

Probable northeast to southwest winds, varying to the northward and westward and eastward and points between. High and low barometer swapping around from place to place, probable areas of rain, snow, hail, and drought, proceeded or preceded by earthquakes with thunder and lightning.

- Mark Twain

FLYING FIFTEENS Further to my request for assistance with the Fleet, Duncan Baird has kindly taken on the Role of Flying Fifteen Fleet Captain. Thank you Duncan. This therefore will be my last note for Bear Essentials. Jenn and I will still be around next year and hope to sail as much as we can. We look forward to seeing you all on the water. Over to you Duncan - Best wishes in your new role, Regards Stuart.

On behalf of all the flying fifteen sailors I would thank Stuart for all his hard work as fleet captain over the last few years, he will be a hard act to follow. We wish both Stuart and Jenn the best of luck with their forthcoming new arrival!

We have the dingy section AGM on Wednesday 10th December at 20.00 in the downstairs bar, it will good to see the flying sailors there so we can have some input towards the sailing arrangements for next year.

After the short break, whilst the safety boat and OODs arrangements were sorted out, we are now back into regular Sunday morning racing at 10 am. There was limited turnout (Bill and Ian) on the first Sunday of racing; this was apparently something to do a minor sporting fixture in Australia! The second Sunday saw some good racing in light winds with four boats most of which were sailing single-handed. The third Sunday was in quite breezy conditions, but still manageable for single handed sailing. Brain Marchant and Mike Jones had some close racing, whilst Duncan and Ian brought up the rear. The last Sunday of November had excellent sailing conditions in bright sunshine. It was good to see Julian Beere back on the water, who took up his natural position at the front, with Duncan following on behind.

Within the flying fifteen section, we have sailors at both ends of the ability spectrum. It therefore represents an ideal situation for both novice and more seasoned racers to come sailing, either to learn racing skills, or indeed test themselves against the others in the same class. It is the participation of people in these races that really makes them work; the more that race the better it will be. Therefore it would be great to see more of the boats out there racing. To this end, Helen Phillips has very kindly offered to run a short racing course specifically tailored to the requirements of the flying fifteen sailors. So, this could include basic race training, tuning, or more advanced racing skills. Therefore, I would like to encourage all the flying fifteen sailors and particularly those who have recently taken ownership of a flying fifteen to come along. If you are interested then please contact me, so we can make the arrangements.

If you need information regarding any aspect of the flying fifteen fleet here at CBYC then please don't hesitate to contact me-duncan.baird2@ntlworld.com Duncan Baird, Fleet Captain.

AN ANAGRAM as you all know, is a word or phrase made by>>> rearranging the>>> letters of another word or phrase. The following are exceptionally>>> clever.>>> Someone out there either has way too much time to waste or is deadly>>> at Scrabble.>>>>> Word: When you rearrange the>>> letters:>>>>>>>>> ----->>>>> ----->>>>> Dormitory Dirty Room>>> Desperation A Rope Ends It>>> The Morse Code Here come Dots>>> Slot Machines Cash Lost in 'em>>> Animosity Is No Amity>>> Mother-in-law Woman Hitler>>> Snooze Alarms Alas! No More Z's>>> Alec Guinness Genuine Class>>> Semolina Is No Meal>>> The Public Art Galleries Large Picture Halls,>>> I Bet A Decimal Point I'm a Dot in Place>>> The Earthquakes That Queer Shake>>> Eleven plus two Twelve plus one>>> Contradiction Accord not in it>>> Astronomer Moon Starer>>> Princess Diana End Is A Car Spin>>> AND HERE IS THE MOST INTRIGUING PART>>>>>>>> Year Two Thousand A Year To Shut Down>>> Ozzie Dave

HAND BOOK In an attempt to improve next year's handbook 2004 – 2005, a draft copy is available on the notice board in the foyer for your comments. Members are invited to make alterations and amendments as required. Any queries please contact the Communications Officer:- Tony Davies contact details below.

ORGANIST WANTED A nice sized electronic organ has been donated to the club by Alan Savage our Vice President, unfortunately we have none to "drive it" if you are able to give it a try please come along and have a go... contact Roy Evans 029 2070 4696.

DEEP SEA There is society where none intrudes, by the deep sea, and music in its roar. - Lord Byron

FOR SALE Korina, 20 foot Bermudan sloop, fin keel outboard engine, £2705.00 plus cradle & trailer £950.00 tel 01443 822548 Topper # 35418. Good all-round condition, race pack, full cover, trolley. £550.00. Contact Jeremy Taylor, tel - 029 2040 0457 e-mail - taylorbuild@yahoo.co.uk

SEA I never was on the dull, tame shore,
But I loved the great sea more and more.
Bryan W. Procter

E-MAIL ADDRESSES Does the club have your e-mail address? Please put it in the membership box in the foyer and you will be e-mailed with coming events...

For the truth is, that I already know as much about my fate as I need to know. The day will come when I will die. So the only matter of consequence before me, is what I will do with my allotted time. I can remain on shore, paralysed with fear, or I can raise my sails and dip and soar in the breeze. - Richard Bode.

ANGLING SECTION SOCIAL EVENING, FIRST WEDNESDAY OF EVERY MONTH. Light refreshments, A Talk [or Quiz] & Raffle.

JOKE A woman accompanied her husband to the doctor's office. After his check-up, the doctor called the wife into his office alone. He said, 'Your husband is suffering from a very severe disease, combined with horrible stress. If you don't do the following, your husband will surely die.'

'Each morning, fix him a healthy breakfast. Be pleasant, and make sure he is in a good mood. For lunch make him a nutritious meal he can take to work. And for dinner, prepare an especially nice meal for him. Don't burden him with chores, as this could further his stress.'

'Don't discuss your problems with him; it will only make his stress worse. Try to relax your husband in the evening by being pleasant and giving him plenty of back rubs. Encourage him to watch some type of team sporting event on television.'

'And, most importantly satisfy his every whim. If you can do this for the next 10 months to a year, I think your husband will regain his health completely.'

On the way home, the husband asked his wife, 'What did the doctor say?' 'You're going to die,' she replied.

THOUGHT Those who live by the sea can hardly form a single thought of which the sea would not be part. - Hermann Broch

CRUISER SECTION The Cruiser section meets weekly in the Quay Lounge (downstairs bar) our aim is to have something of interest each and every Thursday. Please watch the notice boards for coming events you're sure to enjoy yourselves. If anyone would like an Arrowsmiths tide table 2004 please contact Tony Davies Tel 07816337904

"THE OLD SALTS" is the CBYC band. If you would like to join, or you may have an instrument to donate, please contact Nigel on 07816337904. Practice night is every Friday night in the Quay Lounge (downstairs bar) come along, you're sure to enjoy yourself and we have a musical instrument we guarantee you will be able to play, regardless of your musical skills.

WELCOME NEW MEMBERS There are no strangers at Cardiff Bay Yacht Club only friends you've yet to meet.

Applicants have been interviewed and details displayed on the notice board in accord with Club Rules. We look forward to seeing you down the Club regularly, both on and off the water. Welcome aboard. Roy Evans, Membership Sec.

Here is the list of New Members for November 2003...

Mr John & Mrs Caroline Roll. Mr Nigel Stadden
Mr Michael & Mrs Margaret Gibbons. Mr Gerald & Mrs Janice Boland.
Mr Nicholas Russill. Mr Christopher & Mrs Cathlyn Foster. Mr Raymond John. Mr Andrew Beaumont. Mr Max & Mrs Jane Woodman.
Mr Simeon Harding & Ms Gwendolen Davies. Mr Martin & Mrs Andrea Powell. Mr Brian & Mrs Hazel Clode. Mr Andrew & Mrs Jane Keitch.
Mr Paul Akerman Mr Steven Williams. Mr John & Mrs Caroline Hutchinson Mr Craig Williams. Mr Paul Milne. Mr Roger & Mrs Margaret Hayward. Mr David & Mrs Julia Ansell.

BOSOM The ocean's surf, slow, deep, mellow voice is full of mystery and awe, moaning over the dead it holds in its bosom, or lulling them to unbroken slumbers in the chambers of its vastly depths. Haliburton.

FOR SALE Sloop "Jody of Rochester" 2750.00 o/b engine, fully equipped and ready to go with v.h.f. radio, depth gauge, anchor, life belt, etc. please telephone 01443 822548 for further details.

SUNRISE AND SUNSET The times of Sunrise and Sunset refer to the times when the Sun's upper limb, as affected by refraction, is on the true horizon of an observer at sea-level. This occurs when the Sun's centre is 50 arcminutes below the true horizon, the upper limb then being 34 arcminutes (just more than the Sun's apparent diameter) below the true horizon.

A LITTLE BIRD TOLD ME The tale of the proud newcomer with his large new yacht. The engine was due for its first service so the owner took his boat over to the marina to Wigmore Wright. When leaving the berth in the upper basin after the work was finished he called up the marina on the vhf and asked for the lock gates to be opened to allow him to get out. He motored quietly down taking particular care to avoid the sides in the cut between the upper and lower basin. The height of the mast was somewhat higher than the bridge in the cut and our man can now testify to that fact, the bridge being closed at the time. Oops! B.M.

BCYC In 1951 the various sailing and motoring clubs in the Bristol Channel instigated an annual conference, where the dates of each club's events and races of the coming year were arranged. Also at these annual meetings other matters of general interest to the club's were discussed.

Since its inception the BCYC has increasingly been recognised as representing the collective views of the leisure users of the Bristol Channel. In addition through its series of evening talks is bringing together the individual club officers (and members) and the managers of the various authoritative bodies which influence the practices and use of the Bristol Channel.

At the recent AGM (Sunday the 30th of November) the representatives of the clubs in the Bristol Channel voted to change the name of the Bristol Channel Yachting Conference to the 'Bristol Channel Yachting Association'.

It is thought that the '**Bristol Channel Yachting Association**' better reflects the nature of the organisation.

John Filer On Behalf of the Committee of the 'BCYA'

COVER PICTURE Does anyone have a photograph suitable for the front cover of the Club handbook for next year 2004 – 2005 please contact Tony Davies.

BEAR ESSENTIALS

HANFODION ARTH

THE NEWSLETTER OF CARDIFF BAY YACHT CLUB 51.26.9 N 03.10.4 W



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Cost Priceless

www.cbyc.co.uk

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Remember... eternal vigilance is the price of safety and safety is a state of mind, not a list of equipment.

COMMODORE'S REPORT TO BEAR ESSENTIALS

PETER ANNETT

It gives me great pleasure to announce that the Club President, Peter, is now on the road to recovery from the quadruple bypass surgery to his heart in mid November 2003.

TERENCE LEE

Likewise it gives me pleasure to announce that the Club Vice Commodore, Terry, is also on the road to recovery after his replacement hip operation in late November 2003.

I feel sure that I echo the sentiments of all members when I wish them a speedy recovery to full health and Club duties.

DINNER DANCE

The date set for the Club Dinner dance is 14 February 2004 so please watch the notice boards for booking details etc. Remember the club will only hold approx 120 people for this type of event so please be sure to book early. Tickets will be on sale from behind the bar as soon as they are printed.

Finally, may I take this opportunity on behalf of myself and my wife Yvonne to wish all members of the Cardiff Bay Yacht Club, a very Merry Christmas and a Happy and prosperous New Year.

JOHN JEFFERIES Commodore

LIBRARY Nautical books required for the club library would be most welcome. Please contact Tony Davies or alternatively place them in the downstairs bar (T.D.)

Dinghy Section

AGM

Wednesday 10th December
2003

20.00 Hrs

Downstairs Bar

PHOTOGRAPHIC All people have photographic memories However only few have the film

HULLING, is when a Ship is taking in her Sails.

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There is nothing; absolutely nothing; half so much worth doing as simply messing about in boats. In or out of 'em, it doesn't matter . . . that's the charm of it... Kenneth Grahame "The Wind In The Willows"

The great thing in this world is not so much where we stand, as in what direction we are moving -- we must sail sometimes with the wind and sometimes against it -- but we must sail, and not drift, nor lie at anchor.
Oliver W. Holmes

ANGLING SECTION Due to very doubtful windy conditions, the **Open Cod Competition** scheduled for the 9th November had to be cancelled. There were 78 boats with 300 entrants registered and there were a good many disappointed faces at 7 O'clock that morning. But despite that disappointment, the prize draw in the evening was very well attended and the first three prize-winners were, 1st, Andy Kimber , £600 + £150 Pool. 2nd, Spencer Samuel, £300 + £90 Pool. 3rd, Fred Chick, £200 + £60 Pool. There were 21 other prize-winners collecting rods, reels, tackle vouchers and other kit etc. Also, the Angling Section presented Jon Trigwell, Fundraising Manager of the Wales Air Ambulance Charity Fund with a cheque for £500. It has been arranged for Jon to give a talk on the Air Ambulance, attended by Crew and Paramedic, on Wed 4th February 2004.

The Christmas Comp on 16th November was well attended with 47 entries plus 18 visitors. Unfortunately there were only 8 cod weighed-in and the Turkey winners are, 1st , Ray Perkins [Ibis] Cod 11lbs 9oz. 2nd, Roger Winnett [Salt Wind] Cod 11lbs 3oz and 3rd , Rob Taylor, [Splash] Cod 10lbs 1oz. **Ray Perkins also collected the £80 Pool.** 4th – 8th were Oggy, Phil Dominy, Ray Robertson, Sid Hearne and Neil Barrett, who all won a "Monster" Capon Chicken. Some good soup and rolls was had by all in the bar afterwards coupled with a "Cracker Raffle" draw for an Uptide Rod. Despite the lack of Cod, a good day was had by all, at least the weather was kind!
 The next Comp is on the 7th December and will again be a Cod Only Comp. together with a Pool being run.

The Next Fisherman's Night , with a "**BARRAGE**" Talk by representatives of The Cardiff Harbour Authority and Buffet etc., will be held on Wednesday. 3rd December.

Comps December 7th - to – February 15th: As it has been decided to make all Comps arranged for these months, "**COD ONLY**", **don't forget**, this does not prevent Specimen Fish being weighed-in for the on-going Specimen Fish COMPETITION.

A BOAT has been brought in from Switzerland to help curb the spread of weed in the waters of Cardiff Bay and the lower reaches of The rivers Ely and Taff. The trials were ordered by Cardiff Harbour Authority in the wake of concerns about the unsightly weed, which blighted the Bay this year, helped by sustained high temperatures and lower river flows.

The worst culprit is the Canadian Pondweed, which becomes hazard when it reaches the surface, trapping litter and debris and clogging navigation channels. The other type is common duckweed, a plant that can double its growth in less than a week. The authority is looking at a number of weed-cutting boats specially designed to tackle the problem. Trials with one of the vessels from Switzerland have already taken place. The boat trims the weed up to about 1.5 metres below the water surface to avoid damaging fish life and wildlife habitats. "Due to the enormous amount of work carried out in previous years and the fact that weed has been plentiful this year, we have taken this initiative to be ready to tackle it next season", said Councillor Marion Drake, Deputy Leader, [Culture & Sport]. "Cutting can be done to leave sufficient weed mass to preserve these habitats for the spawning and development of fish fry and other aquatic life".

SOCIAL CALENDAR

Sat	6 th	December	Bingo & Quiz Night.
Tue	9 th	December	Private Function in Quarterdeck Lounge (Downstairs bar open to Members).
Wed	10 th	December	Dinghy Section AGM (Quay Lounge).
Sat	13 th	December	Private Private Function (Bar open to members).
Sat	20 th	December	Frostbite Presentation Night (Downstairs bar open to members not attending function).
Wed	24 th	December	Christmas Draw Night.
Sat	27 th	December	Singer Emma Lock Beer £1.00 a pint (after 8.30 pm)
Wed	31 st	December	New Years Eve party with Dave Escott entertainer.
Sat	14 th	February	CBYC Dinner & Dance Alan Roderick & The Hitchikers.

JOKE A small boy is sent to bed by his father... [Five minutes later] 'Da-ad...' 'What?' 'I'm thirsty. Can you bring me a drink of water?' 'No. You had your chance. Lights out.' [Five minutes later] 'Da-aaaad...' 'WHAT?' 'I'm THIRSTY...Can have a drink of water??' 'I told you NO! If you ask again I'll have to spank you!!' [Five minutes later] 'Daaaa-aaaAAAAD...' 'WHAT?!!' 'When you come in to spank me, can you bring me a drink of water?'

Angling Section; STOP PRESS! Seven boats took part in the Extra Double Prize Comp on Sunday 30th November and the results were:- 1st, (£80 Tackle Voucher), Roger Winnett, [Salt Wind] ,Cod 10lbs 14ozs. 2nd, (£40 Voucher), Bryan. "Reels", [Sanibel, Cod 9lbs 12ozs. 3rd, (2 Pints) Ken Cross,[Salt Wind], Cod 9lbs 9ozs. 4th, (2 Pints) Phil Dominy [Lady Caron], Cod 8lbs 15ozs.

NEXT COMPETITION: SUNDAY 7TH DECEMBER.

The Flotilla Restaurant would like to inform you that fresh homemade food is now available in the Quarterdeck Bar on Thursday evenings and Saturday and Sunday lunchtimes.

Thought is the wind, knowledge the sail, and mankind the vessel. - August Hare

A JOURNEY TO THE BOTTOM OF THE SEA After my previous articles about running aground, I actually put it into practice on the first Saturday in October. It all started with the idea of going fishing using Farrical. The previous weekend had proved fruitful for our Club fishermen, catching many cod on the neap tide. This weekend saw us with a large spring tide coupled with high pressure and a dreaded N-E. wind, albeit light. I took the 10 o'clock lock along with several fishing boats and enquired when low water was, the reply was 1530, which turned out to be 1430. I went out to fish putting down my anchor in 11M of water just N of the N Cardiff bouy and within a group of several other boats.

The tide flow at 3 knots was a bit much for my gear but I persisted for the next 3 hours without so much as a sniff. I decided to up anchor and make it in, as I thought 2 hrs before low water. As I approached the barrage I called up for the 1315 lock which was running a few minutes late. I increased speed to my maximum 5.5knts making a beeline over Cardiff flats which appeared well covered with water. About 400M out my keel found a slight hump causing me to look down at my depth sounder - 1.7M soon after I came to a grinding halt. Some 5 minutes of full astern with me hiking out port & starboard and jumping up and down on the foredeck like some demented monkey proved fruitless, so I resigned myself to the inevitable of remaining grounded until the return of the tide.

I called the barrage to inform them of my plight and that I would not be joining the 1315 lock. The lock master told me that low water was shown as 1428. The tide dropped a further 2M or so leaving me 50 degrees to starboard with the receding tide just coming over the rail. Fortunately, Cardiff flats are made up of cobbles in soft mud, allowing a soft landing. Farrical looked like some Blackpool postcard cartoon of a fat woman bending over in a green swimsuit. I took the opportunity to use the last of the water to give the port side and as much of the starboard hull a good scrubbing. The antifouling I had put on a year earlier was still clear of marine growth apart from greenery above the waterline-so the brackish water in the pond is certainly a good thing in that respect. Next I went walk about looking for anything of interest-

I was surprised to discover how few modern artifacts lay about_2 tyres, a battery and 2 lengths of unidentifiable iron. I did find some ancient pottery and a beautiful piece of green glass, Venetian, Phoenician or Glaswegian and an old medicine bottle. What happens to all those beer bottles we have thrown over board in the past??? At low water I took out my anchor, chain & warp about 40M and set it towards the incoming tide and the deepest hollow.

The tide started to make at about 1500 and by 1600 she had lifted and was streaming to the warp. I started the engine, put on the autopilot put the engine in gear and hauled on the anchor and kept going until I was due west of the red buoy before making my turn. At the 1615 lock I asked if I was still in time for the 1315. That'll lam me JOHN WOOD 10.03

JAK & ORY This is a jak & ory about a very experienced sailor & yachtmaster, (known as Skip), & his crew sailing from the S.Coast to CBYC. Now Skip has taught Yachtmaster theory and repeatedly would say that you should always use the " € Ps" ..proper prior planning prevents poor performance. For this trip he had prepared a proper passage plan with various diversion ports, if needs must. This he showed to the owner. The owner drove them down to the boat, rowed them to it & briefed them on the facilities, showed them how to input the security code for the Autohelm, battery switches, radar, fridge, showers (hot, of course) and mentioned he'd put 40-galls. of diesel into the tank. Skip thought that should do us OK, made a brew of tea, & got ready to offload the owner. The trip out of the harbour was quite uneventful but really interesting, using the all singing & dancing GPS/moving map.....wonderful, all along the S.coast. Now the wind was lightish & with a sloppy sea, hopeless for a 13 ton boat to sail, so skip kept the motor on for the night, to charge the batteries & to keep the boat speed above 6 knots, & to keep the milk cool in the 'fridge.

Anyway the miles were regularly clicking away & auto & engine were working faultlessly. Skip was churning out the food & tea regularly, the moon shone at night & we had a grudging sun in the day, but not a lot of wind. Now plan 1 was to go into Newlyn for a night, but Skip & crew were having a lovely time, so after a discussion decided to press on. They slipped thru' the Longship's passage with daylight & a nice breeze, due North up to Pendeen with all sails pulling nicely, engine off, onto battery 1, all was well. About 1 hr later, wind eased, engine back on till the engine stopped about a couple of hrs later.....oh dear....too hot to do any real investigation, no leaks, plenty of engine oil & the prop shaft still would turn, so press on .

The wind was East-ish & we could hold the course, auto was working well. About 4 hrs later ..dark. Trevoise Blinking away, & the no.1 battery gave up the ghost...Skip then swapped to no.2 & then turned off the radar, fridge etc. Crew mentioned the auto was asking for a code but was working fine...but he could not input any course changes!!!! About 5 hrs to Hartland, no obstacles ahead on this course, daylight in 7 hrs, skip decided on a cuppa, then a rest. Later, as the light of Hartland was getting a bit nearer & then a course change would be required, the brain needed to get working...crew said owner input code via pad downstairs....no joy. Skip then punched upstairs & after about 5 depressions the display said "code"...the code was duly input correctly ,auto responded ,tea got made & skip & crew thanked everyone, who thru' their thoughts, had helped. Every elect. item was now off as it was clear if battery 2 went flat big trouble was ahead.

Well Hartland was passed, then Bull, but sadly the wind stayed East-ish, well to cut a long 'ory short, Nash pt. became near & an Orange signal came up; the owner was contacted via the mobile 'phone ...a tow out of the lock was arranged,& the lockkeeper informed. All was well. The moral of the 'ory: Check every thing, write down important things, don't rush ,saving time @ the start of this trip caused us a lot of subsequent heartache. Knowing the code was 1 thing, inputting it was just as important. Don't judge diesel consumption , assess it by dipping the tank after say 10 hrs motoring. Skip & crew were lucky this time, learn by their BASIC ERRORS. ... HAPPY, SAFE SAILING! Colin Lyons.

You can read Bear Essentials on the Club Web Site www.cbyc.co.uk

Bach/Fach Not used to convey "small" as a literal translation of the Welsh word would indicate. As in Welsh usage, "Jim bach or Mair Fach" are used to mean 'Dear Jim', or 'Dear Mair'

back-back Wenglish for 'reverse', as in advice to a motorist "Back, back a bit then you'll see the turning you're after..."

Back and fore Wenglish for "back and forth", as in, "He's a real pest - back and fore all the time.'

Back (out the...) In the back garden or at the rear of the house. This expression lost much of its impact with the advent and popularity of indoor toilets...

Bag of nerves/Bag a nerves In a sorry state, as in "Since that happened to her, she's been nothing but a bag of nerves."

Bailey Usually the back yard. "She do sweep 'er bailey reg'lar as clockwork..."

Bald-headed In a reckless manner; "E don't stop to think - 'e goes at it bald headed."

Bar Except, as in "They were all there, bar one."

Bara-bit Very small piece; "Only a dwt, she is - no bigger than a bara-bit."

Bard Wenglish for 'ill'; "Dew I was bard mun, I was in 'ospital frages."

Batch A small round, flattish loaf of bread

Bathers Wenglish for "swimming trunks" or "swimming costume".

Beanfeast A fine meal, as in "We had a real beanfeast after the wedding."

Belonging to Related; "Of course he's belonging to you - his mother and your gran are first cousins."

Belter A heavy blow or beating "You're asking for a belter if you don't shut up."

Beauties Pronounced 'bewties', meaning excellent specimens; "Sorry we're sold out of them now, but we 'ad bewties in last week."

Beauty Pronounced 'bewty'; a fine one in the derogatory sense "You're asking a bewty in 'im - he's hopeless."

Before In preference to, as in "Give me shopping in Ponty, before there, anytime."

Beholden Indebted; "I'm not asking for help, I won't be beholden to anyone, then."

Belfago Loudly; "He was singing real belfago in the bath."

Bell (... on/in every tooth) Used to describe someone who speak soften - and loudly as in "She's at it again, you can hear her a mile off - she's got a bell on every tooth."

Bellyful Enough - and more! "I'm giving it up. I've had a real bellyful of this now."

Beyond Extremely, as in "That kid is cheeky beyond."

Bigger Liar than Tom Pepper An outrageous teller of untruths

Bitter Wenglish for 'bit of'; "I gorrw keep it tidy, it's my bitter best like..."

Super Christmas Cake Recipe

Ingredients.

1 Cup of water	1 cup brown sugar
1 tsp salt	4 large eggs
1 cup of sugar	1 bottle whisky
2 cups dried fruit	1 tsp baking soda
8 oz. nuts	juice of 1 lemon

METHOD

Sample the whisky to check for quality. Take a large bowl. Check the whisky again to be sure it is of the highest quality, Pour one level cup and drink. Repeat. Turn on the electric mixer. Beat on cup of butter in a large, fluffy bowl. Add on tsp sugar and beat again. Make sure the whisky is still okay.

Cry another tup. Turn off the mixer. Break two eggs and add to the bowl and chuck in the dried fruit. Mix on the turner.

If the dried fruit gets stuck in the beaters, pry it loose with a drowscriver. Sample the whisky to check for consistency.

Who cares? Check the whisky. Now, sift the lemon juice and strain your nuts. Add one table and a spoon. In fact, add anything you can find. Grease the oven. Turn the cake tin to 350 degrees. Don't forget to beat off the turner. Throw the bowl out of the window. Check the whisky again and go to bed. ENJOY IT !!!!!

PHILOSOPHY AT IT'S BEST

A philosophy professor stood before his class and had some items in front of him. When the class began, wordlessly, he picked up a large empty mayonnaise jar and proceeded to fill it with rocks, rocks about 2" in diameter. He then asked the students if the jar was full? They agreed that it was. So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open areas between the rocks. He then asked the students again if the jar was full. They agreed it was. The students laughed. The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

"Now," said the professor, "I want you to recognize that this is your life. The rocks are the important things - your family, your partner, your health and your children - things that if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house, your car. The sand is everything else. The small stuff." "If you put the sand into the jar first, there is no room for the pebbles or the rocks. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. There will always be time to go to work, clean the house, give a dinner party and fix the disposal." "Take care of the rocks first - the things that really matter. Set your priorities. The rest is just sand."

But then... A student then took the jar which the other students and the professor agreed was full, and proceeded to pour in a glass of beer. Of course the beer filled the remaining spaces within the jar making the jar truly full. Which proves: - that no matter how full your life is, there is always room for a beer; - your life will not be completely full without a beer. Ozzie Dave.

As usual I finish the day before the sea, sumptuous this evening beneath the moon, which writes Arab symbols with phosphorescent streaks on the slow swells. There is no end to the sky and the waters. How well they accompany sadness!

DOGFISH DINNER. How many times do we go out fishing and come back saying there were only congers and doggies which mostly get thrown back to be caught another time. Dogfish are quite palatable when skinned, because there are no small bones to bother about. I've even boiled them on board and had them as a snack. Pat my wife found a recipe for a Thai seafood casserole which called for a pound of coley or pollack. We had a couple of skinned dogfish in the freezer so I suggested using those. The result was excellent and comes highly recommended.

Recipe. 1 tbsp oil, 1 onion, 2 tomatoes, roughly chopped, 1 tbsp of mild curry paste. Juice and zest of 1 lime, 400grms coconut milk, 1lb dogfish cut in chunks, 100grms cooked prawns, 1 red chilli sliced and deseeded. Coriander & Noodles. Heat oil in a large saucepan or wok, add onion and cook 1min. Stir in tomatoes, Thai paste, limejuice, zest and coconut milk. Bring to the boil and simmer for 15mins until sauce has reduced and thickened. In the meantime boil fish for 5mins and remove from cartilage and chop into pieces. Add fish to sauce and simmer for 5mins. Add prawns and coriander and cook 3mins. Sprinkle with coriander & chilli. Boil noodles. Serves 2. Goes well with a glass or two of dry white. Now what can we do with a conger other than putting it to music?? JOHN WOOD10.03

LEAP SECONDS The passage of time can now be measured with such accuracy that the rotation rate of the Earth can be seen to be variable. This can depend on the seasons (for example as trees grow, this affects the distribution of the mass of the Earth) and can even be dependent on weather conditions such as 'El Niño'.

By tradition, the time given by our clocks is related to the position of the Sun in the sky, which is determined by the rotation of the Earth. Early clocks used this motion to determine the time and we still have sundials as decorative reminders of this by-gone age.

Since 1955 the most accurate clocks available have used an atomic transition in the gas caesium, which defines a very accurately known frequency (there are 9,192,631,770 oscillations per second). This frequency is then divided down to give seconds, minutes etc. Several atomic clocks are used to define a local time standard service. There are many separate time services throughout the world and since 1971 a combined mean version of their time measurement is used as International Atomic Time (TAI).

POEM

She starts--she moves--she seems to feel
The thrill of life along her keel,
And spurning with her foot the ground,
With one exulting, joyous bound,
She leaps into the ocean's arms! *Longfellow*

POSH

Port Out, Starboard Home.
When making the trip from England to India, the Port side of the ship was closer to land, hence better views, on the way out. Same with Starboard home. I probably scrambled some details, but that's the basic idea. [Not really !. Port Out and Stb Home was shady side of vessel! BM,Reels]

**The Editor, his Helpers
and Contributors, wish
all Club Members and Staff**

*A Very Merry Christmas
and a
Happy and Prosperous New Year*

DON'T FORGET OUR.....

CHRISTMAS EVE FUN NIGHT 8PM-12PM

All prizes to be claimed by 31st January

JAIL

No man will be a sailor who has contrivance enough to get himself into a jail; for being in a ship is being in a jail, with the chance of being drowned A man in a jail has more room, better food and commonly better company.
- Samuel Johnson

GLOBE

Let me roll around the globe, let me rock upon the sea:
let me race and pant out my life with an eternal breeze and an endless sea before!
- *Herman Melville*

REGULAR FEATURES Angling - Bryan (Reels) Morgan, Flying Fifteens - Stuart Jones, , Pingel Tales - Brian Pingle, Around the Channel - John Wood, New Members - Roy Evans, Commodore - John Jefferies, Petals Perils - Judy Veal, Social calendar - Dave Penning, A little bird told me - Barrie Metcalf.

Thank you for supplying regular copy for the Bear Essentials. No doubt it would be impossible to produce without your contributions. My ultimate goal is to get regular monthly copy from every section of the Club. T.D.

Give me a spirit that on this life's rough sea
Loves t'have his sails filled with a lusty wind,
Even till his sail-yards tremble, his masts crack,
And his rapt ship run on her side so low

Ha, ha, my ship! Thou mightest well be taken now for the
sea-chariot of the sun. Ho, ho! All ye nations before my
prow, I bring the sun to ye! Yoke on the further billows . .
I drive the sea!

Whoever commands the sea, commands the trade, whoever commands the trade of the world, commands the riches of the world, and consequently the world itself.

- Sir Walter Raleigh.

LET THE CAT OUT OF THE BAG I've heard two explanations. The first is non-nautical and directly related to the old saw, "Never buy a pig in a poke." It seems that one would negotiate a fair price for a piglet. Well, those little guys are squirmy, fast, and hard to catch. To help, the farmer would offer to put the pig in a bag. If you were wise, you then looked in the bag to make sure you had indeed received the pig - farm cats being common and free, many an unscrupulous farmer would stuff a cat into the bag instead of the pig. So when you looked and saw feline rather than porcine, you let the cat out of the bag and demand your pig. The second, of course, deals with the "cat" on a ship, [Not the cathead, which is the beam used to lift the anchor, so, you would "cat the anchor"], but the cat-o-nine-tails. On a Royal Navy ship, the cat was kept in a red baize bag. The bosun or boson's mate would receive the bag and remove the cat from the bag. Thus the offender had let the cat out of the bag. With some captains, as long as the grating was to be rigged, they would order flogging for offences that ordinarily would receive some lesser punishment.

PETALS PERILS Hello shipmates, you'll be relieved to read a shorter version of the irreverent diatribe this month!!!! Great news, we finally made Watchet, but, in true Veal fashion, we arrived by vehicular transport, having dined at the fabulous White Horse Inn at Exford beforehand (unfortunately inaccessible by boat!!!!). So, to arrive at Watchet, we go to Barry and turn left????, sounds simple and we think we've cracked the entrance, although what happens in reality remains to be seen!!!! Bet you can't wait for that one!!

Our sailing practice next year will take place off a remote Malaysian island where breakfast will probably be shared with monkeys, so we will hopefully improve in a very private place!! No one will witness our antics.

The Cruising Section has formed a new committee, and we're on it, hopefully to represent new members and novices. Joining the club was a very nerve-racking experience, and J used to dread walking into the bar when she knew nobody!! It is easy to forget that, although we are all comfortable in our professional and private lives, it can be really daunting to take on a new lifestyle that is both financially and socially demanding!!!! November saw several extremely interesting talks on Cruising nights, with members providing fascinating insights into their travels, and everyone is welcome to join in, whoever you are!!

The Club needs the input of everyone to survive and develop, otherwise it will stagnate!! So, are we all prepared for the festive season?? (which to die-hard members means stocking up on Alka Seltzer, vomit bags and Gaviscon!!) We are, and are looking forward to hearing the Old Salts perform at every possible opportunity as we always have a good time and they really try to entertain!! If anyone would be interested in a few novice events for the New Year, please let us know. Betty the Wettie is looking forward to coming out very shortly. Well, Happy Christmas shipmates. Hope your dreams come true next year and we're hoping for at least some consideration for the Farmer's Trophy.....after all, we've tried hard enough!!!! See you all in the New Year Sails!!!! Get stuffing your turkeys!!!! Happy sailing!! Judy and Richard.

HULL SPEED FORMULA Determines the theoretical boat speed for a displacement hull shape. This formula assumes that there is no current or wind resistance and the hull is clean and free of objects that could cause excess drag.

$$\text{Hull Speed} = (1.34) * (\text{LWL})^{0.5} = (1.34) * (4.062) = 5.4 \text{ knots} = (1.34) * (4.062) = 5.4 \text{ knots}$$

Please note that the above calculation uses a notation of LWL to the POWER of 0.5. This is the same as the square root of the quantity. That's why you should slow down to the hull speed of your vessel when passing other vessels especially in confined areas such as moorings and marinas etc or in particular the River Ely.

SEA SHANTIES What is a Sea Shanty? Shanties are the work songs that were used on the square-rigged ships of the Age of Sail. Their rhythms coordinated the efforts of many sailors hauling on lines. Much loved by modern sailors and folk musicians, they are rarely used as work songs today. This is because modern rigging doesn't require many people to be working in the same rhythm for long periods.

Traditional shanties can be grouped into three types: *short haul shanties*, for tasks requiring quick pulls over a relatively short time; *halyard shanties*, for heavier work requiring more set-up time between pulls; and *capstan shanties*, for long, repetitive tasks requiring a sustained rhythm, but not involving working the lines.

VOYAGE Were this world an endless pain and, by sailing eastward, we could forever reach new distances, and discover sights more sweet and strange than any Cyclades or Islands of King Solomon, then there were promise in the voyage.- Herman Melville

Bear Essentials is the Newsletter of the Cardiff Bay Yacht Club, it is produced monthly and is **entirely dependent on articles contributed by members**, the deadline is the end of each month, if you have an article, anecdote, item for sale or wanted etc. please e-mail it to the editor...

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