

thirty-eighth annual



april 29 - may 1, 2011

Stephen C. Smith Memorial Regatta



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www.smithregatta.com

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The Trow Tallahassee office was established in 1995 and currently manages some of the largest infrastructure projects currently being conducted in North America.



Stephen C. Smith Memorial Regatta



Shell Point Beach, FL

www.smithregatta.com

Dear Sailors, Friends, Survivors and Supporters,

The beach is getting warm, the azaleas are blooming and the wind is blowing (we hope). That can only mean one thing. The *Stephen C. Smith Memorial Regatta* is here again! This year is our 38th annual event and we are looking forward to sharing it with you and your family. We've truly worked harder than ever to make this year's Regatta the most fun and exciting in history!

The *Stephen C. Smith Memorial Regatta* benefits the Leon County Unit of the **American Cancer Society** which serves Leon, Wakulla and other Big Bend Counties. Initially created in memory of a young sailor who died of leukemia, the Regatta now honors all of our friends, family and loved ones whom we have lost to cancer. We also celebrate those who are winning the fight against this dreaded disease.

We hope you enjoy your weekend at the *Stephen C. Smith Memorial Regatta*. Make sure you check out the activities on the beach, sample the concessions and, most importantly, join in the fun at the auction on Sunday afternoon. We will have some great items up for bid and remember, all proceeds benefit the **American Cancer Society**.

The Parrothead Parade has been a huge success so we're doing that again on Sunday at noon. The repeat champions have retired, so it's wide open this year. AND after a great year doing it onshore, with golf carts, it's even more fun and more folks can enter.

Good Health & Good Sailing,

The Stephen C. Smith Memorial Regatta Committee



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Schedule of Events

Saturday, April 30

8:00: Continental Breakfast

For Registered Regatta participants only. Located near the Registration Tent/ Gazebo

8:30 - 10:30 a.m.: Registration

Register to sail, windsurf or as a guest participant. Look for the tent/gazebo at the beach.

9:00 - 11:00: Skin Cancer Screening

Screenings for Skin Cancer, on the beach.

10:30 a.m.: Skippers' Meetings

Skippers meet at the stage to get the skinny on where and when to race.

10:30 a.m.: Concessions Open

Burgers, dogs, chicken sandwiches, sodas, bottled water and more.

Noon: Boat Races

Watch the big boats cruise out to their courses and pick your favorite windsurfer to cheer for.

Windsurfer Races

6:00 - 8:00 p.m.: Dinner

Posey's serves up their famous fried seafood dinner (chicken also available) for participants.

Non-racing participants can purchase dinner tickets separately or with their registration package.

Sunday, May 1

8:00: Continental Breakfast

For Registered Regatta participants only. Located near the Registration Tent/ Gazebo

9:30 a.m.: Windsurfer Skippers Meeting

Day two of racing starts for the windsurfers.

10:30 a.m.: Concessions Open

Yes, hot dogs are considered a breakfast food.

Noon: Parrothead Golf Cart Parade, viewed from the beach

The Annual Parade, decorate your WHEELED VEHICLE in Parrothead garb and get in the fun. FINS UP!

2:00 p.m.: Awards Ceremony

Trophies will be presented beach-side to the winners in all racing categories.

Immediately Following: Live Auction

Bid on the beach, bring your chair! Items range from artwork to boating gear and everything in between. You'll have a great time and it raises money for an important cause.



Don't forget to visit our website at....

www.smithregatta.com

....for further information on the history of the event, accommodations, current Shell Point weather and event updates.



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**38th Annual
Stephen C. Smith Memorial Regatta
is Proudly Presented by**

Shell Point Sailboard Club

**Stephen C. Smith Memorial Regatta
Foundation, Inc.**

American Cancer Society

**Wakulla County Department
of Parks & Recreation**





38th Annual Stephen C. Smith Memorial Regatta April 29 - May 1, 2011



LOCATION: Shell Point Beach, FL (30 miles south of Tallahassee)
DESCRIPTION: Sailboat, Hobie Cat and Windsurfer races and a “Parrothead” Golf Cart Parade to benefit the American Cancer Society.

Race courses will be available for:

Windsurfers (Saturday & Sunday)

Portsmouth & One Design, including beach catamarans (under 22 feet) - Saturday only

PHRF (over 22 feet) Spinnaker, Non-Spinnaker, and Cruise Fleets - Saturday only

REGATTA GUEST PACKAGES

\$45 (without Saturday Night dinner \$35)

Includes one Regatta shirt, unlimited beverages, one dinner, and entertainment.

PARROTHEAD GOLF CART PARADE

\$55 (without Saturday Night Dinner \$45)

Includes one Regatta shirt, trophies, unlimited beverages, one dinner, and entertainment.

Parade entry may be added to any other registration for \$10.

RACING REGISTRATION FEES (postmark deadline)

Single Handed Boats:.....\$50, After 4/23/11 \$55

Includes Regatta shirt, trophies, unlimited beverages, one dinner, and entertainment.

Crewed Boats:\$75, After 4/23/11 \$85.

Includes two Regatta shirts, trophies, unlimited beverages, two dinner tickets, and entertainment.

ACCOMMODATIONS:

For information visit www.smithregatta.com

HOTELS & MOTELS

Best Western Wakulla Inn and Suites (850) 926-3737

The Inn at Wildwood (850)926-4455

Panacea Motel (850)984-5421

Shell Island Motel & Marina (850)925-6226

Wakulla Springs Lodge (850)224-5950

RENTALS:

Blue Water Realty (850)926-8120

Century 21, Florida Coastal Properties (850)926-7811

Ochlockonee Bay Realty (850)984-0001

Deb Edwards 770-830-7115

Camping is also Available

PUBLIC AUCTION SUNDAY AFTERNOON - 2:00 PM

All Event Proceeds Benefit The American Cancer Society

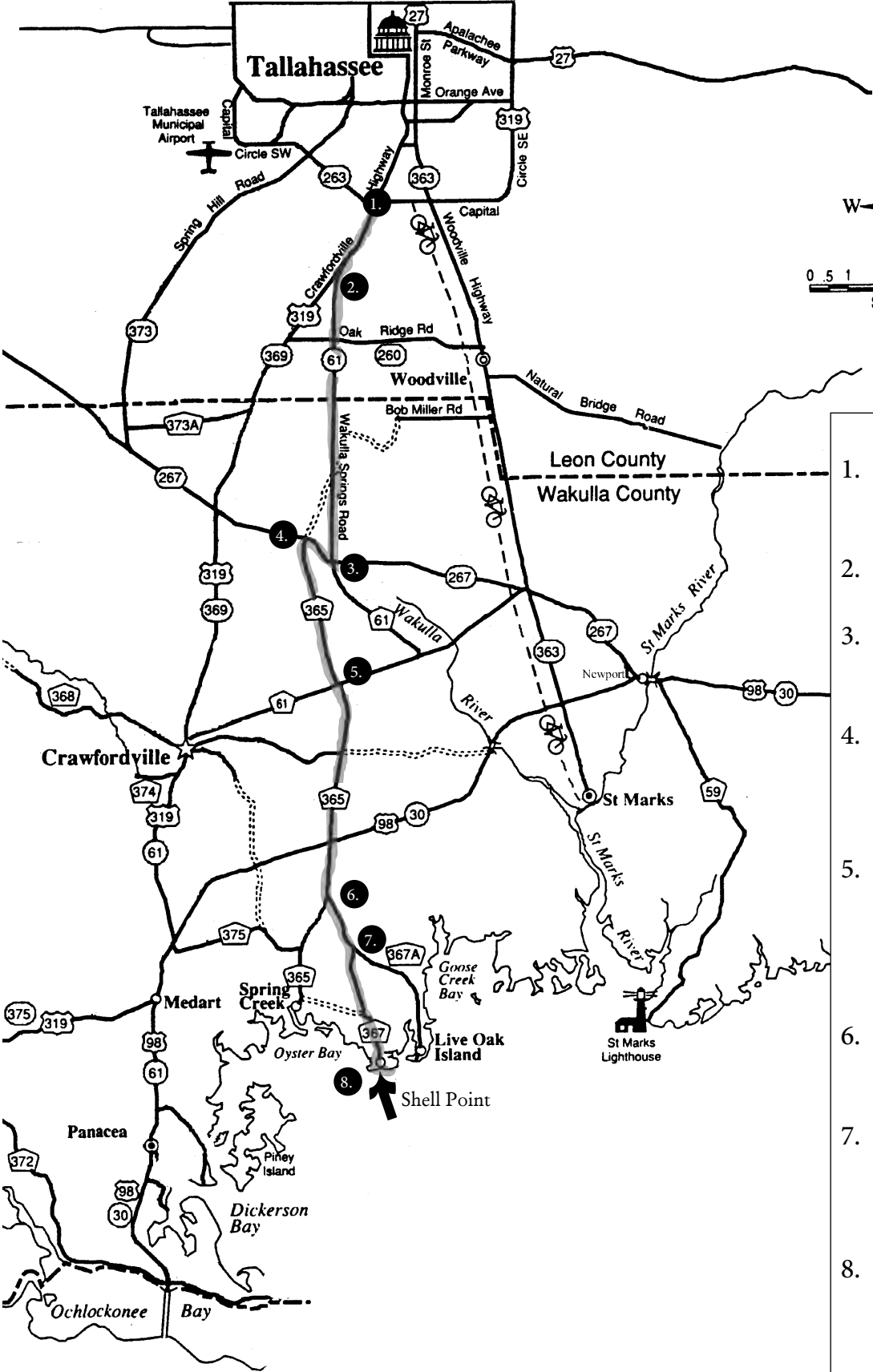
PRESENTED BY

The Stephen C. Smith Memorial Regatta Foundation

Shell Point Sailboard Club

WINDSURFERS CALL (850)668-7700

Map and Directions to Shell Point



- Directions:**
1. South on Crawfordville Highway.
 2. Turn left onto Highway 61.
 3. At the stop sign, turn right onto CR 267.
 4. Travel approximately 1 mile and turn left on the first paved road, CR 365.
 5. At the stoplight, cross over Highway 61, continue South and go through the stoplight at US 98.
 6. Go one mile South then turn left onto CR 367.
 7. Bear right at the next fork in the road. Shell Point will be just ahead.
 8. Follow signs to regatta site (Shell Point Beach Park).



38th Annual Stephen C. Smith Memorial Regatta April 29 - May 1, 2011



REGATTA GUEST PACKAGE

Name: _____
 Address: _____ City: _____ St.: _____ Zip: _____
 Tel. # (____) ____ - _____ E-mail: _____ (Please print legibly)
 Club Membership: _____
 Regatta Shirt Size request: (Number of each size) XXL _____ XL _____ L _____ M _____ S _____

Registration includes: One regatta shirt, unlimited beverages, one Saturday night dinner ticket, and entertainment with each fee. Additional T-shirts may be ordered now or purchased, if still available, on the beach after the close of registration for \$15 each. Extra dinner tickets may be purchased now or until noon Saturday for \$12 each.

Saturday Night Dinner choice: (enter number) Chicken _____ Fish _____ Combination: Chicken & Fish _____ *NO SUBSTITUTIONS!*

Entry Fee: (One entry form *per person*)

Without Saturday night dinner \$35 \$ _____

OR

With Saturday night dinner \$45 \$ _____

(One entry Per Form)

Total Extra Shirts (entry fee includes 1 shirt): _____ at \$15 @\$ _____

Total Extra Saturday Night Dinners: _____ at \$12@ \$ _____

Parrothead Parade Registration: _____ at \$10 @\$ _____

TOTAL Enclosed \$ _____

Make checks payable to: Stephen C. Smith Memorial Regatta Foundation (SCSMR is OK too), or use your credit card (see below)
 Print Name as it appears on Credit Card: _____ Card Type (Visa)or (MasterCard) (circle one)
 Card Number: _____ Exp. Date: _____ Last three numbers on back: _____
 If you would like to fax your registration and credit card information, send fax to (850) 926-1051

In consideration of you accepting my entry I hereby agree to all the Conditions of these races which I have read and understood. I hereby warrant that my boat will be outfitted, equipped and handled in accordance with those Conditions, and that it will have all required equipment aboard, that it will be seaworthy in hull, rig and gear and that it will be competently manned. The decision to race is my sole responsibility.

In consideration of being permitted to participate in the Stephen C. Smith Memorial Regatta and fully knowledgeable of the risks of sailing, racing and motor boating, I agree to hold harmless the organizers of the Stephen C. Smith Memorial Regatta, the Stephen C. Smith Memorial Regatta Foundation, Inc., the Apalachee Bay Yacht Club, the Shell Point Sailboard Club, the American Cancer Society, and the Wakulla County Board of County Commissioners, and their officers, members, directors, employees and agents from any and all damages, losses, claim suits, actions, expenses or liabilities which may arise from my participation in this event.

Signed: _____ Date: _____

Mail completed entry form and check to:
 Stephen C. Smith Memorial Regatta, 133 Beaty Taff Drive, Crawfordville, FL 32327



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on the water, use a
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Sales**

Tallahassee, FL

The Stephen C. Smith Memorial Regatta

Spring is here and so is the 38th Annual Stephen C. Smith Memorial Regatta. Scheduled for April 29 - May 1, 2011 is the largest and longest running regatta in the Big Bend area. Held at Shell Point Beach, the Regatta is for the benefit of the American Cancer Society in memory of Stephen Smith. Stephen was a local sailor who died from a rare form of leukemia at the age of 29. The event is presented by the 38th Stephen C. Smith Memorial Regatta Committee comprised of individuals from the Apalachee Bay Yacht Club, Shell Point Sailboard Club and the American Cancer Society, with the help of numerous businesses and individuals.

Each year the Regatta has drawn as many as 200 registered participants and hundreds more spectators from all over the Southeast. The event includes off shore racing yachts, dinghies, catamarans, and windsurfers, the most numerous and, arguably the most colorful, participants in the Regatta.

Races are held both Saturday and Sunday with other events for sponsors, spectators and participants. Concessions, dinner and other entertainment on Saturday night, and a live auction on Sunday, are just a few of the activities. Again this year we're having the Parrothead WHEELED VEHICLE Parade on Sunday morning. Started in 2005, it has been a huge success.

The public is invited to participate in the live auction on Sunday afternoon immediately after the trophy presentations. Everyone

can have a great time and pick up some great deals while making a contribution to help in the fight against cancer.

In addition to the many patient services provided to children and adults, the American Cancer Society funds research and public education, which is vital in the fight against this silent killer. The American Cancer Society receives no government funding and relies exclusively on the generous support of private donations. Since it's inception, the Stephen C. Smith Memorial Regatta has been able to contribute over \$300,000, the majority of which has stayed in the Big Bend area, providing educational programs and patient services to area residents.

The Stephen C. Smith Memorial Regatta Foundation

Wishes to acknowledge the

Support of the
Wakulla County
Commissioners

and

Wakulla County Department
of Parks & Recreation
Shell Point Beach Park



Windsurfing Competition by Wright Finney

Windsurfing is a sport that readily lends itself to organized, enjoyable competition. As part of the US Windsurfing Southeast Series Racing Circuit, the Stephen C. Smith Memorial Regatta has remained one of the largest sailing events of its kind in the region. The structure of sailboard racing allows for competitors of all skill levels, from novice to expert, to sail against others of their ability. Racing does not focus solely on beating fellow sailors, but more importantly allows everyone to concentrate on improving their overall windsurfing aptitude. Classes in the windsurfing portion of the Regatta include a) Formula 3-1 Fleet and Longboard 3-1 Fleet for advanced and expert sailors; b) three one-design fleets, namely, Prodigy Fleet (a new, wide board having a centerboard), IMCO Fleet for Olympic Class One Design windsurfers, and Techno 3-1 Fleet (a specialized shortboard one-design); c) Sport Fleet for intermediate sailors or those seeking less rigorous competition than the advanced classes; and Novice Fleet for beginners. Subdivisions for Men, Women, Masters (> 35 yrs.), Seniors (> 55 yrs.), Juniors (< 18 yrs.), and weight breaks (Lightweight, Mediumweight, Heavyweight) within each of the three competitive fleets are common in such a large event.

Weather permitting, three windsurfing disciplines will be run during the weekend: Course, Long Distance, and Freestyle. Course racing involves negotiating a continuous series of marker buoys arranged in the shape of either an "M" or a "box". During each race, advanced and intermediate sailors will complete one or two circuits around the closed course after a multi-staged starting sequence. Novice racers will negotiate a separate, triangular course designed to improve sailing skills and build confidence. Only one starting sequence is used on the novice course. Each race course is supervised by a race committee in a powerboat

anchored at one end of the starting line. Up to 5 or 6 course races may be run on Saturday afternoon, punctuated by a lunch break. A wide variety of sailboards are employed in course racing, ranging from traditional 12-foot long sailboards to Prodigy one designs to the fast centerboard-less Formula boards. The most advanced sailors use technologically advanced, ultralight raceboards, very long fins, and large, powerful, clear monofilm sails. These boards and sails can be raced in a wide range of wind and sea conditions, and they will reach very high speeds on certain points of sail. The newest class of sailboards (Formula 3-1 Fleet) is composed of super-wide, high volume shortboards that are extremely fast and maneuverable in moderate wind conditions.



Long Distance racing is usually featured on Sunday. Higher winds and choppy seas can bring out the performance-oriented shortboards (9 feet long) and smaller sails. If winds are light or moderate on Sunday, expect a wide

variety of sailboard types and sail sizes to be used for the Long Distance discipline. One of the most spectacular sights of the weekend unfolds as up to 100 windsurfers from all classes line up just off the beach for the mass starting sequence. Racers sail far offshore to round one of three successive marker buoys depending upon class and then head back in toward the starting point on the beach. This single race can take as long as one hour or more because it is designed to be a test of the sailor's endurance. Changes in wind velocity or direction during the race can alter the final standings considerably. From a crowd enjoyment standpoint, the Freestyle competition wins hands-down. Spectators line the beach before the starting gun anticipating the forthcoming display of accomplished board-handling skills. The start propels the sailors waiting just off the beach into a frenzy of tricks and radical maneuvers on their sailboards, while a panel of expert judges rates their performance and style. Sails spin and bodies fly as competitors try to out-do their rivals. After a five minute burst of activity, the field is reduced by half and the competition resumes in a series of five minute heats, until one sailor is crowned "King of the Beach" in Freestyle.

At the conclusion of the weekend's racing activities, scores are totaled and trophies are awarded in each of ten divisions. The top overall local windsurfing competitor is presented with the highest award that a sailor can receive from the Shell Point Sailboard Club: the Dan Smith Memorial Trophy. Ultimately, however, it is not awards or class/fleet placing which brings people back year after year to race sailboards at the Stephen C. Smith Memorial Regatta - it is the spirit of friendly competition and camaraderie which pervades Shell Point Beach during one of the most enjoyable windsurfing weekends of the year.

Shell point SAILBOARD CLUB

Shell Point Beach, Florida

The Shell Point Sailboard Club (SPSC) was founded in 1987 to serve the increasing number of windsurfers in the North Florida and Southwest Georgia regions. The club answered the need for a comprehensive, locally based organization dedicated to actively promoting the sport of boardsailing in all forms. In addition to our principal sailing venue of Shell Point Beach in southern Wakulla County, club members launch their craft at Alligator Point, Cape San Blas, St. George Island, and at many area lakes.

Specific objectives of the Shell Point Sailboard Club include: staging and encouraging attendance at regattas throughout the year; sponsoring instructional sessions, sailing clinics, and safety programs to aid both newcomers

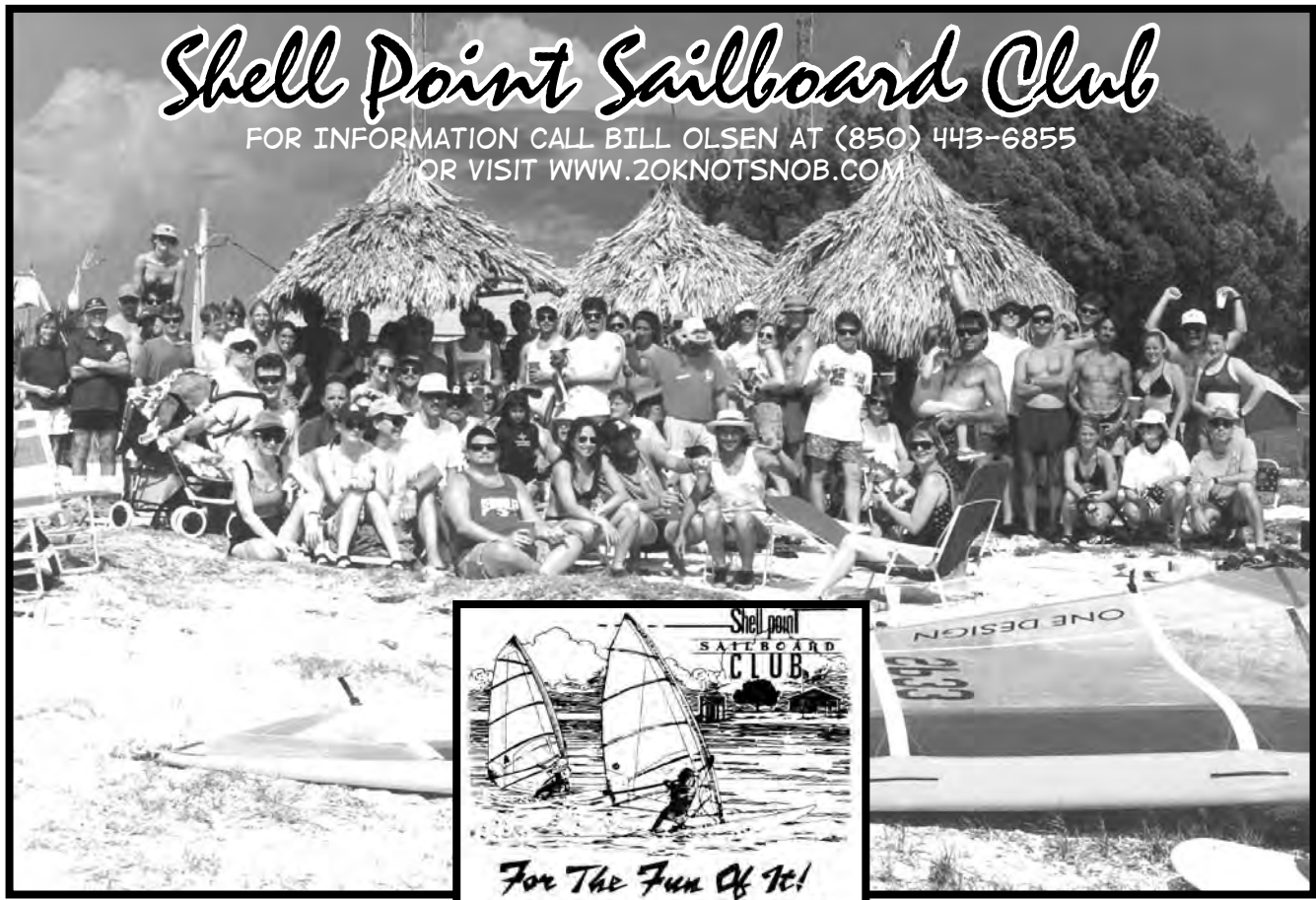
and veteran sailors; holding seminars on new developments in windsurfing equipment and techniques; organizing swap meets; hosting social functions, meetings, and special events; and fostering good working relationships with the U.S. Coast Guard Auxiliary, local property owners, and other yachting organizations.

Each year, the SPSC hosts or co-hosts two major regional sailing regattas at Shell Point, including the Stephen C. Smith Memorial Regatta (spring), and the Endless Summer Sailboard Classic (autumn), as well as numerous other smaller events geared toward the local membership. The club has several highly skilled sailors who successfully compete at the national level in US Windsurfing recognized regional sailing circuits, such as the IS Windsurfing Southeast Series. We have also counted among our members the Puerto Rican women's windsurfing representative to the 1992 Summer Olympics, and three members of the US National Olympic Sailing Team.

In addition to sailing, the Shell Point

Sailboard Club is a regular participant in several local charities such as the American Cancer Society and WFSU Public TV. We also assist other local organizations in various efforts and, during the warmer months, the club provides free windsurfing lessons for all prospective sailors at Shell Point Beach through the Wakulla County Parks and Recreation Department.

The SPSC has grown rapidly from about one dozen founding sailors to about 100 active family memberships. Club meetings are held the second Tuesday of each month at 7:30 p.m. at Beef O' Brady's Restaurant on Thomasville Road in Tallahassee. We invite anyone interested in the sport of windsurfing to attend a club meeting or join us any weekend on the beach at Shell Point. Please contact SPSC Commodore Bill Olsen at 443-6855 for further details on club activities, or visit the SPSC web site at www.20knotsnob.com.



Shell Point Sailboard Club
FOR INFORMATION CALL BILL OLSEN AT (850) 443-6855
OR VISIT WWW.20KNOTSNOB.COM

ONE DESIGN
9999

Shell point
SAILBOARD
CLUB

For The Fun Of It!



Thank You to Our Sponsors & Underwriters

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Biography of Stephen C. Smith

The following is an excerpt from an article that appeared in the Hobie Cat Hot Line, Volume 3, Number 3(1974) shortly after the death of Stephen C. Smith.

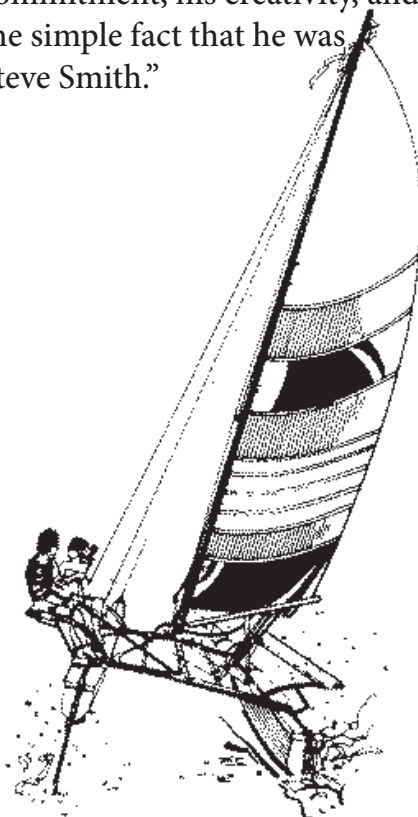
“Most of us rarely get the opportunity to know the extent of human effort contributed by a person who is committed to getting something done well, and living life to the fullest. Such commitment, when it is accompanied by creativity, is an extraordinary experience - one that provides profound inspiration. Knowing Stephen C. Smith was such an experience.

Stephen C. Smith died Saturday evening, February 16, 1974, of pneumonia, at the age of twenty-nine. We had known for two years that he had a rare form of leukemia and was undergoing treatment. We certainly were aware of the possibility of eventually losing him. But Steve’s commitment made that possibility seem less real, for he was at work every day until two days before his death. As in earlier months, when he went for weeks with a fever over 100, he continued as if nothing were wrong. Somehow he remained the same creative and witty Steve we had always known.

Steve was the most recent Art Director of the Intermediate Science Curriculum Study of the Florida State University and had been on the staff for more than eight years. His creative and effective art work was a major contributing factor in the success of this project.

Participation in sailing activities, and a lot of hard work for the Yacht Club and Hobie Fleet 43 won Steve the coveted Apalachee Bay Yacht Club Sportsmanship Trophy last year. His good spirits lifted ours, and the warmth of his personality encouraged us all. We loved the work he did and the man himself.

The ABYC and Hobie Fleet 43 mourn the loss of this unique person. The Yacht Club’s annual regatta has been renamed the Stephen C. Smith Memorial Regatta... We are grateful for the experience of working and playing closely with Steve, of knowing him as a friend, and of being inspired by his commitment, his creativity, and the simple fact that he was Steve Smith.”



Guide to Understanding Windsurfer Lingo

By Todd Greaux

Board: a) the thing you stand on; b) some boards have a centerboard and a fin (e.g. a “course board” or a “transition board”) – these boards are typically from 10 to 12 feet long, contain a volume of between 160 and 300 liters, and can weigh between 20 to 40 pounds; c) some boards are shorter and lighter and do not have a centerboard, they only have a fin – these are called short boards; d) a board can have a fin, centerboard, mast track, and foot straps

Fin: a) a fixed symmetrical foil of varying size and shape placed at the tail of the board for lift (in order to create a force to offset that of the sail or rig); b) something you don’t want to see when you are swimming alone at night in the middle of the ocean

Centerboard: a variably swept symmetrical foil of varying sizes (depending on the board) that is usually two to three times the size of the fin; b) the centerboard is in the mid-ships position of the board and can be adjusted full up, full down, or somewhere in between while sailing; c) the centerboard is important for beginners (for stability) and is used almost always for certain sailing conditions

Mast Track: a) typically found on course or transition boards; b) the track is situated fore to aft on the board, slightly toward the front; c) the track is usually adjustable and is used to move the rig fore and aft with respect to the centerline of the board (differing wind and sailing conditions dictate the position of the mast track)

Foot Straps: a) used to keep your feet attached to the board at higher speeds; b) can also be used to “rail” the board up, in the case of a course board, in order to sail higher and faster towards the wind

Rig: a) a working unit of assembled windsurfing components including but not limited to the sail, boom, mast, mast base, universal joint, mast foot, and harness lines; b) a verb used to describe the setting up of windsurfing gear – “I’m going to go rig up.” or “Hey! Loser! Go de-rig my gear!”

Sail: a) the actual piece or combined pieces of cloth, kevlar, monofilm, dacron, and/or mylar (can you all say “DuPont” and “3M”?) that create a lifting surface thereby creating a force

as the wind passes across at a certain angle; b) the soft part above the water that makes the board “go”

Mast: a) the “pole” that’s inserted at the leading edge of the sail that provides a rigid leading edge for the sail, and, in combination with the boom, gives the sail shape; b) the mast is typically constructed of carbon fiber, kevlar, aluminum, and/or fiberglass

Boom: a) the “handle bars” of a windsurfer – it is attached between the mast and the sail clew; b) the sound your car stereo makes as you pull up to the beach; c) don’t ever call a boom a “wishbone”; d) sub-components of the boom are the front end (self explanatory), the booms (the long piece on each side of the rig that one holds onto), and the clew (at the aft end of the boom); e) most booms are “clamp-on” meaning that they are clamped onto the mast via a clamp at the front end of the boom

Mast Base: an aluminum or carbon fiber tube that is used to extend the mast for a perfect fit (lengthwise) for the sail and to attach to the universal joint and mast foot

Universal Joint: a) the rubber or mechanical joint that attaches the rig to the board (i.e. the mast base to the mast foot) but allows three dimensional movement of the rig in all directions; b) something that you pass around and smoke with people of all religious backgrounds

Mast Foot: attaches to the board through either the mast track or in a slot on the deck of the board and is attached on the other end to either the mast base or the universal joint; b) there was a time when it was common to have the universal joint separate from the mast foot, but it is more common these days to see the two pieces together in a mast foot

Harness Lines: a) a length of line attached to the booms whereby both ends of the line are on the same side of the rig; b) the sailor wears a harness that hooks into the harness lines and transfers the load, blah, blah, blah as explain under Harness

Harness: a) an apparatus worn like a belt around the waist and upper thighs with a metal hook. The hook is open ended and is

“hooked” to harness lines on the boom; b) a harness takes the force of the sail and transfers the workload from your arms to your body/back c) the harness can be used for situations other than windsurfing, if you know what I mean

Booties: a) worn on the feet for various reasons including cold water, grip on the board, coolness factor; b) a must for Shell Point beach unless you enjoy sliding bare foot on oyster bars; c) several nice looking bums

Uphaul: a) attached to the mast base and the front end of the boom, the uphaul is typically made of a stretch cord/line and is used to pull, hand over hand, the rig up and out of the water; b) if you are a beginner, the uphaul is your best friend – you will use it a lot; c) also, one “uphauls” the sail when they pull it up and out of the water in preparation to sail

Starboard: a) standing on the board perpendicular to the centerline looking straight ahead at the front of the board, “starboard” is the right side of the board; b) do the same thing looking aft and “starboard” is to your left – get it? c) when sailing forward and your hand closest to the front end of the boom is your right hand, you are sailing on “starboard tack”; d) a sailing vessel on “starboard tack” has the right away of a vessel on “port tack”

Port: a) opposite of starboard; b) has no rights when approached by a sailing vessel on the starboard tack; c) when standing on board centerline and staring at the front of the board, your left side is the port side; d) when sailing forward and your left hand is closest to the front end of the boom (in a normal sailing stance), one is on the “port tack”

Tack: a) a maneuver that takes the sailing vessel through the wind (from starboard to port, or vice versa) whereby the front of the board passes closest to the wind (or up into and through the wind); b) something that really hurts your fanny when you sit on it

Jibe (Gybe): a) a maneuver that takes the sailing vessel through the wind (from starboard to port, or vice versa) whereby the front of the board passes furthest from the wind (or away from the wind or “downwind”)

American Cancer Society Programs and Services

The American Cancer Society offers many programs and patient services to cancer patients and the community. Support groups for women with cancer, men with prostate cancer, and a general cancer support group for the cancer patient, family members, and friends are available. We also offer a six-week educational series in the Spring and Fall called "I Can Cope." This year's spring session will begin in April at HealthSouth Rehabilitation Hospital. I Can Cope is an educational series which addresses issues such as What is Cancer?, Handling Fatigue, Types of Treatment, Managing Illness, Self-Esteem issues, and other important topics.

The American Cancer Society also offers many needed services to the cancer patient. We offer wigs for those women and men who may be experiencing hair loss due to cancer treatment. We also provide bras and prosthesis to those women who have had breast surgery. Ensure (nutritional supplement) is also available to those patients who may be experiencing digestive problems. The American Cancer Society also offers transportation reimbursement, out-of-town lodging, and a pain medication assistance program to cancer patients. It is very important that the patient register with the American Cancer Society as soon as they are told of their diagnosis, as we do not make retroactive payments.

The American Cancer Society also offers wonderful programs for the cancer patient such as Reach to

Recovery, Look Good Feel Better, a college scholarship program, and R.O.C.K. Camp for children with cancer. We also offer many educational education programs that provide early detection treatment methods and health education information such as our Triple Touch program that provides breast health information, and Work Well Cancer Free, a prevention-oriented wellness program.

Please contact your local American Cancer Society office for more information. Call (850) 297-0588 to register as a patient in the Big Bend area.

Program Descriptions:

COLLEGE SCHOLARSHIP PROGRAM

For students diagnosed with cancer prior to their twenty-first birthday

HOPE LODGE

No cost lodging for patients and families during out of town treatment

MAMOGRAPHY PROJECT

Provides screening mammograms for indigent women

REACH TO RECOVERY

One-to-one visitation program for breast cancer patients

ROAD TO RECOVERY

Volunteers drive patients to and from cancer treatment

R.O.C.K. CAMP (REACHING OUT TO CANCER KIDS)

A summer camp for children with cancer

SPEAKER'S BUREAU

Trained volunteers provide information about the American Cancer Society's services, programs, and mission

*Mission Statement
The American
Cancer Society is the
nationwide community-
based voluntary health
organization dedicated
to eliminating cancer
as a major health
problem by preventing
cancer, saving lives from
cancer, and diminishing
suffering from cancer
through advocacy,
research, education and
service.*



APALACHEE BAY



Founded in 1968, the Apalachee Bay Yacht Club (ABYC) is comprised of a group of people who share an interest in sailing, powerboats, cruising, sailboat racing, and the exchange of information to develop and improve sailing and boating skills, as well as the enjoyment of being on the water. From this comes camaraderie, where the ideas and traditions of sailing and boating are discussed, practiced, and followed.

There are approximately sixty memberships, usually consisting of a couple or family, from Shell Point and throughout the Tallahassee and southern Georgia areas.

ABYC owns a clubhouse with a swimming pool and docks adjacent to the Marsh Harbour Marina at Shell Point. These facilities are the focus of social gatherings, programs, monthly meetings, dinners, regattas, and more. A bar for members and their guests is open during club functions. Club amenities include an ice machine, a barbecue grill, and a number of club owned boats for members' use.

ABYC is part of the Gulf Yachting Association. Accordingly, ABYC members enjoy reciprocal privileges at other clubs from St. Petersburg, FL to Houston, TX.

Locally, ABYC conducts organized cruises to the St. Marks River, Dog Island and other destinations near and far. Throughout the year the club also sponsors a variety of sailing races, including two regattas, both spring and fall "big boat" race series, and year-round dinghy racing.

ABYC monthly meetings offer programs for

those interested in water activities. Topics are varied and range from the weather, boat maintenance, racing, marine ecology, maritime history, and exotic travel.

Social functions are also monthly throughout the year. These may include events such as a champagne brunch, "Dinner on the Docks," a "Jimmy Buffet" party, and some special occasions that offer professional catering and/or live music. Traditional annual events include the Commodore's Ball, Vice-Commodore's Regatta, and the Awards Banquet.

WHEN YOU JOIN

The privileges associated with membership are:

- Use of the ABYC Clubhouse pool and dock facilities by you and your guests;
-
- Participating in your choice of ABYC sponsored regattas, cruises, and formal and informal social events;
-
- Attending programs through which you gain more proficiency and enjoyment with sailing and other activities at the coast;
-
- Charging beverages at the state licensed ABYC bar;
-
- Enjoying privileges extended by other yacht clubs when visiting their facilities; and
-
- Camaraderie and the helpful exchange of information with like-minded, friendly people.

WHAT IT COSTS

The cost of belonging to ABYC is small relative to the overall investment one typically associates with purchasing and owning a boat. ABYC is owned by its members and Regular Members are required to purchase an "Equity Certificate" that represents their share of ownership of the club. The cost of the certificate is based on the Wakulla County appraised value of the club's property. Club privileges are extended to the member's immediate family including children still residing at home.

Boat ownership is not a requirement for membership, although most members own a boat of some type ranging from the small sailing dinghies to ocean-cruising yachts. ABYC provides members various opportunities to participate in boating activities.

FIND OUT MORE

To obtain additional information about ABYC or learn about upcoming events, please contact any board member, or go to the web <http://www.ABYCOnline.org>, where you will find ABYC's newsletter, The Mark.

2011 ABYC Board of Directors

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Rear Commodore: Mark Lipsius 926-7815

Purser: Maxine Glenn 926-5024

Scribe: Martha Robinson 544-6619

Sr. Bd Member: pending

Jr. Bd. Member: Darlene Oosterhof 926-8962

Past Commodore: Carl Bjerregaard 926-7835



USAPHRF - Portsmouth - One Design Sailing Instructions and Rules

RULES

The regatta will be governed by the latest edition of the US Sailing Associations Racing Rules and the sailing instructions distributed at the Skippers Meeting.

Safety

All participating boats must be equipped and operated in accordance with the United States Coast Guard regulations. All PHRF yachts must carry the following equipment:

- At least one fire extinguisher
- Anchor & line suitable to secure yacht
- One manual bilge pump
- First aid kit & manual
- Marine type compass
- 50' heaving line
- Distress signals per USCG
- Life ring, horseshoe type or throw-able
- VHF radio, 1 required
- Taut life lines (if present)
- USCG approved life jackets with whistle, one per crew member

ENTRIES AND ELIGIBILITY

Eligible yachts must complete the registration form to participate in the regatta. Each yacht shall have on file a current valid PHRF rating certificate. If you do not have one, one will be provided.

SKIPPER'S MEETING

A skippers' meeting for competitors will be held at the stage on Saturday at 10:30 am.

FLEETS

The regatta will hold races for the following fleets:

- Spinnaker
- Multi-Hull
- Portsmouth/One design
- Non-spinnaker
- Beginner/Cruiser

VENUES AND STARTING LINES

The spinnaker, multi-hull, and non-spinnaker fleets will race in Apalachee Bay.

The Portsmouth/One Design fleets will race off of the Shell Point Beach starting just south of the stage.

TROPHIES

Trophies will be awarded for first, second, third, fourth and fifth place for each fleet in the series.

The Anne Sherwood trophy will be awarded to the winning spinnaker fleet boat. The Dan Harbolt trophy shall be awarded to the winning non-spinnaker boat in the Non-spinnaker fleet.

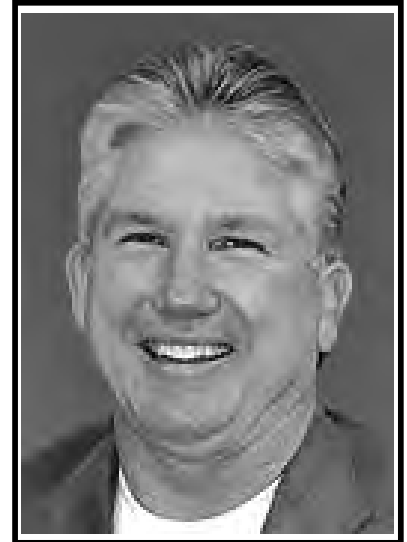


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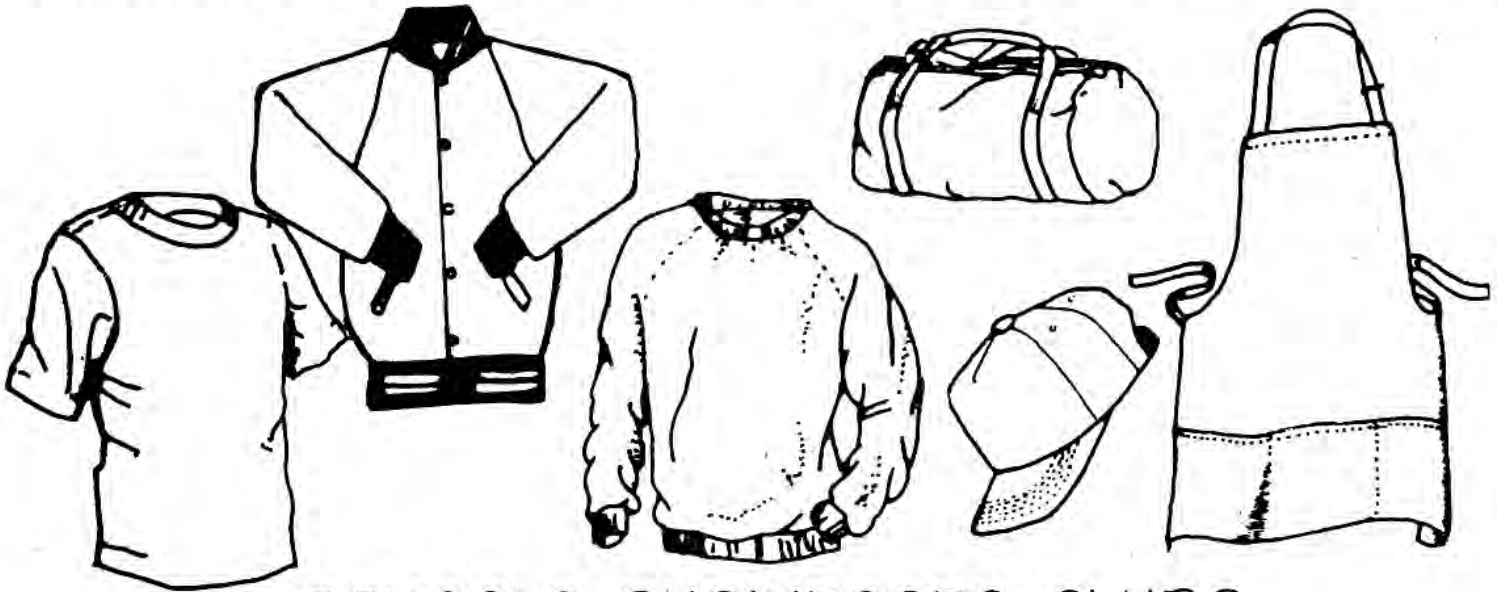
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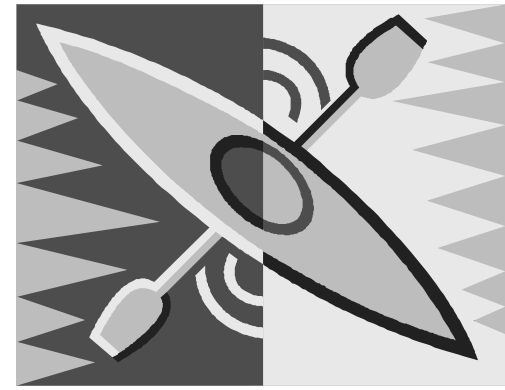
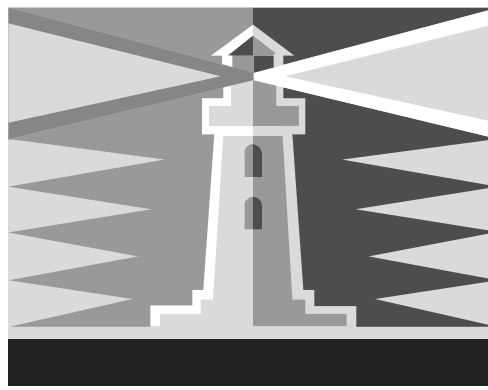
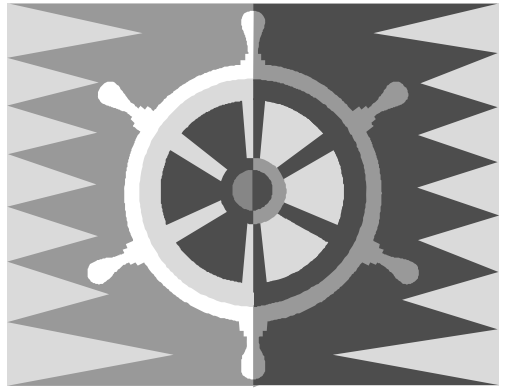
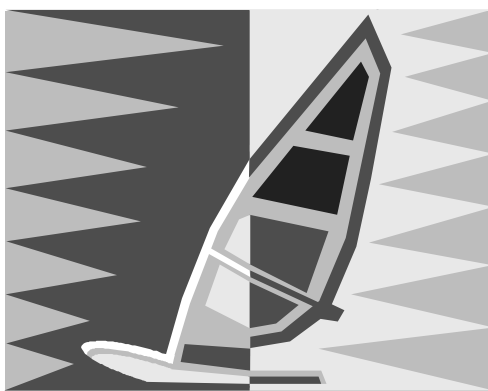
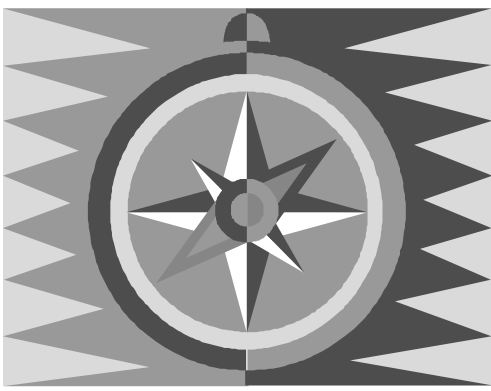
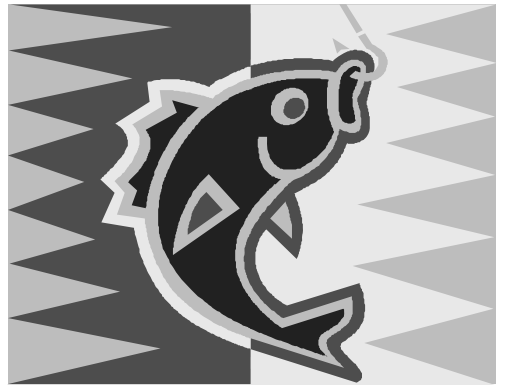
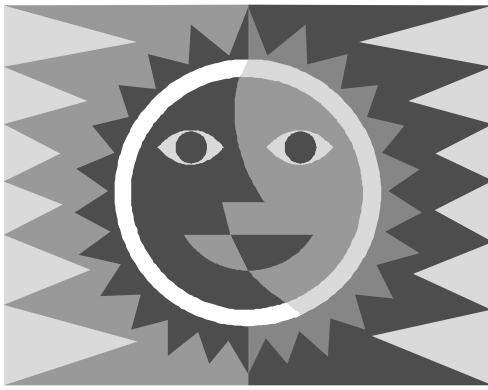
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There will be raffles at random times on Sunday, so stay close to the stage.

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Learn to Talk like a Sailor

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Aft: Toward the back or stern of the boat.

Beat: To go upwind or close to the direction from which the wind blows.

Bow: The front of the boat.

Cover: The tactic of staying upwind of your competition to take their wind.

Fender Geek: A boater who leaves his fenders dangling over the sides of the boat while underway.

Fore: Toward the front or bow of the boat.

Helmsman: The person that steers the boat. May, on occasion, yell at the crew.

Jibe: A maneuver that takes the boat through the wind (from starboard to port, or vice versa) whereby the front of the boat passes furthest from the wind (or away from the wind or “downwind”)

Knot: A unit of speed in nautical parlance equaling 1.12 miles/hour. e.g. 8 knots = 8.96 miles/hour.

Lay Line: The line a boat would sail to a mark when close hauled or beating.

Leeward: The side or direction in which the wind is blowing.

Mark: A buoy or marker used in racing.

Multi-Hull: A boat with more than one hull. Includes catamarans and trimarans.

One Design: A fleet or group of boats that are the identical make, length, etc.

P.H.R.F.: A handicapping system (like in golf) based on the abilities of the boat, not the crew.

Pinch: To point too high toward windward on a beat. This causes the boat to slow down.

Port: The left side of the boat. In olden times this was the side opposite the steering oar used as a rudder. This side was against the dock when in port.

Protest: A formal cry of “foul” against a competitor that is lodged during the race and settled after the race by committee.

Reach: To sail with the wind coming from the side or abeam of the boat.

Run: To sail with the wind coming from the back or astern of the boat.

Spinnaker: The big colorful sail used on the front of sailboats when sailing directly (or nearly) downwind.

Starboard: The right side of the boat. Back when, this was the side on which the “steer board” or rudder was located.

Stern: The back end of the boat. This is where boaters put corny boat names like “Sea-Renity” or “Heidi Ho IV.”

Tack: A maneuver that takes the boat through the wind (from starboard to port, or vice versa) whereby the front of the boat passes closest to the wind (or up into and through the wind)

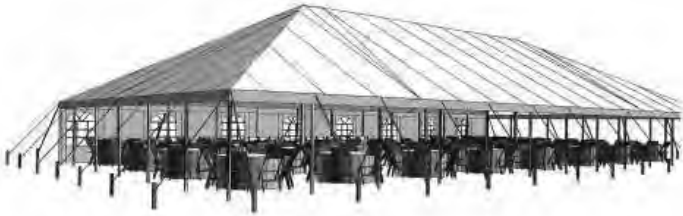
Wind Shift: A change of direction of the wind.

Windward: The side or direction from which the wind originates.

William Andrew Priest

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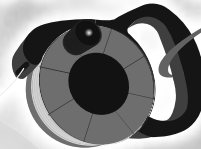
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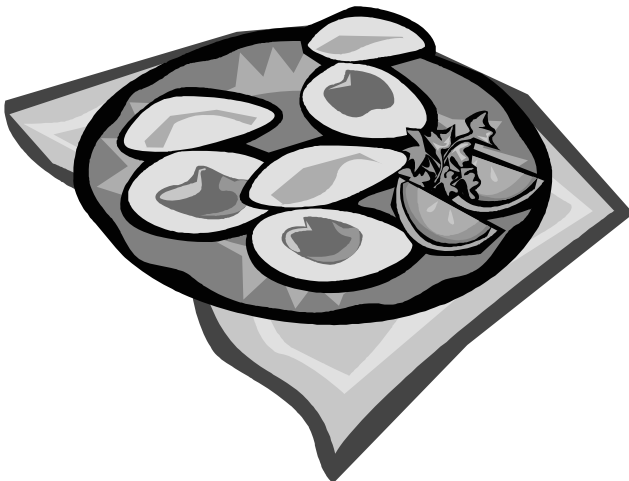


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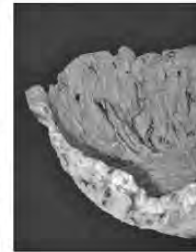
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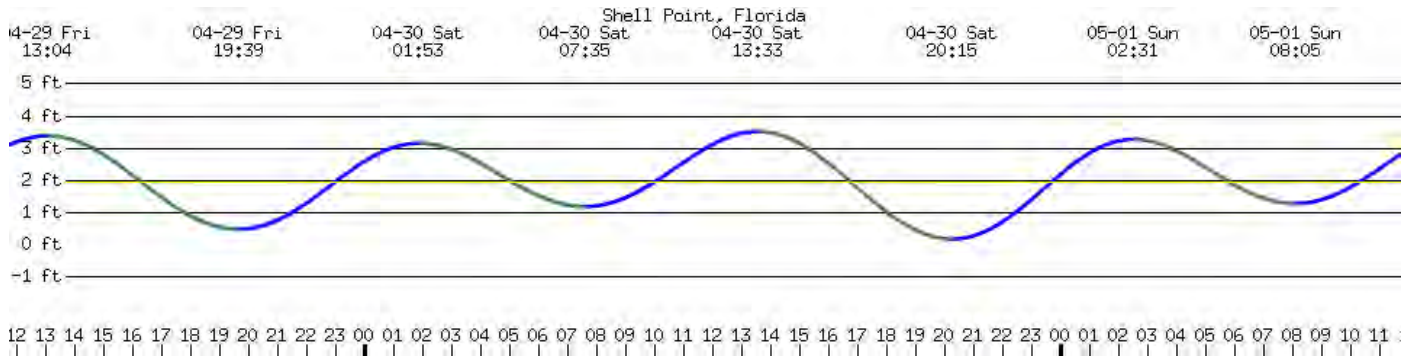
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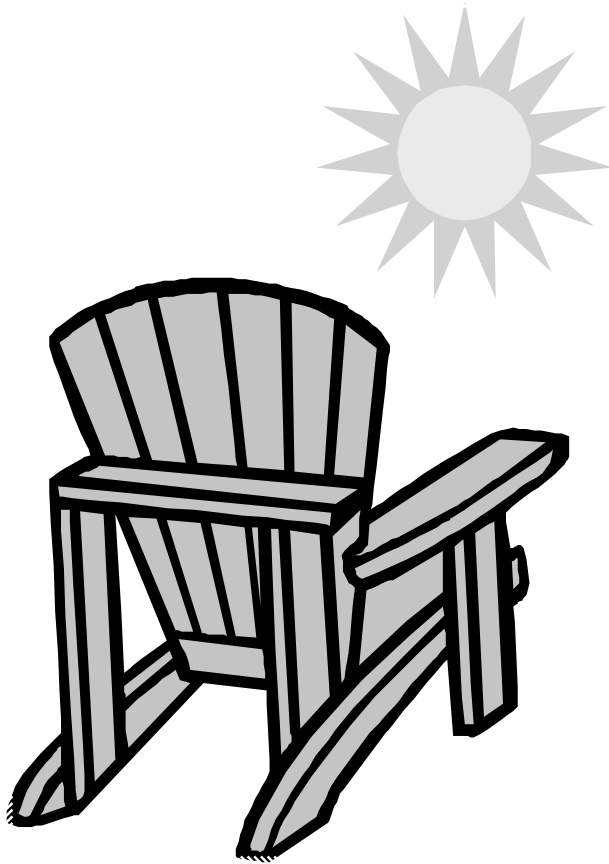
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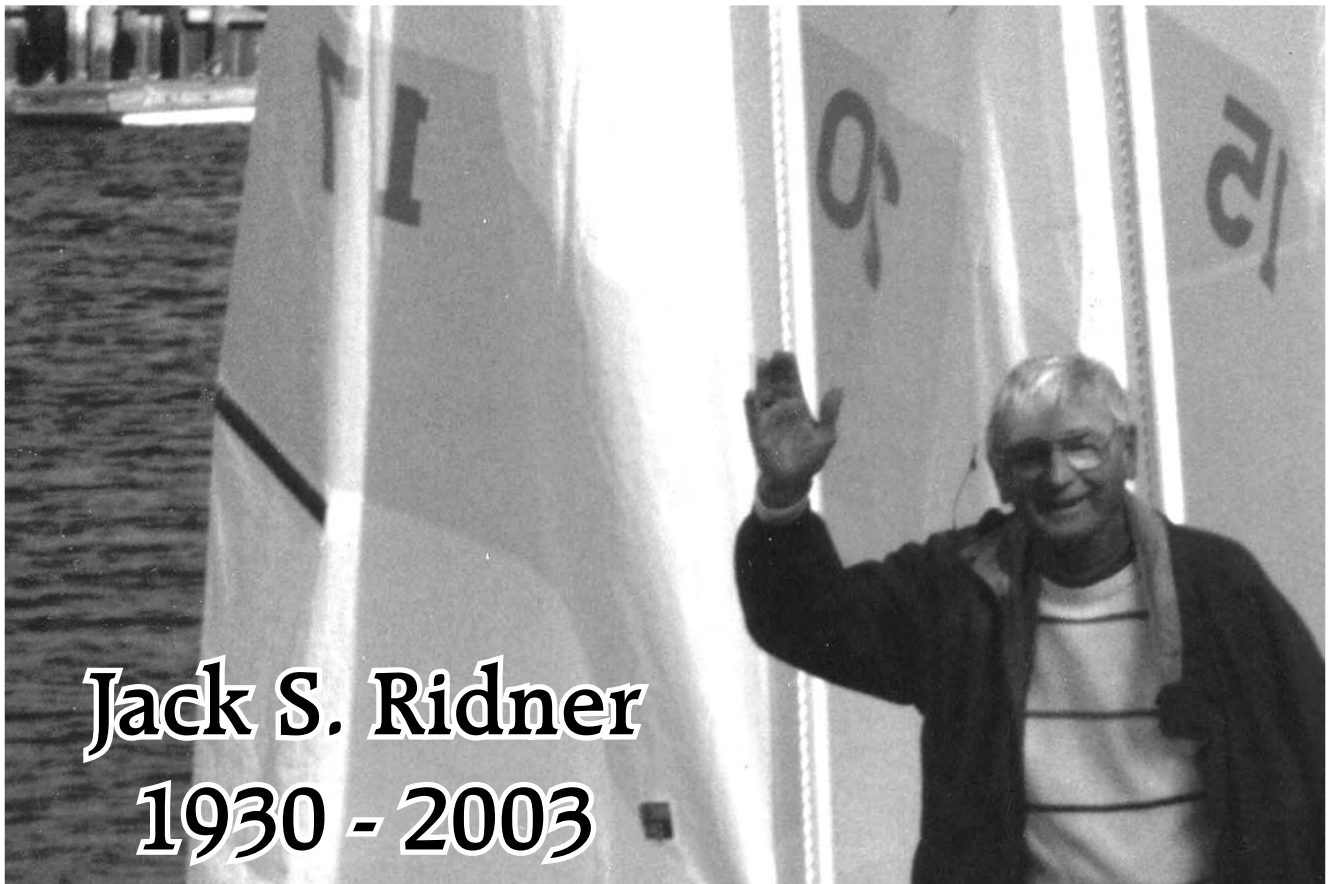
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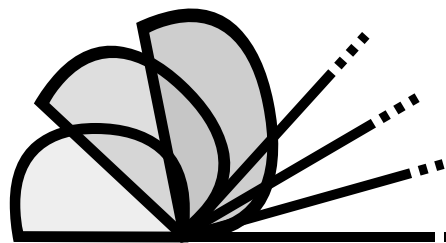
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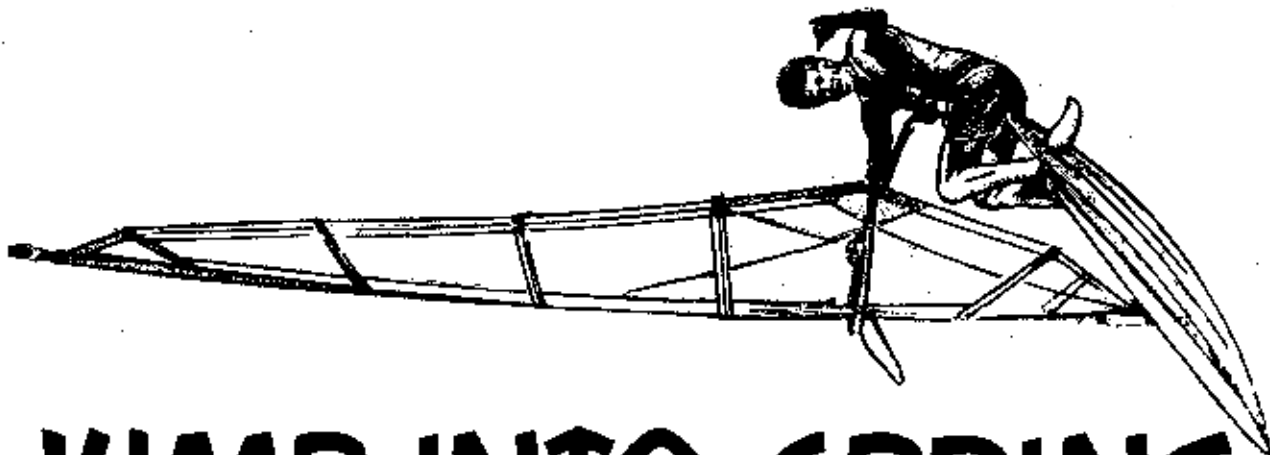


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Thanks to these individuals for their tireless and dedicated effort, many of whom have logged numerous years organizing this event. Without them the 38th Annual Stephen C. Smith Memorial Regatta would never happen. And, thanks to them, we are looking forward to our most successful year ever.

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