

The Dockline

FEBRUARY 2014

COMMODORE -

Jerry Treleven

jtreleven@rr.new.com
366-2020

VICE COMMODORE -

MarLynn Ohlfs

REAR COMMODORE -

Kris Johnson

FLEET CAPTAIN -

Dan Emmel

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PAST COMMODORE -

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Greetings from the Commodore

Hello to all GBYC members!

Welcome to Wisconsin in February! We have all surely seen warmer ones. Let's all hope our winterization in our boats was sufficient! The club February highlights are of course, the SuperBowl. Then we have the Daytona 500 and Chili Cook Off, along with our regular weekly specials. Take a peek inside the newsletter for details from our directors.

At the January General meeting I made several comments that were surprises to many members. However; these are real concerns of mine. I will repeat them in the February General meeting to clear up any questions. We really do have a high quality volunteer board this year so please do not judge them until we all see the results of their continued efforts.

This will be a good year for the GBYC! Come on down and enjoy your club!

~Jerry



**Get your dock apps
in by March 1st**

Sunshine and Sadness (Roger Gilsoul)



One of the best things about being part of a group of individuals who share a love of a common interest, is the family it creates within itself. We all know what it's like to lose a loved one. Sadly, in the month of January, three GBYC members lost someone. Our sincere sympathy to Jim and Jean Collins on

the passing of Jim's mother, Rosella Collins. Also, to Art and Theresa Gage on the loss of Theresa's mother, Victoria Campbell, as well as to Malanie Hagerty on the passing of her father, William (Bill) Hagerty. God's Blessings to you and yours during these hard times.

A Special Note From Art and Theresa Gage:
Your thoughts, prayers and support during my mom's cancer journey are very much appreciated. You helped lift our family up during those months, as well as since her passing in early January. We are truly blessed to have such a thoughtful and caring family within the Green Bay Yachting Club. The memorial gift from GBYC will be shared with "Ribbon of Hope" to help others who have breast cancer. — Blessings and hugs, Theresa & Art Gage

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February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2  SUPERBOWL!	3	4  	5	6  Happy Hour	7  	8
9	10 6 pm: Board Mtg	11  	12	13  Hour 5-8 7: General Mtg	14  	15
16	17	18  	19 SMOKER	20  Happy Hour 5-8	21  	22 Wolf—Party
23  CHILI COOKOFF	24	25  	26	27  Happy Hour 5-8	28  	

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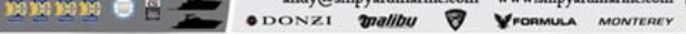
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CLASSIFIED ADS

FOR SALE: 1986 Pearson Sailboat. LOA 28' with 9'10" Beam. Draft is 4'10". 18 HP Yanmar diesel engine. Comfortable sleeping/living with ample storage. Recent marine survey available for review. Rigged to sail from cockpit. Storage cradle included. Selling due to death. Asking \$24,900; or best offer. Call 920-785-3998 or 920-465-4806.

FOR SALE: 1989 Smoker Craft Fishing Boat. Purchased from Ed's Boat Sales in 2011. Used 3 times, selling due to death. 15' Aluminum boat with Mercury 35 HP 2 Stroke Outboard. Includes: bow mounted trolling motor (never used) , electric winch (used twice) and fish/depth locator (used 3 times). Other features: live well, side console, stereo, compass, rod holders, 2 gas tanks, boat cover and Shorelander trailer w/spare. Super condition for its age. Asking \$4,700. If interested, call 920 465-4806.

Oil Absorbent Sheets For Sale. 17 x19 in black 5 sheets for \$ 1.00. Call Jack Hanitz 920-360-3266

For Sale: 2012 20" Foldable Bike 1, Verso by Cologne Unisex Bike, Cobalt Blue, 7 Speed ,Thumb Shift Shamino Derailer , Foldable Pedals, Fenders , Luggage Rack w/ Bungees, Storage Bag, Bell, \$250.00. Call 632-4436 or 327-2785

FOR SALE: Brand New IN THE BOX Plastimo Offshore 95 Compass. Sells for \$149 plus shipping. But can be yours MUCH cheaper! First \$100 OBO or trade? Call Dan at 920.621.4710 or email infoduck@new.rr.com

From The House (Kris Johnson)

We can all hope that with the Harbor almost frozen solid that water levels will be up this year. We have to continue thinking positive, correct? In the meantime we have wonderful food and drink at the GBYC to absorb some of our hatred for this cold weather. Stop in and show your smiling faces. Remember to tip the bar-

tenders and Todd for preparing our food. Don't forget when scheduling the club parties or use of the pavillion a form must be filled out. accompanied by two checks. One for rental and other for refundable deposit. Please read the form and fill out accordingly so we don't have problems down the road. See you around!



Captain of the Fleet (Dan Emmel)

Anything above 30 degrees would feel like spring. Talking about spring, He or She that would like a slip for the summer should submit a dock application by March 1 with proof of insurance. Slips will be assign in early March. Keeping an eye on gas prices but not much ac-

tivity. Don't forget to unplug your boat when leaving Club property. Working on ideas for lighting around parking lot and harbor. Other than that just trying to stay warm, may be an adult beverage at Club would work. See you at the Club.



Building (Jim Beaulieu)

Currently we're working on a couple of things at the club, and the list of projects is growing a tiny bit with the cold weather. Please be sure to help out by keeping the large pocket doors closed whenever possible to keep our heating costs down.

If you need any hours, there are always things that need to be done. See you around the club and soon, on the water again! Thanks A lot Everyone!



Grounds (Mike Watkins)

One good thing about the Winter precipitation is that it adds to our water levels when it snows...AND IT ENDS! Of course, that couldn't be soon enough. Not too much going on for the yard guy this time of year. It snows. It gets plowed and salted. The end. I've not heard much from anyone about the Board's idea for hiring for our

Summer help, either positive or negative. Please let me know what you think. I will happily pass it onto the Board. I'd like to talk to as many club members as possible. I'm still working on the trash and refuse costs where we'll hopefully save some dollars. Keep your chin up and out of the wind. It'll warm up sooner than you think.



FRIDAY FISH FRY
Plus full menu

Entertainment (Scott Conrad)

And the beat goes on... We refuse to let old man winter beat us down, so we will continue to bask in the warmth of each other's company at the club throughout these frigid months. The Packers may not be playing but you still can enjoy watching the Super Bowl game and celebrating with friends at the yacht club. Bring a dish to pass, if you wish, and maybe place a friendly wager on the outcome. The ads alone, on our big screen, are worth the

trip. The game is on February 2nd. The chili cook-off will be held Sunday February 23rd during the Daytona 500. \$3 will buy you a chance to sample all the entries and to vote for your favorite. A pool tournament will also be held during the race. The Fire and Ice party is tentatively scheduled on the February 15th. Watch for details. Don't forget Matt Labines incomparable Porterhouse Steak Wednesday February 19th for the men's smoker.

Be sure to sign up early so we have a head count and food for everyone!
See you around the club!



Still space available for the group trip to **Punta Cana February 8-15th, 2014**
Contact Barb at Journeys 469-8747



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The Green Bay Yacht Club presents:

DAYTONA 500/CHILI COOK OFF



FEBRUARY 23, 2014

Noon Start

\$3.00 tasting Fee

Fees to be distributed to the top two entries

No charge if you enter the competition

Show off your culinary skills and defeat the reigning champs Mark Skvara and Russ Lipinski.

POOL TOURNEY DURING THE RACE

Contact Scott Conrad for more info
362-7344



SUPER BOWL

PARTY

February 2, 2014

5:20 p.m.

Bring a dish to pass

SMOKER

February 19th

**Matt LaBine's
Porterhouse Steaks**



The Life Saver

Safety on Land and Water



THIS MONTH: FEBRUARY IS HEART MONTH

Submission from: Chris Heil, Member and 23 year Veteran
Firefighter and Deputy Medical Examiner for Brown County



February is American Heart Month and heart health is something we all should be thinking of.

Whether we don't think it can happen to us, or we are afraid we may actually be having a problem, people often ignore the early warning signs that could save their life.

This year more than 920,000 Americans will have a heart attack; nearly half of them will occur without prior symptoms or warning signs and 250,000 of them will die of sudden cardiac death. Every 33 seconds someone in the United States dies from cardiovascular disease which is roughly the equivalent of a September 11th-like tragedy repeating itself every 24 hours, 365 days a year.

Men and women share the most common heart attack symptom of chest pain or discomfort, however; women are somewhat more likely than men to experience some of the other common symptoms. Those symptoms are; shortness of breath, nausea/vomiting, and back or jaw pain. You may also be experiencing cardiovascular problems if you notice that ordinary physical activity causes you to experience undue fatigue, heart palpitations, shortness of breath, and chest pain.

Following a healthy diet is an important part of a heart healthy lifestyle. A healthy diet includes a variety of fruits, vegetables, and whole grains. It also includes lean meats, poultry, fish, beans, and fat-free or low-fat milk or milk products. A healthy diet is low in saturated fat, *trans* fat, cholesterol, sodium/salt and added sugars. Be as physically active as you can. Physical activity can improve your fitness level and your health. Talk with your doctor about what types of activity are safe for you and to find out if you're at risk of a heart attack. If your doctor has prescribed medications for you, take them as prescribed and do not alter them unless consulting with your doctor prior to doing so, especially blood pressure, cholesterol, and other heart medications. Know your medications and why you're taking them.

The link to the risk assessment tool below uses information from the Framingham Heart Study to predict a person's chance of having a heart attack in the next 10 years. This tool is designed for adults aged 20 and older WHO DO NOT HAVE HEART DISEASE OR DIABETES.<http://cvdrisk.nhlbi.nih.gov/calculator.asp>

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