



# Mal de Mer - Oh My Aching Stomach!

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 UNITED STATES COAST GUARD AUXILIARY



As an avid student of the sea, I am always amazed when I read that even some of the 'round the world sailors get "mal de mer" - sea sickness. While they get over it in a few days, which everyone will if they are just out there long enough, I wonder how they can put to sea knowing with certainty that they will be sick as dogs for two or three days.

### What Is/What Causes Seasickness?

Seasickness starts in your inner ear. It is caused by the rocking of the boat at sea and, from my own observations, I believe that each boat has a certain rocking motion that is unique to itself and that each sailor has a unique tendency versus that. I have seen sailors on multiple configurations of boats, multiple sizes and various sea-states who get seasick without any predictability versus these mixes. Of course there is the person who gets seasick at the dock as they get out of the car. While they are genuinely sick, they are not sick from the motion. They are sick from "e-motion." They are convinced that they will get sick; they fear that; they get sick as soon as they slam the car door shut. I know of one sailor who only gets seasick in the English Channel. Of course, the first time he was there was during the Normandy Invasion and he crossed it sitting with plenty of other soldiers also getting seasick all over each other... To the sailor who gets chronic seasickness, it is like being in a cold, wet, rolling jail cell - plus the chance of drowning is never too far away, at least in their minds.

### How Can I Stop It?

First, don't get seasick. This means keeping your

eye on the horizon as best you can. Watching the boat itself rock around is like reading in a car. It is going to cause problems because your mind and inner ear can't process all those rapid little motions. If you start to get the least bit queasy, stand up or lie down - but get out of that chair. Having your innards pressing on your stomach, which is reacting to the signals from your inner ear, is a recipe for projectile emissions.

Second, if someone around you starts to turn green, get away "at speed." If it is your wife, throw her a bucket and your best wishes.\* You will rapidly follow the leader if you don't. Resist the temptation to have them or yourself avail yourself of the "puke deck", i.e., evacuating over-board. Your internal balance system is shot. One bad jibe by the boat and you will be following your lunch into the drink. But be aware of this. If you have gotten seasick, and you haven't started preventative measures the night before you set sail, pray that you can fall asleep. There is nothing you can do if you haven't started preventative measures well prior other than letting nature take its course. See above about those 'round the world sailors.

### How Do I Prevent It?

There are plenty of over-the-counter remedies (and I use remedies with a small 'r' because, for some people, they are just palliatives, not fixes) that come in pill or patch form - Dramamine, Marezine, Bonine, Scapolamine (ear patches), etc. If you are going to try one, you might want to start with Marezine, since it is the least likely to cause drowsi-

ness. Scapolamine is probably the most effective and its effects also last the longest, about 72 hours. It can have some strange side effects, however, and requires a doctor's prescription. Phenergan, a suppository, can also be purchased over the counter.

A natural aid is ginger. You can stock up at the Japanese restaurant or just buy the tablets (or the cookies.) Many people swear by it and I have seen it work with my kids. But start the night before... One of the more "esoteric" types of remedy is the wrist bands. They are supposed to work on your acupuncture point that is about an inch and a half above your inner wrist. Hey, if it works for you, use it.

I am not a doctor. I am a sailor and a keen observer of the obvious - if it works for you, use it because seasickness is really a malady...

Oh, the asterisk (\*) above... One day a few years back, when transiting through the Montauk Rips with a goodly number of friends and family aboard, everyone (cept me of course) got seasick, including my wife, Jo, and my young daughter, Mariel. My wife got the bucket and a "here, use this." Mariel got a bucket, a warm towel and me holding her hand... My wife said, "Sure. It figures!" between gasps. I said, "Of course it does She's only 9!" T'was a cold night for me that night... Aargh!

BTW, if you are interested in being part of USCG Forces, email me at JoinUSCGAux@aol.com or go direct to the D1SR Human Resources department, who are in charge of new members matters, at DSO-HR and we will help you "get in this thing..."

### Tides for Moriches Inlet starting with June 5, 2013

Day	High/Low	Tide Time	Height Feet	Sunrise/Sunset	Moon Time	% Moon Visible
Wed. 5	High	5:13 AM	2.8	5:20 AM	Rise 3:24 AM	13
5	Low	11:07 AM	0.2	8:19 PM	Set 5:42 PM	
5	High	5:38 PM	3.3			
5	Low	11:57 PM	0.2			
Thur. 6	High	6:02 AM	2.9	5:20 AM	Rise 4:00 AM	7
6	Low	11:51 AM	0.2	8:20 PM	Set 6:38 PM	
6	High	6:21 PM	3.4			
Fri. 7	Low	12:42 AM	0.1	5:20 AM	Rise 4:41 AM	3
7	High	6:48 AM	2.9	8:20 PM	Set 7:32 PM	
7	Low	12:34 PM	0.2			
7	High	7:01 PM	3.4			
Sat. 8	Low	1:25 AM	0.1	5:20 AM	Rise 5:26 AM	0
8	High	7:30 AM	2.9	8:21 PM	Set 8:21 PM	
8	Low	1:16 PM	0.2			
8	High	7:39 PM	3.3			
Sun 9	Low	2:06 AM	0.1	5:19 AM	Rise 6:14 AM	0
9	High	8:12 AM	2.9	8:21 PM	Set 9:06 PM	
9	Low	1:58 PM	0.3			
9	High	8:16 PM	3.3			
Mon. 10	Low	2:45 AM	0.1	5:19 AM	Rise 7:06 AM	1
10	High	8:54 AM	2.8	8:22 PM	Set 9:46 PM	
10	Low	2:37 PM	0.3			
10	High	8:53 PM	3.2			
Tues. 11	Low	3:23 AM	0.1	5:19 AM	Rise 8:00 AM	4
11	High	9:36 AM	2.7	8:22 PM	Set 10:23 PM	
11	Low	3:16 PM	0.4			
11	High	9:29 PM	3.2			
Wed. 12	Low	3:58 AM	0.2	5:19 AM	Rise 8:57 AM	8
12	High	10:19 AM	2.7	8:23 PM	Set 10:56 PM	
12	Low	3:53 PM	0.5			
12	High	10:06 PM	3.0			


  

Weather Forecast

Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Jun 5	Jun 6	Jun 7	Jun 8	Jun 9	Jun 10	Jun 11	Jun 12
Mostly Sunny	Mostly Cloudy	Scattered T-Storms	Showers	Partly Cloudy	Partly Cloudy	Showers	Partly Cloudy
71°F 54°F	70°F 59°F	69°F 59°F	71°F 60°F	75°F 58°F	75°F 57°F	72°F 60°F	74°F 61°F

## FISHING WITH TONY

### FLUKE OR PORGIES TAKE YOUR PICK



by TONY SALERNO


Thus far the 2013 fishing in the local waters have been nothing short of spectacular. Oh sure there is an off day here and there, however for the most part, big fluke and giant porgies are making headlines.

The fluke fishing started off with many fish to 8-pounds anywhere from Stony Brook to Mt. Sinai, and although there are still plenty of fluke in the area, silver plate size porgies have moved into the area making for a tough choice among anglers of which species to pursue. Over in Pt. Jeff, both the Celtic Quest and the Osprey V have been enjoying top notch scup fishing on both the day and evening trips. When conditions permit, both open boats are squeezing in some fluking, which have been either a hit or miss ordeal. Nonetheless, patrons of the boats are all coming off with plenty of bags of tasty fillets. My advice is to get out as soon as you can as this fabulous fishing will fall into summer mode before you know it.

Along the south shore it's been a fluke bonanza for both Moriches and Shinnecock Bays. The Shinnecock Star and the Hampton Lady have been doing super using bucktails and teasers in the bay, while the days the boats can get out on the big pond, chrome balls and teasers are accounting for many fish to 10 plus pounds. Striped bass are also up for the taking when boat traffic has been light with the inlet area producing the best fishing on fresh clams. Bluefish are in and out of the inlet and where they'll show at any given time is anybody's guess.

Over at Moriches, Captain James Russo reports fluke fishing is smoking right now with many limits of fish to 9-pounds on a daily basis. During the week, Don Mitchel sailed on the boat three days limiting out on fluke and then some on each trip with fish to 8-pounds. Small bucktails tipped off with either a Berkley Gulp Bait or a spearing is doing the trick. The Rosie sails two trips daily at 7:30 a.m. to 3:30 p.m. and then again at 5:00 p.m. till 9 p.m. targeting fluke.

Just a mention that the 6th Annual Fluke Rodeo to benefit Send a Kid Fishing and the Special Olympics hosted by the New York State Council Knights of Columbus, The Fisherman Magazine and Marine Max Marina is happening on Saturday, July 13, 2013 7 a.m. - 4 p.m. For information contact Stan 631-580-1018 or Cosimo 631-338-7055.



9-pound fluke caught on the Rosie