

ACTON ACTION

Season Underway - At Last!

Rain, high winds, flooding, cold combine to postpone start



After three weeks of the Spring Series, no one had been involved in a race. Finally, on May 14th, things settled down and sailing crews geared and gussied themselves up for a pretty lusty day on the water. Winds were recorded in the 8-14 range but those on the water can attest to blasts that exceeded that range. Capsizes? Yes! Screaming reaches? Yes! Fun at the jibe mark? Ooooooh, well, let's just say it was a challenge. More about the day and the results on page 2.

WHAT'S INSIDE?

Impoundment

Ever been locked in the HSA shed by accident? We know someone who has. page 2

We have some race results! Woo-hoo! And the full story - page 4

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Club to host Sunfish Regional for first time in, oh, how many years. page 6

Earth and sky, woods, and fields, lakes and rivers, the mountain and the seas, are excellent schoolmasters, and teach of us more than we can ever learn from books"
John Lubbock

Club Reports for Duty; Intro to Sailing Class a Big Hit

The forecast called for Force 5 winds, four foot swells, mudslides, and a frog invasion but eleven brave souls ventured out to the lake to meet their watery fate anyway. And you know what? Eh, all that bad weather talk turned out to be hype as the weekend turned from Awww to awesome.

It all started with Saturday's perfect-for-

learning-light air. All hands were on deck and on tillers as the gentle breeze forgave every mistake. On Sunday the Weather Channel icons were full of lightning bolts but those bolts were no shows. A 10-12 mph breeze put the rookies back on the helm for a great day of sailing. OK, there was that downpour (absent thunder) just before we got back in, but wet and happy are good. More on page 3.

Spring Series Begins on 4th Weekend; Hulls Fly, Plane, and Flip

If there was any hesitation about racing on May 14th with wind forecasts puffing up their chests, it was dispelled by race time. The pent up competitive juices were flowing and could only be drained by launching and facing the mighty breezes.

Jim Paul was out on a Sunfish after selling his Y last year. Jim wisely decided that the day was too blustery and returned before racing began.

Charlie Buchert also made it out to the course but for the second time this young season, decided the gusts were

too much and also returned before racing.

The others were not deterred. The first casualty of the hydroheroism was Brett Hart, the newest Y Flyer owner, but racing in a Sunfish while his boat gets acclimated to a new skipper. Brett dumped his 'Fish in Race 1 but he wasn't the last. In Race 2 Ken Wright capsized just before the start. Veteran Laura Beebe waited until the second lap of Race 2 at the windward mark.

Only juniors Megan DeArmon and Kayla Draper remained upright. Despite Ken's capsize, he recovered fast



HSA's junior ace Megan DeArmon gives Intro to Sailing lesson to Davis Wickham last weekend.

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Everything Was Fine Until...

In the peaceful scene at left, the student (Tim Wickham) is on the helm, another is on the jib sheet (Mike Berry) and the instructor (Laura Beebe) is doing her best to show them the ropes. Soon after this shot was taken, however, all three were soaking wet. And it wasn't rain.

With winds gusting Sunday in the 15 mph range, student Mike Berry, a peace officer in Florence, KY, took the helm and the mainsheet. It wasn't a moment later that they got blasted by a puff... no, "puff" sounds too gentle... a pizootz of wind and over they went. Fortunately the Capri 14.2 was outfitted with a Baby Bob and they were able to right it quickly and sail on.

Mike Berry, the father of three young adults who took the class with him, must have been looking at skipper Laura Beebe a bit askance. The day before she had somehow locked Mike's 26 year old son Taylor in the HSA shed. "I went in to put away a cover for the boat and didn't see anyone in there," she explained later. But after walking 20 yards back to her boat, she heard someone banging on the door. Taylor, a quiet young man, had been in there trying on lifejackets when it went dark. He must have been thinking, "Is this some sort of hazing ritual or..." To her credit, Laura quickly freed Tavlror and told him it was nothing personal. simply his turn.



Instructor Laura Beebe points the way of the wind at Sailing School #1 last Sunday



Intro to Sailing Class Gets Good Dose of Mother Nature at Her Best; All Eleven Graduate!

Ranging in age from 9 to uh, well, we didn't ask but as usual a broad age group of adventurers came out last weekend for the 13th summer of HSA's Sailing School and got a really good look at the sport we love.

Troubling forecasts worried organizers but after the event was over, all were relieved and delighted at how ideal the weather turned out. Both days had the perfect wind for instruction; light on Saturday, strong on Sunday.

Y's, Hobies, and Capris served as instructional boats with a newly reconditioned Flying Scot along with them. The class consisted of people from as far away as Florence, Kentucky and as close as Oxford.

The Florence family, Mike Berry and his three grown children - Brianna (University of Louisville), Nick (18) and Taylor (26) - followed cousin Kiana Berry who came to the class last year. Nick will soon be at the Naval Academy where he

hopes to show off his newly acquired skills in a sailboat. Taylor, an ECU grad, works in Lexington and is engaged.

Some juniors were also on hand. Nine year old Davis Wickham came with his dad Tim. Davis went out with HSA junior champ Megan DeArmon on Sunday and is looking to join HSA Junior Camp next summer. Grace McDonald, a 14 year old Wyoming seventh grader, came with her mom Leslie and ended up sailing a Y-Flyer in a strong breeze on Sunday while mom took the helm of Joe Fulford's Flying Scot.

Jake Vandebark, who was on the wait list and got in after a cancellation, jumped out of the park campground with his family and into the class a day before it began. Lisa Piatt, who, like Jake, is from Hamilton was one of four women in the class along with Brianna, Grace, and Leslie. Rounding out the class was Todd Trabert, also of Wyoming, an engineer who works for the city of Cincinnati and who can now also call himself a sailor.

**Learn to Race Clinic
Enrolling Now**

Want to get to the start line a little sooner? Need to know how to cover another boat? Want to find out how to get the upper hand on a mark rounding? Just need to find out about a few racing rules?

Well, you are in luck! HSA will host the first of two race clinics this summer on Saturday, June 3rd. In this clinic, the participants will get instruction on starting, sailing the windward leg, mark rounding, and tactical rules in a four hour clinic.

The clinic will use the club's Capri 14.2's and Sunfish. (A club Capri is still available for participants.) In the Capri's, a racing instructor will join as crew and do some on the water coaching in several practice starts and short races.

If you would like to jump into this clinic, let us know. The remaining Capri and the club Sunfish can be reserved for you on a first come, first served basis.

The clinic is free and open to anyone who has taken our intro to sail class or a sailing camp.

**Spring Series Begins continued
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enough to win that Race 2!

Don Fecher in his Hobie 16 remained on the course and got his money's worth, whipping around the course both races to keep his edge.

In Y-Flyers, with Brett on a Sunfish, Yours Truly not at the lake, and Charlie DeArmon on committee, it was a match race between the Pete Peters' boat and Roger of Henthorn. Pete and crew Rose Schultz took Race 1 and Roger and Bobbie Bode took Race 2 for a virtual tie.

According to participants the downwind legs were fun. But by the time the day was done, those competitive juices had been drained by the sheer effort to stay upright and fast.

Hobies

Don Fecher 1 1

Charlie Buchert DNS DNS

Y-Flyers

Roger/Bobbie 2 1

Pete/Rose 1 2

Sunfish/Handicap

Ken Wright 2 1


Laura Beebe 1 4

Megan DeArmon 3 2

Kayla Draper 4 3

Brett Hart DNF, 5

NATURALLY



We sort of all know that a walk in the woods was restorative. Now we have the brain science to confirm it.

The book is called *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative*.

The author, Florence Williams tells about the science behind nature's positive effect on the brain.

As we retreat further into our digital indoors, Williams entreats us to turn the other way. A journalist and nonfiction writer, Williams has traveled extensively to find out the science behind forest healing programs, ecotherapy and other claims about the power of the nature/brain connection.

The result is a book that shows us how even small amounts of exposure to the living world can improve cognition, creativity, and mood. Go sailing this weekend. Go outdoors. You will be glad you did.

Intro to Sailing class members show their stuff out on the water. At right are Lisa Piatt and Charlie DeArmon;

Center right are Jerry Brewster and his student Taylor Berry;

Below left shows Todd Trabert on the tiller under the careful eye of skipper Pete Peters;

Below right Mike Berry gets tiller time in the boat with Yours Truly.



HSA Sunfish Fleet to Host Regional Regatta at OktoberFast

The Midwest Regional Sunfish Regatta #2 will be held right here in our backyard, literally. OktoberFast will morph from a one day Sunday regatta to a two day event as the club serves as host for this annual event in the Sunfish midwest region.

Midwest representative to the national class Tom Katterheinrich offered the gig to us and we accepted.

As the host club we will have to re-organize from our original plan for a one day regatta but we have about five months to get ready. Here's what we have so far:

Race Committee - Jerry Callahan
- race chair (need at least three more people) (Pete Peters on Sunday)

Trophies - Rose Schultz

T-shirts - Roger Henthorn

Hospitality - We need some members to plan Saturday dinner and Sunday morning breakfast; set up, favors, other functions. If you would like to be on the organizing committee for this, we would be glad to have you.

Of course we also need participants so if you race a Sunfish, we need you to jump into this one. Save the date: September 30-October 1st.



"In the presence of nature, a wild delight runs through the man, in spite of real sorrows."

Ralph Waldo Emerson



Come the end of the season, it could look like this at Acton Lake (minus the beautiful homes on the shore line) as HSA hosts the Midwest Regional Sunfish Regatta #2 on September 30 and October 1st at OktoberFast.