

Fair Winds

THE CREVE COEUR SAILING ASSOCIATION NEWSLETTER
Available for download at www.sailccsa.com



January 2018

WINTER SOCIAL February 3

Race Day 1 April 22, 2pm

Race Day 2 May 6, 2pm

Race Day 3 June 3, 2pm

Race Day 4 June 10, 2pm

Race Day 5 June 24, 2pm

Race Day 6 July 8, 2pm

Race Day 7 July 22, 2pm

NAVAL BATTLE July 29, 2pm

Race Day 8 August 5, 2pm

RUBBER CHICKEN RACE & PICNIC July 29, 2pm

Race Day 9 September 9, 2pm

Race Day 10 September 23, 2pm

Race Day 11 October 7, 2pm

Race Day 12 October 21, 2pm

FALL BANQUET November 17

BOATYARD CLEANUP DAYS

April 7, 8am

May 5, 8am

June 2, 8am

July 7, 8am

August 4, 8am

September 1, 8am

October 6, 8am

BOARD MEETINGS

January 22

February 26

March 26

April 23

May 21

June 25

July 23

August 27

September 24

October 22

2018 Dockside Dates

Commodore's Corner

HELLO EVERYONE,

It is that time of year when everyone is starting to think (or dream) of sailing. So far it has been a very cold winter with most of us stuck indoors. But soon the weather will change and we can begin sailing in a few months.

Last year we had some very interesting days racing at Creve Coeur Lake. We had some strong wind days with many boats capsized. We had slow hot days. But most of all we had fun while sailing.

Congratulations to our top finishers the both fleets. In the blue fleet we had, First place Stephan and Monica Irgens, Second place Todd Merrill and Third place Bob Karpinski. In the red fleet we had, First place Jim Cox, Second place Ed Humble and Third place Mike Janowski.

Trish Ribaud was awarded Sailor of the Year for her continued efforts to help new sailors in our club.

We also gave out 23 CCSA engraved glass tumblers to members that qualified by sailing in twelve races.

We ended the year with our Fall Banquet at Sybergs Restaurant. I think everyone had a good time.

This year we will have our Winter Social on February 3, 2018 5:30pm at Concordia Lutheran Church, 505 S. Kirkwood Rd. We will be giving out US Sailing "Sailor's Guide to the Racing Rules" to all members attending. So make sure you can make it. It will be a casual fun evening.

Also this year we will have some pre race practice sessions with Trish Ribaud. We had a lot of good responses from last year. If you want to attend or help out, let Trish know.

#1, 4/22/18 11am-1pm
learn to crew-windward/leeward

#2, 5/6/18 11am-1pm
learn to crew-practice starts

#3, 6/3/18 11am-1pm ???

Thank you,

Chris Linneman
COMMODORE



Join the conversation on Facebook



Early Sailing Season Safety Considerations

Bill Kline

Is my life jacket correct?

Life jackets come in sizes to fit babies through large adults. They are intended to keep you afloat in lakes, rivers, pools and other bodies of water. Worn correctly, they work!



Even when the air temperatures are hitting the 60's and 70's, water temperatures will remain chilly until sometime in late June. Hypothermia can occur in any water temperature less than 98.6° — given enough time. Water is 25 times more efficient than air in removing body heat.

If you fall in the lake, conserve your energy and body heat. Never attempt to remove clothing. It floats and it will help you keep warm long enough for help to arrive.

Swimming is usually a bad idea too. Just stay with your boat — it's much easier to see than your head bobbing in the lake.

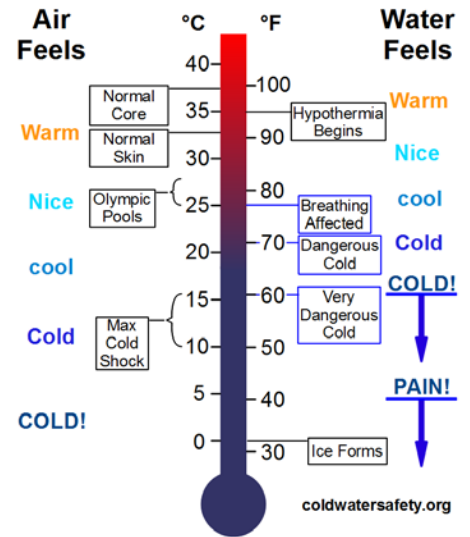
The average adult male lacks about 7 lbs. of buoyancy. The average adult female is better adapted to survival in the water and is closer to neutral buoyancy. Your PFD is meant to make up the difference in buoyancy, but provides little hypothermic protection.

A PFD isn't a PFD unless you have it on when you go into the water. Its very difficult and energy consuming to try to don your life jacket once you are in the water. Wear your PFD.

S/Sx - HYPOTHERMIA (MILD)

- Feeling cold
- A case of the "umbles"
- Numb extremities
- Fast; shallow breathing
- Feeling tired
- A stomach ache (feeling hungry)

Interesting Temperatures



2018 CCSA Board Officers, Members and Counsultants;

BOARD OFFICERS

- Commodore** Chris Linneman
- Vice-Commodore** Greg Walters
- Secretary** Jim Cox
- Treasurer** Trish Ribaldo

BOARD MEMBERS

- Dry Race** Megan Woodring
- Youth Sailing** John Millaire
- Boatyard Manager** Marshall Galliers
- Wet Race** Bill Kline
- Race Results** Bob Gill

CONSULTANTS

- County Parks Dept.** Charles Bell
- Data Base** Jim Smith
- Web Site Administrator** Dan Gill, Greg Walters
- Facebook Administrator** Trish Ribaldo, Greg Walters, Megan Woodring
- Sea Scout Leaders** Jim Gigliotti, Jim Bullard
- Fairwinds Newsletter** Carolyn Neihoff
- Pre Race Practice Sessions** Trish Ribaldo

All board meetings are open to CCSA members. Please contact the commodore ahead of time if you wish to attend a meeting.

