JUL-SEP 2026

THE ANCHORLINE

Santa Margarita Yacht Club



Dear SMYC Members. We had a great summer at SMYC! The 4th of July BBQ was a huge hit with about 150 attendees, and it was great to be back on the water watching the fireworks for the first time in years. We held our August General Membership Meeting, hoping to see more of our members participate, and the popular Dana Point Cruise - with special thanks to the Marina staff and Tom Nelson aboard Take Five for leading. This quarter was filled with camaraderie on and off the water. We also did some individual cruising, among others was the Commodore and Vice Commodore with our families.

As we move into the final stretch of the year, we have already had several exciting events:
-October 18: General Membership Meeting, Elections, and Chili Cook-Off at the clubhouse
-October 24: Dunkin' for Pumpkins
-October 25: Final small boat race, followed by a social at Oceanside Yacht Club
Looking ahead:
-November 14: Annual OORAH! Regatta
We are also working on a movie night – stay tuned for details.

Finally, we will close out the year together at our Holiday Party and Change of Watch on December 7th. This is always a highlight of the season, giving us a wonderful opportunity to celebrate and honor our outgoing Bridge and Board, and welcome our incoming leadership.

I look forward to seeing you all at the upcoming events!

See you at the club and on the water,
Lee Truenow
Commodore Santa Margarita Yacht Club
commodore@santamargaritayachtclub.com

YOUR UPCOMING SMYC EVENTS:

SEE WEBPAGE FOR FULL CALENDAR OF EVENTS AND CONTACT INFORMATION:

WWW.SANTAMARGARITAYACHTCLUB.COM

SAVE THE DATE: NOV 5

BRIDGE AND BOARD MEETING
NOV 5TH, 7PM-8:30PM
SMYC CLUBHOUSE

SAVE THE DATE: DEC 6

HOLLIDAY PARTY AND CHANGE OF WATCH
DEC 6TH, 11AM-1PM
OCEANSIDE BROILER, 1325 N HARBOR
FLYER HAS IMPORTANT DETAILS!

VOLUNTEERS NEEDED: OCT 24

DUNKIN' FOR PUMPKINS
OCT 24TH, 10:30AM-2PM, DEL MAR MARINA
LOCATED ON THE BEACH SIDE OF THE BOAT BASIN

COMPLETED

OCT 25
SMALL BOAT RACING SERIES #6
10AM-2PM
RACES BEGIN AT 10:45
DEL MAR MARINA

COMPLETED

NOV 5
BRIDGE AND BOARD MEETING
7PM-8:30PM
SMYC CLUBHOUSE, DEL MAR

NOV 14
OORAH! REGATTA
10AM-3PM
DEL MAR MARINA, CAMP PENDLETON

DEC 3
BRIDGE AND BOARD MEETING
7PM-8:30PM
SMYC CLUBHOUSE

DEC 6
HOLIDAY PARTY + CHANGE OF WATCH
11AM-1PM
OCEANSIDE BROILER, 1325 N HARBOR

RECAP Dana Point Cruise

Commodore Lee Truenow and Vice Commodore Kurt Bowen joined Tom Nelson on board S/V Take Five along with our Del Mar Marina friends and partners August 15-16. Other SMYC members who participated included Erik Toftely and Dmitri Somov. The sail to Dana Point was punctuated by a dismasting incident on one of the marina sailboats - the Iwo Jima. Fortunately, no one was injured and the staff at the marina quickly responded to get the boat and crew safely back to the Camp Pendleton Marina. SMYC members enjoyed a wonderful dinner and drinks at Dana West Yacht Club. We enjoyed a visit by James Johnson, Lorrie Truenow and Susan Rodriquez who drove up to enjoy the dinner and beautiful August weather. After a pleasant night in Dana Point the flotilla safely navigated back to Camp Pendleton.







RECAP Dana Point Cruise







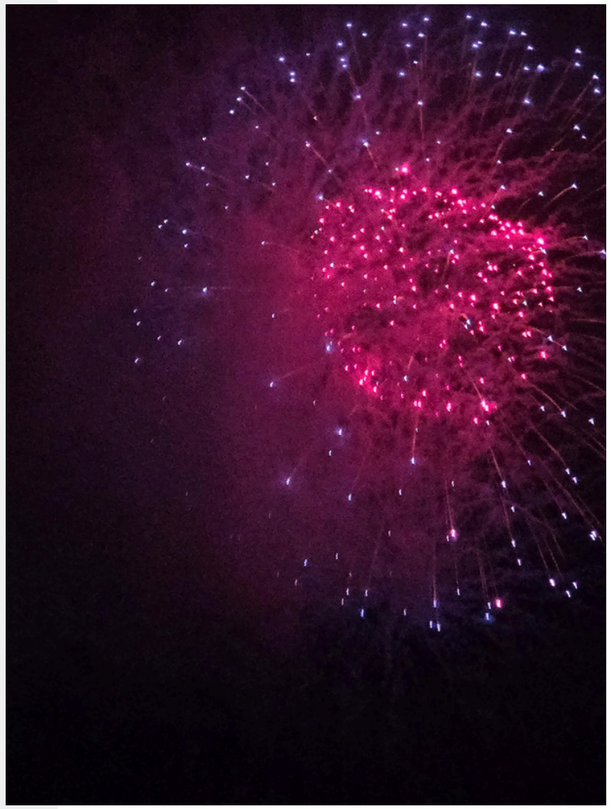
DEL MAR MARINA, OCEANSIDE, CALIFORNIA 92054, UNITED STATES

SANTA MARGARITA Yacht Club

RECAP

4th of July





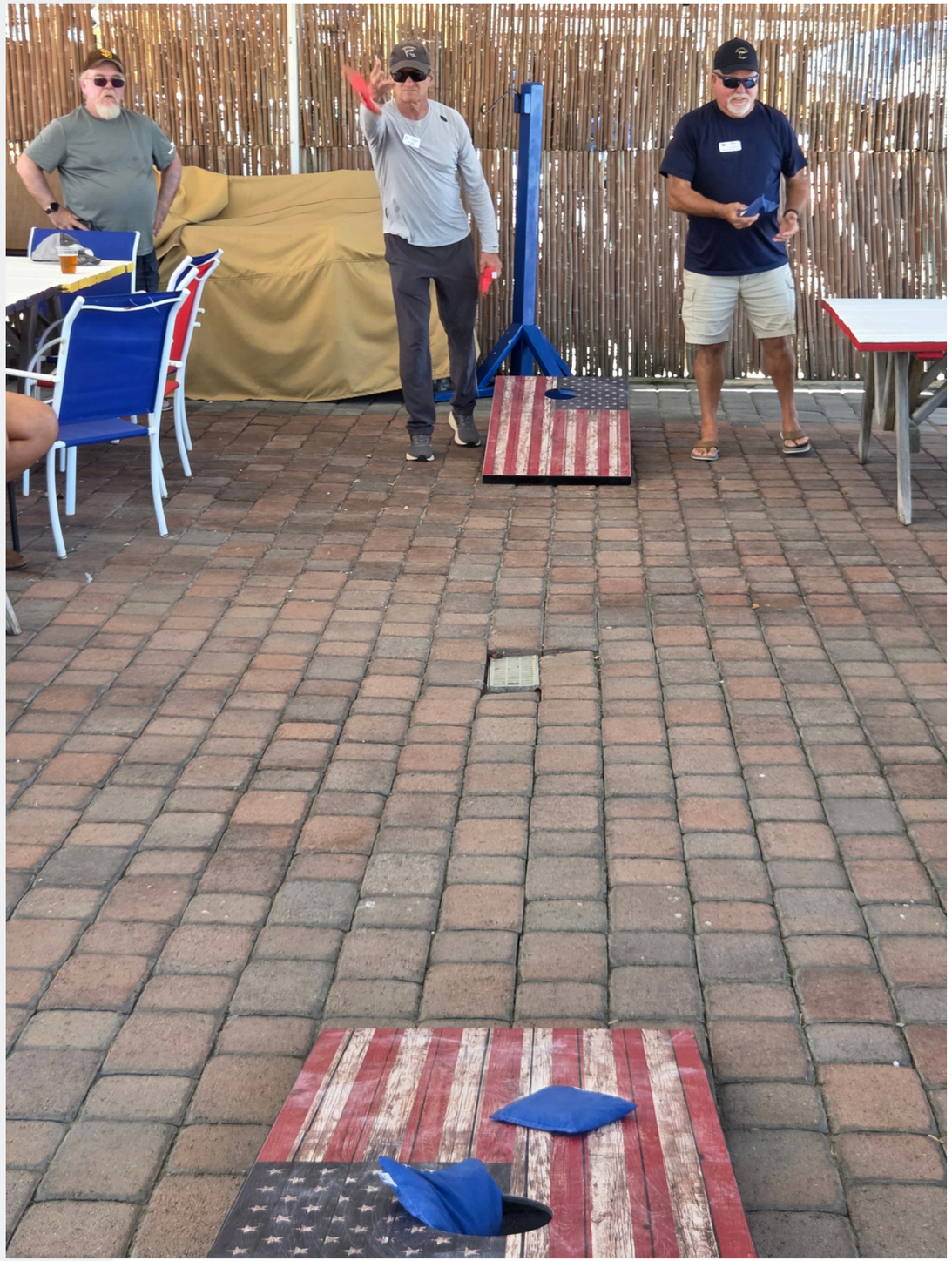


SANTA MARGARITA Yacht Club

RECAP

Gator Cup

Gator cup at Navy Yacht Club San Diego- too much wind to race, so we had a corn hole and trivia game showdown. NYCSD won at corn hole. SMYC won at trivia.



RECAP June Social

June social at Backdraft Bar & Grill, Bonsall



RECAP

Race Days - Oceanside



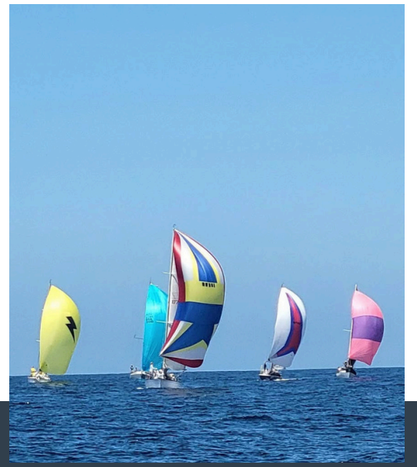












Seasickness (Motion Sickness):

Seasickness (motion sickness) happens when the brain receives conflicting signals from the inner ear, and other balance sensors. Symptoms can include nausea, vomiting, dizziness, sweating, headaches, and drowsiness.

Recommended 17 ways to prevent or manage seasickness:

1. Sleep well before going out; fatigue can make seasickness worse.
2. Eat beforehand and snack regularly – avoid both an empty and an overly full stomach.
3. Avoid alcohol, especially in the 24 hours before boating.
4. Use motion-sickness medication such as Dramamine or Bonine, following medical/pharmacist guidance.
5. Consider a scopolamine patch for longer-lasting prevention, but test it beforehand and follow safety insructions.
6. Try ginger, such as crystallized ginger, tea or ginger products.
7. Use acupressure wristbands; evidence is mixed, but some sailors find them helpful.
8. Try inhaled remedies containing scents such as peppermint, lavender, ginger, or spearmint.
9. Take the helm and look at the horizon to help your eyes and inner ear recieve more consistent motion signals.
10. Stay in the middle of the boat and get fresh air, avoiding the most movement and strong fumes.
11. Choose bland, light foods and avoid greasy or spicy meals.
12. Stay hydrated; dehydration can worsen symptoms.
13. Don’t read or stare at screens while the boat is moving.
14. Vitamin C may help, although the evidence described in the article comes from a small study.
15. Some sailors use an earplug in one ear, though this is presented as an individual trick rather than a well-established treatment.
16. Lie down or sleep if symptoms become severe.
17. Give yourself time to adapt: seasickness often improves within a day or two, and many people eventually acclimate to being at sea.

Bottom line: The main message is prevention and preparation: get enough sleep, eat and hydrate appropriately, avoid alcohol, minimize visual/physical sensory conflicts, and consider medication or other remedies before symptoms become severe. Since individual responses vary, it recommends having several strategies available and consulting a healthcare professional for medication or medical concerns.

Have a safety topic you’d like to see addressed?

Contact Jon Coats to request or submit updates to include here on our Safety and Education page.

Thank you, Jon!

SANTA MARGARITA Yacht Club

Resources and Reminders:





COMPLETED

JUL-SEP 2026



LETTER FROM THE GUEST EDITOR

Dear Readers,

It feels like summer went by so fast, but looking back at the last few months, we definitely fit a lot in.

This summer I've continued to enjoy getting more experience racing with We Be Jammin'. Every race there's something new to learn, especially working together as a crew and figuring out how to make the boat go a little bit faster. It has been amazing getting to learn from so many experienced sailors, and a great boost to place well, sometimes even with a novice crew. We like to say we are the training boat, and it is definitely true! It was especially exciting as We Be Jammin' took 3rd place out of 5 racing in Oceanside's Twilight (12 race) Series, 6th place out of 11 in the O'Dark Thirty (5-race) Series, and 3rd place out of 13 boats in this year's 7-race (and many miles!) Coastal Series. And I also enjoy every wildlife spotting, no matter where we place!

Thank you to everyone who contributed photos and write-ups for this issue. I hope you enjoy reading this edition – my apologies for being a little tardy in pulling it together this month, sadly a few events were completed before publication. I'll see if I can be a bit quicker for the end of the year newsletter!

I look forward to seeing everyone on the water!

Sincerely,
Emery Halfpap
Assistant Editor
Youth Sailor with SMYC





Have a submission for the next edition of our Anchorline? We'd love to hear from you. Email Jessica at: jlhalfpap@gmail.com

https://santamargaritayachtclub.com for additional club resources and information.

Photo credit and Anchorline contributors: Lee and Lorrie Truenow, Jon Coats, John Bottema and Jessica Halfpap.

