



THE MAINSHEET



Volume 29, Issue 6

www.islandsailingclub.com/newsletter.php

June 2008

Summer 2008 Youth Sailing Program Day Camps Starting In June!

From Portland

Portland Racing Group – 2008 Season

Monday Evenings - - 5:30p

The Portland Racing Group will be sailing Monday evenings this summer from June 2nd - August 25th. The group meets at the club at 5:30 PM to share some basic information about racing procedures and tactics, and then casts off at 6 PM for some sailing fun. All members and their guests are welcome at any one or all of the sessions – the more the merrier! We will assign boat crews and skippers each day depending on turnout, so even if you are only able to make it once, come on down and see what racing is all about. We usually have an even split of experienced racers and sailing beginners – those with experience are always happy to share their knowledge with beginners to build on sailing experience.

For more info contact Commodore John Barba
503.829.8767- - barba@molalla.net

Oregon Offshore Race: Lessons Learned *The finer points of Sea Sickness*

Seasickness medication is made up of powerful drugs and its side effects can greatly affect ones judgment and make staying awake on your watch very difficult. Some medications also affect vision, making chart & instrument reading impossible. It's wise to try out the medications before your trip to get a sense for how they will affect you while underway. Remember, reflexes and clear decision-making are critical for the captain and in heavy weather.

Remember to relax and stay hydrated, fresh air and eyes on the horizon are natural methods to ease seasickness. Also, ginger is said to calm the stomach and can be found in many tasty forms. Ginger Snaps and Ginger beer are so good that you may have to hide them from your non-seasick crew members. When making a long passage you'll get your "sea legs" in about three days and be over seasickness and swinging from the lines like Jack Sparrow. In the mean time try to eat only easily digested foods like crackers & cheese, fruit, pea soup, hard boiled eggs, and the classic Cup-O-Noodles.

"If it's gonna happen, it's gonna happen out there"

Rhys Balmer – PDX Lead Instructor

Portland Cruising Group *May Recap / Parker's Landing Up Next!*

Saturday & Sunday June 21st/22nd - - 10:00a

The Portland Cruising Group held its first cruise of the season, a day trip to Government Island, about 7 miles upriver from the club docks. Weather was magnificent, and the river was full of happy boaters (our 19 among them), as was Bartlett's Landing dock when the first of our six vessels arrived. The first two of our boats found spots to tie up, but the other four decided to divert to Government Island dock, about 20 min. down river, where there was plenty of room.

We spread out our picnic lunch under a shady tree and enjoyed the pleasant weather and sunny skies while discussing past and future cruising adventures. All in all, a great kickoff to the 2008 season!

Our next planned cruise will be to Parker's Landing, upriver from Government Island on 21st & 22nd. There are two excellent restaurants within easy walking distance of the guest dock and a great view of the river from the rose garden walkway above the docks.

We're planning our other summer cruises for the 3rd weekend of each month, through September. Some destination possibilities this season are Steilacoom and Penrose Point State Park, out of Olympia, and St. Helens and Riverplace out of the Portland base.

To ask questions or get on the mailing list, contact Commodore Harold Crawford for more information
503.590.1860 - - haroldcrawford@comcast.net

Portland June Classes & Events

<i>Basic Keelboat</i>	June 7th/8th – 21st/22nd
<i>Basic Coastal Cruising</i>	June 14th/15th
Member Cookout	Saturday June 28th 6:00p
<i>Spinnaker Sailing Course</i>	June 21st/22nd
<i>Cruising Group: Parker's Landing</i>	June 21st – 22nd

To sign up for any of these events contact:
Island Sailing Club - Portland
(800) 303-2470 - - iscportland@islandsailingclub.com

From Kirkland

The Kirkland Report with Jay Maurice

Summer weather has arrived at last in Kirkland and many of you have already been out for some wonderful lake sailing. As a reminder, Homeport Marina will begin allowing vessels to moor on their South pier in the channel shared with ISC's pier. Use extreme caution when maneuvering in the narrow channel using the fenders provided on our boats (it's a good idea to have them on deck and ready for use). Do not hesitate to ask ISC staff for help on successful casting off and mooring.

A Day on the Lake **Saturday June 14th**
ISC in conjunction with the City of Kirkland and *Heart of Sailing* is pleased to participate in the Day on the Lake event on June 14, 2008. Heart of Sailing is looking for volunteers to crew ISC boats in order to provide a safe and exhilarating experience for those families who wish participate. If you can help crew the *Heart of Sailing* boats, please call the office at 425.822.3773 to sign up.

Youth Sailing Camps on the Lake **Summer 2008**
June is right around the corner and soon the kids will be out of school. ISC Youth Sailing day camps are a great way for the kids to have fun on the lake and learn sailing at the same time. This year we will extend the drop off and pickup times to better accommodate parent's schedules. If your kids are between the ages 8 and 17, call us today to find out more about Youth Sailing.
360.601.9821 - - isckirkland@islandsailingclub.com

Kirkland June Classes & Events

Basic Keelboat	June 7 th /8 th - 21 st /22 nd
Basic Coastal Cruising	June 14 th /15 th
Heart of Sailing A Day on the Lake	June 14 th

To sign up for any of these events contact:

Island Sailing Club - Kirkland

(800) 303-2470 - - isckirkland@islandsailingclub.com

From Olympia

Department of Natural Resources to lease South Sound Public Beaches for Private Aquaculture

Your favorite beach is in danger of being leased out for private gain. The Washington State Department of Natural Resources (DNR) is in the process of leasing public tidelands (beaches) in Puget Sound to be used for *geoduck aquaculture*. Lease sites on Harstine Island and Stretch Island are adjacent to State Parks, areas

where boaters anchor, and families spend time ashore. If you have ever been there you know about the oyster beds and sand dollars and how popular these sites are during the summer months.

Why should this be of concern to boaters? Every acre of leased beach will now hold approx. 44,000 PVC tubes embedded in the sand within the tidal zone. The tubes are covered by predator nets and species such as moon snails, rock crabs, and sea stars are removed from the site. That's to approx. one tube per square foot and several hundred feet of beach would be off limits to the public.

What would this mean to boaters? You would not be able to land a dinghy, anchor a boat, legally collect shellfish or walk and explore these wonderful areas.

Aside from the effects on the public, the effects on the environment are totally unknown. DNR plans to study the sites during the lease period and use adaptive management if things go wrong.

Are the leases the best use of our beaches? Please contact your representatives in state legislature. If we do not fight for public use of our public shores we will lose them to those who look at it with nothing in mind but more income for private companies!

For more info on this important issue contact:

Jim Irving - - irving.zigzag@gmail.com
www.protectourshoreline.org/index.html

USCG Captain's License Course

ISC Olympia is still gearing up to host the United States Coast Guard Captain's License course (USCG OUPV - 6-pack license). This Training and Exam course will be held weekdays July 7-17. Sign up with ISC Olympia staff!

Heart of Sailing - Olympia

ISC Olympia is also gearing up for a day on the water with Heart of Sailing. Please contact us if you are interested in spending a day volunteering your sailing time with this wonderful organization!

(360) 601-0638 - - iscolymia@islandsailingclub.com

Olympia June Classes & Events

Basic Keelboat	June 7 th /8 th - 21 st /22 nd
Basic Coastal Cruising	June 14 th /15 th
Bareboat Chartering	Call for Dates and Details

To sign up for any of these events contact:

Island Sailing Club - Olympia

(800) 303-2470 - - iscolymia@islandsailingclub.com