

## LOVE AND INTIMACY REVISITED

*In the February, 2019, or Valentine's Day edition of YeLogge, the argument was advanced that sailors are well-suited to be good lovers because they possess attitudes and behaviors that many authorities on intimate relationships consider to be essential for developing and maintaining healthy, romantic relationships. Among the traits which have been identified in this regard are 1) the ability to promote a friendship with one's sweetheart; and 2) the capacity to think about one's romantic relationship in terms of what it means to love well, or be loved well. A central question in this regard is, "What would make my beloved happy in our relationship?" An awareness that a healthy romantic relationship inspires one toward self-improvement was also posited as critical aspect of healthy intimate relationships.*

*Some suggestions were discussed regarding ways to develop a friendship with one's beloved, such as creating "love maps" or cognitive reservoirs of intimate knowledge about the inner life of one's spouse, such as aspirations, life stresses and sources of conflict, interests and hobbies, wishes and desires, plans for the future, and philosophy of life. In addition, the concept of "turning away" or "turning toward" one's intimate partner was discussed, a notion that, if understood and carefully followed, can facilitate "connecting" with one's sweetheart.*

*Those of you who have taken such thoughts and ideas to heart have, no doubt, reaped a wealth of deeper closeness and understanding, as well as a more enriched, loving and intimate relationship with your sweetheart.*

*So, the time is at hand for all of us, once again, to pay tribute to our sweethearts.*

*As the 2020 sailing season approaches, in addition to getting your boat in ship-shape and practicing some tacks and jibs, consider cultivating your romantic relationship with your beloved by following some of the referenced principles.*

*—Editor*

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## ***Events***

**TUESDAYS** (2/4—3/24) Dancing Under the Stars

**FRIDAYS: 6-7** Yoga for Sailors

**2/22** Mardi Gras

**2/29** Nautical Flea Market

**3/5** BOG Meeting

**3/12** Membership Meeting

**3/14** St. Patrick's Day Celebration

**3/28** Karaoke Night

UPCOMING:

6/26-28 Lighthouse Regatta

### ***TO VIEW THE WEBSITE:***

<https://okcboatclub.com/>

***TO VIEW CLUB EVENTS ON THE WEBSITE, CLICK ON:  
"CALENDAR"***

***TO VIEW THE YeLOGGE ON THE WEBSITE, CLICK ON "ABOUT"***

## VALENTINE'S DAY QUIZ



**1. According to English tradition, what happens to the first man a woman sees on Valentine's Day?**

He will trip on his shoelace; She will marry him; She has to kiss him.

**2. Who wrote the oldest Valentine still in existence and in what year?**

Charles, Duke of Orleans, 1415; J.C. Hall, 1910; Lord Byron, 1820

**3. Valentine's Day is the second most popular day of the year for sending cards. Which is the first?**

Thanksgiving; Easter; Christmas

**4. Phenylethylamine is the natural chemical of what addictive sweet Valentine treat?**

Conversation hearts; Chocolate; Gummy Bears

**5. Worldwide, approximately how many roses are given on Valentine's Day?**

10 billion; 12 million; 50 million

**6. Which of the following flowers are not a good idea to send to the one you love on Valentine's Day?**

Red Rose; White Chrysanthemum;  
Red Carnation

**7. St. Valentine was the patron saint of ...**

Engaged couples and happy marriages;  
Beekeepers, epilepsy, and fainting;  
All of the above

**8. 60% of America's red roses are grown in which U.S. state?**

California; Texas; Washington

**9. In medieval times, which internal organ was believed to cause love?**

Stomach; Liver; Gall bladder

**10. Which famous building is illuminated with a red heart every Valentine's Day?**

Chrysler building; Empire State building;  
Eiffel Tower

ANSWERS ON PAGE 9

# COMMODORE— Craig Bilodeau

[commodore@okcboatclub.com](mailto:commodore@okcboatclub.com)



About 10 years ago I was contacted by a friend who was involved (and still is) with a charitable group called Water4. My friend Steve had designed a hand operated water well pump for 3rd world countries. The water pump design is simple and inexpensive and was based on some drawings made by *da Vinci* a few hundred years ago.

He had also helped design a hand operated drilling rig. One issue they were having with drilling through rock by hand was that they needed a way to hoist and then drop suddenly a percussion bit and all by hand. Steve thought of me since I was a sailor who dealt with rigging and gave me a call. I invited Steve to come out to OCBC and take a look at the winches on my boat to see if he thought they might work for the drilling rig. After taking a look he thought it would work great. I found a couple old winches and they went overseas on the next trip. Steve was right, the winches worked great. Eventually Harken began selling winches to Water4 at cost to help drill wells for needy villages all around the world. I never dreamed my love of sailing would have any contribution to help villages on the other side of the world have fresh water but in a small way it did. One of the neatest things about Water4 is that they leave the drilling rig behind with several trained locals to go out and drill more wells for others, thereby creating jobs and providing even more clean water. Water4 teams go to African countries for the most part. If your interested in giving to this worthwhile charity visit [Water4.org](http://Water4.org)

Hope to see you on the water,

Best Regards,

Craig Bilodeau, Commodore



# Vice Commodore—Greg Thomas

[vice-commodore@okcboatclub.com](mailto:vice-commodore@okcboatclub.com)

Where did you learn to sail? I first sailed at a YMCA family camp. Eventually they let me take out a Beetle Cat by myself, which resembled a huge bathtub with a bed sheet.



There was no way for me to capsize, so they felt I was safe, even though there was no rescue boat following me. That first time sailing by myself was one of the greatest experiences in my life as a 10-year old that I still remember vividly today. Later, I was a YMCA camp counselor, and I learned more by sailing on a sunfish and teaching kids at camp.

OCBC provides that type of magical opportunity to kids through our Lighthouse Charities Inc., which bought the Picos and 420s used at our summer sailing camp. We (as members of OCBC) provide scholarships to kids to attend our sailing camp that otherwise may never have such an opportunity. We can do this because of Lighthouse Charities. Our annual Lighthouse Charities regatta is how we fund this effort.

The regatta will be held June 26 through 28. We need lots of help, not just volunteers, but your donations and your employer's, and the donations of others you may know to keep this effort strong. Lighthouse Charities has 501(c)3 status making contributions tax deductible. In future articles and notices we will be providing additional information on how you can contribute. Let's keep the sailing magic going for kids.

Greg



## Rear Commodore—Terry Carlson

[rear-commodore@okcboatclub.com](mailto:rear-commodore@okcboatclub.com)

It being winter at OCBC not much is going on, I was informed at the last Membership meeting, the chain was off the west hoist and with the help of Ric Drennen and Provisional Jeff (sorry can't remember last name) we got the hoist working again.

Outside glass on a window in the Board room is broken and Rick Young got a glass company to meet him and give OCBC a repair estimate of \$259.38. The repair will be completed soon. Rick also replaced the red/green lights at the OCBC entrance.

Rick Young and I replaced the HVAC filters in the Clubhouse and Rick replaced several Clubhouse lights and says two of the can fixtures are needing to be replaced. Two of the electric outlets at the west hoist are not working and I think the GFI's need to be replaced.

I'm hoping for some more 70 plus degree days in February!

Terry Carlson, Rear Commodore

## **Secretary's Corner—David Archibald** **Board of Governor's Meeting—February 6**

The BOG meet on Thursday, February 6 at 19:00 in the OCBC board room.

We received an update on the planned repairs for the docks and an estimated timeline for the materials to arrive. There was also a Bylaws committee formed to review the bylaws and recommend any changes that need to be made for language, clarity or practice.

Lighthouse committee reported they have begun the planning for this year's event and have started forming subcommittees to help with the planning.

The meeting adjourned at 20:25.

Respectfully submitted,

David Archibald, Secretary



The Handicap Fleet Presents

OCBC  
**MARDI GRAS**  
PARTY

**SATURDAY, FEB 22ND**  
**HURRICANES @ 6PM**  
**DINNER SERVED @ 6:30PM**  
**\$15 PER PERSON**

**Award for BEST  
Mardi Gras Attire!**  
**Dominos & Poker!**

**GUMBO**  
**KING CAKE**  
**BREAD PUDDING**  
**AND MORE....**

# Yoga With Nova

Welcome 2020!!

Every Friday

Jan 10

Jan 17

Jan 24

Jan 31

Feb 7

Feb 14

Feb 21

Feb 28



"ALL I'M SAYING, SWEETHEART, IS THAT  
MAYBE YOU'RE NOT QUITE READY FOR  
THE ADVANCED YOGA CLASS!"



## COACH'S CORNER — Lynn Pinegar

As the youth coach, I was asked by our Commodore to write an article for the *Ye Logge*. I decided to write about the three major boats used in youth racing, the Opti, the 420 and the Laser (now called the ILCA). This month I will talk about the Optimist.

The boat recommended for the youngest sailors is the Optimist, or “Opti,” as it’s usually called. The Opti is the most popular boat worldwide with 150,000 registered with the IODA (International Optimist Dinghy Association). The Opti was first built in 1947 by Clark Mills for the Clearwater Florida Optimist Service Club as a low –cost boat for young sailors. The design is such that it can be built from two 4x8 pieces of plywood. The design was modified in the 1960's, and in 1995 it became a strict one-design.

The Opti gets a bad reputation because it looks like a bath tub and has a funky looking sail. Some people say it is slow, but do you really want a 7-year-old on a fast boat? The Opti is the perfect boat for training youth sailors up to 15 years old that weigh less than 125 lbs. My daughter, Sydney, first started sailing the Opti when she was about 4. She and Kelsey Kendall raced their first race together on the same Opti when Sydney was 5 and Kelsey was 7.

The Opti is a great trainer because it is small and easy to rig. It is light (only 75lbs), which makes it easy to transport. Kids can rig and launch their own boat without an adult's help, which teaches them self-reliance and gives them confidence.



When they are ready, kids can race them anywhere (remember there are 150,000 worldwide). One youth regatta on Lake Garda in Trentino, Italy has 1200 Optis in a single regatta annually. Around here, we usually sail in Texas, where each youth regatta gets about 50 kids on Optis.

The fleets are broken down by age and experience. The Green fleet is for inexperienced racers any age up to 15. Anyone who wants to move up from the Green fleet can move up at any time. However, because the Green fleet is for inexperienced sailors, any sailor that wins first place at a regatta in the Green fleet has to move up to the one of the Red, White, or Blue fleets. The White fleet is 10 and under, the Blue fleet is 11-12 year-olds, and the Red fleet is 13-15 year-olds. Although they are in different age groups, all boats start as one fleet except the Green fleet, which has their own course and start.

The best thing about the Opti is that it gets young children sailing by themselves and the skills they learn while sailing are easily transferable to other boats.

## *From the Dictionary for Landlubbers, Old Salts, and Armchair Drifters*

*Submitted by: John Barnett*

### **Weather Helm**

Marked tendency of a sailboat to turn into the wind, even when the rudder is centered. This is easily countered by wedging a heavy object against the tiller. *See* CREW.

### **ANSWERS TO VALENTINE'S DAY QUIZ**

1. **She will marry him.** Some unmarried women would rise before sunrise on Valentine's Day and stand by the window watching for a man to pass. It was believed that the first man seen — or someone who looked very much like him — would be their husband within a year.
2. **Charles, Duke of Orleans, 1415.** The British Library in London holds the oldest known surviving valentine, a poem composed in French by Charles Duke of Orleans to his wife, which he sent while imprisoned in the Tower of London in 1415.
3. **Christmas.** There are approximately 1 billion Valentine's Day cards exchanged every year in the U.S. alone, while over 2 billion Christmas cards are sent in the U.S. each year.
4. **Chocolate.** Phenylethylamine, found in chocolate, is a compound that causes the brain to release mood-elevating and pain-relieving endorphins. It triggers the release of dopamine, the "feel-good" chemical.
5. **50 million.** While over 50 million roses are given worldwide, the most popular to give on Valentine's Day is a single perfect red rose with baby's breath.
6. **White Chrysanthemum.** Chrysanthemums are a popular funeral flower so you might not want to give them on Valentine's Day. Undoubtedly, the red rose is known to symbolize love, and red carnations symbolize admiration.
7. **All of the above.** People call on St. Valentine to watch over the lives of lovers, but also for interventions regarding beekeeping and epilepsy, as well as the plague, fainting, and traveling.
8. **California.** Although California produces 60% of the roses sold in the U.S. every year, 1 billion of the roses sold for Valentine's Day are imported from South America because American producers are unable to grow enough roses in time to meet the Valentine's Day demand (thanks to bad weather and shorter daylight hours).
9. **Liver.** The heart wasn't always associated with love. The physical heart was thought by Aristotle to be associated with reason, and later, emotions, with the exception of love, which supposedly resided in the liver. The liver was always considered a very important organ associated with desire.
10. **Empire State Building.** Be sure to head to NYC on February 14th to see the illuminated heart on the Empire State Building. In 2015, it featured pulsing red lights like a beating heart!





**OCBC**  
**NAUTICAL FLEA MARKET**  
**SATURDAY, FEBRUARY 29, 2020**  
**SET UP: 0900 HOURS**  
**SALE HOURS:**  
**1000-1200 HRS.**

For Sellers planning to have significant items (sails, biminis, outboards, poles, etc.) for sale, please send an email to [JohnTulp@yahoo.com](mailto:JohnTulp@yahoo.com) and include the following:

- a. brief (10-15 word) description of the significant item(s) i.e. information buyers would like to know if they're looking for the item.
- b. Your contact information: Name, email and/or phone number.

John will compile a list of submitted significant items; and, the list will be sent to the Membership closer to the sale date. This will enable buyers having an interest in these larger items to contact the seller and possibly make a deal and preclude the seller from having to bring them to the flea market.

**For all Sellers:** Sellers are responsible for making sure what they brought is removed from club premises by 1300 hrs on date of sale. And, Sellers are responsible for conducting their own transactions.



# M E M O R I E S

# E M O R I E S



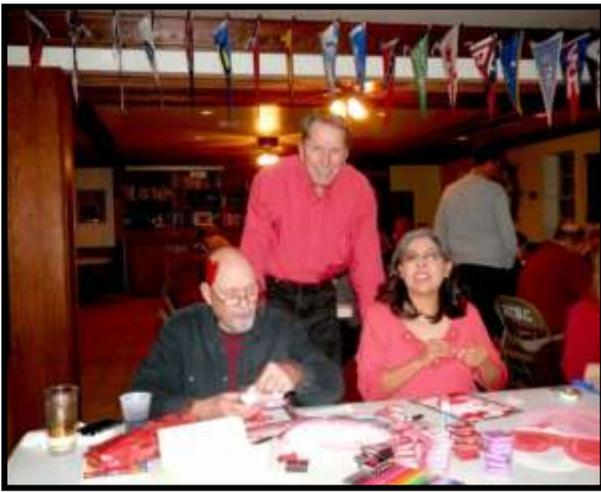
MARDI GRAS 2017



Submitted  
Monthly  
by  
John  
Walters

# 2014 Valentine's Party

# M E M O R I E S



Submitted  
Monthly  
by  
John  
Walters

## OCBC CHILI COOK-OFF

WOW, Was that a great Chili cook-off or what; 13 entrants; how hard is it to pick from 13 different Chilies to see which one that you like the best. And even with 13 different chilies most of them were empty before the night was over. Our hosts for the event were Art Caples, Don Steeber & Jeff Stoabs. And the winners for the best chilies were: Jennifer Fish for the best red chili and Don Steeber for the best white Chili. Thanks to the people that brought the chilies and all of the members that came out. It was a great party!!!!



Photos by John Walters

## ***THE TRADING PAGE***

**FOR SALE:** 1980 Catalina 25. Very good bottom with VC Offshore. No outboard. No trailer. \$4500. Contact David Bilodeau, 405-596-2098.<sup>(3)</sup>

**FOR SALE:** 1997 Beneteau 25, a Bruce Farr racing design. PHRF 114-120, a.k.a. a Platu 25 in Europe and Southern Hemisphere. A.K.A. "Bad Influence" locally. 5'2" bulb keel, single point lift setup. Excellent, almost new, Quantum laminate sails. Very comfortable boat to also daysail with an 8' cockpit. Best offer over \$7500 without trailer, \$9500 with trailer. Contact David Bilodeau, 405-596-2098.<sup>(3)</sup>

**FOR SALE:** 1985 Sovereign 23. Wheel steering with pedestal mounted Autohelm Instruments, plus throttle and shift controls. 2'6" fixed keel. Must be seen to appreciate. \$5500 with galvanized, float on/off trailer. Contact David Bilodeau, 405-596-2098.<sup>(3)</sup>

**FOR SALE:** Flying Scot—great boat with winning OCBC history. Two sets of sails, two covers. Bill of Sale only. Price: \$1,500.00 OBO. Contact Glede Holman, voice/text 405-416-0112.<sup>(2)</sup>

**FOR SALE:** Melges C-Scow with two sails and trailer. \$1,000.00 OBO. Contact Glede Holman, voice/text 405-416-0112.<sup>(2)</sup>

**FOR SALE:** 1981 Catalina 22 Project Boat; includes excellent trailer, good sails, 4HP Mercury. Can be seen in Dry Slip 87. \$3,000. Norm Foster, 405-755-6226<sup>(3)</sup>

**WANT TO BUY:** 110 Jib for Catalina 22, hank on. Must be in good condition. Measurements are: Luff of about 20'8"; Foot of 10'5"; Leech of 19'10". Contact John Tulp, phone or text 405-203-3993 or email to johntulp@yahoo.com.<sup>(1)</sup>

***Items on the Trading Page will run for three issues. To continue publishing your ad for an additional three issues, please notify Keith Green, Editor, green3000@sbcglobal.net***



# FLAG OFFICERS, BOARD OF GOVERNORS, COMMITTEE CHAIRS

## 2019-20 BOG MEMBERS

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Vice Commodore	Greg Thomas	<a href="mailto:vice-commodore@okcboatclub.com">vice-commodore@okcboatclub.com</a>	405-203-4795
Rear Commodore	Terry Carlson	<a href="mailto:rear-commodore@okcboatclub.com">rear-commodore@okcboatclub.com</a>	405-694-7011
Secretary	David Archibald	<a href="mailto:secretary@okcboatclub.com">secretary@okcboatclub.com</a>	405-414-6894
Treasurer	Richard Walford	<a href="mailto:treasurer@okcboatclub.com">treasurer@okcboatclub.com</a>	405-834-6582
Treasurer-elect	Glede Holman	<a href="mailto:treasurer-elect@okcboatclub.com">treasurer-elect@okcboatclub.com</a>	405-416-0112
Member-at-Large	Art Caples	<a href="mailto:board1@okcboatclub.com">board1@okcboatclub.com</a>	240-281-1091
Member-at-Large	Luther Curtis	<a href="mailto:board2@okcboatclub.com">board2@okcboatclub.com</a>	405-850-1574
Member-at-Large	Don Garrison	<a href="mailto:board3@okcboatclub.com">board3@okcboatclub.com</a>	405-203-0290

## 2020 COMMITTEE CHAIRS

**Race:** Mike Anderson

**Regatta:** Jeff Stoabs

**PHRF (Handicap Rating):** Mike Kelly,  
Terry Carlson

**Hoist:** Mike Hahn, Robbin Phillips, Stan Nieves,  
Kenny Parker, Greg Thomas

**House, Dock & Anchorage:**

**Wet Slip monitors:**

**Dry Slip monitors:**

**Permanent Marks:**

**Landscape:** Keith Green

**YeLogge:** Keith Green, Ginny Green

**Entertainment:** Glede Holman, Ethelyn Barnett

**Youth:** Shawn Cina, Richard Walford

**Finance:** Liz Eagan

**Database & Roster:** Liz Eagan

**Scoring:** Ann Kilpatrick

**Commodore's Cup:** Richard Walford

**CSSA:** Dan Camp

**Education:** Alistair Charlton

**Eight Bells:** Bill Hesse

**Historian:** Bruce McDermott

**Technology:** Dwight Bays, Scott Law

**Protocol:** Steve Bryant

**Protest:** Gary Sander

**USSA:** Glede Holman

**Photography:** Bruce McDermott, John Walters

**Planning:**

**Lighthouse:**

**Ladies:** Anita Endres

**Nominating:** Chris Bayouth

**Public Relations:** Cindy Friedemann

**Collegiate:** David Bass

**Procedural:** Bill Brett

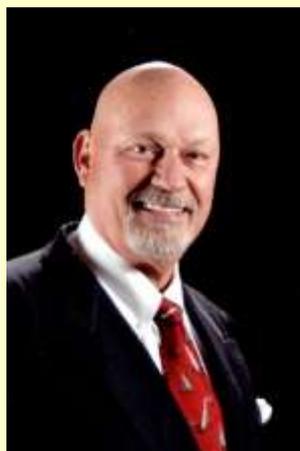
**Government & Business Relations:** Greg Thomas



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## EDITOR'S EPILOGUE—Keith Green



*In anticipation of Valentine's Day, ever wonder how flowers came to symbolize love and romance, or how lovers communicated their feelings before the advent of smartphones and Facebook? Sending flowers, or presenting your sweetheart with a box of chocolates are some of the ways we communicate our romantic feelings.*

*There is a rather thought-provoking article in a recent issue of Woman's Day (12/13/18), in which the authors eloquently discuss the romantic aspects of various flowers in their article, "16 Romantic Flower Meanings—Symbolism of Different Kinds of Flowers" (Amanda Greene Kelly and Nicole Natale).*

*Roses are typically thought of as the flowers of love, but they are not the only flower considered to be romantic. **Peonies** are often associated with romance, prosperity and bashfulness, some consider them to symbolize a good luck charm, too, which will bring good fortune to the receiver. **Matthiola Incana** are said to symbolize beauty which reportedly does not fade with age, and moreover, are associated with a lifetime of happiness. **Red chrysanthemum** is a symbol of love and passion in the minds of many. **Ranunculus, or Buttercups**, are reportedly associated with charm, radiance and attraction. **Pink asters** are believed to symbolize love, charm and sensitivity. In mythology, they are the emblem of Venus, the goddess of love. The **Daffodil** is a choice of flower that many believe will bring 12 months of good luck and happiness. **Gerbera daisies** are known for symbolizing beauty, innocence and purity and carry the additional meaning of cheerfulness, as the flowers are known by many as "happy buds." **Tulips** are considered to be emblematic of perfect love which convey a sense of comfort and warmth. **Alstroemeria**, commonly known as **Peruvian lilies**, are thought by many to represent friendship and devotion. **Casa blanca lilies, or white Oriental lilies**, symbolize beauty, class and style. **Orchids** are symbolic of love, beauty, luxury and strength and are, moreover, thought to convey a message of exotic seduction. **Carnations** are thought by many to symbolize fascination and new love. **Sunflowers** signify loyalty and, for many, convey warmth and happiness. The **Iris** is considered to be emblematic of royalty and convey thoughts of faith and hope. **Gardenias** symbolize purity, joy and tradition enduring love.*

*So, if you are bold enough to convey your love for your sweetheart on Valentine's Day by presenting a bouquet of such beautiful and unique flowers as those referenced above, with a note as to their symbolic meanings, you may be richly rewarded! Happy Valentine's Day!*



ROSES

ORCHIDS



PEONY



GARDENIA



The Official Publication of the Oklahoma City Boat Club  
Editor: Keith Green; Layout Editor: Ginny Green  
405-842-4664  
green3000@sbcglobal.net

Published monthly prior to the General Membership meeting. Please email all submission by the Friday before the General Membership meeting. The editor of *Ye Logge* reserves the right to edit, delete, or withhold any material submitted for publication. Manuscripts submitted will not be returned. The Oklahoma City Boat Club accepts no responsibility for the content of any item published in this publication.

**Corporate Ad Rates:** 1/4 pg. @ \$120 (4" wide, 5.25" high or 4x4 square); 1/2 pg. @ \$180 (8.0" wide, 5.25" high); Full pg. @ \$300 (7.5" wide, 10" high). Ads will run 12 months from the date of purchase.

**Trading Page:** Free to OCBC members. No pictures. Ads will run three times, then must be renewed via email to the Editor.

**Personals/Custom Ads/Announcements** (Charitable events exempt): 1/4 pg. @ \$30 for 1 month, \$75 for 3 months; 1/2 pg. @ \$45 for 1 month, \$120 for 3 months; Full pg. @ \$75 for 1 month, \$180 for 3 months.

**Business Cards:** \$30 for 6 months; \$50 for 12 months.

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**SUBMISSION OF CONTENT:** Please submit content via email to the Editor. If you do not receive a reply, send it again or call the Editor directly to confirm receipt.

### OKLAHOMA CITY BOAT CLUB

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Mailing Address: P.O. Box 20245, Oklahoma City, OK. 73156

**Corrections & Clarifications:** *Ye Logge* is committed to accuracy. Please contact the Editor with corrections or comments.



"FIRST COMES FAT TUESDAY, THEN ASH WEDNESDAY, FOLLOWED BY TEMPTATION THURSDAY."