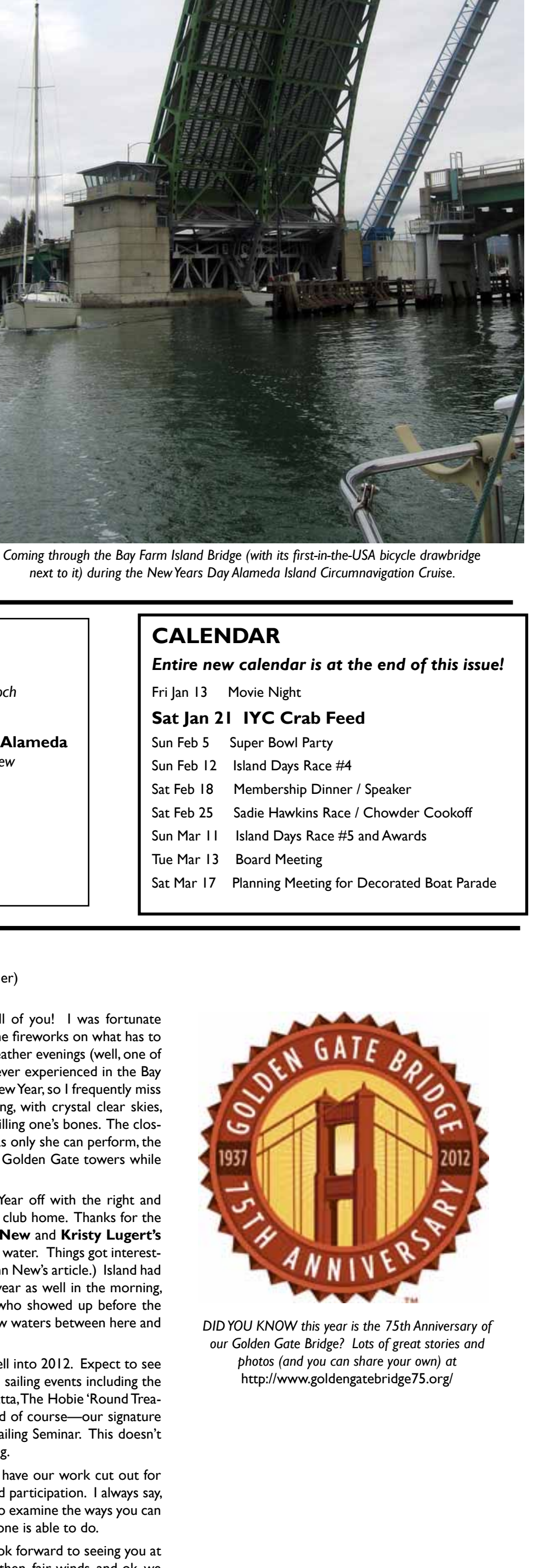


BROWSER EDITION:
 This MainSheet is one long strip, designed for easy scroll-downward reading in Adobe Acrobat or your browser! (You will never have to scroll UP to finish an article.) This version is not designed to be easily printed, but just visit the IYC Website at www.IYC.org to download our printer-friendly version!

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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.

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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 Soetebeier

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 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 participants 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 Strickly 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. Always say, "We are the little club who could!" Please do explore 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 oh, 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 canceled 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 required, and to assure the continuity of Club programs.

For now, I'm interpreting that to mean "Plug holes." If a looks like a task that's falling 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 right. New IYCer **Kristy Lugert** has stepped up and taken that job on, and I get a big thank you from the assembled Board and staff.

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 motor running smoothly 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 about a dozen other events. I hope you'll be able to make it. **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!

Racing Report

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

Island Days Midwinter Number 3, 1-8-2012
 The Middle Midwinter was marked by even more than the usual shifty winds. With a 4-5 knot northerly at Coast Guard Island and a 4-5 knot southerly at the Jack London Bay, 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 to **David Hays** for his excellent race call. **Glen Kraviec** and the **Rato's** were already there with **Commodore Kristen Soetebeier** bringing in the bags.

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 Bloch's** nice magnetic name tag (knowing he was still in New York). 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 our board we had **Joyce Brack**, her friend **Seraphine**, **Glen**, **Kristen**, **David Ross**, **Dawn**, **Susan**, **Gail** and her wife **Michelle**, **Boaz** 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 the fleet of 38's cased by us in the other direction; they had passed Aeolian after hitting the sand 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 inflection 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 nice "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 goopy mud with the tide falling!

Kristy Lugert, crewing on a Montgomery 15, sailed alongside and took our anchor out so we could try to ledge off. Once again...the **Rato's** crewing the channel, dropped the anchor and **Dave** took 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 mated out, we started to slowly ease toward the channel only to get again in the mud ridge just outside of the channel. We had by now collected a number of spectators. The Coast Guard Auxiliary **MV Hawerick** gave us a line and we were pulled the last 10 feet into the channel. But our troubles weren't over yet. Keding the anchor had buried 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 to 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 "W" on the motor, a little more throttle. Once safely tied up at an Aeolian slip, I felt the need of three or four of **Caroline Mine's** gin frames 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 managed to stay in the channel along Bay Farm Island all the way to the ferry channel. **George Lynchcott**, driving his Express 27, took a first in **Strickly Sail Boat Show** (the Blind Sailing Regatta). The Hobie Round Treasure Island Race was held at the mouth of the Estuary where we set sails and Kristen drove Wuklynd in Jim Jesse's towards home. Around dark we tied up at Oakland YC where Jim Jesse 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 next buoy and collected the marker. As we came closer to the marker the boat slowed to a stop and we could read a nice "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 goopy mud with the tide falling!

Editor Dave's Note: let this be a lesson to anyone considering borrowing name tags 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. This commitment is due by 5:00 PM on Saturday, January 14. Mail your check to the club, or bring it in hand to the bar near the door. Our mailing address: IYC, 1853 Clement Street, Bldg. 14, Alameda CA 94501.

Dinners paid at the 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 get booked in late December. Boats and/or call for vegetarian info.

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 behind the bar to help set up, especially since my regular helper and friend Michael Hite will be out of town. Please let me know 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 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 and **AC34 World Series** on Tuesday August 14. Board Meeting on Tuesday August 14. Board Meeting on Tuesday August 14. Board Meeting on Tuesday August 14.

Hawker 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 your 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 below "Lower Facing Cat" and stay tuned for other poses that can keep you pain and stiffness free.

Start here and follow the photos: get a blanket or 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 immediately 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 2-12 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 2-12 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 instructor and is the owner of **Bay Yoga**. She will be offering poses here in MainSheet and as well of information that promotes well being. You can find her and ask her questions at www.bayyoga.com.

Print: If you want to download the print version of this MainSheet, this article and photos appear on a single page for you to keep handy on the boat! <http://iyc.org/mainsheet.html>

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

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

