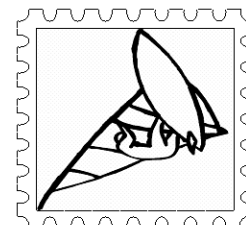


R.V.W.A.  
S.I.K.O.  
PO. BOX 547  
RIO VISTA, CA 94571



RVWA  
SIKO  
NEWS LETTER  
SPRING 2005



TO:

A. WINDUSER  
1 WINDY SPOT  
PLANET EARTH 94639

## WHEN AND WHERE

Did you have a wonderful winter? Now is the time to dust off your sailing gear and see if you can still fit into your wetsuits! As we head into the new season, we would like for you to mark some dates and times on your calendars. **Saturday, May 14<sup>th</sup>** is the first date to reserve, since this is the official **OPENING DAY** at The Sign as well as the day of the 2005 season's first **BOARD MEETING**. If you'd like to get more involved with RVWA please plan to attend this meeting. It will be held at The Sign at **11:00 am**. Board members will be around to help set things up and do some organizing. The second date to set aside is **Saturday May 28<sup>th</sup>**. This is the day of our big **CLEAN UP** that starts at **10:00 am**. We plan to have a large dumpster on hand and stuff for sandbagging. **TOOLS AND PICK-UP TRUCKS ARE NEEDED!** We had a good showing last year on our clean up day, and we hope you'll come out again. *Remember— if your favorite launch site isn't sandbagged, that's because you didn't get a group down to The Sign to put together sandbags and set them in place!* It's a lot of work, but if we work as a team it usually goes pretty fast.

The big weekend of **May 28<sup>th</sup>** holds more in store than just clean up. On Sunday (**May 29<sup>th</sup>**) at 10:00 am, come on down to The Sign for our **3<sup>RD</sup> ANNUAL SWAP MEET**. Trade or sell out your old stuff. There is **NO CHARGE** to get in or to sell, but we will be asking for memberships at that time. An RVWA Season Membership is still only \$20 for a single and \$40 for a family. Tide charts will be available with paid membership. There are more details and an application form in this newsletter.

Our Grande **FUNDRAISING WEEKEND** is tentatively set for the Full Moon Saturday of **July 30<sup>th</sup>**. There'll be good food, music, a **HUGE** raffle, silent auction and other fun activities. The finer details regarding this important event will appear in the next newsletter, so keep your eyes open for that. And if you have a talent, business or hobby which produces a product or service, we'd greatly appreciate any contributions. (You'll even get a little bit of exposure.) Examples include massage therapy, homemade wines, photography and pottery.

The summer will wind down with our **END OF THE SEASON CLEAN UP** on **Sunday, September 4<sup>th</sup>**. Your help is greatly needed here, as we will need to pick up all carpets and/or garbage and put them in the dumpster for removal. Rakes, shovels and gloves will be the attire for this work day, most likely followed by a potluck dinner.

Every day this summer is set aside for wind and watersports. All other dates are subject to change, so look for the next newsletter and check online at **RVWA.com**.

Make sure you get in as much time on the water as you can.

I'll be looking for you this summer! Cookie



## WHAT WE'RE ABOUT

The Rio Vista Windsurfing Assoc is dedicated to promoting the safe utilization of the Sacramento Delta Levee system for use by Windsurfers and Kite surfers. Pursuant to that goal certain donations are required to maintain levels of service at specific sites. In certain areas, a minimum mandatory donation is required. RVWA/SICO will begin to track usage of all areas and target improvements based on that usage as well as contributions from those areas. If you have recommendations that will enhance your particular area, contact an RVWA/SICO Board member to explain your recommendation. You are welcome to drop off written suggestions to the email through the Web Site or to a board member.

**All Areas:** The Rio Vista Windsurfing Assoc. (RVWA/SICO) leases The Sign, The Access, The Powerlines and Little Baja Kite Launch areas on Sherman Island through a long-term lease granted by the California Water Resources Commission. Our lease of these areas is subject to the terms and conditions of that lease. RVWA/SICO provides improvements at these sites as well as in the County Park. RVWA/SICO is also required to maintain a certain level of liability insurance. Your donation of \$20 per year contributes to these expenses as well as the maintenance of the sandbags, porta potties and on-going activities to insure continued access to the River. All vehicles, RV's, Trailers, Boats in those areas must display valid license and registration as well as maintain their respective state's insurance requirements.

**The Sign:** Due to recent increases in the expenses, a minimum mandatory donation is required by anyone staying at "The Sign" for more than 8 days in one month. If you are on site for 9 consecutive days, a mandatory donation will be required. This minimum mandatory donation is required by anyone or family who leaves vehicles, RV's or equipment on that site. The minimum donation is \$100 per month or \$25 per week. Higher donations will be gladly appreciated. Checks or cash are accepted. Payment will be made to Lane Sykes or Cookie. If you have special circumstances, individuals may appeal to the board of directors for special consideration. We do not anticipate a charge for weekend use. "The Sign" area is not intended to be a storage facility – commercial storage containers will not be accepted. The Sign will remain open during the summer windsurfing season and will close for the winter season. A notice will be posed on the bulleting board when a closing date is determined. An attempt will be made to post a notice on the web site.

You need a "Fin to get in." Due to the limited number of available spaces, camping will be limited to RVWA members. Families and friends of RVWA members are welcome as space permits. Those visiting campers are limited to one week without written permission from the RVWA/SICO Board of Directors.

## GET READY

As I sit here watching the snow fall it's hard to believe that the sun and wind is coming to entertain us once again for the summer. The calendar tells me that we will be on the water very soon so I must prepare for the season.

This year I am focusing on the exercises I need to do so that I will be in shape for windsurfing and kiting. Be sure to check with your Physician before starting this exercise program.

1. Sit upright in a comfortable chair.
2. Using two 6 packs of beer (bottles), place one six pack in each hand. With arms straight in front of you lift 10 times.
3. Next put your arms straight out to the side and slowly lift and lower your beer 10 more times. For more advanced students, you may lift the beer completely over your head.
4. To strengthen your legs and ankles and lower abdomen, you will need to put a strap on your 6 packs and hang them from your ankles. Slowly lift and lower your legs 20 while you hang on to the chair for dear life.
5. For your back you will need to take the bottles out of the container and lay them on the floor. Lay on top of the bottles and roll back and forth. (If the bottles break stop immediately and consult your Physician.)
6. Invite some friends over and do the traditional elbow exercises by opening the bottles and lifting and lower the bottles to your mouth until all of the contents have been consumed.
7. If you have successfully completed all of the above exercises, it shows that you truly are foolish enough to get on the water again this season. Congratulations!! You have completed Cookie's preseason exercise program. If you would like a mid season exercise program, send \$20 to RVWA and become a member.

MANY THANKS TO

**Walt White** for all the hours spent updating the tide chart.

**Brian Geasa** for getting tide charts printed

**Steve Smith** for mowing and getting clean up crews together.

**Bob and Myna** for clean up and organization at the County Park.

**Rob Mackenzie** for attending meetings all year.

**Wayne and Lori Makabe** for getting the mail all winter.

**All the board members** for keeping this organization running smoothly all year.

### Rio Viento Windsurfing Resort

On Sherman Island

*(one of the worlds most consistently windy places)*

is now open

Please check out their website [WWW](http://WWW).

### DOGGIE ALERT!

WE LOVE OUR DOGS,

BUT NOT THEIR POOP.

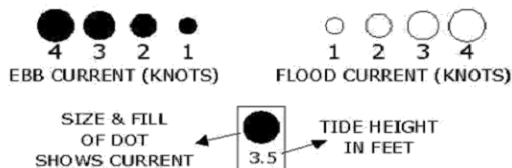
REMEMBER, ONLY YOU CAN

PREVENT POOP!



# SHERMAN ISLAND May 2005

6 AM	7 AM	8 AM	9 AM	10 AM	11 AM	12 PM	1 PM	2 PM	3 PM	4 PM	5 PM	6 PM	7 PM	8 PM	9 PM	
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	1
2.4	3.1	3.7	4.1	4.1	3.7	3.0	2.2	1.3	0.6	-0.0	-0.3	-0.1	0.3	1.1	1.9	SUN
●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	2
1.4	1.8	2.5	3.2	3.8	4.0	3.8	3.3	2.6	1.7	0.9	0.3	-0.1	-0.2	0.1	0.6	MON
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	3
1.1	1.0	1.4	2.0	2.8	3.5	3.9	3.8	3.4	2.7	1.8	1.0	0.4	0.0	0.0	0.4	TUE
●	●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	4
1.3	0.8	0.7	1.0	1.7	2.5	3.3	3.8	3.8	3.4	2.7	1.9	1.1	0.5	0.2	0.3	WED
●	●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	5
1.6	0.8	0.3	0.3	0.7	1.5	2.4	3.2	3.7	3.8	3.4	2.7	1.9	1.2	0.6	0.4	THU
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	6
2.1	1.1	0.3	-0.1	-0.0	0.5	1.4	2.3	3.2	3.7	3.8	3.4	2.7	1.9	1.2	0.8	FRI
●	●	●	●	○	○	○	○	○	○	○	○	○	○	○	○	7
2.7	1.6	0.7	-0.0	-0.3	-0.1	0.5	1.4	2.3	3.2	3.7	3.7	3.3	2.6	1.9	1.3	SAT
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	8
3.2	2.2	1.2	0.3	-0.3	-0.5	-0.2	0.6	1.5	2.4	3.2	3.6	3.6	3.1	2.5	1.9	SUN
●	●	●	●	●	○	○	○	○	○	○	○	○	○	○	○	9
3.7	2.7	1.7	0.7	-0.0	-0.5	-0.5	-0.0	0.7	1.6	2.5	3.2	3.6	3.5	3.0	2.4	MON
●	●	●	●	○	○	○	○	○	○	○	○	○	○	○	○	10
4.1	3.3	2.3	1.3	0.4	-0.2	-0.5	-0.4	0.1	0.9	1.8	2.6	3.2	3.5	3.3	2.9	TUE
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	11
4.3	3.7	2.9	1.9	1.0	0.3	-0.3	-0.4	-0.2	0.4	1.1	1.9	2.6	3.2	3.4	3.2	WED
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	12
4.4	4.1	3.5	2.8	1.9	1.0	0.3	-0.2	-0.3	-0.1	0.4	1.1	1.8	2.6	3.1	3.4	THU
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	13
4.1	4.1	3.8	3.2	2.5	1.7	0.9	0.3	-0.1	-0.2	0.1	0.6	1.3	2.0	2.6	3.1	FRI
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	14
3.5	3.9	3.6	3.0	2.3	1.6	0.9	0.3	0.0	0.0	0.3	0.9	1.5	2.2	2.8	SAT	
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	15
2.7	3.2	3.6	3.6	3.3	2.8	2.2	1.5	0.9	0.4	0.1	0.2	0.5	1.1	1.7	2.4	SUN
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	16
1.9	2.4	2.9	3.3	3.4	3.2	2.7	2.1	1.4	0.8	0.4	0.2	0.4	0.8	1.4	2.1	MON
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	17
1.3	1.6	2.1	2.7	3.1	3.2	3.0	2.6	2.0	1.4	0.9	0.5	0.4	0.6	1.1	1.8	TUE
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	18
1.1	1.0	1.3	1.8	2.4	2.9	3.2	3.1	2.7	2.2	1.6	1.0	0.6	0.5	0.6	1.0	WED
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	19
1.2	0.8	0.7	1.0	1.6	2.3	2.8	3.2	3.1	2.8	2.2	1.6	1.1	0.8	0.7	1.0	THU
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	20
1.3	0.7	0.3	0.4	0.9	1.5	2.2	2.9	3.2	3.2	2.8	2.3	1.7	1.1	0.9	1.0	FRI
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	21
1.6	0.8	0.2	-0.1	0.2	0.7	1.5	2.3	2.9	3.3	3.2	2.8	2.3	1.6	1.2	1.0	SAT
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	22
2.0	1.0	0.2	-0.3	-0.4	-0.0	0.7	1.5	2.4	3.1	3.5	3.4	2.9	2.3	1.7	1.3	SUN
●	●	●	●	○	○	○	○	○	○	○	○	○	○	○	○	23
2.7	1.6	0.6	-0.2	-0.7	-0.6	-0.1	0.7	1.6	2.5	3.2	3.6	3.4	2.9	2.3	1.8	MON
●	●	○	○	○	○	○	○	○	○	○	○	○	○	○	○	24
3.4	2.3	1.2	0.2	-0.5	-0.9	-0.7	-0.1	0.8	1.7	2.6	3.3	3.6	3.4	2.9	2.3	TUE
●	●	●	●	○	○	○	○	○	○	○	○	○	○	○	○	25
4.2	3.1	2.0	0.9	-0.1	-0.8	-1.0	-0.7	-0.0	0.9	1.9	2.8	3.4	3.6	3.4	2.9	WED
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	26
4.7	3.9	2.9	1.8	0.7	-0.2	-0.8	-1.0	-0.6	0.1	1.0	2.0	2.8	3.4	3.6	3.4	THU
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	27
5.0	4.7	4.0	3.0	1.9	0.9	-0.1	-0.7	-0.9	-0.6	0.0	0.9	1.9	2.7	3.4	3.8	FRI
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	28
4.5	4.7	4.4	3.8	2.8	1.8	0.9	0.0	-0.5	-0.6	-0.3	0.3	1.2	2.1	3.0	3.7	SAT
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	29
3.5	4.1	4.3	4.1	3.5	2.7	1.8	0.9	0.1	-0.3	-0.4	-0.0	0.6	1.5	2.4	3.2	SUN
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	30
2.2	2.9	3.5	3.9	3.8	3.3	2.6	1.8	0.9	0.3	-0.1	-0.1	0.3	1.0	1.9	2.8	MON
○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	31
1.2	1.7	2.4	3.0	3.5	3.5	3.2	2.6	1.8	1.1	0.5	0.1	0.2	0.7	1.5	2.4	TUE



## RVWA Loses a Good Friend

Did you know Andy Sewell? Wind-surfer, kiter, computer whiz and inventor of the FootSaver® breakaway foot-strap system, Andy lived in Rio Vista and sailed mostly at the Sign or Windy Cove with his brother, Mark. He took up kiting a few years ago and kited on the lighter days at Team Rio Beach.

Andy was reported missing near Little Norway (Echo Summit, South Lake Tahoe) the day after an early winter storm blanketed the Sierras with three feet of snow last October. He frequently went to the summit for mountain biking, and wanted to get in one last ride before winter set in. The El Dorado County Sheriff Department in cooperation with the local search and rescue team deployed a search party consisting of two helicopters, snowmobiles, a rescue dog and a 25-person foot patrol, but they failed to find our friend.

Andy often wrote articles (anonymously) for this newsletter regarding safety both on and off the water, and helped keep the RVWA mail flowing from Rio Vista to Quincy during the off season. His gentle spirit, kindness and humor are greatly missed.

If you knew Andy Sewell and would like to attend a celebration of his life (date TBA sometime late spring or summer), please send an email to: riowind-mail-rvwa@yahoo.com.

FOLD AND  
MAIL  
THIS PAGE

RVWA-SIKO  
PO BOX 547  
RIO VISTA, CA. 94571

PLACE  
STAMP  
HERE



**RVWA-SIKO**

**PO BOX 547**

**RIO VISTA, CA 94571**

**MINI APPLICATION FOR RVWA—RIO VISTA WINDSURFING ASSOCIATION  
SICO—SHERMAN ISLAND KITE ASSOCIATION  
P. O. BOX 547, RIO VISTA, CA. 94571  
Make checks payable to RVWA**

RENEWAL\_\_ NEW ADDRESS\_\_ KITE\_\_ WINDSURF\_\_ KITE & WINDSURF\_\_

**TO HELP AVOID INCORRECT INFORMATION PLEASE WRITE CLEARLY**

FIRST NAME \_\_\_\_\_

LAST NAME \_\_\_\_\_

COMPANY NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

BUSINESS PHONE \_\_\_\_\_

ANNUAL MEMBERSHIP CONTRIBUTION  
(APRIL 1 TO MARCH 30)

INDIVIDUAL-\$20

FAMILY-\$40 OR MORE

SUSTAINING-\$50 OR MORE

CORPORATE-\$100 OR MORE

FAVORITE SAILING SITE \_\_\_\_\_

VOLUNTEER \_\_\_\_\_

REFERRED BY: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

Rio Vista Windsurfing/Kite Association would like to thank you for your generous support. Your contribution will help ensure that windsurfers and kites can continue to exercise our privileges as we do now. From the sandbags, information signs, Porta-potties, and beach cleanups at various sailing sites, to our political activity in local and state government - your contribution is hard at work.