FROM THE BRIDGE \$ \$ \$

JANUARY, 1987

THANK YOU! THANK YOU! THANK YOU!

Hats off and congratulations to all those members who quickly responded to our request for information to update the DIRECTORY. Of the 338 that were sent out, well over half were returned by December 15 and more have arrived since then. Gov. Joe Kerr will be compiling all the information with a target date of Feb 1 to have a new DIRECTORY available to each member. It's nice to have a membership that respondes so well to club projects.

You should be receiving your bill for Annual Dues and Rental Fees by the middle of the month. Fees and dues have a due-date of February 1.

Wednesdays and Fridays have lost some of their "pizazz" due to the annual migration of our many snowbirds to Florida. We wish them all a warm winter, we wish them all a safe return, and we wish we could all join them.

It has certainly been good to see BLYC's "First Lady" Hilda Lahey back at the club. She and John have become reglars again. Also, I understand that Commodore Jim Beam has been hospitalized at Mt. Carmel, East. We all wish him a quick recovery.

Finally, January 16 is the first Ice Breaker of 1987. John will have a warm fire, Larry and Donna Hoover have some special plans; why not start the year off right with a visit to BLYC.

See you at the club!

st. We all wish him a quick st Ice Breaker of 1987. John had hoover have some special ight with a visit to BLYC.



BUCKEYE LAKE



YACHT CLUB

INCORPORATED

How did 41 seconds end a 132-year winning streak?

In 1983, Dennis Conner, the skipper of the American yacht 'Liberty', crossed the finish line just 41 seconds behind the Australian yacht, 'Australia II'. It was the first time Americans lost the America's Cup sailing trophy in 132 years of racing.

Now the race for the Cup is on again. Dennis Conner and his crew aboard 'Stars and Stripes' want the Cup back.

The following is an update on the top four boats that are currently competing in

the semi-finals:

The 'New Zealand' with 33 wins and 1 loss to date, is the only fiberglass keel boat in the America's Cup competition. Skipper Chris Dixon is only 25 years old and the only loss they've had occurred on his birthday. The Sail # is KZ 7.

'Stars and Stripes' with 27 wins and 7 losses, is the fastest in strong winds and trained in the Trade Winds of Hawaii. Skipper Dennis Conner, 44, is considered to be the top 12-meter helmsman in the world. The 'Stars and Stripes' syndicate has tremendous support with a 15 million dollar budget. Its sponsor is the San Diego

Yacht Club; its Sail # is US 55.

'USA' has 23 wins and 11 losses. This boat has the most radical design in the competition with a revolutionary bow dagger rudder and torpedo keel. It has been considered a dark horse and has moved up since the last round robin. Its skipper is Tom Blackhart, age 46, and he's very outspoken; he's raced 12-meters since 1980. He also loves to race sports cars. The sponsor is the St. Francis Yacht Club in San Francisco. The Sail # is US 61.

'French Kiss' has a record of 20 wins and 14 losses. Its skipper, Mark Pergeot, age 29, set the trans-Atlantic speed record and is an Olympic Silver Medalist. Its syndicate is a French fast photo developer with a budget around 10 million dollars.

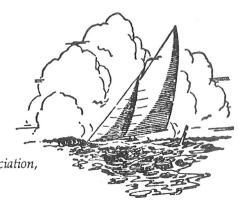
Its Sail # is F 7.

From this brief update and background, we'll follow progress in the February Log and the finals in the March Log. (Obviously, the win-loss standings are as of this writing 12-20-86).

For daily updates for the America's Cup Competition - dial 1-800-433-5028, toll free.

C. Daniel Kerr, Governor Race and Regatta





A Member Club of the Interlake Yachting Association,
Ohio Interclub Yachting Association,
United States Yacht Racing Union
Lloyds Register

For you hardy souls who would venture forth on a blustery winter day, Commodore Wuellner would like to share these Ice Fishing Tips.Wil does'nt mind sharing these since he will be sitting in a lounge chair looking at the Gulf of Mexico.

ICE FISHING TIPS

DRESS FOR THE OCCASION

Dress adequately yet comfortably for the weather. A person who is too cold cannot enjoy himself regardless of what activity he may be engaged in. Remember though, too many bulky clothes are just as bad as not being warmly dressed.

A DOZEN ICE FISHING TID BITS

- For the best results, use the proper sized hooks. For bluegills we suggest a number 10 or 12, for crappies a number 4, 5 or 6. Perch can be taken with bluegill or crappie hooks.
- 2. Short flexible rods are best for ice fishing. Leave your long casting, spinning or fly rod at home.
- 3. Use a light mono-filament line. It is strong and almost invisible in water.
- 4. Tip-ups are an accessory which should not be overlooked. They will help you increase your harvest of fish.
- 5. Use small minnows for crappies and yellow perch, larger minnows for bass and walleye. Catfish may be taken on minnows, but a commercial catfish bait fished off of the bottom is best. Wax worms, "mousies", meal worms, etc. are best for bluegills. Artificial ice lures are also often productive, especially when baited with one of the above.
- 6. Don't be afraid to experiment with different kinds of tackle, new baits or fishing spots.
- 7. A wooden sled is a convenient tool for carrying tackle, equipment and what have you onto the ice. Some anglers use a combination sled and wooden seat. A lantern underneath furnishes considerable warmth.
- 8. A few drops of olive oil will help keep a hole from re-freezing in extremely cold weather.
- Don't forget the sport of spearing, garring or gigging. It is legal for forage fish like suckers, carp and bowfin.
- Be sure you have an ice auger, spud bar or other tool to cut a hole in the ice.
- 11. Don't forget to take along extra hooks, bait, a pair of sunglasses, matches and your valid Ohio Fishing License.
- 12. Please don't be a litter bug. Keep the ice as clean as you found it. Remember stopping water pollution begins with you.

GO SAFELY !

Safety on the ice should be the number one consideration of every ice fisherman. Be sure the ice is safe before going out. Be alert for weak ice around bridges, patches of open water and slush ice. Check the ice with your auger or spud bar as you go out or be sure to follow paths already established.

A few other good tips to follow for a safe trip are:

- 1. Use ice creepers to assure good footing and avoid serious falls.
- 2. Beware of "rotten" spots and holes. Normally three to four inches of ice is safe for a man on foot.
- 3. Avoid logs and stumps frozen in the ice.
- 4. Night fishing is often good, but be extra careful in traveling on ice after dark. Carry a good light and stay close to shore. Do your exploring in the daytime.
- 5. Don't drive your car or truck onto the ice.
- Take a buoyant cushion along it could be a lifesaver and it will provide a comfortable seat.
- Include a length of stout cord or light rope in your gear, to aid in the rescue if someone should break through the ice.
- 8. Don't rush up to someone who has broken through the ice throw him a rope or push him a log, stick or your coat.

RULE 24. DOCK AND STORAGE RULES. 1. The Governor in charge of docks and storage is responsible for assignment of docks or slips. Interpretation and application of the rules to specific situations shall be his responsibility. In the event that a complaint cannot be settled satisfactorily by the Governor in charge, the member may present it in writing to the Board at its next scheduled meeting for final decision.

- 2. Assignment of docks or slips will be based on:
 - a. Date of completed dock application form or letter.
 - b. Date of club membership.
 - c. Length, beam, draft of boat.
- 3. Some slips are more desirable than others. Preference to older members will be implemented by:
 - a. Members requesting a different slip must do so in writing. The date of this application effectively establishes priority over new members.
 - b. When a slip becomes available, the member with the oldest dated application who has or will have during the season a boat which meets the qualifications of 3(d) and (f) for the slip, will be offered the slip. He can refuse it once without losing his priority, however, if he is offered such a slip a second time and warned that refusing it will cancel him from the priority list and he there after refuses the slip, his name will be removed from the priority list. In the event the slip is refused, the next applicant on the priority list would be offered the slip and so on down the list.
 - c. Acceptance of a preferred slip cancels priority previously established.
 - d. Boats must be compatible with slips, i.e., to achieve maximum efficiency of our berthing facilities, we want large boats in large slips and small boats in small slips. This will be determined by the Governor in charge.
 - e. In an emergency, a boat may be assigned an incompatible slip, in which case it will be designated as temporary -- with no loss of priority -- subject to transfer at the discretion of Governor in charge.

 f. Dry sailers introduce a consideration of boat weight compatibility, which will be decided by
 - Governor in charge.
 - 4. a. A list of slip applicants and date of priority will be published semi-annually in the Log and maintained continuously on the bulletin board.

 b. All slip assignments -- both new and transfers will be posted on the bulletin board.
 - 5. a. A slip is rented to the person who has title of the boat using the slip. In cases of multiple ownership, boat title and/or registration will form basis of assignment.
 - b. Transfer or sale of boat does not include transfer of slip rights.

- c. Mutually agreeable swapping of slips is subject to approval of Governor in charge and posting on bulletin board.
- d. Installation of dry sailers is at the member's expense and liability for Club property. Plans must be approved in advance. A dry sailer can be removed by the owner at his expense and liability for Club property, returning the dock to its original specifications.
- 6. a. New members are eligible to complete a dock application after election to membership. New members may not take slip possession until dock rent is paid.
 b. No club member can rent more than 2 slips.
 c. A dock which is assigned to a member who is delinquent (See Article V, Section 11) will be reassigned

delinquent (See Article V, Section 11) will be reassigned to the next eligible applicant if the member does not pay the full amount due to the Club within ten days of his receiving actual notice by registered mail that such reassignment will occur.

d. New slip assignments after August 1st will be charged half-season rate. Temporary assignments will be prorated.

e. Docks temporarily not in use by members are subject to prorated rental and use by another member, as determined by Governor in charge, with acknowledgement of slip owner. f. Boat owners must use assigned dock. BLYC reserves

the right to move away boats at anytime, at the owner's expense, if they infringe on rights and/or privileges of other members.

- 7. a. Boats and masts stored under the Club or on Club property, must have owner's name attached.

 b. All gear incidental to storage must be removed immediately after launching or it will be disposed of c. Boats must be launched by June 1st or demurrage of 2 1/2¢ lineal foot/day will be charged.
- 8. a. Rental charges to be determined and established in accordance with the By-Laws, Article V.











MEMBERSHIP AND DIRECTORY

Please welcome the following new members to B.L. Y. C.

David L. Seimetz First Mate Donna

Patrick L. Hennessey First Mate Debbie

Robert E. Cesner Jr. First Mate Ann

Russell D. Gorsuch First Mate Bobbie

Willard E. Brumfield First Mate Tamra

Andrew H. Baker First Mate Kay

New Junior Members

Mark Hewlett

Jody Kerr

Proposed new member read for the first time at the board meeting Dec. 11, 1986.

Stanley P. Deusch Stan is President of Arcade Pharmacy & Home Health Care located in Newark. He, his wife Karen and their two boys reside in Granville.

IN MEMORIUM

Robert W. Halterman passed away on November 10th, 1986 at the chillicothe V. A. Hospital.

He was a Perpetual Member of the Buckeye Lake Yacht Club, having joined in 1970. He served on the Board of Governors from 1972 until 1975 at which time he was Rear Commodore.

He was a Captain in the U.S. Army and served in the South Pacific during World War 11.

At the time of his death he was practicing law in Portsmouth, Ohio. He was 65 years old.

Thanks to Commodore Limes for contributing this information.



GOV. EDDIE GAISER



ENTERTAINMENT

Governor Eddie Gaiser

January

February

10 - Progressive Euchre Party

16 - Ice Breaker

14 - Valentines Day Party

20 - Ice Breaker

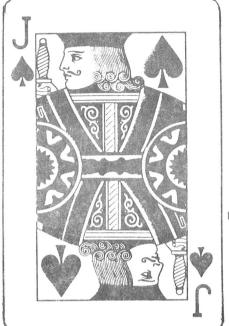
In December we had another good turn out of Euchre players. There were many guests and everyone enjoyed a nice evening of cards in front of the fireplace. George Rogers won \$25.00 and a \$10.00 gift certificate from John Doneff for having scored the most points. Julie Cooper won \$2.00 for being on the other end of the spectrum.

Another \$10.00 gift certificate is offered by John Doneff to anyone that wins, if the winner dines at the club on Euchre night. Bring your friends and join us for an evening of cards next to the fire. Don't forget January 10th.

Knowing that all of you had a wonderful time at Dan and Betsy's New Years Eve party. Jody and I are very sorry that we could not join in the festivities.

Here's wishing all of you a Happy. Healthy and Prosperous New Year.

PROGRESSIVE EUCHRE



PARTY

SATURDAY, JANUARY 10TH. 8:30 P.M.



BRING YOUR FRIENDS CASH PRIZES

PLUS \$10.00 GIFT CERTIFICATE TO THE WINNER. AS AN INCENTIVE TO EAT AT THE CLUB, ANYONE WHO HAS EATEN DINNER ON EUCHRE NIGHT AND WINS, WILL RECEIVE A \$10.00 GIFT CERTIFICATE FROM OUR OWN JOHN DONEFF!!

EAT EARLY AND BUCKEYE LAKE PLAY AT YACHT CLUB EIGHT-THIRTY \$2.00 PER PERSON

HOST & HOSTESS EDDIE & JODY GAISER 24-FANTASTIC SATURDAY NIGHTS:

INCLUDING

5.CLUB PARTIES



(1)

'Captain's 7able Dinner Club'

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PURCHASE YOUR TICKEY FOR ONLY

\$50.00

(tax and tip included)

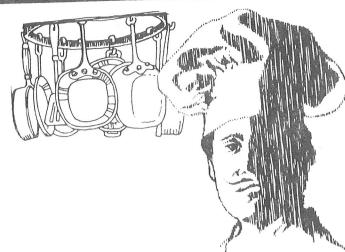
Savings up to \$380.00, Average Savings of \$225.00

Also receive complimentary Wine with your meal.

SAT. NOV. 15th. thru SAT. APRIL 25th.

CONTACT: John Doneff (as soon as possible at club) PH.929-9941 or 928-8660

Galley Gossip



The Club Hours

Closed Mon., Tues., & Thurs. Wed. & Fri. 5:p.m. til 10:p.m. Sat. 10:a.m. til 10:p.m. Sun. 9:a.m. til 6:p.m.

Gala Champagne Brunch

JAN. 11th & FEB. 1st

Serving — 11am till 1:30pm

\$5.50 Per Person tax & tip included

RESERVATIONS A MUST

Ph. 929:9941

Entertainment Friday Evenings

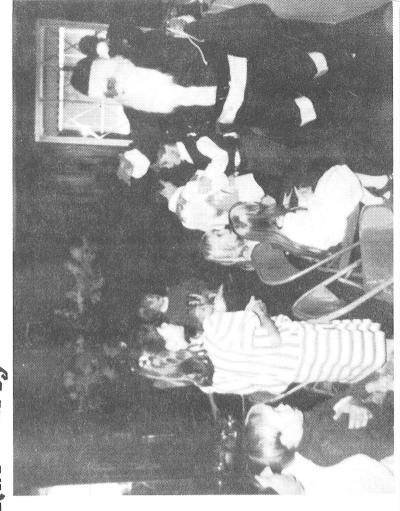
Jim Matheny at the Piano every Friday Nite from 8 to 11:30 PM.

Hope to see you soon

John

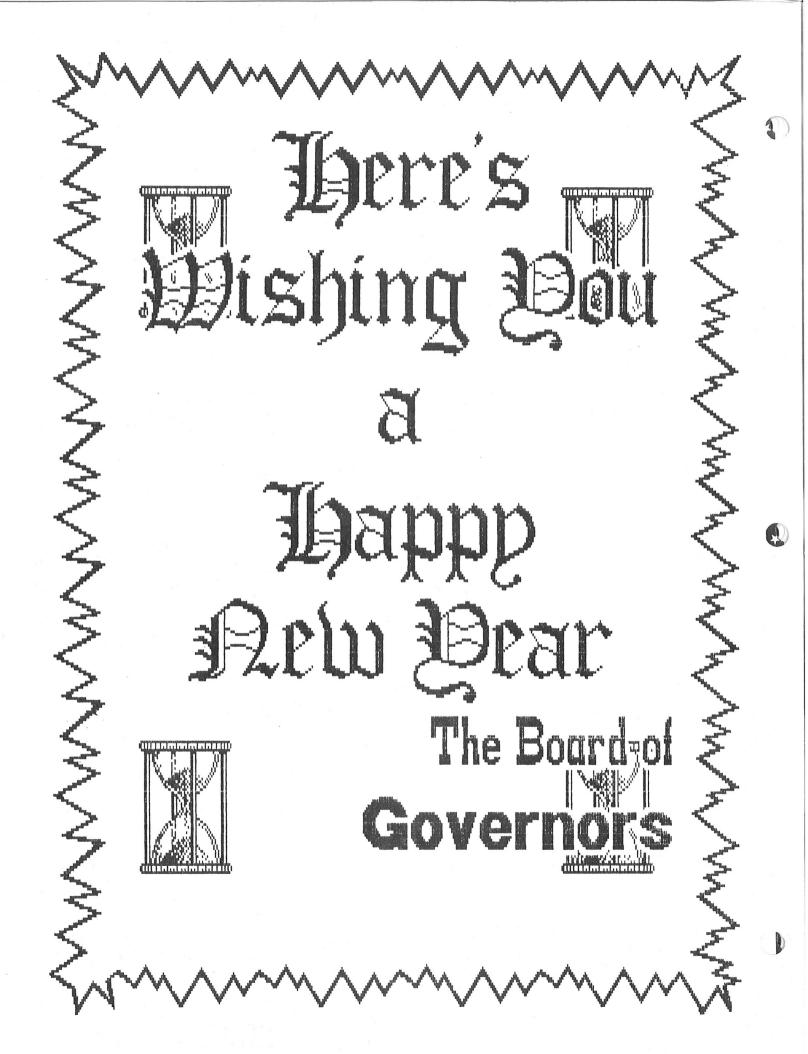












LADIES AUXILIARY-BUCKEYE LAKE YACHT CLUB

THE BUCKEYE LAKE LADIES AUXILIARY MET DECEMBER 9, 1986 AT THE YACHT CLUB FOR THEIR ANNUAL CHRISTMAS PARTYAND GIFT EXCHANGE WHICH WAS HOSTED BY THE BOARD MEMBERS.

FOLLOWING DINNER IT WAS MOVED THAT WE DISPENSE WITH THE BUSINESS MEETING.

GIFTS WERE EXCHANGED AND ALL 32 PRESENT JOINED IN CAROLING WHILE IRENE FULGHAM PLAYED THE PIANO.

CANNED GOODS WERE BROUGHT BY THE MEMBERS FOR L.E.A.D.S PLUS TOYS FOR THE FAMILY COUNSELING SERVICE CENTER AT BUCKEYE LAKE.

★ THERE WILL BE NO FUTHER MEETINGS UNTIL APRIL AT WHICH TIME MEMBERS WILL BE NOTIFIED.

RESPECTFULLY SUBMITTED,

who U. Wens

ONCE AGAIN WE WISH TO EXPRESS OUR DEEPEST SYMPATHY TO OUR PRESIDENT, CAROLE DONNELLY AND HER FAMILY.



JANUARY ICE BREAKER FRIDAY, JANUARY 16, 1987



COCKTAILS 6:30



DINNER 8:00

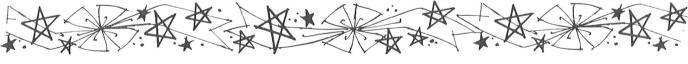


ENTERTAINMENT 8:30 - 11:30



Super D. J. Kent Williamson of R.P.M. Music will play a wide variety of music for your dancing and listening pleasures.





MENU:

PERFECTION SALAD BRAISED TENDERLOIN TIPS WITH MUSHROOM SAUCE





BAKED POTATOES W/SOUR CREAM **WHOLE GREEN BEANS** ROLLS, BUTTER, BEVERAGE **LEMON CAKE**





Ph. 929:9941



0



BOB BOEHM



MEITH DOTSON SECRETARY TREASURER



DAN KERR GOVERNOR

PAT PATTERSON

ON LEICHNER GOVERNOR

CONTRACTOR





EDDIE GAISER GOVERNOR



GROUP CONST

TAKING CARE OF Your Incredible Back

By J. Mitchell Medford

HE human back is remarkably strong. The pressure on your lower spine when you stand erect is more than half your total body weight. The strain of ordinary activities is even more surprising. For instance, when you bend to shovel snow or earth, the weight in the spade may be only 20 pounds, but your back muscles must pull with a force approaching 300 pounds.

Is it any wonder that Dr. Alf Nachemson, an internationally known Swedish orthopedist, concluded that 80 percent of us will experience back pain

during our lives?

Medical statistics show that in America over 16 million visits to doctors annually are for back problems. About one-third of all absences from work are due to back pain.

Sadly, the older you get the more likely you are to experience a problem. This is because from age 20 onward, the disks—those spongy shock absorbers between the vertebrae of your spine—have a decreased supply of blood and an increased exposure to injury.

There are 26 individual bones in the adult's back. The foundation of the spine is a cylindrical bone called the vertebra. Back and abdominal muscles are attached to various projections on the vertebrae called processes. As the muscles relax and contract, they pull the spine like a series of levers and permit

BACK PROBLEMS?
THERE'S MUCH
YOU CAN DO
TO AVOID
THOSE VISITS
TO THE DOCTOR.

it to bow and twist. It is an amazing engineering feat.

Most of the difficulty with the spine occurs in the lumbar, the lower back section. The weakest link of the back is located where the spine meets the pelvis. When it comes to lifting, strong arm and shoulder muscles can do little to protect your lower back. You see, the lumbar region is supported by the powerful muscles of the abdomen and buttocks. A firm set of abdominal muscles is the best possible protection against back strain. Unfortunately, as a person grows older and more sedentary, these are the ones that tend to become soft and flabby.

Anyone who has suffered a lower back muscle spasm or experienced a ruptured disk knows what gut-wrenching pain really is. Fortunately, there are ways to support your back and perhaps avoid painful problems in the future. The secret is a twofold process of mastering some simple exercises for back fitness and learning some essential preventive health techniques.

The first rule of caring for your back is to keep your stomach muscles firm and your weight down. An overweight person is more likely to suffer back pain. In fact, 10 extra pounds on the stomach make extra work for the back muscles

and has the same effect as placing 50 additional pounds of pressure on the lower spine.

There are a number of calisthenics that can help you tone up the muscles of your abdomen and buttocks. Several of these are easy exercises that almost anyone can do. Physical therapists generally recommend one or more exercises that are variations of the common sit-up. Another good technique is to lie on your back and simply suck in your stomach muscles as hard as you can, then hold for a count of five. Exercises that "tilt" the pelvis are great for flexibility. Lying flat on your back, draw your knees up to your chest several times. Just remember, a few musclefirming exercises each day can keep the back doctor away.

SECOND essential element in preventing back problems is to become aware of your posture and the tensions you are placing on your spine. Unsupported bending and bowing of the back can open a doorway to pain. In his book My Back Doesn't Hurt Anymore, Dr. Jack R. Tessman, a physics professor, gives this advice: Don't bend forward to pick up anything unless something is there to support your weight. A movement as simple as tilting forward slightly while brushing your teeth will increase the tension on your lumbar region by 50 percent. So, if you must bend forward, always support your weight with one hand.

When you stand to work, make certain the counter is high enough to allow your back to remain erect. The same counsel holds for sitting at a table or desk. Select a chair with armrests, so your arms and shoulders can help support your spine. Shift positions fre-

J. Mitchell Medford, an Arlington, Texas, free-lance journalist, frequently writes about health issues.

quently and use a footstool or other foot rest that permits you to raise one foot and then the other.

Correct posture is important even when you sleép. Many persons who arise with morning backache can solve their problem by changing sleeping positions. You should avoid sleeping on your stomach. It causes the spine to sway out of alignment, and back pain frequently results. Generally, the best sleep posture is to lie on your side with hips and knees bent. The next best position is to lie on your back with a pillow beneath your knees to slightly bend your hips.

Most people give no thought to the load demand they place on their backs by bending over, lifting an object of modest weight, and then twisting at the waist to set down their cargo. Proper lifting techniques are vital to protecting

a healthy spine.

Don't bend over. Squat, keep your back straight, and let your powerful

SQUAT, KEEP

your back straight, and let your powerful thigh muscles do the lifting.

thigh muscles do the lifting. This advice holds true even if you are picking up a sheet of paper. Always avoid bowing your back to pull up an object with your arms.

Whenever you must lift an item that is less than chest high, always get as close to the object as you can, turn sideways if necessary, bend at the knees, grasp the object and stand straight up.

There is one final secret to prevent-

ing back pain: attitude. Believe it or not, a person's emotional state can play a role in the frequency and severity of back pain. People with chronic back problems often notice that stress will trigger a backache. However, if you learn to pay attention to the tell-tale signs of muscle tension, you can teach yourself to relax. Perhaps your signal will be a pinched feeling in your shoulder blades or an ache in your jaw. By consciously releasing muscle tension, you may be avoiding back pain. Learn to relax. If chronic muscle tension is a problem for you, discuss it with your physician.

You have a truly incredible back, but it's the only one you have. Take care of your spine so it can carry you painlessly through your life.

THIS ARTICLE CONTAINS GENERAL MEDICAL INFOR-MATION AND ADVICE. ALTHOUGH THE INFORMATION IS BELIEVED TO BE ACCURATE. YOU SHOULD CONSULT YOUR PHYSICIAN FOR MEDICAL ADVICE CON-CERNING YOUR PARTICULAR CONDITION.

DOCKS AND FACILITIES.....R.C. RICK FULGHAM

Dock billings will be going out this month. Please get your payment in as quickly as possible. New dock assignments will be made after we find out where the open docks will be.

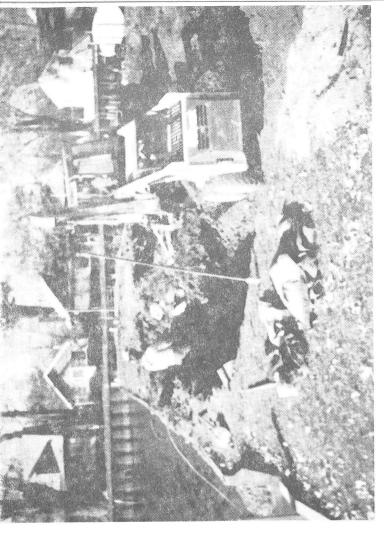
Printed in this log are the Dock and Storage rules. have a dock or are requesting a dock PLEASE READ THEM CAREFULLY. Pay special attention to changes made in section 3b and also read 6c.

In cases of joint ownership we will need a copy of boat title or registration showing both parties names in order that dock assignments can be made in a fair and equitable manner.

If you have any questions, please feel free to contact me at any time.

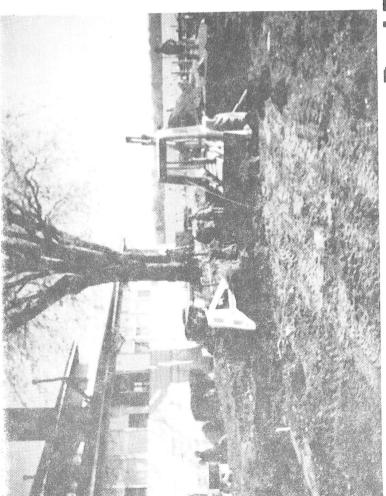
Thank you for your cooperation.

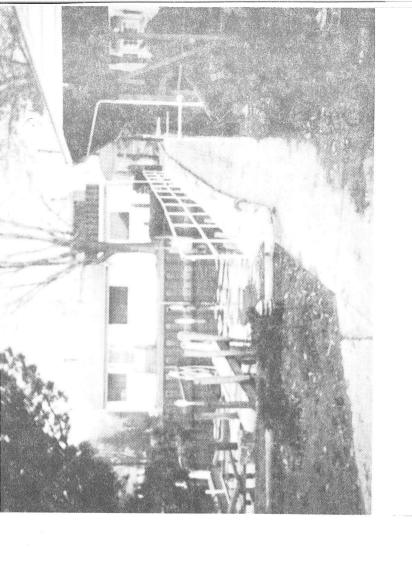
Rick Fulgham.. Rear Commodore

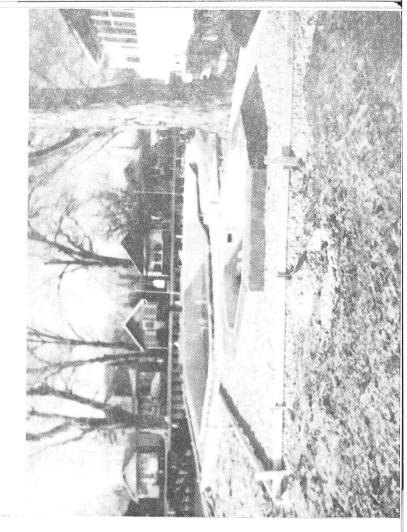


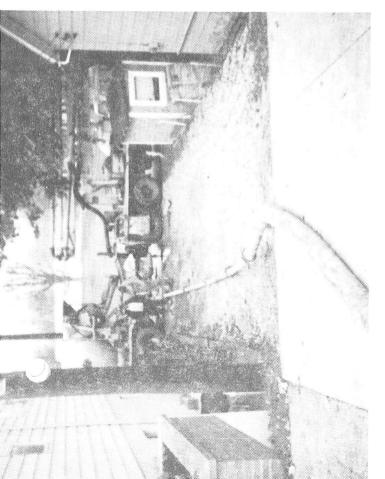


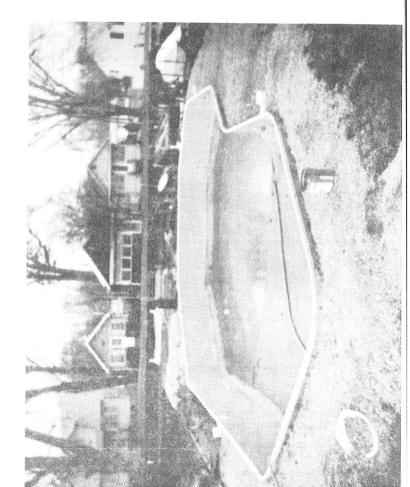












Editor's Page

We tried to present a sequence of pictures showing the steps in the building of the pool. Especially for those of you who have'nt been able to check it out.



"Since they're running together more and more anyway, this year I'm stuffing the Thanksgiving turkey with the Christmas presents."

Another authentic reproduction of a napkin used in the Gob's Mess.

RL

Take two aspiring and drink plenty of liquids.

This napkin was used by Hippocrates

Many thanks to Bob and Betty Andrews for graciously donating a Akai Stereo Cassette Deck to the club. We appreciate the thought and will enjoy it for many years to come.

Fairly Crooked

The game among the four cardsharps was tense. Suddenly, the dealer tossed his cards down and announced, "This game is crooked!"

"What makes you say that?" asked the sharpie on his right.

"Well, it's obvious," the dealer replied. "You're not playing the cards I dealt you!"

Planned Incentive

Sign on the road in a small town: "Drive Slow. No Hospital."

Resistant To Reform

The police arrested a medicine peddler for selling eternal-youth pills. After careful checking, they found he was one of those repeat offenders. been arrested on the same charge in 1784, 1842 and 1907.

Only Me, Myself And I

One woman to her friend: "The nice thing about egotists is that they don't talk about other people."

Just Reasonable

Tolerance is what we have toward matters that don't directly affect us.



"My favorite exercise program? "Monday Night Football" . . !"



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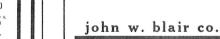
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IMPORTANT DATES

JANUARY

Jan. 8-Board Meeting
Jan. 10-Prog. Euchre Party
Jan. 16-Ice Breaker

FEBRUARY

Feb. 12-Board Meeting
Feb. 14-Valentine's Party
Feb. 20-Ice Breaker





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