



Windword

Official Publication of Windycrest Sailing Club/Keystone Lake, Oklahoma

VOLUME 20, NUMBER 8, AUGUST, 2013

Barbara Montalbano Editor

Windycrest's 34th Annual Charity Regatta



Our friend, long time member, and past commodore Steve Snider has been diagnosed with ALS. Steve approached us and asked if this year's charity event could benefit those whose lives are affected by this progressive disease. Many of us are only too happy to help Steve with his vision. Please put your money where your heart is by sailing and volunteering for this regatta. It is all for Steve and those who live with and fight ALS everyday.

PRE-REGISTRATION IS REQUIRED FOR LUNCH

Register on-line at www.windycrest.com/sailforsteve

Look for Calendar Inside Newsletter

2013 MC Scow Southwest Regional Regatta

dates have been changed.

The new dates are **October 5 & 6, 2013**
(old ones were September 28 & 29)



Beach Party

August 17,
2013

BOARD OF GOVERNOR'S MEETING

Windycrest Sailing Club
Board of Governors Meeting Minutes
August 5, 2013 DRAFT

The BOG convened at 6:30 pm in the Sand Springs Case Community Center on November 5, 2012. Board members present were Danny Ziegler (Commodore), Michael Jones (Vice-Commodore)absent, Darrel Daniel (Rear-Commodore), Doug Lewis (Past-Commodore)absent, Lisa Weatherholt (Fleet Captain)absent, Sally Daniel (Secretary), Tom Proctor (Treasurer), and Matt Gillis (Activities Captain). Guests included Facilities Manager Jack Stewart, Windword Editor Barbara Montalbano, Mike Lane and Taylor Harmon.

Facilities Manager's Report: Jack reported that the Chain Gang is wrapping up the dock repair and they only lack 2 chains having it done. This project should be done in early September. There are also some minor electrical problems on C Dock. These will be addressed soon and will be working once again. Jack will be communicating with the company that does the road repair about some minor problems that need some extra attention.

Activities Captain's Report: Matt was pleased with the events that have happened and the ones that will be happening. The Annual Holiday Party will be on December 14, 2013. The time will be announced as soon as the event gets closer. Matt and Sue have ordered several new items for the members to purchase and they do look really nice.

Fleet Captain's Report: absent this evening.

Windword Editor: Barbara asked if the BOG(s) could have their articles

ready by August 6, 2013. Barbara will be sending out postcards in regards to the activities coming up in the near future,

Treasurer's Report: Tom distributed the financials for the month.

Secretary's Report: Sally asked for corrections or additions to last month's minutes. Being none, the July minutes were approved as published in the Windword

Past Commodore's Report: absent this evening.

Rear Commodore's Report: Darrel reported on the Windybow! Regatta. The Junior Training will be completed on August 10th with a trip to Wichita and there will be 6 boats participating. The Adult Training has stopped temporarily due to the hot weather and will reconvene in the fall (early September). The days and time will be announced later.

Vice Commodore's Report: absent this evening

Commodore's Report: Danny reported on all the events that were discussed earlier and wanted Windycrest to be aware of the upcoming regatta "Sail for Steve". This event will be considered a charity regatta. There will be no entry fee however donations will be accepted. For additional information pertaining to this event look on the club's website.

The meeting adjourned at 8:10 pm. The next meeting of the BOG will be September 9, 2013, at 6:30 pm at the Sand Springs Case Community Center.

Respectfully submitted,
Sally Daniel, Secretary, Windycrest Sailing Club

BOARD OF GOVERNORS

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activities.captain@windycrest.com

2013 FLEET CAPTAINS

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 918-629-9308
 sailj24M@aol.com

MC Scow
 Grant Gerondale
 MCfleet.captain@windycrest.com
 918-241-0675

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C27/25
 Mike & Tracy Lang
 918-242-3855
 C27/25fleet.captain@windycrest.com

FROM THE COMMODORE

Welcome to August in Oklahoma. Knowing the heat that's coming, the Club usually schedules a lull in our activities. It might seem hot, but many times we're surprised by the good sailing in August. "We should have been racing today." has been said more than once on an August Sunday.

The WindyBowl, our Club's Junior Championship just recently took place. I want to compliment Darrell and Kenny on the nice job they have done this year. The program is on sound footing and they both have worked very hard to keep improving the overall program. The juniors had good sailing weather this year and the kids really sharpened their skills in a variety of different boats.

The only social function happening this month is a beach party on Saturday the 17th. It will be hosted by the MC Fleet. I attended the beach party in July. It was a great evening. I hitched a ride with Jim and Sherry Stinson on their Sea Pearl. You know the boat, it has the double mast down on D dock. Talk about a sweet ride. You can manipulate the sail plan to make sailing very comfortable and easy. After we cooked out on the beach we sailed for about an hour and a half in great breeze and moonlight. Totally relaxing. We could have sailed all night except that we happened to race earlier in the day and wore ourselves out. Next beach party I think I'll skip the racing and take about a three hour nap before I go so I'll last longer. Be sure and make plans to come to the next beach party. You'll enjoy it.

After years of great service, the charcoalers in the pavilion are getting worn out. We are in the market for some new ones. They need to be at least as big as the ones we have now, but preferably a little bigger. As you know, with all the use they get, they need to be heavy duty. They need to be easily movable too. If any of you members out there have any connections for a good deal on some great cookers, we sure could use them. Give me a shout if you have any brilliant ideas on getting the Club some new cookers.

Please be sure and check out the info on our 34th Charity Regatta. It is coming up soon and we'll need your participation to make it a success.

Sail Safely,
 Danny Ziegler

Heat Exhaustion

Heat exhaustion is a heat-related illness that can occur after you've been exposed to high temperatures for several days and have become dehydrated.

There are two types of heat exhaustion:

* **Water depletion.** Signs include excessive thirst, weakness, headache, and loss of consciousness.

* **Salt depletion.** Signs include nausea and vomiting, frequent muscle cramps, and dizziness.

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Visit our website at
www.windycrest.com
 You can e-mail information
 to the Board Members
 via this webpage.



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

**2012 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

AUGUST 2013

- 10....Windybowl Club Regatta - Junior Championship
- 17.....Beach Party
- 21Full Moon
- 25KB Fall 1 & 2
- 30 ...Last Day for Reservations for Labor Day Brunch

SEPTEMBER 2013

- 1CB Fall 1& 2
- 2.....Labor Day Brunch and
 Long Distance Race
- 4.....Have Reservations for the
 Sail for Steve Dinner?
- 7.....34 th Annual Charity Regatta -
 SAIL for STEVE
- 8KB Fall 3 & 4
- 9.....BOG Meeting, 6:30 p.m.,
 Sand Springs Case Community Center
- 15CB Fall 3 & 4
- 19Full Moon
- 22CB Fall 5 & 6
- 29CB Fall 7 & 8

OCTOBER 2013

- 5MC Scow SW Regional Regatta WSC
- 6MC Scow SW Regional Regatta WSC
- 7.....BOG Meeting, 6:30 pm,
 Sand Springs Case Community Center
- 13.....KB Fall 5 7 6
- 19Brisket Dinner, Annual Meeting
 and Election of Officers
- 19Windycup Club Championship
- 20Windycup Club Championship
- 27KB Fall 7 & 8



Waiting Lists - August 1, 2013

Changes: For any changes, additions or questions about the waiting list, please call Michael Jones, 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.

All requests are based on dated, written requests C22fleet.captain@windycrest.com submitted to the Vice Commodore.

SLIP UPGRADE LIST

7/21/2001	Rex Donley, C to B	1/30/2003	George Thomas
10/20/2005	Barbara Montalbano, C to B	10/5/2003	Wendy Hawkins

SLIP WAITING LIST

9/3/2012	Evelyn Hayes*	2/3/2004	Darrel Daniel
9/10/2012	Bob Wandres	4/1/2005	Margaret Hamlett Shinn
9/11/2012	Chris Hardgrave*	6/30/2007	Chris Gill
10/1/2012	Don Henry*	9/2/2008	Clay Agent
12/5/2012	Matt Gillis*	11/28/2008	Bob Ibanez
2/4/2013	Kim Johnson	5/21/2009	Stu Bernd
3/13/2013	Roger Adams	6/8/2009	Mike Dixon
3/19/2013	Julie Stillwell	8/18/2009	IV McNamara
4/12/2013	Paul Holden*	10/22/2010	Preston Bannon
6/13/2013	Phillip Bryan	2/1/2011	Ron Reese
6/14/2013	Bill Lawson*	2/1/2011	Dave Runnels
6/17/2013	Brice Green	1/4/2012	Michael Gent
6/21/2013	Gena Holden*	3/20/2012	Paul Jensen
7/1/2013	Charles Keithline	6/18/2012	Rick Floyd
	*on mooring now	9/14/2012	Jan Garvin
		1/1/2013	Grant Gerondale
		3/1/2013	Scott Williams
		4/10/2013	Greg Tiffany*
		4/16/2013	Roger Adams

TRAVEL TRAILER WAITING LIST

5/6/2011	David Williams
11/18/2011	Les Howard
6/25/2012	Roy Lagore

PASSED TRAVEL TRAILER LIST

2/27/1999	Barbara Montalbano
10/30/2001	John Lissau
10/9/2004	Reid Barcus
10/10/2004	Joe Perrault
10/11/2004	Terry Dannar
4/1/2005	Margaret Hamlett Shinn
4/1/2005	Diana Opalach
7/1/2005	Sam Mieir
11/30/2010	David Runnels

MOORING UPGRADE LIST

MOORING WAITING LIST

PASSED SLIP LIST

Members who have reached the top of the Slip Waiting List or previously held a slip may request to be placed at the top of the Waiting List at any time.

6/2/1997	Ed Dailey
1/30/2002	Roger Seimens



A reminder from the Windycrest Store-

Please be sure to contact us for any Windycrest Store needs, either at club events, by phone or email. If ordering clothing it is possible to just order one of a wide variety of items. Jackets, slickers, fleece vests, windbreakers with or without linings, short or long sleeve polos, and denim shirts are just some of the things that can be ordered with the Windycrest logo.

In-stock items include:

- Burgees
- Lapel pins
- Koozies
- Caps
- Soft lunch coolers,
- And some youth denim shirts



Do let us know if there is anything you would like to order.

Matt & Sue Gillis
matt: 918-557-6856
Sue: 918-232-8488
activities.captain@windycrest.com

E-MAIL, MAILING LABEL/ADDRESS CORRECTION

Please check your E-Mail and/or mailing label. If you find errors or want to correct or change something, please contact Sally Daniel at 918-235-1145 or secretary@windycrest.com.

Boats for Sale



Boat for Sale

Catalina 22 (1975)
 Swing keel
 8 hp Evinrud
 outboard engine
 Cockpit cushions;
 Jib, Genoa and Main
 Trailer
 Stem kit
 transom scuppers
 and trailer guides
 (added in 2012)

Call Nuel Holman
 (918) 664-1071 or e-mail
 nholman106@sbcglobal.net



4 HP Long shaft outboard motor
\$200.00

Terry Rainey
918-369-5493



FOR SALE

Catalina 27 1974.#1640
 Rigged for cruising or racing.
 7.5 electric start Mercury outboard.
 Sails and interior in good condition.
 6000# hydrohoist also for sale
 See in B3 slip

\$4000

918-742-8565
Joe Mc Donald

jl.sailor@hotmail.com

FOR SALE

1979 Catalina 22 – Excellent Condition
 Finished teak; Sound hull and decks
 Slide-out Galley
 4 HP Nissan outboard (3 years old)
 All rigging; Mainsail, 150% Genoa, Storm jib
 Trailer; Audio/CD/AM/FM/Aux; Trolling rig

\$3,000

dlbriggs@cox.net OR 918 625 9170

S 2 YACHT FOR SALE

S 2 8.5 (28'), 1982.

Tandem-axle trailer with adjustable pads.

9'6" beam. 4'6" draft.

7600 lb. displacement. 6' head room.

Full mast lighting. Lewmar main & jib halyard winches.

Aqua-Air Heat & AC system. New in 2005: running &
 standing rigging; steering cables; throttle & shift control
 cables; battery charger; Pioneer radio stereo &

4 speakers (cabin and cockpit);

mainsail cover; pressure water system; prop, shaft &
 strut; acrylic hatches; & Hood roller furling with 135% jib.

Mainsail refurbished by Sail Care in 2009. Other sails –
 100% & storm jibs. Electrical – 12 V and 110V shore
 power. VHF radio. Large JSI bimini with one side curtain

(new 2006). Edson wheel steering with
 pedestal compass. Horizon depth sounder
 (new transducer). Cockpit cushions.

Swim & rescue ladder (new 2011).

New Pumps in 2010 – AC, bilge (automatic) &
 water system. Porta Potti. Hilerange alcohol stove.

Engine – Yanmar 13 HP, 2 cylinder diesel.

Well maintained wood interior with teak & holly sole &
 sunbrella main salon cushions.

Exceptional sailing yacht for offshore or inland lake.

Offered at \$18,900 (REDUCED).

**Call Guy McCormick, 316.721.2553 or 316.619.0077, or
 email at gmccormick47@cox.net.**

Boat is on trailer at Ninnescah Yacht Club, Cheney Lake,
 20 mi. west of Wichita, KS.

BOAT FOR SALE/SAIL

23" Aquarius, three sails, one main and two jibs,
 no motor; trailer - with two new tires

\$1000

contact: John Keady at 816-682-5382

Boats for Sale

1982 Catalina 25 Pop Top Retractable Keel with Trailer
\$4,500

Bought from previous Windycrest members in 2012.

Serviced Mercury outboard motor, replaced roller traveler, mainsheet line, adjuster line, and main and jib lines, added spreader boots, shroud boots, new trailer tires and prepped hull for paint. Sails include 3 jibs and main sail - usable condition. Would love to help someone finish getting her ready for summer. Mast is up, but needs a new forestay, bottom paint, and bilge covers. Located in the Windycrest dry dock.

Call Scott at 918-346-3281

Boat for Sale

1974 Catalina 22 #3218 "Ethel M".
 Retractable keel, 2 jibs+whisker pole.
 1998 Mariner 5 hp outboard, Alcohol stove.
 No trailer.

Belonged to Bill McKee

\$650

281 890 8122 mckee@ieee.org
George McKee

REAR COMMODORE'S REPORT

We had a great year of junior sailing. The kids got run off the lake only one time by storms and almost always had wind. We will finish the season with a trip to Wichita for their junior regatta on August 10.

The Windy Bowl, held on August 3, had just the right amount of wind starting with about 15 mph and going down to about 5 mph. They got in 3 races with most participants sailing Optis. Those that attended were Adelynn Woodward, Allison Baggett, Dalton, Henderson, Ethan Baggett, Lauren Baggett, Mataye Woodward, Nick Holden, and Zander Holden. As I said last month each time I see the sailors out sailing I see great improvement. They met each challenge and conquered it. I hope that they will continue the journey that they have started in sailing.

Our adult training has taken a break for the hot time of the year. We plan on resuming when the weather cools. Watch the calendar for the times and dates.

For those of you that don't want to get out in the heat but still want to get your sailing fix the Louis Vuitton Cup and America's Cup coverage has started. I am not sure you can call it sailing, it looks more like flying to me. It is definitely different not sure whether it is better or worse but I think it will be interesting to watch.

Sunny Skies, Warm Water, and Fair Winds

Darrel

Rear Commodore Report

SUNFISH EQUIPMENT

SF/landscape trailer, 1000# capacity,
 5 X 8 planked (4' tongue), 12" hi speed tires,
 spare, bunks to store SF upside down,
 6" drop/1 7/8" ball hitch, 14' X 6" dia heavy
 plastic tube sail/spars/mast storage,
 trailer nearly new **\$500**

Sunfish dolly (or laser, etc.), like new **\$200**

Sunfish upper/lower racing spars **\$275**

Dry Suit size med/large (worn 6 times) **\$80**

Ditty bag shroud tension gauge, cleats, stainless
 steel bolts, screws, washers, fiber glass repair
 kit, etc. **\$30**

BONUS Included free –
 thousands of fond memories

Will deliver.

Contact

Warren Fitzpatrick 940-597-2668

A LETTER FROM THE PAST COMMODORE

Windcrest Members,

I am sure that many of you have heard of chain gangs from years past. Those criminals that did road work while serving time for crimes against humanity.

Well, Windcrest has its own chain gang, not criminals, but heroes, members of our club that have sacrificed their time to save our boats and our club as we know it today.

For those of you who may not know, a couple of summers ago Windcrest had a near catastrophe. With high winds and three foot swells eleven of the chains holding C Dock broke allowing the dock to swing freely. The club was lucky not to lose any boats or the whole dock at that time. Since that event, there have been several members of the club become a part of the group affectionately referred to as the chain gang. Not scoundrels at all, but our personal heroes led by Jack Stewart and Yul Schaffer. Members of the gang have included Jim Stinson, Terry Rainey, Roger Adams, Bob McGinnis and Darryl Daniels. If I left anyone out, I apologize.

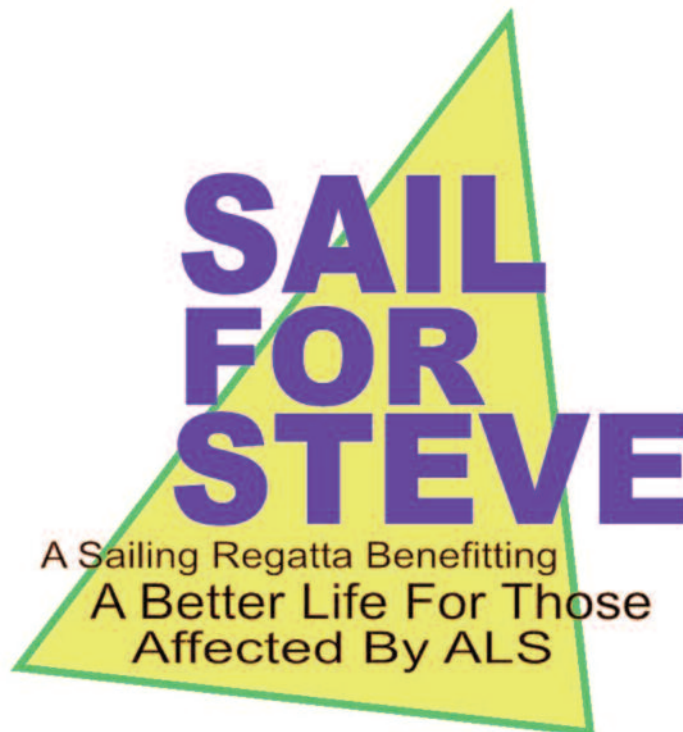
Over the last three sailing seasons this gang of volunteers will have changed out 26 anchor chains and has

saved the sailing club thousands of dollars in dock repairs. Our gang has saved us from those modern day lake pirates better known as dock services. Our chain gang are our own personal heroes and deserve to have a celebration thrown in their honor. It would be a small display of our gratitude for their contribution to the club that they have made without ever asking for any recognition or favors.

I have been approached by several members stating the need to show our appreciation to these club members for contributing to our ability to go to the lake and relax and enjoy our friends and family without a care in the world. Our personal chain gang deserves a party. I don't know what kind of party just yet, but something to acknowledge their efforts.

Until then I would just like to say, "Thank You" to all of those who stepped up for our sailing club.

See you on the water,
Doug Lewis, Past Commodore



**See information on
pages 8 and 9 of
this newsletter**

NOTICE OF RACE



Event: Windycrest's 34th Annual Charity Regatta:
Sail For Steve
 "A Sailing Regatta Benefitting a Better Life For
 Those Affected by ALS"

Some of you may be unaware that our friend, long time member, and past commodore Steve Snider has been diagnosed with ALS. Steve approached us and asked if this year's charity event could benefit those whose lives are affected by this progressive disease. Many of us are only too happy to help Steve with his vision. Please put your money where your heart is by sailing and volunteering for this regatta. It is all for Steve and those affected by ALS.

- Eligibility:** All sailboats are invited to participate.
- Schedule:** Saturday, September 7, 2013
 9:00 to 10:30 - Registration
 10:45 - Skippers Meeting
 11:45 - First Start, PYS Handicapped Reverse Start Race
 2:00 - End of race
 2:30 - Snacks, Keg de-briefs, lunch and trophies to follow.
- Entry Fee:** Your donation will be your entry fee. Please give what you can, or what you can afford. Remember, it is for a good cause. Additional donations for APSO from your crew, friends of Windycrest, and friends of ALS are encouraged. If your boat is sponsored or you procure outside donations, please note the payment section below. 100% of your entry fee is tax deductible.
- Pre-registration:** **Pre-registration required for lunch reservations.**
 Please pre-register on-line at:
http://www.windycrest.com/wsc_reservation_regatta_form.html
- Lunch:** Lunch included in your entry fee. Burgers ala Wednesday night style. Be sure and pre-register!
- Payment:** For tax deductible purposes, make your entry fee and/or donation-sponsor checks out directly to:
 ALS Patient Services Outreach
 P.O. Box 702558
 Tulsa, OK 74170-2558
- Contact:** Danny Ziegler 918-857-3252 sailamc@aol.com

Windycrest Sailing Club takes pride in hosting this regatta on behalf of its members, but is unable to accept donations through the Club. Your check will be your receipt. Personnel will be on site to issue an official receipt from the APSO.

Please plan to SAIL FOR STEVE.

Windycrest's 34th Annual Charity Regatta



Our friend, long time member, and past commodore Steve Snider has been diagnosed with ALS. Steve approached us and asked if this year's charity event could benefit those whose lives are affected by this progressive disease. Many of us are only too happy to help Steve with his vision. Please put your money where your heart is by sailing and volunteering for this regatta. It is all for Steve and those who live with and fight ALS everyday.

PRE-REGISTRATION IS REQUIRED FOR LUNCH

Register on-line at www.windycrest.com/sailforsteve

Schedule:

Saturday, September 7, 2013

9:00 to 10:30 - Registration
 10:45 - Skippers Meeting
 11:45 - First Start, PYS Handicapped
 Reverse Start Race
 2:00 - End of Race
 2:30 - Snacks, Keg de-briefs, lunch,
 and trophies to follow

Entry Fee: Your donation will be your entry fee. Please give what you can or what you can afford. Remember, it is for a good cause.

Please present your donation at Registration.

Sponsors and Sponsorships

Our friends and organizations outside of Windycrest are cordially invited to participate in the regatta and accompanying festivities. We can arrange the following for our Sail For Steve sponsors:

- >Ride on boats sailing in the regatta.
- >View the regatta on a 72ft two level, air conditioned power vessel for those who would like to view the race in comfort.
- >Provide lunch for your group.

Suggested Sponsorship Levels:

__ \$25 __ \$50 __ \$100
 __ \$300 __ \$500
 __ \$1,000 __ \$2,500

APSO's Mission: To assist with those non-medical services that would otherwise fall through the cracks. This could include, minor home repairs, modifications for accessibility, housework, yard work, errands, care giving assistance, ALS education, emotional and spiritual support; virtually any services that volunteers or skilled labor may be able to provide. We will collaborate with local churches, civic organizations, and corporate sponsors to organize and mobilize these resources.

REVERSE-START RACE MANAGEMENT AND TACTICS

HOW TO MAKE THE MOST OF THE PORTSMOUTH HANDICAP SYSTEM

In one-design sailboats, the best sailors compete closely throughout the race and cross the finish line in very close order. Similarly and ideally, if every boat in a mixed fleet is sailed to its optimum performance level, the handicap-corrected finish times are equal and all boats come in first, though their elapsed times vary significantly. For several special regattas during the year, Windycrest uses a calculation method that “reverses” the process, by starting boats at different times based on their handicap so that they, again ideally, cross the finish line together at the end of the race.

To manage a reverse-start race, the PRO must predict what average wind speed will prevail during the race. Tables of starting times are published for the four classifications of wind conditions, and sailors are informed before racing begins of which table to use to find their start times. These start times are calculated based on the time faster boats would take to catch the highest handicapped boat when the race is over at the prescribed time of day.

For sailors, the reverse-start race gives an opportunity to compete in a big mixed-class fleet minimizing the potential for being buried in the back of a single very crowded start. Because the race is over at a prescribed time, the finish positions must be recorded at that instant. The race committee must make judgment calls in a similar fashion as they would when boats are “finished in place” in a conventional race. The difference is that there is no stigma attached to a FIP boat in a reverse-start race because ALL boats are FIP.

To protect your finish position and minimize any questions of the race committee’s judgment, your primary tactic is to put your boat between your nearest competitor and the finish line at the designated ending time of the race. If you split tacks on the last leg, be sure to get back in the game and cross the other boat, again ideally on the rhumb line of the final leg. From a bird’s eye view, there are “ladder rungs” across that final leg, and the higher up you are, the better your finish position.

Our racing program is the foundation of Windycrest, and as the club has matured over nearly 50 years so too has racing. We started out as a “One-Design Sailing Club” with large fleets of Snipes, Thistles and Lightnings meeting for level racing throughout the year. As some classes diminished in size, racing sailors needed a way to play the game with different boats. This being a national problem, the US SAILING Portsmouth Handicap System was developed to serve the need to equalize performance. Windycrest helped pioneer the system, with the late Darlene Hobock serving to process race result data submitted by clubs across the country. Our club is proud to have the distinction being on board from the beginning of this respected sailboat handicap system.

Plan to sail in the next reverse-start race, Windycrest’s Sail for Steve Charity Regatta benefiting victims of ALS on September 7th. Find out how much fun it is to lead other boats in the race, at least until passed by some hotshot crew.

Continued from page 3

Although heat exhaustion isn’t as serious as heat stroke, it isn’t something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death

Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- * Confusion
- * Dark-colored urine (a sign of dehydration)
- * Dizziness
- * Fainting
- * Fatigue
- * Headache
- * Muscle cramps
- * Nausea
- * Pale skin
- * Profuse sweating
- * Rapid heartbeat

Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it’s essential to immediately get out of the heat and rest, preferably

in an air-conditioned room. If you can’t get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- * Drink plenty of fluid (avoid caffeine and alcohol).
- * Remove any tight or unnecessary clothing.
- * Take a cool shower, bath, or sponge bath.
- * Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 30 minutes, contact a doctor because untreated heat exhaustion can progress to heat stroke.

After you’ve recovered from heat exhaustion, you’ll probably be more sensitive to high temperatures during the following week. So it’s best to avoid hot weather and heavy exercise until your doctor tells you that it’s safe to resume your normal activities.

LOTS FOR SALE AND...SAIL

WHISPERING HILLS

Corner of Mayfield Road and Indian Drive

Just listed and a great buy at \$24,000.

2 lots (sold as a package)

+ or - 2/3 wooded acre combined

@ 2 miles from Windycrest

OWNER/BROKER lots

(possible owner carry)

Unplatted .55 acre wooded lot,
adjacent Estates of Shell Creek West.

\$44,900

@5 miles from Windycrest

Corner of PRUE ROAD and CR 1701

20 acres. Can be sold in 5 acre tracts.

\$3,500 per acre

@ 12 miles from Windycrest

SHELL LAKE SHORES

Tower Rd and Old Town Road

1.3 acre + or – lake and road frontage
\$75,000

1.3 acre + or – lake frontage \$70,000

1 acre + or - road frontage and lake view
\$50,000

@ 4 miles from Windycrest

Corner of PRUE ROAD and CR 1701

20 acres. Can be sold in 5 acre tracts.

\$3,500 per acre

@ 12 miles from Windycrest

OWNER/BROKER lot Candlestick Beach

1/3 acre lot \$17,900

@5 miles from Windycrest

UNDER CONSTRUCTION

PELICAN POINT Mannford

3 bedroom, 2 bath, oversized 2 car garage,

with walk up attic storage or future bonus room:

\$218,900

12 MILES from Windycrest, 2 miles to Salt Creek
Marina,

4 miles from new Cross Timbers Marina



**Check out Hardgrave Realtors and Builders' website
at tom@tomhardgrave.com or phone us at 918.798.2200**

Want to buy a House

... with a splendid lake view and a boat dock and slip?

Why **DRIVE** to the lake when you can **LIVE** at the lake?
... and be in your boat in 5 minutes



For further information contact Ron Buckner at RE/MAX Executives (www.ronsellstulsa.com)

The view is of our house from the street and in addition there is a slide show of 24 other photographs, mostly inside the house but some views of the lake and one of our boat dock. The boat slip is presently being modified to take keel boats with an 8 ft. clearance.

“A STEAL at \$225,000”

Immediate occupancy.

“A private Boat Slip comes with it”

Jack and Bennie McKenzie

(... We are heading for the Texas Hill Country)



P.O. BOX 4731 TULSA, OK 74159-0731

Address Service Requested

NEW ADDRESS OR PHONE?

Call us!!

Sally Daniel

918-235-1145

secretary@windycrest.com



Labor Day Brunch and Long Distance Race

MONDAY, SEPTEMBER 2, 2013.

LABOR DAY BRUNCH HOSTS CATALINA 25/27"S

SERVING FROM 9:30 AM TO 11:00 AM

ADULTS \$6.50

CHILDREN 4 TO 12 YEARS OLD \$3.00

EGGS, BACON, SAUSAGE GRAVY, BISCUITS, FRUIT AND ASSORTED SWEETS
AND DON'T FORGET THE ADULT DRINKS (BLOODY MARY'S AND MIMOSAS),
COFFEE AND ORANGE JUICE AND A SURPRISE OR TWO!

RSVP TO MIKE AND TRACY LANG AT 918-242-3855 OR TANDMLANG@AOL.COM
REX AND ALLENE DONLEY AT 918-744-8656 OR CRDONLEY@JUNO.COM
BY FRIDAY, AUGUST 30, 2013