

UpLap

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

February 2015

VOL. 85 ISSUE 4



How many of you recognize the place in this picture? I didn't. This is the site of the original home of OCBC on lake Overholser as it looks today. Thanks to Robbin Phillips , who took the photo and gave it to Mike Anderson, and to Mike Anderson who gave it to me. I am always interested in seeing photos of OCBC and our activities. Just email them to me. I will print as many as space allows.

QUOTE OF YE MONTH:

I would rather be on a boat
with a drink on the rocks
than in the drink with a
boat on the rocks

CLUB CALENDAR

IMPORTANT EVENTS

**Feb 5 at 1900 Board of Govern-
ors meeting**

**Feb 12 at 1930 Regular Mem-
bership meeting**

**Every Tuesday 1800—Dance
Lessons at OCBC**

The next party will be hosted by
the Handicap Fleet. Watch the
online calendar for details

COMMODORE'S REPORT

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



We have new board members as a result of the vacancy created by the resignation of Francis Beling. Scott Law has stepped up as Vice Commodore. Billy Pratt has accepted the position of Rear Commodore. Billy has run for the Rear Commodore position in the past and was serving his second term as a Member at Large board member. George Davis agreed to fill the vacant Member at Large position created by Billy Pratt. George has run for the position in the past, is an active member and an avid racer. Please thank Francis for his service to the club and congratulate Scott, Billy and George.

The monthly Lighthouse meeting scheduled for the 4th Thursday of each month will be held on Thursday, February 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.

There was a Town Hall Meeting over water issues hosted by Dr. Shadid on Thursday, January 22nd. I was proud of the attendance by OCBC members. I found it interesting to learn the Lake Hefner has the dubious title of the fastest evaporating lake in the country because it is so high, flat and shallow – which isn't very good news. No real answers were provided as to how and when Lake Hefner would have water (other than incredible rainfalls).

Friends of Lake Hefner is becoming active again and will attend Water Trust Meetings to represent our interests. We have two boat club members voting on the Friends of Lake Hefner board. One representing OCBC and one representing Lighthouse.

Pray for Rain!

Terry Parker
OCBC Commodore

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Vice Commodore's Report

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



Well February is
change of roles.

already upon us. Several issues at the Club have forced a change of roles. Francis Beiling, after a lot of dedicated effort to the club, has decided to resign and step aside for personal reasons. Having been Commodore before, I know how much of a personal toll this job can take on you and your family as well. I wish only the best for Francis and thank him for his contributions to the club, and I know he had the Club's best interests at heart. Commodore Parker has asked that I step up and become the Vice Commodore as prescribed in the Constitution and Bylaws. I have agreed, and so this is my last address as your Rear Commodore. I want to thank each and every one of you for your support and effort going forward. We have really accomplished a lot in the short time I was your HDA Chairman, a position I intend to continue to support as the assistant to Billy Pratt as your new Rear Commodore. Billy and I had already consulted together on many projects around the club, so I have complete faith in his belief and dedication to the cause. I will now focus my attention on the position of Vice Commodore, and begin to get the Long Term Planning committee together and hold a couple of general meetings for the Club. Also I will support the Commodore in the execution of any Lighthouse duties she may wish for me to fulfill.

We continue to be plagued by OG&E, but we have made some progress, We are down to having only 3 lights now that are not up and running. Also last week on Monday I met with a pole crew at the club, and we got the pole in the Flying Scot area that was about to fall down re-planted and shored back up straight, before it fell and crushed Mike Anderson's FS. They assure me we are waiting on a ground crew now to get the power restored to Pole #3 and then everything will be back up and working. On Saturday the 24th, we had a HDA Planning meeting at the club, it along with the breakfast by Kevin Mott and crew was quite well attended. Donna and I had placed chairs for 50 people and they were all filled and some people even standing in the back of the room. Kevin, did a great job and many thanks to Kevin and his wife, Karen, for showing up on Friday night to prepare early so that we could get kicked off by 8:00 am in the morning. The purpose of the meeting was to generate the course of action for the work party activities, so that we can better utilize our resources. Many great idea's came out of the meeting, and I truly appreciate everybody's contribution. Billy was in attendance and taking notes as well and I passed along to him everything we wrote down. We will get together and prioritize the list and see what we can come up with. Several of you who could not attend emailed your comments in and I thank you for that as well.

Gene McClendon has got some great help on the Burgee project and has done great things under his leadership. So great that I am recommending to the Commodore and BOG that we make this a permanent standing committee. This is an important role in the preservation of the history of the Club, and I am quite sure that Bruce McDermott welcomes the help. On a final note,

The logo for ONE SOURCE data systems, inc. features a globe with a red arrow pointing upwards and to the right. The text "ONE SOURCE" is arched over the top of the globe, and "data systems, inc." is arched along the bottom. To the right of the logo, the contact information is listed: Phone: 405-844-1153, Mobile: 405-473-0444, and the email address dwight@onesds.com. Below the contact information, the name "Dwight Bays" is written in a large, bold, serif font.

Phone: 405-844-1153
Mobile: 405-473-0444
dwight@onesds.com
Dwight Bays

if you have not looked up Duane Dahlgren and donated to the youth Fleet for the purchase of the new Picos for the Youth Sailing, please do so. Anything helps. In the old days, Harold Eiseman used to keep the Club Sunfish up and running. Harold I thank you for that tireless effort. Many a Sunday afternoon after the Sundays series I took one of those Sunfish out and raced Robbie David, Kevin Kendall, David Archibald, Jill Sander, Kathleen Kendall, and any other kid who would go up and down lake Hefner.

It was always a race to get the best Sunfish on the lot. My parents never belonged to the club, I was a guest in those days, but it was the kindness of many OCBC members, the Kendalls, Roger and Ann Robinson, the Kirtleys, Ron Osborn, Ralph Wiser and countless more that made my youth sailing possible. It is the reason I am here today, and why I feel so strongly about it. The youth are the future of our club, so let's try to teach them how to sail and have fun on the water, so that someday they too may make good members of the club.

Sincerely,
Scott Law

TELEPHONE: (405) 842-6446
FACSIMILE: (405) 842-5644
green3000@sbcglobal.net

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BY APPOINTMENT



Billy Pratt
captainbilly0043@att.net
405-706-4941

Rear Commodore's Report

As all of you are probably aware, you have a new Rear Commodore. I have been appointed to fill the position after Scott Law moved up to Vice Commodore and no flag officer wanted the job. That should have told me something. Anyway, I appreciate the confidence of the flag officers. I jumped into the job with both feet running. We had a great meeting on Saturday, January 24, scheduled by Scott Law, to talk about short term maintenance and improvement issues. The point of the meeting was to get input from the membership about what they wanted to see done to our club and grounds in the coming year. There were approximately 50 people here, probably mostly drawn by breakfast by Kevin Mott and Bruce McDermott. It was great. While I couldn't eat the pancakes, I ate a lot of the delicious egg and sausage casserole. I don't know what was in the homemade syrup, but I did hear the word whiskey mentioned. We can't thank you enough. There were many great suggestions made for work parties, and we expect to implement the ones that we can. Of course, some of the suggestions would be limited by available funding. Many of them could be implemented with expenditures only for supplies and we hope to get those done. I will be scheduling some work parties to implement some of these suggestions. Thank you for your interest. In making our club the best boat club around. I look forward to the challenges the coming years will bring.



We had a great “Get Out Of The Doldrums” party thanks to Art Caples. The beans and rice were tasty. Put that together with the great green salad and ice cream and brownies for desert and you have the makings of a really good meal. Art was assisted by four provisional members; Charlie Schaefer (sp), Chris Holman, Derek Benda, and Eric Lundsferd (sp). Thank you provisional members for jumping in and volunteering. If I butchered the spelling of your name, please email me and I will try to remember the correct spelling next time. It is great to see provisional members jump in to help. They are a heretofore largely untapped resource. I hope to see more provisionals at the work parties.

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Stan Nieves
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Billy Pratt, Rear Commodore
captainbilly0043@att.net
405-706-4941 (c)

Everyone enjoying the beans and rice, cornbread and salad at the Get Out Of The doldrums Party January 31. We also learned how to play tournament Texas Hold-em, some of us learned better than others. It was fun.



COMMITTEE AND FLEET REPORTS

Youth Committee

As we mentioned at the last membership meeting, the youth program needs your help. The Pico boats used mostly by the youth programs are badly in need of replacement. The hulls are broken and cracked and let water ingress into the hulls. One is so bad that the hull is full of water before the boat is out of the harbor. We are looking to purchase 5 hulls and two complete boats. On five of the boats, the rigging and sails are in good shape and can be bent onto the new hulls. The total cost, including shipping is about \$21,000. If you care to donate funds to help purchase the boats, you can make your check out to Lighthouse Charities to secure a tax deduction for the donation. Please write on the memo line that the funds are to be used to purchase the boats. Time is of the essence because Laser Inc. has advised us that they only make the Pico boats for about one month each year, December 1 until some time in January. How many they make is determined, partly, by how many have been ordered. Thank you for considering the youth program.



Duane Dahlgren



Entertainment Committee Art Caples. Chair

Entertainment Committee Chair Art Caples and friends enjoying the food and drink at the End the Dol-drums party January 31. Thank you Art for all your hard work



COURTNEY HARLIN | 405.517.1331
COURTNEYHARLINPHOTO@GMAIL.COM
COURTNEYHARLINPHOTO.WEEBLY.COM

Handicap Rating Committee

In preparation for this year's race season, the OCBC-Lake Hefner Handicap Racing Bylaws have been updated and were approved by the Board of Governors at their February meeting. The primary reasons for updating the Bylaws are; (1) Race Scoring has been moved from the Regatta Committee to the Race Committee and (2) US Sailing has deleted the High/Low/Average PHRF Listing and limited access to US Sailing members only for some other PHRF and Portsmouth Yardstick resources referenced in the previous Bylaws. The new Bylaws, dated February 5, 2015, will be posted on the club website and will be in the 2015 roster.

As a reminder, keelboat owners who plan to race this season and haven't requested a PHRF rating are subject to being scored No Handicap Rating (NHR) until they receive a rating. PHRF Rating Certificate forms are available on the club website under the Handicapping Tab. Also, owners that have made modifications that may change data on their rating certificate are required to notify our Committee so the modification can be evaluated as to its effect on the boat's speed potential. In these instances, please contact Tony Fuller, Committee Chair. Centerboard and Multihull owners planning to race this season who haven't raced recently should check Appendix B to the Bylaws to confirm their boat is listed. If it isn't, please contact Tony Fuller, Committee Chair, and he'll have it added.

Tony Fuller
drvrdad@swbell.net.

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Taylor Troiani



The Fit and Healthy Sailor

A Monthly Column on Wellness

Nancy Shidler, Exercise Physiologist

Nshidler@cox.net

Happy February to everyone! Happy Valentine's Day!



Last month we talked about chemicals – shopping the outsides of the grocery store and staying away from middle aisles. Typically that is where you'll find those foods that are processed and packaged and therefore have more chemicals in them. Have you been successful in making just a couple small changes in this arena? Congratulations if you have – if not, no worries, you can't change it all at once. Imagine yourself out on the lake on your boat with pieces of fruit for fuel instead of a bag of chips! You can do it.

*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. ***The caloric percentages listed below are a suggestion and must be adapted based on each person's activity level or physician's guidelines.*

The three main types of foods we have to fuel our body are; fats, proteins and carbohydrates. They all have a purpose and are all necessary in sustaining a healthy body.

Carbohydrates have 4 calories per gram and should make up most of our daily calories at 45-65% of our daily allowance. Carbs provide us with the majority of our fuel as it is stored as quick use energy but is also stored as fat if too much is taken in. There are "good" carbs and "bad" carbs. Good is usually found in grains, fruits and vegetables – "complex" carbs. Bad is in the simple sugars – those that can be quickly stored as fat.

Proteins also have 4 calories per gram but should make up about 10-35% of our daily caloric intake. Proteins aren't necessarily "available" as immediate fuel, but they are extremely important in the repair and preservation of our muscle tissue. They are found in meats, poultry, fish, cheese, nuts to name a few. As with carbs – too much will be stored as fat.

Fats have more calories per gram at 7. However, fats are extremely important to our bodies and must be consumed at approximately 20-35% of the daily allowance. As with carbs, there are "good" fats and "bad" fats. The good fats are *monounsaturated* (olive oils, avocados, nuts, peanut butter) and *polyunsaturated* (soybean oil, corn oil, flaxseed, salmon, tuna, tofu). Bad fats are *saturated* (butter, cheese, ice cream, palm and coconut oil) and *Trans* fats (commercially baked cookies or chips, packaged snack foods, stick margarine, candy bars).

Since there are so very many options and plans/calculators out there, I'd like to direct you to some of the more trusted sites – www.mayoclinic.org/healthy-living www.choosemyplate.gov www.heart.org/heartorg/gettinghealthy These all have good explanations of each area as well as excellent examples of foods in each category.

So why is all this information important to you – from a sailing perspective? If you aren't fueled properly, you won't think clearly (strategically if racing) or you may not have enough energy to pull a sail in when necessary. There are a number of reasons – but mostly so you are the healthiest sailor you can be.

We'll continue this conversation next month.....

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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: 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, 943-4413³

For Sale: 1984 Mistral 404 with trailer. \$1,000. Contact prindle1995@gmail.com or 405-226-6077, Andy Davison.³

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; 842-2525.³

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.com¹



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Oklahoma City Boat Club

Flag Officers & Board of Governors

<i>Commodore</i>	Terry Parker
<i>Vice Commodore</i>	Scott Law
<i>Rear Commodore</i>	Billy Pratt
<i>Secretary</i>	Karl Benzer
<i>Treasurer</i>	Dan Endres
<i>Treasurer Elect</i>	Rick Chamberlain
<i>Board Members</i>	Duane Dahlgren
	Stan Nieves
	George Davis
<i>Past Commodore</i>	Carl Borgfeld

Standing Committee Chairs

Planning	Scott Law
HD&A	Billy Pratt
Race	Bill Brett/Paul Pape
Regatta	Jay Collins
Scoring	Ann Kilpatrick
Handicap Rating	Tony Fuller
Education	Kevin Mott
USSA	Gary Sander
CSSA	Dan Camp
Commodore's Cup	Scott Law
Youth	
UCO Advisor	David Bass
Eight Bells Society	Bill Hesse
Entertainment	Art Caples, Mike Kelly
Finance	Cal Monsma
Historian	Bruce McDermott
Hoist	Mike Hahn, Jeff Burke, Robbin Phillips, Billy Pratt
Ladies	Anita Endres
Lighthouse	Terry Parker Francis Beling
Membership	David Bilodeau
Procedural	Bill Brett
Protocol	Steve Bryant
Protest	Rick Mallinson
Photography	John Walters Bruce McDermott
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Technology	Dwight Bays Mark Phillips Stephanie Nguyen
<u>Ye Logge</u>	Billy Pratt

The Official Publication of the Oklahoma City Boat Club
Editor: Billy Pratt
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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:

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" 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