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ISLAND YACHT CLUB'S

MAINSHEET

Issue One

Volume 34

Alameda Marina

Jan 2005

COMMODORE

Peter Linehan
(415) 902-8386

VICE COMMODORE

Shirley Ahlf (925) 672-2514

REAR COMMODORE

John New (510) 338-0954

STAFF COMMODORE

Diane McClure (831) 689-9141

PORT CAPTAIN

Jeff Blowers (510) 724-2892

SECRETARY

Joan Wetherell (925) 837-9408

TREASURER

Rich Ahlf (925) 672-2514

RACING CO-CHAIRS

Ben Mewes (510) 352-4863 and
Joanne McFee (925) 254-5384

CRUISE CHAIR

Marilyn Bruner (650) 207-2207

MEMBERSHIP

Diane Duey-McClure (831) 689-9141

PUBLICATIONS

Janet Frankel (415) 387-5807

BAR MANAGER

(position open)

HISTORIAN

Pam Richardson (510) 724-1371

ASSN. LIASON

Ted Crum (510) 654-7301

SHIPS STORE

Betty Sleeth (408) 279-2863

Remember these Dates!

Jan 29 CRAB FEED 1830 hrs

All the crab you can eat, plus
yummy fixins all for \$25 per person.
Mail check to Treasurer Rich Ahlf at
63 El Molino Drive, Clayton, CA 94517
Deadline for reservations: Jan 27 !!

Feb 6 SUPERBOWL PARTY 1400 hrs
and Joanne's birthday party!
Potluck! (No desserts!)

Mar 5 Sadie Hawkins Race 1200 hrs
& Clam Chowder Cookoff
Woman-skippered, fully crewed
flatwater sailing race on the Estuary
followed by the oh-so-satisfying
Clam Chowder Cookoff. Prizes!



Roger Reports on IYC's Commodore's Cup

By Roger England, Member and Unsuspecting Reporter

A total of 6 boats competed (Nov 20th). The wind was light, and that was a real advantage for the Santana 22s (2) as they are so light. Ben and Lucie Mewes raced on *Mirage*, and finished first. They went counterclockwise. We went clockwise thinking there would be some current advantage on the Oakland side return. We did not anticipate the total lack of wind at the finish. We never really got to stretch *Strike Slip's* wings due to this, and finished 4th on corrected time. When we got within 1/2 mile of the finish line we actually were leading, then the wind disappeared where we were, and we watched Ben & Lucie ghost across the finish line with *Tuna-a-Matata* in their wake. We still had a great time!

There was really a bizarre wind that came in immediately after we finished. From the North-East in gusts to 45 mph in the Estuary. We actually had to come up to one of the docked container ships in order to lower our sails.

On returning to the club, Ben whipped up some eggnog, Joanne opened the bar and we all mellowed out.

—Roger England (*Strike Slip*)

p.s.: That bizarre wind is still blowing this morning! It's still gusting here in the hills of Oakland to maybe 40 mph sometimes. Power was flickering last night.

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Heading for Panama Islands

By Frank & Ellen Atteberry, Cruisers

We are working hard and doing well. Still eating lots of fish and you should be doing the same. At present, we are anchored in Bahia Herradura, Gulf of Nicoya, Costa Rica. We just sailed overnight the 130 miles or so from Golfito, CR, and we are heading back to Puntarenas. We need to get our dinghy davit's repaired, finish installing the new Ham radio, and haul the boat for bottom paint. Our older son and girlfriend are coming down on Jan 3 for a couple of weeks and then we and *Zarpe* head out and head for the Panama islands. Talking to all the other cruisers on the morning Ham net has given us a great desire to get into Panama. There are about 35 boats down here that participate and they are strung out among the waters of El Salvador, Nicaragua, Costa Rica, Panama (both sides), and Ecuador including the Galapagos Islands. Most of the folks in El Salvador and Nicaragua are heading to Costa Rica. Those in Panama are mostly waiting to transit the canal and head into the Caribbean. The Costa Rican cruisers are slowly heading to Panama with a good number planning to go on to Ecuador in March.

Golfito was a good place for Thanksgiving. We had taken the bus into David, Panama, to renew our visas and picked up a Turkey and some stuffing mix. The trip to David was only about 30 miles, but it was so different in western Panama. Lots of flat land with cattle herds, a couple of cattle auction barns (Texas style), and lots of roadside stores with hand made, beautiful saddles. Their fences are really unique: they plant trees that only grow a single straight trunk about 4 inches in diameter and not more than 10 ft tall. These trees are planted only 8 -12 inches apart in straight lines and have barbed wire strung through them, three strands. Those Panama ranchers are smart; no sweaty post hole digging for them. Everything is so cheap in Panama, and quite American. Banana's 30 for US1; Hamburger, fries, and coke US1; Taxi to almost anywhere US1.50; bacon and eggs for US1.25; great hotel rooms, 3 star type, for US20 per night. We have heard Panama City is not so cheap, but David certainly was. We cooked the Turkey on our boat; some other folks cooked stuffed pork loin, pies, salads, potatoes and all the regular stuff. There were about 25 folks or so for dinner at the Land and Sea cruiser's room on shore. The quiet anchorage in Golfito Bay was just right for us to put in the new motor mounts; we hoisted the 477 lb engine, front part first replacing the two motor mounts and then the rear part for the other two. The alignment with the propeller shaft was easy, we stuck pencils through the bolt holes and adjusted the motor mounts until the pencils were all straight and parallel. (you can read all the details in one of the SAIL magazines). Before we left, I needed to clean the bottom and the prop; it took about

> *Fisherman and Panga, or Tree?, page 3*

Nacing Rews

By Joanne McFee, Racing Co-Chair

Every now and again I explain why this column is called "Nacing Rews". There is a comic strip called "Tank McNamara" (he looks kind of like the dad in "The Incredibles") featuring a slightly added ex-football player – cum – sportscasters of the "Norts Spews". This slightly added racer relates.

Earlier on the column featured lots of race results, but it's much easier now to get results on club or YRA web sites. Now you may get results or you may get stories. Some might be related to sailing. Since I am racing again after a hiatus of about two years you're likely to get musings and anecdotes from the race course.

A look back: Commodore's Cup Nov. 2004 — We all should have followed Lucie! The sailing instructions said we could round T.I. in either direction. Five boats went clockwise. Lucie and Ben on *Mirage* were contrary. Guess who won! Lucie's tactics sure beat the rest of us!

It was a top ten day on the bay. Warm, breezy, no wind, too much wind – but no foulies and lots of sunshine.

Brian Grainger and I on *Kristina* sailed around the island and under the bridge and the wind just quit. We watched Robert England's *Strike Slip* drift faster than us. Brian took a nap. I ate a sandwich. The wind piped up, did a 180 and wham! It was Mr. Toad's Wild ride up the estuary. The #1 was too big. I worked hard not to round up into the Columbia 5.5 next to us or down into the rocks while fighting a leg cramp. Oh! The Drama!

Kudos to Bill King, aboard his Santana 22 *Atuna Matata*, who went through that single handed and at one point had a spinnaker up.

We all met back at the club afterward and a new tradition was born. Ben treated us to his famous eggnog. It was amazing how quickly that huge bowl disappeared. Save the date. "Race boats" aren't necessary, just the desire to have a good time on the water.

A look forward: Racing never ends on San Francisco Bay. Midwinters are now in full swing. Jeff Blower's *Nu Dame* is doing Berkeley Circle. John Mew's *Wuvulu* is doing IYC's Jack Frost and AYC midwinters. *Kristina*, *Mirage*, *Dominatrix* and Lone Ranger are all doing AYC midwinters. I'm sure there are stories.

IYC's first race of the year is the Sadie Hawkin's on March 5. It is fully crewed, on the estuary and Sadie drives. There will be spinnaker classes, and it's a perfect first race. So mixing comic strips – let's not be like Pogo who said "We have met the enemy and he is us," but come out and race. Afterwards, come back to the club for our annual clam chowder cook off, and oh my, can

> *Chowder without Fur, page 3*

Chowder without fur

(Continued from page 2)

IYC cook clam chowder! There'll be one with turkey bacon for non-fur-bearing meat eaters!

Don't forget our spectacular crab feed January 29 and Super Bowl Sunday – Joanne's Birthday (that's me!) pot luck on February 7. Will Paul McCartney have a wardrobe malfunction at half time? Come on down! The food and company are first rate.

Til next time – keep on sailing!
—Joanne

Happy Holidays! from Nancy Lasky

I sold my house in Tahoe, and bought a house in Sun City, AZ. Golf cars are driven on the streets in this town and everyone's garage is extra long with a ramp to accommodate a golf cart. Sun City has 8 pools with recreation centers, 14 golf courses and every type of club. I have my own pool and Jacuzzi. Brother, Gary the contractor, did some remodeling for me this summer and removed a wall between the Arizona (living) room and the kitchen, and built a laundry room in the garage. The laundry room and kitchen now have purple carpet and lavender walls. He also replaced a kitchen window with a sliding door to the patio. My Dad is now only 4 hours away in Rancho Mirage, CA. Both Steve and Christine and family will be with me for Xmas along with Einer. I began my visits to AZ after my Father's 90 birthday party, to visit with a friend from MN., who winters in Sun City. While visiting, I discovered my house and of course the wonderful prices, compared to the bay area of CA. I also decided that it was time to go to the infamous Mayo Clinic in Scottsdale, to see if they could fix my body, from the surgery I had 12 months prior. So far they have done wonders and I can actually vacuum and hold baby Julia in my arms. I continue with treatments each month and got to experience 110 degrees one week (August) when I was there. It is HOT!

My sailboat, which is still in Alameda, is in the best shape ever and I have a new Main sail and refinished the teak and holly sole this year. She continues to be a unique motel for many visitors and great fun to sail. Bob would be very happy that I have kept her in such good shape and that I still enjoy her so much. Three years since his passing and it seems like an eternity and yet like yesterday. He was a very unique man and I miss his love and passion most of all. During the winter, I will fly to Alameda once a month, choosing my times carefully, for the warmth.

Einer and I spent Thanksgiving in Kona, this year (third trip this year) and Christine, Jeff, Nick(12) and Julia(2) joined us. We had a great time. Julia is a real water

> Lounge Chairs and Popsicles, next column

Fisherman and Panga, or Tree?

(Continued from page 2)

3 hours and Ellen stood guard with a long boat hook. In the clear blue waters of Golfito Bay there are crocs that cruise the open waters; we saw some that were longer than the dinghy, up to 12 ft long total. These guys do not prefer the muddy river mouths or just laying under the mangroves; they go out to get something to eat in the middle of the day.

Sailing back to the Gulf of Nicoya, we did not hit a single floating tree. Hopefully, they have all washed ashore or out to sea. When we sailed to Golfito, we hit several in the middle of the night, but no damage. On Ellen's watch, we hit a big one and she woke me up screaming that she had run over a fisherman and panga. I switched on the big flashlight and looked astern to see the big tree trunk floating past. In the daytime, my fishing lure caught a small tree that we did not see and took the lure with it.

Like Quepos, Golfito is a former banana shipping port. The
> Free Trade Zone in Golfito, page 4

Lounge Chairs and Popsicles

(Continued from previous column)

baby and loved playing in the baby pool at the Four Seasons with us. It is a great pool with sand on the bottom, with kids lounge chairs, water toys, popsicles, etc. She stayed one night with us and danced the hula at dinner. Nick boogie boarded til he couldn't stand up or move his arms! Steve (who turns 40 in January), continues to manage the auto parts store at Lake Tahoe and lives in Truckee. Christine and Jeff also moved to Truckee, when my house sold. Sometimes, Truckee is the coldest place in the US!

My plans so far this year include travels to Florida, Las Vegas, Grand Canyon, N. Carolina, Hawaii, & Tahoe. As you noticed, my trips are mostly to warm climates. Lots of friends will visit in AZ, so I will enjoy all the company. Einer and I hope to take a cruise thru the Panama Canal and to New Zealand/Australia in the next year or so and will go to Hawaii several times. Waiting for him to retire (ha, ha) so we have more time and less stress for him.

Hope you are all happy and healthy.
—Nancy Lasky

SUMMER:
P.O. Box 1095,
359 Capetown Dr.
Alameda, CA 94501
510-523-7401 home, 510-410-3767 cell
9318 W. Hidden Valley Circle, Sun City, AZ 85351

WINTER
623-583-7041 home, cell 510-410-3767
E-mail "purpleelvis@juno.com"

From the Head of Vice

By Shirley Ahlf, Vice Commodore

Well, here it is 2005 already. It certainly does seem to fly by quicker each year. I hope y'all had a happy holiday and ready to have a fun year.

My job as Vice this year is to provide speakers for our monthly meetings. I have some ideas but I would like your input. Any particular subject or speaker you're interested in, please let me know.

Speaking of meetings, the January meeting is the Crab Feed. This is always a fun event and one of our best money makers for the club, so please make plans to attend and bring a friend. It will be on January 29th, 1830hrs and the price, the same as last year, \$25.00. Reservations will be by check only (deadline January 27) made out to IYC, send check to Shirley Ahlf, 63 El Molino Drive, Clayton, Ca. 94517. Then rest assured your name is in the pot!

This about does it for now. Please let me know what you would like to see in our monthly meetings and we'll take it from there. Also you know we always need helpers so don't be bashful! Step right up and let us know how you'd like to be involved. As you know, we're a volunteer club and we all are the volunteers!

Looking forward to seeing you at the crab feed and if you can help, please let me know!

---Shirley (Head of Vice)

Free Trade Zone in Golfito

(Continued from page 3)

banana's were wiped out, so the government made a Free Trade Zone in Golfito where you can buy goods duty and tax free up to US500 every six months. You must register for a permit in the Zone during the day before you can buy stuff on day 2 or later. This ensures the buyers spend some time and money in the local town. Costa Ricans from San Jose and all other places drive down to buy appliances, car tires, and booze at really cheap prices. We bought a small food processor, electric, for US 8.00; a case of Italian wine US1 per bottle; 7 yr old rum for US3 per bottle; scotch for US 7 per litre. Golfito is mostly one long street along the water front and the prices are not the best; this town is very remote from the central valley and all the commercial distributors. A big US Coast Guard cut

> *Surfing with Crocodiles, next column*

Bill & Cathy Nation in Caribbean

By Janet Frankel, Newsletter Editor

An update on cruising members Bill and Cathy Nation: They crossed the Atlantic on their Amel ketch, model Super Maramu 2000, *Sogno di Mare*. They made it to the Caribbean, and are currently in Antigua. They arrived on the 16th of December. They send their regards to IYC members, and a wish that our weather has improved!

My Granddaughter the Bride

By Joyce Logan, Cruising Member

Hi All of you Well I am in the land of internet again for a while. We are in Las Vegas for my oldest granddaughter's wedding. It was super fantastic with a handsome groom and a beautiful bride (takes after her grandma, hahaha). Any way the night before the wedding we took the bride out for a bachelorette party and went to Thunder Down Under. It is Australia's answer to the Chippendales group and oh what a show it was! Great with all the muscles and fab abs. Guess what, eat your heart out girls, one of the fabulous hunks came right in front of me and did a little dance and then pointed both hands to me and got down and give me a BIG kiss. My kids and grand kids about had a heart attack. I told them I keep telling I still have what it takes! Of course, I got the teasing all the next day. I just thought you gals would get a bag out of that. They sure could dance. hu hu. Had just about the whole family here it was great.

Some of you might not know that Tammy my daughter that had cancer had a reoccurrence. Cancer in the lungs and the brain. But God was good and she is clear of cancer now. Still on chemo and bald but bald is good as long as she is still with us. We will be in Vegas till the 27th, we were going to Tammy's for Christmas but I got the flu so won't go and infect her.

Well I didn't send cards so Merry Christmas to you all --Love to you all Love Me

Surfing with Crocs

(Continued from previous column)

ter, *Morgenthau*, spent the Thanksgiving holiday tied up to the old banana pier. As we were leaving a large US Navy ship was heading into Golfito, for Liberty Call.

In Golfito, we met some surfers on a sailboat from South Africa. They had surfed all the famous spots coming down from Nicaragua. The first surf spot as you enter Costa Rica is Ollie's Point and they had anchored and were surfing when they spotted a couple of big crocs walking along the beach. That really got them excited and they moved on. It is amusing how so many younger surfers talk about Ollie's Point, but none know it got its name from Oliver North's clandestine Marine airstrip and supply point next to the water for the war in Nicaragua. One of my heroes and champion of my favorite idiom: "its always easier to get forgiveness than permission". Not sure that his forgiveness was what he expected. I don't know if the Marines surfing the Costa Rican shore came after or before the movie *Apocalypse Now* with the 1st Cav surfing the break in Vietnam with the incoming artillery. Not many know when the Marines first set up bases for assisting the anti-communists in Nicaragua.

—Love, Ellen and Frank, *Hot Ice*, Gulf of Nicoya



Island Yacht Club – Master Calendar – 2005

Date	Event	Location	Hour
Jan 01	Round the Island Cruise	IYC Clubhouse	0830
Jan 29	All You Can Eat Crab Feed!	IYC Clubhouse	1830
Feb 06	Superbowl Sunday and Joanne's Birthday Potluck Party	IYC Clubhouse	1400
Feb 26	General Meeting – Speaker Series	IYC Clubhouse	1800
Mar 05	Sadie Hawkins Estuary Race (woman skipper, full crew); Clam Chowder Cookoff!	IYC Clubhouse	1200
Mar 19	General Meeting –St. Patrick's Day Party	IYC Clubhouse	1800
Apr 09	Doublehanded Lightship Race	GGYC Deck	1000
Apr 22	Friday Night Races – Spring Series #1 – and Awards Dinner BBQ	IYC Clubhouse	1820
Apr 23	General Meeting – Speaker Series	IYC Clubhouse	1800
Apr 24	OPENING DAY ON THE BAY – Decorate our Entry for the Decorated Boat Parade and Competition	IYC to the SF Bay	0930
May 06	Friday Night Races – Spring Series #2 – and Awards Dinner BBQ	IYC Clubhouse	1820
May 20	Friday Night Races – Spring Series #3 – and Awards Dinner BBQ	IYC Clubhouse	1820
May 21	General Meeting – Speaker Series	IYC Clubhouse	1800
May 28-30	Memorial Day Cruise to Half Moon Bay YC – Call Marilyn Bruner, Cruise Chair, at 650-207-2207 for more information	Cruise out the Gate	TBD
Jun 10	Friday Night Races – Spring Series #4 – and Awards Dinner BBQ	IYC Clubhouse	1820
Jun 18-19	Cruise to Vallejo YC – Call Marilyn Bruner, Cruise Chair, at 650-207-2207 for more information	Bay, Delta	TBD
Jun 24	Friday Night Races – Spring Series #5 – and Awards Dinner BBQ	IYC Clubhouse	1820
Jun 25	General Meeting – Speaker Series	IYC Clubhouse	1800
Jul 04	Fireworks – Jack London Square	Oakland Estuary	
Jul 22	Friday Night Races – Summer Series #1 – and Awards Dinner BBQ	IYC Clubhouse	1820
Jul 23-24	Silver Eagle Long Distance Race	Cityfront /Chartlet #8	1800
Jul 30	AUCTION – Followed by Dinner and General Meeting	IYC Clubhouse	1800
Aug 03-4	Cruise – TBD – Call Marilyn Bruner, Cruise Chair, at 650-207-2207 for more information	TBD	TBD
Aug 05	Friday Night Races – Summer Series #2 – and Awards Dinner BBQ	IYC Clubhouse	1820
Aug 19	Friday Night Races – Summer Series #3 – and Awards Dinner BBQ	IYC Clubhouse	1820
Aug 29	PIG ROAST BBQ – and General Meeting	IYC Clubhouse	1800
Sep 03-4	Cruise – TBD – Call Marilyn Bruner, Cruise Chair, at 650-207-2207 for more information	TBD	TBD
Sep 09	Friday Night Races – Summer Series #4 – and Awards Dinner BBQ	IYC Clubhouse	1820
Sep 23	Friday Night Races – Summer Series #5 – and Awards Dinner BBQ	IYC Clubhouse	1820
Sep 24	Dinner and General Meeting – Speaker Series	IYC Clubhouse	1800
Oct 08-9	13th Annual NorCal Women's Sailing Seminar	IYC Clubhouse	0900
Oct 22	Champion of Champions / Yankee Cup	Cityfront/Chartlet #13	
Oct 29	Halloween Party & General Meeting	IYC Clubhouse	1800
Nov 05	Jack & Jill + 1 Race and Chili Challenge	IYC Clubhouse / Estuary	1230
Nov 12	Dinner and General Meeting – Speaker Series	IYC Clubhouse	1800
Dec 03	CHANGE OF WATCH Dinner	IYC Clubhouse	1800
Dec 17	BAMA Christmas Party	IYC Clubhouse	TBD
Dec 31	Happy New Year! New Year's Eve Party	IYC Clubhouse	1800

The Adventure of Moving

By Devon Hand, and David, and the cat.

This is one more holiday season that I have had to let go of the notion that Christmas cards have to be sent before Christmas. I apologize to my friends that were expecting one.

Most of you know that David and I moved our furniture to a house in the mountains the end of September. We both (including the cat) lived on our boat in Alameda for weeks until our jobs in the Bay Area were completed. David finished sooner with his engineering project in Hayward and has been in Volcano since just before Thanksgiving.

And I have been helping Otis Spunkmeyer find and then train my replacement. I'm proud to say it's taken awhile. So today is my last day here.

My car is packed full for the move "up the hill" to dry land. I actually look like the Okie I am. I'll be glad for the dry towels and central heating, but I've enjoyed the adventure of it all and the beauty of living on the water.

I'll have more time for cards next week. Maybe I'll send out cards then. In the meantime, I love you all and wish you a Merry Christmas.

Please keep in touch and make a note of our new home address and my new email address.

Devon Hand
20267 Kit Court
Volcano, CA 95689
209-295-4920
devonhand111@msn.com



Next Board Meeting to be announced...

Upcoming Dates to Remember

- | | |
|---------------|---|
| <u>Jan 29</u> | CRAB FEED—Reservations by Advance Check |
| <u>Feb 6</u> | Superbowl Party and Joanne's Birthday Party
Potluck! |
| <u>Mar 5</u> | Sadie Hawkins Race and
Clam Chowder Cookoff |