



## COMMODORES' COMMENTS

- BY NANCY RANDALL & ANJIE MCCABE -

The first month of 2024 was action-packed! The year kicked off with our annual Around The Island Race. 3 kayakers, a rower, and three sailboats made it around the island. Very light wind drove me to force my crew to row! At least it was a warm and sunny day.

We had an incredible Awards Ceremony and Crab Feed on January 9th! A huge thank you to Dave and his crew - - the crab was delicious.

Ed's racing clinic gave many of us homework to make our boats faster and much to consider. So much more to come for February!

The first single-handed race of the year will be on February 3rd, starting at 1:00 p.m. It coincides with our social hour at 5:00 p.m.

Make sure to note on your calendars that we have two clinics coming up. A how to feed and care for your outboard engine on the 11th, and an anchoring workshop on the 25th.

Lastly we have a social event on the 22nd at the club - - Bingo for Outboards! Yep, a fundraiser to add to our bucket for a new outboard of the club safety rib. Share in the winnings and basque in glory!

Co-Commodore Nancy

### **“Many Hands Make Light Work”**

**VOLUNTEERS NEEDED:** A task is soon accomplished if several people help. And just when you are thinking too many cooks spoil the broth, suddenly someone will remind you that many hands make light work.

Please sign up to be a potluck host, or a host for one of our monthly social hours. Or sign up to be Race Committee for a race this year. There are still vacancies that exist. If interested, call any Board member or use the sign-up white board in the clubroom. We thank you!

# WHISTLER



## BOARD OF GOVERNORS

*Co-Commodores:*  
**Nancy Randall & Anjie McCabe**

*Vice Commodore:*  
**Ed Mattson**

*Rear Commodore:*  
**Bill Wickman**

*Co-Secretaries:*  
**Steve Buck & John Brown**

*Treasurer:*  
**Garrett Coonrod**

*Port Captain:*  
**Will Bagnall**

*Members At Large:*  
**Darren Weiss**  
**Caris Cassady**  
**Mike Bynum**

*Immediate Past Commodore:*  
**Wesley Hodges**

**HUMBOLDT YACHT CLUB**  
Post Office Box 445  
Eureka, California 95502

[humboldtyachtclub.org](http://humboldtyachtclub.org)

## DUES INCREASE

### TO BE VOTED AT POTLUCK

The Board of Governors has proposed a dues increase from \$180 to \$200 per year, beginning in July. The proposal will be voted on at the potluck/general membership meeting on February 6th. It will pass if 2/3rds of the members present at that time vote in the affirmative.



## WELCOME ABOARD

### DIANA RITCHIE

Diana doesn't have a boat yet, but has experience sailing on J/24s, J/105s and the odd 30-40' Catalinas, mostly on SF bay. Diana would love more sailing if anyone needs crew.

### ERIC HALL

Eric is the Skipper of the Humboldt Bay Sea Scouts, who sail both a Catalina 22 and a Capri 25. He is a US Sailing Certified Instructor, and is also a Sailing Guide for Cal Poly Humboldt.



# WHISTLER

## THE WESTMAN AWARD

The Westman Award, named after Jim and Arlene Westman, was created in 1993 to recognize HYC members for their continued participation and service in the club's non-racing activities. Each year the Board of Governors votes and presents the Westman Award during the club's racing award ceremony.

At the time Jim and Arlene Westman had long raised their family sailing, racing and socializing in HYC with a progression of small-class dinghies and later handicapped keel boats on the bay and at Big Lagoon.

While Jim was a fierce competitor when sailing, he and Arlene, as a couple, were especially gracious and encouraging to new members and could always be found leading or participating in the club's social activities at the old clubhouse.

The HYC board continues to recognize the importance of active member participation as a way to thank and honor the voluntary efforts of a member who **"actively promotes good sportsmanship, good friendship and the good of the Humboldt Yacht Club."**

The recipient of the Westman Award for 2023 was Bill Wickman. Bravo Zulu, Bill, and thank you!

## 2023 RACE RESULTS

### In-Bay Keel Races

1st Ed Mattson  
2nd Mike Love  
3rd Wes Hodges

### Whistler Races

1st Mike Love  
2nd Tim Dellas  
3rd Ed Mattson

### Great Bay Races

1st Ed Mattson  
2nd Garrett Coonrod  
3rd Larry Fox

### Single-handed Keel Races

1st Ed Mattson  
2nd Tim Dellas  
3rd Richard Hendry

### Dinghy Races

1st Ed Mattson  
2nd Bridge Randall  
3rd Susan Penn

### Commodore's Cup Races

1st Ed Mattson  
2nd Wes Hodges  
3rd Ken Barry

### Women at the Helm Races

1st Christine Joyner  
2nd Caris Cassady  
3rd Caren Coonord

## LEST WE FORGET

by Gail Forsewin

Just in case you haven't committed the HYC Constitution & By-Laws to memory, please remember that By-Law #4 provides that guests at clubhouse dances and social events are restricted to four (4) couples per membership. DANCES?

### Yo Sailors

#### Now Hear This:

The SHIP SHOP on Woodley Island has re-opened and provides another destination when looking for your nautical items.



# WHISTLER

## OUTBOARD ENGINE CLINIC

February 11th at 1:00 pm



For most sailors, an outboard spends more time sitting idle in the elements than actually operating. This can lead to serious problems when you need it the most. So come to the first series of workshops that will cover general maintenance questions related to engine reliability. The location has yet to be determined, but an email to all will follow with more details.

**SAVE THE DATE**  
**MARCH 1st at 7:00-0 p.m.**  
 More details follow

SPEAK EASY AT... HARBOR LANES

### BOWL FOR KIDS' SAKE

#### THE BOWLING 20'S

MARCH 1ST & 2ND 2024

FORM A TEAM  
 BECOME A SPONSOR  
 DONATE A PRIZE

**Big Brothers Big Sisters.**  
 OF THE NORTH COAST

FOR MORE INFORMATION CALL 707 445-4871  
 OR EMAIL [BowlforKidsSake@ncbbbs.org](mailto:BowlforKidsSake@ncbbbs.org)

## ANCHORING CLINIC

February 25th at 1:00 pm

Easy as 1-2-3, right? Only 3 steps: scoping an anchorage, anchoring, and departure.

Anchoring is a topic over which much ink, rum, and even some blood has been spilled. A surefire way to elicit a robust argument amongst any group of sea-going folk is to bring up any topic of anchoring. Come see what we mean.



# WHISTLER

DO YOU REMEMBER THIS?

## NEGATIVE ION THERAPY

[Watery Snake Oil ??]

- by Mark Rounding -

If, like I did, you sometimes forgot to pay attention in high-school science class, ions are molecules in the air that have either gained or lost an electrical charge. Tasteless, colorless and invisible, recent controlled studies from Columbia University in NYC have shown that they can affect how we feel.

Positive ions are the bad guys that make you feel drowsy, unmotivated, and depressed. Nothing positive about them at all.

Negative ions, however, reverse those feelings and, when they enter your bloodstream, they produce a bio-chemical reaction that increases the levels of the mood chemical serotonin. They boost your energy, relieve stress, and generally create a more euphoric state.

Those bad positive ions are created by air conditioners, computers, and other grounded

devices in your home, such as TVs, music speakers, washers and dryers, or printers. I know that my lawn produces those nasty positive ions, especially when it's time to mow it. Another source of positive ions are the eaves that need to be painted, and household projects like doing the dishes or taking out the garbage.

On the other hand, negative ions are created when air molecules break apart due to sunlight and moving air and water. Beaches, rivers, waterfalls, ..... see where we're going here? Researchers have found that the major producer of negative ions is splashing water, such as your bow wave, and they surround you when you're out on the water.

But I don't need clinical trials to know that I feel much better when I'm out on my boat!



### *keeping a weather eye:*

<b>Feb. 3</b>	<b>Single-handed Keel #1 - 1300 hrs</b>
<b>Feb. 3</b>	<b>Social Hour - 1700 hrs</b>
<b>Feb. 6</b>	<b>Potluck &amp; Member Mtg - 1800 hrs</b>
<b>Feb. 11</b>	<b>Outboard Engine Clinic - 1300 hrs</b>
<b>Feb. 13</b>	<b>Board of Gov'nors Mtg - 1800 hrs</b>
<b>Feb. 22</b>	<b>Fundraiser Night - 1800 hrs</b>
<b>Feb.25</b>	<b>Anchoring Clinic - 1300 hrs</b>

