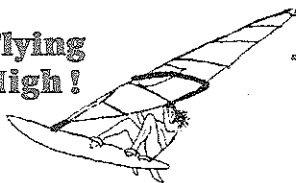


**Flying  
High!**



**FALL**

**P.O. BOX 547 RIO VISTA, CA 94571**

**1992**

### **DELTA CLEAN-UP DAY**

**Date:** Saturday, September 19, 1992

**Time:** 10:00 am to 1:00 pm

**Place:** Brannan Island State Recreation Area

**Wear:** Old Clothes, sturdy shoes, and work gloves.

#### **Sign In:**

You will need to sign in when you arrive at the park. There will be sign in sheets at the park visitor center. You will also pick up your trash bags and get directions to your work location when you sign in.

#### **Barbecue:**

There will be a big thankyou BBQ for all Clean-up Day participants after the clean-up is completed. Directions to the BBQ will be available when you sign in.

For more information:  
Nancy Fuller  
State Park Ranger  
17645 State Highway 169  
Rio Vista, CA 94571  
(916) 777-7701

### **WINDY COVE**

#### **What's the Latest on Windy Cove?**

It looks like the Spring '93 will include a new launch site - but we'll keep our fingers crossed until the first sailor launches from the Cove! We have secured the consent and cooperation of the Department of Parks and Recreation, the Delta District Office of Parks and Recreation, CalTrans District Office, Department of Fish and Game, and the financial support provided by contributors to the construction fund so it looks like Windy Cove's interim access plan will go forward around the end of this season.

The interim access plan includes RVWA providing construction funds to grade, lay a gravel road, install a gate and porta-potties, and provide informational signs to protect Lillaeopsis. Brannan Island State Park will provide security and access to the area. At this time parking spaces for 30-50 cars will be built.

Future funding for the full park project will provide increased parking, showers, an observation tower for events, picnic tables, bathrooms, and a grass launch. The full project is not currently on the Department's schedule due to lack of funds for staffing.

This new launch site will provide a great place for sailors and their families to enjoy their sport.

If you would like to make a contribution to Windy Cove, please contact Brian Geasa at (510) 521-8834 or send it to RVWA-Windy Cove Fund, P.O. Box 547, Rio Vista, CA 94571.

### **Discounted United States Windsurfing Association Membership Available To RVWA Members**

#### **Benefits Include:**

- Membership for only \$10 (Regularly \$20)
- USWA's informative newsletter
- USWA registered sail number for racing
- Eligibility for equipment insurance
- USWA sticker, Membership card
- Opportunities for travel discounts including free sailboard transport on Continental Airlines
- Better beach access, quality windsurfing events, improved safety awareness, and access to publications and information.

**For Info contact USWA at P.O. Box 978, Hood River, OR 97031  
Phone 503-386-8708 Fax 503-386-2108**

# Letter from the prez....

I can't believe how hard it was for me to write this issue of the President's Letter.. There is so much that has happened and is happening that it seemed impossible to focus. The realization that with a membership of 350 plus, there are twice as many people that would potentially think of me as a "geek", was, is, scary as hell.

When I found a dead fish wrapped in an old newsletter on my trailer step, I knew it was time to waste ink.

This hasn't been one of the windiest seasons I have experienced in the Delta, but there has been a lot of good sailing. There has also been a huge increase in the number of sailors frequenting our sailing sites. As we continue to improve access to accommodate the growing masses, we also continue to attract more sailors to the area.

## Highlights of 1992:

The future is very bright for Windy Cove and at this time it looks like we will be sailing there no later than Spring 93.

The sandbags are working great. We have had to repair launches located on certain steeper parts of the Levee do to shore pound. But we seem to have construction and technology down to a science.

Tide charts are a big hit and we will continue to distribute them to members.

July cleanup netted 20-plus bags of trash thanks to Shelly Randell's organizing.

If you have noticed that Glass Beach and The Jungle have been much cleaner - it's because of Dan Flanders who is performing community service time through RVWA. Dan opted to perform 100 hour of community service for RVWA in lieu of payment for an out-of-state license violation. If you see Dan out working, give him a pat on the back and directions to the DMV.

## Things We Need To Work On:

There has been an increase in injuries and accidents. Lynn Johnson was hit by a speeding powerboat but luckily he escaped serious injury. Also on the injury list are two broken legs and 30 stitches. None of these were due to sailboards colliding.

We need to organize parking at the Power Lines and stop parking on the levee. We also need to keep the road clear all along the levee. There are a lot of people standing and sitting on the edge of the road. I am concerned about the potential for serious injury due to a careless driver. RVWA will

be putting up signs to help alleviate parking and pedestrian problems. Also, please remember that north of Edgewater is private property and one major incident there could close down the whole area to windsurfing. If we can organize parking and launching, continue to supply porta-potties, and maintain and expand launch facilities, we can continue to maintain the high quality of sailing in the Delta.

Even though membership has doubled thanks to Brian's fantastic efforts there are still a lot of people who sail here frequently who are not members of RVWA. Our most important function is to keep the membership informed of positive and negative issues concerning sailboarding in the Delta.

I hope all current members will continue to stay involved and help to increase membership by getting their friends and acquaintances on the membership roster. It is every sailor's responsibility to stay informed and inform others, so that we can continue to have a safe and friendly place to participate together in a sport that is so necessary for our existence.

## Sailing Safety Quick Quiz

1) When your left hand is forward on the boom, you are on a port tack and:

- Must bear off and give right of way to any sailor on a starboard tack.
- Have right of way over any other sailor on the water.
- Have right of way over any sailor on a starboard tack

2) When a windsurfer encounters a powerboat while sailing:

- The powerboat has right of way.
- The windsurfer has right of way.
- It doesn't matter.

3) When sailors are on the same tack:

- Leeward board has right of way.
- Windward board has right of way
- No one has right of way.

4) If you are on a starboard tack and a sailor on a port tack fails to give right of way, you should:

- Bear off slightly and yell any desired obscenities.
- Hold your ground, knowing that the other sailor will chicken out and bear off eventually.
- Bear off early and bear off dramatically to emphasize your decision to relinquish right of way.

## Current Membership

We thank all members for their generous support. If you are not yet a member, we need your support - Join Today!

### CORPORATE

ABK Sports  
Fisch Associates, Inc  
JL Reese Md. Inc  
Martin's Marina  
Morningsun Books  
Windcraft

### SUSTAINING

Alameda Sailboard Exchange  
Any Mountain Ltd.  
Boardsailing Instructors' Group  
Delta Windsurf Co  
Encina Veterinary Hospital  
James Smith, General Contractor  
Louis Goodman Attorney At Law  
Richien Co  
Small Wonder Microcomputers  
Steve Smith Electric  
Windsurf Diablo  
Windsurf Warehouse  
Don Fukushima  
Don P. Brennan  
Doug Logan  
Eric & Dorz Morse  
James & Janet Grinstead  
Jeff Rieger  
Jennifer Roach  
Jim Buntington  
John Bruns  
Kevin Kirby  
Leonard Brown  
Michael Herman  
Neil Hanscomb  
Porter Vaughan  
Richard Dedolph  
Robert Burgerman  
Ron & Rebecca Stradotto  
Sandy Bert  
Tom & Becky Kidwell  
Vance & Denise Fox  
Vince Eckles

### FAMILY

Loma Vista Surf Club  
Adrian Smith  
Alan Tomigino  
Barbara Chin  
Bill Spurlock  
Brad & Doug Evans  
Brad & Matt Saladin  
Bruce & Janet Dalen  
Bud & Christine Zink  
Carl Bass  
Carl & Shansan Milman  
Chris Gertie  
Christian & Clarissa Serdahl  
Christine & Bill Huss  
Cookie & Will McClard  
Daniel & Syva Garrett  
Darrell Daly  
Dave & Nancy Soper  
David & Karen Kane  
Dennis Whiteneck  
Dennis & Joan Blackford  
Eric & Dora Morse  
Francesco Adnotti  
Gart Morger  
Gary & Victoria Graw  
Harold Appleton  
Jack Geiger  
Jeff Shewmaker  
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Steve & Leslie Johnson  
Steve & Randa Cameron-Laughlin  
Ted & Nancy Jones  
Thomas & Pam Whitman  
Volker & Sandy Schretzmeier  
Wayne & Ruthie Riley  
William & Gail Atwood

### INDIVIDUAL

John Eggert  
John Nyhan  
John Hanlon  
John Keagy  
Jonathan Quon  
Joseph Bush  
Joseph Romasko  
jr Johnston  
Judy Zavadi  
Karel Nurnirik  
Kathleen Brennan  
Kathy Pok  
Ken Folosco  
Ken Heiden  
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Marcia Marcellini  
Mark Brady  
Mark Heintz  
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Mark Brassey  
Mark Cooper  
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Molessa Dicus  
Molly Thompson  
Michael Harrison  
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Michael Schubert  
Michael Semenov  
Michael Hartman  
Mike Sullivan  
Mike Elderdin  
Mike Pedeupe  
Mitch Whiteford  
Morgan Viggers  
Noel Abildgaard  
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Rhoads Rothrock  
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Wall White  
Wayne Wilson  
William Hlow  
William Cook  
William K Wood  
Wolf Schaefer

## Special thanks to:

Sue de Witt for all her help on Windy Cove and a variety of other projects.

Brian Geasa for the fantastic job he has done increasing membership and taking care of finances.

Shelly Randell and Dan Flanders for trash detail.

Peggy and Al Martin for their awesome parties and continued support.

Doreen Bryant for her expertise at organizing work parties and membership and ticket sales at parties.

Sandra Scott for her excellent graphic layout talents on the newsletter.

All of the contributors for the Windy Cove Project including Auburn Sailboards, Diablo Windsurfing, Delta Windsurf Company, Bill Giesinger, River Run Sailboards, Windcraft Sailboard Center, A.R.T., Fanatic, Fiberspar, Dakine, and Fleetwood Products.

The folks at the California Department of Parks and Recreation: Ted Hilliard, Roger Calloway, Rick LeFlore, Joanne Kerbavz, Paul Glabbe, and Jim Jelinek at Caltrans and others who have dedicated time, effort, and support to the Windy Cove Project.

# WYND

# DOKTOR

Dear Dok;

I have been sailing for a while and would like to start learning tricks and transitions. I'm already jibbing confidently and feel comfortable enough on the water that I would like to expand into what seems like a whole new world of windsurfing. And I would like you to give me some guidance.

P.S. I want to do forwards!  
Clewless

Dear Clewless;

I think I can help. I will give you my opinion but always remember, opinions are like wetsuits, every sailboarder has one, and some have several. If you are really serious about this the first thing you need to do is take a serious look at your equipment. If your equipment is not suited for the purpose you have in mind, you should try to purchase towards your purpose.

Whoever said money can't buy happiness never windsurfed. This doesn't mean that awesome equipment will make you shred, but it will sure make it a hell of a lot easier to learn. You couldn't win the Indy Five Hundred in a Volkswagon Bus and you're not going to win the Killer Loop on a One Design. If you want to fly take a plane, not a pogo stick.

Next you must set goals. Do not set yours too high and do not be ashamed to readjust your goals. What I mean by this is that certain maneuvers are harder for different people. Do not get stuck in a rut trying the same thing over and over with no accomplishment. If you're having trouble with a certain maneuver, put it on the back burner. Try something different for awhile and as you master other tricks and transitions it will give you the confidence and skill to nail the ones you have trouble with. Remember, repetition is the key to continued success. Once you've learned something don't stop doing it. Trust me you can lose a trick a lot faster than you've learned

it. If you use this strategy, you will find in time that you will have an on-the-water routine comprised of a mixed bag of tricks.

Most important though, always sail for yourself. No one will be more impressed with your accomplishments than you. I'm not saying that it's not right to show off, I myself have been known to work a camera or crowd. Sometimes it's best to be away from the crowd while you're learning

because the agony of a defeat can actually have an adverse effect on your learning ability. There will be plenty of chances to show off your new maneuver once you've got it down pat.

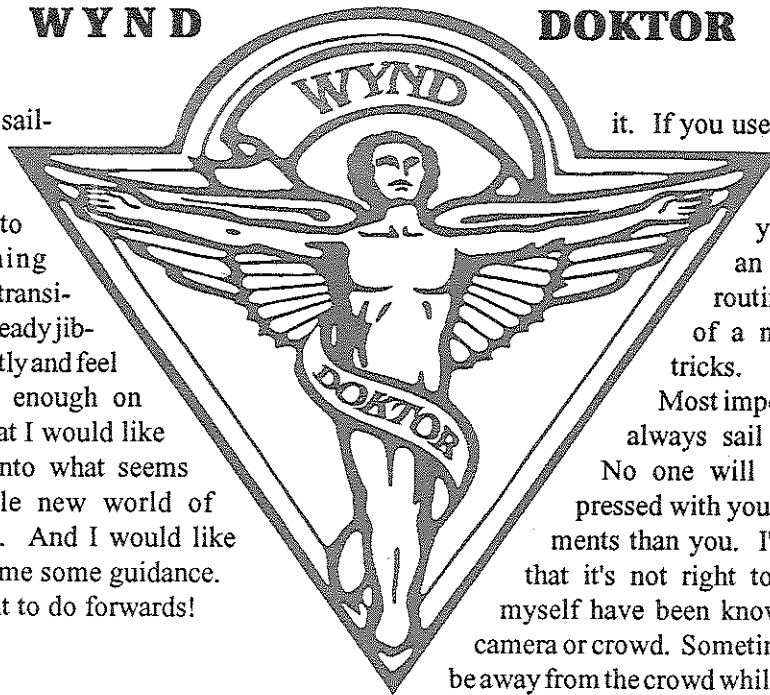
Once you decide what it is that you want to learn, try to find one or more persons who have mastered what it is you are trying to achieve. Pick their minds, sort through the bull, and take your best shot.

About the forwards. A lot of people are really stuck on going over the handlebars. I think that they feel this will make them the ultimate sailor. Let me tell you from experience, forwards or backs are not for everyone.

Forwards are one of the simplest maneuvers I have ever learned. The hard part is convincing the cautious side of your brain that it's okay to take thirty pounds of gear and your body, throw it all up in the air, lean forward and let the wind take over. I'm not telling you not to try, but if you really want to go over, get comfortable in the air and when you're ready, it will just happen.

Good luck on your endeavors into the advanced realm of windsurfing. Make sure you always having fun. Always be committed and most importantly, don't be afraid to get wet.

See ya,  
The Dok



## LOOK OUT FOR LILY!

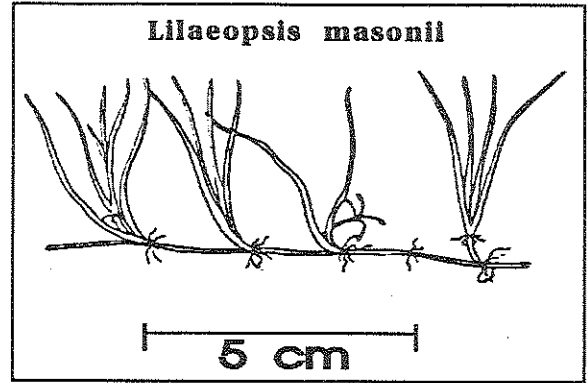
*Lilaeopsis masonii* is a rare plant that lives along the Sacramento River. A site survey conducted by Resource Ecologists for Department of Parks & Recreation found "Lily" along the west bank of the Sacramento River south of Glass Beach to below the Brannan Island Bridge. Lily can also be found in the public beach area of Brannan Island State Park.

Lily grows in the intertidal zone - at the level that is underwater at high tide and exposed at low tide. If you want to see Lily without looking too hard, there are some large clumps of Lily at The Jungle and Windy Cove. Look for her when the tide is at its lowest.

Lily is a small plant - 1 to 2 inches tall. Lily looks like a round grass with small dividing lines (septations) along the tubular leaf. The color is kind of greenish-yellow and the septae are dark green. There is an imposter, *Limosella subulata*, that grows in the same areas as Lily - but *Limosella* does not have the septations. Lily blooms in May but the blossoms are very small and ordinary.

While Lily is a rare plant to California, she likes the Delta pretty well. Department of Parks & Recreation staff and volunteers for the Rio Vista Windsurfing Association conducted a site survey specifically in Windy Cove and found thriving populations throughout the Cove. We discovered that Lily does not grow in the areas where the windsurfers will potentially launch. However, there is a nice large mound of Lily north of Sandy Beach that looks like an inviting place to set your rigs -- but don't do that.

When Windy Cove is opened, there will be signs and barriers to help windsurfers to avoid bothering Lily. So keep an eye out for our little Lily and help protect this rare plant.



### Quick Quiz Answers:

- 1) a - Remember, Left hand forward, give right of way.
- 2) c - Although technically the windsurfer has right of way, in the real world Might Has Right. Mess with a boat and you lose. Keep an eye to windward.
- 3) a - But let common courtesy be your guide.
- 4) c - If you decide to give up your right of way for any reason, make your intentions obvious. Two boards traveling along on a plane in opposite directions close the gap surprisingly quick. The cost of confusion could be great.

**RIO VISTA WINDSURFING ASSOCIATION**  
P.O. BOX 547  
RIO VISTA, CA 94571

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