WINDWORD



Volume 26, Issue 4

April, 2020

Mark Hoagland, Editor

Page 1



Windycrest Calendar 2020



May 2020



Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	
26	27	7	28	29	30)	1	2
						Hang in there	Go to Club	
						Things are	Maybe?	
						Getting Better	Should be OK	
Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	
3			5	1	1	ı	8	9
	BOG Meeting	Cinco De Mayo		Hair/eyebrows!	Full Moon	It's	wsc	
5 & 6 Race	Zoom	No Bars!		Need Barber	Stay Home	Going to OK	Work Day	
	It's OK?	PH bday		to OPEN!	and Howl		So much to do	
Sunday	Monday	Tuesday	4.0	Wednesday	Thursday	Friday	Saturday	
10			12		1	1	15	16
,	Hang in there	Call about a		Callled about	Where is my	Hang in there	WRC	
Public Lunch?	it' going to be	Hair cut		Hair cut. Girl	Stimulas Check	Things are	Open Regatta	
	ok!			laughed and		Getting		
		OK yet?		Hung up		Better!		
Sunday	Monday	Tuesday	40	Wednesday	Thursday	Friday	Saturday	
17	_		19		1	I	22	23
WRC	Take inventory	Don't Throw		1st Wednesday	Will we ever	Come on! OK?	Go to Club	
Open Regatta	Mask√Food√	Mask Yet!		Night Race	Race again?		Sunscreen!!!!!	
	Tolet Paper √			ummmBuger				
Sunday	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	
24			26	1	1	I	29	30
KB and CB	Memorial Day	Hang in there		ss Check comes	Are we past	Come on	Special Day	
7 & 8 Race	LD Race	It is about to		Buy gas for	This??!!	Government	Gotta to go	
Cundov	Manaday	be OK!!!		outboard		tell us it is OK!	Sailing OK?	
Sunday	Monday							
31		Notes		ا ماندها المسادد (۵	Contrat Din travations			
	Come on June	•		rvived, thanks to S	,	ana common sense	z.	
· ·	We are all	Thanks go out to all First Response People.						
it is over!	ready.							

WINDWORD



Editorial Section Page 2

Windycrest Sailing Club
Important People

Editor-Winword

Mark Hoagland 918 289 5613 cell winword@windycrest.com

Webmaster-Windycrest.com

Carmen Skelton, webmaster@windycrest.com

Facilities Manager

Chris Foster facilities.manager@windycrest.com

Training Director

Eric Burkhardt training.director@windycrest.com

KB Scorer

Roger Kerr kbscorer@windycrest.com

CB Scorer

Harvey Baker cbscorer@windycrest.com

Editor's Notes

New sections to the Winword:

Letter to the Editor

Let your voice get heard!

Member and Fleet Articles

What is your fleet doing? Recent Sailing Trip, etc..

Classified

Connection boxes for Crew and Skippers to meet.

windword@windycrest.com.

Editor's Log.

"April showers will bring May flowers." I have heard that saying since I was a kid. Mom would say it, so when we were sitting in the house watching the rain, we could look forward to the beautiful Oklahoma wildflowers, Iris's, Jonquils, and at my home, I have Morning Glory vines and Rose bushes.

We also have the saying at Windycrest that "April showers can bring May Floods and May showers can bring a messed up sailing season." So, not wanting to be a Negative Nick, I am looking to a season of racing, sailing, beach parties, cookouts, and a great time at Windycrest Sailing Club.

There is all kinda' of things going on to bring our club up to the standard that we expect. Breakwaters are being repaired, and electricity is being restored, more life rings are getting placed on the docks.

Windycrest Sailing Club has a new Facility Manager, Chris Foster, who is going full blast. I was out Thursday with Bill Reynolds working on the receptacles on the docks. When finished Chris, Bob McGinnis and myself worked on getting a ramp back in place. Did you know we had a working tractor?



The Winword has a place for you to give your opinions on what you would like to see done. Anonymous or NOT, you always can write to the Letters to the Editor. Rest assure that I will see that the proper people get your message. There is no issue ever closed at Windycrest Sailing Club.

See you on the Lake Mark Sailing News Page 3

From around the world and your own backyard.



Sailing shouldn't be this hard Published Scuttlebutt News on April 21st,

For such an iconic boat as the Laser, it's been all "lawyers, guns, and money" for class administrators to insure builders make legal boats, to fulfill the new requirements for Olympic equipment, and to deal with the various holders of legal rights.

And while the International Laser Class Association (ILCA) has been cracking eggs to make an omelet, the organization now faces a grease fire as a group of disenfranchised Laser sailors have banded together to form a competing association they call The Laser (TLC).

In the thick of this new organization is LaserPerformance (LP), which had been the dominant builder for ILCA until LP was found to be building non-compliant boats. Now removed as an ILCA builder, TLC is their "rising like a phoenix" narrative.

Beat Heinz, the acting TLC executive secretary, responds to some questions:

Is the plan for The Laser Class to replace ILCA?

First of all, we have to say that it was never our intention to split from ILCA. Over years we tried to influence them from within to open up, be more transparent, and listen to their members. But nothing changed. Therefore, finally, after long considerations we decided to create a new class – dedicated to transparency and a very direct democratic approach. We want to represent the original spirit of the Laser be this with or without ILCA.

Continued on Page 4

Need something to do other than Sail, We are allowed to take a Nature Hike as long as we keep Social Distancing. Editor's Note



Ice? Fire? Drought? This ancient forest is made of tougher stuff than most people know. These hard-crusted trees, some of them 300, 400, even 500 years old, stand as a sage army of post oaks and redcedars, undisturbed, unyielding, less than 15 miles from Tulsa, marking the gateway from the deciduous forests of the East to the prairies of the West.

Some of these trees have had their tops knocked off by wind or broken by ice over the passing centuries. But they'd be here, lush in the spring, painted in the fall or bare in winter when visitors can see through the maze of branches over the high bluffs on windy days and watch cloud shadows chase sun streaks across the lake below.

PROTECTED FROM DEVELOPMENT

Fortunately, the craggy terrain has left developers unwilling or unable to tackle the area. No cotton farmers cleared these rocky hills. No wood mill workers harvested trees for chip piles. Wildfires couldn't swarm these bluffs. There was no clearing for grazing or crops or development, all of which have cut away some 80 percent of the ancient forests elsewhere over much of the crosstimbers' historic range across Oklahoma.

CROSSTIMBERS FOREST

While some would consider the area's beauty subtle, its history is anything but that. The cross-timbers originally covered 30,000 square miles, stretching from Texas through Oklahoma and into Kansas, and they were here when European explorers wandered through the state and when Indian tribes called it home. This forest was here before this was America.

Continued on Page 4

Sailing News Page 4

Shouldn't be this Hard, Continued from Page 3

Being an Olympic class is a blessing and a burden. What would TLC prefer?

Being an Olympic class is helping a lot in respect of media presence, and while we fully stand behind in the Olympics, we also think that in the past ILCA has somehow forgotten about all the sailors not on the Olympic path. This segment are those sailors representing the big majority of this class. Therefore the club sailor, the youth sailor, and the master sailor are the three main groups The Laser Class is focusing on.

LaserPerformance, as the only recognized builder at this time, had been unable to adequately supply the Americas for ILCA members. Has there been any change to improve service?

This is definitely not the best story for LP. They will definitely need to do their homework in that area. As a class, we cannot speak for them and do not know their plans on how they want to achieve this.

Is TLC seeking additional builders? How will the class ensure consistency?

We are working on the required processes and will very soon invite other builders to join the class. We will make sure those new builders will follow strict one design rules are applied by very narrow margins in the production manuals.

Continued from Page 3 UNDERSTANDING THE IMPACT

The crosstimbers earned its name from settlers who found much of the thick forests impassable as Oklahoma Territory was opened for settlement. American writer Washington Irving passed through in 1832 and wrote of the "vexations of flesh and spirit" that set upon the travelers who he said felt as if they were "struggling through forests of cast iron."

In many ways, the crosstimbers has suffered unnoticed declines for the same reason the tallgrass prairie suffered for years. In both ecosystems, the beauty is subtle. The post oaks survive in a drought-stressed land and don't show their age by growing wide and tall like California's ancient sequoias. At first glance, they don't look old.

Until now there has been no park or preserve dedicated to these historic forests. And conservationists estimate the vast majority already has been destroyed. The Nature Conservancy hopes that this preserve will do for the ancient crosstimbers what the <u>Tallgrass Prairie Preserve</u> north of Pawhuska has done for tallgrass.

CITY PARTNERSHIP

The Nature Conservancy held a management agreement over the preserve since 2002 when the property was originally purchased by the <u>City of Sand Springs</u>. However, in March 2015, the City donated a conservation easement to The Nature Conservancy to ensure the land will stay intact as a natural area.

Owned and operated by the City of Sand Springs, the Keystone Ancient Forest Preserve totals over 1,200 acres and protects a prime example of cross timber woodlands, including some of the oldest known living eastern redcedars, aged at over 500 years.

Windycrest Sailing Club Board of Governors

Commodore

Skeeter Chilton 918 346 9518 cell

Commdore@windycrest.com

Vice Commodore

David Hyman 918 629 1592 cell

Vice.commodore@windycrest.com

Rear Commodore

Lisa Weatherholt 918 497 0624 cell

Rear.commodore@windycrest.com

Past Commodore

Jo Ann Chandler 918 550 0216 cell

Past.commodore@windycrest.com

Secretary

Maurice Casad 918 766 2176 cell Secretary@windycrest.com

Treasure

Gary Worley 918 261 4074

Treasure@windycrest.com

Fleet Captain

Dan Jarrett 918 630 5563

Fleet.captain@windycrest.com

Activities Captain

Mark Hoagland 918 289 5613

Activities.captain@windycrest.com



WSC Board Minutes of Meeting for April 2020

April 6th, 2020

(April) BOG Meeting

Call the Virtual On Line Meeting to order: Skeeter Chilton (Commodore), David Hyman- (Vice Commodore), Lisa Weatherholt (Rear Commodore), Dan Jarrett (Fleet Captain), Maurice Casad (Secretary), Gary Worley (Treasurer), Mark Hoagland (Activities Chairman), Jo Anne Chandler (Past Commodore), Carmen Skelton (Webmaster)

Meeting was called to order at 7:07 pm on line via Zoom. All BOG members participated remotely in the safety of their own homes, in case you are wondering.

Adam Kemmerly and Mikasa Barnes are new WCS members, please welcome them to Windycrest.

Old Business:

Several ex-members with boats at WSC have not renewed their membership so far in 2020, so the BOG is considering necessary action on the apparently abandoned boats. The boats may be put up for sale, used for training or offered for auction to recoup storage fees owed. A "lost title" process will need to happen so WSC can gain legal title to the boats before they can be sold or auctioned off.

New Business:

An alternate email service provider for the WSC official emails is being considered. We are currently hampered by the limited email sizes when sending out club wide emails, we quickly hit our size limit.

Secretary Report:

- The March 2020 Minutes of Meeting were approved.
- The 2020 directories are ready to be printed. A discussion on how to disseminate the directories to the members was discussed, if the annual Work Day is indefinitely delayed. The new membership cards with the new 2020 gate code may be mailed separately.

Treasurer Report:

- A motion was proposed to accept the Treasurer's report; it was seconded and approved.
- The balance sheet for the club is in very good shape.



Activities Captains Report:

No activities are currently scheduled due to the virus situation. We will wait until the situation returns to something approaching "normal" before trying to schedule any events.

Fleet Captain Report -

- A new race timing and the alert system has been purchased and now installed on the Race Committee boat. This new system has been tested and is now ready for use.
- Official club racing and open regattas are canceled until further notice due to the coronavirus.
- A virtual PRO training session may be considered since a group training session isn't possible for the foreseeable future to anyone interested in being a PRO once racing resumes.

Vice Commodore Report:

- The toilet in the Women's restroom has been repaired.
- The tie-up dock has a problem with the tie-up cleats/rings not being sufficiently secured to the steel frame. The flotation
 capsules are also not sufficiently attached to the steel frame. Dock Services fabricated the dock, and they have been contacted about an effective repair.
- The A dock is further deteriorating.
- Bob McGinnis and others are working on the South breakwater. WSC members plan to build about 20 concrete baffle panels to replace the missing ones on that breakwater. The North breakwater is also in need of substantial repair. Dock Services has been contacted to survey the problem and propose a fix.
- The annual May Work Day will not occur on schedule due to the covid-19 virus. The Work Day will be rescheduled for the first possible opportunity.
- WSC member Bill Reynolds has begun the electrical renovations.
- Repair and resurfacing of the asphalt road into WSC has been offered to Branchcomb Asphalt, who was the low bidder on the project. His original price estimate is being reviewed to be sure it is a firm price.
- The winter windows have been removed from the pavilion.
- Recent purchases for WSC include rolls of paper towels for the restrooms, plastic garbage bags, sample solar path lighting for a test trial, and two lifebuoy dock stands with lifebuoys.
- The current WSC work truck is in poor shape and needs to be replaced. The BOG is investigating acquiring another suitable work truck for the use of the Facility Manager that is capable of going safely on the road to run local errands.
- The recent high water did not reach the floor of the pavilion thankfully.

Facility Manager:

No report this month.

WSC will be reviewing applications for a new Facilities Manager, and hopefully will have a person identified and starting work by mid-April.

Rear Commodore:

A survey is being composed to send out to all WSC members soliciting information to help Lisa decide what types of content would be well received by the club. Examples include short sailing videos, various boat class websites with interesting and relevant content, continuing communication on a regular basis, so everyone has an opportunity to feel included in the WSC community.

Consider an updated orientation process for new members, also a refresher for existing interested members.

Solicit any other suggestions from members on ways to keep up interest in sailing and the club.

The dinghies used to access the moored boats, and for getting around the docks in high water, are in need of repairs and/or replacement. The BOG is considering the purchase of some new dinghies if necessary.

The Women's Sunfish group had a promising start but has been put on hold until in-person meetings can happen again.

Past Commodore:

JoAnn volunteered to host a Post Virus Regatta as soon as the virus situation is under control. If possible, the club may try to host a July 4th regatta.

Commodore:

A bleach water mix has been put into the Men's and Women's restrooms for sanitizing for club members. It is a fairly weak 1 to 10 bleach/water dilution.

The next meeting will be on May 4th, probably again remotely online via Zoom.

Respectfully yours,

Maurice Casad, Windycrest Secretary

Sail Magazine 1977—1999 Yours for the taking. See Facilities Manager

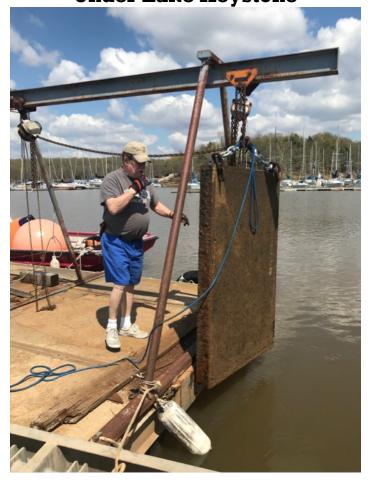


The Springtime of Our Discontent

By David Hyman, Vice Commodore

pril, 2020, really is the cruelest month at Windycrest; but then so was March. First, there was heavy rain in the Arkansas River watershed, which meant that the Corps of Engineers turned Keystone into a giant retaining pond. The water rose to 13 feet above normal elevation, just shy of the pavilion floor. It flooded the lower parking lot and made the entire waterfront, save D Dock, inaccessible. But, just as soon as the waters receded and we were able to walk onto the docks, in came The Virus shutting down all of our club activities for the duration. Now, if you're the Bible reading sort, you wouldn't be surprised if next there were swarms of locust, the cattle broke out in boils, and the lake turned to blood. But I'm pretty sure none of that's going to happen since I'm

Mark Hoagland Came Upon This Mysterious Supernatural Obelisk Under Lake Keystone



Shortly afterward, he found some leftover bbq bones behind the pavilion, smashed Bob McGinnis' windshield with one and then hurled it into the air. He was later seen by the bathhouse muttering, "I'm sorry, Dave: I can't do that."

Continued from Page 8

pretty certain we aren't that vile and loathsome. Take comfort in knowing that this too shall pass and we will have fun at the club once more.

Now for some good news... We are happy to have hired our brand new facilities manager, Chris Foster. By the time you read this, Chris will be on the job. He works a great screw driver and tractor and plays a mean guitar, too. Please introduce yourself to him when you see him (dark hair, beard, overalls, looking busy), and that you will welcome him to Windycrest.

As much as we might disagree, Windycrest is not an "essential service", so we can't assemble on May 9 for the originally scheduled Work Party day. We are presently considering either a single Work Party day for everyone — or possibly a series of Work Party days — later in the year. If we hold more than one, they will be spread over a few weeks tackling a few projects each session. Be assured that we will give you plenty of notice of how and when we plan to do it. It will still be necessary to participate this year in order to get the Part B dues credit against next year's dues.

There are a few major projects afoot on the Windycrest grounds. The entire electrical grid is being upgraded after years of heavy use and improvised modifications. The asphalt road below the gate will soon be patched and sealed to prevent deterioration. The breakwaters are being renovated to assure protection of our docks in heavy weather. Dock flotation will be restored in many places where the foam has deteriorated or escaped. And keep an eye out for the spiffy new "no wake" buoy in the cove to replace the one there now that is sinking.

Please send me a note about about <u>anything</u> on the Windycrest property that you think needs to be repaired or replaced. Email me about it at <u>vice.commodore@windycrest.com</u>.

Until we can safely gather together again, know that it is OK to come to the club and sail your boat. Just be mindful of the need to keep a safe distance from other boats. But you do that anyway. Stay safe and healthy.

Sailing Terms—Defined

Scuttlebutt

The scuttlebutt is a cask on a ship containing the vessel's drinking water. It was named this as the container was traditionally a small barrel, the so-called "butt," which had been "scuttled" -- had a hole made in it -- so water could be accessed. As sailors would often gather around the scuttlebutt to chat, the word has also taken on a slang meaning of rumor or gossip.

Escutcheon

The place on the stern of a ship where the boat's name is written is known as the escutcheon.

Social distancing and airborne droplets are draining the fun right out of this job! I also make the *WINDWORD* editor's job harder because I turn in my article late, due to lack of inspiration. It seems so quaint now to think that I was worried about how flooding might affect us this year!

By the time this is published, I hope to have sent an email query to all members—concerning what their (your) hopes, expectations, and goals are if you are hoping to participate in an instructional program. This input will be shared after it is received. Even as our options are limited, whatever takes place will be driven by the information that I receive FROM YOU. As the weather warms up, it will be fun to be out at the Club, even if our options are limited. At last week's Board of Governors ("BOG") meeting we decided to cancel ****all of April's planned events, and I just saw an email from the Fleet Captain Dan Jarrett stating the same for May events.**** for instructional programs, we can plan our own gatherings—while observing the 'new rules'

My newest (that is to say: NEW to ME) boat, the J22, is still being overhauled; I hope it is done by early June. It was already a fast boat before we hauled it to the boat-fixer. Soon it will be fast AND PRETTY.

Lastly, if you need one more review of sailing terms and jargon, click here:

https://windycrest.com/Windwords/2020/Windword2003.pdf & print out pages 11 & 12.

(It's the crossword puzzle that I made for last month's WIND-WORD)

Lisa Weatherholt Rear Commodore



J22 hull, completely naked, ready for primer.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.

Explore. Dream. Discover."

Mark Twain

Heck of a time to be an Activities Captain. At least last year we could see the problem we were facing. Flood waters are so much easier to justify than a virus we can't see but is more scary that a tornado on Lake Keystone with your 150 up.

So we must think about the months ahead, JoAnn is working to move the Open Regatta to July 4th Weekend. I think that would be great we could really do a big blow out.

July gets Cheeseburgers in Paradise, and we are going to have a Movie Night at the club. I am open for all suggestions. I know we all want to get back to normal.

I am even starting to think about the Holidays and what should we do....Same as last year or try to have a Holiday/Christmas party. I want to button up something by the end of Summer. Someone, anyone is welcome to give me your opinion.

As you saw in the Vice Commodore's report I helped with some of the work on the breakwater. In his report, David made several references to a movie that was released in 1968 and is 19 years past it epic year. If you don't know the movie you are probably 30 years old or younger and if you know it right off you must be at least 50 + years old. If you are older than 60 and you don't remember it you need to be check for dementia. But no matter what age if you get the refences then you are officially cool.

I know that there are new members who have joined up to enjoy all the exciting events at WSC, only to see them canceled one after another. But this too will past. So, stay at home, wear your mask, wash your hands (and the rest of your body), and this virus thing will go away.

I am ready to party, I am tired of drinking by myself. So I am looking to sailors, racers, all you pretty people who like to hang out at the Lake to get behind me on this.

Mark Hoagland, Activities Captain

P.S. The movie is 2001 A Space Odyssey



Life is short, Break the Rules. Forgive quickly, Kiss slowly. Love truly. Laugh uncontrollably and never regret ANYTHING That makes you smile.

Mark Twain

Fleet News Page 12





Happy 32nd Birthday MC Fleet 32!

Born on April 28, 1988

Hard to believe all the years since John Kerr brought in this new fangled scow, an MC, to Windycrest. It was fast, stable, easy to sail, and it could be singlehanded. It was a nice fit, and soon an number of MC's were at the Club. But it was not just the boat, it was the people sailing them.

It is pleasant to think of all the great fleet members we have had over the years. There are so many, and all built the fleet by participating. To name a few... John & Marion Kerr, Jack & Nunnie Marsee, Jack & Jean Hickman, Gene & Peggy Kehr, Charlie & Shirley Nelson, Darline Hobock, Burdette Blue, Tom & Ruth Messler, John Smart, Jim Esposito, Rob Stout, Scampy Rainey, Harvey & Marsha Baker, Bill Franklin, Ron Reese, Dave Anderson, Laura Barnes, Darrel & Sally Daniel, Joan King, Jim & Sherry Stinson, Kenny Baggett, Bob & Linda McGinnis, Jack Stewart, Karey & Pam Low, Stephen Gent, Danny & Julie Ziegler, Jim Lange, Terry Dannar, Reid Barcus, Claude Kirk, Marcus & Delynn Fairless, Bill Jacobi, Ken Holcomb, Justin Adams, Mike Lang, Matt & Sue Gillis, IV McNamara, Fred Morgan, Roger Adams, Randy & Sharon Bell, Steve & Andrea Goff, Jon & Jennifer Crump, Drew Ziegler, Bob Glidewell, Grant Gerondale, Michael & Carmen Gent, Blaine Sampson, and Charlie & Nancy Keithline. Plus many more unnamed here. They all contributed to our Chili Cook Offs, Fishing Derbies, Corn Roasts, Fireworks, and numerous regattas. This year will be our 29th MC Scow Southwest Regatta. Not only did they build an active fun fleet, they did a pretty fair job building a sailing club too.

Our fleet is very strong and looks forward to a bright future at Windycrest. If you're interested in racing a MC, let any of our fleet members know. You'll love racing a MC Scow!













Please update your ads. Are they still active?

You can call, email, message in a bottle, no update no listing month to month.

Boats and Equipment

Page 13

Posted 02/10/2019

2013 J-70 #239 w/trailer. \$34,000

Never campaigned.

Never trailered after delivery.

Never kept in the water.

Sailed only in club races.

Located in Tulsa, OK



Contact: Roger Kerr at (918) 284-7910

Revised 2/15/2020

APS Sunfish White Dagger Board—Almost new (new price \$357) Not even a scratch—Reduced to \$150

Posted 7/1/18
For Sale
6000 pound Hydro Hoist
in excellent condition!
For a great price of:
\$1900

Located at Windycrest Sailing Club



Price included install in any slip at Windy Crest Sailing Club Contact Bob McGinnis (918) 665-1430 Posted 9/1/19



\$4,0002 x 3500 lb. axels, lo-boy, inertia brakes, spare tire, tongue extension and the lights all

work.

Contact: Gary Worley 918-261-

Posted 06/26/19

Island Hopper Motor - Firm at \$300 (Paid \$670).



Type: extendable shaft, air cooled, 2HP, easy carry (16 lbs),

2 cycle, less than 2 hrs total use.

Perfect for small boats on wind failing days.

Contact: Bob Wandres 918-813-1052





Funny Papers Page 14

Say again?

A catamaran sailing in the frostbite series race lost its mast and was nearly overturned by a massive wave.

The headline in the club newsletter the next day was,

'Cata-frostic Dis-master.'



Where did she go?

"My wife has just sailed to the Caribbean."

"Jamaica?"

"No, but she wanted to!

Question for Captain Bob



Captain Bob,

What have you been up to lately? You got any new sailing tricks or news?

Signed: Fore Deck

Dear FD,

Are you really that stupid? We are all Corn-teened. Which means we can't go nowhere. But I know sailing season is here and the lakes will be opened. Some day soon we will be able to pass the Rum jug again.

Cap Bob

Questions for Captain Bob? Send them to windword@windycrest.com

Top Snacks for Day Sailing

- 1. Nuts: Almonds and Cashews are a great choice. If your bored with just nuts make or get some trail mix. (see #2)
- 2. Dried Fruit. I love Banana Chips, but any fruit will do. Raisin, cranberries, apples. You can yogurt and chocolate covered. And they are a great addition to a home made trail mix.
- 3. PB&J Sandwiches. If I have to explain PB&J you are already lost.
- 4. Energy and Granola Bars, Energy said is all. Snack—Snack
- 5. Frozen Grapes—juicy and refreshing all in one.
- 6. Salty Chips/pretzels are always great especially if you are a beer drinker. (remember beer dehydrates.
- 7. Water, Water, Water!