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CLSA Officers and Committee
Chairs

clintonlakesailing@gmail.com

CLSA website:

<http://www.clsasailing.org>

Commodore's Log

submitted by Rick Langlois

Ahoy CLSA Sailors,

'twill be me last Windword submission as CLSA Commodore #37. It has been a year 'o doubloons 'n spiced grog for me - it has. I enjoyed raid 'n and makin' with so many buckos that I would likely never have sailed with otherwise. Stewardin' th' association through a year 'o growth 'n increased interest in social merriment has filled me treasure chest with loot o' the heart. To all 'o ye who participate in CLSA events, thank ye kindly! Extra rations of grog for ya'll. To ye lubbers that what ain't - ye best be hoistin' yer sails before the black spot falls on your hook and sends ye to Davy Jones' locker. By the powers that be.

[pirate translator of]

The Fall Banquet & Annual Meeting (coming very soon) should be a wonderfully entertaining evening with a smooth transition of power from Commodore #37

to Commodore #38, Angie Hunt. Who will be awesome! Of course the CLSA Race Committee Chair, Gerry Christman, will



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present the season's racing awards. Three Cheers! Social Committee Chair Debbie Yeagle is working hard (as I write this) to make sure we have a great meal in a great spot — The LeRoy Country Club. In case you haven't heard, the friendly folks who used to host our banquets in the old bank building in downtown LeRoy are operating out of the Country Club and *by the powers* they do a sterling job of it.

We will take a vote on adding an amendment to the CLSA bylaws. Pretty minor stuff really but the Queen will have 'er due should CLSA ever disband. This amendment addresses that. Discussion should take place online. Via the [CLSA Forum](#) (subscribe).

There is still some sailing left this Fall. I encourage you to take a day off work and get out there!

Anchors Aweigh!

Rick Langlois, CLSA Commodore #37

Vice Commodore Report

submitted by Angie Hunt

Fellow CLSA Members,
I am excited and looking forward to working with CLSA's 2017 board and members. Although we are already GREAT, I believe by working together we can accomplish more, sail more, educate more, develop more, and have even more fun together!

Angie



Membership Report

submitted by Heather Johnson

First, I'd like to take a moment to thank each and every member of CLSA. Your membership and support is what keeps us running year after year. Without you, there would be no CLSA!

This year the membership has grown by a whopping 24%! I was so impressed with the involvement of our newest members on the committee boat, during work days, and attendance of our social activities. I

hope that each of our new members have enjoyed their first season at CLSA and we look forward to seeing you and the rest of CLSA at the Fall Banquet and in the 2017 season!



Social Committee Report

submitted by Debbie Yeagle

As our 2016 CLSA season comes to an end soon, I want to say "Thank You" for letting me be your Social Director once again. I have loved meeting new members, working with a great Board of Directors, spending time at the lake with my husband & friends, and being part of all that is CLSA.



We will try to keep in touch, with the possibility of going bowling, seeing a movie together, or just having a coffee date at somewhere like Panera. And even though we aren't officially "open for business," your CLSA board still meets though out the

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winter months to plan the upcoming season, so that when the lake thaws, we will be ready to go.

Stay tuned into CLSA by checking out our Facebook page and going to our website Clinton Lake Sailing Association for information and news.

Hope to see you at our Fall banquet on Nov.12th, 2016, starting with happy hour at 5 P.M. The banquet will be held at the LeRoy Country Club, on Rt.150, just east of LeRoy, IL. Cost is \$25 per person, which includes a wonderful dinner of your choice, awards ceremony for our racing teams, closing year-end thoughts, and the installation of new officers.

Once again, I have considered my work for CLSA to be a real joy & I am thankful for each one of you.

Thank you!

*** Debbie Yeagle, Social Chair for CLSA

Photo from workday
by Debbie Yeagle



Hugh resting up before going kiteboarding!



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Who gave Alex an axe?!



The brain trust ~
inquiring minds



Rick and Nacho ...
like pb&j, better
together



Heather keeping us
organized



Mr. Fix It



Planting daffodils on the point. Just wait till
spring!

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Working hard? or Hardly working!!



Horsing around

To the CLSA Membership

Exciting News!

The Board of Directors has determined that we qualify as a 501(c)3 non-profit and that we can fill out the EZ form (1023EZ). The advantages of becoming a 501(c)3 is that we can accept donations and those donating can claim that as a tax deduction, which might increase their interest in doing so. Particularly in light of our efforts to improve the club's facilities, there does not appear to be a downside.

The next step — before we can file the paperwork — is to include in our by-laws a statement that, if we ever dissolve as a club, our assets will go to another 501(c)3. That statement is not currently in the by-laws, and the only way we can make that change is to have the membership vote on it. We will have that vote at the Nov. 12 banquet/annual meeting at the LeRoy Country Club.

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The new by-law shall provide that, in the event that the club dissolves, its assets shall be given to another 501(c)t 3.

The official wording will read:

Upon the dissolution of the corporation, assets shall be distributed for one or more exempt purposes within the meaning of section 501(c)(3) of the Internal Revenue Code, or the corresponding section of any future federal tax code, or shall be distributed to the federal government, or to a state or local government, for a public purpose. Any such assets not so disposed of shall be disposed of by a Court of Competent Jurisdiction of the county in which the principal office of the corporation is then located, exclusively for such purposes or to such organization or organizations, as said Court shall determine, which are organized and operated exclusively for such purposes.

If you have any questions, please don't hesitate to contact the google forum, so everyone can know of the questions and answers. Alternatively, you can contact Rick Langlois, commodore, Angie Hunt, vice commodore, or any of the other board members listed on our website.

Coming to the Fall Banquet?

Consider paying your 2017 dues at the Fall banquet. The sooner you pay, the easier it is for the club to plan and budget for the **next** awesome year!!!

Dues are \$70 for an individual, \$95 for a family or \$35 for a student. And if you pay at the door, you save the cost and hassle of a stamp!

Motion Sick No More

story and photo by Debbie Yeagle

You may have seen me. I was the little kid, green at the gills, head down, probably crying at the Illinois State Fair. (Or any other carnival or fair, big or small.) While the rest of my family rode the rides, screaming & laughing in both terror & delight, I stood as still as could be, usually facing away from anything that moved. You see, I suffer from vertigo, or commonly known as motion sickness. I never know when it will strike & as some of you know, it is quite awful



So what do you do about this?

I have tried everything. Protein loading, ginger, pills of all kinds, getting up certain ways, lying down other ways, stretchy, tight elastic wristlets, along with much well-intended advice from folks who have never suffered from motion sickness. Oh my!

So when our Mid Illini Sail & Power Squadron came up with the idea of chartering sailboats in the BVI's, I knew I had to find something to help. A week of debilitating motion sickness would ruin our trip, and cast an awful tone for the rest of our group. I could not have that. And I wasn't about to tell my husband that we couldn't go. So I began to read & search for answers.

After much serious investigation, I found articles from others, about the "Relief Band Voyager", made by Neurowave Medical Technologies in Chicago, IL. This is a watch-like device that you wear on your inner wrist. It runs on a battery and sends electronically programmed pulses down to your hand. The

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benefit of these pulses is to reduce nausea & all the nasty side effects that go with it.

I decided to look on Ebay, to see what was available there. At the time, I could have gone to the "Reliefband" website to buy one, but found that it would take 6 weeks for it to arrive, and I wanted to get used to it before our upcoming trip. I bought one on Ebay for \$75.00, with free shipping, and it arrived promptly.

I read everything in the pamphlet, and on the box, and decided it was time to test it. I put it on & went for a ride in a hilly area, on an empty stomach, with husband Tom driving. Hills, hunger & passenger seat usually mean motion sickness for me. Dialed it up to one, and felt a soft tingling in my wrist & hand. (Not even as strong a feeling as when your hand goes to sleep.) Best part? No motion sickness. Hallelujah!

I seem to fly very well, so I didn't use it on our flights going to the BVI's. However as soon as we left the marina on our beautiful, big sailboat, I went downstairs to retrieve my sunglasses & instantly got dizzy. So dizzy, I walked into 2 walls trying to find the travel bag that had my "Reliefband" in it. In desperation, I dumped everything out, and finally found it. Too dizzy to put it on, I stumbled up the steps & had our boat mate Ines help me.

One thing I learned quite quickly, put that thing on & leave it on! I should have been pro-active & had it on as soon as I stepped on our boat. I think the sheer excitement of this grand adventure, along with the happiness of sailing with dear friends, Ben & Ines, made me just forget about the trouble I can get into with motion of any kind. And once you become dizzy & sick, the "Reliefband" does not work as well. Put the thing on!

The BVI's are well known for beautiful weather, light winds & great sailing. With my new gizmo attached to the underside of my wrist, I felt so confident in those island waters. Then about day 4, I woke up in the night, seasick. The boat was swinging and swaying in the wind. I had never dialed the "Reliefband" up

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past one, but I realized it was time to punch it up to two. Happily, I was able to sleep again. Morning came quickly & with daylight, I could see the 8-9 ft. waves & feel the 27-30 knot winds. Also starting to feel sick again. So once again, I dialed up the "Reliefband" to three. That did the trick. For the rest of the day, we "rocked & rolled" along, with Capt. Tommy at the helm. I held on tight, got sea sprayed wet, and had a great time with my "boaties." Success!

I highly recommend this wonderful device! Maybe the best \$75.00 I have ever spent. Check it out at reliefband.com or on Ebay, like I did. Both places will explain how it works, tell you about how many hours you can expect it to last & give you warranty information.

Now that I am taking sailing lessons from my husband on Clinton Lake, I carry the "Reliefband" with me. And yes, even on Clinton Lake, I have needed it a few times. I take it on car trips & train trips too, and once again, can sing its praises. One of these days, Tommy & I will head to the State Fair to put it through the "Holy Grail" of tests, in "Carnival Ride Land". You will see me, running on my new knees, corndog in one hand, tickets in the other! I'll keep you posted!

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Race Report

submitted by Gerry Christman

Vickie Cub Triangle Championship Regatta

The Vickie Cup Triangle Championship Regatta was held on October 9, 2016.

Boats were divided into two fleets cabin boats and remaining one design.

The cabin boats sailed one lap and one design fleet sailed two laps.

All were scored using the Portsmouth handicap system.

Winds were blowing 8 to 12 mph.

Portsmouth hdcap			race			Overall Results	
Overall summary			1	2	3	total	Rank
Rick W.	one design	flying scot	2	1	4	7	1
Eric B.	one design	flying scot	3	4	1	8	2
Gerry C.	one design	thistle	1	3	5	9	3
Ben W.	one design	flying scot	5	2	3	10	4
Chris T.	one design	flying scot	4	5	6	15	5
Joe B.	one design	flying scot	8	8	2	18	6
Rod B.	one design	flying scot	7	6	7	20	7
Bryan H.	one design	flying scot	6	7	8	21	8
Evan D.	cabin	catalina 25	9	10	9	28	9
Larry B.	cabin	capri 22	10	9	10	29	10
Fleet summary			race			Fleet Results	
			1	2	3	total	Rank
Rick W.	one design	flying scot	2	1	4	7	1
Eric B.	one design	flying scot	3	4	1	8	2
Gerry C.	one design	thistle	1	3	5	9	3
Ben W.	one design	flying scot	5	2	3	10	4
Chris T.	one design	flying scot	4	5	6	15	5
Joe B.	one design	flying scot	8	8	2	18	6
Rod B.	one design	flying scot	7	6	7	20	7
Bryan H.	one design	flying scot	6	7	8	21	8
Evan D.	cabin	catalina 25	1	2	1	4	1
Larry B.	cabin	capri 22	2	1	2	5	2
Golf Summary			race			Golf Results	
Fleet	Boat		1	2	3	total	Rank
Joe B.	Golf	flying scot	3	1	1	5	1
Chris T.	Golf	flying scot	1	2	2	5	1
Bryan H.	Golf	flying scot	2	3	3	8	2
Gerry C.	Golf	thistle	4	5	5	14	3
Rick W.	Golf	flying scot	5	4	6	15	4
Eric B.	Golf	flying scot	6	6	4	16	5
Ben W.	Golf	flying scot	7	7	7	21	6
Rod B.	Golf	flying scot	8	8	8	24	7
Larry B.	Golf	capri 22	9	9	9	27	8
Evan D.	Golf	catalina 25	10	10	10	30	9

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Vickie Cup Distance Championship Regatta

The Championship Vickie Cup Distance regatta was held on Oct 15.

An 11 nm staggered start for a Full Distance race was held. Winds were 12 to 20 making it a challenging day for competitors. The Flying Scot seemed to be planing most of the time.

Skipper	crew	Fleet	boat	handicap (M:SS)	Over All	Fleet Position
Eric B.	Cory & Stan	One Design	FS		1	N/A
Gerry C.	Phil & Andrea	Cabin	Capri 22	6:36	2	1
Wade W.	Chandler & Isa	Cabin	Oday 23	0	3	2
Joe P.	Evan & Lynette	Cabin	Oday 25	1:28	4	3
Larry B.	Barb & Travis	Cabin	Capri 22	6:36	5	4

Boat For Sale

Snark for Sale \$200.00
Extra sail included.

Frank and Jen 217-778-6934
217-898-6871



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Get in the holiday spirit by joining us in the Farmer City Christmas parade! The fun starts November 20 at 2 p.m.. Stay tuned for more info!

2016 CLSA Board

Commodore: Rick Langlois

Rear Commodore: Bryan Hunt

Vice Commodore: Angie Hunt

Secretary: Linda and Joe Budden

Treasurer: Dick Hanson

Committee Chairs:

Membership: Heather Johnson

Race Committee: Gerry Christman

Harbormaster: Perry Biddle

Webmaster: Ruth Ann Vokac

Publicity/Windword: Deb Aronson

Social Committee: Debbie Yeagle

