

UpLap

PUBLISHED MONTHLY BY THE OKLAHOMA CITY BOAT CLUB, INC. P.O. BOX 20245, OKLAHOMA CITY, OK 73156

January 2015

VOL. 85 ISSUE 3



While we haven't had this kind of snow so far this year, we have had some extremely low temperatures. Be sure to check on your boat even if it is out of the water. Actually I guess technically, all boats are out of the water even if they are in the harbor. Leaves and debris can clog cockpit drains and overflow into your cabin. I speak from experience when I tell you that ice in the drain lines can expand to the point that it can cause a line to burst and empty all the water you thought was going overboard directly into the cabin and engine compartment. Your boat sinking while on the trailer is not any fun. Bottom line; check on your boat.



Off the coast of Chile

01/01/2015 New Year's Day "Sail"
01/05/2015 BOG Meeting
01/08/2015 Gen. Membership

IMPORTANT EVENTS

Saturday, Jan 31, 2015 from 6 to 10 PM Dinner and Darts and Texas Holdem

CLUB CALENDAR

COMMODORE'S REPORT

Terry Parker
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Parkert1@cox.net



I hope you all had a wonderful holiday season with family and friends! The club hosted a Christmas Dinner which was well attended and enjoyed by all. New Year's Eve was welcomed by a lively crowd who visited, played games, toasted the New Year with champagne and enjoyed a breakfast prepared by Kevin Mott. A very large crowd did not let the weather stop them from enjoying the traditional black eyed peas and cornbread prepared again by Steve and Lori Meyer. Bayless Kirtly was kept busy as bartender preparing his bloody Mary's and screwdrivers. Be sure and express your appreciation to Art Caples and all of his helpers for a job well done during a very busy month!

Kerri Alford and I sailed the British Virgin Islands December 3rd – 14th. It was more spectacular than we dreamed it would be. We highly recommend you place this on your bucket list (if you haven't already).

The monthly Lighthouse meeting scheduled for the 4th Thursday of each month will be held on Thursday, January 22nd @ 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.

The banquet was Saturday, November 15th at the Home Builders Event Center. The location, food, and entertainment (Mystery Dates, of course) were outstanding. If you were not able to attend, you missed an outstanding evening. Good job Carl Borgfeld and John Harrod!

The children of the boat club were treated to a Christmas party complete with games. Cookies, and a special visit from Santa. Thank you Duane Dahlgren and your assistants for throwing a party they won't forget and thank you Todd Owens for supplying all the games.

If you have not been receiving OCBC emails, or if your email address changes in the future, please contact Liz Eagan. She is maintaining a master list which will be used as the only list in sending out OCBC emails in the near future (should be in place by February).

Happy New Year!!

Terry

OCBC Commodore
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Editor's note: Terry I know you took some pictures on that trip. Why not write a little story for YeLogge telling us all about the trip and showing us some photos.

Vice Commodore's Report

Francis Beling
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Happy New Year to all of you!

We survived 2014 with the lake level going down towards the end of the sailing season where we had to take our boats out of the water.

We start 2015 with the harbor very low and everyone hoping for the rains to come and break the cycle of drought we are in. We need to hang in there and keep ourselves busy and fix and maintain the grounds and the clubhouse. At least we can keep the comradery going and keep in touch with our sailing friends.

New Year Black-eyed peas lunch was very well attended with the clubhouse full of happy people exchanging news with their friends. It was a fun event with Lori and Steve Meyer, and all the others who helped, cooking the black eyed peas, corn bread and some Bloody Mary's and Mimosas for those quenching their thirst, bringing the New Year in.

I hope to see your smiling faces at the Sailing Club as we keep busy maintaining the grounds and adapting with the times. It's the perfect time to maintain your boat to be ready for the water level to rise!

Good luck for 2015 and God Bless!

Francis Beling – Vice Commodore

Rear Commodore's Report

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



January 2015

Welcome 2015!!! If you did not have a chance to make it out to Steve and Lori's New Year's Day annual Black Eyed Peas and Cornbread Dinner, it was a very well attended feast with all sorts good cheer and comradery to be passed around. Steve and his staff did an excellent job as usual and Bayless Kirtley was on hand mixing Bloody Mary's and Mimosas as well. Thank you to all who participated, especially the people who arrived early on such a crappy start to a morning and got things rolling.

One of the wonderful things about being the Rear Commodore before is the fact that you already know what is required of you and, hopefully if you were good at it before it comes easy to do it again. When I was Rear Commodore back in 1994, one of the things that plagued the club was our high utility bills. Back then it was the over usage of the gas bill.

Rear Commodore's Report

Continued from page 3

We would come into the Club House and the heat would be set on 90 and nobody would be around, and who knew how long that had been running like that? The gas bills would be out of sight. I went to Bill Baldwin (Matt's Dad) who was a systems engineer for the Carrier Corporation, and asked how can we fix this. Bill and I put together the energy management device system that we still use to this day, the wind up timer for the thermostat in the Club House. Once that hour is done, the system reverts back to a fixed thermostat that keeps the Club House at 55 degrees, so that it does not freeze. Well, we are once again plagued by that issue. Only this time it is the electric bill. We are paying out the nose for electricity. And yet we leave the lights on all the time. In the month of December I personally turned the Men's restroom off 17 times. I would be driving down Lake Hefner Parkway, and would look over and see the lights glowing from the Men's restroom, so I would go to 63rd St. and turn around and back to the Club House to turn off the bathroom lights and usually the hallway outside the bathrooms. There is a great scene for the movie "That Thing You Do" where the father is always going down to the family store, where his son has left the lights on yet again, and he utters the phrase "Let'em burn! Let'em burn all night!" Well to solve this we are looking at proximity sensors to turn the lights on and then turn them off after a preset amount of time. The real areas that are the most affected are the restrooms, the hallway outside the restroom, the HDA Shed, RC Shed, and Club Locker Room Shed. Hopefully this will help to eliminate the high bill issues. The OG&E Security Lights still seem to be an issue. I feel that the complaint line and I are good friends. They have identified the issues, and if you look carefully they have marked all the trouble spots, but have yet to actually come fix it. Very frustrating indeed, this has been going on 5 months now.

John Walters did get that kitchen faucet replaced. Thank You John Sir! We almost had a Fire!! In the kitchen, thanks to the keen smell and quick work by Stan Nieves who found that the electrical wiring was smoking underneath the cabinet where the ISE Hot Water tank was wired up. We have disabled it for the time being while we investigate the issue. But this wonderful find makes Stan Nieves our Member-of-the-Month. Great job, Stan! Billy Pratt is looking to fix the cabinetry that the Coke Machine sits atop. It is suffering from a leak in the past and the back wall is failing. Thank You Billy.

I have replace the bar stools with new ones (8) to be exact. Thank you Stan for helping me assemble all of them . The old ones which were an accident waiting to happen were donated to Goodwill, so please don't go looking in the dumpster for them. They have left the property.

Finally, January 24, 2015, a Saturday morning, we will have a Pancake breakfast to get together and discuss HDA maintenance and planning for the Club. This is not to be confused with the Long Range Planning Committee. That is a job for the Vice Commodore. This is strictly HDA maintenance. This will help to guide us through the next several work parties and hopefully make the Club a little nicer for everyone to attend and enjoy. So please make plans to attend and let's get some thought out there for better improvement of our facilities. Also we have another event that day. So we need to be cleaned up and out of there by 11:00 am.

Sincerely,

Scott Law

Rear Commodore

COMMITTEE AND FLEET REPORTS

Youth Committee

The OCBC Youth Christmas party was a great success thanks to our many volunteers who gave of their time and effort. We had a virtual panoply of games for the youths to play including ring tosses, basketball shooting, football passing, toss tic-tac-toe, and clown bean bag toss, among others. Kudos to Todd Owens, a provisional member, for securing these games for our use. Did I mention kudos to Todd Owens? Kids won tickets for successfully completing these game tasks which were exchanged for various prizes. Mark Bartusch graciously appeared under the guise of Santa Claus dispensing a whole sack of candy to the kids and helpless adults as well. Prizes and games were coordinated by Celine Davis with the help of Kelly Cole, Dianne Benda, and others of whom I neglected to properly document! Anyway, thanks to all, you know who you are, Dianne also made about a thousand of the most artistic (and good) cupcakes EVER! Those who attended the regular Xmas party probably saw what I am talking about, as there were several left over. Shelly Bartusch made a huge salad. We also had pizza from LC's, cookies, and brownies out the wazoo! Casey Barnett painted about a hundred or so faces, adult kids and kid kids included. Many thanks for that special gift from Casey. Courtney was there to snap photos with Santy and are available for purchase on the website. Thanks to the help and brownies from Inacia and Danny White, I think Danny might have been in charge of crowd control. Not sure. But he kept me out of the way, at any rate, which allowed our membership, and the unnamed but not unappreciated contributors, to do their thing to make this year's party the success it was.

Duane Dahlgren



Entertainment Committee

A big thanks to everyone, both Regular OCBC members and Provisionals, who helped with the recent Christmas, New Year's Eve and New Year's Day parties. All the volunteers are much appreciated and made these parties a success; Thanks again. I received a beer brewing kit as a Christmas present and will be attending Dwight's beer brewing class/event scheduled for this **Saturday, Jan 10, 2015** at 1 PM. If you are interested in beer brewing, or just want to hang out, I highly encourage you to attend as well. This is a prelude to the beer brewing and chili contest to be scheduled later in February or early March as it takes about 6 weeks for the brew to actually be drinkable or so I'm told. The next "Mid-Winter" OCBC party planned is on **Saturday, Jan 31, 2015** from 6 to 10 PM. There will be a Dinner served at 6:30PM with a Dart Throwing and Texas Holdem tournament. We will have a separate table set up for beginners as well for Texas Holdem poker so come on out and participate or hang out and watch. I have prizes already on hand for 1st, 2nd and third place which includes a \$25 dollar gift certificate to Louie's for first place finishers in each tournament. So some on out and beat the winter doldrums.

Art Caples Jr.

The Fit and Healthy Sailor

A Monthly Column on Wellness

Nancy Shidler, Exercise Physiologist

Nshidler@cox.net



Happy January to everyone! I hope you all had a great holiday season!

Quick check in – how’s your exercise plan going?!? Even though the weather may not totally cooperate, we still have to figure out a way to get in activity. It may mean (ugh!) going to the mall and walking around. It’s about consistency!! I promise – you’ll thank me next sailing season.

Last month we talked about hydration, an extremely important part of our nutritional plan. If we don’t properly hydrate, we can affect how well our body functions in addition to how well our mind functions. This month I’m going to continue to stay a bit broad and take a look at an area that I think we all need to consider. Next month we’ll go a little deeper into the specifics of nutrition – fats, carbohydrates and proteins.

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.

Chemicals. Remember how you’ve heard you should shop the outside edges of the grocery store? Shopping the edges speaks to the point of chemicals. The produce, the fresh meat, dairy, etc. line the edges of the store. When you shop the middle aisles, you see products that have been canned and/or processed and therefore have chemicals in them.

Chemicals to avoid: nitrates, nitrites, sulfites, sulfur dioxide, benzoic acid, BHT, BHA, any kind of coloring, coal tar, propylene glycol, MSG, refined or bleached flour. Trans fats, sugar substitutes, foods that have been enriched, or anything with a long shelf life – should be avoided.

Generally, if you can’t pronounce the word on the label or you don’t know it, then maybe you shouldn’t buy it or eat it. The fewer the ingredients listed on the label the better. Actually, those foods that don’t even have a label are best.

Like any change you’re trying to make – take small steps. Instead of buying canned veggies, go for frozen or fresh (fresh being the best choice) but frozen is a good place to start. If you want cold cuts, go to the deli and buy freshly cut meat. Read the labels, and think about what you’re buying. Unfortunately, additional items on the avoid list include items such as chips, soda, really... anything in a package.

As I’ve personally changed over my nutrition habits to fresh foods/no chemicals, I find myself going to the grocery store more often. While I don’t really prefer to shop that often, it’s been worth it considering how much better I feel. What about organic foods? I think the regulations on labeling still have to be perfected, but usually “organic” means no chemicals were used in the growing of that food. The tradeoff is that organic foods don’t seem to stay “fresh” as long.

Ok – I’ve rambled enough – big topic, nutrition. The goal – is to help you become the healthier, stronger, sailor that I know you are! We’ll talk more next month.



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.ussailing.org/membership/benefits/>



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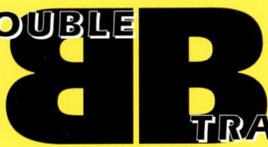
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THE TRADING PAGE

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 Billy Pratt or Mike Anderson, Editors.

LOST/FOUND/BORROWED

If you see something

say something!



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

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.

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EDITOR'S LOGGE:

Mike Anderson has graciously shown me some of the ins and outs of putting the YeLogge together. Hopefully I learned enough to do it. I will continue to pick his brain as the need arises. This will be the first of, hopefully, many issues to come. I appreciate the Board of Governors putting their confidence in me and invite their suggestions and comments. If you have an article or ad you want to place in the YeLogge, please contact me at "captainbilly_0043@hotmail.com". I also solicit constructive suggestions of things you would like to see or change.

Billy Pratt

Consider the importance of the lowly comma as in the difference between "let's eat, Grandma" and "Lets eat Grandma".