

HIDDEN HARBOR

January 2015

AN HHYC PUBLICATION

ISSUE 1



Happy New Year to All!

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COMMODORES BALL

JAN 17TH, 2015

Please join hosts P/C Paul Quinn & Patty Cossack and the other members of the club in honoring our outgoing Commodore James & Julie Life and welcoming in our new Bridge.

This year it will be at Hotel Deca
4507 Brooklyn Ave. NE
Seattle, WA 98105

Happy Hour and Hors d'oeuvres	6:00
Dinner	7:00
Awards Presentation	8:00
Music and Dancing	9:00
Last Call	10:45
Room Parties Begin (or Not)	11:00

Sign Up [Paul Quinn](#) (206) 719-7199
Event Cost \$75.00 pp

**Last Day to Sign Up Jan7th.....
Food Order has to be In**

Details on page 7

Commodore's Corner



It is an honor and a privilege to serve as the 38th Commodore of Hidden Harbor Yacht Club. What an incredible experience it's been getting to know the members, working with the bridge, board and the many-many volunteers who create the wonderful boating and social events that make this club special. Sue and I feel grateful and humbled to be following P/C James Life and his lovely wife Julie. With the loss of our meeting place and reciprocal offering, HHYC was somewhat of a distressed vessel when commodore James took the helm. His "find a way" leadership coupled with a collaborative relationship with his predecessors, P/Cs Dennis and P/C Paul this past year resulted in a seamless transition to a new meeting location, a superior reciprocal moorage arrangement and clearly one of the best series of boating and social events in HHYC history. Outstanding job my friend!

What a great year! P/C Dennis, and Brynn kicked off 2014 with an exceptional commodore's ball followed by a spontaneous pajama party in the vice commodores suite. This was followed by our first Super Bowl/bowling party in February hosted again by P/C Dennis and Brynn. In March, back by popular demand; Earl, Leslie, R/C Dane, Terry, Sharon and P/C Rick teamed up to host the second Annual HHYC Garlic Festival in Kingston. In April; Tom, Isabella, Robert, Christy, Paul and Luna hosted the Port Ludlow Golf & Swap Meet. In May, once again; Captain Charlie and the Life family took the helm and navigated the HHYC fleet to

Longbranch for our annual Memorial Day dance pilgrimage. The club's first ever Hobo Party was held at both the Edmonds Marina and our host's (Glen and Debbie's) beautiful home. This fun packed weekend was also co-hosted by P/C Paul and Patty. In August, with very heavy support from Chandelle and Kari; Grand Crab Master: Howard Gray and our Biggest Crab: Vic Portolese hosted the second Annual Crab Derby at Cap Santé' Marina. Congratulations to the winner and new HHYC Grand Crab Master; Paul Quinn. In October, Larry and Keli teamed up with Paul and Patty to throw a fantastic Halloween weekend at Poulsbo. Finally, to finish a remarkable year off right; Grant, Giselle, Tom and Isabella teamed up to throw the pay your dues party at Queen City Yacht Club. A special thanks to Captain Tom Youngs for all the effort he puts in all year long to make the pay your dues auction a success year after year. With all that, we also need to give a hats off to our fleet captain/ event hosts. Thank you P/C Dennis, Brynn, P/C Paul and Patty; we all had a blast in July at the Kitsap Wine fest. It was also a special treat for Sue and me to hook up with HHYC at the Husky games which were followed by some excellent floating parties in Andrews's bay. Its takes a village; many thanks to all our 2014 hosts for stepping up to make HHYC exceptional.

As I'm drafting this article, P/C James and Fleet Captain Charlie are preparing Dancer for the 2015 cruising season with the installation of mufflers. The many members of the HHYC who have had to enter a harbor or marina alongside Dancer will tell you that this will be a significant enhancement to your HHYC boating experience. We have posted the 2015 event schedule which leverages HHYC classic events and introduces some new venues. I believe I speak for the 2015 bridge; Vice Commodore Mary and her husband Brian, Rear Commodore Dane and his wife Terry, as well as the new Board of Directors; in asking you to let us know what is important to you as far as events, venues, decibel level of my boat, "whatever". We will make ourselves available to address your suggestions and or concerns. Please feel free to contact me at any time. Hats off to all of you who have stepped up from Hosts and Co-hosts, to Past Commodores and current Board Members to make 2015 another great year. A special thanks to treasure Sue Collins and secretary Carolyn Rolstad for all the effort they put in all year long to make HHYC; affordable and efficient. ..Mb



Really the Last Chance to UPDATE YOUR ROSTER INFORMATION

Please use this form to update your 2015 information. If you are not sure of what information we have check the 2014 Roster and then decided if need to update.. If unsure, please use the form and email it, mail it. Or bring it to the PYD's Part on Nov 15th..

Last Name: _____ DOB _____

First Name: _____ DOB _____

Address: _____

Cty: _____

State: _____

Zip: _____

Boat Name/ Length/Make: _____

Primary Email: _____

Secondary email: _____

Work Phone: _____

Home Phone: _____

Cell Phone 1: _____

Cell Phone 2: _____

Although it should be obvious things like email and Cell phone should be listed as name appears on roster. For example Paul & Patty Quinn then primary email should be Paul's and Cell 1 should be Paul's. And Likewise, if you are listed as Patty and Paul then well, I think you got it!!

Handy Remedies for your New Years' Hangover!

Hair of the dog

Even though the thought of a Bloody Mary may appeal to you, a Virgin Mary is a much better choice the morning after. "The worst thing to do is to have another drink," says Charles Cutler, MD, an internist in Norristown, Pa., and the chair of the American College of Physicians' board of governors.

The alcohol may temporarily help your symptoms but could hurt in the long run. Hangovers make you feel horrible because alcohol is toxic, Dr. Cutler explains, and you need to give your body a chance to recover. That morning drink could lead to an even worse hangover the following day.

Hangover pills

There are lots of hangover "cures" in a bottle out there—such as Chaser, Pre-Toxx, and RU 21—but very little evidence to back up claims. "Hangover pills that have been studied are not effective, or only help against a few complaints...but not all," says Joris C. Verster, PhD, an assistant professor of psychopharmacology at Utrecht University in the Netherlands, who studies hangovers.

A 2005 review article in the journal *BMJ* identified eight peer-reviewed, placebo-controlled studies of hangover remedies, and concluded

Greasy Breakfast

There's no scientific evidence that a heaping helping of bacon and eggs will ease hangover anguish, even though many people swear by it. "Greasy food is just going to give you heartburn," says Dr. Cutler, who recommends sticking with easy-to-digest foods such as toast or cereal. "You want to get calories right back into your system."

Eat light and stay hydrated, agrees John Brick, PhD, an alcohol research scientist and author of *The Doctor's Hangover Handbook*. "No specific foods are recommended, although honey sandwiches are

Coffee

If you're a regular coffee drinker, skipping java when you're hung over may—or may not—be a good idea, Brick says. You may wind up layering a pounding caffeine-withdrawal headache on top of your hangover woes when you miss your regular morning fix.

That said, caffeine narrows your blood vessels and boosts blood pressure. "Both of these may make the hangover worse," Brick says. "If you drink coffee regularly, you might try a very small amount in the morning. Wait 30 to 60 minutes and see how

Alka-Seltzer

Alka-Seltzer turns 80 in 2011, and the famous fizzy medicine has probably been used to treat hangovers for nearly that long. In 2001, the company even introduced a Morning Relief formulation specifically for hangovers.

All Alka-Seltzer varieties contain sodium bicarbonate (also known as baking soda), which will help settle a queasy belly by neutralizing stomach acid. Still, other ingredients, notably aspirin and citric acid, may irritate your stomach after a night of heavy drinking.

Water and sports drinks

Conventional wisdom holds that the dehydration caused by heavy drinking is what makes you feel so sick the next day. In fact, experts actually know very little about what causes a hangover. Potential culprits include disrupted biological rhythms or even alcohol withdrawal, and research suggests that congeners—toxic substances found in alcohol, especially dark liquors such as whiskey—may also play a role.

Nevertheless, replacing the fluid you've lost will likely help you feel a little less miserable. "Juice, water, Gatorade, all those things—they're going to

Avoid pain killers if possible.

The side effects of aspirin, Tylenol, and ibuprofen can be magnified when alcohol is in your system, so it is best (even though it may be the first thing you reach for) to avoid them to kill the hangover pain. Aspirin is a blood thinner, just like alcohol, and can intensify its effects and Tylenol (or acetaminophen) can cause more damage to your liver. Ibuprofen can also cause stomach bleeding. So be cautious when going for the quick relief.

Sleep

People sleep poorly after a night of drinking. Alcohol will put you to sleep quickly, but when it begins to wear off several hours later, the withdrawal your body feels can disrupt sleep and jolt you awake. Although sleep deprivation won't by itself cause a hangover, it definitely can make the symptoms feel worse.

If you have the luxury of "sleeping it off" the next day, do so. Your foggy brain and achy body will thank you. "The body's got an amazing capacity to heal on its own," says Dr. Cutler.

In the end, the only surefire treatment for a hangover is time.

Exercise

A gentle workout could help you feel better, if you can manage it (and that's a big if).

"Remember: If you've been drinking heavily, you could be a little dehydrated, you could be metabolically behind on your nutrition, and exercise is going to require hydration and nutrition," Dr. Cutler says. "Exercise is always the right thing to do, but I don't think [on] the morning you wake up with a hangover, exercise is what you need." What you really need is rest, he adds.

Rehydrate Your Water-Soluble Vitamins

Since alcohol is a diuretic, an evening of indulgent drinking results in an increased loss of water-soluble vitamins such as zinc, magnesium and potassium from your body. Replenish your system's zinc supply, which strongly affects the immune system, through foods such as chicken, eggs, cheese, oysters, beef, beans and peanuts. Grilled Chicken with Peanut Sauce makes a delicious and hearty hangover food choice.

Ok, it may already be too late, but then there's always Next Year!

Sauna

Think you can "sweat out" the alcohol and other toxins you may have consumed during a night of partying? Think again. A sauna can cause potentially dangerous blood vessel and blood flow changes in your body. "The last thing you need is to disrupt the normal blood-flow patterns by extreme heat," Dr. Cutler says.

If you're already somewhat dehydrated, excessive sweating can be harmful, and even deadly. Researchers from the Finnish State Alcohol Company's Research Laboratories, in Helsinki, warn that sauna bathing while hung over carries "real health risks," including dangerous drops in blood pressure and abnormal heart rhythms.

Bury me?

I don't recommend this one, but it is a fun bit of trivia. In Ireland it was said that the cure for a hangover is to bury the ailing person up to the neck in moist river sand. This may be folklore as I don't know of anyone who has tried it and it seems like too much work, especially if your friends were partying with you, but it's a little fun trivia for such a heavy subject.

January Birthdays

Happy Birthday to:

- 1 - Michelle Walker
- 17 - Lleslie Perrett
- 19 - Mary Merlino
- 24 - Chandell Gray
- 25 - Julie Life
- 27 - Gayanne Rathje
- 31 - Jill Diefenderfer



Just a Reminder

JAN 13

**HHYC Meeting at the
Eastlake Bar & Grill**

Jan 17, 2015

Commodores Ball

Jan 31 - Feb 1, 2015

**Super Bowl Party
Go Hawks!!!**

Next Next Meeting

FEB 10, 2015

AWARDS

BENT PROP

Toni Johnson

RUBBER DUCKY

Tom Youngs

OPEC

PC Dennis Kroeger

RESCUE

Marty Bluewater

8 BALL

Dennis Kroeger

MAGELLAN

PC Bob Ridenour



This Months Meeting at the Eastlake Bar and Grill will be on Jan 13. Great Views, Good Food and better people (which would be us). Come and enjoy with the other members!! Meet the New Bridge Officers and more!

New Members

**They're out there
Somewhere...**

Let's go find them!



2015

Still has some great opportunities to help out with hosting, cohosting, clothing, etc., etc.

**Contact Mike Burke
Our Incoming
Commodore for 2015**



Web Address

www.hhycseattle.com

Check out your info and make sure it's correct. Add a picture of your boat. Ideas?
E-mail our webmaster

P/C Paul Quinn

COMMODORES BALL

JAN 17TH, 2015

IF YOU ARE PLANNING ON ATTENDING AND HAVE NOT MADE YOUR MAIN COURSE SELECTION YET, HERE THEY ARE!!!

1. ROASTED CHICKEN BREAST
GARLICKY STEAMED GREENS, SWEET CORN MASHED POTATOES,
CREAMY SWEET CORN SAUCE
2. BRAISED BEEF SHORT RIBS
BRAISED GREENS, FALL HARVEST ROOT VEGGIES,
DIJON MUSHROOM SAUCE

SO IF YOU HAVE NOT HEARD FROM ME AND ARE PLANNING TO ATTEND, WE WILL NEED YOUR SELECTION BY THE 7TH OF JANUARY!

I WILL HAVE EMAILED THOSE WHO HAVE ALREADY SIGNED UP FOR THE EVENT REGARDING THE MENUS.

JPAULQUINN@GMAIL.COM OR 206 719-7199

News From the Editor

Via Kris Ridenour



Doc's Marina Grill in Winslow offers club members with a current HHYC Membership card 10% off entrees at lunch and dinner Monday through Thursday and 15% off entrees at lunch and dinner Friday, Saturday and Sunday.

New Roster Coming soon

2015 Roster

The 2015 roster will be published in January. There will be a new format with boat and people pictures. Stay tuned!



**Update your information
Form included
in this newsletter
on Page 3**

**Total Members 87
Life Time 19
Dues Paying 68**

Not too late Yet!

It's not too late to renew your membership for 2015. Within the next month we will be publishing the Roster for the new year. It will have a new format with both boat and people pictures. After that if you have not renewed you will have to wait till 2016 so we can see your smiling face in the roster.



PS. The Editor of the roster has a, well lets say, **dry sense of humor** and you would not want him to decide what your picture might look like!



Up Coming Events

Super Bowl Party

Saturday, January 31st - Sunday, February 1st

Clearwater Casino

15347 Suquamish Way NE,

Suquamish WA, 98392

Event Cost \$45.00

We have secured the Chief Seattle Suite for our Saturday Cocktail Hour and Super Bowl Party and 10 additional rooms for Saturday night.

The 10 rooms are listed under a block for the Hidden Harbor Yacht Club. The rooms are in at the discounted rate of \$104 plus 7.5% tax and a \$1.75 tribal tourism fee per room per night (\$113.55 total). Please call in to make your own reservation.

Instructions for reserving your room:

Guests calling in to make reservations can call at any time at [866-609-8700](tel:866-609-8700) and press "2" for a guest service agent. You will need to tell them you are with the Hidden Harbor Yacht Club to get the group discount and be added to the block. You will need to call by **Friday, January 16th**.

Entertainment and Dining:

The Casino is open 24 hours. For dining, guests can enjoy the Agate Pass Deli (open 24 hours), Longhouse Buffet or Cedar Steakhouse. The Beach Rock Lounge will feature free, live entertainment. Love the hits by the ladies? Well, we have a treat for you. Once you are on the dance floor, eyes closed and swaying to Madonna, you won't ever want to leave. Not even when you open your eyes and realize the sultry minx serenading you with "Like a Virgin" is a handsome fella. Four of them, to be exact! Don't miss Mr. Pink! Starts at 9:00 PM.

They also have an indoor pool and jetted Jacuzzi, so don't forget swimsuits!

Event Agenda:

We will have "light" appetizers for Saturday afternoon at 5:00PM in the Chief Seattle Suite because there are great dining options at the Casino.

For the Super Bowl Party we will enjoy hot and cold appetizers catered by the Hotel and a Super Bowl betting pool - bring some \$\$\$! The Super Bowl party starts at 3:30 Pacific time, so let's start at 2:30? Gives us time to set up.

GO HAWKS!!!
Sign Up with
Keli and Larry Parrett
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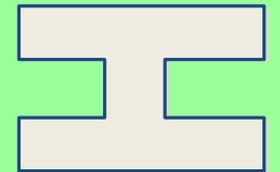
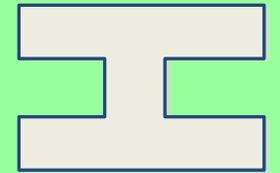
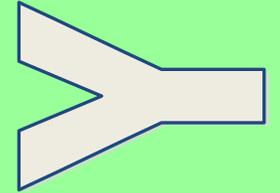
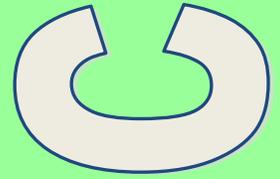
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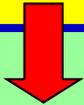
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Cell: (206) 949-6209 E-mail: wolfe@nwlinc.com

2015 Cruising Calendar

Jan 17, 2015	Commodores Ball Decca Hotel in the U District		P/C Paul Quinn & Patty Cossack
Jan 31—Feb 1	Super Bowl Party Suquamish Casino		Larry and Keli Parrett
March 20- 22	3rd Annual Garlic Festival Kingston Marina		Dane & Terry Fantz P/C Paul Quinn & Patty Cossack Earl Sommers & Lleslie P/C Rick & Sharon Lee
April 10—12	Daffodil Festival Tacoma Yacht Club		Bob & Kris Ridenour Dennis Kroeger & Brynn Sheridan
May 22—25	100 Mile Cruise		James & Julie Life More Life's
June 26—28	Rock the Dock		Laura & Mike Williamson And Friends
Sept 4 - 7	3rd Annual Crab Derby		P/C Paul Quinn & Patty Cossack P/C Dennis Kroeger & Brynn Sheridan
Sept 19 -20	Husky Game Andrews Bay		R/C Dane & Terry Fantz
Oct 30 -Nov 1	Halloween in Poulbo		Mary & Brian Scott
Nov 14	Pay Your Dues Party Auction		Grant & Giselle Warner



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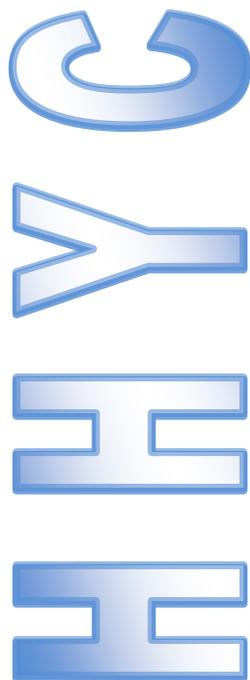
Fixer-Upper
←



2015	BRIDGE
Commodore	Mike Burke
Vice Commodore	Mary Scott
Rear Commodore	Dane Fantz
Past Commodore	James Left

2015	OFFICIERS
Treasurer	Sue Collins
Secretary	Carolyn Rolstad
Fleet Captain	Vic & Kari Portolese Charlie & Terry Life
Judge Advocate	Sharon Lee
Sargent-at-Arms	P/C Rick Lee

2015 Board Members
P/C Dennis Kroeger
Keli Parrett
P/C Paul Quinn
P/C Rick Lee
Charlie Life
Carol Soffel



2015	APPOINTEES
Awards	Kris Ridenour
Clothing	Sue Burke
Health & Welfare	Carol Soffel
Membership	TBD
Newsletter	P/C Paul Quinn
Safety	P/C Bob Ridenour
Website	P/C Paul Quinn



HHYC1976

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