



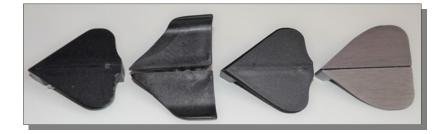
Bay Area Waterski Club

Flat Water Times

#### **Message from the Board** by Larry Ligon, 2022 Vice President Board Member

## Adjusting your Slalom Ski Wing

For avid ski enthusiasts, have you ever thought much about the **function as** well as the design of the wing on your slalom ski fin?



The wing on your slalom ski fin is designed to help you slow down in preparation for your turn. Whether in the slalom course or free skiing on a Delta slough, when you *aggressively pull across the wake* you may have earned yourself some *unexpected speed which can prevent you from initiating an appropriate turn at your chosen spot*. The optimum angle setting of your slalom ski's wing can provide braking action to bleed off some of that speed to help set you up for your desired turn. In addition, the **wing is designed** in as part of the ski's performance helping to **keep the ski tip down** as you exit the turn.

> Check out the 2022 BAWSC Calendar of Events Page 17

#### Jan/Feb/March 2022

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The wing is adjustable from typical angles of 5 to 10 degrees. More wing angle adds additional braking capability. Though, bear in mind that adding additional angle may also bring unwanted additional drag to your ski. Too much wing angle when free skiing may tend to tire you out sooner.

I recommend *a wing angle of 5 to 6 degrees* if you feel you don't need any braking action prior to your turns and want minimum drag while free skiing. I have found a wing angle of 7 to 7  $1/2^{\circ}$  angle is a comfortable setting for my free skiing on the Delta without adding too much drag. When I ski in the slalom course, I increase my wing angle to about 8  $1/2^{\circ}$  to maximize my braking capability.

To adjust your ski's wing angle the first step is to obtain a **set of wing angle gauges.** You can download and **print a free set of temporary, paper angle gauges** from <u>www.finwispering.com/</u> <u>product/paper-wing-guages/</u> Or you may search on Amazon, etc. for a set of metal wing gauges like from D3 or Radar water skis.







The next step is to loosen but not remove the two wing screws with a Phillips screwdriver. Next insert your chosen wing angle gauge between the bottom of your ski and the wing's frame. Adjust the wing angle so there is minimum clearance between the edges of the wing gauge and both the bottom of the ski and wing's frame. Finish by tightening the wing screws and then remove the gauge.



*Finally, make sure to do a test run by trying out your ski on the water and readjusting, as necessary.* 

-Larry Ligon

## 2021 Officers and Directors



## **Elected Officers**



Chris Feduniw August President Webmaster

**Board Members** 



Larry Ligon Vice President



Darcy Murray Treasurer



Dawn Ko Secretary



Gwen Cauthren Membership Chair



Lynette Wong Newsletter Editor



**Mark Frazier** 



Karl Smith



Susan Schmidt



Jerry Baxter

## **Special Committees:**

Flat Water Times Editor:

Webmaster:

Lynette Wong Chris Feduniw



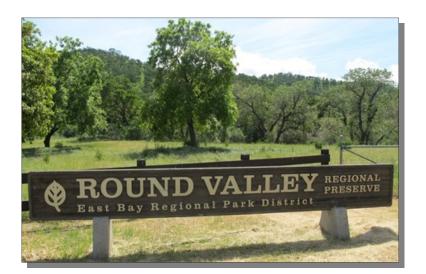
**Eric Johnson** 

## Upcoming Events

Day Hike and Picnic, Saturday, April 2, 2022 By Chris Feduniw, 2022 BAWSC Webmaster

The Club is thrilled to hold its first event of the season with the annual *Spring Hike on Saturday*, *Apríl 2* starting at **9:45 a.m.** at <u>Round Valley Regional Preserve in Brentwood</u>.

The hike is an out and back...and will be approximately **7.26 miles round trip.** Overall, should **take 2 to 3 hours** and the *climb is gentle with magnificent views*.



Come catch-up with fellow club members in person to talk about how much water sports activities you hope to get in this summer.

There is **no cost to attend this event** and there is **no fee entrance or parking fee** to enter the Preserve.

As there **may be limited parking**, we encourage everyone to *try and carpool to the event using the club*'s <u>car-pool message</u> board.





For more details and to register for this event, please go to the club website to complete your registration.

## Upcoming Events

Spring Social, 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.

#### 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. Get your appetites rearin' to go as we will be serving **a tasty lunch.** 

A short general meeting will follow lunch as well as an opportunity to support the club by volunteering to be an event leader. Bring your calendar as we would like to *encourage you to sign up to co-chair one of our watersports events this summer*.

To keep the fun going, you'll have a chance to try your hand at our **raffle** where we will be giving away *cool prizes to the lucky winners*.





We hope you can make it!

Watch your email for the official upcoming announcement with all the details.



#### Member Spotlight: Mindy Kreis By Lynette Wong, 2022 Newsletter Editor/Board Member

"I try my best to *treat my mind, body and soul with love and respect*. It is sometimes tough to remember to give the love you do to others to yourself as well." Inspirational words spoken like a true advocate of holistic philosophy. As a resident of the Bay Area for her entire life, this fitness guru has made Martinez her home with her amazing dog, Layla.

Let's meet Mindy Kreis and give her a warm welcome. A member since June of 2021, Mindy says she's known about the club but not sure how! So, what prompted her to join the club? "I really wanted to get out on the water, meet new people and do something."





As an avid water skier, Mindy was a mere 12-year-old when she learned how to ski which she credits to her father's passion for waterskiing. "My family bought a home at Discovery Bay in the 80's. My dad was very into skiing and it's at this time when I learned. We went every weekend. I then taught water skiing at Club Med in the Bahamas in my 20's (long time ago). (Btw), I am only a skier." Although she hasn't water skied for over eight years, she excitedly adds that waterskiing is her favorite sport. "I just love being out on the water. Makes me feel close to my dad as well." And she vividly remembers that keeping her hips forward and her shoulders back will help her continue improving in her 'favorite sport.'

While the Delta and Lake Shasta top her favorites places to ski, Mindy has been lucky to ski as far as Eleuthera in the Bahamas and had the opportunity to drive for eight months on this beautiful island. After her excursion in the Bahamas, she took to owning a Stars and Stripes Master Craft for a few years. And adds that although she no longer owns a boat, "I would be happy to get a license to drive . . ."

In her spare time, Mindy enjoys doing Peloton yoga, hiking with Layla (of course) – "A dog is a woman's best friend," and reading. She excitedly mentions that she loves watching Lifetime movies – "Yep, guilty!"

When she has the chance to vacation, Mindy considers Kauai, Hawaii to be her favorite destination and reveals that Santa Barbara is her favorite part of the California coast. As for dining out, Mindy is fond of Roxx on Main in Martinez and The Dead Fish in Crockett.

Member Spotlight: Mindy Kreis (con't) By Lynette Wong, 2022 Newsletter Editor/Board Member

"What else is there to know about this Bay Area native? "I have been the fitness trainer of the Golden State Warriors Dance Team for the last 8 seasons, and I am a people person and animal lover. I like quiet time and the outdoors."



As it relates to her alone time, she adds that her favorite quote is from the late Wayne Dyer:

You're only lonely if you don't like the person you are alone with.

Wayne Dyer

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.

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 help 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*, 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

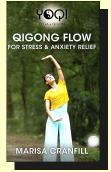


⇒ 20-min RELAXING YOGA - FLEXIBILITY & SORENESS - SarahBeth https://www.youtube.com/watch?v=-l-viVXMqhs

#### \* 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!



#### **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 Personify WILD APRICOT

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, 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

- $\Rightarrow$  2022: Individuals who are 45 years old or younger
- $\Rightarrow$  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

## 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

How to Use our BAWSC Page on Facebook By Debbie DeSousa



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 <a href="https://www.facebook.com/groups/717319205056101/">https://www.facebook.com/groups/717319205056101/</a>

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.

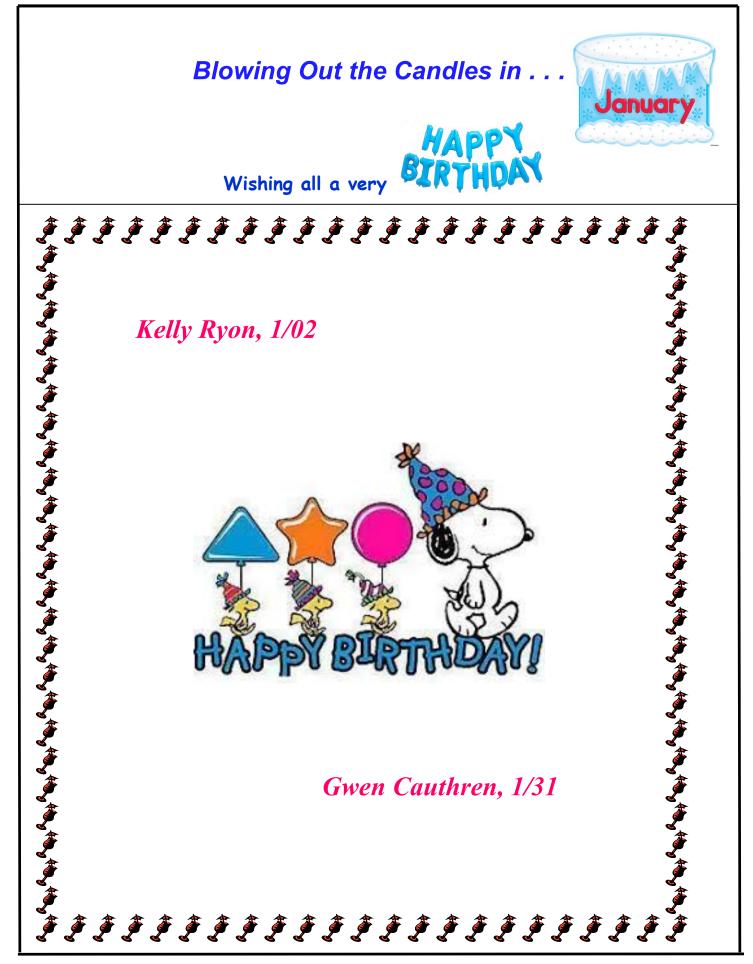
5. To post on our Facebook group see **top of the Facebook page** see where it says "Write Something." This is where you type your message. Above it you will see the button for photos/videos and events. The main thing to remember is you will have two accounts:

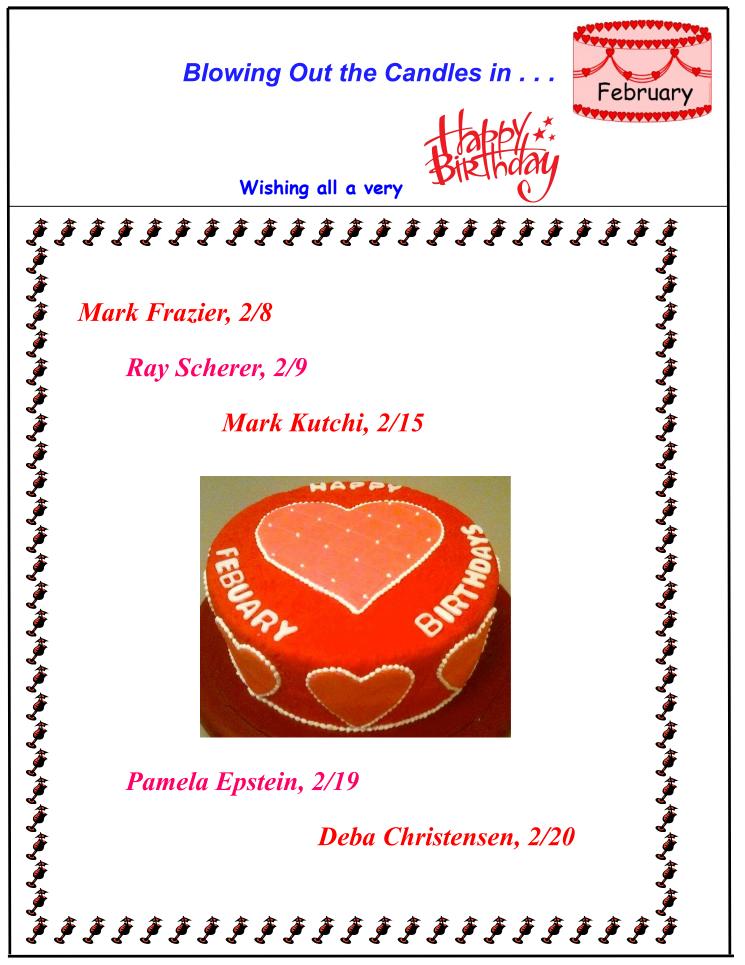
1. Your personal Facebook account and

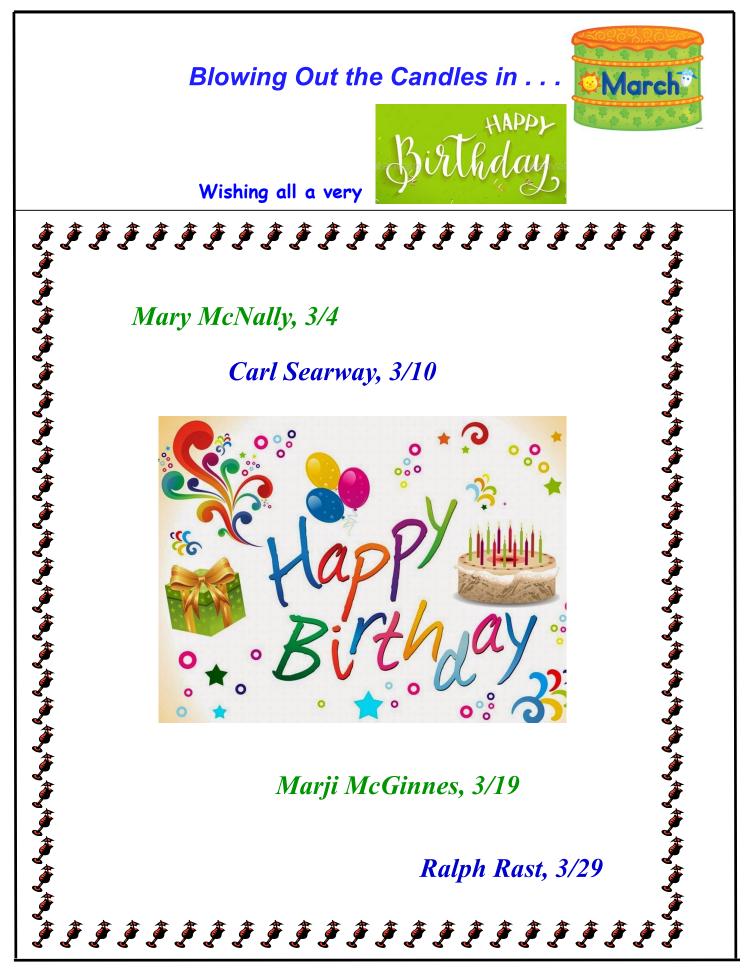
2. You will also have an account with our BAWSC Group.

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).







#### 2022 BAWSC Calendar of Events Dates/Locations subject to change **Event title Event Chair** Start date End date Event location Event **Co-Chair Round Valley Regional** Sat 4/2 Sat 4/2 **BAWSC Day Hike & Picnic** Chris Feduniw Jerry Baxter Preserve: Brentwood CA BAWSC Spring Social/Season Opener Susan Schmidt Sat 4/30 Sat 4/30 Susan & Karl's House Karl Smith & General Meeting Sat 6/04 Sat 6/04 **BAWSC Water Sports Day** Holland Riverside Marina Darcy Murray Sat 6/11 Sat 6/11 Holland Riverside Marina Chris Feduniw BAWSC - Water Ski Skill Building Jerry Baxter BAWSC Wakeboarding/Wakesurfing Sat 7/09 Sat 7/09 Orwood Resort! Lynette Wong Skill-Building Day Orwood Eric Johnson Sat 7/23 Sat 7/23 BAWSC Water Sports Day Gwen & Larry's home, Gwen Sat 7/30 Sat 7/30 Board Meeting, Lunch & Ski Day Larry Ligon **Discovery Bay** 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 Calif ProAm Slalom Ski Tournament Short Line Ski Lake Fri 8/26 Sun 8/28 Larry Ligon Not a BAWSC event! Elk Grove, California Gwen Fri 9/16 Fri 9/16 BAWSC Water Sports Day Discovery Bay Marina, CA Larry Ligon Cauthren Water Sports Weekend in Fri 9/23 Sun 9/25 Casa Copperopolis Jerry Baxter Lynette Wong Copperopolis Sat 10/1 Holland Riverside Marina Chris Feduniw Lynette Wong Sat 10/1 Water Sports Day

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.

#### **<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

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

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 pro file**" 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>