




The BAHIA CORINTHIAN YACHT CLUB

Masthead

Issue 2/10 - Volume 65

March 2011



Commodore
Ted O'Connor
tedoc@aol.com

Accomplishments and Financial Strength

Our club is off to an excellent start in 2011. We quickly crossed the start line in January when BCYC received the Commodores' Award for our accomplishments in the 2010 Southern California Yachting Association Club of the Year competition. The effort of Karen Winnett, last year's secretary and current rear commodore, and the BCYC membership was very commendable, and while we did not win Club of the Year, we were only a few points from first, in front of some very stiff competition.

SHOWBOAT 2011
Viva Las Vegas starring the Rat Pack

Musical Theater Dinner Show...now in its 39th year!
Featuring BCYC members as cast and crew

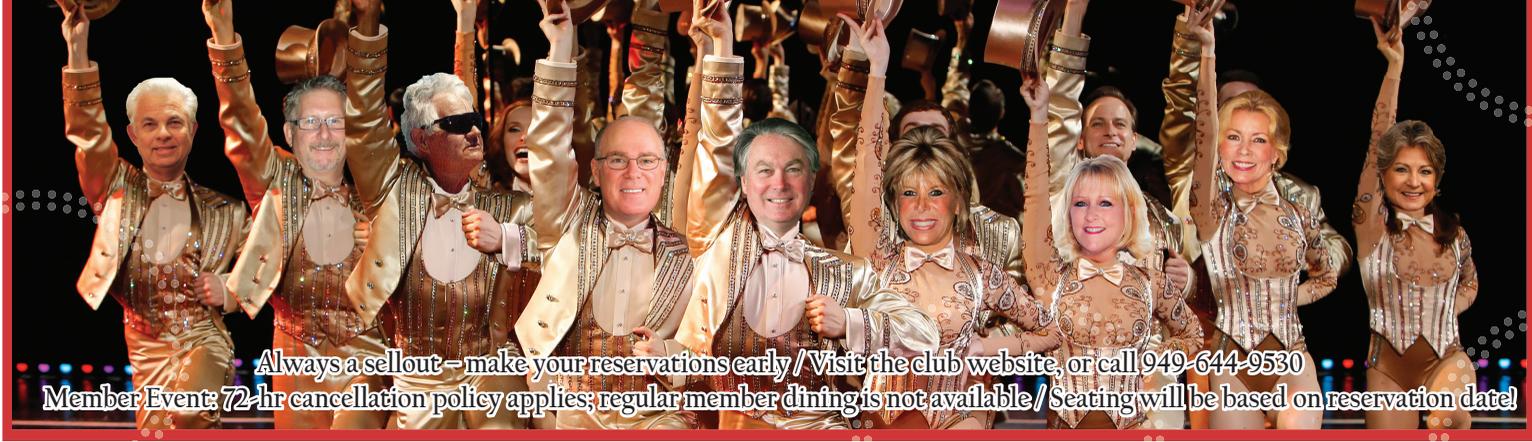
Wednesday-Saturday, March 9-12
6 pm: Cocktails / 6:45 pm: Dinner / 8 pm: Performance
Adults: \$36++ / Children (4-10): \$18++
Premium Tables: \$46++ (must reserve entire table of 10)

Showboat - Rhonda Tolar
rhtolar@nataliedancewear.com

BCYC has much to feel proud of, including:

- Being one of the first yacht clubs in Southern California to implement and equip the marina with oil spill equipment
- Our focus in ongoing fund-raising efforts for the Leukemia and Lymphoma Society, our club charity, to aid in the fight against blood cancers
- Sending a record number of young Marines home for Christmas, as well as providing desperately needed supplies to young Marine wives taking care of their families while their husbands are deployed in Iraq and Afghanistan
- Approval to hire an advanced sailing instructor to work with our older Junior sailors, helping to retain them and sharpen their skills
- Another year of cruising fun, with this year's energetic Cruise Committee chairs, Larry and Cindy Collins. Along with Kip and Gail Cyprus, and Jim and Lorie Buchanan, the exciting overnight Huntington Harbour Cruise started our cruise season off in great style
- A financially strong 2010, through the efforts of your board, especially Allan Horowitz and Lynn Noah, and Treasurer Craig Delaney and Secretary Tom Madden, who worked closely with General Manager Jim Andrus. With this solid showing, we are projecting excellent financial health for the coming year

We still have big challenges with the marina and dredging issues, but the Board of Directors and officers are fully engaged in keeping BCYC a premier yacht club. It takes a crew to race a boat, so I encourage our membership to join the crew, volunteer and lend a hand! Your thoughts and ideas are always welcome.



Always a sellout - make your reservations early / Visit the club website, or call 949-644-9530
Member Event: 72-hr cancellation policy applies; regular member dining is not available / Seating will be based on reservation date!



Executive Officers

Commodore.....Ted O'Connor
Vice Commodore.....Tom Rasulo
Rear Commodore.....Karen Winnett
Secretary.....Tom Madden
Treasurer.....Craig Delaney

Directors

Michael Bryant, Joe Bekas, Allan Horowitz, Paul Konapelsky, Sandy Mills, Lynn Noah Jr. Staff Commodore Don Bernard

Fleet Officers

Port Captain.....Gordon Boivin
Power Fleet Captain.....Allan Horowitz
Sail Fleet Captain.....Paul DeCapual
Judge Advocate.....John Hamilton
Fleet Surgeon.....Jon Wheeler, MD
Protocol Officer.....Bud Hartman
Chaplain.....Mike "Irish" Kane
Measurer.....Scott McKinlay

Committee Chairs

Activities.....Kari Konapelsky
Jerry & Nancy Valuch
Angling.....Abbott Ayloush
Cruise.....Larry & Cindy Collins
Finance.....Kip Cyprus
Food & Beverage.....Bill Parr
Historian.....Barbara Guilford
House & Grounds.....Dick Stone
Junior Advisor.....Kathy Caulfield
Junior Commodore.....Konner Boivin
Junior Events.....Mara Hampton
Las Commodoras.....Louise Sasine
Masthead.....Jerry Shandera
Membership.....Joe & Jeanne Bekas
Press Relations.....Bill Long
Racing Member Advisor.....Sandy Mills
Ship's Store.....Cary & Silvia Breeden
Showboat.....Rhonda Tolar
Steering.....V/C Tom Rasulo
Trophies.....Phyllis Jasmin

BCYC Contacts

General Manager.....Jim Andrus, CCM
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Controller.....Virjene Lindsey
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Executive Chef.....Georges Rapicault
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Catering Manager.....Danielle Harden
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Food & Beverage Manager.....Bill Pappas
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Executive Secretary.....Jacque Pané
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Communications Coordinator.....Julie Shupe
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Sailing Director.....Jess Gerry
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Marina Manager.....Susie Brodrick
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Masthead Advertising.....Shannon Hansen
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The Masthead

Welcome 2011!



Membership

Joe & Jeanne Bekas

joexerox@aol.com; jecrowley@aol.com

Referrals Hold the Key

The Membership Committee would like to thank everyone who brought, introduced or suggested to friends and associates that they visit BCYC. Our great success in attracting new members in 2010 was due to member referrals. Although some did join the club without knowing a current member, the majority who did come aboard last year were a direct result of a member suggestion.

Springtime at BCYC is a wonderful time to invite your friends to enjoy exciting events like Showboat, St. Patrick's Day, Las Commodoras Fashion Show luncheon and the Newport to Ensenada Race send-off party. April 10, we will host the Sunday afternoon new member/prospective member wine and cheese reception, a great opportunity to learn more about the club.

Another great way to show your BCYC pride is to purchase a BCYC license plate frame at the Ship's Store — let everyone know that you own a piece of bayfront property. Make membership referrals part of your day.



...and Sailing for the Cause

The Junior Board will host its third annual Family Bingo Night March 25. This event is open to all members and their guests to support BCYC's overall fundraising efforts for the Leukemia & Lymphoma Society (LLS). Bingo at the club has an interesting history, because the first time, my dad was the bingo caller. The evening is full of fun and everybody wins. This year, we are excited to have Power Balance as a sponsor for this event. They are an Orange County company that produces "revolutionary technology that's changing the way people live, work and play." Make reservations for your family's spot for this exciting evening, play bingo, see what Power Balance is all about and raise money for the Leukemia & Lymphoma Society.

Of course, this is not all that the Junior Board is doing to help BCYC achieve its LLS fundraising goal. Plan to be part of the Leukemia Cup, March 15, for sailors of all ages from throughout Southern California, participating in boats large and small. Don't forget to recycle — use the green recycling bins located on the docks for your recyclable bottles and cans.

On behalf of myself and all junior sailors, I would like to thank Jess Gerry for his coaching and guidance the past six years. While he is moving on to a new position in Florida in late March, personally, he has been my coach and mentor, helping me go from a very inexperienced sailor to being in charge of the coach boats and general boat maintenance for the BCYC Junior Summer Sailing Program this past summer. I'm excited for him with the challenge he will have in his new position, yet sad that we won't have more time to learn from him. Jess, thanks for teaching, guiding and pushing us to get better every day.

- Konner Boivin, Junior Commodore -



Power Fleet
Allan Horowitz
allan@amsaint.com
Preventative
Maintenance
Checklist

I am honored to serve as BCYC power fleet captain in 2011. It will be a great year on the water. With our cruise season already underway, it's not too late to perform preventive maintenance tasks. Below, I have outlined a small list of helpful information to ensure a safe cruising season.

1. Check battery water level and clean battery terminals. Always reconnect the positive cable first, then negative, to ensure no sparks or arcing.
2. Check cooling system fluid level and inspect all hoses for leaks, cracks or chafed areas.
3. Check sea water cooling system impellers, and replace if necessary. Always use a new gasket or o-ring when installing a new impeller. Exercise all sea cocks by opening and closing several times, and check sea water strainers for unwanted debris – clean as needed. Check the entire system for leaks or seepage.
4. Change your engine oil and filter and write the current engine hours on the new filter with a black permanent marker. This is also a convenient time to take an oil sample and have it tested by a certified lab. You can monitor internal wear trends of your engine based on test results. The report can help you identify

future engine failures before they happen and will recommend modifications to your air filter replacement and oil change schedules.

5. Check water pump and alternator v-belts for proper tension, chafing or cracks.
6. Drain the water from your water separators and change all fuel filters.
7. Check engine air filter for contaminants or blockage and clean or replace as necessary.
8. Start your engine(s) and check for oil and fuel leaks. Check for fuel leaks around injectors, fuel pump and lines, and filters.
9. With engine(s) running and gear in neutral, check the transmission gear oil level, and add as necessary. Also check the exhaust system for leaks and loose components, and listen for abnormal noise or vibration.
10. At the same time, check oil pressure and verify sea water discharge at exhaust outlet(s). This also applies to your generator(s).
11. A good practice after taking your boat for a long run is to let the engine(s) idle for at least five minutes before shutting off. This will enable engine(s) temperature to return to normal, and if fitted with a turbo, this procedure will help exchange the turbo oil and cool it down.



While this seems a little labor intensive, I'm sure your certified engine mechanic would love the job. See you on the water.



Port Captain
Gordon Boivin
boiv@earthlink.net
Inspiration

One of the aspects of being a BCYC committee chair is the "infamous" Masthead article. Trying to find the monthly inspiration for something to write about is not as easy as it may sound, even when looking at the many areas of responsibility I have in the marina and to our boating members as port captain. So, here I sat, one day before the early February deadline. My story line was developing nicely, then I checked my email and there it was – a new inspiration.

In 2005, when I served as port captain, our junior program director at the time, Erin Fredericks, introduced us to her replacement. Nancy Levy, our parent advisor, was one of his strongest advocates. I, on the other hand, was skeptical. He was new to Southern California yacht club sailing and "the dude" was fresh off the ski slope. He was okay, but he needed a haircut. I am one of the first to recognize when I am wrong and this was one of those times – I'm extremely happy to admit

just how wrong I was.

The subject line of that inspirational email I received in February read: What a Ride. I could not think of a better title for a six-year BCYC cruise. My son, Konner, grew up with him, and he was Konner's mentor, coach and ultimately, his boss. My wife, Tammy, and I, as active BCYC Junior sailing parents, have had the pleasure of working with him on too many levels to outline. As you read this article, I understand excellent candidates have been reviewed and a very qualified individual, committed to the continued growth of the BCYC junior sailing program, will be announced soon.

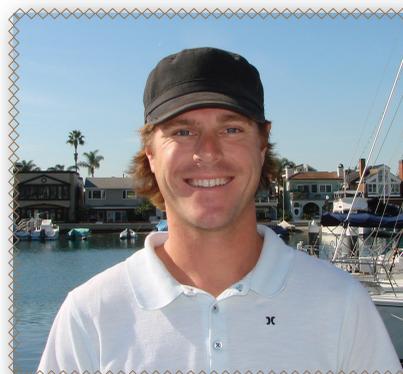
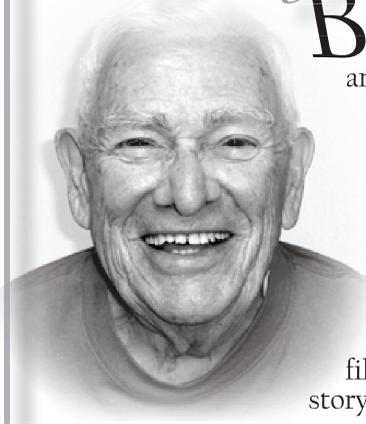


Photo: Sailing Director Jess Gerry

There are many BCYC member families that can trace much of their now-sailing young adult children's characters to the direct interaction and inspiration of outgoing BCYC Junior Sailing Director, Jess Gerry. As one of those families, we are thankful. I am sure that whatever harbor he finds himself in, and whatever sailing family he interacts with, it will all be good. So, as port captain, now I get to say, "Fair winds and good sailing, Jess." But I still think you need a haircut.

In Memory of

George Morales



Back in the day, one of the Angelman Series races was to Casino Point at Catalina. Local knowledge for racers would be to head up the coast towards Long Beach and wait for the westerly to shift, pop their chutes and head for the finish line, but that never happened. On this fine day, the wind was coming out of the east so George Morales, skipping the 40' sailboat *Indigo Tiger*, elected to do an unheard of maneuver and head straight for Casino Point from the start line. Because of his brilliant strategy, *Indigo Tiger* beat the second place boat by twenty minutes, taking first place overall as well. After the race, several of us gathered on Morales's boat, drinking all his vodka while hearing the race story over and over and listening to his rendition of "Souze (AKA South) of the Border Down Mexico Way," which he made famous performing in Showboat. Feeling bad about drinking all of George's booze, I contributed a bottle of my vodka so we could have Bloody Marys for breakfast. However, unknown to me and my crew, a wife, who shall remain anonymous, decided we were drinking too much so she had emptied the bottle of vodka and filled it with water! Needless to say, the Bloody Marys that morning sobered us up. We heard that story for the next 20 years . . . George, we'll see you at the starting line in heaven.

Racing with
Joe Degenhardt

Congratulations to Jim Kerrigan,

winner of the NYHC Winter Series Harbor 20 Class A!

Positive Thinking About Zero to Four Knots of Wind..

I love light air, always have. Whether in my Olson 30 off the east end of Catalina, becalmed, drifting for the finish in Ensenada, or sailing against an outgoing tide in the bay, I've done well in light air. The more races I'm in, the more I study light air racing, and the more I just psyche myself into thinking I can sail well in those conditions. That's what the power of positive thinking is all about.

Boat Speed IQ Test

Name three reasons why it is usually faster to heel a boat to windward while you are sailing on a run.

Answer: Reduce wetted surface, get the sails up higher into more wind, and get the spinnaker farther to windward so it is out of the main's backwind. All achieve a neutral helm.

News at Eleven: San Francisco celebrates being picked for the site of the 34th America's Cup in 2013.

HOT RUM SERIES

Race 5 and 6 - JANUARY 16, 2011

- Carter/Rosene - BYC - *Radical Departure* - 1st Place, Class A
- Greenblatt/Mack - SSYC - *Michegaas* - 1st Place, Class B
- John Szalay - UCISA - *Pussy Cat* - 1st Place, Class C
- Don Albrecht - SSYC - *Valkyrie* - 1st Place, Class D

Slow down, watch the water - where is there any wind? Just kind of head that way towards it, but don't rush, and don't pay much attention to anyone else, just move the boat. If possible, get away from everyone, but cover if you're ahead to keep your position. But again, slowly!

Don't trim the sails in tight, keep a good shape first - everything is easy. Let things off five or six inches from whatever you would normally do, or even a foot or two. Don't head up, head fast. Broad reaching is much faster than going downwind in 0-3 knots. Go fast first, go deep when you can. If you get a puff that looks like it will last, try winger and go deeper, but be ready to go back.

Don't tack any time you think you should tack, try to delay but always be heading for wind if you can, heading toward the mark when you can. Tacking is bad. The tactic is speed, position is not important. Go fast. Do anything to keep a nice shape to the sails, ease off. Use your old main, especially an old jib to get a soft shape. Stay on the low side, or the floor. Stay still. Lie down and keep low in the boat, especially when bow waves approach. You are sneaky fast!

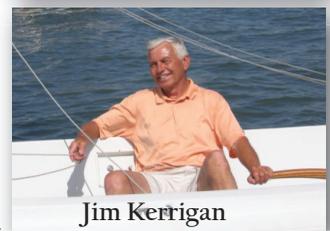
Those are the things I think about in preparation and I get out earlier on a super light day than I would on a regular day. I try to sail around just going killer fast, faster than anyone else going entered in the race. Go fast, practice the thoughts and do a slow tack, a slow jibe.

Thinking about light air is a pleasure while thinking about 18 knots is a pain. Anyone can sail in light air, but no one can sail in 18 knots, they just survive. You love light air! That's my prep. By the time the race is on, I'm totally slowed down. I just try to stay away from everyone, stay still, go fast and enjoy the day.

- Jim Kerrigan, BCYC racer -

I had an advantage today (Feb.6) because the light air was forecast for several days. So, in my quiet moments, I visualized that darn flat water, the wisps of wind on the water. "How do I sail this stuff fast?" Easy - remember what works (in no particular order):

Everything is in slow motion, don't rush anything, not trim, tacks or decisions.



Jim Kerrigan





Sailing Director

Jess Gerry

jessg@bcyc.org

What A Ride!

The title sums it up perfectly – I’ll never forget what began as a leap of faith and ended up turning into a way of life. This amazing journey began in May 2005, as I crammed my entire life into a Toyota Corolla with my number-one love in tow (my Laser sailboat, that is). I was off to chase the Midwest dream – teach sailing year-round, learn to surf and live in Newport Beach, California! The first six months I lived in Newport Beach, I can honestly say I hated it. I had no friends, no life and, financially, could barely make ends meet. It was the poor college-kid-routine all over again at age 24 and I found myself thinking, “I already did this once, why I am doing it again?” While I don’t want to single out only a couple of people, when so many affected my life in one way or another, in reality, if it had not been for a certain family and a well-known former BCYC employee, I can honestly say this article would have never been written. Steve and Lisa Briggs, and their two children, Bobby and Kate, took me in like their oldest son and their kids’ big brother; they hired me to share my passion of sailing, teaching them the sport I love while also allowing me to be a role model for their children. With an occasional home-cooked meal and social gatherings for drinks, they took me in as a friend and I will forever thank them for making me feel like family. Then, longtime BCYC bartender Kevin Konishi made one simple gesture on a Sunday evening when I was walking out the door with another night of nothingness planned and said, “Hey man, wanna come to the bar tonight?” And that was it, as I now had family, friends, and importantly, was introduced to the classiness of Goat Hill Tavern!



With my Newport family, new friends, and finally finding a way to make some side money to survive, I began to think that just maybe I would stay for awhile. As my first year came to a close, I began to completely fall in love with the job, and soon enough this yacht club turned into my life. It became an obsession, so to speak. Even on my days off I would be here, in my office, or in the boat yard working on a coach boat, a sabot, anything – just enjoying this place where I worked, that became my home. I’m a passionate person and I gave my heart and soul to each child and every family at BCYC, and all the junior sailors I met at regattas

in Southern California for that matter. This was supposed to be just a quick pit stop in life – teach a great sport and provide a chance for a Midwest kid to enjoy the spoiling beauty of Southern California, but it became so much more. Thanks to all of you, there was never a moment that I didn’t go to work and think, “I have the greatest job in the world.” But now the time has come to move on.

I absolutely realize how lucky I was to have had this opportunity, and want to sincerely thank everyone for all you have done for me. I learned so many valuable business and life lessons in my years here, helping prepare me for what my future holds. From the trust you gave me to care for your children, to teach them and allow me to become a role model for them, to the respect you gave me as an adult and professional, I cannot begin to express how much it meant to me. It is because of your trust that I truly feel I have the little brothers and sisters that I never had, and will forever and always be there for them. This wasn’t an easy decision, rather the hardest decision I’ve ever had to make, but one that is right for me. For every great experience, another is in the near future, and it’s time for me to move on to my next chapter. I will forever consider BCYC my family and a HUGE piece of my heart will remain here. Good luck to everyone and thank you for one heck of a ride!

JUNIOR INVITATIONAL
JANUARY 15-16 @ SAN DIEGO YACHT CLUB
 Derek Pickell – 2nd Place, Sabot A
 Rory Gaudio – 26th Place, Sabot A

MIDWINTER TUNE-UP
JANUARY 23 @ LIDO ISLE YACHT CLUB
 Drew Mouacdie/Derek Pickell – 2nd Place, CFJ
 Evan Bozanic – 2nd Place, Laser
 Max Mayol – 3rd Place, Sabot B
 Jay Morris – 2nd Place, Sabot C1
 Caden Wheeler – 7th Place, Sabot C1
 Jake Mayol – 2nd Place, Sabot C2
 Dillon Graveline – 6th Place, Sabot C2
 Alec Morris – 7th Place, Sabot C2
 Cameron Wood – 8th Place, Sabot C2
 Blake Danner – 9th Place, Sabot C2
 Sean Caulfield – 11th Place, Sabot C2
 Tyler Jones – 2nd Place, Sabot C3
 Cole Pomeroy – 5th Place, Sabot C3
 Alec Lis – 7th Place, Sabot C3
 Lucas Wood – 8th Place, Sabot C3
 John-Aaron Bozanic – 9th Place, Sabot C3
 Camille Danner – 12th Place, Sabot C3

SHADDEN SERIES
JANUARY 30 @ SAN DIEGO YACHT CLUB
 Kyle Herman/Drew Mouacdie – 34th Place, CFJ



Cruising
Larry & Cindy Collins
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*From New Orleans
to Dana Point*



Rear
Commodore
Karen Winnett
Karen.Winnett@klgates.com

*Good, Fast, Cheap...
Pick **Two***



Our February cruise to Huntington Harbour Yacht Club boasted many firsts, including first cruise of the year, first overnighter to HHYC and an elaborate Bourbon Street cocktail party at the Cyprus' waterfront home. Look for more details in the next issue of *The Masthead*.

March 25-27, BCYC cruisers will travel to Dana West Yacht Club. Alf and Irene Allchorn will helm the fun, and their efficient expertise will ensure a hassle-free weekend of boating camaraderie. The jovial Paul Secard will man the grill for our barbeque in the park, as we relax and enjoy a yummy lunch. Saturday night, Paul and Kari Konapelsky will again open their lovely home to the cruisers for cocktails, dinner and music. The spectacular setting on a bluff overlooking Dana Point Harbor and their gracious hospitality made for a fabulous evening last year that people are STILL talking about. We're sure this year's party will be just as memorable! Sign-ups for this cruise are already underway.

We encourage everyone to participate in our BCYC cruises that provide quality family time, as well as an opportunity to forge new friendships and savor cherished old ones.

Play around with the concept. You rarely get all three, but what do we expect from our club? Good, fast and cheap all the time is a pretty high standard and rarely our experience in the real world! Take, for example, dining out. Drive-thru food is fast and cheap but usually not all that good. Fine dining is usually good, can be slow or fast, but is not cheap.

We can probably all agree that our club is good. We share good friends and good times here. Our activities are great — think of last month's wonderful Lounge Night, Nuit d' Amore Valentine's Day celebration and Commodore's Ball, all with live music. We're looking forward to more enjoyable moments at Showboat!

The staff really does try to give us fast. The club's most difficult challenge with fast seems to happen when we don't make reservations. Let's help the club improve fast - make reservations by visiting bcyc.org or calling the front office at 949-644-9530.

I'm changing cheap to value, the most subjective of the three. Most of us feel like we get value when having an enjoyable time. The best way to do that is to join in the club's activities! This is easily done - reserve a date to serve as Officer of the Deck (OOD). I'll bet you will meet new people, really get to know other members better and have a great day walking the grounds and docks and being the club's greeter. Fun and a free lunch serving as OOD equal value.

encompassing "if you like it, drink it" attitude. Consider, as this book points out, if you get your pairings a little more defined, you can create "magic."



Food & Beverage
Bill Parr
bkparr@earthlink.net

*Food AND Drink
Pairings*

This past Christmas, we received a wonderful and thoughtful book: "What to Drink With What You Eat," by Andrew Dornenburg and Karen Page. It is 356 pages of cross-referenced food and drink pairings, from what to drink with Aioli to Zucchini Blossoms, and what to eat with Aglianico (a full bodied Italian wine) to Zinfandel. While it definitely covers wine, beers and sparkling waters, other soft drinks are also included. Over the years, we have moved from "white with white" and "red with red" to a more

I thought it would be fun to go through our menu and BCYC wine list and see what kind of "magic" can be created. For starters, anything tempura (like Chef's Jumbo Tempura Scallops with Lemon Ginger Dipping Sauce) shines with a Sauvignon Blanc or sparkling wine, but a highly recommended choice was a Sancerre from France - which we just happen to have on the club wine list. We all probably know that a rich, oaky Chardonnay would go with our famous Clam Chowda' and I was also going there with the Wedge of Iceberg with Maytag Blue Cheese crumbles, but actually a Cabernet or Merlot was suggested to complement the tanginess of the cheese. A simple dinner choice such as the Roast Chicken with Lingonberry Sauce could pair nicely with either an oaky California Chardonnay or an Oregon Pinot Noir. Not sure what to try? Order two different by-the-glass selections to share with your dining partner. See how a sip of one or the other brings out a different element of your meal.

Enjoy - and be sure to let us know what "magic" you find via your comment cards.



Las Commodoras
Louise Sasine
louisesasine@earthlink.net

Celebrating Food, Fashion
and New Sign!



Vice
Commodore
Tom Rasulo
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Great Year at BCYC

The History of Las Commodoras recognition luncheon in January was quite a success, thanks to Jill Bernard, Lori Everson and the many honorees who attended and “accepted our rose.” The event was covered in the Newport Beach

Independent by reporter Lynn Selich and featured a photo of our smiling Las Commodoras Past Presidents.



Carole Crowley, Bobbi Silvey and Diane DiMaria

Good Food, Good Life, the theme of the February cooking class and luncheon with Chef Georges Rapicault, certainly described our day. The recipes and delightful food preparation lessons he shared with us were only outdone by the scrumptious meal we helped prepare – mussels and salmon accompanied by couscous and artichokes. Chef, thank you for your contribution to our “good life.”



Lorie Buchanan, Chef Georges



Bob Sasine, Gene Fields

Our Fashion Show Luncheon, March 23, will feature our own BCYC models showing off the latest Chico’s styles and fashions. With no other luncheon meetings scheduled that day, we will be able to use the dining and banquet rooms! This is a very exciting event, as we honor the wives of Marines who are part of the 1st Marine Special Operations Battalion stationed at Camp Pendleton. We will also have special musical entertainment.

Las Commodoras presented \$5,000 to BCYC at the 2010 Annual Meeting to provide a new, lighted sign for the waterfront side of our facility. This new feature will be in place in the near future, proudly identifying our beautiful clubhouse on the water. Thanks to all who support Las Commodoras events, enabling us to continue this long-standing tradition of contributing specific items to beautify BCYC.



FASHIONS BY CHICO'S

BCYC water-based committees have begun work in earnest for 2011, and there is much to report.

Our talented Cruise Committee completed the inaugural cruise of the year to Huntington Harbour Yacht Club. It was a fabulous overnigher, a first for this event and, as always, we were treated like royalty at HHYC. The evening’s elegant dinner affair, and cruise, was hosted by Gail and Kip Cyprus, and Lorie and Jim Buchanan. Next on the cruise agenda is the trip to Dana West Yacht Club, March 25-27. Remember, you can drive to this one for the day and attend the activities — don’t miss it!

Our dedicated Sail Fleet team is fine-tuning the new Race Committee boat. They are preparing to run the first races of the magnificent Bogart Series, named after Humphrey Bogart, March 6-7. Many boats still need crews for the race to Avalon on Saturday and Sunday’s return to Newport Beach, so raise your hand if you’re interested in some real ocean racing.

The young sailors in our Junior Program are poised for another award-winning year. Make plans to attend the Family Bingo Leukemia & Lymphoma Society fundraiser, sponsored by the group March 25. These juniors are BCYC’s future and are well worth our time and attention.

Get on the water – use *Member Ship* (aka *Baycation*), the club’s Duffy. Make reservations at the front office, then invite six or eight of your friends and neighbors, and take them for a wine and cheese Duffy tour of our wonderful harbor.

Amazing activities are planned on the water as summer approaches. Remember, it’s your club, so get involved and enjoy!



Sail Fleet Captain
Paul DeCapua
paul.decapua@cox.net

No Snow - Lots of Racing

The SCYA Midwinter Regatta began in 1928, when the Southern California Yachting Association (SCYA) and Los Angeles Junior Chamber of Commerce teamed up to promote Southern California as the sports "paradise" of sailing venues. Needless to say, they got it right.

Today, more than 30 yacht clubs play host for this two-day event that features 100 classes participating at the various venues. Some little known facts:

- The Star Class is the only one-design class that has sailed in every Midwinter Regatta
- Naples Sabots raced for the first time in 1946, and for 57

- years they were one of the largest classes
- Humphrey Bogart raced his yacht *Santana* in the event in 1947
- In 1954, Mitzi Gaynor was Queen of the Regatta
- Cal 40s, one of the first fiberglass boats, raced for the first time in 1964
- The 1967 Midwinter Regatta had 996 entries and 20 one-design classes over 25 feet

BCYC hosted the Harbor 20 Fleet, Harbor 25s and Thistles, as we have done in the past. Two days of racing, Feb. 19 and 20, with four races per day equaled lots of thirsty racers.

We wrapped up the Hot Rum Series in February and are preparing for the first races of the Bogart Series to Avalon and back early this month.

Commodore Ted O'Connor was officially the first to enter the 2011 Around the Islands Race. Let's double BCYC's participation this year. Remember, there is a Cruising Class and we're rounding the islands to port.

Finally...welcome new Race Committee members. Glad you joined us!

.....
 .: RACING RULES SEMINAR - MAR 20 8:45AM - 5PM :.
 .: <http://www.bcy.org/On-the-Water/Racing/Seminars/Rules-Quiz.aspx> :.
 .: Think you're an expert? :.
 .: Visit the BCYC website to take the racing quiz! :.

SUDDEN CARDIAC ARREST-SURVIVE AT SEA

A few years ago, a flotilla of BCYC boats planned a voyage to our coastal islands and one of the group was fortunate enough to have an Automated External Defibrillator (AED) on board. Many people felt comforted that there would be one available in case of an emergency. Knowing that Sudden Cardiac Arrest (SCA) requires defibrillation within minutes for the survival of the victim, I set out to find a marine grade AED.

There was a very nice article last year in *The Masthead* by Kathy Mayo, MD, that discussed the importance of AEDs. To summarize briefly, SCA is a life-threatening event that, if untreated, results in fatality in 95 percent of victims. Between 250,000 and 400,000 Americans will suffer SCA annually. It is a disorder of the rhythm of the heart (arrhythmia) that results in the loss of the ability of the heart to pump blood to itself and the rest of the body. Unlike Myocardial Infarction (MI), there are usually no warning signs. SCA occurs in middle-aged men and women, with men suffering twice as many events, but also occurs at all ages. Risk factors for this condition include: prior heart attack, coronary artery disease (CAD), personal or family history of arrhythmia, severe stress, and drug and alcohol abuse.

Treatment for SCA is defibrillation and CPR, and must be performed within minutes of the event. Most have little forewarning and mortality rises at approximately 10 percent per minute without defibrillation. AEDs allow immediate treatment and may save the life of the victim. They are designed for simple application by the general population with little or no training. With immediate use, survival rates may rise to 50 to 75 percent. Currently, there is an AED located behind the bar in the Columbia Room and many of the BCYC staff are trained in its use. Unfortunately, 75 percent of SCAs occur at home, and for many of us that could be our boats.

BCYC and most yacht clubs comprise many people who are at risk and should be aware of these risks. Once you leave port, you are at the mercy of the sea. Your passengers may be at your mercy if you are incapacitated or suffer SCA.

After many months of searching, I have located a lightweight and inexpensive device that is rated for marine use. HeartSine Samaritan is made by one of the original AED manufacturers, and is portable with a self-sustaining three-year battery. It may be submerged for three hours without losing its effectiveness. Through a group purchasing agreement, I have negotiated a price reduction from \$1525 to approximately \$1000 per unit; final price dependant on the number of units purchased. I'm currently negotiating the possibility of receiving one for the new Race Committee boat. I urge all interested members to contact the front office with your order as soon as possible. In addition, we will offer a training course at the club for those who purchase these units.

I was once told that BOAT means "bring out another thousand." I think this will be the best thousand you will ever spend.

- Jon H. Wheeler, MD, Fleet Surgeon -



Co-Activities Chairs

Kari Konapelsky

payo8@aol.com

Jerry & Nancy Valuch

jernanvaluch@cox.net

Many Kinds of Dance



Sorry Cary, it didn't influence the outcome of the game.

Hasn't everyone dreamed of spending a romantic Valentine's Day in Paris? That is exactly what members experienced at Nuit d' Amour, the Parisian-themed evening of fine dining and romantic dancing. Love was in the air. Merci, Chef Georges and staff.

Please join us for the Activities Committee meeting on the second Wednesday of every month at 7:30 p.m. to help plan these wonderful events.

The Year of the Dance is off to a great start. Lounge Night saw members dancing to Hot Club de Bop, who kicked it up a notch with a serving of rock and roll, in addition to their jazz and standards. The sold-out event enjoyed a high energy level and according to Food and Beverage Director, Bill Pappas, "Everyone came to have a good time." Thanks to Bill and his team for an amazing job. This was one of the hardest events to handle from a cooking and service standpoint because of the numerous appetizer plates and big crowd. Chef Georges Rapicault, his culinary team and our excellent wait staff made it look easy - well done!



End zone dancing was the order of the day on Super Bowl Sunday. Thanks to Michael Bryant and Nancy Isbell for their energy, commitment and creativity, and to their most capable crew including Linda Buchanan and Gary Musso, Robin Gibby and Greg Webster, Diane and Vance DiMaria and Barbara Eden. A special thanks to Silvia and Cary Breeden for producing the great Super Bowl table cloths and decorations. Did anyone notice that the Packers helmet was smaller than the Steelers helmet?

Photo: Wendy and Lynn Noah



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March

The Masthead

2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Masthead Deadline
			Jr. Advisory 5:30pm Steering 6:30pm	Prime Rib Night (No Regular Menu)		Bogart Race to Avalon
6	7	8	9	10	11	12
Bogart Race Back to Newport	Club Closed Monday & Tuesday		----- Showboat ----- (Member Event)			
13	14	15	16	17	18	19
Daylight Savings			L/C Board Mtg 6:00pm F & B 6:30pm Activities 7:30pm	St. Patrick's Day Sail Fleet 6:00pm Cruise 7:00pm		Lorin Weiss #1
20	21	22	23	24	25	26
Racing Rules Seminar 8:45am - 5pm MORE INFO ON THE WEB! http://www.byc.org/On-the-Water/Racing/Seminars/Rule-Quiz.aspx First Day of Spring			Las Commodoras Fashion Show Luncheon Jr. Board 6:30pm Membership 6:30pm House 7:30pm	Executive 6:00pm Board 7:00pm Angling 7:00pm	Family Bingo Night DWYC Cruise	DWYC Cruise
27	28	29	30	31		
DWYC Cruise			Ship's Store Mtg 6:00pm			

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					April Fool's Day	Bogart Race Pt. Fermin
3	4	5 Masthead Deadline	6	7	8	9
	Club Closed Monday & Tuesday		Jr. Advisory 5:30pm Steering 6:30pm	Prime Rib Night (No Regular Menu)		Lounge Night 9am S/C Breakfast
10	11	12	13	14	15	16
New Member Wine & Cheese Open House			Las Commodoras 6:00pm F & B 6:30pm Activities 7:30pm	Ensenada Send-Off Party Sail Fleet 6:00pm Cruise 7:00pm	Ensenada Race	Lorin Weiss #2 Ensenada Race
17	18	19	20	21	22	23
Ensenada Race			Jr. Board 6:30pm Membership 6:30pm House 7:30pm	Las Commodoras Progressive Luncheon		LBYC Cruise Sign-up
24	25	26	27	28	29	30
Easter Champagne Brunch Club Closes at 5pm			Ship's Store 6:00pm	Executive 6:00pm Board 7:00pm Angling 7:00pm		

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