



The Main Sheet

LAKE MISSION VIEJO YACHT CLUB

June 2014

From The Bridge:

Theresa Buchman
Commodore 2014



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How Do Whales and Dolphins Sleep Without Drowning?

Marine mammals such as whales and dolphins spend their entire lives at sea. So how can they sleep and not drown? Humans, of course, can breathe while the conscious mind is asleep; our subconscious mechanisms have control of this involuntary system. But equipped with a voluntary respiratory system, whales and dolphins must keep part of the brain alert to trigger each breath.

When marine mammals sleep and swim at once, they are in a state similar to napping. Young whales and dolphins actually rest, eat, and sleep while their mother swims, towing them along in her slipstream (echelon swimming). For the first several weeks of a newborn's life, the mother will sleep on the move because the calf will begin to sink as it is not born with enough body fat or blubber to float easily.

While sleeping, the bottlenose dolphin shuts down half of its brain, along with the opposite eye. The other half of the brain stays awake at a low level of alertness. This attentive side is used to watch for predators, obstacles and other animals. It also signals when to rise to the surface for a fresh breath of air. After approximately two hours, the animal will reverse this process, resting the active side of the brain and awakening the rested half. This pattern is often called cat-napping.

To avoid drowning during sleep, it is crucial that marine mammals retain control of their blowhole. The blowhole is a flap of skin that is thought to open and close under the voluntary control of the animal, and therefore, researchers believe a dolphin or whale must keep part of the brain alert to trigger each breath.

Mark Your Calendars!

- Wednesday Night Sailing followed by Pizza—through October 29
- Summer Regatta, June 22
- Friday Night Sunset Sails & BYO BBQ begins, June 27
- Junior Regatta I, August 10



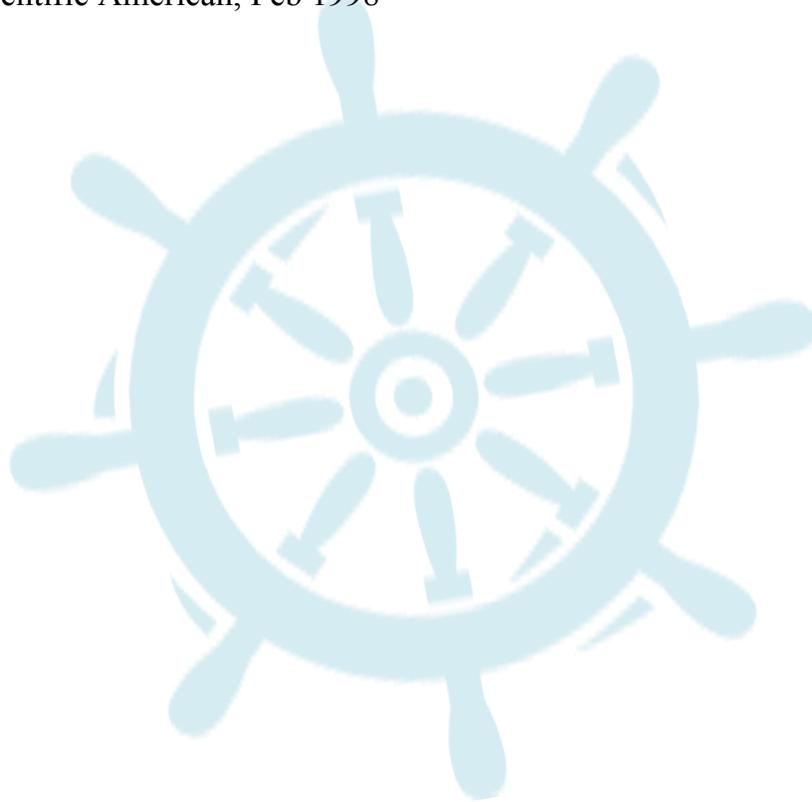
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These animals also have a higher tolerance for carbon dioxide. Their brains do not trigger a breathing response until the levels of carbon dioxide are much higher than what humans can tolerate, an adaptation to living in an aquatic environment that helps during the process of sleeping. Finally, Cetaceans reduce the number of breaths they take during rest periods, with dolphins dropping from 8 to 12 breaths per minutes while active to 3 to 7 per minute while resting.

It is rare for a marine mammal to “drown” as they don’t inhale underwater; but they do suffocate from a lack of air. If unable to reach the surface, or if in a panic, the animal may dive deeper, where it may be unable to breathe and suffocate. Obviously sleeping safely at sea can pose problems, but the marine mammal system has addressed them. Next time you are out sailing in our beautiful ocean look to see if you spot resting or sleeping Cetaceans.

Adapted from Scientific American, Feb 1998





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LAKE MISSION VIEJO YACHT CLUB CONTACTS

Flag Officers

Commodore:	Theresa Buchman	(949) 916-2469	commodore@lmvyc.org
Vice Commodore:	Jeffrey Murdy	(949) 630-2278	vice-commodore@lmvyc.org
Rear Commodore:	Ed Rodriguez	(949) 400-1493	rear-commodore@lmvyc.org
Jr. Staff Commodore:	Frank Roberts	(949) 830-9182	jr-staff-commodore@lmvyc.org

Club Officers

Treasurer:	Arnold Christensen	(949) 768-5653	treasurer@lmvyc.org
Secretary:	Mia Ishikawa	(310) 634-5216	secretary@lmvyc.org
Race Chair:	Rod Simenz	(949) 462-0838	race-chair@lmvyc.org
Port Captain:	Frank Fournier	(949) 462-3282	port-captain@lmvyc.org
Hospitality Chair:	open		hospitality-chair@lmvyc.org

Commodore Appointees

Newsletter Editor:	Arnold Christensen	(949) 768-5653	newsletter@lmvyc.org
Quartermaster:	Kevin Peyatt	(949) 589-2485	quartermaster@lmvyc.org
Web Site:	Arnold Christensen	(949) 768-5653	webmaster@lmvyc.org
Measurer:	Horst Weiler	(714) 402-4439	measurer@lmvyc.org
Trophy Chair:	Robert VanPelt	(949) 488-2989	trophy-chair@lmvyc.org
Club Photographers:	Ted & Mia Ishikawa	(310) 634-5216	photographer@lmvyc.org
Historian/Protocol:	Audrey Simenz	(949) 462-0838	historian@lmvyc.org
Merchandise Chair:	open		merchandise@lmvyc.org
Junior Program Chair:	Rod Simenz	(949) 462-0838	race-chair@lmvyc.org
Jr. Commodore:	Bella Murdy	(949) 630-2278	jr-commodore@lmvyc.org
Jr. Vice Commodore:	Erik Ponti	(714) 855-8200	jr-vice-commodore@lmvyc.org
Jr. Secretary/Treasurer:	Alexandra Murdy	(949) 630-2278	jr-secretary@lmvyc.org
Jr. Fleet Captain:	Tyler Peyatt	(949) 589-2485	jr-fleet-captain@lmvyc.org
Sailing Instructor:	Horst Weiler	(714) 402-4439	sailing-instructor@lmvyc.org

Fleet Captains

Balboa 13:	Guy Heaton	(949) 202-6615	balboa-13@lmvyc.org
Sabot:	Rod Simenz	(949) 462-0838	sabots@lmvyc.org
Capri 14.2	Peter Tietz	(619) 757-3915	capri-14.2@lmvyc.org
Expo 14.2:	Bill Yount	(949) 837-0556	capri-14.2K@lmvyc.org
C-15:	Horst Weiler	(714) 402-4439	c15@lmvyc.org
Thistle:	Ron Meyer	(949) 837-1197	thistle@lmvyc.org
Wayfarer:	Randy Tiffany	(949) 830-0826	wayfarer@lmvyc.org

Volunteers Keep LMVYC Sailing Along!

There are quite a few volunteers that pitch in to make LMVYC Regattas enjoyable and memorable each and every month. I hope you will consider volunteering to help at one or more of the events this year!



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LMVYC 2014 Sailing & Events Schedule

Installation 2014 Officers and Board Members & Annual Awards Dinner	Sun-Jan 12	The Wine Artist
Tune-Up Regatta	Sun-Jan 26	Practice Races
SCYA Midwinter Regatta	Sat-Feb 15	Food and beverages after sailing-Clubroom
Wednesday Night Sunset Sailing begins	Wed-Mar 12	Informal Sailing starting approx. 4:30 pm
Opening Day Ceremonies and Opening Day Regatta	Sun-Mar 23	Commodore's Brunch. Food and beverages after sailing
Spring Regatta I	Sun-April 27	Food and beverages after sailing-Clubroom
Spring Regatta II	Sun-May 18	Food and beverages after sailing-Clubroom

UPCOMING EVENTS

Summer Regatta	Sun-Jun 22	Food and beverages after sailing-picnic area
Friday Night Sunset Sails & BYO BBQ begins	Fri-Jun 27	Sail 4:30pm, Dinner 6:30-7pm-picnic area - Every Other Week
Balboa 13 Club Championship	Sun-Jul 27	Food and beverages after sailing-picnic area
Junior Regatta I	Sun-Aug 10	Food and beverages after sailing-picnic area
LMVYC 37th Annual Regatta	Sun-Aug 24	Food and beverages after sailing-picnic area
Friday Night Sunset Sails & BYO BBQ ends	Fri-Sep 5	Sail 4:30pm, Dinner 6:30-7pm-picnic area
Fall Regatta	Sun-Sep 21	Food and beverages after sailing-picnic area
Junior Regatta II	Sun-Oct 5	Food and beverages after sailing-picnic area
Team Challenge Regatta	Sat-Oct 11	Pancake Breakfast before Regatta-Clubroom
Top Skipper Championship	Sun-Oct 26	By Invitation of the Commodore
Wednesday Night Sunset Sailing ends	Wed-Oct 29	Informal Sailing starting approx. 4:30pm
Wednesday Walk Around the Lake begins	Wed-Nov 5	Meet at Market at the Lake at 6:00pm
Turkey Regatta followed by LMVYC Annual Meeting	Sun-Nov 9	Annual Meeting 4:30pm-Clubroom. All members invited. Food and beverages
Christmas Party & Parade of Lights	Sat-Dec 6	5:00PM Admin Building
Installation 2015 Officers and Board Members & Annual Awards Dinner	TBD	Location to be Determined

Watch for Monthly flyer by e-mail



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Boat Rental Policy for Club Members

One of the many benefits we enjoy as members of LMVYC is our ability to rent one of the Lake Association sailboats for free or for substantially reduced rates. The association maintains a fleet of Catalina 14.2 Expo sailboats that are fast, easy to sail and fun. Following is the Lake's policy for LMVYC members in good standing:

LMVYC Membership Card

Member card allows you to have a free sailboat on:

Regatta days

Sunset Sails on Wednesday evenings from 4:00 pm

Friday Sunset Sails June 27 – Sept. 15 from 4:00 pm

At all other times, a \$7 flat fee applies for all day use.

LMVYC Junior Membership Card:

(Under 21) same as Member card.

Juniors under 16 needs parent permission on file at the rental office

LMVYC Club Officer Card

A free sailboat rental at any time

NOTE: Only one boat per member under this policy; guests must pay for boat rentals



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„Lake Mission Viejo Yacht Club

The Summer Regatta
A Reverse Portsmouth Chase!
June 22

Entry Forms, Course Charts, Sailing Instructions
Available online or dockside at 11:30 am Race Day

Non racing members are invited to drive to East Beach, find a sunny – or a shady spot, and have a wonderful view of all the racing

Following the Regatta



Enjoy our Annual Luau
In the Club's Picnic Area

Please RSVP to Event Chairs Arnold or Susan Christensen to reserve for dinner. 949-768-5653 / arnoldlc@cox.net

They'd also love to have some help with the food
So let them know ASAP if you can help with a dish

ALOHA!

Non-Members, Members' Guests, & Assoc. Members \$10 pp.
Children, no charge



We Couldn't Have Done It Without You!

A big hand is in order for our Event Chairs, and the scheduled Hospitality Crew who assist after every regatta. They are providing an essential service to the club and to members when they take their turn with setting up, serving and tidying up after each social gathering. Without their help our after regatta food service would not be possible.

When every member takes their turn approximately once every two years, helping out with the food service, the dinners become manageable. Without this help our enjoyable get-togethers after the regatta would plain just not be doable. The schedule is sent out after Opening Day and a reminder phone call is made a week or two before the scheduled date. With some notice, we can be flexible too with dates.

This year the roster rotation is calling on members with last names starting "A-L" to be part of the crew, and to date they have come through with flying colors! So thank you all for cheerfully giving the club your three service hours.

Special mention should go to the Event Chairs who step forward and volunteer every year regardless of the alphabet. They are the Chefs de Cuisine who ensures we have great food after the races.

The Honor Roll – January through May.

Imre & Martha Berecz,
Becky & Larry Berge
Dmitri Bozco
Pat & Wil Chong
Kathleen & Mathew Davoodian
Susanna Hugelshofer
Jr.S/C Frank Roberts
S/C Roger &Tara Robison

S/C Audrey Simenz
Event Chair Coordinator



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Spring Regatta II Was All About Hot Competition

It was another great day for our LMVYC sailors. There was good wind most of the day, especially at the break as usual, and plenty of competition in all three classes, that had seven entries each. From time to time, the total of twenty one boats out on the course resulted in a crowd at marks and at the finish line.

Three races were sailed and the winners for the day were Guy Heaton, Erik Ponti and Nicole Sighiartau in A, B and C classes respectfully. Horst Weiler in his C-15 scored a first in A fleet race #1 and second overall for the day. Arnold Christensen sailed his Thistle into third place overall but had plenty of competition from the other two Thistles particularly in the second race when Mark Glackin on his way to a second place finish edged Arnold by five seconds.

B fleet was really hotly contested. In race #1 it was Frank Roberts in his Capri 14.2 by one second ahead of Erik Ponti in a Balboa 13. Then Peter Tietz and his Capri 14.2 two seconds latter, followed by Christian Davoodian in a Balboa 13 one second latter and Jeff Buchman in his Capri 14.2 seven seconds behind Christian. Peter won race #2 and Erik took second place with a finish two seconds ahead of Ted Ishikawa in his Capri 14.2. Total scores for the day had Erik with nine points, Christian, Frank and Peter in a three way tie for second with ten points (before tie break) and Jeff with a score of eleven. It doesn't get much closer than that.

As mentioned earlier, Nicole sailed an Expo 14.2 with her dad as crew and posted the best score of the day with 1, 2, 1 finishes. Ali Murdy skippered a CFJ with sister Bella as crew and finished second overall. Third place went to Ced Fields who has been racing his Condor in LMVYC regattas for 37 years... with the original sails! Plenty of close finishes in this fleet too. In the first race Ali finished just five seconds ahead of an Expo 14.2 sailed By Erik Ponti with sister Lisa and Arya Jamal as crew. Then in race three Karl finished one second ahead of Ced. What a day it was for the race committee. PRO Audrey Simenz and her crew of Sue and Allyn Edwards, Jewell Corning and CeCe Murdy had it all under control and provided a variety of course selections to keep it interesting.

See photos on the next page and see lmvyc.org for complete scores and more pictures.

Rod Simenz



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Yesteryear Regatta 2014 by Frank Roberts

San Diego Yacht Club hosted the 40th Annual Yesteryear Regatta on May 10. SDYC was founded in 1886 and has the distinction of being the host club for the America's Cup for three races from 1988 to 1995. Anne and I decided it was worth the drive down there to see the old wooden boats that would compete in the regatta. We got an early start and were welcomed into the club using our LMVYC identification card. Entry to other yacht clubs is one of the perks of being a member of our club. I highly recommend calling a few days ahead of your arrival just to check in and make sure they are taking guests that day.



After a nice buffet breakfast we went out to the dock to see the boats and the crews preparing them for the race. Noting some of the "provisions" being loaded on board, it appeared some were going to be more competitive than others. As the race drew near, we got in our car to drive closer to the start line which was over near where the Star of India docks. We chose a point on Harbor Island to watch the boats start and sail by.

On arriving, we saw the junior regatta being raced in their CFJ's as the Interscholastic Regatta was also being held out of SDYC that day. They had sailed their fleet from SDYC to sail in the shadow of the carrier USS Midway. From our vantage point it looked like a fun time out there. Our juniors are learning to sail these boats so I hope they can sail in this regatta someday.



While we waited, the wooden boats started to arrive at the start line. We watched as they prepared for their starts ready to sail their course that would take them out of the harbor, around ocean buoys and back. In all, six classes sailed the 12 mile course. There were beautiful schooners and sleek, Pacific Class sloops, long slender yachts restored to their original condition. SDYC places a plaque on the dock in front of each Pacific Class boat showing its build date.

After the starts, we drove up Harbor Island to watch the tactics of sailing upwind out the harbor and around the many obstacles. There were floating docs, day sailors, speedboats, tourist boats, Navy guys in SUP's and lots of other traffic. Glad we don't have all that going on at the lake. Makes dodging a few fishermen seem easy now.



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YASAWA ISLANDS, FIJI By Robert Van Pelt

On 29 April 1789, Captain William Bligh and 18 loyal crew members were set adrift by mutineers of the HMS Bounty in an open 22 foot boat. The epic journey that followed passed through treacherous water littered with shallow reefs and islands inhabited by cannibals. As they passed the Yasawas, two war canoes put to sea and began pursuit. Fortunately a squall swept in some much needed wind to raise the mainsail and blew Bligh and his crew to the safety of the open sea. This body of water is known as Bligh Water today and, while the Yasawas remain relatively undeveloped, the locals are considerably friendlier.

To reach the Yasawas today you must first fly to Nadi, on the big island of Viti Levu, Fiji. From there you travel by high speed catamaran out to the various islands in the chain and are greeted by natives in ponga type boats with outboard motors. The locals then take you back to the resorts which are located in close proximity to the native villages. The simple resorts themselves are owned and operated by natives under direction of the village chiefs who still govern these islands.

These same islands were used in the movies entitled "Castaway" with Tom Hanks and "Blue Lagoon" with Brooke Shields. The book Robinson Crusoe was also written about the Yasawas. When I saw the huge native footprint in the sand (see attached photo), I understood why Robinson knew that it was not his own. The natives seem perfectly adapted to island life. They even enjoy a peaceful relationship with the sharks which they hand feed with a portion of their daily catch. It is a little discerning when you are diving in these waters to have sharks swim right up to you looking for a hand out.

The only non native residents that I met while in the Yasawas were a Danish Man who was able to survive by choice for 6 months on one of the remote islands living off the land without any supplies. The local chief admired his outdoor skills and granted him permission to build a home and become a permanent resident. The other person was an elderly lady of Australian ancestry who was born on the islands and lives pretty much like a native herself. The yachts that visit Fiji must confine themselves to the main islands as the Yasawas are off limits to uninvited guests pretty much the same as 1789.





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YASAWA ISLANDS, FIJI By Robert Van Pelt





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High Sierra Backpack Trip by Frank Roberts/Guy Heaton

During a discussion at Pizza one evening, Guy, Julius and I cooked up a backpacking trip. We decided on a weekend in May, early in the season to avoid the bugs, and invited some of our hiking buddies to join in on the fun. The date and place were set. We decided on Chocolate Lakes which are on the Bishop Pass trail off Highway 395 in the Eastern Sierra.

My group of me, Troy, John and Marc met up on Thursday afternoon and car camped that evening at Forks campground off Highway 168 and S. Lake Road, just a few miles from the town of Bishop, CA. We cooked some steaks and had a nice dinner before getting some sleep.

Friday morning we hit the trail around 9am or so. The wind was up and it was chilly at the 9000 foot starting elevation. We bundled up a bit and started the hike from South Lake. Guy and his friend Dan were on the road from Orange County early Friday morning so we agreed to meet them somewhere on the trail near Chocolate Lakes.



Dan, Julius and I decided on an early “Alpine” start at 4:00 AM. Julius had to drop out for some oral surgery. So Dan and I pulled into the Lone Pine ranger station at 8:00 just as they were raising the flag in front of the magnificent Mount Whitney skyline. We picked up our permit and after some lunch, headed for the trail.

Our hike started with a nice elevation gain. The hike proceeded for a mile or so to a fork where a sign said go left to Chocolate Lakes. As we continued on the trail, we started seeing snow here and there. At one point in the trail, we had to scramble around a snow field as the trail was buried underneath it. With all the talk of drought, I was surprised to see so much snow.

We continued our journey passing Bull Lake, a beautiful lake with scenic peaks in the background. We pressed on to our goal of camping at Chocolate Lakes. The trail narrowed after Bull Lake and headed up even higher. More and more snow covered the trail until we were at times nearly waist deep. Several detours around snowbanks finally found us taking a break just short of the first Chocolate Lake. We gathered ourselves for the push onward only to find more snow with the only way around through a boulder field. At this point the wind was picking up and the temperatures were dropping.





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We made a decision to backtrack to Bull Lake where it looked like a few campsites were available. We did not want to risk injury tramping through the snow. As we made our decent and approached Bull Lake, we ran into Guy and Dan. Perfect timing! Troy in our group scrambled up the hill and found a perfect camping spot big enough for all six of us and our tents. We braved the wind as we set up camp and made dinner. Guy and Troy even had time to do some fishing. Bull Lake was full of hungry Brook and Rainbow trout. That evening the stars came out and the wind blew and all was right at 10,000 feet.

The next day we started out on a day hike passing the scenic Long Lake with half of it still iced over. The trail was level and the 13,000 foot snow covered peaks were the perfect backdrop. We continued on the trail towards Bishop Pass until we again hit snow. We decided to hike up to Ruwau Lake that sits at about 11,000 feet. Up the trail we went until we came to the lake which was covered in ice except for just a bit near the shore where we had a nice lunch. In a classic Frank move, he managed to bring along his Teenage Mutant Ninja Turtle kite and fly it for our lunch time amusement.

Guy and Dan decided to climb to the top of Chocolate Mountain, which looks like a chocolate sundae, so they started off while the rest of us returned to our campsite. We had a great view of the summit from our site so after a few hours, we looked up and there were Guy and Dan at the top! Guy had taken a LMVYC burgee with him and so under his supreme command, he claimed the mountain as under control of LMVYC for the time they were at the top.

After signing into the peak register and soaking in the fantastic views, Dan and I decided to take a short cut back down the mountain. After all we could see our camp from the peak and tracks in the snow banks, "it just a mile, mile and a half"... We started down the slippery shale slope and the treads on my shoes decide to give out. Now treads and holding on to every tree branch and large rock that I passed we made it down the slope to the snow fields. Frank had told us about the Snow they encountered higher up from our camp site, but we didn't factor that in to our return trip. About half way back we found ourselves in a massive snow pack that would give way with every step causing us to "post hole" up past our thighs with each step. We finally made it back to camp but figured it probably took us twice as long as if we had gone back the long way.



As the day ended, we cooked another mountain dinner and enjoyed the calm weather while the stars came out again. A short hike down the mountain the next day and our trip was complete.



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Classified Ads

FOR SALE

1970 Olympic Class FINN & Zeiman Trailer



Olympic Class Finn with spars used in 1972 Olympics for sale! Fresh paint, new control lines & racing cleats, three sails including VICTORY racing sail. Ready for racing! Make offer!

Randy.tiffany@cox.net (949)830-3577

Capri-14.2 for Sale.



Must see!! Bristol condition. Ready to race. Two suits of sails. Trailer. New blue canvas cover. New running rigging. Boat has been dried stored and covered always.

Price: \$2,100.00, including trailer. Call Steve – 626-449-4521 x 228 or email to:

swreed@reedbrownlaw.com





LAKE MISSION
VIEJO YACHT CLUB

22555 Olympiad Road
Mission Viejo, CA 92692

(949)770-1313 ext. 308

E-mail: commodore@lmvyc.org

Lake Mission Viejo Yacht Club is located at 33 38' N 117 38W



Member of US Sailing



Member of Southern California Yachting
Association



Member of Association of Orange Coast
Yacht Clubs

LMVYC CELEBRATES
37 YEARS OF COMPETITIVE
DINGHY RACING

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

--Mark Twain



Membership in Lake Mission Viejo Yacht Club

Membership is open to all members of the [Lake Mission Viejo Association](#) or admission as a guest of an Association member. Non LMVA applicant approval is on a limited basis. Access to the lake is restricted to association members and their guests.

A Membership Application along with dues information can be found at www.lmvyc.org/About.

Lake Mission Viejo Yacht Club conducts monthly Regattas from March through November. Other sailing opportunities exist throughout the year including informal "pick up" races on Wednesday evenings followed by informal get-together at Round Table Pizza and summer "raft ups" followed by BYO-BBQs in July & August. See our 2014 Sailing Schedule inside for details.

No boat? No problem! LMVYC has 6 sabots, 7 Balboa 13's, Expo 14.2's & C14.2K boats available for your sailing enjoyment! Free lessons are also provided to new members by appointment throughout the summer. Contact our [sailing instructor](#).

In the true sense of Corinthian sailing, our goal at LMVYC is to promote sailing, to encourage good fellowship among yachtsmen afloat and ashore, and to introduce non-boat owning amateur sailors young and old to the sport of sailing. Informal sailing lessons are provided free of charge to new members.

Share this News & Invitation to Join LMVYC with a Friend!