



# Sierra Point Yacht Club



## Spyglass Newsletter

Weekly  
Summer  
Sailing  
Races

Club  
Social  
Events

Cruise outs  
& Cruise ins

Monthly  
Dinners

Club Managed  
by Volunteers



December 2018 Edition

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## 1. Editor's Update

I am nearing the end of my 'winter' visit to the Isle of Wight in the UK and getting ready to head home on December 6th - and looking forward to getting back. English weather does not agree with me as it is uniquely damp, wet, and grey. Add high winds and you have winter recipe where the damp 'cuts you to the bone' and causes all sorts of body aches. The sun is a rare occurrence and when it does shine it is low on the horizon; oh how I yearn for lighter evenings and warm sunshine.

While here on the Isle my Swan class sailing boat Frolic was hauled ashore from her mooring and has been 'winterized' and is now safely tucked away in my friend Lionel's boatshed/workshop for the winter. We now have 6 Swans stored for the winter and everyone is looking forward to the sailing season next year where we will now have a special swan class series of races planned.



*Frolic ready to be stored for the winter*

I volunteered to do safety boat duty helping one of our Brading Haven Yacht Club RIBs for two weekend races while here and it was bloody windy, wet and cold. I take my hat off to the racers who participated in the two races. They were kitted up in full wetsuits to deal with waves and capsizes.



*Bloody hell it is cold*

The dreadful California fires have been big news over here and there was general concern from all my friends here regarding the fires and the devastation caused.

It is the festive Christmas season and our Christmas events will be held on December 15th with the highlight of the evening - the boat decorating contest, followed by the Holiday party at the club so let's all decorate our boats in the marina and have a fun filled evening.

On a more serious note, we have a special reception on December 17th to celebrate the PBS Broadcast of David L. Brown's award-winning documentary *Going the Distance*. I encourage our members and guests to attend. And you must read - the should not be funny but really is - saga of Captain Jack and his cigar.

Onward and upward

Spyglass editor.

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## **2. Commodore's Commentary for November**

The Holidays are in full swing here at SPYC. Join us around 5pm on Friday the 7th before the potluck when we will be decorating the club house. Once that is finished, let your holiday cheer carry over to the decorating of your boat. Prizes will be given out at our gift exchange dinner on the 15th; a lively event that shouldn't be missed!

Here's to a dry boat and smooth sailing into 2019.

Michael Bell  
Commodore

## **3. Club general Updates**

No general club updates to report this month

## **4. Events Calendar**

### **SPYC Holiday Party - December 15th**

The festive season is upon us and it is time for our annual boat decorating contest and the club holiday party on the 15th December. This is always a fun event and I encourage all of our boat owners in the marina to decorate their boats and enter the contest.

## S.P.Y.C. Holiday Party and gift exchange

**DECEMBER 15th**

Walk the docks with judges 5pm - appetizers - 6 pm - Gift exchange at 7 pm  
Emcee - Dylan and his lovely assistant Emily  
Chef Terry O'Connell



### GIFT EXCHANGE

Bring a wrapped gift for the Great Gift Exchange:  
Lots drawn for when you take your pick from the pile or previous gifts ; then see if you keep it!!!!!!  
We are limiting "stealing" gifts to 3 times!  
Gifts should have about \$20 value  
Entry: \$20 per Adult donation to Second Harvest and Brisbane Police and Fire Department Charity  
The club will match your donation.

Brisbane Marina and Sierra Point Yacht Club

## BOAT DECORATING CONTEST



Make your boat look wonderful, funny, whimsical, political, sinister or whatever  
Judges lead by Michael Bell with Michele Salmon and Michael Hahn will start on dock 6 at 5pm Friday night and continue Saturday 5pm.  
if your boat is lit up you are entered.  
3 Grand Prizes awarded at 7pm in the club house

Sarah FitzGerald  
Event Panjandrum  
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415 412 7510

## Special Reception - Going the Distance

Special Reception to celebrate the PBS Broadcast of David L. Brown's award-winning documentary *Going the Distance*

Complimentary desserts and wine will be served at 8:00. p.m.. PBS Broadcast at 9:00 p.m.

Two special guests from the film will be present for Q and A following the broadcast.

Going the Distance: Journeys of Recovery is an hour-long character-driven documentary in which four survivors take us inside the experience of traumatic brain injury (TBI) to reveal their personal stories of devastation, heroism and hope. Produced and directed by three-time Emmy Award-winner (and SPYC member), David L. Brown, Going the Distance focuses an intimate lens on the daunting, inspiring journeys of the survivors as well as the people who love and care for them. The film's profiles in courage include: Jason Poole, an African-American Iraq War vet nearly killed by a roadside bomb; Kristen Collins, a nurse who was badly injured in a motorcycle accident; Jay Waller, a Yale graduate who was the victim of a savage road-rage beating; and Ian McFarland, a six-year-old surfing prodigy who survived the auto accident that made him an orphan.

Weaving cinema vérité scenes, interviews, home movies and archival footage, Going the Distance explores the physical, emotional and economic challenges of recovering from TBI for these extraordinary survivors as they reinvent themselves after their injuries. The film was awarded "Most Inspirational Film" at the Oregon Documentary Film Festival.

### Director's Statement on the Genesis of Going the Distance: Journeys of Recovery

The origin of the documentary Going the Distance: Journeys of Recovery was the harrowing but inspiring story of Bob Woodruff, TBI survivor and former ABC News anchor who was badly injured with TBI by a roadside bomb while



**You're invited to the broadcast premiere party for the PBS broadcast of**

# Going the Distance

*Journeys of Recovery*

Produced and directed by David L. Brown

PRESELECTED  
Toronto  
International  
Independent Film  
Festival  
2013

AWARDED  
MOST  
INSPIRATIONAL  
FILM  
OREGON  
DOCUMENTARY  
FILM FESTIVAL  
2013

**Moving Tales from the Silent Epidemic**  
"The best documentary on traumatic brain injury I've seen yet.  
It's a great piece of work."  
Bob Woodruff, former ABC News Anchor, traumatic brain injury survivor

**Monday, December 17th**  
7:45 p.m. for desserts and beverages - PBS broadcast at 9:00 p.m.

**Sierra Point Yacht Club**  
500 Sierra Point Parkway • Brisbane, CA 94005  
[www.SierraPointYC.org](http://www.SierraPointYC.org)

RSVP Docmaker1@aol.com or 415-468-7469



reporting in Iraq in 2005. After receiving the best care available anywhere, he experienced a recovery that many describe as “miraculous.” He actually returned to work reporting for ABC News fifteen months after his injury, becoming the embodiment (“poster guy”) of TBI recovery. In 2007, I was hired to direct a multi-cam video shoot to document the Cross Lake Tahoe Paddle, a benefit for the Bob Woodruff Foundation. There I met and interviewed Woodruff’s brother, Woody, several TBI survivors and their close friends. After filming the first interview with TBI survivor, Jay Waller, I realized this was an urgent public health issue and that a widely distributed broadcast documentary on the subject would be an invaluable resource for the entire TBI community. After screening several documentaries on the subject, I knew that I wanted to profile relatively successful recovery stories to convey hope and inspiration to all those impacted by TBI or traumatic injury. I acknowledge that our four survivors are relatively fortunate and lament that many media productions on the topic convey a limited sense of hope about recovery. Our extraordinary TBI survivors, I believe, provide a model for the elements required for successful recovery. I feel very fortunate to have been able to tell their stories. They, their families and their support teams have inspired me deeply. I believe their stories will have a similar impact on audiences for this documentary.

## **BREAKFAST AT SPYC -bi weekly**

Our revered Harbour Master, Michael Hahn is cooking breakfast this Sunday. Come along and join the fun. This will be the last Sunday breakfast until a member (or members) volunteers to organize them. Jim Lowrie has done this job for 2 years and we offer him many, many thanks for his fabulous work. What a great job he has done.

However, if you value breakfast at the club, please consider stepping up and helping. The Sierra Point Yacht Club is an all volunteer club where there is no paid staff. To make our club and functions successful, volunteers must step to help

### **BEST BREAKFAST IN TOWN SIERRA POINT YACHT CLUB**

**1st Sunday**

**October through April  
SPYC will serve breakfast  
from 9am to 11am**

**Varied menu: Specials  
bar**



**Members \$9**

**Non Members \$12**

**no registration required  
pay at the bar**

## 5. Cruise-Outs/Ins Update

From the editor:

The club cruise outs are a lot of fun and a great way for club members and guests to enjoy a weekend away from our normal routines. Kathy, our Fleet Maiden does a stellar job of arranging our cruise out schedules with other Yacht Clubs around the bay, and what better way to support Kathy than to sign up early for each cruise out. I especially would like to entice new members to join the cruise out fun. We will be providing more assistance to Kathy for the 2019 season to enhance and explore new Yacht Club/Marina destinations.

### Cruise out schedule:

The 2019 Cruise out schedule is being developed and will be posted in Spyglass as soon as available.

*There's more to come so check the SPYC website regularly; bring me all of our constructive suggestions, and VOLUNTEER to help with cruise-outs and any other club activities that appeal to you. The more you participate the more fun you'll have and solid friendships will result. If you're shy you can quietly approach any board member with your offer to volunteer and we'll hopefully steer you in the right direction. And finally, I have included a 'little' saga from the cruise out to the St Francis Yacht Club featuring Captain Jack.*

Kathy Stern, Fleet Captain

For information on our cruising calendar please go to our web site cruising section on [www.sierrapointyc.org/cruising](http://www.sierrapointyc.org/cruising) where you can find detailed info and sign up procedures. You can also contact our Fleet Captain Kathy Stern on: [fleet\\_captain@sierrapointyc.org](mailto:fleet_captain@sierrapointyc.org)

## 6. Beer Can Racing Update Closed for the Winter

Quincy Bragg  
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## 7. Bulletin Board

No new bulletin board updates have been submitted for this month

## 8. Tech Tips. Items for Sale

No tech tips, items for sale posted this month

## 9. The Ballad of the Bad Cigar

It was a beautiful early November weekend when 8 of our SPYC vessels pulled in to the St. Francis Yacht Club guest docks. Most of us enjoyed dinner in the club on Friday and turned in at a fairly reasonable hour. The next morning we biked, hiked or hitched a ride up to Chestnut street where we strolled in and out of the tempting shops. I couldn't pass up the alluring little cigar shop I spotted so, after telling the group I'd catch up with them, went inside for a chat with the well-informed young salesman. "What's the difference between a strong cigar and a not-so-strong cigar" I asked. "Just a slight variation in flavor", he said. "What are the possible side-effects of a strong cigar vs a not-so-strong cigar" I asked. Well", he said, "the strong one might make a guy a bit dizzy is all". So I decided that a "medium" cigar was a good choice for my Captain and chose a small sized, sweet-smelling one for \$10.00. I thanked my helpful host and left to seek out my shopping buddies.

Back at the StFYC guest dock we enjoyed a relaxing few hours soaking up the sun on Sea Fever. At happy hour a few of us gathered on the outside deck of the Clipper Ship Bar & Grill to watch the gorgeous sunset with the backdrop of the Golden Gate Bridge. We decided to return to the Lydon's lovely cruiser, Liberty Bell for a pot luck" dinner with the rest of the group. While I put together our contributions to dinner, Cap'n Jack sat up in the cockpit enjoying his cigar in the moonlight. Suddenly he stood up and said: "Kathy, I don't feel good. I'm really dizzy". "Sit down", I said. "It's probably from the cigar. The clerk told me this might happen and I don't want you to fall overboard". He sat down but a few minutes later he stood up again and said, "I think you should call 911. I feel really bad and I've heard that dizziness can signal a possible stroke." Better to be safe rather than sorry, I thought as I quickly dialed 911. As I spoke to the

dispatcher Patrick Lydon called to us from Dock C “when are you coming over?”. “I’m busy calling 911”, I replied. “Jack isn’t feeling well”.

Within minutes no less than 10 of San Francisco’s finest medics descended onto Dock B, and 4 of them boarded Sea Fever with medical gear in tow. Their partners remained on the dock, waiting to see if they were needed, reassuring me and our friends who by then had converged on our Dock, and taking note of the evening’s party atmosphere. After a preliminary check of his vital signs the young medics helped Jack climb out onto the dock where they wheeled him up to a waiting ambulance for further evaluation. One EKG later it was deemed that further tests seemed wise in view of the captain’s advanced age and symptoms I hopped into the front seat next to the driver and we rode (no sirens, as the EKG was normal) to Sutter Pacific Medical Center (SPMC) in lower Pacific Heights. Once we were checked in Lombardo, the medic who attended the Captain in the back of the ambulance expressed his disappointment over having to part ways because he had so enjoyed their conversation during the ride over and wished they could continue it.

As we settled in to the ER and a second EKG and blood draw were done, we were told there were 2 visitors in the waiting room. Our dear friends, nurse & attorney Kathy McCormac and Mr. Pat Crowe had arrived to offer their professional and personal support in response to Terry O’Connell’s call that Jack was taken to the hospital. This was above and beyond the call and we were touched by their concern for their dear friend. Kathy soon felt comfortable that our captain was in good hands and in no immediate danger, so she and Pat went back home to finish their dinner. Encouraged by their positive assessment, Jack patiently submitted to 2 or 3 more hours of tests, questioning by medical staff, and finally an informal “chat” with the attending physician, Jack was released to go home for a good night’s sleep. The diagnosis: “probably the cigar”. Recommendations: “No more of those expensive cigars, and you two limit the wild partying”.

YOU NEVER KNOW WHAT MIGHT TURN UP ON ONE OF SPYC’S CRUISE OUTS. JOIN THE FUN!

Thats all for this month folks.. A happy Christmas and a prosperous new year to all readers of Spyglass  
Spyglass Editor

