

# Acton Action

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## Spring Social April 16

The annual rite of passage for our club is the Spring Social. It takes place on a Saturday right after the launching of the boats. Start the season right by bringing the family and joining your fellow sailors for lunch and the activities that follow. Email Rose Schultz at roegeorge9109@sbcglobal.net or call 937-866-9962 to RSVP numbers. More on page 2.

## HSA Racing Calendar

If you have a boat, prepare to sail it now. Grease those wheel bearings, tote that barge, hoist that sail! But wait until Sunday April 24 for that last part. That is the date of the first two races in the Spring Series. Start 2016 off on the starboard foot. Get outdoors and into a boat!

### Did You Know?

Adult women between the ages of 25-45 are the fastest growing demographic of new sailors. So says Deborah Bennett Elfers on her sailing blog "Take the Tiller". Women, she says, "are embracing sailing because of their personal networks and the social benefits that sailing can offer. ... (B)eing a woman who has come to sailing later in life, and who is committed to learning everything possible about being a sailor.. it's all about making that personal connection to someone who invites you aboard that makes you dare to try, and the community of friends who can keep you going as you pursue your goals. "



Photo courtesy Scuttlebutt

"Women between the ages of 25-45 are the fastest growing demographic of new sailors." Deborah Bennett Elfers

## Mentoring

In our past two issues, we have been excerpting Nicholas Hayes' book called *Saving Sailing*. In the first two installments, we told you about Hayes' research into the sailing world and why he thinks sailing is a Life Pastime, one well worth making it a family time choice. Hayes, who sails out of Milwaukee, writes for a number of publications and websites, including Spinsheet, Sailing Magazine, Sailing Anarchy, and Scuttlebutt. The word for this issue? Mentoring.

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## What are these people doing?

Orienteering? Birdwatching? Nope, they're Geocaching. Join Captain Geo and the Lost Trail Rangers on Saturday, April 16 after the HSA Spring Social on a geocaching adventure. Starts at 2:00

"There is a way that nature speaks, that lands speaks. Most of the time we are simply not patient enough, quiet enough, to pay attention to the story."

Linda Hogan

## Why Do You Race a Sailboat?

### Crunching the Numbers

Of the 3.6 million Americans who sail, most of them choose to just get on the water and go somewhere. But about one million of the 3.6 want to race. According to Hayes, about 800,000 are members of a crew, and the other 200,000 own the boat they race on.

Hayes compares racing to creative license in music. "It can be," he says, "the key to unlocking the emotions and emotional benefits that are buried somewhere within. Racing brings nuance, color, progressive challenge, and the framework that delivers vast improvements to an already enchanting activity. By its structure, racing can provide an environment in which individuals can explore new territory within the safer confines of a small group of like minds. The result can feel extraordinary, not just to the sailor, but to the entire sailing team."

## Saving Sailing - Mentoring

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"What is needed is an unlimited flow of authentic enthusiasm for sailing, to survive it must solve this critical problem. It understands that a curriculum that puts kids in boats by themselves doesn't yield sailors. Additionally it sees that it can't depend on matching old to young strangers, because neither feels comfortable making the requisite commitment. So it is taking bold steps to pull parents and guardians onto the water with kids...

"First mentoring is complex, hard work for the person doing the mentoring. Mentoring is not rote instruction or skills training; instead, it is the process of loosely guiding someone else to grow and achieve over time...

"When a potential mentor sees only charterers, that is, kids that have signed up or been signed up by others to fill a time slot with something programmed as opposed to potential apprentices, he or she will look elsewhere for deeper gratification...

"The interest is there. For every two people who are on the water on a sailboat on a weekend afternoon, three others say that they would like to be. From afar, sailing still looks attractive, romantic, and exciting. It also seems overwhelmingly complex, so starting appears to be hard. People who want to sail need people who sail to help them begin and sailors who want to grow need experts to lead them...

"Mentoring does not happen easily on its own without support from a culture and a community that actively encourages mentors and learners to connect."

**"Racing brings nuance, color, (and) progressive challenge ... to an already enchanting activity."** Nicholas Hayes



## HSA Spring Social Has Families in Mind

The arrival and departure of Easter can only mean one thing: HSA is about to break a champagne bottle against the hull of the 2016 season. Social chair Rose Schultz announced recently the schedule of events for Saturday, April 16.

The day actually begins with the annual launch of HSA boats at 10 in the morning. Contact Harbormaster Don Fecher if you would to help with that. (dfexskip@aol.com) The Social begins with lunch at 1:00. At 1:30, interim Park Manager Scott Fletcher will speak to the group about the park, how it went over the winter, and what to look for this year at Hueston Woods.

At 2:00, you get a choice. The park naturalist is taking people on a Wildflower Walk which HSA members are invited to join. But you can also jump into a geocaching trip around the park with Captain Geo and the Lost Trail Rangers.

During the social, games will be on the lawn outside the Hueston Room for the kids and like minded adults who can't sit still long enough to hear the Park Manager.

### What's on the Menu?

Chili, corn bread, relish tray, drinks, and brownies a la mode with all the fixings. All straight from Miss Rose's Cafe and Bistro in Miamisburg.



## Time Choices Made Easier

Although there aren't gazillions of people in the U.S. who sail, there are a lot of people who want to but struggle with packed schedules, outside influences, huge expectations and not much choice.

Got a friend or family member who finds it difficult to find time for family activity together? Here are some suggestions from Nicholas Hayes for them:

**1. Don't pit sailing against soccer.** Yours Truly has coached soccer and watched my children play nearly the entire time I have been in a sailboat - decades. Sailors know sailing is better, so we need to draw a clear distinction between kids sports and family time. One is a game, and it ends. The other is love and it lasts.

**2. Start early and make family time a habit.** Your kids learn early that the best times together are those where they learn, explore, disagree, cooperate, solve problems and celebrate together. Babies and toddlers in boats? Yes, they can sail too. (We all know someone who has put a baby in the bottom of a Y-Flyer. With care for the wind speed, of course.)

**3. Create a family calendar and make sure there is time together.** There will always be alternatives.

**4. Select programs that are designed for all ages.** Like many other institutions, sailing programs tend to segregate generations, when they don't have to. Make it intergenerational to make it last.

## Blasts from the Past



In the photo above, members of the Y-Flyer fleet take a corner of the room to talk Y-Flyerese. The picture, taken sometime between 1979-1984, shows, from left, Pete Peters, Chuck Smith, Kevin See, Yours Truly, and Jeryl Pryor. Notice the absence of gray hair? The photo, according to archivist JoAnn Callahan, was taken at Champion Park Pavilion, a site of many HSA functions back in the day. (Picture courtesy Henthorn Vintage Photos Ltd. All rights reserved)



### Remember When?

The photo at left is from a bygone era at the lake. It is an undated picture of some boaters enjoying the east shore of the lake below the cabins. Notice the playground to the left on shore. There is a road going up to the cabins and on the right, out of the picture, is the old cabin beach, which was discontinued some time ago.