Vernon Yacht Club

January 2014 INSIDE THIS ISSUE:

Executive Report Page 3 \Rightarrow Members' Classified Page 4 Page 5 Reports \Rightarrow \Rightarrow Reports Page 6 Office Manager's Message etc. Page 7 \Rightarrow Reports Page 8 \Rightarrow Sailing News Page 9 \Rightarrow Vernon Power & Sail Squadron Page 10 \Rightarrow Gang Plank Menu Page 11 \Rightarrow Reports Page 12 \Rightarrow This and That Page 13 \Rightarrow Reports Page 14 Club Member and Guest Safety Page 15 \Rightarrow **Dock Safety** Page 16 **VYC Store** Page 17 \Rightarrow \Rightarrow For Sale Page 18 Page 19 **Minutes Summary** \Rightarrow Calendar Page 20 Pub. Mail Agreement No.40650589

Return Undeliverable Canadian Mail to:

Vernon Yacht Club 7919 Okanagan Landing Road Vernon, BC V1H 1H1

Delivery Address:

WELCOME!!!



TO OUR NEW **EXECUTIVE!!!**

Do you have ideas for Tiller Topics? Do you have an opinion you would like published? Tiller Topics gratefully accepts your submissions. Please drop them off at the Club or email them to tiller@vernonyachtclub.com

VERNON YACHT CLUB 2013-2014 EXECUTIVE

NAME	<u>POSITION</u>	HOME #	CELL#	EMAIL ADDRESS
Mike Thomas	Commodore	250-545-8501	250-549-0320	thomas_m@telus.net
Ron Heuman	Vice-Commodore	250-558-1063		ronheuman@shaw.ca
Craig Williams	Rear Commodore	250-503-8993	<u>250-503-8993</u>	craig@telus.net
Al Cuttriss	Fleet Captain		250-309-6004	alcuttriss@hotmail.com
Karol King	Staff Captain	<u>250-542-2207</u>	250-307-1281	karol_king@yahoo.ca
Patrick Lett	Treasurer	250-542 7814	250-938-3113	pjlett@shaw.ca vernonyacht-
Pamela Miller	Secretary		250-260-0253	clubbc@gmail.com
	Past Commodore			
Debbra Butler -				
Publicity	Director 2 Year	250 309 1044		debbrab@shaw.ca
Norman Bryan -				
Membership	Director 2 Year	250-275-7683	250-308-9931	normbryan@shaw.ca
Larry Gilchuk -	.	050 550 0000	050 550 0000	
Docks	Director 2 Year	250-558-9893	250-558-9893	giltoura@shaw.ca
Don Dodds	Director 1 Year	250-542-1520	250-308-8022	dc-dodds@hotmail.com
Gerald Gustafson	Director 1 Year		250-351-9887	ger_anny@hotmail.com
	Director 2 Year			
Staff:				
Marnie Williamson	Office Manager	250-545-4743		office@vernonyachtclub.com
Ken Smith	Maintenance	250-549-3975	250-308-9177	vycmaint@shaw.ca
Jay Langton	Bar Manager	250-542-9476	250-540-4965	
Mary Jean Watson	Housekeeping		250-309-2212	
Corinne Kirton	Kitchen Manager	778-475-5433	250-938-0144	

Office- 545-5518; Fax- 545-0388; office@vernonyachtclub.com www.vernonyachtclub.com

Address: 7919 Okanagan Landing Road, Vernon, BC V1H 1H1



COMMODORE'S REPORT

Mike Thomas



H e I I o a I I . Our 60th AGM is now behind us and I am so pleased that the Membership passed the resolution to change the Club's fiscal year end from October 31st to September 30th. In years to come, this amendment gives us the opportunity to have our AGM sooner than November 30th. and to have more of our members present at this very important meeting before they head off to some place warm for our Canadian winter months.

In order to ensure a quorum, we did something rather different this year. We actually phoned all the members with voting rights to make sure that they were aware that the meeting was soon to take place. This action was very successful and to the credit of all the members present at the meeting, we actually exceeded the number we needed to make quorum. THANK YOU EVERYONE!!

A special thanks to Craig Williams who was kind enough to fill in for our Treasurer and present our Financial reports. Well done Craig!!

Sadly, some of our valued Executive members have stepped down from their positions. However, our Nomination Committee has done a great job of finding excellent replacements for them. So, please join me in wel-

coming your new Executive for 2014; Vice Commodore- Ron Heuman, Fleet Captain- Al Cutriss, Staff Captain- Karol King, Treasurer- Pat Lett, Secretary- Pamela Miller, Director-Craig Williams, Director-Don Dobbs, Director-Gerald Gustafson, Director-Norman Bryan, Director- Debra Butler, Director- David Atkins, and finally me, Mike Thomas as your Commodor e for 2 0 1 4.

I sincerely look forward to working with all of you for the coming year also and joining you at the Vernon Yacht Family Club Christmas Night on Friday, December 20. I am pleased to announce that Ms. Molly Boyd has again agreed to lead us in song and may even be accompanied by some of our own talented musicians. C h e e r s t o a I I, Your Commodore, Mike Thomas

VICE COMMODORE'S REPORT

Lawrence Johnson



As you may know this is my last report as your Vice Commodore. I will be stepping down from the Executive and won't be running again this year. I want to thank all of you for your support and input, we have made some substantial additions and improvements to the Club over the past number of years. It has been a pleasure and privilege to serve the Vernon Yacht Club and I will continue to be involved with the club as a participating member.

Lawrence Johnson

"Life is too short to waste. Dreams are fulfilled only through action, not through endless planning to take action."

David J. Schwartz Trainer and Author

Members Classified Ads - Free Classified Ads.

Drop your ad off at the Club or e-mail to tiller@vernonyachtclub.com

Ads will be posted for the duration of four months. (Inform the editor if you would like to renew.)

"Stolen Time" is for sale.

Capri 25 Racer/Cruiser Fixed keel, Sloop
7.5h.p. long-leg Evinrude (2cycle), dodger, fixed boarding ladder, UHF, porta-potti.

Near-new dacron genoa & main (w. cover), like-new blade & storm jibs, 2 spinnakers w. pole.

PHRF 182 Freshwater club raced only.

Asking \$9500

Ph. Phil Nielsen @ 250-545-1178

Gandalf is ready to go!

Make me an offer. Open to ALL offers.

32' Bruce Roberts Cutter. Sleeps 6. Mast with perco spreader lights ss sail track, lines and rigging, anchor light fully replaced 2002. The layout of the salon is perfect for entertaining or just relaxing on the hook. **Open to all offers!**

Call Michelle today @250 540 9770 or email michelledallyn@yahoo.ca



Wanted a Sailboat cradle or trailer for winter storage of our 27 foot sailboat.

Would either like to buy cradle/trailer or buy a share in same. If you have a sailboat and a cradle and are OK with taking your boat out of water every second year, we would be interested in buying a half share in the cradle/trailer.

Call David or Karol at 250-542-2207

Great sailboat with lots of upgrades for sale

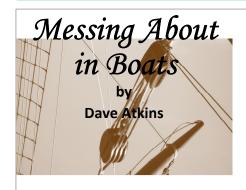
Description: 25' sailing sloop with 8' beam and swing keel.

Features: 4 sails, VHF radio, depth and fish finder, autopilot tiller, 9.9hp Yamaha outboard, roller furling, trailer included. Recent survey 2011

Upgrades 2012: Cabin lights replaced with LED's, masthead and steamer lights installed, new windex, water pump added and sink taps replaced, new starter battery and battery charger installed, Sirius satellite installed with cockpit speakers, new Anderson winches, new Jabsco head with holding tank and diverter valve installed (never used), new fire extinguishers, new opening port hatches, deck-wood and tiller refinished. New paint and bootstripe.

Contact: Brent 250-307-1042 for inquiries





Rope is an essential part of boating, and in the quiet times of the "non-boating" season we can spend a little time to think about the ropes we use and how we use them. Most of the history of ropes and knots originates with the sailing ships of yesteryears. The sailing ships depended upon the quality and durability of their lines. (the term "rope" was not used in the days of sail, they were mostly referred to as "lines") lines had to be secured in some way or another and the sailors developed knots for many different applications. A good Knot is one that holds the load when needed but can be undone easaway, then it is a waste of rope and being able to untie was important, we time.

Like many other skills knot tying needs to be practiced until it becomes automatic. When I was a teenager in the UK I was very involved with the Boy Scouts and at that time only need a couple of knots most of it was a very active organization and the time. A "bowline" will make a we did a lot of "Projects". We would secure loop that will not slip, a "round have competitions in building bridges turn and two half hitches" will secure across a creek or ravine using timber a mooring line, but if a cleat is availand ropes. Of course we learned to able then it is simpler as one only tie many different knots for different needs to take a wrap around the base applications. Doing it in daylight be- of the cleat and secure it with a coucame too easy, so we ran the compe- ple of half hitches over the "ears" of titions at night for a little more excite- the cleat. The turns around the base ment. We learned many different take the load and the half hitches seknots, and they became so familiar cure the end but do not carry the that we did it by feel as much as by load, so it is easy to remove them sight. The next challenge was to have when you "untie" the boat. Learning the competitions at night and that a few basic knots will make your life became more challenging with only a simpler and your boating more enjoysmall flashlight to work with, one able. learned to tie by feel and habit. Of course we had to take the structures

ily. If the knot binds and has to be cut apart again after the competition, so almost never cut a knot that was jammed, there was always a marlin spike handy to pry it loose if it had tightened too much.

As boaters these days we really

FOR SAIL...oops, I mean Sale :)

2006 MacGregor M26 Motor -Sailor!



Excellent condition with Honda 50 hp outboard (low hours) and 2 fuel tanks; includes trailer, VHF, GPS, Mapreader/Fishfinder; 2 batteries with charger, switching and shore power; 3 sails, mast raising system and roller furling; 2 anchors with rode; bimini & dodger, barbeque, enclosed porta-potti, galley area with single burner stove and sink; all cushions, 4 fenders and custom keel protection; plus additional extras. All ready to motor or sail. Reduced to \$25,000.00 OBO for immediate sale. Sailed on Okanagan Lake.

Please call 250-554-2492

or email bbey@telus.net for further details.





Security at the Club continues at Winter posture.... At this time of year we must not be complacent. Notably, bad people still target VYC boats on the hard.... Please ensure you are comfortable with your boat's security. Your VYC Security team is doing their vigilance... are you as

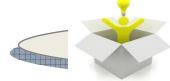
a member doing yours??? Throughout the storage visit your boat often... be visi-



ble... report any occurrences... thanks to all members for your concern... by the way, when you are checking your boat... look around at fellow members boats as well.... We are a Club... Members helping members....

By Ron Heuman

Vigilance aye Vigilance



The Idea Box

By Ron Heuman

Hooray... one member made a suggestion.

Suggestion: Turn off at least half the lights on Docks in the Winter....

This suggestion was discussed by the Exec.... a few comments on this matter to save money.

The Security Team patrols the docks and need maximum visibility

The lighting on the dock are now installed with low wattage bulbs.. cost is minimal

We have boats in the marina in winter, members safety is paramount

Our electrical wiring would have to be changed at huge tradesman costs

Thank you for the member suggestion, much appreciated....

Winter Power

Initial winter power meter readings begin Nov.3. Hopefully everyone will have established their winter moorage by Nov.17. Winter power will only be available on Docks D and E as usual. Power will be off on Docks A, B and C until the end of March. If you have signed up for winter power and have to relocate from Docks A, B or C, <u>PLEASE</u> choose a slip with a metered outlet.

I hope to have all metered outlets clearly relabeled by early October. For our few Yacht Club members winterizing their boats who need power for their battery charger and will not use any kind of heater please contact me at adubeski@shaw.ca.

I have ordered 5 more meters to cover more slips on D and E for our members' regular moorage, but most of the electrical panels are near capacity.

Allen Dubeski

A Message from Your Office Manager Marnie...



- ⇒ SNOWBIRDS: Remember you can pay for 2014 membership and moorage with a <u>postdated</u> cheque, visa or mc which Marnie keeps in the office safe until January. Don't forget!!
- ⇒ Have you moved or changed your email in the past 6 months? Make sure the office has your new information.

Email office@vernonyachtclub.com

- ⇒ Please remember to forward a copy of your boat insurance renewal to the VYC office.
- ⇒ Have you been receiving the weekly email notices of Gang Plank news? If not, it could mean I have an in correct address, so please email the office and ask for it to be updated.
- ⇒ Office is open Monday & Thursday 8:30 2:30.

Thanks, Marnie



Cell-250-306-0505

off-250-545-5371 fax-250-542-3381 1-800-434-9122

hollycolovos@royallepage.ca







Trust, Quality, Service!

3107-30[™] Ave. Downtown Vernon (Beside Nolan's Pharmasave) 250.545.7570 • www.gregorysfinejewellery.com Spread the Love!



FLEET CAPTAIN'S REPORT

Jerry Spelchan

It's been a good year for our club with moorage being filled to capacity. we were able to squeeze most new members in with at least temporary slips and will continue to so our best to accommodate everyone in the future. There seemed to be a surge in the number of members upgrading boat sizes and we were able to accommodate all these moves as well

Guests from the south end of the lake looking for reciprocal slips were all taken care of and I would like to thank all those members that allowed us to use their slips for our visitors. For the "Invasion" on July 7th we had 9 visiting boats and for the "Pig Roast" Sept 7th, 17 boats. This allows us to show some great hospitality to our friends from the other clubs.

In the spring we installed safety stations with rescue ladders, heaving lines with life preservers and fire extinguishers. Every member should be familiar with these locations in the case of an emergency. I would point out that the ladders are intended for emergency use only and not for casual swims which we discourage in the marine basin.

The "wait list" and "move request" have been posted and we have only 5 members on the wait list for 2014 and 10 move requests at this point, so everyone should be accommodated.

Crane Day was Nov 2nd and we had a record number of 22 pulled of which 3 were power. I was requested by Armstrong Crane to pull the power boats first as they require a different sling, this turned out to be a mistake as they do require more time to rig and sling. My apologies to the sail boats for the wait and I'm sure the wet weather didn't help anyone's mood either.

The executive allocated a slip this year to the "Royal Canadian Marine <u>Search</u> and <u>Rescue</u>" ("RCM-SAR"), station 101 - Vernon, formerly the Volunteer Coast Guard.

Their primary focus is the Dept. of Transports' supported RCM Vessel Safety Survey ("VSS") on Okanagan Lake. This program was produced for the express purpose of supporting the "safe boating" message campaign.

Bob Montguire and his fellow crew members conducted a total of 130 VSS's and distributed 100 RCM-SAR Fox 40 Safety Kit. The "Guardian" 101 was on the water 22 days with a total of 109 volunteer hours put in.

They were also responsible for the PFD Loaner Station "Kids Don't Float", our life jacket loaner station installed on our first section of the dock this spring. So a big thank you to Bob and his team for a job well done.





Sailing News

We have had a busy final few weeks of sailing since the last Tiller Topics. On Oct 27, we held our annual Pumpkin Race. And as I said before, this is my favourite race. I am not sure if it is because it is the last race of the season or because it is a day spent with our grandchildren aboard the boat. This year

Captivator had two little ones onboard and our boat Ayesha had four little ones (the youngest 3 years old). The weather forecast was calling for 30 km winds gusting to 50 km which is not a pleasant thought when you have little ones onboard and are trying to race. But the intrepid skippers of **Captivator** (Peter Barnes) and **Ayesha** (Don Craske) took a chance and left the dock. We needn't have worried as the winds were practically non- existent. Our 3 year old grandson took great pleasure in pushing the pumpkins into the water and seeing them splash. Now the object of the race is to race around the buoys and pick up a pumpkin along the way. After finishing the race and carving the pumpkins, we meet in the clubhouse to judge the pumpkins and have snacks. **Liquid Asset** won the pumpkin race this year – at least he won the race around the buoys – but **Eagle Moon** won the carved pumpkin portion of the race. Captivator managed to pull off a second place finish despite having 2 crew members under the age of 9. Ayesha, unfortunately, had to quit the race and hurry back to clubhouse so our granddaughter could use the facilities as she was not going to use the bucket!

Nov 2 was both Crane Day and the Windup Party. The weather was horrible. There was a steady downpour and since the clocks had not been moved back as of yet, it was very dark at 7 am as we drove down to the club. The rain did not let up for a good portion of the morning and if you were not wearing rain gear, you got soaking wet! The lifting of boats went on until early afternoon and the rain returned as we headed down to the club to prepare for the windup party.

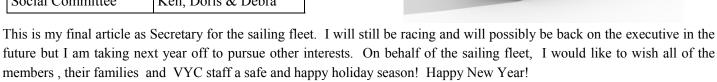
After a delicious pot luck dinner, the awards were handed out. Why are potlucks so delicious?! The winners for 2014 were:

	A Fleet	B Fleet
1 st	Mystique (Lyle Enns)	Stormy (Dave Pollock)
2^{nd}	Liquid Assets (Phil Thornton)	Tsonqua (Napier/O'Fallon)
3 rd	Captivator (Peter Barnes)	Cimarron (Roger Price)

On leaving the clubhouse that night, the resident black bear was spotted in the parking lot. Is that a good omen? On Nov 13th, we held our annual racing meeting to elect/appoint next year's executive and I am proud to announce that the 2014 executive is as follows:

Chair	Roger Price		
Secretary	Chris Grotterod		
Treasurer/Handicapper	Dave Pollock		
Results	Keith, Edie & Jim		
Social Committee	Ken, Doris & Debra		

Carol Craske



"Sailing is just the bottom line, like adding up the score in bridge. My real interest is in the tremendous game of life." – Dennis Conner

CPS News Vernon Power & Sail Squadron







Control of the Late of the property of the control of the control

Process for investor 15, 1500 visual visual for the control of the

Transport Canada Approved

Recognized by the US Coast Guard

Access to next level CPS boater education and local knowledge

Discounts available on insurance, marine equipment and publications

CPSBOAT.CA



Watch for CPS Courses in late Winter-Spring, 2014: Boating Essentials (formerly the Boating Course), VHF Marine Radio, and Navigating with GPS.

Caradian Power & Sall Squadrons 1-888-CTS-80AT | revolutionboats a

Please contact Simo at 250-542-5525 for more information.

VERNON YACHT CLUB

2013 WINTER HOURS

(OCTOBER TO APRIL)

GANGPLANK BAR IS OPEN:

Monday CLOSED

Tuesday CLOSED

Wednesday 4:00 pm—8:00 pm

Thursday 4:00 pm—8:00 pm

Friday 4:00 pm—10:00 pm

Saturday 12:00 pm—8:00 pm

Sunday 10:00 am—6:00 pm

FOOD SERVICE:

Friday: Steak, Salmon or stuffed chicken 5:30—8:30

Saturday: Soup & Bun 12:00—3:00

Sunday: Brunch 10:00—1:00

OFFICE IS OPEN:

Monday 8:30 am—2:30 pm

Thursday 8:30 am—2:30 pm

REAR COMMODORE'S REPORT



Ed Kinnear

It has been a good year for us on the executive. This group of volunteers your Club is in good shape.

We need to thank the bar and kitchen staff who have gone above and beyond to make our lounge the place to go for the events that are put on.

I think we have all been pleased to see that the grounds and the buildings are well maintained and welcoming to our members and guests, thanks to the diligence of our staff and volunteers.

Early this year we completed upgrades to the downstairs washrooms and shower. As well emergency dock ladders, life rings and additional fire extinguishers were installed. We completed the energy efficiency upgrades to the lighting. From all reports we can be proud of the improvements done, in budget, and without increasing our debt.

The upgrade of C dock to concrete has been discussed by the Executive. We recognize that C Dock is nearing the end of its service life and we

their boats on these wood docks for regarding the concrete breakwater their patience.

We currently have a debt around \$613.225.00 which includes the long term debt and the line of credit bal-

has been taking care to ensure that The improvements to C dock would be funded by increasing the debt. So the question that will need to be answered by a future executive is "what is the level of debt that the Club is comfortable to carry".

> The costs for the recent upgrade to concrete on B dock had a budget of approximately \$500,000. This project resulted in an increase of available slips and therefore had a cost recovery component. The replacement of the wooden docks on C dock will not have this benefit. In addition there you then I recommend that you get may be additional cost to dispose the involved, if not as part of the execuwood docks.

The breakwater continues to be a critical than the replacement and or see me on the docks. major upgrade of the existing concrete and log breakwater.

thank the boat owners that still access We have had informal discussions with the contractor that installed the concrete sections of B dock. A proposal was discussed which had a budget figure that exceeded \$800,000 but did include the possibility to add approximately 34 new slips. It is likely that we could attract more members if we had available moorage.

> With the addition of new members we will place additional demands on the capacity of the lounge. Again the funding will need to be identified following a design and a budget.

> Another additional capital improvement that has been discussed is an upgrade to the existing outbuildings.

> If these projects are of interest to tive then possibly as a member of the Planning Committee.

maintenance burden. Valley Pile Lastly, I thank you the Membership Driving is adding new logs and and this Executive for having given chains to the north log breakwater to me the opportunity to serve as your get a few more years of service. A Rear Commodore for the past two future executive will need to be cer- years. While I will not be at the Extain that upgrades to C dock are more ecutive meetings, you will be sure to

Ed Kinnear

"Those who are lifting the world upward and onward are those who encourage more than criticize."

Elizabeth Harrison 1849-1927, Educator





PROVIDING YOU WITH CONSISTENT QUALITY SERVICE

- → Indoor / outdoor storage
- ⇒ Winterize / summerize
- ⇒ Boat detailing
- ⇒ Maintenance and fiberglass repair





"Lifting Fog" by Len Gibbs

Can't find that perfect gift for your nautical man? Look no more......

I have a limited edition, 187/300, of a Len Gibbs work titled "Lifting Fog".

Len Gibbs earned for himself an international reputation and acclaim from collectors in Canada, the United States, and Europe. Framed and matted, the finished size is 22" by 29".

In perfect condition, I am hoping to send the proceeds from this amazing picture to my sister and her family on Vancouver Island so they too, will enjoy a wonderful Christmas. God Bless to you and yours, and may you all have a family Christmas that will be your fondest memory yet.

\$700.00 OBO

I can be reached at (250)307-7229 Regards,

Tina Jensen

VICE COMMODORE'S REPORT



Ron Heuman

It is with great pleasure that I have been nominated and accepted at the AGM to take on the duties and responsibilities of the Vernon Yacht Club Vice-Commodore. First and foremost I would like to extend my appreciation of ser-

vice to the 2013 Executive members, who have resigned their positions. Their contributions and dedication to the well-being of our Club has been enormous. Knowing that they will continue as VYC members is comforting as I am confident their knowledge and expertise will be readily available.

As an introduction, my wife, Val, and son, Gregory, and I joined the VYC in January 1996. We have lived in Vernon since the summer of 1996 following my retirement from the Canadian Armed Forces after 32 years of service. We enjoy being contributing members of the community. In the fall of 1996 we became involved in the Okanagan Landing and District Community Association, and I took on the duties of Secretary of the VYC. Subsequently, we have been involved in many community groups and activities such as: Powerhouse Theatre, Royal Canadian Legion, Okanagan Quality Life Society, Vernon Outdoors Club, and Vernon Curling Club. Notably Val was honoured as the Vernon Woman of the Year in 2005.

Since 1996 I have been an active member of the VYC. I took on the duties of Secretary in 1996 for two years, also the Editor of Tiller Topics. I served as Vice Commodore in 1999. Subsequently, I have been an active member of the Club, helping out in work parties, serving on the Boat Show Committee, Club expansions, participating in the sail-racing fleet, and in many social events. In addition, I served on the Moorage Committee for three years. Two significant contributions have been the development of the Associate and Affiliate Membership categories which I authored. I also initiated the VYC Security Team in 2009 which has been highly effective and successful. Last year, I put my name forward for Director two years. My duties as Director at Large resulted in my involvement to resolve the Osprey Nest concerns of our neighbours to the South, streamline the administrative renewal and moorage application procedures, responding to the "Idea Box", updating our aerial photo display, and reviewing and updating the Moorage Regulations. This year I look forward to serving as your Vice-Commodore and the many challenges of the position. As well, we have many new members on the Executive with new ideas and enthusiasm. It should be fun!

As President of the OQLS, "Heaven-Can Wait" pontoon boat moored at slip B1, I would like to thank all VYC members for their ongoing support and generosity in providing moorage and use of Club facilities for our program. Happily, since our VYC June 21st Summer Solstice kick-off fundraising campaign to purchase a replacement boat, we have met our funding goal and "Heaven Can Wait II" is now on order, hopefully to be dedicated at the 2014 VYC Boat Show.

In closing, I look forward to working with all members, staff and Executive to continue the legacy of excellence at the VYC. Please feel free to discuss your Club concerns and thoughts with me. I am accessible up to a 40 psi pressure point, (no more please), Remember, <u>ALL</u> ideas and thoughts are valid, however, also know that NOT ALL ideas and thoughts can be implemented.

Have a HAPPY HOLIDAY SEASON, & enjoy the winter activities!

Ron Heuman

"Everybody is like a magnet. You attract to yourself reflections of that which you are. If you're friendly then everybody else seems to be friendly too."

Dr. David Hawkins, Psychiatrist, Physician and Researcher

CLUB MEMBER AND GUEST SAFETY

~For the safety of all club members and their guests the Executive is looking into the cost of a defibrillator...

(Unknown writer...)

STROKE: Remember the 1st Three Letters.....

S. T. R.

STROKE IDENTIFICATION:

During a BBQ, a woman stumbled and took a little fall - she assured everyone that she was fine (they offered to call paramedics) ...she said she had just tripped over a brick because of her new shoes.

They got her cleaned up and got her a new plate of food. While she appeared a bit shaken up, Jane went about enjoying herself the rest of the evening.

Jane's husband called later telling everyone that his wife had been taken to the hospital - (at 6:00 PM Jane passed away.) She had suffered a stroke at the BBQ. Had they known how to identify the signs of a stroke, perhaps Jane would be with us today. Some don't die. They end up in a helpless, hopeless condition instead.

It only takes a minute to read this.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...<u>totally</u>. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

RECOGNIZING A STROKE

Thank God for the sense to remember the '3' steps, STR. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking three simple questions:

S *Ask the individual to SMILE.

T *Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently). (i.e. Chicken Soup)

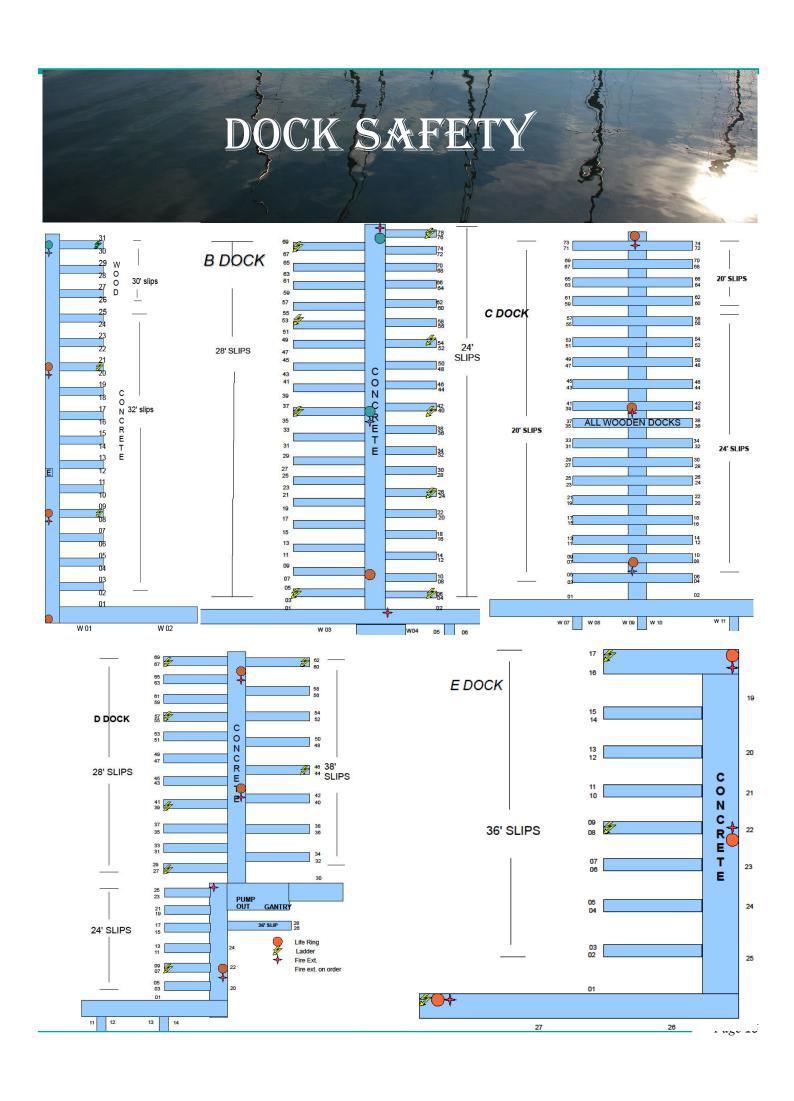
R *Ask him or her to RAISE BOTH ARMS.

If he or she has trouble with ANY ONE of these tasks, call emergency number <u>immediately</u> and describe the symptoms to the dispatcher.

New Sign of a Stroke -----Stick out Your Tongue!

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue. If the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke.

Submitted by Mike Thomas





Ladies tanktop \$14.73

Mens Tanktop \$13.39



Vest -Mens and Ladies \$56.00





Tote bag: \$5.31 Burgee: \$18.00 Ball cap: \$16.00 Sunglasses: \$12.00 Drink cozy: \$???



Ladies Stormtech Fleece \$93.60



Wait! Look again... nice ladies fleece





Mens
Stormtech
fleece...ooo
oh cozy!
\$94.90



Mens
Denim
Shirt...warm
and stylish!
\$20.00



Jogging
Pants...or
sweat pants
if yer not a
jogger
\$35.00



Mens wind breaker.. embrace the wind!!



Mens
Whiteridge
Terrain
jacket lined
and with hood
\$89.99

VYC Lighter: \$8.48 Safety Snap:\$11.50 Fenders from:\$15.00 Rope from: \$0.60/ft

Spring: \$15.50



Wear it proud and support
your Club (you don't have to wear
the fender, but yer boat can!)
Enquire at the Gangplank
Bar or see Marnie



Perfect gifts for your friends, family or crew





For Sale



Yamaha 25 Mk II Sailboat
Ideal 'Cruiser - Racer'
Price Reduced—\$ 16,500 obo

1982 model, clean and well maintained

- Yanmar inboard diesel—8 hp, single cylinder, 420 hours
- New Full-battened Mainsail and 150 Genoa in 2010
- Roller furling headsail
- Full electronics incl. depth, speedo, and Autohelm Tiller Pilot
- Many additions and upgrades

For full details, call Doug Stewart at 250-549-5117

May be seen on-site at the Vernon Yacht Club



Minutes Summary

By Pamela Miller

Minutes' Summary compiled from November 12 Executive and November 26 Annual General Meeting and Submitted December 2nd for the December 2013 Tiller Topics by Pamela Miller~

New Barbeque~ several quotes were received regarding the replacement or the rebuilding of the barbeque. The option to rebuild the barbeque and retain the original hood was chosen by the board as the best course of action.

Crane Day~ The VYC ad generated some interest in our Crane Day and some members of the public came out to watch the activities and enjoy hot chocolate. There were delays for some VYC members during the Crane Day process for which the board extends sincere apologies.

Dock Lights[~] there was a request by a member to turn off some of the dock lights in the evening/nighttime. The board confirmed that the lights are wired in large sections and if turned off significant areas of the docks would not be visible and would potentially be a safety hazard to members.

Website[~] Sproing Creative will be building our website in two stages. The first stage will have the new site up and functioning before the New Year. The second stage affords time to the digital agency to complete areas that require more attention.

Entertainment~ Just around the corner - the Small Business Christmas Party is on December 13th! It's a great place to bring your team and celebrate with other businesses! | Friday, December 20th is the VYC Christmas Party! | Family Fun with Santa on December 22nd for our Sunday Brunch! | December 31st, Friends from the South are bringing their New Year's Bash to VYC with the Kelowna Yacht Club's Sailors' Band – "McKinley and Friends"! VYC's Robert Marr will be on the Harp! For tickets phone Jay at: 250-545-5518

Good Byes: (I am very fortunate to have worked with a very committed, dedicated, skilled and fun group of Executive Directors and will miss them all. Good bye to: Jerry Spelchan our Fleet Captain; Ed Kinnear our Rear Commodore; Lawrence Johnson our Vice Commodore; Valerie Harvey our Staff Captain; Barry Stack our Director at Large; Jaron Chasca our Membership Director and David Atkins our Bylaws Officer!!

Welcome and Hello:) Welcome to our New Executive Members and current members with new positions: Ron Heuman our new Vice Commodore; Al Cuttriss our new Fleet Captain; Karol King our new Staff Captain; Don Dodds our new Director at Large (1yr); Norm Bryan our new Director at Large (2yrs); Debra Butler our new Director at Large (2yrs)!!

Your time is a gift, share it abundantly with family and friends this Holiday Season!

"A word to the wise ain't necessary—It's the stupid ones that need the advice!!"

~Bill Cosby

2013 Contacts

for Okanagan Yacht Clubs

DATE YC EVENT

Contacts

Martin Gerard—WKYC—Commodore—myfun@shaw.ca

Brian Jamieson—WKYC—Vice Commodore—bjamieson@shaw.ca

Terry Jaggers—WKYC—Staff Captain—mercnut48@shaw.ca

Kathy Gabelhei—WKYC—Office Manager—wkyc@westkelownayachtclub.com

Shannon Gall—KYC—shannongall16@gmail.com

Marc Coderre—SYC—House Director—mlcoderre@shaw.ca—phone 250-462-5061

Brian Wilkey—SYC—Commodore—bwwilkey@telus.net—phone 250-494-7094

John Fitzgerald—SYC—Vice Commodore—jonny.fitzgerald@gmail.com—phone 778-516-0112

Marnie Williamson—VYC—Office Manager—office@vernonyachtclub.com—phone 250-545-5518

Mike Thomas—VYC—Commodore—thomas_m@telus.net

Lawrence Johnson—VYC—Vice Commodore—lajohnson1@shaw.ca

December 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Lounge Hrs. 10:00—6:00PM	2	3	4 Lounge Hrs. 4:00—8:00PM	5 Lounge Hrs. 4:00—8:00PM	6 Lounge Hrs. 4:00—10:00PM	7 Lounge Hrs. 12:00—8:00PM
8 Lounge Hrs. 10:00—6:00PM	9	10	11 Lounge Hrs. 4:00—8:00PM	12 Lounge Hrs. 4:00—8:00PM	13 Lounge Hrs. 4:00—10:00PM	14 Lounge Hrs. 12:00—8:00PM
15 Lounge Hrs. 10:00—6:00PM	16	17	18 Lounge Hrs. 4:00—8:00PM	19 Lounge Hrs. 4:00—8:00PM	20 Lounge Hrs. 4:00—10:00PM Christmas Party!	21 Lounge Hrs. 12:00— 8:00PM
22 Lounge Hrs. 10:00—6:00PM Family Fun with Santa!	23	24	25 Lounge Hrs. 4:00—8:00PM	26 Lounge Hrs. 4:00—8:00PM	27 Lounge Hrs. 4:00—10:00PM	28 Lounge Hrs. 12:00—8:00PM
29 Lounge Hrs. 10:00—6:00PM	30	31 New Years Eve Bash!!				