



SPORTSMEN YACHT CLUB NEWSLETTER

AUGUST 2010

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UPCOMING EVENTS AT SPORTSMEN

August

- 6 Club Dinner & Meeting
- 7 Work Party
- 7-8 San Rafael Cruise-In
(pending)

September

- 4-6 Little Venice Cruise-Out
(Labor Day)
- 10 Club Dinner and Meeting
- 11 Club Picnic
- 13 Monday Night Football Begins
(Steak Dinners by Chuck & Ann English)
- 18 Work Party

October

- 1 Club Dinner & Meeting
- 2 Work Party
- 9 50's Bash
- 9-10 Discovery Bay YC Cruise-In
- 30 Halloween Party



**COMMODORE
BOB KARR**

Every year, since 1953, warriors have gathered on a battleground to determine the best at a series of games known as the 4S. Some have barely recovered from wounds suffered in the last clash at the Sacramento YC. All warriors have one thing in mind, bring home the plunder. The plunder being a brass plated perpetual trophy and bragging rights the Sportsmen YC has controlled for years.

The clash of the titans lasted all day; but in the end the Sacramento YC prevailed by the smallest of margins; the tie-breaking jigsaw puzzle resulted in the win. That's right, both Sacramento and Sportsmen were tied with 109 points, however, they beat us fair and square with the puzzle. I hate to see the trophy gone; the main objective was to have fun and make a little money doing it!

The 57th Annual 4S at the Sportsmen YC was a great success! Everyone I came in contact with was having fun eating, drinking well, and enjoying the entertainment.

An event this large doesn't just happen. It started with months of planning by a 4S committee

chaired by Anita Hinds. The other committee members were Freda Lucido, Sherry Lively, Alice Gibson, Chuck Carroll, Julie Thornburg, and Shirley Karr. Freda supervised the

reservations, collected the money and, with the help of Alice Jackman, generated the packets containing historical data about the club, meal tickets, and advance purchase information from the Ship's Store. Cindy Mammon and Lynn London distributed informational packets and T-shirts. Freda and Sarah Haynes also took dozens of photographs throughout the event. I extend a since THANK YOU to all



Thanks to Russ Morgan for providing a trencher so our sprinkler system could be extended along the bank.

Many thanks to Don Wilson, Steve Jackman, and Mike Hoskins for help remodeling the upper level men's bathroom.

of you for your dedication and hard work ensuring this 4S was a great success. I don't think the committee members had anything to do with the weather, however, the temperature was nearly perfect throughout the long weekend.

There are so many members and associate members to thank . . . I'm sure I will miss a few.

I will start by thanking the dozens of members who donated to the sod fund, especially George Brayton, William and Kelly Odum, Tom Sanders, and Rob Langer, who were especially generous.

Speaking of George Brayton, I would like to thank him and his friends, along with Bill Worrell, for donating the proceeds from Boy's Night Out which paid for the rebuilding and covering of the Club pool table.

And, of course, sod doesn't place itself. Over a period of three weeks, I was helped by Dan Lively, William Odum, Lonnie Gibson, Rob Langer, Alice Gibson, Louie Rocha, Chuck English, Al Alcorn, Garry Ridolfi, and Casey Curry. Thanks for lending me your backs!

Thanks to Rob Horton, and friends, for providing a quad runner to shuttle members and guests from the parking and volleyball areas to the front of the Ferry.

Speaking of volleyball, many thanks to Rick Barton for coaching our team to its first gold medal ever!

After I catch my breath, I'll finish the project.

My thanks to Rick Hinds for removing the old dart game and repairing the wall behind; and, Jerry Fitzgerald, for leveling and painting the shuffle board table.

(Continued on page 2)

(Commodore's Article continued from page 1)

Bill Pato and Tony Siino constructed the bocce ball court.

A special thanks to Sherry Lively for designing and sewing the beautiful quilt she donated for the Club raffle. It was the primary reason we grossed \$1,210.00 for the event. She also ran the raffle with her usual high level of enthusiasm and energy.

Now . . . To the lighthouse designed and constructed by Alice Gibson. Sure, a few of us helped with the concrete slab, the electrical to the top, but the lion's share of work was accomplished by Alice, Sherry, and Shirley (remember the A.S.S. squad?) This structure will be a landmark on the Delta for decades to come. Great job ladies.

Many thanks to Lawny Chapman for providing the equipment and music for Friday and Saturday nights.

My thanks to Chuck Carroll for coordinating the games. He visited with the other clubs in an effort to promote greater attendance and also supervised during game play. Future Sportsmen YC 4S Commodores need to know that Chuck has to be on your team to make it work.

The greatest work effort of the event was the preparation and serving of meals. This happened over a period of four days and was managed by Ann Marie Alcorn. She was so tired by Sunday, she could hardly stand. Thank you so much, Ann Marie. Others involved in the Galley operations were Joe Fray, Rick Hinds, Don Wilson, Chuck and Ann English, Nicole Langer, Terry Arnold, Al Alcorn, Jacqueline Downs, Jim and Tom Arnold, Neil Sterud II, Amy Dawson, Scott Jett, and Heather Newton. Thanks for helping with this huge task.

Another category of help came from a group I shall call

(Continued on page 4)



Congratulations to Steve & Rosie Fernandez!
They received their Life Member Award at the July General Membership Meeting.

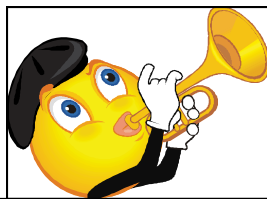
August Meeting Dinner Menu

- BBQ Tri Tip**
- Potato Salad**
- Green Salad**
- Corn**
- Dessert**

**Prepared by
Tom Sanders and William Odum**

Dinners are \$10 per person
Come join us!

We are limited to 50 reservations,
so make your reservations on-line
or contact Cindy Mammon at 625-0590



Welcome New Members

Gary Moscato, Sr.

Addresses and phone numbers not available
for the web version of this Newsletter



Newsletter articles due the 20th of each month
Please send to: Julie Thornburg
Email: newslettereditor@sportsmenyc.org
Phone: 510.915.4253



Drain Doctors and Plumbers Michael Maguire

Owner Lic# 944651

909 Almond Street
Antioch, CA 94509

"If it's Plumbing, We do it!"

925-778-8448



**HISTORIAN'S NOTES
KATHIE HAMMER**

I have mentioned before, that our Sausalito ran into the Ferryboat San Rafael on November 30, 1901. It was 6 o'clock in the evening on a very foggy evening.

In mid 1900, the San Rafael left her dock still providing a wonderful ride for her passengers even though she was 23 years old. She was known as the "Queen of San Francisco's ferry fleet." However, on this particular day the passengers got their money's worth. The details were reported the next day in the Berkeley Gazette: "Yesterday afternoon the ferry San Rafael ran into a whale. After leaving Sausalito at one o'clock, the form of a whale rose above the surface of the water dead ahead and the ferryboat bumped against it with considerable force. The keel of the vessel slid over the whale, which had apparently been pressed down by the weight, and a moment later rose at the stern of the boat. Blowing up a column of water, the monster disappeared. Everybody on board the San Rafael felt in shock and the engineer and foremen rushed on deck to learn the cause."

What are the Dog Days of Summer?



Dog Days is the name for the most sultry period of summer, from about July 3 to Aug. 11. Named in early times by observers in countries bordering the Mediterranean, the period was reckoned as extending from 20 days before to 20 days after the conjunction of the constellation Sirius (the dog star) and the sun.



**PICYA REPORT
DARLENE DAWSON**

PICYA's Upcoming Events

- Aug 2 Delegates Dinner & Meeting at San Joaquin YC
- Aug 16 Board of Directors Meeting at Oakland YC
- Sep 13 Delegates Dinner & Meeting at Sequoia YC
- Sep 25 Wheelchair Regatta at Encinal YC

**PICYA 14th Annual
Wheelchair Regatta
at Encinal YC, September 25, 2010**

Fourteen years ago, Chairperson Staff Commodore Margot Brown had a vision; that vision was to honor the men and women of our Armed Forces with a cruise on the San Francisco Bay, followed by a picnic and entertainment on the beautiful grounds of the Encinal YC. The event provides individuals confined to wheelchairs with the rare opportunity to experience a power boat cruise. That first year there were 12 boats and 64 vets. Last year there were 30 boats and over 200 vets.

The Wheelchair Regatta is a tremendous undertaking that could not happen without the support and dedication of the planners, donors, and the doers.

Please join the crew of *After Midnight* as we participate in this fun and rewarding event.



Note: Sportsmen YC, honorary member, Larry Draper, PC Oyster Point YC, was Vice Chair of the Regatta last year. Larry manned the Galley for 13 years and always fed us well.

**YES, count on me to help with the 14th Annual Wheelchair Regatta!
PLEASE PRINT LEGIBLY**

I AM VOLUNTEERING:

My boat: Vessel Name: _____ Length: _____

My vessel can carry (how many) guests in wheelchairs? _____

My vessel can carry (how many) ambulatory guests? _____

OR

I can provide shore-side services (please indicate preference)

- _____ 0900 - 1500 - Escort a Veteran
- _____ 0900 - 1200 - Food preparation
- _____ 1130 - 1500 - Food service
- _____ 1400 - 1700 - Restore order

Name: _____ Phone: _____

Address: _____

City, State, Zip: _____

Email: _____

Yacht Club: _____

Mail to:
S/C Margot Brown
3217 Fiji Lane
Alameda, CA 94502

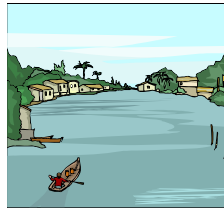


AUGUST BIRTHDAYS

02	Brett Horton	18	Julian Lafrades
02	Jean Novinger	20	Mary Mancuso
02	Michelle Smith	21	Jim Dawson
02	Vernette Pato	21	Muriel Telles
03	Steve Fernandez	21	Paulet Hoskins
04	Betty Olvera	22	Karen Kreiss
04	Doris Calhoun	23	Zachary Hammer
05	Gary Mills	24	Michelle Tranate
07	Ivan Hendricks	24	Rich Sutton
09	Pat Brown	27	Jay Smith
11	Dave Millecam	27	Jim Hill
11	Tony Russo	27	Yupa Garrett
12	Shelly Bowes	28	Chris Green
14	Debbie Dawson	28	John Shaner
14	Ken Carver	30	Diane Benson
15	Charlie Carroll	30	Elise Huard
16	Gary Moscato	30	Mary Nerby
18	Dave Newton	31	Jerry Thornburg



NEWS FROM FLEET CAPTAIN SHERRY LIVELY



Ahoy all!

Just a short note to let you all know we will be going to "Little Venice YC" for Labor Day week-end. Cynthia Petersen will be going over all the ins and outs at the August meeting. A sign up sheet will be posted by mid August. Hope everyone is having a fantastic summer.

Congratulations to all the winners at the 4S, it was a great week-end. Great Job Sportsmen!

See you on the river . . .



August is Cataract Awareness Month

Did you know that 20.5 million Americans age 40 and older have cataracts, one of the most curable causes of vision loss?

To recognize Cataract Awareness Month in August, Eye M.D.s want to debunk the myths about cataracts and remind people they don't have to live with vision loss from cataracts.

A cataract is the clouding of the eye's normally clear lens, blocking the passage of light needed for vision. They form slowly and cause no pain. Some stay small and hardly affect vision, but if the cataract does grow and begin to affect your vision, it can usually be removed with surgery.

Cataracts are the leading cause of blindness worldwide; however, in most cases, vision loss from cataracts is reversible. New techniques developed over the past decade have made cataract surgery one of the safest and most successful procedures available in terms of restoring quality of life to patients. Each year there are more than 1.6 million of these delicate eye surgeries performed in the United States.

There are no drugs or exercises that will make a cataract disappear, and contrary to popular belief, cataracts are not removed using lasers. Lasers are used in follow-up procedures, if needed. Cataract surgery is most often done as an outpatient procedure under local anesthesia. The cloudy natural lens can be replaced with an artificial lens to give the eye proper focusing power. In most cases, the improvement in the patient's vision is profound.

So how do you know if you have a cataract? Some people notice a gradual painless blurring of vision, double vision in one eye or fading or yellowing of colors. Sensitivity to glare and/or bright light or trouble driving at night or frequent changes to glasses or contact lens prescriptions may be other indicators.

Eye M.D.s want to dispel the notion that a cataract has to be "ripe" before it's removed. That's just not true. The best time to have a cataract removed is when it starts to interfere with the things you like to do.



Cataract surgery, although quite safe, is still surgery. If cataracts don't affect your quality of life, you may feel that surgery is not needed. The only person who can really decide when it's time to have them removed is you, under the care of your doctor.

Eye health care is provided by the three "O's" - opticians, optometrists and ophthalmologists. It is the ophthalmologist, or Eye M.D., who can treat it all - eye diseases and injuries, and perform eye surgery.

(Source: American Academy of Ophthalmologists)

(Commodore Karr's article continued from page 2)

Floater. They were busy multitasking all over the facility. Many thanks to Rob and Nicole Langer, Bill and Sarah Haynes, Becky Wilson, Angie Williams, Rich Sutton, Diane Van Pelt, Mike Bowers, Louie and Tammy Rocha, Julie Thornburg, Carol Fray, and John Shaner.

I haven't yet received a list of members and associates who helped at the bar. I remember seeing Scott Wigmore, Rob and Nicole Langer, Dan Lively, Chuck English, Mike Bowes, Louie and Tammy Rocha, Ted Nicolson, and of course, William and Kelly Odum. Again, a giant THANKS TO ALL OF YOU!

Saturday evening dinner was topped off with a live performance by the Fondettes. They received a standing ovation for their performance. I was one of those standing and clapping.

In closing, it was a very successful, fun, and at the same time, exhausting event. As one of the San Joaquin YC members stated after the closing ceremonies, "How in the hell are we going to top this next year?"

Annual Club Picnic

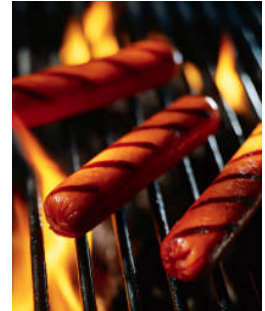
Saturday
September 11th

All Members Invited!



Starts at Noon

Let's celebrate Sportsmen Yacht Club!
See new and old friends
Lots of great food
Enjoy games for all ages
Relax with a great view of the river



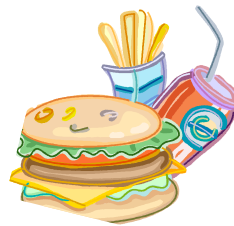
Best of All
It's Free for All Sportsmen Members!!!

Don't forget to bring a lawn chair
If you can, come early to help get everything set-up or stay late to help with clean-up



50's Bash

Details will be announced in the
September Newsletter



**Saturday
October 9th**



Monday Night Football Steak Dinners!



Chuck & Ann English are hosting MNF steak dinners again starting September 13th! Details will be announced in the September Newsletter.

Discovery Bay YC
is scheduled to cruise-in
for this event



WELCOME TO THE SPORTSMEN YACHT CLUB