



AHOY!

Half Moon Bay Yacht Club Newsletter

June 2005

Volume XXVIII

No. 6

SPECIAL EVENTS

- **Saturday, June 4, CC&K Saltwater Festival.** See article.
- **Sun, Mon(s), Tues(s): June 5, 6, 7, 13, & 14. Adult Beginning Sailing Class.** Register through Parks and Rec at 726-8297.
- **Sunday, June 12, Small Boat Series - Race 6** of season. See article.
- **Sunday, June 19, "Training, Tuning & Sailing Sunday".** Contact Charlie Quest.
- **Saturday, June 25, OYRA race to Half Moon Bay.** See article.
- **Saturday, July 2, New Boreas Race from HMB to Moss Landing.** See article.
- **Saturday, July 9, SSS race to HMB.** See article.
- **July 11-14, C15 Nationals at Huntington Lake.** Contact Charlie.
- **Sunday, July 24, Training, Tuning & Guest Sailing.**
- **Sunday, July 24, Open House.** Make plans to bring your friends and neighbors
- **Every Friday 4pm – Youth Sailing Program**
- **Every Friday – TGIF Dinner**
- **Every 3rd Saturday, 10-2pm** Scrap booking Circle at the Club. Contact Cynthia Ramseyer 726.4860 or 2blackcats@comcast.net

To reserve the clubhouse for a party or meeting, or would like to add a Club event to the calendar, please send email to calendar@hmbyc.org

FRIENDS FEAST FREE IN JUNE!!

Have you been to Friday Night Dinner at the Club lately? During June, we have wonderful TGIF meals scheduled for your dining pleasure by our caterer Patrick and guest chefs. If that isn't attractive enough, we're adding another incentive: bring a friend with you to TGIF dinner and they'll eat for free!! (Limit one meal per membership please) See you at the Club!

JUNE FRIENDS FEAST FREE - Complimentary Meal Ticket

Member's Signature _____

Watch Officer Signature _____

Redeem at the bar. Limit One Coupon per Membership, please.



FROM THE HELM

Is It Worth Living For?

The longer I practice medicine and the harder I examine issues, I'm convinced that Readers Digest has it right. At the start of their cartoon section they say "Laughter is the best medicine". We have demonstrated repeatedly and conclusively that laughter in the post operative care of patients, shortens hospital stays, and decreases complications.

So have you been laughing enough lately? Or are you being devoured by the tyranny of the "shoulds"? Have you found time for creativity and self expression? Have you enjoyed the surge of endorphins as you battled the elements on the high seas or enjoy vicariously someone else's tale of such? Or are you too assaulted and battered about by all the world's bad news that the media scours the earth for and then heaps upon your lap?

Harvard sociologist, Robert Putnam, documented in his book Bowling Alone the decline of social capital in our society. By that he refers to the decline of membership in churches, social and service clubs, of family activities such as eating a meal together or playing games, and of civic interactions. He then addresses the "so what" questions and very scientifically and validly defines the health consequences of this loss. An example is that cancer patients that participate in a mutual support group live twice as long as those who don't. Another telling statistic is that no matter what your risk of dieing is, you can cut it in half by joining and participating in one group.

Abraham Maslow, a psychologist, published in the 1940's a widely accepted hierarchy of human drives. A drive is a need that will drive us to develop complex behavior in order to satisfy it. Air is a critical need but we don't have time to develop complex behavior to fill that need. Therefore it is not a Maslovian drive. The strongest drive is thirst, then hunger, sex and shelter. These are the four survival needs and with them satisfied, the individual and the species survive. After these needs come cuddling. A monkey in a cage with a terrycloth covered wire surrogate mother is healthier than the monkey in an empty cage. Also fondling, grooming, praise, recognition, awards and rewards compose the fifth drive. As a group, they are positive interactions from, preferably, other members of our own species. Some who are very encumbered in developing those interactions with their own species will do it with other species. They become the cat woman or the dog lover because it is a very real need just as food and

shelter. Our absolute needs in the survival drives are really quite meager. Here in San Mateo County they are literally guaranteed. Therefore virtually all of our complex behavior is turned toward satisfying that fifth drive.

In medical school, on my psychiatry rotation the professor told us that everyone needs a therapist. What may sound like someone promoting their own specialty was not that but, in fact, a statement of literal fact that describes our nature and corroborates Maslow. That professor further stated that, more often than not, that therapist was a trusted friend. Those who are by some means obstructed, through no fault of their own, from developing those friendships will often need to hire them.

It's a busy time of year and we, in the USA, are the busiest people on the planet. How can we possibly have time for a yacht club? Many don't and many pay for that failure with their life. They die younger.

Don't be sucked down this path. When your Friday commute is taking you away from the battle field, battered and bruised, aim your chariot toward Pillar Point Harbor, pull onto Vassar Street, and come into a place where we'll always know your name. Join in the creativity of Kelly Pike and his crew who are getting onto the water without having to get into the water. Relax on a twilight cocktail cruise around the harbor. Marvel at the developing skill of our youth sailors. Taste the creativity of our member guest chefs and when you are ready, sign up to do a meal yourself and show us your hidden culinary skills and feel our gratitude. Find a roomful of therapists where there are bound to be some with whom you will resonate. Join our group therapy circle around the fire on the lanai or the primitive worship group around Tom Bewley's bonfire in the Colin Tiura/Gordon Wise fire pit. We will work at solving life's conundrums. And sometimes, just sometimes, we'll laugh out loud. It is the best medicine. It is worth living for.

Don't go bowling alone, but let us see you at the club. We'll apply balm to your wounds and listen to the injustices you've suffered, and we'll cut your risk of dieing in the next year in half.

- Charlie Quest, Commodore

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CONTACT MIMI 728-9544

Half Moon Bay Yacht Club Newsletter

Opening Day Cruise Out

Friday morning, April 24 was one of those unseasonably warm and sunny days on the Coastsides. As my husband pulled our car into the Pillar Point Harbor parking lot, I felt excitement and anxiety building. What had started out as a casual email to Terri Lahey after reading the April AHOY! Issue was about to become my first experience of sailing in the ocean.

The Opening Day on the Bay Cruise Out starts at Pillar Point Harbor with a destination of Angel Island in the SF Bay. Neal Wehtje would skipper his Ericson 35 with C15 racer Sam Burrows and me as crew. I have two years of experience crewing on Santana 22's in YRA one design races on the Bay. But anyone who has seen me down at the Club on a Laser knows I still have a lot to learn about sailing.

After a quick goodbye to my husband, Sam pushed off the boat and Neal motored us out of the break water. We looked back at the stunning beauty of the Coastsides as seals and porpoises romped in the water, Mavericks swells rolled past the boat, and the morning sun highlighted the ridges of Montara Mountain. I couldn't believe how hot it was. Sam worried that there was no wind. Neal smiled and promised that the wind would come up.

Abeam of the Point Montara Buoy, the wind kicked in at about a pleasant 10 knots. We raised the sails and turned off the motor. Neal marveled that the water was so calm. Also, with the breeze coming from the southwest, our cruise would consist primarily of a pleasant broad reach all the way up the coast.

Neal proved to be a great skipper. He allowed Sam and me to do as little or as much as we were comfortable with. Sam took the helm for much of the time. At one point I took the helm and carefully maneuvered through the many crab pot markers that float between Princeton and Pacifica. At another point, my comfort level involved napping on the bow. Believe me, feeling the ocean rock you to sleep on a warm afternoon is an incredibly luxurious experience.

This calm tropical experience changed abruptly. As we sailed past Fort Funston and then the Ocean Beach Cliff House, I noticed that clouds had rolled in and the wind was much stronger. Someone called Neal on his cell phone to alert him that it was blowing 40 knots in Pescadero. We headed into San Francisco Bay past Mile Rock and those howling

winds suddenly arrived. Rolling waves surged around the boat from several directions. These were gale conditions.

However, Neal stayed cool as a cucumber. He either had the situation totally under control or he can really fake it!! He reefed the main sail, furling in much of the jib, and safely got us under the Golden Gate Bridge.

Our cruise had reached the bridge in only five and a half hours, but our adventure was still far from over. We needed to find a safe place to drop the sails and start the motor. We found a protected spot off of Sausalito just north of Horseshoe Cove.

With the sails lowered and engine running we continued on to Angel Island. The wind blew so hard that the Ericson 35 heeled way over even without sails. Sam and I watched the huge waves and suggested to Neal that he might not want to look back. I only saw four other boats out on the Bay and two of them were Coast Guard cutters on patrol.

As we approached Angel Island and then rounded into Ayala Cove, Dick and Tami's beautiful 54-foot wooden ketch came into view. The wind and waves calmed. We pulled along side, placed fenders and tied the dock lines to the sound of thunder while a light rain fell. Tami served us homemade pastry fresh from the oven. We had made it.

In one day of sailing from the Coastsides to the Angel Island, I experienced hot sun, no wind, stunning scenery, cold, gale force winds, thunder, rain, and a warm cruiser welcome. What an adventure!

P.S. Due to my limited experience, any technical information stated above should be taken with large grains of margarita salt.

-Nelda Osborne



Neal sailing into SF bay. Photo by N Osborne.

Mad Docs and Englishmen... ...Go Out In The Mother's Day Storm!

The outstanding Mother's Day Brunch is coming to an end. White caps are forming in the harbor. Kitesurfers are beaming down from planet Dude. The forecast says the wind will only strengthen. There's Charles Quest MD, today's Watch Officer. We exchange glances. Now, Charlie can be a man of few words. Cast the line: "Nice day to rig a Laser, Charlie!" Sheepish grin. Play the lure: "Wouldn't be wise to go out alone, though." Ears prick up. Now to hook him: "Perhaps if we both went out...?" Ah, yes, the manic glint in the eyes. Pause. The first words. "Only trouble is I'm on Watch". Token objection, use silence, wait patiently. "...of course, if I could get cover for a couple of hours..." Boom, he's in the landing net. Harry Ysselstein overhears, negotiates a late pass from Georgia and takes the helm on land. What a guy, what a gall!

By now the Weather Buoy website is advertising sustained winds at Force 6, with today's special bonus offer of 33-knot gusts. Two members of the Tsunami Ranger extreme kayaking fraternity see us preparing the Lasers. "You're not really taking those out in this? You're insane!" Well, that's rich coming from them, they were out there just now themselves. But their words also mean there's no turning back, now we HAVE to go (yes ladies, it's one of those guy things).

Dear reader, we really are not insane. We really do want to see what we can learn, and we

have carefully assessed the situation. We will be staying in front of the club watching over each other, we have donned first-class flotation and full metal jacket (OK, rubber), we have flares and VHF, there is a watcher/listener on land, and in the worst case scenario of a broken boat or unrecoverable capsize there's a lee shore at the Club onto which we will be washed quicker than you can say "Mayday", with medicinal beverages readily available. The childish thrill of committing an act of gross age denial is entirely secondary, you understand (yeah, right).

Well, we surely did learn a few things, namely: *Charlie can whip my butt to windward and he doesn't tip half as readily as people think. *In contrast, eight capsize/recoveries in 30 minutes is a personal best I hope never to repeat. *It doesn't matter how many of you are out there, in those conditions you are on your own. *You can work with wind and waves in a recovery, or you can fight them and fail. *A knife might be valuable for kayaking, but can be a liability on a dinghy. *It's really, really, really hard to beat the thrill of a screaming, out-of-control, ultimately doomed plane. *If you broach fast enough you can fly all the way up to the sail numbers. *A significantly overpowered boat stops being fun much sooner than you think. *Lasers just don't break. *Duh, check that your VHF is turned up so you hear a reply (I figured Harry was just lost in the ballgame). *You are not obliged to make landfall at the same time as your vessel. *It's OK to de-rig a Laser on its side in 2-foot wind waves and carry it piece by piece back to the

boatyard. *Never stand between a loose hull and the beach. *The club chandelier doubles nicely as a wetsuit hanger.

Of course, new answers raise new questions, the most pressing of which is whether there is a way to make an extreme furl to a Laser sail which would hold in a Force 7 gust. We both have ideas about this - guess we'll just have to wait for another storm to try them out...

- Neil Hooper



Photo by Neil Hooper

Tell Tales/AHOY!

Share yacht club related news. The deadline for the May newsletter is Wednesday, June 22. Email Gayle Pietras to submit to the weekly Tell Tales email. Club news is also online at www.hmbyc.org

PICYA 2005 Yearbooks are now available (\$14) in Ships' Store.

Half Moon Bay Yacht Club Newsletter

From the Roster

Thanks to all of you who attended our Spring General Meeting/Membership Appreciation Party on Saturday May 21st. Despite the conflicting schedule with KaBoom we had a great turn out. New members Donald Ridone and Gary Palm attended and won one of the three door prizes given away that day. Other winners were Marie Parfitt-Pattie and Carole Delmar. In addition to door prizes members were treated to great BBQ dinner provided by the Club as a "Thank You" for members efforts. As an all-volunteer organization, we are nothing without you, so thanks again one and all!

The fun continues at the Club in June, starting with California Canoe and Kayak's Saltwater Fest from 11:00am to 4:00pm on June 4th (see separate announcement). If you love the Club and are interested in helping me inform CCK guest about our many benefits, please contact me at beachbound@coastside.net. I'm looking for volunteers to be at the Club between noon and 4pm that day. Speaking of CCK, did you know they offer 10% discounts on equipment purchases and 15% discounts on classes and trips to HMBYC members. Just show your card to receive the discount.

And don't forgot about "Membership Madness" . We are offering a \$50 ship store credit to all new members and if you refer a member (which we are hoping you will), you will receive either a \$25 ship store credit or two free Friday night dinner tickets. So use your Friends Feast Free Coupons and bring a

friend to the Club. If they join, you can be feasting free too!

The Club calendar is full of other fun events, so watch Tell Tales for the latest announcement or visit our website at www.hmbyc.org.

Happy Summer and See You at the Club.
Veronica Ciari, Membership Director

Attention Boat Yard Renters!

The padlocks, fore and aft, are being changed. On June 3, 2005, only the new key will be operational. If you are a boatyard user and are current with your payments, contact Karen office@hmbyc.com to reserve your new key.

KUDOS!

Thank you to Monty Hampton, Paul Minoletti and Rich Pierceall who joined Facilities Director Leon Smith for the May workparty.

Thank you to our May chefs Phill Armstrong, Corrine Bortolin, Jennifer Celestre, Veronica Ciari, Jeff Hume, Barbara Kelly, Mike Madden, Bob Reilly, Sharon Shoemaker, Carol Smith, Phyllis Smith, Barb Walt and all the volunteers on Memorial Day Weekend (more Memorial Day coverage next month), and to our watch officers and hospitality members who keep our club open. Thank you all!

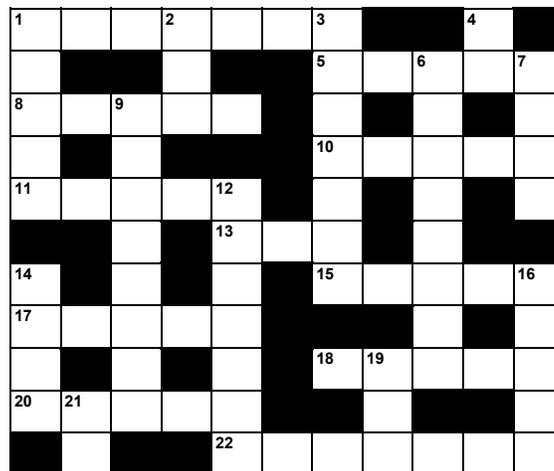
If you'd like to volunteer to cook, or to fill a shift of Hospitality or Watch, email calendar@hmbyc.org or leave a message at the office. It's a great way to meet your fellow members, make new friends, and contribute to the club.

HMBYC Crossword May 2005

By GreyGoose

Across

1. (& 5 across) Commodore
5. (see 1 across)
8. Laid slabs, partly depraved
10. I can't change behavior
11. Nectar found in messy rupture
13. e.g. Kaiser
15. Wind abeam, that's the point of sailing
17. Vice Commodore
18. Relay reorganized tier
20. (see 9 down)
22. Show Day turns penumbral



Down

1. Space around Horn and Good Hope
2. Fish eggs sound like boat mover
3. There's no latitude here!
4. Like short Athletics
6. Teeny rat reforms for appeal
7. Nail a change of direction
9. (& 20 across) Membership Secretary
12. 2004 Treasurer Smith
14. Heroic in depiction
16. 2004 Commodore Ysselstein
19. Grow, at death's door initially
21. Check age of ego's counterpart

UPCOMING EVENTS

Fourth of the July Parade ???

Would you be interested in helping put together of Float for the HMBYC in this year's 4th of July Parade? If so, please contact Veronica at beachbound@coastside.net or 728-2435. Charlie has a Red White and Blue Sail for a C15, which we could pull down Main Street. Volunteers are needed to walk in the parade and throw "Life Saver" candies and hand out a postcard inviting people to the Club. I'm going to be out of town the Friday, Saturday and Sunday before the Parade, so volunteers are also need to make a banner and prepare a C15 for as the Float. This is an excellent way to give a lot of locals visibility to the Yacht Club and have a great time in the process!!!! Please contact me if you're interested.

- Veronica Ciari, Membership Director

Attention All Our Youth Sailors!

Would you like to be part of the youth sailing program but cannot come on Friday afternoons? We are **exploring alternative times** and welcome any feedback members may have. Conact Kathy.

Friday at 4 PM, come sail during the **Friday afternoon Youth Sailing Program**. We'll be setting up some races with great prizes and there will be pizza and drinks for everyone. This will be a great chance for young people to get together, meet new friends and hone their sailing skills. Come on down and bring a friend. We also encourage interested parents to help us make this a wonderful activity for our children. We need assistance in setting up some simple races, coaching participants in racing strategies and generally making this run smoothly. We have several Lasers ready to go, but welcome any parents who want to get their C15s in the water.

If you would like to participate or have any questions, please email Kathy Barbarino at kbarbarino@comcast.net or phone 728-5474.

California Canoe & Kayak Saltwater Fest

California Canoe & Kayak will host an open ocean kayak race, followed by a kayak demo day in the Harbor right in front of the Yacht Club on **Saturday, June 4, 2005**. Kayak Racers Meet At 9 AM. Kayak Demos Will Start At 11:00 AM. Lunch and Party on Yacht Club deck from noon to 4 pm. Live music will be provided by the South City Blues Band. All Yacht Club members are welcome, of course. For those who want to demo kayaks, there will be a small fee. For more details, please contact John Lull at 650-726-7202 or the Oakland CCK store at 510-893-7833. Hope to see many of you there!

OYRA Race to HMB June 26

This annual keelboat race is hosted by HMBYC. The race starts at the St Francis YC on the cityfront, and finishes at buoy 3 outside our harbor. Volunteers are needed for race committee and for planning and feeding our visiting racers. And don't forget to watch the boats come down the coast - under spinnaker if the normal winds prevail, and come visit the racers on our deck in evening. Contact Terri Lahey or Phill Armstrong to help.

New Boreas Race: HMB to Moss Landing

July 2, HMBYC and Elkhorn YC host this annual race from HMB to Moss Landing. Do you want to skipper your boat, crew on someone else's boat, volunteer on starting line race committee, or drive down to EYC for the party? Contact Phill Armstrong.

SSS Race to HMB

On July 9, the SingleHanded Sailing Society races from the city front to HMB. Come down and tell tall stories with this fun group of keelboat racers. We will host a dinner for the racers and their guests. If you can volunteer, email Terri: lahey@hmby.org.

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Half Moon Bay Yacht Club Newsletter

Watch Officer & Hospitality Schedule

Day	Date	Watch Officer	Hospitality	Email	Phone	
June	Fri	3	Terry Ramseyer	Leon Smith	leonsmithhmb@comcast.net	726-5649
	Sat	4	Ron Milio	David & Carol Slater	davidslaterj@aol.com	728-3536
	Sun	5	WO Needed	NA		
	Fri	10	Rich Symmons	Greg Smith & Gayle Pietras	gayle@gaylepietras.com	712-9221
	Sat	11	Charlie Quest	NA		
	Sun	12	Bob Reilly	NA		
	Fri	17	Phyllis Smith	Barbara Kelly	kellyinmontara@coastside.net	728-3750
	Sat	18	Terry Ramseyer	NA		
	Sun	19	Sharon Shoemaker	Kelly & Susan Pike	kpike@coastside.net	712-0452
	Fri	24	Gary Naman	Sirje & Thomas Bewley	yopish@aol.com	728-3188
	Sat	25	(2-6) Dick & Tami Schubert	Mary Corcoran & Bill Klear	mcorcoran@outsellinc.com	728-7536
			(6-10) WO Needed	(6-10) Hospitality Needed		
	Sun	26	Jim Muth	NA		

Watch Officer and Hospitality rotations are subject to change: Please double check the roster in Tell Tales or the Club website at www.hmbyc.org. Contact calendar@hmbyc.org if necessary to reschedule your shift. It helps if you negotiate your own trade. Thank you for your cooperation!

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Clip to Celebrate Your June Birthday!

HMBYC Birthday Drink coupon – Member’s June Birthday
 The Watch Officer will provide you with a birthday drink of your choice!

Member Name: _____

Birthday: _____

Watch Officer’s Signature: _____ Date: _____

AHOY! June 2005

Board of Directors

Charlie Quest, Commodore	mail@drquest.com	728-5193
Phill Armstrong, Vice Comm.	parmstro@inovant.com	728-5328
Gordon Bowman-Jones, Rear Comm.	gordon@gobojo.com	359-2467
Bob Reilly, Treasurer	b_reilly@msn.com	712 1822
Leon Smith, Facilities Director	leonsmithhmb@comcast.net	726-5649
Sharon Shoemaker, Sectry	sshoeaker@fastbreakconsulting.com	712-1283
Terri Lahey, Director at Large	lahey@slac.stanford.edu	726-2474
Gary Naman, Port Captain	gary@gan-trans.com	728-1475
Veronica Ciari, Membership Director	beachbound@coastside.ne	728-2435

Member Watch Officers

Dan Bodmann	726-4123
Cynthia Crane	563-0080
Ken McNutt	712-0515
Ron Milio	712-8356
Paul Minoletti	355-8676
Jim Muth	728-9268
Peggy Ruse	728-7084
Terry Ramseyer	726-4860

Other Contacts:

Boatyard Manager: Ken McNutt: 712-0515
Bar Manager: Todd Wright: barmanager@hmbyc.org or 728-8838
Quartermaster: Mimi Wisnom: MFWcoastside@webtv.net or 728-9544
Race Director & PICYA Rep: Gordon Bowman: Jones gordon@gobojo.com
Bookkeeper: Karen Tobin: hmbyc@astreet.com
Tell Tales Editor: Gayle Pietras: gayle@gaylepietras.com
Newsletter & PICYA Rep: Terri Lahey/Steve Smith: lahey@slac.stanford.edu
YRA Representative: Dave Haskin: dmhaskin@stanfordalumni.org
Club Calendar & Schedule: calendar@hmbyc.org

Dick & Tami Schubert 510-523-2641
Carol Smith/Jeff Hume 726-0966
Phyllis Smith 728-8838
Rich Symmons 712-0461
Kevin Wasbauer 743-1389

Normal Clubhouse Hours:

Friday, 6-11pm
Saturday, 2pm-7pm
Sunday, 2pm-7pm
Club Phone & Messages: 728-2120

Office Hours:

Wednesday & Friday: 8:30am – 11:30am
Tuesday & Thursday: 1pm – 5pm
Office Email: hmbyc@astreet.com
Fax: 728-1947

www.hmbyc.org

Half Moon Bay Yacht Club
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