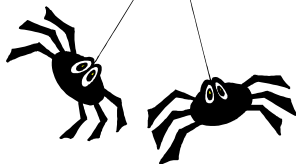


SPORTSMEN YACHT CLUB

NEWSLETTER

WWW.SPORTSMENYC.ORG



OCTOBER 2010



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50s Bash
Save the Dates - November and December

UPCOMING EVENTS AT SPORTSMEN



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



- 3 Fishing Seminar
- 5 Club Dinner & Meeting
- 5-7 Weekend Fishing Derby
- 13 Work Party
- 19 Bingo!
- 20 Club Thanksgiving Dinner



- 3 Club Dinner and Meeting
- 4 Lighted Boat Parade
- 11 Kids with Santa & Potluck
- 17 Bingo!
- 31 New Year's Eve Party



**COMMODORE
BOB KARR**

It has always been difficult for me to start a letter, memo, composition, or in this case, a newsletter article. Once I finish the first sentence or two, I begin to concentrate on the task at hand and get it done. The first sentence doesn't have to mean anything, such as what you just read, but it gets me started.

The Labor Day Cruise-Out, the first weekend in September, was very enjoyable and relaxing. The wind and weather cooperated as though it was ordered. In addition to Shirley and I, Dan and Sherry Lively, Jerry and Lee Fitzgerald, Jim and Terri Arnold, and Ed and Cynthia Peterson cruised to Little Venice Island. One afternoon, we were visited by two boats from the San Rafael YC. As the island is reasonably close to Mandeville Island, where the Hilton fireworks originate, Cynthia has already reserved spaces for 4th of July next year.

In the September newsletter, I stated I hoped the chickens would cooperate playing Chicken \$#!T Bingo at the Oyster Shuckin' Chicken Pluckin' Party. It took them awhile to catch on and get over the embarrassment of all eyes watching, but once they started, I had trouble keeping the bingo board clean!

Our Club Picnic was well attended, as usual. Could it have been the free food and beverages??? I would like to thank Jerry Fitzgerald for cleaning the picnic area prior to the event and Ann Marie Alcorn for cooking the burgers, sausages, and hot dogs.



**VICE COMMODORE
GARRY RIDOLFI**

Hello Sportsmen:

Well here we are. The year is closing in on us fast! It's time to start selecting our new incoming Officers and Directors. As you all heard at the beginning of the year, Freda and Angie have given notice they are

In the Belated Thank You Department (BTYD), I would like to thank Dave Selvy for the hours and hours of work it took to create the Northwestern Pacific R.R. (the company that owned the Sausalito) banner that was displayed at the 4S event. When I can find a couple of energetic young folks who don't mind heights, the banner will be attached to the west side of the Ferry on the paddle-wheel housing. When the repairs to the east side of the Ferry are complete, we plan to purchase and install another banner. Great job, Dave. Also in the BTYD, I would like to thank the folks at the Canvas Factory for fabricating and donating a large, wind resistant Sportsmen burgee for our Club. As they say, the memory is the second thing to go; funny . . . But I can't remember the first.

Current thanks go to Harry Parker for fabricating a stand for our new 42" flat screen TV; Ted Olson for installing the controls and electric valves on our sprinkler system along the riverbank; Al Alcorn for transporting our riding mower to the repair shop twice; Joe Fray for using the mower for its designed purpose - when I know he'd rather be fishing; and, associate members Tammy Rocha, Barbara Maldon, Caesar LaFrades, and Marina Faconti for being here when they can to help out. Tammy has even been observed here several evenings helping out.

The last large Club function of the year will be the 50's Bash on October 9th. This year's event promises to be larger than last, with more classic cars and street rods promised. The rib cook-off produces a wide variety of great ribs. This year there will be plenty of food, a disk jockey playing 50's music, and dancing in the street. Be there or be square!

stepping down from their positions. They have both given several years of their time and now want to enjoy, as members, the Club's benefits. I would like to thank them for all the hard work and dedication they have given to our Club.

I know both seats are going to be hard to fill, however, I have been working on recruiting a couple of well known members who, a few months ago, stepped up to the plate to fill those vacant seats. They have been very active in our Club, over the years, and are ready to jump in with both

(Continued on Page 2)

(Vice Commodore's Article continued from page 1)

feet and get things done. I am sure Freda will still be called on to help with the transition.

I am looking forward to moving up if elected as your Commodore for the upcoming 2011 year. I think we are moving in a new direction and are going to have a great team of hard working and dedicated people to serve all Sportsmen's members.

Let's all show up at the 50's bash in a few weeks! It should be a great time. As you can tell, Alice is at it again; building the biggest little city at the Club. I want to thank Anita Hinds for accepting the nomination as our Events Coordinator! She has a lot of great ideas so I think you are going to see some great events happening at our Club!

Well in closing, thank you all for the support you have given me and let's enjoy the remainder of the year at the Club.

Welcome New Members



Caesar and Desiree LaFrades



Eric and Mary Ellen Marquis



David and Desli Taylor

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



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



Newsletter articles due the 20th
of each month
Please send to: Julie Thornburg

Email: newslettereditor@sportsmenyc.org
Phone: 510.915.4253

October Meeting Dinner Menu

Roasted Garlic, Lemon
and Thyme Infused Chicken

Rice

Salad

Vegetables

Rolls

Dessert

Prepared by Jay Froman and Jay Ward

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
as soon as possible

BINGO

BINGO is coming to the Club!

Tentative dates are:

Friday, October 29th

Friday, November 19th

Friday, December 17th

Stay tuned for further details
at the October meeting!



Please contact Freda with any personal information updates; such as, address change, name change due to marriage/divorce, new telephone number, and/or boat changes. Thanks!



HISTORIAN'S NOTES

KATHIE HAMMER

I would like to thank several people that have taken extra time to keep the historical spirit alive on the Sausalito.

Thanks to Rod Miller for finding, purchasing and donating the book, "San Francisco Bay Ferryboats," by George Harlan. This book is out of print and has very valuable, correct information about all the San Francisco Bay ferries.

Thank you also to Bob Garrett who is always thinking of the museum. He brought in an antique boat motor which we are not sure at this time where we might show it, but appreciate his thoughtfulness.

A special thank you to Dave Selvy and our Commodore and his wife Shirley for getting the Northwestern logo made for the side of our Ferry. I have been trying for years to get this done and it will be a great addition to make our Sausalito look like she did in 1894. All of the ferryboats had the logo of the company that owned them and the Northwestern Pacific logo is particularly beautiful with a large redwood tree in the center with mountains behind and the words Northwestern Pacific circling it. When it is put up on the west side of the Ferry it is going to look spectacular.



PICYA REPORT

DARLENE DAWSON

PICYA's Upcoming Events

Oct 2	Make A Wish Driftwood YC
Oct 4	Delegates Dinner & Meeting Driftwood YC
Oct 16	Fall Management Conference Sportsmen YC
Nov 1	Fall Awards Ceremony Encinal YC

PICYA Foundation

An important example of Commodore Smith's theme for 2010, "Charting a United Course to New Horizons," has been the formation of the PICYA Foundation. He believes this will be helpful in sustaining both the Annual Wheelchair Regatta for our veterans and our College Scholarship Program for the children of PICYA member clubs.

The founding members of the Foundation are PICYA Staff Commodores Vern Bendsen (President), Duane Collins (Treasurer), delegate Fred Rutledge (Secretary), Jane Brennan (former PICYA Secretary/Treasurer), and Larry Draper (Honorable member of the Sportsmen YC). Kudos to these selfless individuals.

The Foundation was incorporated in February of this year. A bank account has been established and the Foundation is ready to receive any and all contributions.

Make A Wish Cruise Saturday, October 2, 2010 Driftwood YC, Oakley, CA

This all day event starts in the morning with registration, coffee, and pastry. A two-hour cruise, with beverages and snacks, follows (10 am - noon). After the cruise, you return to Driftwood YC for a hot lunch, live country music, and dancing. Tickets are \$60 per person. All proceeds go to the Make A Wish Foundation. Contact Driftwood YC for tickets. 925.757.5800.

Sportsmen's 2010 Weekend Fishing Derby

Derby begins:

Friday, November 5th, at 10:00 p.m.

Derby ends:

Sunday, November 7th, at 3:00 p.m.



13TH ANNUAL PRE-DERBY DINNER & FISHING SEMINAR

Wednesday, November 3rd
Dinner served at 6:00 p.m.

Bill Worrell and crew will once again put on a great dinner for all to enjoy and then a local fishing guide will present tips for the "big ones" just in time for our Annual Weekend Fishing Derby!



Everyone is invited. Reservations are not necessary.

- Entry fee is \$5.00 per category.
- Neal & Diane Essary will collect fees anytime between now and November 5th, 10:00 pm.
- Members and their guests are welcome to participate!
- Weigh-in sheets will be posted on the door outside the Club's Board Room.
- All entries MUST BE logged on weigh-in sheets before the November 7th, 3:00 p.m. deadline.
- There will be three categories: Stripers, Sturgeon, and Catfish.
- All fish must be weighed in at the Sportsmen YC scale and witnessed by another member.
- Entry fees are \$5.00 per category, per family (husband, wife, children and grandchildren to age 18). Entry fee for guests will be \$5.00 per person, per category.

The largest and second-largest fish (by weight) in each category will be awarded 1st and 2nd place, respectively, with prize money being split 60%-40%. If only one fish or no fish are entered in a category, the remaining prize money will be awarded to entrants in that category and will be determined by a drawing held during the Potluck and Awards Ceremony.

There will be a Potluck dinner on Sunday, November 7th, at 4:00 p.m.

Please bring your favorite dish to share!

It's open to everyone—so even if you don't fish, bring a dish, and come see who won!

Contact Neal & Diane at 228-7337 if you have questions.



OCTOBER BIRTHDAYS

01 SANDIE SCHNEIDER
 02 DICK NORWAY
 02 SARAH CORIPPO
 03 NANCY OLSSON
 04 TONY CHAPMAN
 06 CELINA LAFRADES
 09 JERRY FITZGERALD
 11 JILL WIBBENHORST
 11 ROBERT ART
 12 HELEN FERRARI
 13 BOB BENNETT
 13 BOB GARRETT
 13 JANE PARSONS
 13 WALT HOY
 15 GARRY RIDOLFI
 15 SHERRY LIVELY
 19 KATHY HARVEY
 21 CAROL HAGER
 21 DENISE STERUD
 22 SHEILA RAINES
 22 STEVE JACKMAN

23 ARMI RAFANAN
 23 BILL FRASER
 23 LISA CHAPMAN
 23 MICHAELA CHAISSON
 23 ROGER MAMMON
 24 BILL WORRELL
 24 SUSAN NOFREY
 24 TED IDSOE
 24 TOM KIDDER
 25 STEVE NICHOLAS
 27 SHEILA SANDERS
 28 ED COLLINS
 28 JERRY KENT JR.
 29 MARIBETH LINHART

BIRTHSTONE: OPAL
 OR TOURMALINE

FLOWER: CALENDULA

October is National Breast Cancer Awareness Month

Breast cancer remains a significant health concern for women in the United States, and throughout the world. In the U.S., it is the most common form of cancer in women. After lung cancer, breast cancer is the second leading cause of cancer deaths in women. In honor of National Breast Cancer Awareness Month, FCIC (Federal Citizen Information Center) has brought together some resources surrounding this health issue.

Fast Facts

According to the National Cancer Institute (NCI), it is estimated that about 1 in 8 women in the United States will develop breast cancer during her lifetime. The exact causes of breast cancer are not known. However, studies show that the risk of breast cancer increases as a woman gets older. This disease is very uncommon in women under the age of 35. Most breast cancers occur in women over the age of 50, and the risk is especially high for women over age 60. Also, breast cancer occurs more often in white women than African American or Asian women.

Early Detection Is a Woman's Best Defense

The best defense is early detection with regular mammograms and manual breast self-examinations, which have raised survival rates. Women who are at average risk of developing breast cancer and who do not have a significant family history of breast cancer should have a mammogram and clinical breast

examination by a health care provider every year. These annual mammograms and exams are very important to finding breast cancer at the earliest opportunity, when treatments can be most successful and chances of survival are best.

Risk Factors

No one knows the exact causes of breast cancer but some women with certain risk factors are more likely than others to develop cancer. Below are some of the risk factors you should keep in mind.

- **Age.** The chance of getting breast cancer increases as a woman gets older - most cases of breast cancer occur in women over 60. Breast cancer is not common before menopause.
- **Personal history of breast cancer.** A woman who has had breast cancer in one breast has an increased risk of getting cancer in the other breast.
- **Family history.** A woman's risk of breast cancer is higher if her mother, sister, or daughter had breast cancer. The risk is higher if her family member got breast cancer before age 40. Having other relatives with breast cancer (in either her mother's or father's family) may also increase a woman's risk.
- **Certain breast changes.** Some women have cells in the tissue that look abnormal under a microscope. Having certain types of abnormal cells increases the risk of breast cancer.
- **Race.** Breast cancer is diagnosed more often in white women than Latina, Asian, or African-American women.
- **Being overweight or obese after menopause.** The chance of getting breast cancer after menopause is higher in women who are overweight or obese.

~ <http://www.pueblo.gsa.gov/cfocus/cfbccancer06/focus.htm>

Feasibility Study for a National Heritage Area in the Sacramento-San Joaquin Delta

PUBLIC MEETING #2 // Delta Protection Commission

The Delta Protection Commission is currently conducting a feasibility study to assess the Delta's suitability for National Heritage Area designation. You are invited to attend the second public meeting in the process. This meeting will give an overview of the Delta National Heritage Area feasibility study to-date and facilitate small group discussion on potential interpretive themes for a Delta National Heritage Area.

Wednesday, October 6, 2010 // 6:30 - 9:00 pm
 D.H. White Elementary School
 500 Elm Way // Rio Vista, CA 94571

For more information, please contact
 Sheila Singleton // Delta Protection Commission
 916.776.2290 // sheila.singleton@delta.ca.gov

<http://www.delta.ca.gov/heritage.htm>



2010 Management Conference

Saturday October 16, 2010

Sportsmen Yacht Club-Antioch, Ca

Registration begins at 0800 hours with continental breakfast.
Conference begins at 0900. Lunch will be provided

Learn about...

RBOC, USCG, COTY, ABC, Opening Day 2011, Regional Affairs, Insurance, Trophies, Ship Store and more...

\$25 per person
Seating limited

Please register me/us for the 2010 PICYA Management Conference

Name: _____ Phone: _____
Name: _____ Phone: _____
Name: _____ Phone: _____

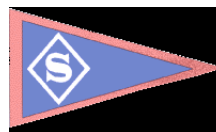
Email: _____

Yacht Club or Organization _____

COTY: 2 points per Club officer or Director in attendance, 1 point per Delegate or other Club member in attendance.

Mail to: PICYA Rear Commodore-Mia Berni
1001 Bridgeway #450
Sausalito, Ca 94965

(415) 999-6422
Registration Deadline October 11, 2010



Reminder

November General Membership Meeting

November 5, 2010

The Election of 2011 Officers and Directors

Please contact Sherry Lively
if you are interested
in running for the following Offices:

Commodore / Vice Commodore /
Rear Commodore / Treasurer / Secretary /
Two (2) Directors

The names of those nominated will be announced at the General Membership Meeting in October. Additional nominations may be made verbally by any Regular, Family, or Life Member during that meeting. The names of all nominees will be posted on the bulletin board and will remain posted until the November General Membership Meeting.

Following the October meeting, nominations may be made by any Regular, Family, or Life Member prior to the first day of November. The nomination must be in writing and signed by the Member making the nomination and signed by the proposed nominee; it must then be filed with the Club Secretary. Any nominations received in this manner will also be posted on the bulletin board and remain posted until the November Membership Meeting.

***Nominations will not be accepted
after October 31, 2010***



MONDAY NIGHT FOOTBALL Steak Dinners

Continues through Regular Season

Hosted by:
Chuck & Ann English

\$7.00/per person

Steaks cooked to order, potatoes, and salad
Served from start of game until half-time

Please reserve the Sunday prior to game day
By calling Chuck and Ann @ 925.779.9330
or

Use the sign-up sheet located
by the registration book
at the front door of the Club

Annual Club Picnic

Reflections



SPORTSMEN YACHT CLUB PRESENTS

Friday, October 8th

Dinner, 7 pm

\$15/person

Chicken Tetrazzini
Salad // French Bread
Dessert

Reservations requested by
Saturday, 10/2, on-line or call
Freda Lucido 925.228.3609

Saturday / Sunday

October 9 - 10

Breakfast, 8 - 11 am

Harbor Side Galley

Made-to-order breakfast

Breakfasts are paid separately

No reservations needed



Saturday, October 9th

BBQ Ribs Contest

Hot Dog Stand: 12 - 2:30 pm - Hot dogs, Chips and Root Beer - \$5/
person

No Reservations Needed

Classic Car Show: 2 - 4 pm

Sportsmen Yacht Club
P.O. Box 518
3301 Wilbur Avenue
Antioch, CA 94509
www.sportsmenyc.org

All PICYA Yacht Clubs are
welcome to cruise-in or drive-in!!

BBQ Ribs Dinner Served: 4:30 pm

BBQ Ribs / Macaroni Salad / Baked Beans / French Bread /
Dessert

Early Bird Reservations: \$15/person if received by
Saturday, October 2nd; \$20/person after October 2nd
Kids 6 -12 years old, \$7/person // Reserve on-line or call Freda
Lucido at 925.228.3609

Original 50s Music and Dancing: 5 - 7 pm



The house looks empty, There's no one around.
There isn't a sight, There isn't a sound.
In the darkness each year I feel the same shame --
Having eaten the treats before the kids came!

SAVE THE DATE
Club Thanksgiving Dinner

Saturday, November 20th
Details to follow

