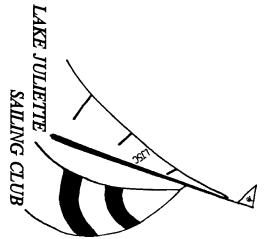


LAKE JULIETTE SAILING CLUB
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Editor, 220 Windsor Drive, Warner Robins, GA. 31088

JULIETTE



RUDDER

Volume 8 No. 11 Nov. 1998





JULIETTE RUDDER

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The RUDDER is the official publication of the Lake Juliette Sailing Club. Statements and opinions appearing herein are those of the authors and do not necessarily represent the group position of the Lake Juliette Sailing Club. The editor reserves the right to edit all material for publication and to publish only that material which is felt to be in the best interest of the Lake Juliette Sailing Club.

1999

LAKE JULIETTE SAILING CLUB MEMBERSHIP REGISTRATION

NAME_____

ADDRESS_____

CITY & ST._____

PHONE_____

BOAT 1_____

BOAT 2_____3_____

SPONSOR_____

E-MAIL ADDRESS_____

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WHAT I WOULD LIKE TO DO (Pick one or more)

- RACE COMMITTEE ASSISTANCE
- SPECIAL COMMITTEES AS REQUIRED FOR EVENTS
- CLUB ADMINISTRATION

EVENTS AND ITEMS I WOULD BE INTERESTED IN:

- FUN RACES
- HANDICAP RACES
- CLASS RACES
- EXCURSIONS
- COOKOUTS
- RAFTUPS
- BEACH PARTIES
- SOCIAL DINNERS

Regional Events

- Nov -20-22 Antique & Classic Boat Rendezvou,
Northside Marina Stuart FL.
29 Knickerbocker Cup, ESPN, 2PM EST
- Dec 12-13 Computer Show, Ag Center, Perry, GA.**
- Jan 2-10 New York National Boat Show**
6-10 Atlanta Boat Show – World Congress Center
15-24 Fort Worth Boat Show
28-31 Strickly Sail – Navy Pier, Chicago
- Feb 4-7 Sail Expo – Atlantic City, NJ. Convention Center
11-17 Miami International Boat Show. Miami Beach
Convention Center & Biscayne Bay Marriot
Marina
11-18 Strickly Sail, Bayside Marina, Miami, FL.

Lake Juliette Sailing Club

1998 Schedule

- Nov 17 Meeting, year end, Montana's in
Warner Robin, Watson Blvd across from
Wal-Mart
- Dec 12 Christmas Party - Steve and Jan
Dillard's Home
- Jan 23 After Christmas Party/Member-
ship meeting - Garland & Miriam
Corbins Home

Commodore's Corner...

Drydocked!



We haven't been able to get *Ebb Tide* into Lake Juliette for some time now, and a week or so ago I watched bass boats having trouble launching. Georgia Power is lowering Lake Sinclair about six feet for a month or so in order for residents to accomplish dock and seawall (lakewall?) repair. Joyce and I are out of vacation time for the year, so coastal trips are out for a while. So ... I guess it's time to start on those boat projects that I've been postponing since this time last year.

The main project is ripping the interior hull and ceiling liner out and re-doing the interior. The rip-out is not too hard because gravity has been hard at work on it for the last year. I've thought about different ways to cover the interior and haven't as yet made the final decision. But now is definitely the time to be doing a project of this sort. The weather has been perfect. There is a fine line between too hot to work inside the boat, and too cold for paint to set properly. I think the "fine line" is the month of November.

Another project is getting our sails mended and cleaned. I shipped them off to Sail Care, Inc. a couple of weeks ago. Without sounding like a commercial, if they come back as good as the sails on *Serenity* and *Daydreamer* did a few years ago, I'll be well pleased. Cleaning, repairing any stitching, and re-resining the sail should add some more years to *Ebb Tide's* "engines."

The trailer is getting some much needed attention too. Rust is going to be eliminated (for a while) and the brake system is going to be serviced. There are some great tips on-line at www.ChampionTrailers.com for trailer maintenance. I was thinking about changing over to stainless steel disc brakes, but I

Commodore's Corner (Cont.)

think that can wait for another couple of years. The bearings and races will be replaced this fall, as I do each year. I don't think I have ever pulled the bearings and not seen some pitting from saltwater, most likely. Last spring before the Apalachicola trip, when I repacked the bearings for the trip to the coast, I found rust on some of the bearing housings. They had plenty of grease too, although it was thin and watery. I noticed the bearings supplied with the trailer were made in China and Russia. I replaced them with Timkin bearings and races made in the good ol' USA.

The "iron genoa" also needs some service. I plan to change the oil in the Honda, check the lube oil in the foot, and replace the water pump impeller. I feel that the water pump should be replaced every two years, but some mechanics think it should be every year. That little sucker is one of the most vital parts in the engine, and it's also some very cheap insurance against some big-time, big-bucks problems.

Well, that's about it for the major projects. I hope to have everything finished by the first of the year. Joyce and I would like to do some more coastal cruising in the spring before the onset of the bugs and heat. At the October LJSC meeting, I mentioned some coastal destinations and explorations that I'd like to do. Bring your ideas and suggestions for future destinations to the November LJSC meeting at Montana's in Warner Robins on November 17th. Some of our best trips have started out with someone saying, "What do you think about going to ...".

If you're still sailing in this wonderful fall weather we're having, I'm envious. If you too have your boat "up on blocks" for maintenance or modification, I "feel your pain." We all know the two quickest ways to kill the wind are: 1>Ask a person who has never been sailing before to go sailing with you. 2>Schedule a race. Well, I've found a way to generate wind, really great fall wind ... put our boat up on blocks!

___Walton Stewart

Notices:

The **November 17th.** meeting will be held at Montana's in Warner Robins across from Wal-Mart on Watson Blvd. It will be at 7PM and the topics to be discussed before and after dinner will be the Golden Open, planning for the Christmas Party & After Christmas Party, Nominations for new officers, and any other new business This is a monthly Club meeting and is open to members, guests and anyone interested sailing.

The Club Patches are in and available. Only \$3 each. Jan Dillard should have them available at and the next meeting. John Drawe indicated at the last meeting that there might be Club Burgee's still available although locating them may be a problem.

There are no more sailing events scheduled on our yearly calendar. Since Lake Juliette is down till spring and Lake Sinclair is down till approx the 6th of December, sailing is limited in the Middle Georgia Area. Time to do some maintenance on the trailer and boat and it is still warm enough to do some varnishing/painting and have it dry in a reasonable time. Cleaning and regreasing the trailer hubs in the fall prevents rust from building up over the winter from any water that seeped in during the year.

Once again this year the Dillard's are hosting the LJSC Christmas Party. It is to be held on the 12th of December, Starts about 5PM, plan to eat about 7PM. **Please coordinate a covered dish thru Jan Dillard,** but essentially we expect A- M to bring some type of vegetable or fruit dish and N-Z to bring a desert. Location 1431 Beaver Oak DR. Macon GA. 477-8408---- From I475 go west from Exit 2, 4 miles. Look for Beaver Oaks Subdivision on left. Go south(left) on Beaver Oaks DR. about .8miles. Look for flag on mailbox, 1431 Box #

Past Events

The Treasure Hunt this year, held at OSYC, was once again a well attended event with nice weather but only light winds. Of the 18 Jars, 5 were not found. There was one underwater this time and for the first time in 8 hunts, it was found on the day of the hunt. Mark Rogers and his young son found it in the shallow water close to Goat Island. This hunt was new to about half of the people that participated and everyone that attended, expressed an interest in more events like it.

The Golden Open, held in October, was attended by about 14 boats. Unfortunately I do not have the final scores but some of the highlights of the race include a small cruiser named "My Dream" that seemed to always have wind and I believe picked up third place. Al Hauck picked up second place sailing his Morgan 22. Steve Rummage came in with a Catalina 22 that nearly won the Nationals this summer. With John Drawe as crew they easily won first place. In the daysailor class, the 'Raider' skippered by Paul, picked up first place, followed by Charles Ballard in his Thistle, Kevin Winn on a Scorpion, and Rene Deucheneau in his Thistle. (I am not sure of the order of the last three)

In the cruising class, I decided to give all the fleet that was behind me a bib advantage. About half way through the first race, my jib fluttered down to the deck leaving the halyard snap at the jib block near the top of mast. We lowered the main and with two crewmembers working the winch I was hoisted up the mast to retrieve the line. It was a great training session for the crew because none of them had seen this done before and the wind and waves were mild at the time so the operation went smoothly. With that completed, we again raised sail and finished the race with two boats still behind us.

Hypothermia

Since the weather is turning colder I thought I would write about Hypothermia.

Cold water robs your body of heat 25-30 times faster than air. The rate of heat loss depends on how cold the water is, how well you are dressed, how you react to the water, how much body fat you have and if you are intoxicated.

Rules of 50

1. The average adult person has a 50/50 chance of surviving a 50 yard swim in 50° water.
2. A 50 year old person in 50° water has a 50/50 chance of surviving for 50 minutes.

Different activities in the water consume varying amounts of body heat. The more energy (heat) you expend the quicker your body temperature drops, reducing your survival time. Wearing a lifejacket can add hours to your survival time because you do not have to move in the water to stay afloat, and getting critical areas out of the water is important. In really cold water, minimize heat loss. Drown proofing swimming causes substantial heat loss and is not recommended in cold water. Swimming caused the warmed water trapped under clothing to be pumped out and accelerates heat loss. Swim only to to climb onto something floating. If drunk, you loose heat even more rapidly.

Treating Hypothermia:

Be gentle with the victim.

Check for breathing, and heartbeat. Us CPR if necessary.

Place victim in most protected area out or wind and weather.

Remove victims clothing gently, cover with dry clothing/blankets

Apply warmth by direct body to body contact under blanket.

Do not warm with fire, heater, heatlamps etc.

Do not rub or massage as this may cause cardiac arrest.

There is no harm in reheating too slowly but there is in reheating too quickly.

Some things you can do to protect yourself.

Wear a hat that does not come off too easily.

Wear a whistle to alert help.

Wear a small floating marker light.

Wear visible clothing when you fall in. (Yellow or reflective tape on life jacket)

Wear insulating clothing that delays heat loss, Wool & Polyester are the best.

Pork up for the winter so you will have plenty of body fat to keep you warm when you fall in.

Racing Corner

With all the racing behind us, the time has come to tally up and see who placed where. John Drawe, race committee this year has all the information and intends to have it ready for awards time at the Christmas Party. I expect he will have some interesting comments about the results of some of the events we have held through out the year. Since the Moonlight Sail Race we have not held any other races although the results of the Golden Open will count in our race results.



As I was looking over the basement of the OSYC Club house on cleanup day the 7th of November, I came across a number of our racing marks and anchors that were used in our last race. I packed them up but am still missing some of the equipment that was used: One of the new large orange marks, two 12V air pumps, (one orange in a brown plastic butter tub and one gray newer pump) and the starting pin poles and flag. (I have the foam float that goes with the starting flag). If anyone knows where these might be, let me know, they were not at OSYC Club house.

Steve Rummage and John Draw took 2nd. place in the 1998 Catalina 22 Nationals.
Congradulations!!!

