



island yacht club

MainSheet

January 2012

Alameda Marina, Alameda, CA

Volume 41 Issue 1

At the Helm:

COMMODORE

Kristen Soetebier (510)521-2980

VICE COMMODORE

Thom Mantooth (510) 523-0825

REAR COMMODORE

Vacant

STAFF COMMODORE

Dave Bloch (510) 978-4192

PORT CAPTAIN

David Ross (510) 865-5454

SECRETARY

Julie Lucchesi (510) 333-8846

TREASURER

Vacant

RACING CHAIR

John New (510) 521-2980

CRUISE CHAIR

Vacant

MEMBERSHIP CHAIR

Kristy Lugert (503) 312-9311

PUBLICATIONS CHAIR

Vacant

NEWSLETTER EDITOR

Dave Bloch (510) 978-4192

BAR MANAGER

Sandra Paz (510) 748-9870

GALLEY MANAGER

Brendan McKenna (415)621-6643

HISTORIAN

Vacant

ASSOCIATION LIAISON

Ted Crum (510) 654-7301

SHIPS STORE

Anna Christensen (510)521-5277

YRA REPRESENTATIVE

Ben Mewes (510) 301-0319

MainSheet is published monthly by:

Island Yacht Club, Inc.
Alameda Marina
1853 Clement Ave.
Alameda, CA 94501

www.iyc.org

Copyright 2012, Island Yacht Club, Inc.

Open **WIDE**, It's a Big New Year at IYC!



Coming through the Bay Farm Island Bridge (with its first-in-the-USA bicycle drawbridge next to it) during the New Years Day Alameda Island Circumnavigation Cruise.

IN THIS ISSUE

ComCo by *Kristen Soetebier*

From the Editor's Desk by *Dave Bloch*

Racing Report by *John New*

New Years Day 2012—The Great Alameda Island Circumnavigation by *John New*

Galley Report by *Brendan McKenna*

The Healthy Sailor by *Julie Lucchesi*

Photo Section

Membership Renewal Form

2012 IYC Calendar

CALENDAR

Entire new calendar is at the end of this issue!

Fri Jan 13 Movie Night

Sat Jan 21 IYC Crab Feed

Sun Feb 5 Super Bowl Party

Sun Feb 12 Island Days Race #4

Sat Feb 18 Membership Dinner / Speaker

Sat Feb 25 Sadie Hawkins Race / Chowder Cookoff

Sun Mar 11 Island Days Race #5 and Awards

Tue Mar 13 Board Meeting

Sat Mar 17 Planning Meeting for Decorated Boat Parade

ComCo (Short for Commodore Corner)
By *Commodore Kristen Soetebier*

Greetings and Happy New Year again to all of you! I was fortunate enough to begin 2012 on the Bay enjoying the fireworks on what has to be one of the most lovely New Year's Eve weather evenings (well, one of the best fireworks evenings, period) I have ever experienced in the Bay Area. I'm often out of town ringing in the New Year, so I frequently miss out locally, but not this year—simply amazing, with crystal clear skies, warm temperatures, and little to no wind chilling one's bones. The closing feature was courtesy of mother nature, as only she can perform, the sandy color moon setting between the two Golden Gate towers while motoring back to Richmond. Gorgeous!

I'm also excited that we started the New Year off with the right and proper circumnavigation of our lovely island club home. Thanks for the black-top participators and thanks to **John New** and **Kristy Lugert's** friend **Matt** for keeping us on and above the water. Things got interesting! (Read more about our excitement in John New's article.) Island had a number of visitors from other clubs this year as well in the morning, and we did our best to accommodate folks who showed up before the small lot of us took off to explore the shallow waters between here and Bay Farm Island.

Well, here's intending to continue the fun well into 2012. Expect to see a lot of involvement from IYC in major local sailing events including the Strictly Sail Boat Show, the Blind Sailing Regatta, The Hobie 'Round Treasure Island Annual Regatta, AC 34 racing, and of course—our signature event—the Northern California Women's Sailing Seminar. This doesn't even count all of the races we are sponsoring. IYCers have a LOT to be proud of, and we have our work cut out for us to keep up our standard of excellence and participation. I always say, "We are the little club who

could!" Please do examine the ways you can contribute, we are grateful for all that everyone is able to do.

Thanks again for all of your support and I look forward to seeing you at the next event, our Annual Crab Feed! Till then, fair winds, and ok, we could use some rain too...boats like a freshwater rinse every so often. :)

Cheers,
Kristen, Commodore



DID YOU KNOW this year is the 75th Anniversary of our Golden Gate Bridge? Lots of great stories and photos (and you can share your own) at <http://www.goldengatebridge75.org/>

From the Editor's Desk

By Dave Bloch

It's the New Year! I don't know about you, but I'm still working on trying to get back into a routine after the holidays. That time of year just seems to throw everyone's rhythm off (for example, lots of monthly meetings get skipped in late December).

Now I'm nestling into the post-Commodore role of Staff Commodore, along with continuing *Mainsheet* and trying to help Alameda's seven yacht clubs position ourselves to make some hay out of the America's Cup events over the next 20 months. Staff Commodore is the least-defined of all our Board positions: "...to advise and assist the Commodore as requested, and to assure the continuity of Club progress."

For now, I'm interpreting that to mean "Plug holes." If it looks like there's a task that's fallen through a crack, I'll see if it's something I can catch. As we get into the year, I'm sure Commodore Kristen will find a few things to throw my way as well.

One of those pluggable holes was the processing of membership renewals, since our Membership Chair position was still vacant until just last night. New IYC'er **Kristy Lugert** has stepped up and taken that job on, to great applause from the assembled Board.

Please, everyone, save Kristy a lot of extra work by *getting your renewal application and dues in!* Emails and phone calls drain time and energy, and the Board can't really plan the year without knowing the size of this big chunk of our operating revenue. There's a copy of the Renewal Form right in this very newsletter (although you'll want the **print version** for the form). No dues increase this year, so we're still the Best Bargain on the Bay.

On the *Mainsheet* front, I'm excited to start a new regular feature in this issue! New IYC'er and area yoga instructor **Julie Lucchesi** offered to do a series called "The Healthy Sailor," with some great how-to's and ideas on how to take care of yourself on the water and off. This first installment is a very short and easy yoga routine that will help to keep the morning-after stiffness away when you come back from a sail. More coming up every issue. Thanks, Julie!

Our holiday vacation required pushing this issue back to mid January, so the next *Mainsheet* will be March 1. Between now and then we've got the big Crab Feed January 21 (Get your reservation in now and save \$5 a person!), the Jack & Jill race, a membership dinner, our great *Island Days* race series and more. A group headed by John New and Dawn Chesney has resurrected our **Friday night movies** on the big screen upstairs! Come by this Friday for *The Manchurian Candidate*; get more details in Kristen's *IYCee What's Happening* Email later this week.

Fun stuff! Y'all come!



Your newsletter Editor and
2012 Staff Commodore



New Membership Chair (and one
heckuva sailor) Kristy Lugert

Racing Report

By John New, Race Chair

Island Days Midwinter Number # 3, 1-8-2012

The Middle Midwinter was marked by even more than the usual shifty winter winds. With a 4-5 knot northerly at Coast Guard Island and a 4-5 knot southerly at the Jack London Flag, we knew there would be some tearing of hair and gnashing of teeth as the racers tried to figure out the winds.

Thanks to our trusty Race committee, Vice Commodore Thom Mantooth, Port Captain Dave Ross, Staff Commodore Dave Bloch and especially PRO David Hand for manually cranking out the handicap-corrected race results when the computer couldn't open the race data file.

Division D: **Glen Krawiec** returns to racing with his new, to him, Tartan 10-meter *Centurians Ghost*. Glen was racing with daughter Jane and grandkids and took the gun. **Kristy Lugert's** Santana 22 kitten again corrected out to 1st in the division.

Division C had nine boats with a nice breeze at the start. *My Tahoe Too* had a great start, turning at the pin as the gun went off, with *Wuvulu* with the **Ratto's** aboard in close pursuit. Tahoe and *Wuvulu* pulled ahead of the rest of the fleet at the Zazu's weather mark, only to sail into a large hole on the Alameda side while *Lelo Too* stayed high along the Oakland side, stayed out of the current and pulled a good ten boat lengths ahead of the fleet at the leeward mark. Notable incident: **Jim Jessie** driving the PJ30 calling for "room on port" at the leeward daymark, with the fleet sailing in on starboard. (Port tack has right of way if overlapped on inside within the 3-boat-length circle of the leeward mark.)

Division B: **David Ross's** Merit 25 *Faster Faster* with **Debb Fehr** driving, after following *Bewitched* to Jack London was finally able to force Lorane up into traffic on the spinnaker run along Coast Guard Island and hold on for the win.

Division A launched a fleet of nine, including two Moores and three Expresses. **George Lythcott**, driving his Express 27 *Taz!*, took a first in Division A correcting out over **Grant Hays** in the Hobie 33 *Vitesse Two*, and the Whylie 30 *Crinan II*.

Lots more race pics in our Photo Section!



Spinnakers were flying in both directions on Sunday. Is that a pretty sight or what?



Audacious trails Snafu approaching the line, but somehow pulls ahead and finishes 1 second ahead in actual time. A great finish for those two Division A boats!

New Years Day 2012:

The Great Alameda Circumnavigation

By John New, aka Dave Bloch (read on...)

After ringing in the New Year at Alameda Yacht Club with **David Ross** and other revelers, **Dawn** and I steamed *Wuvulu* over to the Club for morning mimosas only a little behind schedule. **Glen Krawiec** and the **Ratto's** were already there with **Commodore Kristen Soetebier** bringing in the bagels.

Around ten we started the Island tour. As I had left my name tag in the truck at Grand Marina and not wanting to have to use the paper stick ones while I waited in the drink lines, I innocently borrowed Staff Commodore **Dave**



The IYC party crowd at Alameda Yacht Club

Bloch's nice magnetic name tag (knowing he was still in Mexico). Little did I realize the dire consequence this change of Identity would have on the days cruise. We had consulted the tide books and knew there was a low tide around noon but thought there would be plenty of water depth to get into Aeolian. On board we had **Joyce Brack**, her friend **Seraphine, Glen, Kristen, David Ross, Dawn, Susan Gallagher** with her pooch **Pepper**, and me.

All went well as we cruised under the Park, High Street and Fruitvale bridges in company with some kayakers and a couple of trawlers from Encinal YC. Kristen transmitted a cheery "Happy New Year" to the bridge tenders.

A party atmosphere prevailed onboard as we ventured into the uncharted waters East of Alameda. The trawlers steamed on ahead and a fleet of I36's cruised by in the other direction; they had by-passed Aeolian after hitting some mud at the entrance.

Near the junction of our channel with the San Leandro Channel, about a half mile from Aeolian the channel became a little hard to follow. I spotted a round white cylindrical buoy which I assumed was the channel intersection marker and headed for it. As we approached the white buoy I felt a slight tug on the bottom, but thinking I was still in the channel I gave the motor a little more throttle. As we came closer to the marker the boat slowed to a stop and we could read a faint "DANGER" printed on the side of the buoy in a red triangle. Oops. I tried to motor through the mud with full throttle, then reverse, nothing... we were stuck in the soft goeey mud with the tide falling!!

Kristy Lugert, crewing on a Montgomery 15, sailed alongside and took our anchor out so we could try to kedge off. Once... twice... the Potter sailed toward the channel, dropped the anchor and David took up a load on the primary winch only to have the anchor pull free.

The third time the Potter dropped the anchor in the channel, and the anchor set. With David cranking a load on the anchor rode and the Volvo MD7a maxed out, we started to slowly ease toward the channel only to set again in the mud ridge just outside of the channel. We had by now collected a number of spectators. The Coast Guard Auxiliary *MV Maverick* gave us a line and we were pulled the last 10 feet into the channel.

But our troubles weren't over yet. Kedgeing the anchor had buried it so deep we couldn't pull it up. Tom, an OYC member had come out from Aeolian in his inflatable to help, I was concerned that we'd run aground again so we cut the line and Tom tied on a bottle for recovery later.

On to Aeolian with only a minor grounding in the channel as we neared the club. However, the boat was steering a little sluggishly as there was a pretty big ball of mud down there. Once safely tied up at an Aeolian slip, I felt the need of three or four of *Caroline Mine's* gin fizzes and a nap. As boats were still hitting the mud pretty hard in the channel we decided to extend our stay at Aeolian for another hour or so.

The rest of the island tour was relatively uneventful. We man-



Looks like Joel Sailer at the helm of Strange Bird



There are some strange-looking markers out there in San Leandro Channel

aged to stay in the channel along Bay Farm Island all the way to the ferry channel. Having collected enough mud on the keel for one day, we skipped backtracking to Baleena Bay YC and motored on to the mouth of the Estuary where we set sails and Kristen drove Wuvulu in the light breeze towards home. Around dark we tied up at Oakland YC where Jim Jessie and Dave Lyman welcomed us with some great warm food and wine.

The next day Glen suited up in his dive gear and we drove the Inflatable under the bridges to the bottle marker. Glen dove down the line to the anchor chain and eventually, with me pulling on the line, he was able to dig out the anchor; it had buried itself up to the top of the shank.

Trial by Mud—a great start to the New Year.

Editor Dave's Note: let this be a lesson to anyone considering borrowing nametags before sailing; bad Karma may befall you!

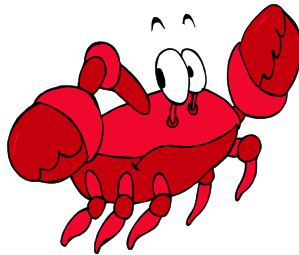


Galley Report - January 2012

By Brendan McKenna, Galley Manager

DISCOUNT DEADLINE: SATURDAY JANUARY 14

The Island Yacht Club Annual Crab Feed is Saturday January 21. This is one of our signature events for the entire year. Attendance is always very good so please make your reservations and pre-payment as soon as possible. You get a nice \$5 discount (\$30 instead of \$35) for paying ahead, and it helps us make an accurate order of fresh Dungeness crab.



That commitment is due by 5:00 PM on Saturday, January 14. Mail your check to the club, or bring it by and leave it on the bar near the door. Our mailing address: IYC, 1853 Clement Street, Bldg. 14, Alameda CA 94501.

Dinners paid at the door will be \$35.00. Also email me a confirmation of your reservation to bmck1226@yahoo.com or call 415-621-6643. A vegetarian option of meatless pasta will be available for \$10.00. Pre-payment is not required for the vegetarian option, but I would still like a reservation email or call for vegetarian only.

In addition to crab and pasta we will have a fresh salad, along with ice cream and coffee for dessert. The meal is simple, but the crab is the star. Cocktails and appetizers will be served in the bar beginning at 5:30 with dinner at 7:00 pm.

The Sea Scouts will be helping out to serve. However, your Galley Manager could use a few hands before the meal to help set up, especially since my regular helper and friend Michael Hite will be out of town. Please call or email me if you're able to help out. Setup starts around 4 pm and there is always clean up afterwards. There should be very few pots and pans



Get your bib on! Crab Feed 2011

since I am only cooking pasta and I will try to make everything else as recyclable and/or disposable as possible.

Coming up in February are the **Super Bowl Party** on Sunday February 5, **Membership Dinner with Speaker** on Saturday February 28 (featuring a hearty comfort meal for mid-winter) and the post-**Sadie Hawkins Race Chowder Cook Off** on Saturday February 25th. The Galley sort of dropped the ball on that one last year since no one gave me a heads up. This year I will come up with a chowder recipe but I expect some thick and creamy competition! *Single gents beware: 2012 is a leap year so there really is a Sadie Hawkins Day this year on Wednesday February 29. Don't get caught around any single ladies without an escape route, unless of course you want to get caught!*



The Healthy Sailor

By Julie Lucchesi

Editor's Note: you probably spend lots of time and money caring for your boat, but how about **you**, skipper? Here's the first in a series on how you can feel better in body and mind, on and off your boat.

After a long day on the water, I find the time to do a half-hour sequence of gentle yoga. I've noticed that if I don't do yoga after sailing, I will wake up with low back discomfort or pain and overall stiffness—perhaps even some fatigue. If that describes you the next morning, try the pose below, "Upward Facing Cat," and stay tuned for other poses that can keep you pain and stiffness free.

Step one: get a blanket or big bath towel and roll it up. Make sure your roll can support your spine, neck and head.



Place the short, round (cinnamon roll) part of your blanket or towel at your sacrum. Have your knees bent and feet on the floor.



Lie down on your created bolster. Bring your arms up to shoulder height with palms up. You will imme-

diately feel a nice gentle stretch in your shoulders and through your chest. The bolster supports your spine in a gentle backbend. (**Caution**—if your spine is fused this is **not** your pose.)



Begin with knees together and feet apart. Hold here for 2-1/2 minutes. After that, you can straighten your legs or bring the soles of your feet together and take your knees apart (making a diamond shape). Continue to hold for another 2-1/2 minutes. **If the leg changes don't feel good, don't do them.**



Upward Facing Cat is also nice after a lot of driving or sitting in front of the computer for a long time.

Julie Lucchesi a certified yoga teacher and is the owner of Bow Yoga. She will be offering poses here in Mainsheet as well as information that promotes a sailor's well being. You can find her and ask her questions at www.bowyoga.com.

PHOTO SECTION — Remember, you can always view all our photos on Flickr! Get there by clicking <http://tinyurl.com/iycphotos> . Videos, too!

Island Days race, December 11 2011



Sometimes we just have to share the water with great big barges



Island Days racers provide some nice photo ops for folks riding in the airship



Two weeks before Christmas and this crew is dressed the part!

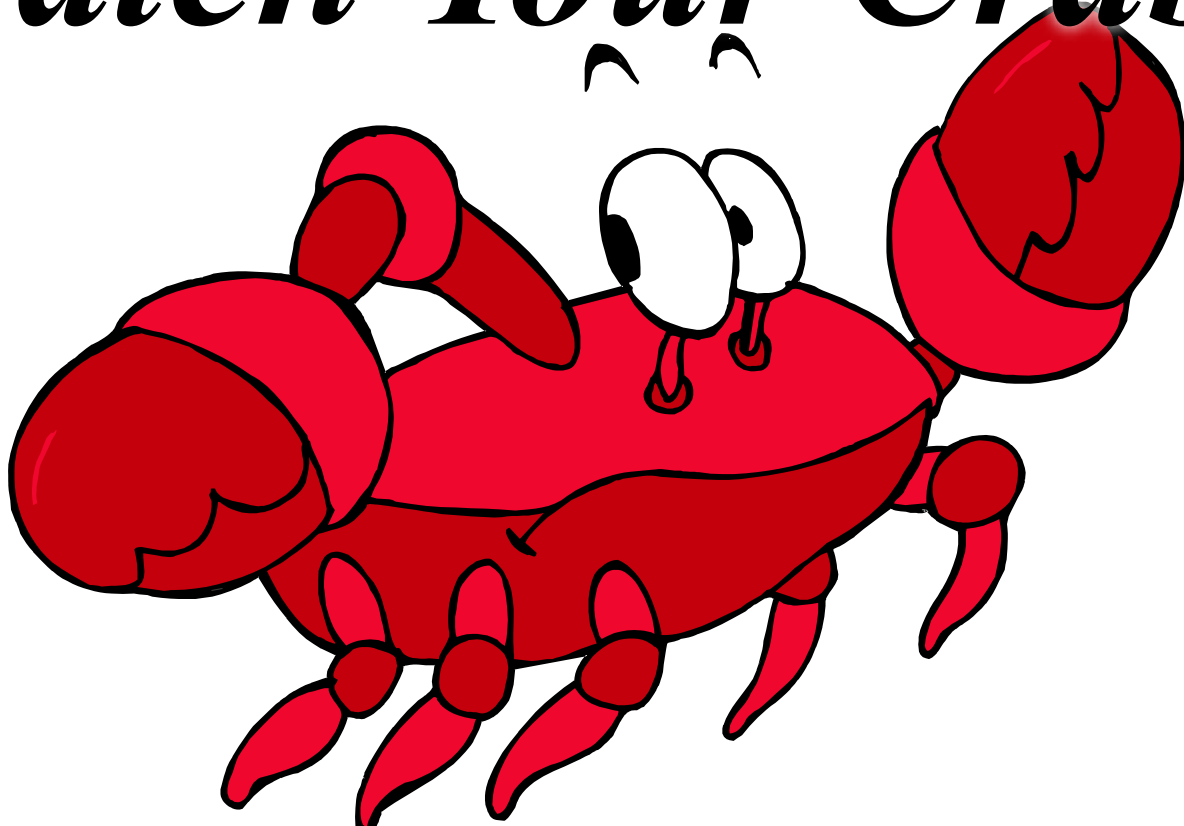
*None of this happens without the intrepid volunteers on the Race Committee!
(Want to learn to work the race deck?
Contact Race Chair John New.)*



New Years Day 2012 Alameda Island Circumnavigation Cruise



Catch Your Crab!



Don't miss the Island Yacht Club Annual

Crab Feed

Saturday, January 21, 2012

Cocktail Hour at 5:30, Dinner at 7:00 PM

All you can eat!

Crab, pasta, garlic bread, salad and dessert!

\$30 in advance (by Jan 14); \$35 at the door

(Vegetarian pasta option: \$10)

Reservations STRONGLY RECOMMENDED —

This event sells out!

Call or Email Galley Manager Brendan McKenna:

415-621-6643 or bmck1226@yahoo.com



ISLAND YACHT CLUB
 1853 Clement Ave. Alameda, CA 94501
 510-521-2980

Commodore: **Kristen Soetebier**
 Vice Commodore: **Thom Mantooth**

2012 MEMBERSHIP RENEWAL
PLEASE UPDATE OUR INFORMATION

Name(s) (1) _____ (2) _____

Fill in your name(s) above. Then CHECK YOUR LISTING in the 2011 Roster. If ALL information is correct, CHECK HERE and skip to the ACTIVITIES section.

Address _____

City / State / ZIP _____

Home Phone _____ Home Email _____

Work Phone _____ Work Email _____

Additional Cell / Pager _____ Occupation _____

Boat Name _____ Type _____ Sail No. _____

Berth Location _____ Slip # _____

Areas of Interest: Cruising Racing Social Activities Leadership

Club Activities: Please indicate areas where you want to participate, add any and all skills you have and would be willing to share.

- Bar
- Board member
- Mainsheet publication / Website
- Club repair/maintenance
- Cruising
- Galley/entertainment assistance

- Racing
- Sea Scouts
- Ship's Store
- Race Committee
- Women's Sailing Seminar
- Other _____
- Other _____

2012 Renewal Fees: ~ DUE December 31, 2011 ~

| | |
|---|-----------------|
| <input type="checkbox"/> Regular Membership: (\$375.00) | \$ _____ |
| <input type="checkbox"/> Cruising Membership: (\$187.50 – Boats and Member 100+ miles away) | \$ _____ |
| <input type="checkbox"/> Student Membership: (\$20.00 – under 21 years of age) | \$ _____ |
| Optional: | |
| <input type="checkbox"/> RBOC Contribution: (\$10.00) | \$ _____ |
| <input type="checkbox"/> Club Burgee (Small): (\$25.00) | \$ _____ |
| <input type="checkbox"/> Club Burgee (Large): (\$30.00) | \$ _____ |
| TOTAL (including options): | \$ _____ |

Make check payable to IYC. Send form and check to Membership Chair at above address.
Or, go to www.iyc.org to pay with PayPal – add a \$10 processing fee for Regular Membership Renewals and \$5 for Cruising Membership renewals. Please, STILL SEND IN THIS FORM!

In our ALL-volunteer club, we all work in areas of our own choice for the benefit of the entire membership.
 The IYC Board of Governors appreciates hearing your ideas and suggestions for improving the club.
Please use the back of this form to advise the Board of your thoughts. THANK YOU!

Signature _____ Date _____

Office use only (date entered/done):

Roster _____ Card _____ Badge _____ Key _____ E-mail _____



island yacht club

2012 Club Calendar

Subject to change! Watch Mainsheet, IYC.ORG and Email announcements

NOTES:

ALL Membership Dinners are Third Saturdays.

ALL Board Meetings are Second Tuesdays.

Events not under IYC control are in *italics*.

January 2012

Sun Jan 1 *Around The Island (Alameda) Cruise*
Sun Jan 8 Island Days Race #3
Tue Jan 10 Board Meeting
Sat Jan 21 IYC Crab Feed
Tue Jan 31 Annual Dues deadline

February 2012

Sun Feb 5 Super Bowl party
Sun Feb 12 Island Days Race #4
Tue Feb 14 Board Meeting
Sat Feb 18 Member Dinner / Speaker
Sat Feb 25 Sadie Hawkins Race / Chowder Cookoff

March 2012

Sun Mar 11 Island Days Race # 5 & Award
Tue Mar 13 Board Meeting
Sat Mar 17 Breakfast Planning Meeting for
Opening Day Decorated Boat Parade
Sat Mar 17 Membership Dinner / Speaker
Sat Mar 24 Double Handed Lightship Race

April 2012

Tue Apr 10 Board meeting
Apr 12-15 Strictly Sail Show
Fri Apr 20 Island Nights Spring Race #1
Sat Apr 25 Membership Dinner / Speaker
Sun Apr 29 PICYA Opening Day on the Bay

May 2012

Fri May 4 Island Nights Spring Race #2
Tue May 8 Board Meeting
Fri May 18 Island Nights Spring Race #3
Sat May 19 Membership Dinner / Speaker
May 26-28 Cruise Out – Petaluma

June 2012

June 2-3 CA Invitational Blind Sailing Regatta
Fri Jun 8 Island Nights Spring Race #4
Tue Jun 12 Board Meeting
Sat Jun 16 Membership Dinner / Speaker
Fri Jun 22 Island Nights Spring Race #5 & Awards
Sat Jun 23 Summer Sailstice
Sat Jun 30 Silver Eagle Regatta

July 2012

Wed July 4 Cruise Out – Benicia YC
Wed July 4 Alameda parade
Tue July 10 Board Meeting
Fri July 20 Island Nights Summer Race #1
Sat July 21 Membership Dinner / Speaker

August 2012

Sat Aug 3 Island Nights Summer Race #2
Aug 11 -19 AC34 World Series in SF Bay
Tue Aug 14 Board Meeting
Fri Aug 17 Island Nights Summer Race #3
Sat Aug 18 Membership Dinner / Speaker

September 2012

Sept 1-3 Cruise Out – Half Moon Bay
Fri Sept 7 Island Nights Summer Race #4
Tue Sept 11 Board Meeting
Sat Sept 15 Membership Dinner / Speaker
Fri Sept 21 Island Nights Summer Race #5 & Awards!

October 2012

Oct 6-7 Women's Sailing Seminar
Tue Oct 9 Board Meeting
Oct 20 Membership Dinner / Speaker

November 2012

Sun Nov 4 Jack & Jill + 1 Race / chili cookoff
Sun Nov 11 Island Days Race #1
Tue Nov 13 Board Meeting
Sat Nov 17 IYC Change of Watch Party
Sun Nov 18 Calendar Meeting
Sun Nov 18 Commodore's Cup

December 2012

Sat Dec 1 Lighted Boat Parade (date?)
Sun Dec 9 Island Days Race #2
Tue Dec 11 Board Meeting

12/3/11 revision