

Antares arrives at RSAYS



Gill and Bruce Roach celebrated the purchase of their first boat, the Schionning 10.3 catamaran, Antares at an impromptu dockside celebration on her arrival at RSAYS from Brisbane on January 5. Bruce has raced extensively in the Squadron fleet for over 15 years and now looks forward to expanding his sailing to include cruising South Australian waters. Bruce, a building designer, is a member of the RSAYS Development Committee.

SABABBS Malaise Hits Poor Boat Owner's

PBO Sharon Bone of Shiraz drew our attention to a pervasive mariner's ailment described in a letter to the editor in British magazine *Yachting Monthly*, July 2003.

Dear YM,

I thought I should let you know about a new mystery illness: SABABBS. You could be forgiven for thinking that this is an ailment acquired by soldiers in the Gulf, but not so, it is a disease which selectively attacks mariners in the more developed countries, and mostly targets the male of the species.

It is never fatal, but like malaria there is no permanent cure. It tends to manifest itself during spring and autumn, when conditions are ideal.

Symptoms generally consist of hyperactive bouts of frenetic searching, similar to squirrels looking of nuts. These are frequently accompanied by mood swings, sometimes quite violent, and alternating between euphoria and depression, depending on whether or not the patient believes he has found

what he is looking for. This may be something that has presented itself during a dream, or which has been discovered by reading advertisements in the media.

Married men who fall victim to SABABBS can involve the entire family in these searches – often in corrugated sheds and derelict waterside buildings. The syndrome has been known to cause divorce and child protection orders in extreme cases. Normally symptoms can be kept under control by a sympathetic ear and the frequent presentation of bank statements.

I myself have been suffering for some months, and my GP, who himself sometimes suffers, can offer no hope of a cure. He tells me that symptoms fade with age, and rarely appear beyond the age on 80 – small consolation! Apparently, some researchers have discovered that

relocating sufferers a long way from saltwater can dramatically improve the situation, but at the risk of long-term depression.

Overall, it appears that we should all do our best to avoid spreading infection by careless talk in bars and re-circulating old copies of *Yachting Monthly*. I do hope your readers will heed this timely warning, as the disease can strike quickly, requiring only a few days' incubation.

SABABBS = Seasonally Acquired Buy A Bigger Boat Syndrome

Robert Tompkins