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ISLAND YACHT CLUB'S

MAINSHEET

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Alameda Marina

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Remember these Dates!

Nov 20 Commodore's Cup Race

Start / Finish at estuary mouth,
race around Treasure Island,
return to the club for goodies!
More details inside.

Dec 5 Club Decorating Party 1500 hrs

Decorate the clubhouse and
then go out to see the
Lighted Boat Parade!

Dec 11 CHANGE OF WATCH

Bar opens _____ 1800 hrs
Dinner _____ 1900 hrs

Annual Meeting of Members
and Election of 2005 Officers

Look for your Invitation in the Mail!



An Interview with the Commodore

By Janet Frankel, Editor

I telephoned our Commodore, Diane Duey, to obtain her permission to interview her about upcoming events. She agreed to the interview on the spot, and away we went!

Q: Are we having a Change of Watch this year?

A: Yes we are and it's December 11, 2004.

Q: What do you have planned?

A: We have a dinner banquet, catered by a professional caterer, with beautiful tablecloths and decorations, including a tree! The menu will be similar as we had the last two years. We had some kind of delicious beef fillet, and there will be a vegetarian dinner available for those who want it.

Q: Will there be dancing?

A: Yes, there will be dancing, and we are providing our own music, DJ style.

Q: What time does it start?

A: The bar will open at 6:00 and dinner will be served at 7:00.

Q: What should we wear?

A: Do women have to wear panty hose? Well, this is the one occasion of the year that we have to dress up. So, I guess we have to do it. Panty

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Efficient Cows ...

By Frank & Ellen Atteberry, Cruisers

At present, we are anchored near to the old pier in Quepos, Costa Rica. November marks the end of the "wet" season, so we should expect the rain will taper off and be infrequent by December. Overall, we were surprised that it did not rain almost constantly. On average, it rained a little almost everyday, usually just before dark and lasted only 1 -2 hrs; however, there were times of no rain for 4 -5 days during the last 3 months. There were few heavy rain squalls, but when it was heavy, it was unbelievable. It reminded me of being on one of my uncles' ranches in Northern Texas when he would say after a really heavy rain: "it came down like a cow pissin' on a flat rock". If you have never been around cattle, you will not understand, but cows do not waste time relieving themselves. We are on our way to Panama, Puerto Armuella, just across the border from Costa Rica; we need to checkin and then checkout so we can return to Costa Rica for a new 6 month visa for our boat. That will be obtained in Golfito, the southernmost Port of Entry for Costa Rica. In Golfito, we also plan to have our canvas plastic replaced with the new stuff we brought back from the US along with new zippers. If all goes well, we will spend Thanksgiving in Golfito before heading back to Puntarenas for Christmas. Our older son, Jon with girlfriend Zoe will be coming down to visit in early January.

We had a good time visiting all the relatives in California on our trip and also had time to visit with a few friends. It was difficult saying no to all the food fixed for us; it was so good and we had all our old favorites that cannot be easily made in Central America. Getting through Costa Rican Customs with all our parts and goodies was a breeze at the airport; the most difficult time was getting through airport security at the San Jose, Calif airport. Getting the security folks to understand the various parts of a digital Ham radio without unscrewing the covers was not easy; all the RF shielding must have also blocked the xray equipment. We had removed all packaging so the stuff would not look new to Costa Rican Customs which caused some further concern. We had to leave all our new charts for the South Pacific and Australia, New Zealand packed into plastic tubes with our son Jon to bring down; all the charts weighed about 35 Lbs and would have put us way over the limit per bag.

It was a big relief to get home to Costa Rica and the boat. Our skin was all dried out, had occasional nose bleeds, and Ellen's allergies were peaking. After buying some groceries, we quickly headed out for Isla San Lucas to soak in the salt water, clean the boat bottom and catch some good fish. We are now re acclimated and using a light blanket at night to keep warm in the 70's on the boat. At Isla San Lucas, site of

> *A Faceful of Flying Bats, page 3*

Nacing Rews

By Joanne McFee, Racing Co-Chair

Oct 16 – So our merry band of race committiers hied ourselves to GGYC to run the Yankee Cup / Champion of Champion races for the YRA. The Ahlfs (Rich, Shirley and Linda), Janet, Veronica, Ted, Dave Blumhorst and me, along with reps from YRA were there. It was quite a brain trust, but since this was for year-end championships, we needed it. It was an interesting day. There was a storm front on the way. Rather than our usual westerlies, the wind ranged from southeast, south, southwest and occasionally west. In addition there was a strong flood tide. Choosing courses was a challenge, but we managed to get three races off to decide the championships. Computer Guru Dave and I stayed through the trophy presentations and the racers were very complimentary. One of the winning boats said it was the best run race they had been in all year. Thank you!

Oct 31 – "I've lost the bottle opener but it's a screw cap anyway." That set the tone on Sunday for the Great Pumpkin Regatta. Saturday was a serious three race regatta around the buoys, but Sunday is a fun pursuit race and pumpkin roundup. There's also a trivia quiz, but we didn't finish the race, so our brilliance went unrecognized.

Oh yes, the quote. I really did say that. I was a Great Pumpkin virgin (don't EVEN go there). The rest of the crew regaled me with stories of past Pumpkins and that this was a great race, perhaps their favorite race.

I was on Kristina with skipper Brian Grainger, foredeck Mike Simpson, Bill King and Janet Frankel. We had a great time, snagged a pumpkin (number one), but couldn't finish in time. More wind would have helped but despite Janet's calculations, we went the wrong way. Spinakering to and from Raccoon Straits was, however, a novel twist.

Other IYC boats were out there racing. Jeff Blowers' Nu Dame was third in their division on Saturday with three third place finishes. Way to go with a new boat! John New was out there with Wuvulu on Sunday. They picked up Pumpkin #18 and were the last boat to finish Sunday. We watched them.

Nov 6 – So we come down to the Jack and Jill + 1. It was a beautiful day in the neighborhood and eight boats came out to play. Ruthie Summers and Rascal was the winner in Division A. There was a battle of tiny tunas in Division B. Janet on Atuna Matata and Heidi on Dominatrix went head to head (bow to bow?) for the whole race. Janet was the eventual winner and a good time was had by all.

After floating around in the nice warm sun, we all went

> *Prizes for Best Chili, page 3*

Commodore's Cup

Our Annual Commodore's Cup is Saturday, Nov. 20.

Start and finish - between Red  7 & Green  8 at the mouth of the Oakland Estuary.

Start time - between 1230 and 1300 hours GPS time. Take your own start and finish times.

Course - Around Treasure Island in either direction.

Distance - 6.6 NM

PHRF - If you don't have one, we will assign one.

Entry fee - FREE, just show up and race!

Prizes - Back at the clubhouse after the race. Commodore's Cup Perpetual Trophy will be awarded at the Change of Watch Dinner.

A Faceful of Flying Bats

(Continued from page 2)

an old Penal Colony, we finally went ashore at the old cement pier and walked around the old prison. The Caretaker gave us a long monologue about the hazards of falling through the floors, having stuff fall on our heads, getting stung by very bad wasps, bitten by vampire bats, and getting snake bite from some very bad snakes which would certainly lead to our quick deaths. All of this was in Spanish and luckily I knew enough to politely acknowledge his wisdom and promised we would be careful; he turned us loose and retired to nap on the bench on the porch of the old dispensary. In the few years since the prison was vacated in 1991, the jungle has moved quickly to almost engulf the prison buildings and grounds. The artwork of the prisoners on the walls in the dorm type rooms was really quite good. We saw no snakes, only a few wasps, but got a faceful of flying bats when we entered a couple of rooms. The scary part was the few moments it took us to figure out what was happening; we did not plan on bats flying out the doorways by the hundreds at mid day. Watching all those Raiders of the Lost Ark movies had prepared us for flaying our arms in the air and screeching at the top of our lungs, before running out of harms way. Good thing we had left the machetes on the boat or we would have hurt ourselves. We should email a recommendation for this site to Stephan King. At least this Penal Colony was quickly vacated; there is another on an island in Panama that is "in process" of being vacated and has been for a few years. Apparently, they told the prisoners and many have decided to build rafts and float away. The cruising guide book warns cruisers to stay on the alert and ask the local fishermen which islands the prisoners are hiding on. I guess this is what happens when the US means well but does not install a good efficient infrastructure before moving out.

Coming down the Gulf of Nicoya, one of our stops was Bahia Herradura where there is a nice anchorage and

> *Mega-Yacht Amusement, next column*

Prizes for Best Chili

(Continued from page 2)

back to the club for chili. For those who missed it, I'm sorry, for it was very tasty. We had Janet's Hog in the Fog chili, Betty's Amazing White Chicken Chili, and Ron's Chili for Wimps, rounded out with salad and corn bread. The chilies were very different, so everyone won a prize. Mark your calendars for next year and keep those sailing gloves and recipes dusted off!

Nov. 20 – The Commodore's Cup. This year Vice Commodore Peter will take over for Commodore Diane, who will be away that day. The race will begin and end at the mouth of the Estuary, round Treasure Island either way and convene at IYC for after race frivolity and refreshments. Come on out and add to your trophy collection! Check out our website for important stuff like start times and course length.

I had words of wisdom, but I lost them – so all I can say is GO BEARS!

—Joanne

Mega-Yacht Amusement

(Continued from previous column)

the Los Suenos Marina, most pricey marina in Central America: berth rate US3 per ft per day, or US132.00 for our boat per day for a dock, shore power, water, showers, and pool. It was more amusing and very cheap to watch the mega yachts trying to tie up to the fuel dock.

Here in Quepos the anchorage is free, the dinghy dock at the pier is free, and the water is crystal clear and 89 degrees F. The little town of Quepos is quite nice. Since the blight wiped out the banana orchards, and the fear of cholesterol building factors in Palm Oil killed that industry, the old packing buildings near to the pier are vacated and the local folks focus on the tourists coming to nearby Manuel Antonio National Park. It appears a lot of Gringo's have decided to retire here as there is a Gringo type grocery store in town with Gringo prices; we go to the grocery store for locals with much lower prices and less Coco Puff type cereal. On Saturday mornings there is a Farmers Market on the road into town with fantastic vegetables: huge fresh beets, huge tomatoes, nice pineapples (yellow and white), broccoli just cut from the stalks, fresh green beans, but the celery is only the size of large green onions. A VW bus with the nice Quaker ladies offers great home baked bread, pies, and cinnamon rolls.

Coming down the Gulf, we caught our first Rooster fish with the long colorful dorsal spikes, and a large Crevally Jack. The Jack made great BBQ's fillets with Ellen's famous honey soy sauce marinade. The left over fresh Jack fillets we made into Fish Sausage now that we have some Poultry Spice brought to us by our gracious daughter in law, Denise. This sausage is soo good even Homer Simpson would not know there was no pork involved. Due to my

> *Amazing Fish Sausage Recipe, page 4*

Black is the New Black

(Continued from page 1)

hose. You don't have to put that.

Q: *I did.*

A: You're evil, Janet.

Q: *Okay, so then, what should we really wear?*

A: Well we should just dress in our Xmas outfit. Or, whatever.

Q: *So, I guess you're thinking holiday garb?*

A: Yes, because the room will be decorated for the holiday. I know! Wear black, black makes you look thin.

Q: *And what if you're already thin?*

A: Then ... I guess you should wear bright colors.

Q: *What else will happen at the Change of Watch?*

A: We'll have a ceremony to vote for and install our new Commodore and the rest of the officers, and give them their stars.

Q: *Are we having a decorating party before the Change of Watch?*

A: Yes, we are, on December 4th at 3:00pm, everyone should come on by the club by 3:00 or even earlier to help make it look beautiful and festive for the holiday party (Change of Watch party). I will arrange for the decorations to be available earlier, like 1:00pm, but I can't be there until 3:00.

Q: *Are we going to have food at the decorating party?*

A: I'll bring something, and other people can bring other snacks too.

Q: *Do you have a price for the Change of Watch?*

A: I'm negotiating with caterers to try to keep the cost down while making sure we have a high quality meal. We have a tradition of really good food at our Change of Watch dinners! Right now, we are definitely going to be able to do it for under \$30, but I'm still negotiating. Historically, we don't make money at the Change of Watch, but we do hope to break even!

Thank you Diane, we appreciate your work and your dedication all year. I know I speak for all of us. —Ed.

YRA Awards at Bay View BC

By Janet Frankel, Newsletter Editor

Have you ever been to the Bay View Boat Club, Dear Reader? I have to imagine that you might not even know what it is. So, I'll tell you what I know. The Bay View Boat Club is in San Francisco, inexpensive, and sports an incredibly funky location and even funkier access to the water. I had no idea that there was such a place, where the method you are *supposed* to use to get onto your boat is to climb around an old chain link fence, step gingerly over decrepit and tar-speckled railroad tracks, climb down an old iron ladder toward the water, pull your boat closer off its springy anchor line, and jump.

When Peter and I originally joined Island Yacht Club, it

> *Charmed by Shirley Ahlf, next column*

Amazing Fish Sausage Recipe

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continuing concern for your hearts, briefly, here is the recipe for the Mix: 1 tsp garlic powder, 1 tsp grd thyme, 1 tsp sage, 1 1/2 tsp pepper, 1/2 tsp salt, 2 tsp poultry seasoning, and 1/4 to 3/4 tsp Cheyenne pepper depending on your desires. Use 1 Tbsp mix for each 2 cups of ground fish. Almost any fresh fish will work as long as it does not smell "fishy". Mix it well, roll into a sausage type shape cover tightly with saran wrap and refrigerate for a couple of days to season well. When sliced and fried in a little olive oil, you will be amazed. All the breakfast sausage flavor, but no pork. Our cruising friends, Greg and Carol, Jewish folks from Russia, that have never, never tasted pork liked it and now know the mystery of "pork sausage" flavor. Now, they ask, what can we do for Catholic Priests and sex.

—Love, Frank and Ellen

Hot Ice, Quepos, Costa Rica

Charmed by Shirley Ahlf

(Continued from previous column)

was after being torn between Island and Bay View. Until I met more of the IYC members, it was a tough choice. True, Shirley Ahlf tipped the balance in favor of IYC with her charm.

Last night, YRA had its annual Awards and Thank You dinner. I was invited because I had served on the race deck for some IYC-run YRA races. If you have not yet served on a race deck, Dear Reader, I strongly recommend it. The only down side, if you can consider it a down side, is that it takes time. Otherwise, a more enjoyable way to pass the time I can't imagine. You raise flags, you lower them, you plug your ears. You raise different flags, you honk a horn, you plug your ears. And so it goes, in the meantime noshing on delicious snacks, watching graceful racers fly before you, and passing the time in easy banter with friends. And, something I hadn't thought of until last night, at the end of it all, YRA thanks you with a lovely Pierre Cardin pen and pencil set! I will keep mine for a very long time! – well, that's not completely true, since Tony got so excited by the pen that I had to give it to him. But I will enjoy my pencil for a very long time.

So, the YRA thank you this year was hosted by the Bay View Boat Club! The food was terrific. There was a pear bisque soup, freshly caught salmon sashimi with sliced papaya and oranges, a selection of cheeses, fresh French bread with tons of butter, and that is only the beginning of the list. Tony looked at the table full of delicious items, and said, "Looks like they have a Peter here, somewhere, too!" And what with San Francisco's upgrade of the waterfront, the Bay View Boat Club is easier to find. You still have to climb over a slab of plywood, though, to get in.

—Janet

HELP WANTED (NEEDED)

By Joanne McFee, Racing Co-chair

VIPP: Crash Boat Driver, Mark Putter-Outer, Mark Picker-Upper.

One or three positions. For Sadie Hawkins, Friday nights, Jack & Jill + 1. Knowledge of outboards and vehicle to launch boat a definite plus. (Very Important People and Positions.)

Call Joanne or Ben.

Joanne: 925-254-5384
Ben: 510-584-2724

Joyce & John on Planet Earth

By Joyce Logan, Cruising Member

Hi! Well, we left Alaska on the 1st of Nov and spent the night in Tucson and a 7 hour bus ride got us to the boat. It is hot about 85 to 90 during the day but cool at night so it is not bad. Getting lots done on the boat. Should be in the water next week. Lots of putting things back together as we had to store everything below deck when we left. John's computer took a dump and had to be fixed this summer and we can't seem to figure how to get on sailmail, so I am at an internet cafe writing this. As soon as we get back online with the computer will write more letters. Just wanted to let you know we are still alive on planet earth!

—Love to all, Joyce



Change of Watch—Annual Meeting

December 11, 2004

Upcoming Dates to Remember

<u>Nov 20</u>	Commodore's Cup
<u>Dec 5</u>	Club Decorating Party
<u>Dec 11</u>	Change of Watch—Annual Meeting
<u>Dec 12</u>	Changeover Meeting