



WHISTLER

NEWSLETTER

COMMODORE'S COMMENTS

Ahoy all, Happy spring! Thanks to all for coming out to our last potluck. It was good to see a bunch of full tables and full bellies. Jenni and I had a lot of fun hosting. We also voted in two new memberships at the general meeting: Wes Temby, and Shane Mizer and family. Be sure to make them feel welcome. We also have another member in the process - - Tricia Walker will also be voted in to our club at the next meeting. So welcome Tricia also.

Big thanks go to Larry Fox and friends for hosting the club's Social Hour on Saturday March 4th. The "shark bites" were a new and different drink I had never had before. A few of us braved the elements to come out and were glad we had. Jenni and I will be hosting the next Social Hour in April. We are going to have traditional Caribbean rum punch. Remember, that begins at 1700 hrs on Saturday April 1. Hope to see you all there.

Commander Maggie Herbelin from the USCG-Auxiliary said that the new boat safety classes have been filling up. I

believe she said her last class had around 20 people attend. To contact her about boating safety classes or vessel safety inspections you can call [707] 445-2401.

This year's Open House will be a member appreciation BBQ. So come bring your family and lets have some fun! I even heard some scuttlebutt that we may have the "El Toro Challenge" again. If you have any friends that may be interested in becoming members bring them too. We are also having a marine based swap meet for members and interested community members. This is not a yard sale, if you bring stuff to trade or sell, if it does not sell you take it home with you. No charge but we do accept donations. The clean up for the Open House will be Saturday April 29th at 1000 hrs - - we can use all hands on deck to get the club house in Bristol condition.

Thats my report for now. Thanks.

Dave Sangiovanni, Commodore

WHISTLER



BOARD OF GOVERNORS

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David SanGiovanni

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Larry Fox

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Suzi Hendry

Treasurer:
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Bruce Braly

Members At Large:
Jason Buck
Rich Robletto
Jan Carroll

Past Commodore:
Garrett Coonrod

Newsletter Staff:
Richard Hendry
Lee Shore
Max Flood

HUMBOLDT YACHT CLUB

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humboldtyachtclub.org

AROUND THE MARKS

- from the Vice Commodore -

A big Huzzah for our intrepid early spring sailors! Two skippers ventured out for a Whistler Race on a rainy March 18th. Alan Barkley and Rich Robletto braved the rainy weather and sailed the 'Braly Alternative' course. Barkley's *Hawk* came in first place, while Robletto's *Far Away* was the second place finisher [or, using a Braly-ism, "the first loser"].

And three skippers sailed this past weekend in the first race of the In-Bay series. Alan Barkley, Garrett Coonrod, and Richard Hendry contested with 20+ knot winds out of the south and spitting rain. I was hoping to have results but it looks like I need a bit more training to sort out the mysteries of the Sailwave software. So, stay tuned or check our website in a week or so.

Here's hoping for drier days ahead! Hope your boat is not as green as mine is, time to leave these green shamrock days behind.

Here's a shout out to all dinghy sailors for your race on April 30!

Be sure to remember our Social Hour, Saturday April 1 at 1700 hrs, just before Arts Alive and our April Pot Luck on Tuesday, April 4!

Fair Winds, Larry Fox

Nautical Nonsense

In 2003 Chip Ford from Marblehead, Mass., bought a 1974 Catalina 22 sailboat for \$2,500 because he decided that would be an inexpensive way to go sailing. Then he decided he'd fix her up a little.

Fast forward to today. A meticulous record- keeper, Ford's log of the restoration consumed reams of digital pages. Every stainless steel nut and bolt was accounted for, as were the bigger-ticket items, like roller furling, new outboard engine, standing rigging, electronics, a larger boom, and self-tailing winches. The list goes on and on.

The bottom line is, as one observer once put it, sobering. The restoration tally comes to just over \$40,000. That is 1,600% of the purchase price. The situation obviously begs a conversation about boats being fiberglass holes in the water into which one tosses money.

WHISTLER

SAVE THE DATE!

MAY 6TH OPEN HOUSE

*Join us for Member
Appreciation Day*

Looking for past members to record our history, share stories and photos. Catch up with what's new at the Club.

- MARINE SWAP -

Bring your unwanted marine stuff to swap with others. Find something you need and get rid of your discards. Treasure chest of goodies await!

WHAT'S FLOATING & WHAT'S NOT

You may have heard of 'flotsam and jetsam' - - but do you know the meaning of the words? While the phrase 'flotsam and jetsam' is often used to describe 'odds and ends,' each word has a specific meaning under maritime law.

Flotsam and jetsam are terms that describe two types of marine debris associated with vessels. Flotsam is defined as debris in the water that was not deliberately thrown overboard, often as a result from a shipwreck or accident. Jetsam describes debris that was deliberately thrown overboard by a crew of a ship in distress, most often to lighten the ship's load. The word flotsam derives from the French word floter, to float. Jetsam is a shortened word for jettison.

Under maritime law the distinction is important. Flotsam may be claimed by the original owner, whereas jetsam may be claimed as property of whoever discovers it. If the jetsam is valuable, the discoverer may collect proceeds received through the sale of the salvaged objects.

- Learn this and more at:

<http://oceanservice.noaa.gov/facts/>

keeping a weather eye:

Apr. 1st	Social Hour - 1700 hrs
Apr. 4th	Potluck - 1900 hrs
Apr. 11th	Board of Governors' Meeting - 1900 hrs
Apr. 29th	Open House Clean-Up - 1000 hrs
Apr. 30th	Dinghy #2 - 1200 hrs

Reminder:

**HYC non-sponsored FOG Races
are Saturdays at 1400 hrs**

WHISTLER

NEGATIVE ION THERAPY Electronic Snake Oil ??

- by Lee Helm -

If, like I did, you sometimes forgot to pay attention in high-school science class, “ions” are molecules in the air that have either gained or lost an electrical charge. Tasteless, colorless and invisible, recent studies from Columbia University in NYC have shown that they can affect how we feel.

Positive ions are the bad guys that make you feel drowsy, unmotivated, and depressed. Nothing positive about them at all.

Negative ions, however, reverse those feelings and, when they enter your bloodstream, they produce a bio-chemical reaction that increases the levels of the mood chemical serotonin. They boost your energy, relieve stress, and generally create a more euphoric state.

Those bad positive ions are created by air conditioners, computers, and other grounded devices in your home, such as fax machines, washers and

dryers, or printers. I know that my lawn produces those nasty positive ions, especially when it's time to mow it. Another source of positive ions are the eaves that need to be painted, and household projects like doing the dishes or cleaning the garbage.

On the other hand, negative ions are created when air molecules break apart due to sunlight and moving air and water. Like at beaches, rivers or waterfalls. See where we're going here? Researchers have found that the major producer of negative ions is splashing water, such as your bow wave, and they surround you when you're aboard your boat.

Truth be told, I don't need clinical trials to know that I feel much better when I'm on my boat, with water splashing all around. So will you.

And I know I've already spent too much time on the computer writing this story. Time for a little dose of negative ion therapy; I'm going sailing!

When Is A Yacht Club Not A Yacht Club?

- by Richard Hendry, on assignment in French Polynesia -

When it's only a bar, stupid. Apparently most of the bars in Tahiti and the surrounding islands are called “*Something-or-Other Yacht Club*” as in Mo'orea Beach Yacht Club, or Huahine Yacht Club. Oh yes, Suzi and I went, thinking we could exchange burgees, maybe hitch a ride as crew on some beer-can races, or just check out their boats. We only saw the beer cans.

