

To preserve and encourage the sport of sailing, and foster a spirit of camaraderie among yachtsmen."



Duck Island Yacht Club

Founded in 1932

Happy mid-April!

2024 Annual dues deadline has past

Our club is open for the 2024 season!



16 MORE DAYS!!

May 8th - Bob McLellan's Wednesday Night Spring Series begins 1st Gun at 18:30 (Low tide 5:41pm w/NEW moon May 7th)
Grillin' & Chillin' after the race - Team Wolverine on grill duty
Burger (meat or veggie) w/salad \$4, Hot dog w/salad \$3,
Salad only \$4, Combo Burger/Dog w/salad \$6
(Honor System - CASH ONLY – exact preferred PLEASE)

Reminder: We are a BYOB club!



LADIES.....22 MORE DAYS!!

May 14th – Shirley Hall's Tuesday Night Series begins

1st Gun at 18:30 (High tide 4:55p)

Dinner Theme: Individual's boats choice

(Some go to Bill's while others eat at the club)

Reminder: We are a BYOB club!



Team One Newport (DIYC SWAG)

Not a racer? But want to be in the action? Consider joining race committee! Contact Ruth at diyc.race@gmail.com

As our 2024 racing begins...joining our DIYC family is always welcomed and is greatly appreciated as it directly supports all aspects of our club – racing included!

Our <u>Membership Information link</u> on our website gives a description, along w/the application and recommendation form (which are towards the end of this newsletter).



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Member Spotlight: Introducing 2024 Board of Governors

The Duck Island Yacht Club's Board of Governors acts similar to a Board of Directors for any particular company. While they do not get involved in the day to day operations of our club, they let the officers do that, rather they address the more long term goals and strategic plans of our club. I asked each one to share what they felt is the biggest challenge facing our club and the greatest opportunity for our club in the next five years?

Below are their responses:

David Nauber, Chairman



"I've seen Mark and BJ's replies and I think that if nothing else, the BOG is probably aligned on the big issues. Increasing participation and involvement with sailing is the precursor to maintaining and growing membership, which I see as the biggest challenge. The greatest opportunities are just the other side of the same coin. My personal view is that the

The greatest opportunities are just the other side of the same coin. My personal view is that the link from youth to adult involvement is not as clear as one might think. Many of the youth sailors in the area go off to college and don't come back until Christmas. Then they re-locate in another state as they move into the job market. I'd like to see an effort to recruit 20-30-somethings who have landed in CT. That's more or less the path I took. I started sailing at 29. Many younger people in CT came from another state and may never have imagined themselves

sailing much less had the opportunity to sail. The ECSA board has convened a committee to tackle some of these issues and make recommendations. They will be leaning on clubs like DIYC for the grassroots work that's required. I hope DIYC is able to act on some of their recommendations to help grow the local sailing community and ultimately, strengthen our membership."

Anne Edgley, Current Commodore

I believe the biggest challenge facing the club is to get the financial position back into robust health. It seems that every year we have an unexpected expense - mending the crane, repairing the end wall, replacing the ramp and now this year, a replacement engine for Mighty Duck. We are also looking at quotes to 'fix' the steps leading to the clubhouse, which sink a little each year. The dues were kept at the same level for over ten years, with a small increase last year and this year the Active Dues were increased by \$100. I very much hope to keep the dues at that level for the next few years but we must ensure the stability of the club. To that end, please put forward any fundraising ideas that you may have.

The greatest opportunity is to recruit new members and, in particular, to bring younger members into the club. It is wonderful to see the offspring of various club members step up for the steward duties each year - Ben Weinstein, Kiley McCarthy, and Braden Porter over the past few years - but they invariably go off to college and don't return to live permanently in this area. We need to find the folks who have gone off to college and then settled in this area! We previously had a membership committee led by Mark Kondracky who came up with some sound ideas, but the timing coincided with COVID which rather stymied activities. I believe we should re-form a committee and would welcome anyone interested in volunteering to contact me at commodore@diyc.com Happy Sailing!

Mike DeNamur, Current Vice Commodore

Mark McCarthy, Past Commodore

"The biggest challenge facing the club is getting the next generation of sailors interested in joining the club. We all know sailing is in a decline, and getting young people interested from feeder clubs like Clinton Sailing and Pettipaug YC is critical to giving young people an opportunity to continue sailing dinghies or to get into big boat sailing as crew without all the expense of actually buying a boat.

Our greatest opportunity for the club is developing programs to bring new members to the club to increase the availability of sailing for all ages. We see clubs around us create programs like MudRatz for young adults and the ideal 18 program at EYC for all ages. We need to leverage our big boat programs to attract new crew members in real time through technology, use our One Design programs to attract younger sailors and even think of offering JY15's to use for club members, for example. Let's get creative about how DIYC can get people out on the water having fun!"





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Brian Weinstein, Member at Large

Biggest Challenge:

Getting new members that are engaged and willing to volunteer, both in general and as officers. This situation has recently improved, but new officers and officer progression and continuity is crucial to the long term stability and success of the club.

Biggest Opportunity:

Leveraging the DIYC brand, social events, racing success and cruising opportunities to get more members from the pool of hundreds of boaters in the local Westbrook Area.

BJ Bernblum, Member at Large

"The challenge is maintaining membership but there should be an opportunity to increase it, with kids and adults. Perhaps a kids' summer school could be offered and run at least break-even. New members with and without boats should be encouraged to join as social members. I, and others I'm sure, would be delighted to take boatless folks of any level of skill out day sailing."



Let's celebrate those that have served as BOG for 5 or more years!

THANK YOU

(According to our website from years 2003-2024)

	, and the second	**12 years**	,	
		Brian Weinstein		
10 years	10 years	9 years	9 years	8 years
$B.J.\ Bernblum$	Bob Weinstein	Kevin Carse	Mark McCarthy	Todd Berman
8 years	7 years	5 years	5 years	5 years
David Nauber	Anne Edgely	David Gilmore	Mark Salerno	Kathy Nauber

Last month, I did a story celebrating officer volunteerism from 2003-2023 and missed David Gilmore! (Sorry Dave, Robin)

6 yrs. of service – David Gilmore

Commodore 1 yr., Vice Commodore 1 yr., Director of Publicity 2 yrs, Rear Commodore Race 2 yrs.

It certainly was exciting at times. Biggest Accomplishment was winning best ECSA race in 2001. Stu Silvestry Award, It was a lot of work by many, special help from Mike Thomas our Club steward that year. Cindy and Mark Marsella along with Kathy Nauber, Larry Hennessy and Al Skinner helped along the way. **Most important for DIYC is to keep on Racing!**





Treasurer's Report

- a) Monthly bills (Eversource & webhosting) paid
 - b) Thank you for your dues payments
- c) I am looking to set up ways for online payments
 - d) Working on our budget

Thank you, T. J. divc.treasurer@gmail.com



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"Fair winds and a following sea" to our duckies participating in the 2024 Newport Bermuda Race

*Thank you Birgit for this story suggestion

The 635nm race begins June 21st



Ben Russell - crew on Spectre

53rd Thrash to the Onion Patch starts June 21, 2024



It should be an easy task to write a little blurb about myself and the Bermuda race when asked. After all, it is one race. I started thinking about it and realized how much it requires. The race that is, not the blurb. As with any race, success typically requires preparation. Boat preparation, sailing instructions, logistics, weather, tactics, navigation, safety gear, crew training, and the list goes on....

My prep for the Bermuda race began when I was in high school and working at Pilot's Point Marina. I was often pulled from my duties as dock staff to help the painters prepare bottoms for boats doing the race. It was my first experience with a "race" boat. The fact that one could make the bottom paint look

like a mirror was mind-blowing. Much different than the bottom paint on the family sailboat my brother and I had been responsible for in our youth.

After high school, college, and a few years in the mid-west, I returned to Westbrook. I temporarily worked at Pilots Point again. I found myself prepping boats for the Bermuda race again. This time, with a different skill set, electronics. Through conversations with boat captains, I ended up doing some deliveries from the yard to Newport and testing systems on the race boats on the way.

This was also the summer I started racing. Justin Nolf asked me to race on Wednesday nights with Larry Hennessy and Deb Whitehead on their Evelyn 32-2, "Scorpion". For 10 years, I continued to prep. A lot of maintenance on an old boat completed by a group of friends led to some success and offered me a lot of opportunities to race with other programs over the years.

Larry and Deb upgraded to Direwolf, an IMX-45, and the Newport Bermuda race became a real possibility for a lot of the crew. Many had done the race, but I had not, and it was something I had looked forward to since high school when I found myself wet sanding a fifty-foot in forty- degree weather. It is funny what motivates us...

My first Newport to Bermuda Race finally took place in 2018. I was given the honor of being the navigator on Direwolf. In 2022, we did the race again. For me, the ride out to the racecourse was the culmination of all the prep. The ride to the racecourse is often my least favorite part of any race, and it is no different for me in the Newport to Bermuda race. Doubts creep in. Are we ready? Is everything set up? Will the plan work out? Did I put batteries in my headlamp?

Finally, the race starts, and the doubts disappear. Time to focus on racing. The start to racing is exciting, however not my favorite part. The first morning offshore is. Everyone has settled in, all of the boats have spread out a bit, and there is no land in sight. There is a liberating feeling that comes with that.

2024 will be my third Newport to Bermuda race. I will be racing on Spectre, a J-125 and my role will once again be navigation. I am looking forward to it and can't wait to sail offshore again. Still, there is a lot of preparation between now and then....

Bob Connell – crew on Blue Skies

I will be racing to Bermuda on a Skye 51 "Blue Skies" owned by Bill Gunther out of Essex YC. This will be my 10th NB Race. My least part of the race is starting in a breezy, rainy in a SE direction; it is about the worst raw condition. One of the best parts is crossing the Gulf Stream getting into the warmer waters. The clear nights can be incredible with the stars and satellites. The 2018 race saw a lot of glassy nights. There have been a few in the 50-65 it range. You never know what to expect. The best race was 2004, where we logged 100mi in 4 hrs. That year we were 1st in class, 1st in fleet and won the St David Light Trophy. We did that race in 2 1/12 days. The crew on that race had four local sailors, Billy Liberty, Jamie Gurnell, and Bruce Lawrence.





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Doug Carlisle - crew on Rhumb Runner



"I started racing on Mentor in 2011. Mark certainly taught me a lot about racing. I always like to challenge myself, and wanted to do some multi day distance races. I got my chance in 2016 on a boat called Cecilia Viking. The boat manager was looking for crew for this new Elan 450. Mark put the good word in and I was **welcomed** aboard. The boat manager pulled most of the crew off the crew finder on the NBR website. We would go on to sail with each other for the 2016 and 2018 race. The owner was a Norwegian national who got transferred back to Norway so he sold the boat. In 2016 my son, Travis, raced on an Oakcliff boat. After the race it was great to spend time with him and remind him of who had a better finish.

I started to sail on Direwolf, a IMX 45, owned by Deb Whitehead and Larry Hennessy. I was planning to sail with them for 2020 until Covid happened. For 2022 I did get to sail on

Direwolf. This race was my favorite so far. You couldn't ask for a better group of friends to sail with on a race like this. Finishing in less than 75 hours also helps. I also did the delivery back with a great group of Duckies that made it enjoyable and had a lot of good laughs on that trip. The biggest highlight of this race is when Rene e and I got engaged while being in Bermuda!

For the 2024 race I'll be racing on Rhumb Runner, A NEO430. We have been busy preparing for the race since January. We will start practicing in early May. Hopefully this will be another fast race!"

Mark Kondracky – crew on Rhumb Runner

"IF memory serves, I have done 8 Newport/Marion to Bermuda races (NBR). The first NBR raced was in 1996 aboard a Peterson 34. We had six on board, I served as a watch captain. The ride down was rough and included a few gear failures, one of which was the clutch for the engine. It had failed before the start making for a long sail from the finish line to Hamilton and a difficult return trip. One of things that I disliked in the race was when the holding tank/head backed up and exploded when someone was pumping it. First you are asleep, and then become aware of fetid air, but don't care, then all hatches are thrown open, now half asleep, cold... but still didn't care. Needed to rest. The best part was watching the phosphorescence at night. If the moon wasn't up, the bow wave kicked up a glowing trail of organisms. Mesmerizing.



My next NBR race was on a Mason 43, again serving as watch captain. Many boats didn't finish that year as the winds were light. We were non-spinnaker, and only got about halfway there. I was being treated with penicillin for Lyme disease. The drug makes you susceptible to sunburn. I had everything covered but my knuckles, so they burned from my time at the wheel.

I did several NBR and Marion to Bermuda races on the Mason, serving as tactician/watch captain. It was thrilling to come in third 2006, although we were penalized three hours for having a substandard log book. We did have legal notepad, and religiously listened to Herb Hilgenberg on a SSB radio every day to get the weather. Upon finishing the engine wouldn't start, so the inside of the boat looked like a bomb had gone off from digging out a spare battery and anchor. I am not sure what the race inspector thought about our interior, except that he sure didn't like our log book.

In 2016 many of the boats did not start due to dire weather predictions in the Gulf Stream. We had competed in the 2015 transatlantic race and had been pounded by three storms. Damaged, we diverted to the Azores instead of Plymouth England. Tempered by that race, we started the NBR knowing we could always turn around. The bad weather never really materialized. As you approach Bermuda the boats start to converge. Where are the boats in our class? How is it we are in with these faster boats? Well, turns out we won our class and division.

The rule of thumb is that you race a boat in the NBR with a length equal to your age. Well, serving as navigator on a Little Harbor 69 kind of fit that rule. The 2017 Marion race was fun. The boat had everything including a washer/dryer. As other crews got drenched in their foul weather gear, we wore tee- shirts inside the fully enclosed cockpit. This year I will race on an all-carbon fiber Neo 430. One of my jobs will be to download weather grib files and run optimizations to find the best route regarding the Gulf Stream in expedition software."

Are you a Race Committee Volunteer???

I am doing a Member Spotlight on you for next Newsletter! Please contact Robin as I do not know you all at diyc.pub@gmail.com



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RACE INFO

Dear Race Committee Members & Duckies who are interested in becoming part of the Race Committee,

In less than a month's time the parking lot and channel in front of our clubhouse will be busy again! Wednesday, May 8th is the launch of the Bob McLellan Wednesday Night Spring Series. Hot on its heels will be the first race of the Shirley Hall Series on Tuesday, May 14th. Thursday night One-Design (Laser, JY15, Etchells) will begin on June 20th. And let's not forget our ECSA Spring Regatta on Saturday, June 1st, when we will race against several other clubs.

Race Committee is an integral part of DIYC, and we are starting to plan our schedule based on everyone's availability. Please let me know which days/dates you are available after checking the DIYC Race Schedule on our website at DIYC Race Schedule If you have never been on Race Committee before and are interested in joining in, please contact me. No prior experience needed, and a limited number of US Sailing RC booklets are available.

We typically meet about an hour before race time to organize marks, flags and whatever we need out there. Bring drinks and snacks, if you wish, as we will be out on the water until the last boat crosses the finish line. Get ready for race starts and finishes, great camaraderie, and some of the best sunsets on the water!

Hope you will (re)join the Ducky RC Team!

Thank you, Ruth <u>diyc.race@gmail.com</u> Cell: (914) 316-5811

DIYC SPRING REGATTA (Sat. June 1st) REGISTER NOW



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FLEET NEWS

Mighty Duck as a brand new engine which has a Micro-Plastic Collecting Device!! Read about it Roger negotiated a great deal w/over \$3,000 worth of savings from trade-in and discounts!!



Thank you, Roger <u>fleet.captain@diyc.com</u>

श्च

Cruise Highlights

Memorial Day – Hamburg Cove, Friday May 24-27 (33 DAYS to go)

Typically hosted by Bob and Roz Weinstein features a cocktail party on Saturday evening, a carry-in supper on Sunday and an overall relaxing weekend celebrating the start of the summer!

Click here for cruise details

Three Mile Fireworks – July 12-14 (fireworks on the 13th/rain date 14th)

We've had so much fun over the past few years; this has become an official DIYC cruise! I think we were the largest raft-up in the harbor the last time we all went! Last year the debris in the sound and weather didn't cooperate but hopefully the weather this year will support a day full of beach games or fun floats, festivities and an amazing firework show Sat evening. An event not to miss!

Labor Day - Mystic Seaport or Block Island - Aug 31st - Sept 2

It's hard to imagine the end of summer before it even starts, but Labor Day has historically been a fabulous weekend to spend with fellow Duckies in either Mystic or Block Island. Both locations boast the most amount of fun. Perhaps we'll have to capture some pictures and vote on that!

We may try out a few other ideas this year, or if YOU have any thoughts on cruises. Please let me know and I can help with planning.

Hope to see you out on the sound! Check out the cruise link online here

Thank you, Lauren cruise.chairman@diyc.com





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SOCIAL CENTRAL

Grillin' & Chillin' will be every Wednesday*

during Spring & Summer Series on the Club's deck!
(*Except during Fleet Captain's Series)

(Ch)Burger (meat or veggie) w/salad \$4
Hot dog w/salad \$3
Salad only \$4
Combo (burger & dog) w/salad \$6 ~ no sharing please

HONOR SYSTEM ~ CASH ONLY w/limited change on hand

Reminder we are a BYOB Club

We would like to see all Wednesday boats/racers take a turn at grill duty. Free burgers/hot dogs for the grillers on the night you grill.

If you have a specific date you'd like to grill please contact me and thank you to those who committed to get grill duty started!

May 8th – G&C w/Team Wolverine as grillers
May 15th – G&C w/Team Scoots as grillers
May 22nd – G&C w/Team Coyote as grillers
May 29th – G&C w/Team Rumor as grillers

May 9th (Thursday) - Dames on the Deck Bring an appetizer to share and BYOB

May 31st (Friday) – 2024 Commissioning Day TGIF style – Bring an appetizer to share and BYOB

June 1st (Saturday) – Spring Regatta Party Volunteers needed please contact me

TBD: TGIF, Raft Ups & Awards Banquet

If anyone would like to help out with social events please contact me.

Thank you, Jessi Jessikneier@sbcglobal.net

RACING BEGINS IN 16 DAYS!



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Secretary's Summaries:

- ✓ 2024 Annual dues were due on April 1, 2024
- ✓ If you have not yet mailed your dues and updated member info form, please do so asap
- ✓ If you have any questions/need another copy of the dues letter and form, please email me
- ✓ March 12th Officers' meeting minutes have been approved and posted!

Find them on our website here -

Members Only
Requires userid & pswd

Thank you, Renee secretary@diyc.com

Condo Happenings (Thank you, Mark Salerno-Condo Secretary)

- Work party was a success! Crane is working!
- General clean up, and turned on the water etc... Completed

In the near future we will:

- Replace Security Camera's w/new ones as the current ones are very tired and images are "Fuzzy"
- Overhaul the wiring to the crane (parts have been ordered for this)
- There are 4 "dock's" that need attention, and we are finalizing that in the hope of having it done before the season is in full swing.



BOG Updates

We have approved membership for Bill & Lucy Walker. Their boat is Elusive, a Beneteau Platu 25. Also Social Members: Jeff & Nancy Meinke

Regards, David Nauber





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******** Vice Commodore's Comments

Many thanks to the 35-40 people who showed up for our spring work party with some great energy and smiles. *We were done in 2 hours!*

Congratulations go to Nancy Morell and Bill Gladstone whose names were picked, out of a hat, from today's volunteers!





Thank You, Mike <u>Vice.commodore@diyc.com</u>





Commodore's Corner

2024 Commissioning Day – May 31st 6pm (Friday) TGIF style – bring appetizer to share & BYOB

Donations needed for our Clubhouse: Paper towels & toilet paper

Next Officer's Meeting: Tues, May 7th (5:30p)

 $\underline{TBD} - 2024$ Annual Meeting

Another exciting year of sailing, cruising and fun coming up!

Thank you, Anne commodore@diyc.com



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A highball cocktail made with dark rum and ginger beer served over ice.
The drink allegedly got its name from an old sailor who compared the drink's murky hue to the color of storm clouds.
Kinda like my mood in November when the days are short.







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DIYC Website News & Updates

Registrations are OPEN

Bob McLellan Spring Shirley Hall One Design Bob McLellan Summer Fleet Captain's

DIYC ECSA Regatta Dates

Spring Regatta June 1st

Daytime Distance Bonus Pts Sept 28th

Thundermug Bonus Pts Oct 19th

Bill's Cup Sept 11th1st Gun 18:00 (to be confirmed)
Thank you, Dick <u>webmaster@diyc.com</u>

	Previous	Month	May	Nex	t Month		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Gray items are last years positions or best guess. When date is confirmed it'll be changed to red.			1	2	3	4	
5	6	7 Officers Meeting 5:30 PM	8 Bob McLellan Spring Series Race 1 1st Gun 18:30 Grillin' & Chillin' Wolverine	9 Dames on the Deck at DIYC - 6PM	10	11	
12	13	14 Shirley Hall Series Race 1 1st Gun 18:30	15 Bob McLellan Spring Series Race 2 1st Gun 18:30 Grillin' & Chillin' Scoots	16	18	18	
19	20	21	22 Bob McLellan Spring Series Race 3 1st Gun 18:30 Grillin' & Chillin' Coyote	23	24 Memorial Day Cruise to Hamburg Cove	25 Memorial Day Cruise to Hamburg Cove	
26 Memorial Day Cruise to Hamburg Cove	27 Memorial Day Cruise to Hamburg Cove	28 Shirley Hall Series Race 2 1st Gun 18:30	29 Bob McLellan Spring Series Race 4 1st Gun 18:30 Grillin' & Chillin' Rumor	30	31 Commissioning Day TGIF 6 PM		

Other Happenings:

- DIYC mark <u>chart</u> (click link or see chart below)
- ♣ May tide <u>chart</u> (click link or see chart below)
- **L.** Haddam Swing Bridge has posted a <u>schedule</u> for bridge openings for mariners
- **♣** NEXT The Mainsheet Newsletter May 20th
 - o Spotlight on Race Committee & Club Steward

That's all for now Duckies ∅.....Cheers & Thank you, Robin diyc.pub@gmail.com





To preserve and encourage the sport of sailing, and foster a spirit of camaraderie among yachtsmen." **Duck Island Yacht Club - Membership Application**

DUCK ISLAND YACHT CLUB Inc.

PO BOX 593 * WESTBROOK, CONNECTICUT 06498

APPLICATION FOR MEMBERSHIP

TYPE OF MEMBERSHIP(check one) Active Social(Age under 26 by 4

TYPE OF MEMBERSHIP(check one) ___Active ___Social(__Age under 26 by 4/1?)

A Social member may not own a boat greater than 20 feet.

NameLast	First		
	11100	Spouse	
Address			
Address Street	City	State Zip	
	_		
Home Phone	Fax	E-mail	
Children (names and a	ges)		
Occupation (Applicant)	Company	
Work Address			
Work AddressStreet	City	State Zip	Phone
Occupation (Spouse)		Company	
Work AddressStreet	City	State Zip	Phone
	-	-	
Boat Name	Make	_TypeSail	1 #
Boat Location			
Proposed By:			
Seconded By:	Seco	onded By:	
Member Responsibility:		_	-
its members. I agree	e to do my part as an ac	ctive contributor to the	work responsibil
The applicant underst	ands and agrees to	all of the requirer	ments of
Active Membership and			
Applicant's Signature		Date	
11 11 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1			

Recommendation Form. All completed forms are to be submitted to the Proposer of this member. The proposer will then forward all completed forms with appropriate fees (see Membership Options) to:

Secretary (Renee), Duck Island Yacht Club, P.O. Box 593, Westbrook, CT 06498



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Duck Island Yacht Club - New Member Recommendation Form

DUCK ISLAND YACHT CLUB Inc.PO BOX 593 * WESTBROOK, CONNECTICUT 06498

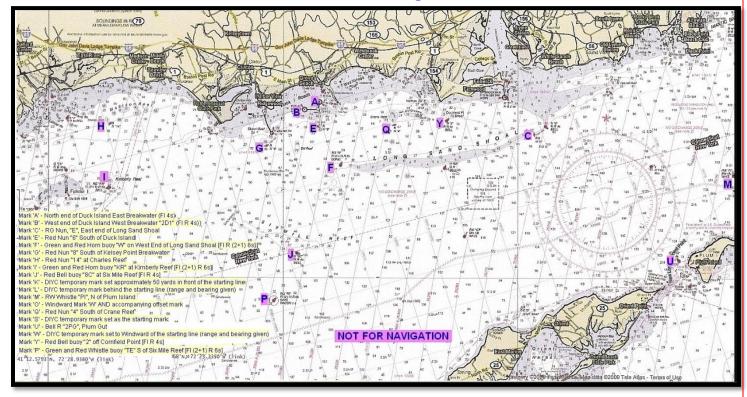
TYPE OF MEMBERSHIP (check one)	Active	Social	
Name of Applicant (s)Last	First		Spouse
How long have you known applicant? _	In what capa	city do you know t	he applicant?
Describe the contributions this applicant		as a member:	
Pagammandar's Signatura		Data	
Recommender's Signature (check one) Proposer			
This completed form is to given to the <i>P</i> fees to:	roposer to be submitted	with the completed	d application and appropriate
Secretary (Renee), Duck Island Yacht	Club, P.O. Box 593, W	estbrook, CT 064	98



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Our DIYC race marks chart

Click here for larger version





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USHARBORS II • = I www.USHarbors.com

Westbrook, CT - May 2024

Date		High			Low				♦		(
"	110	AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Wed	5:00	4.1	5:41	3.9	11:26	0.4	11:51	0.5	5:47	7:51	
2	Thu	6:05	4.1	6:43	4.1			12:26	0.3	5:46	7:52	•
3	Fri	7:10	4.2	7:43	4.4	12:56	0.4	1:25	0.2	5:45	7:53	•
4	Sat	8:11	4.3	8:39	4.6	1:59	0.1	2:20	0.1	5:44	7:54	
5	Sun	9:08	4.4	9:31	4.9	2:57	-0.1	3:12	-0.1	5:42	7:55	
6	Mon	10:02	4.5	10:20	5.1	3:52	-0.3	4:03	-0.1	5:41	7:56	
7	Tue	10:53	4.5	11:08	5.1	4:44	-0.5	4:52	-0.1	5:40	7:57	
8	Wed	11:43	4.5	11:56	5.0	5:34	-0.5	5:41	0.0	5:39	7:59	
9	Thu			12:33	4.4	6:23	-0.4	6:29	0.1	5:38	8:00	
10	Fri	12:45	4.9	1:23	4.3	7:12	-0.3	7:19	0.3	5:37	8:01	
11	Sat	1:35	4.7	2:14	4.1	8:01	0.0	8:11	0.4	5:36	8:02	•
12	Sun	2:27	4.4	3:06	4.0	8:52	0.2	9:05	0.6	5:35	8:03	
13	Mon	3:21	4.2	4:00	3.9	9:45	0.4	10:02	0.7	5:34	8:04	•
14	Tue	4:17	3.9	4:55	3.8	10:39	0.6	11:01	8.0	5:33	8:05	
15	Wed	5:15	3.8	5:51	3.8	11:33	0.7			5:32	8:06	
16	Thu	6:14	3.7	6:46	3.9	12:00	8.0	12:26	0.7	5:31	8:07	
17	Fri	7:11	3.7	7:38	4.0	12:57	0.7	1:16	0.7	5:30	8:08	0
18	Sat	8:05	3.7	8:25	4.1	1:50	0.6	2:04	0.7	5:29	8:09	0
19	Sun	8:54	3.7	9:08	4.3	2:40	0.5	2:48	0.7	5:28	8:09	0
20	Mon	9:39	3.8	9:48	4.4	3:25	0.3	3:30	0.6	5:27	8:10	0
21	Tue	10:21	3.9	10:27	4.4	4:08	0.2	4:11	0.6	5:26	8:11	0
22	Wed	11:02	3.9	11:05	4.5	4:48	0.1	4:51	0.6	5:26	8:12	0
23	Thu	11:41	4.0	11:44	4.5	5:28	0.1	5:32	0.6	5:25	8:13	0
24	Fri			12:22	4.0	6:08	0.0	6:13	0.6	5:24	8:14	0
25	Sat	12:25	4.5	1:04	4.0	6:50	0.0	6:56	0.6	5:24	8:15	0
26	Sun	1:09	4.5	1:49	4.0	7:34	0.1	7:43	0.5	5:23	8:16	0
27	Mon	1:57	4.4	2:37	4.0	8:22	0.1	8:35	0.5	5:22	8:17	0
28	Tue	2:49	4.4	3:29	4.1	9:13	0.2	9:32	0.5	5:22	8:17	0
29	Wed	3:44	4.3	4:24	4.1	10:07	0.2	10:33	0.5	5:21	8:18	0
30	Thu	4:43	4.3	5:21	4.3	11:03	0.2	11:36	0.4	5:21	8:19	•
31	Fri	5:45	4.2	6:20	4.4			12:00	0.2	5:20	8:20	