



### February Calendar

- 2/11: Bridge Meeting
- 2/18: General Meeting
- 2/20 - 2/22: Ice Breaker Cruise to Edmonds

### March Calendar

- 3/07: Western Social Dance
- 3/11: Bridge Meeting
- 3/18: General Meeting
- 3/21: Poker Run in Lake Union

### February Birthdays

- |      |                 |
|------|-----------------|
| 2/1  | Dana Underwood  |
| 2/7  | Carol Coker     |
| 2/12 | Chris Thomsen   |
| 2/14 | Pat Hansen      |
| 2/14 | Jerry Zitkovich |
| 2/18 | Carol Andrus    |
| 2/22 | Dan Gray        |
| 2/24 | Norm Grossman   |
| 2/25 | Bess Bell       |
| 2/27 | Juanita Spong   |



## Commodore's Report - Kevin Haistings

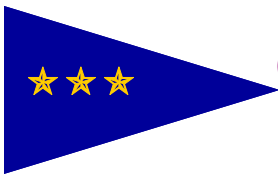
Greetings, Time is flying by, we're already into the second month of the year and getting ready for the first club "cruise" of the year. While we didn't have a cruise in January we did have two very successful socials. The "Boat show Brunch" and the "Beat the Blahs" wine social. Both events were well attended and by all reports, enjoyed by all. My thanks to all the members that worked on each of the events. It was also great to see how many of our new members have come out to this year's events and also help out.

Next up is the Ice Breaker Cruise to Edmonds. The cruise captains have promised great weather, calm winds and a bountiful feast... Well I may have exaggerated a little. They didn't really make any promises about the weather, but they did promise that in spite of the "Hobo" theme, we will enjoy some great food (Stone soup anyone??). I hope you've made your reservations, if not I think there's a little time left but the cruise usually fills up so I wouldn't wait much longer if you're planning on attending.

I would like to pass on a little safety information about cruising in cold water/weather. I recently attended some training that discussed cold water drowning. The most common myth about cold water drowning is the fact that the victims who drowned had died of hypothermia. The fact is; in 45 degree water (Puget Sound is about 48 degrees and Lake Washington is about 44-46 degrees right now) hypothermia will begin to set in about 30 minutes after immersion and unconsciousness occurs about 60 minutes after immersion. Statistics indicate most cold water drowning occur in less than 30 minutes after falling in the water, well before hypothermia causes unconsciousness.

So what is cold water drowning and what can we do to protect ourselves? First, cold water drowning starts when someone falls into cold water unexpectedly which leads to "cold water shock". Cold water shock is easy to recognize, it is that uncontrollable gasping of breath with varying degrees of panic. If the breathing and panic are not controlled within the first minute or so, the victim will hyperventilate which could cause them to either pass out and drown or suck in some water causing more panic which escalates the problem. The second phase is "cold water incapacitation". Cold water incapacitation is when the body begins to shunt the blood flow to our arms and legs to prevent it from sending cold blood to our vital organs. Once the blood flow to our arms and legs is stopped we can't effectively swim (cont...)





## Commodore's Report - Kevin Haistings (cont...)

or manipulate buckles, buttons knobs or even hold onto lines. Cold water incapacitation occurs in about 10 minutes after someone falls into cold water. If a person in the water doesn't get help or self rescue themselves in the first ten minutes then cold water drowning occurs, long before hypothermia sets in.

So how do we protect ourselves? It's really quite simple. Since falling in is almost always unexpected the best way to prevent cold water drowning is to dress appropriately when boating. Warm clothing with some bright colors so rescuers can see you if your in the water, and wear a lifejacket. Wearing a lifejacket will allow to float and wait for help for an hour or more if you're not able to get your self out of the water. It can also reduce the panic associated with cold water shock. So if you fall in, remember to get yourself and your breathing under control as quickly as possible. Then you have about ten minutes of meaningful movement (call for help or self rescue). If you're not able to get completely out of the water, get as much of your body as possible out of the water to prolong the onset of hypothermia. If you're wearing a life jacket, minimize your movement to conserve energy and wait for your crew (or rescuers) to pull you out of the water.

Okay, enough about lifejackets. Unfortunately we are all painfully aware of the financial problems hitting our community. Sadly our Puget Sound Yacht club family has been hit by the areas economic downturn as well. I'm aware of some of our members that are currently struggling with employment difficulties. For our members that are facing employment uncertainties, I want to say that Kim and I are keeping you in our thoughts and prayers as I know everyone else in the club is as well. If there is anything we can do to help, please let us know.

See y'all in Edmonds or at the February membership meeting. Remember, as is tradition, the men cook the February dinner and once again, the barbeques will be fired up and we'll be eating steak. Please help the dinner crew out and sign up on the web site if you're planning on attending the dinner. If you don't have email or internet, call [Gary Sheneman](#) and let him know you're coming.

It is time to make that correction to last year's Club directory or to get your changed address, phone number or whatever in before the new Roster goes to print. Also please check the information for your vessel as many are now blank, especially if you are a new member as of this past year. Do you have a picture uploaded along with your data? It is easy to do. We would like to start publishing pictures within the Roster, so consider getting a portrait format image of yourself onto the site.

Do this:

- Go to [www.pugetsoundyc.org](http://www.pugetsoundyc.org)
- Login on the left side with your Username and Password. Check Remember login so you don't have to enter it each time. If you don't know your user name or/and password send me a reply (not to all just to me) and I will send yours to you. They can be changed once you login.
- Now go to Your Account Settings under Member tools on the left. Edit and update your individual member profiles (yes you have to do both of yours even though you are both in a shared account). Note that this list of announcements comes from your "Home Email Address" in the database so change it if you want to receive these announcement on another account. Consider checking the Newsletter as an email attachment or just printing it in color off the web site instead of having it mailed to save the Club some money and see the great color work that [Susie](#) does publishing it each month. Also update your vessel profile.
- You can upload a picture at the bottom of your profile by clicking on the "Browse" box, select a portrait (vertical) formatted digital picture from your computers hard drive and say upload.

If you want to see all the photos in the database just click on PSYC Member Search and put the letter a into the search field, it will return you all members. Let me know if you have any problems and have a good day. - Jim Barrett



## Vice Commodore's Report - Paula Spina

Who said writing about facilities isn't sexy? Well, maybe it isn't. Overall our Club's facilities are in pretty good shape, and have been getting progressively better over the past three years. Right now we are compiling a list of projects for the coming year. So if you see something that needs to be done, or something that would be a good idea albeit not necessary, let me know.

Now I want to take this opportunity to give a huge thank you to our very own *Three Pugeteers*: **Michael Haistings**, **Gary Sheneman** and Kevin **Haistings**. The three of them, along with a little help from **Rich Tremaglio**, have completely reworked the water lines on the Club's dock. I understand the final hook up is all that remains to be done, which has to wait until the possibility of freezing is past. What a tremendous job they did. In particular, I'm told **Michael** spent a lot of time crawling under the dock with the creepy crawlies. Sorry **Lisa**. Really, thanks guys from all of us, but especially me, cause I sure didn't want to go crawling under there to get that job done.

That's all for now.



## Rear Commodore's Report - Bill Dils

We had a great "Boat Show Brunch" with had about 50 people eating Eggs Benedict and Blueberry Pancakes. I want to thank all who helped; we had the best crew ever.

The "Wine Tasting" was awesome, as usual **Judy & Bob** put on a super event. There were about 50 people in attendance, the wine, cheese and food were wonderful. Thanks to all who helped and attended.

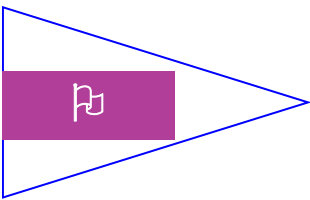
Coming February 21-22, 2009 will be the "Ice Breaker Cruise" to Edmonds. This is starting to be an annual event and in the past has been well attended. We have the upstairs meeting room again so please sign up ASAP because we can only accommodate a certain number of members in the room. We are planning a relaxing easy weekend for all.

As in the past we are trying to be as green as possible, please bring your own plates, etc. Remember to bring your favorite appetizer as there will be prizes for the best ones (voted by the attendees).

Safe boating and may the sun shine on you always.

### Things to do on Valentine's Day (on a budget)

- Put together a box of this person's favorite things. For my husband this would be chocolate peanut clusters, root beer, and a Jeeping or Snowmobiling magazine. It could be anything. You, more than anyone, will know their favorite things, so surprise them by getting them all together. The small things, that is. You can't purchase diamonds on a budget. People feel very loved when they know that other people pay attention to the small things about them.
- Bubble bath and candles make a great gift. This will be relaxing and romantic all at the same time.
- Cook them their favorite meal.
- Leave them love notes - all over. On the bathroom mirror, in their car, in their lunch, on the newspaper, etc. Anywhere they will be - leave a little note.
- Fill their car with balloons.
- Do something that they want to do. If your wife loves sappy romantic movies, but you hate them and won't go - go anyway, it will make their day.
- Do something that they don't want to do. Do they despise cleaning bathrooms, grocery shopping, vacuuming out the car, bathing the kids, etc? Do it for them.
- Make your own card detailing everything you love about this person.



## Fleet Captain's Report - Chris Kullman

Well it is time to get those boats ready for cruising. The Ice Breaker to Edmonds is Feb 20-22. Contact **Bill Dils** at 206-605-3457. The return of the Poker Run will happen Sat March 21. This has always been a great Saturday event. **Joyce Carlson** needs picket boats, galley help and people to put the cards together. Call **Joyce** at 206-551-6190 if you can lend a hand. Bell Harbor is April 10-12, your hosts will

be **Kathy** and **Joe Ornelas** – contact them at 425-825-3777. **Kathy** is cooking and the **Shenemans** and **Haistings** will be entertaining you. This is a great location with lots to do. Come by boat or car.

The wine tasting Saturday at the club was a huge success. We had probably close to 60 people. Thank you **Bob** and **Judy**. As always we are still

looking for help on some of the cruises. New members call me if you might want to do a cruise and I will get you help. It is a lot of fun.



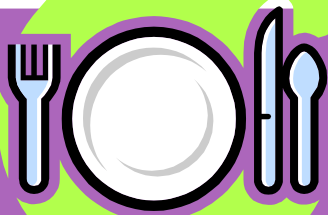
### Thursday Lunch Bunch

Every 2nd Thursday of the month (except July & August) we gather at 11:30am and eat at noon. Please join us; just bring a dish to share.

Contact Marilyn Sullivan for more information.

### PUGET SOUND YACHT CLUB

Phone:		206-634-3733
Web Site:	<a href="http://www.pugetsoundyc.org">www.pugetsoundyc.org</a>	
Commodore:	Kevin Haistings	206-799-4049
Vice Commodore:	Paula Spina	206-265-0981
Rear Commodore:	Bill Dils	206-605-3457
Fleet Captain:	Chris Kullmann	425-503-3374
Secretary:	Echo Summers	206-518-0409
Treasurer:	Bob Quick	425-644-9008
Dockmaster:	Bill Dils	206-605-3457
Facilities Manager:	Rich Tremaglio	425-239-9305
Facilities Rental:	Pat Hansen	206-595-6351
Membership Chair:	Judy Quick	425-466-7906
Sunshine Reporter:	Cindy Josephson	425-827-6628
Galley Chair(s):	Laurence Krueger/Marcia Ellingson	360-651-2838
Website Manager(s):	Jim Barrett/Brian Barrett	425-347-4633
	<a href="mailto:jbarrett@pugetsoundyc.org">jbarrett@pugetsoundyc.org</a>	



Please remember to make your dinner reservations for the monthly General Meeting.

You can either go to:

- <http://www.pugetsoundyc.org/GSchedule.html> or
- Call Laurence Krueger or Marcia Ellingson at 360.651.2838

THE FIRST PSYC CRUISE OF THE YEAR

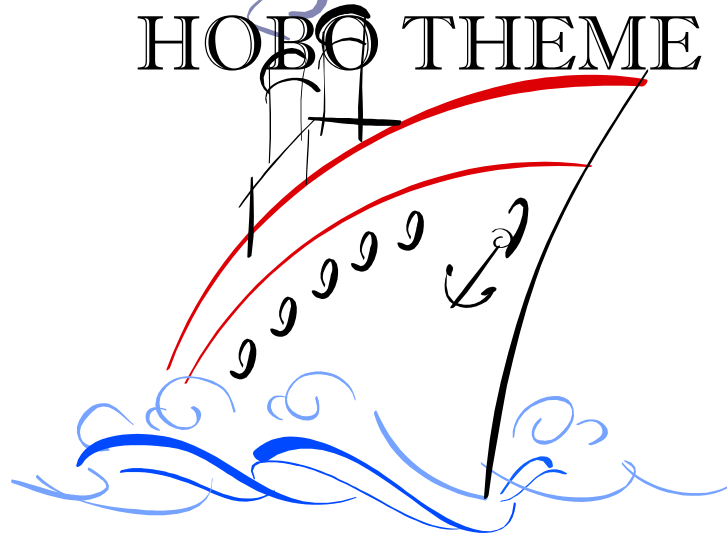
PSYC

Ice Breaker Cruise

February 21-22

Edmonds, WA

HOBBO THEME



CONTACT

Bill/Susan Dils 206.605.3457

[bdils@pugetsoundyc.org](mailto:bdils@pugetsoundyc.org)

or

Paula Spina/Lance Loomis

206.265.0981

[crockett.farm@gmail.com](mailto:crockett.farm@gmail.com)

# February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <i>Happy Birthday - Dana Underwood</i>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <i>Happy Birthday - Carol Coker</i>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b> <i>Bridge Meeting</i>	<b>12</b> <i>Happy Birthday - Chris Thomsen</i>  <i>Thursday Lunch Bunch</i>	<b>13</b>	<b>14</b> <i>Happy Birthday - Pat Hansen</i>  <i>Happy Birthday - Jerry Zitkovich</i>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> <i>Happy Birthday - Carol Andrus</i>  <i>General Meeting</i>	<b>19</b>	<b>20</b> <i>Ice Breaker Cruise to Edmonds</i>	<b>21</b> <i>Ice Breaker Cruise to Edmonds</i>
<b>22</b> <i>Happy Birthday - Dan Gray</i> <i>Ice Breaker Cruise to Edmonds</i>	<b>23</b>	<b>24</b> <i>Happy Birthday - Norm Grossman</i>	<b>25</b> <i>Happy Birthday - Bess Bell</i>	<b>26</b>	<b>27</b> <i>Happy Birthday - Juanita Spong</i>	<b>28</b>