Bay Area Waterski Club **Flat Water Times April 2023** Contents **Delta Tunnels Update:** savethedelta.org 2023 Officers / Directors Message from the Board BAY AREA WATER SKI C **Upcoming Events** by Chris Feduniw, BAWSC Webmaster **BAWSC Driver and Crew Clinic** 4 - 5**BAWSC Season Kicks off with Gusto!** I don't know about you all but I've had enough of winter and rain and can't wait for warmer weather to arrive so I can move on from snow skiing to water-skiing. Like many of our other boat owners, I've spent the last two weekends doing engine maintenance on my boat and giving it a fresh coat of wax. With a new battery, fresh oil and a gel coat that I can once again see my reflection, the boat is ready for the season. As a reminder for all our boat owners, the club has a great set of recommendations on how to prepare

your boat for the season on the BAWSC website.

The board has also been very busy preparing for the season by coming up with a great set of **events for the year** that are now available in the <u>Calendar</u> section of the BAWSC website.

You'll notice this year that we have **several weekday events** planned to take advantage of typically uncrowded sloughs that are available during the week compared to the weekends. If you have a **flexible work schedule**, or you're in-between jobs, or enjoying retirement, we hope you take advantage of these weekday events.

For those with a **traditional work schedule**, we have several Saturday and Sunday events planned. For members, we encourage everyone to take advantage of the **"Looking for a crew-pull" member-only forum** where

<u>Tidbits</u>	
BAWSC T-shirts	6
Covid-19 Safety	7
Delta Update	8
Photo Editor Wanted!	9
Ski/Wellness Tips 10-	• 11
Website Changes	12
Boater Card License #	13
Safety	14
Club on FaceBook	15
Birthdays	16
<i>Calendar</i> — to be	

unveiled in May edition

Membership Application 17 – 19 Message from the Board (con't) By Chris Feduniw, 2023 BAWSC Webmaster

boat owners and non-boat owners can schedule to get out on the water during non-club events.

Please check your <u>profile</u> on the Club website to make sure you are subscribed to the forums and set up to receive email notifications when a post has been made to the forums.. See "<u>How to Subscribe to receive</u> <u>Email Notifications for Forum Post</u>" for additional information.

If you are interested in **chairing an event or co-chairing**, please reach out to one of the board members. As a reminder, while the event calendar is published for the entire year, the **ability to register for an event does not take place until the Event Chair opens the event up for registration which is typically 30 days** before the event is scheduled and is dependent on how many boat owners volunteer to bring their boat to an event.



If you are a **boat owner**, please **look at the calendar** and let the event chairs know what events you might be available to bring your boat to an event. This will allow you to plan your summer and make it much easier for event chairs to plan their events if they know what boat owners are attending the event.

Here's to a great watersports season.

I look forward to seeing as many of you as possible on the water!



Chris Feduniw 2023 Webmaster

2023 Officers and Directors



Elected Officers



Larry Ligon Interim President Vice President



Kristin Thornquist New Treasurer



Susan Schmidt Secretary





Gwen Cauthren Membership Chair



Chris Feduniw Webmaster



Jerry Baxter



Monica Fitzgerald New board member



Eric Johnson



Karl Smith

Special Committees:

Flat Water Times Editor:

Webmaster:

Lynette Wong

Chris Feduniw



Lynette Wong Newsletter Editor

Upcoming Events

BAWSC Boat Driver and Crew Clinic, Friday, May 19, 2023

By Larry Ligon, 2023 BAWSC Vice President

Can you optimally drag the rope handle to a downed skier?

Know where the brakes are?

Can you properly pull a skier, boarder or surfer out of the water?

Know your duties as a crew member?

Know how to avoid expensive tickets?



Experts will show you what to do, how to drive and pull skiers safely in almost any situation on the water. Emphasis is placed on driving and crewing on the Delta.



This is a hands-on course that **puts you in the driver's seat after a morning of classroom instruction** and shows you how to master everything from parallel parking, skier guidelines, driver etiquette, towing skiers, surfers & boarders, crew member responsibilities, rules of the "water" and **avoiding dangerous situations.**

NOTE: Almost none of these course materials are covered in the California Boating Card/License or Coast Guard Courses.

The club strongly encourages any member who either wants to drive or crew on a boat to attend this clinic to obtain up-to-date training. If you would like to gain an understanding of the abilities necessary to drive for the club, brush up your boating skills, or just learn to be a better boat hand, come join us. It is a **fun, low-cost, learning experience,** providing **valuable skill-building** and enhancement of your **boating safety.**

Upcoming Events

BAWSC Boat Driver and Crew Clinic, Friday, May 19, 2023 (con't) By Larry Ligon, 2023 BAWSC Vice President

Event Details:

Spend a day on the water at Larry & Gwen's home in Discovery Bay for this **informative course** that **offers increased confidence & awareness.** Four hours of classroom instruction will be followed (after a lunch break) by four hours of driving practice on the water with expert instructors. Often, *a highlight of the clinic is a presentation by the Sheriff's Marine Patrol.*

Note: Anyone **50 years old and younger**, planning to practice driving in the afternoon session must have their **California Boating License/Card!**

Event Cost: Members: \$ 20 Non-Members: \$ 50| Member's Children under 18: \$ 20

Last Day to Register or cancel a registration: 5/15



Event Location & Directions: Larry Ligon's home 5597 Marlin Drive Discovery Bay , CA 94505

Reserve your spot Now (only 9 spots available) by registering for this event on the BAWSC website and mailing your **\$20 check (non-members \$50) made out to BAWSC to:**

BAWSC c/o Gwen Cauthren 4835 Cottsberry Ct. Santa Rosa, CA 95405

Event Chair Contact Information: Name: Larry Ligon Email: larry_ligon@sbcglobal.net Phone: 707-322-1157

Ordering your BAWSC T-shirts! By Debbie De Sousa, 2023 BAWSC President



How to order BAWSC Logo T-shirts:

- Make your own BAWSC Logo T-shirts by going to www.bawsc.org
 Click on "Get Club Apparel & Gear" (far right link on top navigation bar)
 - Click on BAWSC Gear Order Instructions.docx
 - Click on the do-it-yourself link, www.zazzle.com
 - * Follow the instructions for applying the logo on the shirt
- 2. Order BAWSC Logo Heat Transfers that can be ironed on any fabric.
 - **Cost:** \$5.00 covers shipping two logo transfers. 5.5" x 5.5" for the front.

7.5" x 9.75" for the back

To order, contact Debbie DeSousa at 925-672-9598 or email her at barterbucks1@yahoo.com

3. Have Debbie DeSousa make your T-shirt

Cost: \$20 covers shipping shirt with logo

To order, contact Debbie DeSousa at 925-672-9598 or email her at \barterbucks1@yahoo.com

BAWSC Covid-19 Safety Protocol (updated 2/1/23)

By Chris Feduniw, Webmaster/Board Member



In an effort to keep all BAWSC members and guests safe and to align the club policies with current County Public Health Department recommendations to minimize the spread of Covid-19, *all event participants attending club-sponsored Calendar Events in 2023 are required to be fully vaccinated with a booster shot or show proof (picture) of a negative Antigen Home Test kit result the day of the event if not fully vaccinated.*



Members: Please **update your profile** on the **club website** to **record your vaccination status.**

All event participants regardless of vaccination status are strongly encouraged to take an Antigen Home

Test ideally the morning of an event, or at a minimum, the night before an event to validate they are currently Covid-19 negative.

Most insurance providers will cover 100% of the cost to obtain eight home test kits per month from your local pharmacy.

Please note: several boat owners may request only participants who can show proof of a negative test that day to be assigned to their boats. You may be asked to be placed on one of these boats.



Please *be prepared to show a picture of your negative test strip* if requested by a boat owner that day.

Update: Delta Tunnels By Chris Feduniw, Webmaster/Board Member

BAWSC Contacts:

The Board of Directors would like to inform you that the **Department of Water Resources** released its Draft Environmental Impact Report (DEIR) in late July for the Delta Conveyance Project (tunnels). Documents for federal review of the project will be provided later this fall. This plan will directly impact the Delta where we hold most of our club events.



We encourage you to **stay informed of the project and take any action you feel is appropriate**. *A good resource to stay informed that has links to the various groups, letter templates and contact information for government officials is https://www.restorethedelta.org/*

Please **stay informed** and **reach out to your government representatives** with your opinion about this project while they are collecting public opinion.

Thank you, BAWSC Board of Directors Tidbits LOOKING FOR FLCKR PHOTO EDITOR

Photo Editor

Wanted for the BAWSC

Duties include:

- ⇒ Download photos from facebook keeping date and notes from originator.
- ⇒ Collect photos directly from people who know how to send them via email in a compressed format.
- ⇒ After downloading photos, upload them to flickr and create an album for the month of the event of the photos you are trying to upload

If you're interested, please contact Lynette at: lynette.wong25@gmail.com

Ski Tips: Online Coaching Videos Brought to you by Chris Feduniw, 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.

Wellness Tips: Exercise Routine!

By Lynette Wong, Flat Water Times Editor/Board Member

Staying in top fitness shape requires building our resilience with moderate to intense exercise. While this helps to strengthen us physcially and mentally, it is beneficial to crosstrain by *adding yoga* and *pilates* to your fitness regime. Both can help to *calm* and *soothe our minds* and *central nervous system* which helps 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*)



20-min Pilates Core Workout | Calin https://www.youtube.com/watch?v=fTyl2jg46C0

12-min Hip Mobility Exercises for Beginners | Jessica Vallant https://www.youtube.com/watch?v=5rwTgvyKQIU

* Practice Yoga *

⇒ 20-min Full Body Yoga Stretch for Beginners | Sarah Beth https://m.youtube.com/watch?v= 2PB4J5h7bI



- ⇒ **17-min Full Body Morning Yoga Flow | Sarah Beth** v=OlE7FFX5utg&list=PLP7Ou7uUiYzB2dGoSiDC0vS5IEgcvNcA-&index=7
- 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!

Exciting Changes to the Website

By Chris Feduniw, 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 <u>www.bawsc.org</u> 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

• 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 easer 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 <u>https://www.bawsc.org/Site-Map/</u> has been created that list 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: <u>https://www.bawsc.org/feedback</u> or send an email to <u>bawsc.webmaster@gmail.com</u>

Tidbits Attention BAWSC Club-Certified Boat Driver

By Chris Feduniw, 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

- \Rightarrow 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: <u>https://californiaboatercard.com/</u>

Several members of the club of attended the Coast Guard Auxillary Course <u>http://www.cgaux.org/</u> <u>boatinged/classes/2011/abs.php</u> 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** <u>http://www.boatus.org/california/</u> 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 <u>https://www.bawsc.org/Sys/Profile</u> 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.

Safety Comes First! By Debbie DeSousa, 2023 BAWSC President

Safety Reminder



SAFET FIRS1

- 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

How to Use our BAWSC Page on Facebook By Debbie DeSousa, 2023 BAWSC President



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 <u>https://www.facebook.com/groups/717319205056101/</u>

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.

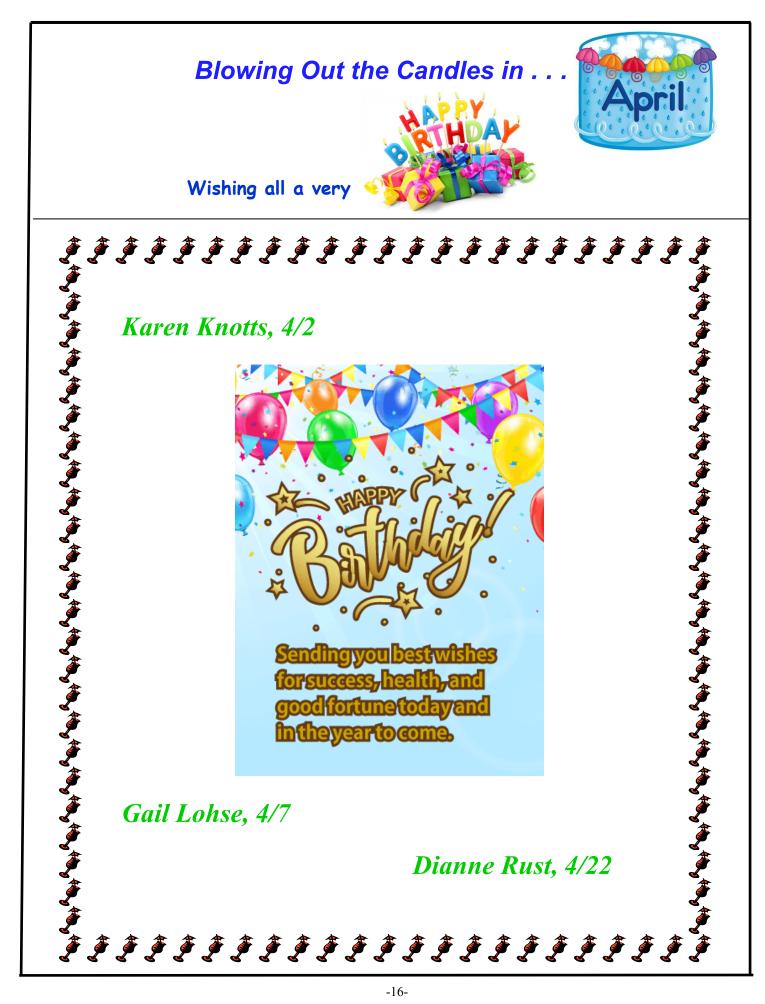
5. To post on our Facebook group see **top of the Facebook page** see where it says "Write Something." This is where you type your message. Above it you will see the button for photos/videos and events. The main thing to remember is you will have two accounts:

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).



BAWSC On-line Membership Application

By Larry Ligon, Vice President

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.

<u>Step 1.</u> Create or reset your password:

A) Go to the new website <u>www.bawsc.org</u> & 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.)

<u>Step 2.</u> 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 <u>member application</u> Only)" link found in the left hand navigation bar on the web site home page <u>www.bawsc.org</u>.

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 "<u>I ACCEPT I HAVE READ THE WAIVER AND RELEASE</u>" 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, Vice President

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.

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

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

<u>Step 4.</u> 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** an 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 visi ble 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 "<u>Member Forums</u>"

BAWSC On-line Membership Application (con't)

By Larry Ligon, Vice President

c) In the **Message Board** forums' section, individually click on each forum you want to re ceive 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 pagec) 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 <u>Contacts</u> 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 <u>Membership Bundle</u>. 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: <u>http://help.wildapricot.com/display/DOC/Membership+bundles</u>