep afloat<br/> 31 Midwest boater's milieu<br/> 33 School grps.<br/> 34 Arduous journey<br/> 36 Butler of 'Gone With the<br/> Wind'<br/> 37 Got up<br/> 38 Like Steven?<br/> 39 Nauseated from the waves<br/> 40 Place for a facial<br/> 44 Ship photographer's need<br/> 45 Concepts of perfection<br/> 46 It's often seen on a<br/> mermaid<br/> 47 Laughing dogs<br/> 48 Light rowboat with a funny<br/> name<br/> 50 Tree knot<br/> 51 Leading impressionist<br/> 53 Nat. beef regulators<br/> 55 Place for sake or sushi<br/> 58 It's often inflated<br/> 60 Back talk<br/> 61 Bard's before<br/> 62 Port light color</p> |
|---|---|





## Solution 9-10

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