

# THE ANCHORLINE

Santa Margarita Yacht Club



Greetings SMYC Members, I'm very happy to see 2025 off to a great start and our club's calendar being filled in with lots of activities on the water. I'm hoping to see everyone at all of the upcoming events that draw your interest!

Thank you to all who attended our January kickoff party, we were honored to have Terry Kaltenbach from the USS Midway Foundation present on Operation Frequent Wind.

Our racing season started with an educational seminar and the first of eight small boat races. Huge thanks to Race Committee Chair Kurt Bowen and all volunteers for making it happen! Racing is a great way to sharpen your sailing skills in a fun, competitive setting.

Cruise Chair Robert Gonzales has organized monthly day sails on the third Thursday of each month, with multi-day coastal cruises coming as the season warms up!

Social events are in full swing, with Director James Johnson leading the way. We had a great time at Fallbrook Winery with future events in the works so check the website for updates.

Finally, join us at **10 AM on April 6th at Del Mar Marina** for our **50th Opening Day Ceremony!** Looking forward to celebrating with you all.

YOUR UPCOMING SMYC EVENTS:



LONG DISTANCE PASSAGE SEMINAR  
APR 26, DETAILS TBD

MISSED THE WINERY SOCIAL? OUR NEXT  
SCHEDULED SOCIAL EVENT WILL BE SATURDAY,  
JUNE 7<sup>TH</sup> AT THE OCEANSIDE YACHT CLUB.  
DETAILS COMING SOON.

SEE WEBPAGE FOR FULL CALENDAR OF  
EVENTS AND CONTACT INFORMATION:  
[HTTPS://SANTAMAR6ARITAYACHTCLUB.COM](https://santamaragaritayachtclub.com)

APR  
3

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

APR  
6

50TH ANNIVERSARY OPENING DAY!  
9:30-12  
DEL MAR MARINA

APR  
12

SMALL BOAT RACING SERIES #2  
10AM-2PM  
RACES BEGIN AT 10:45

APR  
17

MONTHLY KEELBOAT SAIL  
9:30AM-2PM  
WESTCOASTROCK1@YAHOO.COM

APR  
19

E66PHIBIOUS KAYAK E66 HUNT  
VOLUNTEERS NEEDED!  
10AM-2PM



# RECAP

## Kickoff Party 2025

Our Kick Off Party was held on Saturday, February 1st, at the Veterans Association of North County in the La Jolla Room.

We had a nice turnout of approximately 30 members who attended and enjoyed the Mexican-style buffet for lunch. Guest speaker Terry Kaltenbach from the USS Midway Foundation spoke about Operation Frequent Wind. Operation Frequent Wind was the evacuation of Vietnamese refugees out of Saigon and to the US at the end of the Vietnam War.

Vice Commodore Lee Truenow presented a donation from SMYC to the USS Midway Foundation as a token of appreciation for Terry's visit.





# RECAP

## SMYC Racing: Racing Series Kickoff! March 8, 2025



A small but sweet turnout for race series kickoff – if you missed the first one, there are plenty left and time to catch up! A beautiful day, great learning, new faces and happy spectators from the porch.

Thank you, Race Committee!

Next race: April 12th.



**SANTA MARGARITA**  
Yacht Club

### 2025 SMYC Small Boat Racing Series

Eight Days, Forty Race Series at Del Mar Marina  
Open to SMYC Members - 16.5 Capris and 9.5 RS Teras

**RACING DATES:**

Race 1 of 8	Sat. 8 Mar
Race 2 of 8	Sat. 12 Apr
Race 3 of 8	Sat. 3 May
Race 4 of 8	Sat. 7 June
Race 5 of 8	Sat. 12 July
Race 6 of 8	Sat. 16 Aug
Race 7 of 8	Sat. 13 Sept
Race 8 of 8	Sat. 4 Oct

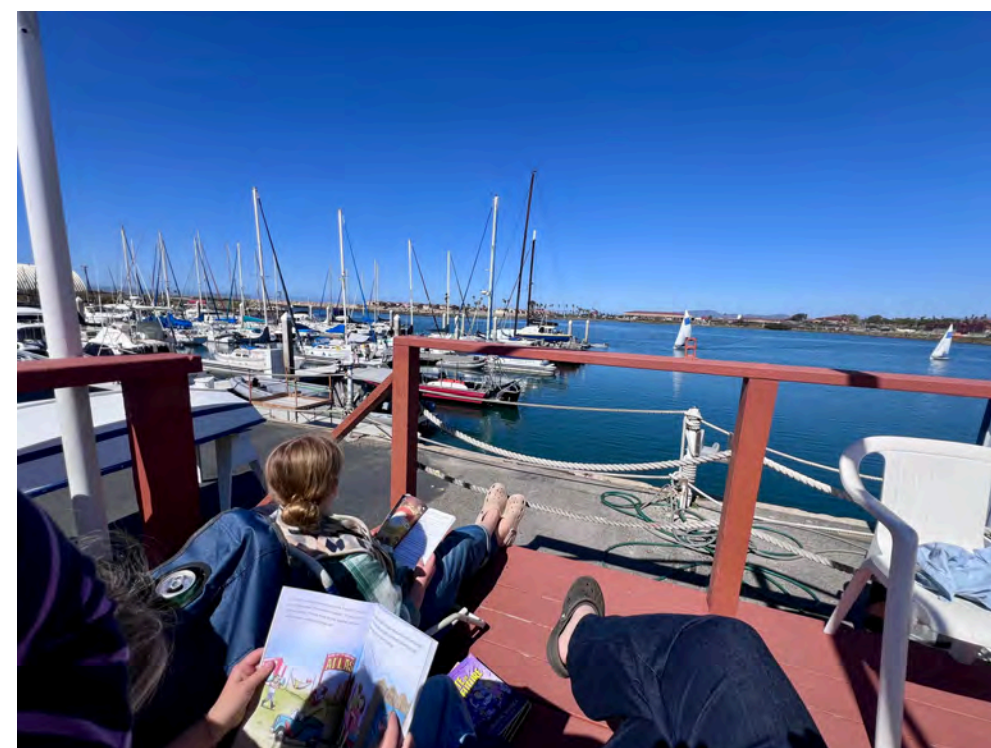
*\* Alternate - Sat. 25 Oct  
(if race make-up race needed )*

**RACING TIMES:**

Registration - 10:00am  
 Skippers' Meeting - 10:30am  
 Races Start - 10:45am



Non-sailing members can join the assembly on the docks and cheer for our sailors.  
 For further information and to reserve a boat, please contact the SMYC racing organizer:  
**Kurt Bowen - [cabowen@cox.net](mailto:cabowen@cox.net)**





## RECAP

## BURGEE SPOTTED



SMYC Member Juan Carlos Lizalde and Commodore Kiran Bisaccia Aboard SV Reprieve in Ensenada, MEX



SMYC Members Juan Carlos and Luly Lizalde Aboard SV Reprieve in Ensenada, MEX

Weekend trip with SMYC member Juan Carlos Lizalde and Commodore Kiran Bisaccia to Ensenada, MEX on 8-10 March. The two teamed up to take Catalina 30, SV Reprieve (which used to be Linda Loftis' boat) to Baja Naval maintenance yard for paint and maintenance where Juan's wife Luly drove down to meet for tacos and visit. Beautiful weekend --thanks for sharing, and we see that SMYC Burgee on display!





## RECAP

### Spring Winery Social

This spring we met for a winery social on Saturday afternoon, March 22nd, at ***Fallbrook Winery 33°N***.

Yacht club members enjoyed wine tasting, eating snacks, and socializing from the winery's outside deck overlooking sweeping views of the Fallbrook hills.

Join us for the next SMYC social event planned for Saturday, June 7th, at the Oceanside Yacht Club.

Photos property of Fallbrookwinery.com –  
thank you for a wonderful day!



## RECAP

### Out and About with SMYC



SMYC Members Emma and Kara Shinn on their Trimaran, O'Shinn Flyer

DEL MAR MARINA, OCEANSIDE, CALIFORNIA 92054, UNITED STATES



SMYC Member Juan Carlos Lizalde and Director Mike Newburn Returning to Del Mar Marina from Ensenada on Reprieve





## RECAP

### Out and About with SMYC



SMYC Member Patrick Mahaffey and Staff Commodore Robert Gonzales  
Sailing Ladyhawk on a SMYC Monthly Day Sail Cruise  
(plus environmental clean-up balloon collection)

DEL MAR MARINA, OCEANSIDE, CALIFORNIA 92054, UNITED STATES



SMYC Members John Bottema and Mark  
Castille on We Be Jammin





## RECAP

### Out and About with SMYC



Commodore Kiran Bisaccia Sailing Osprey on a SMYC  
Monthly Day Sail Cruise



# RECAP

## Navy Yacht Club San Diego Opening Day



Thank you Lee, Kurt, and Kiran for representing SMYC at  
NYCSD Opening Day festivities.



# EDUCATION AND SAFETY by Jon Coats

## COLD WATER IMMERSION

**1-10-1** is a simple way to remember the first three phases of cold water immersion and the approximate time each phase takes.

**1 minute - Cold Shock:** An initial deep and sudden gasp followed by hyperventilation that can be as much as 600% - 1,000% greater than normal breathing. Heart rate accelerates, too. You must keep your airway clear or run the risk of drowning. Cold shock will pass in about 1 minute. During that time concentrate on avoiding panic and getting control of your breathing. Wearing a lifejacket during this time is critically important to keep you afloat and breathing.

**10 minutes - Cold Incapacitation:** Over approximately the 10 minutes you will lose the effective use of your fingers, arms and legs for any meaningful movement. Concentrate on self rescue initially, and if that isn't possible, prepare to have a way to keep your airway clear to wait for rescue. Swim failure will occur within these critical minutes and if you are in the water without a lifejacket, drowning will likely happen.

**1 hour - Hypothermia:** When the temperature of the core of the body falls below 95 degrees physiologic systems falter resulting in decreased heart rate, blood pressure and respiration. As hypothermia progresses, symptoms include: mental status changes such as amnesia, confusion, slurred speech, decreased reflexes, and loss of fine motor skills. At a core temperature below 90 degrees heart and brain function are suppressed. A continuing drop in core temperature leads to death as heart rate and function become slow and abnormal. Exhaustion and unconsciousness can result in drowning.

The United States Coast Guard promotes using life vests to protect against hypothermia through the 50/50/50 rule: **If someone is in 50 °F (10 °C) water for 50 minutes, he/she has a 50 percent better chance of survival if wearing a life jacket.** A Heat Escape Lessening Position (HELP) can be used to increase survival in cold water. It involves positioning one's knees together and hugging them close to the chest using one's arms.

Factors that may contribute to hypothermia:

- Temperature of water and time exposed
- Genetics (body fat acts as insulation and heat generator)
- Cardiovascular risk factors (patients with metabolic disorders like diabetes)
- Age (older adults and young children are more likely to suffer from hypothermia)
- Fatigue (being tired while in the cold increases the risk)
- Illness (chronic illnesses can affect susceptibility to hypothermia).

*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!*





## Interested in continuing your boating education?

**For help in keeping up with new laws and boating skills, many public education classes are taught by local organizations:**

**\*Del Mar Marina and Sailing Center:** see their schedule and classes at <https://pendleton.usmc-mccs.org/recreation-fitness/recreation/outdoor-recreation/marina>

**\*US Power Squadron (now American boating Club):** <https://americasboatingclub.org/find-a-class-near-you>.

Examples of courses include:

- About Boating Course- obtain your required CA Boating card
- Engine Maintenance
- Marine Navigation (Piloting)
- Boat Handling (Seaman)
- Advanced Marine Navigation
- Cruise Planning
- Marine Electrical Systems.

**\*USCG-Auxiliary Classes** - Find Auxiliary classes near you by Zip code at:

<[https://www.cgaux.org/boatinged/class\\_finder/index.php](https://www.cgaux.org/boatinged/class_finder/index.php)>

Examples of courses offered include: Boating Skills and Seamanship; Boats N' Kids; GPS for Mariners; Paddler's Guide To Safety; State Boating Safety Class; Suddenly In Command; Waypoints; Water N' Kids; Weekend Navigator

\*There are other classes taught at yacht clubs, commercial boating sites/stores, and groups.

Additionally, there are often class taught that are not listed on the above websites.

For more information, call your closest USCG-AUX or American Boating Club (Power Squadron).





## LETTER FROM THE EDITOR

What a great spring quarter!

It's nice to see the club events happening lately! Thanks to Jon, Lee, Lorrie, and Kiran who contributed photos and recaps of various endeavors. Those recent events are inspiration for more, and it's great to see the SMYC burgee out and about!

It's worth mentioning again the new items on the calendar. The monthly Keelboat Sail, coordinated by Robert Gonzales and in partnership with the Del Mar Marina (take advantage of their half-day rental discount), is a great way to get those hours logged and get out on the water. Additionally, you'll notice the small boat race series is now a longer but only once-monthly schedule – join in when you can and enjoy honing your skills (chili dogs and sweets up on the porch afterward as we tally those hard-earned points). Thank you, Race Committee!

Wine social, kickoff party, weekend trips, and we're already into Opening Day season --be sure to come on out on April 6<sup>th</sup> to join in those annual festivities, and as always, send me those photos!

Hope to see you on the 6th,  
Jessica & family



Have a submission for the Apr-Jun edition of our Anchorline? We'd love to hear from you.

**Email Jessica Halfpap at: [jhalfpap@gmail.com](mailto:jhalfpap@gmail.com)**

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

Photo credit and contributors: Jon Coats, Lee Truenow, Lorrie Truenow, Jessica Halfpap, and Kiran Bisaccia

