

Acton Action

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Just a small part of the starting line for the Sunfish Worlds last fall in North Carolina. One of those boats belongs to one of our club members. Which one?

Dues Due!

It is already February and HSA is busy preparing for the 2015 sailing season. One important duty belongs to Rear Commodore Laura Beebe.

Among her many functions is preparing the race committee schedule.

You can help Laura and HSA's other officers and chairs by submitting your membership form and paying your 2015 dues this month. The link to that form is below for your convenience. The Executive Committee announced that once again there will be no dues increase so you get the inflation free cost of just \$95 for a family membership. Now, tell us where else you can get a deal like this.

http://www.huestonsailing.com/HSA_Membership_Info.html#HSA%20Membership%20%28top%29



New Racing and Social Calendars Set for 2015

Hueston Sailing's new season came into the world this week and has a few new wrinkles in it. After a little hot debate on a cold day, the tentative schedule's three month gestation period came to an end after a short labor and looking a lot like all of its many parents and siblings. We offer it up to you for baptism cleansed of its natal complications and hope you think, as we do, that despite its wrinkles, it is really kinda cute after all. Page 7 has the details.

What's Inside

Sailing on Film page 2

Sail in your living room - vicariously - with these celluloid cinematic sea stories

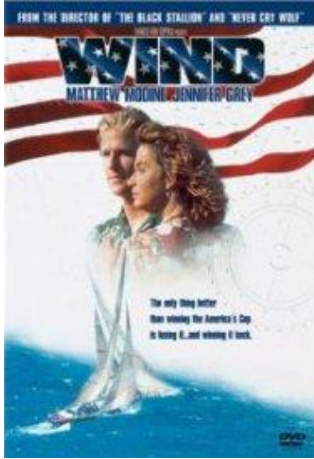
Dear Dr. Wind page 5

Advice about racing before the racing even begins. It's a layered thing.

Women Race page 4

What is it like on the race course for women who race? We go inside the distaff mind.

Sailing in the Off Season



Yes, it is too cold. But these films can take you somewhere warm, wet, adventurous, and satisfying.

Fiction- *Wind* (1992) 126 min.

Director: Carroll Ballard

Writers: Jeff Benjamin and Roger Vaughan

Stars: Matthew Modine, Jennifer Grey, Cliff Robertson, Stellan Skarsgard

What is the latest in the season you have sailed in southwestern Ohio? Three club members did sail in frigid temps and water in November once on what was to be "Lake Middletown" on the Great Miami River. What we will do to promote sailing.

Well, Lake Middletown was shut down by the EPA and sailing never took off in that shallow waterway. But if you are looking for a way on the water during the long winter months, you could do that without moving to the Caribbean. Or Australia. Or Middletown. It will have to be a journey of the imagination - an entirely vicarious one.

In the comfort of your living room, you could be competing in the America's Cup. I stumbled across the movie *Wind* a few weeks ago. The boats are 12 meters. You know, back in the day.

Matthew Modine, Jennifer Gray, and Cliff Robertson play the chief roles in an entirely fictional story where Will Parker (Modine) loses the America's Cup to the Aussies. He then forms his own syndicate to win it back. Good on the water action scenes together with an interesting story/romance make this a comfortable evening. Unless you do as I did and find yourself hiking out on the arm of the couch and grabbing at nonexistent sheets and halyards on your Lazy Boy.

The ending (no spoiler) involves an unlikely but common tactical maneuver that wins the final race. I won't tell you what it is, but if you have ever tried it (many of you have), you will no doubt wonder why it doesn't work for you if it can work in an America's Cup. I have tried it several times and it has always been an Epic Fail. I know. It's all in the execution.

NON-FICTION - *BEYOND 360* (2012) 82 MIN.



In the documentary category, there is *Beyond 360* by director-writer-producer Luis Goyanes. His film tells the story of two women - Dee Caffari and Anna Corbella - in the Barcelona World Race a few years ago. Caffari needed a top five finish to keep funding her boat and team. Corbella needed simply to finish becoming the first Spanish woman to sail nonstop around the world.

Caffari is a school teacher and Corbella is a veterinarian. They quit their jobs and jumped head long into the world of professional sailing. They were the only all female crew in a fleet of male sailors. When the hull begins to fail off the Brazilian coast, the two women's goals are at odds. Do they make it? Do they win? You will have to get hold of the film and find out. Available on iTunes for \$12.99. Or at Amazon Video for \$3.99.

(Editor's Note: Dee is currently competing in the [Volvo Ocean Race](#) on [Team SCA](#), the only all-female boat in the 2014-2015 around-the-world race.)



Want to Go Faster? Don't Overlook the Details

by Mike Stratton

As we prime ourselves for the upcoming sailing season, it may be time to turn our attention to the little things that make us faster on the water. Let's begin with what we wear. In fact, let's begin at the bottom: underwear.

Usually for Christmas my family gets me something related to sailing. This year was no different. My wife found me some underwear specifically suited to sailing. Two pair of boxer briefs made by a brand called Undertech. These tight fitting briefs are made of a polyester/spandex blend and are moisture wicking for fast drying.

How many times have you come off the

water with your pants and shirt dry only to find your cotton shorts still damp? It's a problem.

Most sailors have learned to leave the cotton clothing at home (even though you will still occasionally see a veteran inexplicably get into their boat wearing jeans - possibly the worst material to go on the water wearing). We have drawers full of polyester shirts, pants, and socks as well as water resistant/waterproof foul weather gear.

But how many of us have underwear that match the performance of our outerwear? Faster? Yes, if you are comfortable, you will spend more time with your head out of the boat. Undertech is available at most stores, even K-Mart, for both men and women.



Undertech Underwear

When you go looking online for this brand, you might be surprised to see images that involve guns. Yes, guns. That is because Undertech is primarily in the business of making underwear, shirts, bras, etc that have carry/conceal pockets. They are compression garments largely for people who want to conceal a weapon, passports, wallets and the like. (I want to say so many things.)

There are, of course, many other moisture wicking brands: Capilene, REI, Polartec Power Dry; North Face, UnderArmour. and Buck Naked from Duluth Trading. You can find these or other brands at Kohl's, Target, and many other retail outlets. Mine are Undertech. No gun pocket.

A Woman in Sailing

by Rose Schultz

I started sailing more than thirty years ago as a crew for my husband. Our dream of sailing a Hobie morphed into the reality of owning a Y-Flyer after we met Jerry Callahan.

After several years of crewing, we bought a Sunfish and I attempted to skipper that. I discovered that although I was an experienced crew, I had a lot to learn about skippering.

It took three years of Women's Camp before the knowledge I had in the chalk talks made any sense on the water. I guess you could say I was a slow learner, but I was persistent!

Although I was intimidated by other racers, I just loved being on the lake. I enjoyed reading the wind, feeling the nuances of the boat's movement, sailing toward the puffs on the lake, and increasing my understanding of what made my boat sail well.

Now years later, I am more confident, though aware of my limitations in strength and skill. Because I feel that I took "baby steps" in learning to race, I admire the women who attend Women's Camp, having never sailed a boat. Many of them learn to be competent sailors in a few days.

**"I enjoyed reading the wind,
feeling the nuances of the
boat's movement, ..."**

I enjoy teaching the beginner women's fleet because I like to see women empowered to achieve something on their own, skippering a boat by themselves.

Sailing is as much mental as it is physical, and women sailors can be strong competitors on the course.

On those racing afternoons when I feel in sync with my 'Fish sailing a perfect beat on the windward leg, well, it just doesn't get any better than that.



Brand New Sunfish?

Someone will hit the waters of Acton Lake in a sleek new Sunfish that comes directly from the World Championships last October in North Carolina. We're sure you will know it when you see it.



**Noodle racing returns in June this year.
Got Noodle?**

Dear Dr. Wind: Advice Column for the Windlorn

Reader asks how to get ready for a race. Dr. Wind answers.

In racing, both body and brain should be prepared for the two hours of so of exertion that comes with racing a sailboat. Ok, I know some of you are going to say that your racing style is more laid back, more relaxed. Or that you really don't care that much about how you perform on any given Sunday.

Some might reply to that with at least a little skepticism. "Relaxed racing?" (Is that an oxymoron?) There might be a place and time for "relaxed racing", but, let's be honest. Does anyone in our club really go out on the course on Sunday without the intent of competing and winning? Without the intent of a good finish?

If you are at all like most racers, you want to win and you seldom cross the starting line with the idea that it's satisfying enough just to follow the others around the course. Unless you are just learning the sport, that is. (Even then, it burns to be the pickle boat. Remember?)

So the question becomes, are you doing everything you need to do in order to be successful before the race even begins?

When you get ready for a long bike ride, a run, or a workout, it is a good idea to warm up a bit. You probably agree that you can't perform at a high level if you simply ask your body and your brain to just get going. The same is true for racing a sailboat.

Most successful racers will tell you that it is important to get out on the course early. For a Sunday club race, that would be about 30 to 45 minutes ahead of the gun. If the committee boat has set the course, you should be ready to sail it.

If you are in a regatta somewhere, it should be as much as an hour or more. After all, you have invested the time and money to be there, so being ready at the gun becomes a little more important.

What should you do in that time before the starting sequence? At a lake such as ours where winds are more variable and

mischievous, it is a good idea to sail the first beat. With the short courses we run, you should have enough time to sail the entire course one time. If not, the first leg and the downwind leg should take priority. Go for the jibe mark first, then sail the beat. Not enough time? Do the beat.

Here's what you will learn: What direction is the new wind coming from? What are the shifts doing? Can you time them? Is it a progressive shift or a steady, intermittent one? Which side of the course should you head for first? Where is the strongest pressure? Does there seem to be a favored tack?

Many racers also suggest that you line up with another boat and sail the windward leg together. Position your boat two lengths from a competitor, making sure that one of you is bow-even or slightly bow-forward. After 5-7 minutes of sailing, tack and switch windward-leeward positions. Rinse, repeat. You will notice things. Get someone ahead of time to do this with you if at a race with a lot of boats. For a Sunday club race, just find someone who is obviously checking out the windward leg and jump in with them.

Another option is to get someone to split tacks with you and see who arrives at the mark first. Decide ahead of time how long to sail each tack or tack when you see the other boat tack.

Sail the downwind leg if you have time so that you get in sync there too with the shifts and to get a feel for conditions. If the whole course looks familiar to you, you will have an advantage over the others. If you skip a warm up, then you will spend race one learning what you should have found out beforehand.

It is also a good idea to leave 5-10 minutes to just chill before the starting sequence. Meditate, plan your start, watch the wind, save energy, and relax. When the gun goes off, you will have already started.

Dr. Wind

Book Review

Sailing: A Woman's Guide by Doris Colgate

Paperback - January 1999



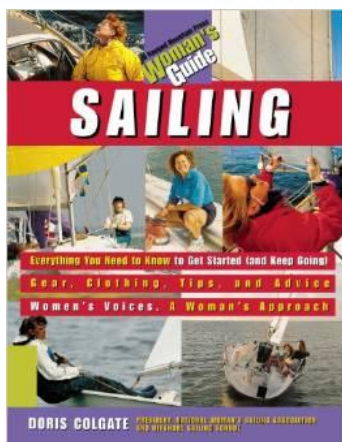
"What if you'd been introduced to sailing by a group of wise woman friends, all exceptionally skilled sailors and consummate psychologists, who anticipated your learning pace and nudged you on to triumph with gentle good humor.

"Impossible? What if someone combined the on-water wisdom of hundreds of women into the only sailing instruction book to address how you learn and incorporate information? That's exactly what this book does. Doris Colgate, president of the National Women's Sailing Association, called her book "a gallery of profiles," stories of women who've made sailing an important part of their lives. Her gallery, a gathering of voices, is what makes the book unique.

"At every level of sailing, crucial information is made real by women's voices or amplified in a sidebar, explaining how someone mastered the skill. The reader is never left staring at a mysterious paragraph, wondering what the author meant.

"It helps, too, that there's a thorough index, and you can look up sailing terms in their context instead of in a brief glossary. The book handles how-to-sail information professionally: basic material is clearly organized and well illustrated. But the basics haven't changed and they aren't gender specific. It's the presentation differences that strike you, such as hearing someone admit she had doubts about heeling boats, then explain how she learned to control the boat and her fears.

"That's what we need--the rationale for a new and, at first, daunting activity. The author, who's operated a sailing school for over 20 years, calls on her substantial trove of anecdotes from the beginners, women who've learned good lessons in her sailing courses, and the experienced women who've presented their wisdom at NWSA boat show seminars Colgate organizes. To add intrigue, Colgate adds tips and attitude from some of sailing's celebrities--women racers, long-distance cruisers, authors and editors whose words appear throughout the book. I've often given friends who want to learn sailing one particular how-to book, hoping they'll get into the sport. Now, I'll give the women, and some of the men, Doris' new book instead." *(from an anonymous but really good posting on Amazon)*



Houston Sailing Association 2015 Racing Schedule

April 18 - Launch HSA Boats	April 26 - 1st Spring	May 3 - 2nd Spring
May 10 - 3rd Spring	May 17 Sunfish Series #1 - <i>Founders' 59 Regatta</i>	
May 24-25 Memorial Day Series	May 30 Learn to Race Clinic*	
May 31 - 4th Spring	June 6-7 Sailing School/Learn to Sail classes	
June 14 - 5th Spring	June 21 Inter- Fleet Championship (Noodles!)	
June 28 - 6th Spring	July 4-5 - Fourth of July Holiday Series	
July 12 - Sunfish Series #2 - <i>Camptown Races</i>	July 13-15 - Junior Camp	
July 16-17 - Ladies Camp	July 19 - Hobie Challenge	
July 26 - 1st Fall	August 1-2 Sailing School #2/Learn to Sail	
August 9 - Beach Day	August 16 - 2nd Fall	
August 22 - Sunfish Series #3 - <i>Augusto!</i>	August 23 - Learn to Race Clinic #2*	
August 30 - 3rd Fall	September 6-7 Labor Day Holiday Series	
September 13 - 4th Fall	September 20 - 5th Fall	
September 27 - 6th Fall	October 4 - <i>OktoberFast</i> Sunfish Series #4	
October 10th - Haul Out		

Houston Sailing Association Social Activities

April 18 - Ice Cream Social 1:30	Houston Room
May 24 - Memorial Weekend Potluck Social	5:00
July 5 - July 4th Weekend Potluck Social	5:00
July 26 - HSA Brunch	11:00 am
September 6 - Labor Day Weekend Potluck Social	5:00
October 10 - Haul Out Lunch	11:30
November 7 - HSA Awards Dinner	Barn-N-Bunk

Those items marked with an asterisk represent changes to the calendar. The first of two Learn to Race Clinics is on Saturday, May 30th. This clinic and the one on August 23 are for those who are new to sailing or racing and want to know more about how to compete on the race course. The clinics include practical lessons in starting, sailing to windward, and rounding marks as well as on the water practice with other novice sailors/racers.

The other change is to one of the Sunfish only events, *Augusto!*, held on August 22. This is a Saturday date rather than a Sunday race date and represents a bit of an experiment.