



Windword

Windword Editor:
LISA WEATHERHOLT

Mailing and Labeling
WARREN & BARBARA GRAHAM

Official Publication of Windycrest Sailing Club/Keystone Lake, Oklahoma



I think it is interesting that we have come back to star- and space *ships*. *Jet* will do for a transport short-hand; yet when man really reaches, across the vast seas of space, he still reaches in ships.

- John Fowles, from Shipwreck, 1974



Oct. 14, 2007

Photo by: Dave Dolcater

HAPPY NEW YEAR

If you received a traveling trophy last year, please deliver it to Olympic Trophies 1913 So. Harvard By Jan. 31, 2008 **
** Or, ASAP!

February, 2008

- 4BOG meeting, Sand Springs Comm. Center, 6:30 p.m.
- 9, 10Race Officer Training Seminar, OCBC see article inside
- 16PRO meeting and Awards presentations, 6:30 p.m.

March, 2008

- 3BOG meeting
- TBAKeelboat Club Races resume!
(If you attend the Awards shindig, YOU'LL have the calendar!)

April, 2008

- 7BOG meeting
- TBAChili Cookoff
- TBACenterboard races resume!

May, 2008

- 3All-Club Work Party
- 5BOG meeting
- 17-18CSSA Spring Open Regatta at WSC
- 26Memorial Brunch and Long-Distance Race
- 31-June1GUST Kickoff Clinic, OCBC



BOARD OF GOVERNOR'S MEETING

BOG Meeting 12/3/07. Call to Order 6:30pm

Attendance: Jack Stewart, Darline Hobock, Kenny Baggett, Earl Stroud, Kathleen Patz, Steve Elliott, Jo Ann Chandler, Ray Adams, guest- Art Long.

Minutes:

Art Long was introduced applying for an associate membership. He was sponsored by Ray Adams.

Art Long's application for associate membership was voted on and approved.

Webmaster Report: Additions have been made to the "for sale" section of the webpage. Darline has revised the Membership Renewal Form. These were distributed to the Board members and it was approved to send out the new form. Discussion was held regarding past agreements regarding "trades" for membership dues. The Board feels that it is important that documents like these along with club owned boat titles, land, etc. should be kept in a secure place and no longer passed among Board members. The Board will be acquiring a safe deposit box for these items to be kept.

Facility Managers Report: Jack reported that a very good refrigerator has been donated by a club member. This will replace the fridge that was on its last leg on the 2nd level of the Pavilion. Another mooring chain broke this past month. Jack is going to resume replacing the mooring chains, as he was doing before the high water hit this year. The motor for the Predator was able to be repaired and will be in working order for next year. Both burners in the restrooms went out and the new one's have been ordered and should be received this week. Jack also reported the walk way to the board boat dock was badly damaged from the high water. This will be a big project for the upcoming year.

Fleet Captain's Report: Kenny reported that the RC Equipment Committee met this passed month. The members of the committee are: Kenny Baggett, Jack Stewart, Darline Hobock, Terry Rainey, Grant Gerondale, and Danny Ziegler. Their objective is to obtain a "new" committee boat to replace the current RC boat that has served the Club for the past 32 years. They will also put together a time

line in which they suggest the Ski Barge and Predator be replaced.

Their second meeting is scheduled 12/5/07. Kenny also brought up a concern about centerboard memberships. He stated in the past year there have been two new members join with centerboard status. Over the past few years there have been very few new centerboard members.

There are currently 11 open spaces in the Thistle and MC lots. Five years ago there were no spaces available. A proposal was made to change Article XIII Sec. 1 a. An initiation fee of \$250.00 will apply to centerboard and keelboat memberships. It was proposed to change Article XIII Sec. 1 a. to read: An initiation fee of \$100.00 will apply to centerboard memberships and \$250.00 for keelboat memberships.

The proposal will be discussed further at the next BOG meeting.

Treasurer's Report: The financial statement was passed out and gone over. Motion was made and passed to accept the report.

Activities Captain Report: Kathleen reported that all arrangements has been made for the Christmas Party at the Aquarium. We currently has 132 rsvp's and that number was increasing as today is the last day to do so. Kathleen will also be working with Kenny on planning the Awards Banquet/PRO Meeting.

Rear Commodore Report: Steve reported calling other clubs that might have interest in attending the Spring Open Regatta if we considered moving the date due to other conflicting regattas. Steve stated that he did not receive any positive interest concerning this matter, so, we should leave the Spring Open as scheduled. Steve distributed 2008 Gust Member Club agreements to everyone. The Board will vote next month regarding joining Gust. Steve also announced that he is on the Gust Board for 2008.

Vice Commodore Report: Jo Ann is currently updating all slip, mooring, and board boat dock assignments.

Past Commodore Report: Ray reminded everyone that next month we will be preparing the budget. He requests BOG members to please be familiar with your departments and be prepared to submit your portion of the budget. The Steering Committee meeting

BOARD OF GOVERNORS

COMMODORE

Terry Dannar

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ACTIVITIES CO-CAPTAINS

Kathleen Patz

405-377-6255

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will be set in January.

Commodore Report: Terry opened discussion on the proposed by-law amendment to increase the associate membership percentage. Discussion was had. Terry brought the amendment to vote; it was voted down. IV McNamara has sent out a CSSA survey. Terry will work with Darline to complete.

Motion was made to adjourn the meeting @ 8:56pm. Seconded and passed
Kenny Baggett.

WSC SLIP/MOORING

WAITING LIST

December, 2007

Published on page 6
in this newsletter

CHANGES: For any changes, additions or questions about the Slip/Mooring list please call Terry Dannar, at 724-4654 or e-mail at vice.commodore@windycrest.com. Requests for water space, dry sail space, upgrades, and trailer space **MUST BE MADE IN WRITING** to the Vice Commodore. The list date is the postmark date if mailed or the date of hand delivery. Past due fees will cause removal from the list.

NEW MEMBER: December 2007:

LONG, ART AND RITA .243-7592

RRc, Box 177A

Cleveland, OK 74020-9519

Art-Pres.,

Software Resources . . .633-9743

Rita-Call Ctr. Mgr.,

Mazzio's641-1283

Aklong99@hotmail.com

Associate

Classified Ads
(Members Only) No charge,
but members must renew ad
after 2nd time it runs.

2007 WINDWORD ADVERTISING RATES

Commercial/Display Ads

\$50 Full Page

\$30 1/2 Page

\$15 1/4 Page

WSC Member -Display Ads

\$25 Full Page

\$15 1/2 Page

\$7.50 1/4 Page

MC Scow #472

\$750

Trailer, North main and boat cover

Contact Roger Kerr

918-437-0544 918-252-7551

kerrsail@aol.com

Catalina 22

#7226, OK 5416 BC

Very good condition

New gel coat restoration.

Race equipped with storm jib and

three genoas:

150% Mylar, 150% Dacron,

100% Dacron

Yamaha 4HP,

excellent galvanized trailer

Previous owner was Roger Adams

Parked at keelboat drysail lot

918-406-5526

\$3,600

Bob Ibanez

b-ibanez@sbcglobal.net

Catalina 25

Good condition 1984

3 sails: main, jib and genoa

Swing keel, popup top

new bimini, trailer

View on C Dock slip 32

Night Wind

\$8,000

918-352-3923

Jerry or Debarah Brichacek

Catalina 25

Great cruising boat

Pop top with outboard, great shape

Easy boat to sail and overnight

Call 230-5355 for Britt

or Flint at 639-8357

Asking \$4,000

We will teach you to

sail it if necessary.

LASER HULLS NEEDED

The OSU Sailing Club is badly in need of replacement Laser hulls. Their Lasers are beyond repair now, so they are running out of available boats for member use.

They are only looking for cheap, floating hulls. (Complete boats are also accepted)

Tax deductions are available for donations.

Please contact if you can help: Michael Gent, Commodore, Oklahoma State Sailing Club

michael.gent@okstate.edu 918-693-2529

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www.windycrest.com

You can e-mail information to the
Board Members via this webpage.

US SAILING's Nov. 14-20 Sailor of the Week is from CSSA!

This is from the US Sailing website:

When 18-year-old Shelby Aughtry heads to the starting line of US SAILING's Rolex International Women's Keelboat Championship today, she sails as the youngest skipper in the 39-boat fleet competing on Galveston Bay. As a freshwater sailor who grew up on Oklahoma's Lake Hefner, she will be competing on salt water against the sport's top women racers—including Olympic hopefuls Sally Barkow and Anna Tunnicliffe. But Shelby is not as cowed by stiff competition as she seems game for the experience of racing keelboats in a big world-class fleet: "If we do well, great. And if not, we'll learn more for next time..." That combination of no fear and a thirst for more experience is a potent mix in a young racer. But Shelby has good backup onboard in her crew, including her mom Dolores, who started racing J/22s the year Shelby was born, on the bow; her longtime 420 crew Allison Moorhead, with whom she triumphed at Texas Youth Race Week, trimming spinnaker; and J/22 class stalwart Letty Eby on jib trim. What Shelby loves about sailing are elements both on the water and off: good competition and the opportunity to travel and make friends. At this regatta, that includes a chance to meet women of Olympic caliber, for Shelby is also eyeing the tiller of a 470 or a 29er and perhaps creating an Olympic path of her own. For the youngest skipper heading into the Rolex IWKC, the tough sailing ahead may just prove to be an important building block in a budding career. Good luck, Shelby!



Shelby Aughtry

US Sailor of the Week., Nov. - November 14-20

<http://www.ussailing.org/News/sailoroftheweek/>

SKYLARKING

Originally, skylarking described the antics of young Navy men who climbed and slid down the backstays for fun. Since the ancient word "lac" means "to play" and the games started high in the masts, the term was skylacing." Later, corruption of the word changed it to "skylarking." Skylarking is a familiar term to most Sailors and a popular pastime for others. Today, it is generally looked upon with disfavor both onboard ship and ashore.



COMMODORE'S REPORT

2008 FLEET CAPTAINS

Keelboat Racing Fleet

Terry Rainey

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rainey@olp.net

MC Scow

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David Briggs

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Thistle

Mark Patz

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+95 Fleet/Sunfish

Skeeter Chilton

242-3228

skeeter.chilton@cimtel.net

C27/25

Dick Stanish

252-7342

RJStanish@aol.com

Santana 20

IV McNamara

408-1603

cam@the4th.us

What a winter! Record ice followed by a 70 degree weekend. Well, that is Oklahoma.

Jack has been extra busy trying to get tree damage cleaned up from the recent ice storm. As a whole, it appears that the club fared pretty well. Most of the boat damage that I saw was in the Thistle lot and a couple of boats were heavily damaged. There does not appear to be any damage to club-owned property. It looks as if Jo Ann will have plenty for the work party to do this spring. Let's just hope that the work is not undone by rising lake levels as it was last year!

Please add "Sail More in 2008" to your New Year's Resolutions! Not having sailed as much as I would have liked in the last year or so, plans are in place to make up for it this year. I haven't figured out exactly what kind of sailor I am. I like racing (but not very good at it) and I like cruising, but I also like working on the boats. So I don't know if I am a racer/cruiser/mechanic or cruiser/mechanic/racer or mechanic/racer/cruiser. What ever it is, I just call myself a quasi sailor. Guess it takes a little of each. What kind of sailor are you?

If you have been actively racing, GREAT! That is what Windycrest is all about. If you are a cruiser, GREAT! That too, is what Windycrest is all about. We have a fantastic facility and hope your plans for 2008 are to get back to the club and sail more.

If you have not been as active as you would like and think that you would like to try racing, do not be intimidated by all of the action such as the flags/horns/shot gun/boat traffic/course layout. Every skipper that I have met would be willing to help you become more comfortable with the racing process. You may want to volunteer to crew for someone for a season. That is one of the best ways to learn how to race a sailboat. Skippers are always looking for crew. If needed, I am sure that we could get Steve or Kenny to offer a brief 'introduction to racing' class.

You may prefer a more leisurely pace and would rather just go out and sail. If you are not comfortable handling your boat, there are plenty of sailors in the cruising fleet that are very capable and would be happy to give you some pointers. There is even a group of those who would assist you in repairs if they are needed.

Please become active with your fleet. Most of the fleets have regular meetings which are primarily social events intermixed with a small amount of fleet talk. The fleets are a great way to meet others with similar interests.

By the way, the Cairns have finally decided to sell me their Flying Scot. It has energized the mechanic in me and will be the kindling for my 2008 season. I love a challenge and will have the old Scot back on the lake this spring. Flying Scot #1530 has provided 38 years of wonderful family memories for Tom and Sharon Cairns and I look forward to my first sail in it. Thank you, Tom and Sharon!

Again, "Sail More in 2008!" Get all of the green algae off your boat and go sailing this year! You know you want to, you talk about it all the time . . . Get your family back out, invite your friends out for a sail. Show them how cool you are, being a sailor and all! With the price of gasoline going up, sailing is where you need to be!

Thank you for all that YOU do for Windycrest!

Terry Dannar

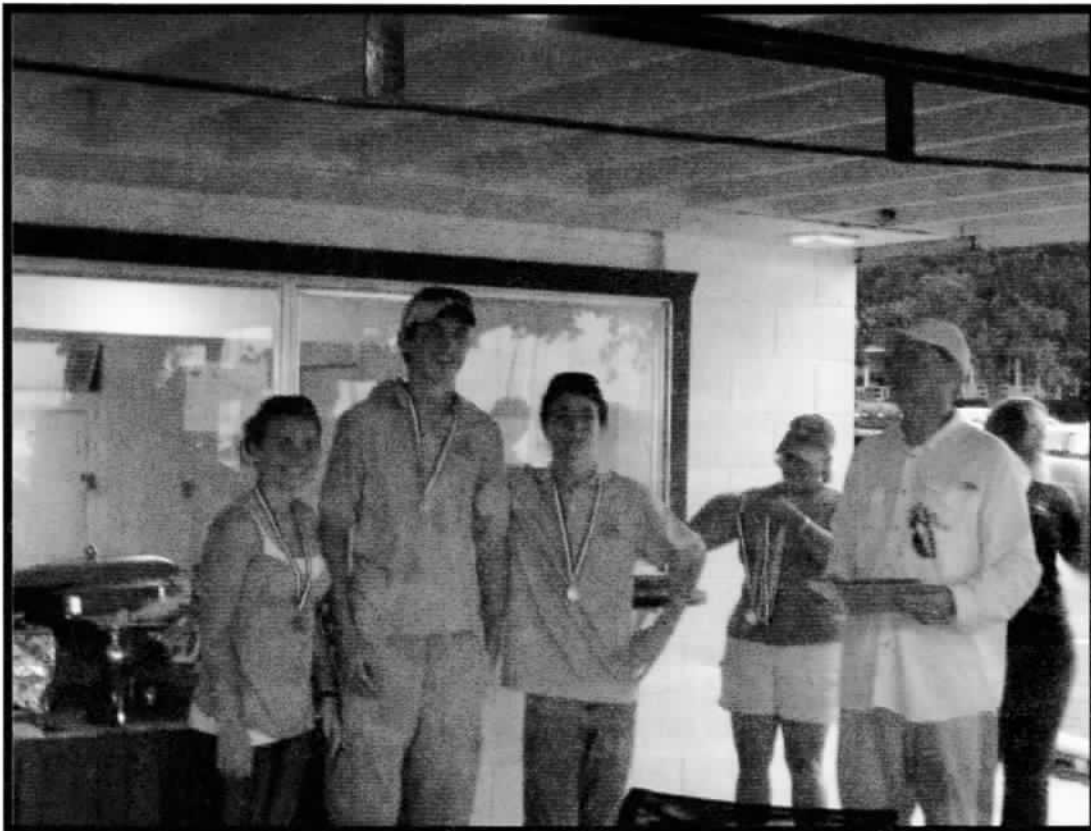
Area F Sears Cup Qualifier
Ft. Worth Boat Club
By Matt Graham

On June 8-10, **three GUST members Daniel Weatherholt (Windycrest), Shelby Aughtry (OCBC), and myself, Matt Graham (NSA), traveled to Ft. Worth Boat Club to participate in the sears cup qualifier. The Sears Cup qualifier is sailed by a team of three on many different types of boats. At Ft. Worth we sailed a J22 that the club owned. There were a total of four teams: two from Ft. Worth and one from Houston, and one from GUST.**

The first day we arrived, there was a practice time allotted on the boats from 2pm-5pm. The wind was light but we got some much needed time on the boat to prepare us for tomorrow.

The next day the plan was to sail round robin, four races, and the regatta would be over. The wind was light, shifty, and clear until the last race when a storm blew in. After each race we would switch boats with another team to ensure the races were even. The course was a windward leeward twice around with a downwind finish that kept the races tight and competitive. During the last downwind on the final race a storm blew in right after the finish and we got rained on while we were de-rigging. The awards ceremony was slightly delayed due to a protest, so lunch was provided first. Our team ended up taking second place, becoming the runner up for the Sears Cup Championship Regatta. After the awards, we headed back to the hotel to relax after a long day of sailing. We had dinner in downtown Ft. Worth and the next day we headed home.

Next year, the Sears Cup is being held in Chicago, but the Area F Qualifier has not been scheduled yet. We are hoping for a larger turn out this next year and planning to attend the event whenever it's decided.



Proposed Bylaws Amendment to
Article XIII, Section 1(a)
Initiation Fees

At the December 2007 Board of Governors meeting, Kenny Baggett addressed the issue of declining centerboard memberships at the Club in the past few years. From the time initiation fees were established in 1972, the fees for centerboard boats were lower than those for keelboats, until 2005.

Effective	CB Fee	KB Fee
1972	\$50	\$150
1975	\$50	\$200
1981	\$75	\$250
1986	\$75	\$300
2005	\$250	\$250

It is felt that the present initiation fee structure has discouraged centerboard boat owners from joining the Club. This seems evident from the many vacancies in centerboard parking lots. Only two centerboard members joined during fiscal year 2006-2007.

An amendment to the bylaws was proposed, to be voted at the February 2008 Board meeting, changing Article XIII, Section 1(a), from:

"An initiation fee of \$250.00 will apply to centerboard and keelboat memberships."

to read

"An initiation fee of \$100.00 will apply to centerboard memberships and an initiation fee of \$250.00 will apply to keelboat memberships."

Add new paragraph Sec 1(b) and renumber subsequent sections of Article XIII:

"In the event that a regular centerboard member acquires a keelboat or an interest in a keelboat and the keelboat is kept on the premises, the member shall pay to the Club the keelboat initiation fee applicable as of the date that member first keeps the keelboat at the Club, less the centerboard initiation fee applicable as of the date that member first keeps his keelboat at the Club."

The proposed amendment will be brought to a vote at the Board of Governors meeting in February. Members may voice their opinions in the meantime to any Board member or at Board meetings.

Posted 12-22-07

Remembering Kathie Lehman



Kathie died Sat., Nov. 17, 2007, at Claremore Nursing Home at the age of 87. She and her husband, Jim, were longtime members of Windycrest. They were once voted Most Congenial and were always kind and gracious. They sailed a vintage wooden Lightning for many years, and their last boat was a Catalina 22.

The daughter of James and Louise (Haas) deFremery was born Nov. 28, 1919, in Berkeley, CA. She grew up in Berkeley and attended an all-girls school. On Feb. 22, 1946, Kathy married James Wesley Lehman in Berkeley. They lived in Palo Alto, CA, before moving to Deer Creek. They owned and operated Deer Creek Mercantile, Inc. from 1956-1992. Kathy loved visiting with people and will be remembered as always having a smile. She always supported James in all of his endeavors. They enjoyed traveling, sailing, and camping together. They had taken a bike trip through Holland while they were in their 70's with Elderhostel. Kathy enjoyed making sails for James' sail-

boats, playing piano, playing cards, pottery, and painting. She was a member of the Deer Creek Gardening Club, Deer Creek Lion's Club Ladies, and a longtime member of the Deer Creek Methodist and Mennonite churches. Kathie was currently a member of Blue Starr Church of Christ, Claremore.

She was preceded in death by her husband, James in 2006; her parents; and brothers: Bill and Bob deFremery.

Survivors include her children: Mary Lehman Zuckerman and husband, Jamie of Queens, NY, Ed Lehman and wife, Debbie of Medford, John Lehman of San Jose, CA, and Dave Lehman and wife, Patti of Claremore; brother, James deFremery of Antioch, CA; grandchildren: Aaron and Christine Lehman of Medford, Louise and Marguerite Lehman of San Jose, Brian Lehman and wife, Ashley of Springdale, AR, Melissa Mills and husband, Matt of Stillwater, and William Lehman and wife, Sara of Stillwater; great-grandchildren: Dmitriy James Lehman and Bennett Alexander Lehman; and many nieces and nephews.

The memorial service was on November 21st, at Musgrove-Merriott-Smith Chapel. A graveside service was held at Mt. Olive Cemetery, Nardin, OK. Memorial contributions may be made to Hope Harbor Children's Home, PO Box 1047, Claremore, OK 74018.

Winter Series, 2007

95+ Fleet

Sailed:4, Discards:0, To count:4, Ratings:USPN, Entries:2, Scoring system:SeasonSeries

Rank	Fleet	Class	SailNo	Helm	USPN	W1	W2	W3	W4	W5	W7	W8	Total	Nett
1	95+	SF	77981	Greenwood, Gil	99.6	1.0	1.0	1.0	1.0				4.0	4.0
2	95+	SF	78007	Choquette, Mike	99.6	3.0	DNF	DNC	DNC	DNC			12.0	12.0

CB Fleet

Sailed:5, Discards:1, To count:4, Ratings:USPN, Entries:4, Scoring system:SeasonSeries

Rank	Fleet	Class	SailNo	Helm	USPN	W1	W2	W3	W4	W5	W7	W8	Total	Nett
1	CB	FN	1106	Low, Karey	90.1	1.0	1.0			(2.0)	2.0	2.0	8.0	6.0
2	CB	MC-SC	1975	Ziegler, Danny	87.9	(DNC)	DNC			1.0	RC	1.0	13.0	8.0
2	CB	TH	3888	Stratton, Chip	83	(DNC)	DNC			1.0	1.0	RC	13.0	8.0
4	CB	MC-SC	1069	Marsee, Jack	87.9	(DNC)	DNC			DNC	3.0	DNC	23.0	18.0

KB Fleet

Sailed:6, Discards:2, To count:4, Ratings:USPN, Entries:7, Scoring system:SeasonSeries

Rank	Fleet	Class	SailNo	Helm	USPN	W1	W2	W3	W4	W5	W7	W8	Total	Nett
1	KB	MRT25	327	Kerr, Roger	82.9	(2.0)	1.0	1.0	1.0		(2.0)	1.0	8.0	4.0
2	KB	J-22	922	Madewell, Ken	82.7	(DNC)	(DNC)	2.0	2.0		4.0	2.0	26.0	10.0
3	KB	SO	687	Gerondale, Grant	82.3	1.0	(DNC)	(DNC)	DNC		1.0	4.0	30.0	14.0
4	KB	VIP830	106	Sherwin, Rod	64.7	3.0	2.0	(DNC)	(DNC)		7.0	6.0	34.0	18.0
5	KB	J-22	1587	Paszkiwicz, Elizabeth	82.7	(DNC)	(DNC)	DNC	DNC		5.0	3.0	40.0	24.0
6	KB	S2-7.9	397	Rainey, Terry	81	(DNC)	(DNC)	DNC	DNC		3.0	DNC	43.0	27.0
7	KB	J-24	3280	Kerr, John Jr.	80.8	(DNC)	(DNC)	DNC	DNC		6.0	5.0	43.0	27.0

Waiting Lists - January 2008

Changes: For any changes, additions or questions about the waiting list, please call Jo Ann Chandler, or email at vice.commodore@windycrest.com. Requests for water space, dry sail space upgrades and trailer space MUST BE MADE IN WRITING to the Vice Commodore. The list date is the postmark date if mailed, the date of hand delivery or date email is sent. Past due fees will cause removal from the list. Your membership must be current to be on the list.

Slip Waiting List

5/20/04 Lynn Hargrove
6/7/04 Mark Meador
6/7/04 Richard Obrosky
9/13/04 Kenneth Graham
12/30/04 Joe McCorkle
2/7/05 David Burkin
3/7/05 Warren Graham
4/1/05 Margaret Shinn
5/2/05 Skeeter Chilton
7/1/05 Sam Meier
2/17/06 Nuel Holman
3/09/06 Jeff Sexton
4/19/06 Kurt Kraus
5/31/06 Larry Taylor
6/25/06 Liz & Fred Hegenbart
8/1/06 Richard Bunn
8/7/06 Mark Johnson
8/23/06 Bill Poindexter
3/02/07 Don Maynard
3/07/07 Flint Johnson
5/15/07 Roger Hartley
6/11/07 Maurice Casad
6/12/07 Laura Barnes
6/29/07 Edith Coen
7/16/07 Harry Potter
9/10/07 Christina Birch
9/15/07 Mick Walsh
11/28/07 Bob Ibanez

Upgrade for Slip or Mooring

7/21/01 Rex Donley move C to B
10/14/01 Steve Elliott move C to B
3/25/03 Chris Gill B or D
5/31/05 Skeeter Chilton B or D
10/20/05 Phil Montalbano C to B
4/20/06 Stan Minor
06/18/07 Mike Beatt, C to B or D
7/16/07 Harry Potter (mooring)
9/10/07 Christina Birch (mooring)
10/23/07 Ron Hooley, C to B or D

Passed on Slip - Persons who have passed, may request reinstatement at the top of the list.

6/2/97 Ed Dailey
10/14/01 Joann Chandler
1/30/02 George Thomas
8/6/02 Ed Guess
10/31/02 Colin Richardson
8/4/03 Mark Romeo
9/29/03 John Folks
10/5/03 Wendy Hawkins
2/2/04 Rick Kamp
2/3/04 Darrel and Sally Daniel

Travel Trailer Space Waiting List

3/26/05 Diana Locke Opalach
4/1/05 Margaret Shinn
6/6/05 Brit Williams
7/1/05 Sam Meier
2/17/06 Nuel Holman
3/28/06 Steve Goff
1/07/07 Lynn Hargrove
8/06/07 Lisa Weatherholt

Passed on Travel Trailer Space

2/27/99 Phil Montalbano, 3rd pass, 10/09/07
10/30/01 John Lissau, 2nd pass, 10/09/07
8/4/03 Mark Romeo, 2nd pass, 10/11/07
11/1/03 John Folks, pass, 10/11/07
10/9/04 Reid Barcus, pass, 10/15/07
10/10/04 Joe Perrault, pass, 10/29/07
10/11/04 Terry Dannar, pass, 10/29/07

Upgrade for Travel Trailer Space

1/11/00 Charlie Keithline- Stay for now 3/29/06.
Keithline waiting on larger lot

Given Up Slip - Persons who have given up a slip in the past, may request reinstatement at the top of the list.

1/30/02 Roger Siemens
2/22/98 Bill Gent

FLEET CAPTAIN'S REPORT

January & February

A New Year and lots of work going on! I am currently working on several projects. Our racing equipment committee is currently evaluating all options on replacing our current RC boat which has serviced WSC for the past 32 years. I would say we have gotten our money's worth! The 2008 event calendar is taking shape and should be ready to pass out at the Awards Banquet / PRO Meeting.

It is time for the Awards Banquet and PRO Meeting! Come have dessert with us! The event will be held February 16th at the Schusterman Community Center on the Zarrow Campus. PRO Meeting starting @ 6:30p. Dessert from 7p-7:30 and presentations planning to begin @ 7:30. There will be some cake, fruit and a variety of pies! Come join us, get the first look at the 2008 calendar, and see who gets to take home the hardware from 2007. We will recognize fleet champions, 2007 Windycup winner, junior sailing award winners of all types. Other awards include the Fleet Captain's award, Most Congenial member, Most Improved (adult & junior), to name a few. Another member will be added to the growing number of Old Hulks (past commodores).

It is time to dust off those beautiful trophies and get them to Olympic Trophy. Most did a nice job of giving them a good cleaning before dropping them off. Please do the same this year! Check out the web site for more details! I encourage all sailors to attend the PRO Meeting, as we will be passing out the calendar and going over changes to the Sailing Instructions.

Become a certified Race Officer! US Sailing is putting on Race Officer training and testing at Oklahoma City Boat Club February 9th & 10th. They usually don't get this close (last year it was at Houston YC); this is a **great opportunity**. Please refer to the notice elsewhere in this newsletter.

See YOU at the Awards Banquet,
Kenny

VICE COMMODORE'S REPORT

2007 was quite a year! First, we had to negotiate the high water, then the devastating ice storm. Although Windycrest Sailing Club was not unscathed, it came through both events in good condition. We can count on Jack Stewart, facilities manager, and YOU-the volunteers-to accomplish whatever magic may be necessary to keep things up and running

I always enjoy the month of January. With the whole year stretching out ahead of you, it is easy to daydream about all of the fun things you are going to do.

This winter the BOG will be busy planning activities for 2008.

So dream big and I will see you at the lake.

Jo Ann Chandler
Vice Commodore

THE SAILTRIM JOURNALS...TEASER!



The aging athletic sailor...

The athletic sailor in his or her 30s and 40s have a few things to keep in mind as they prepare themselves physically. Getting "older" does not mean one has to slow down, they just need to give the body a little more heads up.

We give the body a "heads up" through land based training programs (i.e. gym programs, running, cycling, etc.). As the body ages, there are a few factors worth considering before starting a new program or choosing a new level of sailing:

- ▶ Current muscle mass
- ▶ Hormonal changes
- ▶ Current nutritional habits
- ▶ Current physical activity

Giving a little bit of thought to the changes occurring in the body as a result of age will ensure a successful training experience,

laying the foundation for on the water performance and injury prevention.

We all age at different rates with current research demonstrating signs of muscle mass loss can occur as early as 30, though with greater pace in the mid 40s. However, resistance can help you maintain and build muscle for the duration of a program. Though the two are intertwined, meaning that when an individual stops resistance training, they will carry on with age related loss of muscle mass (this is termed Sarcopenia).

In the big picture of health, wellness and sailing, it is important for all to consider activities which entail a level of resistance to maintain muscle mass and therefore muscle strength.

If high performance sailing is your goal, taking in to consideration your age and current "conditioning" will assist in successful training.

Summary of Physiological Changes as a Result of Aging:

- Muscle strength decreases
- Muscle endurance decreases
- Muscle mass decreases
- Muscle fiber size decreases
- Muscle metabolic capacity decreases
- Resting metabolic rate decreases
- Body fat increases
- Bone mineral density decreases
- Physical function decreases

As we age, incorporating a sound exercise program which includes resistance training, can reverse the above "decreases" to "increases". The exception being Body Fat, which will decrease with resistance training
 Ref: *Essentials of Strength Training and Conditioning, Baechle & Earle*

Gender Specific Training?

What are the difference one should consider when designing a program for a male or female sailor?

Strength vs. Endurance

As we get older which is more important and which is hardest to maintain, strength or endurance?

Joints and Nutrition

How can we use the nutritional choices of our day to support joint health?

This is a snippet of content from the January issue of The SailTrim Journals, please visit www.sailtrim.org to subscribe.

Basic Race Management Seminar & Test



February 9 & 10, 2008 at OCBC

The **US SAILING** Race Management Committee, Area F, and the Oklahoma City Boat Club are sponsoring a Race Management seminar. It is designed for people who have some race committee experience. However, newcomers are also welcome. It will be held at OCBC beginning at 1300 on Sat., Feb. 9, 2008. Topics covered include: RC objectives, competition formats, notice of race, sailing instructions, RC jobs, RC equipment, race day preparations, setting the course, starts, during the race, finishing, post-race RC responsibilities and scoring.

At the seminar you will need your own copy of *The Racing Rules of Sailing* ("RRS"), and you will be supplied a copy of the latest version of the *Join the Race Committee Team*. The seminar study questions are on the *US SAILING* web site (www.ussailing.org/racemgt/documents/RMStudy-Basic.pdf). You **should** complete the study questions to the seminar prior to the seminar. Advance registration is required, and the number of participants is limited to 35; the deadline is February 2nd.

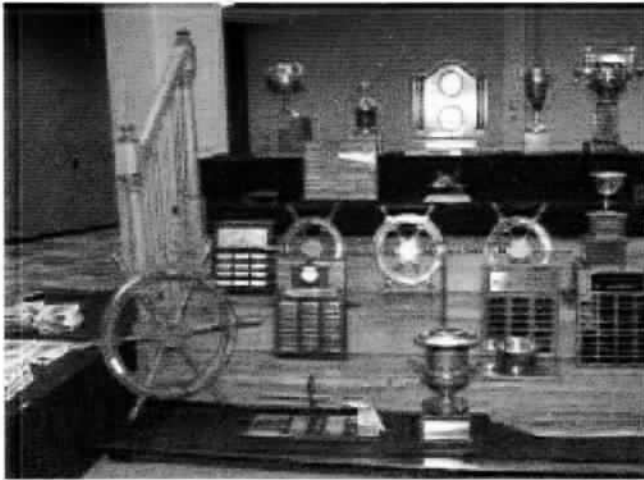
All the information for registration is available at:
<http://www.cssasailing.org-a.googlepages.com/RaceOfficerTrainingCertificationProg.pdf>



PAST COMMODORE'S REPORT

2007 has been a challenging year with both weather and high water issues for the Windycrest Sailing Club, however, we still had a pretty good year in general. I would like to extend a very special thanks to my fellow BOG members for their support and especially to Jack Stewart for his contributions for everyone of us. The successes that we enjoyed were a direct result of these people and other Windycrest members that voluntarily participated in the racing, as well as other club events and activities. Best wishes to each of you and your families during this holiday season.

Ray Adams
Past Commodore



PRO Meeting/Awards Presentation & Desserts

Saturday, February 16

Please come and have dessert with us

Charles Schusterman Jewish Community Center,

Zarrow Campus

2021 E. 71st Street - Tulsa

6:30 to 9:00 pm

PRO Meeting from 6:30-7pm;

Edibles 7-7:30pm,

Presentations 7:30-9pm

Everyone needs to be there! It's a wonderful opportunity to see fellow Windycresters without lifejackets OR sunglasses. We will learn what is being planned for 2008; by that time racing will be just around the corner! But it's more than just a trophy to the club champion, there are numerous awards that include non-racers and novice sailors.

We will recognize fleet champions, 2007 Windycup winner, many junior sailing award winners of all types. Other include the Fleet Captain's Award, Most Congenial member, Most Improved (adult & junior), to name a few. And a new member will be added to the growing number of Old Hulks (past commodores). Also, the desserts are free!

At the *PRO Meeting, Fleet Capt. Kenny Baggett will distribute the racing calendar and go over this year's change WSC Sailing Instructions. If you are a new racer, or think that you might want to try it, please join us. All that is required is to show up, get a calendar, and listen.

*PRO - Principal Race Officer - Active racing sailors are assigned a day of club races at which he or she is in charge of the Race Committee.



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