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# Acton Action

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## Spring Social



## Work and Play Coming Your Way: HSA Launching Day

Last year, the club had a record turnout for the Launch Day work party. This year may need to set another record. The reason? More boats! In addition to the committee boat and rescue runabout, we will be attending to the Flying Scot, the two club Capris, and the club Sunfish.

Besides the usual tasks of cleaning and engine mounting for the power boats, HSA's sail fleet will see upgrades in equipment as well as hull and cockpit makeovers. Plan now to join the work party. It begins at 10:00 am on Saturday, April 15 with the Spring Social following at 1:00 pm.

One way to get back on the outdoor track this spring is to come to the lake. We won't likely be sailing but we will be having a work party and, later in the day, our annual Spring Social on April 15th.

Rose Schultz, our Vice Commodore and whiz bang wizard of all things social, has set out this schedule for HSA's inaugural social event:

**1:00 pm** - Lunch - barbeque on a bun, slaw, potato salad, veggies and dip with brownies a la la land mode with all the fixings.

**1:30 pm** Program - Several club members will regale us with stories about their recent sailing adventures away from Hueston Woods. They range from Florida to Northern Michigan, to the waters of the way Western Pacific and round to the Caribbean. Our own Jerry Brewster, Laura Beebe, and the DeArmon family will come armed with stories of what it is like to charter and sail in new lands.

Cost is \$5 at the door. RSVP Rose at 937-866-8862 or [rosegeorge9109@sbcglobal.net](mailto:rosegeorge9109@sbcglobal.net)

### In this issue:

#### Wanna Buy a Sailboat?

We tell you what to look for in a Hobie 16 and give you a Blue Book of prices. Nice. pg. 5

#### The Nature Fix

Could exposure to nature lead you to "a new level of feeling better"? Find out on page 3

#### Return of the HSA Club Championship

2017 brings back a classic competition, although in new form. Page 4



## HSA by the Numbers

Here's what's going on with one HSA program as we move to the beginning of the 2017 season.

### Intro to Sailing

The two dates for Intro to Sailing schools in the summer continue to fill to capacity. But there have also been increases in those who can't make the class and sign up for one on one learn to sail lessons. In 2016, 38 people took one of our two sailing schools or one-on-one learn to sail. Of that group, three people bought sailboats, two others joined HSA, and those same two began showing up on the race course.

Out of all 38 who learned to sail, seven of them went on to take the HSA certification so that they could sail solo and/or do so in an HSA boat. (The certification is only in its 4th year) HSA has seven boats at the lake all summer for members and certifying non-members to use: four Sunfish on the racks; two Capri 14.2s and the Flying Scot. The Sunfish are for singlehanded sailing and the Capris will comfortably fit two. The Scot will hold 17 or 18.

### Intro to Sailing's History

In 2015, HSA saw 37 people take an intro to sailing class. Of that group, three bought sailboats but none joined HSA. In 2014, 47 people joined the classes and of that group four bought sailboats and three others joined HSA with one racer coming from that group.

### Best Year Ever?

That would probably be 2009 when we only registered 20 people in our intro to sailing classes. But of that group we got seven members and five boats purchased. What's more, six of the seven began racing after buying their boats. Of that six, one has moved away, another two sold their boats, but three remain active members. Must have been something in the water.



# The Nature Fix: Good for Your Brain and Body; Good for Civilization

It might sound kooky to spend 27 years living alone in the woods, like a hermit. But that's what Christopher Knight did, until he was arrested and jailed in April of 2013. More about that later.

Just what is the effect of being in solitude in complete harmony with nature? I suppose it is fair to say that we have always known that it's healthy to exercise outside, or even to visit a park, or hike in the woods. The new science of environmental-health would argue that Knight's sojourn in the woods may have been the ideal setting for maximal brain function, despite Knight's obvious Asbergers.

In her new book, *The Nature Fix*, Florence Williams reports on the multitude of studies that find that exposure to nature is "good for civilization".

A few days in nature (not 27 years) yields a "50 per cent improvement in creativity, increases attention span, and lessens

hyperactivity and aggression", according to Williams. These studies that she aggregates in her book also say that being in proximity to the ocean "correlates with one's happiness, mortality rates drop in greener neighborhoods, while traffic noise increase the strain on one's heart."

What else? Well, even staring at a photograph of a forest, walking outside, or gazing at a eucalyptus tree are just some of the ways you can improve your brain health. Five hours of nature a month is, she says, all you need but ten can get you to a "new level of feeling better."

Some of these ideas echo those of Nicholas Hayes writing in his *Saving Sailing* book that we excerpted last year. This article doesn't do the subject justice. Read Williams book or read the article in the latest issue of *The Atlantic* magazine titled "Lessons of the Hermit" As for the hermit himself, see page 6.

## Hobie Blue Book Prices

Hobie 16 approximate market values: UPDATED: Jan. 1, 2016

1970-1976- All colors, complete boat with trailer and all related gear: Free to \$300

1977-1979- All colors, complete boat with trailer and all related gear: \$300-500

1980-1983- All colors, complete boat with trailer and all related gear: \$500-800

1984-1988- All colors, complete boat with trailer and all related gear: \$700-900

1989-1993- All colors, complete boat with trailer and all related gear: \$750-999

1994-1999- All colors, complete boat with trailer and all related gear: \$800-1300

2000-2006- All colors, complete boat with trailer and all related gear: \$1200-\$1999

2007-2011- All colors, complete boat with trailer and all related gear: Variable above \$1800 but not to exceed \$4000.00

2012+ All colors, complete boat with trailer and all related gear: Variable above \$2000 but not to exceed \$5000.00

Current years to one year old- All colors, complete boat with trailer and all related gear: Variable above \$4,000 but not to exceed \$6000. Interested in buying new? Hmmm, close to \$10,000.

# HSA Championship Racing Returns

## Club Championship in Capri 14s

On Sunday July 16 HSA will do something it hasn't done in several years - hold club championship racing on Acton Lake. The last one was held in 2007. Then it was called the Boies Series. Roger Henthorn was the last declared club champion and it was his tenth. The title of most titles belongs to Jerry Callahan who has 15. Jerry's first club championship came in 1959. From 2002 to 2007, four different racers claimed the title before it ended with Henthorn's win.

With this reimagining of a club championship, there will be some differences. Qualification will be based on participation in the Spring and Holiday Series whereas in the past you had to be a fleet or series champion to qualify. Another big difference is that the old title race changed the kind of boat used each year. This new iteration will be raced in Capri 14.2s under a new format.

## How Races Will Go

If you qualify, you will skipper one of four Capris in separate heats with the first and second place boats moving on to the next round, becoming the "Gold Fleet". If you finish third or fourth, you will compete in the "Blue Fleet" for that title. The number of heats will depend on the number of participants.



## How to Qualify

In order to qualify to sail in the club championship, a participant needs to have sailed half of the spring series **or** two out of three of the special events; Memorial Day Series, the Founder's Day Sunfish Regatta and the Camptown Races Sunfish Regatta. If a racer doesn't race half of the spring series, he or she can make up for it by racing in one of the other special events.



## Dates and Details

The Capris will be crewed by juniors who will remain with the four boats in each race. Skippers will be assigned to boats by lottery. If we are unable to finish all heats on July 16, the racing will continue on September 10th. The contest will result in a Gold and Blue Fleet Club Champion for 2017. And a whole bunch of braggin' rights.

## Looking for a Sailboat? Catamarans a Good Choice

If you have ever visited an ocean beach anywhere, chances are you have seen a Hobie catamaran. It just may be one of the most popular and largest class of boats in the world. The Hobie 16, in fact, is approaching 200,000 sold if not already past that number.

What makes catamarans so popular? These lightweight, twin hull beauties have a reputation for simplicity and speed. In fact there isn't a faster sailboat on the water except for a few skiffs with planing hulls.

The reasons are many: their mast height and higher aspect ratio sails together with a wider platform allows crews to more effectively use weight. The most popular cat, the Hobie 16, weighs only about 320 lbs. and is nearly eight feet wide.

Another reason is that when a cat flies a hull, that is, lifts one hull just out of the water, it reduces drag by about one half. (It is faster to leave a little of that hull in the water, however.) Now, in light air, some of this advantage is lost, and don't ask a Hobie to tack on a dime, but if you get in one of these boats in a good breeze, you will experience something like flight.

Interested? Where to begin? First, set a budget. If the most you want to spend is \$1000 then you can certainly find any number of used Hobies out there built from 1970 to 1988. After 1988, expect to pay a little more.

It is an easy boat to sail but if you want to race it (HSA has a fleet), you will need to learn how to sail it well and that takes a little time. It is, however, a durable and inexpensive recreational or racing boat. Hobies produced in its inaugural year, 1970, are still out there. The design hasn't changed much in that time, just the materials they make them with.

Here's what to check out when you look at a used Hobie 16:

- \*Check the right and left rear corner castings at the trampoline supports for cracks
- \*Check to see that the mast is straight by sighting up with rig up. Check the sail track for cracks or bends
- \*Check the rudder cams and make sure the rudder doesn't release until you give it a solid kick in the down position. The rudder should easily be brought up by lifting it.
- \*Check the spring that holds the rudder cam in place when locked down.
- \*Check the deck for soft spots. You don't want a soft hull but this is true for any sailboat.
- \*Check the bottom of the hull for spots where you might see the fiberglass matting through the hull resin. If it does, the boat will need work.
- \*Check for worn wires on the mast. Shrouds and forestay as well as trapeze wires can wear and break so look for broken strands.
- \*Check for leaks. A few cups of water in the hulls are OK. A gallon means trouble.
- \*Check the model year by looking at the back of the boat for the VIN/hull number. The last two digits are the year of the boat.

There is no doubt more to do but we should mention that taking along a current Hobie or other sailboat owner you trust is a good idea too.

On page 3 we have a Hobie Blue Book for you so you can see what you might want to pay for any given Hobie 16 since the dawn of time. (This article excerpted from: <http://funtosail.blogspot.com/search?q=buying+a+hobie+16>)

## Sunfish Buying Guide

- A used **Sunfish** is **worth \$568**, on average.
- A **fair range of prices** for a used Sunfish is **from \$390 to \$746**.
- The market price of a used Sunfish is **declining by \$5 per month**, and is **declining by \$64 per year**.
- A used Sunfish is listed **for-sale every 2 days** on local classified sites.
- The **most expensive place** to buy a used Sunfish is **Vermont**, and the **cheapest place** to buy one is **Mississippi**.
- Of course, older Sunfish might be less than the average price, newer ones a little more.
- Trailers extra

Next issue we will provide a comprehensive guide to buying a used Sunfish. Oh, and a new one? About \$4750. Add racing equipment for about another \$550.

# Lessons of the Hermit

According to the Legendary Hermit of the North Pond, Christopher Knight, he said "Hi" to a hiker somewhere in the 90's and that was the only spoken word he uttered in his 27 years in the Maine woods completely alone.

The hiker hardly looked up, Knight said, and went on, not realizing that he had just had the only face to face encounter with the legendary loner.

He was 20 when he parked his car on the side of a road and left it and people behind. You are probably wondering how he survived all those years and all those harsh winters in the woods. He did it in an ironically un-hermit like way - he stole from the many cabins in the vicinity of his hideaway home which was in deep cover behind giant boulders and dense pine trees.

He didn't fish or hunt, instead stealing and consuming the goods he would find in the some 50 cabins around North Pond. Forty break-ins a year for 27 years. Clothing, car batteries, propane tanks, and books. The food was decidedly unhealthy: a five pound tub of Marshmallow Fluff, Cheetos, Cool Whip, Tater Tots, pudding, soda. But like a bear, he would fatten up on sugar and alcohol in the fall to prepare for a winter outside where the temps often dipped to -20.

If you would like to read more about this remarkable life of solitude, petty theft, and junk food, you can read the whole article which originally appeared in GQ, written by Michael Finkel. The author interviewed Knight in jail and visited the hermit's camp site. Here: <http://www.gq.com/story/the-last-true-hermit>



Christopher Knight being escorted by police after his arrest in April of 2013.