



RELATIVE BEARINGS

Latitude 29.48



Longitude 81.13

Official Publication Of The Flagler Beach Yacht Club Inc.

November 2024

Inside this Issue

Vice Commodore	3
Rear Commodore	5
Fleet Captain	7
Seasickness	9
Treasurer	15
Birthdays	16
Ship Store	17

Commodore's Corner — Jim Kelly Commdore@FlaglerBeachYachtClub.com



Wow, I can't believe it is November already. It's Holiday season and November is the time for Thanksgiving. One of the things I am thankful for is this club and all the great people and friends we have made over the years, and all the memories from the meetings and events. I look forward to many years of fun with this wonderful club. So, with that I would like to Say **Happy Holidays** to everyone and thank you for being such a wonderful and fun club.

We will be having our annual Food drive at the November meeting so please bring a nonperishable item to donate to the Food bank. We will be donating to the St. Vincent DePaul Food bank (Santa Maria Del Mar). They have a number of activities and programs that support local families in Flagler Beach and Flagler County.

November meeting is the month we finalize the 2025 board. The Slate is as follows:

Commodore: Nick Ward

Vice Commodore: Ilyse Pinette

Rear Commodore: Jim Russo

Fleet Captain: Bob Solms

Treasurer: Doris Houslander

Secretary: Ruthie Russo

Director 1: Diane Doner

Director/ Past Commodore: Jim Kelly

The Commodores Ball is fast approaching. If you haven't signed up yet, please contact me at jameswkefbyc@gmail.com to sign up. We need a final head count and payment by Nov. 14th (the night of the meeting). You can either bring a check to the meeting or pay by Zelle treasurer@flaglerbeachyachtclub.com



Continued on next Page

Commodore's Corner — Jim Kelly
Commdore@FlaglerBeachYachtClub.com



Vice Commodore — Michelle Kelly
Vice-Commodore@FlaglerBeachYachtClub.com



As October comes to an end and November brings on cooler weather, Lets make sure we stick together.

Did you go to Loopers? Did you get the Lobsta? I hear it was fabulous. Thank you, Jerry Imbriani and Rich Van Dort, for putting together a great event.

And let's not forget Octoberfest! Fun and beer were had by all. Ilyse really outdid herself with this event. How many Lederhosen were there? Were there any Dirndl? I think there were! PROST!

In November we have some great events planned, an early meeting on the 14th, make sure you bring your canned goods for the Santa Maria Del Mar Food bank. This will also be the last day to sign up and pay for the Commodores Ball in December. Let's celebrate a White Christmas to remember. Now that doesn't mean you have to wear white! Just make sure you wear your Sunday best!

There will not be a club sponsored social event in November. But I'm sure we will have plenty to keep us busy.

As Flagler Beach and Flagler County continue to grow, finding places for socials can become difficult. Signing up for the events helps us with working with the local establishments to set up these events. So please use the links in the newsletter to sign up. You can also see all the events that have been scheduled in the Website calendar and use the link there to sign up.

For all the newer members, and a reminder for members that have been in for a while. All these events happen because of the leads, co-leads and everyone that helps with putting everything together. If you see an event that interests you and you would like to help or possibly become the lead for it next year, reach out to the lead and see if they need help. It is a great way to see how these events are scheduled and put together. This club is a wonderful fun club because all of our members working together.



Continued on next



Vice Commodore

Vice-Commodore@FlaglerBeachYachtClub.com

Here's the dates on all the happenings coming up!

SAVE THE DATES:

November General Meeting

• **November 14th**

- ◇ 6pm Social
- ◇ 7pm General Meeting
- ◇ Santa Maria Del Mar Catholic Church Rectory
- ◇ 915 N Central Ave Flagler Beach
- ◇ Vote for the new Board of Directors

- This is our annual food drive meeting so please bring nonperishable items to donate to the Santa Maria Del Mar Food bank which provides to local Flagler families in need.

- [Click here to sign up for the November general meeting](#)

No November Social

• December 14th

- ◇ Club Picnic
- ◇ 3PM
- ◇ Herschel King Park
- ◇ Club providing hamburgers and Italian sausage
- ◇ Please bring a dish to share

[Click here to sign for the picnic](#)



**The Landing Strip
at the
Flagler Executive Airport**

Rear Commodore — Rich Van Dort

Rear-Commodore@FlaglerBeachYachtClub.com



The numbers are in for the year. We have 117 members at this date with 6 paid applicants in the process of finishing their 3 requirements to becoming full members.

New Applications: We have some good leads for new members. Please keep them coming

Inducted: This month we got to induct Jon & Peggy Lessig and Tony & JoAn Migliozi into the club



Please remember that our New Member promo for \$10 off the commodore’s ball for each new member brought into the club.

Current Applicants getting qualified by our Ambassador committee:

New applicants: Mary Lou and “Bud” Travis have applied and paid their initiation fees. Thank you to Summer for recommending them into the club. Glitzy will be their social ambassador and thank you to Alan and Janet Hendry for being their meeting ambassadors. Lynn and I will be contacting them and will be their maritime ambassador.

Please remember to support our sponsors! They are in the newsletter and on our website.

One of our sponsors “Loopers”: hosted a successful turnout of 50 people on Sunday. We got them to serve Lobsters for dinner. Their newly renovated restaurant at the airport will be opening before the end of the year. We have tentatively scheduled with them our next event in February of next year.

Rear Commodore — Rich Van Dort

Rear-Commodore@FlaglerBeachYachtClub.com



- Mobile Services
- Inboards/Outboards
- Diesels
- No Starts
- Generators
- Electrical
- New Installs
- Repowers
- Trolling Motors










REAL ESTATE SERVICES
of Palm Coast
www.realestateserv.com

Judy O'Neill
REALTOR®
Sales Associate

Cell 203-592-4173
Office 386-445-1000
Fax 386-445-3222
judy@reservicesofpc.com
7 Old Kings Road N, Ste. 10 • Palm Coast, FL 32137





Fleet Captain — Steven Plump

Fleet-Captain@FlaglerBeachYachtClub.com



Ahoy! FBYC Boaters

Hello again from your 2024 Fleet Captain

Well, October has been light in Maritime as many of us went to Europe for some fun.

The Treasure hunt on the 19th was cancelled due to poor weather conditions.

Next up is November 16th with a trip down to Cassen Park in Ormond Beach. Cassen Park has a very nice dock to tie up. Once you tie up all are heading to the Grind restaurant on Rt40. The leads are Bob and Cindy

Fazzone. There is no gather time so all motor down to Cassen to be there by 10:00.

Maritime outings to come in 2024:

December 14th Caroling On the Canals Jim Kelly, Rich Van Dort and Phillip Raynor are the leads. Starting at 11:30 and followed by a picnic at Hershell King at 2:00 PM.

[Please Click here to sign up for the Caroling on the canals](#)

January 2025 St. Augustine Night of Lights by Boat Bob Solms and Nick Ward are leads. Details to follow.

I just have to say again and again, **thanks to all that lead, co-lead and help out**. You all are **super** and the outings have all been great successes. If you are able, please consider assisting those that are leading and co-leading an event. If you have any questions on any event please contact the lead folks directly or myself

Upcoming Public Boating Events:

November

FORT MYERS BOAT SHOW — This popular four-day event is in downtown Ft. Myers on the Caloosahatchee River, with boats displayed in-water as well as on land, in addition to an indoor venue with accessories.

December

ST. PETERSBURG POWER AND SAILBOAT SHOW — Most likely one of the largest power and sailboat shows on the Gulf Coast, this four-day event includes events like kids fishing clinics and sailing seminars.

Continued on next Page

Fleet Captain — Steven Plump

Fleet-Captain@FlaglerBeachYachtClub.com

Now let’s talk about something a bit woozy....



HOW TO TREAT AND PREVENT SEASICKNESS

Embarking on a sea voyage can be an exhilarating experience, but for many, the threat of seasickness looms large, casting a shadow over anticipated adventures. Seasickness, a form of motion sickness, occurs when the brain receives conflicting signals from the body, eyes, and inner ears, which can happen on a rocking boat or ship. It's a challenge that mariners and leisure cruisers alike have grappled with for centuries, often deterring even the most enthusiastic seagoers.

Understanding the underlying causes and symptoms of seasickness is the first step in mastering it. With the right knowledge and preparation, minimizing, if not entirely avoiding, the discomforts of this age-old ailment is possible. Please note that while this guide provides general information, it is not intended to be a substitute for professional medical advice. Always consult a healthcare professional for personalized guidance.

WHAT CAUSES SEASICKNESS?

Seasickness is a complex condition, influenced by a myriad of factors, some of which are within our control and others not. At its core, it stems from a sensory conflict.

- **Sensory Mismatch:** The primary cause of seasickness is the discordance between what your eyes see and what your inner ears perceive, which helps with balance.

Continued on next Page

***Fleet Captain — Steven Plump*****Fleet-Captain@FlaglerBeachYachtClub.com**

While the inner ears sense the motion of the waves, your eyes may not align with this movement, especially if inside the cabin or focusing on a stationary object.

- **Vestibular System Sensitivity:** Individuals have varying sensitivity levels in their vestibular system, the part of the inner ear responsible for maintaining balance. Those with heightened sensitivity are more prone to seasickness.
- **Psychological Factors:** Stress and fear can exacerbate the likelihood of experiencing seasickness. A prior bad experience or anxiety about getting sick can make you more susceptible.

COMMON SYMPTOMS TO WATCH OUT FOR

Recognizing the early signs of seasickness can help in managing it effectively:

- **Nausea and Vomiting** are the most tell-tale symptoms, often escalating as the sea motion continues.
 - **Dizziness:** A sense of unsteadiness and imbalance is common.
 - **Headaches:** The sensory conflict can lead to tension headaches.
 - **Fatigue:** Feeling unusually tired or lethargic is often an early sign.
 - **Cold Sweats:** A sudden onset of cold sweat is a classic symptom.
- By understanding these root causes and being vigilant about the symptoms, one can take proactive steps to prevent or mitigate the onset of seasickness. This knowledge is crucial in managing your well-being on your sea journey.

PREPARING FOR YOUR JOURNEY**WHAT SHOULD YOU EAT BEFORE SETTING SAIL?**

Your dietary choices before setting sail can significantly impact your susceptibility to seasickness. Here are some guidelines:

- **Light and Bland Foods:** opt for easy meals on the stomach. Avoid heavy, spicy, or fatty foods.
- **Stay Hydrated:** Drink plenty of water, but avoid excessive caffeine and alcohol as they can dehydrate you and amplify seasickness symptoms.
- **Ginger:** Incorporate ginger into your diet. It's known for its anti-nausea properties and can be consumed in various forms like tea, candies, or capsules.

Continued on next Page

**Fleet Captain — Steven Plump****Fleet-Captain@FlaglerBeachYachtClub.com****MENTAL AND PHYSICAL PREPARATION TECHNIQUES**

Mental and physical readiness can also play a crucial role in preventing seasickness:

- **Relaxation Techniques:** Practice relaxation methods such as deep breathing or meditation. Being calm can help reduce the onset of seasickness.
- **Get Enough Rest:** Ensure you are well-rested before your journey. Fatigue can make you more susceptible to motion sickness.
- **Familiarize with the Environment:** Spend time on boats or ships before your journey, if possible, to prepare your body for the motion.
- **Physical Exercises:** Engage in exercises that improve balance and core strength. Combining careful dietary choices with mental and physical preparedness allows you to set the stage for a more comfortable and enjoyable sea journey, minimizing the risk of seasickness.

HOW TO AVOID SEASICKNESS WHILE ONBOARD?**WHAT IS GAZE STABILIZATION?**

Gaze stabilization is a technique that involves focusing your sight on a fixed point to help your brain reconcile the difference between the motion your body feels and what your eyes see. This technique can be particularly effective in managing seasickness.

- **Focus on the Horizon:** Looking at the distant horizon provides a stable reference point, helping to align your visual and vestibular systems.
- **Avoid Reading or Screen Time:** Activities like reading or using a smartphone can worsen seasickness by encouraging a mismatch between your perceived and actual motion.

OPTIMAL POSITIONS AND MOVEMENT STRATEGIES

Your position and movement on the ship can also affect how you experience motion.

- **Stay Midship:** The center of the ship experiences the least motion. Try to spend time in these areas, especially if you start feeling sick.
- **Stay on Deck:** Fresh air and a view of the horizon can help. Avoid lower or enclosed decks where motion is felt more intensely and visual cues are limited.
- **Move Slowly and Carefully:** Sudden movements or changes in direction can exacerbate seasickness. Move slowly and hold onto railings or stable structures.

Continued on next Page

**Fleet Captain — Steven Plump****Fleet-Captain@FlaglerBeachYachtClub.com****BREATHING AND RELAXATION METHODS**

Incorporating breathing and relaxation techniques can help manage the symptoms of or prevent seasickness.

- Deep Breathing: Practice deep, controlled breathing to help manage nausea and reduce anxiety.

Selecting an effective treatment for seasickness is crucial for a comfortable journey at sea. Various options, including over-the-counter medications and natural remedies, are available, each with benefits and considerations.

OVER-THE-COUNTER VS. PRESCRIPTION: WHICH IS BETTER?

The choice between over-the-counter and prescription medications largely depends on the severity of your symptoms and your personal health history.

OTC Medications:

- Common options include antihistamines like Dramamine and Bonine.
- They are generally effective for mild to moderate seasickness.

Prescription Medications:

- For those with more severe symptoms, prescription options like scopolamine patches might be recommended.
- These can be more potent and have longer-lasting effects.
- Prescription medications should be used under the guidance of a healthcare professional, especially for individuals with specific health conditions.

EXPLORING NATURAL REMEDIES

Natural remedies can be a good choice for those preferring a more holistic approach or seeking to avoid the potential side effects of pharmaceuticals.

- Ginger: Known for its anti-nausea properties, ginger can be taken in various forms like capsules, tea, or candies.
- Acupressure Wristbands: These apply pressure to specific points on the wrist to reduce nausea.
- Peppermint Tea: Often used for its soothing effects on the stomach.

Continued on next Page

Fleet Captain — Steven Plump

Fleet-Captain@FlaglerBeachYachtClub.com

In choosing the proper treatment, consider the intensity of your seasickness, personal health conditions, and preferences regarding natural versus pharmaceutical remedies. Consulting with a healthcare professional can also provide tailored advice for your situation.

THE EFFECTS OF PROPER HYDRATION

Staying adequately hydrated is crucial in helping to prevent seasickness. Dehydration can worsen the symptoms, making you more likely to experience nausea and dizziness. Drinking enough water keeps your body functioning optimally and helps maintain balance and equilibrium. Drinking water regularly throughout the day is essential, especially when exposed to the sun and wind, which are common on sea voyages. Avoiding excessive caffeine and alcohol, which can lead to dehydration, is also essential.

WRAPPING UP

In conclusion, while most cases of seasickness can be managed with self-care and over-the-counter remedies, it's important to be vigilant about the severity of symptoms. Understanding when to seek medical help is crucial to ensure your safety and well-being during sea travel.

Remember, the key to managing seasickness lies in preparation and response. Whether it's through natural remedies, lifestyle changes, or medical solutions, the options are varied and can be tailored to fit your individual needs and situations. It's important to listen to your body and respond accordingly, and when in doubt, seek professional medical advice, especially in severe cases.



Melaleuca

During these times when even going to the coffee shop is frowned upon, I am so thankful for home delivery!

Melaleuca, an online shopping store, has over 500 products.

Everyday household essentials like: hand sanitizer, disinfectant, hand soap, bath and body, immune boosters, coffee, tea, granola bars, etc.... delivered to your door.

Please contact me with any questions or if you would like more information.

Michelle Kelly – 386-283-1113
Email – mani1516@hotmail.com

Fleet Captain — Steven Plump

Fleet-Captain@FlaglerBeachYachtClub.com



Coastal Marine
CONSTRUCTION

Boathouses ~ Docks ~ Seawalls ~ Dredging

(386) 237-0774

Fleet Captain — Steven Plump

Fleet-Captain@FlaglerBeachYachtClub.com



10% off CHECK

Excluding alcohol, cannot be combined with any other offer.

501 N Oceanshore Blvd (A1A)
Flagler Beach
goldenlioncafe.com
(386) 439-3004

FLAGLERS MOST AWARDED RESTAURANT & RAW BAR SINCE 1992

Jeanne Nix, Realtor

Mobile: 407-247-1830

Click here to find your home: [Palm Coast Homes](#)



T E A M N I X

TOP TEAM 2019, 2020 & 2021

REALTY EXECUTIVES OCEANSIDE



Treasurer — Lori Plump

Treasurer@FlaglerBeachYachtClub.com



Hello Everyone,

The Commodore's Ball is coming up. This year it is \$100 per person for club members and \$110 per person for guests. Don't forget to bring a check made out to FBYC to the October meeting (10/24), send it through the mail to my home address, or Zelle our account at treasurer@flaglerbeachyachtclub.com. Please don't forget to record what the money is for, on the notes line J. Payment is due no later than the November meeting

Feel free to reach out to me if you have any questions at all (treasurer@flaglerbeachyachtclub.com).

Thanks everyone!

Lori



DAYTONA BEACH: **386-756-8551**

PALM COAST: **386-446-2330**

SOUTH FLORIDA: **386-235-5645**

Hoist a Tankard of Grog to This Month's Birthday Pirates

Man Bui	5-Nov
Summer Perry	5-Nov
Jeanne Meyer	7-Nov
Kris Richter	7-Nov
Bob Solms	9-Nov
Darla Allison	10-Nov
Steven Plump	10-Nov
Janet Hendry	18-Nov
Rick Allison	20-Nov
Mary Ann Simard	27-Nov
Karen Basany	30-Nov



 <p>TRADEMARK <i>Kealy Group</i></p> <p><i>Danielle Pierro</i> TOP PRODUCER</p> <p>CELL: 914.760.0364 EMAIL: daniellepiero@gmail.com 101 Palm Harbor Pkwy Unit B-120 Palm Coast, FL 32137</p> 	<p>FLAGLER COUNTY THE HIDDEN GEM</p> <p><i>"I don't just sell Real Estate I sell PARADISE"</i></p>  <p><i>Danielle Pierro</i></p>
---	---



FBYC Ship Store



Here we are in November, and before we know it Thanksgiving will be here! Stop by the Ship Store next month for help selecting the perfect item. We have had a terrific influx of orders for tees and tanks, a very popular hat (SPA 50+) and much more! We have some new items which have come in, which include the previously introduced long-sleeved swim shirts, as well as short-sleeved ones, both of which are very popular. We have some cute tank tops for the ladies too! And don't forget to hydrate with the 32 oz water bottle that came in, which is awesome, and has the full FBYC logo on it. They are \$35.00 each. Perfect for a day on the boat to put your favorite beverage in. Please let me know if you are interested, and we can order one (or more) for you and that special someone. The samples come in Royal Blue, but there are other colors as well. We are also taking orders until November 14th for the Caroling on the Canals shirts so please get your order in at that meeting.



You can also drop by U Name It with your own items. They have many samples there to help you find the right fit, weight and style. Embroidering your own items generally costs \$12. Joe and Tammie know FBYC and will help you make the best choice for your needs. We had a member stop by there and try on jackets. After deciding on the size (they ran small), she had us order them for her. It's a great way to see what they have. Visit them or view their website at:

[U Name It](https://www.unameitapparel.com)

10 Hargrove Grade

Palm Coast, FL 32137

Website: <https://www.unameitapparel.com>

In addition, our printed or foil burgee is currently available on t-shirts and koozies through our own member Mike Ferreira. Other products could be made available upon request. Stop by the Ship Store to see these new products. We are looking forward to taking your order at our November meeting! Be sure to come see us if you haven't already!

If you have questions or would like to place an order at any time, please contact us at:

Linda Rosa at 201-281-8955; email: linrosa769@gmail.com

Cyndi Fazzone at 214-876-1878; email: cyndi.fazzone@gmail.com



FBYC— OFFICERS

Commodore

Jim Kelly

Commo-
dore@FlaglerBeachYachtClub.com

Vice Commodore

Michelle Kelly

Vice-
Commo-
dore@FlaglerBeachYachtClub.com

Rear Commodore

Rich Van Dort

Rear-
Commo-
dore@FlaglerBeachYachtClub.com

Fleet Captain

Steven Plump

Fleet-
Captain@FlaglerBeachYachtClub.com

Treasurer

Lori Plump

Treasur-
er@FlaglerBeachYachtClub.com

Secretary

Jean Ward

Secre-
tary@FlaglerBeachYachtClub.com

Board Members

Nick Ward

Direc-
tor1@FlaglerBeachYachtClub.com

Mary Ann Simard

Direc-



PAST COMMODORES

1992-1993	Tom McBride	2015	Bob Jaeger
1994	Ed Finney	2016	Joe Lindholm
1995-1996	Tom Johns	2017	John Green
1997-1998	Denis Thornton	2018	Cindy Franco
1999-2000	John Darrow	2019	Jeanne Meyer
2001	Paul Van Buren	2020	Alan Hendry
2002	Howard Graves	2021	Joel Houslander
2003	Pat Slattery	2022	Richard Sirbu
2004	George Barnett	2023-2024	Jim Kelly
2005	Pete Poole		
2006-2007	Mike Cocchiola		
2008	Claudia Towne		
2009	Jane Gaulding		
2010	Dee Cocchiola		
2011	Rich Franco		
2012	Greg Hansen		
2013	Randy Meyer		
2014	Len Dignard		

