

Acton *Action*

Hueston Sailing Association - 64 Years

Power of Play

HSA's own Stephen Cook writes about accessing his energy accounts. Stephen is a Sunfish and Montgomery 15 sailor who regularly shows up on Sundays in one or the other.

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A Sailor's Tales

Do you remember a few years ago when we had several boxes of books about sailing that we were trying to find a home for? They sat in the HSA shed for some time. Some did find new homes but most went to Goodwill in the end. Books about racing, cruising, boat maintenance, and more.

I reluctantly parted with the remainder of those books, but I grabbed a half dozen that I thought I might read someday. A couple of years have gone by and there they sit by the bedside, waiting for the pandemic and me to be in forced isolation together.

I took the first one off the top of the pile titled *A Sailor's Tales* by Bill Robinson. It's ok if you don't recognize the name. Those familiar with *Yachting* magazine might know it. He was an editor of that publication for about two decades, first as an associate editor and later as editor in chief and then went on to be a contributing editor of *Cruising World* until 1996.

In 1978 he published *A Sailor's Tales* and that's the book I picked up. I had low expectations. For that I am grateful. I have been nose deep into that book ever since.

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Bill Robinson – A Sailor's Tales

Inside

Life in the Time of COVID

Members Bill and Julie Molleran, Don Fecher, Mike Wier, Roger Henthorn and Bobbie Bode relate their stories of the past year of the pandemic – page 4

"The sail, the play of its pulse so like our own lives: so thin and yet so full of life, so noiseless when it labors hardest, so noisy and impatient when least effective." Henry David Thoreau

"There is a river in the ocean. In the severest droughts it never fails, and in the mightiest floods it never overflows. Its banks and bottom are of cold water while its current is of warm. The Gulf of Mexico is its fountain, and its mouth is the Arctic Seas. It is the Gulf Stream. There is in the world no other such majestic flow of waters." Matthew Fontaine Maury, *The Physical Geography of the Sea* (1855)

The Power of Play: How to Access Your Energy Account

by Stephen Cook

I have several poignant memories from my childhood associated with activities. I have no idea how many times they actually occurred. Once? Twenty times? One such memory is playing some type of ball game in an orchard near the center of our tiny village with a mix of boys of different ages.

Playing from early evening until it was too dark to see the ball, then riding my bike home without lights, having to consciously look up, to use my peripheral vision to see the road.

Playing with the older boys gave the experience a lovely structure since they settled any arguments about rule infractions and seemed to have a more coherent vision of how the game might unfold.

As an adult my job as a market gardener had two characteristics which tended to suppress play. One being that our good weather months are the busiest and, like many jobs, there is always more to do.

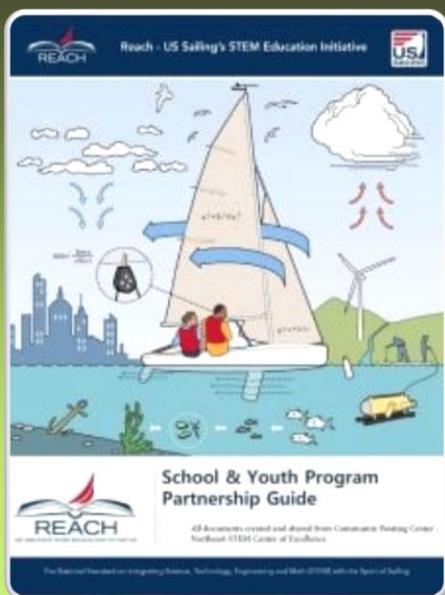
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Stephen Cook – market gardener and sailor - with granddaughter Kendall

“It’s a five minute walk from my house to the pub. It is a 35-minute walk from the pub to my house. The difference is staggering.”

Kiwis Learning About Wind



We could be talking about the America’s Cup here but we’re not. Yachting New Zealand has entered into a partnership with Sporting New Zealand and the Ministry of Education to bring a STEM (science, technology, engineering, and math) program called “Powered by the Wind” (or Kokokaha in Maori) to all of New Zealand’s 5-10 year olds.

The program is classroom based but schools also have the opportunity to take their students sailing as part of their Kokokaha experience.

US Sailing has a similar STEM initiative called REACH which started about five years ago. If you are an educator and want to get trained to be a sailing STEM teacher, just go to this website: <https://www.ussailing.org/education/youth/reach/>

Life in the Time of COVID: HSA Members Relate

Over the past few issues we have been hearing from our members about how they have coped with and spent time in the pandemic. This issue we have a few more – the Mollerans, the Henthorns, Bobbie Bode, Don Fecher, and Mike Weir.

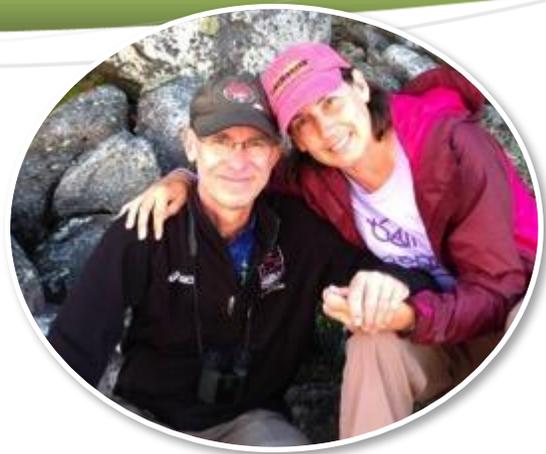
Bill Molleran is an electrical engineer at Cincinnati Incorporated and Julie Molleran works as a horticulturalist at Spring Grove Cemetery in Cincinnati.

Julie and I have been very lucky. The virus has only been an annoyance. Knock wood, neither of us have had it, nor have we missed any work because of it. I know many people who have had it, but only a small number that have had significant symptoms.

We have still managed to do a little traveling, a trip out west and a weekend hiking trip. Since both of us love to play outside, we still have lots of safe activities that we can do. The cycle club has transitioned from drinking in bars and restaurants to tailgating. I think I like that better anyway.

I am not a big fan of crowds or cities, so the social distancing thing is fine with me. It is tough that fitness gear (sailboat and bike parts and accessories) is harder to find. The grocery store never ran out of beer or wine, although once, I had to get my favorite brew in cans (I prefer bottles).

At work, COVID shortages were not as big of a problem as I thought it would be. I have had to deal with quarantining employees and blown up schedules, but on the other hand, I have a ready excuse if I don't meet deadlines. One employee was called up by the National Guard to manage a COVID infested prison (now he is called up again to quell the insurrection). We were really worried about losing business due to an economic pull-back,



Bill and Julie are outdoor people. Here they are on a trip to the Boundary Waters in Minnesota a few years back.

but sales have held up pretty well.

You know Julie's line of work (Spring Grove Cemetery). Let's just say that things aren't too bad there (All kidding aside, they did see a slight up-tick in business late in the year, but not what you would expect from listening to the doomsayers).

"I used to say I had the best job in the world until I met someone who gives eco-kayak tours in the Grand Caymans. So now I have the second best job." Julie Molleran

If you aren't happy with the way things are in the present, it is always good to read history. I have been reading "Abraham Lincoln" by Carl Sandburg. Compared to 1861, 2020 is bliss. 20,000 casualties (all young men) in one battle was common, 8500 union soldiers died from disease and starvation in one confederate prison camp.

Both sides had issues with small pox, typhoid, cholera, dysentery and scurvy. When your leg was shot off by a cannon ball, they didn't have anesthesia when they amputated with a bone saw. No, I am fine with wearing a mask and having Zoom meetings instead of in-person.

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A Sailor's Tales (continued from page 1)

What's going on here? A book by an East Coast yacht guy? In a different era? No pictures? (I'm kidding about that last one.) The very first story in the collection is a thrilling account by an accomplished writer of a race from Miami to Nassau on a big boat in what turned out to be terrible conditions. That race included the famous sinking of the *Mary E*.

I was hooked. But the stories about racing are only a part of the book. It's first section of stories, outside of the Miami/Nassau race, are about his growing up sailing in the Jersey/Massachusetts/New York area and entering the Navy as WW II began.

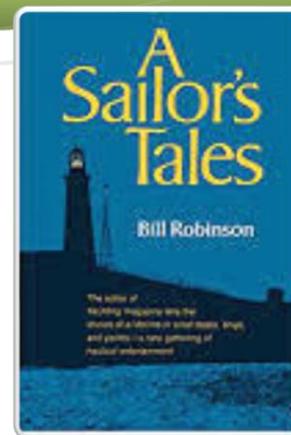
He was eventually given command of a 110 ft long wooden sub chaser and ended up in the South Pacific theater in the Seventh Fleet. Decorated, competent, and a good skipper, he and his ship survived attacks that killed some members of his crew and met a lot of interesting people, including the French guy on the island whose story eventually became the book and movie *South Pacific*. (Yes, Bali Hai is a real place!)

The second part of the book is all stories about raising a family and teaching his wife and three children how to sail and race by way of a series of dinghies and cruisers. The final third is devoted to stories about big water racing on large and small boats around the world as editor of those sailing magazines.

I suppose that the greater reason I became so transfixed by his stories is their connection to my own life. First as a racing sailor, then as a cruiser sailor although my first relatively long distance race is coming up next year, well into my career on sailboats.

The deeper connections are about proximity to family. Robinson's early life may have crossed paths with my mother who grew up in the same era, the same areas and the same conditions, minus the sailboats. When he joined the Navy and got his ship in New York, his path may have crossed my father's naval path from the East coast to the West and into the Pacific war against Japan. I recognized the place names, the towns, the islands, and the battles.

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Historian Lewis Mumford claimed, "The clock, not the steam-engine, is the key machine of the modern industrial age." He added that "the clock is a piece of power machinery whose 'product' is seconds and minutes: by its essential nature it dissociated time from human events..."

The clock owns us as never before, reducing everything to a schedule, measuring our value on a per-hour basis, sucking away the net worth of our human experience.

It's hard to imagine life before the clock took control, but I know one sacred place where the clock does not define time and can be disregarded - on a sailboat far from land...

At sea, nobody can tell you when to open or when to close shop. Your schedule is dictated by your human needs, not those of some atomic clock overlord. I stand with Marilyn Monroe, who observed, "I've been on a calendar, but I have never been on time."

John Kretschmer in *Sailing to the Edge of Time*

Power of Play (continued from page 2)

My work is almost 100% outside and physically demanding. I never surrendered to the temptation of working seven days a week which many of my peers in the business take as a given. I only rarely found time or energy to play for recreation (think about that word – re-creation).

“When the work account is bouncing checks, the PIN number to access my play account is to take a shower and change into ‘play clothes’”

About ten years ago I started playing tennis once a week in the evening and I learned two very important and surprising lessons: One, the energy for play emanates from a different source than the energy for work. It feels like I have two different energy bank accounts. One for work and one for play. When the work account is bouncing checks, the PIN number to access my play account is to take a shower and change into “play clothes” (sounds pretty childish, that’s a good sign). To put it another way, I might be full of brussels sprouts and roast beef, but I can still find room for ice cream and peaches.

Two, I learned that playing and playfulness are incredibly joyous and life giving and quickly put into perspective all the things you should be doing to get “caught up”, plus the break from thinking about all that makes a hefty deposit into my “work” account.

How can you learn things about yourself at 55 years old?

I recently turned 65 years old and have thus qualified for Medicare which saves me about \$300 per month. I’m happy to realize that I have been spending at least that much at an indoor sports facility for weekly tennis lessons and court

time, sometimes three times per week!

There are many ways to enjoy the sport of sailing from putzing up and down the lake to heated competitive racing. I suppose I have chosen a middle path. Sailing up and down the lake could be likened to hitting a tennis ball up against a practice wall. How much more fun and challenging it is to enjoy a sport with others.

Perhaps this whole piece is to explain why I spend so much time smiling out on the lake on Sundays. It’s such a delight to be associated with a group of people like those who comprise the Hueston Sailing Association.

This is a group of people who value and prioritize play. They have sufficient zeal to maintain an organization and the necessary infrastructure so that on a weekly basis we can sail around in triangles under the watchful eye of a group of people who envision the course and supervise play, just like the “almost grown ups” in the orchard so many years ago.

Do you ever look around the lake on a Sunday and notice how many older, interested, interesting, and engaged members we have? This, my friends, is the power of play.

A Sailor’s Tales (cont. from page 4)

With his children either crewing or skippering, he raced in places that even come close to home here. Port Clinton, Put in Bay, Cleveland Bay Week. The classes of boats that Robinson and his family sailed may not be around now, but the common elements are there: adventures on sailboats: triumphs, disasters, capsizes, and glorious fun, but above all, a love of boats and sailing.

It’s a good read. You can still buy the book new or used or find it at a good library.

Life in the Time of COVID

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Bobbie Bode - Y-Flyer

As far as I know I haven't had it. I know about twenty friends/family who have. Several that I work with have had it, but they worked the whole time at home. On the other hand, I know three people who have died from it. Two had been on ventilators for weeks. My friend's daughter had it several months ago and now she can't go more than three steps without sitting down and resting.

I am pretty much living life as normal. Things are different, but I am doing everything that I have always done except for volleyball. I'm working every day. No clogging workshops but they are putting fun dances up on YouTube. I haven't been going out to dinner but I didn't do that very often anyway.

I am wearing a mask everywhere it is required. The last thing I want to do is give it to someone. I will quarantine myself if I suspect I have it. But I am not going to be so afraid of getting it that I stop living. I am not comfortable getting the vaccine. It kind of scares me.

Honestly, I can't complain about 2020. We had a record year at work. 2021 is the one I'm worried about. Twelve days into it and I know of seven deaths already, but only one related to COVID.

Roger Henthorn – Y-Flyer

I didn't have any symptoms nor the virus. Some of my normal activities have been cancelled. I haven't played volleyball since last February. That took away two activities a week. Clogging workshops (I provide sound systems for some of the workshops) have been cancelled since last March.

The next one that might make it is this coming March. Clogging classes started back in a basement after about a 2 – 3 month layoff. Our Recreation Center, where classes normally meet, will be closed in the evenings until June!

Activities for the three main non-profits I volunteer for were all cancelled except for one event. Most of the activities in 2020 were sailing. Managed to get to the lake most weekends and get out on the boat or come up and do some work on the building and/or equipment.

Since I have worked from home for the past 15 years, nothing much changed there. I am still working every day. My business activities are online (updating websites), no real stories about others.

Mike Weir –Hobie Guy

I just put up with it. Most of my time is spent taking care of Louise. I faithfully wear a mask when I go out but am essentially staying at home. I did go skiing yesterday. Slopes were almost empty.

Don Fecher - Hobie Guy

Nothing has really changed. I still see my close friends. Played golf every week, sailed, saw my mom. The only thing was the bars closed early. When my work got shut down, I still had to come in and work. So it was life as usual for me. Sorry nothing juicy for you. I didn't go off the deep end.

