



**EDMONDS
YACHT CLUB**

March 2007

Commodore Carol Bowen

March 27, 2007

**General Meeting,
Happy St. Patrick's Day!**

**Appetizers & Socializing until
assembly at 7 PM.**

Cod with Sour Cream Dill Topping

Basmati Rice

Seasonal Vegetables

Caesar Salad

Mini Chocolate Mousse for Dessert

Catered by Anthony'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, March 23rd, 10am.**

**Please call Carol Asimakopoulos
to make your reservation:**

(425) 774-8893



Congratulations (!) everyone for the fantastically successful auction, with a special thanks going out to our Junior Officers for their leadership and hard work!

Speaking of leadership, PC Collins and team have been busy searching and screening members for EYC's '07-'08 Board positions. Per the bylaws he will be presenting the slate of nominees to the current Board and General Membership at their March meetings.

Is everyone having fun?

We just returned from our club's first cruise of the season into Kingston. Thank you Mike and Leslie Forbis for all the planning, organizing and work! It was a relaxing and fun time!

Pst ... pst ... (whisper, whisper) ... The Commodores Ball is just around the corner and the anticipation and mystery are yielding butterflies of excitement for Dan and I. We can hardly wait to share this wonderful night with all of you!

And then another fun opportunity is on the calendar the following week. You can celebrate your Irish heritage (real or imagined) with a traditional Irish dinner and evening of good company. If you would enjoy the food and friendship, reserve your space and find something green to wear! (see flier)

Volunteer is an "action" word and boy is there a lot of action going on at Edmonds Yacht Club!!! Thank you one and all for answering the call! The TGIFs and General Dinner Meetings all have hosts and Anthony's Home Port will be serving the March and June Dinners. A special thanks to Dan and Ann Walther for stepping up to the plate and hosting our February TGIF! It was great working with you!

Are you looking forward to more fun?!

Start thinking about going to Tacoma's "Daffodill's & All that Jazz" by boat or car April 20-22. Daffadoozy's, Saturdays Trivia Teams and Token Parade, dinner & show ... WOW (!), what fun! And how about entering your boat in Seattle's Opening Day Parade?! It is a lot of fun planning, decorating and participating in the parade and events surrounding the weekend! Talk about FUN memories!!! Look for information at TGIF and General Meetings and/or call me for South Sound Opening Day details and RC Hammill for Seattle Opening Day moorage at QCYC. Both Clubs have websites with all the details also.

"Cheers" to having fun!

Commodore Carol



Vice Commodore Ted Newton



Well I'm back from all the boat shows, ten days Seattle, five days Vancouver BC, and yes I had successes at both shows.

So the latest and greatest with our clubhouse has been getting to know a subject I know nothing about.... grease traps! I bet you all have smelled

that terrible rank smell on occasion. I promise you I won't stop until it goes away for good. We have had it inspected professionally and now know the simple cure.

At the next general meeting make sure you check out the men's or women's bathroom we added a touch of nautical color to both of them. Sometimes it is the simple things, and thank-you Eileen for getting the materials.

Sharon Croasdill is buying some great new "sparkle" items for the ship's store, please check them out, we know you will love them.

I would feel foolish without thanking two of the hardest working people in the club for all their daily devotion to the club and its well being, my right-hand gal Audree Bentzen and her right-hand guy Leif Bentzen. I bow down to your talents with appreciation and thanks.

It looks like we might have an early spring, so get out and polish up those boats and get out in them!

Take care, *Ted*

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Rear Commodore Ron Hammill

Going Once Going Twice SOLD



The EYC annual auction and crab feed is history – the numbers are not totaled yet but I am sure we generated \$16,000.00 towards our new club house and cruise funds. I would like to take all the credit for this tremendously successful auction but I was only the auctioneer. The credit really goes to F/C Wally and Sharon Croasdill for much of the organizing and V/C Ted & Debbie Newton for their

efforts in procuring items. A special mention to Cindy Heetbrink for talking to all of the marinas and getting them to donate moorages and P/C Dennis Heetbrink for the patience and expertise in working with me and single handedly putting the auction booklet together.

Having said all of that please pat yourselves on the back and say well done for everyone's cooperation in gathering donations both personally and soliciting efforts. We could not do it without you.

Lastly a very special thank you to Pete and Rosemary Collins and their crew for working the galley, getting everything out and cleaned up. They represent the kind of support that makes the rest of us look good.

Thanks again for your efforts and it is off to Kingston for President's Day Cruise.

- Ron



March Calendar

W	Mar. 7	Pinochle, 7-9 pm
Th	Mar. 8	Men's Luncheon
F	Mar. 9	TGIF
Sa	Mar. 10	Commodores Ball
Th	Mar 15	Board Meeting
Sa	Mar. 17	St. Patrick's Party at EYC
W	Mar. 21	Pinochle, 7-9 pm
Tu	Mar. 27	General Meeting
We	Mar. 28	WIC Luncheon (Olympia)
Sa	Apr. 4	Pinochle, 7-9 pm

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Handy EYC E-mail Addresses

pictures@edmondsyachtclub.com—use this address to send cruise or event pictures that you have.

shiptoshore@edmondsyachtclub.com—for Ship to Shore newsletter-related information.

information@edmondsyachtclub.com—a general use address for questions, or if you don't know who to contact (e-mails here will probably be redirected through the board).

edmondsyachtclub@gmail.com—another general use e-mail that you might see around.

DrBGC@aol.com—use this e-mail address to submit your *DOck Talk* tidbits.

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Fleet Captain Wally Croasdill



WOW! What a great auction and crab feed we had early in February. We had more attendance and raised more money than ever before. Many thanks to those who donated auction items and/or their time, and to those who attended the auction. Special thank yous go to V/C Ted Newton and his wife Debi for leading the procurement team, to Denise Coleman and Alicia

McCullough for taking on the task of writing up the silent auction tickets, and to John Keyes for heading up the handling of the money. A BIG THANKS to Pete and Rosemary Collins for taking on the kitchen duties, and a GREAT BIG THANKS to the auctioneer, R/C Ron Hammill, for his tremendous work.

If you didn't get a chance to attend the February cruise to Kingston, you missed a wonderful time. The food was great, the shopping, visiting & relaxing, and the game activities were lots of fun. I heard there was one group of fellows who just went from boat to boat supervising small jobs that needed attention. Hats off and a BIG round of applause to Michael and Leslie Forbis for being Cruise Captains and for doing a FANTASTIC job.

Plans are being put together for the 4th of July Cruise over the weekend of June 29th through July 1st. The destination will be to Oak Harbor Marina. Plan to include this in your summer cruising schedule, as there seems to be much excitement over returning to this venue. Stay tuned for further updates.

There are a couple of informal cruises being planned for April (Brownsville), and June (Bell Harbor). Contact Laurie King-Harris for further details.

F/C Wally Croasdill



Fleet Chaplain Shirley Wilson

STUMBLING INTO FITNESS

Fitness for me started at age 40. Before that, exercise was something I always wanted to do, but just didn't know how to get started. My motivation was sorely lacking, but something unplanned and unexpected happened that changed my thinking.

By this time our five kids were all pretty self-sufficient so I decided to go back to college. For my P.E. requirement I signed up for a body conditioning class. That sounded easy enough and my body certainly needed it.

The first day of the class, after a few warm up exercises, the instructor told us, of all things, to go outside and run the track! I couldn't believe my ears. I was one of the oldest students in the class, and I sure wasn't going to let those 'kids,' who weren't much older than my own teenagers at home, show me up. So I dutifully went out and started to jog slowly with the group, trying desperately not to show my pain.

I couldn't believe what happened about half way around the track. Several of the young girls took a detour through the middle of the track when the instructor wasn't looking, cutting their distance by half, and taking full credit for the whole quarter of a mile. The rest of us die-hards kept moving, albeit our sense of justice was raging. But by the end of the semester, the older students in the class became the 'stars' because we were so determined to be good examples to the younger ones.

Running the track was to become a part of my routine in the months and years ahead, not only in that class, but also after graduation. By then, I had achieved a sense of well being that I didn't want to lose. Eventually, over the years, I ran less and began to walk more, but never giving up some form of exercise to maintain a certain level of fitness. My motivation now is to not lose what I have worked so hard for all those years, because I know how difficult it would be to start over.

An article in "Christian Counseling Today," titled "Aging Well in a Youth Cult Society," by Coach Don Nava, suggests thinking in ten-week cycles to get started. He says, "Most people can commit to something for ten weeks, but commitment gets iffy after that. Set a realistic ten-week goal that gets you started forming habits and recording success." Even though I didn't realize it at the time, that's what I did by signing up for that P.E. class.

Nava also suggests speaking dictums to yourself daily. Dictums are practical today-oriented commands about who you are and what you will do. For example: "I will exercise, I am a person fueled by good nutrition, and I am strong, flexible, and energetic." The third key he suggests is joining a group or at least two other

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Continued on page 6



DOCK TALK

*Oh, the weather outside is frightful
and for boaters it's NOT delightful...*

For those of you who made it on the Kingston Cruise you know how awful the boating part was. Many left their boats there to be retrieved when the weather improved. This might have been the longest 3-day cruise in club history.

What's been happening?? Not too much. Maybe we were all hunkered down in front of a fire and hoping things would improve. But we did have some members who were able to get out and about and I'm going to share some of what I've heard.

CONGRATULATIONS to Lois Toroni and her great find of a handsome devil of a yachtsman. Seems she's keeping him under wraps until ??? We're interested in knowing more about this Yachtsman XL.

Congratulations are also in order for Genie Potter. Not only did she celebrate her Aquarian birthday but she and Dick celebrated their 20th (XX) Anniversary on Valentine's Day. Genie told me she and her groom are going to Europe in September. That's probably why I overheard Dick Roller coaching Dick Potter on how to order a beer in German. He went on to tell him about the good ol' days when the US dollar was equal to four Deutschmarks. Those were the days!!

Dick Potter told me he now does 'consulting' in Las Vegas. Hmmmm. What exactly does that mean? Very curious as Las Vegas seems to be THE PLACE for EYC members of late.

First we had the fantastic New Year's Eve Las Vegas bash put on by RoseMary Collins and crew. I didn't know that putting on this gala event required RoseMary and Pete to make a special trip to Las Vegas for ideas and other intel. Hopefully, Pete won enough for future research trips.

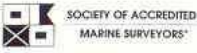
Another Las Vegas Event was the 50th birthday celebration of Ron Coleman. A guy with a heart born on the 14th claims this was his first trip to Las Vegas. Where has he been all of his life? Denise made sure this birthday would be remembered even after Ron can't remember! Their entourage included none other than Ron and Alicia Hammill along with Don Mayfield and Mary Olsen. When I tried to find out more about their activities I was firmly told what I've heard before: "What happens in Vegas stays in Vegas!" But I did hear something about Don staying in a room at the Bellagio with hair dryers that could only be used at the 3' level. Very interesting. We'll have to get the whole story from Don. No, I think it's better if we get it from Mary. Congratulations, Ron, on reaching the half-century mark.


Last but not least was the EYC Crab Feed and Auction. What a blast! Congratulations are in order for F/C Wally and Sharon Croasdrill and everyone who had a hand in this. Special kudos to Sharon who managed to have both hips replaced, her son married, and an auction without seemingly breaking a sweat. The auctioneer--Ron Hammill--had people bidding on an item and when the price got high enough would then offer two of the items for the highest bidders. (Is that what double your money means?)

OK--that's a wrap. See you all at the Commodore's Ball!



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Stumbling into Fitness, *continued*

people. He states, "An essential element in this process is the power of team interaction," and that "Power lies in the commonality of goals and the dynamic energy of relationship."

I thank God that I stumbled onto these three keys unwittingly those many years ago, but I can now say that they worked for me. I hope they will work for you also.



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SUNSHINE REPORT

Marita Thody had knee surgery last month and is feeling much better.

Mary Pat Thorpe is still recovering from her surgery and doing well.

Pete Almgren had a trip to the Emergency Room due to an infection in his right leg.

Wishing all EYC members and their families well....Mary Krzeszowski

Favorite TGIF Recipes!

Vic's Chicken Chasseur (6 servings)

- ¾ cup all-purpose flour
 - 2 teaspoons salt
 - 1 teaspoon pepper
 - 6 half chicken breasts (bone-in or boneless, with skin or skinless)
 - ½ cup butter
 - 4 tablespoons finely chopped shallots
 - 1 clove garlic finely minced
 - 8 oz sliced mushrooms
 - 1 cup dry white wine
 - 2 cups diced plum tomatoes (canned)
 - 1-2 teaspoons of dried thyme
 - ½ teaspoon dried oregano
 - ½ teaspoon dried rosemary crushed
 - 2 tablespoons chopped parsley
1. Combine the flour and ½ the salt & pepper. Dredge the chicken breasts in the seasoned flour.
 2. Heat ½ the butter in a large skillet; do not let the butter brown or burn. When butter is hot, add chicken and brown on all sides. Transfer chicken to warm plate.
 3. Put remaining butter in same skillet and add the mushrooms, shallots & garlic. Cook 3-5 minutes adding 2 tablespoons of flour at 2 ½ minutes. Add the wine and stir with a wooden spoon until all the brown particles are dissolved. Continue to cook until mixture has thickened. Return chicken to skillet and cover with the plum tomatoes, thyme, oregano, rosemary and remaining salt & pepper. Cover skillet and cook over low heat for 45 minutes. Sprinkle with parsley and serve over egg noodles.



EDMONDS YACHT CLUB CONTACTS

Commodore Carol Bowen	(425) 771-0887
Vice Commodore Ted Newton	(425) 821-0731
Rear Commodore Ron Hammill	(425) 776-8140
Fleet Captain Wally Croasdill	(425) 771-4724
Secretary Denise Coleman	(206) 542-7172
Treasurer John Keyes	(425) 776-6443
Fleet Chaplain Shirley Wilson	(206) 542-2944
Club Rental: Audree Bentzen	(425) 744-1014
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EDMONDS YACHT CLUB MEN'S LUNCHEON

The next Men's Club Luncheon is at:

Arnie's Restaurant

Date: Thursday, March 8th

Time: 11:30 am

*For more information contact
Metch Krzeszowski, 425-776-1372*

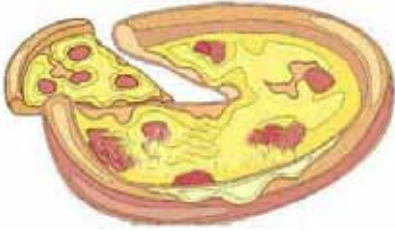


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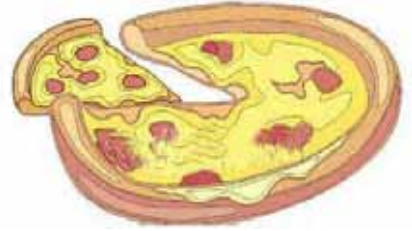
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TGIF

March 9, 2007



***Commodores Ball
Decorating Party/Pizza Dinner!!!***

A-E: Appetizers to serve 6 or more people

F-O: Salads to serve 6 or more people

P-Z: Desserts to serve 6 or more people

\$3.00/adult (\$1.00 children age 12 and under)

BYOB

6:30 PM Social Hour

7:00 PM Dinner