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**Photos
provided by
Edelgard Rieder**

**Writer and
Newsletter
Editor
Edelgard Rieder
(Since 2011)**

Happy Valentine's Day!





Commodore's Corner



Hello Fellow Members,

We are getting back to normal Full Steam Ahead!

The Kick-Off Party on January 30th was enjoyed by all. The turnout was good, as was the conversation and food. We talked about several ideas for 2022. Volunteers signed up to chair some of the Standing and Ad Hoc Committees. Our new website is being brought up to speed now and will come alive soon. It will be a seamless transition for our members and will utilize the same website address.

Michael French spoke of social activities most of which will be held on weekends at the marina clubhouse. We will be keeping our clubhouse open on weekends throughout the year dependent upon Duty Watch volunteers (signup sheet on website).

Robert Gonzales talked about cruising. A schedule and instructions will also be posted on the website and will include tagging along with Del Mar Marina trips.

Linda Loftis shared some fun club racing ideas that will include prizes, as well as the Wednesday afternoon Summer Series with Del Mar Marina.

Save the Date: Sunday, April 3rd, is our Opening Day Celebration. Stay tuned to our website for more information.

We hope you will feel inspired to join in all of the activities and fun that we have planned for this year.

Fair Winds and Following Seas,
Susan Rodriguez, Commodore

*We are tied to the ocean.
and when we go back to the sea,
whether it is to sail or to watch,
we are going back from whence we came...*

John F. Kennedy



Safety and Education

Interesting and helpful boating books

For those of you who already read or own these books this is just a little reminder:

Chapman Piloting, Seamanship & Boat Handling, / Hearst Marine Books.

Considered “The Bible” by many. This is a very comprehensive reference, for both sail and power boats. Covers Boating Basics, The Art of Seamanship, Weather, Piloting and Navigation and more. First published in 1917 and updated on a regular basis, currently the 66th edition.

The Annapolis Book of Seamanship, by John Rousmainier.

A very comprehensive book targeted for sailors. It starts with how to select a boat and basic Seamanship Skills, “This is a Boat” section, Getting Underway, Sail Trim, Weather, Navigation, Piloting and many more subjects.

The Practical Mariner’s Book of Knowledge, 420 Sea-Tested Rules of Thumb for Almost Every Boating Situation. By John Vigor. An assortment of odd but very useful and hard to find pieces of boating information in one place. Very entertaining as well as useful.

Things I Wish I’d Known Before I Started Sailing, By John Vigor.

200 pieces of valuable information for sailors and sailboat owners. Highly recommended for sailors of all skill levels.

US Sailing Sanctioned ISAF Safety at Sea course with Hands-On Training - February 26-27

o Safety at Sea courses are for everyone: cruisers, powerboaters, sailors & racers will all benefit from the knowledge and skills covered in this course. Moderated by Bruce Brown, this two-day course complies with World Sailing Offshore Personal Survival Course guidelines.

o SER Categories: 4.3.1 and 4.3.2

o ISAF OSR Categories: 0, 1, 2

o Certification valid for 5 years from the date of the course

[LBYC Covid-19 Policy](#) (subject to change with evolving state & local guidelines)

Please send questions to:

LBYC Yachting Director Cameron MacLaren

Email: raceoffice@lbyc.org

Direct: 562-294-5161



From the Editor's Desk

HAPPY ?



Today I would like to share some thoughts regarding the word HAPPY. We hear this word a lot throughout the year, like happy Holidays, happy New Year, happy Valentine's Day, happy Easter, happy Mother's and Father's Day, happy Anniversary, happy Birthday, and the list can go on. Regardless whether these wishes are truly sincere or not, genuine happiness can have a significant impact on our lives. Allow me to explore this a little bit:

In Indo-European language, going back all the way to ancient Greek, the word happiness is interconnected with the word of LUCK. Hap is the Old Norse and Old English root of happiness. It means luck or chance, as did the Old French heur, giving us bonheur, good fortune or happiness. And Germans give us the word Glueck, which also means happiness and chance.

Happiness can be described as a feeling of joy, satisfaction, and contentment creating positive emotions and a sense that life itself is meaningful and worthwhile. Psychologists equate happiness with well-being as a result of the pursuit and attainment of life's purpose, meaning, challenge, personal growth and reaching one's full potential.

Self-happiness refers to a sense of satisfaction with one's self. It is often associated with self-confidence and self-esteem. It means that you are pleased with yourself and your choices, and with the person you are. Some important factors that contribute to true personal happiness are physical and mental health, family, social relationships, religion, moral values and financial security. Research indicates that good social relationships play a significant roll in experiencing overall happiness. Nurturing our relationships with family, friends, co-workers and neighbors will increase our potential for satisfaction and individual happiness.

Assuming that we have achieved measurable wealth and happiness during our lifetime, what will people remember about us? They may acknowledge our multitude of personal achievements. But, more importantly, they will cherish the acts of kindness, the various attempts to make someone happy, the memories of what we may have done for them or the common good. Keeping that in mind, what can you and I do to spread a little bit of happiness among the people around us? The possibilities are endless and hardly cost anything. Here are a few examples: Greet people with a sincere smile or a hug - it warms body and soul; help a person in need; always express your gratitude; stay in touch with a call or send a card, an unexpected gift or flowers; be generous with compliments; be a good listener and offer encouragement when appropriate, share some humor, share something from your kitchen; be forgiving; share your talents and volunteer for something.

Researchers at a major university spent 80 years studying happiness. The key findings may surprise you:

1. Good personal relationships keep people happy
2. Volunteering increases happiness because of social interactions
3. Loneliness is a major cause of unhappiness

In conclusion I offer a quote from Mahatma Ghandi:

Happiness is when what you think, what you say and what you do are in harmony.

YOUTH AWARD

SMYC is once again offering a scholarship of \$100 to a youth, age 8 to 23.

The award can be used at the Del Mar Marina to have some fun with sailing, kayaking, paddle boarding or just fun in the water.

The application form can be downloaded from our website and is due now.



staffcommodore@santamargaritayc.org

SMYC Membership Renewal

The annual renewal fee of \$50 per family membership is due since Dec. 31, 2021.

Print the renewal membership form, found on our website: Member Information tab, Membership Renewal.

Follow directions at the bottom of the form.

Thank you, S/C Susan Rodriguez, Membership

Vice Commodore Robert Gonzales would like to share the following quote with you:

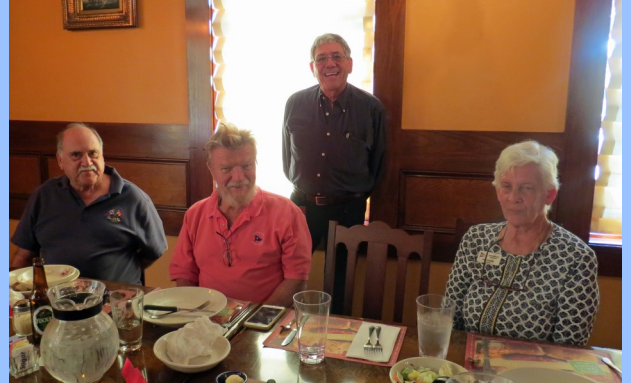


Twenty years from now, you will be more disappointed by the things you didn't do than those you did.

So throw off the bowlines. Sail away from safe harbor.

Mark Twain

Kick-Off Party



Editor's note:

I apologize for not giving credit in the January newsletter to Jay Rodriguez who supplied the photos for the Holiday Party in December.

