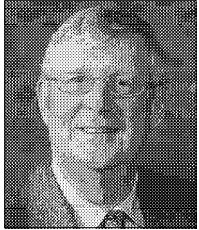


# Light Air

Monthly Newsletter of Lake Yosemite Sailing Association

January 2006



## From the Helm

*Tom Cooke, Commodore*

This is going to be a great year for LYSA. Early this month we will begin construction of 16 new slips. Our Port Captain, Tim Harden, feels that we can get most of the heavy lifting done in two weekends. Work days are tentatively scheduled for January 7th and 14th so please set aside those dates and be sure to come out and help us put in the new slips. Lunch will be provided to all those who turnout to help.

Prep work has already begun. On December 10th LYSA members Craig Anderson, Amy Boehme, Tom Cooke, Bill Goldfoos, Ed Green, Ken Rockholt, Lee Andersen, Frank Rybka, Marvin Heppner, Dave Wilson, Bruce Fultz, and Scott Foster under the direction of Tim Harden and Mike Strealy pre-cut and stacked most of the lumber and pilings in preparation for this project. After work

a great lunch was provided by Joey Fultz. Thanks to everyone who came out and helped on this project.

There are currently 5 boats in dry storage for the winter and we will have room this sailing season for between 10 and 15 boats. There is a signup sheet for those interested in the club house. Club members on the waiting list without a slip will be given preference. If you have any questions about dry sailing please contact me or Vice Commodore Jerry Johnson. Hopefully every club member this year will be able to put his or her boat in a slip or in a dry sailing space.

One other project is scheduled this year. This spring our clubhouse will get a new coat of paint. Craig Anderson will be organizing this project. Please contact him if you want to work on this project.

LYSA'S proceeds from the use of the S.H.A.R.E.S. card at Save Mart have

doubled in one month from around \$40 to \$80. This amazing program gives LYSA 3% of every dollar you spend at Save Mart. Please use your card this year. It's a wonderful way to keep our dues and membership fees down.

I want to thank both Jay Sousa and Brigitte Bowers-Loeffler for the great job they did last year. Jay did a great job with the regatta and open house. I'm looking forward to working with Brigitte on the regatta and open house this year.

We have a great Sailing club and this year I am dedicated to making our time at LYSA as much fun for everyone as possible. We all have to remember why we are a part of LYSA. We are all here because we like to sail and we all want a secure and safe place for ourselves our families and our friends so we can enjoy this wonderful activity.

Happy New Year! Our first board meeting of the year is January 3rd. 8

## Preventing Hypothermia

*Winter Boating Tips from BoatU.S.  
(Boat Owners Association of The United States)*

The end of summer doesn't have to mean the end of boating. Many boaters find that fall and even mild winter days are uncrowded and beautiful out on the water. But though the air may be pleasant, the water will be colder, and cold water kills. According to the nation's largest organization of recreational boaters, BoatU.S., many drowning deaths are caused by hypothermia — abnormally low body temperature — not by water in

the lungs.

"Cold water robs the body of heat 25-30 times faster than air," said Ruth Wood, director of the BoatU.S. Foundation for Boating Safety and Clean Water. "When someone falls overboard, their core temperature begins to drop within 10-15 minutes. And the water doesn't have to be icy — it just has to be colder than you are to cause hypothermia," she said.

The more energy someone spends after going overboard, the more quickly their body temperature drops, reducing their survival time. Wearing a life jacket adds to survival time in the water, not only by minimizing motion needed to keep afloat, but also by helping insulate the body, Wood said.

"If you suddenly find yourself in the water, don't panic," she said, "because

*continued on page 2*

## Lake Yosemite Sailing Association

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#### RACING CAPTAIN

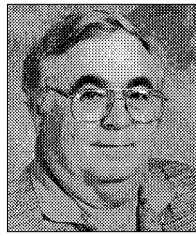
Jim Streatly  
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### Submissions

Submission deadline is the 18th of each month. Submit to Scott Foster via:

*Mail* 2457 Shoemaker Avenue  
Merced, CA 95348

*Email* scott\_foster@excite.com



## Waypoints

*Bruce Fultz, Cruising & Social Captain*

By the time you read this, the first social event of the new year will be history... the second annual Frostbite Regatta. Hopefully, every one had a good time.

The next event is the Superbowl on February 5th. Guy Near has volunteered to take charge of the pool, but we still need help for the halftime games. Hamburgers and hot dogs are traditional fare, Joey says she will provide chili as usual, and we are all looking forward to the wonderful variety of snacks and sides that everyone provides. Soft drinks and water will be provided by the social committee as well. Now that the important stuff is out of the way, does anyone know who is playing?

On a more serious note, it seems to me that filling our social calendar this

year at the lake will require more than just a few suggestions and ideas from you out there in the radio audience... Commodore Tom is already on record that he's looking forward to a fun year, and the more members involved, the more potential fun there is. Tell us what you want for events and activities... we are not looking for money makers, or expensive events, just good, honest-to-god fun stuff, unofficial regattas and the like. Let us know your ideas, concerns, and desires for the coming year.

We are looking forward to this season, and with dry sailing available, the new slips built, we have the potential for getting more boats on the lake this year... and with the new California laws regarding noisy personal watercraft, perhaps a quieter season as well.

We hope you had a happy holiday. See you at the Superbowl Party. 8

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## Preventing Hypothermia

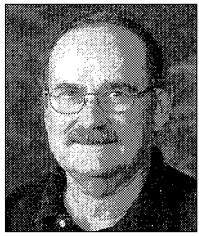
flailing around causes your body to lose heat a lot more quickly." Heads, necks, sides of the chest and groins are the body "hot spots" that lose heat most quickly and need to be protected the most. The best way to prevent hypothermia is to stay in the boat, but should you fall overboard, these tips can help you survive:

- Don't take off your clothes. Instead, button, buckle, zip and tighten collars, cuffs, shoes, and hoods. If possible, cover your head — in cold water about half of heat loss comes from the head.
- Devote all your efforts to getting out of the water. Act quickly before you lose full use of your hands. Board a boat, raft, or anything floating. Turn a capsized boat over and climb in — remember most boats will support you even when full of water. If you

can't right the boat, climb on top of it.

- Don't try to swim, unless it is to reach a nearby boat, another person or a floating object you can climb or lean on. By releasing warm water between your clothing and your body and sending "warm" blood to your extremities, swimming can cut your survival time by as much as 50%.
- Even if it's painful, remain as still as possible. Intense shivering and severe pain in cold water are natural body reflexes. These will not kill you, but heat loss will.
- If you're with other people, huddle together for warmth. Otherwise, hold your knees to your chest to protect your trunk from heat loss, and clasp your arms around your calves.

For a free brochure about preventing and treating hypothermia, call the BoatU.S. Foundation for Boating Safety and Clean Water at 1-800-336-2628 or order a free copy online at [www.BoatUS.com](http://www.BoatUS.com). 8

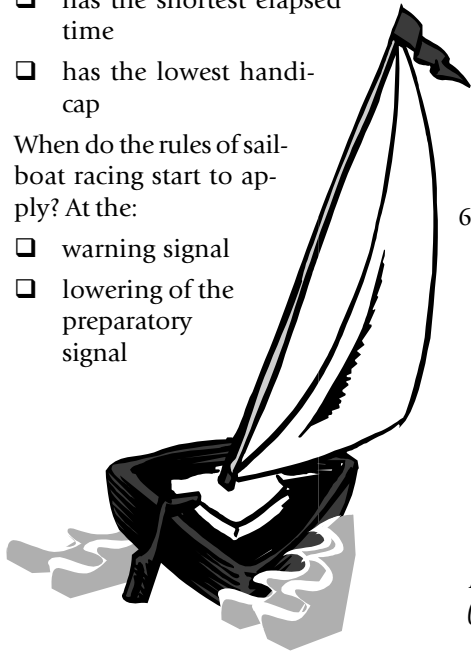


## On the Wind

*Jim Streatly, Racing Captain*

Here's some more questions to test your racing knowledge.

1. A race where all the sailboats are the same kind and the first boat to cross the finish line is called a:
  - single-class race
  - one-design race
  - small boat race
  - handicap race
2. In a race involving sailboats of different types the winner is the boat that:
  - has the best corrected time
  - crosses the finish line first
  - has the shortest elapsed time
  - has the lowest handicap
3. When do the rules of sailboat racing start to apply? At the:
  - warning signal
  - lowering of the preparatory signal



- preparatory signal
  - starting signal
4. In a 5-minute countdown starting sequence, what are all the times signaled by the Race Committee by raising or lowering signal flags?
    - 5 minutes; 0 minute
    - 5 minutes; 2½ minutes; 0 minute
    - 5 minutes; 4 minutes; 3 minutes; 2 minutes; 1 minute; 0 minute
    - 5 minutes; 4 minutes; 1 minute; 0 minute
  5. Two of the most basic sailboat courses are:
    - Windward-Leeward and Triangle
    - Square-Box and Slalom
    - Slalom and Windward-Leeward
    - Rhomboid and Triangle
  6. Sailboat racing courses usually have the starting line aligned:
    - parallel to the direction of the wind
    - perpendicular to the direction of the wind
    - 45 degrees to the direction of the wind
    - parallel to the wind and current

Answers: 1.@ 2.! 3.# 4.\$ 5.! 6.@  
(Look at your PC keyboard for answers)

"Wind is a good thing." 8

## Classifieds

### Dorsette Runabout 15'

12/05

Boat is in very good condition. Motor runs excellent, 50HP low hour Johnson outboard. Current tags, trailer, new battery, fish finder, trolling plate, and other extras. Asking \$850.00. Contact Conrad Fournier at (209) 723-3911 or 385-9905.

### Victory Keel Boat 21'

11/05

Includes trailer and complete set of sails (jib 135 and 150). Weighs 1350 lbs. — easy to trailer. Boat was designed for the beginner. Asking \$1,800.00. Contact Ken Rockholt at kenrock@cwo.com.

*Classified advertisements are printed as a free service to members. The rate for non-members is \$5.00. Ads run for three months. Extensions must be requested. Please notify Light Air when your item sells.*

## True Sailing Story "Fall Off"

*By Jeremy Elson*

Several years ago, I spent two weeks at Mobjack Sailing Camp. We campers tried to learn how to sail by going out on the Chesapeake Bay to sail twice a day under the somewhat inept instruction of the counselors.

Anyone who knows how to sail is sure to know the terms "head up" and "fall off" — "head up" means to point the boat closer to the direction where the wind is coming from, and "fall off" means to point the boat in the other direction (further away from the source of the wind).

If you point the boat too far up into the wind (i.e., if you "head up" too far), the sail will get back-winded and start to

*continued on page 4*



## Dollars & Cents

*Amy Boehme, Treasurer*

Hello everyone and Happy New Year! Hopefully, Santa was good to

you with some nice new sailing gear.

Invoices for 2006 annual member-

ship dues and slip fees will be mailed out the first week of January. Please mail your payment to LYSA, PO Box 3994, Merced, CA 95344.

I'm looking forward to the New Year. See you at the lake. 8



# For the Record

Scott Foster,  
Secretary

## Board Minutes, 12/06/05

Meeting Called to order at 6:38 PM by Brigitte Loeffler. All officers Present.

### Reports:

**Commodore** – Saw an article in the local "Value Burners" about a \$10,000 Christmas donation. Motion to approve a donation from LYSA to Adopt A Family or a similar group. After discussion and other input of options including offering donations from fund raising activities like "dinner and Sail" programs and canned food drives by the club, the motion was defeated by a 2 to 6 vote. At the next general membership meeting members will be asked for personal donations for Woman's Place and request the organization use the funds to help a single family.

**Vice Commodore** – Contracts for the dry sailing and winter storage use of the parking area have been put together and will be finalized by year's end.

**Dock Captain** – Water levels are dropping. Dock work will begin on Saturday and there will also be scheduled work days for Jan. 7th and Jan. 14th. These dates are to be put into the calendar and on the website.

**Cruising and Social Captain** – Everyone seemed to have a good time at the Christmas party. Thanks to Amy Boehme and others who helped with the clean up.

**House Captain** – Roof still has not been patched. But, even after hard rain and heavy winds it appears no more damage was done. Tom is still to contact Bob Blum about the roof repairs. Also, Mike Allen (a building inspector with Stanislaus County and a teacher for electrical wiring) had indicated we might get the clubhouse under a program where he trains electricians and rewires it for the cost of materials alone. He said the clubhouse would be a good project. Craig or Tom to follow up on this.

**Secretary** – All of the SHARES cards, PICYA cards, and handbooks have been

mailed. Thanks for the input for this month's newsletter.

**Treasurer** – Club and Dock account balances were reported.

### Old Business:

Tom thanked board members for "the education" this year and special thanks to Amy Boehme for all her help.

### New Business:

UC Merced Sailing Boosters contacted board members and others regarding interest in our club's educational and other activities. The individual appeared interested in getting a UC sailing team together. Some members responded to his email and invited him to attend a general meeting. It was decided that a single person be the focal point for contacts outside the club that have relevance to club activities. The bylaws specify this as a task for the vice commodore.

An incident at the Christmas party prompted debate regarding club rules of behavior and consequences for breaking them at the LYSA facility. A motion was made to form a committee to address this issue and present to the board a structured approach to dealing with the issue (M/S/P). A committee was so formed, tentatively including Jerry, Brigitte, and Bruce. Craig suggested using rules from other clubs and Jay suggested they may be present in the PICYA guidelines.

Meeting adjourned 8:01 PM.

## Membership Minutes, 12/13/05

Meeting Called to order at 7:03 PM by Brigitte Loeffler. All officers present. December 6th meeting minutes read and accepted.

### Old Business:

Wes Unruh suggested we help other working organizations with their fund raisers by allowing use of our facility to get a more significant impact than donating a few hundred of the club's dollars. Also let it be known that if you shop at Raleys they have a similar program to the Save Mart SHARES program and we can get income from this source for the club also.

Tom Cooke – Finalizing all the contracts and details for dry sailing and storage.

### New Business:

Ed Green – Would like to get pictures of all the past commodores to display at the club. Please see Ed or Jay Sousa

# Join us for the next Membership Meeting

Tuesday, January 10th

LYSA Clubhouse

6:30 PM Potluck Social

7:00 PM Meeting

Bring a dish to share  
and your favorite beverage.

if you are a past commodore.

Brigitte Loeffler – A committee was formed to establish "Rules of Conduct" for club members and persons using the club facility.

### Good of the Order:

Second Annual Frostbite Regatta to be held January 1st and Superbowl Party on February 5th.

Meeting adjourned 7:26 PM.

(This is a summary of the minutes.

For the complete minutes see Minutes Book) 8

continued from page 3

## True Sailing Story "Fall Off"

luff (i.e., flap around wildly).

One day, four fellow campers, a counselor, and I were out on one of the boats in a stiff breeze. Ann, a camper who had a reputation for being a little bit of an airhead, was at the helm.

Ann wasn't very good at sailing, and at one point she pointed the boat way too far into the wind, causing the sail to start luffing wildly. She had no idea which sheet (rope) to pull or which direction to point the boat to get the sail to fill again, so she started getting frantic.

Exasperated, the counselor finally yelled "Fall off! Fall off!"

Ann immediately jumped off the back of the boat. 8

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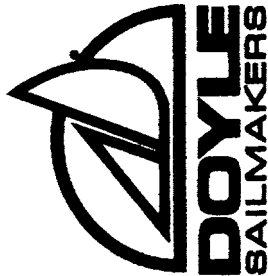
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## Visit Our Website

*For detailed information regarding our association and last minute updates we invite you to visit our Website.*

**lakeyosemitesailing.org**

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## Upcoming Events

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**January 01**

Frostbite Regatta

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**January 03**

Board Meeting

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**January 10**

General Membership Meeting and Potluck

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**February 05**

Superbowl Party

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**February 07**

Board Meeting

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**February 14**

General Membership Meeting and Potluck

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