



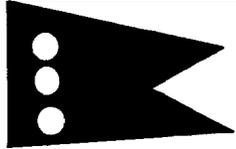
FAIRWIND YACHT CLUB

NEWSLETTER

March 2009

Editor: Robert Baron

Vol. 37 No. 3



COMMODORE'S LOG

Ken Murray

This has been a challenging month for Fairwind. As everyone knows, we have a major recession in the land, which has translated to hardships for many. This includes Fairwind, and many Fairwind members.

Sadly, we've lost quite a few members in the last 6 months. Needless to say, this has resulted in a proportional shrinking in our Club income. As a result, your Board has made some cutbacks in our purchases for boats: we are basically not funding "upgrades" or "enhancements" to boats, instead keeping to the essential maintenance and replacement of damage and wear that we see in our fleet.

It also means that our enthusiastic efforts to buy boats must come to a recess. Does this mean that we cannot upgrade and add to our fleet where necessary? No, but it may require some innovative approaches, or significant dues increases, which no one seems to want.

One thing that we realize that we need to do is work to optimize the use of our resources, and get out of them what we've put into them.

One of the problems that we as a Board often struggle with is long-term strategy. I am initiating a process for the Marina del Rey operation (the CIH operation already has a five-year plan), in which I ask the following question: If money was not an option, and we could only choose 8, what would our OPTIMAL fleet in MDR look like? I've been asking people individually, and I have gotten some surprising results. Why do I care? If we know what our perfect fleet looks like, and we know where we are, we can start to ask the question: How do we get from here to there? This gives

DUES ARE DUE

Your quarterly dues are due April 1st. Don't be one of the delinquent folks! The amount is on the front page of the website, mail to the PO Box listed on the website in "contact us" under "about us."

us the ability to plan in advance and to specific ends, as opposed to finding boats on a whim and by chance.

I've set up a section in our discussion board for people to voice THEIR optimal fleet. Go to the discussion board to read mine:

<http://www.fairwind.org/members/forums/viewtopic.php?p=830#830>

Please be patient as we work through this time, and try to consider the best outcomes for all, instead of just our own wants.

REPORT ON CHANNEL ISLANDS OPERATION

Commodore Ken Murray

At the end of last year, the Club authorized a 5-year plan of operations for the Channel Islands Harbor operation, which would result in the eventual purchase of Angelsea. One of the provisions was that the Club would review the progress on an annual basis. However, particularly in these tough financial times, the Board feels it is necessary to be much more active in watching and managing this program. As you may recall, the operation was had lost \$3,000/month for years, and was about to run out of money, with the liability transferred to the MDR operation. After 5 months of operation, here is what has happened:

Financial: Every month of the last quarter saw a net increase in the account. If not a single member joins in CIH, we are now projected to have a positive cash flow thru the rest of the year, even with the addition of the boats mentioned below.

Membership: While MDR has lost about 40 members during this time, CIH has stayed about the same.

Boats: During the next 2 months, we will likely add three boats into service in CIH: we have purchased a Capri 22 for about \$4,300, which should arrive by March 20th, we are moving the Catalina 270 Zephyr up to CIH by the end of March, and we are looking at a deal for access to a Catalina 30 for no acquisition cost.

Summary: we have completely changed the direction of the CIH program, in a positive way. I will report again after the next quarter.

HOUSEKEEPING MATTERS

Ken Murray

ROSTER: We are making a major effort to correct any errors in the roster. PLEASE check your listing for mistakes, and report them to the Vice Commodore: vc@fairwind.org

TRAINING DIFFICULTIES: If you are having difficulty setting up training, you should direct your problem to the Fleet Captain: tsengg@gmail.com

GENERAL CLUB OPERATION AND WEBSITE: The officers field calls and emails every month from folks who have forgotten how things work. MANY of our operations, including lock combinations and passwords, are located in our Member Handbook, which is being updated, located in the documents section of our secure Members Section of the website: <http://www.fairwind.org/members/forms/fyc-handbook-mar-2009.pdf>

2. WHAT TO DO IF YOU BECOME SEASICK

Margaret Pommert

ASA Bareboat Chartering Instructor,

This is the second article in a series on seasickness. Last month's article discussed *How do Avoid Becoming Seasick*. But what if, in spite of your precautions, you find yourself getting *mal de mer* on a boat?

How do I know if I am getting seasick? Early warning signs can include drowsiness and yawning, perhaps

burping and/or headache. It may progress to pale skin, a cold sweat and the onset of nausea. Seasickness often causes emotional changes as well, and you may find yourself beginning to feel depressed and apathetic.

Once I start to get seasick, how can I recover? Admiral Nelson, the 19th century British hero at Trafalgar, is said to have advised seasick sailors, "You'll feel better if you sit under a tree." Not surprisingly, victims of seasickness often fail to find the humor in this. But the point is, once you start to become sick, there are a few things you can do that may help a bit, but no reliable 'cures' other than going ashore.

Even seasickness medications (if you can even keep them down) that may be effective in *preventing* seasickness may do little to *cure* seasickness after onset. American Sailing Association's *Cruising Fundamentals* notes, "Remember on the day of departure that most of these medications are intended to prevent rather than cure sea sickness. They must be in your system prior to departure to have their intended effect."

What should I do once I am seasick? If you do start to feel sick get on deck for fresh air and to watch the horizon to calm your sensory system. Steering the boat helps many people feel a bit better. Perhaps this is because it puts them in a part of the boat with lots of fresh air, focuses their eyes on the horizon, and challenges the feelings of apathy and depression that tend to accompany seasickness. If you are able to stomach eating something, nibble on bland food, especially something low fat and high starch. Crackers, such as Saltines, are a traditional favorite.

If you feel you are going to vomit, go to the leeward rail of the boat. This way anything that comes up will be blown away from you, the boat, and your crewmates. Otherwise, the 'unpleasant' sights and smells may trigger a similar response among your crewmates who may join you at the rail.

If you are getting sick, DON'T go into the head! First of all, the enclosed space and the odors will only make you much sicker. Secondly, if you are embarrassed about vomiting at the rail in front of your crewmates, be assured that their estimation of you will be much higher than if you 'redecorate' the walls and floor of the shared head!

Congratulations! You've recovered from your seasickness. But you notice the crewmate sitting next to you looks a bit pale and clammy. Next month's article is: *Caring for a Seasick Crewmate*.



The **Association of Santa Monica Bay Yacht Clubs**
And **Marina Venice Yacht Club** are pleased to host the
Southern California Yachting Association's

Racing Rules 103



WOW Regatta - photo courtesy of Pat Reynolds of The Mariner

IS YOUR RULES KNOWLEDGE "IN THE ZONE?"

Attend SCYA's seminar on the Racing Rules of Sailing 2009-2012
Wed., March 11, 2009 at 7 pm at Marina Venice Yacht Club,
4333 Admiralty Way, MdR, located on the G-2 level of the West Tower of the Marina City Club.

Entrance is through the Marina City Club main gate; complimentary parking. For further directions on seminar night telephone ASMBYC Commodore Gary Green at 310-650-2673.

- Completely Revised Seminar Format!
- Updated and Enhanced Visuals!
- Free Admission!
- Complimentary Refreshments!

Presenters: Jim Mahaffy and Jerry Martin

The Department of Boating and Waterways, the California Coastal Commission, the Santa Monica Bay Restoration Foundation in partnership with the Association for Santa Monica Bay Yacht Club, Women's Sailing Association, Santa Monica Windjammers Yacht Club, Fairwind Yacht Club and the US Coast Guard Auxiliary

Presents

DOCKWALKER TRAINING

- Learn about boating practices that reduce water pollution
- Get training on how to talk to boaters about clean boating practices

This FREE workshop trains volunteers to become "Dockwalkers," who conduct face-to-face boater education about environmentally-sound boating practices.

Receive free educational materials to distribute to boaters at marinas, boat launch ramps, boat shows, and special events. *Free giveaways for participating volunteers.*



Boater Kit

Where and When:

Saturday, April 4th, 2008

Santa Monica Windjammers Yacht Club (Main Room - Marina Del Rey)

10 a.m. – 12:30 p.m.

Dockwalking Activity from 1:00 p.m. to 2:30 p.m.

Directions to training facility will be sent to you with a confirmation of your registration

For information visit our website at <http://www.coastal.ca.gov/ccbn/ccbndx.html>

Or contact Vivian Matuk at (415) 904-6905, vmatuk@coastal.ca.gov

YOU MUST REGISTER TO ATTEND. Deadline for Registration Tuesday, March 27th



Funding or assistance in Dockwalkers training provided by these organizations
Training hosted by Santa Monica Windjammers Yacht Club

✂-----

YES! I WOULD LIKE TO BE A DOCKWALKER

LOCATION: Santa Monica Windjammers Yacht Club

DATE: Saturday, April 4th, 2009 - 10 a.m.

NAME OF PARTICIPANT: _____

ORGANIZATION: _____

ADDRESS: _____

PHONE: _____ E-MAIL: _____

Return form to: Boating Clean & Green Program, CA Coastal Commission/CA Dept. of Boating and Waterways
45 Fremont St, Ste. 2000, SF, CA 94105 or return by email to: vmatuk@coastal.ca.gov

You must pre-register to attend. Please return this form prior to the date of the training. Directions to the training will be sent to you with a confirmation notice.

CALENDAR

Saturday, Apr. 4, 2009	MdR Workday / Club Sail Day	Dockside 9:00 AM till ???
Sunday, Apr. 19, 2009	Channel Islands Open House / Club Sail Day 10:00 AM	Peninsula Park 3701 Peninsula Rd., Oxnard, CA

FAIRWIND YACHT CLUB

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Association of Santa
Monica Bay
Yacht Clubs



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Visit our Web site: www.Fairwind.org



California Clean
Boating Network

