

Oklahoma City Boat Club

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November/December, 2014

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Merry Christmas & Happy New Year!

Check the Club Website and Emails for the Club's Holiday Schedule

The Youth and Adult Christmas Parties are scheduled for Dec. 20th, New Year's Eve traditional game night and breakfast is in planning. Steve Meyer will be hosting our traditional New Year's Day black-eyed peas and cornbread lunch.





New Year's Day will be celebrated all day with a sail (water level permitting) (It's what I ask for on Christmas)

The Commodore's annual New Year's celebration Begins at 1230 with Bloody Marys and Screwdrivers.

The black eyed peas and cornbread will be served beginning at 1300.



12/04 BOG Meeting
12/11 General Membership Meeting
12/20 Youth Christmas Party
 Adult Christmas Party

12/31/2014 New Year's Eve TBA
01/01/2015 New Year's Day "Sail"
01/05/2015 BOG Meeting
01/08/2015 Gen. Membership

CLUB CALENDAR

COMMODORE'S REPORT

Terry Parker
(405) 650-3789
Parkert1@cox.net



Terry is on a well deserved vacation, look for her report next month. *editor*

Vice

Francis Beling
405-833-9297
belingfj@cox.net



Commodore's Report

I am very happy to be back in Oklahoma City after my vacation in Australia.

I was very happy to hear that I was voted in as Vice Commodore and I really appreciate everyone's help in making this happen. Thanks to all for the vote of confidence after those awful e-mails were sent out before the election.

Being Rear Commodore was not an easy job - you must have the guts to tell people things they might not want to hear. I am hoping that future Rear Commodores will have the guts to do the job they were elected to do and not take the easy way out.

Beautification Project

The first thing I did after vacation was to check the plants that 32 members paid for with their own money. The effort was continued by a whole team of members that watered the plants during the summer so they will make it through the winter. My sincere thanks to 51 boat club members that took the time to make this happen. After checking the plants, 98% of them look healthy and have new small buds that will open up in the spring. We will have to buy a few plants to replace the few that did not make it. I have asked Commodore Terry Parker for \$500 to put in the beautification budget so that all our efforts will not have been in vain.

I still have the plaques that members have not collected. To show how it can be done in a safe way, I will hang plaques on the three trees facing the parking lot. That should give you an idea of how to do your tree / plants.

For those that wanted to do benches, you can now look at the spots where the trees are and get a bench + plaque.

I am looking forward to seeing you all at the upcoming December meeting as I will be running the December monthly meeting due to Commodore Terry Parker taking a small well- deserved vacation.

As Vice Commodore I would encourage all members to ask questions about what is going on since it takes all of us to make this boat club successful!

Looking forward to serving you!

Rear Commodore's Report

C. Scott Law
slaw@ilinkusa.net
405-520-2442



Well, here we are a couple of month into this new 2014/2015 year of me being your new Rear Commodore, and things are progressing along rather nicely. We had a really nice Annual Banquet thanks in part to our outgoing Commodore Carl Borgfeld, and by an excellent effort put forth by the Entertainment Chair John Harrod and his wife Marsha and their volunteers. Very nicely done indeed.

Have I mentioned how great it is to have the resources of an in-house Plumber and Electrician?

John Walters continues to help me make repairs around the Clubhouse; he got the Women's restroom faucets changed out and boy are they Very HAPPY.... YEA!!! He is going to next focus on the Kitchen sink that is by the microwave that is also corroded up. Scott Brown has replaced several ballasts in fixtures, and is helping to get the exit and emergency lighting up and operating. Also, we have been trouble shooting the outside Clubhouse lights and have determined that we have a bad photocell, that we will get ordered and replaced. We have fully repaired the lighting above the gas grill and smoker. We continue to call OG&E about the security lights, this is a continual issue. The gate with the moisture and inclement weather as of late has been intermittent at times, please be advised of that. I would like to thank Robbin Philips and Jeffery Burke for their efforts in not only cleaning, but getting the beer cooler lift station drain to run again after being clogged and just draining out onto the Clubhouse floor. Please remember to turn off the lights when you are not going to be in the Clubhouse, they are left on all the time, it cost us money. I come to the Clubhouse a lot at various hours of the day and find the lights are on and not a soul around, I don't know who or when they left. I wish we could put a timer on the lights like we did with the heater; that would surely save us money on the electric bill in the long run.

Please stay off the Docks. There is no water under them. They are not designed to hold your weight without the aid of the buoyancy float underneath them. We are working on the final plans of how to tie the sidewalk together with the ramp back down to "C" dock. We hope to have this framed up soon and if the weather permits poured up and at least part of it finished.

Just a reminder, that it is the time of the year that the Clubhouse and grounds are requested and promised out by the Board of Governors to our Membership for private events. There is something going on almost every weekend, as well as several times during the middle of the week. Please check the Calendar to make sure before just showing up with a large group to make sure there are no conflicts. And please be kind and courteous to each other and remember to clean up after your event, so that the next one finds the clubhouse the same way you did. Thank you.

COMMITTEE AND FLEET REPORTS

VX ONE FLEET

Houston Hood (September 20-21)

Houston Yacht Club was the host for six VX ONE teams from Oklahoma and Texas during the Houston Open One-Design Regatta or HOOD. Saturday brought four good races with winds blowing 10-12 kts and flat water. Racing was tight all day with three teams claiming first place finishes. Shawn Cina managed to win two and hold off Vernon Green to lead the day. Sunday winds were lighter at 5-10 kts and shifty. Once again racing was close but Vernon Green managed to find the right place to be on the water and closed out the day with three bullets moving him into a solid first place for the regatta. Shawn Cina dropped to second, and Matt Haddon sailing on a boat borrowed from Rod Vela locked up third. The Race Committee did an outstanding job of keeping the 4 fleets on the Division 3 race course moving without down time between races all weekend long. Thanks to Rod Vela and JD Hill for providing the fleet with plenty of cold drinks between races and a big thank you to the regatta organizers, HYC staff and sponsors of the event for making sure the VX Ones were all well take care of both on and off the water.

Rush Creek Dinghyfest (October 11-12)

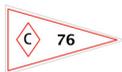
Rush Creek Yacht Club hosted their Fall Dinghyfest in early October. There were a total of 7 VX Ones there with four of them representing OCBC. Winds were light most of the weekend which lead to tight racing throughout the fleet. The fleet shared the course with a fleet of 21 MC Scows so at times finish and start lines got a little crowded but everyone managed to get through the weekend without incident. After two days of racing and 8 total races Jeff Jones from Belton Texas ended up in first place. Vernon Green and Shawn Cina tied for second but Shawn won the tie breaker giving him second place and Vernon taking third. RCYC treated the fleet wonderfully and the race committee did a great job of keeping races going.



Houston Yacht Club



COMMITTEE AND FLEET REPORTS



ALL CATALINA FLEET 76

All Catalina Fleet 76 met at OCBC Sunday evening, October 26.

After Halloween-themed appetizers, several pizza choices, and abundant Halloween-themed desserts, fleet captain Larry Walters called the meeting to order, and welcomed us to another well-attended meeting (especially considering the lack of sailing opportunities) and introduced as our evening's guest Paul Pape, co-chair of next year's race committee. Paul thanked us for the hospitality, and expressed his committee's interest in increasing sailing activities by soliciting input from members of the various fleets at OCBC.

A nice discussion followed in which several ideas were presented for consideration:

- 1) a racing series for novices or those simply wanting to improve their sailing skills without competitive or "sanctioned" race events
- 2) a Sunday or Saturday evening time for racing
- 3) short "chalk board" discussions prior to the sailing event that would concentrate on specific topics, such as the start sequence and its signal flags, approaching the starting line, rounding a mark, overtaking, etc.
- 4) onboard assistance by experienced racers
- 5) participation on a race committee vessel to experi-

ence their view of a race, and help with manpower needs.

Also discussed was the need for re-installation of marker buoys. Several Fleet 76 members have been involved in maintaining existing buoys, and fabricating new buoys to replace those lost or needing replacement.

The BOG has authorized fabrication of 2 new spar buoys with conventional maritime marking, and solar powered LED lighting. Material has been acquired for their construction. As soon as sufficient lake level returns their design will be confirmed and they will be placed as directed.

The fleet's next meeting will be Sunday, 6.00PM, November 23 at OCBC. The evening's meal will be a sampling of home made soups concocted by individual members. We will also elect or re-elect the Fleet's officers.

Catalina owners interested in Fleet 76 membership and participation are invited to contact Larry Walters for details.

The Catalina 22 NSA monthly publication is available for all to see. The November issue has Don Garrison's excellent tale of his and Gloria's recent cruise out of Ft. Walton Beach.

To access *MainBrace* (log-in not required): Go to www.catalina22.org

1. Scroll up to the MainBrace menu
2. Select "Current Issue of MainBrace"
3. Select November 2014

MOVIES — submitted by Danny White

Do you miss sailing? Maybe a good sailing movie could help tide you over until we get some more water and sailing season starts again. I have viewed several sailing movies over the last few months, most of which are not available on Netflix but some can be streamed on your TV thru YouTube as an entire movie for free. For racing I would suggest "Wind" made in 1992 about the America's Cup race before they went to multi hulls. The movie is a little far-fetched but has some exciting race footage. The next movie is "White Squall" made in 1996 based on a true story about the Albatross, a teenage school sailing ship. It took place just before the Bay of Pigs and brings back memories of the 60's. Don't watch this one with your teenage crew the night before a big regatta. If you are interested in something dark, watch "Dead Calm." Even psychopaths love to sail. Speaking of mental challenges, the documentary "Deep Water" (available on Netflix) about the first single hand around the world race, is quite interesting. Speaking of "around the world" single handed sailing movies, I enjoyed "Maidentrip" (available on Netflix); a great documentary about a teenage girl (Laura Dekker) who sailed around the world. "Wild Eyes" is another documentary about Abbey Sun-

derland, another teenage girl who attempted to single hand around the world. "210 Days Around the World" is another documentary about Jessica Watson, the youngest teenage girl to sail around the world. The next movie is my favorite, "The Riddle of the Sands", about an English sailor who gets caught up in danger and suspense just before World War 1. "Master and Commander" is a more recent movie starring Russell Crowe. The worst sailing movie of all is "All is Lost", an unrealistic downer starring Robert Redford, who barely says anything the whole movie.





We are so fortunate to belong to a great club like the *Oklahoma City Boat Club* where we enjoy sailing, racing and just being near the water. We have the pleasure of seeing our kids grow up with the chance to develop that same passion, while enjoying good friends with a shared interest. For many years, we have participated in the US SAILING Golden Anchor program, which is now called the **Member Value Partner Program**. It's a win for all of us and thanks to those of you who have supported the club and US SAILING in the past.

On your dues statement, select the membership that best applies for you: \$50 for Individual or \$75 for Family (each family member will have their own member ID#). New Members will receive the 2013-2016 Racing Rules of Sailing rule book. All members will have access to discounts from many corporate sponsors such as West Marine.

As a club member, you receive a discount on your US Sailing Membership: \$10 discount for individuals, \$5 discount for youths, \$15 discount for families.

Oklahoma City Boat Club receives a **\$10 credit (\$5 for youths)** for new members who participate. In the past, we have used these credits (generally over \$100) to support our Junior Sailing Program.

Access to excellence in training and education benefits every sailor in the country. Fair and well-run races, safer waterways, skilled racers and confident cruisers, all ensure a lifetime of participation and fun for every sailor. US SAILING has set the standard for excellence in the sport for over 120 years, and it is the collective power of the US SAILING membership that makes this happen with your help.

Again, thanks to all of you who have participated in the past and are considering this for our future.

Gary Sander- US SAILING rep for OCBC"



Check out the Member Benefits Page at US Sailing for the one-design insurance program through Gowrie Group Insurance.

<http://www.usailing.org/membership/benefits/>

The Fit and Healthy Sailor

A Monthly Column on Wellness
Nancy Shidler, Exercise Physiologist



Happy November to everyone! This seems like a perfect month to start thinking about improving your flexibility! Wait - I'm not talking about flexibility of the belt during Thanksgiving dinner.....!!

We've talked about aerobic conditioning – for the heart and lungs as well as for endurance while sailing. Next we talked about improving your strength - as it relates to your ability to perform a variety of tasks on the boat. The flexibility component is an extremely important part of your fitness program because it focuses on the elasticity of your muscles and ligaments so that when you have to reach for a line, you can do so without hurting yourself.

As always – a caution to all – if you have had any kind of medical problems such as blood pressure, heart, lung or joint/muscle injuries, please discuss starting an exercise program with your physician first!!

Regardless of age, we must all stretch. When we're young, we can usually move easily through a variety of movements. As we age, we begin to lose the ability to move freely through the full range of motion of each joint. So, how do we combat that or at least slowdown the process?

Simple, you have to spend time stretching. Speaking from experience – it's difficult to make yourself do it! Once you get started though, you realize you are making progress and you actually feel better. You might consider specific classes or programs such as Yoga or Pilates. These classes focus on teaching you how to move in ways that complement your normal daily routines in addition to teaching you how to relax and breathe. When you stretch, you should hold each movement for anywhere from 10-30 seconds. While in the middle of the stretch, focus on relaxing. Believe it or not, when you take in a deep breath and then exhale, that will make you relax your muscles and you can actually stretch a little further.

It is very important that you don't try to stretch further than your body wants you to. Stretch to the point of awareness of tension, relax and breathe, and then stretch just a little further. Pain is *not* ok when stretching!

Which stretches should you do regularly? Focus on hamstrings (muscles in the back of your legs), quads (front of your legs), lower back, your sides, upper back and chest. (Inflexibility in your hamstrings can be directly related to lower back tightness.) Think through the movements you make on the boat and replicate those movements in your stretches.

There are books you can purchase to learn about stretching and there are apps available on your smart phone. I've looked for sailing specific stretches types of apps, but haven't found anything.

When you're sitting in front of the TV in the evening, winding down from your day, take five minutes and stretch. It will also help relax you so you may sleep better.

The Fit and Healthy Sailor

A Monthly Column on Wellness
Nancy Shidler, Exercise Physiologist



Happy December to everyone! I hope you all had a great Thanksgiving!

The past three months we've talked about aerobic conditioning, muscle strength and flexibility. I'm sure we'll have to revisit those topics before sailing season begins again in the spring. But now, I'd like to spend a little time on the topic of how to properly fuel this amazing machine for which we're each responsible. Good nutrition.

As always – a caution to all – if you have had any kind of medical problems such as blood pressure, heart, lung or joint/muscle injuries, and have been placed on a specific type of nutrition plan – do not deviate from it. This conversation, over the next couple of months, is a general overview of basic, good nutritional habits and how they might affect your sport of sailing.

Since nutrition is such a broad topic, I think we'll tackle the subject of hydration first. Mostly, many of us will go out for a nice 1-2 hour sail. Surprisingly, we really need to think through how we're going hydrate for that two hour period. It may not seem like a very long time – but actually it is – especially during our hot summers. And, if you sweat a lot, water isn't going to be enough. You'll need some kind of drink that has electrolytes in it. Not soda, not beer and I hate to say, I'm not a huge fan of Gatorade. It may have more sodium in it than you should take in. If you have had blood pressure issues, you should discuss this with your physician. If you find yourself getting a little light headed in the heat, then you definitely need to take in more than water. Do a little research and try different products to see what you like and what works best for you.

There is a way to determine if you're replenishing the amount of fluid you need – by weighing yourself before and after you exercise to see how much weight you lose during your athletic event. If you weigh a pound less after you come in from sailing or walking or biking, you need to take in one pint more fluid than what you took in.

When we participate in a weekend long regatta – the hydration component may be the difference between doing well or not. If you're not hydrated well, then you're not thinking properly – meaning you're not focusing on strategy or tactics. Hydration is *really* important.

Next month we'll talk about one of the other major components of nutrition....

QUOTE OF YE MONTH:



“If you can’t tie a knot, tie a lot” Anonymous

Quote of the Month and accompanying photos are submitted by Cindy Friedemann, OCBC Public Relations.

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BY APPOINTMENT

FOR SALE

1986 O'Day 28 #654; 30' "Norshel" Tandem Axel Trailer with 30' tongue extension, 5 new (2011) tires and bearings. Located at Lake Hefner in Oklahoma City, Oklahoma. Call or email Tony Fuller for a demo sail, pricing and additional details. @ mobile 405-996-8330 or email: drvrdad@swbell.net

LOA 28.25'; LWL 22.92'; Beam 10.25'; Draft 4.67' (4' 8"); Displacement 7300 lbs.

Freshwater boat sold new from Kansas City and previously located at Lake Stockton Missouri. Currently at Lake Hefner's OCBC, A Dock, Slip #27 South. Hood Offshore Sails (full batten main, 135% Roller Furling Genoa) (mainsail cover & genoa furling w/sunbrella); Cruising Asymmetrical Spinnaker with dousing tube, Custom Bimini with Rain Fly & multiple custom covers. Edson Pedestal Steering, Harken Roller Furler, 10 HP Universal Diesel, Pressure Fresh Water System, (Water Heater Removed for extra space in Lazerette), Marine Head with holding tank, Xantrex Smart Charger, Dual Batteries - new in 2013, New Running Rigging in 2012, Standing Rigging replaced 2009, West Marine Fiberglass Dockbox, VHF Radio, Fresh Bottom Paint 2012, Magma Marine Kettle Gas Grill, AM/FM/CD Stereo System with interior and cockpit speakers.



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Dwight Bays

From A Dictionary for Landlubbers, Old Salts, & Armchair Drifters

Sea Lawyer

Attorney practicing admiralty law. For the most part, sea lawyers are reputable, but there are still some “Coast Guard cutter-chasers” around making unethical profits off collision cases, and there are a few notorious “mouth trumpets” or “megaphones” for maritime criminal elements. If you have any complaints about the behavior of a sea lawyer, contact your local branch of the American Sand Bar Association.



Submitted by: John Barnett

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THE TRADING PAGE

For Sale: MC Scow sail with battens, VERY good condition. Always rolled and kept indoors in a sail bag. \$150.00; Hobie 16 yellow main and jib with battens in very good condition, \$150.00. Harken new small boat windward sheeting car, \$150.00. These make tacking upwind fast, simple and precise. These are on sale from Harkin for \$423.00. They replace the car on your traveler and the jib angle is preset for each tack. Great if you sail alone or get tired of cranking in your jib each time. The sail starts drawing immediately on tacking. Contact: Dave Brinker, 943-4413²

For Sale: 1984 Mistral 404 with trailer. \$1,000. Contact prindle1995@gmail.com or 405-226-6077, Andy Davison.²

For Sale: Trailer –built for Catalina 25 – very good condition. Dry Slip 124 – Photo provided by request. \$2,495 or offer. Bob Carroll, bob@robertgcarroll.com; 842-2525.²



Items on the Trading Page will run for three issues. To continue publishing your ad for an additional three issues, or if your item sells, please notify Keith Green, Editor.

LOST/FOUND/BORROWED

If you see something



say something!

Brand new tiller and tiller extension “borrowed” from Gary Sander’s Flying Scot. Gary would appreciate the borrower returning it soon or letting him know how long the borrower needs it. Any knowledge of the whereabouts, please contact gksander@cox.net.⁵

Missing Utility Trailer. Contact Charles Friedlander at clfriedlander@yahoo.com if you know the whereabouts.⁴

Oklahoma City Boat Club

Flag Officers & Board of Governors

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<i>Vice Commodore</i>	Francis Beling
<i>Rear Commodore</i>	Scott Law
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Lighthouse	Terry Parker Francis Beling
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mikeanderson@sbcglobal.net

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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.

OKLAHOMA CITY BOAT CLUB
P.O. Box 20245, Oklahoma City, OK 73156
9101 East Lake Hefner Parkway, Oklahoma City, OK 73120

EDITOR'S LOGGE: