My favorite SSB frequencies are the maritime simplex frequencies like 8291, 8294, and 8297 (+4, 6, 12, and 16MHz freqs) as well as the US Navy's SESEF in Norfolk on 7535.0 USB primarily. I hear these here in Maryland regularly and you should be able to hear them in New York as well.

For the 4, 6, 8, 12, and 16MHz (and higher) maritime frequencies, I tend to focus on the simplex frequencies. A table of these with some explanations can be found at https://www.navcen.uscg.gov/simplex. I usually stay in a band (I prefer the 8MHz band) and focus on those few channels based upon propagation, but the amount of traffic is light and very hit-or-miss. The usage of HF for maritime communications has significantly declined thanks to cheap and readily accessible satellite systems.

For the US Navy SESEF frequency (primary 7535.0 USB) in Norfolk, they are active mostly during business hours (apx 0730-1600, plus or minus a bit) during the week with ships using call word identifiers and the SESEF identifying as "SESEF" (Sea-Sef) or SESEF Norfolk. The call words can be looked up at https://udxf.nl/MCL.pdf, although not all ships or all call signs/words are identified. That's part of the fun for me: trying to figure out the ship based upon clues given by the call word in use. Activity on this net consists primarily of radio checks, testing of HF radio suites, and similar activity. It almost always starts in USB mode, but you'll find them switching to LSB, AM, ISB, and radioteletype as well. They also use a fair amount of ANDVT (Advanced Narrowband Digital Voice Terminal) for encrypted communications (going "green" or "kick green").

I should also mention that the Navy SESEF frequency can also go a couple of days without much activity, and then get busy all of a sudden. Most often, ships will do their radio checks a few days before leaving port or departing on deployment. Friday afternoons are almost always quiet as are Monday mornings, but the rest of the week usually has at least a few calls each day.

HF-Simplex-Frequencies

Exclusive Maritime Channels

These frequencies are shared and are not available for the exclusive use of any station.

4 MHz Band kHz	6 MHz Band kHz	8 MHz Band kHz	12 MHz Band kHz
4146	6224	8294	12,353
4149	6227	8297	12,356

4417	6230	12,359
	6516 (daytime only)	12,362
		12,365
4065,4089,4116,4408 for Mississippi River	6209,6212,6510,6513 for Mississippi River	12,362 12,365 for Mississippi River

16 MHz kHz	18/19 MHz Band kHz	22 MHz Band kHz	25/26 MHz Band kHz
16,528	18,825	22,159	25,100
16,531	18,828	22,162	25,103
16,534	18,831	22,165	25,106
16,537	18,834	22,168	25,109
16,540	18,837	22,171	25,112
16,543 for Mississippi River	18,840	22,174	25,115
16,546 for Mississippi River	18,843	22,177	25,118

Maritime Channels Shared with the Fixed Service

The following channels in the band 4000-4063 kHz and 8100-8195 kHz may be used:

- for supplementing ship-to-shore channels for duplex operation;
- for Intership simplex (single-frequency) and cross-band operation;
- for cross-band working with coast stations;
- for duplex operation with coast stations working in the band 4438-4650 kHz or with Channels 834, 835, 836 and 837;
- for ship-to-shore or shore-to-ship simplex operations (8100-8195 kHz only).

Channel No.	4 MHz Carrier Frequency kHz	8 MHz Carrier Frequency kHz
1	4000	8101
2	4003	8104
3	4006	8107
4	4009	8110
5	4012	8113
6	4015	8116

7	4018	8119
8	4021	8122
9	4024	8125
10	4027	8128
11	4030	8131
12	4033	8134
13	4036	8137
14	4039	8140
15	4042	8143
16	4045	8146
17	4048	8149
18	4051	8152
19	4054	8155
20	4057	8158
21	4060	8161
22		8164
23		8167
24		8170
25		8173
26		8176
27		8179
28		8182
29		8185
30		8188
31		8191

Global Maritime Distress & Safety System DSC & Radiotelephone Channels

The simplex DSC frequencies are guarded and are used for digital alerting and calling for distress, urgency and safety. Once the DSC call has been sent, the corresponding radiotelephone frequency is used for voice communications.

These simplex voice frequencies are used for distress and safety communications, and (except for 2182 kHz) are not normally guarded.

DSC	VOICE	DSC	VOICE
2187.5	2182	8414.5	8291
4207.5	4125	12,577	12,290
6312.0	6215	16,804.5	16,420