


ACTON ACTION

Volume 61 Issue 1

January 26, 2017



What's Inside: Indoor Racing? You bet! Good idea? You decide. Also, the news about HSA in 2017, the promise of the "Cold Cure", and an interview with someone you know about a very important topic.

Next Issue Topic? A boat buying guide. We'll help you find the right boat.

New Racing and Social Calendar for 2017

Executive Committee Returns Club Championship to Racing Schedule; Invites Participation

A club championship event will return to HSA's racing schedule for the first time in several years. Previously, HSA held something called the Boies Series in which the winners of each fleet and a few other qualifiers competed for the title of Club Champion. Each year, the racing was held in a different boat - one year Y-Flyers, the next in Sunfish, etc.

The new championship will be different in two important ways. First the racing will be done in Capri 14.2's, a boat that most in the club are unfamiliar with which organizers hope will level the playing field. Another major difference is that you need not have won a fleet or series championship to qualify. The competition will be open to anyone who qualifies based on participation in racing in the Spring Series and/or Holiday Series or some combination thereof.

Details are yet to be worked out, but proponents of the plan ...

Continued on pg. 4



The Cold Cure

3

The bare chested solution for 21st century health and wellness?



Membership Drive

2

We interview someone with some startlingly refreshing (though maybe unusable) ideas.

Acton Action Interviews

Me: Hey You, it's time to let people know about our membership drive for the 2017 season. But just how are we going to approach this?

MC: Good question. We have a lot of interest in sailing, a lot of people who have sailboats.

Me: Yes, I agree, but how do we get people to join our club so we can sustain the sport and promote racing?

MC: I have a few ideas.

Me: OK, let's have 'em.

MC: Try this one out. "Our Spring Membership Drive is officially underway, listeners. And chances are you listen to WSAIL on a regular basis. In fact, we estimate that we have over 300 "listeners". But only about fifteen percent of those who listen actually join and participate. I know that you don't want to hear us ramble on about all the benefits of joining. You would rather just be sailing or keep abreast of the latest news about sailing. We agree. If we make our membership goal by the end of next week, we'll suspend our membership drive and let you enjoy the programs you love. By the way, we have a matching grant being offered by an anonymous donor. If we can get **ten new members** by April 20th ..."

Me: Wait a minute. That sounds like it will work for public radio but I'm not sure it will work for a club like ours. Got anything else?

MC: Sure! How about this? You pop out of a hatch on a Catalina 250 and surprise everyone with: "Did somebody say they wanted to buy a sailboat? Listen, go and get your best deal anywhere else and then come to HSA and we'll beat their offer. Plus you get \$1000 cash back and 0% interest if you join by April 1st! Boats! Boats! Boats! We have great deals on used Sunfish. And these two beauties just on the lot - Capri 14.2's! Superior Quality Guaranteed! Where? OXFORD! OXford! OxFOrd!"

Me: Uh, well, I like it except for the \$1000 cash back. Besides we are offering memberships, not selling boats.

MC: Yeah, but we have boats and can put you in a new or used one for no money down and 60 months no interest.

Me: You're still doing it. Please stop. Yes, we have boats that people can sail if they join, but we don't sell them. Got anything else. Those two are exactly getting it done for me.

MC: Sure, how about this one? You're at the age where giving up is not who you are. This is the age of knowing how to make things happen. So why let sailing dysfunction get in the way. Talk to your sailing club member and ask them if your heart is healthy enough for sailing. Do not sail if you take indoors as a lifestyle as it may increase your heart rate and stimulate your joy of outdoor fun. Side effects include euphoria, exhilaration, involuntary communion with the Great Outdoors, and increased bonding with family and friends.

To avoid too much joy, see a doctor for an experience on the water which lasts more than four hours. Stop chartering life and join our club if your vision of the future suddenly brightens after being on a boat.

(Continued on page 6)



On the left, three guys on a mountain. They might be pointing at the fellow on the right, Wim Hof, the Dutch daredevil who holds several world or Guinness Book records for ice endurance. Hof climbed to the 22,000 ft. level of Mount Everest in 2007 wearing what you see him in here in this picture.

By Yours Truly

The Iceman Cometh: Hacking Your Body

At first you aren't going to like this idea, but "bare" with me. What if you could fortify yourself against obesity, chronic pain, arthritis, and hypertension? What if you could reinvigorate your immune system so that the diseases of excess and a sedentary lifestyle could be seriously diminished?

Here's how to begin. Step outside on the next frigid day in only a t-shirt and shorts and stay out there for five minutes. What will this do for you? (In addition to making you feel really cold?) It will deliver benefits similar to a workout, for cold, frigid cold, creates a whole host of physiological responses that trigger good health.

This comes from a recent article in *Men's Journal* by Scott Carney. The article is titled "The Cold Cure: What Freezing Water and Extreme Altitude Can Do For Our Health". In it, Carney begins by describing his summiting of Mt.

Kilimanjaro wearing only boots, swim trunks, a wool cap, and a backpack containing emergency gear and water. Yes, shirtless and in shorts. 20,000 feet above sea level.

Carney's exposure to this began back in 2012 when he happened across a photograph on the internet of a man sitting on a glacier above the Arctic Circle in only his shorts. The man's name was Wim Hof, a Dutchman who claimed he could raise or lower his body temperature at will and control his immune system with his mind.

Carney, ever the skeptical investigative journalist, decided to do what he was used to doing - debunking claims by people around the globe who seemed to be charlatans. But after visiting Hof's training center in Poland and taking his one week class in which he learned hyperventilation and controlled breathing, he changed his mind. Such breathing helps you,

Iceman Cometh (continued from page 3)

according to Hof, to withstand environmental stressors, like helping you stay warm in very low temperatures.

Carney soon found out that his body was capable of doing things he never thought possible, which is all the more remarkable given that Carney was a mostly sedentary writer slouching his way into middle age. Before the week long experience was over, Carney was doing intense trekking and breathing techniques through sub zero winds and sweating the whole way.

Four years later, Carney was atop Mt. Kilimanjaro, shirtless most of the time, in -24 degree temperatures and breaking all protocols in the fastest ever unacclimated ascent of the mountain by amateur climbers.

At this point, we must pause and say that prolonged breath holding and exposure to cold have risks and that consulting your doctor before beginning is a good idea so that, well, you don't die from the challenge. You can read Carney's new book *What Doesn't Kill Us: How Freezing Water, Extreme Altitude, and Environmental Conditioning Will Renew Our Lost Evolutionary Strength* or you can read the excerpt that I looked at for this article by clicking on this link: <http://www.mensjournal.com/healthfitness/articles/what-freezing-water-extreme-altitude-can-do-for-our-health-w455186>

(There is a longer, more comprehensive piece by Carney that was published in Playboy Magazine in 2014 which tells more about Wim Hof. You can see it by going to this site: <http://www.playboy.com/articles/wim-hoff-endurance-mind-control>)

If you are wondering why I would be suggesting such reading or, more than that, suggesting behavior like immersing yourself in an ice bath, I have a few reasons. One, it is very convincing additional proof that our health and well being has been hijacked by modern living in which we strive for a climate controlled existence, mostly inside our homes and cars. Another reason is I am concerned about health and well-being, yours and mine. But more immediately, I have long been convinced that we humans have been taken hostage by a very natural but harmful urge toward comfort no matter what the consequences to our physical and mental health are.

I think we all know that many people won't venture outside in the winter because it is "too cold" or because it is "too hot" in the summer. Climate change has made summer just a little more humid, a little hotter and, as a result, most outdoor activity has

New Calendar (continued from page 1)

hope to use a round robin series with junior crew in each boat. Winners of heats will qualify for the finals.

The Club Championship is scheduled for July 16 with another date on September 10 normally reserved for the Interfleet Championship in case of poor wind or weather on the July date or in case of a need for a second round.

The schedule will also include a new race called the "Round the Lake Marathon" and is scheduled for October 15th to take advantage of good wind and warm weather in what used to be an unfavorable month.

In addition, the Hobie Fleet will be competing for a new "Hull Flying Award". This competition involves simply telling the race



committee that you want to be timed on how long you can keep your catamaran hull out of the water. Participants can choose any good wind day for their run and can try it as many times as they like before the end of the season. Then someone will walk away with the title of "Hull King!" (HmMMM, Hull King? Hulking?) We'll work on that.)

The Committee also voted to keep dues at \$95 per family, to return to our uniquely affordable and warm banquet location in 2017 - Barn N Bunk, and to replace the air compressed starting horn with a digital one. We'll have more details in the next issue of AA.

The Iceman Cometh (continued from previous page)

diminished as people chose to stay indoors in our homemade 72 degree environments.

For most of our 200,000 year history, however, as Carney tells us, we have had our bodies subjected to extreme cold and heat and we adapted to those conditions. It is only in the last several decades of human life on this planet that we been able to manipulate that environment so that we don't have to ever be cold or hot if we don't want to be.

Sailing, most of it, is an outdoor activity, one that requires our bodies to adapt to the conditions. (If you are wondering, yes, there is indoor sailing. See story elsewhere in this issue.) And we do often sail in challenging weather - heat, rain, cold. As Carney tells us, "succeeding over the natural world (by heating and air conditioning our environment) hasn't made our bodies stronger... there is a consensus among many scientists and athletes that humans were not built for constant homeostasis... human biology needs stress - and not the sort that damages muscle, gets us eaten by a bear, or degrades our physiques, but the environmental and physical fluctuations that invigorate our nervous system."

Few people want to be cold or overheated or uncomfortable. But by seeking a year round

controlled environment we may be doing ourselves and our species great harm. Carney and Hof give us a window into how we might expose ourselves to conditions that will make us stronger and healthier.

OK, now we are all thinking about those windless days where we sit on the water and bake in the sun or pretend to race while water spiders streak by us at what seem to be incredible speeds. The antidote to that may be two fold: learn how to adapt our bodies to challenging weather by going to the lake even on hot days (if there is wind), and secondly, refuse to "race" when there is little to no wind, which for me means little to no fun. That's when it becomes not only difficult but borders on punishment.

There have actually been many 90 degree days where there was enough wind to more than mitigate the heat and those moments are among my most pleasant. A breeze can cure a lot of warm.

I told a friend of mine about the cold cure and Scott Carney's experience a few weeks ago and that weekend he went outside for ten minutes in sub freezing weather without a shirt and walked around his yard. Later his fiancée told him that he needed to stay away from Mike Stratton. I can do the same for you.

Who's Sailing in January?

That would be Jerry Callahan, in Florida, taking on the local contingent of RC sailors at the Sarasota Model Yacht Club. In racing just before the end of December, Jerry, racing in Fleet 1 of three fleets, took second place overall after eight races with three bullets to his credit in a fleet of eight boats.

The active and fit octogenarian is active in RC racing there in Sarasota and here at home in Ohio, once the weather breaks. He sent us a good piece on sportsmanship by Dave Dellenbaugh that we will try to share in an upcoming issue of AA.



Remote control boats lined up on the dock and ready for action. These are not the Solings that Jerry and others in our club sometimes sail. These are scale model Lasers.

Indoor Sailing in France



Back in 1995, Buddy Melges, Derrick Fries, and Dave Dellenbaugh were all part of regatta series sailed in mini 12's.

All were sailed indoors in a 50 meter pool. We are not sure what happened to that initiative but indoor sailing is still alive and well, at least in France where they recently held an event on Windsurfer foils and in Lasers at the Indoor de France.

The 70 x 30 meter pool is lined with eco friendly wind turbines on one side and ramps are installed for a BMX style start and more ramps substituting for waves out in the pool with slots for the foils. (Better make sure you hit the slot.) The result is a spectacular display of jumping and tacking in really close quarters. There is a video you can watch of the action. Here is the link:

<http://www.sailingscuttlebutt.com/2016/04/03/video-indoor-de-france-2016/>

Now, given the rather lengthy screed in this issue about the virtue of sailing outdoors in all kinds of weather (See "The Iceman Cometh"), this would seem to run counter to that. But if the only way to enjoy the sport in the wintertime is to start a Frostbite Series in February, I guess this is a safe alternative.

The French event is apparently part of a renaissance of such indoor sailing events that used to be common in Europe in the 90's and early 2000's. It seemed to have died away in about 2005 but is making a comeback. We are talking about a sailing event with 12-15,000 spectators watching windsurfers and Lasers freestyle, jump and slalom their way around the "arena". In Warsaw two years ago 40,000 people showed up for an indoor Windsurfer event.

We don't know the fate of the Mini 12 racing in pools here in the U.S., but of course there is still remote control racing indoors lots of places where the only thing with a wet bottom is the boat. But if you are in Europe any time soon, see if you can find one of these events. Then come back and tell us about it. Next issue? Stadium Sailing. Outdoors. Could it happen at Acton Lake? We are already dreaming about it.

And we'll tell you just what stadium sailing is in the next issue of your Acton Action.

"There are no passengers on Spaceship Earth. We are all crew. And the only way to protect our planet, and our human family, is if we work together."

Marshall McLuhan

Interview with Membership Chair

(Continued from page 2)

Me: Hmmmmm. I don't know. It had a strange effect on me. I feel attracted to you.

MC: That's kinda strange, but did it make you want to join?

Me: I'm already a member, dude, but I can see it working for someone who has maybe been afraid of grasping the brass ring.

MC: So you chose.

Me: I think we should try them all. Hey, thanks for you input.

MC: Wanna go sailing?

Me: Yes, but there's this little thing called ice.

MC: You don't wanna try the cold cure?

Me: Oh yeah, I'm all in. I went outside last week without any gloves.