



The Waves

this issue

Commodore's Thoughts

Committee News

April & May Calendars

Sailor's Page

Officers

Commodore: Jude Gosz

Vice Commodore: Steve McMahon

Rear Commodore: Dick Kornely

Treasurer: Tim Hecker

Secretary: Heidi Koch

Auxiliary President: Sandra Murray

Board of Directors

Brian Muench 920.860.4138

James Neuser 920.684.4093

Keith Laurent 920.901.8096

Karl Pagels 920.374.0014

Jude Gosz 920.684.0728

Tim Hecker 920.684.8294

Don Cisler 920.652.0468

Jim Kocian 920.905.1650

Don Brisch 920.682.2481

Tracy Virnoche 920.686.1576

Keith Shebesta 920.684.8148

Steve McMahon 920.684.5277

Committee Chairs

House: Jim Kocian

Building: Keith Laurent

Grounds & Outside: Don Cisler

Fleet Captain: Tracy Virnoche

Sailing: Chad Radtke

Social: Kris Klein

Finance: Steve Pfeffer &

Dick Kornely

Membership: Brian Muench

Technology: Heidi Koch

Lease: Karl Birkenstock

Donations: Dean Duescher

Waves: Ron Stokes, Nan Hallock
& Heidi Koch

Sgt. at Arms: Steve McMahon

Club Historian: Ron Stokes

Bar Manager: Maureen Shebesta

Letter from Commodore Jude Gosz



Greetings!

March was a good month at the club, ending with the excellent chicken dinner again sponsored by the Kleins. Anyone not taking advantage of club events missed the liver and onion

breakfast prepared by Bill Scola and crew, many thanks to them.

Those members who took the road trip to the Interclub meeting at Fond du Lac had a good time, its too bad that we didn't have more going. Members not participating in club events don't know what they are missing. Remember we are hosting the interclub party next year and planning will start in October so if you are interested in helping out mark your calendars.

I am writing this letter on the first day of spring which means that our spring cleanup will be right around the corner with all of our apprentices we hope to have a good crew for this event, watch the bulletin board for the sign up sheet. Be sure to check out the Grounds chairman Don Cisler's article in this newsletter for more details as well.

A few things have changed at the club. One of these changes is that a member will now be able to sponsor two people per year for membership. The other change is that stag night is now officially steak night. We have several female members and want them to feel welcome at this monthly event. I encourage them to come to the club for this and to also bring guests with them.

As with any private club we are always looking at ways to save money and one way is for members to receive the newsletter via email. We need to have everyone who has not given their email address to

the Newsletter Committee to please do so. The easiest way to do this is to send an email from the address where you would like to receive the newsletter to manitowoc yachtclub@gmail.com with Newsletter in the subject field. You can also view the newsletter on our web site, plus there are always hard copies down at the club. This will greatly help the club with postage costs.

I would like to let members know that Thursday nights at the club are becoming quite popular so feel free to stop down and enjoy some good conversation and if you care to bring a snack.

Don't forget the smelt fry this month on April 20. A lot of preparation goes into this popular event and much help will be needed beginning with the cleaning on April 19, check the bulletin board for the signup sheet to help. This is a good time for apprentices to get some hours in and possibly become interested in chairing this event next year.

We are always looking for members to sponsor parties so if you have any ideas please contact social chair Kris Klein with your ideas.

The Annual Boat Show and Swap meet will take place again this year, we thank Jerry Hein for planning this event. This event will also include a fry out and open house. We are planning this event for Saturday May 21 so if you have a boat to sell or would like to help out watch for details in next month's newsletter and on the bulletin board.

As always this is your club so please take advantage of the many events we have to offer. I hope to see many of you on Friday nights in April at the club as Chef Brian has many excellent specials planned.

Friday Night Dining System

Sign in at the podium. The waitress will find you per the order of sign in to take your order. If you are not ready to order you will be moved to the bottom of the list.

Parties of 8 or more will be seated after 8pm.

If the parties of 8 would like to eat before then, you must split up your party and the hostess will seat you as a table comes available.

Once you are notified to go to your table please do so promptly. If you do not; the waitress will put your food out even if you are not there. They will not hold it in the kitchen for you to be ready.

Please follow this simple process to keep the system running smoothly.

-Thank you!

Committee News

House Committee

Jim Kocian, Chairman

For our April 26 Membership Meeting Chef Brian and Bridget Mulhaney will be there to answer any questions you may have regarding procedures that are followed in the galley and dining room. Hope to see many of you at this meeting.

Also, mark your calendars for April 29, Chef Brian, Keith Shebesta & Tracy Virnoche will be doing the Grilled Steak & Shrimp night. This is always a popular dining feature.

As of March 18 we are averaging 133 per Friday night dining. Thank you for coming down to the club and enjoying all the camaraderie.

If you have any questions or concerns please contact me at 905.1650.

Ladies Auxiliary

Sandie Murray, President

The March meeting was hosted by Auxiliary member, Diane Knowles at Shady Lane. Ben Cress, professional dancer, demonstrated some of his most popular dance routines. Auxiliary members participated in the dance lesson, following Ben's steps as best they could. It was a lot of fun, and good exercise at the same time.

On April 4, we will meet at the Yacht Club, where we will have a fashion show facilitated by the TLC store in Sheboygan. We will have a preview of what's in style for Spring and Summer 2011.

The Auxiliary will have a bake sale on Friday night, April 8, from which the proceeds will go toward our many worthy causes throughout the year. Thank you for your support.

Social Committee

Kris Klein, Chairman

Hello again MYC. The results of the MYC 2nd Annual Cribbage Tournament held on March 6th are as follows: Fourth Place- Don Hallwachs, Third Place- Mike Traeger, Second Place- Kim Korleski (with thanks to Eldon Klein for filling in so she could go to work) and First Place..... Yours Truly.

I know it sounds fishy but I had the cards all day! I had a lot of great pictures from the event that I would like to share with you all but mistakenly lost them while trying to load them on my laptop! If anyone would like a photograph of the 2011 MYC Champion, I can bring the trophy down to the club. Please call for an appointment.

Seriously now, March is now behind us and the weather is warming up enough for another group of great parties at the club. on April 20th is our annual smelt fry dinner. Please come down for an excellent dinner.

We have a few events coming in early May as well. Paula Feest is hosting a Kentucky Derby Party on May 7, as a great way to kick off spring. Ladies, bring your hats and everyone can pick a horse for the big race! Dick Kornelly will be hosting the May

Steak Night and will be serving his famous boiled shrimp. Please sign up for this event because you can't beat this meal. The grill will be hot if you only care to grill your own meat. Please see the board for other upcoming events, sign up and come down to make all of the hard work that our members have put in to these parties worthwhile. Enjoy the warmer weather!

Grounds & Outside Committee

Don Cisler, Chairman

There is a spring clean-up of the grounds scheduled for Saturday April 16th weather permitting. In case of bad weather the clean-up will be Saturday April 23rd. There will be a sign up sheet on the bulletin board. Activities will include lawn raking, cleaning out around shrubs, trimming shrubs, etc. Please bring your own tools. If anyone has a leaf-blower to bring, it would be a big help for cleaning out around the shrubs and the decorative stone areas. I will provide plastic barrels for debris and a trailer to dump them into. This is a great opportunity for apprentices to gain some hours and it'll be a great excuse for members to get out of doing their own yard work! Donuts and coffee will be provided compliments of the Commodore! So please sign up and come on down to the club.

Calendar

April Event Details

Bean Bag Tournament

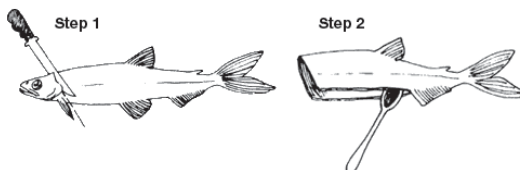
Saturday April 2, 2011



\$5 per player, luck of the draw teams. Please be at the club at Noon to draw names. We will then create a bracket and start the tournament soon after. Please bring a dish to pass. Invite your friends!

Smelt Fry Help

Tuesday April 19 and Wednesday April 20



Tuesday:

Cleaning/Prep - 430pm

Wednesday:

Breading - 8am-Noon

Galley/Dining Room Set-up and Clean-up - 4pm-end.



Please Sign-up on the Bulletin Board.

Please contact Kris Klein, Social Committee Chair with your ideas!

Smelt Fry Facts

- 160 lbs of Smelt from Lake Superior
- 80 lbs of French Fries
- 60 lbs of Homemade Coleslaw
- 12 guys = 3 hours of cleaning

APRIL 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Jumbo Peel & Eat Shrimp	2 Bean Bag Tournament
3	4 Ladies Aux. 7pm	5	6 Private Party 5-9pm	7	8 Tilapia / Ladies Aux Desserts	9 Private Party 1-4pm
10	11	12 Steak Night 530pm	13	14	15 Grilled Salmon with Dill Sauce	16 Spring Clean-up Private Party 1-5pm
17 HFM Spaghetti Dinner 11am-7pm	18 Board Meeting 6pm	19 Smelt Cleaning	20 Smelt Fry	21	22 Blue Gills	23
24 Easter Sunday	25	26 Membership Meeting 7pm	27	28	29 Steak & Shrimp Cookout	30 Private Party 1-6pm

Very Important

Volunteers are needed to chair the following events. If no one steps up these events will be canceled.

- Tom & Jerry Night - November
- New Year's Eve Party - December

Please contact Jude Gosz for more information or if you have any suggestions.

Online Newsletters

There is an archive of past newsletters on our website.

Events (continued)

Upcoming Event Details

Third Annual Kentucky Derby Party

Saturday May 7, 2011
Party starts - 3pm, Race – 5pm



In Memory of Bud Fisher

Please join in the excitement, by not actually being at Churchill Downs, but as close to it as you get by attending this party at our very own Manitowoc Yacht Club. So, grab a hat, a mint julep and place a bet on your favorite horse. Should be a good time! Best Hat Contest & Horse Racing games to be played. Please bring a dish to pass. Open to members, spouses and guests. Any questions, contact Paula Feest 686-4002 (W) / 682-1482 (H) or Dean Duescher 629-1325.

BBQ Rib Party

Saturday May 14, 2011
2-6pm
\$15 per adult, \$6 per child 12 and under



Join us for this great new event! Ribs, Mac & Cheese, Baked Beans and Corn Bread Cassarole will be served. For dessert enjoy some bread pudding. Watch the bulletin board for sign-up! Any help would be greatly appreciated. Any questions please contact Donald Davis 901-2272

MAY 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Ladies Aux. 7pm	3	4	5	6 Fresh Walleye	7 Kentucky Derby Party 3pm
8 Mother's Day	9	10 Steak Night & Shrimp Boil 530pm	11	12	13 Jumbo Peel & Eat Shrimp	14 BBQ Ribs Party 2-6pm
15	16 Board Meeting 6pm	17	18	19	20 Cajun Catfish	21 Boat Show
22	23	24	25	26	27 Stuffed Shrimp	28
29	30 Memorial Day	31 Membership Meeting 7pm				

Good Times at the Fond du Lac Interclub Party

Submitted by Al Geimer

On Saturday at 1530 hours I arrived at the club. The 34 people who signed up were already enjoying the bar and their spirits were up. About 1545 hours the bus arrived from Valders, Sun Set Cruises and what a bus it was, ultra modern and new! Word was passed on via the sound system for able body men to help load the food, soda, beer and bar stock for drinks. Our Commodore Jude Gosz had already gone around and asked each person going on the trip what they wanted to drink. Half of the able bodied men turned out to be women! It sure made it more fun. The drinks when they needed water had to be brought from the back of the bus to the front, where the water was kept. This arrangement ensured that all the members got



to talk to each other on the trip. Roll call was taken at the start of the trip and we were on our way at 1600 hours. Spirits of the club members got higher, music started to play, when a good beat song came up someone immediately turned the volume up and the bus shook to the beat of the music. Being an apprentice, I do not know everyone's name but a real cute lady tried to get the bus to sing a song, first one side and then the other "Row, Row, Row Your Boat" but other club members wanted different songs. After a real great effort she gave up however later we were able to sing along for some songs on the radio as the bus continued to Fond du Lac. We arrived at 1725 hours; the club house there is beautiful! It is at the end of a mass of docks about a block into Lake Winnebago, a 20 by 8 mile lake. The lake is big enough that you cannot see across it to the north. We were greeted by their Commodore, checked in, made our name tags, received door prize tickets and mingled with the other 168 members from Green Bay, Appleton, Fond du Lac, and Manitowoc. It was just like the bus, load, music, coffee, popcorn and view of the lake from all over the club house. At about 2000 hours a 50/50 raffle was held, half the money was split by two tickets drawn. Jude Gosz and another Manitowoc member won! They also had raffle ticket drawings for about 100 prizes. A little different than ours, you could get the tickets for 50 cents apiece or spread your arms apart and get the length for 20 bucks. Our dinner was prepared by the Fond du Lac members and was excellent. Beef tips, noodles, corn, and homemade desserts. The band Clyde and Russ played from 1800 to 2200 hours, two singers who took requests. We boarded the bus about an hour later. We noticed the Green Bay bus was not boarding but the club members were standing in a line along the side of their bus, all of their members, men and women "moon" our bus. I had never seen...anything like it! We returned to the Manitowoc club at about 2430 hours ending an experience I would do again and again!



New Member Applications

Applicant: Michael Traeger

Sponsor: Terry Hartman

Applicant: Dave Mrotek

Sponsor: Keith Shebesta

Applicant: Peggy Pitz

Sponsor: Peter J. Peterson

Applicant: Andy Steimle

Sponsor: Don Brisch

Applicant: Dave Van Stan

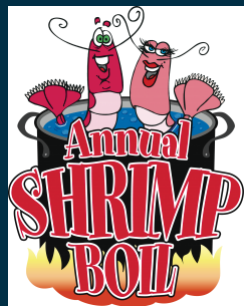
Sponsor: Tracy Virnoche

Policy Reminder

Membership keys are only to be used by the member. Spouses may not access the club alone.

Check out the club bulletin board for:

- Meeting Minutes
- Proposals
- New Member Applicants
- Event Sign-ups
- Snap Shots
- Stag/Steak Night Info
- Club Waiting List
- Plus much more!



Hamburger Wednesday

A Wednesday in May is yet to be determined.
 4-7pm. First 50 to sign up. Limit six in a party.
 Milwaukee style burgers at a Solly's Coffee Shop in MKE. Served on a toasted bun with raw, fried or stewed onions smothered in butter and french fries all served in a basket. **DO NOT SIGN UP** if you have a cholesterol problem! :)

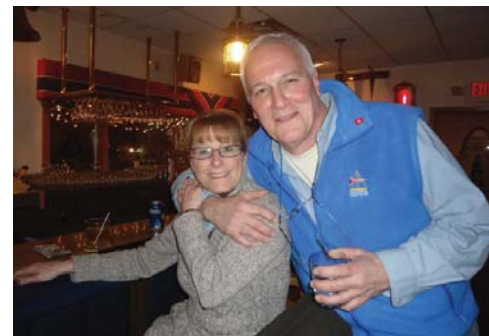
Watch next newsletter and bulletin board for more information.

Picture Page

Interclub Party



Second Apprentice Orientation



Events (continued)

Steak Night & Shrimp Boil
 Tuesday May 10, 2011 - 530pm

Dick Kornely and crew will be hosting the Steak Night Shrimp Boil. One pound of shrimp, plus the fixings for \$18 per person. Including the famous Brenda Emmert desserts You can still bring a steak to grill. Sign-up sheet is posted. Shrimp prices have doubled-which is why the price increased. Space is limited to 90 people so sign up fast. Only sign up if you want shrimp. Deadline to sign up is April 30th or until full. Remember women are encouraged to attend. Any questions, call Dick. 973-3343



Annual Events:

- May 21 Boat Show (Hein)
- Jul. 2 Family Picnic
- Jul. 30 Brewer Bus (Radtke)
- Aug. Pig Roast (W. Scola)
- Sep. Lobster Boil (Ro. Krowiorz)
- Sep. Sporting Clays (G. D'Aoust)
- Oct. Oktoberfest (Muench)
- Oct. Halloween Party (Muench/Kotche)

- Nov. 23 Tom & Jerry Night (NEED SPONSOR)
- Dec. 10 Change of Watch (Gosz)
- Dec. 17 Kid's Christmas Party (Ladies Aux)
- Dec. 31 New Year's Eve Party (NEED SPONSOR)

Sailor's Page

Top 10 Things for Sailing Fitness

Source: <http://www.mysailing.com.au>

Laser champion and coach Michael Blackburn's top ten things you must do for sailing fitness & the best techniques for better performance.

1. Be Adaptable.

Set a general training plan, then adapt it constantly. Books on training for sport say to set a periodised training plan a few months or even a whole year in advance, then follow it. However, that's just not good enough to get the best out of yourself at each and every session, particularly in sailing where wind strength has such a big impact on the physical intensity of training.

Sometimes you might want to do a hard session, but the wind isn't there. To compensate, you can add on a little fitness work post-sailing or do another gym session the next morning. Sometimes, you turn up to training in not-so-good condition (eg, lingering fatigue), so then you might reduce the volume and/or intensity of the session.

Have a good idea of what you want to achieve today and this week, check the weather forecast and be prepared to modify your training plans as needed.

2. Recover Well.

Use ice and cold water recovery practices. Remember that you don't get fitter from training until you get a chance to rest and let the body rebound. You can recover faster for your next training session using recovery strategies like cold water immersion.

Some people recommend making the bath really cold (12-15 deg C) but I like it straight out of the tap (about 18 deg C). I'd sit in the half-full bath, cooling my back and legs, for 5-8 mins. That usually has me shivering so it feels like it's enough. While getting in is hard, afterwards you really feel a difference by way of reduced soreness and faster recovery.

3. Develop Your Back.

Sailors suffer injuries to their backs more than any other part of the body. Try to include exercises for your lower back and deep abdominal muscles every-day. There are specific exercises in the book.

4. Have Stable Shoulders.

After backs, shoulders are sailors' next most injured body part. Sailing often requires sudden, strong movements of the arms over a large range of motion and these can trouble the shoulder joints. Serious sailors should include shoulder stabilisation exercises as part of their strength training routine. (Search 'shoulder stabilization' on Youtube.)

5. Hip Flexors.

Alongside working on your abdominal muscles, work on your hip flexors. Most of the time when you are sailing, the hip flexors are in a shortened position so you need to correct that at the end of the day with some stretches. Hip flexor stretches can help improve your posture, help the muscles recover and participate in reducing lower back issues.

6. Equipment.

Think of ways your equipment can help enhance your sailing endurance. The obvious item is battened hiking pants which spread the load and improve blood flow. Also consider whether your grip on the boat is good enough (gloves, boots, wetsuit). I glued pieces of rubber on my hiking pants where they touched the gunwale to improve grip and make it more efficient when I tried to throw the boat around.

Make sure your ankles and body are well supported (boots and trapeze harness) and lastly, try to keep your muscles cool rather than hot when racing as overly hot muscles are less efficient.

7. Whey Protein.

If you need to gain weight, supplement your diet with whey protein combined with a quality muscle-building resistance training program. Skim milk powder is high in protein and when mixed with milk and flavouring makes a cheaper body building drink than the mega powders in nutrition shops.

8. Be Scientific.

Keep quality records of your fitness. The aim here is to find out what works through trial and error. (Hopefully not so much error.) Body weight is the first thing you should keep track of over the long term. After that, think of tests you can apply to yourself to measure your fitness for sailing. (You might start with the home fitness tests in the book.) I have an excel spreadsheet with 10 years of my results from time trials in cycling, rowing machine, pool running, and even surf ski paddling. It's great to be able to look back and see the improvements.

9. Hike.

Use a Swiss ball as a hiking bench to train the legs when the wind is light. If you should have done some hiking but there wasn't enough wind, Swiss ball leg extensions can be a great substitute. Try 15-20 reps, rest for 5 sec, then do 15-20 reps and continue through to 100 reps in total.

10. Better Technique.

Hike at 90% effort rather than trying to sustain a more intense position that compromises your ability to steer, trim and decide tactics and strategy. You may not get as much righting moment, but you will gain more by trimming the boat accurately and being in a better mental state to decide which way to go. However, do go flat-out off the start!

See www.sailfitter.com for more info.

Attention Membership:

At the next membership meeting on Tuesday April 26, kitchen staff will be available for questions about Friday Night Dining.

This is the perfect opportunity to ask any questions.

Happy Easter!



Note from The Waves

The Waves needs your help with contributions in the form of letters to the editor, photos – old and new, articles on water activities, suggestions, etc. ANY input is valuable! Drop them off at the club, mail to The Waves' attention or email manitowocyachtclub@gmail.com. We hope to make the waves more informative and interesting!

The Waves April 2011

April Events

- April 2 Bean Bag Tournament Noon (Duescher/Kotche)
- April 4 Ladies Auxiliary 7pm
- April 12 Steak Night 530pm (Eldon Klein, Dan Klein and Apprentices)
- April 18 Board Meeting 6pm
- April 19 Smelt Prep 430pm
- April 20 Smelt Fry 530pm
- April 26 Membership Meeting 7pm
- April 29 Steak & Shrimp Cookout 530pm



www.manitowocyachtclub.com



The Manitowoc Yacht Club
815 Maritime Drive
Manitowoc, WI 54221-0744
(920) 684-3571
www.manitowocyachtclub.com