



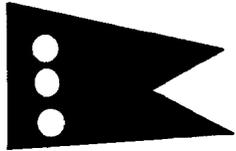
FAIRWIND YACHT CLUB

NEWSLETTER

September 2006

Editor: Robert Baron

Vol. 34 No. 9



COMMODORE'S LOG

CPR/FIRST AID TRAINING SEPTEMBER 16

On Saturday, September 16 CPR and First Aid certification classes will be held at Santa Monica Windjammers Yacht Club located at 13589 Mindanao Way, Marina del Rey (next to Burton Chace Park). The class costs \$45. The event is open to the public. The class starts at 10 am. To RSVP please email reservations@smwyc.org.

SUMMER SPLASH SEPTEMBER 15-17

Fairwind hosts the annual Indian Summer Splash Regatta on the weekend of September 15-17. In conjunction with Mike Leneman and Multi Marina, 50 trimarans from nine states will race on Friday, September 22 from Marina del Rey to Cat Harbor. After a couple nights of BBQs, seminars and fun, the regatta resumes for a race from Eagle Rock to Marina del Rey. There will be a separate start and finish in Long Beach. The Splash is the largest offshore multihull championship in the Western hemisphere. Go to www.multimarine.com for a race application.

FYC BRUNCH OCTOBER 22

Save the date! The annual Fairwind brunch will be on Sunday, October 22, 10 am, at Casa Escobar in Marina del Rey. More details soon!

ASA IQC OCTOBER 27-29

Fairwind needs more instructors! FYC is holding an Instructor Qualification Clinic for the American Sailing

FYC ELECTIONS SEPT. 20

The annual election for the Fairwind Yacht Club Board of Directors will be held on Wednesday, September 20 at the Marina Venice Yacht Club. The Fairwind General Meeting will begin at 8 pm. The offices up for election are Commodore, Vice Commodore, Rear Commodore, Fleet Captain, Treasurer and Secretary.

We need a quorum—please attend!

The FYC Board of Directors Nominating Committee has made the following nominations for the 2006 roster:

Commodore; Dave Lumian
Vice Commodore: Elayne White
Rear Commodore: Susan Bonner
Fleet Captain: Jensen Crawford
Secretary: Marv Brown
Treasurer: Hartmut Eggert

Nominations will also be accepted from the floor.

Before the General Meeting, the Fairwind Board meeting will start at 6:30 pm. All members are invited to attend.

The Fairwind Yacht Club Board of Directors will meet at the Marina Venice Yacht Club (MVYC) located at 4333 Admiralty Way located in the Marina City Club's West Tower in Marina del Rey.

To attend the meeting enter Marina City Club's main gate. Tell the guard that you are going to the yacht club. The guard will give you a parking pass and a map.

Once parked, go to the West Tower. Take the elevator or stairs up to the G2 level.

Association Basic Keelboat Sailing instructor standard (201) October 27–29. The clinic is open to the public. The IQC will be held on the evening of Friday, October 27 and all day Saturday, October 28 and Sunday, October 29.

An optional preparation workshop will be held on Friday evening, October 20 and all day Saturday, October 21.

Instructor candidates must be 18 years of age or older, have sailed for three years or more and have at least one year of teaching experience. Ordinarily an ASA IQC costs \$250 per person and a preparation workshop an additional \$150 for a total of \$400. However thanks to FYC volunteers the IQC and prep workshop is offered to Fairwind members for only \$100—the amount that ASA charges for materials and processing.

The IQC is filling up fast. To register please go to http://www.asa.com/pdf/ASA-107_Rev_07_25_06.pdf. Print out the application. Fill in the various questions and fax it back to ASA. Or you can snail mail it to them. You will pay \$100 (instead of \$250). You may not use online registration to get the discount.

NSPS IN NEW ORLEANS

The 2007 US SAILING National Sailing Programs Symposium (NSPS) is set for New Orleans January 17–21. The NSPS attracts program leaders from a couple hundred community sailing programs like Fairwind from across the nation and is awesome. Please consider attending! More information is at <http://www.ussailing.org/training/nsps/2007/>

BBQ RAISES BUCKS!

Our BBQ Fundraiser last month attracted about 60 members and raised \$240 for the Boys and Girls Club of Venice. The money is earmarked for the youth sailing program. Many thanks to Lisa and Glen for making it happen!

AFTER SCHOOL SAILING RESUMES

The FYC Junior sailing program resumes again in October. Members of the Boys and Girls Club of Venice will be sailing on Tuesdays, Wednesdays and Thursdays after school. This program is volunteer run and needs help. Please contact Adam Colson at adam_colson@yahoo.com

AHOY Fairwind Cruisers!!!

!!!!!!NOTICE!!!!!!

BUCCANEER DAYS DATE CHANGE!!!!

See details below.

What's next???

**King Harbor Dinner Cruise
&
Buccaneer Days Cruise**

These are the last two cruises of the year!!!

King Harbor Dinner Cruise is the next cruise on the list. Make your reservation NOW!!!!.... don't get left behind.

Guaranteed..... you will have A LOT of FUN!!!!

FYC 2006 CRUISE SCHEDULE!!!!

MARK THESE DATES!!!

DON'T MISS THE EXPERIENCE!!!

ALL FYC Cruises are affordable, fabulous and FUN!!!!

King Harbor Dinner Sat. Sept. 16

**Buccaneer Days Thur.-Sun. Oct. 5-8
NEW DATE!!!**

**OUR CRUISES ARE YOUR OPPORTUNITY TO MEET NEW FRIENDS AND HAVE THE TIME OF YOUR LIFE DOING WHAT YOU LOVE TO DO!!!
DON'T MISS OUT!!!**

**To sign up as skipper or crew for any of the cruises please email:
cruisechair@att.net**

EMAIL LIST

We have most members on an email list. This will allow the Club to send you updates and news between newsletters. If you are not receiving emails, please email Bob Baron at redbaron@mycondo.net. He will add you to the list.

A MESSAGE FROM THE VICE COMMODORE

Membership stands at 200 this month, there are 6 new applicants to consider and the club is growing like mad!!! WOW!!!

As you know we welcome all new member applications at the Open House, Workdays, Board meetings, General Membership Meetings, and even by mail. Our recent history has shown us that many of these members, for various reasons, miss out on the orientation and/or the open house, never attend a workday, board meeting, or membership meeting, are delayed in receiving their new member packets, don't know how to set up training, feel hung out to dry, fall through the cracks, and inevitably resign from the club. This is unacceptable. Welcoming a new member into our club in a way that they can learn how we operate and begin to advance their sailing skills should take a higher priority for us. So, to make a long story short, the way that I will handle all new memberships until my term expires is by the book, in the following manner; *All* prospective members will be invited to attend the very next board meeting after their application has been received, which is a requirement according to our rules. I will personally invite them to attend this meeting by telephone, email, snail mail, or all of the above if necessary. At the meeting they will be introduced and asked to tell us a bit about themselves and their "Why I chose Fairwind." We will then consider their application for membership. Once they are approved and we welcome them into the club they will receive their new member packet. From that point is where they need *YOUR* help. These new members need a sponsor, someone who can help them learn the ropes, the best way to organize their training, be aware of upcoming activities, cruises, workdays, socials. They need a mentor. They need help and encouragement until they learn the ropes for themselves. *Please be a sponsor. Please volunteer* to help our new members to benefit from and enjoy what our club has to offer *all sailing enthusiasts*.

As long as I am in office.....

It's by the book.

What we don't see with our own eyes,
we will overlook.

Thank You
Elayne White
Vice Commodore

AHHHHH... PARADISE COVE

Once again our fearless Fairwind cruisers had a fun weekend doing what we do best...



'Angelsea' skippered by Tom Marshall and 'Happy Ours' skippered by Jon Stephenson left from their prospective berths early Saturday for a rendezvous at beautiful Paradise Cove. Those who crewed for Captain Tom aboard Angelsea were Deanna Rozeira, Lloyd Lewins and our young up and comer David Lewins. Aboard to assist Captain Jon were Thomas and Lillian Brown. The micro fleet had fairwinds and smooth seas, refreshing swims, a Saturday evening get together aboard Angelsea for some festivities and a safe return home Sunday. For those of you who missed this one??? Well... there are two cruises left this year.

What a great way to meet members and make new friends.

Thanks Fairwind for being our Yacht Club of the Year!!!!



FAST & FUN!!!

IT WAS FUN, IT WAS FAST

IT WAS OVER TOO FAST.

As tears are wiped away, and promises to return next year are made, the hugs are shared amongst all and The Boys and Girls Club of Venice/Fairwind Yacht Club Fast & Fun Summer Sailing Program says, "so long, farewell and see you next year."

Many thanks go out to those faithful Fairwind members who volunteered this year. Thank you Margaret Pommert for coming every spare day that you had, for your excellent teaching skills and great success in helping our kids to certify. Thank you Glen Jag for keeping the dingy running and filling in wherever and whenever there was a gap, uncanny how you always seemed to know when and where there was a gap. Thank you Marty Epstein for helping the newcomers come along and get with the program. Thank you Joel Lumian, Alex and Eric Fort for keeping the kids paddling along. Thank you Kathryn Conway for showing the kids that **YES YOU CAN!!!** Thanks to my most awesome staff; Lisa Jag, Micah Grasse, Carol Lyon, Alan Seaman, Myra Garcia, Robert Wall, and Rande White for their hard work and faith in our youth. Because of the combined efforts of all, 6 of our young sailors completely qualified for the ASA110 standard, successfully completed their singlehanded on the water skills test, and received their certification. Many of our young up and coming sailors were only a few maneuvers away from completion and tried their hardest to cram it all in at the last minute so as you can imagine, they are all determined to return next year and complete their certifications.



Congratulations to Julie Anna Ariola, Rio Sanchez, Ashley Jenson, Vanessa Roberson, Chaisson Baggett, and Sheldon Carlyle for a job well done!!!
YOU GUYS ROCK!!!!

We had the opportunity to work with youngsters and teenagers from ages 8 to 18 who visited us from Camp Tacaloma, The Heart of L.A. Boys and Girls Club, San Gabriel Valley Boys and Girls Club, Variety Boys and Girls Club of East L.A., Santa Clarita Boys and Girls Club, Pomona Boys and Girls Club, Boys and Girls Club of Long Beach and Pasadena Boys and Girls Club. Many of these kids had NEVER seen the ocean or stepped foot on a boat!! On a visit to Chase Park for a docking lesson, cruisers from San Francisco were so impressed with these kids that they whipped out their checkbook and donated 500 big ones right there on the spot. We were lucky the check made it back to the beach high and dry!!! Working with these youth has heightened the satisfaction of my sailing career. To describe the changes and personal improvements that these kids made cannot be expressed in words. How we grew to love them all and it hurt to see them go. One parent came to visit us and commented, "I had to come and see what my daughter is so excited about. She's never liked anything. Who is this young woman and what has happened to my daughter?"

She certified!!!

If only you could have been there to see it for yourself.

Well... there is always next year.

By Capt. Elayne White

FACTS ABOUT SUNSCREENS

Questions & Answers

1. Who needs to use sunscreen?

In a word: everyone! The Food and Drug Administration (FDA) and the American Academy of Dermatology recognize six skin categories:

Skin Type	Sun History	Example
I	Always burns easily, never tans, extremely sun sensitive skin	Red-headed, freckles, Irish/Scots/Welsh
II	Always burns easily, tans minimally, very sun sensitive skin	Fair-skinned, fair-haired, blue or green-eyed, Caucasians
III	Sometimes burns, tans gradually to light brown, sun sensitive skin	Average skin
IV	Burns minimally, always tans to moderate brown, minimally sun sensitive	Mediterranean-type Caucasians
V	Rarely burns, tans well, sun insensitive skin	Middle Eastern, some Hispanics, some African-Americans
VI	Never burns, deeply pigmented, sun insensitive skin	African-Americans

The American Academy of Dermatology suggests that, regardless of skin type, a broad-spectrum (protects against UVA and UVB rays) sunscreen with a Sun Protection Factor (SPF) of at least 15 should be used year-round.

2. When should sunscreen be used?

Sunscreens should be used every day if you are going to be in the sun for more than 20 minutes.

They can be applied under makeup. There are many cosmetic products available today that contain sunscreens for daily use because sun protection is the principal means of preventing premature aging and skin cancer. Sunscreens used on a regular basis actually allow some repair of damaged skin.

Since sun exposure is responsible for vitamin D production in the skin, individuals who wear sunscreen and are concerned that they are not getting enough vitamin D should take a multivitamin or drink vitamin D fortified milk.

The sun's reflective powers are great – 17 percent on sand and 80 percent on snow. Don't reserve the use of these products only for sunny summer days. Even on a cloudy day, 80 percent of the sun's ultraviolet rays pass through the clouds.

3. How much sunscreen should be used, and how often should it be applied?

Sunscreens should be applied to dry skin 15-30 minutes BEFORE going outdoors. When applying sunscreen, pay particular attention to the face, ears, hands and arms, and coat the skin liberally. One ounce, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body properly. Be careful to cover exposed areas completely – a missed spot could mean a patchy, painful sunburn. Don't forget that lips get sunburned too, so apply a lip balm that contains sunscreen, preferably with an SPF of 15 or higher.

Sunscreens should be re-applied every two hours or after swimming or perspiring heavily. Even so-called water resistant sunscreens may lose their effectiveness after 80 minutes in the water. Sunscreens rub off as well as wash off, so if you've towel-dried, reapply waterproof sunscreen for continued protection. Don't forget that sun exposure occurs all the time, even while you're taking a short walk on a cloudy day.

4. What type of sunscreen should I use, and what ingredients should I look for?

There are so many types of sunscreen that selecting the right one can be quite confusing.

Sunscreens are available in many forms including ointments, creams, gels, lotions and wax sticks. The type of sunscreen you choose is a matter of personal choice.

Ideally, sunscreens should be water resistant, so they cannot be easily removed by sweating or swimming, and should have an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.

Ingredients that provide broad-spectrum protection include benzophenones (oxybenzone), cinnamates (octylmethyl cinnamate and cinoxate), sulisobenzene, salicylates, titanium dioxide, zinc oxide, and avobenzone (Parsol 1789).

5. Can I use the sunscreen I bought last summer, or do I need to purchase a new bottle each year? Does it lose strength?

Unless indicated by an expiration date, the FDA requires that all sunscreens be stable and at their original strength for at least three years.

While you can use the sunscreen that you bought last summer, keep in mind that if you are using the appropriate amount, a bottle of sunscreen should not last you very long. Approximately one ounce of sunscreen, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body properly.

6. What is the difference between UVA and UVB (ultraviolet) light wavelengths and will a sunscreen protect me from both?

Sunlight consists of two types of harmful rays – UVA rays and UVB rays. The UVB rays are the sun’s burning rays (which are blocked by window glass) and are the primary cause of sunburn and skin cancer. UVA rays (which pass through window glass) penetrate deeper into the dermis, or base layer of the skin. They also contribute to sunburns and skin cancer. Both UVA and UVB rays can cause suppression of the immune system, which helps to protect you against the development and spread of skin cancer.

Since PABA and PABA esters only protect against UVB light, check for a broad-spectrum sunscreen that also screens UVA rays. Ingredients like benzophenones, oxybenzone, sulisobenzene, titanium dioxide, zinc oxide, and avobenzone (Parsol 1789), extend the coverage beyond the UVB range and into the UVA range, helping to make sunscreens broad-spectrum.

7. What is an SPF?

SPF stands for Sun Protection Factor. Sunscreens are rated or classified by the strength of their SPF. The SPF numbers on the packaging can range from as low as 2 to greater than 50. These numbers refer to the product’s ability to deflect the sun’s burning rays.

The sunscreen SPF rating is calculated by comparing the amount of time needed to produce a sunburn on sunscreen protected skin to the amount of time needed to cause a sunburn on unprotected skin. For example, if a sunscreen is rated SPF 2 and a fair-skinned person who would normally turn red after ten minutes of exposure in the sun uses it, it would take twenty minutes of exposure for the skin to turn red. A sunscreen with an SPF of 15 would allow that person to multiply that initial burning time by 15, which means it would take 15 times longer to burn, or 150 minutes.

Dermatologists strongly recommend using a broad-spectrum sunscreen with an SPF of 15 or greater year-

round for all skin types.

8. Does SPF 30 have twice as much sun protection as SPF 15?

SPF protection does not actually increase proportionately with a designated SPF number. In higher SPFs, such as an SPF of 30, 97 percent of sunburning rays are deflected, while an SPF of 15 indicates 93 percent deflection and an SPF of 2 equals 50 percent deflection.

Research Note

Research suggests that high SPF sunscreens are an appropriate choice for very sun sensitive individuals (skin types I and II). One study determined that skin protected by an SPF 15 sunscreen and then exposed to 15 times the minimum dose of sunlight normally required to cause redness produced 2.5 times the number of sunburn cells seen in SPF 30 protected skin with the same dose of sunlight. These results suggest that prevention of redness does not necessarily mean prevention of all sun-induced damage. More research is currently underway on the protective effects of sunscreens on different skin types. *Journal of the American Academy of Dermatology*, 1990, 22(3): 449-452; Kaidbey, K.H.

9. Does the SPF tell how well a sunscreen protects against UVA or UVB rays?

The SPF number on sunscreens only reflects the product’s screening ability for UVB rays. At present, there is no FDA-approved rating system that identifies UVA protection. Scientists are working to create a standardized testing system to measure UVA protection.

10. What is the difference between a sunscreen and a sunblock?

Since sunscreens can now either chemically absorb UV rays, or deflect them, the term sunblock is no longer used.

It’s important to find a sunscreen that offers both UVA and UVB (broad spectrum) protection and includes ingredients such as benzophenones, oxybenzone, sulisobenzene, titanium dioxide, zinc oxide, and avobenzone (Parsol 1789).

11. Is sunscreen application all I need to do to protect myself from the sun?

Because overexposure to ultraviolet light is the primary cause of melanoma, dermatologists recommend the following precautions:

- Avoid "peak" sunlight hours -- 10 a.m. until 4 p.m. -- when the sun's rays are the strongest.
- Seek shade whenever possible. Remember "*No shadow... seek the shade!*" If your shadow is shorter than you are, the damaging rays of the sun are at their strongest and you're likely to sunburn.
- Apply a broad-spectrum sunscreen with a Sun Protection Factor (SPF) 15 or higher, apply 15 to 30 minutes before going outdoors and reapply every two hours, especially when playing, gardening, swimming or doing any other outdoor activities. Sunscreens should not be used to increase the time spent in intense sunlight or instead of protective clothing.
- Wear protective clothing, including a wide-brimmed hat, sunglasses and long-sleeved shirt and pants during prolonged periods of sun exposure.

A number of studies have confirmed that repeated sunburns substantially increase the risk for melanoma. This is especially true for childhood sunburns because there is more time and opportunity for subsequent sun damage to lead to melanoma.

12. Is there a safe way to tan?

There is no safe way to tan.

A suntan is the skin's response to an injury. Tanning occurs when the sun's ultraviolet rays penetrate the skin's inner layer, causing the skin to produce more melanin as a response to the injury. Chronic exposure to the sun results in a change in the skin's texture causing wrinkling and age spots. Thus, tanning to improve appearance is ultimately self-defeating.

Every time you tan, you accumulate damage to the skin. This damage, in addition to accelerating the aging process, also increases your risk for all types of skin cancer, including melanoma.

13. Are tanning booths a safer way to tan?

In spite of claims that tanning booths offer "safe" tanning, artificial radiation carries all the risks of natural sunlight. Tanning booths emit UVA radiation, which poses both short and long-term risks to the skin, including cataracts (eye damage), sunburns, skin cancer and premature aging. In addition, there can be damage to the body's immune system and reactions to certain fragrances, lotions, moisturizers and medications.

Many tanning salons are unregulated, allowing customers (specially those whose skin is incapable of

tanning) access to tanning beds without supervision or eye protection. The American Academy of Dermatology supports local and/or statewide indoor tanning legislation that bans minors from using tanning devices. In addition, this legislation usually requires that warning signs be prominently displayed in tanning salons and list the hazards of such exposure, among other possible regulatory provisions.

14. How do I treat a sunburn?

In case you forget to cover up and apply sunscreen, the resulting sunburn can be painful as well as dangerous. There are several types of burns and burn treatments.

Remember that you may not immediately see the effects of overexposure to the sun. It may take up to 24 hours before the full damage is visible.

The two most common sunburns are first-degree burns and second degree burns.

First-degree sunburns cause redness and will heal, possibly with some peeling, within a few days. These can be painful and are best treated with cool baths and moisturizers or over-the-counter hydrocortisone creams. Avoid the use of "-caine" products (such as benzocaine), which may cause sensitivity to a broad range of important chemicals. Aspirin taken orally may lessen early development of sunburn.

Second degree sunburns blister and can be considered a medical emergency if a large area is affected. When a burn is severe, accompanied by a headache, chills or a fever, seek medical help right away. Be sure to protect your skin from the sun while it heals and thereafter. Most studies have found an association between sunburn and enhanced risk for melanoma, particularly if you suffered severe childhood or adolescent sunburn since there is more time for melanoma to develop over your lifetime.

American Academy of Dermatology

<http://www.aad.org/public/News/DermInfo/DInfoSunscreenFAQ.htm>

The Fairwind Yacht Club Newsletter is published monthly, Jan.–Nov. Submissions are accepted on a space available basis. Deadline for publication is workday. To send me a contribution, you may (in order of preference):

E-mail it to me at redbaron@mycondo.net

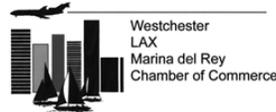
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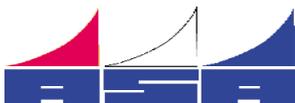
Saturday, Sept 16, 2006	CPR/FIRST AID TRAINING, 10:00 AM	Santa Monica Windjammers YC 13589 Mindanao Way, Marina del Rey (next to Burton Chace Park)
Saturday, Sept 16, 2006	King Harbor Dinner	Dockside
Wed., Sept. 20, 2006 <i>Note change of date</i>	Board meeting 6:30 PM, General Membership meeting 8:00 PM <i>Board Elections—Come VOTE!!!</i>	Marina Venice Yacht Club 4333 Admiralty Way, MdR
Saturday Oct. 7, 2006	Workday / Club SaiMdR 1 Day	MdR Dockside 9:00 AM till ???
Sunday, Oct. 8, 2006	Oxnard Workday / Club Sail Day 9:00 AM <i>New TIME, New PLACE</i>	Channel Islands Yacht Club 4100 S. Harbor Blvd Oxnard, CA 93035
Thur–Sun. Oct. 5–8 <i>Note NEW date!!!</i>	Buccaneer Days	Dockside

FAIRWIND YACHT CLUB

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Association of Santa
Monica Bay
Yacht Clubs



**AMERICAN
SAILING
ASSOCIATION**



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