

UpLayer

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February 2015

VOL. 85 ISSUE 4



PHOTO COURTESY OF ROBBIN PHILLIPS

Beautiful sunset over the harbor. This would only be better if there were water in the harbor

CLUB CALENDAR

IMPORTANT EVENTS

Feb 5 at 1900 Board of Governors meeting

Feb 12 at 1930 Regular Membership meeting

Every Tuesday 1800—Dance Lessons at OCBC

Upcoming Parties

March 21, 2015 - Bayless and Crew will be cooking up this year's St. Patrick's Day feast on Saturday Mar 21 @ 6:30 PM

COMMODORE'S REPORT

Terry Parker
(405) 650-3789
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Save the dates! There are several important events coming up in the next few months. Mark the dates on your calendar.

Splash Day will be Saturday, April 25th at 16:00. The opening ceremony will be followed by a light dinner and dancing on the patio to music provided by The Mystery Dates.

June 6th & 7th, Lake Thunderbird will host the Leukemia Cup Regatta. There will be volunteers available to help visiting sailors with rigging and launching their boats. James Anderson will make a brief presentation at a future membership meeting. The web site for more information is www.leukemicup.org.

Lighthouse will be June 13th & 14th and June 20th & 21st. Dinner and entertainment will take place each Saturday night even if there isn't enough water to race. The Challenge Cup will take place as an entertaining race of some type if sailing is not possible.

The monthly Lighthouse meeting scheduled for the 4th Thursday of each month will be held on Thursday, March 26th, @ 18:00. Everyone is welcome to attend. If you're new to the club, it's an excellent way to meet people and become involved.

Terry

OCBC Commodore

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Vice Commodore's Report

C. Scott Law
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To All, well Daylights saving time is here and we have crossed back over into longer nights, and warmer times. With any luck we will get some spring rains that will make a difference. Keep your fingers crossed or whatever that thing you do is. We are not alone at this juncture, our Friends to the South in Texas are having just as much trouble for once as we are. They have never really experienced these drought conditions before, so it is interesting to hear them talk about it, and their stories of how they are dealing with it. For example RCYC recently started buying up E-Scows just so they could get out of the Harbor and go Sail. Long Range Planning news, Joel Males term has expired and I have replaced him with Tony Fuller to the committee. I plan at this point to capitalize on Rear Commodores Billy Pratt's work party on April 11th to hold a long range planning meeting right after lunch on that Saturday. This will afford people the opportunity to participate easily while already at the Club. Our harbor committee is progressing nicely. By Club meeting time we will have a little more to report on. Lastly, on a side note, we recently had our Annual Insurance evaluation meeting for the Club House and grounds. Thank You, Bob Carrol for all that you do and have done for this club. But a couple of things of note, one we are having Steve Meyer help us re-evaluate the Club House values to make sure we are properly covered in terms of replacement cost in the event of a loss, but the more pressing issue is the fact that we now are paying an annual insurance cost that almost represents a third of our total budget yearly. If you do the simple math here, of the dues you pay a portion right off the top goes to capital, and the remainder goes to the general fund to make up the budget for the Club. A third of that is automatically being used just for the insurance of the Club, ground, and boats, etc..., this cost has steadily gone up every year, and with the recent meeting that just took place, there unfortunately might be some areas that we might be under insured on, which in turn would change that total yet again. You take the constant cost of living increases that we are all experiencing in our own daily lives, i.e. Electricity, Gas, Water, Trash, Phone Bill etc.. And our current budget is incredibly tight. Just food for thought, no one ever wants to talk about a dues increase, least of all me, now that I have retired off the Fire Dept, and take on odd jobs to make ends meet, but, the Club has to survive as an entity also. I tell you all this is so that maybe when we are talking about long range planning; maybe some of that conversation should also be focused on long range financial as well?

Vice Commodore,
Scott Law

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BY APPOINTMENT

Rear Commodore's Report

Billy Pratt
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March comes in like a lion with low temperatures, snow and ice. The weather has put a damper into plans for a work party day at the club. If weather permits, I would like to have a work party day April 11, 2015, 0900-1200 to spruce up the club for Splash Day. Breakfast will be served starting at 0830. I would like to have one group cleaning and scraping the outside of the club house, one group following them painting the club house, one group cutting the brush and plants growing in the rip rap around the harbor and one group repairing loose boards on the deck. We will NOT be mowing dry slips. If you plan on working on the deck, bring a battery powered driver if you have one. While the harbor is empty is a great time to get to the rip rap and clean it out. If you have a favorite scraper, paint brush, or pruning saw or brush cutter please bring it with you. I want to thank Mike Hahn and Robbin Phillips for helping me install the new soda fountain cabinet that I built. The dispenser is a lot heavier than it looks (I found out it is full of ice and water) and Mike Hahn helped me make the transfer. Had it been 5 pounds heavier I'm not sure we could have moved it. While disconnecting and re-routing all of the hoses from the pumps to the dispenser, a lot of soda syrup spilled out on the floor making the whole area a sticky mess. Robbin Phillips came to the club for another matter and promptly went back and got the bucket and mop and cleaned the floor, no easy task by that point. Thank you guys, I could not have done it without you. I called OG&E on 2/20 to complain that the security lights on the east and south sides of the property were staying on all day and the parking lot lights were not working. I met with two troubleshooters on Wednesday 2/25 at the club. After they checked everything out, they advised me that the lights were staying on because of a faulty photocell, which they replaced. They determined that the lights to the parking lot were not getting power. They marked the first pole in line with a red flag and advised me that they would contact the division that digs and lays lines underground and have them come and lay a line from the power source to the pole with the red flag. (tie a big red ribbon on the old oak tree, or something like that) This should rectify that problem once they get that line laid. Hopefully it will happen in a timely manner. By the way, please don't take the ribbon off the pole .



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Finally, thank you John Walters for replacing the instant hot water tank in the kitchen.



Photo credit: Cindy Mitas Friedemann

“Waves are not measured in feet or inches, they are measured in increments of fear.”

-Buzzy Trent

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

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COMMITTEE AND FLEET REPORTS

Catalina Fleet 76

Fleet commander Mark Bartusch presided over another nicely attended gathering of All Catalina Fleet 76. Convivial socializing preceded an excellent offering of red beans & ham, corn breads, cole slaw, and cheese potato casserole. All of that was followed by an outstanding variety of home made desserts.

It was announced that annual dues of \$10 were still being accepted, and that the fleet's treasury was healthy. Two new members were also welcomed.

The fleet's sponsorship of the proposed "Reluctant Racers" program to increase adult level organized sailing for men and women was accepted by OCBC's Board of Governors. It is planned that implementation will begin Sunday after tax day, April 19th at 5 pm. The initial activity will be short workshop type meetings. Upon the appearance of sufficient harbor water level, a combination of "talk-then-sail" sessions will be conducted. Experienced sailors will be included as mentors in many of the sessions.

The next Catalina Fleet 76 meeting will be March 22, 1800 hours at OCBC and is open to anyone that owns a Catalina boat. We have a fellowship and dinner, with a meeting at 1900 hours. March will have pasta and bread, with salads and desserts. Please let us know if you plan to attend by sending email to bartuschs@att.net.

Entertainment Committee

Beer and Chili Contest was held at the club house Saturday night March 7. If you like chili or beer you should have been there. Since I like them both, I was very happy that I went. The chili was great with so many entries to sample. Once the beer emerged from the back room judges it was shared by the brewers and was fantastic beer. Peach beer, rye beer, ipa beer, dark beer, light beer, and the quality was amazing. In the room of judges there was such focus on the steps to be taken to pick the best. I took a few pictures of the judges in action, but it was so serious that I had to return to the main group and enjoy. Thanks to the judges! They did a great job.

(Editor's note: some good photographs were submitted with this article but I couldn't figure out how to extract them from an email to put in the software we use for the YeLogge. If you want to submit articles for YeLogge please submit photographs as jpg or pdf attachments. That would help me immensely. Thank you)

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Reluctant Racers

March 6, 2015

Reluctant Racers - Announcement

Beginning April 19, 2015, OCBC will offer an instructional program specifically designed for adult men and women with elementary sailing skills who want to improve those skills by racing without intimidating competition. We will begin with a series of short workshops in the clubhouse. They will be conducted by a variety of experienced and credible presenters using handouts, diagrams, and videos as appropriate. Workshop topics will include:

- Safety
- Terminology
- Flags and signals
- Basic racing rules (RRS)
- Course designations and selections.

Assuming sufficient harbor water level to get into the lake, the next phase of skills development will be a combination of "talk-then-sail". We will discuss specific sailing maneuvers, then practice them on the water. Talk-then-sail topics will include:

- Safety
- Starting
- Rounding the mark
- Overtaking
- Course evaluation and strategy
- Weather evaluation

The next phase will be "sail-then-talk". We will welcome experienced racers from the club to join as crew individual Reluctant Racers as captains of their boats. The mentors will make comments and suggestions during the course of an actual racing situation. Included in this phase will be individual participation in Race Committee boats and their activities. This will help an individual's understanding of RC duties and responsibilities. It will also provide a unique comparative view of other Reluctant Racers on the course.

Additional details will be made via OCBC broadcast Emails.

It's about time someone else claim the award. Taylor has had it for months for the same incident. Anyone remember what it was?

PAT WHITE "ERROR IN JUDGMENT in Perpetuity" Award:
still
Taylor Troiani



The Fit and Healthy Sailor

A Monthly Column on Wellness

Nancy Shidler, Exercise Physiologist

Nshidler@cox.net



Happy March to everyone! Happy St. Patrick's Day!!

Last month we talked about the three main types of fuel – fat, carbohydrates and protein. All three are extremely important and each serves a different purpose. But, consider all as essential fuel to make your body continue to function in a healthy way – just as you would consider the appropriate type of fuel you'd put in the engine of your car or your boat.

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 will continue to be a general overview of basic, good nutritional habits and how they might affect your sport of sailing.

We know that carbohydrates are important for the function of your brain and it's a primary source for energy. Currently, there is a lot of information out there about cutting back on carbs for weight loss. If you'll remember (or if you're old enough to remember), many years ago fat was a bad thing and everyone turned to eating carbs – people ate lots of bread, bagels, pasta, rice cakes (Ugh!) etc. for energy. But remember, as we said last month – whatever you eat that your body doesn't use, is stored as fat. Well, if you eat a great deal of calories in the carbohydrate arena – such those listed above, your body breaks it down into sugar and then if not used for energy – it is stored as fat. And, your blood sugar is greatly affected – in a bad way. You'll find yourself sleepy or even hungry again in a short amount of time. So cutting back on those simple carbohydrates makes a big difference in your weight *and* how you feel. Eating carbs that are in the family of vegetables, fruits and grains is the way you want to go.

Putting it all together means with every meal, you should have carbohydrates, some kind of protein and some kind of healthy fat. By doing this, you'll find yourself less hungry and your blood sugars will stabilize. Additionally, eating smaller meals (because you've included the healthy fat and protein you can do this) you should eat more often or include healthy snacks. This will help to keep your blood sugar more level throughout the day. You'll have more energy and will find you won't be sleepy after you eat.

Connect this to sailing – I remember going out to the club for Wednesday night races and it was hard because the last meal I had eaten was lunch or a piece of fruit around 3 or 4:00. I knew I wouldn't have enough energy to work the bow so I would usually eat some cheese, tuna and a piece of fruit. That would be enough to give me the necessary energy. While grabbing a Snickers bar and a soda would have been easier (anyone relating to this?!?!?), it would have made my blood sugar spike and then drop and then I'd be without the energy necessary to do my job on the boat.

I'm going to keep the links on here from last month – they're a good place to go to learn more about nutrition and exercise. They also include lists of the foods that are "good" fats and proteins as well as the healthier carbs.

www.mayoclinic.org/healthy-living www.choosemyplate.gov
www.heart.org/heartorg/gettinghealthy



2015 Spring Central Regional Symposium

AGENDA

Saturday, March 28th, 2015 10:00 AM • 4:00 PM

Hosted by:

Lake Thunderbird BoatHouse
1312 Boathouse Road • Norman, OK 73026

EVENT OVERVIEW

The Regional Symposiums provide an opportunity for organizations to share ideas and concerns about sailing education and programs within a specific region of the United States. All are welcome including those from community sailing programs, commercial schools, yacht clubs, high school/college racing teams, sailing instructors, or interested individuals from other organizations (sailing specific or not).

The event is offered in a roundtable format designed for productive exchanges between participants. US Sailing will provide the moderator to facilitate discussion and offer a national perspective on several of the issues that face our industry. The subjects listed below serve as starting points for addressing a myriad of topics to be discussed. The event is free for US Sailing members and \$10 for non-members. Lunch is included.

Please register in advance at: <http://www.ussailing.org/events/symposium-and-meetings/regional-symposiums/>

SCHEDULE OF EVENTS

1000-1030: Welcomes and Introductions

Opening Remarks & Introductions: US Sailing Moderator (TBD)

1030-1200: Topic #1: Training Programs

1200-1245: Networking lunch sponsored by:

1245-1415: Topic #2: Volunteers & Staff Management

US Sailing recognizes the value and importance of volunteers.

1445-1500: Break

1500- 1530: Topic #3: Youth and Adult Sailing, Beyond Regattas

1530-1600: Wrap Up

The US Sailing Moderator will lead a review of the day's topics, list the important points, and ask for additional input.

1600-1830: Social Networking Opportunity

Please join us to complete a brief evaluation of the symposium and US Sailing's role in the Central Region. Refreshments will be provided by the Lake Thunderbird BoatHouse.

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THE TRADING PAGE

For Sale: 1988 Capri 22 winged keel, 4hp Nissan four stroke, tandem axle shop built trailer, 2 sets of sails, battery, radio/cd player. Running and standing rigging in good condition. CDI roller furling. Needs a coat of bottom paint. \$5,500. Call Vick Colbert (405) 324-6866, vick@olvick.com²

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 Billy Pratt , Editor.

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Oklahoma City Boat Club

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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

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EDITOR'S LOGGE:

If you have an article or ad you want to place in the Ye-Logge, please contact me at (405)706-4941 or email me at "captainbilly0043@att.net" If possible submit photos in jpg or pdf format.

I also solicit constructive suggestions of things you would like to see or change.

Billy Pratt

If anyone finds a ballpoint pen made from two rifle cartridges lying around the clubhouse, please contact me. I think I lost it last Saturday while at the HD&A meeting.

Thank you.
Billy Pratt