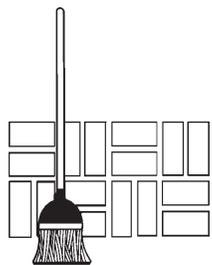


THE JIB SHEET

April/May 2008

Saturday, May 10th is Clean-up Day



It is time again for our annual Clean-up Day, Saturday, May 10. We will begin at 0800. We really need as many hands as possible. We have to get everything ship-shape. As in the past, there is free dockage for those who are coming to help us clean up our club, dock, storage areas and landscaping.

Lunch will be provided so come and share the tasks with your fellow members and friends. If everyone does a little bit, then no one person has to do it all.



2008 PIBYC Yearbook Update

Construction of the 2008 PIBYC yearbook is underway! Have you renewed your ad this year? If not, it's not too late! Just call Marilyn Paselsky at 740-965-9942 or email paselsky@insight.rr.com asap.



Marilyn is also looking for some more events page sponsors. You can sponsor a full page of photographs for \$100 or a half page for \$55.

DOCKAGE RESERVATIONS

- Open to PIBYC members and the public May 15th to October 15th
- Two day minimum on weekends
- Cancellation deadline is 12 noon on the day prior to the reservation
- Rafting is required on east side of dock on weekends
- Full rules pibyc.org.

PUT-IN-BAY COMMUNITY SWIM/SAIL

Registration Deadline May 1, 2008

The familiar tradition of providing swimming and sailing instruction to island youth continues this summer with some changes. Anne Auger, who devoted many years to our swim program as both an instructor and program chair, has stepped down. Our new Swim Chair, also a former swim instructor, is Debbie (Drake) Larson. Please join us in thanking Anne for her past work and welcoming Debbie to her new role. Anne remains on the Swim/Sail Board where her experience and expertise is appreciated.

On the sailing front, we are adding a sail class on Monday/Wednesday evenings for alumnae and their friends who would like to continue sailing in a supervised setting. This is a chance for island teens to get out on the water twice a week to improve their sailing skills and confidence while having fun. We need a minimum of six participants to make this go so please encourage your children and grandchildren to take advantage of this new sail program option.

How to Register

Registration forms and program details are available online at pibswimsail.org. For answers to your questions about swimming and sailing lessons, please contact Swimming Chair Debbie Larson at 440-835-1558 (PIB# 419-285-7085) or Sailing Chair Jane O'Brien at 440-227-0626. We can also be reached by email at pibswimsail@gmail.com. Registration forms and tuition are due May 1, 2008. If it is past that date, call immediately. We are looking forward to another fun-filled summer. Please register early to help us with planning.



Save the Date - June 27, 2008



PIB Community Swim/Sail Spaghetti Dinner at PIBYC

with a new & improved Raffle
Open to the Public

Commodore's Briefing

The snow is melting, the ice is gone from the lake and the ferries have started to run. Spring is finally here. While the club was closed down for the season, many changes have taken place. As many of you know, Club Manager Jack Harris resigned and will not be coming back for another season. I am happy to announce that Rudy Cooks has joined us as our new club manager and has already begun planning for a great season. In addition, Chef Woody is back and has been working hard planning new and different menus for our culinary delights. With Rudy and Woody as our "dream team" this year promises to be successful, fun, and delicious!

This season will be busy; be sure to check the calendar on the PIBYC website (pibyc.org) and make your reservations early. Special highlights of the season include a joint Freedom Party with Middle Bass Island Yacht Club and plenty of I-LYA events.

As many of you know, PIBYC PC Jack Attkisson became the I-LYA Commodore this past Fall, giving us extra reason to celebrate during the regattas.

Thank you for the opportunity to serve you as this year's Commodore. I am looking forward to another wonderful PIB summer!

Jennifer Kahler
Commodore



Rear View Forward

As you read this, Vivien and I are on a Galapagos Island Cruise on a 90- passenger mega-yacht attempting to improve our boating skills. While we are not in a big hurry, we are looking forward to returning to the island area in early May in time for Clean-up Day on May 10 (see article on page 1). We are looking forward to whatever assistance you may offer in getting everything ship-shape for the season.

The only time we saw snow this year was at the Winter Doldrum's party which we hosted in January. As we had not had an opportunity to attend a Winter Doldrum's party previously, we were pleasantly surprised by all those members who assisted us in this fun-filled weekend.

Please plan on joining us for the Memorial Day Service and Eye Opener on May 25. Our yacht club will hold a brief service honoring those members who have passed away since last year's service (see article on page 1).

Our schedule for the year is quickly filling up and our Commodore is planning an exciting year for all. Please volunteer and assist us at these events whenever you have an opportunity.

Roger J. Dennerll
Rear Commodore

Ad-Vice

First of all, I'd like to say a big Hello to everyone!! It won't be long before the club is opened and we're back in the swing of summer activities.

Sharon and I would like to welcome Rudy Cooks to the Club as our new Club Manager. We're looking at a great year with Rudy and Chef Woody on board. We have a new big refrigerator/freezer purchased to help execute meals a little easier. We're also looking for a larger preowned stove that would enable Woody to expand his menu for us.

Our first party will be early this summer. Since our cruise on Miller Boat line was such a hit last year, we decided to try it once more. We'll have dinner at the Club followed by a sunset Cruise on June 21. Desserts and drinks will be on the boat ride. I think this will be another fun evening!

In August our main fundraiser will be a reverse raffle. We're in need of prizes and people to help. If you can help, please contact me.

I'd like to mention a couple specifics on the cruise outs. Vermilion will be our first one on June 13-15 followed by the Nor'Easter Club on June 22. Old

Club has once again invited us to return on July 8-11. Please mark your calendars for these events as they were all big hits last year.

Hope to see you at the club for clean up!

John Spencer
Vice Commodore



Club Manager Notes

I've had the pleasure of meeting many of you in the past and I am looking forward to meeting new faces. I welcome the opportunity to serve as your new Club Manager. I have already met with officers, trustees, and former employees, regarding the ways in which we can facilitate a smooth transition for all of us.

Your ideas are important to me and I look forward to discussing them in person and via emails in the months ahead. I'm putting together a club survey which I hope everyone will take the time to fill-out and return. This will act as an important gauge for me. I want to know the direction you want your club to go.

I'm looking forward to seeing you all at the Spring Clean-up on Saturday May 10th but I will be at the club starting in April. If you see me there as you are driving by, please stop in and introduce yourselves.

Rudy Cooks
Club Manager

<p>PIBYC Board Meeting Saturday, May 10, 2008 at 1300</p>

Auxiliary

Salute To Spring! As I write this greeting I am looking out my window on a beautiful sunny day, at two feet of snow. My vice president, Vivien Dennerll, is in a T-shirt walking the beach in Florida. Two different worlds now, but in just a few short weeks we will be on common ground, sharing our love for summers at the Bay.

We have scheduled all of the luncheons and looking forward to some good times this summer.

- June 17 at PIBYC, hosted by Pati Arth
- June 24 at PIBYC, hosted by the Duck In (Boag, Drake and Larson)
- July 1 at PIBYC, hosted by Ginny Trethewey
- July 8 at PIBYC, hosted by Susie Fegen, with guest chef Terry Galvin
- July 15 at Upperdeck Restaurant, On the Town
- July 22 at PIBYC, hosted by the Silver Sails
- July 29 at PIBYC, hosted by Connie French and Vivien Dennerll
- Aug 5 at Ladies Tea
- Aug12 at Joan Ziegler's home, hosted by Sally Duffy

Hope to see all of you at these events. Please contact Vivien or me if you have any needs or wants. We want this to be great year.

Connie French
Auxiliary President



As most of you have heard by now I am not returning as PIBYC Club Manager for the 2008 season. Rick and I now reside in Florida.

The PIBYC is very fortunate to have acquired the talents of Rudy Cooks as it's new Club Manager. He is the absolute best possible choice to lead the Club into the future.

I intend to help him with the transition in any way that he see's appropriate. I know that all of you will welcome him and show him the same level of support and respect that was shown to me when I arrived.

I want thank all of you for allowing me the opportunity to serve you as Club Manager.

Jack Harris II

The *Jib Sheet* - Published in the months of April/May, June, July, August, September/October, and November/December by Put-in-Bay Yacht Club, Put-in-Bay, OH 43456. Deadline for news is the 15th of the previous month. Send article to Linda Dettmer at jdettmer@aol.com.



Suggested Reading

How to Prevent Cardiovascular Disease and Major Cancers and How to Reverse Cardiovascular Disease

The #1 killer of US adults is cardiovascular disease. Its yardstick is cholesterol. No heart attacks or strokes have been reported in patients with total cholesterol levels below 120. Data shows 35% of asymptomatic patients with cholesterol of 200-150 experience acute heart attacks and strokes. The New England Journal of Med. reported that the Am. College of Cardiology in its 2007 meeting concluded: diet and drug therapy are the preferred treatment for cardiovascular disease for any patients with cholesterol of 150 and over, as it is safer and addresses its root cause which is due to improper diet. It recommended that open-heart bypasses, angioplasties, stents or endarterectomies, due to their mortality and morbidity should be performed only during emergencies. Such procedures only temporize the problem. Accumulation of arteriosclerotic cholesterol plaque that clogs our arteries cannot be prevented by these procedures thus recurrences are the norm. Studies show that in the majority of cases, plant-based diet is more successful in lowering cholesterol than drugs. For patients who have familial cholesterol problems, if diet alone does not bring down total cholesterol levels to 120 or below, additional drug therapy will be necessary. This step will successfully REVERSE and cure cardiovascular problems. WHY is this? Now DNA studies show humans are plant-eating species explaining why animal food and fats harm our organism. Breast, prostate and colon cancers among others are highly linked to animal based diets per reports from the Am Cancer Institute and World Cancer Research fund. National average price for open-heart surgery is \$38,000. The US spends 115 billion dollars a year in vascular care. While one strives to lower cholesterol to below 120, the American Heart Assn. recommends all adults to take a "baby" aspirin daily unless contraindicated, as adjunct preventive measure. This data is new and most physicians are not aware of this. Share with them and your loved ones this knowledge and read the references below:

- (1) Cholesterol protection for Life J. Fuhrman, M (BOOK);
- (2) www.heartattackproof.com/moderation_kills.html;
- (3) Mayo Clinic. Com Gau, MD Angina treatment;
- (4) www.ravediet.com;
- (5) www.nature.com/ejcn/journal/v57/n1s/full/1601809a.html

Complete list of references can be seen in the PIBYC web site

Gabriela Kaplan, M.D.
Fleet Surgeon

The Put-in-Bay Yacht Club

P. O. Box 51

Put-in-Bay, Ohio 43456-0051

419/285-4505, www.pibyc.org

FIRST CLASS MAIL

*Spring is here!
The 2008 PIBYC season is just
around the corner.
See you at our first event
Clean-Up Day, May 10 at 0800*



PIBYC BOARD OF TRUSTEES

P/C Bob Bahney Jr.
Dean Cormier
P/P Kay Drake
Dave Flickinger
Connie French
Roger Ingle
Stephen R. Nagy
Hon. George C. Smith

PIBYC 2008 OFFICERS

*Commodore** – Jennifer Kahler
*Vice Commodore** – John Spencer
*Rear Commodore** – Roger Dennerll
Power Fleet Captain – Dean M. Cormier
Sail Fleet Captain – Ed Skoch
Fleet Chaplain – P/C Sam Gregory
Fleet Surgeon – Gabriela Kaplan, M.D.
Membership Secretary – Richard Sisson
Recording Secretary – Kristin Wygant
Treasurer – Maxton (Clark) C. Davies
Historian – Muriel B. Eian
*Auxiliary President** – Connie French
Auxiliary Vice President – Vivien Dennerll
Auxiliary Secretary/Treasurer – Viv Ladd



The Put-in-Bay Yacht Club

COMMODORES' WALKWAY

New memorial brick walkway
extending alongside front patio
leading down to the street

Proceeds benefit construction
of new front patio and
facility beautification

Remember a loved one
or commemorate your
connection to PIBYC

Only a Limited number
of bricks will be sold -
first-come first-served

3 lines with 14 spaces on each line
- punctuation and blank spaces
count towards total spaces per line

Each brick is only \$100
You may specify the location

<p>-----</p> <p>-----</p> <p>-----</p>
--

Preferred Brick Location: _____

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

E-mail (optional): _____

*Thank you for supporting
the Put-in-Bay Yacht Club!*

*Mail Completed Form
with check payable to:*

**Put-in-Bay Yacht Club
P.O. Box 51**

Put-in-Bay, OH 43456

Pay by credit card:

_____-_____-_____
Exp. Date: ____ V-Code (back): ____

Signature: _____

2008 Club Calendar

see pibyc.org for updates

MAY

- 1 Swim/Sail Registration by Mail Deadline
- 10 Clean-up Day, 0800, Lunch, 1230
- 10 Board Meeting, 1300
- 11 Mother's Day Sunday Brunch, 1000-1300
- 16 Bar Open/Friday Night Dinner, 1800
- 22 Weekday Adult Sailing Series Start (every Thursday)
- 23 Bar Open/Friday Night Dinner, 1800
- 24 Weekend Adult Sailing Series Start (every Saturday)
- 25 Memorial Service, 1230; Eye Opener, 1300
- 30 Bar Open/Friday Night Dinner, 1800
- 31 Membership Drive Cocktail Party, 1400-1800

JUNE

- 7 Open Invitation Spring Regatta (men & women)
- 7 Murder Mystery Dinner Theater, 1730
- 8 Membership Drive & Car Parade After-Party at PIBYC, 1430
- 11 Sail Classes/Endurance Swim Begin
- 11 Classy Cocktails Start (every Wednesday)
- 12 Family Night Dinners Start (every Thursday)
- 12-14 Multi-Hull Sailing Seminar
- 12 Huron Cruise-Out (overnight Thursday)
- 13-15 Vermilion Cruise-out
- 13 Bar Open/Friday Night Dinner, 1800
- 14 Happy Hour, 1600-2100
- 15 Father's Day Sunday Brunch, 1000-1300
- 16 Morning Swim Classes Start
- 17 Auxiliary Luncheon, 1200
- 20 Bar Open/Friday Night Dinner, 1800
- 21 PIBYC Board Meeting, 0900
- 21 Dinner and Moonlight Cruise (reservations required), 1730
- 22 Nor'Easter Club Dinner, 1700
- 24 Auxiliary Luncheon, 1200
- 27 Swim/Sail Spaghetti Dinner Benefit, 1700 (public welcome)
- 27 Bar Open, 1800
- 28 Gardner Trophy Meeting
- 28 Happy Hour, 1600-2100

JULY

- 1 Auxiliary Luncheon, 1200
- 4 New Citizens' Ceremony, Perry Monument
- 4 Bar Open/Friday Night Dinner, 1800 (fireworks)
- 5 Freedom Party Prime-Rib Roast and Kids' Activities (combined event with MBIYC)
- 8 Auxiliary Luncheon, 1200
- 8-11 Old Club Cruise-Out
- 9 Last Classy Cocktails (Wednesdays)
- 10 Last Family Night Dinner
- 11 Bar Open/Friday Night Dinner, 1800
- 11 Swim/Sail Awards, 1930
- 12 Carson Cup Regatta
- 12 Fine Dining (RSVP) and Classical Music Fundraiser, 1730
- 13-17 I-LYA Junior Sail Regatta (volunteers needed)
- 15 Auxiliary Luncheon (on the town), 1200
- 17 I-LYA Jr. Sail Awards After-Party, PIBYC
- 18 Backus Cup Regatta
- 18 Bar Open/Friday Night Dinner, 1800
- 19 PIBYC Board Meeting, 0900
- 19 Parrot Head Party, ("Champagne Sí, Agua No" theme), 1900
- 22 Auxiliary Luncheon, 1200
- 25 Bar Open/Friday Night Dinner, 1800
- 26 Happy Hour, 1600-2000
- 29 Auxiliary Luncheon, 1200
- 30-2 I-LYA Power Boat Regatta

AUGUST

- 1 I-LYA Ladies Tea
- 1 I-LYA Fish Fry (reservations open to PIBYC members)
- 1-3 I-LYA Deepwater Races
- 2 School House Bay Picnic, Middle Bass Island, 1200-1600
- 3-7 I-LYA Sail Regatta
- 5 I-LYA Ladies Tea
- 5 I-LYA Sailors' Steak Fry (RSVP open to PIBYC members)
- 8 Bar Open/Friday Night Dinner, 1800
- 9 PIBYC Board Meeting, 0900
- 12 Auxiliary Luncheon, 1200
- 14 Pelee Cruise-Out (overnight Thursday)
- 15 Bar Open/Friday Night Dinner, 1800
- 15-17 Leamington Cruise-Out (Tomato Festival)
- 16 Fine Dining (reservations required)
- 19 Auxiliary Luncheon, 1200
- 22 Bar Open/Friday Night Dinner, 1800
- 23 Rambunctious Reverse Raffle, 1730
- 29 Bar Open/Friday Night Dinner, 1800
- 30 Clambake (reservations required), 1730
- 31 PIBYC Annual Meeting, 1500
- 31 Member Appreciation Cookout, 1700

SEPTEMBER

- 1 PIBYC Board Meeting, 0900
- 5 Bar Open/Friday Night Dinner, 1800
- 6 Historic Memorial Service, Perry Monument
- 6 Happy Hour, 1600-2100
- 12 Bar Open/Friday Night Dinner, 1800
- 12-14 Toledo Yacht Club/Maumee River Cruise-Out
- 13 Theme Dinner, TBD
- 19 Bar Open/Friday Night Dinner, 1800
- 20 Happy Hour, 1600-2100
- 25 Sandusky YC Cruise-Out (Thursday overnight)
- 26-28 Cedar Point Halloweekend Cruise-Out
- 26 Bar Open/Friday Night Dinner, 1800
- 27 Murder Mystery Dinner Theater, 1730

OCTOBER

- 3 Buffet Dinner, 1800
- 3 2009 Planning Meeting, 1900
- 4 PIBYC Board Meeting, 0900
- 4 Change of Watch, 1800 Cocktails, 1900 Dinner
- 5 Eye Closer Brunch (Finkbeiners), 1000-1300

DECEMBER

- 5-7 I-LYA Winter Meeting, Westlake Holiday Inn (Crocker Rd.)