



the Foghorn

Newsletter of the San Luis Yacht Club



View From the Bridge

by Pat Mullen,
Commodore

A hoy everyone. Wow, so many cool things happening at the Yacht Club! This month's Foghorn is loaded with details like the club events to Sensorio, and the St. Valentine's Dinner & Dance, and new information on ASA sailing classes, improved TTSU signup and tracking, and recent member trip recaps to Australia and the BVI. And for those of us who have experienced a churning stomach on a churning sea, you won't want to miss **Kyle Soucy's** nausea medication summary.

I am delighted to also announce two new staff assignments. But first, a hearty thank you to **Greg Jackson** for his over four years of dedicated service and hard work as our Boat Master.

Greg has done a terrific job maintaining and caring for our club sailboat, "Second Wind". After four years keeping the club boat in great shape, Greg has elected to help support the next boat master, **Darby Neil**. Darby has a long history of ocean boating with his family's many decades of owning Virg's Sportfishing and as a boat captain in Alaska for offshore fishing. Darby joined the club in 2025 and immediately became an active and engaged club member and volunteer.

Darby will be supported in his new role by our Boat Committee of **Marty Fuller, Barry Stewart, Bill Dyer** and **Greg Jackson**. I am also pleased to announce that **Mika Richardson** will take on the newly created role of Galley Manager. **Mika** and **Frank Richardson** joined the club last year and really stepped up as engaged members and volunteers. As Galley Manager, Mika will be responsible for managing, maintaining and organizing all galley equipment, including maintain an inventory of approved galley cookware and equipment, adding what is needed and

removing unapproved items. Please be sure to check with **Mika** before donating anything to the galley. Any paper goods like plates and plastic ware, coffee supplies or non alcoholic drinks will continue to be procured and managed by **Matthew Farmer**. Join me in welcoming and thanking these members for their additional service to the club!

Check out the fun events scheduled this month. Join me and your fellow club members at Sensorio Field of Lights in Paso on March 7th, and at the club for the St. Patrick's Day Dinner and Dance on Saturday, March 14 th. Both events are prepaid only on Square. See the website or Scuttlebutt to sign up. Hope to see you there!

Cheers,
—Pat



Vice Views

by Kristin Rasmussen,
Vice Commodore

A hoy everyone.

A Wonderful Valentine's Evening at the Club

What a fantastic evening we shared at this year's Valentine's Dinner and Dance! The clubhouse was filled with warmth, laughter, and plenty of dancing as members gathered for a sold-out celebration.

A heartfelt thank you to **Michael Taylor** and crew, who prepared an excellent prime rib dinner that delighted the crowd. The meal set the stage for a memorable night, and the energy only grew from there.

Following dinner, **Tom Swem** and his friend Mike Key entertained us with guitars and vocals, creating the perfect soundtrack for the evening. Before long,

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the dance floor was full, and the fun was in full swing.

We are especially grateful to **Dave Ouellet**, who did a terrific job serving as our solo bar host for the evening. And, as always, our wonderful member volunteers made the event seamless. Thank you to **Terry Whitney, Brenda Noaks, Sally Krenn, Jason Vork, and Kathy Kunkel** for graciously decorating, serving, and cleaning up—your efforts kept everything running smoothly and beautifully.

If you missed this year's celebration, we hope you'll join us next Valentine's Day!

Looking Ahead: Opening Day Is Around the Corner

Opening Days will be here before you know it! Across the country, yacht clubs celebrate this cherished tradition each spring, typically in

April or May, marking the official start of the boating season after winter.

Opening Day ceremonies are rich in tradition. Many clubs symbolically “fire the cannon” to break up the ice in the harbor, honor members who have crossed the bar with the ringing of eight bells, and gather for good food, good drink, and fellowship. It's also the official debut of the season's white pants and blue blazers—a sight that always signals that boating days are ahead.

Be sure to save the date and join your San Luis Yacht Club family as we celebrate this timeless tradition together. Spring is coming, and with it, another wonderful season on the water.

—Kristin 



Rear Commodore Report

by Carter McGowen,
Rear Commodore

form and the associated checks submitted two weeks prior to the upcoming board meeting. There is no limit as to how early before an event a reservation can be submitted, but one does need to be submitted two weeks before the board meeting closest to your event. All board meeting dates can be found on the calendar on the SLYC website.

On to the housekeeping—I have received a few messages about the club being a little less than pristine after the weekend traffic. If you are using the club, please leave it better than you found it. Many hands make light work and a spot clean here and there helps everyone enjoy the club to the fullest. There are brooms and dust pans located in the name tag cabinet, and cleaner can be found under the bar. And just to re-iterate what was sent out in the Special Reminder emailed out on February 17, please bring any umbrellas you take outside into the club before you leave.

Finally, if you are looking for alternatives to bar or food host and are somewhat handy, we have a few projects around the club that we are always looking for a helping hand with. If you are interested, shoot me an email rearcommodore@slyc.org.

See you next month!

—Carter 

Hi folks.

I'm Carter McGowen, your Rear Commodore for 2026. You might remember me from other board roles such as Director 1 and Port Captain. Part of my responsibility as rear commodore is reservations. I wanted to spend some time talking about club reservations and some general club housekeeping.

As you may be aware the club is available for members to reserve. This can be for yourself or on behalf of non-members. The application can be found in the “Members” section of the website, which is password protected. The process involves filling out an application and paying the reservation fee (depending on the amount of people). If you would like to reserve the club please have the completed reservation



From the Director

by Eddie O'Brien,
Director 1

This month brings an important reminder—it's “Time to Sign Up” for your Volunteer Service Credit!

To remain in good standing, each member is required to complete at least one (1) Volunteer Service Credit by June 30th (and two Service Credits by year end). Volunteering is one of the traditions that keeps our club thriving, welcoming, and running smoothly for everyone to enjoy.

Signing up is easy:

- In our weekly Scuttlebutt Newsletter, click on “Time To Sign Up”
- Choose an event date that fits your schedule
- Select a duty that interests you
- Show up, lend a hand, and most importantly—have a great time!

Whether you're helping with an event, supporting operations, or assisting fellow members, your participation makes a real difference. Our club succeeds because of the generosity and spirit of members like you.

Ahoy Members.

Volunteer Service Credit & RBS Certification Reminder

As we sail into another exciting season at the club, I want to take a moment to say how much I've enjoyed serving our club while entering into my second year on the Board of Directors. It continues to be a pleasure learning more about our wonderful community while sharing in all the fun activities that make our yacht club so special.

While you're planning ahead, please also remember to keep your RBS Certification current as it applies to your participation and service as a Bar Host. Staying up to date helps ensure we maintain a safe and compliant environment for all.

Thank you for your continued support, enthusiasm, and service. I look forward to seeing many of you at upcoming events—both volunteering and enjoying everything our club has to offer!

—Eddie 🚣



From the Director

by Marcia Scott,
Director 3

A hoy Members. I am excited to report that I recently expanded my sailing resume with an incredible seven-day bareboat 42-foot catamaran charter in the British Virgin Islands with family and friends—we experienced 80 degree sunny days, turquoise seas, island hopping, and memories that will last a lifetime. We swam in the Bubbly Pool of Jost Van Dyke, experienced multiple turtles swimming by our boat, snorkeled with colorful fish, and explored Treasure Point on Norman Island which is widely considered the inspiration for

Robert Louis Stevenson's book, *Treasure Island*. If you've ever considered chartering in the BVI or are simply curious about the experience, I'm happy to share insights, favorite stops, and lessons learned. Just ask!

Back at the Club, our Valentine's Dinner & Dance was a big success. Members and guests enjoyed a delicious prime rib dinner and a lively evening of music and dancing. The room was full, the dance floor was busy, and the atmosphere was warm and festive—thank you to everyone who attended and helped make the evening so special.

Looking ahead, tickets are now on sale for our St. Patrick's Day Dinner & Dance! This event sold out last year, so don't delay in securing your spot. Visit the SLYC website under prepaid events to purchase tickets or see the invite with link to prepaid social events below.

If you have any questions—whether about the BVI, upcoming events, or navigating the ticket purchase area—please feel free to email me. I'm always happy to help.

See you at the Club!

—Marcia 🚣



From the Secretary

by Kyle Soucy,
Secretary

A hoy! I thought I would merge some of my professional expertise and education with an upcoming sailing vacation for this article. We're headed to the BVI at the end of April and as the 'token family pharmacist' I plan on being prepared with all sorts of (legal) drugs for the crew. Focus: nausea medication—so many options! Warning: alcohol can worsen the drowsiness!

OTC (over the counter): meclizine (aka Bonine and Dramamine Less Drowsy) versus dimenhydrinate (Dramamine).

- **Meclizine:** longer lasting and less drowsy (think 24 hours-ish)
 - Take 1 hour before anticipated motion event (my husband AJ takes a pill a day just as a preventative measure)

- Side effects: upset stomach, constipation, trouble urinating (it dries you up) and still some drowsiness (just LESS than Dramamine)

- **Dimenhydrinate:** works faster, but need to take every 4 to 6 hours and causes more sedation

- Take 30min to 1 hour before anticipated motion event
- Side effects: dry mouth, dry eyes, blurred vision, drowsiness
- **Diphenhydramine** (Benadryl) and **chlorpheniramine** are also options—but drowsier (often used as sleep aids)
- **Sea Bands**—do they work? Mixed evidence (might be placebo affect) but worked for my mom!

They apply pressure to a point on the wrist—should be worn on BOTH wrists. They're inexpensive and don't take up a lot of luggage space.

- **Peppermint or Ginger?**

Might also be another placebo effect. Ginger has been useful more with pregnancy-related nausea (when studied for motion sickness it was a gram of powdered root that showed some effect—not your typical Ginger Ale soda). Peppermint oil—place a few drops under the nose (studied for chemo-induced nausea).

Prescription options *consult with your doctor and mention all current meds you are taking*: Potential side effects: dizzy/drowsy, dry mouth and blurred vision for both options.

- **Scopolamine Patch** (Transderm Scope): apply at least 4 hours before motion event: 1 patch every 3 days behind an ear. More effective than meclizine.

- **Prochlorperazine** (Compazine): not a first choice-off label for motion sickness (more for migraines) and takes about 30min to kick in.

- **Ondansetron** (Zofran): not ideal for THIS kind of nausea—more for post-op, chemo-induced nausea.

Continued on page 4

Then there's the good old-fashioned advice: stay above deck, look at the horizon, sit mid-ship where there is the least amount of pitch and you'll have less rolling and rocking on a catamaran than a monohull.

Remember to stay hydrated and if it's gonna blow, let it go (on the leeward side)!

Thanks,
—Kyle 🚢



From the Treasurer

by Lily Curtis,
Treasurer

Hello from New Zealand and Happy 2026! We forgot to grab some burgees before leaving for Down Under darn it, but we're having a great time! Can't wait to see everyone upon our return.



Wishing everyone a wonderful New Year!
—Lily and Jason 🚢



Cruising News

by Mike Davis,
Cruising Captain

Ahoy Sailors, If you're interested in attending **Sensorio Field of Light**, you can still purchase tickets directly from the Sensorio website. We plan on being there at 5:00 pm, Saturday, March 7th . Food, beer, wine and spirits are available for purchase at their full-service Mercado Restaurant and bar. Ricky's Taco Truck serves tacos, burritos, nachos and more. At various locations around the venue, Airstream Bars offers beer, wine, distilled spirits, and non-alcoholic beverages. Food menus and information is available at <https://sensoriopaso.com>

2026 Cruising Events – Save the Date!

- June 20 th – Santa Barbara Sail & Dockside Party
- July 4 th – Avila Boat Parade & Cheeseburger in Paradise

- August 21st – Channel Islands Cruise
- September 18th-27th – Newport Boat Show, Martha's Vineyard & Newport Mansions

One of the largest and most prestigious boat shows, spans over seventeen acres with multiple show sites in historic downtown Newport, Rhode Island. Walk the docks and admire a spectacular display of shiny new sailboats and powerboats. We also plan to visit Martha's Vineyard, an island 7 miles off the coast of Massachusetts, by Ferry and the Newport Mansions. Lodging options are now available for the Boat Show at <https://compass.onpeak.com/e/12608246> or 855-742-9183.

Tall Ships Return to Boston Harbor. Our Secretary Kyle Soucy informed me that she would be attending the Tall Ships Sail Boston Festival in Boston, MA during the event July 11th – 16th. Check out details about the boats and event information at <https://www.sailboston.com>

- October 17 th – Winery Cruise to Rasmussen Vineyards
- December 12th – Lighted Morro Bay Boat Parade

If you are interested in attending any of these events, please contact Mike Davis, SLYC Cruising Captain at cruisingcaptain@slyc.org or 805-878-6817.

—Mike 🚢



Fleet News

by J.J. Francoisse,
Sail Fleet Captain

A hoy Sailors.

Charting Your Course: From ASA101 to International Certification

If you've completed your ASA101 Basic Keelboat certification, you can handle the helm, trim sails, and understand how wind and weather affect your boat. Two additional certifications—ASA103 Coastal Cruising and ASA104 Bareboat Chartering—will qualify you for the International Proficiency Certificate (IPC), also known as the International Certificate of Competence (ICC). Recognized by over 60 countries, the IPC is required or preferred by most charter companies in Greece, Croatia, the Caribbean, and the Mediterranean. Without it, you may face restrictions, extra fees, or be turned away altogether.

Beyond meeting charter requirements, the certification process itself ensures you have the skills to handle a cruising boat in coastal waters, manage a crew, and make sound decisions in varying conditions.

ASA103 covers cruising sailboat terminology, boat systems, engine operation, docking, sail trim, coastal navigation, anchoring, weather interpretation, and seamanship—mostly on the water,

practicing in real conditions. Night sailing basics are also included. By the end, you should be comfortable as skipper or crew on coastal cruises in moderate conditions during daylight hours. ASA104 is the certification that qualifies you to charter boats independently. It covers multi-day passage planning (weather, provisioning, emergency prep), detailed navigation using electronic systems and backup methods, anchoring in varied conditions, heavy weather tactics, basic engine maintenance, crew management, advanced sail handling, and your legal responsibilities as skipper.

The practical exam involves planning and executing an actual cruise, after which you're qualified to charter bareboat cruising vessels in coastal waters. Experienced sailors who haven't yet earned these certifications can challenge the exams—passing the written test and demonstrating skills on the water—rather than taking the full course. The standards are identical either way; it's simply a more efficient path if you already have the experience.

As an ASA affiliate, San Luis Yacht Club has arranged free access to the ASA103 Coastal Cruising Online Prep Class, so you can work through the knowledge components at your own pace before on-the-water training. Access it at https://learn.americansailing.com/p/asa-103-online-prep?coupon_code=ASA0030SLYC.

For other courses—including ASA102 or a review of ASA101—browse <https://learn.asa.com/> and use code ASA0030SLYC at checkout. Note that some prep questions may be open to discussion. To get started with ASA103 at SLYC, we're inviting first experienced sailors to challenge the certification: two meetings ashore to review the written exam and a half-day on the water to demonstrate skills. Next, we will open the course to ASA101-certified members who need ASA 103 instruction. With enough ASA103-certified members, we could tackle ASA104 with a 3-day Catalina trip from Long Beach! Questions? Feel free to reach out.

Fair winds,—J.J. ⚓

Sunshine Committee



Remember to notify Kathleen O'Neill, Chairperson of the Sunshine Committee, of any illnesses, injuries, or surgeries of Club Members who may need some get well wishes and support from other Club Members. Please also notify her of the passing of any Club Member or their family members so that she may compose a tribute for them and send them a condolence card on behalf of the Club. As she and the Club always respect the privacy of Club Members, she will post a notice in the Foghorn about such illnesses, injuries, etc. only with the member's permission. Please contact Kathleen at 805-550-5010 or email her at koneill555@gmail.com.

— Kathleen O'Neill
Sunshine Committee

SLYC Valentines Dinner/Dance 2026



Collage by Michael Dobrzensky

Bar Host/OD Schedule

March 2026

6 Friday Social

—Carter McGowen, OD
Bar Hosts: Patrica Hood
Georgiana Peterson
Food Host/Clean-up: Brenda Noakes
Christine Henry

13 Friday Social

—Kristin Rasmussen, OD
Bar Hosts: Patrica Hood
Georgiana Peterson
Food Host/Clean-up: Julie and Joe Caradonna
Janet Leonard

14 Saturday St. Patrick's Dinner and Dinner

—Kyle Soucy, OD
Bar Hosts: David and Patty Ouellet
Patrick Corrigan
Chief Cook: Barry Stewart
Assist. Cook: Marty Fuller
Cook Crew: John and Mary Janowicz
Darby Neil
Clean-up: Tim Radovich
Angela Brokaw



20 Friday Social

—Lily Curtis, OD
Bar Hosts: Ken San Filippo
Karl and Carolyn Blum
Food Host/Clean-up: Janet Leonard
Jason Curtis

27 Friday Social/Potluck

—Kristin Rasmussen, OD
Bar Hosts: Cindy and Jason Vormbaum
Thomas Hill
Kitchen Help/Clean-up: Bret Robinson
Kristin Blecha
Eilen and Paul Sverchek



28 Saturday New Member Orientation Brunch

—Mike Davis, OD
Bar Hosts: Cindy Luxton
Chief Cook: Ryan McKellar
Assist. Cook: Cindy and Jon McKellar
Crew/Clean-up: Steve DeRose
Mark Plassard



April 2026

3 Friday Social

—Bob Hurd, OD
Bar Hosts: Gary Ross
Greg Ross
Food Help/Clean-up: Amber Tierney
Douglas Anthony

10 Friday Social

—Bob Hurd, OD
Bar Hosts: Stephen Johnson
Barry Cleveland
Food Host/Clean-up: OPEN (2)

15 Wet Wednesday

—Mike Davis OD
Bar Hosts: Joe Boud
Dave Tennant
Chief Cook: Jan and Jim Smith
Crew: Rick Bertram



17 Friday Social

—Mike Davis, OD
Bar Hosts: Tom and Janine McNeill
Darin Spiegel
Food Host/Clean-up: Melenie Ristow
Mary Butcher

18 Saturday Opening Day

—Kyle Soucy, OD
Bar Hosts: David and Patty Ouellet
Patrick Corrigan
Chief Cook: Barry Stewart
Assist. Cook: Marty Fuller
Cook Crew: John and Mary Janowicz
Darby Neil
Clean-up: Tim Radovich
Angela Brokaw



24 Friday Social/Potluck

—Mike Davis, OD
Bar Hosts: Tom and Janine McNeill
Darin Spiegel
Food Host/Clean-up: Melenie Ristow
Mary Butcher



Events Calendar MARCH 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 No Reservations Allowed	2	3	4	5 6pm - Board Meeting in Clubhouse 	6 No Reservations 6pm - Friday Social Hour	7 5pm-8pm Sensorio "Field of Lights" Cruise
8 Daylight Saving Time No Reservations Allowed 	9	10	11	12	13 No Reservations 6pm - Friday Social Hour	14 St. Patrick's Day Dinner and Dance 6pm  
15 No Reservations Allowed	16 St. Patrick's Day 	17	18 2pm - Friends of Avila Pier Reserved 5pm - Robinson	19	20 No Reservations 6pm - Friday Social Hour	21 Reserved 10am - Tennant
22 No Reservations Allowed	23	24	25	26 No Reservations 6pm - Friday Social Hour 7pm - Potluck 	27 10am - New Member Orientation Brunch 	28
29 No Reservations Allowed	30	31	1	2 6pm - Board Meeting in Clubhouse	3 No Reservations 6pm - Friday Social Hour	4

Events Calendar APRIL 2026

SUN 29	MON 30	TUE 31	WED Apr 1	THU 2	FRI 3	SAT 4
				6pm Board Meeting in Clubhouse 	No Reservations 6pm Friday Social Hour	
5 Easter Sunday No Reservations Allowed 	6 Easter Monday	7	8	9	10 No Reservations 6pm Friday Social Hour	11 9am Annual Clean-up Day 
12 No Reservations Allowed	13	14	15 Tax Day Wet Wednesday 	16 2pm Friends of Avila Pier	17 No Reservations 6pm Friday Social Hour	18 11am Opening Day 
19 No Reservations Allowed	20	21	22	23	24 No Reservations 6pm Friday Social Hour 7pm Potluck 	25
26 No Reservations Allowed	27	28	29	30	May 1 No Reservations 6pm Friday Social Hour	2 2:30pm Kentucky Derby Watch Party 



San Luis Yacht Club

Officers, Staff, and Committees 2025



Officers

Commodore Pat Mullen	805-305-3364 commodore@slyc.org
Vice Commodore Kristin Rasmussen (Volunteer: TimeToSignUp)	805-471-7127 vicecommodore@slyc.org
Rear Commodore Carter McGowen (Facility)	805-550-6072 rearcommodore@slyc.org
Secretary Kyle Soucy	978-621-2716 secretary@slyc.org
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2 - Matthew Farmer	805-440-4399 Director-2@slyc.org
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Sunshine Committee Kathleen O'Neill	805-550-5010 koneill555@gmail.com
Webmaster (Scuttlebutt) Michael Dobrzensky	805-801-4988 webmaster@slyc.org

Committees

Finance—Kristin Rasmussen	See "Vice Commodore"
House—Carter McGowen	See "Rear Commodore"
Membership—Bret Clark	See "Staff Commodores"
Steering—Bob Hurd	See "Staff Commodores"
Nominating—Bob Hurd	See "Staff Commodores"
Social Director—Marcia Scott	805-440-3662 twhitney@ati7.com