

# THE JIB SHEET

November/December 2002

## Commodore's Briefings

Greeting from your newest Commodore! I look forward to serving you the membership, officers and trustees. I personally want to thank the immediate Past Commodore Jack Lain and Lady Kay for all their support and friendship. The transition of the Bridge was seamless and I am sincerely grateful.

As I have said in the past, as soon as you understand the position, you move on. The importance of the experience and dedication of Past Commodores, trustees and the membership play an important role in the success or failure of any club. Participation from the membership in all aspects of the club is vital in developing the direction in which our club will go. The club is for the members. Sometimes we fail to thank individuals enough privately and publicly for their unselfish acts of service; this is a responsibility of all the membership. The acts of service some of our members continually and repeatedly perform are greatly appreciated and do not go unnoticed. Through my participation as trustee and an as an officer, I have come to realize first-hand the sacrifices made for sake of the club. I personally want to thank all you.

As we look forward to the future, I would like to build upon the framework that we already have in place through our strategic planning sessions. Developing the plan was only our first step. We now have to work on implementation. I believe the success of implementation will be a direct result of the participation of the membership.

I invite all of you attend the general meeting this January at the Fairfield Inn, Port Clinton. The number one topic will be the operational and financial structure of the club. I look forward to seeing all of you!

Michael Kreutzberg,  
Commodore

## 5<sup>th</sup> Annual Winter Weekend and Doldrums' Party

January 17-18, 2003  
Fairfield Inn, Port Clinton

FRIDAY, JANUARY 17, 2003

**Cocktail Party** - 8:30 p.m. til Midnight  
Fairfield Inn (Routes 53 & 2) Port Clinton  
Bring your own liquor, beer & wine and a snack to share. Pop, ice, etc. will be provided.

SATURDAY, JANUARY 18, 2003

**Board Meeting** - 10:00 a.m.

Financial Stability

**Lunch** - 12:30 p.m. (complimentary buffet for all)

**Town Hall Meeting** - 2 p.m. til ???

at the Fairfield Inn. *A great chance to find out what's going on at the Club. Bring your questions or participate in small group discussions related to the club's Financial Plan.*

**Winter Doldrums' Party** - 6:30 p.m.

Nate's Restaurant, Route 53, Port Clinton

\$35.00 per person • Full Buffet • Cash Bar Available

**Your check is your reservation.**

Make check payable to: **Put-in-Bay Yacht Club**

Send check to: R/C Richard Meyer

11527 Wexford Dr., Fort Wayne, IN 46814

**Reservation deadline is January 2, 2003**

Reservations for overnight accommodations can be made by calling the Fairfield Inn directly (419/732-2434).

Mention Put-in-Bay Yacht Club when making reservation by Jan. 10th and get a \$40 rate for single or double.

***Come join your friends for the weekend  
or just for the  
Saturday Evening Dinner...but come!***

**ATTENTION BOATERS:** I hear a lot of discussion that we need more dock space. Yet almost every weekend, at worst, I see some of our docks open, or at best filled by non-club, non-ILYA members. This year we will try to reverse that trend. All boating members who need a source of transient docking should plan to attend the 5th Annual Winter Weekend and Doldrums' Party (see article). Saturday afternoon we will have a drawing to start scheduling dock space for the Super Summer of 2003. Details will be cooperatively worked out at the meeting. We are the finest, oldest port of call on the LAKE - let's pack our docks with fun-loving members. See you at the meeting on Saturday, January, 18, 2003!

Fred Schnoor, *Vice Commodore*

## CONGRATULATION TO KEN AND FRAN BECK . . .

of Westerville, OH!! They were the first to send in their 2003 membership dues. There's no particular prize, but they will be the first ones to get their shiny new 2003 membership cards. Wouldn't YOU like a shiny new membership card?

Dues statements will be mailed out in the next week or two (just in time for Christmas... Ouch!). Our Secretary asks that you look carefully at your name, address, and contact information on the statement and make corrections before returning with your check. This is the same database used to generate the member roster and fleet list in the Yearbook, so please review and fill-in any blanks. You can list both a summer and winter address, and indicate where to send Club mailings.

Approximately 90 people are receiving the *Jib Sheet* by e-mail, saving the Club money due to reduced postage, printing, and handling. Please consider joining them by providing your e-mail address in the space provided on the dues statement. You may continue to have the *Jib Sheet* mailed to you while you experiment with the e-mail version. If you are concerned about e-mail privacy, we will honor your request to withhold your e-mail address from the Yearbook roster. It is our policy to use member e-mail addresses for official Club business only (no SPAM).

Please return your dues statement and payment promptly. Annual dues are payable November 1st, with a cut-off date of March 1st. Thank you for your continued support of the Club, and feel free to give us your suggestions.



## Rear View

Greetings from your new Rear Commodore. The first activity on the calendar of events will be the 5th Annual Winter Weekend and Doldrums' Party. This will again be held at the Fairfield Inn, the weekend of January 17, 2003. We will begin on Friday with a welcome cocktail party in the banquet room. There's a continental breakfast on Saturday and Sunday brunch at the Sandusky Yacht Club will be an option. Lunch will be provided on Saturday prior to Town Hall meeting. We will be discussing the club's financial stability and we would like as many members as possible to attend.

On Saturday night, we'll enjoy the cuisine of the chefs at Nate's Restaurant & Lounge. The festivities will begin at 6:30 p.m. with cocktails, followed by a buffet dinner. please make plans to attend; you will not regret it.

As I look forward to the 2003 season and review my new club responsibilities, it is very clear to me that I need HELP. Social activities at the Club will be an important part of progress on several of our long-range objectives. If you were the chairperson of a social function last year, please consider chairing it again or being part of this year's committee to help train a new chairperson. If you have an idea for a new social function, please step forward or help me find a member from your circle of friends to be involved. If there is an event that you traditionally host or it appears that I am missing something, please contact me ASAP. Do not underestimate my lack of knowledge about the Club's social calendar. I will do my best to become acquainted with each member of our club.

Best wishes for a safe and happy winter season. See you at the winter party.

Richard Meyer  
Rear Commodore

## Ad-Vice

My fuel is clean - my engines are running fine and the season is over. We are looking forward to a great 2003 boating season. The Old Club Cruise is on our schedule and the Fleet Captain and I are checking out Vermilion as a possible trip. We also plan to return the Sunday dinner cruises. Ed Sterling is helping with a dinner at the NorEaster Club and we are open for suggestions. If you have any ideas please let me know.

Best wishes for a safe and happy winter season.

Fred Schnoor  
Vice Commodore

## From your Club Manager

I found a ring back by the barn. It is a class ring from Brigham Young University. The owner may call me at 419-285-4505 or 216-513-6600.

Noreen

## Welcome New Members

Bruce & Katy Barnhill, Terrace Park, OH  
John & Mary Jane Brugeman, Novi, MI  
Dean & Terrie Cormier, Carleton, MI  
Michael & Karen Franz, Olmsted Twp., OH  
Lenore Jarmolowic, Port Clinton, OH  
Brian Mansell, North Olmsted, OH  
Matthew Miller, Port Clinton, OH  
Peggy & Dennis Murray, Sandusky, OH  
Stephen & Carol Nagy, Elyria, OH  
Shelley Aigner & Robert Terry, Cleveland, OH  
John & Louise Titchener, Put-in-Bay, OH  
Oliver & Jill True, West Bloomfield, MI  
James & Mary Ellen Werner, Wayne, OH

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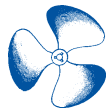
## ADVICE FROM THE FLEET SURGEON

Breaking one's hip, losing stature, developing a hunchback, hot flashes, palpitations, insomnia, depression and control of mood swings is reduced in menopause by hormonal replacement (HRT.) JAMA reported that HRT does not increase breast cancer in women with hysterectomies. During the first 2 years of HRT, in the rest of women, there is a minor increase in incidence of: breast cancer by 0.06%, heart attacks by 0.07% and strokes by 0.08%. Afterwards the incidence of these complications is the same as women not on HRT. Stopping estrogens abruptly is not advised. One recommendation is to replace hormonal prescription with daily soy pills "Healthy women soy" or equivalent: 50 mg. Riboflavin in 40 mg of soy AND 100 mgm of Prometria. Estrogens are superior to all bone loss prevention medication. Fosomax, the best of these, reduces osteoporosis by 8%, while estrogens decrease bone loss by 17%. Over 35% of elderly die 2 years after a hip fracture. The negative effects of HRT are miniscule when compared to the impact of overweight and osteoporosis. There is some evidence that elderly woman who have taken over 10 years of HRT have less mental deterioration and alzheimers than the general population.

After age 50, a 20 lb excess weight doubles the risk of breast cancer. In both sexes a 25 lbs excess doubles the incidence of heart disease, colon and prostate cancer, high blood pressure and diabetes. For all sexes, from age 50 and over, daily: walks, weight loss, not smoking, taking Bufferin, 1000 mg. calcium citrate or equivalent, 800 mgm Vit. D, and one multivitamin will considerably diminish these problems. Annual mammograms and PSA studies are the best detectors of breast and prostate cancer.

Advil taken occasionally is showing to reduce Alzheimer's in some. Ask your doctor for contraindications for any of the above recommendations.

Data: (1) Nature, (2) US Surgeon General report (3) M Carlson, MD, Johns Hopkins U.



# Take A Bow

...PC Bob Bahney Jr.! Once again Trustee Bob has come thru and helped our club out. He has been busy overseeing the construction of our dock ramp. Construction was started on November 8th. More on this project in the next *Jib Sheet*.

## Just a Note from the Past

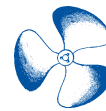
Well October 31 has come and gone. After three years of PIBYC being a big part of my life, I am having a difficult time adjusting to a normal life style. I left for Colorado that same day to spend some time with our grandchildren.

I would like to thank my wife, Kay, and her committee PC Sam and Connie Gregory, VC Fred and Sandra Schnoor, Richard and Sharon Meyer, Ed and Sandy Sterling, Diane Ketterer, Sue Duffy, Judy Bahney, Judy Kania, Kendra Koehler, MaryLou Ramsbottom, Jill Cooks, Sharon Conte, Chuck and Noreen Roth, Jim and Linda Dettmer and probably a few others that slip my mind for a wonderful Change of Watch weekend (you how those senior moments are). Thanks also to Robert Krause for the lighting.

I hope everyone had a chance to see Phase 1 of the landscaping project. The new walkway will be dedicated to Toni Gotfried.

Thanks to all the members and the board for all your support this past year. Valinda Vincent is busy completing the yearend financial report.

Jack V. Lain  
*Past Commodore*



### 365 SEPTEMBER WEEKLY WINNERS

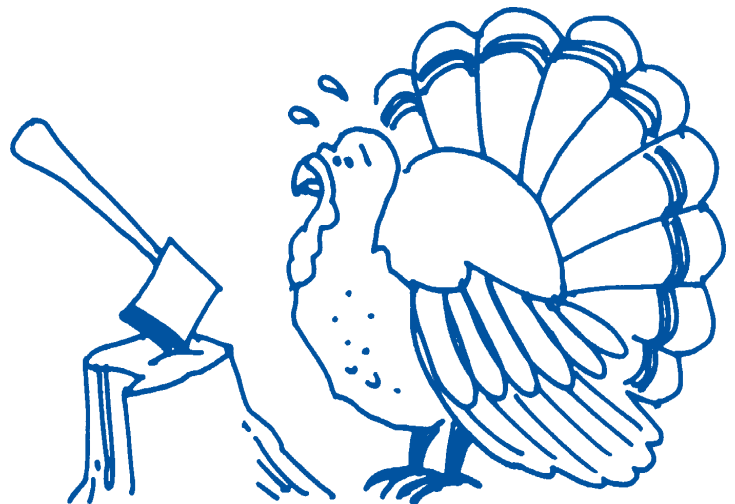
09/07/02 - PIBYC

09/14/02 - Pati Arth

### GRAND PRIZE WINNER

**\$1000.00**

**Sharon Conte**



# The Put-in-Bay Yacht Club

P. O. Box 51

Put-in-Bay, Ohio 43456-0051

Hope to see you at the  
Winter Weekend and Doldrums' Party  
in January!

**FIRST CLASS MAIL**

## **PIBYC BOARD OF TRUSTEES**

PC Robert H. Bahney, Jr.

PP Jill Cooks

Kay Drake

Richard French

PC Jack Lain

Steve Nagy

Ed Skoch

## **PIBYC 2003 OFFICERS**

*Commodore* – Michael J. Kreutzberg

*Vice Commodore* – Frederick L. Schnoor

*Rear Commodore* – Richard L. Meyer

*Fleet Captain* – Steve Cooks

*Fleet Chaplain* – Hon. George C. Smith

*Fleet Surgeon* – Gabriela Kaplan, M.D.

*Legal Advisor* - John M. Kahler, II

*Secretary* – Robert H. Bahney, III

*Treasurer* – Valinda Vincent

*Historian* - Muriel B. Eian