

Invite Cupid to Sail a Fantasy Valentine Regatta in Honor of Your Sweetheart!



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Events

- 01/12 General Membership Meeting
- 01/19 Lighthouse Charities
- 2/2 BOG Meeting
- 2/9 General Membership Meeting
- 2/16 Lighthouse Charities
- 3/2 BOG Meeting
- 3/9 General Membership Meeting
- 2/16 Lighthouse Charities
- 3/2 BOG Meeting
- 3/9 General Membership Meeting
- 3/16 Lighthouse Charities

ST. PATRICK'S DAY PARTY

To be announced

LADIES' BRUNCH

April 1 (no foolin')

10 AM—12 Noon

YOGA

EVERY FRIDAY @ 6:30

DANCING UNDER THE STARS

Tuesdays, 6 to 8:30 PM

7 February through March 28

COMMODORE CUP 2022

May 6—7, 2023

(Postponed from 2022 due to low lake levels)

AMAZON SMILE

This program will

Di scontinue February 20.

COMMODORE—Glede Holman

Hello everyone! Teresa and I returned from US Sailing's Sailing Leadership Forum 2023, also known as SLF, around midnite last Sunday. This year's event was held on Saint Petersburg Beach in Florida. Sailing Leadership Forum is held every two years, alternating with US Sailing's National Sailing Program Symposium (NSPS).



Attending SLF is always exciting. Seeing people you may have not seen in two years or more, discussing trends, identifying problems, learning, and discovering new and innovating ways to advance our sport. The event also includes the US Sailing Association Annual Board of Directors meeting and annual US Sailing awards presentations. Roughly 30 hours of presentations are scheduled over four hours days on focus tracts such as leadership, program development, regatta planning, education, and more. In addition, sailboat and sailing-related vessel manufacturers from around the world bring their boats in for display and familiarization sails on Demo Day. One of our very own, Kelly Cole, was on hand giving demo rides on 29ers. Kelly is well known among many of those attending SLF and she does a fantastic job of representing our sport and being an ambassador for our club. I will be providing some discussion groups at the club to share information I received.

On the home front, I was very glad to see Jay Sawyer, a San Juan 21 sailor from Nebraska who frequently competes at OCBC events on the floor at SLF. He's looking forward to coming back soon. Other things going on here in OKC - plans are well underway for our upcoming sailing season. Lots of projects are moving along as well. Please plan to join Handicap Fleet for its annual Mardi Gras Party on February 18, and our Saint Patrick's Party/Feast will take place next month. Until then, I look forward to seeing you around the club and hopefully on the water!

Vice Commodore—Jay Collins

There were some changes to the leadership this past month. In accordance with our Bylaws, I was moved up to Vice-Commodore. New job brings a new learning experience.

There are still a few jobs that I had started during my Rear Commodore's time that are not yet completed. Most of the Rear Commodore's work has been turned over to Mandy Brown, our new Rear Commodore.



Justin Howard has agreed to Chair Lighthouse, and as Vice Commodore, I will be the Vice Chair of Lighthouse. I am eagerly looking forward to my new positions.



Mandy Brown—Rear Commodore

I am honored to serve the membership of the boat club in my new role as Rear Commodore. I've jumped in with both feet and have hit the ground running. It has been a very busy two weeks.

John Walters and I have reviewed the locker assignments for the main locker building as well as the clubhouse. The updated assignments have been posted. If you have any questions or need a locker, John Walters is very happy to help. Locker assignments have also been posted in the centerboard building. I have not changed any assignments; I have been recording who the lockers are currently assigned to. There are eight lockers that do not have names. Please check to see if one of these lockers could be yours and let me know.

Scott Law continues to work on the centerboard building. The electricity has been completed. The concrete for the erosion control was scheduled for last week, however the weather did not cooperate. It is getting re-scheduled.

Bruce McDermott has been a huge help this past month. He has been instrumental with keeping our clubhouse stove and oven working. He has helped troubleshoot many problems and met the repairmen to have it serviced.

Jay Collins, Justin Howard, Shawn Cina, Nick Curtis, and Sam Stricker worked hard to clean up the harbor. Old lines have been cut off of the pilings and new couplings have been installed on the risers to help the tide riser rings move more freely. Be sure to secure your lines to the larger side of the ring when setting up dock lines.

I am working on wet slip assignments and will have them posed shortly. Please watch your email because I have been contacting members to confirm slips. Please do not put boats in the water at this time. There are a few more projects in the works while we wait for the lake level to rise. All state and city stickers need to be current.

There are three work parties scheduled for the year. The first, March 11, is our annual dock/porch maintenance where we will take care of various winter projects. Please bring tools for replacing dock boards, trimming trees, portable power washers for the docks and porch, etc. We will also be painting the bathrooms, cleaning the clubhouse, working in the flowerbeds, and organizing the storage closets, just to mention a few projects.

The second work party will be April 22. At this one we will focus on getting ready for Splash Day. The last one will be June 10th when we will get the club ready for the Lighthouse Regatta and the Hobie Nationals.

Matt Hrencher—Treasurer

As the OCBC Board prepares for another season of dock, grounds, boat, and clubhouse maintenance, utility services, trophies and acknowledgements for those deserving members, insurance, and the myriad of other expenses that make our club function; we have a responsibility to exercise prudence in the expenditure of our finite funds.

As most members are acutely aware, the cost of most materials and services have increased significantly over the last several years. The Board has prepared a budget for operations for the 2023 season, and requests the support of all members to assist in the reasonable adherence to this budget. Our club functions through the significant, and often thankless, contributions of time and effort of its members. These efforts frequently, and justifiably, for the sake of expedience, involve reimbursements for expenditures. Through the budget for operations, the Board has attempted to allocate the club's funds in a rational manner, to achieve the greatest impact, while making accommodations for inflationary issues. To this end, the Board requests that prior to making reimbursable purchases, members consult with any Board member to reasonably assure there are funds designated for this purpose. Those in charge of the various committees and events should request the budget information for that committee or event, to facilitate planning.

Although it's a blunt tool, the budget is a helpful tool for the allocation of our limited resources. We appreciate the understanding and cooperation of all of our members.

Jeff Ashford—Secretary

Summary of Minutes 02/02/23 BOG Meeting

The OCBC Board of Directors met Thursday, February 2nd. A couple membership changes were presented to the board: John Kersey has completed all requirements to move from Provisional to Regular Member. Steve Meyer is moving from Regular Member to RX effective February 2023. Be sure to attend the February General Meeting so we have a Quorum.



There are still a few membership spots available. If you know someone who would make a good member invite them to the next event.

Rear Commodore, Mandy Brown presented a list of items to complete at our next work party coming up on March 11th. Be sure to save the date.

Ali Charlton will be offering the Education series coming soon. Plan to attend Saturday mornings starting in March.

The Handicap Fleet is hosting the Annual Mardi Gras Party on Saturday, February 18.

The Board welcomed Brian Wiesner as the new Treasurer-Elect. Thanks to all members that volunteer their time and talent for our club.



Saturday, February 18, 6:30 PM

Sponsored by: The Handicap Fleet

Cajun Food, Drinks, King Cake

\$15 per person

Let the Good Times Roll!!!

THE RACER'S TOOLBOX

Kevin Mott

If you don't know where you're going, any road will get you there.

– Lewis Carroll

Last time we talked about THE LIST as a powerful tool to plan the next season, this article will look at how to use the list to generate the next step toward pushing your racing up the ladder: goal setting. Sailboat racing is so complicated that the numbers of factors determining the winner are innumerable, with many being out of your control. Goal setting is a tool that allows you to take a large goal like winning the fleet championship, and breaking it down into pieces that will keep your morale up and boost your enjoyment of racing while improving your racing. At its core, goal setting is about taking a large, complex, desired outcome and segmenting it into more easily achievable parts.

Before we get into the details of using this tool, a few definitions are in order. Outcome goals are the “dream goals”: winning a national championship, winning your class at Lighthouse etc. These are the goals that you have the least control over but provide great motivation. Performance goals break the dream goals down into shorter-term pieces such as winning the start 50% of the time, being in the top three of your class to the windward mark, etc. These are goals that you have more control over but you are still measuring yourself against others. Process goals are completely internal, giving you the most control over meeting them. This is where you break the performance goals down into the vital segments contributing to achieving them. For example, “winning” the start consists of being on the line, at full speed, at the gun with a clear lane and freedom to execute your plan. So breaking this down to the process level would include practicing being on the line at the gun, acceleration, planning a starting strategy etc. By breaking the process goal into these segments, you have absolute control over achieving the performance goals which will move you toward your process goals.

An important part of this process is to reframe your goals so that they are closer to the SMART format. Make your process goals as Specific as possible, include a Measurement, frame them to be Achievable, keep them Relevant, and make them Timely. This is a complex way of saying “Define exactly what you’re going to do, when will you achieve it, why gets you where you want to go, and how you will know when you’re there”.

So, let’s put this into use: Let’s say your outcome goal is “Winning the fleet championship” and your list has identified starting, picking the correct side of the course and boatspeed as the three largest barriers to achieving this goal. Your performance goals would be, by the end of the season, winning the start 50% of the time, being in the top three at the first windward mark, and matching the boatspeed of your major competitor.

Now it’s time for the process goals, breaking down “starting” into the bits you can control. You’ve identified three areas of weakness, not being on the line when the gun goes off, getting rolled by other boats, and falling into leeward boats (lack of pointing). One of your performance goals would be to be on the line at full speed when the gun goes off 75% of the time. To achieve this you could, the next time you go sailing, practice timing how long it takes you to reach a mark. That simple. Start a stopwatch then head up, trying to get as close to the mark as you can, then note the time when your bow crosses ‘the line’. Go back, set up in the same spot and do it again. Practice until you’re consistently within a half a boat length most of the time and you can check that skill off the list and move on to the next skill.

Improving your finishes is based upon improving your skills. The fastest way to improve your skills is focused practice. If you were to take 15 minutes for this drill, you could get in 3-5 starts in which would be 3-5 more starts than your competitor. How much better would that make your starts?

Another truly powerful tool throughout this process is redefining “winning” from an external goal to an internal one. By telling yourself and your crew that “we win if we’re on the line at the gun with full speed for this race” then everyone gets a boost from meeting the goal and takes the pressure off for the rest of the race. You might even be surprised at how well you do when everyone is relaxed and on a mental high.

What all this comes down to is expanding The List from only being “what needs to be fixed” to including “how do we start sailing at the level we want?” This is the real secret sauce that the top people have over most of us, they know where they want to be and have a detailed plan on how to get there.

LADIES SAILING—Anita Endres

Hello everyone,

Hope you all weathered the recent frigid cold weather and are looking forward to some warmer days.

Ladies, mark your calendars for April 1, 2023, 10 am till noon for our annual Ladies' Brunch. Bring your favorite dish to share and Commodore GW Holman will provide mimosas for us. If the weather is good, let's go sailing after brunch!!

Don't forget to come to yoga to get ready for the sailing season. We have a wonderful variety of teachers who focus on Yen and Restorative yoga. Cost is a donation of whatever fits your budget. We meet every Friday from 6:30-7:30 pm EXCEPT Friday February 17th we will meet from 6:00-7:00pm because of the Mardi Gras event. Everyone is welcome.





LCI News

Jessica Robinson - Executive Director
Lighthouse Charities Inc.

ANNUAL LIGHTHOUSE REGATTA UPDATE

We are well underway in planning the Lighthouse Charity Regatta for 2023! NOR's will be posted within the next few weeks! Registration will be open soon and we will keep the club updated on when and how to register. The dates for the regatta this year are : June 17&18th and June 24th & 25th. Stay tuned for more information and mark your calendars! It will be a great time!

OCBC/LCI YOUTH SAILING TEAM

We are VERY proud of our up and coming youth sailors and very appreciative of how much time and effort it takes for families to participate in our youth sailing team. This year Coach Lynn and the team are planning on traveling to five Texas Sailing Association (TSA) events including Texas Race Week at Lakewood Yacht Club July 6-9.

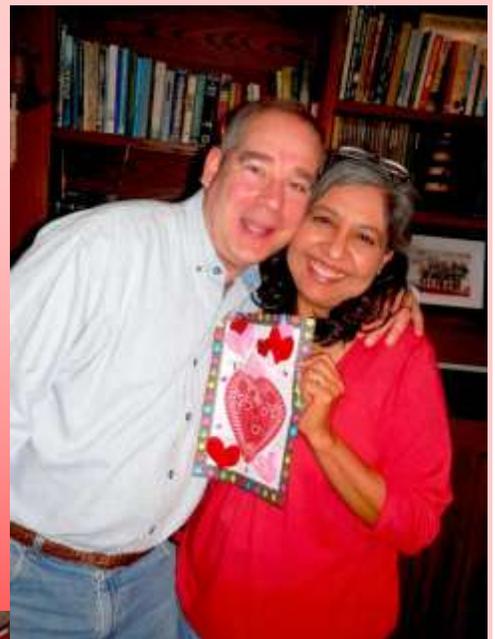
In order to get ready for this years schedule, practices will be starting April 4th, 2023. Practices are Tuesdays and Thursdays with kids rigged and on the water by 6 PM.

Here's to a great season! Go Sailors!

LIGHTHOUSE CHARITIES SAILING SCHOOL

Did you know: we are the only central Oklahoma sailing program taught by a certified US Sailing Coach and the only program for children on Lake Hefner? The NEW 2023 Youth Summer Camp schedule is on our website @ www.okclighthouse.org We have also posted the Adult Class Schedule for 2023. Either one of these classes or camps would be a great gift! Camp and class proceeds go towards our community scholarship fund and the betterment of our program. We are very proud to provide the opportunity to sail to our community and as our program continues to grow we hope to see more and more of these first time sailors fall in love with our sport.

MEMORIES MEMORIES MEMORIES MEMORIES MEMORIES



Valentine's
Day Party
2014

OCBC-VALENTINE-
2014

Submitted
Monthly by
John
Walters



EDITOR'S EPILOGUE

Please be sure to take a look at the "Memories" page provided by John Walters. The photos are from the 2014 Valentine's Day Party. The Handicap Fleet sponsored the party with games including creating the best valentine for your loved one. Click on the link to see all of the photos.

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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.

CRUISING ARTICLES

MEMBERS ARE INVITED AND ENCOURAGED TO SUBMIT ARTICLES DURING THE YEAR FOCUSING ON THEIR ADVENTURES IN CRUISING. PLEASE SUBMIT ARTICLES TO THE EDITOR. **ONE CRUISING ARTICLE WILL BE PUBLISHED PER ISSUE, NOT TO EXCEED TWO TO THREE PAGES.** PLEASE CONTACT EDITORS FOR GUIDELINES. A special cruising issue will be produced in the month of September so members can review the articles and place their vote for the Jim Caldwell Cruising Trophy.

PHOTOS published in *YeLogge* are Staff Photos unless otherwise credited.

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

Physical Address: 9101 East Lake Hefner Parkway, Oklahoma City, OK 73120
Mailing Address: P.O. Box 20245, Oklahoma City, OK. 73156

T R A D I N G P A G E

WANTED: Sunfish Dolly. Please contact Mandy Brown, 405-706-9126⁽¹⁾

WANTED: Used laser, hull only. Contact David Robinson, 405-642-8856.⁽²⁾

For Sale: 23' Macgregor Venture Newport 1976. \$4000. Contact Dane Wiggins 405-697-7374 or dane.wiggins@outlook.com

23' Cutter Rig (2 head sails). Boat, Trailer, and small outboard gas motor. Hull ID MAC-N0846M76F See Keel Boat Lot 144 SE Dry Slips.⁽³⁾

For Sale: 1981 - Hobie Holder/Vagabond 17 Daysailer. \$2,500.00.

Spacious cockpit; Length 16' 8"; Beam 6' 8"; Ballast 210#; Displacement 750#; Sail area Main & jib - 151 sq. ft.; Swing keel; One set of sails, main and jib, original, good condition; Dilly trailer with mast stand, trailer good condition, recently painted, new bearing buddies, lights need work; Newport Vessels electric trolling motor, NV-55, 55 lbs. of thrust (7/19)

MightyMax battery Model ML-55-12 12 volt marine battery 55 Amp Hr. with circuit breaker protection (7/19); Trolling motor battery cable extension to stern of boat; Marine smart box battery holder; Fresh water use only; Includes anchor, sail cover, tiller cover, misc. lifejackets and cushions; Good condition; Bottom painted with white Vivid hard ablative antifouling bottom paint; Permanent port and starboard bow lights; Detachable stern light; Swim ladder; Very stable boat. Contact Sue Ogrocki: sue@ogrocki.com⁽³⁾

For Sale: Outboard Motor Stand: \$50; Contact Sue Ogrocki: sue@ogrocki.com⁽³⁾



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

2023 BOARD OF GOVERNORS

Past Commodore	David Archibald	past-commodore@okcboatclub.com	405-414-6894
Commodore	Glede Holman	commodore@okcboatclub.com	405-416-0112
Vice-Commodore	Jay Collins	vice-commodore@okcboatclub.com	405-206-9988
Rear-Commodore	Mandy Brown	rear-commodore@okcboatclub.com	405-706-9126
Secretary	Jeff Ashford	secretary@okcboatclub.com	405-650-1618
Treasurer	Matt Hrencher	treasurer@okcboatclub.com	405-519-2132
Treasurer-elect	Brian Wiesner	treasurer-elect@okcboatclub.com	405-
Member-at-Large	Shawn Cina	board1@okcboatclub.com	405-317-4490
Member-at-Large	Bill Graham	board2@okcboatclub.com	405-923-4334
Member-at-Large	Justin Howard	board3@okcboatclub.com	405-508-9951

2022 COMMITTEE CHAIRS

Race: Mike Anderson
Regatta: Charlie Shafer
PHRF: Mike Kelly
Hoist: Robbin Phillips
House, Dock & Anchorage: Mandy Brown
Historian: Bruce McDermott
YeLogge: Keith Green, Ginny Green
Entertainment: Charn Langford
Youth: Shawn Cina
Finance: Danny White
Roster: Ethelyn Barnett; Casey Barnett
Commodore's Cup: Becky Archibald
CSSA: Dan Camp
Education: Ali Charlton
Eight Bells: Bill Hesse
Technology: Scott Law and Dwight Bays
Protocol: Steve Bryant
Protest: Gary Sander

US Sailing: Glede Holman
Photography: John Walters
Collegiate: David Bass
Ladies Activities: Anita Endres
Scoring: Ann Kilpatrick
Bylaws: Ann Kilpatrick
Membership: Liz Eagan
Planning: Jay Collins
Nominating: Chris Bayouth
Lighthouse: Jay Collins



TO VIEW YE LOGGE ON THE WEBSITE, CLICK
ON "ABOUT"

<http://okcboatclub.com/>