

SPORTSMEN YACHT CLUB

NEWSLETTER

NOVEMBER 2010



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UPCOMING EVENTS AT SPORTSMEN



- 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

4th Quarter Dues are Due



**COMMODORE
BOB KARR**

In addition to a rather abrupt change in the weather, October has been busy and eventful.

The first event occurred on October 2nd while I was mowing the lawn at the Club. I received a call from a person asking if Shirley and I could go for a ride with him and his fiancé to Lake Tahoe. I replied that we would, but after I reviewed and signed Club checks. We did not leave the Club until about 4:15 p.m.

The person driving was anxious to arrive at the lake before dark, so the trip was a white knuckle event for me, even though I was not driving. As we were heading down Myers Grade, it started to rain. It continued raining as we reached Reagan Beach where a woman was waiting in an old Honda. She provided umbrellas before we walked onto the beach. The sun was setting as the woman performed a marriage ceremony for the couple we had accompanied. The couple was now officially Garry and Jacqueline Ridolfi. But wait, that was not the end! As we made our way back to the parking lot, umbrellas overhead, looking like walking mushrooms in the fading light, the woman needed to have papers signed that would be recorded. She led us to her favorite marriage paper signing place, the coffee shop at Safeway. There, we were able to dry out and warm up while downing a hot cup of Starbuck's coffee.

On the return trip, we stopped at a Burger King, located at a truck stop in Lodi, for a wedding dinner of burger and fries. We were back at the Club at about 11:00 p.m. This is the stuff that makes great memories. I know I will never forget it. I told Garry I wouldn't mention this in the newsletter, but I had my fingers crossed behind my back. We wish them the very best.

The 50's Bash was not as large as last year but it was still a lot of fun. Ten boats and one R.V. from the Discovery Bay YC were here over the weekend. Chet and Linda Loveland organized the cruise-out for Disco Bay and did a great job. I hope these folks return in the future. Thanks to Alice Gibson, Sherry Lively, Barbara Maldon, Carl and Elaine Rasmussen, and

Mike Hoskins for reconstruction of our 50's town, and Don Wilson for taking the town down and storing it for another year.

Chuck Carroll was able to assemble a nice variety of cars for the event. The winner of the best foreign sports car was George Brayton with his classic Porsche. George also won honors with the best luxury foreign car with his Mercedes. Best muscle cars were exhibited by Harry Parker with his SS Chevy and Dan Lively with his GTO convertible. Best classic cars were shown by "Uncle Joe" (from Driftwood) with his 1958 Thunderbird and his VW Animal. Jerry Kent displayed his CJ Jeep that provides one with hot camp water for showers. Rich Sutton brought his unique Chevy pickup and BMW. Tim Lamb cruised in with his shiny, black Corvette.

The rib cook-off and competition was fun to watch. Each contestant had their favorite rubs, favorite smoke and/or methods, favorite cookers or barrels and, of course, a favorite beverage. Scott Jett, Jerry Kent, Ann Marie Alcorn, Doug Horton, Pat Sebers, Dan Lively, and Bill Haynes spent hours preparing their favorite recipes. Judging was extremely difficult as every rib cooked was delicious. In the end, however, Ann Marie Alcorn took 1st place, Pat Sebers, 2nd place, Dan Lively and Doug Horton shared 3rd place. A special thanks to Doug who did not expect to be cooking, but we had two no-show contestants so Doug volunteered to help.

Many thanks to Bill Pato for supplying and erecting a 10'x20' shade/cover, Rick and Anita Hinds for donating a pop-up shade/cover to the Club, Jerry Fitzgerald for planting our lemon and lime trees, and Caesar LaFrades for mowing and trimming when he has a chance.

On October 16th, we hosted the PICYA Annual Leadership Conference. Fifty or so officers from other clubs and the PICYA organization were here for the day. A very informative event that I would recommend to anyone interested in being a director or officer of a yacht club. I would like to thank Marina Faconti, Carol Fray, Ann Marie Alcorn, and Shirley for preparing the food for this event.



**Daylight
Savings Time
Ends Sunday,
November 7th
@ 2:00 a.m.**



**VICE COMMODORE
GARRY RIDOLFI**

Hello Sportsmen Members!

Well, here we are ending another great month at the Club! The 50's Bash was fun. The Disco Bay group was great. They paid our Club nothing but compliments, and were quite overwhelmed on our new look! I thank everyone who helped with its transformation.

I am happy to let everybody know that I got married to my wonderful fiancé, Jacqueline Downs, on my late Father's birthday, October 2nd. It was a fun wedding. Commodore Karr and his lovely wife Shirley, went with us to Lake Tahoe to witness it. We left the Club at 4:15 pm and were in Tahoe by 6:30 pm. I must say the Commodore doesn't like my driving! LOL. He never took his hands off the car door or his seat! LOL.

We were married by 6:50 pm, on the beach, while it was raining. We went to the local Safeway to buy some flowers, sign our marriage certificates, and have coffee to warm up. We left Tahoe at 7:30 pm, stopped in Lodi for our gourmet dinner at Burger King, and back to the Club by 11:00 pm. Awesome day!

Well, now it's time for our November elections. I thank all of you for your support in nominating me for next year, 2011. I am ready and looking forward to it. I would like to have the Installation Dinner on January 8, 2011. I hope you all can make it!



**REAR COMMODORE
WILLIAM ODUM**

Fellow Sportsmen,



Well, the year has almost passed us by. It's hunting season, crab season is coming, and stripers and sturgeon are being caught . . . all in all, a great time to be out on the Delta or ocean.

I heard the 50 plus inch big screen TV is almost ready to be installed.

I've made the decision not to run as Vice Commodore due to a lot of changes in my life. It has been an interesting year serving as your Rear Commodore and learning how the Club works. When all else fails, get out on the water and enjoy it!

**HAVE IDEAS OR SUGGESTIONS FOR THE NEWSLETTER?
DON'T BE SHY . . . LET US KNOW!**

**Newsletter articles due
the 20th of each month**

Please send to: Julie Thornburg

Email: newslettereditor@sportsmenyc.org

Phone: 510.915.4253

November Meeting Dinner Menu

Lamb
Rice Pilaf
Green Beans with Garlic and Bacon
Salad
Bread
Dessert

Prepared by Scott Jett

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

Friday, November 19th

Friday, December 17th

(Note: Bingo is scheduled the 3rd Friday of each month)

6 pm - Bingo Cards on Sale
7 pm - Let the Games Begin!

\$10.00 / 4 Cards
\$2.00 / for Each Extra Card
10 Games per Evening



Cash Prizes Determined by
Participation

Hot Dogs and Chips / \$2.50
Nachos / \$1.00



HISTORIAN'S NOTES
KATHIE HAMMER

George Harlan writes in his book, *San Francisco Bay Ferryboats*, that "for 117 years ferryboats have been part of the colorful scene on San Francisco Bay."

The double-ended ferries carried passengers, livestock, railroad cars, and eventually autos. They were a very important part of the growth of San Francisco.

It is hard to believe that many people rode the ferries everyday to get to work. Many of these people played cards aboard the boats and these games lasted for years. The ferry companies provided large racks to hold the cards. They were kept in wooden stacks on both decks, with the inscription stenciled on it saying, "Please return to rack when you are through." The commuters themselves supplied the cards.

The commuter not only had a group he liked to sit with, but he also had his own seat aboard the boat. A newcomer dared not to sit in that seat; it was valued as much as a seat on the stock exchange.

Restaurants on the Northwestern Pacific boats served the commuters that were in a hurry. They prepared in-between snacks for them to eat to and from work or they could get a full meal with time for a second cup of coffee.



PICYA REPORT
DARLENE DAWSON

PICYA's Upcoming Events

Nov 1	Delegates Dinner & Meeting Encinal YC
Dec	No Meeting
Jan 29	Commodore's Ball Double Tree Hotel Berkeley Marina

Fifty people attended the Fall Management Conference. According to my recollection, Sportsmen has not hosted a PICYA event since 1987 when then Commodore Ed Collins and wife Arlene did the honors.

The meeting started promptly at 9 am with opening remarks from Conference Chair, PICYA Rear Commodore Mia Bernt. PICYA Commodore Reginald Smith welcomed everyone and introduced Sportsmen Commodore Bob Karr who gave a brief history of the Sausalito.

There were over twenty speakers and topics included: The US Coast Guard was represented by Lt. Jeffrey Rubini. Recreational Boaters by RBOC - Vice

President Linda Bendson and Jerry Desmond, Jr., from the law firm of Desmond & Desmond - legislative advocates for RBOC. Department of Boating and Waterways - Interim Director, Lucia Becera. Delta Chamber of Commerce & Bay & Delta Yachtsman - Bill Wells. Saving the Bay - PBS - Ron Blatman. Bay Planning Coalition - Ellen Johnck. ABC Compliance, ABC Investigator Robert Fararr.

Speakers from PICYA included Joan Marsh Clure - insurance issues, Paul Anderson - America's Cup, Ray Durazzo, Jr. - Sailing, Jack Michael and Lynn Hahn - Reciprocity & Hosting, Vern Bendson - PICYA Foundation, Erick Schoenwisner - Trophies, Ray Holstead - City Points, Maggie Savivich and Walt Vance - Regional Affairs, and Carolyn Mines - Northern California Power Cruisers Association.

Many thanks to Sportsmen Honorary Member Larry Draper, Mariposa Hunters Point Delegate Andy, and Deanna Desin for suggesting Sportsmen host this important and informative conference.

Kudos and gratitude to Shirley Karr and crew who prepared and served a delicious luncheon.

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.

There will be a Potluck dinner and Awards Ceremony on Sunday, November 7th, at 4:00 p.m. Contact Neal & Diane at 228-7337

13TH ANNUAL
PRE-DERBY DINNER
& FISHING SEMINAR

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

Santa is Coming to Town
"Cruising-In"

Saturday,
December 11th



- 5:00 Potluck Dinner
- 5:45 Singing Carols with Mrs. Hammer
- 6:15 Santa Arrives!

Please Remember

- Bring enough food to feed all your guests
- Bring a gift for Santa to give to each child in your party

Also...

Write the name and age of the child and include the Sportsmen Member name on each gift

(This helps Santa's helpers get the kids' pictures to the correct Club Member)



NOVEMBER BIRTHDAYS

01 NEIL STERUD
 02 DESLI TAYLOR
 04 PAT SWANK
 07 JERRY CHAMBERLAIN
 07 LOREEN CARR
 11 PATTY JETT
 12 CHERYL MORGAN
 13 ROD MILLER
 14 JAY WARD
 15 BRIAN HOPE
 16 AMY DAWSON
 16 ELLEN HAMMOND
 16 TOM SANDERS
 17 PAMELA HAMILTON
 18 NANCY YARBROUGH
 19 PAULA HOPE
 20 STEVE LYNCH
 21 GARY HAGER

22 BRADLEY MARGETTS
 22 KEN WILLIAMS
 22 LOIS WILLS
 22 ROSIE RENCH
 24 WILLIAM HAYNES
 25 WAYNE NOVINGER
 26 SANDY WILLIAMS
 26 TOM MACLEAN
 28 SHELLY MAGUIRE
 29 ART NOWAK
 29 LAURA WARD
 30 LEE FITZGERALD
 30 TERRI ARNOLD

BIRTHSTONE:
 TOPAZ OR CITRINE

FLOWER: CHRYSANTHEMUM

Symptoms

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Type 1 Diabetes - Frequent urination, unusual thirst, extreme hunger, unusual weight loss, extreme fatigue and irritability

Type 2 Diabetes - Any of the type 1 symptoms, frequent infections, blurred vision, cuts/bruises that are slow to heal, tingling/numbness in the hands/feet, recurring skin, gum, or bladder infections. Often people with type 2 diabetes have no symptoms

Treating Diabetes

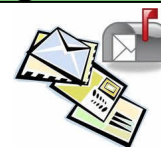
Diabetes can lead to serious complications, such as blindness, kidney damage, cardiovascular disease, and lower-limb amputations, but people with diabetes can lower the occurrence of these and other diabetes complications by controlling blood glucose, blood pressure, and blood lipids.

Many people with type 2 diabetes can manage their blood glucose by following a healthy meal plan and exercise program, losing excess weight, and taking oral medication. Some people with type 2 diabetes may also need insulin to manage their blood glucose.

Address Change

Dave and Sharon Selvy
 2511 Canyon Village Circle
 San Ramon 94583

Ph: 925.406.4593



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

November is Diabetes Month

What is diabetes?



Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to manage the disease and lower the risk of complications. Diabetes is the seventh leading cause of death listed on US death certificates. The overall risk for death among people with diabetes is about double that of people without it.

How many Americans have diabetes and pre-diabetes?

23.6 million Americans have diabetes — 7.8 percent of the U.S. population. Of these, 5.7 million do not know they have the disease.

Each year, about 1.6 million people ages 20 or older are diagnosed with diabetes.

The number of people diagnosed with diabetes has risen from 1.5 million in 1958 to 17.9 million in 2007, an increase of epidemic proportions.

It is estimated that 57 million adults aged 20 and older have pre-diabetes. Pre-diabetes is a condition where blood glucose levels are higher than normal but not high enough to be called diabetes. Studies have shown that by losing weight and increasing physical activity people can prevent or delay pre-diabetes from progressing to diabetes.

What is the prevalence of diabetes by type?

Type 1 (previously called insulin-dependent or juvenile-onset) diabetes accounts for 5 to 10 percent of all diagnosed cases of diabetes.

Type 2 (previously called non-insulin-dependent or adult-onset) diabetes accounts for 90 to 95 percent of all diagnosed cases of diabetes. Type 2 diabetes is increasingly being diagnosed in children and adolescents

Drain Doctors and Plumbers Michael Maguire

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Jewelry Showing Friday, December 3rd

4:00 p.m. until 7:30 p.m.
 (Prior to our General
 Membership Meeting)

A portion of the
 proceeds will benefit
 Make-A-Wish!

lia sophia

SHARE THE LOVE OF JEWELRY®

Sportsmen YC's Thanksgiving Dinner

**Saturday
November
20th
5:00 p.m.
\$15 per
person**

Make your
reservations
online or sign up
near the sign-in
desk at the Club



**Reservations requested by
November 15th**

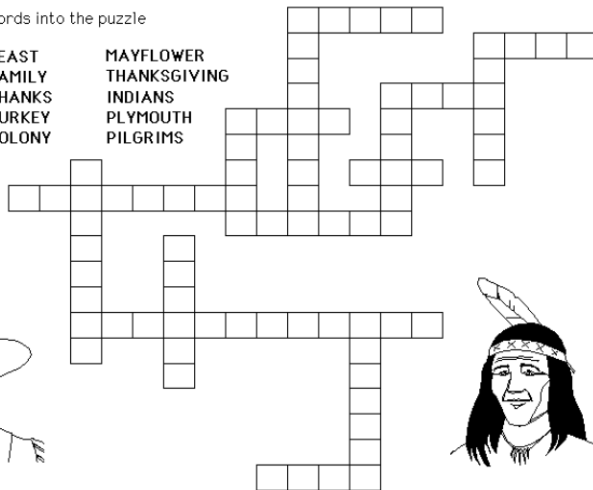
Dinner Menu

Turkey & Dressing
Ham and Glazed Carrots
Mashed Potatoes and Gravy
Scalloped Potatoes
Green Beans
Scalloped Corn
Buttered Corn
Fruit Salad, Cranberries,
and Relish Tray
Rolls & Butter
Pumpkin Pie with Whipped
Cream
Pecan Pie
Chocolate Something!

Thanksgiving Crossword

Fit all these words into the puzzle

PIE	FEAST	MAYFLOWER
FALL	FAMILY	THANKSGIVING
YAMS	THANKS	INDIANS
CORN	TURKEY	PLYMOUTH
MAIZE	COLONY	PILGRIMS



May your stuffing be tasty
May your turkey plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your Thanksgiving dinner
stay off your thighs!

Annual Lighted Boat Parade

Saturday, December 4th

Get Into the Christmas Spirit
Decorate Your Boat and Join the Fun!

Entry forms will be available
at the December Meeting
Entry fee: \$10 toy which will be donated

Boats will group under the Antioch Bridge
at 4:30 p.m.

