

WABAMUN SAILING CLUB



MAINSHEET - AUGUST 2023

Commodore's Message

Ahoy, it's August, WSC'ers!



What a couple weeks at WSC. In the span of a month, we've had an excellent Commodore's Sail (walk) Past, put on a new roof on the clubhouse, then installed solar panels (see story later in the main sheet), ran another awesome Sail Week, and hosted a fantastic Sail West/District 5 ILCA championship! I am exhausted, and had to go back to work to rest!

Again this demonstrates the amazing volunteer drive in this club, and a big thanks to all of you involved. Amazing work!

With the big July events out of the way, we are settling

back into the normal summer/fall rhythm of the club, with lots of upcoming club races, pot lucks, and other fun activities.

Commodore Tim



A Word from the Fleet Captain...Whew!

July was a busy month at the club: weekend racing, solar panel installation, Sail Week, training and the Sail West regatta. August will come as a gentle reprieve. The ILCA Series (and monthly potluck) returns on Aug 19—bring your Laser and your dinner contributions! Aug 20, 26 and 27 will host our normal Saturday and Sunday series. The Alberta Sailing Association will be hosting the Provincial Regatta on the September long weekend at Sylvan Lake—look for more information to follow. Be sure to review your seasonal volunteer duties on the [iVolunteer calendar posted here](#). We are still looking for volunteers for the October Thanksgiving weekend.

Russel Krause

A Note from your Volunteer Coordinator

The year has been going smoothly! Your continued volunteer support is required, especially need your help if you haven't completed 4 volunteer slots this season.

The following slots need to be filled, especially for the Thanksgiving weekend:

- On duty race assistants' various dates available please see the website
- August 19th Officer of the Day Assistant
- September 17th Officer of the Day Assistant
- October 7th 2 Officer of the Day Assistants for Rum Barrel regatta
- October 7th 3 Kitchen assistants
- October 8th 2 Officer of the day Assistants for Thanksgiving Regatta (Final Day of Sailing)
- October 8th 4 Kitchen assistants

Please sign up online as soon as possible!!

Thanks, Dick Stroud

Call For Volunteers

The spirit of volunteerism has been and continues to be a driving force of the Club. Members work together to build and maintain the facilities and run the Club. Every year, members are assigned several duties such as race committee, meal preparation for regattas and social activities, spring/fall clean up, or serving on the board or a committee. Volunteer participation is more than a way to keep member fees affordable, it builds Club Spirit and a sense of community. There are many jobs around the Club that are calling out for more help. Your talent and skill may be just what we need to help with jobs and chores, or you want to learn a new volunteer skill.

These are just a few:

- Learn about Sailboat Racing and be a race committee apprentice.
- Gardening skills to monitor and prune the trees to keep them healthy and to help control weeds on our property.
- Construction or handy skills for yard, building repairs and maintenance.
- Safety awareness to ensure the Club is safe for members, WSC Sailing School students, Regatta attendees and visitors.
- Talented kitchen helpers for regattas and potluck dinners
- Outgoing members to deliver WSC Sailing School promotional materials in the cottage area and around Parkland County
- Financial review or financial planning skills
- Social activity organizers for weekend evenings
- Sailweek Coordinators

Email volunteer@wabamunsailingclub.com if you have skills you would like to learn or skills you have to share with the Club.



Sailpast 2023

Members, friends, family, and alumni gathered at the Club on Sunday, July 2nd to celebrate and honour this year's Commodore, Tim Harris, for his dedication and service to the Club at the annual Sailpast.

The winds did not allow for the traditional Memorial Cup and Anniversary races, nor the on-the-water sail past that day. Instead, the Commodore greeted everyone on shore and guests were welcomed into the beautiful dining room with the most delicious spread of food, complete with a chocolate fountain, prepared by the Vice-Commodore, Jill Weiss and team.

The Clubhouse was filled with the sounds of happy voices as Club Alumni Geraldine & Adrien Rootsaert, Dave & Jean Harris, Ken & Diane Mark and Gord & Vi Shepherd joined us for the celebration.

Members raved about the delicious food prepared and presented by Jill and team. Repeated comments about the "lemony lemon bars" were heard till quite late in the day. Jill has graciously shared her Lemony Lemon Bar and Mexican Street Corn Salad recipes for all of us to create and enjoy.

Thank you again to our Commodore Tim Harris, Rear Commodore Frank Grell and Vice Commodore Jill Weiss, for your service.



LEMONY LEMON BARS

INGREDIENTS

Crust:

- 2 cups all-purpose flour
- 1 cup butter, softened
- ½ cup white sugar

Filling:

- 1 ½ cups white sugar
- ¼ cup all-purpose flour
- 4 eggs
- 2 lemons, juiced

Topping:

- Icing sugar



DIRECTIONS

Preheat the oven to 350 degrees F (175 degrees C).

Crust:

- Blend flour, softened butter, and sugar in a medium bowl until well combined
- Press into the bottom of an ungreased 9x13-inch pan
- Bake in the preheated oven until firm and golden, about 15 minutes.

Filling:

- Meanwhile whisk sugar and flour in a medium bowl.
- Whisk in eggs, then lemon juice until smooth
- Pour filling over the baked crust.
- Bake in the preheated oven for 20 minutes.

Cool and Serve:

- Set the pan aside to cool completely; the bars will firm up as they cool.
- Dust with icing sugar
- When cooled, cut into uniform squares

MEXICAN STREET CORN SALAD

INGREDIENTS

- 4 cups corn approximately 24 oz frozen
- 1 tablespoon olive oil
- 1 red bell pepper diced
- 1 bunch fresh cilantro minced, a bit for garnish
- 1 jalapeno diced
- 1/2 large red onion diced
- 2/3 cup cotija cheese shredded/crumbled

DRESSING

- 3 tablespoons sour cream
- 2 tablespoons mayonnaise
- 4 tablespoons fresh lime juice approximately 2 limes
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon kosher salt
- 1/4 teaspoon chili powder

INSTRUCTIONS

- Heat olive oil in a sauté pan on medium high and add corn. Cook until slightly charred, approximately 7-10 minutes. Add to large bowl and set aside.
- Add pepper, jalapeno, cilantro, and onion to large bowl with corn and mix well.
- In a small bowl, add all dressing ingredients and mix well until smooth.
- Add dressing to large bowl with corn and mix well. Add 1/2 cotija cheese and mix well.
- Add remaining cheese and some cilantro.
- Serve or cover and store in fridge for up to 8 hrs before serving.



Paddleboarding Lessons @ WSC

Trevor Peterson has offered Paddleboarding lessons to anyone interested in learning Saturdays at 11am until the middle of September. What a great way to spend the time on those not so ideal sailing days!!

Sailing School Update

July has been a complete blur of excitement and activity. The Sailing School has run programing almost every week. An exciting time was had by all at during Sailweek, it was wonderful to see the friendships and memories being fostered through out the week. The Sailing School staff participated in Sailwest Training and did an excellent job of providing assistance throughout the regatta. We continue to receive group and private lesson requests and hope to offer weekend lessons into September. Our partnership with the Cadets and Parkland School Division continues to grow all of which I am very excited about!

A Message from the Club Manager

I am enjoying my time as manager and have many ideas I would like to share, starting with the First Aid course we will be offering to members this fall. We are looking into coordinating a Sunday course so as many people can attend as possible. This will be a one day course and you will be required to complete an online portion before attending the in person session. Upon completion you will receive a Standard First Aid/CPR-C AED certificate which allows you to be certified for three years. The cost to certify will be \$130.00 per person. This is a valuable course so please consider participating if you are available. Reach out to me at manager@wabamunsailingclub.com if you have any questions.

I am also hoping to find out from members what type of activities are you interested in? Is there something you have always wanted to try or learn? If there is anything specific you would like to see at the club please don't hesitate to reach out!

Sea Cadet Training Update

The cadets are taking a break for the summer and will be returning as per the schedule. We look forward to nurturing our relationship with them!

Frank Grell

Dates	# of Days	# of Staff	# of Cadets
25-27 Aug – Set Up	2	10	0
8-10 Sept – Set Up/Training	2	10	0
15-17 Sept – Training	2	10	40
22-24 Sept – Training	2	10	40
29 Sept - 1 Oct - Training	2	10	40
6-8 Oct – Training /Tear Down	2	10	40
13-15 Oct – Tear Down	2	10	0

Keith Briggs Sailing School Mini Fundraiser

Donate to the WSC Sailing School program by buying some things for sale. Any proceeds I receive will be donated to the WSC Sailing School was inspired by Halie's continuing successes and energy with the WSC Sailing School program and seeing all those new young people getting into sailing at WSC. Consequently, to support that program I just donated a spare launching trolley for which I have no further use, and a jib roller reefing system (which I view as a safety feature) for one of the club 420's, the latter from miscellaneous race boat fittings accumulated over 50 years of my sailing and racing dinghy's on Lake Wabamun, plus a couple of new pieces of roller reefing hi-tech gear I bought specially for the task. That would have already been installed except for the lightning strikes all around me the last Sunday evening of July which forced me to quit on the installation that day!

I have a few other items available to club members left from the recent vacate of my RV stall. Buy any of the following items from me and I will donate the proceeds to the school:

1. Small, elderly but working propane barbecue on wheels, Needs a propane tank. Suggested donation \$25
2. Tilt adjustable round umbrella with storage cover, for a deck table. Goes in the hole in the center of a patio deck table. Red and white. Good condition. Suggested donation \$25
3. 9'x12' Waterproof nylon/poly plastic rugged UV-resistant outdoor deck carpet, blue and white, as new. Suggested donation \$50(Would be up to \$150new)

Perhaps other members have things they also could sell and raise funds to support the WSC Sailing School? Contact me at 780-434-4472 or dugganbriggs@gmail.com. Thanks for your attention, Keith Briggs



A Note of Thanks from Glynis

I would like to thank everyone at WSC who assisted me during my medical emergency of July 29, 2023, at the Sail West Regatta. This included pulling me off the water, hauling me into the club house, calling 911, providing needed care while awaiting the ambulance, changing into dry clothes, bringing my Laser boat to shore, packing it away, and returning my car with my personal belongings back to Edmonton. Also, WSC demonstrated its ability to effectively follow their emergency procedures, to my benefit. Impressive! All was greatly appreciated, Glynis Dorey

Energized!

July 16th, the solar panel installation project was completed and WSC started generating solar power!

As always, volunteer effort is the backbone of our club, and this project was accomplished through significant volunteer effort prior to and over the July 15-16th weekend. A year ago, at Sailweek, much discussion on the solar possibility for our club planted the seed for the project and from there, it took root. A Solar Team was formed to explore the possibility and prepare a proposal for the AGM. The Wabamun Sailing Club membership recognized the environmental and financial value of this project and approved this project at the 2023 AGM. The panels were installed and energized over the July 15-16th weekend.



First off, a huge THANK-YOU to Dan Hider! Without Dan's knowledge, expertise, and engagement to complete the project, this project would not have been possible. Dan is Ken Tichkowsky's son-in-law and is passionate about energy alternative solutions. He volunteered his time, effort and know-how, and his contributions to the success of this project are invaluable! As a small token of our appreciation and to recognize his effort for our club, the Executive granted Dan an Auxiliary Membership for 2023.

I would also like to recognize the solar project team of Dan Hider, Brian Mark, Rob Woods, and James Brown. The advanced planning and preparation made the project proceed on budget and on-schedule!

Big thanks to our Shore Captain Brian Mark. Beyond being an integral member of the Solar Project team, Brian arranged for the roof to be reshingled in time for the solar panel install and arranged for the awesome scaffolding staircase to the roof which significantly increased safety and efficiency.

Thank you to WSC member Neil Dickey, P.Eng., who volunteered his time and expertise and completed a professional engineering evaluation of the structural integrity of the roof to ensure that the roof was able to safely support the solar panels.

To those who dedicated a large part of their July 15-16 weekend to the installation project; Huge Thank You to Dan Hider, Brian Mark, Rob Woods, Ken Tichkowsky, Bruce Barss, Mark Bugiak, Ian Tichkowsky, Frank Kortbeek, Russel Krause, David Sorensen, Lawrence Elliott, James Brown!

Big Thanks to Wanda Bornn and Neil Dickey who prepared lunches and refreshments over the weekend to keep the volunteers fueled and refreshed!

And to all those who jumped in to contribute when they saw an opportunity to help by backfilling trenches, holding the panel stack, carrying panels, troubleshooting equipment, or many other needed tasks; namely Fred Hadley, Mae Hadley, Corinne Brown, Heidi Veluw, Sudhakar Silvapalan, Peter van Muyden, Jordyce van Muyden, Roy Tichkowsky, John Henderson, and of course, the 'Commodore for the Day on July 16th' and future motivational speaker, young Spencer Woods.

Thanks to all! If you contributed and were not mentioned, I apologize but recognize your contribution was valued!

On behalf of The Solar Team, Brian Mark, Rob Woods, Dan Hider, James Brown



Alberta Sailing Association - Provincial Regatta

The 2023 Provincial Sailing Regatta will be held at Sylvan Lake on September 2 to 4. [For more information click here.](#) [To register, click here.](#)

Helpful Hints and Tips

Pleasure Craft Operators Card

Did you know you are required to hold a Pleasure Craft Operators Card (PCOC) in order to operate a boat with a motor for recreational purposes in Canada? You can obtain your PCOC online for a small fee and a bit of your time.

Here a link: <https://www.boat-ed.com/canada/>.

Tips on how to Anchor the Barge and an Easy Way to Raise the Anchor

Lowering: At your destination first turn the barge into the wind. Open the gate at the front and lower the anchor into the water. Your goal is to lay the chain down in a line downwind from the anchor. Slowly let the chain out while allowing the wind to push the barge backwards downwind. When the length of heavy chain is on the bottom you can cleat the lighter chain by wrapping a figure 8 around the cleat. Do not hook anything through the chain loops. More chain is needed on heavy wind days than on light wind days.

Raising: Start the engine and one person should motor slowly forward while a second person on the bow of the barge pulls in the slack chain. Direct the driver to keep the barge directly downwind from the anchor. As it gets harder to pull, walk the chain back from the front of the barge to the back (pulling it horizontally with your legs) as opposed to trying to raise it vertically by pulling with your arms. When you see the chain dropping straight down from the front of the barge (likely the length of heavy chain will be aboard) you can either cleat the chain or just brace yourself and hold it. Then, if necessary, the driver can use the power of the engine to pull the anchor out of the mud and it will be easy to pull up and on to the barge.

Harbor Trim

Harbor trim entails raising the outboard leg as high as possible in the water column while still maintaining efficient thrust for low-speed operation. In flat water, this generally means that the engine leg is lowered only as far as is necessary to submerge the anti-ventilation plate above the propeller. As the chop or wave height increases, proper harbor trim height must be adjusted lower to ensure that air is not sucked into the operating propeller (ventilation), but should otherwise remain as high as possible, provided it remains within the trim range and does not enter the tilt range of the actuator (higher actuation speed and different sound).

Harbor trim should be employed when operating the boats fully in the displacement mode at low speeds. Harbor trim confers the advantage of reducing draught beneath the propeller, which confers a lesser risk of damage when operating in shallow water or over boat lifts, but also, by raising the propeller in the water column, the back pressure on the engine exhaust is reduced, and this helps to prevent harmful deposits from forming in an idling engine and improves engine longevity. This reduced exhaust back pressure also happens to make outboard engines much easier to start, and as such, the WSC boats should always be started with the engine leg in harbor trim.

When slowing and dropping out of plane (returning to the displacement mode), operators should generally immediately transition to full down trim in anticipation of a return to high speed operation; however, if the vessel is subsequently to be station keeping or operated at idle or low speeds for any significant length of time, the engine leg should be brought up to harbor trim for the duration of the operations above is an excerpt from an article written by Sean Stevenson (one of our members who is a former Coast Guard Operator). Though it goes into quite a bit of detail, this article is an excellent read for anyone who operates our WSC power boats. Here's a link: [Power Boat Operation-The Ten Controls](#)

