



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

June 2011

### From The Bridge:

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#### Mark Your Calendars!

- Leukemia Cup Regatta—  
Saturday June 11, 2011
- Summer Regatta—Sunday  
June 26, 2011

#### South of the Border Regatta and Fiesta

A break after the first race? It must have been a hard fought battle for the finish line. With little or no wind, crossing the finish line was an ordeal. History has shown that the wind always picks up as soon as the racers take a break. After a lengthy break, the wind still did not cooperate and the course was shortened. Even with this modification, the 2<sup>nd</sup> race took the A fleet over 30 minutes to complete. What to do? Call it a day or shorten the course again? While the fiesta was calling, the race committee shortened the course again. We bobbed around waiting for the last grueling race to start. Just as the gun went off, the wind filled in catching many sailors off guard. With a shortened course, the B fleet finished even before the C fleet was started in just over 3 minutes. The marks became more congested than usual and knowing the racing rules was critical (more on this later in the newsletter). There were a few collisions and those that finished were glad the day was over. The wind gods heard us and decided to punish the fleet for cursing them at the break.

The A fleet was won by Horst Weiler with Graham Newman as crew, proving once again that Horst can sail a boat with or without wind. Tyler Peyatt helped Skipper Peter Tietz win the B fleet. In the 2 races completed, Ted Ishikawa beat out his competition by over ¼ hour to get first place.

Then it was off to the South of the Boarder festivities chaired by Norma and Randy Tiffany. I mention Norma first as she prepared the food and took Randy along for the ride. Very nice considering Randy did not vote for her chili at the last event. The event went flawlessly thanks to the help of the duty officers Bud & Jewell Coring, Edward & Katherine Kotkin, and Ebbe, John & Judy Ebbe. Thank you for stepping up to the plate to make this event a success.

Please check out the LMVYC.org web site for the complete race results and for pictures of our events.

#### What to do on Wednesdays?

The days are longer and we are now sailing every Wednesday evening. Grab a lake boat (free for Club Members) and have a fun sail. The racing is informal and the pros are out to help the newcomers. This is the time to get your sailing lessons in if you need some guidance. Sailing or not, you are invited to the weekly pizza party at Round Table on Marguerite Pkwy at 7:00 p.m.!





# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

### Flag Officers

Commodore:	Peter Tietz	(949)859-9260	<a href="mailto:commodore@lmvyc.org">commodore@lmvyc.org</a>
Vice Commodore:	Karin Bennett	(949) 367-9230	<a href="mailto:vice-commodore@lmvyc.org">vice-commodore@lmvyc.org</a>
Rear Commodore:	Frank Roberts	(949)830-9182	<a href="mailto:rear-commodore@lmvyc.org">rear-commodore@lmvyc.org</a>
Jr. Staff Commodore:	Randy Tiffany	(949)830-3577	<a href="mailto:jr-staff-commodore@lmvyc.org">jr-staff-commodore@lmvyc.org</a>

### Club Officers

Treasurer:	Willi Hugelshofer	(949)582-8350	<a href="mailto:treasurer@lmvyc.org">treasurer@lmvyc.org</a>
Secretary:	Theresa Buchman	(949)916-2469	<a href="mailto:secretary@lmvyc.org">secretary@lmvyc.org</a>
Communications Chair:	Arnold Christensen	(949) 768-5653	<a href="mailto:communications-chair@lmvyc.org">communications-chair@lmvyc.org</a>
Race Chair:	Rod Simenz	(949)462-0838	<a href="mailto:race-chair@lmvyc.org">race-chair@lmvyc.org</a>
Port Captain:	Frank Fournier	(949)462-3263	<a href="mailto:port-captain@lmvyc.org">port-captain@lmvyc.org</a>
Hospitality Chair:	Open		

### 2011 Commodore Appointees

Newsletter Editor:	Willi Hugelshofer	(949)582-8350	<a href="mailto:newsletter@lmvyc.org">newsletter@lmvyc.org</a>
Quartermaster:	Bill Yount	(949) 837-0556	<a href="mailto:quartermaster@lmvyc.org">quartermaster@lmvyc.org</a>
Web Site:	S/C Roger Robison	(949)855-8094	<a href="mailto:webmaster@lmvyc.org">webmaster@lmvyc.org</a>
Web Site co-chair:	Willi Hugelshofer	(949)582-8350	<a href="mailto:webmaster@lmvyc.org">webmaster@lmvyc.org</a>
Measurer:	Horst Weiler	(714)402-4439	<a href="mailto:measurer@lmvyc.org">measurer@lmvyc.org</a>
Trophy Chair:	Robert VanPelt	(949)488-2989	<a href="mailto:trophy-chair@lmvyc.org">trophy-chair@lmvyc.org</a>
Club Photographers:	Ted & Mia Ishikawa	(949)859-0290	<a href="mailto:photographer@lmvyc.org">photographer@lmvyc.org</a>
Historian/Protocol:	S/C Audrey Simenz	(949)462-0838	<a href="mailto:historian@lmvyc.org">historian@lmvyc.org</a>

### Fleet Captains

Balboa 13:	Shawn McGraw	(949) 768-3052	<a href="mailto:balboa-13@lmvyc.org">balboa-13@lmvyc.org</a>
Sabots:	Rod Simenz	(949)462-0838	<a href="mailto:sabots@lmvyc.org">sabots@lmvyc.org</a>
Capri 14.2	Peter Tietz	(949)859-9260	<a href="mailto:capri-14.2@lmvyc.org">capri-14.2@lmvyc.org</a>
Capri 14.2K:	Bill Yount	(949) 837-0556	<a href="mailto:capri-14.2K@lmvyc.org">capri-14.2K@lmvyc.org</a>
C-15:	Horst Weiler	(714)402-4439	<a href="mailto:c-15@lmvyc.org">c-15@lmvyc.org</a>
Finn:	Willi Hugelshofer	(949)582-8350	<a href="mailto:finn@lmvyc.org">finn@lmvyc.org</a>
Thistle:	S/C Ron Meyer	(949)837-1197	<a href="mailto:thistle@lmvyc.org">thistle@lmvyc.org</a>
Wayfarer:	Randy Tiffany	(949)830-0826	<a href="mailto:wayfarer@lmvyc.org">wayfarer@lmvyc.org</a>

### ***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!



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

### LMVYC 2011 Sailing & Events Schedule

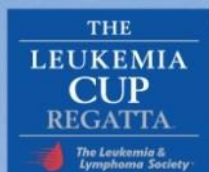
Wednesday Night Sailing	Wed March 16 - Nov 2	Pick Up Races @ 5PM
Leukemia Cup Regatta	Saturday June 11	Food & Bev in Picnic Area
Summer Regatta	Sunday June 26	Western BBQ Days
Friday Nite Sail & Tie Ups	Friday July 1	BYO BBQ 6:30PM
Balboa Cup Invitational	Sunday July 24	Food & Beverages
LMVYC 34rd Annual Regatta	Sunday August 21	Food & Beverages
Friday Nite Sail & BBQ Ends	Friday August 26	Last BYOBBQ
Fall Regatta	Sunday September 25	Oktoberfest
Team Challenge Invitational	Saturday October 15	Pre Race Pancake Breakfast
Top Skippers Invitational	Sunday October 23	Post Race Food & Beverage
Turkey Regatta & Annual Meeting	Sunday November 13	Annual Meeting 4:30PM
Christmas Party & Parade of Lights	Saturday December 10	5:00PM Admin Building

*Watch for Monthly Flyer by e-mail*



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB



Lake Mission Viejo Yacht Club and  
The Leukemia & Lymphoma Society present

### **The Leukemia Cup Regatta 2011** **Saturday, June 11 at Lake Mission Viejo**

**NEW EVENT: Awareness Walk 7:00am**  
from Plaza del Lago (Marguerite-Alicia-Olympiad 5K Loop)

**Sailboat Race 12:30pm**

**Silent Auction 2pm-6pm**

**Poker Run 2:30-5pm**

**BBQ Dinner/Ceremonies 5pm-Sunset**

All proceeds benefit The Leukemia & Lymphoma Society  
Tax ID# 13-5644916

#### **More info & volunteer opportunities:**

email: [leukemicup-lmv@cox.net](mailto:leukemicup-lmv@cox.net)

phone: 949-677-8055

<http://ocie.lcr.llevent.org/LMVYC>

**Our thanks to The Burgee for its support of  
The Leukemia Cup Regatta!**



Honorary Skipper, Kellie Canaday is a 25 year old from the Inland Empire who is now in her 5th year of remission and studying to be an oncology RN so she can help others in their battle against blood cancer.



This photo was taken at a recent event at Dana West Yacht Club, featuring America's Cup legend Gary Jobson (now ESPN sailing commentator, author, President of US Sailing). That's Gary, with Kathleen Mellon and Tony Musolino.

### **VOLUNTEERS ARE NEEDED! Here's how you can help:**

VOLUNTEER to contact businesses to donate items for the auction.

VOLUNTEER to register people or to staff a water station during the 5K Awareness Walk.

VOLUNTEER to serve as a dock dealer for the Poker Run.

VOLUNTEER to prep food before, serve at or clean up after the BBQ dinner.

To register as a volunteer or to ask any questions, please e-mail [leukemicup-lmv@cox.net](mailto:leukemicup-lmv@cox.net)



# The Main Sheet

LAKE MISSION VIEJO YACHT CLUB



LMVYC

Leukemia Cup Regatta

**Saturday, June 11, 2011**

Open to all LMVA members and guests

**Proceeds Donated to The Leukemia and Lymphoma Society  
Hosted by Lake Mission Viejo Yacht Club (LMVYC)**

## NOTICE of RACE

### EVENT

Gary Jobson and the Tri-County Chapter of The Leukemia & Lymphoma Society invite you to help accelerate a cure for a fatal disease and race to save lives at the LMVYC Leukemia Cup Regatta.

Hosted by Lake Mission Viejo Yacht Club, 22555 Olympiad Road, Mission Viejo, CA 92692. For more information contact: Leukemia Cup Regatta Co- Chairs, Kathleen Mellon, at [leukemicup-lmv@cox.net](mailto:leukemicup-lmv@cox.net), or Ron Meyer at [ronm@smwd.com](mailto:ronm@smwd.com) or Rod Simenz at [adrfs2@live.com](mailto:adrfs2@live.com).

### RULES

The race will be governed by the 2009-2012 Racing Rules of Sailing, the rules of each class and by the sailing instructions which will be provided at the skippers meeting.

### CLASSES

Portsmouth monohull 18 ft. or less, and one design classes including LMVA Capri 14.2 keel rental boats are invited. Three entries are required to establish a class.



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

### SCHEDULE of RACES

One Reverse Portsmouth handicap race is scheduled with the first warning signal at approximately 12:30 p.m. This is an inverted start race with the slowest boats (highest handicap) starting as much as 30 minutes ahead of the fastest boats. Established one design classes will be scored both Portsmouth and class.

### ENTRIES and FEES

Entry fee donation is \$15 for single handed boats and \$25 for double handed. This is a fund raiser so *please try to obtain as many additional donations as possible.*

Final registration will be held from 10 a.m. to 11:45 a.m. Entries may be mailed. Please use the entry form included with this Notice of Race. Entries are also available on the LMVYC website at [www.lmvyc.org](http://www.lmvyc.org)

*Note: A current LMVA boat registration sticker is required to race on the lake. Also, emergency quarantine restrictions are in place to address the mussel threat to the Lake. Only boats already inspected will be allowed to race. However, LMVYC Club boats are available, call for details. 949-462-0838*

### SKIPPER'S MEETING

The skippers meeting will be held at 12:00 noon, dockside at the race committee boat.

### SAILING INSTRUCTIONS

Sailing Instructions will be available at registration

### RACING AREA and COURSE

Boats will race on Lake Mission Viejo. A special event course chart will be available at registration.

### PRIZES

Trophies will be awarded during the after race festivities.

*This special day includes the Leukemia Cup race, an Awareness Walk around the Lake, a Lake Poker Run, an auction and a barbecue. Prizes will be awarded to the top fund-raisers. Please make checks for donations payable to The Leukemia and Lymphoma Society. Donations are tax deductible.*

5/25/2011



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB



### ENTRY FORM

**Please enter my boat in the LMVYC Leukemia Cup Regatta  
Saturday June 11, 2011**

**Entry Deadline: Friday, June 10, 2011**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

PHONE: \_\_\_\_\_ YACHT CLUB: \_\_\_\_\_

BOAT TYPE: \_\_\_\_\_ SAIL NUMBER: \_\_\_\_\_ CLASS ENTERED \_\_\_\_\_

I agree to comply with all rules and sailing instructions governing the race and the Lake Mission Viejo Association rules. I enter at my own risk and will not hold the officers or race committee of the Lake Mission Viejo Yacht Club, or the Lake Mission Viejo Association, its officers, directors, employees or any other party affiliated with races, responsible for any damage accident or injury to myself or my crew, family or guests, or my property, including my boat.

I verify that I can swim, and that I and my crew will wear USCG approved lifejackets while on my boat when Y signal is posted. I also certify that my boat is insured. I, my crew, or anyone in my party (guest) will be responsible for damage to Lake Mission Viejo Association or Lake Mission Viejo Yacht Club property or facilities.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

*(NOTE: If you are under 18, a parent or guardian must sign)*

**Entry donation: \$15 for single handed boats, \$25 for double handed. Please make check payable to The Leukemia and Lymphoma Society. Donations are tax deductible.**

**WHETHER OR NOT YOU'RE SAILING ... ORDER YOUR REGATTA T-SHIRTS!**

Regatta T-shirts: Short sleeve \_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_XXL @ \$ 15 ea. = \_\_\_\_\_

Regatta T-shirts: Long sleeve \_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_XXL @ \$ 20 ea. = \_\_\_\_\_

**Total Enclosed for T-shirts \$ \_\_\_\_\_**

Make check payable to The Leukemia and Lymphoma Society and note "T shirt" in check memo.

Please send this Form to Lake Mission Viejo Yacht Club, 22555 Olympiad Road, Mission Viejo, CA 92692 attention Rod Simenz. Any questions please call the Rod at 949-462-0838.

5/26/2011



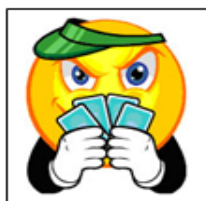
# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

The Lake Mission Viejo Yacht Club Leukemia Cup Regatta 2011



**Saturday, June 11<sup>th</sup> 2:30-5:30pm**



### What's a Poker Run? How does it work?

A "Poker Run" is another means for you to donate money to the Leukemia & Lymphoma Society. "Party Boats", fishing boats, kayaks, canoes (nearly anything that floats!) can be used to go from dock to dock to draw a playing card & build a winning poker hand. **You are encouraged to bring along your own appetizers & beverage to share with crew on your boat and to also share with the Dealers at each dock. Make it a FUN cruise!**

Purchase blank poker "hands" (see sample below) at the Departure Dock (LMV Administration Dock next to North Beach). **Donation is \$20 (includes two poker hands, BBQ & refreshments).** Additional hands may be purchased for only \$5. **All proceeds benefit The Leukemia & Lymphoma Society.** YOU CAN BUY AS MANY HANDS AS YOU WISH. With your "hands," you'll get a MAP of dock locations to visit.

You will draw your first card(s) at the Departure Dock. Then, motor, paddle or sail to other dock locations. At each dock, draw one card for each hand. The volunteer Dock Dealer will 'stamp' the corresponding cards on your sheets. **Think you have an almost-winning hand? You can BUY one more card per hand at the Arrival Dock for \$5 per card!** Once your hands are completed, turn them in at the designated spot in the main picnic area (**FABULOUS PRIZES will be given for high and low hands**). Stick around for the awards ceremony and some words from our distinguished guests. You can also continue to bid on Auction items!





### Party boats

If you do not have your own boat or you have not already reserved your own party boat at the Lake, LMVYC has *limited number* of seats available to take you and your guest(s) on the POKER RUN. Boat departures begin at 2:30pm. **RESERVATIONS ARE RECOMMENDED.** If you do not reserve a spot in advance, you will be accommodated on a first-come, first-served basis.



### How do I make a reservation?

**Email :** [lr-staff-commodore@lmvyc.org](mailto:lr-staff-commodore@lmvyc.org) (a) your name (b) number of seats you're reserving and (c) a cellular phone number so we can reach you in the event of any change.

	A	2	3	4	5	6	7	8	9	10	J	Q	K
													
				S	A	M	P	L	E				
													
													

Sponsored by the Lake Mission Viejo Yacht Club in partnership with  
The Leukemia & Lymphoma Society, a registered tax-exempt charity (IRS # 13-5644916).  
For more info, email: [mailto:leukemiacup-lmv@cox.net](mailto:mailto:leukemiacup-lmv@cox.net)



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

### LAKE MISSION VIEJO YACHT CLUB SUMMER REGATTA

Sunday, June 26

Race #4 in the Club Championship Series

Skippers Meeting dockside at the RC boat at 12:00 PM

*Followed by our annual  
Hawaiian Luau-*

*Yacht Club Style -  
With Music & Beverages*

*So get out that Hawaiian Shirt, Grass Skirt, Sarong, & Lei,  
Contest for the Worst ~ Hawaiian shirt!  
There will be a surprise prize for the winner!*

*Let Arnold Christensen know if you have a Tropical Island dish to share, [arnoldlc@cox.net](mailto:arnoldlc@cox.net)*

*Plus  
Hula lessons anyone?*

*Horst & Caecilia will show us all the moves!*

**Non Yacht Club members \$15.  
Includes racing and BBQ for Skipper and crew/family**

ADS



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

### Turn, Turn, Turn

Anyone else old enough to remember that hit song from the 1960's? Song is also known as "To everything there is a season" by Peter Seeger. (Judy Collins has a version too.) Turn, turn, turn popped into my mind aboard the mark set boat as I was watching the chaos at the leeward mark when the entire "A" fleet arrived there at about the same time. Inside boat has right of way (ROW), correct? With all the fouls committed someone should have done some penalty turns. I didn't see a single boat do the required 2 turns for breaking rule 18.2 *Giving Mark Room*.

In the third race the wind came up with force. And a demolition derby occurred at the weather mark. Port and starboard boats crashed into each other; there was significant damage to some hulls. There were numerous fouls committed, but Arnold Christensen was the only one that took a penalty. He chose to retire, which is always an option, rather than do turns.

Sailing is a self policing sport, we don't have referees or umpires, etc. So knowing the rules and following them is an important part of the sport.

Having a fast hull, fast sails and good sailing skills is not the complete package to compete well. The best skippers also use tactics. Calling for ROW on the starting line, at the finish line, when rounding marks or on the course are tactics that frequently come into play. But tactics are useless when a competitor either doesn't know the rules or ignores them.

Let's all be good sports and show sportsmanship during our regattas. As the Racing Rules of Sailing state: *Basic principle - A fundamental principle of sportsmanship is that when a competitor breaks a rule they will promptly take a penalty...*

*By participating in a race conducted under these racing rules, each competitor and boat owner agrees a) to be governed by these rules and b) to accept the penalties imposed.*

Now, the question is how to play by the rules without turning into sea lawyers and take the fun out of our "friendly racing"?

Here's a suggestion. Learn the rules. (I have waterproof cards that list the basics.) Don't sweat the incidental contact where no advantage is gained. But, always do the turns when you clearly have committed a foul. Remember it's a one turn penalty for touching a mark and a two turn penalty for fouling another boat.

There are situations in mark roundings that can be complex and the ROW boat not so obvious. In these cases if you believe you have ROW and were fouled you should say, "I protest, do your turns. This puts the burden on the other guy who can either do his penalty turns, counter protest or just ignore the situation and risk getting a poor reputation as a sportsman.

Bottom line, as a Club we all need to do a better job of playing by the rules! Let's see more of those turn, turn, turns.

BTW - If this seems preachy to you, it might be because I was inspired by the turn, turn, turn phrase which is based on Ecclesiastes 3:1.

Rod Simenz



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

### Reggae wins DWYC Leukemia Cup Jim Ferguson Perpetual Trophy!

Dana West Yacht Club hosted the annual Leukemia Cup Regatta on June 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup> again this year. This was the 15<sup>th</sup> year anniversary of this event and after polling our membership it was determined that we could put together a pretty competitive team comprised solely of fellow lake sailors. The team boat would be Reggae, a Capri 22 that is regularly raced in Dana Point.

The race on Friday was from Newport back to Dana Point, a distance of 12 miles. The boat was crewed by Bob, Tony and Arnold. The forecast was for 6 knots of wind from abeam but turned out to be 9 knots right on our nose at race time. We tacked left towards the beach for better VMG hoping that the wind would clock right lifting us over the first mark. The strategy worked to a degree but lumpy seas and diminishing winds resulting in our team placing second.

Saturday's team was comprised of Bob, Bill and Frank Roberts. The forecast was for winds averaging 6 knots clocking to the right. We had 11 boats in our class but after watching the previous PHRF start we determined that a port start would be best and not too risky as the line was quite long. Our strategy worked and we got the jump on the rest of the fleet. We pinched as much as possible and climbed our way up to the weather mark just behind a tricked out Catalina 30. Bill, being a surfer, took the helm for the downwind run. Bill quickly passed the Catalina 30 by surfing down the swells with Frank trimming the sails wing on wing. We rounded the second mark well into the lead and taking advantage of a 20-degree wind shift made a good call on the next tack and finished the race in 1<sup>st</sup> place well ahead of the fleet.

The pressure was on for Sunday as it was apparent that Reggae stood an excellent chance to capture 1<sup>st</sup> place overall with another good showing. The final team would be Bob, Bill and our Commodore Peter Tietz. The winds were consistently pretty light and not very shifty. The course was to be windward, down wind, back up with a downwind finish. Bob drove upwind and Bill again drove downwind with Peter responsible for sail trim. We had very close competition from a Santana 30, which rates 30 seconds per mile faster than Reggae. It was a tacking dual all the way to the first weather mark but our team managed to get to the right of the Santana on a starboard tack effectively forcing our competition to over stand the mark while we rounded to port in clear air. We jumped out to a 6-boat lead when Bill took over the helm. Once again, Bill's surfing skills paid off and we pulled ahead of the much faster boat.





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## LAKE MISSION VIEJO YACHT CLUB

On our next upwind leg we were rolled by a Catalina 38, which was racing in another class. This caused us to make 2 additional tacks with the Santana now only seconds behind us. We focused and trimmed as best we could and slowly worked our way up. Relying on our GPS, we tacked right on 90 degrees for the final upwind leg and came within yards of laying the mark from one mile away. A quick tacking maneuver and we were around the final mark and heading to the finish line but the 30-foot Santana had closed in on us in the choppy waters. It was up to Bill to focus on the final wing on wing run with Bob on foredeck and Peter constantly trimming. We finished again in 1<sup>st</sup> place with only seconds to spare.

Back at the club the race committee tallied the scores and it was apparent that we had captured 1<sup>st</sup> place overall in "C" class and based on points, time margins and number of competitors, the LMVYC team was awarded the Jim Ferguson Perpetual Trophy for the best performance in the total cruising class comprised of 27 boats. A plaque commemorating this event was awarded to our team and will be placed in our display case in the clubhouse.

Bob Van Pelt



### DWYC Leukemia Cup 2011

Printed On: 5-Jun-11 17:12:29

DvRnk	Boat Name	Dv Pts	1	2	3
<b>Cruise C Nospin</b>					
1	Reggae	2.00	(2)	1	1
2	Island Breeze	5.00	1	(4)	4
3	Cecilia	5.00	(4)	3	2
4	Cloud Chaser II	5.00	(12s)	2	3
5	Sarah	8.00	3	(5)	5
6	Beaujolais Nouveau	12.00	(6)	6	6
7	Liberty Belle	13.00	5	(10)	8
8	Mis Print	15.00	7	8	(12f)
9	Sunrise	16.00	(12f)	9	7
10	White Star	19.00	(12s)	7	12s
11	Waterlemon	24.00	(12f)	12s	12s



# The Main Sheet

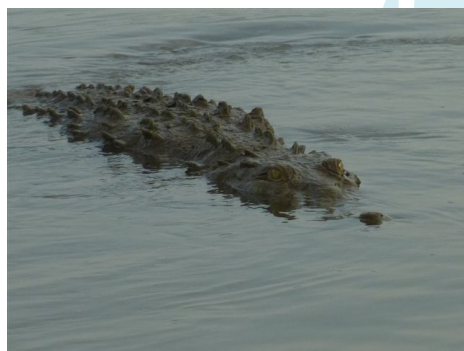
## LAKE MISSION VIEJO YACHT CLUB

### Bob's BUCKET LIST 2011 COSTA RICA & PANAMA

This past year a married couple that I know from Dana Point sold everything and moved to Panama. My impression of Panama has always been that of a jungle with malaria born mosquitoes and of course the canal. However these folks kept on talking about cloud-covered volcanoes, coffee plantations, chilly nights, cheap home prices and safe neighborhoods.

Being somewhat bored this winter and getting pretty fed up with the unseasonable weather here in California, I decided to take the short flight down to Central America and see for myself what this place was all about.

My first stop was San Jose, the capital of Costa Rica. Personally the only reason I went there was that's where I landed. I spent 2 days wandering around the city, avoided pick pockets and dogging taxi cabs driving by the most unscrupulous drivers that I have ever encountered. I had a friend studying Spanish in small coastal town called Samara on the Nicoya Peninsula, which is where my vacation really began. Samara is not really much of a tourist town and most of the roads are dirt but it is authentic. The week before Easter is festival week with a carnival, live music and bull fights every night. The so-called bullfights were really bull riding but the audience (mostly drunk) was invited to jump into the arena and tease the enraged bull. An ambulance was waiting at the ready to haul away the injured and was put into use every night that I attended. While in Samara I met several students from Europe and we decided that the best way to travel down the peninsula would be to hire a 4x4 vehicle and local driver who knew the shallow areas to cross the rivers and to navigate the unmarked dirt roads. After a rather bumpy, muddy and dusty ride



we eventually found ourselves in a little village called Montezuma, which is on the very southern tip of the peninsula. I spent several nights in the village mostly hiking and snorkeling off Tortuga Island. Not wishing to double back up the peninsula, I opted for a speedboat ride to the mainland arriving at Jaco on Easter weekend. What a mad house that was, as this town is a favorite holiday destination for Ticos (Costa Ricans) from San Jose. I discovered however that the Tarcoles River was only an hour drive from Jaco. This river is the 3<sup>rd</sup> most crocodile infested river in the world and well worth the effort to travel out there. A boat with a guide was only \$40. In route I also tried zip lining over the jungle canopy which is quite fun if you have never tried it. Jaco has one of the longest runs in Central America with 14 stations built up in the trees.

From Jaco I traveled by public bus down the Pacific coast staying in smaller beach communities such as Manuel Antonio, Dominical (famous for surfing) and Uvita (a favorite of expatriates). My last stop was a funky border town called Canoas where I accidentally crossed into Panama on foot. The border itself was somewhat blurred and I had to walk back to Costa Rica and get properly checked out before I could obtain a Panama entry stamp which cost one dollar.





# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

The first thing I noticed about Panama was that their official currency is the US dollar. They have no currency of their own but they do mint their own coins, which are identical to the US equivalents except for the stamping.

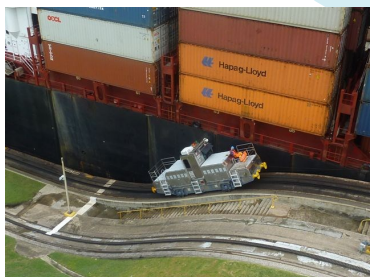
I found a small shuttle bus at the border, which could take me directly to David for \$2.00. From there I went directly to the Purple House Hostel which was recommended in my guide book as a good place to stay costing just \$8.00 per night for a bunk or \$25 for a private room. While staying at this hostel I met several backpackers heading north who gave me some advice regarding Panama. David itself is mainly a commercial shopping center



and transportation hub for the communities and villages in central Panama. From the central bus station I was able to board a public bus to Boquete, which is a favorite retirement destination for Canadians and Americans who wish to retire in Panama but who want to escape the heat and humidity of the jungle. Boquete is also a famous coffee growing area due to its ideal climate and rich volcanic soil.



After leaving Boquete I hopped a bus to the Caribbean Coast and then traveled by boat to Isla Colon in the Bocas del Toro islands. This turned out to be my favorite place in Panama. It looked a lot like Jamaica or the Bahamas and definitely had a Caribbean feel. The calm water was very warm and clear, which afforded an excellent opportunity to go snorkeling. The only downside was the sand flies and jellyfish which were in season. I was tempted to just stay here for the rest of my vacation but I heard good things about the colonial section of Panama City and of course the canal. The flight, which I chose, from Bocas to Panama City takes



less than an hour vs a 12 hour bus ride. The walk up fare was \$117. The domestic terminal is right in the heart of the city so it was easy and cheap to get around town by cab. The main locks on the Pacific side of the canal can be reached by cab in about 30 minutes. There is an excellent observation building and restaurant with roof access located right over the locks so you can pretty much spend the day watching the ships pass through. For some of the larger vessels it really was a tight fit with only 2 feet to spare on a 1000-foot freighter. Newer locks are scheduled to be completed

in approximately 2 years but for now the only option for oversized vessels is to go around the cape or to unload and transport the containers via the railroad which is still being run by an American company.



Since my return flight to LAX was from San Jose I decided to travel by bus and visit some of the smaller beach communities that I missed on the way down. The pace was pretty relaxed as the busses made many stops and traveled very slow due to the poor condition of the highway. At one point a violent thunderstorm caused a flash flood and power lines were knocked down across the roadway. The smaller vehicles were able to duck under the hot wires but the trucks were stuck and started a horn riot in frustration. That was one night I was glad to finally reach my destination and pour myself a cold one. The next morning it was breakfast on the beach with a cup of delicious hot coffee and some conversation with some Americans who came here and never left. I think I get it but there are still countries remaining on my list, so no time to stop just yet.

To be continued

Bob Van Pelt



# The Main Sheet

## LAKE MISSION VIEJO YACHT CLUB

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LAKE MISSION VIEJO  
YACHT CLUB

22555 Olympiad Road  
Mission Viejo, CA 92692

(949)770-1313 ext. 308

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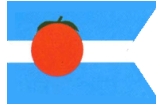
Lake Mission Viejo Yacht Club is located at 33 38' N 117 38W



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*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 in the Club is unrestricted but access to the Lake requires membership in the Lake Mission Viejo Association or admission as a guest of an Association member. A Membership Application along with dues information can be found inside this newsletter.

Lake Mission Viejo Yacht Club conducts monthly Regattas from March through November. Other sailing opportunities exist throughout the year including sailing Invitationals, informal "pick up" races on Wednesday evenings followed by informal get-together at RoundTable Pizza and summer "raft ups" followed by BYO-BBQs in July & August. See our 2011 Sailing Schedule inside for details.

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!***