

The ELG



Opening Day Welcomes In The New Season



Share Your Story...

You don't have to be a professional writer to contribute to the Erie Yacht Club's LOG magazine. You don't even have to be a sailor, just someone with a tale to tell.

A tidbit from the history of the Club, an unusual vacation destination, or an epic boat race are all good story topics for your LOG magazine. Interesting stories come in all shapes and sizes.

LOG stories can be informational, like how to patch a hull, inspirational, as in the Lake Erie Solo challenge, or perhaps you'd like to call some well deserved attention to another member's generosity to the Club or community. Stories can also be just plain entertaining like surviving that cruising vacation with your in-laws.

Although a picture is worth a thousand words they are not a necessity when submitting an article to the LOG. (Although if they help tell the story they are still worth at least a couple hundred words!). Pictures are greatly appreciated however, when at all possible, especially when dealing with specifics or a difficult explanation.

There are also no word count requirements, all article lengths are needed. Heck, you don't even need to use proper grammar! The Log staff reviews and will correct any grammatical mishaps. Writers also have the opportunity to review the finished article before it goes to press if they choose. You don't have to be a great author like Mark Twain or William Shakespeare to submit a LOG article, but you may feel like one after seeing your story in print.

So c'mon all the cool kids are doin' it!

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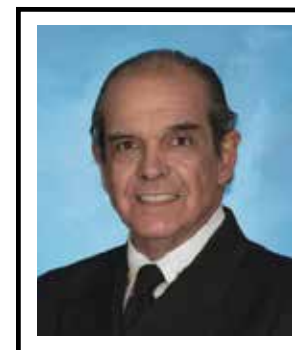
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From the Bridge

by Fleet Captain Mike Squeglia

As we anxiously anticipate the boating season, we are watching our Club slowly open from the effects of Covid 19. Thankfully, through the strong leadership of P/C Lund, Commodore Cifelli, and GM Mike Lynch the Erie Yacht Club has endured this pandemic and remains on solid ground.

We are poised to have a successful opening Day Ceremony and a summer filled with festivities. Our boat slips are full, and the Cruising and Race Fleets are excited to be back on the water! The grounds crew has been busy maintaining our docks and constructing a break wall on the east side of the basin like that located on the west side. This will help protect the east side of the grounds and basin from the high water.



The clubhouse staff conducted its annual shutdown in January this past winter to clean and complete scheduled maintenance and is prepared to hold parties including those fun Sunset Happy Hours.

Despite the pandemic, the Erie Yacht Club is as popular as ever. We continue to receive applications for new members so please as you see new faces be sure to give them a very warm welcome.

Have a safe summer and see you at the Club!

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On the Cover...

The Opening Day ceremony this year will be extra special. As it marks a new season and the return of so many of the events and activities that make the EYC one of the best clubs on the Great Lakes.

Photo by Tom Madura



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Scan to learn
about the Erie
Yacht Club

An Invitation...

To Welcome In the New Season

It is my honor to lead our Club Officers, Past Commodores and Members on our 127th Opening Day Ceremony as your EYC's 100th Commodore.

This time honored tradition gives us all the opportunity to recognize the Past Commodores for their part in the evolution of our Club, honor the members we have lost in the past year, and celebrate the Memorial Day holiday. This is also the official beginning of the much awaited yachting season.

I am happy to have our ceremony return to its place on Memorial Day. This past year has made us rethink almost everything, outside dining, take out service, bar service, social distancing and of course our masks. We did not have to rethink our love for our Club, the importance of the friends we have made and the confidence we feel having a safe place to spend time with family and friends.

Our member support this past year has been unwavering. The Sailing School saw one of its best years ever, overcoming the pandemic with strong leadership and dedicated Instructors, The Foundation made adjustments to their annual fund raising Raw Bar event with an online auction enabling them to continue to support the many community charities they are involved with.

Opening Day is also a time to look forward, I am excited to have our Frolic on the Bay return for its 30th year. Our Charity Regatta will benefit the EYC Foundation this year helping them to continue the work they do in our community on behalf of our Membership.

I am sure you are all familiar with my use of the phrase "Support Your Club"! In the past years as one of your Club Officers I could not ask for a better response from our Membership, but I'm sure I will.

Mary Lee and I are happy to welcome you all to Opening Day,

See you there!

Vincent Cifelli
Commodore



Photos by Tom Madura

Even though this winter was pretty tame by Erie standards, and Spring has been wonderful so far, I think we are all still REALLY ready for summer. Especially now, after more than a year of pandemic-related closures, lock-downs, and restrictions, we're all looking forward to a return to a somewhat normal summer. And let me tell you - nothing says "Summer" more than Erie Yacht Club's Thursday Sunset Happy Hours!

A tradition now for over 20 years, the Thursday Sunset Happy Hours provide the perfect opportunity to enjoy a few cocktails and great food with friends in a spectacular outdoor setting, with live musical entertainment and of course a great view of the famous Erie sunsets.

With a different band each week, complimentary or low priced munchies, and drink specials at the outdoor bar, there's never a dull moment and there's something for everyone.

And if you're in the mood for an al fresco dinner, outdoor table service is offered featuring the great regular menu and also a weekly dinner special. This year, every Thursday will also offer the ever-popular Lobster Rolls! These were a huge hit over the winter at the Club, and they're back for Sunset Happy Hours.

The bar specials usually tend toward the tropical, which just enhances the "summertime" vibe. Mojitos, Sangria, Beach Punch, and Watermelon Margaritas are just a few of the drink specials planned for this year.

Salmon Frank, Acoustic Ear Candy, Encore, Vegas, The Jays - these and other great bands will entertain the crowd and definitely get folks up and dancing! A change implemented last year due to COVID restrictions was so popular it will be continued this year - the bands now set up in the west parking area, which leaves the deck free for more seating, and also makes for more dancing room on the entire lawn. It also provides a gorgeous sunset backdrop for the bands!

Details on each week's bands and drink specials are available in the EYC Newsletter as well as on the newly updated EYC website.

So, beginning in June, and through September, if you're looking for something to do on Thursdays this summer, there is no better place to be than the Erie Yacht Club. Whether you come for the food, the drinks, the view, the music, the dancing, or just to experience the camaraderie of your fellow EYC members and friends, I guarantee you'll have a fantastic time. I'd remind you to make sure to stay and watch the sunset, but once you're there I don't think that'll be a problem.

Note that at the time this is written, COVID-related mask and social distancing mandates are still in effect, but as we all hope these may change as the year progresses.



Are You Ready for Sunset Happy Hours?

By Tom Madura



A few select places have become “second homes” to my wife, Mary Ann, and me. Port Dover immediately comes to mind. We have been visiting there for more than 50 years and a few years ago I managed to figure out a way to work there for a decade, increasing our time in that wonderful town. The other components of my “multi-location home,” like Port Dover, also make me smile when I arrive.

When I approach those sacred destinations, pleasant mental images lower my blood-pressure, calm me and create a smile. My other adjunct-homes include Isle of Palms, South Carolina, where we spend a month each winter, San Lucido, Calabria, my wife’s family home, and Lake Geneva, Wisconsin, which has become a regular retreat.



A tour boat from the town dock glides along the lake shore.

I learned about Lake Geneva at EYC years ago when Buddy Melges came to talk about his America’s Cup challenge. Melges is a god-like figure in and around Lake Geneva, where his has had a major impact on sailing as well as the Lake Geneva Yacht Club. His father was a nearby performance boat builder for decades and then his son, Buddy, became an Olympic-level sailor.

At the Geneva Yacht Club, Buddy became known for both soft water (Scows) and hard water (Skeeter class) sailing as he grew up. Melges’ EYC talk included beautiful images of Geneva Lake and its surroundings, which were presented as a backdrop to his unlikely America’s Cup challenge. Geneva Lake (the adjacent town is called Lake Geneva) is a substantial body of water at 7.5 miles long and a mile wide, but not the kind of place where one would imagine an America’s Cup Syndicate. It has the appearance of a New York State Finger Lake, or neighboring Chautauqua Lake.

In fact the government surveyor or who eventually discovered it, thought that it looked so much like Geneva, New York and Seneca Lake, that he named it Geneva. When EYC lecture attendees asked Melges how he could develop an America’s Cup challenge on such a narrow lake, he responded that “More tacking makes for better sailors.”



Buddy Melges at the helm of one of his scows.

Geneva Lake (the town) was a sleepy Midwestern vacation center until the infamous 1871 Chicago Fire. That tragedy resulted in more than 100,000 homeless but unlike most big-city fires a large proportion of the newly-homeless were Chicago’s wealthy. Homeless and not knowing what to do, dozens of Chicago’s prominent families fled to Geneva Lake, hoping to find empty summer rental cottages or at the very least resident friends who would take them in while they built new homes.

The trip to Geneva Lake from Chicago had been made convenient by the creation of a dedicated railroad line that connected the downtown via non-stop service in 1856. The fire occurred in early October so desperate Chicagoans simply boarded a train to Lake Geneva, hoping to find places to stay. There was already a large Chicago flavor at the vacation town, and people in Geneva generously extended themselves, sheltering hundreds of desperate families.

During a short period of time after the fire, the composition of Geneva Lake and much of the adjoining shoreline began to change. It rapidly evolved into a sanctuary for prominent Chicago people, including the Wrigley, Maytag, Sears, Schwinn, Sturgis and Rockefeller families. Many prominent families commissioned Chicago architects to create enormous lakeside mansions, most of which continue to grace the shores of Geneva Lake. In an interesting accessibility twist, town ordinances had required early (Pre-1871) cottage owners to allow lakeshore access and that law has remained in effect. Thus today’s visitors can hike the shore on a well-marked trail that guides them through the luxurious mansion district and allows close visual access to even the most affluent homes.



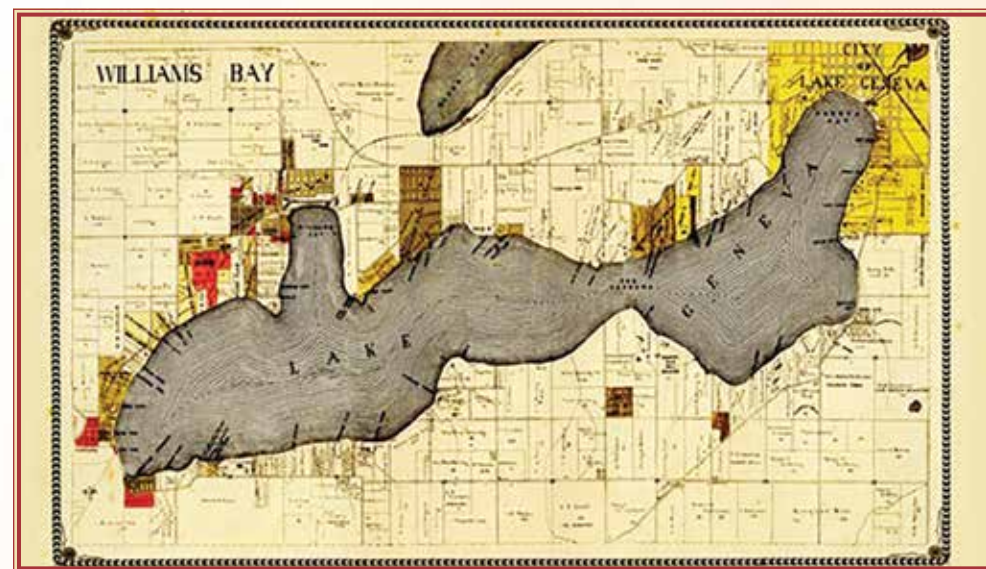
The Wrigley Mansion is typical of grand homes that line the shore

There are three communities on the lake:

(1) Lake Geneva, the town on the eastern shore, is the largest and most commercial and features hotels, restaurants, shopping, tourist centers and a main pier. The docks are home to a fleet of vintage tourboats which take tourists on a variety of cruises, including sightseeing and dinner outings. A few of the resident vessels date to the 1800s and several are powered by steam engines,



Geneva Lake’s town center and docks.



A navigational chart from 1921 of Lake Geneva with the town of Geneva Lake on the right (east) and the Village of Fontana on the left (west). Williams Bay is top left.

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Lake Geneva, Wisconsin

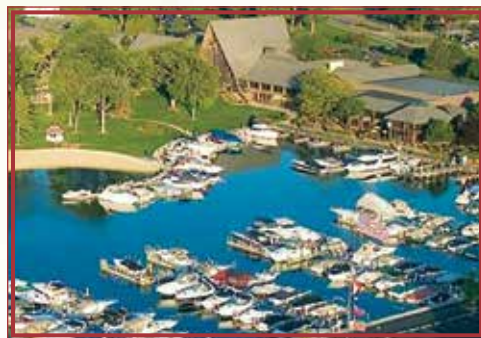
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(2) Williams Bay is located on a sheltered bay near the west end of the lake. The harbor features Pier 290 Restaurant, which has one of the best waterfront dining areas in the region.



Williams Bay and its Pier 290 Restaurant.

(3) Fontana, a small village on the west end of the lake, which has become known for its Abbey Resort. The Abbey has fine and casual dining, a marina/yacht club complex, golfing and other typical amenities. The region has taken on a decided German/Austrian/Swiss identity.



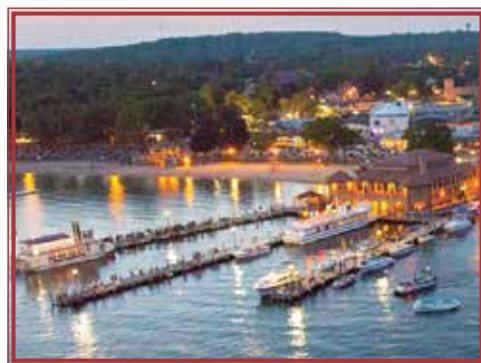
The Abbey Resort on the west end of the lake at Fontana.

Decades ago, as two of our children were building lives and adding grandchildren to the family, one settled in the Chicago suburbs and another near Milwaukee. Eventually it dawned on us that Lake Geneva, which is almost precisely in the middle (between Chicago and Milwaukee), might be a good place to gather. Thank you, Buddy Melges!

Our first trip was more than 25 years ago and we have returned almost every year since, sometimes to gather family and at other times to enjoy a welcome couples retreat. At first we spent most of our time in the town of Lake Geneva, or nearby. There is lots to do there for families and there are many places to stay, including the former Playboy Club, which has been changed to a conference center.

One of our favorite activities has been boarding the historic boats that operate from the town center to tour the lake. Narrated tours detail the history and geography of the area and tell the stories of the mansions that line the shore. The history of the mansions and their families almost perfectly represents America's Gilded Age and the business empires that fueled the wealth of Middle America. The Wrigley story (Wrigleyville, Wrigley Field, and spearmint gum) for example, parallels the growth of the early gum and candy industry. Other Lake Geneva Zion's of business history, including the Sears (catalogue) and Schwinn (cycling) families, had similarly powerful histories.

In later years when we visited Geneva Lake we have drifted toward the quieter west end of the lake and the village of Fontana, usually staying at the Abbey Resort. Many of our visits have been during the off-season when in addition to the advantage of reduced prices we have discovered a new favorite activity: "Christmas Lights Boat Tours."



The tour boat fleet at the Geneva Lake downtown docks.



Geneva Lake's tourism is focused at the west end of the lakes.

We have stayed in Fontana several times after enjoying Thanksgiving at our children's homes and beginning in Mid-November there are nightly boat tours of Lake Geneva's holiday lights. Geneva's Christmas lights have been a long tradition on the lake and the evening boat tours showcase them beautifully.



The Christmas Lights tour boat, waiting for passengers to board at Williams Bay.

Another must-see is the Yerkes Observatory, which was established at Williams Bay in 1897. At the time of its construction, Yerkes was the largest and most powerful astronomical observatory in the United States. Owned and operated by the University of Chicago, it was located south of Geneva Lake to take advantage of clear skies there, as opposed to the clutter of South Chicago where the university is located.



Yerkes Observatory with Geneva Lake in the background.



Albert Einstein (right of center) at Yerkes.

For decades, Yerkes was at the cutting-edge of observatory science. In 2020, however, the University of Chicago, decided that changing technology had rendered Yerkes dated and they transferred ownership of the facility to a private foundation. A tour of the observatory provides a complete description of how observatories work and includes real-time demonstrations of the complicated mechanisms used to move the huge telescope components into place. A visit also includes a lecture on the history and development of North American observatories as well as a chance to visit the observatory museum.

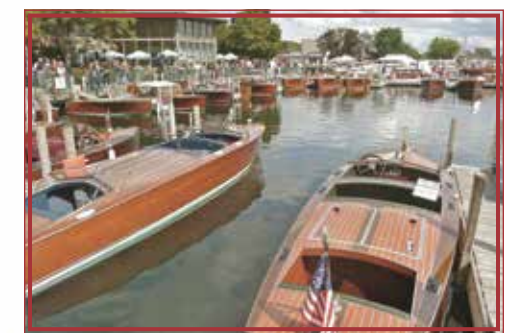
Yet another Lake Geneva favorite destination is the yacht club that Buddy Melges introduced EYC members to, years ago.

The Lake Geneva Yacht Club (LGYC) is quite similar to EYC. It is a full-service club with wonderful food and as EYC members we have always been welcomed. They serve lunch and dinner from a large menu and offer exceptional dining with a view of the lake. LGYC has an active sailing fleet with regular races and a large fleet of ice boats. On this year's trip to Lake Geneva we arrived in early March and in time to see iceboating and ice fishing, which is also popular on the lake.



The Lake Geneva Yacht Club, Buddy Melges' home port

Fans of vintage wooden motorboats find Lake Geneva to be a virtual Mecca. There are hundreds of classic woodies on the lake, an artifact of the high-end and traditional cottagers who populate the shore. Chris Crafts, Hacker Crafts, and other gleaming mahogany classics ply the lake from May through October.



Wooden boats line the Lake Geneva docks

These days when people ask where I am from, my immediate response is "Erie." But while I am saying that out loud I am usually thinking that my real "home" is much bigger than that. It includes Port Dover, Isle of Palms, San Lucido and Lake Geneva.



If These Docks Could Talk

Wonderful Memories Start in a Sailboat

by P/C Gib Loesel

Here on the waterfront on this early April day it is cold and windy, the ice is gone along with the ice fishermen and ice boats, all of which got me to thinking (again) about the coming summer. Of course, most of my thoughts are about sailing. (sorry power boaters) Captain Bierig's Dreamer has a wet bottom as do several of the other fine wooden boats in our fleet. When I start to dream about sailing, several things come floating through my "pea" brain; the racing season and watching the young sailors trying their hand at staying afloat.

The Reyburn school over the years has produced several great sailors who have done well in the junior racing world and continue to make their mark in the sailing world. I would like to point out that not all our young sailors were products of our sailing school. Several stories ago I wrote about the Wakefield series as I knew it, before the introduction of Reyburn, along with the Schuler's, Lutz's, and Altman's of 1950's, all young EYC sailors.

After that story I was approached by my good friend Clarke "Hopo" Kubler who also happens to be one of the finest sailors I have ever had the pleasure of being onboard with. Hopo reminded me of another young crew who brought fame and sailing glory to the EYC. All of these "lads" are now approaching eligibility for Social Security.



Left to Right: Hopo Kubler, Doug Russell, Doug Loesel and Rich Eisenberg 1970.

This crew was made up of: Skipper Doug Loesel, Doug Russell, Rich Eisenberg, and Clarke "Hopo" Kubler. Each of the "boys" are still active in the sailing world, Loesel can be found onboard Jeff Nagle's Altair or Dreamer where he is mostly called on to be the helmsman. "Hopo" was the foredeck boss on Boyd Bert's Diablo (also the "union boss") until she departed Erie, he is always in demand having "jumped ship" to John Bloomstein's Lake Shark. Rich Eisenberg is now busy running the Bayfront Maritime Center for Marine Studies. He can also be spotted crewing on Dreamer. Doug Russell, while no longer in the Erie area, still remains active in the sailing community I am told.

July 31, 1970 Al Mastics writer for the Plain Dealer in Cleveland wrote under the headline:

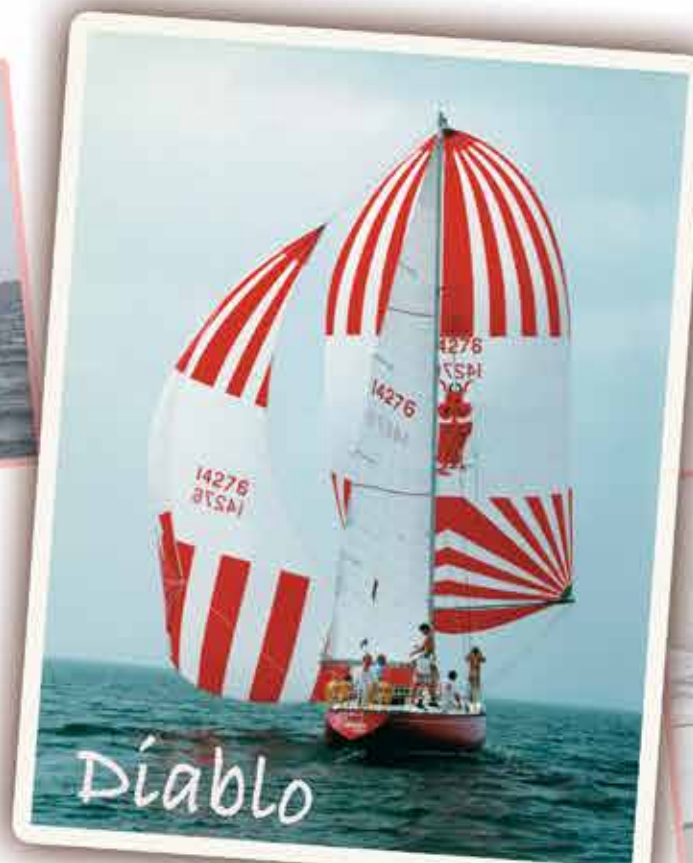
ERIE YACHT CLUB SAILS TO VICTORY

"Put-In-Bay": "Doug Loesel and his Erie Yacht Club crew are the Inter-Lake Yachting Association's new junior sailing champions. They were the winners of the seven-race series completed here yesterday to decide the title, amongst the association's other 100 member clubs." "The 14-year-old self-taught skipper and his crew moved up from 6th place in the first day's racing to 1st place, winning the regatta by 3¼ points under the low point scoring system."

There are many wonderful things about sailing and the sport of sailboat racing, the example of our young Wakefield Crew has provided the memory of a lasting adventure on the water that goes on and on. If you want to see how it all starts, some nice summer evening while you are wandering around the Club, find your way out to the Rickloff Building and watch the beginning.

The "Little People" are introduced to sailing by putting them in the Club's small Opti sailboats, then the show begins. It maybe as simple as 5 or 6 boats being towed in a parade so they "get the feel" or if you are really lucky you might catch one of the new skippers taking a "snooze" on the downwind leg.

If These Docks Could Talk, they would say: "Wonderful Memories Start in a Sailboat."





I guess there is one thing you can often say about life, “when you think things are pretty much the same, an unexpected event can sneak up on you and hit you like a ton of bricks.”

Toward the beginning of December 2020, I received a call from my family doctor after I had outpatient eye lid surgery. “Hey Paul” he said, “I was going over the EKG you had before your recent surgery and I don’t like something I saw, please get to the hospital to have it checked.”

When I arrived at the Saint Vincent ER they gave me some tests then rushed me right into the operating room. A little while later the surgeon surprised me when he said he put several stents in a blocked artery and several of the other arteries were 80 percent blocked. Along with that, I just had a heart attack.

“But Doc,” I said, “I didn’t have any signs of a heart problems.” Then the doctor explained that was because of my diabetes which can block chest pains and other symptoms. Then the biggest shock of all, I would need to have open heart surgery in 3 to 4 weeks.

Since I retired almost 20 years ago, I have had several outpatient procedures, but nothing very serious. Over the last few years I had been taking medications for high blood pressure but again, nothing to be concerned about.

You may think the EYC Log is an unusual place to tell this story, but here are some good reasons. In our country there are several common conditions that cause death for men. The one on top of the list is heart disease. Some contributing factors are being overweight, having diabetes and family heart history. I had all of three. So men and women please be aware of these things, at least more than I was.

After about three weeks of adjusting medications and watching my vital signs, it was time to enter the Saint Vincent ICU (intensive care unit) to prepare for surgery. Each room was set up well for close monitoring of the patients. At the front end of my room was a window that gave the nurses and doctors a good view of patients and also all their monitoring devices that filled the small area.

From the very beginning I could see just how well trained these people were, but equally important, how compassionate and kind... That’s a great combination.

The first two days and nights were sometimes a little unnerving because every thing was new to me and I had to ask lots of questions. All of the nurses and staff spent whatever time was needed to help this old guy understand what was happening. During the first night I began to get apprehensive about this major surgery in which they would open up my chest and replace arteries and other things. The more I thought about this scary operation it really started to bother me. It seemed like a good time to pray, and pray hard. Prayer has always given me strength.

That’s when I had what seemed like a spiritual vision. While looking at the window in front of me I saw a vivid image of a nurse floating behind the workers. Not just a pretty nurse, but a larger image of a smiling young woman with long dark hair. The kind of person I often call an “Angel of Mercy.”

Was I getting delirious? I didn’t think so because I hadn’t taken many drugs and seemed totally conscious. If that was wasn’t unusual enough, right above the image was a bright ring of light that looked like a halo. Had God gifted me with this image to boost my courage or was I just losing it?

About then someone walked by the image and it became apparent to what it actually was. It was a large poster on the back wall behind the work station. The halo looking ring of light that was a reflection on the window from a round ceiling light that was above the pretty nurse picture... Wow! I wasn’t going crazy after all.

After realizing what had created such a surreal, celestial image, I just sat back and gazed at the beautiful angel with the glowing halo. When the two day preparatory stay in the ICU was over it was time for the surgery that would either give me the best functioning heart of recent years or not. Even a talented physician such as Dr. Person, who has been doing this difficult and precise operation for many years, could give no guarantees that the results would be perfect.

Dr. Person and his amazing cardiac staff are highly trained and caring people that enjoy what they do. Even after the lengthy operation I had very little pain, but the recovery would be long and slow. I had confidence that my future looked very good.

There are several other quality hospitals in Erie that provide top notch heart care, but my family and I are happy that we chose Saint Vincent and the fine staff that make up the Saint Vincent team. Thank you for giving me a new lease on life, and God Bless you all.



Understanding Heart Attacks

If you, or you know someone who had heart attack, you know the difficulties involved and those that will follow. Take some time to reflect and appreciate that you or your loved one made it through.

The Recovery from a heart attack can be overwhelming as you try to understand what happened and how to deal with what’s next. New emotions: fear, anxiety, anger, and a sense of powerlessness are common.

Remember though, you are not alone. In the United States, more than 800,000 people have a heart attack each year. A heart attack is what happens when your heart muscle cannot get the oxygen and nutrients it needs to function properly.

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Heart Problems & Angels

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It's important to note that every heart attack can be different. Although, most heart attacks start slowly, with mild pain or discomfort of the chest. There can also be discomfort in the arms, back, neck, jaw, or stomach. Some other symptoms can include shortness of breath, nausea, lightheadedness, or breaking out in a cold sweat.

When the heart is starved of oxygen and nutrients, the muscle can be damaged or die, so it's critical to call 911 right away as soon as symptoms appear.

What Causes a Heart Attack?

There are many different risk factors that could have contributed to a heart attack, spanning everything from lifestyle to medical conditions and demographics. Many of these risk factors can't be changed, such as age, gender, and genetics. Others can be managed such as:

- Lifestyle (diet, exercise, smoking, and alcohol)
- Medical conditions (high cholesterol, diabetes, high blood pressure, and obesity)

After your first heart attack, you are at a higher risk of having another one. That is why it's so important to understand how making some life changes can help reduce your risk.

Lowering Your Cholesterol

Probably the biggest controllable factor to prevent a heart attack. Cholesterol is a fatty substance that is in your blood. High-density lipoprotein (HDL) is considered "good" because this type carries bad cholesterol away from the arteries. Low-density lipoprotein (LDL) is considered "bad" because it can build up within the arteries, forming fatty deposits known as plaque.

- In time, high levels of LDL (bad cholesterol) can build up on the walls of your blood vessels. The bad cholesterol can create clogs and make it difficult for blood to flow where your body needs it. These clogs can block your blood flow, leading to a devastating heart attack or stroke, and that's why you need to treat it.

How can I lower bad cholesterol?

The best way to manage your cholesterol is to know your numbers and track them over time. Bad cholesterol can be lowered by lifestyle changes, but diet and exercise alone can only lower it between 14% to 20% at most. That is why it is important to talk to your doctor about available treatment options that can help you reduce your high bad cholesterol and decrease your risk for a future attack.



The EYC has two AED defibrillator units, located in the Clubhouse and the Rickloff Boathouse. You should familiarize yourself with these, especially if you or people you are visiting the Club with are at high risk for a heart attack.

The most often prescribed treatment is a "statin" however, there continue to be advancements in cholesterol management and more and more treatment options are becoming available to help you better reduce your bad cholesterol even further.

Treatments

What most likely happened in the hospital during my heart attack? In the hospital, the doctors likely performed one of these procedures to treat your heart attack.

- They performed a stenting procedure where a "stent," a tiny metal mesh cylinder, is put in to hold a blocked artery open to ensure that blood can flow through.
- They had to perform open heart surgery or "bypass surgery" to create a new physical path for blood to flow around the blocked artery. To do this, they use tissue from an artery or vein in another part of your body and put it in your heart. If there are multiple blocked arteries, you might need more than one bypass.

What type of medications are likely to be prescribed after my heart attack?

These hospital procedures are not a cure all. You are still at risk for another attack, so your doctor probably prescribed you some new medications. Each medication has a specific purpose to help in your recovery, so it's very important to take them as prescribed. These medications can reduce your risk of having another heart attack.

Some of the most common types of medications:

Medicines to prevent blood clots - After having a heart attack procedure, the stent or bypass operation that you received increases your chances of having a blood clot, which could lead to a stroke. Blood clots are clumps of blood cells, known as platelets. Anti-platelets help keep your blood cells from sticking together.

Medicines to lower blood pressure

Following a heart attack, it's important to protect your blood vessels. High blood pressure (hypertension) can damage the walls of your blood vessels and lead to serious health issues. Anti-hypertensive medications work to keep your blood vessels relaxed and open. There are many medications that can lower blood pressure in many different ways: diuretics, ACE inhibitors, ARBs, beta-blockers, calcium channel blockers, and more.

How can I tell if I may be having a heart attack?

Heart attacks typically don't occur like they do in the movies: where the actor clutches their chest in pain and falls backward on the floor. The onset of a heart attack can be much more subtle and less dramatic. If you've already had a heart attack, it's even more important to keep vigilant of the signs or symptoms that you may be having another.

Listen to your body, call 911 right away if you have any of these common warning signs of a heart attack, especially if it lasts for more than a few minutes. Some of these symptoms may go away and then come back.

• Upper body discomfort

Pressure, tightness, heaviness, burning, squeezing, or aching in the chest that moves to the arms - everyone experiences these a little differently. Women are more likely than men to experience some of the following other symptoms, particularly pain in the jaw and back.

• Shortness of breath

You may feel dizzy, lightheaded, and extremely weak. You start deep breathing or are panting for air like you've just run up a flight of stairs, but for no apparent reason.

• Abdominal discomfort

You may feel heartburn, indigestion, or pain around your stomach. You might even have nausea and vomit.

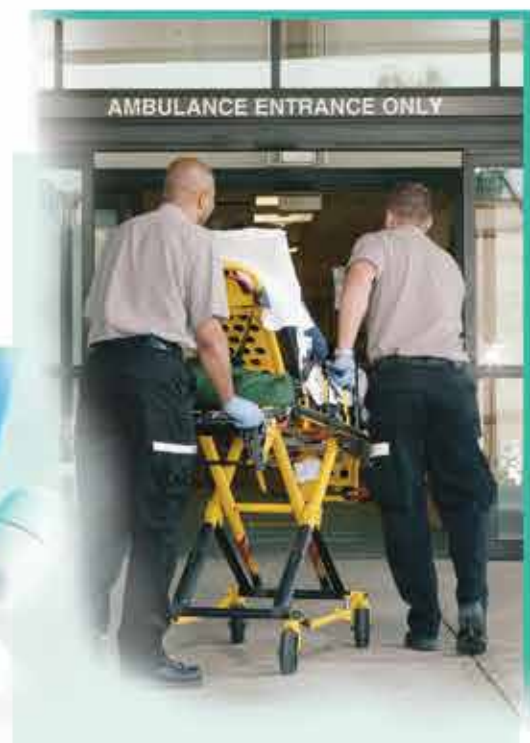
• Unusual fatigue

Your usual routine leaves you worn out. You can feel extremely tired, even with everyday activities like folding laundry or carrying the groceries.

• Cold sweat

Skin gets cold and clammy suddenly even though there is no obvious source of stress or other flu-like symptoms.

Whether you have had a previous heart attack or not, be honest with yourself when determining your probability that you are having a heart attack and always err on the side of caution. This is no time for stubbornness or indecision. In doubt? Get to a hospital or better yet call 911. Don't let it be the last decision you ever make.



EYC Foundation's

Boathouse Party is Back!

by Char Mashyna, Chair
Erie Yacht Club Foundation



With spring upon us and with the hope that a more "normal" summer might be in the offering, the Erie Yacht Club Foundation is happy to announce that The Boathouse Party will again be held this summer. Mark your calendars for Friday, July 9th to attend what has become a highlight of an Erie Yacht Club summer for many. This magical evening is also a major fundraiser for the Foundation and allows us to support a growing list of organizations that meet our mission.

The event will again have music by Mambo, an open bar, and gourmet hor's d'oeuvres, including the tasty oyster bar. For those of you who aren't fans of shellfish, don't fear. There will be plenty of other delicious foods for you to munch on! As in the past, there will be a tent to allow for social distancing and all COVID-related protocols will be followed.

The auction will also be back this year. We've decided to keep the online auction format that was a success last year. The online auction will begin earlier in the week and is tentatively planned to end during the party, adding to the fun of the evening.

As mentioned, The Boathouse Party provides significant funding to support the Foundation's mission of advancing maritime education, promoting youth and intercollegiate sailing competition, and expanding opportunities in boating. The Foundation has already committed to fund 10 scholarships for students at Strong Vincent Middle School at the Reyburn Sailing School this summer. Laurie Root, the Board member in charge of our grant program has reached out to community groups that the Foundation has supported in the past as well as many others to expand our reach, with grant applications due April 30. We look forward to sharing the outcome of our grant review in the coming months. You, yes you, can help make The Boathouse Party a success.

Please...

- Consider being a sponsor at the level that best fits your means.
- Ask your employer to sponsor the event or match your donation.
- Donate an item for the online auction. Fishing trips, boat rides, use of a vacation home, custom creations or artwork would all be appreciated and sought after. Have spare boat parts that are still in good shape that you no longer need? Donate them! If you are a professional artist and would like to reserve a commission on your work? We'll work with you.

And lastly, come and bring your friends, family and dock neighbors if you are a boat owner. We know you'll have a good time while supporting a worthy cause.



Save the Day at Frolic on the Bay!

July 12th, 2021

The Erie Yacht Club will host the 30th annual Frolic on the Bay and provide boat rides and entertaining experiences to deserving children with physical, chronic and life-threatening conditions. All you good skippers and volunteers, please mark July 12, 2021 on your calendars. Any questions, or to donate your boat, time or monetary support, give us a call!

Co-Chairpersons
Maureen Beck & Kathleen Dailey
Maureen (814) 864-8446
Kathleen (814) 450-2364
eycfrolic@gmail.com



Every year boat rides and entertaining experiences have been delivered to hundreds of deserving children and their families.

These are children with physical, chronic and life-threatening conditions who might otherwise never get to experience such a day on the water. Supported by the community, the Erie Yacht Club hosts Frolic on the Bay.

Among organizations invited to participate are:

- The Achievement Center
- Make a Wish Foundation
- Mercy Center for Women
- Juvenile Diabetes Research Foundation.

The good skippers volunteer themselves and their boats so these children enjoy the special attention of an honored guest.

Through the generosity of too many people to mention the children and their families enjoy lunch on-board as well as fun shore-side activities after their boat ride. EYC volunteers coordinate everything so the children enjoy "smooth sailing" all day.

After the children depart, the skippers and volunteers relax during a well-earned cook-out with all the trimmings.

EYC Rental Program

A program for members of the EYC

Enjoy a fun day on the water without the hassle of ownership.

Stop worrying about the price of insurance or slip fees, or about how you're going to spend your long awaited weekend applying bottom paint or waxing the hull.

For a fraction of what it costs to own a J/22, you could simply rent one of ours.

Our Rental Fleet also includes kayaks and paddleboards! Rent a J/22 for three hours, or one of our kayaks or boards for two hours.

The EYC offers discount packages of multiple rentals for the season as well. No storage, no loading or unloading the equipment; simply show up, take off, and enjoy!

Enjoy time by yourself or grab a friend and come take advantage of your Presque Isle Bay! Please visit our page at:
<https://www.erieyachtclub.org/rental-program>

RULES & REGULATIONS

2021

By Waterways Conservation Officer Matt Visosky

The 2021 boating season has arrived with much anticipation and everybody hopes it's going to be much better than last summer. When I wrote last year's article for The Log who would've thought the entire world was going to experience what we went through. COVID-19 is still present as I write this year's article but with a better understanding of how to control it and vaccines being administered, so that we can enjoy the summer and the outdoors. Now in typical Erie fashion we will be able to enjoy what Presque Isle Bay and Lake Erie has to offer.

Lake Erie's water levels this year are projected to still be above average but nowhere near as high as the last several years. This is great news because I think everybody is tired of dealing with the high water and when it's windy even higher. Now people are also going to have to remember that some places they navigated the last couple of years could now be 12-18 inches shallower than before.

If you've sent for your new registrations and decals via mail or online and not received them, you're not alone. With the state shut down last year and still running a limited staff in Harrisburg processing paperwork is behind.

If you completed this online please just carry your receipt with you or if you sent for your registration via mail have a copy of your check. This will work for us as we all try to get all the current paperwork processed and mailed back. Remember the web address for renewing boat registrations is huntfish.pa.gov. This is a new website and renewals can be done online. Any questions there is a help line to assist you. That phone number is 800-838-4431

Fishing licenses can be purchased at many locations and you can instantly walk out with a green license. Some people are still trying to avoid crowded stores so licenses can be purchased online from our website via huntfish.pa.gov. Save the license PDF to your phone and an electronic version of your license is legal. Print it off at a later date and then you can have it on your person.

Still an area of focus is Documenting Vessels, and the PFBC is trying to get boat owners into compliance both on the state level and federally. Many boats in Erie are Federally Documented and only display the PFBC validation decals because registration numbers cannot be assigned. By federal and state law validation decals must be displayed on both sides on the hull anywhere from the mid-way point forward up to the bow itself.

Decals are being observed on sailboat masts, fly bridges, salon windows, bow pulpits and even on anchors. These locations would all be considered violations of the law. During enforcement actions with these vessels other problems are coming to light. If your vessel is truly and correctly documented the decal that you receive from the PFBC will not have a PA number at the bottom of the decal. Federally Documented Vessels cannot be assigned PA registration numbers. Another situation we're seeing are owners of Documented Vessels possessing a PA Title. When boats are documented federally a state title cannot be obtained and if one is already in your possession it must be forfeited back to the state. If you have any of these situations occurring please contact the PFBC's Boat Registration Bureau at 866-262-8734 (M-F, 8-4) and they'll figure things out for you.

I write this article every year to highlight recent changes in the law or regulations to get the word out, so boat operators can be aware of any changes. Below I would like to take the time and review some laws and regulations that seem to be less known by operators. I feel it's important to get the word out so boaters are aware of any changes or just some laws or regulations that they may not know. The laws and regulations below are reminders because it is better to remind people so they enjoy their time on the water and avoid interactions with law enforcement.

- Engine cut-off switches is a brand new law that took effect 4/1/2021. Any boat less than 26 feet that has engine thrust of 115 lbs which is more or less a 3 hp motor and built after 1/1/2020. If you fall into this category the engine cut-off switch must be used. This law is brand new and articles can be found all over the internet explaining it better than I can. The USCG has a Q&A section covering this law and the what if's.

- PA Fishing Licenses are no longer required to be displayed on an outer garment. You may now have them in your wallet or on your phone.

- Guidelines for reporting boat accidents: With any accident that results in a death or disappearance the PFBC must be notified immediately and followed by a written boating accident report within 48 hours. If an accident results in an injury that requires treatment beyond 1st Aid, a written boating accident report must be submitted within 48 hours. If an accident results in damage to the vessel or other property exceeding \$2,000 or if there is a complete loss of the vessel, a written boating accident report must be submitted within 10 days. This may sound confusing so let me explain it further. The boating accident report is a form that the boat operator and owner complete on their own and is confidential and forwarded directly to the PFBC and used for statistic purposes etc. Depending on the type accident, when it occurs the PFBC and Station Erie will respond to assist with the situation. The PFBC will then conduct an investigation because most incidents will result in more than \$2,000 in damage. The easiest way to call for help is to contact 911 and they'll dispatch all the local responders to help.

- Bow Riding - No person is allowed on the bow of a boat regardless of size while the boat is being operated above "Slow No Wake Speed." If a boat has a specifically designed seat on the bow for passengers then these boats are exempt from this regulation. An example of this would be some models of Marinette. Some Marinette's have a built in bench seat on the forward cabin deck. Sun cushions on the bow do not fit the seating requirements so passengers cannot sit on them while above slow no wake speed. When bow riding is being observed it may result in a law enforcement stop.

(continued on next page)



RULES & REGULATIONS 2021

(continued from previous page)

- Paddle Boards have been classified as a watercraft. Since paddle boards are a watercraft any person on a paddle board must have on-board a Personal Flotation Device (PFD) and sound producing device. We've observed the fanny pack type inflatable to be very popular for this activity and you can attach a whistle right to the strap that goes around your waist.

- Operating at Safe Speed & Keeping a Proper Lookout - When operating any boat especially after sunset, boat operators are required to keep a lookout for any object like buoys, unlit boats, logs etc., and be able to stop or change course in time to avoid collisions. If this means operating at a slow speed because you have restricted visibility then that's what you need to do. State law requires a boat operator to operate their boat at a speed in which they can see objects and take corrective action to avoid a collision.

- Cold Weather PFD Wear - From November 1st thru April 30th all boaters regardless of age must wear an approved USCG Personal Flotation Device (PFD) on any boat less than 16 Feet and all canoes and kayaks.

- Inflatable PFD's are not approved to be worn by persons under the age 16 and also not approved for use under the temperature of 32 degrees. You can find these listed on the manufactures label on the PFD.

- Mandatory Safe Boating Certification: Anybody born on or after 1/1/1982 and who operates a motorboat 26 horsepower or greater must obtain a Safe Boating Certification. Anybody who operates a Personal Watercraft (JetSki, SeaDoo etc.) regardless of age must possess a Safe Boating Certification. Safe Boating Courses can be found on the PFBC's website at: fishandboat.com.

- Personal Watercraft (PWC) towing restrictions changed a couple years ago now. Prior regulation only allowed one (1) person to be towed by the PWC. The regulation has been changed to allow for the capacity of the PWC because some have a capacity of four (4) or five (5) people. You still must have an operator and observer on the PWC but if its capacity is 5 then you can pull 3 people on a tube.

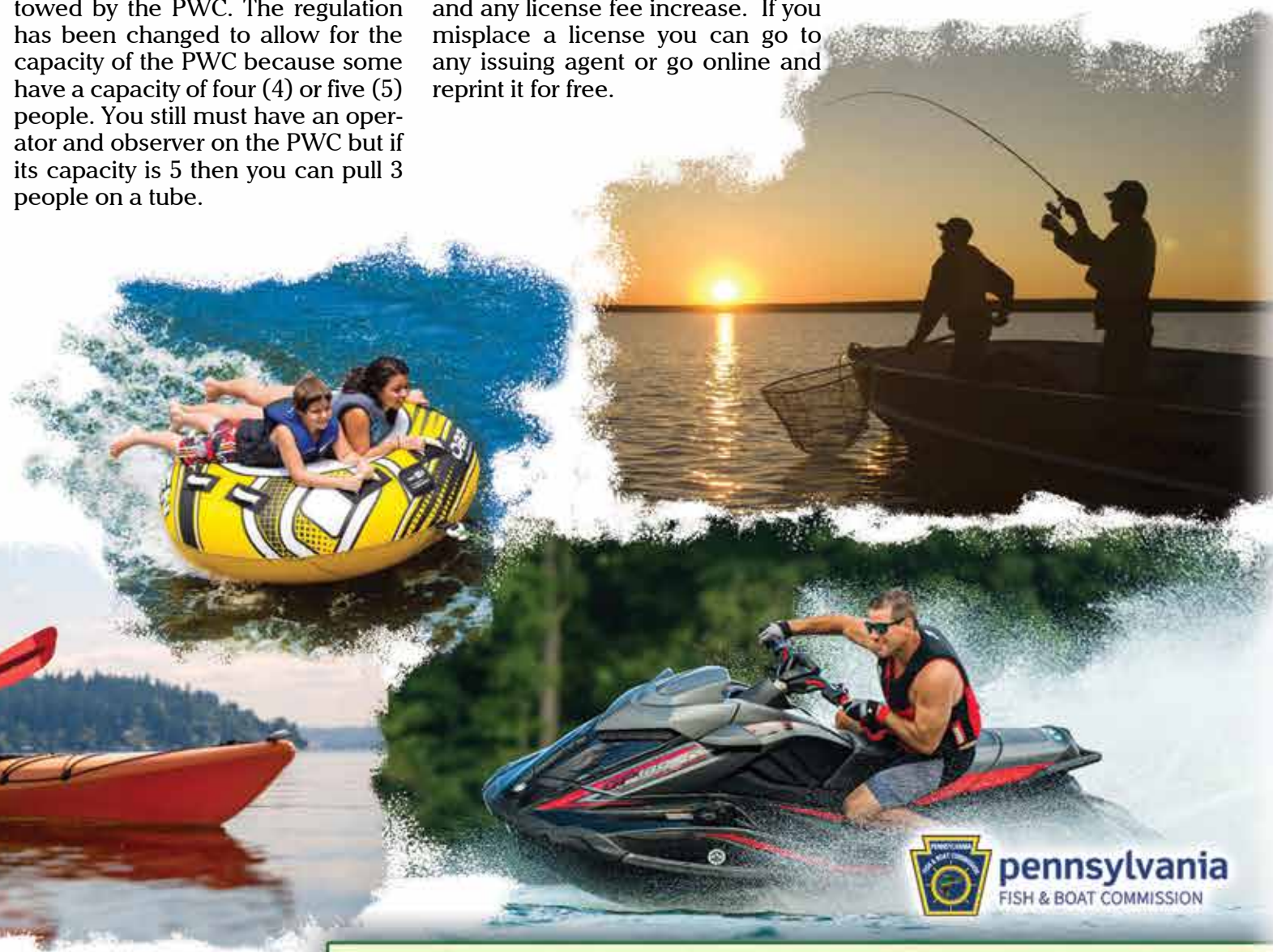
- Duck Layout Boats: A PFD must be in the layout boat and if it's during 11/1 - 4/30 that PFD must be worn.

- Senior Lifetime Fishing Licenses: Since 2015 seniors that purchase their Lifetime Fishing Licenses and wish to fish for trout must purchase a Trout Permit yearly. Seniors can purchase Trout Stamps for up to 10 year's out. Senior Lifetime Licenses purchased prior to 2015 are grandfathered in and are valid as long as they purchased the Trout Permit prior to 2015.

- Regular Fishing Licenses for everybody else can be purchased yearly just like before. Licenses can also be purchased for 1, 3, 5, and 10 years. This would save you the transaction fee and issuing fee each year after your initial purchase year and any license fee increase. If you misplace a license you can go to any issuing agent or go online and reprint it for free.

Please visit the PFBC's website at: fishandboat.com to find any additional information and a complete list of law and regulations. You can also down load the PFBC APP (FishBoatPA) for information. The regional office in Meadville can be contacted at 814-337-0444 and any and all questions can be answered or your questions will be forwarded to me and I'll contact you with answers.

The PFBC and I would like to take this time to thank you for abiding by these regulations and hope that everybody has a safe, fun and enjoyable 2021 boating season.



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WHAT'S THE GOOD WORD?

BY DAN & KATHY DUNDON



Before we know it, we will be again enjoying another great boating season at Erie Yacht Club. After 2020 (ugh!) we can't wait for great times sailing, boating and fishing on Presque Isle Bay and Lake Erie.

Here's hoping we will enjoy activities such as Venetian Night, Opening Day and Thursday Happy Hours on the Deck. Mixed among these "active times" may be times of relaxation and maybe reflection?

Here are some thoughts to ponder during any quiet times.

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

- Jimmy Dean

Change your thoughts and you change your world.

- Norman Vincent Peale

I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being willing is not enough; we must do.

- Leonardo da Vinci

Eighty percent of success is showing up.

- Woody Allen

Either you run the day, or the day runs you.

- Jim Rohn

The best revenge is massive success.

- Frank Sinatra

The way to get started is to quit talking and begin doing.

- Walt Disney

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

- Maya Angelou

Every strike brings me closer to the next home run.

- Babe Ruth

A person who never made a mistake never tried anything new.

- Albert Einstein

Everything has beauty, but not everyone can see.

- Confucius

We can't help everyone, but everyone can help someone.

- Ronald Reagan

Nothing will work unless you do.

- Maya Angelou

Life is 10 percent what happens to me and 90 percent how I react to it.

- Charles Swindoll

Start where you are. Use what you have. Do what you can.

- Arthur Ash

When I let go of what I am, I become what I might be.

- Lao Tzu

We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained.

- Marie Curie

To handle yourself, use your head; to handle others, use your heart.

- Eleanor Roosevelt

People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily.

- Zig Ziglar

When you look at people who are successful, you will find that they aren't the people who are motivated, but the ones who have consistency in their motivation.

- Arsene Wenger

So, we hope you enjoyed these Good Words! Don't forget to send us your favorite quotes and words-of-wisdom:

(dandundon@gmail.com) for us to maybe include in future EYC log articles!

Here is a closing thought to ponder which comes from the French saying: "Fleuris là où tu es plantée", which says... more or less:

"Bloom where you are planted"



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Erie Yacht Clubs Junior Sailing Alumni Regatta



**Saturday
May 29th,
2021**

The regatta is available to all
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Up to 30 teams will compete
for the coveted
Alumni Trophy.

The race will take place
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EYC Cruisers prepare for “Comeback from COVID” Summer



The 2021 Boating Season is just around the corner and we are inviting all EYC Members to come and join the EYC Cruising Fleet. The Cruisers are set for an exciting “Comeback from COVID” summer. There’s been lots of planning going on during the winter months and now that the good weather is here, everybody is looking forward to launching their boats and to a boatload full of fun activities both on and off the water. As has been stated in the past, you do not need to be a power-boater to belong and enjoy our myriad of social events.

We’ve already started the season with a Cruise-Day Tuesday Happy Hour at the Club on March 16 with complementary hors d’oeuvres provided by the Fleet and a good time provided by those who attended. Next up was our April Cruise-Day Tuesday organizational meeting on April 20, where attendees enjoyed Fleet-provided complimentary light hors d’oeuvres and a selection of seasonal beers generously provided by Erie Beer. Information on the upcoming season was presented and members old and new were able to register for the season.

Commodore Vinnie Cifelli discussed his vision on how the Fleet can get involved with various EYC events, including the upcoming Charity Regatta.

Kathy Dailey and Maureen Beck talked about the 2021 Frolic on the Bay planned for July 12, 2021 as well as the upcoming Cinco de Mayo party they are planning. Members of the Board were available to discuss membership fees and other planned events.

• SUMMER 2021 ACTIVITIES •:

Some of the events already on the calendar for this season include Cruise-day Tuesday on May 18, 2021 which, weather permitting, will be a picnic at the Lighthouse. June is full of other fun activities as we start to use our boats! Our first on the water party will be a raft-up in Marina Lake on Sunday June 13. Cruise-Day Tuesday on June 15 will be a party either on or off the water as yet to be determined. New this year will be a Wednesday night raft off to view the EYC Racing Fleet Wednesday night JAM races; the date will be finalized once the Racing Fleet schedule is published but possibly June 23. And we’ll wrap up June with a “dinner cruise” to downtown Erie to check out one of our amazing waterfront restaurants. And summer is just getting started!

In July, those in town will support the Frolic on the Bay on July 12. We also plan to cruise to Put-In Bay for a destination Cruise, with tentative dates being sometime the week of July 11-15 with July 18-22 as a back up weather date. And don’t forget THE PARTY OF THE SEASON - the Venetian Night Party and Lighted Boat Parade on July 31. Great food, music and dancing. Start planning your boat decorating theme now. We hear there may be fireworks again this year!!!

Lots of other events on the radar like a Cruise to Dunkirk, a Day at the Beach, and much, much more. Maybe a trip to Port Dover if we can ever visit Canada again. And if you have an idea for an event that you’d be willing to organize, just let us know and we will get the word out.



Please feel free to visit our Facebook page or contact anyone of the Cruising Fleet planning committee:

Bob and Dianne Cunningham
dcunningham@homeinstead.com,

Brad and Karen Carns
karenlynncarns@gmail.com

Dave and Kathy Wagner
secretary@erieyachtclub.org

and Don and Marilyn Russell
mkrussell2000@yahoo.com

and we will fill you in on how to get involved.

All EYC members are invited and we are always looking for new faces willing to help in the planning and organizing, too. The nominal \$50 first year participation fee with renewals each year of \$35 for each boat are returned to the Fleet many times over through parties, snacks and events both on and off the water.

**PLEASE CONSIDER
JOINING US!**





These Businesses Make The LOG Possible!

As the events and activities return to the Erie Yacht Club, the publishers of their LOG magazine would like to send out a heartfelt thank you to all the advertisers in the LOG magazine both past and present who continued their support even through the economic uncertainty of the past year. It is through their advertising that we are able to publish the LOG and bring it to the members and guests of the EYC.

Without your generous LOG advertisers none of this would be possible. Therefore we strongly urge you to support them in return. Whether you are looking for insurance, repairing your current ride, looking for a new boat, or looking for a caretaker for an elderly relative, please consider all the LOG advertisers first when making your choices. Just as they have considered the EYC members when deciding to support the continuing publication of the Club's LOG through their advertising.



May Calendar of Club Events

9th Mother's Day at the EYC
Dine In or Take Out Available
Dine In at our Extraordinary Buffet
Serving 11AM - 2PM
Guitarist Mike Leslie
Reservations Required
Limited Seating
Tables of 10 or Fewer with Larger Parties Split Between Tables

Take Out
Pickup Times: 12PM • 1PM • 2PM
Takeout Orders Must be Made by Thurs. May 6th

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18th Ladies of the Fleet Dinner

29th Junior Sailing Alumni Regatta
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June Calendar of Club Events

4th Thursday Sunset Happy Hour
"Cape Cod" Drink Specials
Music by "The Jays"

5th EYC Open Regatta
2 Day event at the Rickloff Boathouse
with multiple boat classes
see the EYC website for details

6th EYC Open Regatta Continues

10th Thursday Sunset Happy Hour
"John Daly" Drink Specials
Music by "Acoustic Ear Candy"

17th Thursday Sunset Happy Hour
"Beach Punch" Drink Specials
Music by "Vegas"

18th Yacht Rock Party At the Lighthouse
Sail Away with the Smooth Rock of
Pan Tropix • 6pm
Yacht Rock Buffet & Cocktails
Reservations Limited
Call 453-4931 Ext. 202

24th Thursday Sunset Happy Hour
Sangria Drink Specials
Music by "The Intent"

25th Inter-Club Regatta
Details at: www.erieinterclub.com

26th Inter-Club Regatta Continues

Social Distancing & Mask Rules may
still be in effect and enforced.

Finally Getting Out?

File a float plan before you leave
for your boating trip.

Change of plans?

Returning early?

Returning late?

Give the fuel dock a call at:

814-453-4931 ext. 216

and let us know!

www.erieyachtclub.org/float-plan

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