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ISLAND YACHT CLUB'S MAINSHEET

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Remember these Dates!

Oct 9 & 10 Women's Sailing Seminar
Women teaching women how to sail

Oct 30 Halloween Party
Board Meeting — 1700 hrs
Happy Hour — 1800 hrs
Dinner & PARTY! — 1930 hrs
Prizes for the best costumes.

Nov 7 Jack 'n Jill + 1 Race
Woman skippered race, and
Chili Cookoff!

Nov 20 Commodore's Cup Race
Details to be announced.



Commodore's Corner

By Diane Duey, Commodore

From the Commodore and the Membership Chair . . .

I'm sure other officers will address the great pig roast. Kudos to Rich Ahlf, pig roaster extraordinaire, for a job well done. He not only picked up the rented barbecue, but carried the pig upstairs alone early in the morning, set it up, served it, and then came back the next day to clean up. Thanks, Rich. We couldn't do it without you. You and Shirley sure know how to put on a good party.

Our September schedule got mixed up. We moved the general meeting and dinner to September 16 in order to leave the following weekend open for our members of the Jewish faith who might have other obligations the weekend of September 24. Well, time got away from us, the person who usually posts events on the web and e-mails members about special events was away, there was a race on September 15 and the galley crew was too tired to do a dinner the following day, so you can see that it didn't happen. I left for Virginia on September

> Halloween Party on Oct. 30th, page 4

Hear the Monkeys Roar!

By Frank & Ellen Atteberry, Cruisers

We are still in Costa Rica enjoying the Good Life, or the Tico's Pura Vida. A simple label on a bag of corn chips says it all about Costa Rica: "...sin preservantes, ni colorantes artificiales" without preservatives, nor coloring artificial. The temps are still nice: 70's at night and 80's daytime, but humidity always in the 70's and 80's also. Rain comes almost every afternoon and they say it peaks in October with rain everyday, sometimes morning, sometimes evening. Normally it lasts less than 2 hours and no gusty winds like El Salvador. At present we are spending some time in the islands on the east coast of the Nicoya Peninsula; at this particular spot next to Isla Gitana we get heavy mist instead of rain. Our anchorage is next to some steep mountains and it seems like the clouds just come down the mountain and encircle us. The jungle is very, very dense here with lots of mangoes, coconuts, and papaya. The Howler Monkeys start their roaring in the early afternoon and continue until after dark. It is hard to tell whether they are rounding up their kids or defining their territory; the ones on the island start first and then the several on the mainland sort of answer back. We never knew that monkeys swim, but they do down here. Some cruisers anchored too close to shore had monkeys on their boat at dawn; they were cute until they stopped feeding them and they got vicious.

We sort of miss the long summer days back in the Bay area; here, near to the equator day and night are always the same: sunrise at 5:30 AM, sunset 5:30 PM. On Sept 23 we are flying to Calif to visit the relatives and some friends. Of course, we are picking up some parts and stuff. Finally, we have decided to get a new digital Ham radio; our Icom 735 is about 25 years old and has served us well, but all the manual tuning of filters, etc. is getting tiresome and the crystals now drift. When I call in to an email node station the Airmail software shows me the host station is clicking through some tuning to get a stronger signal: +30, -20, +9, etc. We also need some new zippers for our cockpit canvas; the Puntarenas upholstery guy reused our 10 yr old zippers, because San Jose had only black zippers. We also need to get some clear plastic for the dodger; he used the CR made heavy plastic with lots of swirls and wavy distortion. Overall, he did a good job, straight stitching, very tight except for the bimini top in the middle, so we are installing two spigots with tubing to our water tanks. Once we settled on an adjustment for the reused zippers, it cost us 1/4th the price of our 1995 canvas job in Alameda. The new Sunbrella repels water like a seasoned duck.

On the Panama Pacific Ham Net in the mornings we hear the cruisers in Central America are now on the

> *Friends Moving to Panama, page 3*

Nacing Rews

By Joanne McFee, Racing Co-Chair

Until the fog rolled in, the harvest moon was magnificent. The old owl was hooting in the trees, looking for mice. I get to go sailing. Life is good. The pterydactyl must be flying over IYC again.

On September 11 the last interclub race was run. Off we went in Brian Grainger's Ranger 26 *Kristina*. "We" were me, Janet, Jeff Blowers and "foredeck Mike." It was the first time for the five of us together as crew. Of course we had no fun at all! The day was fine sailing in shorts, lots of sun-block, and after a short postponement, perfect winds.

So we reached up the starting, hardened up at the gun and roller over our competition (my superior tactics, I'm sure !!??). Off we went to the first mark, the dying wind and ebb tide sending us toward the Bay Bridge. Rather than exhaust ourselves tacking (what, work?) we overstood the mark, set the chute, and off we went, passing boats that started five minutes ahead of us! It's a good thing.

One jibe to the next mark, douse the chute, two tacks around two more marks, and the boom of the shotgun. First is class, first corrected – a bullet! If we'd had a plan, I'd say: "I love it when a plan comes together!"

After a celebratory tequila (thank you, Janet) we sailed off home. The best thing about keeping a boat in the estuary is the peaceful sail home. On that day we watched the Antrim 27s (it was their nationals) scudding up the estuary, spinnakers flying.

October 1 is the last Friday night race. Ben and I sincerely thank everyone who helped. You know who you are, and we couldn't have done it without you. Attendance has been good for the races and the dinners. A free raffle ticket with a dinner ticket (thanks for the idea, Glen) has really sparked interest. Dawn (Vanna) Chesney and Ben (Legs) Mewes have been my able (?) assistances, much to the glee of the audience.

Our last official YRA event is October 16 at GGYC, the year end championship race. I need race committee for another fun race from Golden Gate's race deck. It's a great chance to see the best of the bets race against each other for the big prize. Call me: 925-254-5384.

Last, but most assuredly not least, November 7 is the Jack and Jill + 1, our lighthearted estuary race. The skipper must be a woman, the two crew can be either sex. So dust off your sailing gloves, even if you don't usually race, and come on out and play. After the race, we have our famous Chili Cookoff at the club.

> *Prizes for Best Chili, page 3*

From the Rear

By Shirley Ahlf, Rear Commodore

For those of you who missed the Pig Feed, you missed some good eatin'! Hopefully every one had a good time. Thanks to all who helped. I can't say with complete authority, but it seems I heard rumors of maybe a lamb being done next year. Eh Peter?

This is the time of year when you see lots of IYC ladies meeting in little groups, talking about speakers, colors of T shirts, much talk about food, raffle prizes and see Pam K. thinking and talking about 12 things all at once. You got it, It's Women's Sailing Seminar time, Oct 9th. and 10th. Pam and Co. have been working for some time on the endless plans, boats, food etc. but I'm sure there are lots of jobs to be done on the days of the seminar. She always needs volunteers to help with food and there is always the inevitable clean up. And CLEAN UP is an equal opportunity activity. Anyone can do it and you need no special Ed. Just show up and we'll show you the rest. Seriously, I know Pam will appreciate your help and trust me, on the eves of those days, clean up is the last thing she'll have on her mind.

Keep November 20th open for the Commodore's Cup
> *Coming Back to La Paz, page 4*

Friends moving to Panama

(Continued from page 2)
move. The folks in El Salvador and Nicaragua are starting to move south towards Panama; a lot of our friends that were in Costa Rica have moved to Panama. Those going to the Caribbean and East Coast US after Hurricane season need to get into position to cross the canal and on to Venezuela before the famous "Christmas Winds" start blowing strongly from the east. We keep hearing bad stories from the French and British boats here that came through the canal a couple months ago: boats less than 50 ft will spend about US3000 to get through the canal. The Pilots charge more, line handlers charge more, all boats need to be remeasured (they have invalidated all measurement certificates issued previously by the American controlled Panama). Of course, the greatly tattooed Med French are always complaining about everything, and the British seem to aggravate officials; so, we do not know the real story, yet. They even complain that the Panamanian's have outsourced the mosquito spraying to a Korean company which means everyone will get Malaria, etc. We will be going to Panama also in November, but only to the City of David or the nearest checkin point so we can turn around and come back to Costa Rica. Our 6 month boat visa will expire end of December, and we decided to get that out of the way early to spend the

> *Climbing on Isla Gitana, next column*

Prizes for Best Chili

(Continued from page 2)

Entries and sailing instructions soon on the website.

Traditionally, prizes are awarded for best overall, best vegetarian, best spicy chili, and numerous other surprising categories depending on the entries. Come join us after the race and test your epicurean skills on our Chili Cookooff Guinea Pigs – I mean, Judges. Cornbread, etc., will be provided by the Club. There is no charge, just bring your chili entry and discriminating taste buds! (Donations for the cornbread, etc., will be graciously accepted.)

That's all folks, and until next month, steer small, sail fast. And remember, no matter how high you're sitting, you're still sitting on your ass.

--Joanne

Climbing on Isla Gitana

(continued from previous column)

Holidays in Costa Rica. Jon (our older son) and Zoe will be coming down in January and some friends are trying to decide to come about January also.

Today, we are going to climb the mountain on Isla Gitana to visit the ancient cemetery on top. I will watch the ground for the famous Fer-de-lance snake (one of most poisonous in the world); Ellen will watch for any green tree vipers. We will take the machete. Later, we will do a long spinnaker ride back up to Isla San Lucas to catch more great Pargo and maybe some baby octopus we saw in shallow water over the rocks in the evening. At the 6:30 AM high tide on Sunday, we need to go up the estuary to the yacht club moorings, get the laundry done and pack for the trip to Calif.

We have received some great news from our boat insurance broker. Our Lloyds of London insurer has renewed our insurance for another year with no survey required, no extra crew required, and extended our coverage for the South Pacific into New Zealand. Next year our boat will be 25 years old, but it is a Cheoy Lee, built in Hong Kong under a Lloyds Quality Certification. I believe this was the Grandfather program to all the manufacturing quality process certification programs that started in the US about 15 years ago.

Love,
Frank and Ellen
Hot Ice
Gulf of Nicoya

Halloween Party on Oct. 30th

(Continued from page 1)

24, and Peter, our Vice-Commodore, was going to do a dinner that night and conduct our board meeting, but then he had to fly back east to visit his father. So we are instead going to focus on having a great fun party in October! Be sure to plan to come to Island Yacht Club on October 30th.

Otherwise, our most pressing items of business are appointing a nominating committee for next year's officers, and setting a date to have a cleaning day to get the club ready for the big Change-of-Watch dinner, scheduled for December 11. Those items will be handled later this month.

The Women's Sailing Seminar is this weekend! Come on down to help.

If you are interested in becoming more involved in the club, please call one of the board members - phone numbers are on the front page of the Mainsheet. There will be openings for Rear Commodore, Galley Manager, Port Captain, Race Chairperson, etc. Remember - this is an all-volunteer club, many hands make light work, you can meet new people, and more.

If you joined the club this year and didn't receive a key to the club, please let me know if you want one. At the beginning of the year, there was talk of changing the locks on the doors, something that has been done every few years until now, but it has not happened yet. Please call the Commodore or Membership Chair to request a key.

—Diane

Sneak in some More Sailing

By Janet Frankel, Publications Chair

Amazingly enough, an entire year has blown past us and it is time again for the Women's Sailing Seminar here at Island Yacht Club. I just hope the beautiful weather holds. Although Yerba Buena Island might look very chipper in foulies. I'll let you know.

In yet another stroke of event-planning mischief, Columbus Day weekend coincides with our WSS this year. Nonetheless, those of us who are committed to WSS have arranged our schedules so that we can be there. We have to make sure that as the women enrollees learn more about the art of sailing, their experience is not only educational but enjoyable. If I see anyone who is not having fun I promise to run right on over there and beat them into happiness. It's a good trick; come on by and I can demonstrate for you! Where's my stick?

> *Pig Roast was Perfect, next column*

Pig Roast was Perfect

(Continued from previous column)

Speaking of the committed, and NO I don't mean THAT KIND of committed, I intend to write up an article for next month's Mainsheet about the amazing IYC volunteers we have. It's very heartwarming to see everyone pitching in to get the work done. For example, as you already know if you were in attendance, Dear Reader, this year's PIGGY ROAST was a total success. Thanks to Rich Ahlf, who was at the clubhouse ALL DAY LONG roasting her. Did you know we have a tradition at IYC of naming the pigs at the pig roast? This year I think our pig was "J. Lo." I'm not sure it had anything to do with Ms. Piggy's wardrobe ... ?? I'm sure all who attended would agree that the roasted meat was the most tender we've ever had. Delicious! I had six guests there, and we discovered - to our chagrin - that we somehow translated "all you can eat" into "stuff yourself with more than you can manage". Ouch!

I've been enjoying sailing on OPBs (Other People's Boats) lately. It's really fun! Every boat has different equipment, and even boats with the same equipment employ different techniques ... very interesting. You know how they say that people's pets tend to resemble their owners? Well, I wonder how that applies to sailing styles ... hmmm. Plus, and this particular benefit ranks fairly high, you get to WIN! I like that part. If you enjoy winning, and you are ever offered a crew spot on Heidi Schmidt's *Dominatrix*, or Brain Grainger's *Kristine*, or Jeff Blowers' *Nu Damè*, or John New's *Wuvulu* (and the list goes on!) just say yes. Another upside is the variety of snacks, lunches, and beverages one encounters on board different sailing vessels. Finally, of course, if, for example, the boat you're riding on T-bones another while jockeying for position at the start of a race, well ... you can offer your capable assistance with the ensuing arguments / resolutions / repairs with a minimum of anxiety attached.

Get out there and sneak in some more sailing before the rainy season comes. Then, dust off your foulies and get out there some more.

—Janet

Commodore's Cup Nov. 20th

(Continued from page 3)

Race. More on that later. We have two more Friday night races. Sept. 17th and Oct. 1st. I forgot how beautiful the estuary is this time of year. Even if you don't race, the scenery and Friday night dinners with lots of camaraderie, is well worth the trip.

Well that just about does it for now. See ya at the WSS, Friday night races and the Commodores Cup. Remember, there's still some great sailing left this season, so I'll: See ya on the water and Sail Safe,
—Shirley

12th ANNUAL NORTHERN CALIFORNIA WOMEN'S SAILING SEMINAR

By Pam Krawiec, WSS Chair

IYC's 12th Annual Northern California Women's Sailing Seminar will be held the weekend of October 9th and 10th. This is a very well-received event and one in which Island Yacht Club can take great pride.

We will begin the day of the 9th with a continental breakfast, guest speaker, classroom and on-the-water classes, lunch, more classes and end with a fun cocktail party. Sunday is optional racing on the Estuary or cruising on the Bay.

We're getting the word out to women sailors and "want to become sailors" through posters and emails and, of course, with the help of all members of the club. Please

let your women friends know what an enriching and fun day the 9th will be, and the 10th too!

The registration form can be downloaded from the IYC.org website and any questions can be referred to me:
Pam Krawiec, 2004 Chair
Tel: 510-339-9451, Email: pkrawiec@aol.com.

This is an entire club event which means volunteers are needed to make sure the day is a total success. Members have been so generous in volunteering their time in the past, and I know I can look forward to the same this year.
—Pam Krawiec



Board Meeting

October 30th—Before dinner (Halloween Party).

Upcoming Dates to Remember

Oct 9-10

IYC's 12th Annual Women's Sailing Seminar

Oct 30

Halloween Party !

Nov 7

Jack 'n Jill + 1 Race and CHILI COOKOFF!

Nov 20

Commodore's Cup