



The Nevada Yacht Club  
<http://www.nevadayachtclub.com/>

# THE REGATTA

### Special Points of Interest:

- **July General Meeting, Fri.,**  
July 15, 7:30 PM, LLM
- **NYC Int'l Cruise 2005: San**  
**Juan Islands & Vancouver,**  
**BC, 17 -23 July, John**  
**Crawford (702) 510-2350**
- **Wednesday Night Beer**  
**Can Race, July 20, 7:00 PM,**  
**LLM**
- **Wednesday Night Beer**  
**Can Race, July 27, 7:00 PM,**  
**LLM**
- **Hot August Nights, Wed., 3**  
**Aug., 7:00 PM, LLM**
- **Board Meeting, Wed., 10**  
**Aug., 6:30 PM, TBA**
- **Hot August Nights, Wed.,**  
**17 Aug., 7:00 PM, LLM**

## Commodore's Message

Commodore John D'Acunto wants to remind all our shipmates to relax, drink plenty of water and enjoy our Vegas summer!

Please read the article *Beat the Heat*  
John submitted for the NYC Newsletter.

DON'T FORGET the JULY General Meeting  
Friday, July 15 at 7:30 p.m. at the Lake Mead Marina

See you there!!

### Cruising Calendar:

\*\*\* Nevada Yacht Club International Cruise 2005:  
San Juan Islands and Vancouver, British Columbia, Canada -- July 17-23,  
2005

\*\*\* High and Hard Aground:  
The Nevada Yacht Club Summer Cruise 2005 to Mount Charleston --  
August 13, 2005

For more information contact  
John Crawford (702) 510-2350

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### From Deann Cline and The Leukemia & Lymphoma Society

Hello Sailors!

Just a brief note to say that the **Regatta final** total is **\$32,486.71 !**  
**WOW! WAY TO GO!**

I am updating our LCR website and would like to include pictures from this year's event. If anyone has any pictures they can email me, that would be great.  
Everyone have a terrific summer! Deann

Deann Cline, Campaign Director, Southern Nevada Chapter  
The Leukemia & Lymphoma Society  
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702-436-4220, [clined@lls.org](mailto:clined@lls.org)

## July General Meeting

Friday, 15 July

7:30 PM

Lake Mead Marina

## Nevada Yacht Club General Meeting Minutes June 17, 2005

General Meeting held at Lake Mead Marina commenced at 19:55 hours.

**Commodore** John D'Acunto, called the meeting to order and welcomed all members and guests. Introductions were made. There were 25 present. John encouraged members to invite fellow sailors to our General Meetings.

The reading of the minutes was waived and accepted as printed in the newsletter.

**Vice Commodore:** Joedy reported that the Clark County Boating Facilities and Safety Committee voted to elect him to the board this year. Congratulations Joedy!!

Joedy went over our agreement with the CCBFSCG on how to spend the \$4600.00 that would be into the club in July. This money will be used for future Sail Training, \$2,000.00 for Materials, \$1500.00 for Advertising, \$200. for certification, \$350.00 for NPS Permit, \$591. for safety equipment and maintenance of safety equipment.

**Treasurer:** Beth reported as of May 31, 2005 Checking 5517.31, Capital Fund 10,592.12, boat maintenance 5721.59.

**Fleet Captain:** Steve reported that the committee boat is now in the water on Dock B. He is having the maintenance man clean the boat. Plans are to put new VHF on the committee from the Safety Committee money. Thanks to Glenn for helping launch Grillville.

All races this summer will start with the skipper meeting at 6:00 and race at 7:00. Thanks to Ron Ross for helping on the Wet Wednesday race. Steve passed around a sign up list to volunteer for Wet Wednesdays and Beer Can Races. He will need 8 people. These races are a fun time and help you to learn to race for the real racing starting in September.

In appreciation to the four boats that helped out with the Boy Scouts, they sent over a goodie bag to each. Thanks to those who participated.

**Cruising Captain:** John Crawford reminded us of some coming events:  
The San Juan Trip in July. There are 5 boats signed up which includes about 20 people.  
High and Hard a ground the camping trip to Mt Charleston Saturday August 13, 2005

**Staff Commodore:** No Report.

**Membership:** Shay reported that we have gained 3 new members and one renew.

**Webmaster:** In Marty's absence Gloria reported that Marty has included the Curt and Sue Thompson Library on the website. Take a look, there is some really good stuff. Please e-mail or call Gloria Bevan to check any of these items.

### New Business

501c3 non-profit has been started. This will enable the club to receive more grants and donations to further work on junior programs, sail training and to promote sailing.

There are more spaces being volunteered for the dinghies. A list of the dinghies and where they are will be available soon. The club can look forward to a dingy day sometime this summer.

Ron Ross and Beth Clark have pictures of the Jack and Jill race.

Steve had 3 people sign up at the meeting to help with races Nancy Cox, Paul Krumm, and Eli Delgado. Beth Clark announced that some of the ladies have been getting together for sailing if you are interested in joining them give Beth a call. Mostly on Sundays.

We ended the meeting with John McDowell telling some sailing stories. He also announced that some people are going to get together and go over to Catalina Island maybe in August or September. We will keep you posted or Call John McDowell for more information.

Raffle winners: 1 shirt each, Angelo Gurreri and Skip Untied. Fred Darling won a \$25.00 gift Certificate to Milo's Best Cellars

Come join us for the next meeting if for nothing more than the great raffle prizes.

Next General Meeting will be July 15, 2005, 7:30 PM at the Lake Mead Marina.

Next Board Meeting will be July 13, 2005, 6:30 PM LLM Patio

Gloria Bevan, Secretary

## Beat the Heat (Preventing Heat Stroke)

<http://www.med.umich.edu/1libr/primry/life18.htm>

Written by Jean DuRussel-Weston RN MPH CHES, UMHS Health Promotion Division, May 2001

### What are the health dangers of exposure to warm weather?

After a long cold winter, most of us are anxious to enjoy the warm days of summer. As soon as the sun comes out we are outside working in the garden, enjoying a game of golf, or just taking a nice long walk. Besides planning ahead for the wonderful warm weather activities, people also need to plan ahead to prevent serious problems caused by the heat.

When the weather's hot, your body works overtime trying to keep cool. Excess heat escapes through sweating, exhalation of warmed air, and increased blood flow to the skin. But hot weather can overwhelm those mechanisms, leading to a wide array of uncomfortable symptoms. If nothing is done to remedy these symptoms, serious harm even life-threatening problems can occur.

### What are the symptoms of heat-related ailments?

The following are the three most dangerous types of heat-related ailments listed in order of severity. These conditions can occur in stages:

- *Heat syncope*---fainting caused when the body compensates for too much heat by diverting blood from the brain to the skin.
- *Heat exhaustion*---extreme fatigue characterized by muscle aches, nausea, and fever. Additional symptom includes clammy skin, diarrhea, rapid pulse, vomiting, and weakness.
- *Heat stroke*---failure of the body's temperature control systems. Heat stroke can be fatal depending upon severity and treatment. Symptoms include confusion, agitation, hyperventilation, racing pulse, lethargy, convulsions, and eventually loss of consciousness. The body temperature rises to extremely high levels, sometimes above 110 degrees Fahrenheit, which can damage major organs.

If you are aware of the danger signs of heat-related illnesses, life threatening situations can be avoided. You also need to keep in mind that symptoms can develop over several days or strike during a single burst of strenuous activity. Two conditions, which signal that your body is under extreme stress from heat, are heat edema, and prickly heat.

Heat edema is swelling of the hands and feet when blood vessels expand and allow fluid to pool under the skin. People often notice this first when their shoes feel too tight or one their rings won't fit the finger that they used to wear it on. Prickly heat is an irritating rash that is caused by a blockage of the sweat pores, usually under clothing. This often happens when people overdress for the weather or wear clothing that is very fitted and doesn't "breathe". Neither of these conditions are harmful, but you need to view them as warning signs that you should cool off to avoid a more serious condition. You can remove or loosen heavy and restrictive clothing, move out of the sun if possible, and drink fluids immediately.

### When should I call a doctor?

Seek immediate medical help if you or someone else develops any of the following symptoms during hot weather:

- Confusion, lethargy
- Agitation
- Intense muscle aches, feverishness, or nausea.
- Convulsions or loss of consciousness

While you are waiting for help to arrive you can provide support for a heat stroke victim:

- Take the person out of the heat
- Fan with a newspaper or towel
- Sprinkle with water
- Elevate the feet to direct blood back toward the head
- If the person is conscious, offer plenty of fluids

### What can I do to prevent heat stroke and related conditions?

Of course, preventing heat stroke and related conditions is always the best advice. Remember these tips and you will be able to enjoy the warm summer or at least tolerate it without life threatening problems.

- Wear loose-fitting, lightweight, light-colored clothing
- Limit vigorous activity during hot, humid weather
- If you have to exercise in the heat, start with brief workouts and increase them gradually over two weeks or more. Try to schedule your vigorous exercise during cooler morning or evening hours.
- Drink plenty of water, before, during, and after exercise. Drink more than you need to satisfy your thirst. Also, remember drinks such as soda and coffee have caffeine and can actually rob your body of fluids so drink these sparingly.
- Avoid alcohol before, during, and immediately after you exercise. Alcohol causes you to lose more fluid than you consume.
- Talk with your doctor about any medications you are taking, prescription and over-the-counter, and how they may interfere with you body's ability to regulate temperature. Some of these include gastrointestinal drugs containing atropine (Donnatal); antidepressants or antipsychotics (Thorazine, Haldol, Prozac); antihistamines (Benadryl); certain cardiovascular medications including betablockers (Blocadren) and diuretics (Diuril); and Parkinson's disease medications. If you use any of these medications, be especially careful to limit your exertion and drink plenty of water during hot, humid weather.

*Be a smart consumer and anticipate what you will need to avoid problems with the heat. The long hot summer is a welcome change from snow and sleet, so enjoy it!*

### 38<sup>th</sup> Annual Survive the Night Race submitted by David Hoch and Yvonne Smith

My partner Yvonne and I worked like mad to get the new boat ready for this race, having started her modifications in March of this year (the boat's modifications, that is – Yvonne is perfect just the way she is). It's always good for me to have an event to prepare for and what better event than the annual "Survive the Night" race from Marina Del Rey to San Diego over the Fourth of July weekend? Our weekends from March to Memorial Day were spent working hard on the boat or shopping for gear and accessories. A few more treats, bought in the weeks preceding the race, like a refrigerator and whisker pole completed the compliment of gadgets we needed to compete in the Cruising class this race features. The hard work paid off when we launched our Hunter 260 – "Abundance" at the public ramp at Marina Del Rey after a quick 5-hour drive from Las Vegas.

We motored a short distance to the Santa Monica Windjammer's Yacht club <http://www.smwyc.org/> in anticipation of a barbeque and dance the evening of Friday, July 1<sup>st</sup>. We rafted up with boats six deep and tidied ourselves for a fun evening of dancing, eating barbeque and meeting new folks. We learned that a sailboat race is that which occurs between parties. We picked up our race packets, shirts and many neat items supplied by Pusser's Rum – a sponsor along with West Marine. The Sailing Instructions were a bit different from the years I did this race in the past. This time, in the Cruising class you had a mandatory 3-hour motoring period which we could extend to 6 hours in half-hour increments and no motoring after 1000 hrs on Sunday. There is a penalty accrued for motoring.

We awoke at 0630 hrs on Saturday, showered and headed upstairs in the yacht club for a pancake breakfast prepared by the club. I downloaded my Commander's Weather briefing and headed for the boat to interpret it and lay in the course. I chose to hug the coast and then south of Point Vicente, head out about 15 miles or so, then once abeam Avalon on Catalina Island, I headed for a point 15 miles offshore from buoy #3 near Point Loma at San Diego harbor. Our total distance was about 110 nautical miles or so.

We started the race at 11:20 but got a poor start – dead last, actually, out of 8 boats in our class. Yvonne turned to me after we cleared the line and asked, "What was that??" I had no good answer, but told her how it would boost our morale a bit to pass one boat after another as we worked our way south. She seemed to buy it.

We sailed well until about 2000 hrs and abeam Avalon, then the wind just died. We waited 30 minutes to be sure it wasn't a prelude to a wind shift, then cranked the iron genny and used 5 ½ hours of our allotted six. Yvonne was up to helming – watching the autopilot (OK to use in Cruising class) the whole time, so I got a few hours of sleep. I saved a half-hour for any contingencies that might arise – none did and we used the last half hour just before 1000 hrs.

We shut down the motor at 0200 hrs, and set sails for light air. We ghosted along all the way into San Diego and crossed the finish line at 1547 hrs on Sunday afternoon. The winds were blowing nicely in the harbor – around 10-15 knots on the nose so we motored to the Southwestern Yacht Club <http://www.southwesternyc.org/> where we rafted up to a Catalina 25. We grabbed a meal at the "Cheeseburger in Paradise" post-race party which was pretty subdued since boats had finish times all through the day and most crews were pretty tired. After the meal, we fell into our berth at about 1930 – to be awakened around 2130 by the last place finisher who rafted up to us.

We slept well that night and awoke early, showered then attended the prizegiving which was rich in trophies, raffle prizes and Pusser's Rum branded items. We learned that we placed fourth on corrected time, about two hours and twenty minutes behind the third place boat. Yvonne won a fleece-lined West Marine jacket!

We left San Diego at noon after fueling our tanks and sailed/motored to Oceanside for the Fourth of July with some friends there. Tuesday morning at 0500 hrs we motored off to the Isthmus at Catalina, arriving there around 1500. We hiked to the Catalina Harbor side, sat and looked out toward Hawaii and then hiked back for a sumptuous dinner at the restaurant. We got in our dinghy and went back to Abundance where we relaxed and went to bed early. We arose in the morning and motored to Marina Del Rey, put Abundance back on the trailer and drove her back to Vegas, our "Survive the Night" now over for another year.

The race organizer, Orlando Duran, was very interested in getting the Nevada Yacht Club to participate in the 39<sup>th</sup> annual Survive the Night race in 2006. I noticed that the Arizona Yacht Club was very well represented and even won the top club award – many first-place trophies went to Arizona sailors.

David Hoch and Yvonne Smith, [dfhoch@yahoo.com](mailto:dfhoch@yahoo.com), 702 204-2894

**NYC Race Results**

Winter Series  
Echo Bay  
Leukemia Cup Regatta  
Spring Race  
Single Handed  
Jack and Jill

Can be viewed on the Nevada Yacht Club's website:

<http://www.nevadayachtclub.com/>

*Deadline for next newsletter is  
August 1, 2005*

*Contact Sherry Gerner  
Phone: (702) 255-1827  
Email: [alohamai2@yahoo.com](mailto:alohamai2@yahoo.com)*

**July Happy Birthdays!**

David Hoch  
Joyce Smith  
Curt Thompson  
Skip Untied



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<http://www.nevadayachtclub.com/>

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