

# ...a little dinghy

Newsletter Date

May 1, 2010

Volume 32, Issue 5

## Special Interest Articles:

- Opening weekend
- Women's Sailing
- Martha in Haiti

## Individual Highlights:

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Gold Country Yacht Club 530-265-2070

## From Your Commodore

Ahoy Crew,

The sailing season is finally here, although Mother Nature is still holding on to Old Man Winter. She did give us a break the last two weekends to help kick things off. Sail Expo was greeted with sunny skies and mild temps, making for a great boat show. I've been to a lot of these shows over the years and I always look forward to checking out the latest things to hit the boating market. I don't look at as many boats as I used to though, just the ones that really stand out, which tend to be so far out of reach. The average sailor will be lucky if he gets to crew on one. The best part is that it reminds me how much I love the boat that I have and it makes me appreciate her all the more. After all these years of going to boat shows, these days I'm usually looking for a few little items and they have some great boat show discounts. I filled my list of goodies and saved a few bucks too. While wandering the booths it's always fun running into old friends from our cruising days and catching up. Some of them are manning the booths, since they're experts now, and then wrapping it all up with the Latitude 38 Baja Ha Ha reunion party. The boat show gets everyone cranked up to get on the water, and crank up we did.



The Commodore talks safety with his crew

Getting the club house ready for our own season opener: no motors for an entire weekend. I want to thank everyone for all their help cleaning up and helping man the club house for the weekend. Bringing all the festivities together at the club and boat ramp worked out very nicely. Danny of Wolf Creek Wilderness set up on the shore, while the Boy Scouts Troop 4 used our BBQ's at the club house. Danny told me that he had a very good weekend, and I know the Boy Scouts sold out of burgers and just had a few dogs left by Sunday afternoon.

The Gold Country Yacht Club had a banner event as well, taking around 70 people sailing and most for the first time. Special thanks to Hugh, Jerry, Howard, David, Jeremy, Lynn and yours truly. The skippers sailed their asses off with great winds to get us to and from the dock all while dodging the kayak's and pretty much single handing with a full cockpit of joy riders. The joy riders were all smiles when they returned to the dock and we picked up some new members who were bitten by the bug while under sail. The Boy Scouts even want to earn their merit badges for sailing after discovering what sailing is all about. We even got NID's Peggy Davidson out for a sail and she loved it!

Being here in the foothills gives us the opportunity to mix some of our favorite activities all in our own backyard. How do they put it? Location, location, location. We live in one of the best geographical areas of anywhere allowing us to play, play, play. So come on crew let's have a great season it's play time!

Fair Winds Amigos  
Joe Day, Commodore  
Gold Country Yacht Club

S/V Daydreams  
S/v Mental Floss

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## ...a little dinghy

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David and the Boy Scouts



Jeremy and his dream crew



Howard with Peggy and her grandson

## Melinda's Membership Memos

Thanks to all our hardworking club members for a successful NO MOTOR WEEKEND!

It wasn't easy pulling the Club House together with all the storms rolling through but we did it! Several dozen newbies were introduced to sailing on a quiet, motor-less, and windy Scotts Flat Lake. Numerous people stopped by the club house with a keen interest about sailing and we picked up some new members. Just a little bit about the new comers follows but I will have more on them next month. They all are great folks with a big interest in sailing.

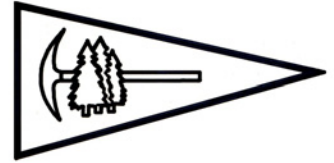
First off, Tahoe sailor Bryant Cockcroft signed up on Saturday. Then Gary and Lynn Lind of Nevada City, with a colorful sailing resume, signed on. I had mentioned the club to them awhile ago and they checked us out online. Welcome aboard Stephen and Nancy Jeffrey, they have a Capri 14 at SFL. They discovered us by simply visiting the lake. Lastly, Toby and Karen Terrell from Grass Valley decided to give us a try. He took a ride on the Commodores boat and was hooked.

In the Publicity department, I will continue to send info about our meetings to 'Club News' at The Union. I contacted KVMR and KNCO about the No Motor Weekend and I am sure it was aired on KNCO.

Did anyone hear it on KVMR? I took some posters and our tri fold brochures to a few local businesses.

Now, we start promoting the GO FOR THE GOLD REGATTA June 5th and 6th. Again, to all you loyal salts a BIG THANK YOU for all your support this past weekend.

Melinda



## Women's Sailing Clinic Report

Three members attended the Gold Country Yacht Club Women's Sailing Clinic on Saturday April 24th during the "No Motor" and GCYC Open House. The afternoon started with a safety talk and looking over some handouts on the basics of sailboats, sailing maneuvers, rules of the road and knot tying. From there we were off to the docks to board my Catalina 22, Sailynn. A quick review of Coast Guard required and safety gear on board, life vest fit check, running rigging setup, dock departure instructions and then we were off to the big waters of Scotts Flat Lake without the use of a motor. The ladies with me, Dianne Dykstra., Donna Hendrich and Martha Turner were all sailors with varying amounts of experience, and were interested in perfecting the skills they already had. Everyone rotated through the points of sail, heaving to and performing a controlled jibe. After heaving to and a quick lunch, came the skill everyone wanted to practice most. The person overboard drill. We concocted "Bob", who would ultimately slip overboard at least 12 times in one hour, out of fenders and a throw cushion. Using the figure 8 method, controlled boat handling/speed, along with a handy boat hook, got "Bob" back on board and dried out by the time we all returned to the dock. Everyone agreed it was a very successful and rewarding day, with plenty of wind and sunshine (finally).

Lynn Buchanan, "Sailynn"  
Catalina 22 S/K #2431

## Martha's Missive on Haiti

I send out warm thanks to the GCYC membership donations which helped me travel to teach in Haiti. And a BIG heart felt thanks and friendly noogie for my friend David Niedziejko for providing the beautiful manzanita pieces he'd carved for the raffle item. I felt I was an emissary and that each person that donated to the cause were with me in spirit. So I'd like to share a few stories of my experiences. For those who don't know me yet, I am a Nurse Midwife and recently volunteered in Haiti with a small midwifery NGO out of Virginia.

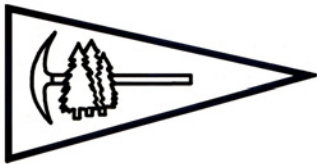
My team of midwives included myself and others from Pennsylvania, Seattle and Toronto. We found the educational process of the Haitian nurses we were teaching to be very different than our own. The students seemed to lack skills in critical thinking, problem solving and conceptualization. But the Hatians are lovely people and were hungry for knowledge and eager to learn.

The classroom was tiny, dark, stifling hot so the first thing I did was move us all outside to a courtyard under a big Mango tree so this midwife wouldn't faint from the heat! We taught the basics of obstetrical care and modeled TLC for laboring women. Word for word was translated to Creole by a young man. TLC seemed to be a somewhat foreign concept for the Haitian midwives... similar in my experience with other developing nations. Perhaps when life is so tenuous, TLC is a luxury. However, the students were receptive and it was heartening to see things like babies actually being resuscitated and laboring women being given gentle words of encouragement following our classes.

The hospital was... well, not what one from our country would expect. Open air. No windows. No screens. No linens. No food. Pit latrines. Bugs. Flies. Mosquitoes. LOTS of people. A dog or two wandering in and out. Chickens in the yards. NO RUNNING WATER... Imagine that. Containing birth fluids became critical. Minimal staff. Chaos. Maternal and newborn morbidity and mortality is the highest in the Western world. Which is what this little Virginia based NGO is working hard, on a shoestring, to change.

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*"The classroom was tiny, dark, stifling hot so the first thing I did was move us all outside to a courtyard under a big Mango tree so this midwife wouldn't faint from the heat!"*



### Martha's Missive on Haiti (cont.)

Another highlight of my time was being able to go help feed the babies and children at the Mother Teresa home in Haiti. Sometimes a child will get well enough to leave but most do not. We would simply hold the little ones and help them eat a bit of beans and rice gruel. While it broke my heart into a thousand pieces, I felt drawn to go back several times to just be with these special children.

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*“Another highlight of my time was being able to go help feed the babies and children at the Mother Teresa home in Haiti.”*

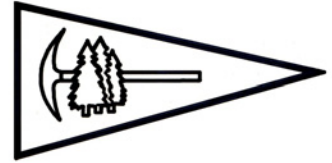
The images of my two weeks teaching in Haiti are vivid and haunting. I've seen poverty in Nigeria, Uganda, Ghana, Tanzania and Mexico. But I have never seen the depth of poverty that I saw in Haiti. Imagine being hungry much of the day, every day. There is always an element of culture shock of coming home to my beloved United States. I feel huge thankfulness for our clean water, sewers, education, health care and the personal freedoms most of us enjoy. Things are not perfect, to be sure. But they could be a whole lot worse. I also give thanks for the fresh cool air that I get to breath and the lack of mosquitoes trying to give me malaria!

There are many other stories beyond the scope of this little missive. Perhaps one day when we sail together, we can contemplate this world of ours together. We can consider the beauties and inequities and the preciousness of life. Until then, blessings on the work we all do. And again, BIG thanks for the friendship of this sweet sailing club I have recently wandered into.



Fair winds for all.  
Martha Turner, CNM





## April General Meeting Minutes

Commodore called the meeting called to order at 7:05pm.

**Commodore** (Joe Day): This is the last meeting at Larry & Lena's for awhile; next month's meeting will be held at Scotts Flat Lake, weather permitting. According to NID, mooring balls will be ready by 4/15 and all boats will be inspected for mussels before splashing.

No Motor Weekend (4/24-25) is coming up. Members are encouraged to sign up to offer sailboat rides and staff the clubhouse that weekend. We are combining the kayak and sailing events to the boat ramp area this year, so it should be easier for attendees to check out both options. Lynn Buchanan will be holding the women's sailing clinic on April 24 as well.

Strictly Sail Expo is April 15-18 at Jack London Square. If you go to the sail expo, be sure to write GCYC on your ticket, as we won a prize for most yacht club attendees in the past.

Klamath Yacht Club sent him a Notice of Race, so contact Joe if you are interested in participating.

Danny and Marilyn Webb (currently on a cruise ship in Mexico) will be doing the Delta Do-Da at the end of July and will likely need crew.

**Vice-Commodore** (Chris Buti): Chris will pass around proofs of the skipper's gift for everyone to see. Don Hare got Blackstone Winery to donate wine to the regatta. Committee signups for the regatta will begin next month. The club will need people to sign up for the race committee and chase boat among other duties. Jean Cutshall has been personally bringing letters of donation requests to various local vendors. If anyone would like to help her, please see her after the meeting. Regatta posters will be printed soon for local postings. The NORs have been mailed; the NOR form will also be posted on the website. Be sure to send one in for your dinner reservation, T-shirt, etc. (even if you are not racing).

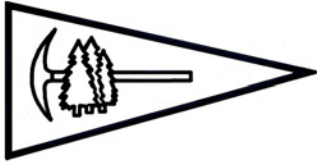
**Secretary** (Janis Johnson): The club now has 45 memberships. The board decided to give Bismarck Dinius a free 2010 membership as he deserves all the help he can get. Oakland Yacht Club is offering special incentives/discounts to boat owners with boats under 28 feet. See Janis if you want more information.

**Membership/Publicity** (Melinda Day): Melinda welcomed and introduced the following guests:

- Deborah Van Buren and Arnold Owen, who are back in Grass Valley after cruising in Mexico and Hawaii.
- Bryant Cockcroft, who has been boating for over 50 years and recently moved to the area from Tahoe City.
- Tom Sheehy, who used to crew in Ventura and has a Capri 16.
- Diane Dyxstra, who lives in Alta Sierra and is a former member of OCSC.
- Patty Haley, who has a Hobie 14 and is looking for crew to share expenses and pleasures of sailing.

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## April General Meeting Minutes (cont.)

Raffle tickets for tonight's raffle are available (\$1/ea or 6/\$5) as are GCYC license plate frames (\$5/pair). The raffle prize is a "Life's a Beach" sign and a bottle of wine.

No Motor Weekend is coming up and she would like members to get photos of club events to her so she can post them at the clubhouse during the event. Joe will be there on 4/24; she will be there on 4/25. Please sign up to participate in NMW. She brought a copy of NID's poster for everyone to see. NMW is mentioned in "The Advocate" and "The Union" and will be aired on KNCO and KVMR.

GCYC brochures are now at Big 5 and Wolf Creek Wilderness.

**Treasurer** (Jean Cutshall): Additional membership dues have been received and the hall rental has been paid to reserve this year's Christmas party venue. Jean passed out membership forms to the guests and reminded them that the PICYA privileges are worth GCYC's dues. Our biggest annual costs (insurance) have been taken care of and our biggest fundraiser (regatta) is coming up. The club currently has 45 memberships.

**Race Chairman** (Jerry Lewis): The April 3 race was postponed until Sunday, May 23 (work party is scheduled for 5/22). He considered moving this weekend's race to Saturday, but members present wanted to keep it as originally planned (4/18).

Don Hare took first in the Camellia Cup (congratulations, Don!)

Jerry took *Kudzu* to the NOOD race in San Diego March 20-21 to race in a 7-boat fleet of Capri 22s. In addition to some amusing anecdotes about their experience, he and Jeremy were mentioned in sailingworld.com's online coverage of the event. That link is up on GCYC's website.

**Port Captain** (David Niedziejko): David reminded everyone to keep their cockpit drains clear during the winter, as he learned first-hand what can happen when you don't. His Catalina 22 is now clean, inside and out, as a result.

The clubhouse still needs to be cleaned up; whoever can make it this weekend can get started and a final cleanup will take place on Friday 4/23 in time for NMW. David will be posting No Motor Weekend signs on Hwy 20 soon.

**Cruise Director (Doug Epperson)**: Doug would like to have some group Scotts Flat Lake cruises this summer. He is also considering Bullards Bar and Lake Tahoe cruises.

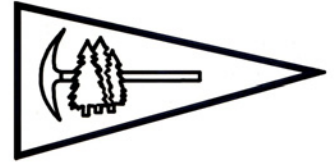
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*The Junior Sailing class is June 21-25; four students have committed (but haven't paid); Don would like more students.*

**Educational Director** (Don Hare): The Junior Sailing class is June 21-25; four students have committed (but haven't paid); he would like more students. The Crevoiserats are returning this year. Don is also trying to get Folsom Yacht Club to start a program. GCYC's program costs \$150 for non-members.

Lynn Buchanan will be teaching a women's clinic during NMW. She gears the class towards individual needs. She has one interested student so far and would like to have 3 or 4 total.

**Newsletter Editor** (Ken Neely): Ken will be moving the newsletter deadline to the 27<sup>th</sup> of every month and welcomes everyone's stories. Please send submissions to ken@wingandwing.net



## April General Meeting Minutes (cont.)

**Old Business:** Martha Turner returned from Haiti, where she taught student midwifery skills for two weeks. She stayed in an orphanage in a mountainous part of the country. Haiti has been profoundly devastated, and the standard of living is worse than any other third world country she has visited, but the people are lovely, spirited and resilient. She was very thankful for the opportunity to go and the help she received in making her trip possible. Martha will be including some of her experiences in next month's newsletter [see page 4].

The club needs ~200 feet of ¼ to 3/8" cable and an anchor to secure the dinghy dock. Until that is done, if you're out at the lake, check out the dock's location and move it if needed. The club is still looking to buy a pontoon boat, so if anyone has any leads, contact Joe Day. The board approved the donation of a Jr Sailing Class (incl. membership) to raffle at Bear River High School's Grad Night event.

**New Business:** No new business was reported.

The meeting was adjourned at 8:30pm. The raffle was held and Tom Sheehy won.

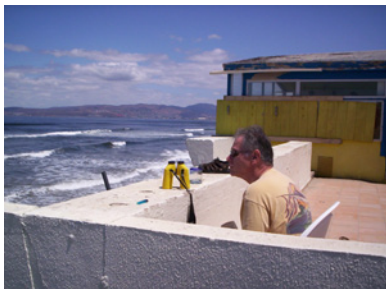
### Upcoming events:

May 12 – Meeting @ SFL  
 May 16 – Race @ SFL  
 May 22 – Work party @ SFL  
 May 23 – Race @ SFL

## Classifieds

### Dreaming of a Beach Get-Away? Here is your opportunity!

This is a two bedroom/two bath house on the beach in a quiet neighborhood. Take your coffee to the beach-side patio that overlooks the ocean, where you can sit while watching the dolphins play in the surf and the sun setting over the horizon.

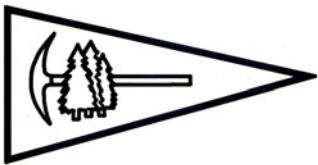


Safely tucked away on the coast of South Ensenada is a wonderful gated ranch community called Corona Beach. The house sleeps 8+; a queen bed in the master bedroom, bunk beds in the second bedroom, a Murphy bed in the living room, along with two futons. There is a full kitchen, dining room seating for 6 and two full baths. \$75/night or \$500 per week, plus a \$300 deposit refunded after keys are returned and house inspected for damages.

The neighbors are mostly from the U.S. and everyone speaks English. The management of the park is very friendly and helpful. 24 hour security is provided. No motorcycles allowed in the park. The famous "La Bufadora" blow hole is 30 minutes away.

**\*\*\*There is an additional \$20 per night parking and security fee you will be responsible for paying directly to the management of the park.**

Questions and availability call Howard or Donna Hendrich at (530) 272-6969



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On the Web  
See us at:  
[www.gcyc.net](http://www.gcyc.net)

**Classifieds (cont.)**

Crealock-designed 1970 Ericson 26 (Hull 184) w/ twin axle trailer (electric brakes, spare tire). Low hour 8 hp Yamaha long shaft outboard with cockpit remote control and key start, depth sounder, compass. Upholstery in great shape, V-berth, vanity sink, portable head, galley sink, camp stove, icebox, saloon table, ship's bell, and quarter-berth (sleeps five), 12v electric system for key start motor, cabin lights, running lights and instrument lights. Has 25 gallon water tank (not plumbed). Comes with safety gear, three sails (main, 130 genoa and small jib with covers for main and genoa), swim ladder, Bruce bow anchor with 150' rode, Danforth anchor with 150' rode, Sevylor inflatable dinghy with oars. Asking \$6500 contact [ken@wingandwing.net](mailto:ken@wingandwing.net) or call 530-478-5865.



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