

# Acton Action

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## Club Success at OktoberFast Sunfish Regatta

The boats came, 21 of them, and so did the wind. HSA ends competitive season with a bang. (Top five finishers at right.)

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## Haul Out This Weekend; HSA Putting Cover on 2017 Season

Indian Summer is here and the lake remains inviting. However, the scent of the big winding down is upon us and boats do have to be out of the water soon. (October 15 for cruisers at docks; now for boats in dry moorage.)

HSA had scheduled a Round the Lake Race for Sunday, October 15 but the Haul Out is this weekend and many are ready for cold weather to envelop us and to pull the plug on their wind machines. The Round the Lake Race is officially cancelled. The Hobie Fleet is racing at Leather Lips in Columbus that weekend and others have already mothballed their boats.

That doesn't mean that you can't sail as long as the weather remains nice. And it certainly could do that into November. Keep the boat at the front of the barn just in case.

Harbormaster Don Fecher convenes the work party at 10 am this Saturday, October 7th. Lunch follows for all volunteers.

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Fifteen Sunfish from HSA participated in OktoberFast last weekend. That's more local boats than in any other Midwest regatta this year. Way to go, Hueston Woods Ohio!

## Bucherts Plying Wolverine Waters; Cleaning Up

Once the catamaran circuit in Michigan heats up for the summer, Joe and Kelly Buchert head out for the competition there and generally represent Ohio (and HSA) pretty well.

They began the summer in June at Caseville, a small coastal community on the thumb of the Michigan mitt, which is at the mouth of the Saginaw River on Lake Huron. There they won six out of eight races. In Caseville 2 they pretty much did the same thing in July. They also raced at North Cape, which is just north of Toledo, in June where they won all four races in the F-16 class.

At Tawas Bay, just across the bay from Caseville in September, they were joined by brother Charlie who pulled off a second in the Hobie 16 start while Joe and Kelly finished 3rd in the Portsmouth Fleet, sailing against a Nacra F-17 and some Tornados.

The Bucherts, Joe, Kelly and Charlie, will all be sailing next week at a regatta, the Old Fox at Alum Creek, along with HSA's Ryan Servizzi. It will likely be the last of the year for them. Good luck, cats!



Dan Norton at left, 1st place; Kevin DeArmon, top junior; Ron McHenry, 2nd place; Josh Kerst, 3rd place; Laura Beebe, 4th place; and Tom Katterheinrich, 5th place



St Andrews is one of the oldest yacht clubs on the northern Gulf shore. Here, a fleet of F-16s participate in an event at the club which has hosted many one design Nationals, including the F-16.

## Thinking Ahead?

Ok, we have come to the end of our 2017 season but you don't have to wait until April for the action to resume. The International Sunfish Class Association (ISCA) has announced the 2018 Masters World Championship at Saint Andrews Bay Yacht Club in Panama City, FL for March 18-20. You have to be 40 years old but there are a bunch of those people sailing Sunfish. It is a three day racing experience against an international cast (mostly consisting of Americans).

After a one day hiatus, the 2018 ISCA Midwinters follows on March 22-24. This event is open to all ages. St. Andrews YC is located in the Florida panhandle and averages temperatures of about 75 degrees in March. Perfect. Yours Truly already has lodging.

## Norton Wins OktoberFast; HSA's Laura Beebe 4th

Although boats from HSA turned out in numbers, visitors from as far away as Virginia and Michigan came too. The result? HSA's first home lake regatta in several years judges itself a success!

It didn't take the visitors long to establish their credentials with the local fleet of HSA Sunfish racers. Dan Norton, a perennial Sunfish regatta ace, won the first race and was followed by fellow Wolverine Josh Kerst of Ann Arbor. Ron McHenry of Pymatuning, Ohio took third.

It was clear right away. If any HSA boats were going to be in the hunt for a trophy, those were the guys to beat. Norton, a recent US Masters champion and a regular at major national Sunfish events, was National Masters Champion just last summer and has won his share of regionals.

Kerst, who lost the tiebreaker with McHenry for second overall, is no novice nor is he without a shiny racing resume. The Ann Arbor sailor has skippered a boat in four J-24 World Championships, one of which took place in the Irish Sea in Wales. He also competed at the ISAF World Games in France. He has raced in numerous district and national championships where he generally finishes at or near the top. He has also qualified, as has Norton, for the Sunfish World Championships next year in North Carolina.

McHenry appears regularly on the Sunfish circuit both summer and winter and also usually ends up in the top echelons.

HSA's Laura Beebe continued her astounding rise in Sunfish racing this year as she beat all three of the above in race 4 with a bullet and turned around and beat Kerst again in the race 5. Her



*Beebe, above, holds 4th place trophy at Sunday's awards luncheon; Norton at right.*

performance was good enough for 4th overall, besting her chief Sunfish rival at HSA, Bill Molleran, for the third time this season.

Molleran, who had previously never lost an OktoberFast Sunfish event, wasn't far behind. He too beat Kerst and McHenry in race 6 and trailed only Norton at the finish of that race for sixth place overall. Molleran was just a few points behind another visiting racer, Tom Katterheinrich, himself a former OktoberFast champ. Tom K. got the 5th and final trophy.

Junior sailor Kevin DeArmon waited to the last day for his best outings, finishing 3rd behind Norton and Kerst in one race and taking a spot in the top five in four of the nine regatta races. DeArmon was awarded top junior and finished 8th overall. In another race on Sunday, the Young Gun was in 2nd place at the leeward mark and headed for his best finish but ended up 4th when Kerst and McHenry got an inside lift.

Four other women joined Beebe on the race course; juniors Megan DeArmon and Kayla Draper as well as Indianapolis and HSA products Amy Marks and daughter Samantha.

The winds varied from the 5-12 range on Saturday to the 10 -15 range on Sunday morning with some gusts over 20 mph. Gusts on Saturday reached 16 mph.

Here are the scores. There were nine races. The scores for all nine are followed by a sub total, then the one throwout (highest score eliminated) and the final total with the throwout.

**OKTOBERFAST REGION 4 SUNFISH REGATTA SCORES - 2017**

Place	SKIPPER	SAIL #	R1	R2	R3	R4	R5	R6	R7	R8	R9	Sub-Total	TO	Total
1	Dan Norton	80021	1	1	2	4	1	1	1	1	1	13	4	9
2	Ron McHenry	76356	3	6	1	2	2	5	4	2	3	28	6	22
3	Josh Kerst	4909	2	2	3	5	6	3	2	3	2	28	6	22
4	Laura Beebe	4410	9	10	6	1	4	6	6	4	5	51	10	41
5	Tom Katterheinrich	75417	10	5	7	7	3	4	5	5	9	55	10	45
6	Bill Molleran	78255	8	4	9	11	7	2	7	7	6	61	11	50
7	Mike Stratton	78557	4	16	4	6	9	7	8	6	7	67	16	51
8	Kevin DeArmon	80884	5	11	5	15	8	9	3	9	4	69	15	54
9	Roger Henthorn	76331	11	9	13	14	5	8	17	11	12	100	17	83
10	Don Fritz	79407	14	13	11	12	11	12	10	8	8	99	14	85
11	John Meyer	117	7	3	8	3	12	10	DNF	DNS	DNS	112	23	89
12	Megan DeArmon	80883	12	7	12	13	10	17	9	15	15	110	17	93
13	Jerry Brewster	8689	15	8	18	8	15	14	14	13	11	116	18	98
14	Samantha Marks	78831	16	15	10	9	16	11	13	10	16	116	16	100
15	Ken Wright	81227	13	17	17	10	13	16	15	12	13	126	17	109
16	Amy Marks	76434	17	14	14	17	14	15	11	18	14	134	18	116
17	Kayla Draper	80885	6	12	16	18	18	19	18	17	18	142	19	123
18	Dominic Everaet	78304	19	18	15	19	19	18	16	14	17	155	19	136
19	Mark Costandi	82568	18	19	19	16	17	13	DNS	DNS	DNS	171	23	148
20	Charlie DeArmon	78976	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	12	16	10
			176	23	153									
21	Brett Hart	76602	20	20	20	20	20	20	DNS	DNS	DNS	189	23	166
22	Gail Turlock	24186	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	DNS	
			195	23	172									
DNS & DNF = 23														



## Thank You's All Around!

It takes a small army, or navy, to put on a regatta - or a junior camp, or you name it. This is the group that provided the people power for OktoberFast;

Regatta shirts - Roger Henthorn and Bobbie Bode

Regatta towels - Theresa and Ken Wright

Registration - Brett Hart, Bobbie

Junior Sponsorships - Jerry Brewster, Dominiek Everaet, and Brett Hart

Race Committee - Jerry Callahan, PRO (Principal Race Officer); Brian Callahan, John Shipley, Bobbie Bode, Rose Schultz, Pete Peters

Kitchen and Food - JoAnn Callahan, PFO (Principal Food Officer); Theresa Wright, Dawn Gunter, Michele Elsaesser, Darrilynn Brewster

Photos - The Brewsters, Susan Reid, Brian Callahan

# The Nature Fix: Forest Healing

When you think of South Korea, what comes to mind? Samsung? The threat of North Korean aggression? The Korean War? Rocket Man? Consumer goods? Most won't think of this: South Korea (and Japan) lead the world in the science of forest smells.

In fact the whole field of forest healing finds its greatest adherents among the South Koreans, according to Florence Williams new book, *The Nature Fix*. Korean researchers are piling up the data on the healing power of trees:

- immune boosting killer T cells of women with breast cancer increased after a two week forest visit
- people who exercise in nature (as opposed to the city) achieved better fitness and were more likely to keep exercising
- unmarried pregnant women in the forest prenatal classes significantly reduced their symptoms of depression and anxiety
- school bullies delivered to a forest for two days on a "Happy Train" learned to be nicer
- borderline technology addicted Korean teens experienced lowered cortisol levels and significant improvements in measures of self-esteem after just half day or so every two weeks.

The South Koreans are putting these results to work. Their Forest Agency is building an ambitious \$100 million forest healing complex next to a national park. It will have an aquatic center, an addiction treatment center, a barefoot garden, open air decks, a suspension bridge and 50 kilometers of trails.

The head of the Korean Forest Agency did not rise to the top of the agency by timber

management but by his research on the "influence of interaction with the forest on cognitive function" and the "influence of forest experience on self-actualization". He became a professor of something you've likely never heard of - social forestry. His university offers the world's only degree program in forest healing. All a result of the emerging evidence on nature and health.

Their goal? A green welfare state where the entire nation enjoys well-being.

Considering the fact that here in the U.S. mass shootings now occur once every 58 days, maybe our culture could use a little more feeling of "well-being".

The South Koreans had good reason to start investing in such societal cures for widespread destruction of both the natural world and the psyches of their citizens. There aren't many large mammals in the Korean forests. Most have been hunted or squeezed by poor habitat into the surprisingly rich Demilitarized Zone. People have been locked out of this 160 mile long and 2.5 mile wide buffer for the past 70 years and it is teeming with wildlife.

South Koreans graduate from junior college or universities at the highest rate in the world, but it comes with a cost. They work longer hours than any other developed country in the world. More than 70 percent report that their jobs make them depressed. High school students don't get enough sleep and are continually stressed out, making them, according to researchers, the unhappiest students in any industrialized nation. They also have the highest suicide rate in the world. These markers of societal problems often make the news right here in the United States. Markers of modern living everywhere? (cont. on page 7)



## The Nature Fix (continued from page 5)

Little wonder that they have now devoted themselves to solutions - solutions like forest healing. Happiness is now part of their national index. And it's working. Visits to the country's forests increased from 9.4 million in 2010 to 12.7 million in 2013 or one sixth of the country's population. During the same time period, visits to national forests in the U.S. dropped by 25 percent. (There is no data on visits to state parks like Hueston Woods)

Five minutes a day in the woods? Half a day a week in a forest? Both individually and collectively we can help the natural world which for centuries has been helping us. Support things like acreage additions to metropolitan parks like Five Rivers in Dayton. Resist the cutting of urban tracts of trees for development. Support funding for infrastructure and recreational projects at Hueston Woods and other state parks.

And then, get into the woods. You're likely to feel better because you did. And once there and enjoying its benefits, more likely to become someone who will want to use and protect our natural world.

America! Take a Hike!

## Inside OktoberFast (cont. from previous page)

- In race #8 on Sunday, the favored end was the committee boat and L. Beebe found herself squeezed out as did the Roger. She started nearly 45 seconds late but it was a three lap race. "Rule #1? Never give up," Beebe said. She had worked her way back into it by the final leeward rounding and ended up 4th. Roger didn't fare too badly and got an 8. Recover one boat at a time.

- Karma. At Devil's Lake, someone saw Yours Truly graze a mark with the port side gunwale and immediately yelled, "I saw that! I saw that!" Turns followed. At OktoberFast that same person touched my leeward boat spar with his. Uh- uh.

-Josh Kerst loved JoAnn's food so much he wanted a photo with her. At least we think that is the reason.

- Don Norton tried Madtree's IPA Psychopathy at 6.9 percent al-kee-haul. Immediately did a 720.

## Your Nose Knows

Did you know that if you walk into a room just spayed with Windex that you will be more likely to volunteer and donate money to a cause? The hypothesis is that the smell of "cleanliness" makes us aspirational. Who knew, Florence Williams says. "Windex is the smell of virtue."

It shouldn't be a surprise to us that things like aromatherapy or the smell of geosmin, an organic compound in the soil that is responsible for that strong scent that occurs in the air when rain falls, puts us at ease. (Geosmin, by the way, is also what gives dark beer its rich flavor and aroma. We can, incredibly, detect the equivalent of seven drops of geosmin in a swimming pool.)

"They smelled the terror and then caught it too."

Williams tells us that the human nose can detect one trillion odors. Women living in dorm rooms can synchronize menstrual cycles. Mothers can identify their babies by scent alonez) (Fathers can't.)

Guys have their own nosy skills. Men can smell fear as well as some animals. One study collected t-shirts worn by men who went skydiving for the first time. Male study subjects could figure out which shirts were worn by the first time skydivers as opposed to shirts worn by men who didn't. Williams says, "They smelled the terror and then caught it too. Fear detection is a handy skill in a social animal."

The smells of the forest (particularly hinoki cypress) can have a restorative effect on humans. It is, after all, where we evolved. There is also more oxygen in a forest. We all know that trees absorb carbon from the air. In the U.S., it is estimated that our trees remove 17.4 million tons of air pollution each year.

You don't have to be a tree hugger. Just a tree smeller. You'll breathe easier.