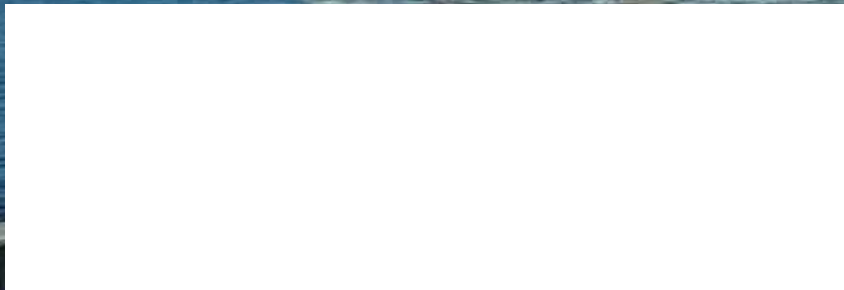


# The ELG



## Gettin' Chili!





# Support Your EYC LOG!



**T**he Erie Yacht Club is very fortunate to have a quality publication like the LOG bear its name. This exclusive magazine is one of the finest yacht club publications in the entire country. While the LOG is enjoyed by the entire EYC membership, it is the EYC members who support the LOG through their advertising and content contributions that make this publication possible.

## LOG Content Contribution

We are very, very appreciative of our ongoing LOG contributors. I'm sure you will agree that they do a great job. However, I'm sure you will also agree that it should not be left up to the same Club members every issue to provide content. All of you have something to contribute! You do not need to be a writer. You do not need to use proper spelling or grammar. All you need is a story to tell, or a collection of photographs to share, or some words of wisdom to express and we can assist you in putting it together correctly for a future LOG.

Don't be intimidated! We understand if you need assistance and welcome any help with providing appropriate content for the LOG. This is your Club publication. Please help us help you continue to make it a publication to be proud of.

## LOG Advertising

The EYC LOG is the perfect place to get noticed. Not only is it mailed out directly to all EYC members and read by their family and friends but it is also available to guests at the Club, to LOG subscribers and on the EYC website to all web browsers.

So if you have a business or event to promote, or simply want to wish someone a special Happy Birthday or congratulate someone on a milestone, please consider an ad in your EYC LOG. There is no long term contract to sign so you can run once or be an ongoing advertiser. If you do not have an ad prepared, we can assist you with your artwork. It's that simple.

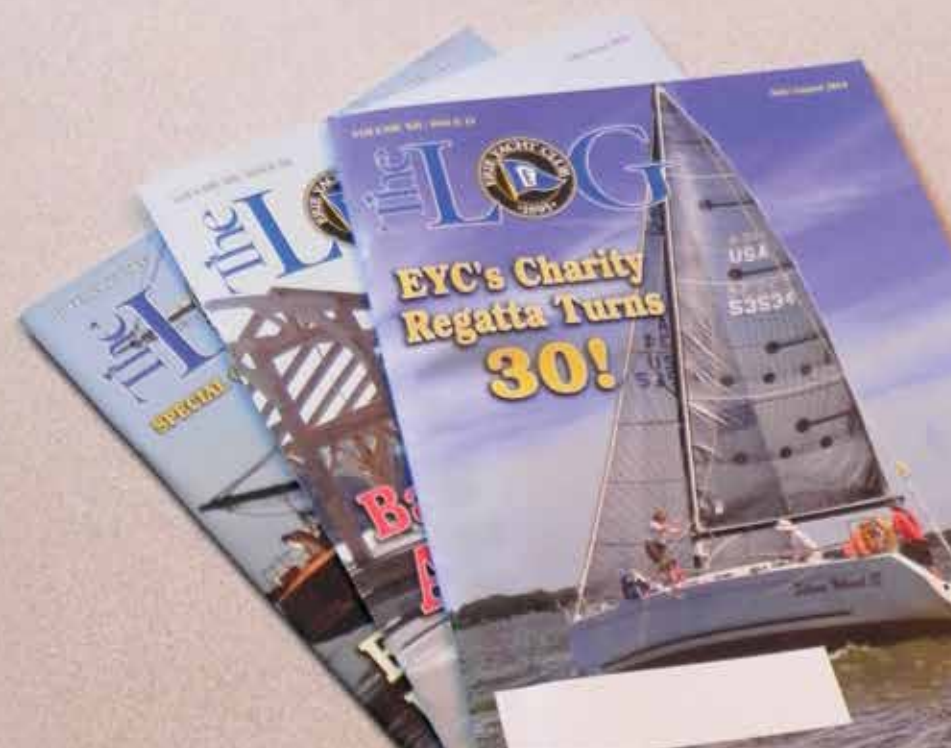
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Thank you, and we hope to hear from you soon!



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## From the Bridge

by Commodore Greg Gorny



You will notice a couple of new names on the sidebar in this EYC Log issue. Vinny Cifelli is our new Fleet Captain and both Dave Davis and Mike Squeglia will be joining the Board as directors. Please wish them well in their new positions.

With the holiday season winding down it means the 2018 boating season is only a few short months away. To hold your interest until then, there are a number of winter events scheduled at the Club. Test your mind by putting together or joining a Trivia team. Recalling miscellaneous facts not your forte?

February events include the popular Jr. Sailing Happy Hour fundraiser. Our monthly Fellowship Dinners have some entertaining and informative speakers scheduled. Valentine's Day and Easter Sunday have special meals planned, and there is always the 100 Days to Summer Party to celebrate. Don't forget the Scotch and Wine tasting events.

Most importantly, get out of the house and come down to the Club. It is a great way to beat the winter blues.

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## On the Cover...

Under a sunny October sky, Ron Hamilton's "Powder Hound" maneuvers for position on the starting line of the 2017 Chili Cup race.

Photo by Cindy Madura.



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Scan to learn about the Erie Yacht Club





# Gettin' Chili!

It's not the America's Cup, nor the Rolex Cup. Heck, it's not even an "official" EYC Racing Fleet race. There are no glamorous sponsors, and no big cash prizes. (Ha!) But, the annual EYC Chili Cup race has become a great traditional end to the EYC racing season.

Started in 2009 as a way to squeeze one more party out of the season, the Chili Cup takes place on the first Sunday in October, and includes a sailboat race and a chili cook-off. Prizes are awarded for both sailing skills and cooking skills, and the much-coveted Chili Cup trophy is awarded to the boat with the combined highest score in both racing and chili making.

October sailing in Erie is always an iffy proposition, and we have had our share of cold, windy, and rainy races over the years. This doesn't seem to dampen the spirit of the competition, though, and what could be better than a hot bowl of chili after a day of cold Fall sailing?

The 2017 edition, however, took place on a beautiful sunny day, with a decent breeze and temperatures climbing into the sixties by early afternoon. Perfect Fall sailing weather!

The race is run under the "Family JAM" rules, and the fleet of 22 boats had everything from a Beneteau 36.7 to a Windmill. The vagaries of the wind led to some very interesting racing, and a couple of boats "cheated" by putting up their spinnakers! They were disqualified of course, but they certainly had fun!

Pat Huntley took first place overall in the race, and Mike Koehler and Russ Thompson rounded out the top 3, all of whom were awarded a bottle of wine for their exceptional sailing skills.

In the chili cookoff, the panel of independent judges (consisting of the Race Committee) awarded third place to the entry from Joker. Second place for the chili went to Outlaw - who spoiled their chance at the overall trophy by flying their spinnaker during the race! And Russ Thompson's Morningstar took first place in the cook-off, making him and his crew the overall winners of the 2017 Chili Cup!

A great time was had by all! Keep in mind - The 2018 Chili Cup race will be the Tenth Annual, and there may be some special surprises in store. So, start collecting those chili recipes, and honing your sailing skills - October will be here before you know it!





# The Doyles

# CHATHAM Trip

**A Collaboration of the Doyle Kids & Judy Emling  
Pat, Pete, Dan, Annie, Dave, Kass & Nora**

*In 1973, Pat and Kathleen Doyle purchased a 31' Bertram Sport Fish boat on Cape Cod in Chatham, Massachusetts. They had 7 children Pat, Pete, Dan, Ann, Dave, Kass and Nora aged 15 to 7.*

After the purchase, the Doyle family would load up the family station wagon with food and tools and run the NY State thruway up to Chatham a few times that spring to work on the boat originally named "HUB-BUB".

To save a little money we would rent a single room with double beds and the older kids would carry the smallest kids, Kass and Nora, inside the motel in duffle bags.

One time the proprietor called our hotel room and asked for our parents. Dan answered and told the man his parents were sleeping. The proprietor told him that was impossible as he could hear us from inside the office seven units away.

Little by little we got the boat right. It had robin's egg blue topside with a white deck and flying bridge. We'd rub the fiberglass out with rubbing compound and wax and fix and straighten until the boat was ready to go. Chatham had a cold wet spring and on breaks we'd walk the beaches and check out the horse shoe crabs that were everywhere.

The real journey began when school was dismissed for the summer. The family dog Snuffer went to grandma's and all the Doyle's plus two neighborhood kids, Rick and Phil Pompeani set out for Cape Cod.

Once there we spent a day or two loading the boat with provisions. A day later we set out into the cold Atlantic for a journey that would take us from Chatham to Martha's Vineyard, Newport, Long Island Sound, through Devils gate, down the East River and up the Hudson to Albany and the Erie Canal and finally the Niagara River and Lake Erie.

Looking back as a parent of young children, it's almost inconceivable that my parents would take this on, but a love of the water and a lust for life and the fearlessness of my parents made it all possible.

The discovery of the ocean was amazing. But the events we encountered were historic, at least to a bunch of little kids new to just about everything.



Horseshoe crabs were in abundance everywhere along Cape Cod.

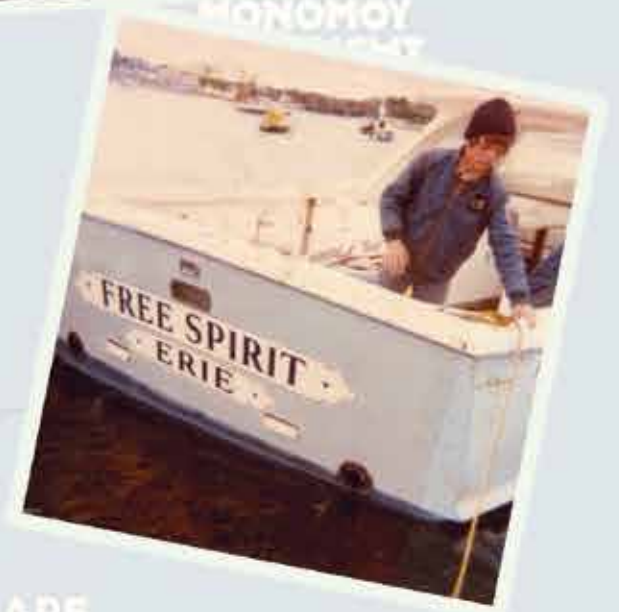
On Martha's Vineyard we discovered a movie crew and its young director filming the movie "Jaws". Tied up in the same marina was a barge on which were two of the enormous versions of the mechanical shark "Bruce". Reading about it since, the Universal props department made a few of these sharks, one to turn left and another to turn right. One of us found a dogfish lying on the beach and dragged it around for a day before our dad tossed it.



We ran into two time America's Cup winner "Courageous" along our way.

In Newport's Narragansett Bay, we ran right into the 1974 America's Cup trials. Dan was at the wheel and half the boat was screaming to get away and the other half to get closer. But when the skipper, Bob Bavier waved at us and our boat load of kids we knew we were OK. So closer we went and ran up alongside the new and untested entrant "Courageous" - later to become a yachting legend. Nowadays we would have been intercepted by tenders and armed authorities. But those were different times. Ted Hood later replaced Bob Bavier at the helm of Courageous and went on to win the Cup. The boat did it again in 1977 when "Terrible" Ted Turner swept the series with past EYC speaker Gary Jobson as tactician.

(continued on next page)





## The Doyles Chatham Trip

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A bank of fog rolled in the next day and pinned us down in Newport but we found plenty to do on the docks full of racing yachts preparing for that year's Newport Bermuda race. We met one guy who had the sister ship to EYC-based Masker, a seventy-some foot maxi that used to be docked on the west pier out at the end. That was over 40 years ago but his calling out of Erie's Bob Way for adding a misen mast on the Masker remains unforgettable. Apparently he thought that was a crime.



The legendary Twin Towers as viewed from the "Free Spirit".

When the fog finally began to lift, we left the dock with a number of sailboats but on clearing Narragansett Bay we ran into a bank of fog so thick that us and a few of the Newport Bermuda boats were guided back to shore by a Coast Guard helicopter dropping flares. This was 1974 and we were using a radio finder and rolled up charts. Not many pleasure boats had radar back then. So it was back to Newport for another day or so of us racing up and down the piers full of maxis and their crews.

We made our way past Montauk and into Long Island Sound where we saw the enormous homes and marshes on its south shore, gradually making our way to Riker's Is-



Pat with his other pride & joy".

land and the prison there and into Hell Gate where the pull of the tide is choked down to a harrow waterway in the East River. We made it through just fine on the Free Spirit and pulled into the east side 17th Street Marina where we gassed up and stayed just long enough for my parents to determine there was a limit to their risk tolerance and got us the hell out of NYC.

We motored down to the Statue of Liberty and Ellis Island then around Battery Park before turning up the Hudson and under the George Washington Bridge. A few miles later we hit Tarrytown and Sleepy Hollow and then Ossining and its notorious river-side prison Sing Sing. As we passed, the prisoners flashed



Pat & Kathy posing with another New York icon.

us with mirrors. My mother quickly responded with a make-up mirror from her purse and the kids each took turns "communicating" with the inmates.

Along the Hudson we passed Big Bear Mountain and West Point and soon enough we were in the beautiful rolling hills of upstate NY. At Troy we turned west into the Mohawk River which is the starting point of the eastern section of the Erie Canal. In all we traveled over 360 miles and made our way through 35 locks climbing a little more than 550' to the Lake Erie Basin. We got to see the Mohawk River Valley and some of American's oldest cities like Rome, Amsterdam, Schenectady and Utica.

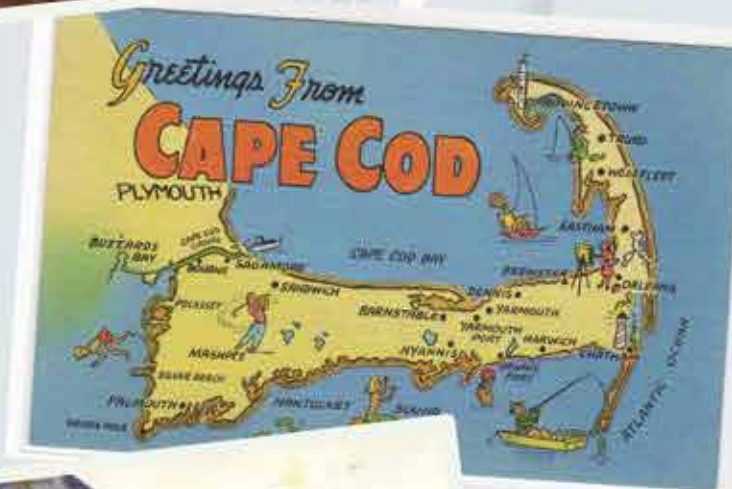
As we were climbing our way home, it meant that each lock we entered required someone to scale the slippery iron rungs embedded into the steep walls of the locks. One of us would have to carry up bow and stern lines which was a frightening task for a little kid. Our dad would keep us close to the wall by end over ending a rope through the ladder rungs as we floated higher with the advice that everyone keep their fingers away from the rub rail.

At the end of the process the large iron gate at the east west end of each lock would grind open and off we would go, several feet higher than when we entered.

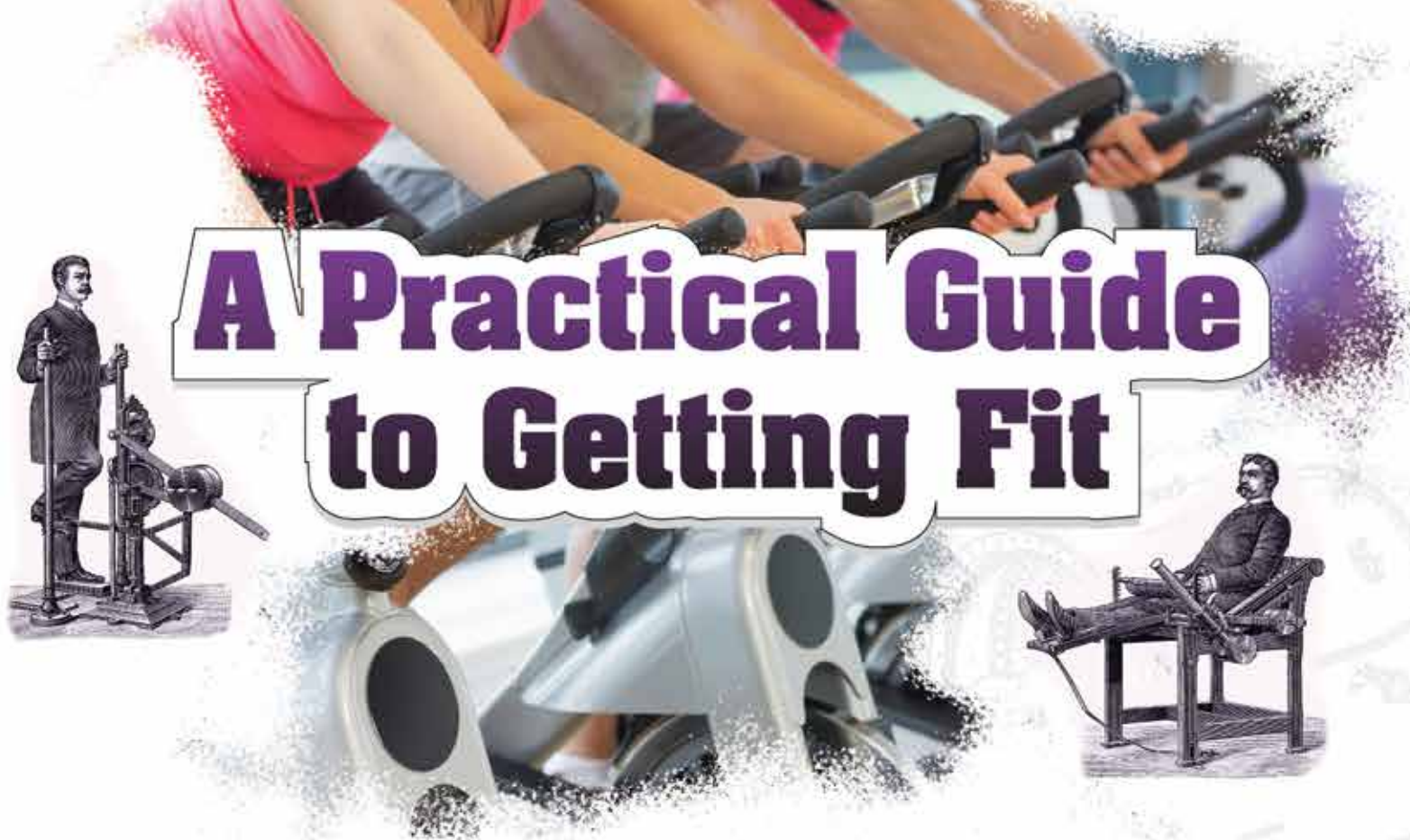
Boats entering the Erie Canal tend to stay together for the duration so that friendships are made. We became just that with another family on a cruiser who our parents shared canned martinis with. One afternoon, after days of traveling at 5 to 6 knots, my parents had us hand off some martinis to our fellow travelers and before long there was a boat race with our joined swells washing up over the hoofs of the cows grazing on the edge of the canal. We both slowed down after awhile though as the locks would time us. Anyone showing up too soon would have some explaining to do.

The crew of the Aurora, owned by a wealthy Chicago family befriended us and let us play on her decks. At the end of our journey they even gave us custom glasses which were in our kitchen for years following. Christmas cards were even exchanged for awhile.

We finally motored out of the Erie Canal and into the Niagara River and the Lake Erie Basin. As we pushed our way along the homestretch, it was not as melancholy as you might think. We still had a lot of summer left and I'm sure we all enjoyed it, but to this day, 43 years later not a week goes by where I don't think of that trip and the courage and adventurousness of the two amazing people who put it all together for us.







# A Practical Guide to Getting Fit

**B**y the time you're reading this the holiday festivities have probably already taken their toll on your body. When you combine the cookies and holiday feasts with all those great holiday specials on TV, most of us tend to get a little sluggish this time of year. The boat is dry sailing, the convertible is in the garage. The lawn mower is covered and you're left with some leftover pumpkin pie, what's left of the Christmas cookies and the TV which hasn't been turned off in days. It is what I refer to as "Hibernation Mode".

It is that time of year when the holiday leftovers, your new flannel pajamas and some form of video screen are your only friends. Unfortunately these are not the ingredients for what your doctor would refer to as a "healthy lifestyle". More often than not, this "Hibernation Mode" lifestyle leads to the addition of a few extra pounds about this time of year as well.

Luckily for us all, it is also that time of year when we make our New Years resolutions. Where we resolve to improve ourselves in any number of ways. For many the revelation for which improvement to strive for comes when we accidentally walk by a full length mirror and realize that it is not the kind of mirror you find in an amusement park funhouse.

Maybe it comes when you need three cups of coffee and a nap in order to shovel the mere 2 inches of snow off the front porch. Regardless of how you come to the conclusion, you have finally decided that it is time to break the hibernation mode cycle and break out of the rut. Maybe, just maybe it is time to consider some sort of fitness regimen. Desperate times... desperate measures.

The advantage to taking in all this programmed media over the holidays for hours at a time is that you

get to explore all the options open to you, as just one of the millions of people that have come to the same conclusion: "time to get in shape".

You will have undoubtedly noticed the influx of advertisements for home use exercise equipment, quick fix medications and fitness center memberships this time of year. Rest assured you are justified in being skeptical. Simply put, unless you are a fitness model by profession chances are you have many other obligations in life vying for your time, money and energy.

Career, family and friends will always be top priorities, but that doesn't mean that you can't make some level of fitness and health a priority as well. When it comes right down to it, all of your other priorities are improved or made easier with a healthier more active lifestyle.

## Where to Begin

The first thing to determine is your level of commitment... Getting healthier and more fit does not have to be an all or nothing decision. Obviously the more time and effort you can dedicate to the cause will yield better results, but first and foremost before starting any program it is imperative that you be honest with yourself and realistic with your expectations. Setting unrealistic goals is probably the biggest reason for the failure of any fitness regiment. Chances are, you are not on a weight loss television show in a sunny southern California locale, with the top fitness instructors and nutritionists catering to your every need. Free of family and career responsibilities for months at a time. So why would you expect the same results?

There are many difficult questions to ask yourself in trying to determine your commitment level. Most importantly be honest with yourself. If you can only dedicate ten minutes a day to "the cause" than so be it. It's ten minutes more than you spent the day before. Probably the most important factor is determining your longevity commitment level. If you are generally the type of person who is easily discouraged when things become difficult than you will have to take things at little slower pace,

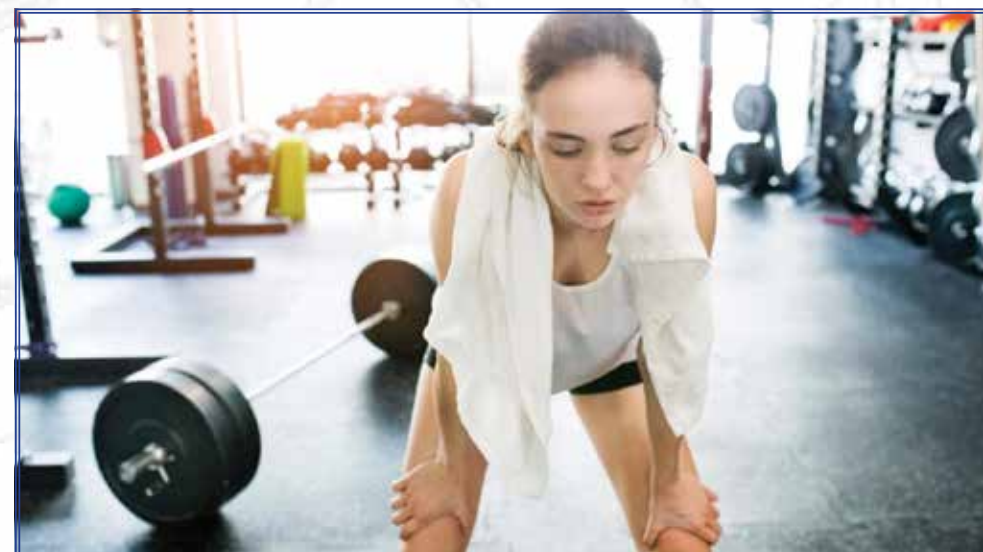


Even a creature as simple as a mouse knows the value of exercise, and how it can be made easier with the support of friends and family.

but know going into it that any noticeable results will come slower as well. The key is to focus on the positive steps you are taking no matter the pace. You should feel good about what you were able to do yesterday and even taking one more step than that today, is progress in the right direction.

## Motivational Tools

The most important ingredient in the recipe for a healthier you. It comes in many forms and can be very different from person to person, as long as the end result is the same. You get up and go!



Use your stubbornness to your advantage. To stop at this point would be admitting that all that you did up to this point was wasted time and effort.

Motivation can come in many different forms and can change from day to day, both positive or negative, they are all good in the battle against complacency. At its base, motivation is about building a better you. It is said that any exercise program is a great stress reliever. I believe a big part of that stems from channeling your stress into your fitness routine. Taking the frustrations of the day and applying it to your workout... whether it's a boss or co-worker who is on your last nerve or the idiot who cut you off on the interstate. Just rehashing their actions can drive you to go that extra mile on the treadmill or do that extra repetition on the weight bench. Certainly it beats the alternative of losing your job or a case of road rage. Of course positive motivation works as well. Thinking of how good you will look in that new suit or dress you saw in the store window can also get you through your routine even if your feeling a little sluggish that day. Even combining both positive and negative thoughts can work. Going to your class reunion and showing all those who snubbed you back in the day what they missed out on "cause you look so good now". Whatever works for you... stick with it.

## Put Some Jam On That

When getting started or building on what you've already accomplished it's important to keep things fresh. Changing your routine, trying new activities is always good. If any part of your routine is generally repetitious a good way to break the monotony is through music. A nice pair of headphones or workout friendly earbuds with any mp3 playing device can insure that no routine is routine. Create your playlists with motivational music as the focal point. What sort of music, is up to you... whatever gets you going and keeps you moving is the right jam for you.

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## A Practical Guide to Getting Fit

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Only precaution here is to make your playlist(s) as extensive as possible. As your favorite motivational tune will not be your favorite for long if you hear it five times an hour.

Another added value to your headphones is not only can you tune in to your favorite music you can also tune out unwanted conversation. Most will leave you to your own world if they see you are into your tunes. Still it leaves you the option of lowering or removing them if you think there is a conversation you may want to join. Essentially allowing you to be as social as you care to be.

### Establishing Priorities Early

There is just no way around it, to make sure your exercise program is successful you have to make it a priority in your life. It doesn't have to be a high priority but a priority somewhere on your list. Let's face it most of us do not exercise for the sheer joy of straining muscles and sweating. The goal here is not just to do another workout, but to improve all the other aspects of your life. Now you can take that long walk on the beach. Hike or bike ride along a trail, or actually join in on that softball or volleyball game at the family picnic instead of guarding the potato salad. These are the fruits of your labor, make them a priority. Family and work functions of course are always on top of the list of priorities, just be sure to add some "fitness time" to the list somewhere. Maybe at first it is just slightly ahead watching that re-run you've already seen three times. Hopefully after feeling better about your routine and seeing some results your fitness time will move up the priority list.

Real life happens... Things come up that are unexpected, weddings, concerts, sporting events, wine festivals and all the other things that make life worth living. These occa-

sional events are not to be missed! Have some flexibility in your exercise schedule. When prioritizing your exercise schedule know going into it that taking vacations or having an illness will cause you to miss extended periods of your routine. Don't let these events be the end of your exercise regime. Make a vow with yourself *before* starting your program that when these events occur (and they will) that you will get back to it as soon as your time and health allow (even if that means taking a step back in your routine).

Many people have a preconceived idea that fitness and exercise is an all or nothing game, which stops them before even considering starting. You do not have to have aspirations of being a Ninja warrior, professional athlete or bodybuilder, to benefit from exercise... just someone who wants a better quality of life and to enjoy all the gifts it has to offer.

Motivation comes in many shapes and forms and are unique to each individual. To some it may be to have the ability to try something new like joining a basketball league or tackling that obstacle course on Presque Isle. It may be as simple as being able to throw a ball with your grand-

children or dance at your daughters wedding. Your motivational arsenal may include the ability to just continue doing the things that you already love for a longer period of time. Cycling, skating, windsurfing and of course sailing all come to mind.

### Time Management

Of course you only have so much time and energy on any given day. In today's day and age the average persons workday is filled with time consuming obligations, most of which are beyond our control:

- Work
- Drop off/pick up kids from school
- Breakfast /Lunch /Dinner
- Household chores
- Sleep

But if you actually took the time to jot down the actual time you spend taking care of the necessary obligations you would probably be surprised at how much free time you still have. Even easier would be to keep a record of how much of your free time is spent in front of a video monitor (TV /smart phone / computer). Spending just 10% of that time doing some sort of physical exercise would allow for a vast improvement in your health.



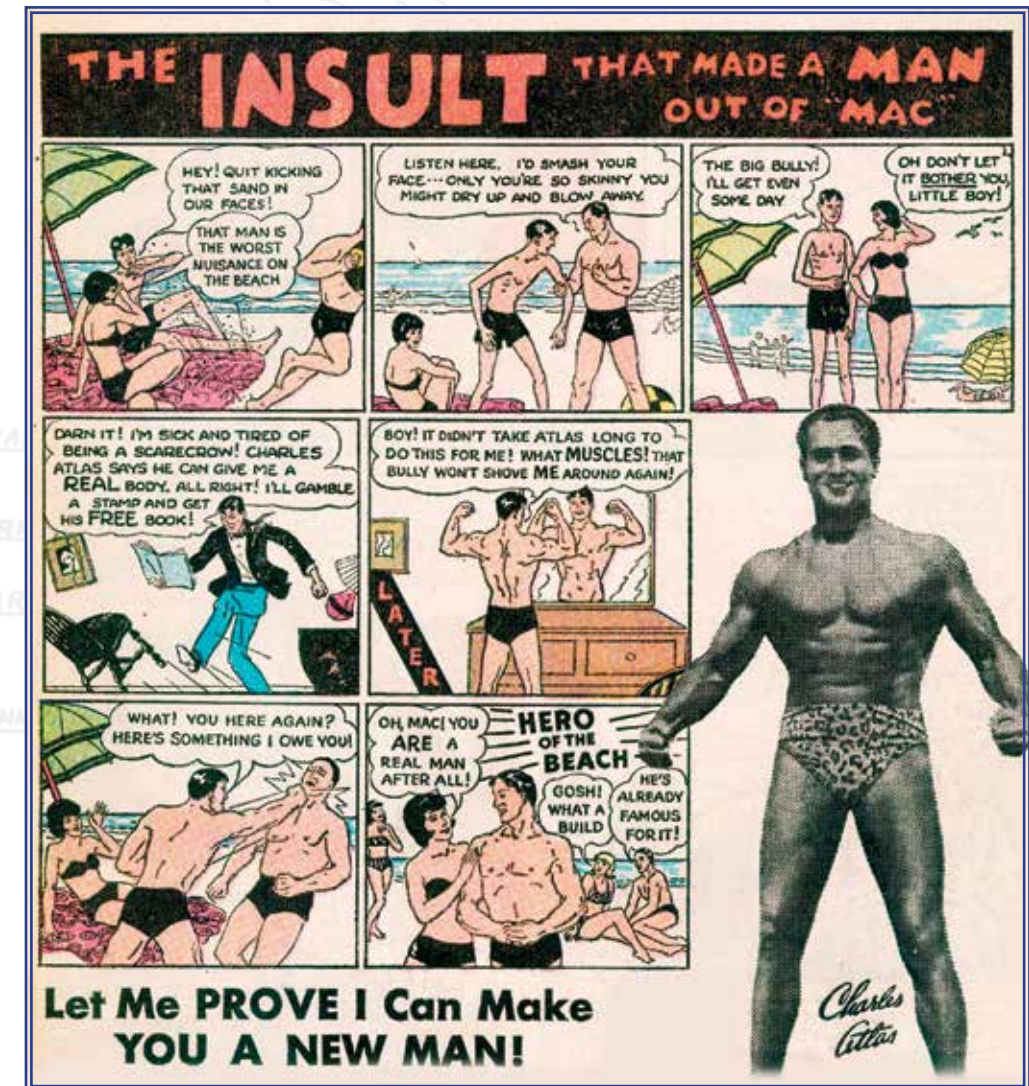
Swimming can be a great low impact workout which works almost every muscle of the body.

### No "Excuses"

Another big reason that peoples exercise programs end is that they have more reasons for not exercising than exercising. Key to your success is to keep the positive attributes of your routine in the forefront of your mind and limiting or eliminating the reasons/excuses not to do your routine. There are so many positive reasons to tap into when looking for a little reassurance. Remember that you are looking ahead for long term end results, and the best motivational thoughts reflect this. (i.e. "Will I be happier and healthier tomorrow if I do my routine or spend the night watching cats play piano?") There are many resources for positive reinforcement of your exercise regime. Ultimately your motivational resources reflect "this is what I want to be", or this what "I don't want to be". Health, vanity, general quality of life all good topics to tap into when searching for motivational purposes to carry on.

One of the hardest aspects of beginning an exercise routine is the pre-workout self exam. Being honest with yourself is crucial. There are days when you may feel run down due to work or a poor nights sleep and are just not sure if your up for your workout. Now you could tell family or friends that you are too sick to do anything today and they would probably be supportive, (many to justify their own stationary lifestyle) question is, do you believe it yourself? Bearing in mind that lying to yourself serves no purpose, if you believe yourself that you are truly too run down to do a constructive workout than you have a valid reason to postpone your workout. However if you can't say it aloud to yourself and believe it... that would be an excuse.

Excuses can take many forms, and some are more experienced than others at using them. Many to the point where they can even convince themselves that even the weakest



As seen in many comic books from the 60's and 70's. Although Mac's motivational toolbox would appear to be one dimensional you can't argue with his results. (Disclaimer: The EYC, LOG magazine or it's advertisers does not endorse punching beach bully's in the face.)

"excuse" is a "valid reason". If you fall into this category you are probably done before you begin, as the battle for a successful exercise routine is won or lost based on the number of motivational tools versus the number of excuses... winner take all. Remember to use all the tools in your motivational toolbox, there are so many good reasons to continue on with your exercise program so use all the tools that you can. Your motivational tools can change and evolve from minute to minute or day to day and as you progress.

Whatever means you use to get into shape, having the support of friends and family can make or break your

resolve. Those around you who truly have your best interests at heart will try and help you in any number of ways. Taking on some of your household chores to buy you the needed time or simply offering some words of encouragement... it all helps. They may even undertake your fitness venture with you. This support is always welcome and be sure you reciprocate with support of your own. This can be especially important in the early stages of your weekly routine or just on days when your a little less enthusiastic. However don't let your support become your crutch, remember you are in

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## A Practical Guide to Getting Fit

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this for a better you, so do not let your resolve disappear when your support is not there.

If you have decided to go the fitness club route in your exercise program, this is where group classes or a personal trainer can make the most impact. Surrounding yourself with people inspiring you to achieve your goals is always a good idea.

### Don't be a Slave to the Scale

A scale by definition is a tool designed to measure the weight of an object. It should not measure how you feel about yourself nor put an end to your intentions for a better you.... not its purpose. If it does you are using this tool incorrectly. You will surely notice an increase in the number of ads for weight loss programs and products this time of year. Some good, others not, the ultimate benefit is making you more aware of what you eat (another is seeing how long and hard you have to go on a treadmill to burn off the calories of just one Oreo cookie). Be aware that unless you want your meals delivered by the UPS driver for your remaining days, you will have to learn to shop and eat correctly on your own.



Weight loss at its root is very simple... Do more.. Eat less... to what degree will establish the amount of the results you achieve (now send 4 easy payments of \$39.95 to The LOG c/o the EYC for this revolutionary weight loss plan).

The biggest mistake in using a scale that most people make starting an exercise program is to overuse this tool. Unless going to extremes (bad idea) you will not notice any measurable weight difference maybe for weeks or months at a time. All you are doing by stepping on a scale

program does not give you license to try and clean out the buffet. Yes, feel free to reward yourself within reason for your efforts, but beyond a little treat here and there, it is being counterproductive. Bottom line exercise and diet are about feeling better about yourself and adding options to your life and if a scale is not helping you yet, don't use it yet. Another word of warning is to know your willpower level. To many taking on an exercise and diet program at the same time can be overwhelming and they will give up on both. If you're unsure that you have that



A cup of tea, coffee or an energy drink can give you a boost long enough to get your workout started until the adrenaline starts and gets you through the remainder of your workout.

more often than that, is sending out an invitation for disappointment and ultimately discouragement. It always surprises me when dieters expect to lose the extra weight that took years to put on in a matter of weeks. Some people when first starting out a new exercise regime will actually gain some weight, to which I reassure them that they are just adding muscle and it is to be expected. Keep your focus on overall diet and exercise changes that you can maintain for a lifetime and eventually the scale will start moving in a direction that becomes an asset in your motivational toolbox.

A quick word of warning here, just because you began an exercise

much willpower I would suggest you start with your exercise program for a few weeks before worrying about changing your diet. Your diet will be more effective with the added activity and most aerobic machines will make you more aware of the true cost in calories of those free donuts in the lunchroom, to provide some added incentive.

### Get Going...

Establishing a successful plan of attack requires just a little more self evaluation and fine tuning. Work space and finances also play a role in what will work best for you. I have always contended that with the right mindset and a whole lot of willpow-

er and ingenuity that you could get in great shape with just your brothers old weight bench and the weights he abandoned in your basement years ago. All well and good if you have the space, the focus to avoid distractions and friends and family that will respect "your time"

I will not get into the specifics of workout programs as nearly everybody's goals, fitness level, available time, and age are different. All play a part in what will work best for you. There are many, many resources out there, to help you determine what type of program will work best for you. Books, magazines and the internet are all good places to look. This is where a personal trainer can be a great asset in putting together an exercise and diet program aimed for you to reach your specific goals.

Some programs can be very specific and can cater to one specific sport or activity you may like. The key here is longevity, anything that will keep you coming back is a successful program.

Home exercise equipment might be the right fit for you as well. Weigh the pros and cons before purchasing any equipment. Again depending on your situation this may or may not be a good fit for you.



Try and finish your workout well before bedtime as your increased heart rate from exercising may make falling asleep more difficult.

There are many reasons people buy home equipment (treadmills and elliptical machines being the most popular)

- To keep their routines private
- Limited transportation
- Home obligations
- Overall schedule flexibility
- Personalized video & music

The drawbacks:

- Repetition (same exercise)
- No group support
- Needed available space
- Distractions from family or chores
- Initial expense.

### Expense

If you are from Erie you are frugal, it's in your blood. Most home use exercise equipment is quite pricey, even when broken down into an easy affordable payment plan. Some will even offer a money back guarantee.

If you are considering the home equipment route be sure to check the classified ads and craigslist for quality used equipment, as many peoples resolve expires well before the payments on their equipment does. Be honest with yourself and ask if you can still see yourself using the equipment 8 months from now or did you just buy yourself a thousand dollar clothesline? All negative

thoughts aside, if used as expected home equipment or fitness centers are worth the cost, and again justifying its expense to your spouse can be turned into yet another motivational tool to use it.

### Fitness Centers

The business of the fitness centers has become quite competitive over the past decade, and the Erie area is no exception. This of course benefits the consumer in both price and amenities. Finding the right fit for you requires a little more self examination. Most importantly the fitness center must offer the equipment or people you need to do your anticipated workout. Location and hours of operation play a big part. The possibility of changing or expanding your workout should also be a consideration. There are many other amenities that may or may not be important or even critical to your decision on which fitness center to join. Also it may just not be for you alone, many of these centers offer a more family friendly environment that offer swimming lessons, tennis lessons, basketball leagues or even lifeguard certification courses.

Your decision may also be swayed by the motivational tools built into the clubs amenities. I've often thought that the hardest part of any workout are the steps it takes to walk through the front door of your club. Group classes and personal training may be a big help in getting you through the door to your club. There may be an additional cost for these classes or the personal attention of a trainer, but if gets and keeps you going it is money well spent. This support can also be used only as stepping stone to get you started and comfortable until you learn the equipment and your other motivational tools on your own.

(continued on next page)



A Practical Guide to Getting Fit

(continued from previous page)

The membership fees for these fitness centers have a broad range of initiation fees and monthly dues ranging from as little as \$10 a month to up to about \$60 per month. Many offer different prices within the same club depending on contract or which amenities you want available to you. The chart below provides a comparison of most of the local fitness centers and their amenities. Of course this is just a starting point and a comparison from each of their websites when you have the field narrowed down is recommended.

Almost all the clubs offer a free trial membership. Don't be afraid to take advantage of these free trials once you are close to a decision. Something not reflected in the comparison chart is that many of these

centers cater more to a specific gender or are more family friendly. You should feel comfortable in your workout atmosphere. Surrounding yourself with like minded people at a similar fitness level can help ease any tension and provide support. You will undoubtedly run into people at different fitness levels whatever the environment. There is no reason to be intimidated, even the most fit had to start somewhere and you have already earned respect through your effort. Remember too that people are in different positions in their lives with varying degrees of obligations, some just have more time and energy to dedicate to their programs... but this about you. Yet another consideration is workplace or school exercise facilities, these may be inexpensive or even free to use. You also may be able to get deep discounts to many facilities through your health insurance plan. Just the fact that insurance companies partially subsidize some fitness

memberships should be another clue as to how beneficial exercise is to your overall health. Not only does your insurance company save money but you can as well... by being less likely to need joint replacement, gastric bypass surgery or get diabetes.

Another advantage to a fitness center is the variety of available equipment. A big advantage when your routine becomes... well, routine. If you have a particular body part that is particularly sore, you can simply do another exercise that doesn't target that area. Maybe tryout that machine you were curious about. Most importantly it keeps your commitment to your program and doesn't allow for you to fall into complacency.

A common training practice is to alternate specific muscle groups on alternate workouts, (i.e. shoulders and chest one day legs and abdominals the next) ensuring adequate re-

covery time for each muscle group which of course is easier to do with a variety of equipment to choose from.

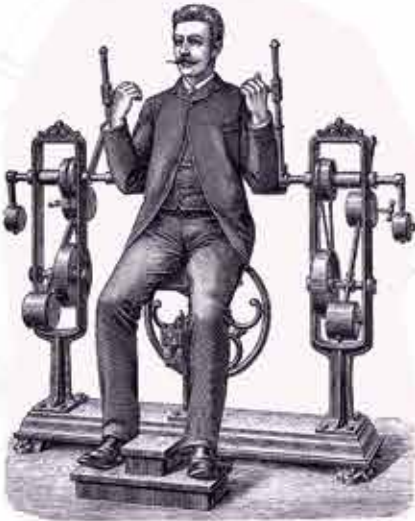
**Gymetiquette**

To some doing a workout is more private matter than it is to others. Maybe it's part of "your own time" away from the hustle of everyday responsibilities. If that is what works for you stick with it. A long walk, jog or bicycle ride can help clear your mind and get you in shape at the same time. Unfortunately any outdoor activity is at least somewhat weather dependent, especially here in Erie. This is where home exercise equipment can fill the gap. I know many people that are so self-conscious about their appearance that they won't exercise in public or at a gym. Still they make a vow to join a fitness center after losing a few pounds. This always struck me as the same logic as cleaning up a room before a housekeeper comes? With the wide variety of fitness centers and fitness classes you don't have to look too hard to find those that would match your level.

Any fitness center can be as social as you care to make it. Putting on your headphones and getting lost in your music and exercises can be all you want as a part of "your time". If you have a friend or relative that would join you in your fitness endeavour all the better. A workout partner can give you the support to keep you going when your feeling a little complacent. Remember though this is ultimately about getting "You" in better shape, so if your workout partner decides to skip or quit altogether keep your resolve and continue on. Don't allow your support become a crutch that you can't continue on without.

You can also find friends as well at fitness centers (if you choose). You already know you have at least one thing in common with everyone there. You have all made getting in better shape a priority. Friends can offer support and advice as well as a joke or two that can keep you coming back. Some of these friendships can even carry over beyond fitness and into day-to-day life. Having many friends at your workout facility can be yet another motivational tool to get you through the door, but bear in mind that you are ultimately there to workout

Be aware and respectful of fellow members. If you see someone obviously waiting to use a machine you are using let them know how long you have to go or offer to share the machine (if possible). Getting lost in text messaging while on a short term machine is neither aware or respectful of fellow members. Wipe down your machine after use. (even if you didn't mess it up) If waiting for a machine and your not sure the user is aware that you are waiting, politely ask between sets how many more sets they are doing? Then you can decide to wait it out or change the order of exercises in your routine should they not offer to share.



Many centers will offer an initial consultation with a trainer at no charge, showing you all the options available for you to achieve your best results. Others offer periodic trainer evaluations at little or no cost, built into the cost of your membership. You may only need a trainer for the initial couple of months, until you feel confident that your routine is working and you can use all the tools in your motivational toolbox to carry on, on your own.

Whatever avenues you decide to pursue, ultimately you are developing a philosophy and fitness priority that you can maintain for a lifetime. One that allows you continue doing all the things you love even better and longer. While exploring the possibilities of what the new more fit you can now accomplish.

Now get to it, and stick with it, there really is no practical reason not to.



*It is always best to consult your doctor before beginning any exercise program. Diet and exercise programs are as controversial as today's political environment with thousands of books written on each subject. Whatever works for you, and you can maintain for a lifetime is the correct one for you.*

Fitness Center	Child Care	Free Weights	Running Track	Locker Rooms	Showers	Weight Machines	Group Classes	Personal Training	Lap Swimming Pool	Fit Food & Drink Bar	Tanning	Aerobic Machines	Open 24 Hours	No Required Contract	Multiple Locations	Specific Sport Areas
Iron Oxygen																
YMCA																
Fitness U																
Real Training & Fitness																
LECOM Fitness Center																
Joes Gym																
Pennbriar Athletic Club																
Planet Fitness																
Snap Fitness																
Erie Fitness Academy																

- Some of amenities listed are available at an additional cost or may have restricted or specific hours
- Specific Sport areas refers to venues for Tennis, Raquetball, Basketball, etc
- Aerobic Machines refer to Treadmills, Eliptical Machines, Steppers and/or Stationary Bikes



# The Krazy Marx Art Room

by Paul Jenkins



One of my first jobs after art college was working at the Marx Toys art room in the mid 1960s. It was to say the least, a wild and crazy place. If you ever spent any time around fine art people you know how unusual they can be, no matter what their age. With that in mind, consider a large room filled with drawing boards, dozens of old and new toys, box and toy display cards, colorful sketches with plastic models of old and new kid stuff everywhere. Along with that, a bunch of guys with too much spare time on their hands.

On my first day on the job, I was given a large drawing board in the center of the room stocked with a good selection of acrylic paint, brushes, paper and poster board. It was an artist's dream. There was only one thing that I didn't understand, all the guys in the room also had some sort of tackle boxes filled with what looked like toy cars. I didn't think Marx manufactured model cars. When I asked the guy next to me about the cars, he just grinned and said, "G Jobs."

"Does that mean government jobs, I asked. "That's right," he said, but our slots cars have to be put away quickly when the boss shows up. They are just to keep us occupied when things are slow. Sort of a big kid's hobby, if you know what I mean."

As the weeks went by, I discovered that the Art Room was a place of low pressure, and talented artists who had way too much time to kill, and would resort to fun pastimes to make the time go by. Along with the hobbies, such as model airplanes, wood working, discussions about ammo reloading and shooting. Most of the art guys were also hunters and fishermen, so there were reels to fix and gun stocks to finish, or repair. Occasionally we even worked on toy projects, just to make things look good. We tried to justified our G Jobs by saying, "if we only had more real work to do, we would be glad to do it."

One of our most talented guys was Joe, a serious gun owner and crow hunter. Joe loved to make crow calls and the sound of his bird calls often echoed through the Art Room. About 11:00 A M, each day however, his normal calls switched to shrieking alarm sounds that crows make when the threatened by hunters or predators. That meant, Joe had spotted the boss coming and was sounding the alarm.

It was time to stash the G Jobs, and get out the real toy work. Actually Jay, the art Room boss, probably knew what was going on but had less real work than we did, so he seldom rocked the boat. He would visit each artist, to check their toy projects and pretty much say the same thing. "Good work, keep on going."



A favorite down time activity was practical jokes. One of the favorites was taking a handful of high bouncing crazy balls, and throwing them into our small men's room, to see if the occupant could dodge the barrage of fast flying rubber without getting beamed.

In late afternoon when things got even slower, we found outside jokes to bet on. A favorite was to call the service station down the street where the attendant propped his chair against the outside wall and fell asleep. When he was really sawing wood, we made small bets on how many times we could get him to leave his chair to answer the phone, as we repeatedly hung up.

Another favorite was tying several ropes to a delivery truck that parked behind our building, then watching to see how long it took for to driver to figure out why his rear wheels would spin without the truck moving forward.

Probably the most hilarious joke of all, was the wallet laying on the sidewalk prank. We used an old wallet with the corner of a 5 dollar bill sticking out, and fastened with monovalent fishing line and ran it up a nearby utility pole and into our front window. When a hapless walker strolled by and spotted the prize and stopped to grab it, we pulled the invisible line to jerk it away. When the supersized victim jumped back, he then saw all the crazy artists laughing their head off in the windows above. One determined guy even tried to climb the pole to retrieve the dangling wallet.

The most memorable pranks were often illustrated by pencil drawing and posted on our bulletin board. You had to be careful if you told a funny story about yourself. One of the guys came in after a weekend hunting trip to tell how he mistakenly shot a hen pheasant, thinking it was a mallard duck. A short time later a large, color sketch appeared on our board showing a silly looking hunter blasting a hen pheasant in the Presque bird sanctuary.

I was once portrayed in an illustration after I admitted to installing too many radio speakers in my new Volkswagen. The little car was pictured shaking violently with windows bulging with stacks of music notes bursting out everywhere.

Whenever I drive by the buildings at 18th and Raspberry, I usually find myself smiling and shaking my head from all my great memories of old Marx Toys, Art Room.

I wonder if all artists are so crazy?





# EYC Members... The Next Generation.



One of greatest assets of being an EYC member is having the ability to pass along your love of boating to your family and friends. As a primer, and added bonus to being an EYC member, is the Reyburn Sailing School. Where younger members can "learn the ropes" of sailing.

This is where the love of boating begins... So be sure to attend the EYC happy hour on Wednesday February 21st for a very special happy hour with cash prize drawings, a Chinese auction and live entertainment by Salmon Frank. All of the proceeds benefit the Reyburn Sailing School. Help propel the next group of EYC sailors into the world of safe boating. A great advantage to the boating and sailing lifestyle is that it can be enjoyed by the entire family. Young or old... everyone enjoys a day out on the water!

This love for water can be enjoyed for a lifetime, and your children can enjoy your membership through adulthood. If your son or daughter is 21 years of age or older they no longer qualify to use the Club under your membership, and should have their own Junior membership.

The Club's Junior Membership program is available to the children of Regular members between the ages of 16 and 34. Our Universal Initiation Fee and Dues Schedule make it more affordable for our children when that day comes when mom and dad are no longer paying.

The Erie Yacht Club is a family Club and it is our hope that the next generation of our families will come to enjoy the Club and the wonderful yachting heritage we have. To that end, we want you to be aware of the tremendous benefits available for a child of a member who joins the Club.

- Initiation fees are discounted (see schedule online)
- 1/2 point toward acquiring a slip is earned each year for Junior Family members.
- Dues are also discounted based on age (see schedule online)
- Dues are payable in two annual installments
- Junior Members receive their own member number and membership card
- Automatic transfer to Regular membership in the year of their 35th birthday for children of Regular Members. Transfer to Associate membership for children of Associate members.

You can see what a great opportunity this plan offers our young people and lets them start their own sense of history within the Erie Yacht Club. We are proud of our Club. With our diverse membership, our beautiful facilities and the excellent food and beverage service, it's considered to be among the finest on the Great Lakes. We hope your child will join us and continue the tradition! Application for membership is available on the Club website at: [www.erieyachtclub.org](http://www.erieyachtclub.org).





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# If These Docks Could Talk

*The Trophies”* by P/C Gib Loesel

A few months ago (actually just before Memorial Day) Monica Bloomstine was busy looking for an unused, or should I say abandoned, trophy to use for the newly created Reyburn School Alumni Memorial Day Regatta.

I told her about the Mary Anstead Loesel Trophy which was dedicated in my mother's memory shortly after her death in 1958. "Mary" as most of my brother Richard's and sister Cynthia's good sailing friends called her, was a delightful fun loving person to be around and pretty well liked by anyone who had the privilege of knowing her. (remember she was my mother).

So, this got me to thinking (again), I wonder if the membership in general understands the what and whys of our lovely display of silver, brass,

bronze and wood trophies?? Most of the trophies come with a "Deed of Gift", the "deed" normally stipulates what must be done to win the trophy, who is eligible and other stipulations such as complicated rating formulas. Unfortunately, some are lost, for example The Hook!!

This beautiful crafted piece of wood (see pictures) resides in the front of the south case and is only brought to life once a year at the annual meeting. While there is nothing in writing, the Hook's original intention was for the incoming Commodore to drag the now Past Commodore off the dais (that's where you speak from) when he was saying "Farewell and it dragged on and on and on"... somewhere along the way the intent was lost, in a research effort I took The Hook and visited with Dee

Bressler (P/C Doc Bressler's widow), Dee told me she assisted him in his wood working shop, she authenticated the fact that "Doc" was the craftsman and agreed that was the intended use. (After a careful examination, she said "it needed a coat of varnish".)

One of the other trophies that is sure to catch your eye is the Thompson Trophy. It is the large ship's wheel attached to a stand where each recipients name is engraved. This trophy was dedicated in 1954 to the memory of two brothers from Port Dover Mid & Joe Thompson by 36 EYC friends (all who have long since slipped their anchors but each who played a big part in our heritage). The purpose was to salute someone who has made a significant contribution to the world of yachting.

Probably most of the trophies deal with competitive sailing, ranging from the sailing school "kids" to what is commonly referred to as "big boats", however not to be forgotten are the class racing trophies, Thistles, Stars and Lightnings just to name a few.

Many of the "big boat" trophies are named for, or are in memory of the sailors who have contributed to the world of sailing including The Zurn Trophy, The Welford Trophy, The Lund Trophy, The Briar Patch (by the McBrier Family), the Kohler Cup and of course the Annette Cup (the oldest fresh water trophy on the Great Lakes, first raced for in 1907).

The Annette Cup "deed" is a great example of the what's and how's the trophy will be governed, it begins:

"The undersigned hereby subscribe toward the purchase of a perpetual Cruising trophy to be held in fee by the Erie Yacht Club, to be sailed for annually under the following conditions".

It goes on to say, "The trophy shall be named after the yacht winning the first contest and shall thereafter be known by such name". Ironically it then goes on to name a few boats as an example but the Annette was not one of them.

And then it gets tricky, by establishing a handicap formula based on size, length of water line and using



Some of the EYC Trophies served a secondary practical purpose, "The Hook" was used when the outgoing Commodore got a little long-winded in his farewell address to help "escort" him from the podium, by the new Commodore. Demonstrated here by P/C David Haller and Commodore Greg Gorny.

words like "V sail area" concluding with "at a rate of 4.8 seconds per foot per nautical mile". Fortunately, members like P/C Dave Heinzenrater and Howard Miskell (a name from the past) understand all of this and spell it out for us "dummies".

There is a host of other trophies behind those glass doors: a predicted log award for Power Boaters, one for Pinochle Club, one for the members who have served as Club Secretary, ice boats and good sportsman ship which brings us back to my mother's trophy.

Originally it was for the Club's competitive women sailors and their sailing abilities but many years ago women's class boat sailing faded and it was forgotten.

Monica thought about it and asked if it could be used by the Reyburn School as the Corinthian Sailor Award but then stipulated it would have to include the boys as well - and was that OK.

Years ago, I was given permission by the gifter's to make changes so it only took me a few seconds to think "Mary would go for that in a heartbeat", go for it!!

If These Docks Could Talk they would say "There are hundreds maybe thousands of stories that are within those cases, wouldn't it be fun if they could talk".



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118 Days 'til Summer

# Beach Party at the Erie Yacht Club!

• Dan Dundon • Photos: Tom Madura



Well, gang, who woulda thunk still another summer has rocketed-by? Summers always “fly” and winters sure seem to drag, don’t they? I guess it was about 20 years ago when we figured a good way to accelerate the passing of the winter would be to have a beach-party during the winter’s coldest days. So, why let the cold arctic winds make you dream of the warm summer days? Rather than shivering through those long winter nights, wouldn’t it be swell to “live” summer, rather than “dream” summer? Well, “good news”, gang! It’s time to stop dreaming and get ready for a Summer Beach Party at the Erie Yacht Club! Dig-out your tropical shirts! It’s time to find your favorite sun-dress or grass skirt! On February 24th it’s time for the Erie Yacht Club 118 Days ‘til Summer Party!!!

While you enjoy the Jimmy Buffet sound of Erie’s own terrific band, Key West Express, you might find yourself seeing palm trees swaying in a warm breeze. We can certainly count on the Key West Express to fill the air with the sounds of summer! There’s nothing quite like an Erie Yacht Club limbo contest, either! There will be big smiles all-around, for sure!

You will have no trouble picturing yourself at Put-in-Bay, the party capital of the Great Lakes, while you listen to the unique sounds of West Side Steve, the Skipper of the Lake Erie Booze Patrol. Direct from Put-in-Bay, West Side Steve will treat us to songs of Lake Erie and conjure all kinds of nautical-magic for sure!

The Erie Yacht Club summer picnic buffet starts with smoky, tangy, barbecued ribs, and homemade honey-fried chicken! The terrific summer buffet continues with scrumptious steamed clams and mussels, homemade baked beans, fresh raw veggies and corn on the cob. This great buffet wraps-up with sweet, ripe watermelon, and other surprises from Chef Dan and his galley staff. Be sure to save a little room for desert, too! Every year Chef Dan sees the desert variety gets better and better!

Walking among us and mystifying us will be world-class magician Cliff Hopkins and his lovely assistant Kelly. Who knows what terrific illusions Cliff and Kelly will conjure to dazzle us this time?

Everywhere, Erie Yacht Club will be lookin’-like-summer... dancing, laughing, the limbo, great summer outfits, cool refreshing tropical drinks, and ice-cold brew. You can have it all when you need it the most... during the cold, blustery days of winter! For sure, it just doesn’t get any better than this!

Forget the cold February night, too! We will have the heat cranked right up to mid-summer July temperatures, so be sure you dress accordingly!

Come to Erie Yacht Club on February 24th! Get yourself into summer-party-mode with West Side Steve, the Skipper of the Lake Erie Booze Patrol. Dance the night away to the tropical music of Key West Express.

Don’t miss the Erie Yacht Club’s ‘118 Days ‘til Summer Party’! Great food, great drinks, great music and great friends.



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# What's the Good Word

by Dan Dundon

Again, I figure we will start the new year with another bunch of miscellaneous quotations from an eclectic group of people. I hope y'all find these quotations enjoyable!

I would rather shoot for the moon and miss than aim for the gutter and make it.

- Danny Trejo

Most problems are not rocket science but if they are rocket science, you should ask a rocket scientist about them.

- Astronaut Scott Kelly

Only a mediocre person is always at his best.

- W. S. Maugham

There is little room left for wisdom when one is full of judgement.

- Malcom Hein

Anyone without a sense of humor is at the mercy of everyone else.

- Arnold H. Glasgow

Age might be a prerequisite for wisdom, but you don't have to be young to be stupid.

- Larry Deland

Relatives are, without question, the worst people in the world with whom to be related.

- Malcolm Berko

I have learned to seek my happiness by limiting my desires.

- John Stuart Mills

The great secret is not having bad manners or good manners, but having the same manner for all human souls: in short, behaving as if you were in heaven where there are no third-class carriages and one soul is as good as the other.

- George Bernard Shaw

Fools live to regret their words. Wise men regret their silence.

- Will Henry

It's difficult to kiss the lips at night that chewed you out all day long.

- Randy Cox

I won't be wronged. I won't be insulted. I won't be laid a-hand on. I don't do these things to other people, and I require the same from them.

- John Wayne

I hope among these quotations you heard a few new ones? I am sure you have some favorite quotes or such words-of-wisdom? Why not send them to me (dandundon@gmail.com) for us to maybe include in future EYC log articles?

Generally, I try to find quotations which are not too long-winded. Another exception is this one:

It appears we have appointed our worst generals to command our forces, and our most gifted and brilliant to edit newspapers! In fact, I discovered by reading newspapers that these editor/geniuses plainly saw all my strategic defects from the start, yet failed to inform me until it was too late. Accordingly, I'm readily willing to yield my command to these obviously superior intellects, and I'll, in turn, do my best for the Cause by writing editorials - after the fact.

- Robert E. Lee

Having made one exception, let me make still another. I hope you can tolerate another quotation by me inspired by co-workers (knuckleheads) from during my working life. Anyways, here goes:

No matter how high you set the jackhole bar, there is always somebody who manages to jump over it.



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# Thompson Trophy Winner Karen Carns



The LOG would like to extend a heartfelt congratulations to this year's Thompson Trophy Winner Karen Carns. Karen will be retiring this year after faithfully serving as The Club's secretary for the past sixteen years.

The Thompson Trophy is awarded every year at the annual meeting for their contributions to the "World of Yachting".

The Thompson Trophy was dedicated to keep alive the memory of two brothers, Joe and Mid Thompson of Port Dover, Ontario,

Although the trophy was established as a combined effort between the Port Dover and Erie Yacht Club. The actual trophy resides in the EYC trophy case. A large trophy with a wooden ships wheel.

According to deed, the trophy is accompanied each year with a parchment which is retained by the recipient.

The trophy board could have not selected any better award winner than Karen, not only for her dedication serving as Club secretary but as a member of many community and charitable organizations over the years.

As if this was not reason alone to grant her the award, she has also found the time to be a founding member of both the Erie Yacht Club Foundation and the newly created EYC Cruising Fleet.

The LOG magazine would also like to thank her for efforts in making our jobs so much easier through her co-ordination of each year's Club election issue in getting the proper materials to both the candidates and the magazine in a timely manner.

We wish her all the very best in all her future endeavors, and we look forward to keeping in contact with her through the following of the EYC Cruising Fleet.

Once again congratulations Karen on your well deserved reception of the 2017 Thompson Trophy!



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# The EYC has A New Way to Pay

We are excited to announce that we now accept  
Online Credit Card payments through Plastiq.

Using Plastiq, a third-party service provider, you can pay  
with MasterCard, Visa, Discover or American Express

Simply follow these steps to register and then  
make your monthly Club payments Online.

## Step 1: Register

To use Plastiq, you must first register. Go to:  
<https://www.plastiq.com/pay-erie-yacht-club/v188713/>  
to be taken to the Erie Yacht Club payment portal, click  
PAY NOW, enter your e-mail address. Plastiq will send you  
a confirmation email allowing you to create your very own  
account.

## Step 2: Making Payments

After registering there are two ways to make your monthly  
credit card payment.

1. Login to the Member's Area of the Club web site. Click  
Statements under the Member Central tab. Look for the  
"Pay Now" button.

2. Look for the link on your monthly Club statement that  
is e-mailed to you. Click it, it will take you to the payment  
portal.

## Step 3: Mobile App

Plastiq is also available as an app on iOS devices - just snap  
a picture or screenshot of ANY bill, and Plastiq will take  
care of the rest.

## FAQs Answered

### 1. What is Plastiq?

Plastiq is an online payment service that gives people the  
freedom to pay ANY bill or invoice with their favorite credit  
card, even if the business doesn't accept cards. By taking  
your card payment and sending it to the business as a  
check or bank transfer, Plastiq makes it easier for you to  
pay the way you want.

### 2. Is Plastiq secure?

Absolutely - Plastiq implements top of the line security  
measures to ensure the protection of both our application  
and your financial information. Plastiq is certified compli-  
ant to the highest level of the Payment Card Industry Data  
Security Standards (PCI-DSS).

### 3. What card brands does Plastiq accept?

MasterCard, Visa, Discover and American Express, banks  
debit, pre-paid or gift cards are accepted for nearly all  
Plastiq payments.

### 4. What is the Plastiq service fee?

Plastiq charges a small service fee to the cardholder so that  
you can enjoy the convenience of using your credit card  
and paying online. The fee is 2.5% for credit cards and 1%  
for debit cards.

### 5. Processing Time

Payments may take 2-3 business days to process.

### 6. Can I make a Credit Card payment at the Club office

No, we can not except credit card payments at the office.  
You will have to use the mobile app or login to your Plas-  
tiq account in the Club lobby computer to make payment.



## January Calendar of Club Events

- 1st New Years Day - Tom & Jerry  
1100 to 1300 hours  
Members Only Please
- 4th "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 7th A la carte Breakfast • 10am - 2pm
- 10th EYC Fellowship Dinner  
"MANIA & Marjorie Diehl-Armstrong"  
Presented by Jerry Clark and  
Ed Palattella  
Cocktails 6pm • Dinner 6:30pm  
Reservations Required at 453-4931
- 11th "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 14th A la carte Breakfast • 10am - 2pm
- 18th "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 21st A la carte Breakfast • 10am - 2pm
- 25th "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 28th A la carte Breakfast • 10am - 2pm

## Remember

The Club's annual shut down for  
maintenance will begin Sunday,  
March 4th and the Club will  
reopen Tuesday March 13th.

Members are welcome to use  
Kahkwa Country Club, Lake-  
shore Country Club or the  
Erie Club during this shutdown  
period.

## Feel Good Happy Hour Benefitting the Reyburn Sailing School



**Wednesday,  
February 21st**

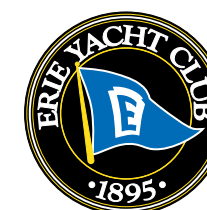
**\$50 Cash Drawing  
every 15 minutes  
\$1,000 Grand Prize  
Drawing  
Chinese Auction**

The annual Reyburn Race  
Team Happy Hour is the prima-  
ry vehicle for members of the  
Erie Yacht Club to join together,  
in a meaningful effort, to sup-  
port our kids. All the proceeds  
from the evening will be used  
to directly benefit the Reyburn  
Race Team in its efforts to re-  
main one of the top teams on  
Lake Erie.

Each year your kind  
donations and support have  
helped us to purchase team  
specific equipment and they  
have also helped to offset the  
race team's travel expenses  
throughout the summer. Last  
year the party broke the record  
for the most money raised in a  
single evening and we are hop-  
ing that this year will be even  
better!

Please come and enjoy a fun  
filled evening at this year's Rey-  
burn Race Team Sunset Happy  
Hour.

Thank you for your support,  
Chris Grychowski  
Director of the Reyburn Sailing Schools



## February Calendar of Club Events

- 1st "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 4th A la carte Breakfast • 10am - 2pm
- 7th EYC Fellowship Dinner  
"Lake Erie Solo Challenge"  
Presented by Commodore Greg Gorny  
& P/C Brad Enterline  
Cocktails 6pm • Dinner 6:30pm  
Reservations Required at 453-4931
- 8th "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 11th A la carte Breakfast • 10am - 2pm
- 14th Valentines Day at the Club  
Special Chef's Menu  
Live music with DH Jazz Express  
Reservations required
- 15th "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 18th A la carte Breakfast • 10am - 2pm
- 21st Sunset Happy Hour to Benefit the  
Reyburn Racing Program • 5pm - 8pm  
\$50 Cash Prize every 15 minutes  
\$100 Grand Prize • Chinese Auction  
Hors d' oeuvres & Live Entertainment  
with Salmon Frank
- 22nd "Trivia Night" Fun and Prizes  
7pm - 9pm • Form a team of 3 -8  
Only 20 open spots open each week  
so call 453-4931 to reserve a table.
- 24th "118 Days 'til Summer Party"  
6pm Cocktails  
6:30 Summer Dinner Buffet  
Continuous Entertainment with West  
Side Steve & Key West Express
- 25th A la carte Breakfast • 10am - 2pm





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