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**October 2011**

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*Happy  
Halloween!*

**General Meeting Dinner  
October 25, 2011**

**Brats & Sauerkraut,  
red cabbage & hot potato dish**

Dessert: *Apple Strudel*

Catered by:

the Bray's and the Bentzen's

COST: \$22.50 per person  
(price includes drinks)

**6:00 PM Social Hour**

**7:00 PM Dinner**

**8:00 PM Meeting**

**Reservations are due by  
Friday, October 21 at 10 am.**

**Please call Signe Olson  
to make your reservation:**

**(425) 774-5593**

**gladflower@hotmail.com**

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## Commodore Harry Duncan

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I cannot express my thanks enough to Lori Jones and Denise Coleman for all of the time and effort they put into planning and putting on the Labor Day Cruise to Port Ludlow. "Camp EYC" was a cruise to remember and one of those where everything was perfect. We had beautiful sunny days, and all of the games and activities planned by these amazing cruise captains were well organized and entertaining.

Everyone was assigned to a team – Lori and Denise made sure there was a good mix of new members along with more "seasoned" members on each team which helped to form new friendships develop lots of camaraderie. The

competition between the teams was lively, but the true spirit of teamwork came through in all aspects of this cruise from making team flags, which by the way were all very cleverly done (amazing what talented folks we have in this club!), to setting up before meals, cleaning up after meals, and cooking the meals! The last night we sat around the campfire and sang songs to the strumming guitars of F/C Rob Meldrum and Larry Madison and along with the s'mores, it was a perfect ending to a perfect Labor Day weekend!

We have begun the planning of the Junior Officers' Ball, which for those of you who do not know is traditionally a themed event that we hold every two years to honor our junior officers. This year we honor Rear Commodore Jim and Colleen Welsh and Vice Commodore Gary and Ingrid Bruner. We also host their counterpart junior officers of the Grand 14. This year Sandi and I also wish to deviate somewhat from tradition and include as honorees our Fleet Captain Rob and Kelly Meldrum. There is a lot of work involved with holding these offices, and this ball is our way of saying "thank you" for all that you do for our club. The date of the J.O. Ball is November 12th, and the theme is "Saturday Morning Toons" – come dressed as your favorite cartoon character or as you were dressed when you watched your favorite 'toons on Saturday mornings (needless to say discretion is recommended, 'er, required!). Invitations will be going out to all members shortly.

Hats off to Laurie King- and Paul Harris for again arranging the latest casual cruise – destination Brownsville – held over the weekend of September 17th. We have heard all who went had a really great time. For new folks who may not know, casual cruises are informal weekend cruises to various destinations that are more laid back and without much in the way of planned activities where you can just go and relax and hang out with other EYC'ers. Attendance is much smaller and they are a good way to really get to know other members. As an aside,

*Continued on page 2*

## Vice Commodore Gary Bruner



### Ramblings from the Middle of the Quarterdeck.

I can honestly say that as an avid boater, Ingrid and my adventures of NW boating continues. Returning from the best buddy boating cruise ever to Desolation Sound, not to mention one of our more spectacular vacations with perfect weather, few other boats, calm seas for the most part, and ending with a great EYC Labor Day cruise at

Port Ludlow, how much better can boating be. Two cruises at the same time. That is hard to beat.

So where do we go from that wonderful end to summer and the start of the fall festivities? We missed the September TGIF as we were continuing our journey with the Grand 14 with a JO (junior officer) ball at Port Orchard YC. Ingrid and I were headed blissfully on our boat to Port Orchard when another adventure in boating occurred to us. To make the story short, we hit, broke, fixed, limped home on one engine, lifted out, repaired and were back in the water in 4 days. A heartfelt thank-you goes to PC Carol and Dan Bowen for opening the Gig Harbor home to us so we could attend the Port Orchard JO.

Because the boat was back in the water so quickly, we were able to attend the informal cruise to Brownsville. While the weather for that weekend was on and off, the fellowship and fun was spot on target. Our thanks to Paul and Laurie Harris for making it a great time. For those intrepid boaters who travelled home Sunday, we are all to be commended for successfully handling what Puget Sound could throw at us.

Ingrid and I have one more weekend to cruise before we take a break for awhile. This next weekend we are headed to Langley for October Fest where we hope to meet some of the EYC gang there to share one last weekend. In the meantime we look forward to our next JO ball at the Day Island YC. I hope this time there will be no adventures en route.

*Vice Commodore Gary G C Bruner*

M E N O N L Y




**EYC Men's Luncheon at Arnie's Restaurant**  
**11:30 am, Thursday, Oct 14**  
Contact Metch Krzeszowski for info: 425-776-1372

## Commodore Harry Duncan, *continued*

Sandi and I were not able to attend this cruise as her youngest daughter Kelli had a milestone birthday and we spent that weekend celebrating with family and also consoling Sandi, who had to come to terms with the fact that her youngest daughter had just turned 40! (Especially, she says, since she's only 45 herself!)

More events are coming up – the Brays and their team will be providing our traditional Octoberfest meal at the October dinner meeting, Halloween is on the horizon with some planned festivities for young and old alike, and we'll round out the year with Holiday on the Docks and New Years' Eve. More to come on each of these very soon.

*Commodore Harry Duncan*



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## Rear Commodore Jim Welsh



EYC Member Reciprocal Privileges.....A Great Deal!

This is the second of a three part series regarding EYC reciprocal privileges with some of the 80 participating yacht clubs listed in the EYC Annual.

This month's article starts with the question: Are You Considering a Visit to Victoria?

If so, then you might want to consider using EYC's reciprocal moorage privileges with the Royal Victoria Yacht Club (RVYC) located at Cadboro Bay, Victoria. Cadboro Bay is approximately ten miles by water and six miles by bus transportation to downtown Victoria and harbor.

The reciprocal moorage offered by the RVYC is for 2 days per visit with the only charge being for electricity, if used, which currently is \$3.00 per day.

Additional days beyond the two days of the visit would be charged the going daily moorage rate. In addition, there is very good anchoring conditions off shore in Cadboro Bay.

The RVYC foreshore staff are most helpful and welcoming. The Yacht Club is a beautifully maintained turn of the 20th Century building with a well appointed restaurant and bar.

The following is a list of conveniences at the Cadboro Bay location: (1) shopping area close by at Cadboro Bay Village (fully stocked supermarket, drug store, novelty shops, etc..... about a one mile walk from the RVYC; (2) lots of walking/ jogging routes throughout a picturesque residential area; (3) convenient bus transportation very close to the RVYC with speedy (20 minutes) direct routes to downtown Victoria (shopping, museum, restaurants, etc.)

During the summer, visitors are treated with dock side viewing of the participants attending the RVYC Sailing School...they range in age from 5 years old and up.

The kids put on quite a show as they begin the journey to become master sailors.

Colleen and I discovered Cadboro Bay in 2002. Since then, it has come a must visit spot when we go to Victoria.

Next month: Reciprocal Moorage in the Sidney area.

ALERT: Looking for winter moorage at Edmonds? Contact me.

*Rear Commodore Jim Welsh*

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## Fleet Captain Rob Meldrum

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### *Fleeting Notes*

It's hard to believe that a year and a half ago Kelly and I joined EYC. The friends we have made and the fun we have had are way out of proportion to the time we have been members in the club. Our friends at EYC have introduced us to the joys of cruising for short weekends on Casual Cruises as well as the huge fun of club-

sponsored cruises (4th of July and Labor Day).

After "tailgating" PC Ron and Alicia Hammill for several cruises we gained enough confidence to use our own charts and GPS to go solo on a couple of cruises. What a confidence-builder it has been.

A year ago at the Labor Day cruise to Port Ludlow Larry Madison was playing crazy-good guitar songs and was kind enough to hand his "axe" to me for a song or two. If you're a guitarist you'll know the level of trust involved in a hand-off like that. A month later Larry and Tom Allison invited me to join their Saturday morning jam sessions and now we have become the EYC "band" for campfire sing-a-longs!

You never know when life is going to offer you something special. You have to grab the opportunities when they're in front of you. EYC seems to offer far more of these chances than life in general. Some of the Past Commodores talked to me about considering the Fleet Captain position, and to say I was flattered is an understatement. When Commodore Harry Duncan offered me the position I couldn't say "yes" fast enough.

Fleet Captain – what a responsibility! I have to say I took on the role in grand fashion. On the trip from Lopez Island (4th of July Cruise) to Canada for the Commodore's Cruise, Kelly and I were under way at 22 knots when I heard a loud THUNK! and the boat pulled sideways. Kelly ran to the stern and lifted a rope into the air. "Rob, we've hit something!"

*Continued on page 7*

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## Chaplain Shirley Wilson

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### STRESS MANAGEMENT

We all have stress to one degree or another, but it's how we handle our stress that determines whether it becomes a problem or not. Unmanaged chronic stress can cause health issues as well as make our daily lives miserable. I recently received an email with a story about stress that puts it all in an interesting perspective.

"A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?' She fooled them all by asking instead, 'How heavy is this glass of water?' Answers called out ranged from 8 to 20 ounces. She replied, 'The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes.'" She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

As with the glass of water, you have to put your burden down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden more easily. Better still, it's helpful to talk over your worries with God or with a trusted friend. Another important suggestion is to put all your burdens down as early in the evening as you can so that you don't carry them through the evening and into the night. You can always pick them up tomorrow if you must.


When I find myself stressed out about something, I find it

*Continued on page 6*

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# Dock Talk

REMEMBER: The Dock Talk is YOUR part of the monthly newsletter where YOU get to tell, share, brag, or announce happenings in your life you wish to share with YOUR EYC family and friends. If YOU have an upcoming event, trip, or announcement, let Peggy Peterson know and Dock Talk will present it to our club. We want to hear from YOU.

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*Continued on page 2*

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# Buoy, oh buoy.



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Chaplain Shirley Wilson, *continued*

helpful to first, decide if there is anything I can do about the problem. If there is, then I do it. If not, then I determine not to burden myself or waste time worrying about it. I then make it a matter of prayer, turning the burden over to God. That process works for me. I hope you will try it and let it work for you.

Here are a few further suggestions for a stress-free life:

1. Accept that some days you're the pigeon, and some days you're the statue.
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully. It's not only cars that can be recalled by their Maker.
5. Nobody cares if you can't dance well. Just get up and dance.
6. When everything's coming your way, you're in the wrong lane.
7. Birthdays are good for you. The more you have, the longer you live.
8. A truly happy person is one who can enjoy the scenery on a detour.
9. The best stress releaser of all: Boating in the beautiful Northwest, and
10. Hanging out with boaters!

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**Fleet Captain Rob Meldrum, *continued***

What? Who would have an unmarked crab pot out here? Who would use such a thick line for a crab pot? And then, over the radio: “Miss Maui, Miss Maui, this is Undecided. Are you in trouble?” Was I in trouble? I had just hooked onto a mysterious rope, I was in the process of shutting off my engine so as not to foul the propeller, I was in strange waters and my wife was holding a rope of uncertain origin! Could it get worse???

“Miss Maui, Miss Maui, this is the US Coast Guard. Are you in distress?” Uh-oh, it not only could get worse, it just did get worse. “US Coast Guard, this is Miss Maui. We appear to have snagged a line, we do not appear to be in distress. I will provide you status in a couple of minutes.”

At this point we were surrounded by five EYC members ready to help us out if required. While Kelly and I were hauling the offending line I remember thinking how lucky we were to be part of EYC. Suddenly the line tugged towards the bow of Miss Maui. The bow? This line that caused all of the problems was no crab pot line. It was our anchor line! << Long Story Short>> We hit a large wake and our anchor unhooked, thankfully in 250 feet of water. Kelly took over the helm and I hauled in our anchor. Our anchor rode had snagged in our locker at about 175 feet, so we didn't hit bottom (thank goodness!).

I pulled up our anchor line and chain (no windlass on Miss Maui) and secured everything. Captain (and PC) Ron Hammill pulled up next to us and threw me a piece of line. “You might want to try securing your anchor with something like this!” he shouted good-naturedly. Red-faced, I secured the anchor and then contacted the Coast Guard to let them know we were OK.

The moral to this story? Being a Bridge Officer doesn't mean you are immune from making boating errors. It happens to all of us. Had we been traveling solo there's no telling how ugly things could have gotten. As it was, we had friends to help us out and to make sure we were OK. I don't think it gets any better than that.

So to all of our friends in the Edmonds Yacht Club, we thank you for welcoming us to this wonderful Club. Thank you to the long-time members who have opened your arms to us, to the “boatless” members who have been so warm and open at the Club's monthly meetings and TGIF parties, and to the new members who are making us feel like seasoned veterans! Thank you all for making this chapter of our lives feel so right.

**Fleet Captain Rob Meldrum**

**Handy EYC E-mail Addresses**

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# October

<b>F</b>	<b>Oct 7</b>	<b>Wine Tasting</b>
<b>Th</b>	<b>Oct 13</b>	<b>Men's Lunch</b>
<b>F</b>	<b>Oct 14</b>	<b>TGIF</b>
<b>Th</b>	<b>Oct 20</b>	<b>Board Meeting</b>
<b>Tu</b>	<b>Oct 25</b>	<b>General Meeting (Annual Meeting)</b>
	<b>Oct 29-30</b>	<b>Halloween Party</b>
<b>S</b>	<b>Nov 12</b>	<b>JO Ball</b>

More information about cruises and events can be found on our EYC web site.