

# Sou' Wester

June 2019



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**Alamitos Bay Yacht Club**  
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## 2019 Opening day

*Tom Walker photos*

Our 93<sup>rd</sup> Opening Day celebration went off without any glitches and the weather was perfect! Big thanks go out to Jon Robinson and Pat McCormick for organizing the Friday raft up getting everyone safely in the basin. It is always a beautiful site to see all the boats decorated with code flags. Rick Roberts for working closely with me and the staff to work out the entire behind the scene details. Thanks Rick. Kathy Robinson for putting together the passport challenge everyone really enjoys trying to figure out the clues, and who doesn't appreciate a free bottle of champagne! Teak catering, once again, did a fabulous job with the food of which we had plenty. I always enjoy watching our staff Commodores pouring champagne. It really adds to the festivities. I also want to give Commodore Schack a special shout out for almost taking me out with the lights; maybe a Ducky award is in the making? I guess that was my payback for going over our 30-minute time limit by 7 minutes, all in good fun! If you haven't seen the pictures from Tom Walker please go to our facebook page and click on the link. Tom really captured the day's events. What is Opening Day without the club championship? Congratulations to Kevin Taugher and Chuck Trip for 3 straight bullets! Well done guys!

Hope to see you around the club soon...

*Chuck Clay*



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## save the date

Ukelele Lessons .....	June 5
Summer Kick Off Party .....	June 7
Dock Sale + Open House .....	June 8
Happy Hour .....	June 14, 21, 28
Long Beach Race Week ABYC Party .....	June 21
Long Beach Race Week .....	June 21-23
Latham Bell Regatta .....	June 29
Big Bang on the Bay .....	July 3
<u><a href="#">Full ABYC Calendar</a></u>	

*...continued page 8*

## manager's corner



To me, the passing of the Memorial Day weekend has always signaled the start of the summer season. Even though we have been experiencing a few cool days and a bit of rain here and there, June has arrived, and at ABYC that signals the start of our summer activities... including our Junior Summer Camp.

Craig Ramsay has assembled his skilled coaching staff and classes are filling up. Please see his report in this issue of the Sou'Wester.

Our Lido Twilight's series is continuing to enjoy great racing, great food and great camaraderie under the direction of Ken Reiff. The rumors of Lido sailors having a great time on Thursday evenings are true.

Long Beach Race Week, June 21-23, is another June tradition and many boats in our basin. Jr. Staff Commodore Kevin Brown has arranged to have boat trailers kept over at the overflow parking lot across the street from Thursday through Sunday. That will help relieve some parking challenges in our lot.

ABYC will once again host the Long Beach Race Week Party on Friday, June 21, with lots of sailors, lots of food, lots of adult beverages and, no doubt, lots of fun!

On a side note; during races, regattas and our upcoming Junior Summer Camp you will notice a complimentary sunscreen dispenser near the Patio and Galley. This has been very appreciated by members and guests, the idea of which came out of a recent Board of Directors meeting.

wish you all a happy summer, and am looking forward to seeing you at ABYC, *The Place to BE!*

*Rick*

## commodore's compass



It's been pretty busy the past month. Opening Day was great, thanks to all of those of you who attended. It was a great day. With the club now "open" and Memorial Day behind us we are in full gear with Long Beach Race Week, the Latham Bell Challenge, Big Bang on the Bay, Fourth of July Regatta, Junior Olympic Festival and Viper Worlds all within next couple of months. With all of those regattas coming up we need help and we would really like to see some new faces come down and help out.

Our Junior Summer Program will be starting soon. This is a great time for kids to get out on the water and have a great time. We have some great coaches lined up for the summer who will be great in teaching at all levels of expertise. Spaces for the program are filling up-make sure to get signed up soon.

The Board of Directors held a workshop and will have a few more follow-up workshops focused on setting the direction of our Junior Program for the next several years. While we are working on meeting near term needs we are also working on setting longer term goals and establishing a way forward for our young sailors.

Hope to see you all soon.

*Dave*

## vice verses



First off, I'd like to thank SAC for the Mother's Day Brunch, which was great, as usual. It takes a ton of work to put this event together, and every year you out-do yourselves. My job is easy; all I have to do is pour Champagne! (by the way, Rick, thanks for the upgraded Champagne) Thank you, SAC.

We're rapidly approaching my favorite time of year at ABYC: summer! It's really great seeing all the kids having fun at the club. Sure, it can get a little crazy, but it's worth it when you see what a great time they're having. As most of you know, Junior Sailing is a big deal to me, not just because my kids sail, but for all the life skills it offers. Some of our non-sailing friends (yes, believe-it-or-not, we actually have friends who don't sail) don't understand the sense of freedom, control, and independence kids get from taking their boats out by themselves and sailing around the bay. The skills and friendships forged in Junior Sailing can last a lifetime, as many of you well know.

For parents of the Junior Sailors, we have our regular Tuesday night BBQs at the club. While the kids are racing in twilight, we're making our own lifelong friendships. I think we've added about 10 new family memberships from the Tuesday nights alone. All are welcome, even if you don't have a kid in the program – please feel free to join us any Tuesday.

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I'd also like to thank the very resourceful juniors who took it upon themselves to assemble the Commodores ping pong table on Mother's Day. Emilia Anctil, Stewart McCaleb, Tate and Gage Christopher, Will and Nicholas Mueller, and Thomas Dobson were not going to wait any longer for Craig to get it done. Great job, guys. Sorry, no beer pong ☹.

NOTE: Please remember to leave your keys in your car when you're parking in the club lot.

Thanks, *Stephen Mueller*

## rearview



**M**other's Day at Alamitos Bay Yacht Club was (as Easter was).a huge success. We again had difficulties with all who tried to get seating at the last minute. It is very nice that we are getting more families interested in the "goings on" at the Club. If you are not part of it then I encourage you to try it out. In the end we were barely able to accommodate those who hesitated but they were taken care of after the main seating. We again had Flag officers pouring Champagne...what could be better? I am still going to encourage you to call early for reservations for some of these large events. We are getting nice groups.

Coming up are some fun things:

June 8th is a Summer Kickoff Party.

June 9th are an Open House and Dock Sale.

June 21st - 23rd is Long Beach Race Week. ABYC will host the Friday Evening Party.

June 29th is the Latham Bell Memorial Regatta.

July 3rd is Big Bang on the Bay. Make reservations with the office. If you like fireworks it rarely gets better than this.

If these events do not get you down to enjoy your Yacht Club, maybe sharing with you that we are always looking for Volunteers to help out. You can either help out Social Advisory Committee, Race Committee or sign up to help with the tasks or events that interest you the most (Latham Bell Regatta, Junior Olympics in July, sitting out on a Barge on a Thursday evening with the Lidos). I am always amazed at the efforts many people are willing put into the club making it a better place for all of us.

*Dan DeLave*

### Sou'Wester DEADLINE

June 21, 2019 is the deadline  
for the Julu Sou'Wester.

### Help us to Help you!

Please keep your e-mail address current  
with [secretary@abyc.org](mailto:secretary@abyc.org) to receive all of  
the weekly news and events. Thank you.

#### 2018/19 OFFICERS & DIRECTORS

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		<b>Email</b>	<a href="mailto:rick@abyc.org">rick@abyc.org</a>

# fleet captain's log



June is upon us but it doesn't quite feel like it. Where is our warm weather? We have been diligently working on getting our inaugural Dock Swap off the ground. It is slated for June 8<sup>th</sup> from 9am to 1pm in the boat yard along the rail rider spots. We are looking for both buyers and sellers to join the fun. If you are interested in getting reserved space, please let Sheila know. Tables will be on a first come – first serve basis so be sure to plan ahead. Bring down your no-longer-used sailing gear – anything from life jackets to line to sailing clothing to sails. If you are trying to sell a boat, please bring down an 8 1/2 x 11 (letter size) sheet of paper describing what you've got on the market, with a picture and your contact information and folks can contact you about it. We will have a large board to post these things. If you not looking to sell, but rather are in need of a few boat parts or perhaps a gently loved life-jacket or the likes, than please come down an see what's up for sale. This should be a fun time down in the boat yard with a patio BBQ lunch opportunity going on as well. Please look for the informational flyer on the web site or from the Weekly Reader.

And, have you misplaced anything in the last six months? If so check the lost and found at the club. We will be "cleaning it out" for the Dock Swap.  
Cheers,  
Brooke Jolly

## upcoming volunteer opportunity

Volunteering at ABYC is a great way to meet new people, hang-out with friends, learn new skills, and help run top-notch events for which ABYC is famous – all while having fun! Many of our volunteer opportunities revolve around regattas and social activities. Here are some great opportunities to get involved at ABYC in the next couple months:

Date	Event	Contact
6/21-23	Long Beach Race Week (on the water)	Jennifer Kuritz ( <a href="mailto:Kuritz@earthlink.net">Kuritz@earthlink.net</a> )
6/21-23	Long Beach Race Week (on the shore)	Kevin Brown ( <a href="mailto:kbrown460@outlook.com">kbrown460@outlook.com</a> )
6/29	Latham Bell Regatta	Mike Van Dyke ( <a href="mailto:mike.van.dyke@verizon.net">mike.van.dyke@verizon.net</a> )
7/6	July 4 <sup>th</sup> Regatta	Dominic Meo ( <a href="mailto:dommeo@verizon.net">dommeo@verizon.net</a> )
7/12-14	Junior Olympics	Brooke Jolly ( <a href="mailto:brooke_jolly@yahoo.com">brooke_jolly@yahoo.com</a> )

Please feel free to reach out to the individuals above if you are interested in helping on any of these events. If you have any questions about volunteering at ABYC, please contact our Director of Volunteers, Rob Stropky, at [rj\\_stropky@msn.com](mailto:rj_stropky@msn.com) or (562)252-5321.

## a note from sheila

Summer is fast approaching, and I am compelled to remind members of some rules of the club that would make things run smoother and a happier place to be at ABYC. Have you ever got in your car and discovered the car in front of you or behind you didn't leave the keys in the car and it is locked? How frustrating is that? Every member who parks in the lot should have an ABYC numbered decal sticker on the windshield and leave their keys in the car. Yard rule 2.2 Vehicle parking on the Club grounds shall be limited to those vehicles belonging to Club members upon which there is a proper parking decal. 2.3 Any motor vehicles shall be parked in designated spaces or elsewhere as directed by Club Management. Parked vehicles shall remain unlocked with keys left in the ignition or plainly visible or at the club office. In no event shall any vehicle be parked in the boat storage area. If you don't have a sticker on your windshield, please stop by the office to pick up a decal sticker. Please log into the member section of the website and familiarize yourself with the yard rules and the boat rules.

Since we don't have a hard copy of the roster, it's important to keep your information up to date. Have you moved, phone number changed, had a baby, got married, or purchased a new boat? All this information is located in the member section on the ABYC website. At the top of the page there's a tab "members info", then from the drop-down list select "membership roster" then select "edit your roster details". Here you can make changes to your information. Make sure you scroll to the bottom of the page and hit the update button to save your changes. In order to access the member section, you do have to know your member ID and your password. If you don't remember, or need help accessing the website call the office for help. You can also make reservations for club events.

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The boat yard rules need to be followed and there have been many violations. Do you have a current DMV sticker on your boat, tires flat, boat cover in shreds, haven't sailed your boat in a while? These are violations and if you are guilty, it's a matter of time before you receive a violation letter. To keep from getting a violation letter, please come down to the club and inspect your boat or take it for a sail. Let me remind you of the rules:

3.4 All boats and trailers stored in yard moorings (except guests) must have an ABYC identification sticker permanently affixed so that it is visible and readable from the aisle. All boats required by law to be registered, must have a valid CF number and current registration sticker affixed to the boat.

3.5 All boats, other than those in Club racks (e.g. sabots, lasers), must be on trailers while in the storage area and be easily movable. Boats, trailers and covers must be in good state of repair and in operable condition. A reasonable time will be given to correct deficiencies. Failure to do so may result in a surcharge after notice. Any trailer found not to be in compliance with this rule is subject to eviction by the Board of Directors. The Club Management shall determine the type of trailers to be stored, and may reject any trailer deemed detrimental to Club property or of excessive dimensions for the class of boat stored. All trailers must have rubber-tired wheels and must have an adequate tongue wheel.

3.17 No boat covers, tarps, tools, maintenance equipment, racks, structures, or locker shall be left on the pavement, erected or stored in any place within the yard area. Wheel blocks and single upright member supports are excepted.

3.20 A yard-moored boat must be sailed at least once during each six-month period (Jan. 1 – Jun. 30 and Jul. 1 – Dec. 31) to retain yard storage privileges. Any boat found not to be in compliance with this rule is subject to immediate eviction by the Board of Directors. Any boat evicted from the yard for a second time for nonuse must wait one year from the date of the second eviction before the member may apply for another space in the yard.

These are just a few of the yard rules and most often violated. So come to enjoy your club and go sailing. Remember, be respectful, responsible and just relax because ABYC will always be the place to be.

*Sheila Mattox, Director of Member Services*

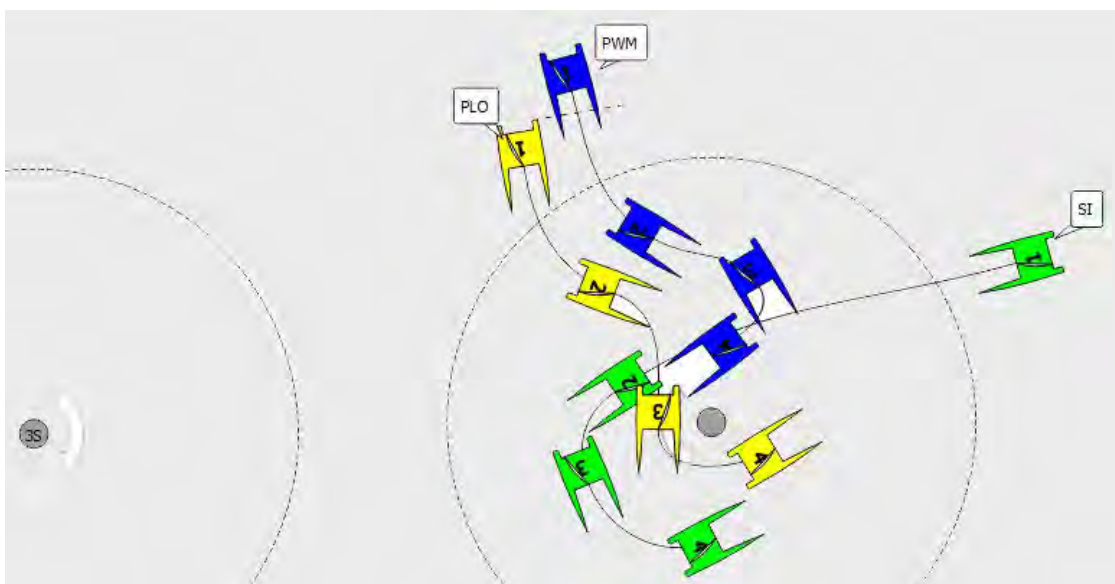
## racing rules quiz #55

Answer on page 13

Three Tornado catamarans are on a downwind leg to a leeward gate. PLO (Yellow) on port, is outside and overlapped to leeward of PWM (Blue) on port. SI (Green) on starboard, is inside and overlapped with both boats and on a collision course, when PLO (Yellow) reaches the zone. PLO (Yellow) luffs to pass astern of SI (Green) and PWM (Blue) responds to the luff. When SI (Green) is one boat length passed the starboard gate mark she gybes to round the mark. PLO (Yellow) bears away as SI (Green) passes ahead of her and rounds inside of SI (Green). PWM (Blue) bears away gybes and follows SI (Green) and PLO (Yellow) around the mark. PWM (Blue) hails protest.

PLO (Yellow) claimed that SI (Green) was an obstruction to both PWM (Blue) and PLO (Yellow) and under rule 19.2(b) PWM (Blue) had to give PLO (Yellow) room to pass astern of SI (Green). After they passed astern of the obstruction, PLO (Yellow) gave PWM (Blue) room to round the mark.

Review the following rules; definition Obstruction, Mark-Room, rules 10, 11, 18.2(a), 18.2(b), 19, WS Case 63, WS Case 75, WS Case 118 and see if you can figure out the relevant facts, conclusions and decision.19.



# the bay clogger

Summer is here!

The Juniors Summer Camp is lining up to be a fantastic 6 weeks.

Four of our seven classes this summer are already full and have a waitlist, so if you are looking to sign up, don't wait any longer!!!

We had a stellar spring season this year, with all of our fleets traveling all over the world to compete against the best sailors they can find. If you have a story from your spring sailing that you would like to share, please send it to [juniors@abyc.org](mailto:juniors@abyc.org) so we can share them with the club!

If you have any exciting opportunities coming up for your sailing, let your Junior Director Craig know so we can help you out!

Here's to a fantastic summer!

See you out on the water!

*Craig Ramsay, Director of Sailing Programs*



## junior program board rep

Summer is creeping in and the Jr Program is getting ready to shift gears from low to high come school letting out. We are almost fully subscribed for the summer programs and would encourage you to sign up or if you have question contact Craig.

Something new this year, we are going to offer learn to Kite Board lessons. We are starting off with two programs, each consisting of two days at three hours each. This will teach someone the basics, enough to be able to go out and be able to handle the kite and get back in. Based on demand we will open up to others besides juniors. I'm in. Are you? Contact Craig.

Use Sunscreen, it's going to be a blistering summer on the water!

*Mike*

562-537-8122

## membership report

Our annual Open House is just around the corner on June 8<sup>th</sup>. As you may know, this is the day the gates are opened and we invite neighbors, friends, and the locals to come down to see what we're all about. There will be a significant membership incentive on this day so if you know anyone who would be a good fit for ABYC or someone who may want to get into sailing, this is the day to invite them down. On this day we will also be holding the "Dock Swap" organized by Brooke Jolly. Space is available to display and sell your spare sailing and boating equipment. Feel free to reach out to Sheila or myself if you have any questions or need more information. Also coming up along with all the usual summer regattas, events, and Friday Happy Hours is the New Member Party and Pine Block Race August 10<sup>th</sup>.

New interest in the club is increasing slightly as it typically does this time of year, which is good news for the club's primary revenue stream. As always, I am available for club tours and information. Let all do our part to get people involved.

For May we will welcome new regular members Curtis O'Brien sponsored by Jim Lincoln, Lisa Meier sponsored by yours truly, and Junior member Audrey Stephenson sponsored by Jen Carpenter. Several recent applications and inquiries have also been received which is great. Keep em coming!

*Mike Shea, Membership Director*

[mikesheaphoto@gmail.com](mailto:mikesheaphoto@gmail.com)

(562) 900-0234

**Audrey Stephenson** is an eleven-year-old on her second season of sailing at ABYC in the Green Fleet. When she isn't hitting the high seas, she enjoys art, musical theater, playing her bass, and writing/recording her own pop music. Audrey lives in Long Beach and will be entering the sixth grade next year. Welcome Audrey!





# memorial day regatta

Stacey Schack photos  
Mike Shea selfie

**M**emorial Day Regatta 2019 was a blast this year with over 150 entries. The weather was great on Saturday, but gave way to chilly, rainy conditions Sunday...a great chance for everyone to break out the foul weather gear. This year Memorial Day Regatta was hosted by the Cal 20 Fleet. Everyone really stepped up to help out. The Cal 20 is a great boat and has an awesome group of sailors.

Saturday morning Stacy Massey greeted all the Pre-registered competitors, while Bobbie Peterson, Judy Mathias, Sue Crockett, and Carol Reynolds handled all the other entries. Margaret Caddle checked in the volunteers, while George Caddle manned the gate.

All the boats got in the water without a hitch thanks to Mike Wood on the hoist, and Bryce Hans, Keith Polmanteer, and Phil Soma taking care of the ramp, 2<sup>nd</sup> hoist, and dock. The traffic jam that sometimes happens never did thanks to these guys.

All the gear necessary for sailboat racing was organized by Dave Myers. So, inside whalers Todd & Cathy Smith, along with John Merchant & Dave Crockett could easily get their gear. Likewise, outside whalers Chuck Clay & Pete Frazier, Jennifer Kuritz & Brooke Jolly, and Bob Anderson & Pat McCormick could gear up with out problem. Thank you Dave!

The Bay PRO Martyn Bookwalter with his crew on the barge of Michiyo Connelly, Tessa Bookwalter, & Dave Kofahl run races so perfectly. Taking finishes off the Scoring Shack for bay racers was Alex & Barbara Cross, assisted by Carla & Lexi Higbee on Saturday, with Brooke Jolly and Carol Kofahl on Sunday.

The Harbor Race Committee was led by PRO Steve Kuritz, assisted by Gordon Palmer, Judy Mathias, John Ellis, Sharon Pearson, Trish Clay, and Phil Barhouse. What a great job they do. Whaler 2 had Fred Stevens helping Jennifer in place of Brooke on Sunday.

There were a few protests. These were heard by Ron Wood as Chief Judge. Sitting in with Ron were Charlie Legeman, and Chuck Tripp. Sue Crockett was the Protest Clerk.

Computer scoring for all classes was handled by Mark Townsend and Betty Baumann.

Saturday night saw a large crowd. Mellissa Kirby, Dante Scatena, and Albert Martinez were on hand to help set up. Albert grilled about 150 hamburgers, cheeseburgers, and veggie burgers like a champ and kept everyone happy. The rock n' roll band Rio Bravo kicked in their set and the party was on. This band was awesome! Big thanks to Dominic Meo for arranging the band.

Also, while we were grilling burgers as fast as we could, a guy came up and asked if we needed help and of course we said Yes! His name was Dan and I thank him profusely!

Rick Roberts and his crew of Sheila, Dwayne, and Damion deserve a round of applause for all the work they do as they go above and beyond!

Rick took care of shopping for the BBQ, parking with the city, volunteer lunches, just to name a few things. He is calm under pressure and a true professional.

Finally, thank you to Commodore Dave Schack and the Board of Directors, in particular Board Liason Rob Stropky who created the budget and guided me through this whole process.

Good times and I'll see ya on the water,  
Jeff Ives, Cal 20 Fleet



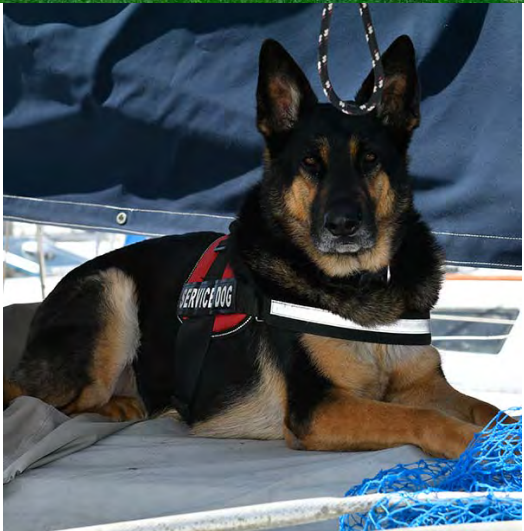




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# mother's day brunch

Lori Va Skyhock photos

Soft jazz welcomed Mothers, members and guests to the Upper Deck for the annual ABYC Mother's Day Champagne Brunch. Commodore Schack, Vice Commodore Mueller, and Rear Commodore Delave kept all supplied with endless Mimosa's and tall glasses of orange juice. A lovely brunch prepared by Teak Catering featured carved Rosemary roasted prime rib, turkey breast with honey mustard, and a made to order pasta AND omelet bar. And...there was bacon, chicken sausages, Potatoes Lyonnais with parmesan cream sauce, grilled vegetables, fresh garden salad, seasonal fresh fruit, lemon and cranberry scones with marmalade, and platters of mini cupcakes and lemon bars...simply an extraordinary feast!

In recognition of Mother's Day each mother received an individual See's Candy Bordeaux wrapped in the traditional See's Candy black & white box. And, just for fun, one guest at each table who discovered the flower sticker on their chair was invited to take the table centerpiece home with them.

Thank you to the team of Stacey Schack, Lori Van Skyhock, Kathy Reed, Janet Lincoln, Dan Delave, Eileen Haubl and Suzanne for giving up their Saturday morning to create the wonderful beautiful setting for the Mother's Day Brunch! And, an additional special thank you to Amy Roberts for growing and giving to us bundles of purple and white orchids to decorate with. The question is, did Rick give Amy any idea of what she was in for when he accepted his position as our ABYC Club manager?

Dana Bell







## drowning doesn't look like drowning

by Mario Vittone

One of the first things I ever wrote for publication was a short article about drowning recognition for a Coast Guard magazine. A few years later, I adapted the piece for recreational boaters. I tried my best to get it published, but no one wanted it. *Reader's Digest* said it was "too dark," and everyone else (including *Soundings* magazine) simply ignored the submission.

Thanks to a friend of mine who had a blog, my piece on drowning was first posted eight years ago to the day in 2010. It went viral and crashed his website. Since then, it's been translated into 15 languages, was published in the *Washington Post*, and *Reader's Digest* eventually requested to buy the rights. After years of saying yes to requests to republish, repost and translate (there have been hundreds), I released the piece to the public domain. But I never got the article into a major boating magazine as I intended. Well, this is my blog, so I like my chances this time.

Summer is coming, folks, and I think the short article below is the most valuable thing I've put together, ever. I wanted to make sure followers of this blog have read it.

### Drowning Doesn't Look Like Drowning

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim and headed straight for a couple who were swimming between their anchored sportfish and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other, and she had screamed,



...continued page 12

but now they were just standing neck-deep on a sandbar. “We’re fine, what is he doing?” she asked, a little annoyed. “We’re fine!” the husband yelled, waving him off, but his captain kept swimming hard toward him. “Move!” he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears and screamed, “Daddy!”

How did this captain know — from 50 feet away — what the father couldn’t recognize from just 10? Drowning is not the violent, splashing call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, learned what drowning looks like by watching television.

If you spend time on or near the water (hint: that’s all of us), then you should make sure that you and your crew know what to look for when people enter the water. Until she cried a tearful, “Daddy,” the owner’s daughter hadn’t made a sound. As a former Coast Guard rescue swimmer, I wasn’t surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing and yelling that dramatic conditioning (television) prepares us to look for is rarely seen in real life.

The Instinctive Drowning Response, so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect it to. When someone is drowning there is very little splashing, and no waving or yelling or calling for help of any kind. To get an idea of just how quiet and undramatic drowning can be, consider this: It is the number two cause of accidental death in children age 15 and under (just behind vehicle accidents). Of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In 10 percent of those drownings, the adult will actually watch them do it, having no idea it is happening.

**Drowning does not look like drowning.** Dr. Pia, in an article he wrote for the Coast Guard’s *On Scene* magazine, described the instinctive drowning response like this:

- Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is a secondary or overlaid function. Breathing must be fulfilled before speech occurs.
- Drowning people’s mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale and call out for help. When the drowning people’s mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
- Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water’s surface. Pressing down on the surface of the water permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
- Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer or reaching out for a piece of rescue equipment.
- From beginning to end of the Instinctive Drowning Response, people’s bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs. (Source: *On Scene* magazine: Fall 2006 page 14)

This doesn’t mean that a person who is yelling for help and thrashing isn’t in real trouble — they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn’t last long, but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, reach for throw rings, etc.

### Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over onto the back
- Appears to be climbing an invisible ladder

So, if a crewmember falls overboard and everything looks okay, don’t be too sure. Sometimes the most common indication that someone is drowning is that they don’t look as if they’re drowning. They may just look as if they are treading water and looking up at the deck. One way to be sure? Ask them, “Are you alright?” If they can answer at all, they probably are. If they return a blank stare, you may have less than 30 seconds to get to them. And parents — children playing in the water make noise. When they get quiet, you need to get to them and find out why.





The tricky part of this rules quiz is rule 19.1(b). Simply stated, PLO (Yellow) does not get to choose which side of SI (Green), an obstruction, she passes, as rule 19.1(b) has switched off rule 19.

At position 2 PLO (Yellow) is the right-of-way boat under rule 11 and when she luffs PWM (Blue) is required by rule 11 to keep clear, which she does. However, rule 18.2(b) limits PLO's (Yellow) actions as she is required to give PWM (Blue) mark-room, which includes room to sail to the mark, which she does not.

At position 3 and 4 when SI (Green) leaves space at the mark, PLO (Yellow) at her own risk took advantage of the space and as she kept clear did not break a rule. See World Sailing Case 63.

## FACTS

1. When PLO (Yellow) on port reaches the zone for the port gate mark zone, PWM (Blue) on port has an inside overlap and SI (Green) on starboard is inside and overlapped with both PLO (Yellow) and PWM (Blue).
2. PLO (Yellow) luffs to pass astern of SI (Green) and PWM (Blue) luffs to keep clear as required by rule 11.
3. SI (Green) gybes to port and then luffs to round the mark about one boat length to leeward of the mark.
4. PLO (Yellow) rounds the mark inside SI (Green).
5. PWM (Blue) has to gybe twice to leave the mark on the required side.
5. There is no contact between any of the boats.
6. No boat takes a penalty turn.

## CONCLUSIONS

1. PLO (Yellow), outside overlapped at the zone, failed to give PWM (Blue) mark-room as required by 18.2(b).
2. Rule 18 applied between PLO (Yellow) and PWM (Blue), and the obstruction, SI (Green), was another boat overlapped with each of them. PLO (Yellow), the boat required to give mark-room, was not entitled to room at the obstruction as allowed by rule 19.2(b), because rule 19 does not apply per rule 19.1(b).

## DECISION

1. PLO (Yellow) is DSQ for breaking rule 18.2(b).

# hails from the fleets



Lido Love



Lido Fleet Six is in full Twilights mode, with fifteen boats out every Thursday night spread out between an A and a B fleet, lots of mark rounding, and lots of great times on the water. PRO work by our own maestro, his eminence Martyn Bookwalter, helped out on the barge by John Ellis and Sharon Pearson. A couple of times, Martyn couldn't make it out, but we have a back up with Jorge Suarez, so a huge shout out to him.

On shore? Burgers o'plenty! It's like having our own private In n' Out burger, without all the crowds! It's like having our own Burger King, without those paper crowns! It's like having Jack, but without the Box! Just good, old fashioned cook yer own's on a Thursday evening, before sitting around on the patio enjoying the fire pit.

But enough of local sailing in our own little paradise, as Fleet Six gets ready to have our own road warrior contest, aka who wants to drive the farthest to go Lido racing.

July 13<sup>th</sup> and 14<sup>th</sup> is the first weekend of Fresno Yacht Club's High Sierra regatta, and because I'm like that Helpful Honda guy, here's the links: <https://www.fresnoyachtclub.org/high-sierra-regatta>. It's an easy, not that far drive up Friday afternoon, you can rent these shitty little cabins that are walking distance to the launch ramps for cheap, three races Saturday, two races Sunday, and then pack up the boat, and you're home by 9PM Sunday night. On your way home, in the San Fernando Valley, hit Tommy's for some chili burgers on the way home.

And then right after that? The weekend of July 19-21 is the Lido Class Championships, right on the Willamette River outside of Portland, Oregon. Stack up your favorite eighteen CD's, put your car on cruise control, crawl in the back seat and take a nap, and next thing you know, you'll be there!

So keep your eyes peeled to the Channel 5 News, and see if there's any car chases going on up the I-5 North. And then squint a little bit, and see if that car being chased is towing a Lido, because if it is, it's not a car chase. It's just a member of Fleet Six getting up to two of their favorite regattas!

Glenn Selvin

# hails from the fleets



**C**al 20 beer can racing has started with a bang with 16 local C20's registered for Wet Wednesday Series 1. We have a couple of boats currently in dry dock going through final prep work for the season including new fleet members Mike Corzine and Jim Lincoln. Our fleet captain Jeff Ives is going thru final hull prep after a recent paint job. We look forward to seeing these two boats on the circuit very soon.

Another relative new comer is Alex Cross who is campaigning #56 (Keith Ives old and proven vessel). Alex has been out on the water practicing much of this past Spring and the results have shown with a fourth place finish in the second Wet Wednesday race. We were also excited to see Bryce Hans and Keith Polmanteer on board Cheddar coming in third place in the second race right ahead of Alex. Other notable performances include Dan Gilboa on board No Stress Express earning a bullet in the third race of series one. Dan is a great example of being able to campaign two classes of boats very competitively including his Lido 14 and a nice complementary affordable keelboat, the Cal 20.

Other ABYC Cal 20 sailors seen out on the race course at Wet Wednesday includes Keith Ives (won the first two races), Ron Wood sailing with his son Mike (member of LBYC), Steve George, Matt Rustigan, John Merchant and Rob Fuller, Fred and Freddie Stevens, Mike O'Toole, Jennifer and Steve Kuritz, and Dave and Carolyn Kofahl. If you would like to hang with this fun group, you can either come out as crew or better yet, purchase your own Cal 20. Feel free to contact our Fleet Captain Jeff Ives who has lead on some very nice boats that could be purchased at a very reasonable amount.

Happy sailing,  
Todd



*Fred Stevens, Mandi Smith, and Freddie Stevens on board Odie (Cal 20 #11).*



*Volker Corell photos*

**T**eam **Nice ASP** led by **Mike Pentecost** with crew **Chuck Tripp** and **Garrett Brown** are the winners at the Spring One Design Regatta out of Cabrillo Beach YC in San Pedro, CA. The forecast did not look good going into this last weekend's event with a low pressure system moving through Southern California and no thermal gradient to fire up the famous "Hurricane Gulch" conditions. These variable conditions gave competitors a chance to tune the entire range from 5-15kts with the breeze building each day. These conditions also gave new Viper owners a chance to "shake down" some new boats. Second Place in the event and leader after day one was **Ed Feo** and crew in **Loco X**. Great to See the Loco X team doing well they also competed this year at the Bacardi Cup in Miami.

By *Geoff Fargo* (Santa Barbara YC)  
Submitted by *Nick Kofski*





# hails from the fleets

Jennifer Kuritz photos



**A**pril's Sabot Sunday sailing brought Robin Townsend out to the starting line, trying out her new sails and rigging getting ready for Nationals. Tom Newton won the day but Robin dialed it in and got a 1<sup>st</sup> place finish on the last race.

## MBYC SCWSA Recap

Eighteen racers from four yacht clubs braved the morning rain to race in the second of the Southern California Women's Sailing Association Regatta Series. Patience paid off when the conditions improved and the starting gun went off. Four races were held and race committee had its challenges setting and resetting the course with big wind shifts. ABYC was represented by Cindy Heavrin who finished 3<sup>rd</sup> in the Women's A fleet. Betty Becker finished 1<sup>st</sup> and Julie McPhearson 2<sup>nd</sup> in the women's A fleet, both from SDYC. Men's A fleet Scott Finkboner of MBYC finished first followed by Danny North and Christopher Kyburd both from SDYC.

## The Sabots beat the Etchells!

### ABYC Opening Day Regatta Recap

Sabot fleet representatives Paul Ancil and Tom Newton used their Sabot skills sailing the Viper in a competitive fleet on opening day. Some challenges learning the boat but they did well on the last race finishing 3<sup>rd</sup> and beating the Etchells fleet boat! Thank you Tom and Paul for sailing for the Sabot Fleet!

Sabot Nationals is right around the corner June 8&9 at SDYC. Good luck to the ABYC Sabot fleet.

*Kathy Reed*



## June 21, 22, 23

**Volunteers Needed**  
**Contact Jennifer Kuritz:**  
[kuritz@earthlink.net](mailto:kuritz@earthlink.net)



**S**CYA Midwinter Regatta for the Nirvana II fleet was rescheduled to June 15th due to bad weather May 19th at Lake Gregory. The regatta website can be found at <http://www.regattanetwork.com/event/18083>

In addition, Friday Twilights for RC Sailboats will be starting soon. Call or email Fleet Captains Damon Kunkle or Jeff Ives for schedule and details.

Also, there are boats for sale on the ABYC Nirvana web page.

See you at Lake Gregory or Racin in the Basin.

Don Shirley, [dshirley101@yahoo.com](mailto:dshirley101@yahoo.com)

## ...a look back

Each year in May, our country celebrates the sacrifices of our military men and women with Arm Forces Week in the middle of May and Memorial Day the last Monday in May. ABYC members from the 1950s might remember a past member we can be very proud of. John "Mike" Wolf was an active member of ABYC in the late 1950s and early 1960s, sailing first a Thistle, then he and his family were early members in the new Lido 14 Class and later Cal 20s. Prior to joining ABYC, Mike graduated from Long Beach City College where he was Student Body President. Although Mike did well with a sailboat tiller in his hand, he really excelled in WWII flying F6F Hellcats from the flight deck of the USS Enterprise and USS Hornet in the Pacific during 1943 and 1944. The US military has the best pilots, but only the absolute best were given the distinction of being an Ace, in fact only 1450 have been designated as such from WWI, WWII, Korea and Vietnam. Pilots with 5 or more aerial victories were considered an Ace, Mike had 7! Three years ago in Washington DC, Mike and 26 other surviving Aces were honored at a Memorial Day Celebration on the Washington Mall receiving the Congressional Gold Medal. The same year Mike was also honored by LBCC as a distinguished alumni.

Today Mike is a healthy 98 year old living in Hansville Washington with his wife Carol, enjoying views of Puget Sound from his hillside home. He still reminisces with his family about the wonderful days sailing off the beach at the old club house. Mike exemplifies what Tom Brokaw calls "The Greatest Generation".

Alamitos Bay Yacht Club thanks you Mike for your service to our country and the freedoms we enjoy and sometimes take for granted.

*Don Taugher*



Alamitos Bay Yacht Club is very happy to announce our **Adult Sailing Program!** For the 2019 year, ABYC is running four, four-week programs to help educate the next generation of sailors here in Long Beach! These classes provide the best structure for learning and becoming a confident sailor. 1-on-1 programming combined with a fun but intensive schedule keeps students excited about their growth! For more information on these classes, check out the [Adult Sailing Page HERE](#)

See everyone out on the water!

*Craig Ramsay, Director of Sailing Programs*



***Dan Clapp is turning 90!***

***You are invited to join him to celebrate on***

***June 16th from 2 to 6 pm***

***There will be food and libations***

***Please RSVP to Sheila 562 434-9955***



# sou'wester sponsors



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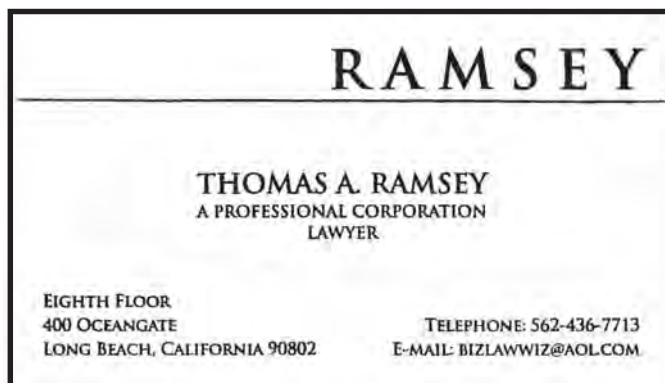


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## ***Instructions for Member Ads page***

Submit your business card, 3.5" x 2" .jpg, .tif, .png or .jpg file to the club secretary at [abyc.secretary@gmail.com](mailto:abyc.secretary@gmail.com) or the Sou'wester editor at [sharonpea@aol.com](mailto:sharonpea@aol.com)

Rates:

\$50/3 months

\$125/year

Billed directly to your club account

Contact the club secretary at [abyc.secretary@gmail.com](mailto:abyc.secretary@gmail.com) for non-member rates

# CLUB ABYC

**SUMMER PATIO KICK-OFF**

**Friday, June 7**

**Patio Bar Opens  
5:00 pm**

**Music by Eric Ross  
6:30 - 9:30 pm**

**MENU**  
Sirloin Steak Burgers  
Chicken Filets  
Steve's Coleslaw with  
Pineapple  
Janet's Incredible  
Macaroni Salad  
Assorted Veggies to Grill  
Surprise Dessert

**Grill Hot by 6:00  
Club Provides Meat  
You Cook!!**

**\*\*\*Reservations Please by Thursday, June 6\*\*\***

**Adults \$10.00, Kids (5 - 10) \$5.00**

**Email: [sheila@abyc.org](mailto:sheila@abyc.org) Tel: (562)434-9955 Online: [www.abyc.org](http://www.abyc.org)**



Alamitos Bay Yacht Club

# DOCK SALE

## SWAP-A-PALOOZA

**SATURDAY JUNE 8, 9:00 AM - 1:00 PM**

### WHAT IS THE COST?

**6-foot table and 2 chairs..... \$20.00**

Tables on a first-come, first-served basis

Table rental will be donated to the Junior Program. Other donations gladly accepted.

### WHEN DOES SET-UP START?

8:00 am, Saturday, June 8

### WHAT CAN I SELL?

Sailing gear, related marine equipment, and clothing.

### CAN I SELL A BOAT?

No sale boats can be brought to ABYC. Want to sell a boat? There will be a large bulletin board available. Bring an 8 1/2" x 11" flyer with pictures, description, and your contact information to post.

### WILL THERE BE FOOD?

A barbeque lunch available for \$5.00

### HOW DO I RESERVE A TABLE?

**Reserve your spot today!**

Call Sheila at ABYC (562) 434-9955 to reserve your spot.

**Registration deadline – May 31**

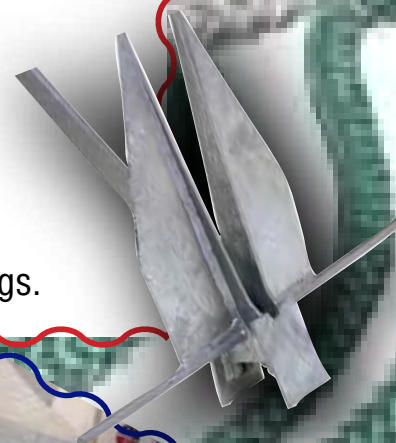
### IMPORTANT INFORMATION

Be sure to bring small bills to make change.

Unsold items **MUST** be removed from ABYC on June 8.

Unsold sails can be donated to the Junior Program for Sail Bags.

**TURN UNUSED BOAT  
ITEMS INTO CASH!**



**CLEAR OUT  
THE GARAGE!**



**QUESTIONS?**  
**brooke\_jolly@yahoo.com**



A large, two-story white building with a grey roof and a central tower, situated on a rocky shore with palm trees in the background.

# **Alamitos Bay Yacht Club OPEN HOUSE**

**Saturday, June 8, 2019  
Noon to 4:00 pm**

**Limited Time Membership  
Incentives Available**

**Sailboat Rides • Club Tour**

***Learn About Our Junior Sailing Program***

**Complimentary Food & Drinks**

**Visit Web: [abyc.org/Club](http://abyc.org/Club) Info**

***See why ABYC is the place to be!***



**7201 East Ocean Boulevard, Long Beach, CA — (562) 434-9955**





# BIG BANG ON THE BAY

Alamitos Bay Yacht Club

**Wednesday, July 3rd**

**5:00 pm Club Opens**

**6:00 - 9:00 pm Kelly Fitzgerald Plays**

**9:00 pm Fireworks Begin**

## **OPEN PARTY**

Bring a picnic and beverages. The BBQ will be fired up so you can grill, but there will be **NO BAR** and **NO GALLEY** service.

## **SEATING**

The Lawn is reserved for beach chairs and blankets and the Upper Deck, Balcony, and Quarter Deck for tables and chairs.

## **PARKING**

First come, first serve. Only members' cars, with ABYC decals, will be allowed in our lot. Bring a credit card in case you have to use the city meters. Consider Ubering, boating, carpooling, bicycling, or walking to the Club. Peninsula traffic may be congested since car lanes have been permanently reduced to one in each direction.

## **GUESTS**

Wrist bands will be required for Members and Member's guests. Please pick up the wrist bands at the Club office no later than Sunday, June 30.

Security Personnel will make sure that everyone entering the gate is wearing a Club-issued wristband.