

## Laguna Woods Yacht Club

April 2020



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# THE MAIN SHEET

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### *Website Tip of the Month*

Would you like to stay in contact with your fellow LWYC Members? Here's how:

- Logon to the website : <http://www.lwyachtclub.com>
- On the left side of the Home Page, scroll down until you come to "Member Directory"
- Click on Member Directory
- In the upper left corner, enter a name in the Search Bar
- Click on the name
- In the upper left corner, click "Send Message"



## The Commodore's Corner

Wayne Carlson

I don't think that anyone has ever died of boredom- not really! It may feel like time has taken on an entirely new dimension, but time, life, The Price is Right and Jeopardy go on.

The Board of Directors (affectionately referred to as the BoD) is trying to make the most of our current down-time and take care of many of Hiatus' maintenance issues.

Darrel Vorderstrasse has already replaced/repared the heat exchanger (ok Fundamentals Students- what the h\*\*\* is a heat exchanger) and the Hiatus will soon be pulled from the water for a much deserved coat of bottom paint (many of you remember the last time the Hiatus was "On the hard" in 2016.)

All said, we are indeed surviving this new curveball thrown at us and many of your children and grandchildren will mark this as a life altering event.

Please be safe and relish in the boredom!

And, just a reminder, the club will NOT be holding any events including day sailing until we've been given the 'all clear'

Looking forward to seeing and sailing with you soon!

## Hiatus Upgrades!

The LWYC Board and Skippers felt that this downtime was a great opportunity to do some upgrades and maintenance to Hiatus to get her ready for sailing once we overcome this pandemic.

The Board approved upgrading Hiatus' instruments and replacing the radio with an up to date version.

It's been four years since Hiatus had her bottom painted, so Darrel and Jim did a bit of Scuba Diving and determined that it's time to get that done as well.

So, we'll be hauling Hiatus out, painting the bottom and getting the new instruments installed. Rest assured she'll be ready for some great sailing!





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## Sailing Academy Fundamentals

Of course we are all anxious to get back on the water and involved with our club. The Sailing Academy was going strong when everything was put on "Hiatus". As soon as we're back to normalcy, the Sailing Academy staff will be working on resuming the last two classes.

In the meantime, we ran across a great app that works on PCs, Apple and Android devices from the American Sailing Association. This app teaches fundamentals such as:

- Points of Sail
- Apparent Wind
- Trimming
- Tacking/Jibing
- Right of Way
- Docking

The cost is \$6 and you can download it here: <https://asa.com/sailing-challenge-app/>

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You've probably seen this, but in case you haven't, here's a few things about COVID-19...

1. If you have a runny nose and sputum, you have a common cold
2. Coronavirus pneumonia is a dry cough with no runny nose.

3. This new virus is not heat-resistant and will be killed by a temperature of just 26/27Celsius, 79/81Fahrenheit. It hates the Sun.
4. If someone sneezes with it, it takes about 10 feet before it drops to the ground and is no longer airborne.
5. If it drops on a metal surface it will live for at least 12 hours - so if you come into contact with any metal surface - wash your hands as soon as you can with a bacterial soap.
6. On fabric it can survive for 6-12 hours. Normal laundry detergent will kill it.
7. Drinking warm water is effective for all viruses. Try not to drink liquids with ice.
8. Wash your hands frequently as the virus can only live on your hands for 5-10 minutes, but - a lot can happen during that time - you can rub your eyes, pick your nose unwittingly and so on.
9. You should also gargle as a prevention. A simple solution of salt in warm water will suffice.
10. Can't emphasize enough - drink plenty of water!

#### THE SYMPTOMS

1. It will first infect the throat, so you'll have a sore throat lasting 3/4 days.
2. The virus then blends into a nasal fluid that enters the trachea and then the lungs, causing pneumonia. This takes about 5/6 days further.
3. With the pneumonia comes high fever and difficulty in breathing.
4. The nasal congestion is not like the normal kind. You feel like you're drowning. It's imperative you then seek immediate attention.

Please stay safe and take all necessary precautions to protect yourself and others. Practice social distancing, avoid unnecessary contact with others and wash your hands after shopping or going outside. Stay safe.