



Acton Action

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Don't Want to Get in the Water? What About Forest Bathing?

Inside

Slow boat to China becomes a reality as a few delirious racing sailors took to the placid waters of Acton Lake last Sunday. The full painful report of the "action" follows.

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Augusto! Sunfish Regatta this weekend! The Return of Beach Day 2017 on September 10th! And The Nature Fix. All in this issue.

The Japanese word is "shirin-yoku" which means immersing yourself in nature. Since the 1980's the Japanese have managed forests to help citizens relax and reduce stress and scientists have measured the results.

After just 15 minutes in nature, studies show that your stress level goes down, your heart rate slows, and your blood pressure lowers. The longer you spend there, the more your mood improves and your anxiety

diminishes, and if you stay a few days you can increase your creativity and cognitive ability.



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At left Brett Hart does a low side skipping in the lightest of lightness Sunday; at right a barely perceptible wake follows two of the un-Y's as they creep towards the windward mark. Full story of the slow motion madness on next page.

HSA Calendar Still Full As Season Heads for Finish Line

The Fall Series is now at the halfway point but HSA has nine weekends of events left in its big ole activity sack. Two more Sunfish regattas lay in front of us, - the first coming up this weekend as Augusto! gets the green light. Later, on September 30th-October 1st, HSA hosts the Midwest Regional Sunfish Championship at Hueston Woods. Both events are part of the season long, four regatta series at our home lake and ends with a bang with OktoberFast - masquerading as a Midwest Regional this year.

Also coming up on Sept. 3-4 is the last of four Holiday Shebangs with the Labor Day Series. The 10th of September will find us on the beach as we take up the postponed Beach Day from August 6th and have a picnic near the water and fun

on the water.

This season HSA has added an event after the annual haul out on October 7th. It is called the Round the Lake Race on October 15th and will involve all fleets, all members, and the whole bevy of boats in our club in one final exhalation of competitive breath as 2017 comes to a close.

In between all those will be the last three weekends of the Fall Series in which Yours Truly will try to help Brett Hart break through the Y-Flyer wall, Diane Pierok and Michele Elsaesser will tell Jerry Brewster to eat their dust, and the catamaran fleet will find true love as their twin hulls return from the Hobie Diaspora to the grateful arms of their race mates.



That's Saylor Buchert on the committee boat last Sunday where she served as race chair, according to Uncle Charlie.

Slow Sunday

Luckily for the Hobies, most of them were on committee. The Handicap fleet, mostly juniors, forsook the race course and played in the water. The clever ones stayed home. Only the Y's felt the need to compete. The Committee dutifully set up a figure eight course and recorded the wind speed at intervals. Here they are: 0, 1.5, 4.2 (lie), 1.2, 1.0, 1.7, 2.2, 0. Yet somehow two "races" were "sailed" and somebody was a "winner".

- | | | | |
|--------------------|---|---|---|
| 1. Charlie DeArmon | 1 | 3 | 4 |
| 2. Pete/Rose | 2 | 2 | 4 |
| 3. Roger/Bobbie | 4 | 1 | 5 |
| 4. Brett/Mike | 3 | 4 | 7 |

Boat Rich, Wind Poor; Y's Go to the Line; Not Y'ise

Hey, You. Do you remember those promises you made to yourself last season not to sail in light air drifters anymore? Your decision to come to the lake last Sunday to race, filled more with a light, airy kind of hope rather than the thick, rich feel of lusty anticipation?

But there you were, rigging your boat as the airy-fairy breeze occasionally flitted across your arms. You knew it would be Mirror Lake out there, didn't you.

Then as you wafted out to the course, you told your skipper or crew, "We'll go out to the starting line, wait a few minutes, and then tell everyone you're going in." But the sequence started and you said, "We'll see how the start goes and then peel off and head for the docks."

Half way up the windward leg you had somehow drifted into contention. But the butterfly wing initiated puff of air you rode collapsed and you told your mate, "They'll shorten to one lap and we'll go in. Can't do two of these, my God."

But somehow the finish, slow as it was, blew a tiny glowing ember into the smallest of competitive flames, and you felt compelled to at least ask the others if they wanted to go another round, instead of just heading in as planned. Inexplicably they said yes. Race two was just as ugly and you were stuck.

Moments of miniscule movement interrupted by longer moments of immobility. Committee folk Joe Buchert, Charlie Buchert and Ken Wright, apparently fooled by a slight breeze before the last mark of lap one, decided, Marquis de Sade like, to go the full 2 laps. There was no shorten course horn.

How slow was it? In race 2, the first place boat took two and a half minutes for its stern to cross the finish line after the bow had crossed. In fact, the bow had already gone in and was unrigging the jib before the rudder was over the line. Arrgh. Never again you say? You know you will. Slow as molasses - with the emphasis on the 2nd syllable.

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Not enough? Ok, spend enough time outdoors over the course of a lifetime and you will likely not only be less likely to have heart disease, you will increase longevity.

According to the practitioners and the researchers involved, it's all about moving slow and engaging your senses. There are some rules to make it truly effective. You have to turn off your cell phone and put it away. No, no, no don't turn away. You can do this

Julie Previn, founder of the Forest Bathing Club in San Francisco says, "Pretend that you've just landed on planet Earth, and you've never seen any of this before. So what's that smell like? What's that feel like?" It is, she says, a way of being, by definition, present in the world.

Nooshin Razani, a pediatrician at UCSF Benioff Children's Hospital in Oakland, CA. said that "The rise of indoor living has paralleled the rise of sedentary living, which has also paralleled the rise in chronic illness. So one out of three Americans has a chronic illness. The rates of obesity and depression and anxiety are way higher in children than they should be." She went on to say that "the reason why chronic illness is so heartbreaking for the medical profession, and actually for patients, is because it's completely preventable."

Razani recommends that everyone, not just her patients, spend at least one hour outside three times a week. A small daily dose of nature, even if for just ten or fifteen minutes and it doesn't have to be a forest.

Step out of doors, put away your electronics and look up. Public entities, citizens, and groups like ours that already promote being outdoors need to push for more parks and to preserve the natural landscapes in our own communities as well as the one we come to each Sunday here at Hueston Woods.

(See our book blurb next page for more on this topic)



Beach Day 2.0 Coming!

HSA's first try at Beach Day was met on many fronts with a stone wall. Little wind and the threat of rain. The club calendar cleverly built in a date in September as a back up and we are going to use it!

Sunday, September 10th is the date. The Lake Revelers will meet at the beach, perhaps by boat, at 1:00 where the official HSA canopies will be set up.

Not sailing? That's OK. Come directly to the usual location at the north end of the beach and throw a steak on the grill. It's a cookout too.

Bring your picnic basket loaded with table settings for family and friends, meat for the grill, and a dish to share. HSA will provide the lemonade and the shade. And hotdogs, brats and metts. Bring a chair!

The Wingsailer and the rare Chautauqua will reportedly make an appearance. Water cannons? Of course.

The Nature Fix; How to Get More Out of Life

Forest bathing? What is that? More tree hugging?
Environmental activism? Chain yourself to a bulldozer?

Wait. No. We're talking health, both human and planetary, not politics.

The Nature Fix is Florence Williams new book about why nature makes us happier, healthier, and more creative. That last part is actually the sub title of the book. Williams says that we "suffer an epidemic dislocation from the outdoors." Getting out into nature, she says, can help us fight this dislocation that is so destructive to our mental and physical health. "The more nature, the better you feel."

In her book (which we have mentioned briefly in previous editions of AA this year), she recounts how she has followed researchers (including those Japanese forest bathers) across three continents, all of whom are working on the leading edge of nature neuroscience.

Most of us can probably already testify about what a hike in the woods or a walk in the park can do for us. We have known intuitively for at least several centuries that the outdoors is not unlike a magic elixir that improves our mood and soothes our souls.

The reason it works so well may at least be in part due to our human history. We (and our ancestors) have been spending every second of most of the last six million years outside in the natural environment. That didn't change until relatively recently if we look at the long stretch of human evolution.

How did we get this way? Well, urbanization, mostly. According to the EPA the average American spends 93% of their lives indoors, 6% of that in automobiles. If we do the math, that's only 7% of the average American life spent outdoors - one half of one day per week. Apparently that isn't enough since there seems to be some correlation if not causation between sedentary life indoors (we are sitting on couches, not park benches), processed food diets, and the soaring rates of diseases in western cultures.

Being indoors isn't very healthy. We sit. And we eat. And we breathe pollutants. Indoor concentrations of pollutants are 2-5 times higher inside than outside. We don't get colds and flu from being outdoors in the winter. We get it from being indoors more where the concentration of airborne viruses is much higher.

We are going to finish Florence Williams book soon. We have already marked the good stuff and will share some of it with you over the next few issues. Meanwhile, get outside! (The lake is outside.)

Augusto! Sunfish!

Hey Sunfish racers! Here we go! We're excited. The third Sunfish regatta of the season is here on our doorstep and everything is in place for a great Sunday of racing.

In the two preceding events - The Founders' Day Sunfish Regatta in June and The Camptown Races in July - we witnessed some great racing. Junior Kevin DeArmon walked away with it in the first one; youngish Laura Beebe squeezed out a win in the second. The competition for the season long title of Sunfish champion has never been closer.

Returning for Augusto! is Michigan's Gail Turluck who is returning Sunday to defend her title in last year's lateen rigged mash up. There will be trophies. There will be food. There will be a fleet of the world's most popular singlehanded small boats.



With Apologies to Wordsworth

I wandered lonely as a cloud
That floats on high o'er vales
and hills,
When all at once I saw a
crowd,
A host of whitened sails;
Right on the lake, beneath
the trees,
Sitting still with nary a
breeze...



For Sail! For Sail!

John Shipley has a Capri 14.2 for sale. It is in the dry moorage area at Hueston Woods and has a sign on the transom. Nice boat. John can tell you all about it if you email him. That's johnshipley@roadrunner.com

