



Catalina 22 Fleet 4

4UM



August

2023

<http://www.catalina22fleet4.org/>



Big/Little Brothers/Sisters, Fleet 4, and FLYC volunteers

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UPCOMING EVENTS

❄ August 2023 ❄

- Wednesdays, 8/9-8/30, 6:00pm Folsom Lk.
Beer Can Fun Races
- Friday, 8/4, 6:00pm, Folsom Lake
Race: FLYC Sunset Series #3/4
- Saturday, 8/5, 9:30am, Folsom Lake
Race: FLYC Singlehanded Regatta
- Saturday-Sunday, 8/12-8/13
Cruise: Loon Lake - Shooting Star
- Friday, 8/25, 6:30pm, Rayfuse's home
NEW DATE
Ice Cream Social
2640 Echo Way, Sacramento, 95821
- Sunday, 8/27, 12:00 noon, Folsom Lake
Race: FLYC Governor's Cup Series #1

❄ September 2023 ❄

- Friday-Sunday, 9/8-9/10
Cruise: Folsom Lake
NEW LOCATION
- Sunday, 9/10, 12:00 noon, Folsom Lake
Race: FLYC Governor's Cup Series #2
- Sunday, 9/17, 12:00 noon, Folsom Lake
Race: FLYC Governor's Cup Series #3
- Sunday, 9/24, 12:00 noon, Folsom Lake
Race: FLYC Governor's Cup Series #4

The Fleet 4um is published bi-monthly in even-numbered months. The deadline for submission is the 25th of the odd-numbered month prior to publication for the next month's edition.

The October edition will be delayed, so please send your submissions by October 8th to:
Gary Preston, Fleet 4um Editor
Gary_Karen_Preston@compuserve.com

➤ *CAPTAIN'S CORNER* ◀

Kevin Clancy, Captain

Running With Scissors #14145, Catalina 22

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916-956-6246

Can anyone stop singing the song *The Heat is On*, by Glenn Frey (1984)? Just kidding of course, but now try to get that song out of you head. LOL! In any event, it is hot out there! Really hot! During periods of high heat, we need to take steps to protect ourselves and stay aware of others around us. Heat-related illnesses can show itself as a sunburn, rash, cramps, fainting, exhaustion, and heatstroke. Heat exhaustion and heatstroke are serious, and they have some of the same symptoms, but others that are very different and helpful when evaluating the possible severity of the condition. Here are some of the things to watch out for, according to the Centers for Disease Control and Prevention.

Heatstroke symptoms include high body temperature (103°F or higher) with hot, red, dry or damp skin, and a fast, strong pulse. Other symptoms include headache, dizziness, nausea, and confusion. Move the person to a cooler place, loosen clothing, try to reduce body temperature with cold towels or a cool bath. Do not give the person anything to drink. **Heat stroke is a medical emergency.** Call 911 right away.

Heat exhaustion on the other hand has symptoms that include heavy sweating, cold, pale, and clammy skin with a fast, but weak pulse. Other symptoms also include headache, dizziness, nausea/vomiting, and confusion. Move the person to a cooler place, loosen clothing, try to reduce body temperature with cold towels or a cool bath. Allow the person to sip water. Get medical help right away if person is throwing up, or if symptoms last more than one hour, or if symptoms are getting worse.

For additional information and a more thorough discussion, please see:

<https://www.cdc.gov/disasters/extremeheat/>

(Extreme Heat | Natural Disasters and Severe Weather | CDC)

Please take steps to prevent and recognize heat-related illnesses this summer. I want everyone to be safe and have a wonderful summer on the water!

Please call for a good time!

Captain Kev

➤ *PAST CAPTAIN'S REPORT* ◀

Monte Whitefield, Past Captain

thewhitefieldfamily@gmail.com

Hi Everyone,

This is turning out to be one of the best years for water in a long time. Folsom still looks full, so hoping there are still many days of great sailing left for everyone.

All the best,

Monte

➤ *CRUSING CHATTER* ◀

Susan Patchett, Cruising Chair

Librium, Catalina 22

susanpatchett2@gmail.com

916-996-5697

Hi Sailors,

The next cruise is on August 12-13 at Loon Lake. This is a great cruise; it is the "Shooting Star Cruise." We went there last year; it is a beautiful lake and the wind is quite different. The wind will really move the boat, but it suddenly stops. The wind starts moving again, but in a totally different direction. Hope to see you on this cruise.

We cannot go to Union Valley, so the following cruise will be at Folsom Lake on September 7-9.

➤ **SOCIAL SOUNDINGS** ◀

Madeline Rayfuse, Social Chair
Sirius, C22 #3088
mrayfuse@surewest.net
916-541-1268

Hey Sailors,

We have had a pretty hot Summer. Who is ready for ice cream! I know I am. Our Ice Cream Social is August 25th at 6:30, at my house. See our address below. Please join us for a big dish of ice cream!

In June we had our Fleet BBQ. Everyone had a great time visiting and telling stories. Earlier that day I fell and broke a bone in my hand and one in my foot. Thanks everyone for helping with set up and clean up.

The Big's and Little's Sail and BBQ had a nice group of kids. It is always great to see their faces show the fun they had. Of course, the hamburgers and hot dogs are always a hit. Many thanks to all the volunteers from Fleet 4 and Folsom Lake Yacht Club. We can't forget our special organizer, Karen Preston. For many years she has worked hard to make sure all of the pairs have boats to sail on. Thank you Karen!



Karen Preston assigning Big/Little pairs to skippers.

Please let me know if you are coming to the Ice Cream Social on August 25th at 6:30pm. The frozen fun will be at our home: 2640 Echo Way, Sacramento, CA 95821.

Now for a few laughs.

I used to be addicted to the hokey pokey. It took me awhile, but I turned myself around!

Where do mermaids see movies?
In a dive-in!

Why does a duck have feathers?
To cover his butt quack!

See you soon,
Madeline Rayfuse

➤ **RACING ROUNDUP** ◀

Mike Rayfuse, Racing Chair
Sirius, C22 #3088
mrehfus@surewest.net

It has been quite warm this summer - warm enough to cancel some races at Folsom Lake such as the Centerboard Regatta. The forecast was for 108°F and it reached 110°F at my house in the Arden Arcade area. Myself and two other Folsom Lake Yacht Club members, Scott Fredricson and Bob Backer, helped officiate this race for about 10 years now from the comfort of the FLYC patio boat/Kayat or the smaller chase boat. It is an unusually flexible event with last minute decisions as to where to place the start line - wind permitting, and with usually wind-limited finish lines.

The basic race is up the south fork with the goal of the Salmon Falls Bridge rafting pullout as the finish area. A lunch follows, transported to the area either by car or chase boat, then starting the second race in the other direction and finishing as far up wind as wind will allow. One downwind leg and one upwind leg. Awards and refreshments followed at the "club house" by the Marina launch ramp at Browns Ravine.

On drier years the turn-around point has been near the hidden bridge (shows only on lower lake levels). It's an old crossing for the south fork before the dam was completed in 1955.

Being flexible is the key for both the sailors and the facilitators of this race. This was the first

cancelation I can recall, and we are waiting for the new date/time.

Remaining schedule of races below:

Beer Can Races:

Every Wednesday night until Labor Day, 6 p.m.

Sunset Series #4:

Friday, Aug. 4, 6 p.m.

Singlehanded Regatta:

Sat., Aug. 5, 9:30 a.m., S. Fork American River

Cup Boat Regatta:

Tuesday, Aug. 8, 6 p.m., Poimiroo Pool,
1448 Crocker Drive, EDH

Steele Cup/Dinghy Regatta:

Saturday, Sept. 16, 9 a.m., Lake Rancho Seco

The mano-e-mano event of the year is the Single-Handed race this coming Saturday August 5, 2023. As the name implies, it is one person on a two+ person boat. Just pray the wind is not too strong for this event.

The Cup Boat Regatta is the most disorganized fun race/potluck/get together of the summer, and the winner “gets a new boat.” It is a BYOB event where you build your own boat from limited but similar restricted materials - fun, fun! The hull material and sail are restricted - the design is yours. The rules are ridiculous but fair, lengthy but succinct, totally unnecessary but a valuable resource that may be edited at any moment. Join us for this event; it is open to all - see www.flyc.org for details.

Michael Rayfuse, Racing Chairman
“The pointy end is the front”

➤ **MEMBERSHIP MATTERS** ◀

Bill Martin, Membership Chair
Catalina 22
bimartin@hotmail.com
916-804-5240

New Members - Jeff and Nina Adams

Jeff said he had been sailing most of his life. His first boat was a Hobie 16 that he had until his 30's, which he decided to sell as he then had kids and didn't have much time to sail the Hobie. Now 30 years later, the kids are all grown and he wanted to

get back into sailing which he missed. He bought a Catalina 25 from an older gentleman at Browns Ravine. So, he has a dry storage space at Browns Ravine where he keeps the 25. He has taken it out about 10 times this year so far. Jeff enjoys taking family, friends, and anyone else that would love to go sailing out on Folsom Lake. Plus, only living about 8 minutes from Browns Ravine makes it really nice. He can hop on the boat anytime he wants. Please welcome Jeff and Nina Adams to Fleet 4.

New Members - Tim and Diane Rust

Tim and Diane Rust have been living in Sacramento since 2000. They have three adult daughters and two grandsons and are happily retired. Tim grew up attending or as a camp counselor at Deerfoot Lodge, in Speculator, NY. The summer camp is in the Adirondack Mountains. It is there he discovered his love for the water and the joy of sailing. Later, he crewed aboard a Bristol 32 while living in New Jersey. Tim is excited to be getting back into sailing. He is an eager hand and available if anyone needs crew. Diane, however, may need a little coaxing... Let's welcome Tim and Diane Rust; Cheers!

➤ **PAST CAPTAIN McCaleb PASSED** ◀

Gary Preston
Charmed Life, Hunter 270
gary_karen_preston@compuserve.com

Phil McCaleb was Captain of Fleet 4 in the late 1980's/early 1990's. Over the years he owned a Catalina 22, Capri 26, Catalina 36, and a Hunter 42 (then a Santana 20 just for fun). His love of cruising took him with Fleet 4 to the San Juan and Gulf Islands, charters with the Fleet in New Zealand and Belize, and living aboard for several years in Mexico and Central America. He co-authored with former Fleet 4 member Pat McIntosh the book “Cruising Notes – Things to Know Before You Go”.

Philip McCaleb February 2, 1946 - June 19, 2023



Sacramento, California - Philip Ashley McCaleb, 77, set sail from Sacramento, CA for uncharted mystical waters at 2 p.m. on Monday, June 19, 2023. Phil grew up in Lancaster, CA before moving to Mt. Shasta, CA after high school. There he met and wooed Nora Carol Myers. The couple married in Reno, NV on May 12, 1968, and enjoyed 55 happy years together. Phil earned bachelor's and master's degrees in public administration from CSU Chico, and a law degree from University of the Pacific after serving in the CA National Guard. Phil was a longtime Sacramento attorney, teacher, writer, builder, dog lover, avid skier, international cruiser, wedding officiant, videographer, regatta champ, and hoarder of firewood. He was a devoted husband, father and grandfather. He loved to travel, and especially enjoyed seeing the world from the cockpit of a sailboat. Phil was preceded in death by his parents Coy and Evalyn, and his brother Trenton. He is survived by his wife Nora, his sons Brian and Kevin, his daughter-in-law Nola, and his grandchildren Iris and Bodie. The family is planning a celebration of life for sometime in the fall.

CLASSIFIED ADVERTISEMENTS

Catalina 25 *Midnite Blew*

Arnold Boeck
midnite_blew@wizwire.com
(530) 575-6468

Scuttlebutt is that *Midnite Blew* IS for sale.
CDI roller furling 150 jib
4-stroke Honda 10HP motor
EZ-Loader trailer, roller bunks, electric winch
Compass
Autopilot
VHF radio
Knot meter
Depth sounder
Water temperature
Wind direction and speed
"All the comforts of home."
\$7,500

Wanted: Stanchions and Smal Jib

Matt Hall
toomuchcoffee@mailbox.org
(804) 912-4034

I'm looking for life-line stanchions and a smaller jib sail (maybe 80%?) for my Catalina 22.

If any Fleet 4 member has an item or service you would like to offer to other members, please write an ad, and submit it to:

Gary Preston, Fleet 4UM Editor
Gary_Karen_Preston@compuserve.com

The ad is free for Fleet 4 members.



Fleet 4 Membership & Renewal Form for Year 20__

Renewing Members: fill in your Name and only the information that has changed since last year, and sign.

Name (1st member) _____ Registration # (CF) _____

Name (2nd member) _____ Boat Name _____

Children (under 16 who sail with you) _____ Boat Type (make & model) _____

_____ Sail Number _____

Address _____ Marina _____

City _____ State ___ Zip _____ Berth _____

Home Phone (____) _____ - _____ C22 National member? Yes No (circle)

Work Phone (1st member) (____) _____ - _____ Boat Equipped with: (for cruising safety)

VHF Radio Yes No (circle)

Work Phone (2nd member) (____) _____ - _____ GPS Yes No (circle)

Radar Yes No (circle)

Cell Phone (1st member) (____) _____ - _____

The Fleet 4um newsletter is distributed bi-monthly by email to all members and posted on the Fleet 4 website. Would you also like a mailed copy?

Cell Phone (2nd member) (____) _____ - _____

YES, I prefer a mailed copy.

Email (1st member) _____

NO, email and online posting is fine.

Email (2nd member) _____

I hereby release all Fleet 4 members, cruise leaders, and board members from any liability for injury, death, or damage to property arising from participation in any Fleet activities and/or cruises. I also acknowledge that the decision to participate, race, continue to race, or cruise in the events is the sole responsibility of the individual skipper and his or her crew.

Signed _____ Date _____

Fleet 4 dues: \$36

Due January 1st of each year

(New members prorate less than 1 year at \$3.00 per month.)

Make checks payable to: **Catalina 22 Fleet 4**

Then mail with Membership Form to:

Fleet 4 Treasurer
c/o Gary Preston
4113 Big Live Oak Lane
Sacramento, CA 95821

For membership questions, contact Bill Martin:
(916) 804-5240 or email: bimartin@hotmail.com

For official use only:

Roster needs updating

New member packet sent

Needs membership badge

Paid: Date ___/___/___

Bank/Check # _____ / _____