



Mainsheet

The Corinthian Yacht Club of Tacoma Newsletter

Volume 19, Issue 3

March 2019

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Commodore

As I write this, I am keeping my fingers crossed that we are officially done with "Snowmagedden" 2019! This year has been such a wild ride so far!

I hope everyone has received the message about the Commodore's Ball. It has been moved to April 6 at the Tacoma Yacht Club. We will be sending out a modified invitation in the mail along with annual dues. Please check your mailboxes in the next few days.

At the March meeting, we will have a speaker from "Team Sail like a Girl." All members, crew and friends of members are welcome to attend and hear about women's sailing in the Puget Sound. We will also have a member discussion around some changes the board is proposing in regards to membership opportunities. Your opinion and vote matters so please try to attend the April 8 at Johnny's in Fife.

April will be our big kick off of the new boating season. Come on down to pay your dues, and we will have a special raffle, and an anniversary pin for those who have renewed. Have a friend interested in learning more? This would be a perfect

(Continued on page 3)



Vice Commodore

While snowbound during the Snowmageddon a few weeks ago, I had the opportunity to read an article that says science says boating is good for your health. I had to find out what this was all about.

Just as there are green spaces in cities and even in some homes, plants bring people closer to nature. Author and biologist Dr. Wallace Nichols has coined a new phrase- blue space -. Lakes, rivers, oceans, bays, and even creeks and swimming pools are considered blue spaces. Dr. Nichols, author of Blue Mind, has been researching how blue spaces affect us. He's calls it "the blue mind." Having this blue mind separates us from the stresses in our lives. Dr. Nichols also says that the relationship of a boat to our emotional health has largely been overlooked, until recently.

Studies have shown that water positively effects our hearing, vision and mind. Even just looking at water can trigger feelings of wellness, compassion, empathy, and happiness. All these feelings slow our heart rate, breathing and lower skin temperature. The benefits of owning a boat have brought families closer together. Your relationships can deepen when you connect more.



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 Vice Commodore: Angie Morales
 Rear Commodore: Jeremy Bush

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MAINSHEET

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Rear Commodore

Greetings from Tierra del Mar! A small beachside community north of Pacific City, Oregon - also referred to as "Cape Kiwanda," an amazing place I used to go every summer as a kid. As I write this, I'm currently sitting in a cozy A-frame vacation rental overlooking a windswept beach, enjoying a Pelican Brewery IPA. The hiss of wind and breaking waves is ever-present in the background. Tonight we are hoping to enjoy the clear weather and have a fire while watching the sunset.

Having a beachside home is something I doubt I'll ever be able to afford, but having the opportunity to rent a place like this is certainly a treat. It is these small little getaways that make the work week fly by. A chance to get out of town and away from the stress of everyday tasks, work, and whatever other chores and errands we have to do is a welcome break.

I don't go on trips like this very frequently, as I have the opportunity to jump on the boat and head out for a weekend locally if I want to. When people ask me why I love sailing versus camping or travelling, I usually give the following analogy: With camping or travelling, you get in your car, drive through traffic for a few hours, and when you finally get to your destination, you start getting settle in, and then you get to crack a beer and start your vacation. With sailing, you drive down to the marina, and as soon as you untie the dock lines, your vacation has started.

So even though we have the opportunity to get out on the water pretty much whenever we want, it does help to mix things up every once in a while. If you are looking for a fairly close-by new experience, I highly recommend checking out Cape Kiwanda, Pacific City, or Tierra del Mar. The drive along the coast is breathtaking but takes about 30-minutes longer, but there are plenty of great little stops along the way. Don't forget the Helly Hansen outlet in Seaside!

Here are a few pics of the place, and do yourself a favor and stop at the Pelican Pub. Great beer and great food with an unbeatable view. Hike out along the dune and the Cape, and be sure to check out the tidepools at low tide beneath the dune.

Jeremy Bush
Rear Commodore
R/V Asylum



Commodore (continued)

(Continued from page 2)

time for them to come and see what we are all about. We will have Elizabeth Becker from Girls at the Helm. We met them a few years ago as they run a program for Teenage girls to get on the water on the beautiful sailboat "Adventuress."

Lastly, if you haven't yet, consider joining us either by land or sea yacht at Tacoma's Daffodil festival (April 13-14) or Seattle's Opening Day (May 3-5). Both events offer several fun activities and time to socialize with boaters across our region. Dock space is limited, but I can say the best place to stay via land yacht is the Travelodge across from University Village. It's a short walk or Uber drive to Seattle Yacht Club. For both events, you must register your own boat. Please let me know if you are planning on attending!

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Vice Commodore (continued)



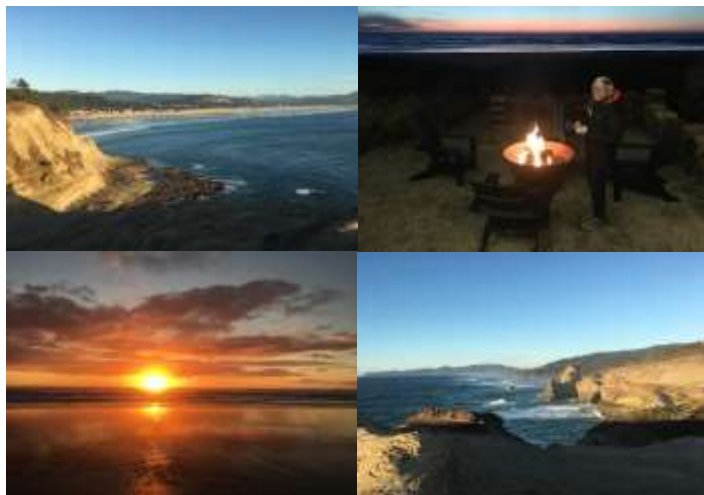
Rear Commodore (Continued)

We tend to become better listeners as distractions are left behind. As Dr. Nichols puts it. "Neurons that fire together wire together. Experiences we have with another person - thoughts, feelings, and sensations - create a neural network, which recall information." There is much, much more scientific information on this subject and if you would like to know more, Dr. Nichols book is available on Amazon, Kindle, Audio Books, and probably from the public library.

The Commodore's Ball has been rescheduled for April 6, at TYC. Social 6 pm - 7 pm. Dinner 7 pm - 8 pm. Speeches 8 pm - 8:30 pm. Entertainment The Tropics 8:30 pm - 11:30 pm. Details on registration will follow soon for those who still wish to attend.

Guest Speaker for March 11 General Meeting at Johnny's Fife is Amy Fulwell "Team Sail Like A Girl " Winners of 2018 R2AK (Race To ALASKA), an all women's sailing team.

Angie Morales
Vice Commodore
S/V La Gitana



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Racing



Well, we got the year started out pretty well with our Harbor Series.

Boat turn out was just a bit less than last year, but we still had some good conditions in general. I seem to remember there being very little rain and at least (2) of the races had pretty good wind. You will notice that the results were done based on overall finishes and not broken down into classes. They will be, but I held off to see if we would get any more boats. Typically, we have had (3) PHRF classes, but because of the boat count, and it being almost even between the two classes, we will be looking at classes going up to and including a rating of 99 for Class 1 and 101 and higher for Class 2. Result will be out in a few days.

We do take March off to get our yards done, housework taken care of, and our boats ready for the upcoming races. The next on the schedule is The Single / Double handed race on April 6. And yes, I know that is the Commodore's Ball, but I scheduled this first..... We will make sure that everyone has enough time to participate and get to the party.

April 7th, like we have done in the past, we will be having a CYCT Race Seminar. We go over general item in the race instructions, look towards what we will be doing for upcoming races (Especially Windseekers) and if we have time, go over general rules. I will see about finding someone to run the rules end of things by then, but we will cover the race instructions, protest, safety equipment, and the general information.

We will again give away a full season of Windseekers Wednesday night race fees to one (Maye two) lucky participants. If you have questions, bring them along. Open to skippers and crew - Looking to be at Johnny's in Fife at Noon.

Then, we will start with Wednesday Nights. Get your crew lined up and the boat ready - this is just over a month away. We will be running things much the same as we have over the past few years, so not too many surprises. I again will ask for volunteer help from the participants - just one or two crew people per season to help out on the committee boat is all we ask for. If you can volunteer, let me know and we will schedule the time and date.

We have set aside a weekend for a two day regatta, but we may also have another opportunity opening up for the Race Program to take advantage of.

The race weekend is set for May 18 and 19, but we may not go forward with it and focus on this other possibility. We will commit before the end of March and let youall know.

That will keep you up to speed for a while. Just a few reminders to all of you out there:

We typically advertise races on Facebook, not only the CYCT page, but a CYCT racing Page and the Seattle Tacoma Racing page. We understand that they may not reach all of you, that is why we have the CYCT Website to assist with passing on information as well. So keep you electronics open and check us out.

Remember to sign up for the races, either the day of the race, mail in an entry, or go on line..... The easier you make it on the Race Committee, the happier we all are - so sign up early.

Our Skippers Meetings are having less and less skippers represented, and it is getting difficult for us to place people on boats. IF you are in Tyee, and want to have some new blood, come on up!
And, as always, if you have any questions, let me know!

Eric Nelson
Race Committee Chair
R/V Gardyloo



Corinthian Yacht Club of Tacoma Tentative 2019 Race Calendar

Saturday	1/19/19	Quartermaster Harbor - Harbor Series #1
Saturday	2/2/19	Pt Ruston - Harbor Series #2
Saturday	2/23/19	Zenith Harbor - Harbor Series #3
Saturday	4/6/19	Spring Single / Double Handed Race
Sunday	4/7/18	CYCT Race Seminar
Wednesday	4/10/19	Spring Series #1
Wednesday	4/17/19	Spring Series ##2
Wednesday	4/24/19	Spring Series #3
Wednesday	5/1/19	Spring Series #4
Wednesday	5/8/19	Spring Series #5
Wednesday	5/15/19	Late Spring Series #1
Sat/Sun	5/18/19—5/19/2019	CYCT RACE WEEKEND (2 DAYS)
Wednesday	5/22/19	Late Spring Series #2
Wednesday	5/29/19	Late Spring Series #3
Wednesday	6/5/19	Late Spring Series #4
Wednesday	6/12/19	Late Spring Series #5
Wednesday	6/19/19	Summer Series #1
Saturday	6/22/19	Manzanita Margarita - Three Hr Tour #1
Wednesday	6/26/19	Summer Series #2
Wednesday	7/10/19	Summer Series #3
Saturday	7/13/19	Ruston Classic - Three Hr Tour #2
Wednesday	7/17/19	Summer Series #4
Wednesday	7/24/19	Summer Series #5
Wednesday	7/31/19	Late Summer Series #1
Saturday	8/3/19	RC Delight - Three Hr Tour #3
Wednesday	8/7/19	Late Summer Series #2
Wednesday	8/14/19	Late Summer Series #3
Saturday	8/17/19	Vashon Challenge
Wednesday	8/21/19	Late Summer Series #4
Wednesday	8/28/19	Late Summer Series #5
Saturday	8/31/19	CYCT Awards Race - Stand Alone
Saturday	9/21/19	Point Robinson - Point Series #1
Saturday	10/5/19	Point Defiance - Point Series #2
Saturday	10/12/19	Memorial Single Hand
Saturday	10/19/19	Pt. Piner - Point Series #3
Saturday	11/2/19	Browns Point - Point Series #4



Cruising

Time for Tough Talk

I get reminded that once upon a time, the cruising chairs hosted all cruises. Also, once upon a time many people milked their own cow. I don't see those either of those days returning. Cruises rely on you, the club members, the cruisers, to make them happen. To date we have four hosted cruises planned and six planned cruises without hosts.

What to do? Daffodil and Opening Day both do fine as "un-hosted cruises as in reality, the venues are the hosts. The remaining dates really need hosts. Again, if you haven't hosted before, Julie and I are willing to help. Just give us a shout! Barring that, cruises will be un-hosted or just not happen. That is sad 😞 But it isn't all bad. I will tell you that I fully intend to be anchored out at Penrose Point come Memorial Day and if you want to raft up to the BAB, you are more than welcome. You're cooking your own breakfast though!



Enough tough talk!

By time you read this, we've had or are in the middle of our Boats, Trains, and Automobile cruise. All can attend – boat or not. We'll be at Lemay American Auto Museum at 1:00 PM Saturday, March 9 and Harmon's for dinner at 6:00 PM.

Be sure to register for Daffodil at the Tacoma Yacht Club site, or just come for the day. Daffodil is in April. You really want to be at opening day, first weekend in May. Register your boat at the Seattle Yacht Club site.

Keep an eye on Facebook for announcements. And contact us! kennethstjohn@gmail.com or juliesgarden@gmail.com
Happy Cruising

Ken and Julie St. John
Cruising Fleet Captains (not cow milkers)
S/V La Sirena

CYCT 2019 Cruising Schedule

Date	Cruise/Theme	Host	Location
March 9-10	Cars, Boats & Trains	St. Johns	Dock St. Marina
April 13-14	Daffodil Marine Parade	Open	Tacoma Yacht Club
May 3-5	Opening Day	Open	Seattle Yacht Club
May 25-27	Memorial Day	Open	Penrose Raft-up?
June 15-16	Father's Day	Tenneys	Bell Harbor? Shilshole?
July 4th (Thurs)	Independence Day	Open	Quartermaster?
August 31-Sep 2	Awards Race/Memorial Day	Open	Foss Seaport?
September 28-29	End of Summer	Jeanks/Craig	Bremerton?
October 19-20	Wineseekers?	Open	East of the Mountains?
November 16-17	Fall Cruise? LeMans?	Ballentines	Gig Harbor, Arabellas
December 31	Un Cruise	ER Doctors	Tyee

Pink Boat Regatta

2019



Bellingham

08.24.2019

Seattle

09.07.2019

Tacoma

09.14.2019

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Members Abroad

Keep track of our non-resident members as they live the life we only dream of!

Dennis and Becky Flannigan

S/V Kokomo



After 10 years of dreaming we are off. Follow along as we move about the globe fixing our boat in different cultures and exotic places.

[http://
www.kokomosailing.com/](http://www.kokomosailing.com/)

Chris and Janet Wenderoth

S/V Respite



[http://www.sailblogs.com/
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**Moving out of the area, and want us to
keep in touch?
Email us! membership@cyct.com**

March 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9 Cars, Boats & Trains Cruise
10 Cars, Boats & Trains Cruise	11 General Meeting (Johnny's)	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Board Meeting	26	27	28	29	30
31						

April 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 Spring Single/ Doublehanded Race
7 CYCT Race Seminar	8 General Meeting (Johnny's)	9	10 Spring Series #1	11	12	13 Daffodil Marine Parade
14 Daffodil Marine Parade	15	16	17 Spring Series #2	18	19	20
21	22	23	24 Spring Series #3	25	26	27
28	29 Board Meeting	30				

Check CYCT.com for additional information on meetings and races

Sunshine



In January and February I sent cards to John and Kristie Coyne on the death of Kristie's brother, Shari Anderson for foot surgery, Kit Ryan in ongoing support of her Parkinson's battle, Julie St John for the death of her aunt, Greg Greene for the death of his father and to Cindy Craig for foot surgery. I have some already for some March Sunshine as well.

If you know someone in need of a little Sunshine for whatever reason, shot me an email ddmac22@msn.com, a text or a phone call to 253-640-7429 or on FB messenger or catch me in person when we see each other.

Debbie McAdams
Sunshine Chair
S/V Red Splash

Happy Birthday to our CYCT

Members

Gary Blackmore	March 20
Soo Carter	March 10
Lisa Corkum	March 26
Alan Fowler	March 29
Michelle Gaspaire	March 14
Karl Haflinger	March 24
Genevieve Hovey	March 20
Bill Jenks	March 11
Jaclyn Layton	March 29
Susan Pinkham	March 27
Elise Sandwick	March 13
Teresa Sedmak	March 14
Tom Tenney	March 22



On The Cover

**Can we have
Spring Now?**

**By
Ken St. John**

Saw it on Facebook



Greg Greene
17 hrs

▼

At Harmon Brewing Co. / Dock Street Winter Cruise

▶ ▶ Jennifer Madsen Tenney, AJ Brumfield and 8 others

Seen by 50

👍 Like
💬 Comment

Write a comment...

😊 📷 ✉️ 🗨️

Ken St John shared a link.
Admin · March 7 at 9:53 AM

▼

RSVP ALERT!

The Cars, Boats and Trains cruise is this weekend! Part of the cruise is a visit to Lemay America's Car Museum at 1:00 PM on Saturday. Admission is \$18 but the group rate is \$12. But wait! The club will pick up \$2 so you pay only \$10! ... [See More](#)

AMERICASCARMUSEUM.ORG

America's Car Museum | Automobile Exhibits | Tacoma, WA

Celebrating America's love affair with the automobile.



Basic Rules

- You must be a CYCT member or sponsored by a CYCT member to post an item.
- Each month the CYCT posting member must submit their items for sale before the 25th of the month (send your post to jmainsheet@cyct.com).
- **Items must be submitted each month or they will not be reposted.**
- You are responsible to sell your item so you must include your contact information (items without contact information will not be posted).

contact mainsheet@cyct.com



SHOVING OFF

I Have Seen the Future and it is BEAUTIFUL

It's hard to believe that we moved aboard last August. Besides the fact that we've lived aboard for more than six months, it seems as if it has been perpetual winter since. Especially this past month! I came home from a week in Taiwan and China where it was in the mid-70s to cold and snow. Even this morning it was 29 degrees.

But Saturday, it was there, I saw it!

It was a typical Saturday. The one day a week that I could sleep in and I couldn't sleep. So, I got up and read my book or watched sailing videos or, I don't remember. I made coffee. I'm sure of that. One thing was different, grandma and Rylie made breakfast instead of grandpa. And we ate in the pilot house as usual. And I could see that maybe, just maybe it was coming.

It was going to be a nice day. I could see that. This might be it! I pattered around in the sunny pilot house, cleaning out and rearranging storage. This is something you do in a boat with an actual abundance of storage. You clean and rearrange. Some things leave the boat. For example, I have a lot of offshore gear that I just don't need right now. I've already removed the portable water maker and the life raft. When the time comes, we'll clean the water maker, have the life raft repacked, and put both back onto the boat. What came off this time is enough emergency pyrotechnics to have a pretty good July 4th display. I just don't need that all.

But I digress.

I moved my projects into the cockpit. It was comfortable. I was in a sweater. The new canvas and vinyl makes the cockpit a sun room. I completed (for now) the new life jacket locker (formerly the refrigerator compressor location.) Life jackets out of the pilot house, into the new locker. It's pleasant out here.

Then, grandpa and Rylie went to run chores (to give grandma a break). The day got better and better. Coming back down the dock to the boat a little after noon I said it out loud;

"THIS IS WHY I LIVE ON A BOAT."

It was gorgeous. Blue sky. Nice breeze. The marina was pretty quiet. Where were all of you?

I took the davits off of the transom to take to take to a welder. Repacked some other lockers outside. Rylie and I scrubbed the boat.

Then, the lovely and gracious Mrs. S and I sat in the sunny cockpit (with a little Buddy to take off the chill,) and we chilled. Watched a glorious sunset. Grilled steaks. Wonderful.

Sunday was much the same. I lounged in the cockpit reading. Then I got all crazy and decided it was time to sort out the mainsail. Now to all of you wondering, no, we haven't given up sailing. Truth is, we travel with a four-year-old and just rigging to sail is a bit more work on this boat. We want to have help before we go all out. We've jib sailed – which she does surprisingly well – but the main, well the main is big and I sort of saw her at the survey! And I'm guessing the boom is 25 feet long. It's reinforced like nothing I've seen. The lines all heavy duty. It's a beast.



There was no wind when I started hoisting but that didn't last. Hoisting was a big job. Some reefing lines were wrapped around the sail. A reefing pigtail was clipped on, but I found that right away. I'm glad it didn't happen "out there." Also, I think I see an electric halyard winch somewhere in our future. Still, up she went. And she looked good. Not brand new. Didn't expect that. Still, in good repair. I found some really twisted lines on the lazy jacks which took a lot of time to sort out, and then it was time to come down.

Down she came. Woosh! Amen to ball-bearing cars. Next time I'll put a wrap on the winch.

What a day. What a weekend.

And the sun was going down.

And it was cold.

And I was freezing.

But I've seen the spring, and it was beautiful!

Ken St. John
S/V La Sirena