



Lake Macquarie Classic Boat Association inc.

The Adoration of Classic Boats

December 2024

RAN Captains Launch built in 1945. Designation- Fast Motor Boat Sydney- 45802 subject of our visit.

MERRY
CHRISTMAS



18th November cockatoo Isl visit Thanks to Glenn and the guys at Cockatoo Isl for a great day with trains ferries lunch and lots of talk

President _ Steve Price



Presidents report

The weather is heating up and the rowers are taking advantage in strong numbers with 10 rowers on Tuesday requiring Miss Caroline and two members kayaks, we're at risk of becoming a fleet!

The many projects in our workshops are making good progress, of particular note the first pintail kayak is nearing completion. We have also been asked to produce a trophy featuring the damaged propellor from Rhythm II as an annual award for hard luck stories at the yacht club as well as a refurb on one of the pond yachts we were given, this will become a display item at the yacht club. I'm enjoying both projects as a good change from a big boat build.

As the year draws to an end we will be having our Christmas lunch at the bowling club on Thursday the 5th of December so come along and enjoy a good feed and even better company!

Steve

Committee meeting minutes Glen has sent out to all members this month and gives members an idea of boatshed committee issues at the November meeting .

Our Boatfest/Lakefest 2025:. Boatfest Sub-committee BC, TP, JM and SP . Date set **15th and 16th February 2025**

Thursday 5th Dec LMCBA Xmas as Lunch at Rathmines Bowling RSL

First Aid training; There is room for more members to attend this training . Training was postponed due to Xmas and some members unavailable on dates selected. About 7 hrs at the RSL and lunch and another good meaningful but social day .

Safety Issues

AMSA on regular Exercise for Shed members

Regular exercise not only reduces your risk of developing chronic conditions like diabetes and heart disease.

It also improves sleep quality, boosts energy levels and plays a vital role in maintaining good mental health.

Despite the benefits, only 17% of Aussie men are meeting the physical activity guidelines.

Lack of time, health concerns and a lack of knowledge of where to start are some of the most common roadblocks when it comes to exercising regularly.

advice from his local Accredited Exercise Physiologist.

“We all need a little encouragement from time to time” says Michael.

“And seeing an exercise physiologist gave me confidence that the exercises were safe and effective.

“It was a real eye opener how much can be done with very little equipment” adds Michael.

The only equipment needed was a chair, door frame and maybe a wall... no excuses!

Michael also accessed a range of free home workout videos from Exercise Right, a platform created by Exercise & Sports Science Australia (ESSA) that offers free resources aimed at helping Australians to live healthier and more active lives.

“They were a great resource to watch... I got a lot inspiration and ideas from these” he says.

All of the videos and resources on the Exercise Right website have been created by university-qualified exercise professionals.

There are many benefits to warming up with stretching exercises prior to starting on any shed projects for the day.

Not only will a few minutes at the beginning of the day help you stay mobile, a limber body will reduce the potential risk of injury as well as get the brain firing.

Be Active Get Stronger Feel Better

PUSH UP	SQUAT	LUNGE
Stand a few steps away from your bench (make sure bench is not too low) and place hands out in front on the bench, shoulder width apart. Keeping your elbows tucked to your side and your feet in place, slowly lean forward bringing your chest towards the bench and then back to starting position. Your back should stay straight and your core strong. This exercise can be modified to make it a bit easier by moving your feet closer to the bench. It can also be modified further by standing up straight with your elbows bent and palms open next to your chest and gently push your palms forward in front of you until your arms are fully extended and then slowly bend your elbows returning your palms back to starting position.	When squatting remember to keep your core strong, your back straight and bend your knees into a squat position and return to standing or a slow pace. Modify the squat by holding on to something for support, and/or change the action of the leg to a knee extension. A knee extension is to lift the leg, extend away from the body and back.	With parallel feet, one foot forward, and the other behind, bend both knees, lifting the back heel off the ground. Keep your back straight and your core strong throughout the lunge and ensure your front knee doesn't go past your toes on your front foot. Slowly return to starting position with both legs straight and both feet flat on the ground. This exercise can be modified by lunging while holding on to a bench or a stable structure for support. If lunges are not for you, stay with squats, and/or modify with the knee extension.
		
SIDE STRETCH	CALF RAISE	HAMSTRING STRETCH
Reach one hand down the same side of your leg until you can feel the stretch in the other side of your body. Make it a harder stretch by reaching your arm over your head to the opposite side of your body until you feel the stretch. Make it even harder by reaching your arm over your head and place the same foot behind your other foot.	Start with feet flat on the ground, slowly push through the balls of your feet lifting your heels off the ground as far as you can and with control slowly return to having your feet flat on the ground. Modify the calf raise by using a pole or stable bench for support or you can do these seated or one foot at a time.	Place one foot in front of the other, slightly bend your back knee lifting your toes of the front foot off the ground. Keeping your back straight and core strong, bend forward slowly until you can feel the stretch through the back of your front leg and hold. To make a little easier and help with balance, modify the stretch by holding on to or leaning on something for support.
		

Exercise activity sheets available at www.mensshed.org
www.activestrongerbetter.net 1300 363 654



One great way to get gentle exercise is to join in with the rowing group

LMCBA life jackets are checked each year however our safety officer adds the following as a reminder to boating members at the start of summer.

Lifejackets require regular care to ensure they function properly when needed. Inflatable models, in particular, need routine maintenance. Follow these steps to keep your lifejacket in top condition.

Inspecting Your Inflatable Lifejacket Before Wear

1. Check for Wear and Tear: Look for any visible damage.
2. Secure CO2 Cylinder: Ensure the cylinder is not pierced and is screwed in hand tight.

Cleaning and Storing Your Lifejacket

1. Rinse After Use: After each use, rinse your lifejacket with fresh water to remove salt and dirt. Check for any signs of damage.
2. Proper Storage: Store the lifejacket in a dry, wellventilated area out of direct sunlight. Ensure it's not crushed by other items.

Servicing Inflatable Lifejackets

- Annual Service: It's essential to service inflatable lifejackets once a year or according to the manufacturer's instructions. Keep records of servicing.

Self-Service Steps

1. Check for Damage: Inspect all fastenings and buckles.
2. Inflate and Check Bladder: Inflate the bladder using oral inflation and check for pressure loss overnight. If it loses pressure, bring it to Ovesco for servicing. Do not repair it yourself.

3. Deflate the Bladder: Deflate the bladder by pressing down on the valve in the oral inflation tube.

Important Note on Inflated Lifejackets

3. Auto-Inflating Models: Check that the auto-inflation cartridge is not expired and is hand tight.
4. Check Pull Cord: Make sure the pull cord is accessible and ready for use.
3. Avoid Misuse: Do not use lifejackets as cushions or fenders. Keep them away from oil and fuel.
4. Unpack Before Storage: Remove new lifejackets from any plastic wrapping to prevent moisture buildup.

- Professional Check: If unsure, bring your lifejacket to Ovesco for a comprehensive check and service.

4. Inspect the CO2 Cylinder: Ensure it's free from rust or corrosion. Weigh the cylinder to match the required weight. Replace if damaged or incorrect.
5. Repack the Lifejacket: Follow the manufacturer's instructions. Ensure the pull cord is not obstructed.
6. Record the Date: Record the servicing date on the inside of your lifejacket.

Once your lifejacket has been inflated, the CO2 cylinder will require replacement. Auto-inflating models may also need component changes.

In NSW, inflatable lifejackets should be serviced yearly to ensure they remain in peak condition. If you have any concerns about the condition of your lifejacket or are unsure when it was last serviced, visit Ovesco for professional servicing. Regular maintenance ensures your safety on the water.

The Rowing group – Australia day adventure

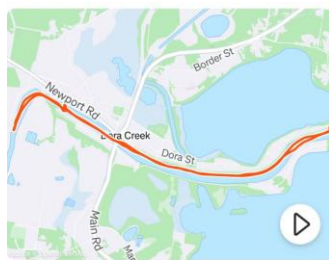
Rowers NEEDED...(no experience needed) can have a great day on Australia day when LMCBA rowers have a plan to **row the length of the lake** . However they need some more rowers ,Coxs and reserves . Leaving from Speers point early and with some planned stops to change crews they head to Chain Valley along with many Kayaks doing the same that day .. on Trailer to return

See Keith, Mario, Peter , or just reply to this newsletter and Bill can forward to the coordinators ..

If you haven't rowed there are lots of chances to have a go .. Its easy great exercise for seniors with medium fitness . Its great socially with being in a team of 6 rowing together (and chatting).



The Australia day Kayak at 3 .5 Kn



A row up dora creek



Projects progress

Petite Brise (16 ft Gunter Yawl)



Chris and John and Wal in WS2

Guillimot

More progress on the Guillemot Wow this is looking Great . Skill Quality on display



Joel Motors. This is a great buy . Special price to LMCBA

members.. Joe has also mounted our classic motors on a mobile stand .

The Canoe Build in WS2 upstairs

Work has started on the second build of this special boat



Southport Nesting Dinghy

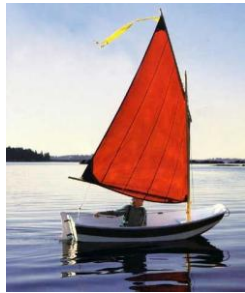


Lots of sanding has achieved a great finish ready for fibregassing and filling and more sanding..

Lot of interest in the later stage when we cut them in half . Tickets may be needed to attend ..

Nutshell restoration in WS1 no back to WS 2

7'7" Nutshell Pram Glued-lap plywood rowing or sailing tender with plenty of capacity. Designed by Joel White. Built by Nigel Shannon at Shannon Boats from Taree. Wal McC. is running the restoration in WS2. *This is a*



very pretty little boat



TS 16 Build

Pauls boat moves forward with quality detail work



Lots of other activity often overlooked.

Terry started the Test and Tag of Electric gear . Help him out by getting the gear out ready .

Glenn cutting up another of sue's great cakes .

Thanks Sue



And model and trophy making .

Malcolms Moxon Vice a great xmas gift

EPOXY

Our much used and discussed subject in boat building and

restoration so I include a part of the us Wooden boat article by an experience group

“ We have spent some time with plywood boats over the last several years, both vintage and new, and a common problem that we have had to address is cracks that can develop in the outer veneer of the plywood. When plywood is made, the wood fibers are stressed from their original shape to form flat veneers, and over time the wood dries out and the fibers shrink. Repeated wet-dry cycles and sun exposure also can cause damage to veneer protected only by paint or varnish. The cracks, also referred to as checking, can be very fine or larger fractures that form a rough surface. At worst, there can be voids where bits of veneer have chipped off.



Applications of epoxy, both straight and thickened with silica, have been very effective in repairing the plywood and preventing further checking. Epoxy has adhesive and sealing properties that are superior to those of paint. Applied to bare wood, epoxy stabilizes the grain and provides a protective barrier to water intrusion. It provides a solid base for subsequent applications of varnish or primer and paint. If the surface being restored is especially rough, as it can be with fir plywood, fairing compound can make it smooth.

Boat designer Builder Arch Davis’s advice resulted in using epoxy on a 1953 Alcott Sunfish. The painted fir plywood deck had extensive checking. Sanded it back to bare wood and applied two coats of WEST System 105 Resin with 207 Special Clear Hardener, which sealed the grain and gave the deck a nice bright finish. That deck has not checked since 2013. Stored the boat in the garage when not in use, so there was no need to varnish over the epoxy’

Linseed Oil Paints

New but old thinking on Paints from *Wooden Boats Magazine* author **Capt. David Bill**

When it's time to think about painting your boat, it's worth considering a natural, solvent-free paint. Allback Linseed Oil paint is produced with natural earth pigments and linseed oil pressed from flax seeds. Plant-based paints are nothing new; linseed oil paint predates today's petroleum-based products. Modern alkyd resin and acrylic resin paints create a barrier between the wood and the marine environment, but water eventually finds its way into the wood, and the moisture sealed inside by the paint results in wood decay, causing the paint to bubble, crack, and fail.

Linseed oil paint preserves the wood by allowing it to "breathe."



Linseed oil soap, a 7-oz sample of linseed oil paint, and purified raw linseed oil

Boiled linseed oil and linseed-oil paint were used throughout the recent restoration of the Charles W. Morgan, the 174-year-old whaleship that is the centerpiece of Mystic Seaport, for both historical and practical reasons. During the restoration, new planking was saturated with multiple coats of boiled linseed oil. Old planking was stripped, water blasted, and then prepped with linseed oil. The entire hull was finish-painted with two coats of Allback's black linseed oil paint. Rob Whalen, the lead shipwright and project foreman for the MORGAN restoration, was clear that the Seaport's research and testing had determined that Allback linseed-oil paint was the best choice for the preservation of the world's sole remaining sailing whaleship. Linseed-oil enthusiasts support the manufacturer's claim that the paint has excellent longevity while preserving the wood. Thad Danielson builds and restores wooden boats in Cummington, Massachusetts. "Prior to learning about Allback paint," he wrote, "my boat paints always cracked and peeled in places, requiring sanding, filling, and repainting every year. Last fall when we hauled SEA HARMONY, a 1937 Albert Strange yawl I'd painted with Allback paint, the yard manager looked at a few small breaks in the paint at plank seams and said: 'Looks like your paint is peeling.' I said it had been that way for seven years. He replied, 'You have done very well.'

They also painted [Mower dory](#) with Allback's Old White. It goes on beautifully, and any encouragement to lay raw linseed oil on one's boats seems all good to me." Such longevity in a paint finish saves significant effort and expense in the long run.

Allback notes that its paints can take on a matte look over time due to the oxidation that occurs as linseed oil dries. Simply rubbing linseed oil or linseed wax on with a cloth will rejuvenate the paint's luster.

On a cost comparison in usa , Allback linseed-oil paint is pricier, at \$0.30 per sq ft than Benjamin Moore SuperSpec at \$0.09 per sq ft or Rustoleum Topside at \$0.15 per sq ft. But to compare more accurately, dry weight needs to be factored. Linseed-oil paint is 100 percent dry weight: no added solvents evaporate from the paint; the linseed oil transitions from a liquid state to solid. The dry weight of petroleum-based paint is measured only after the water, volatile organic compounds (VOCs), and solvents evaporate from the paint. For some petroleum-based paints, only 40 percent of what's in the can is dry weight. If you take into account the thickness of the film of paint after it has dried, quart for quart you'll have nearly twice as much paint on your boat per coat of linseed oil paint.

Consider going organic with a painting project. Using Linseed Oil products will make a healthier, more effective, and—for traditional boats—historically appropriate way to protect the investment. **Capt. David Bill** writes about his adventures on his blog, [Boats and Life](#). Allback's full line of linseed-oil products is available at Sydney paint Warehouse and local manufacturer lists as Peter Lewis Paints .(Peter Lewis founded the Porters paints group -sold to Dulux and is now manufacturing Linseed based paints in Sydney)

an old nautical JJ saying:

"If you're not making a wake or waves – you're not moving."



Merry
Christmas

