



# KNOT NEWS

Volume 113, No. 6

Anacortes Yacht Club's 113th Year

June 2004

## Notes and Announcements from the Temporary Helm

First, regarding Bill... He is now back in the Skagit Valley. Early in May he became a temporary resident of Burton Care Center. He continues to make progress, but as of late has been struggling with a great deal of back pain. He had procedures done on Friday that were to alleviate the pain and Pat said it went well. He and the family are hopeful he will be home within a month. He, Pat and the boys once again send their thanks and thoughts to all of you who have been calling, visiting and sending cards. Bill is on the mend! That is so good to hear! He can be reached at Burton Care Center by calling (360) 757-0188 and asking for Bill. Visitors are always welcome, or cards and letters can be sent to him at: Burton Care Center, 1036 Victoria Street, Burlington, WA 98233



It has been an active couple of months since I last wrote for the *Knot News*. I must send my apologies to George Hatfield for not getting info to him last month. By the way, he and Pat spend a great deal of time making this newsletter work and they deserve our thanks... and submission of articles. What's a newsletter without member input?

Barbara Ritts did a great job of organizing the free yacht rides for various members of the community during the Anacortes Waterfront Festival. I am told we provided over 280 people with rides and all were very grateful for the opportunity to get on the water. We had over 12 boats, along with the skippers and their families providing the yachts and their generous time and hospitality to the effort. It was a great pub-

lic service. The Waterfront Festival and the Anacortes Chamber of Commerce really appreciated our efforts. We had a great deal of interest in our membership also and have every intention of doing this again next year.

Vic Childs, in conjunction with Fidalgo Rotary, organized the Waterfront Festival Kids Boat Building. They provided the materials and help to build over 1000 boats this year! While Vic does not do this as a representative of Anacortes Yacht Club the spirit he brings to the project for boating in general is to be commended.

Upcoming events to put on your calendar include the Windermere Regatta – June 12-13. The racers will be out in full force and all members are welcome to attend the dinner held on Saturday evening.

The First Annual Yacht Club BBQ will be held on Sunday, June 20. You and your families are all welcome and encouraged to attend. There will be burgers and hotdogs, all the other picnic fixin's and hopefully some music. If you play... bring your instrument and we'll have fun. Dave Thomson is the primary organizer and can be reached at 293-0417 or [eltortuga@comcast.net](mailto:eltortuga@comcast.net), if you want to help or have questions.

Once again, the Anacortes Arts Festival Regatta will be held for the first time on July 31. This is a combined effort with the annual Arts Festival and AYC to promote the participation of boaters with the Festival. Contact myself, or Rita James, 293-6211 if you are interested in helping with this event.

The Board of Directors meets on a monthly basis to deal with the various issues that are just part of running an organization and keeping a facility maintained. If you have comments and want to help make things better, please feel free to contact me or any member of the Board and/or attend the next board meeting on

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## Temporary Helm, continued from page 1

Tuesday, June 22, at 7 pm. This is a volunteer organization and that volunteerism is what makes us what we are. Some of the subjects we have dealt with and actions we have taken recently are:

- Dave Thomson is working on a plaque for “Bruce’s Bar.” Once complete, he’ll have it installed and we can have some sort of an “unveiling” ceremony. This will be done in memory of Bruce Backlund.
- Spencer Swain is working on a project with the Port and City to allow us to install a set of stairs from the Port parking lot to the Club street level.
- Pam Edwards will be doing the Roster project again next year and we will be looking to being on top of it ahead of time with changes that may need to be made.
- The “Tent” was trashed in April during a major windstorm. Vic Childs coordinated the purchase of a new tent and replaced the old tent cover. We now have 2 tents for outside events.
- The large AYC burgee has been replaced and looks a great deal nicer than the old.
- We will have the carpets cleaned and repaired if possible.
- A new layer of bark will be applied to the facility landscape. The last batch laid has “melted” a great deal over the past few years.
- We are looking to grading and re-rocking the driveway, particularly the area immediately behind the Club.
- The bamboo planters are growing nicely. As they mature they’ll be a great addition to the looks of the Club. We added annual plants this year to fill in the blank spots.

It has been a great spring for me.... Cat Sass will be in the water soon with new and improved foils and we’ll once again be going fast. Sailing with Vic on Radio Flyer has been a blast. And my friend Carol Miner and I are partnering on the use of *Prime Time*, a Cal 29, to be used for cruising this summer. It’s going to be a great boating season, so if you’re not

visiting at the Club periodically you’d better be on the water having fun. Thanks to all for your support and help and smiles. As always, if you have ideas to make the Club better, please jump in and help or let me know your idea. Remember... Life is Short... Sail Fast... -Pat Barrett, Vice Commodore – Acting Commodore

## From the Rear Commodore

As I sit here jotting down some thoughts for the *Knot News*, I suddenly realized that May has been a really fun month. As many of you know Pat and I have been adding on and remodeling our house. We are getting tired of visqueen walls and windows, but it is starting to come together. What this has done is delay our getting out on the boat this spring. Well, that all ended this month and we finally casted off the lines for a weekend of cruising with a bunch of friends from work. As with any of these events, it was a great time with a lot of relaxation, food and wine.



Last weekend we took the time to be one of the many boats from the club sharing our love of boating with folks at the Waterfront Festival. For those that participated, I am sure you had as much fun with this one as we did. For those who missed out, look for this opportunity next year. Well worth the effort.

What all this has done is let us know how much we appreciate being out on the water. You don’t have to go very far. Heck, I can almost have fun at the dock changing the oil and filters. It just makes me want to get out there and float for relaxation. I think that is probably one of the main reasons we have these holes in the water that we call boats. We will see you at Garrison Bay this weekend and then it is back to the house and finishing it up.

As for the club, there are a lot of things going on. We have the Windermere Regatta coming up. If it is as busy as the last few Wednesday evening races, and we get a few boats from the other yacht clubs, it should be a good weekend of racing. For those of you who are not racers, you can still have a good time by com-

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## Rear Commodore, continued from page 2

ing down to the club and having dinner with them on Saturday, June 12. Check out the web site and elsewhere in the *Knot News* for more information. We are also having an all members BBQ on June 20. Another event not to miss.

Now for my pitch. We have a really dedicated group of members who are stepping up and doing the bartending. I know I have a good time getting to know and talk with the members when I am bartending. There are a lot of you out there who are not bartending and are really missing out on a lot of fun without much work. If you are interested in becoming a bartender, please contact me for more information about getting your permits and trained. You will like it, trust Mikie on this one. Now I have to finish getting ready for the weekend on the water and the cruise to Garrison Bay.  
-- Dave Malsed, Rear Commodore

## May Racing Report

The Wednesday night races for May started with the Corinthian I race which was run on May 5. The weather was decent, a little sunshine, but no rain and fairly steady wind of about 8 knots or so. The course was #2 - twice around for the "B" boats. The A fleet boats had one race of once around followed by another race. There was a good field of 21 boats. Back at the club after the races, there were hamburgers served with potato salad and all the condiments. There was a good crowd of hungry and thirsty racers back at the club awaiting the results. First place finishers were: A fleet, *Hoot* (Skipper Gray Hawkin); B fleet, *Inferno* (Steve Orsini); and C fleet *Puffin* (Maury Fink). For all the folks who did not race – you again missed a really great evening of spirited racing and fellowship. If you have a boat, but not crew, please contact me for a list of people in the community who would like to get into PHRF racing as crew.



The Corinthian II race was held on May 12. The weather was fairly good with some sunshine, no rain and a fairly steady wind of 8-10 knots. The course

was again # 2 - twice around for all divisions. There was a good field of 25 boats with one start for A boats, followed by the B and C boats five minutes later. Following the race, hamburgers were served with baked beans and all the condiments to a hungry crowd. Winners were as follows: A fleet, *Pangaea* (Mac Madenwald); B fleet, *Inferno* (Steve Orsini); and for the C fleet, *Puffin* (Maury Fink). The results were a bit difficult for me to do. Partly because I am still quite new to scoring and also because there were 25 boats out there. So what! The more, the merrier!

The third race in the Corinthian series was run on May 19. Another great turnout with 11 A fleet boats, 10 in B and 3 for C. The weather was good and the wind, although quite variable was good through most of the race. First place boats were *Rachel* in the A fleet; *Inferno* (Steve Orsini) for B; and *Puffin* (Maury Fink) for C.

The first of the Saturday races for the month was held on May 1 with Smith Island the destination. It was a nice day, but the winds were light and shifty. I was on *Alakazam* and we changed spinnakers about 10 times during the day. The tide was quite favorable and helped the few finishers to reach the line. Although only four A fleet boats finished, it should be noted that the B fleet boat *Ceilydh* was very close to the finish line when the time ran out. Those guys sailed a great race! The finish time next year should be 2100 rather than 1800.

The Ed Knowles Memorial - Hein Bank Race was held on Saturday, May 15. There were winds ranging from 10 to 20 knots or so and strong, positive tides, which were a major factor in this race. Typical elapsed times were some of the best in recent years. We had no problems with the working vessel traffic or Coast Guard. There were no protests, collisions or problems, at least that I saw or heard about. The weather was warm and sunny, definitely a factor 45 day. Once again, any sailor who was not out that day could not possibly have had a better day! This definitely was a day where the tides flushed us out to Hein Bank and then back in again and with good winds to boot! The first place winner for the A fleet was *Eventide* (Skipper Brian Hennessy) and for B it was *Handyman* (Girts Rekevics).

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### Race Report, continued from page 3

AYC Racers, we still need some help in putting on the Windermere Regatta. We want to have an ongoing raffle and need some marine-related items to raffle off. We have about 100' of very heavy line and a high power flashlight so far. If you have items that some one might want, please email me. We also need people for each race day to help on the chase boats with the manual labor part of moving the marks and to take photos and movies. The race days are June 12 and 13. We have been having about 25 boats out for our Wednesday evenings, so if they show up and we get the usual 10 or so boats from out of the area this will likely be the biggest Windermere event ever! I will keep you posted by email regarding the jobs that need to be filled. -- Walt Meagher, Race Chair

### Pub Cruise Departs June 25

This year's Pub Cruise departs for the San Juan and Gulf Islands on June 25. Please go to the AYC website at <http://www.anacortesyachtclub.org/> for details, and do not forget to make your marina reservations. Questions? Contact Bill Short at 360-293-8844 or [mshort@telcomplus.net](mailto:mshort@telcomplus.net)

### Annual Saddlebag Cleanup

On Saturday, May 8, Bill and Jennifer Bowman led an intrepid group of AYC members on an invasion of Saddlebag Island, followed by a hot-dog lunch at the



*Warren and Friends*

*Photo from Dave Thomson*

Club. If you missed it, you missed a fun event that resulted in a "good deed" and some "attaboys" for the Club. And the result was a cleaner island. Several sack loads of accumulated refuse, plus an inflated automobile tire, were hauled back to Cap Sante. Par-

ticipants included Bill and Jennifer Bowman, with son and son's friend; Karen and Dave Thomson; Rick Andersen; Warren Walz; Wayne Schaub; Phil and Madelyn Case; and Chuck Lang. You can see some other photos of the event on the AYC website by going to <http://www.anacortesyachtclub.org/cruise.htm>.

### All Members BBQ, June 20

The first, and hopefully annual, All Members BBQ will be held on Sunday afternoon, June 20. All members should plan to attend. There is no charge for members and their families. This is not a racing event, nor is it a cruising event... it is a member event. We are planning music, and we are inviting all Past Commodores, including those no longer affiliated with the Club. Plan on wearing your name tags and introducing yourself to any members you don't know. No excuses now, except for long-range cruising!

√ When: Sunday, June 20, beginning at 2 pm, with food service starting at 4 pm

√ Hosts: your Board of Directors

√ Menu: gourmet hamburgers, gourmet hot dogs, potato salad, chili, ice cream (this is NOT intended to be a low carb, low calorie event)

√ Beverages: hosted keg beer, wine and soft drinks, plus no-host bar drinks

Of course, we will need volunteers for bartending, cooking and serving, and clean-up. Please contact Dave Thomson (360) 293-7900 to volunteer or make suggestions. You can also email me at [eltortuga@comcast.net](mailto:eltortuga@comcast.net).

### Email and Other Changes

For all address changes (including telephone and email), contact Dave Thomson, 360-293-7900, [eltortuga@comcast.net](mailto:eltortuga@comcast.net), or drop a note to the address shown in the Roster.

### Knot News Contributions

The deadline for the July issue is Saturday, June 26. Please send an article, photos and other items of interest to George Hatfield, Editor, at [gphatfield2@comcast.net](mailto:gphatfield2@comcast.net).

## Diving Mammals

The following is an article written by John Alexander, a local expert on the physiology of deep diving mammals. John presented an excellent program on this topic at the May General Meeting. If you didn't attend, you missed a nice evening. As usual, Bill and Marcia Short provided a great dinner. -- Editor

We live in an area that abounds with seals and whales. While these wonderful creatures are fun to watch, the most interesting thing is the various adaptations they have developed that allow them to function in what is a very hostile physiological environment.

First, however, we need to review some basic laws of physics. The most applicable to this environment is Boyle's Law which essentially says that as you increase the pressure on a closed gas-filled system, the volume has to decrease in order to prevent the development of pressure gradients. I am interpreting Boyle's Law as it applies to diving mammals. Thus when a whale dives his chest (lungs) will collapse as his depth and thus pressure increases. Diving mammals have much more flexible rib cages than humans; however, they will reach the limit of collapse before they reach their depth. How then do they prevent pressure differences from forming? These pressure differences could prove fatal, as the delicate blood vessels in the lung cannot support such large gradients. They do it by shifting blood from the abdomen into the chest thus fulfilling the requirements of Boyle's Law. Seals do the same when they have to clear their ears. I guess we could train them to hold their noses with their flippers and blow! They have large vein-like structures in their ears, which fill up with blood, thus allowing the volume to decrease as the pressure increases.



The sperm whale dives to 1000-2000 ft in search of the giant squid, its favorite food. This is equivalent to 31-62 atmospheres! While they can utilize most of the oxygen in their single breath, as the oxygen pressure must also increase with the increasing pressure, it is on ascent that a potential problem arises. As they

ascend, the pressure in their lungs decreases as their lung volume increases. This causes the lung oxygen pressure to fall below that of their blood and their tissue oxygen drops to a level that can cause them to lose consciousness! How do they survive? Their large square-shaped head is filled with an oil (used for cosmetics in the past, making them a prize catch) that crystallizes at the temperature of seawater. As they start fading from a lack of oxygen, their large flat nostril, which passes through the oil, opens cooling the oil, which expands as it crystallizes. Thus they become more buoyant and rise to the surface!

Diving mammals do everything to preserve their limited and precious oxygen supply. They shut off blood flow to their muscles and concentrate on the critical organs - heart, brain and kidneys. Their heart rate drops to 3-4 beats per minute!

Man has been trying to compete with these creatures for centuries. While we also slow our heart rate, often to the 20s when our faces hit cold water, we don't have many of the other adaptations of these animals. Indeed, many breath-hold diving enthusiasts have perished because of this! The bottom line is that we should admire their skills and abilities, but not try to compete with them.

We still have much to learn. The animal that we have documented to dive the deepest is a reptile, the leatherback turtle. These turtles are known to reach depths of 4000 feet! The shell is soft and can collapse to some degree, but even with blood shifts, there is more to the story. We'll just have to wait until the next chapter is written. Stay tuned. --John Alexander

## Waterfront Festival and New Members

Kudos to all that participated in the Waterfront Festival. The Festival was a great success this year and AYC made a super contribution with their free boat rides. We had seven boats out on Saturday and nine boats on Sunday, giving a grand total of over 280 rides. The Festival visitors did nothing but compliment the skippers, mates and the great boat rides. Many had not previously experienced a private boat ride. There were also AYC members helping on the docks, getting folks aboard, handing out life jackets, giving club information, etc. Chuck Mallary was docked under

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## Waterfront Festival, continued from page 5

the AYC Burgee and Banner showcasing *Aeolus* (see photo, from Chuck Mallary). All had a great time and many want to do it again next year since there was such satisfaction in sharing the joy of boating in our beautiful waters. The other bonus was “visibility for the Club” both by the press and recognition by the



Chamber of Commerce in their publications. Lots of information was given out at the membership table.

It is always a pleasure to introduce new members...

- Walt and Christine Schad, who own *Percepcion*, a 35-foot Rafiki sailboat moored in Anacortes. They live in Lake Forest Park and are keen boaters. Walt has had 40 years boating experience.
- Doug and Carol Hansen own a 40-foot Beneteau sailboat which is also moored in Anacortes. My understanding is that they have gone to Alaska twice. Their home is in Bellevue, WA.
- Vince and Gretchen Sellen, they are sailors as well, with a 28-foot sailboat called *Breezy*. They live in Anacortes.

-- Barbara Ritts, Membership Chair

## New Canpass Information

From the Recreational Boating Association of Washington... here is some new CANPASS information received from Canadian Customs. There are some changes to the CANPASS program, effective May 21, 2004. There are four new CANPASS-only sites in the Gulf Islands. They include Ganges, Salt Spring Island (public float/breakwater at the pump-out station); Port Browning, Pender Island; Cabbage Island;

Montague Harbour Marina, Galiano Island. These sites are open between 7 am and 9 pm, seven days a week. Please call if you require any further information: Lorraine Kopetzki, District Program Services, West Coast & Yukon District, Canada Border Services Agency, telephone (250) 363-3414, fax (250) 363-8261, cell (250) 883-0069. --Dave Malsed, Rear Commodore.

## Vic Maui Starts June 23

Everything is ready for this June's Vic Maui IBM 2004 race, the 19th since the race's inception in 1968. We have 21 world-class competitors signed up. This year, Anacortes Yacht Club will be represented by the largest entry in this great race. *Cassiopeia*, Gary Schoenrock's Davidson 72, comes in two feet longer than other big-boat contenders, *Rage* and Royal Vancouver Yacht Club's *Renegade*, both at 70 feet. *Cassiopeia* is a regular on the ocean-racing scene, sailing in four previous Vic Maui races, in the 1993 Sydney Hobart and in the 1996 Kenwood Cup. For further details about this great race, check out our Website, [www.vicmaui.org](http://www.vicmaui.org), to see what's sailing and who's on board.

This year's race will feature fully crewed entries only with a single start on Wednesday, June 23, out of Victoria Harbour. Moreover, the competitors will be carrying and using satellite telephone on-board, which will allow them use of internet resources throughout the race. Come to Victoria Harbour for the fun-filled week of pre-race activities in Victoria leading up to the June 23 race.

All the boats will be battling along an ocean crossing of more than 2300 miles to beat the current race record of 9 days, 2 hours and 8 minutes, set in 2000 by Lahaina's *Grand Illusion*. Along the way, they'll be accompanied by dolphins, whales and albatross, as they head into the flower-scented trade winds of the blue Pacific onto the balmy nights and palm trees of beautiful Lahaina Harbour.

The Royal Vancouver Yacht Club is co-sponsoring this classic race with the Lahaina Yacht Club in Hawaii with the Big Blue, IBM, as the race's key sponsor. It is our great honor to have IBM as title sponsor this year and we thank them for the support and interest in creating the most successful Vic Maui race ever. --Ron Pears and Cathie Gourley, RVYC

# **Anacortes Yacht Club**

## **June Activities**

**Otterstadt I Race, Wednesday, June 2**

**AYC Bar Opens Friday, June 4 at 5:30 pm**

**AYC Bar Opens Friday, June 11 at 5:30 pm**

**Windermere Regatta, Saturday and Sunday, June 12-13**

**Otterstadt II Race, Wednesday, June 16**

**AYC Bar Opens Friday, June 18 at 5:30 pm**

**All Members BBQ, Sunday, June 20, 2 pm**

**Board Meeting, Tuesday, June 22, 7 pm**

**Otterstadt III, Wednesday, June 23**

**Pub Cruise Departs, Friday, June 25**

**AYC Bar Opens Friday, June 25 at 5:30 pm**

**Otterstadt IV, Wednesday, June 30**