



SAUVIE ISLAND YACHT CLUB NEWSLETTER

P. O. Box 2524, Portland, OR 97208-2524 www.siyc.org No. 337, February, 2013

SIYC OFFICERS '12-'13

Commodore
George Stonecliffe

Vice Commodore
Craig Johnston

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Treasurer
David Mangan

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Membership
Ed Daugherty

Database Editor
George Stonecliffe

Newsletter
Barbara Johnston

Website
Mark Nerczuk

*Happy Valentine's Day to all
SIYC members, near and far!*

Celebrate Valentine's Day by joining other
SIYC cruisers at Coon Island on February
16 & 17. This month's theme:

Chocolate!

See details inside, next page.



Upcoming Speakers

Club meetings: First Friday, 7:30 pm
Sauvie Island Academy

March 1, 2013: Ruth and Randy
Webster will talk about ocean weather.

April 5, 2013: (at West Marine) Mike
and Gail Cannady will tell us about cruising
destinations in South Puget Sound.

See details on the next page.

Looking ahead

This summer, SIYC plans to present
Lifesling Training (classroom and in-the-
water). See details page 4.

Be sure to check out this month's
cruising reports, starting page 10.

Commodore's Comments

The February program speaker, Mark Schrader, held us spell-bound as he sailed through his presentation of A Circumnavigation of North and South Americas. 13 months, 27,000 miles, in seas up to 35' high, the sightseeing was enriched by curious polar bears nearby, whales, porpoises, seals, albatross, and penguins too. Scientific measurements of pH, water temperatures down to 100', salinity, even the bloom of jellyfish were shared with NOAA. An extraordinary battle with ice flows in the Northwest Passage threatened to crush them, but they narrowly escaped the danger more than once. This may have been the most thrilling program I have seen at SIYC. We had sixteen guests to share the program with, many who are considering membership in the Club!

There is something for everyone in our programs. See you in March?

Cheers,
George Stonecliffe
Commodore

Upcoming Speakers

Each meeting starts with a brief business session at 7:30 pm, we break for refreshments at about 8:00 pm, and the special program for the month follows at about 8:15 pm.

March 1, 2013: Ruth and Randy Webster: "What's a front?" Ruth and Randy will give a lesson in understanding and forecasting ocean weather, with illustrations from their trip to and from Hawaii aboard their 35' ketch.

April 5, 2013: *Different location!* West Marine, Delta Park. Members Mike and Gail Cannady, who recently moved S/V Wild Rover's moorage from the east coast, to Olympia, Washington, have been exploring south Puget Sound. They'll be telling us all about the hidden destinations that are so often

overlooked by those going north for the summer.

Valentine Cruise

On February 16 and 17 we'll be docking at Coon Island. The festivities, centered around Valentine's Day, will be hosted by Sue and George Stonecliffe. Sue tells us that the theme will be "Chocolate, chocolate and more chocolate!" For further details, call Sue or George, 503-352-9414.



Save the Dates: March Anchoring Cruise

March's traditional anchoring cruise will take place on March 16-17 at Martin Slough. Terry and Michelle Wilson (S/V Conch) will host. Watch for the details in next month's newsletter.

Fundamentals for Cruisers : Dinghy Landings



John Riise / Latitude 38 magazine – used by permission.

Here's a picture of a dinghy beach landing gone wrong during the 2006 Baja HaHa. As you can see, dinghy landings can be very dangerous if not done carefully. Look at that outboard in the air. If the prop is still spinning

(or even if it's not) what kind of damage could it do to you or your crew when it lands? Here are some time-tested guidelines for getting to the beach and back to your boat in your dinghy.

Going ashore:

- Always wear your lifejacket.
- Always wear the engine kill switch on your wrist – if you flip, the engine will stop.
- Don't overload the dinghy – it's asking for trouble. And two lightly-loaded trips may well take less time than one overloaded trip.
- Pick your landing site carefully – some are calmer than others.
- Be patient. Wait for a lull in the waves, even if you have to wait 5 or 10 minutes.
- If the waves are too big, don't go.
- If you're new at this, spend time watching the technique of others with more experience. Or take a panga to the beach – the locals really know how to do this.
- Ride on the back, not the crest, of the wave. Then go like hell! As soon as it's shallow enough for you and your crew to jump out, kill the engine, jump out, and run to shore. Speed is the key to success.
- If you get sideways to a wave, kill the engine. Chances are you're going to flip.
- If a wave overtakes you from behind, kill the engine. Again, chances are you're going to flip.
- Never stand between the dinghy and shore. If a wave slaps the dinghy, it will knock you down and may wash right over you.
- Package your stuff in dry bags, or at least a garbage bag. Take a change of clothes. Assume you're going to get wet.



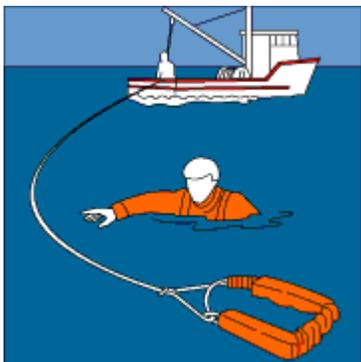
John Riise / Latitude 38 magazine – used by permission.

Returning to your boat:

- Follow all the same safety rules as “Going Ashore”.
- Going back out is even harder than coming ashore, because you're going into the waves, so there is less time between them.
- Walk the dinghy out to knee-deep water. You and your crew should be ready to jump in quickly on your signal. Have the engine kill switch on your wrist, and be ready to start it up. Don't let anyone stand between the dinghy and the shore (see above).
- Be patient and wait for the lull. It may take even longer to find the lull than when you came ashore.
- As soon as the soup from the last wave before the lull has gone by, go like hell until you are thigh deep. Everyone jumps in, you start the engine, and go! You only have about 10 seconds between waves. If you take longer you *will* get drenched.
- Head directly out, never diagonally to the wave.
- If you're going to end up sideways to a breaking wave, get everyone out instantly, and as far away from the dinghy as possible. Kill the engine before you lose complete control. The dinghy will likely roll.
- Keep up your forward motion until you have passed all the breaking or soon-to-break waves and you're in deep water.

- Sometimes you'll have to walk the dinghy out until the water is chest high. If you and your crew can't quickly hoist yourselves into the boat from that depth, you'll have to wait for better conditions, or hire a panga to take you out.
- Sometimes it just isn't safe to go. Again, wait for better conditions or hire a panga.

SIYC Summer Program: Lifesling Training



This year the SIYC is planning an unusual warm weather event: training in man overboard (MOB) recovery with the use of the Lifesling. We first did this in 2007 and most of

the attendees were surprised at how hard it was to recover someone in the water. The fact is that, even after reaching the MOB, getting them back on deck is a real challenge, especially for cruising couples. *Skippers, just imagine that it is YOU in the water, and your faithful mate is the one sailing away with a distressed look on his or her face...*

There are new training materials and video available from The Sailing Foundation of Seattle, the creators of the Lifesling, developed in 2010 by a group that included your crusty Vice-Commodore. These are sure to educate folks who have a Lifesling but have never gotten it wet as well as those of us who have had some training but forgotten most of it and could really use a refresher on this important safety drill.

Experience has shown that there are four steps to effective MOB recovery training:

1. Classroom instruction in recovery techniques and Lifesling setup and use.

2. Getting the gear rigged and ready to go on your boat.
3. Practicing rigging the Lifesling and hoisting the MOB on deck.
4. Practicing the sailing drill to get back to the MOB and deliver the Lifesling to them.

While we could do the class training any time, the in-the-water activities are a lot more fun in warm weather. Therefore we are tentatively scheduling the training during the two weeks after the 4th of July weekend. Activities 3 and 4 above will take place during a local cruise on the weekend of either **July 13-14** or **July 20-21**, preceded by a weeknight meeting for the classroom training.

At the cruise weekend, we will practice rigging and hoisting a live MOB while the boat is safely tied to the dock, then the next day we would go through the sailing practice with a dummy or a float. (Other groups have had real safety issues practicing MOB recovery with live subjects.) Of course a party would have to follow!

The training should be should be both educational and fun. *If you are planning on being in town at that time and are interested, please RSVP to Craig Johnston (503 543-0945) and let me know which weekends work for you.*

Note that we will also be inviting other folks, like OWSA members, some of whom don't have boats but would like to take the training and crew for skippers who would like to have them.

Please RSVP no later than the May meeting.

Craig Johnston

SIYC Clothing & Accessories For 2013

'Sport-Tek' Brand

Sweatshirts

Pullover, hooded-----\$30.00

Adult-F254

Zip front, hooded----- \$36.00

Adult-F258

Fleece Jackets

Ladies Zip front, hooded-----\$38.00

Adult-L265

'Port Authority' Brand

Competitor Jacket-----\$42.00

Wind & water resistant

Adult-JP54

Wind Jackets-----\$52.00

Full zip

Adult-J707

Ladies-L707

*** Call Sarah for color choices: **503/774-3381**

*** A check made out to 'SIYC' needs to accompany orders.

Mail checks to Sarah Daugherty (see roster for mailing address), or give her your order at the next SIYC meeting.



*Punta Burica, Panama-Costa Rica border
Richard Sandefur, S/V Moonshadow
(See his cruising report below at page 10)*

Recipe of the Month

Here's a recipe that has been used quite a bit aboard S/V Sequoia. It's good for multi-boat pot-lucks (perhaps SIYC cruises?), or it can last (refrigerated) for several days on long passages.

One strategy for long passages is to make a big salad for lunch now and then, and use the leftovers for varied side dishes on the few days after that. This works using this recipe, along with a tabbouli (cracked wheat and mint or parsley) and a pasta salad. Sometimes lunch can be a scoop of each.

Crunchy Cabbage/Chicken Salad (about 10 servings)

½ cabbage, thinly shredded
1 can chicken (12.5 oz.) drained, shredded
2 pkgs uncooked ramen noodles, broken into small bits (save the flavoring for another use)
2 green onions, sliced
2 hard boiled eggs, diced
Small pkg. slivered almonds
Salt, pepper to taste
¼ cup or more of your favorite dressing.

Mix all, refrigerate several hours before serving.

Did you notice we called this the "Recipe of the Month"? If you like to cook, please send us your favorite recipe, suitable for preparation aboard, for inclusion as a future recipe of the month!

CRYA News

Sauvie Island Yacht Club is a member of the Columbia River Yachting Association. CRYA is an umbrella organization that brings together yacht clubs and other maritime interests along the length of the Columbia River.

Our Commodore, George Stonecliffe attended the meeting on January 15, 2013, and brought back this report.

Jeanine Belleque, **Oregon State Marine Board**, spoke:

1. St. Helens Courthouse docks may have electrical utilities installed by Fall 2013 for recreational boaters paid by a Card Swipe System.
2. OSMB is close to securing federal funds for a composting toilet for Sand Island near St. Helens. (It costs \$100,000)
3. Coon Island and Gilbert River will be having a make-over, replacing these sites in 5-7 years. Process includes Columbia County permits, federal funds, and Corps of Engineers.
4. 42nd Street Ramp: closed from now until June 2013 to install flush toilets, re-pavement of parking lot, and landscaping.
5. Riverplace Marina in downtown Portland has been bought back by Portland Parks, and will be administered by the City. New rules will be posted.
6. Fuel Dock being installed at Arlington.
7. Port of Hood River is expanding.
8. Rainier has problems/irregularities and will probably revert to recreational use only.
9. Maintenance of Pump-Out Stations: monitoring for better compliance; installing remote monitoring (telling day, time, gallons pumped, etc); and looking into an I-Phone app that will indicate whether a pump-out station is functional or not (green light or red light).
10. Oregon Marine Board revenue is down \$30,000 to a total of \$160,000 for 2012.
11. There were 20 boating fatalities in 2012: 10 power boats, 10 non-powered.

The **US Coast Guard** has announced a decision to change the nomenclature of PFD's back to 'Life Jackets'.

The US Coast Guard has asked boaters to look for tsunamis debris floating offshore, and advise the USCG of any sightings.

The **Multnomah County River Patrol** appreciates the presence of our eyes and ears on the water, and our experience boating. They encourage us to call at any time that we think the River Patrol should be involved with a developing situation or event on the river. The Multnomah County River Patrol can be contacted on VNH Channel 16, or as well at their Office number of 503-988-6788 during their winter hours of 7-5, or via dialing 911 if an emergency occurs. They are there to insure our boating experience is both safe and enjoyable.

The Patrol has been addressing the major problem of derelict vessels, making repeated contacts, and making two arrests recently with good results. This year the Patrol has dealt with the large number of suicides, recovering some 35 people. The River Patrol has responded to calls involving disorderly conduct on riverside docks and homes. Calls for wake complaints seem to have dropped. Calls due to groundings from very low water levels were up this year.

Submitted by George Stonecliffe



S/V Adagio in the Sea of Cortez



Club Business

SIYC Membership Meeting February 1, 2013 Sauvie Island Academy

The meeting was called to order at 7:30 p.m. by Commodore George Stonecliffe. Other officers present were Vice Commodore Chris Johnston, Rear Commodore Garry Weber, Treasurer David Mangan, and Secretary Sue Stonecliffe.

Guests: Prospective members:

Mike and Sandy Wilson (5th meeting)
Mike Dowding and Gabrielle Lennartz (4th)
Susan Fichter (Rudy Marchesi couldn't come this time) (3rd)
Guests of David Mangan: Bob and Karen Naylor (1st)
Guests of George Stonecliffe: Steve and Laurie Holser

OWSA Guests:

Randy and Ruth Webster (our speakers next month)
Linda Curtis
Jan Steinbock and Don Graham
James and Linda Noval

Treasurer David Mangan reported \$2,716.92 in the checking account.

SIYC.org editor Mark Nerczuk reminded us about the password to log in and comment. He also continues to add photos and videos.

Newsletter Editor Barbara Johnston reminded us to write back to cruisers who have written cruising letters, so that they won't feel like they're sending their reports into a "black hole."

She also solicited recipes for the "recipe of the month" column.

Upcoming cruises: Valentine's Day Cruise February 16-17 at Coon Island hosted by George and Sue Stonecliffe. Theme is simply CHOCOLATE! Bring potluck dishes for dinner and breakfast.

Anchoring Cruise March 16-17 at Martin Slough hosted by Terry and Michelle Wilson.

Refreshments: Ed and Sarah Daugherty signed up for the March meeting.

New Business: Next meeting the nominating committee's slate of officers for next year will be announced.

Business meeting adjourned at 7:50.

Program: Mark Schrader gave us a fascinating program about Ocean Watch's sailing adventure around the Americas followed by purchase and signing of his book One Island One Ocean, Around the Americas Aboard Ocean Watch. Mark donated one book to Sauvie Island Academy as part of his education outreach which George will deliver.

The SIYC Board met at the Johnstons' home on January 30th to discuss the slate of officers. All officers were present. The Membership Chairman will be asked to attend all of next year's meetings.



"Say no to child labor"
Golfito, Costa Rica
Richard Sandefur – S/V Moonshadow

2012-2013 CALENDAR

GENERAL MEETINGS		BOARD MEETINGS	CRUISES	
March 1 7:30 pm	Sauvie Island Academy Weather: "What's a front?"	February 28	March 16-17	Anchoring Cruise
April 5 7:30 pm	West Marine, Delta Park "Cruising South Puget Sound."	April 4	April 20-21	Navigation Cruise
May 3 7:30 pm	Sauvie Island Academy Annual Business Meeting: Dessert Potluck and election of officers	May 2	May 18-19	Annual Race/Drift Cruise (Sand Island)
June 1	Annual picnic, location TBD			

SIYC CRUISING BOATS – Locations outside of the Pacific Northwest

Boat Name	Owners' Names	Location
<i>Adagio</i>	Jeff & Jane Woodward	San Carlos, Mexico
<i>Ahwahnee</i>	Tom & Kathy Edwards	Port Charlotte, Florida
<i>Imi Loa</i>	Devon Quinn & Rowan Madix	Alameda, CA
<i>Kailani</i>	David & Christy Dykkestén	Panama
<i>Lungta</i>	Dan Finkelstein & Kathy Mitchell	West Coast of Mexico
<i>Moonshadow</i>	Richard Sandefur & Anita Melbo	Costa Rica
<i>Nashira</i>	Mike Floyd	Crescent City, CA
<i>Perpetua</i>	Pat & Susan Canniff	Mazatlan, Mexico
<i>Pied-A-Mer III</i>	Eric & Pam Sellix	La Cruz de Huanacastle, Mexico
<i>Rolling Thunder</i>	Bruce, Jan & Max Payne	San Carlos, Mexico
<i>Silvergirl</i>	Bob Hulegard & Robin Fouche	Newport Beach, CA



Kawaihae Harbor, Big Island, Hawaii. S/V Sequoia, May, 2011

Member Websites

Adagio:	http://sailblogs.com/member/turningleft/
Ahwahnee:	http://www.sailblogs.com/member/voyage_continued/
Julia Max:	http://www.sailblogs.com/member/juliamax/
Perpetua blog:	http://www.sailblogs.com/member/our_journeys/
Perpetua Pictures:	http://imageevent.com/our_journeys/
Lungta:	http://www.lungtalife.com/blog
Pied-a-Mer III	http://www.sailblogs.com/member/sesesail/
Sequoia:	http://www.svsequoia.com/

Other websites of interest to Portland area sailors

<http://www.siyc.org/> Our very own **Sauvie Island Yacht Club**. If you haven't checked out the club website yet, please do so – it's looking really good, and is full of informative articles and spectacular photography by club members.

<http://www.webnautica.us/CRYA/>: **Columbia River Yachting Association** – This is the umbrella organization for Yacht Clubs along the Columbia River – SIYC is a member. See especially their links to all the other yacht clubs' websites, and their calendar of club cruises.

<http://www.oregon.gov/OSMB/pages/index.aspx> **Oregon State Marine Board** – Your source for information related to licensing, safety, boater education, Oregon boating destinations and many other maritime concerns.

<http://www.weather.gov/> The **National Weather Service** – Find out what the weather will be *before* you head out on the water.

<http://threesheetsnw.com/> A Seattle-based website that's chock full of good information about cruising in Puget Sound and farther afield, plus general information that's helpful to any cruiser anywhere.

<http://www.owsa.net/> SIYC women – If an emergency arose while you were out cruising, could you take over from your partner? If not, this is the one for you: **Oregon Women's Sailing Association**. This local organization offers sailing classes (including cruising skills) especially for (and sometimes exclusively for) women.

<http://www.cbsa-asfc.gc.ca/prog/canpass/menu-eng.html> The **Canadian Canpass website** – If you're cruising to Canada, you'll want to know about this permit system.

<http://www.parks.wa.gov/boating/moorage/?subject=permit> Information about mooring permits required for **Washington State Parks** along the Columbia River and elsewhere.



Approaching the mouth of the Columbia River at sunrise, after a long ocean passage. S/V Sequoia, July, 2011.

CRUISING REPORTS

From Richard Sandefur, S/V Moonshadow



Hello Friends,

This morning I was awakened by howler monkeys just before daybreak. I am at the Fish Hook Lodge and Marina in Golfito, where Moonshadow has been put in jail (placed under bond) by the Costa Rica customs office because I did not have the original current boat documentation paper on board. I have last year's original and a scanned copy of this year's which Anita sent in November when the new document arrived in Portland. But, that was not acceptable to them. She has sent the original by DHL which should arrive sometime this week and then Moonshadow will be let out of jail.

As far as jails go this is a really nice place. It caters mostly to sport fishermen who look at me askance as I walk the gauntlet past the boats with the fly bridges and past guys drinking beer with arms spread describing the one that got away.

I single handed the 420 miles from Panama City, stopping for a few days at Las Perlas Islands and a few anchorages on the mainland, making two overnight passages. The Las Perlas were a really nice cruising area with good anchorages and white sand beaches. I was the only boat in several places. I can only take so much of cruiser heaven though, and then it is time to move on.



Moonshadow's "jail", the Fish Hook Lodge & Marina.



Las Perlas Islands, Panama

Before being forced into the marina I was at anchor here at Golfito for a couple nights. One evening I went to dinner with people off a yacht anchored next to me who are from Washington and are on their way home from Norway. When we got back to our boats around 8:30pm they found they had been robbed! I guess the goddess was smiling on Moonshadow that night.

I have a new crew arriving here Feb. 14th who signed on for the leg to Hawaii. We will probably stay in this area until about the first of March before shoving off.

Note to self: 1. Always have current paperwork aboard.
2. Always lock boat and hide valuables.

Cheers, Richard
sv Moonshadow, Costa Rica



Photo to the right: On passage, Panama to Costa Rica

From Tom & Kathy Edwards, S/V Ahwahnee



Hello from the Crew of Ahwahnee,

We are really enjoying our season in Florida which has been in the 70's and 80's with but a few exceptions. We feel a bit selfish when we watch the weather in the rest of the US.

Tom mentioned four things we use a lot and we thought we'd share: Black & Decker vacuum (1 gal shop vac, 110v), the oil suction pump, 6 qt. (Tempo), digital camera and an underwater viewer.

Surprising how much we use the vacuum when doing projects and cleaning up those hard to reach places in the bilge. The oil suction pump is also used to pump out fluids spilled under the engine and when hosing out the bilge.

Any time we disassemble something we take pictures of it from all angles. This has saved us on more than one occasion as it comes down to one wire or one hose and where did that unhook from? Pictures have saved the day.

The underwater viewer has a little TV monitor with about 60' of wire and a fish camera on the end. We purchased it for \$99 at Cabella's and originally thought it would be great to check out our anchor. However, we've never used it for that, but use it as a tool to see places we cannot easily get to. Last year we thought we had a cracked water tank (from falling off a sizeable wave coming out of Bahia del Sol) but before we cut any holes in the settee were able to see that a fitting had broken. Having the underwater viewer made it so Tom knew where to cut and the project was done in a day. When we had to fix the fuel tank, it again confirmed we had a leak, where it was and how fast/slow it was leaking. By attaching the fish camera to a boat pole, we can see in just about every nook and cranny on the boat.

Sail on,

Tom and Kathy
SV Ahwahnee

From Mike Floyd, S/V Nashira



Nashira is still in Crescent City until summer. The plan is to start heading south as soon as school gets out in 83 days, but who's counting? I took a job teaching middle school PE until the end of the year. Extra cruising money!

With the harbor being repaired and crab season underway the marina isn't sailboat-friendly. I'm still the only sailboat in the water. Boats get moved around as construction continues. I was moved to a undesirable slip and had a 5 ft section of rub rail broken off. (Time for more repair work!) I plan to spend Presidents weekend on boat making repairs.

Crescent City is a great place to visit but I wouldn't want to live there, especially in the winter. Once work is completed the harbor will be great. In the meantime I've been buying back ups and reading. I discovered Fatty Goodlander. He is somewhat informative and mostly entertaining!

...To unpathed waters and undreamt Shores.
Mike Floyd

Let's Stay in Touch with our Cruising Members

If you enjoyed the stories and pictures from these cruising members of Sauvie Island Yacht Club, please say so. Sometimes the cruisers comment that they feel like they are sending their articles into a black hole, and they never get any feedback. Let's all make an effort to let them know they are appreciated. If you see them, say something. If they are still out cruising, send them an email. If you have questions for them, do ask – it may be the seed for an interesting future report. – Ed.



Tiger heron ("Garsa" in Spanish) seen in Costa Rica by Richard Sandefur