



The Bristol Yacht Club MAINSHEET

Group Formed to Discuss Relationship between Our Club and Our Instructional Sailing Program

Club members will recall that during the review process of our Strategic Plan initiatives last fall, questions arose relative to the current and long-term relationship and interdependency between Bristol Yacht Club and East Bay Sailing Foundation.

At our November Executive Committee meeting, your leadership agreed to form a joint working group of the two entities to solidify a mutual vision with our instructional sailing program. In reporting to you about this decision in our December issue of this newsletter, I offered the words of Vice Commodore Joe Whelan, which I repeat here as they aptly sum up why this effort is important.



Joe said: "Until we better clarify the relationship between the Club and EBSF, we cannot move forward on the Strategic Plan initiatives that have shared benefit to the Club and EBSF. We need to find common ground and build on it."

I am pleased to announce that an ad hoc group has been formed with this goal and it had its first meeting in late January. I've asked Alan Dimson-

Doyle, an Executive Committee member, to facilitate the group.

Alan, in his introductory email to group members (see member list on page 2), noted: "I see this

process as a means of reaching a level of understanding and compromise with all the members of the Club, both those who support maintaining the relationship with

Continued on page 2.

Commodore's Corner

Masthead Photo: Are you ready to cruise the Maine coast? See page 5.

Our Interview Issue!

Interview One

Amanda Callahan, BYC member and 2020 Sunfish National Champion

Interview Two & Three

Dr. Charlie Hackett and Dr. Cathleen Whelan, both BYC members, on COVID-19

Interview Four

Our EBSF "green" coach boat



February 2021



Commodore's Corner
Continued from page 1.

EBSF and those who desire to see EBSF as a separate entity. To achieve this end, everyone engaged in the process must be accorded respect and acceptance, regardless of their position. Every voice needs to be heard."

During the first group meeting, Alan noted that the intent of the effort is to invite additional interested parties from the Club and EBSF to participate in future meetings so they may voice their opinions, thoughts, ideas, etc. He reiterated: "The initial goal is to ensure that all individuals feel they are being heard."

As expected, the initial meeting was introductory in nature but as the process continues, I will ask Alan to update the membership. My goal is to have preliminary outcomes available by midsummer so we can review next steps at the Executive Committee level. The longer term goal will be to bring any decisions requiring full membership input to our November 2021 Annual Meeting. 🚢

– Chris Bjerregaard, Commodore

BYC/EBSF Focus Group

Facilitator:
Alan Dimson-Doyle

Members:

John Bell	Pete Levesque
Linda Burns	Ken Madeiro
Amanda Callahan	Bob Millard
Tom Dawson	Chanel Miller
Jim Dollins	Paul Redman
Richard Feeny	Mark Rotsky
Susan Grandpierre	Gary Warner
Bob Hamel	



The crew: Atticus, a four-year-old French bulldog, and Stella, a golden retriever

Their captains: Kathleen and David LeGrand

Their boat: Zut Alors, a 22-foot Robalo

Big Brother Role: Atticus is not a huge fan of boating, but, as Kathleen tells us, he is learning. His initial training was dockside when Kathleen and David would let him roam their Robalo while safely tied to the dock and his pup parents supervised with a glass of wine in hand.

Now, however, it's time for Atticus to step up and show a good example to his new sibling, six-month-old Stella. Will he be a model of good seamanship? Time will tell.

To have your four-pawed crew featured in The BYC Mainsheet, email a photo to bymainsheet@gmail.com. We'll send you a BYC car decal as a thank you.





BYC member Amanda Callahan sailed to a first-place win at the 2020 Sunfish US National Championship this November.

BYC Member Wins National Championship

Amanda Callahan won the 2020 Sunfish US National Championship in November, comfortably topping the 34-boat fleet. Amanda's scoreline in the 11-race series was top four finishes in all but one race. The regatta was held in Bay St. Louis, MS.

The Interview

Amanda's race resume includes being a member of the 2007 team that won the triple crown of team racing – the British Team Racing Championship for

the Wilson Trophy, the US Sailing Team Racing Championship for the Hinman Trophy, and the International Sailing Federation (now World Sailing) Team Racing World Championship, a race her team also won in 2009.

As a collegiate racer, Amanda, a graduate of William Smith College, was a member of an Inter-Collegiate Sailing Association All-America Team and was twice named captain of her varsity sailing team.

Today, Amanda is Head Sailing Coach at Roger Williams University, a position she's held since 2007. The BYC Mainsheet chatted with Amanda not only about her championship success but also her role at RWU.

Editor: *Will you tell us what was going through your mind on the final day of competition of the Sunfish Nationals?*

Amanda: Three of the 11 races were scheduled on the third day of the regatta. Having had all top four finishes to that point, I knew if I had two more solid races, I'd probably win. My goal was to get two good races right off the bat, but I also knew I could afford one bad race as you get to drop your lowest score.

In the first race of the day I managed a second. But in the second race I finished sixth, which was my worst race to that point in the regatta. But boats ahead of me got disqualified for starting prematurely so I ended up third. At that point I knew I had locked it up, so I sailed the last race just for fun. Not that the whole regatta wasn't fun!

Continued on page 4.



BYC Member Wins National Championship
Continued from page 3.

Editor: *You've won single-handed regional championships in the past, but this was your first national. What does that feel like?*

Amanda: I've never won at this level so it felt really amazing. It was an exceptional field and going into the event I thought I'd be happy with a top-ten finish. However, after the first two days I realized I had a shot and got pretty excited.

Editor: *RWU sailing is consistently among the top-ten teams of college sailing based on Sailing World rankings. And among the many accolades, you've developed 30 All-Americans and your team has won two national championships. How did you come to be a collegiate sailing coach?*

Amanda: I got involved in college coaching somewhat by accident. The coach at Tufts was ill and I was asked to step in for a semester. I was just two years out of college and hadn't really considered coaching as a career. During that semester I realized I loved coaching and helping the team grow.

I then was assistant coach at Stanford for a year and was recruited to RWU. The administration felt sailing could be RWU's signature sport yet, at the time, the program was still up and coming. It was an opportunity for me to help build the program, which was a big draw.

Editor: *Can you give us a quick overview of collegiate sailing in the US?*

Amanda: There are more than 200 college sailing teams across the country, with seven conferences. We are in the New England Conference, where there are 40 teams. Not surprisingly, given our location and the number of universities,



BYC member and US National Sunfish Champion Amanda Callahan is also Head Sailing Coach at Roger Williams University.

we are one of the strongest conferences in the country.

Unlike other college sports, our teams are coed. We compete in the fall and the spring. On any given weekend, it's not surprising that there are 12 to 14 regattas underway in the region. We might field three or four teams each weekend.

In the fall season, we primarily focus on fleet racing and single-handed championships on lasers and laser radials. They are both Olympic classes, and we've had kids sailing competitively in lasers in the nationals.

In the spring we transition to team racing, with three boat teams seeking the lowest combined score. Its focus is on tactics and strategy, and success relies on team trust and communication, as well as excellent boat handling. It's the racing I really love the most.

Editor: *Before we wrap up, I'd love to know when we get to see you race at Bristol Yacht Club.*

Amanda: I've been a member of the Club for a few years and I spend a lot of time on the water there. Most often during the season you'll find me team racing on Monday nights and fleet racing on Thursdays, plus Friday night match racing. And, last summer, I took part in the "new normal" racing.

In fact, I want to give a big shout out to everyone involved in planning racing last summer. Despite COVID, it went smoothly and safely ... no easy achievement.

Post-race, I am often hanging at the outside bar. We have a ton of alums in the area and many become BYC members because it is such a vibrant racing scene. It warms my heart to hang out with all these alums I coached and know they are still participating in the sport after college. Nationally that's not the trend. BYC makes it affordable and possible for these kids to keep doing what they love to do and that's very special. 🏆



Left: Owl's Head Lighthouse at the entrance of Muscle Ridge Channel. Right: The Zen atmosphere of the Asticou Azaela Garden in Northeast Harbor.

Are You Ready to Cruise Maine This Summer?

During the January 7 Cruise Committee meeting led by Fleet Captain Brad de Wolf, Brian Fitzgerald (*Saratoga II*) suggested adding an early August cruise to Maine to the Club's 2021 cruise events.

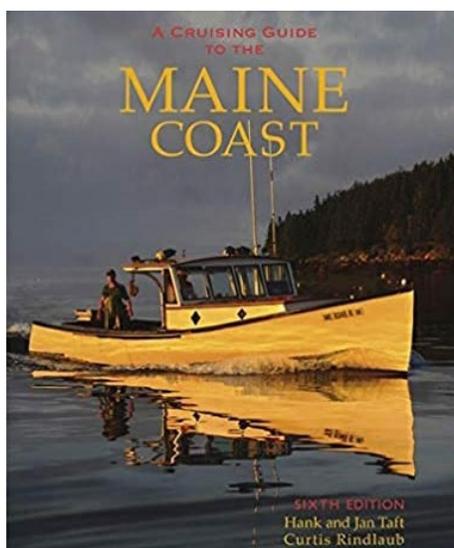
Several participants on the call expressed interest and encouraged formation of a planning committee as soon as possible to gauge broader interest among Club members and to develop the details.

Brian, Julie Englund, John Bell and Jil Westcott will plan a Zoom meeting for early February, and ask those interested in contributing to the planning process or participating in the cruise to contact them so they can maximize meeting participation. A poll on meeting times and dates to follow.

Plans will evolve around a flexible schedule for arriving in Rockland, Maine or other midcoast port in the first week of August. Two delivery groups are being considered: an offshore contingent for more experienced skippers and crews

and a "buddy-boat" short-hop coastal delivery for those not wishing to join the offshore contingent. The planning committee will recruit delivery crew members for short-handed boats.

Depending on interest, the planning committee could offer a series of seminars over the spring. Topics could



Whether you're planning to cruise Downeast or just dreaming from your armchair, The Cruising Guide to the Maine Coast (6th edition) is a "must have" addition to your bookshelf.

include: preparing the boat for offshore sailing; coastal and offshore navigation; Maine weather and currents; initial provisioning and reprovisioning in Maine ports; and offshore safety procedures.

Ports, activities and events may include:

- The Maine Lobster Festival occurs in Rockland August 4-8 and the Wyeth Museum is definitely worth a visit.
- The Sweet Chariot Music and Arts Festival is held each August on Swan's Island.
- A visit to Asticou Azaela Garden and hiking Acadia's trails to Jordan Pond are all Northeast Harbor activities.

Please respond to one of the organizers to express interest in joining the planning committee and/or potentially participating in the cruise.

- [John Bell](mailto:john.g.bell@cox.net) (john.g.bell@cox.net)
- [Julie Englund](mailto:jienglund@aol.com) (jienglund@aol.com)
- [Brian Fitzgerald](mailto:drbriankevinfitzgerald@gmail.com) (drbriankevinfitzgerald@gmail.com)
- [Jil Westcott](mailto:jil.westcott@cox.net) (jil.westcott@cox.net) 

Note: The Maine cruise would be in addition to the annual Club Summer Cruise in July.



*For Many Club Members,
COVID-19
 Is Part of the Day's Work*

While the pandemic is part of daily life for all of us, for healthcare providers and other frontline professionals, it is integral to their important work each day. We honor and cherish each of them for their commitment, care and caring.

There are many BYC members among these heroes, and some took the time to share their thoughts about their

**COVID Interview
 Part I**

work during this COVID-19 era with The BYC Mainsheet.

In this first of two COVID-19 interviews with fellow Club members who are physicians, Charlie Hackett, MD, MPH, provides his thoughts about what the future looks like now that the vaccine is being deployed. When not aboard Sapphire, a Schock Harbor 25, Charlie is Director of Employee and Occupational Health Services for Lifespan, and Chief of Family and Community Medicine at Rhode Island Hospital.

Editor: *Let's jump right in and talk about the COVID vaccine. Is it safe? Is it effective?*

Charlie: *I'll start by saying I've had my second shot and, yes, I believe it is safe. We shouldn't let the politics around the*

vaccine development cause us to think it may not be safe. While complying with established guidelines remains critical, the vaccination is definitely a big part of the long-term solution.

Studies support the effectiveness of the vaccine even with the mutations we're learning about. It clearly protects against symptomatic disease and its spread, and there are ongoing

Continued on page 7.



Charlie Hackett, a BYC member and Lifespan physician, relaxes on the water with his granddaughter, Audrey.



COVID-19 Interview: Part I
Continued from page 6.

studies to assess its effectiveness to prevent asymptomatic spread. And while it may be too soon to know about the vaccine's long-term effectiveness, I think it is okay to be hopeful for a healthier future as long as enough people around the world are vaccinated.

Editor: *What about side effects of the vaccine? Should we be concerned?*

Charlie: Common side effects are transitory and last, at most, 48 to 72 hours. The most common is a sore arm. Some people report headache and fatigue. A small group gets a low-grade fever. However, I've seen the reality of how devastating this disease is, so I strongly encourage anyone and everyone to get vaccinated despite potential short-term side effects.

My only caution is if you've had an anaphylactic reaction of any kind, you should speak with your doctor to be assessed before getting the COVID vaccine.

Editor: *With the vaccine rolling out, will we be back at the Club without masks and social distancing soon?*

Charlie: I can't say that by next May things will be rosy.

A week or two after getting both doses of the vaccine, an individual will be protected assuming, as we do now, that the vaccine remains effective for mutations. But studies have only measured whether vaccinated people develop symptoms, not whether they actually no longer get infected with the virus. Until further study, it is unclear if a vaccinated person can still

"Until further study, it is unclear if a vaccinated person can still become infected, be asymptomatic and, thus, still be able to spread the disease. This means vaccinated or not, we may still be wearing masks, practicing social distancing and complying with other guidelines for some time. While I hope that by next summer life will be more normal, we'll have to wait and see."

become infected, be asymptomatic and, thus, still be able to spread the disease.

This means that vaccinated or not, we may still be wearing masks, practicing social distancing and complying with other guidelines for some time. While I hope that by next summer life will be more normal, we'll have to wait and see.

Editor: *Is there a source you feel has solid facts about the vaccine and what we should expect as more vaccines become available and more people are vaccinated?*

Charlie: I'm glad you asked, as I think we should all know as much as possible about vaccination and how it will allow us to get back to interacting as we once did. The State of Rhode Island keeps an impressive FAQ document about the vaccine up to date. I'd recommend checking it out [by linking here](#).



"The biggest impact of the pandemic on our surgical service is patients are coming in much sicker, as they are fearful of the hospital because of COVID. By the time we see them, some are already in extremis. Plus, our staff doesn't always have the

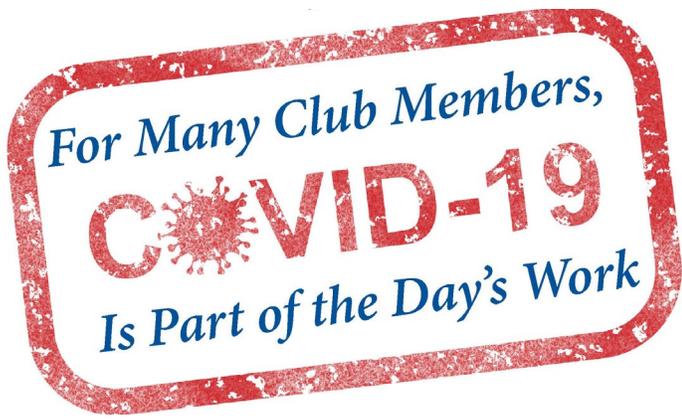
established evidence to practice evidence-based medicine. For example, we must gauge what are the appropriate number of days after a positive COVID test to bring someone into the OR. This means we are establishing new norms for our practice."

Michelle Ristuccia, Surgical Service Physician Assistant, Milford Regional Medical Center

"I was out of the workforce for seven months and recently returned to an entirely different way of treating patients. Right now, my visits are 100 percent by telephone or video. I have a cohort of patients that I have yet to meet in person. This system works, but is not optimal. When treating psychiatric issues, I believe it's important to develop a solid 1:1 relationship to be able to assess people for medication side effects and subtle changes in mood or behavior. Sometimes a warm handshake or a pat on the back can do wonders with someone ... I can't do that on the computer."



Bob Hamel, Psychiatric Nurse Practitioner



Editor: Can you give us an insider's view of the past year in local nursing homes?

Cathleen: At month 10 into the pandemic, staff and residents of nursing homes are crawling toward a marathon finish line that continually gets extended, more uphill and filled with new obstacles.

Starting last March, the RNs, certified nursing assistants and therapists showed up to work terrified about a virus felt to be almost immediately fatal to patients, themselves and the family members they were going home to at the end of every shift. Trying to calm down staff, patients, families (and myself!) in the face of so much uncertainty felt overwhelming at times.



Cathleen Whelan

Editor: What have been some of the major challenges?

Cathleen: Changing ideas about the virus transmission, how to test and what type of PPE to wear all fueled the confusion, especially in the early weeks of spring. We weathered our first small outbreak in April and learned how to run a COVID unit. With the perennial healing effects of sunny and longer days, we settled into a "new norm."

Continued on page 9.

COVID Interview Part II

In this second of our COVID-19 interviews with Club members who are

physicians, we spoke with Cathleen Whelan, MD, an internist specializing in long-term care. Cathleen is medical director at two Bristol nursing homes: Silver Creek Rehab and Nursing Center and St. Elizabeth Manor. In the article below, Cathleen tells Mainsheet readers about the difficulties faced over the past year and looks forward to a healthier 2021.



"Transporting COVID or suspected COVID patients definitely requires additional precautions and extra cleaning, including spraying the whole inside of the ambulance with a bleach-type formula. Thankfully, through the initial vaccination wave, first responders are getting vaccinated. I found the side effects to be pretty minor: a metallic taste in my mouth for a few hours and a sore arm. I definitely feel that following the rules – wearing a mask, washing hands, etc. – will be important for some while."

Chris Healey, BYC Chief Steward and Member, Bristol Rescue Squad



"Day-to-day life after almost a year of living with COVID in our midst can be stressful for both adults and children. Following important guidelines, such as social distancing, is leaving many of us feeling isolated, lonely and even depressed. Coping with these emotions is important, and reaching out for support by talking to a trained professional is a step toward becoming stronger and healthier."

Alan Dimson-Doyle, LICSW



COVID-19 Interview: Part II
Continued from page 8.

Although virus rates in the community were much lower, every aspect of daily life still grew different and more challenging. For example, residents could not go to normal outpatient specialist visits or get follow up testing without quarantining – returning to a different room for 14 days from which they could not leave. They did not see family members for four months and then only by appointment outside (weather permitting) under scrutiny of staff enforcing social distancing. Obviously no hugs or kisses allowed, and even personal items brought to the resident were held back for 24 hours to reduce risk of transmission.

Starting in June, all staff caring for new patients to the building had to wear full PPE – this requirement was stricter than providers in the hospital. Turns out, wearing plastic gowns, N95 masks and face shields makes it hard to

communicate with patients who are hard of hearing. It is also HOT, especially in August!

Editor: Have things changed since the summer months?

Cathleen: The increase in community transmission in the fall again forced us to add new protocols and tighten family visitation. However, despite our best efforts, we fell victim to the virus.

Sadly, the outbreaks came within weeks of vaccination. Nothing short of the proverbial “kick in the teeth” and at Christmas! Like all congregate living centers, staff and residents quickly caught the virus, rendering us weak at a time we most needed to be strong. Staff rushed back as soon as they could to try to help the failing frail patients. Additionally, we infused monoclonal antibodies into qualified patients, a novel treatment that we had to learn about quickly. These acts of dedication absolutely saved lives. Together we mourned those that we lost.

Editor: It's now early 2021. Are you optimistic for the future?

Cathleen: We are on the mend from the outbreak and on the eve of the second shot for many. We are admitting patients from the hospital in our ongoing effort to help the hospital release patients well enough to leave acute level of care but too ill go home.

We are tired from the recent outbreak but are committed to helping the hospitals and these vulnerable patients, most of whom also had coronavirus.

Yes, we're optimistic that with wide-spread vaccination in our building and in the community we will someday return to a way of life that we all enjoyed pre-COVID. We are planning for Christmas in July at St. Elizabeth Manor since we had a blue Christmas there for sure!

Editor: Final words?

Cathleen: Above all else, I will be forever grateful to my coworkers at Silver Creek Nursing Home and St Elizabeth Manor. 



“My primary responsibilities involve walking patients through clinical trials at various points along their cancer treatment continuum. The COVID-19 pandemic has added additional physical and psychosocial burdens for oncology patients. One way Rhode

Island Hospital has stepped in to provide relief for COVID-positive individuals is that RNs in my department now split time between routine work and supporting the RI state efforts to administer monoclonal antibody treatments for high-risk residents of RI and surrounding areas. ([Learn more about this program here.](#))

Faith Hassinger, RN, Oncology Clinical Research, Rhode Island Hospital

“I'm hopeful that with the vaccine and herd immunity, we'll soon be able to move forward, maintaining lessons learned from this ordeal: improved hygiene to prevent spread of colds and flu, the tremendous value of personal relationships and community, improved access to healthcare, learning and working through technology, and the value of self-care among them. To get there, though, we need to reach herd immunity. I know some people are afraid of the vaccine, in part because they're not sure what 'might happen,' but that needs to be weighed against what might happen long- and short-term after one contracts COVID, because even the most diligent and carefully secluded citizen will eventually encounter this virus.”



Louis Marino, MD, Medical Director, Geriatric Services, Sheppard Pratt Hospital (Baltimore)



EBSF Electric Coach Boat Featured by 11th Hour Racing



John Mollicone (pictured above) is Head Coach of Coed and Women's Sailing at Brown University, and an Ambassador with 11th Hour Racing. Among other accolades, John is a winner of the US Sailing Championship of Champions, the Newport-Bermuda Race and five Key West Race Weeks, and he competed for the US and was a silver medalist at the 2011 Pan-American Games in the J/24 Class.

Last year, John collaborated with East Bay Sailing Foundation, his 11th Hour Racing grantee, to launch the

EBSF electric coach boat that operates with minimal environmental

The Interview

impact. If the prototype proves to be a useful, practical option for sailing programs and recreational boaters, the project may inform the future design of electric coach boats.

The interview below first appeared on the 11th Hour Racing website and it is reprinted here with the permission of 11th Hour Racing.

What has professional sailing and coaching taught you about sustainability?

John: By being on the water more than 150 days a year as a coach or competitor, I have developed an incredible amount of respect for our waters and shorelines and how important it is that we do our part to protect them in every way possible.

For anyone involved with sailing or boating, our playground needs to be protected if we want to continue to enjoy the luxury of our oceans, lakes, rivers, shorelines and marine habitats. To me it's no different than cleaning up your home – so whether it be picking up trash and reducing waste, recycling whatever you can and limiting fuel emissions – it will make our playground more sustainable for future generations.

Continued on page 11.



EBSF Electric Coach Boat ...
Continued from page 10.

Have you seen any exciting sustainability-focused changes in sailing lately?

John: In college sailing, we've created a no-plastic rule at all of our competitions. Everyone has to bring their own reusable water bottle and every regatta host has to provide water filling stations for all teams. For the most part, we are seeing full compliance in college sailing with a lot less waste and hardly any plastic. We are doing this on every program that I race with and seeing most other racing programs doing the same. Water filtration systems can be found almost everywhere now – yacht clubs, sailing centers and even on the docks of many racing teams.



It's also great to see electric outboard engines being used more and more in some racing classes such as the J/70, and I am really excited about the electric engine project we have going on with East Bay Sailing Foundation for a coach/race committee boat. Hopefully, we will see more of them!

Can you share more about your experience working with East Bay Sailing Foundation to develop the electric coach boat?

John: The East Bay Sailing Foundation, led by Chris Bjerregaard, has done a tremendous job getting the project going and it has put the electric engine on a restored and modified A-Cat.

They have used it all summer as a coach/race committee boat and the feedback has been great. They are planning to let us use it here at Brown University for practice and regattas once we are able to get back on the water. With the pandemic, we are currently in a holding pattern at Brown and have been unable to sail since early March.

What behaviors do you wish people would adopt on land or at sea to better care for the ocean?

John: It would be great to see more people take initiative when it comes to protecting our waters, doing simple things like picking up trash on land or in the water, recycling, reusable water bottles, and less fuel-powered engines when not necessarily needed, such as when going sailing. These are all easy to do, and more people need to care about our environment and buy-in!



How has your role as an 11th Hour Racing Ambassador impacted your career or personal life?

John: It has certainly helped me to think about our environment more (both on and off the water) and do my part. As an 11th Hour Racing Ambassador, I definitely feel more of a responsibility to pass what I have learned about sustainability onto others, including the sailors I coach, the teams that I race with, and even my family and friends. I want my two-year-old daughter to enjoy the water as much as I have and have it be kept in the best condition possible. ♯

[Link here](#) for more information on 11th Hour Racing.

Photos: Cory Silken



Looking Forward to Spring

Although the winds of winter are still blowing, spring will be around the corner shortly. The Waterfront Committee wishes to remind everyone of the extra features and benefits that make the Club such a great venue for boating, and to remind everyone to sign up for these options if you are interested.

WATERFRONT Committee

The Club owns 15 professionally maintained moorings that can be leased for the season by Club members, who must also be on the town waitlist for their own mooring. When not used by

Club members, they are available for cruising guests. If you need a mooring for the season, please contact Chris Healey or Peter Turenne.



For those members who enjoy being very close to the water, there are 30 slots available for kayaks and paddleboards conveniently located next to the pier. If there is no space on the racks, they may be stored on the ground nearby.

We have 95 slots available for Club members' dinghies on the dinghy docks. Currently, there are 10 members on the waiting list for space. On the north side of the Club, next to Bristol Marine, there are 22 lockers available for members who need storage. For those of you with cats and small boats who dry sail, there is space near the pier on the south side of the driveway, with some additional space south of the parking area.

During the season, if you wish to tie up to the dock, please sign up at the Dockhouse, or call or email Pete or Chris.

All fees for 2021 were due by the end of January. If for some reason you did not receive your renewal form, get in touch with Chris immediately as there are penalties for late payment.

During the winter, the Waterfront Committee will continue its planning for dock maintenance and enhancement. More on this activity in future *Mainsheet* articles. 🚣

– Dick Jarbeau

Summer Help Wanted

Looking ahead to a busy season, BYC has both volunteer and part-time employment opportunities available for summer 2021.

Principal Race Officers: The Race Committee encourages members already credentialed as PROs to volunteer to spend time on the water, meeting new members while helping oversee our robust racing efforts. If you are not a credentialed PRO, you may wish to take the US Sailing online class to become certified. BYC will pay half the \$35 fee. [Learn about the class here](#) and [email David LeGrand](#) to express your interest.

Race Director: This part-time (10-30 hours/week), seasonal position executes regattas, including race publicity, race documentation, volunteer personnel coordination and equipment management. Evening and weekend hours required. At least five years' sailing experience with involvement in racing preferred. US Sailing race management certification desired. [See job description here](#) for full details. If interested, [email Nick Cromwell](#), Race Committee Chair.

Launch Drivers: BYC is also seeking launch drivers for the 2021 season. Minimum USCG limited masters launch license required. [Email Chief Steward Chris Healey](#) for details. 🚣



Get Insight on North Atlantic Right Whales

BYC Zoom Program

Friday, February 5, 6:30 pm

Zoom link sent via email on morning of program.

North Atlantic right whales have long faced danger from human activities, and NOAA reports that there are no more than 366 of the critically endangered right whale species left.

The very name “right whale” comes from the fact that they were the “right” whales to hunt, because they swim slowly and close to the shore, and do not sink when they die. They were hunted nearly to extinction but began to make a comeback after whaling was banned.

However, most recent studies show that numbers are declining again for reasons including a slow reproduction rate, threats from entanglement in fishing gear and collisions with large vessels.

Last year, the species gave birth to 10 calves. This was three more than the previous year, but scientists say the species needs to average 20 calves a year to survive.

Our Club Zoom session on February 5 will discuss this species. Our presenter will be Peter Kelliher, Marine Mammal Vessel Strike and Monitoring Program, NOAA Fisheries Service.



IT'S ONLY A NAME ...

Have you ever wondered how a particular boat acquired its name? Peter Canzone (Commodore 2007-2009) gives us the answer.

Boat: *Cat's Sass*, a Nonsuch 30

Owners: Ralph and Nancy Olesen

Why the name *Cat's Sass*? Ralph describes it this way:

“The selection of our boat’s name has a bit of history. I got interested in the Nonsuch with its funky wishbone rig in the 2008-2010 Off Soundings races while crewing on BYC member Paul Tabor’s *Adventure*. During a race I saw one person sailing a Nonsuch while the ‘crew member’ was reading a book up on the cabin top. BYC member Steve Devin, with crew encouragement, said: ‘Ralph, you have to buy one and name it *Cat’s Ass*, to which I replied, ‘You can’t give a boat a name like that.’

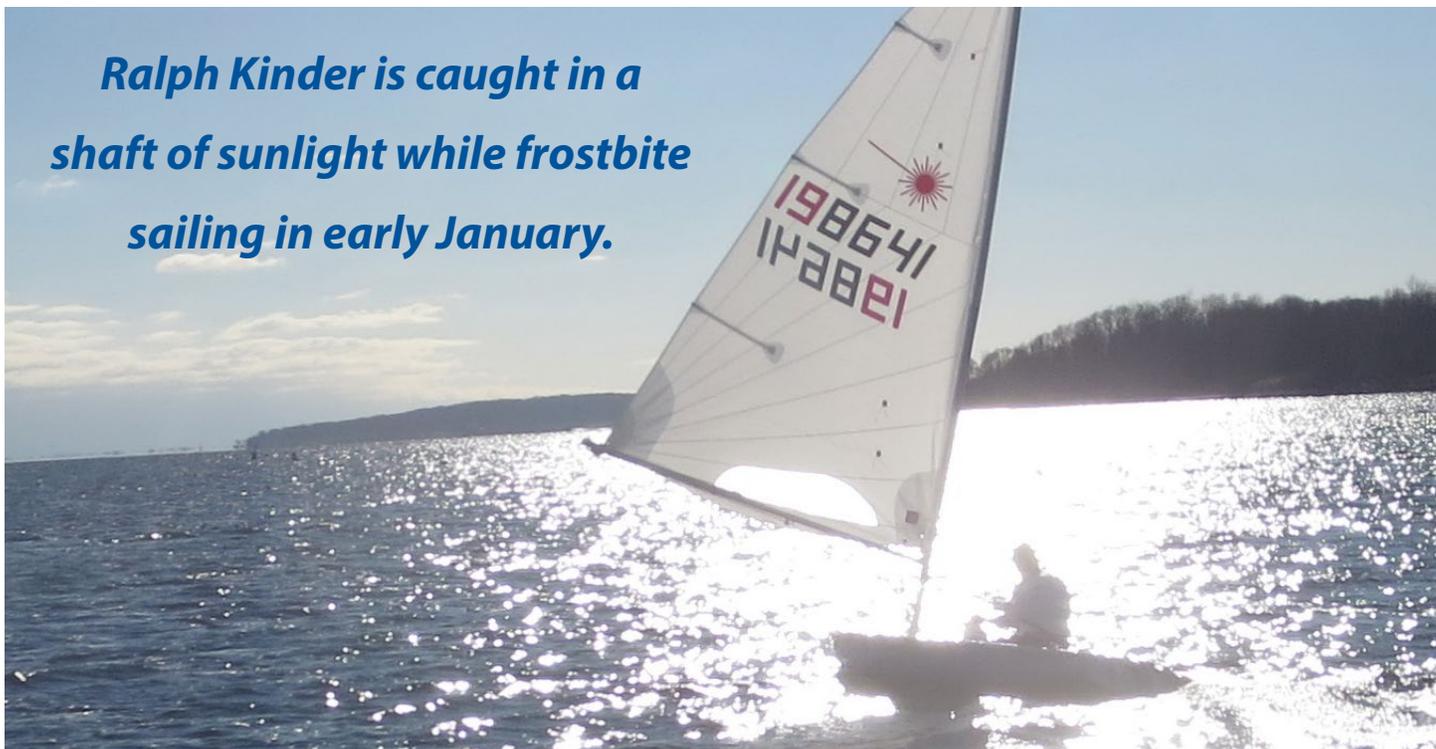
“In late summer 2010 I stopped talking and bought a Nonsuch 30. When I announced the purchase, I got the *Cat’s Ass* refrain from the *Adventure* crew. Nancy and I spent 2011 agonizing over an unusual but catchy name. Secretly, I thought Steve’s name was catchy but it was clearly outside the civility envelope. Then Nancy came up with *Cat’s Sass* ... both catchy and just inside the envelope. It was certainly a reflection of us and shut down my *Adventure* critics.

“We have sailed and enjoyed the boat for ten seasons while getting a lot of laughing, pointing and thumbs ups. We always enunciate the second “S” in *Cat’s Sass*, especially on the radio, but it always comes back as *Cat’s Ass*. Oh, well, we did at least try for civility.”

*Now you know how the name *Cat’s Sass* was chosen for Ralph and Nancy’s boat. If you have a boat name you would like to submit, please email Peter at americanart1@aol.com.*



Ralph Kinder is caught in a shaft of sunlight while frostbite sailing in early January.



Thank You for Supporting Our Advertisers

Appraise RI • Doug Gablinske
Residential and Commercial Real Estate
576 Metacom Avenue, Bristol, RI 02809
doug@appraiseribiz.com; 401-253-9910

Bristol Bagel Works
Herb, Chris and Rob Browne
420 Hope Street, Bristol, RI 02809
Call in your order • 401-254-1390

Bristol Yacht Rigging
Professional Rigging and Electronics
Solutions Located at Bristol Marine
Mike Gemperline and Brennan Hale
mike@bristol-yachtrigging.com
401-200-8585

Paul G. Costa Tiling & Remodeling
Tile, Marble, Granite, Carpentry, Kitchen,
Bath, Interior/Exterior, Custom Built-ins,
Complete Remodeling • Free Estimates
401-578-4186

Coastal Chiropractic Group
Mark Alano, DC, FICPA, CCEP
Gentle Procedures, Insurance Accepted
576 Metacom Avenue, Bristol, RI 02809
www.coastalchiropracticgroup.com
401-253-1130

Ferreira & Grimo General Contractors
New Construction, Remodeling,
Kitchens, Baths, Windows
Pat Grimo • 401-574-0957
Tom Ferreira • 401-574-0959

King Marine, Inc. • Bud King
Hauling, Delivery, Mooring and Diving
www.kingmarineri.com
service@kingmarineri.com
401-247-KING (5464)

To advertise in *The BYC Mainsheet*, email bymainsheet@gmail.com.

Kinder Industries • Philip F. Kinder
Custom Boat Covers and Canvas
75 Tupelo Street, Bristol, RI 02809
www.kinderindustries.com
sales@kinderindustries.com
401-253-7076

Dawne Nordstrom
Residential Broker/Associate
www.dawnenordstrom.com
dnordstrom@residentialproperties.com
O: 401-245-9600 C: 401-573-0866

The Cruising Yacht Brokerage
Specializing in Helping Coastal
Cruisers Sell or Buy Boats
Jim Spiro, Certified Yacht Broker
www.thecruisingyachtbrokerage.com
jim@cybsales.com • 401-258-2625

The BYC Mainsheet is published monthly. Club members are encouraged to submit story suggestions and photos by emailing bymainsheet@gmail.com. Editor: Catherine Murray.