

Bay Area Waterski Club

Flat Water Times

Delta Tunnels Update:
savethedelta.org



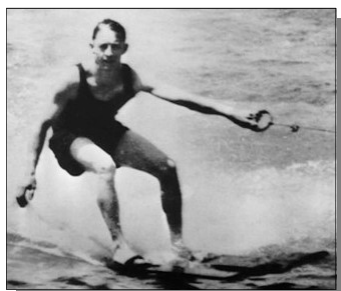
July 2022

Message from the Board

by Joanne Nocce, 2022 Board Member

Waterskiing Turns 100 years old!

On a recent trip to [Ski Paradise in Acapulco](#), the topic of water skiing being 100 years old came up in conversation. I had never really considered the history of water skiing which led me to do a quick search. Here are a few points I'd like to share from Wikipedia. You can also go there to get some more interesting details.



Water skiing was invented in 1922 when [Ralph Samuelson](#) snow skied and *thought if you could ski on snow, why not water?* So the 18-year-old Minnesotan built the first pair of skis from a pair of boards and attached an iron ring (for a ski handle) to a clothesline as a tow rope on Lake Pepin in Lake City, Minnesota. Samuelson experimented with

different positions on the skis for several days until July 2, 1922. He discovered that [leaning backwards in the water with ski tips up and poking out of the water at the tip was the optimal method](#). His brother Ben towed him and they reached a speed of 32 kilometers per hour (20 mph).^[23] Samuelson spent 15 years performing in shows and teaching water skiing to people in the United States. To commemorate this important feat, Lake city leaders on July 2 unveiled a [life-size bronze statue of Samuleson](#).

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Message from the Board (con't)

By Joanne Nocce, 2022 Board Member

Another fun fact I found interesting is that there are [water ski participants around the world](#), in [Asia](#) and [Australia, Europe, Africa](#), and [the Americas](#). In the United States alone, there are approximately 11 million water skiers and over 900 sanctioned water ski competitions every year. Australia boasts 1.3 million water skiers.

Now let me tell you more about my exciting venture to **Ski Paradise in Acapulco**. In 2019 when I joined the club, a few members mentioned their travels to Acapulco, specifically to Ski Paradise. I soon discovered a new destiny in my future travels. Although I had planned to go in the Fall of 2020, my plans didn't come to fruition until the Spring of 2022. [I've water skied when traveling \(Australia, Greece, Tahiti\)](#), but [never to a specific destination](#) so this was a whole new experience in so many ways.

Ski paradise is basically **an all-inclusive water ski resort for adults**, although children and families are welcome too. Getting to [ski every day for six days on a private lagoon](#) behind [beautiful boats](#) with [amazing drivers](#) along with [a personal coach](#) giving you instructions on improving your skills is definitely a luxury. Check it out for yourself: www.skiparadise.com

Another travel discovery I stumbled upon was when I was researching different websites to purchase a ski jacket. Called www.ballofspray.com, it advertised an [upcoming trip to Italy](#) in the [Fall of 2022](#), where you [travel to different parts of the country and ski](#). Wow! Another destiny for future travels to add to my list. Although I won't be going this Fall (because of other fun travel plans to Italy in August for a Bike and Barge trip), I will definitely keep my eye on that website for 2023!

Whether you ski in Acapulco, Italy, or the Delta, know that *you are part of that 100-year history*. So get out there and make a spray and [share your experiences with each other](#) whether it be near or far.

I feel so fortunate to have found BASWC and look forward to meeting more of you out on the water.

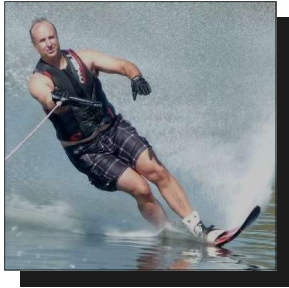


Joanne Nocce
Board Member

2022 Officers and Directors



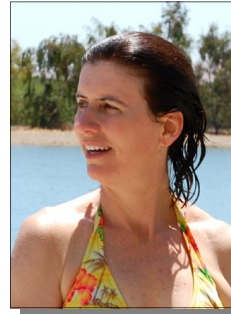
Elected Officers



Chris Feduniw
Webmaster



Larry Ligon
Vice President



Darcy Murray
Treasurer



Dawn Ko
Secretary

Board Members



Gwen Cauthren
Membership Chair



Lynette Wong
Newsletter Editor



Karl Smith



Susan Schmidt



Jerry Baxter
July/August President



Eric Johnson

Special Committees:

Flat Water Times Editor: Lynette Wong
Webmaster: Chris Feduniw



Joanne Nocce

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

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

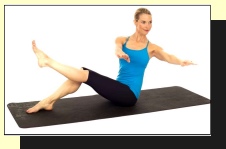
Approaching our second year with Covid, many of us continue to build our resilience with moderate to intense exercise. While this helps to strengthen us physically and mentally, it is beneficial to cross-train by *adding yoga and pilates* to your fitness regime. Both can help to *calm and soothe our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



30-min Pilates | Rachel Lawrence

<https://www.youtube.com/watch?v=CmcNn1ONdzA>

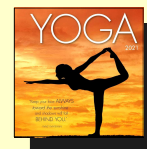
17-min Gentle Pilates | Jessica Vallant

<https://www.youtube.com/watch?v=CdjRQ6GG8bA>

*** Practice Yoga ***

⇒ 25-min Creative, Challenging Yoga Flow | Charlie

<https://www.youtube.com/watch?v=vksipU0NQUQ>



⇒ 20-min Full Body Morning Yoga Stretch | Sarah Beth

<https://www.youtube.com/watch?v=-st7OJRwgNk>

- 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 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: <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 Auxillary 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



Walt Schmidt, 7/18



Carrie Ballick, 7/22

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 7/9	Sat 7/9	BAWSC Water Sports Day	Orwood Resort	Lynette Wong	Joanne Noce
Sat 7/23	Sat 7/23	BAWSC Water Sports Day	Orwood Resort	Eric Johnson	Debbie DeSousa
Sat 7/30	Sat 7/30	Board Meeting, Lunch & Ski Day	Gwen & Larry's home Discovery Bay	Larry Ligon	Gwen Cauthren
Sun 8/7	Sun 8/7	BAWSC Water Sports Day	Orwood Resort	Karl Smith	Kathy Brewington
Thu 8/18	Thu 8/18	Thursday BAWSC Water Sports Day	Orwood Resort	Lynette Wong	Marji McGinnes
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	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>*