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Remember

ALL

DAY

ALL

DAY

these Dates!

Mar 13 CLUB CLEANUP DAY

Mar 19 OPEN HOUSE

followed by St. Patrick's Day Party Dinner at 1900 hours,

and General Meeting.

Apr 9 DOUBLEHANDED 0930 hrs LIGHTSHIP RACE

> Race out the Gate, 'round the Bucket, and back. Exciting!

Apr 22 FRIDAY NITE TWILITE **ESTUARY RACES BEGIN**

1825 hrs warning gun

Flatwater estuary racing, always followed by

The Luck of the Irish

By Peter Linehan O'Commodore

Well it seems that hard as I try, The Editor of this newsletter just won't agree that an article from the Commodore is not needed, and being threatened with the prospect of some as yet unknown photo to be substituted in its place.... I feel compelled to write another tale.

That being said, lets start off with some club news, the Sea Scouts have just finished their annual crab feed with great results. I think over 100 folks showed up and ate crab. Their boat, the Sea Fox is due to be hauled out for her Bi-annual bottom job next month. It will be around the same time as our April general meeting, so if you're feeling like helping out, they have painting, sanding, and engine work to do. Anyone work on a 671 diesel before? They have 2 that need some TLC. Of course, that sounds like perfect training for boat ownership later in life. Go Sea Scouts!!

Now, coming up at the club. Sat the 19th, we have a little bit of Ireland, with the traditional Corned Beef dinner. You'll love the cool pint of ale to go with that too. Add some boiled cabbage, potato, and the like. We'll be eating just

> From Galway Bay to SF Bay, page 5

Ensenada Benao, in Panama

By Frank & Ellen Atteberry, Cruisers

At present we are anchored at Ensenada Benao in Panama, about 10 miles southwest of Punta Mala or Point Bad. These past few days have been a big surfing contest in the Ensenada with loud speaker music and announcements. The waves have been spectacular. Benao is the "waiting room" where southbound boats wait for the "weather window" to round the point and head for the Las Perlas Islands or Balboa in Panama City. The trade winds coming across the isthmus from the Carribe tend to blow night and day at 20 to 30 knots; however, when the winds hit the headland at the point they increase to 35 to 40 knots coming from the NE. In addition, there is a tremendous southerly current at the point as well as the tidal effects. As a result, the ideal rounding window is just before slack low tide when the winds are only 25 knots. The decreasing tide counteracts the current so the water is not moving at great speed into the wind causing big square seas. When the flood tide starts, the combination could reach 5+ knots and your boat is screaming around the point before the seas build. Tomorrow morning at 6:30AM is slack low water at Punta Mala, and the weather predictions is for 25 knots at the point; so we will hoist the anchor at 4:30AM. put a reef in the mainsail and head for the wild ride. Our plan is to go to the Perlas immediately after rounding the point, dodging the ship traffic. Between Punta Mala and the Perlas is the shipping lane for all ships heading for the Panama Canal as well as those that have transited the canal heading west. Punta Mala is the last "Big Cape" on the Pacific coast: Cape Mendocino, Point Conception, Cabo San Lucas, Punta Correntes (just south of PV, Mex.), Punta Santa Elena, Costa Rica, and now Punta Mala completes the circuit of Capes where the physics of "cape effect" are well illustrated. The Gulf of Tehuntapec is a separate phenomena. We have missed only Cape Mendocino on our travels which now total 5.127 adventurous nautical miles.

Coming down the west coast of Panama from Costa Rica has really been exciting. We visited most of the island groups: Perida the Secas, Cebaco, Gobernadora, Leones, and others in Bahia Montijo up to Puerto Mutis. Some of these islands and the islands at the mouths of the estuaries for the rivers entering the Pacific are For Sale. Compared to land in Costa Rica, Panama is dirt cheap and there are no restrictions like those in Costa Rica. The only problem is most of the land for sale has squatters, Indian families, that exist growing a few veggies, fishing and harvesting the wild fruits. Most potential buyers consider the squatters as a built in labor source; however, since they speak little or no Spanish it takes a bit of patience to explain what

> Islands For Sale, page 3

Nacing Rews

By Joanne McFee, Racing Co-Chair

Spring arrived on the Estuary March 5th. After what seemed like weeks of dull, dreary, drippy days, the sun came out. The Sadie Hawkins Race was off to a great start. Eight boats converged on the starting line, five spinnaker, three non. The race committee "let us sail," sending us on fairly long courses, thinking the wind would hold. It didn't, resulting in some big holes and a bunch of drafting. Much like the Commdore's Cup, you had to get through early. So my lead at the third mark turned into about a 20 minute loss. Oh well, it was too beautiful to worry about such things. (Right.)

Congratulations to Dawn Chesney, Division A winner on *Dire Straits*. She got the gun and corrected over Laraine Salmon on *Pipsqueak* by 10 seconds! Lucie Mewes on *Georgia* won Division B by the aforementioned 20 minutes. Interestingly, although this was a fully crewed race, only one boat (*Dominatrix*) had more than three people aboard.

After the race we all adjourned to the club for drinks, stories, and prizes, not to mention Rich's pictures. He and Peter even went to see the cranes come in and took pictures of them! We were then supposed to have a chowder cookoff. Unfortunately, there were only two chowders (where was everyone?). Fortunately, they were marvelous. Thank you, Rich and Shirley and Lucie for feeding us. Our tummies went home happy.

April 9 marks the 24th annual Double Handed Lightship Race. We run it from Golden Gate Yacht Club. I feel like a broken record, but Race Committee needs your help! Experience is not a factor. We'll teach. It's fun. It's often funny. We have good food. You don't have to stay all day. Call me – 925-254-5384.

All Hands on Deck!

Friday Nights start on April 22nd. Remember, it takes a yacht club to run a Friday Night race and barbeque. Come out and race, come out and help, or do both. Come out when you can and give us a hand. You'll be surprised how much you enjoy yourself!

On a non-racing note I'd like to thank the people who helped me on last month's dinner. Janet, David Hand, Debby and John Ratto, Peter – thank you. And thank you to all those hands who helped cleanup that I didn't see!

Until next month, remember, life's a reach, and then you jibe.

--Joanne

St. Paddy's & Open House

By Shirley Ahlf, Vice Commodore

The Sadie Hawkins Race got us off to a good start and the Chowders seemed to be enjoyed by all. We had a good turnout and a beautiful day!

As you can see by the title our Monthly meeting is going to be an Open House and St.Paddy's Day Dinner combined. The club will be opened all day and hopefully we'll have lots of prospected new members drop in. We really do need to get some "New Blood" in the club because they bring with them new ideas as well as their energy. Speaking of new members, Caroline Mines recently joined us. She's a member of Single Sailors and has been to IYC on numerous occasions. She's a typical example of "See one, Do one and teach one" because she's now our Membership Chair. She a perfect example of the aforementioned influx of energy. I got all jazzed up just sitting next to her at the Board Meeting. Let's all give her a big Hello and Helping hands. Speaking of Helping Hands (Y'all new this was coming, didn't you) any time you can spend on that day (March 19th) will be greatly appreciated. As I said earlier, we hope people will be coming in throughout the day. Glen Krawiec has been working hard to make this

> Open House is Win-Win, page 4

Islands for Sale

(Continued from page 2)

you want done. After you buy the land, you explain to the families that you now own the land, but they are welcome to stay and you would like to offer them jobs clearing the jungle, building your house, digging a water well, doing cooking, cleaning and laundry chores. You pay them a good wage and they now have money to buy an outboard engine for their dugout panga and go up the river to the towns to buy fancy stuff and a bigger variety of food. After a couple of years, they now like the modern stuff, want to move closer to town and have some building skills that can get them jobs in town. So they leave your land and you carefully take steps to keep other squatters from moving in. That is a lot less costly than hiring some lawyers to take legal action to remove the squatters.

One of the small islands next to Isla Perida is Isla Peridita that is owned by a US family that has built a small "Eco Resort". There are about 4 palapas with a double bed, bathroom and shower. No doors or windows that close; the bed has a huge mosquito net suspended from the ceiling beams that encircles the bed and there is a regular flush toilet. Small 12 V fans and lights are in the palapa and up on the hill is a dining palapa where a couple of American girls prepare the

> Panga Takes a Pounding, page 4

A Case of LockJaw

By Glen Krawiec

The Opening Day Parade entry for IYC is at a stand-still until a boat or several boats are volunteered. Remember, the Parade theme is Movies By The Bay and our major effort is to be JAWS. We have been gathering some supplies for this effort, but we still need some ½ inch and/or 5/8 inch plywood, some chicken wire and some volunteer workers. We need someone to make a few lifeguard tank-tops (ironing letters on shirts) and contribute some ideas for other "costumes."

The best platform for our shark and bloody cast of characters is a multi-hull, but we can deal with anything that is offered. Remember, we hope to enter Redwood City's parade two weeks before the PICYA Parade on April 24. So we need to decorate by April 9, and dock the boat until the parade on the 24th.

We can enter several boats in the April 24 parade to maximize our Club Of The Year points. Last year we had three boats in the parade and got 23 of a possible 25 COTY points. Let's not wait until the last New York minute to get on board with this project!

Call Glen at 510-339-9451.

IYC OPEN HOUSE MARCH 19

Special Membership Drive

Caroline Mines, the Membership Chair and new member herself since December, is charging ahead to add new members to IYC with our first Open House in recent memory. She had banners made to hang outside the clubhouse and had fliers sent to all the berthers at Alameda Marina, 1100 in all. Now she needs you! The Open House extends from 10AM to dinnertime. Remember March 19 is the General Meeting Day with a St. Pat's corned beef dinner planned. We cut the day up into 2-hour segments: 10AM to noon, 12 to 2, 2 to 4, and 4 to 6 which takes us up to dinner time.

We need volunteers to man the club. The bar will be open with special drinks offered at bargain prices. We need bartenders, greeters, people to pass out fliers to boaters in the yard & salespeople to close the deal. A special rate for new members during March: \$180 plus \$50 initiation fee covers the rest of 2005.

We also need volunteers to bring finger food to tempt the tire-kickers and keep them coming back for more. If you can spare a few hours and can bring some good pot-luck snacks (basics will be provided by the club) we need to hear from you.

Caroline: 510-814-0624, Glen 510-339-9451, or Shirley Ahlf 925-672-2514

Panga Takes a Pounding

(Continued from page 3)

meals. It is a really beautiful area overlooking a nice beach and very secluded. We do not know what the rooms cost, but the girls gave us a website Island-Baru.com. The resort gets their power for the water pumps, lights, refrigerator and freezer from a hidden 6V battery farm with several solar panels to keep the batteries charged up. To get there, you would fly to Panama City, take a plush bus for 4 hours to David, take a taxi to the marina at Pedregal, and there a resort panga would take you the 30 miles down the river and across the open ocean to the island and drop you on the beach. I hired one of the resort pangas and one of the Panamanian resort workers to take me to Pedregal, catch a taxi to David and pick up my new dinghy engine at the truck terminal. While there, I also went to one of the big supermarkets to get some groceries. The panga driver was very helpful, pushed the grocery cart. carried the engine carton to the taxi and then onto the panga. Only problem was he knew only two speeds, idle and full power. That means 30+ knots across the waves at the river entrance and across to the island where our boat was anchored. Most of the time only the big outboard engine prop was in the water. As a result, I was really amazed that I could still get out of bed and walk the next day. I took a good pounding. On Isla Parida, we had found some wild pineapples growing on the side of a hill, which had been a surprise.

Another of our stops was in Bahia Honda, a nice large bay with a large island near the middle. The village on the island has no power, no telephones, and the bay has no roads to the interior of Panama; only small horse trails. When we anchored an old man that spoke a little English paddled his dugout canoe to our boat and said he would bring us some fruits and herbs. The next morning he gave us for a small fee, a stalk of green bananas, a bunch of ripe red bananas, one ripe and two green wild pineapples (only about 3 inches in diameter and 3 inches tall, with a long stalk), a bag full of fresh ginger, a bag of fresh cilantro leaves (looked more like basil leaves, but had that great cilantro flavor), and two green papaya's. We hung the banana stalk and the pineapples in the cockpit of the boat, so they could swing in the wind and get partial sun. The short fat red banana's were great; the green banana's are now getting ripe and they taste so much better than the orchard grown variety. The same with the pineapple. On the day before we left, two young girls who said they were 8 and 12 yrs old paddled their dugout canoe the mile or so from the village on the island to our boat. They paddled so quietly, it startled us to hear tiny knocks on the boat. They asked for cookies or candy, which we did not have. Ellen gave the older girl one of her old blouses that looked like it would fit. The girl had

> Island Girls are Good Sailors, page 5

Open House is Win-Win!

(Continued from page 3)

day something special and I'd like to take this opportunity to thank him for all his efforts and the best way we all can thank him is to show up. It's a win, win situation. You'll get to pal around with your old friends, hopefully meet new ones and top it off, a great Corned Beef dinner prepared by Joanne McFee. Now it doesn't get much better than that. So mark your calendar, March 19th, come on down! Eat, drink and make new members, O well, you know what I mean.

See ya there, Shirley

Membership in Action

By Caroline Mines, Membership Chair

I met with Diane Duey before the board meeting in February and she turned over all records and assets, plus spent time with me going over the duties of Membership Chair. My sincere gratitude goes to Rich Ahlf for turning over complete and accurate records for me to work with during the board meeting. After the board meeting Janet Frankel and Ted Crum offered to help get me up to speed with the software needed to do this job and in providing computer back up. After the dinner, a thanks to Glen Krawiec for spending time with me "getting me up to speed" on the workings of the yacht club. Lastly, my heartfelt thanks goes to Joan Wetherell for introducing me to Island Yacht Club.

I have distributed colored-in copies of the Open House flyer to the Alameda and Oakland West Marine store bulletin boards and the local Oakland BoatUS bulletin board. By the time you receive this newsletter you will hopefully have your new membership cards in hand. I will be on hand for the Open House on March 19 to process new applications and hope to see you there! Please e-mail me if you have any questions, concerns or new ideas for increasing membership. My door is always open.

docuserve@alamedanet.net

Caroline Mines

Interclub Races Start Apr 9th

Six races for \$40 (one throwout). A nice bargain nowadays – lots of races cost near \$40 each. Great awards too. Embroidered jackets, vests and windbreakers. IYC has normally fielded seven or more boats and gotten a high percentage of the awards.

Sign up with Glen 510-339-9451.

DATES: April 9, May 7, June 11, July 9, August 6, September 10.

From Galway Bay to SF Bay

(Continued from page 1)

like someone's momma used to make back on the shores of Galway Bay. It's also our great big membership drive, so bring a friend and come down early for the Open House.

The last few weeks have been so nice, and I got to go out for a sail. *Hobbit* seems to have grown a little fuzz on the bottom. So we started out a little slow, but soon were speeding along at 7 knots under a reefed main and 120 jib. That felt nice after a long stretch of little or no sailing. And I even saw a pair of little black porpoises fishing under the GG Bridge. This time of year has lots to offer (well, except for the lack of fishing) and while you have to pick your days, even outside the gate is great for sailing. I can hardly wait to get out again.

Rich, our faithful race photo expert and I had the pleasure of following around the boats racing in the Sadie Hawkins. We (OK, I was driving) may have gotten a little close with the chase boat's wake. However Rich took some photos that seem like you're right in the cockpit or helping trim the spinnaker sheet. This women's skipper's race is an old tradition here at IYC. And we had some great racing until the wind died out. IYC has always been a leading club in getting women on the water and this year we are proud to revive a sailing program from past years, Women's Sunday Sailing. Or WSS...not to be confused with WSS, that would be the Women's Sailing Seminar held at...Oh yeah, that's right, also IYC. Anyway, we need your boat and your wife. (Well, just the boat, or just the wife will do) You can help make this a new club favorite. I think Shirley Alf is taking the wheel/ tiller on this, so give her a call.

In the meantime, go Sailing. Enjoy the wonderful weather. And like your momma told you, Eat your Corned Beef and drink a glass o beer.

—Your humble commodore.

St. Paddy's Party Menu Corned Beef Dinner Corned Beef Cabbage, Carrots & Potatoes Salad & Dessert \$15 Chicken available by request. RSVP to Joanne McFee at 925-254-5384 Or to Janet at Frankie7@pacbell.net

Stained Glass Demo after Open House & Dinner!

March 19th

After our open house and St. Paddy's dinner on March 19th, the club General Meeting will feature Glen demonstrating making stained glass ornaments.

In fact, Glen may be doing several projects throughout the Open House day as time permits. So come down and help us build our membership, and you may be able to take home an original, colorful art piece of your very own!

Island Girls are Good Sailors

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(Continued from page 4)

a huge smile for us and they paddled away. Then another surprise was when they raised a makeshift mast and sail, adjusted it and sailed off to their island fast and easy, using one of the oars as a rudder. When we had taken a dingy ride to the village, we could see hundreds of fish fillets draped over bamboo strips drying in the sun. We assume they used the dried fish to trade with the farmers in the mountains for vegetables and fruits.

In Costa Rica the main mode of transportation other than bus was bicycle; here in Panama it is horseback or on foot. The only other noticeable change is the frequent appearance of sea snakes on top of the water. I even hooked one on a lure that was being trailed behind the boat; the only safe way to get him off the hook was with a machete (they are poisonous, of course!) We have been told they are not aggressive, so we still do our daily swim.

On the morning Ham radio net, we have heard that the water temp in the Perlas Islands has taken a quick and drastic drop in temp to 72 F. and gotten turbid. This is very strange, since we are only a hundred miles away and have 91 F. water. Maybe, the world weather is taking a turn???? Maybe the ocean is "turning over" like a Midwestern lake in the US?? They also reported the Survivor Show is doing something in the Perlas, again. The only news we get is from the BBC (on the Ham radio), which only briefly mentioned the movie winner at the Oscar presentations.

Love, Frank and Ellen Hot Ice, N 07 25.519 W080 11.284

Yerba Buena Report

By Janet Frankel, Editor

I definitely saw Yerba Buena Island move. I will stay faithfully at my post in case she decides to finally flee the Bay altogether. I see that dependable although mysterious government forces are working diligently to build a large cage around her, but typical of government plans, I also see huge flaws with the design. For example, the cage does not actually contain the island. From a starting point at the western edge of Yerba Buena, the cage seems to flow directly away from the island towards Berkeley. My guess is that a bunch of fishermen got involved in the cage design and sort of confused the idea of capturing a floating island with the idea of netting schools of fish. I've heard rumors that it looks more like a bridge but, yes, Dear Reader, I agree with you, anyone who believes THAT malarkey needs another drink. Ah well, I guess it will remain totally up to me, after all, to ensure that YB stays put. If you want something done, ... etc.

Speaking of doing it yourself, I was over at our clubhouse on Sunday, March 13 for our cleanup day. (Yes, Dear Reader, you did cleverly notice that it was on the "dates to remember" first page of this *Mainsheet* even though it happened yesterday. Your trusty *Mainsheet* editor is clearly relying on your ability to time-travel. That way, you can go and have a hand in the clean up, in case you weren't there, or even if you were but just ran out of time. Your time traveling kit is waiting for you at www.youarenotreallygoingtolooknowareyou?.com.)

So on Sunday March 13th the club was a beehive of activity, after a short respite from the beehive of Sea Scout Crab Feed activity only the night before. Judy and Dave Blumhorst and their Potters Yachters group had a little seminar going. I love the way they started the meeting, with a loud hoot that immediately and vividly brought Malcolm Sowers' siren call to mind. You've all heard the siren call. You KNOW what I mean.

Glen Krawiec and I showed up early, just after 10:00am. Glen had a truckbed full of goodies and a fired-up determined look, and told me that the big plan of the day (besides washing windows, cleaning the bar, painting the picnic tables, and waxing the floors) was to REPLACE the kitchen floor. This required removing EVERYTHING from the kitchen, including the stove and the refrigerator and ALL of the pots and pans. I helped carry some equipment upstairs that left my arms so weakened that I could hardly scratch my nose. Luckily my nose didn't itch.

Even more luckily, humble commodore Peter showed up and I was able to skedaddle for a short appointment to help Caroline Mines set up her computer for her Membership Chair duties. By the time I came back, all

> Opting Out of Heaving Lifting, page 8



Huge Waves at Punta Mala

By Frank and Ellen Atteberry, Cruisers

Due to wind conditions and waves rounding Punta Mala we have delayed our visit to the Las Perlas islands and went more directly towards Panama City. Those waves at Punta Mala were the largest we have ever seen, maybe 30 ft tall or so. The traditional N to NE winds were being replaced by some SSE winds due to a low pressure zone moving through Central America. At present, we are anchored in a small cove at Isla Taboga, a few miles from Balboa. There is a beautiful little town ashore, built on the side of a mountain looking very French Mediterranean. In fact, Taboga is guite old, 1500's predating Panama City. The old famous Pirates: Drake, Henry Morgan, Townley, Francisco Pizarro, and Diego de Almongo used Taboga as a post to launch attacks pillaging Peru from here. In 1550, the church that still stands was built and is the oldest church in the Western Hemisphere. In the 1880's, the French set up Taboga as a sanitarium for folks who had contracted Yellow Fever or Malaria working on the early canal building attempt. One of the other unique characteristics here is the presence of lime green striped black frogs and giant hairy spiders (not tarantulas)on the dirt roads heading out of town.

Last night we had a little birthday dinner for Frank at a Portuguese restaurant ashore with our cruising friends from Heart Strings, Michael and Debbie. Michael is a famous heart surgeon from Newport Beach, so dinner was filled with laughable medical renditions about implants of pig heart valves versus mechanical valves. etc. Michael is convinced there is a large amount of gold in some of the sunken ships around Taboga. He has done some research about the Calif Gold Rush traffic in gold to the US East Coast via sailing ships stopping at the Panama Isthmus near here using donkeys to carry the gold across land to the Caribbean side reloading onto sailing ships going NE. (long before the canal was built). Heart Strings is a 22 yr old Shannon ketch (almost as old as Hot Ice) which they have owned for 17 years and has been beautifully maintained by Michael as a form of physical therapy away from the operating room.

—Love, Frank and Ellen, Hot Ice, Taboga, Panama

ISLAND YACHT CLUB



Alameda Marina 1853 Clement Ave. Alameda, CA 94501 510-521-2980

2005 MEMBERSHIP RENEWAL PLEASE UPDATE OUR INFORMATION

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Opting Out of Heavy Lifting

(Continued from page 6)

of the heavy moving and lifting had been accomplished by Peter, Glen, Ron Lenhart, Rich Ahlf and Ted Crum. Ted Crum was outside the club busily sanding long pieces of wood. I don't know what they are called but they are those pieces you put back at the bottom of the walls after you replace the floor. Ted was dressed in a giant white paper suit and covered with sawdust from head to toe. I told him he brought new meaning to the words "White Man."

Shirley, Joan, and Joanne were working diligently in the bar sinks, cleaning all of the silverware, utensils etc which had been removed from the upstairs kitchen. Caroline jumped right in with the Windex and disappeared with a towel to clean our club's private parts. A couple of folks from the marina wandered in and were interested to see so much action. The bar sold quite a bit of beer we finished the keg. One guy, Mark Townsend, who just bought an Olson 30, joined right up! I'm sure you'll hear more about him in next month's Mainsheet from our Membership Chair.

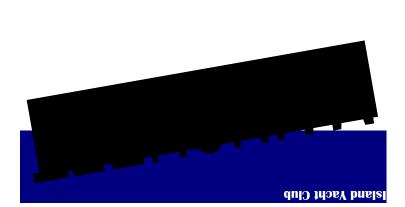
John New came over and summoned his friend Rock to check out the dilemma of the flagpole; how to get it down for repainting and repairs. Much discussion and diagramming. Engineerspeak.

I sanded and painted the picnic tables up on the back deck, with help from Peter and Rich. Rich gingerly replaced broken glass light bulbs. The sun shined down sweetly on all of us and we smiled back. It was a good day.

gingerly replaced broken glass light bulbs. The sun shined down sweetly on all of us and we smiled back. It was a good day.

Oh look, Yerba Buena Island is winking at me! How about that.

Janet



Next Board Meeting

March 19, 2005 at 5:00 pm

Mar 19 OPEN HOUSE, St. Patrick's Day Dinner Party

Apr 9 Doublehanded Lightship Race

Apr 22 Friday Night Twilight Series Season Begins

Apr 23 Dinner at the Club and General Meeting