

TYC SPYGLASS

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A Monthly Publication of Tammany Yacht Club 1194 Harbor Drive Slidell, LA October, 2006

Chaplain's Chatter – Thoughts on Katrina's Anniversary

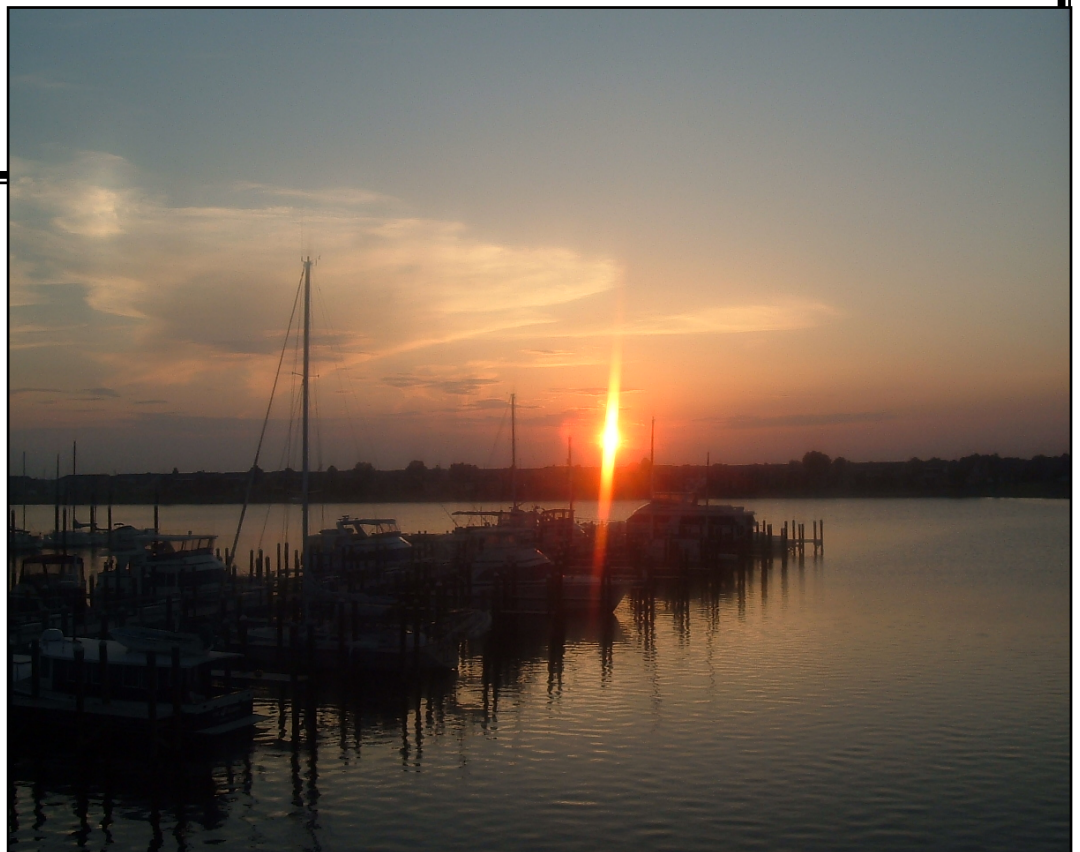
We made it back! Yes we did! And they thought we couldn't do it, or we thought we just couldn't do it. It was just too much to overcome. It was just too devastating. We were just too tired or we just didn't want to look at it anymore. Remember those thoughts that we had. Well, we soon put those out of our minds. What is "it"? It is and will be for the remainder of our lives the most life altering event ever. "It" is of course the Great Hurricane Katrina, the new gold standard of hurricanes! The biggest event for our region ever! Bigger than Camille, Betsy, Ivan and Dennis rolled into one. And we made it back. Oh, we still have a way to go materially, still some things to do to the house and yard. What I mean by "We made it" is that spiritually we have made the commitments to stay and rebuild as a people. We will admit that there will be some losses of friends and loved ones who had to make that change because it was "just too much". What has made us what we are is our love for one another, the greatest of gifts we've received from Him. We as a community, and our yacht club is a community, have made that commitment to stay and reestablish our relationships again and to be whole again. So today as we are asked to remember Katrina, let us also celebrate the event as the day we changed. Yes we changed, changed for the better. Think about it and think of Him while doing so.

His peace be with you all.

Deacon Dick
8-29-06

The day before the Spyglass was to go to press, I was struggling with figuring out what to put on the first page. When I got home that evening, miraculously Dick had dropped off this article at our house, and who doesn't love to remember the great sunsets we enjoyed from TYC's balcony. We had lots of great articles and pictures for the Spyglass this month, but somehow these seemed fitting front page material.

Thanks, Kelley





Commodore's Corner

Work is well underway at our Tammany Yacht Club! The interior has been painted. We are getting new ceiling tiles throughout, new counter tops and new floors in the kitchen and at the bar. Carpet will be replaced including stairwell. Air conditioning equipment and an elevator are on site. Thanks go to **Dave Barnes**, our solo work party, for final preparation for the painters. Congratulations to **Kyle Bowser** on winning the flooring contract for the kitchen and the bar.

Speaking of congratulations, Bravo Zulu to the Race Committee. **Kyle Bowser** on *Kokopelli*, and **Kenny LaNata** on *Weather Witch* were joined by **Sandy Stone** on *Bali Hai* in the warm-up for the Bill Watson Series. **Bobby Tassin, Mark Palermo & Karl Boehm** supported the event. **Kyle** and the *Kokopelli* crew represented TYC in the Great Lake Race. Upcoming sailboat races include the Pink Ribbon Regatta (a breast cancer fund raiser) on October 15 by NOYC and the 42nd Annual Hospitality Regatta, October 6-8, 2006 by the Jackson Yacht Club in Madison, Mississippi.

At the Gulf Yachting Association's Annual Meeting, on September 2 at Bay Waveland Yacht Club, the GYA Foundation gave TYC \$1000 to help rebuild our Juniors Program. Donations from across the nation funded the GYA Foundation

There are programs available to TYC Members which could help us grow our racing activities. I urge our sailors and power boaters to participate. GYA offers help in developing racing programs. A downloadable Race Management Training Manual is available on the GYA Website and a Race Judges Seminar will be conducted in February. US Sailing also provides sailing education opportunities. The US Sailing National Sailing Programs Symposium will be in New Orleans Jan 17-

21 '07, which will focus on how to run a sailing program. A One-Design Sailing Symposium will be offered on Jan 19-21 '07 in New Orleans.

Bill & Susan Jobst led the first TYC Cruise of the season to the Caribe Party at PYC. Only *Windsome* made the voyage via the lake, but a nice group from TYC made the trip in land yachts. I'll bet that won't be the last cruise, so you power boaters and sailors join the fun.

From all appearances, I really will see you soon at our TYC club house.

Harley McPeck



Pictured here, Past Commodores Bill Yaeger, Ann Sheppard, Nigel Beale and Scott Collins aboard *Windsome*. Thanks Bill!



Letter to the Editor:

The Katrina account written by Kyle Bowser is an excellent lesson learned for all of us. His accounting of the trials he encountered attempting to get through to Oak Harbor left me feeling as though I too were wading through the waters with him; lifting the dinghy and struggling to walk through the debris.

I think TYC members can be extremely proud of Kyle Bowser and his Katrina Crew as few people have this fortitude of pursuit.

I stay amazed at Kyle striving to reach out and touch Kokopelli in this photograph for in all my 65 years including 12 years of writing for the Times Picayune Dixie Magazine, I have never seen a man with this much determination.

Again thank you for the enlightening story and the forever etched in my mind photograph.

Judy Konos

From the Editor:

My many thanks to both Judy Konos and Kyle Bowser for their contributions to the Spyglass.

Judy sent in her thoughts on Kyle's Katrina story, along with this super picture. I feel sure that I have seen the picture before, but didn't have a way to save and print it before. Kyle's story was great, and although we might not be able to top it, I think everyone's accounting of those days is interesting. Hopefully it was a once in a lifetime event, at least that's what Dave Barnes has told me!

Those articles and pictures, in combination with contributions for our other members are what makes this Spyglass fun to put together, and hopefully fun to read. (Thanks everyone, Bill Jobst, John Sconza, The Board, Gilda Green, Margaret Russ, and all you other contributors!) I think we all like staying in touch with each other!

Kelley Richardt



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Equestrian Therapy: An Unempirical Alternative Treatment for Post-Katrina Stress Syndrome

By Beverly Stubblefield

There's a new facility in town that few people know about—the Equestrian Therapy Center of Slidell, owned and operated by Beverly Stubblefield, Ph. D., Clinical Psychologist. Using horses for therapy originated in Germany and England in the early 1970's to promote the mental and physical well being of clients through recreational riding.

Therapeutic riding typically includes the riding and care of the horse and its beneficial effects on the client. This form of therapy is goal-oriented and has been shown to be effective in the treatment of a wide variety of emotional and behavioral disorders in children and adults. Therapeutic riding is different from hippotherapy, which refers to the use of movement of the horse as a treatment tool to address impairments, functional limitations, and disabilities in individuals with neuromuscular dysfunction. Most of the Equestrian Therapy Centers in the Western part of St. Tammany Parish address these needs. But the North American Riding for the Handicapped Association has a special division for the treatment of emotionally handicapped children, and this is the primary focus of the Equestrian Therapy Center of Slidell.

Although Katrina has hindered the development of the Slidell Center, clients currently experience an alternative treatment to post-Katrina stress syndrome through the equine therapist. Children and adults alike can develop trust, improve self-confidence, and boost self-esteem. This form of treatment has been found to be very helpful to individuals traumatized by the hurricane and its aftermath.

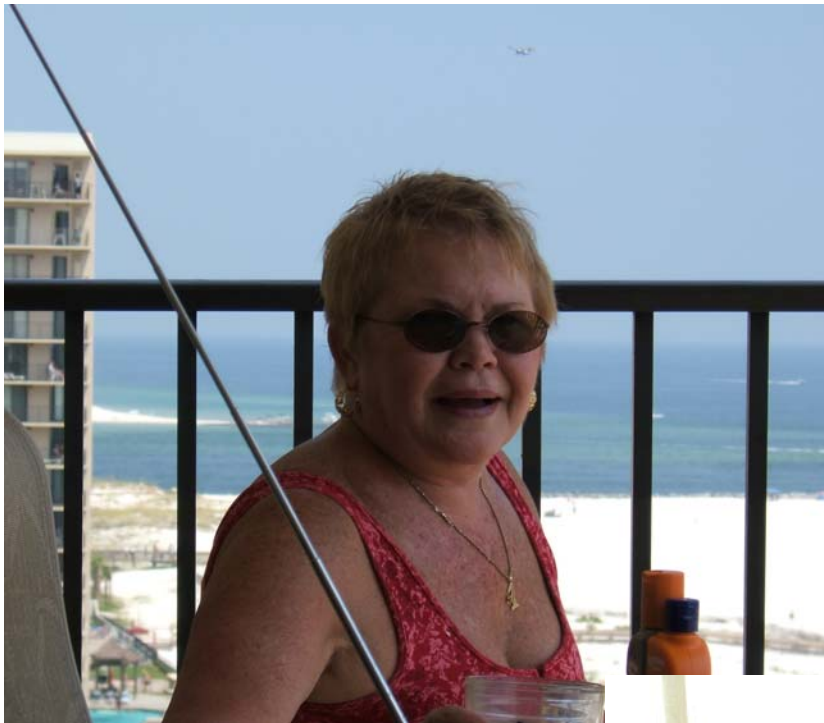
The Center presently has two equine therapists, JR Smoothy Scotch and his younger brother Slick Smoothy Scotch. Both are registered quarter horse geldings with easy-going, laid-back dispositions. Both horses really

love the attention and treats they receive from their clients. The Center will be getting a third horse hopefully this fall, Awesome Imprints, a retired show horse, who himself has physical handicaps.

A typical session includes grooming, exercises on the ground and horse, and teamwork. Different tactics are employed depending on the needs of the client. The horse is the focal point while the therapist works as facilitator. Children especially are more willing to change inappropriate behavior if the horse acts as the disciplinarian instead of the facilitator barking instructions. It is quite fascinating to see what the horse provides. Each session is different and the equine therapist seems to know just what is needed.

Equestrian therapy fosters safe, professional, ethical and therapeutic equine activities through education, communication, training, and riding for people with mental and physical disabilities. So, if you are stressed, depressed, or phobic, come see JR or Slick Smoothy Scotch for a session. Just call 985-643-5145 to schedule an appointment.





Thunder on the Gulf, off shore power boat races, were held in Orange Beach, Alabama on August 18 - 20, 2006. TYC was proudly represented from the 11th floor balcony at Phoenix VII. Attending the races this year were Nancy & Carl Ritzmann, Margaret & Wayne Russ, Gilda & Danny Green, with guests Cindy and Peter Nagy of Marina Drive.





We made an attempt to visit all of the local watering holes also, including LuLu's, Flora Bama, Zeke's, Tacky Jacks, Calypso Joe's and Bayside Grill. Check out the "breakfast" cart from Tacky Jacks. Made us glad we were only drinking.

A great time was had by all, with plans in the works to attend next year's races. Who knows, we might even enter Ritz Sea next year. We will have to check further with Carl. After the races, Gilda and Danny traveled to Destin for a few more beach days. Hope everyone else had a great August! Gilda Green





Caribe Party Cruise

Mandeville Harbor has always been a favorite destination for TYC sailors, whether enjoying the waterfront restaurants or hanging out at Pontchartrain Yacht Club. The added incentives of PYC's Caribe Party in their new, temporary club and a refurbished public dock made a Mandeville cruise too inviting to pass up. So despite the thunderstorms, light winds and 90 degree temperatures, we set out for the party with a full crew aboard WINDSOME.

The trip over was comfortable under the bimini and dodger. Our radar let us avoid the heavier showers and monitor the movement of a waterspout off Lakefront Airport. (It was moving away from us, but folks paid attention when I explained where life preservers were stored.) At Goose Point, the sky cleared and we had enough wind to complete the trip into Mandeville Harbor under full sail with Bill Yaeger and Ann Sheppard taking turns at the helm while Steve Jones trimmed sails and tried to talk us into putting the centerboard down (Go faster, less leeway!). Dodie, Jim Ivey, Etchie Yaeger, Susan and I tasted the wine and just enjoyed the good company.

Although there were 32 TYC folks at the PYC party, most opted for land cruising rather than facing the weather. Either way, the trip was great fun. PYC is back in full swing with good food, good music, a responsive bar and great hospitality. Everyone had a wonderful time, and for those of us who partied too much, the Broken Egg Café was an easy walk for a Sunday brunch complete with great coffee!

Most of you have done more post-Katrina boating than we have, but if you are new to the area or are just now returning to the lake, there are a few areas that deserve your attention. Onboard WINDSOME, we have been reluctant to put our centerboard down in fear of running into someone's house that was moved into Lake Pontchartrain. The good news is that on our trip to PYC, we found nothing unusual on our depth sounder and didn't see any drifting debris. We are looking forward to more sailing, with the following reminders in our log.



Going out of Oak Harbor, the red and green channel markers were down, but the pilings are still in place. Finding your way home after dark or in foul weather could be a challenge, so save your GPS track. In the channel the most shoal depth was a little over 8', but we did not explore the full width of the channel.

Once out of the Oak Harbor channel, there were several metal poles marking a channel to the I-10 bridge. Prior to the cruise, we "slalomed" WINDSOME between the poles. Water depths were 9' or greater and we found no evidence of subsurface debris. I assume that the poles once marked a clear channel for larger vessels doing salvage operations in the harbor. The poles did register on our radar's short range scale, but you had to know where to look. Hitting a pole with a folding prop could be expensive, so again save your GPS track if you plan to return to Oak Harbor after dark.





On our way home from PYC we briefly looked for the old pipeline markers between Lacombe and Bayou Liberty. We didn't see the markers, but a metal pole with reflective tape was where one of the markers should have been. We'd recommend staying clear of the old pipeline marker locations... no telling what's down there.

Finally, Mandeville Harbor is clearly marked and easy to enter. The harbor has been cleared of debris and the bulkheads have been repaired to better-than-ever condition. Outlets for shore power should be working soon. Since most boating folks are still dealing with Katrina issues, there are few boats cruising Lake Pontchartrain, and we had the entire harbor all to ourselves. For those of you who can break away from Katrina repairs, Mandeville is a wonderful destination!

So...let's go cruising again! We visited Gulfport Yacht Club (by car) last weekend. They have a temporary club that includes a pool (all that remained after Katrina), a great bar, and wonderful hospitality. Their guest dock was in good repair. Keep October 21 open on your calendar and we will let you know our cruising plans via email. The likely destinations are either GYC or Ship Island. Better yet, give us a call if you're interested in a cruise, or if you have another destination on your horizon.

Bill Jobst

Pictures with article of Bill and Etchie Yauger, Steve and Dodie Jones, Susan Jobst and Ann Sheppard aboard Windsome.



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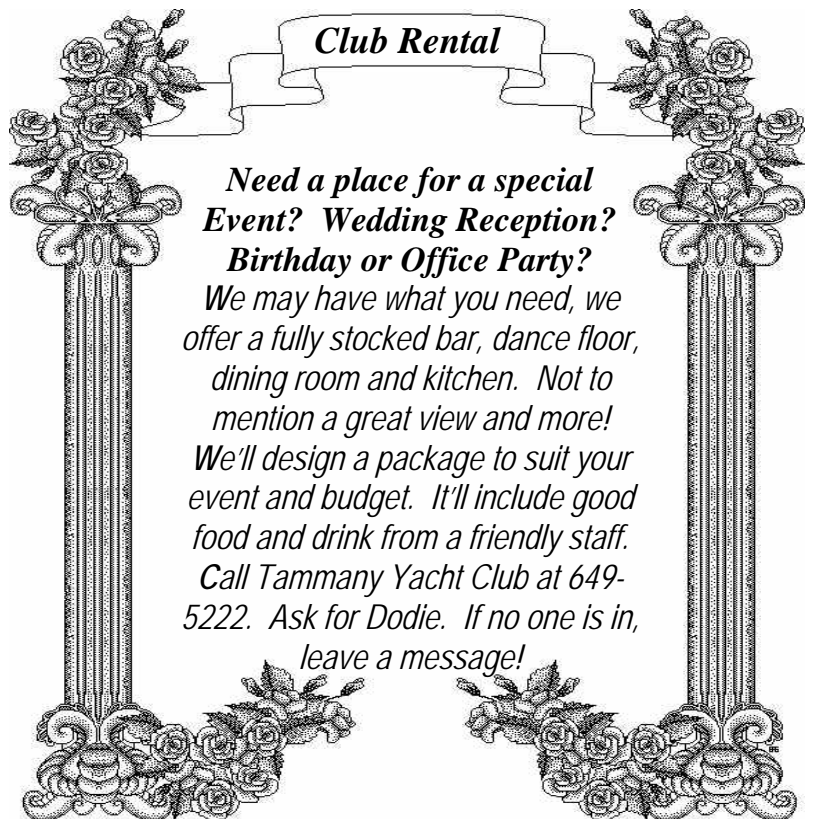
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Witches and Warlocks, Ghosts and Goblins – it's time to mark your calendars and plan to participate in the First Mates' Go-For-The-Ghoul.

The Festivities will begin at 3:00 on Saturday, October 28th at JB and Jim Ilgenfritz's. It'll cost you \$10 per person, payable at the door with either cash or check (made out to First Mates), for each collection of Ghouls you'd like to acquire. The more Ghouls Collections you purchase, the better chance you have of winning a prize. Be sure to begin your Ghouls-Getting at Jim and JB's by 5:00. And don't forget – NO PEEKING!!

Continue Trick-or-Treating and collecting Ghouls at 3 more Haunted Houses before gathering with the rest of the Ghouls-Getters at the residence of June and Scott Collins by the Witching Hour of 6:00. At that time, your Ghouls Collections will be validated and tabulated and prizes will be awarded.

Food, Fun and Fellowship will be served at each of the 5 stops. Stay for as long, or as short, a time as you like at each house – just be sure to begin with JB and Jim anytime after 3:00 but no later than 5:00 and end with June and Scott by 6:00.

Travel by land or by sea to each of the stops, and costumes are welcome. Watch for an "all hands" email closer to the time with more finalized details and a list of the homes on your Ghouls-Getting trek.

HAPPY FALL! Have a terrific October and I hope to see all of you on the 28th!

Brenda

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