

Bay Area Waterski Club

Flat Water Times

Delta Tunnels Update:
savethedelta.org



April 2022

Message from the Board
by Lynette Wong, 2022 Newsletter Editor/Board Member

Healthy Tips to get you Watersports-Ready!

It's that welcomed time again. **Spring has arrived** and we're all anxiously awaiting and hoping that hotter temperatures make their way quickly. Afterall, we're chompin' off the bit to **spring** (pun intended?) **into our watersports** without the 'chill factor' wanting to forgo our wetsuits!



As most everyone is busy getting into ski fitness shape, it dawned on me that perhaps a sprinkling of various health and nutrition tidbits would be of interest to y'all! For starters, did you know that **nuts** in addition to being a supplemental source of protein offers numerous health benefits? They **help to reduce your risks** for **heart issues, decrease total cholesterol** including bad cholesterol while increasing good cholesterol, providing **omega-3 fatty acids** which are beneficial for joints, balanced cholesterol, and even mental health. In clinical studies, **krill oil** is shown to be significantly more absorbable by our bodies compared to

Contents

2021 Officers / Directors P. 5

Upcoming Events!

* **Spring Social/ Season Opener/Gen. Mtg** P. 6

Past Events!

* **Day Hike/Picnic** 7 – 8

Tidbits

Ski/Wellness Tips 9 – 10

Website Changes 11

Boater Card License # 12

Safety 13

Club on FaceBook 14

Ads/B'days 15

Calendar 16

On-line Application P. 17 – 19

Check out the 2022 BAWSC Calendar of Events
Page 16

Message from the Board (con't)

By Lynette Wong, 2022 Newsletter Editor/Board Member

other types of omega-3 fatty acids. (Fontani, G., et al. "Cognitive and physiological effects of Omega-3 polyunsaturated fatty acid supplementation in healthy subjects." European journal of clinical investigation 35.11 (2005): 691-699.) Additionally, omega-3s **may reduce your risk** for some types of **cancer**, **age-related macular degeneration**, **dry eye disease**, and **Rheumatoid arthritis**.



You may be surprised that **not all nuts are equal in the amounts of protein**. Believe it or not, **soy nuts** have the **most protein per serving - 11 grams per serving** to be exact. **Almonds**, **pistachios**, and **peanuts** follow behind with each having **6 grams of protein per serving** and **cashews** which also contain the most iron (especially important for women) trail closely with **5 grams of protein per serving**. Rounding out the variety of nuts with **4 grams of protein per serving** are **walnuts**,

Brazil nuts, rich in the mineral selenium which is a disease-fighting antioxidant, hazelnuts – chockfull of antioxidants, and **pine nuts** – studies show that they highly **benefit people with diabetes** by helping them lower blood sugar levels and improve insulin resistance! Leaning on the lower end of protein per serving are **pecans** - 3 grams of protein/serving; however, they contain heart-healthy fats, vitamins, and minerals. The lowest one offering 2 grams of protein per serving but are packed with disease-fighting antioxidants are **macadamia nuts**. According to studies, macadamia nuts can improve blood cholesterol levels, reducing your risk of heart disease, heart attack, and stroke.

While it's important to get your protein intake from various sources, **consuming ample fiber each day** is also crucial to maintain good health. Not only does it help with digestion and satiety, but it can also *help lower the risk of heart disease and Type 2 diabetes*, decrease the risks for getting many different types of cancer and improve blood pressure and cholesterol. Fiber-rich foods hitting the list are fruits, vegetables, beans, lentils, peas, nuts/seeds, and whole grains.



The American Heart Association recommends consuming between 25 and 38 grams of fiber a day in a well-balanced diet. Select from both soluble and insoluble fiber. When you eat fruits or some types of veggies, beans, lentils, oats, chia seeds or barley, you're getting **soluble fiber**. It mixes with fluids and forms a gel-like material eventually arriving in the colon where it **feeds our good gut bacteria**, **helping to control blood sugar, and lowers cholesterol**. Unlike soluble fiber, **insoluble fiber** does not dissolve in fluids rather "it helps to bulk up the waste products so that they pass more easily through the

Message from the Board (con't)

By Lynette Wong, 2022 Newsletter Editor/Board Member

digestive tract more quickly and prevent constipation.” Helping to maintain bowel health, **insoluble fiber lowers the risk of getting hemorrhoids, colorectal cancer and diverticular disease** which are small pouches in your colon. It is found in fruits, veggies, and grains.

Some of the healthiest high-fiber foods are:

Legumes:

- Split peas: 16.3 grams of fiber per cup
- Lentils: 15.6 grams of fiber per cup
- Garbanzo Beans: 12.5 grams of fiber per cup
- Navy Beans: 9.6 grams of fiber per ½ cup, cooked

Oats: 5 grams of fiber per ¼ cup dry

Quinoa: 5.2 grams of fiber per cup, cooked



Nuts and Seeds:

- Pumpkin seeds: 8 to 12 grams of fiber per cup
- Pistachios: 13 grams of fiber per cup
- Chia seeds: 10 grams of fiber per cup (5.1 grams, per tbsp)



Vegetables/Fruits:

- Avocados: 10 grams of fiber per cup, 6.7 grams per ½ fruit
- Collard Greens: 7.6 grams of fiber per cup, cooked
- Edamame: 8.1 grams of fiber per cup
- Carrots: 2.4 grams of fiber per cup (128 grams) of cooked carrots
- Green peas: 7 grams of fiber per cup
- Apples: 4.4 grams of fiber per medium apple with skin
- Raspberries: 8 grams of fiber per cup



Message from the Board (con't)

By Lynette Wong, 2022 Newsletter Editor/Board Member

Another essential ingredient of self-care is **getting your beauty sleep**. We hear it ad nauseum but it is so **vital** to our mental/physical/emotional wellbeing, health, and brains. **Not getting quality sleep** can affect **your cognitive ability** and can **increase your likelihood of developing Alzheimer's disease**. It can also **strengthen your immune system** which is critical in these days to help stave off Covid from rearing its ugly virus. If you've been hungrier than usual, it could stem from a lack of sleep which also affects your metabolic rate and weight.

Make sure you stick to a **consistent sleep schedule**, getting **at least 7 – 9 hours of sleep**: Go to bed and wake up at the same time even on weekends! This will help your body to set its circadian rhythm. It's also recommended that you keep your room dark, quiet and cool between 65°F and 75°F. And remember to avoid alcohol within 3 hours of your bedtime for the alcohol to be digested.

To keep your brain and body healthy, here are a few more tips for ensuring a good night's sleep:

If you're *not* asleep after 30 minutes, get up and go to another room to do something relaxing until you feel sleepy.

Go to bed and wake up at the same time every day, even on weekends.



Exercise at regular times each day, but not within 3 hours of your bedtime.



Find ways to relax before bedtime each night.



Avoid distractions such as cell phones, computers, and televisions in your bedroom.



This includes not having spicy meals.

Avoid long naps (over 30 minutes) in the late afternoon or evening.



Don't eat large meals, or drink caffeine or alcohol late in the day.



A small snack that *contains* tryptophan (banana, nuts, oats or milk) may help you *sleep more soundly*!

*Hope some of these **health and nutrition tidbits** are helpful for your journey to **achieving better self-care** especially in these challenging times!*

Extend your reach and take good care of each other.

- Lynette

2021 Officers and Directors



Elected Officers



Chris Feduniw
August President
Webmaster



Larry Ligon
Vice President



Darcy Murray
Treasurer



Dawn Ko
Secretary

Board Members



Gwen Cauthren
Membership Chair



Lynette Wong
Newsletter Editor



Mark Frazier



Karl Smith



Susan Schmidt



Jerry Baxter

Special Committees:

Flat Water Times Editor: Lynette Wong
Webmaster: Chris Feduniw



Eric Johnson

Upcoming Events

Spring Social/Season Opener/Gen. Mtg, Saturday, April 30, 2022

By Susan Schmidt, 2022 BAWSC Board Member



After a long winter break, we are excited to kick off spring by getting together for our first *Spring Social/Season Opener/General Meeting* of the season. This is a wonderful opportunity to reconnect and socialize with your watersports friends and meet new friends at **Susan & Karl's home in Livermore on Saturday, April 30 at 11:30 am.**

This event is entirely free. **Registration ends on Sunday, 4/24/22!**

Note: COVID Safe!

To attend this event, *you must be fully vaccinated & boosted or have proof of a negative Covid-19 Antigen test taken the morning of this event.*

Please *bring any family or friends who may be interested in joining the club.*

Anyone who wants to join or renew their membership can sign up at this event. To get your appetites rearin' to go, we will be **serving a tasty lunch.**

After we are nicely sated, we will have a **short general meeting.** At this time, you will also have the opportunity to **support the club by volunteering to be an event leader.** So bring your calendar as we would like to *encourage you to sign up to co-chair one of our watersports events this summer.*

Note: Your volunteering is what makes the events happen.



The fun will continue with a **raffle** where we will give away *cool prizes to the lucky winners.*

Past Events

BAWSC Hike, 2022

By Chris Feduniw, 2022 Webmaster/Board Member



The club kicked off *our first in-person event for 2022* by *hiking the hills of Round Valley Regional Preserve in Brentwood* on Saturday April 2. **Six club members** (**Chris Feduniw, Kathy Brewington, Karl Smith, Susan Schmidt, Jerry & Jan Baxter**) and *two friends of Karl and Susan* arrived to find perfect weather for a *hike with clear sunny conditions and temps in the low 60's, light breeze and hills still green with wild flowers.*



The plan was to hike for just over an hour and then determine if we wanted to head back to the entrance for lunch or venture onto the group camping sites for lunch. The group voted to venture towards the camping site for lunch that resulted in *yours truly making a wrong turn*



Hikers Extrordinaires:

Left side: **Susan, Jerry, Chris**

Right side: **Kathy, Jan**

“We’re having a grand ‘ol time!”

that took the group up a nice step hill in the wrong direction. Rather than turn back around the group voted to *head off-trail* and cross country back down the side of the mountain to the correct trail below us. It was impressive how everyone helped those that were a little nervous going cross country getting down the side of the hill safely to the to the correct trail. *Honestly Mr. Ranger we didn’t see that sign that said “Please stay on the marked trails”*

We then continued on and made our way to the group camp site/picnic area where we enjoyed the luxury of bathrooms at our disposal along with *picnic tables sporting great views for us to enjoy our lunch!*

Past Events

BAWSC Hike, 2022 (con't)

By Chris Feduniw, 2022 Webmaster/Board Member



After we recharged with some food and drinks and enjoyed some good laughs it was time to head back on the trail and back to the parking lot that resulted in a [round-trip hike of just under 7 miles with actual hiking time taking ~3 with a 50 min. lunch break](#). Over the 4 hours we were out went from an elevation of 242' and reached a peak of 603'



Karl, Jerry and Chris
pause to take in all the surrounding beauty.

The group all commented as we got back in our cars that we felt our legs and lungs got a decent workout and that we are all now ready to hit the water and start skiing.



Tidbits

Ski Tips: Online Coaching Videos

Brought to you by Chris Feduniw, 2022 BAWSC Webmaster/Board Member

Hey Skiers,

As a reminder, we have a *members-only forum with links to skier tips and training videos.*

Check out: <https://www.bawsc.org/water-sport-resources> which can help you *improve your skiing* and also provide you with opportunities to *get in-person and video coaching*. You also get to see how the pros execute great form!



Please add content to the forum if you have found *resources* that have helped you improve your watersport of choice e.g. water skiing/wakeboard/wakesurfing, etc.

Tidbits

Wellness Tips: Exercise Routine!

By Lynette Wong, 2022 Flat Water Times Editor/Board Member

Approaching our second year with Covid, many of us continue to build our resilience with moderate to intense exercise. While this helps to strengthen us physically and mentally, it is beneficial to cross-train by *adding yoga and pilates* to your fitness regime. Both can help to *calm and soothe our minds and central nervous system*, helping to *ease our stress and anxiety levels*.

See below for some great recommendations to *help strengthen and integrate your mind, body and spirit!* Check out a few of my favorite videos!

Luckily, they *don't require a lot of time!*

* Add Pilates to your Workout Routine (It's tougher than it looks if your Core is Engaged)



10-min PILATES BACK PAIN RELIEF Exercises | Jessica Valant

17-min Gentle PILATES | Jessica Valant

<https://www.youtube.com/watch?v=CdJRQ6GG8bA>

* Practice Yoga *

⇒ YOGA for DIGESTION AND BLOATING

<https://www.youtube.com/watch?v=IvAx7q2LKqk>

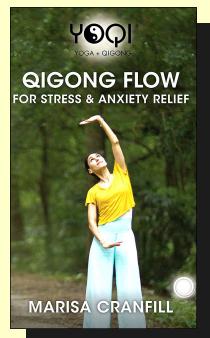


⇒ 20-min RELAXING YOGA - FLEXIBILITY & SORENESS - SarahBeth

<https://www.youtube.com/watch?v=l-viVXMqhs>

* Try Qigong MOOD LIFTER *

<https://www.youtube.com/watch?v=R1tpHKvjewI>



- Add **meditation/progressive relaxation** to your daily routine
- Focus on a word/phrase that brings you a sense of calmness and peace
- Practice **deep abdominal breathing** from the diaphragm
- If you're spiritual, begin **praying**
- **Visualize yourself** in a beautiful, peaceful place
- Think of **someone or something that makes you chuckle!** Experience that deep belly laugh.
- **Exercise:** Try getting out in nature
- Do something **fun:** Play with your animal, spend time with your children, start a hobby/get back into it!

Tidbits

Exciting Changes to the Website

By Chris Feduniw, 2022 BAWSC Webmaster/Board Member

Over the past several months our website vendor **Personify Wild Apricot**

has introduced **several new functions and features** that the Bay Area Waterski club (BAWSC) has decided to take advantage of and we have recently redesigned and upgraded the clubs website www.bawsc.org to a new look and feel so please check it out.



Key Changes that have been made:



Entire Site is now mobile friendly meaning you can now easily fill out forms and read content on any device as it will **scale automatically**

- o **Note:** On cell your phone, the menus are under the hamburger bars on the left and you log-in by clicking the right icon on top of the page

Clicking the “Add to my calendar” button on a cell phone and then clicking on the .ics file link pop-up will allow you to easily add the event to your personal calendar on your phone.

Menu Bar has moved to the top of the page and content has been consolidated under fewer menu items and sorted in alphabetical order making it easier to find things

Menu Bars and Sub-menu's/Content changes when you log into the site e.g. member-only content menu bars and content show up once you log into the system. **board members see more than members and members see more than non-members**. However, everything is all under the same top menu bar e.g. all documents are under documents the list just increases what you see based on your log-in credentials

All Main pages and Sub-pages have a friendly URL e.g. bawsc.org/calendar or bawsc.org/newsletter or bawsc.org/documents, etc. so if you want to get to something quickly you can just enter in the full URL

Every Page has a **bread crumb trail** so you know exactly where in the site you are at and can move up the bread crumb trail to any level you want

A Site Map <https://www.bawsc.org/Site-Map/> has been created that lists every page and document available on the site that you can directly click the link to reach that page

A Search Bar has been added that will allow you to search for anything in the site to easily find it **without having to know what page it is on** e.g. enter “reimbursement request” in the search bar and it will immediately return the clubs Reimbursement Request Form

If you discover any issues or have suggestions how the site could further be improved, please provide your feedback at: <https://www.bawsc.org/feedback> or send an email to bawsc.webmaster@gmail.com

Tidbits

Attention BAWSC Club-Certified Boat Driver

By Chris Feduniw, 2022 BAWSC Webmaster/Board Member

Updated 03/2022



This year the Bay Area Water-Ski Club Board of Directors will require that anyone driving a boat at a club event must not only be a club-certified driver but also have a **California Boater Card License Number** registered with the club in your membership profile or provide proof of age that you are over the current age restriction which is currently

- ⇒ 2022: Individuals who are 45 years old or younger
- ⇒ 2023 Individuals who are 50 years old or younger

Information on how to obtain a California Boater Card including options for how to complete the course are available at: <https://californiaboatercard.com/>

Several members of the club attended the Coast Guard Auxiliary Course <http://www.cgaux.org/boating/classes/2011/abs.php> found the instructors to be very good and a good use of time as they guarantee you will pass the course and get your card.

Others have taken the free on-line course offered by BoatUS <http://www.boatus.org/california/> that lets you take the course at your own pace through multiple sessions if needed.

Once you have your California Boaters Card, please go the club website and update your membership profile <https://www.bawsc.org/Sys/Profile> to include your card number. If you are old enough to not require a card, please send proof of age to our Membership Chair Gwen Cauthren.

Note: Anyone who does not have a card number on file in the website or has not provided proof of age for an exception by 5/31/2021 will not be able to drive at club events until you have met the criteria.

Tidbits

Safety Comes First!

By Debbie DeSousa



Safety Reminder



1. **Skiing:** Never ski without a 3rd.
Never!

2. **Ski:** Do not leave your ski on the swim platform. This can result in your ski being run over by another boat. Your ski will get chopped up and you might get a big bill for the other boat.



3. **Vest:** As of 2001 anyone being pulled by a boat **must wear Coast Guard-approved flotation devise.** *Check the print on the inside of your ski vest to see if your vest is approved.*

Failure to wear a proper vest can result in the boat owner being fined by the Coast Guard.



4. **Ski Rope:** Remember to **use a shock tube** (goes over your rope). This tube will **prevent a rope from snapping back (like a rubber band)** and hitting the boat driver or passenger in the head. *A ski handle can knock your teeth out, wrap around your neck or worse!*

Always be safe!

**THINK SAFE
ACT SAFE
BE SAFE**

Tidbits

How to Use our BAWSC Page on Facebook

By Debbie DeSousa



facebook

*This is a great tool for sharing and
for finding new members!*

We converted our Facebook page to a Group so *everyone can have fun posting photos of events and use it as another communications tool*. It's also open to the public so they can see our fun photos. We hope this will attract new members. (**Note: Only approved members can post on our group page**). If anyone makes a post that is not ski-related then the admin can remove them!

This is how you can post to our Facebook page.

1. Open a personal Facebook account.
2. Go to Facebook.com groups Bay Area Waterski Club
<https://www.facebook.com/groups/717319205056101/>

To find our group, type Bay Area Waterski Club on the search line (see top of your personal Facebook page). When you find our group then “Join” this group (admin must approve you, it might take a few days).

3. Now you **can have fun posting event photos, events, boats & equipment for sale, etc.**
4. **If you have a smart phone you can send photos from your phone directly to Facebook.**
Because there are many phones I cannot tell you how to use your phone here.
5. To post on our Facebook group see **top of the Facebook page** see where it says "Write Something." This is where you type your message. Above it you will see the button for photos/videos and events. The main thing to remember is you will have two accounts:

1. Your personal Facebook account and
2. You will also have an account with our BAWSC Group.

When you post on our BAWSC group page it will appear on **your** personal Facebook wall (**Note:** your friends will **not** see these post). If you want to share any of these posts with family or friends, click “Like” (see below each post). When you click “Like,” the post will appear on **all** your friends’ personal Facebook page. If you click “Share” you can select **one** person to send the post to (instead of **all** your friends).

Blowing Out the Candles in . . .

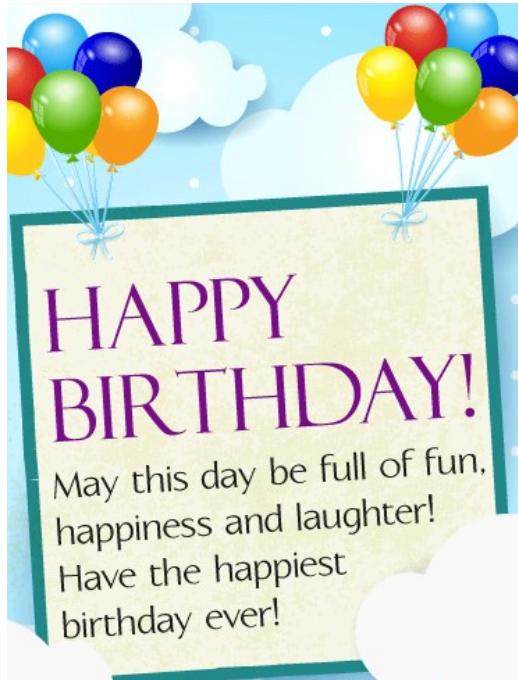


Wishing all a very



Karen Knotts, 4/2

Gail Lohse, 4/7



Dianne Rust, 4/22

2022 BAWSC Calendar of Events

Dates/Locations subject to change

Start date	End date	Event title	Event location	Event Chair	Event Co-Chair
Sat 4/2	Sat 4/2	BAWSC Day Hike & Picnic	Round Valley Regional Preserve: Brentwood CA	Chris Feduniw	Jerry Baxter
Sat 4/30	Sat 4/30	BAWSC Spring Social/Season Opener & General Meeting	Susan & Karl's House	Susan Schmidt	Karl Smith
Sat 6/04	Sat 6/04	BAWSC Water Sports Day	Holland Riverside Marina	Darcy Murray	
Sat 6/11	Sat 6/11	BAWSC - Water Ski Skill Building	Holland Riverside Marina	Chris Feduniw	Jerry Baxter
Sat 7/09	Sat 7/09	BAWSC Wakeboarding/Wakesurfing Skill-Building Day	Orwood Resort!	Lynette Wong	
Sat 7/23	Sat 7/23	BAWSC Water Sports Day	Orwood	Eric Johnson	
Sat 7/30	Sat 7/30	Board Meeting, Lunch & Ski Day	Gwen & Larry's home, Discovery Bay	Larry Ligon	Gwen Cauthren
Fri 8/5	Sun 8/7	Camping/Boating Weekend	TBD - Delta	Karl Smith	Dawn Ko
Thu 8/18	Thu 8/18	Thursday BAWSC Water Sports Day	Orwood	Lynette Wong	
Fri 8/26	Sun 8/28	Calif ProAm Slalom Ski Tournament Not a BAWSC event!	Short Line Ski Lake Elk Grove, California	Larry Ligon	
Fri 9/16	Fri 9/16	BAWSC Water Sports Day	Discovery Bay Marina, CA	Larry Ligon	Gwen Cauthren
Fri 9/23	Sun 9/25	Water Sports Weekend in Copperopolis	Casa Copperopolis	Jerry Baxter	Lynette Wong
Sat 10/1	Sat 10/1	Water Sports Day	Holland Riverside Marina	Chris Feduniw	Lynette Wong
Sat 12/3	Sat 12/3	BAWSC Holiday Party and Club Updates	The Feduniw Home	Lynette Wong	Chris Feduniw

BAWSC On-line Membership Application

By Larry Ligon



If you need help you may click on “**Help/FAQ, How To’s, Member/Non-member Subscription & Forms**” in the lower left hand corner of the navigation bar on the Web site’s Home Page or don’t hesitate to contact our membership chair **Gwen Cauthren at 707-322-1157** or e-mail at gwen_cauthren@sbcglobal.net or our webmaster **Chris Feduniw at 925-413-3421** for assistance.

-The BAWSC website address is: www.bawsc.org

-Your user-id for the website is always your e-mail address.

Step 1. Create or reset your password:

A) Go to the new website www.bawsc.org & click on the “**Forgot Password**” link in the upper right hand corner of the home page and enter your e-mail address in the “e-mail (user-id)” field and then the six digit anti-spam characters into the “**code**” field and finally click on the “**Submit**” button which will then send an e-mail to that address with a link to create or reset your password.

B) Open the e-mail and click on the e-mail link and enter & confirm your chosen password then click “**Submit**”.

(Note: The first time you actually log into the new site you will be asked by **Wild Apricot to accept their use policy.**)

Step 2. Initiate your new-member on-line application:

Note: BAWSC offers members the option to include one significant other as a co-member under one membership fee called a “Membership Bundle*”. Dependents under 12 years of age can also be added to your membership at no additional cost. Dependents aged 12-18 can be added to your membership for a small additional fee each year. Children over 18 and not living at home will have their own unique membership.

A) Click on the “**Become A BAWSC Member** (New [member application](#) Only)” link found in the left hand navigation bar on the web site home page www.bawsc.org.

B) Fill-out the requested information for yourself

Note: If you will be adding a co-member/membership bundle to your account you will do this after you initiate the membership application and your account has been activated.*

C) Make sure you click on the “[I ACCEPT I HAVE READ THE WAIVER AND RELEASE](#)” link to read the club waiver and then click on the check box to accept.

D) If you will be adding dependents to your account beyond a single co-member, you will enter them in the “Additional Information” area of the Membership form. For each dependent you have between 12 to 18 please check the box for each person. If you have any dependents under 12 you want to associate with your membership enter the total number of children under 12 in the “Number of Children Under 12” field.

BAWSC On-line Membership Application (con't)

By Larry Ligon

- 
- E) If you are a **boat owner**, please enter in the information requested for your boat and **send proof of insurance** as requested on the form to the Membership Chair.
 - F) Enter what water-sports you and your dependents participate in.
 - G) Click “**Next**” to review your completed membership form and Total Membership Fees that will be owed.
 - H) If everything looks correct, click on the “**Confirm and Proceed with Payment**” button to initiate your registration. *This step will automatically send a confirmation e-mail titled “Membership initiated at Bay Area Water Ski Club” to you.*
 - I) Check your e-mail for that confirmation that your account has been successfully initiated and an invoice with instructions how to submit your membership dues payment.

Step 3. Send your membership dues to the Membership Chair (*payable to BAWSC*):

To: BAWSC
c/o Gwen Cauthren
4835 Cottsberry Ct.
Santa Rosa, Ca. 95405

Step 4. Complete your membership application/setup (*ONLY after receipt of dues payment*):

*Once your membership dues have been received, you will get an e-mail confirmation from the BAWSC Membership Chair verifying your account is active, at which time you can then complete your membership application & setup by choosing your **privacy** and **e-mail subscriptions** as well as set-up yourself as a **Bundle Administrator** to add a co-member to your account bundle.*

- A) Log onto the web site with your e-mail (user-id) and password. www.bawsc.org
- B) Click “**View Profile**” in the upper right hand corner of the home page.
- C) Click “**Edit profile**”
- D) Review and modify your **privacy settings**, click “**Privacy**” and edit any field you don't want visible to other BAWSC members and then click “**Save**”.
- E) **To insure you are subscribed** to receive e-mail notifications from the **forum based message boards** when someone posts they are looking for a pull, crew, etc.
 - a) Click on “**Members Only Content**” link found on the left hand navigation bar
 - b) Click on “**Member Forums**”

BAWSC On-line Membership Application (con't)

By Larry Ligon

-
- c) In the **Message Board** forums' section, individually click on each forum you want to receive e-mail (e.g. –“Looking for a Car Pool, Crew or a Pull”) and *individually* click on each forum’s “**Subscribe to Forum**” link.
 - d) Then go back to the **Home Page** and click on “**View Profile**” again, click “**Edit profile**” and click “**e-mail subscriptions**” and adjust how you want to receive e-mails; *immediately, daily or weekly* when someone posts to the forum. The default is daily. **CLICK “Save”** at the very bottom of the “**Edit Profile**” page and you are done.

F) Setup a Co-Member Bundle*

Each paid member is allowed to add a spouse/ significant other to their account as a “Bundled” co-member. The following steps can be performed to add another person to your account once your membership fee has been received and your account has been activated by the Membership Chair.

- a) Log into the web site with your e-mail (user-id) and password. www.bawsc.org
- b) Click on the "View Profile" button found in the upper right hand corner of the home page
- c) In the “My profile” screen scroll down to the "Bundle summary" section and then click “**Add member**”
- d) You will then be presented with the membership application page where you will then fill out the form on behalf of your co-member.
- e) Click “**SAVE**” and the co-member will be added to your account and they will receive their user-id (their e-mail address) and password setup link at the e-mail address you entered on the form. You will become the “**Bundle Administrator***” for your bundled co-member.

CONGRATULATIONS, YOU HAVE COMPLETED YOUR BAWSC MEMBERSHIP APPLICATION AND SETUP. We look forward to you joining us at BAWSC Events.

Note: If you receive an error message when clicking "SAVE" that states "This e-mail is already in use" you will then need to contact the BAWSC Membership Chair listed on the [Contacts](#) Page to manually associate that e-mail address with your account as Wild Apricot currently does not allow a member to add an existing Contact or Member to their bundle themselves. A member can only add a new Contact or new Member to their account themselves.

*The way Wild Apricot handles multiple people under one membership is called a [Membership Bundle](#). A membership bundle is a group of members who are linked together and managed by one of their members – the bundle administrator. Bundle members share the same renewal date, status, and membership level. You can learn more about bundles including a short, how-to video at: <http://help.wildapricot.com/display/DOC/Membership+bundles>