

Acton Action June 2026

June ends with a huge effort by HSA membership helping trim and clean our beautiful park!

Master tree trimmer and Commodore Joe Fulford

Thank you to all our members who came, saw, cleaned, pulled weeds, trim trees, weed wacked, carried brush and began cutting up and carrying away the sail boat no longer used that was sitting in our drymorage area.

Driver of the get-away truck Dave Judy

As a teen I sailed on Acton lake. I never dreamed I would have the honor and privilege of helping to take care of this beautiful park! Due to state budget cuts, our park needs your help. Please do all you can to help keep our park clean. -Jackie Guntle



This is my “helper” page. If you were there but do not see your smiling face among these pictures, please know I didn’t leave you out on purpose and that your help is much appreciated.

Our hard-working park manager, Kathryn Conner has always been committed to this park, so it is no surprise that she was spotted out on the beach this week picking up garbage. Her summer staffing has dropped from 18 to 5, but she is still swinging.

In addition, one of Hueston Wood’s long-time maintenance staff, Chuck Weinstriger (he helps during our Sailing Experience days) has had to



pivot to support his grandson Eli who was recently operated on for brain cancer: the next page tells how you can help them.



Here is the information on the fundraiser for Eli. Joe Folford has donated one Sailing Experience (an afternoon out on his Flying Scott) to be a part of a silent auction basket Kathryn is putting together.



ROARING FOR ELI BENEFIT

♥ TOGETHER, WE ROAR FOR ELI! ♥

JOIN US FOR A DAY OF FUN, MUSIC & COMMUNITY AS WE COME TOGETHER TO SUPPORT OUR BRAVE 4-YEAR-OLD WARRIOR, ELI, AND HIS FAMILY IN HIS FIGHT AGAINST **GRADE 4 GLIOMA**, A RARE AND AGGRESSIVE **BRAIN CANCER**.

SATURDAY AUGUST 22
4:00 PM – 11:00 PM

Pohlman Lanes
954 PYRAMID HILL BLVD,
HAMILTON, OH 45013
A FAMILY ENTERTAINMENT COMPLEX

♥ ALL PROCEEDS **BENEFIT ELI** AND HIS FAMILY!

FUNDS RAISED WILL HELP SUPPORT THE MEDICAL, EMOTIONAL AND FINANCIAL NEEDS OF ELI AND HIS FAMILY DURING THIS DIFFICULT JOURNEY.

LIVE MUSIC!
DJ HUBBS 4:30 PM – 6:30 PM
STAGGER LEE 7:00 PM – 11:00 PM
LIVE ON THE OUTDOOR STAGE!

RAFFLE BASKETS | SPLIT THE POT | BOWLING AVAILABLE FOR PURCHASE

CAN'T ATTEND? YOU CAN STILL **MAKE AN IMPACT!** ♥ SCAN TO DONATE! ➔

EVERY DONATION. EVERY PRAYER. EVERY SHARE. EVERY ROAR MATTERS.

www.roaringforeli.com

Dinner and Such

Thank you to Diane Pierok, who nearly single handedly set up our dinner and to all the people who brought wonderful things to eat. Our dinner was a feast fit for a king! After all the work was completed outside a demonstration of our new AED was presented by Commodore Joe Fulford.

Our AED is to be kept in our storage shed. If we are on the water and someone's heart stops beating, you are to load them onto the committee boat, begin CPR then race for the nearest dock to the shed where the AED will instruct you on how to use this new equipment. After much eating and visiting we had a short meeting. One of the main take aways from the meeting was the park's need for all of us to step up a bit in our beautiful park's care. Thank you again to everyone helped!



Ahoy! new member Micah Adkins



In addition to our busy clean-up day, many members also lent a hand to new member Micah Adkins getting his new to him, Erie 17 sailboat, Faygo Grape, rigged and launched!

An interesting story comes with this boat: In the early 1970's Boat builder and photographer Tim Koverman started the Erie Sailboat Company and built this boat in Dayton Ohio. Their first boat was trailered to Florida and subsequently sailed to the Bahamas, proving the reliability and sturdiness of the boat. Unfortunately, it was not long till there was an oil crisis, sending the price of polyester resin thru the roof, boat sales were slow, interest rates were high and the Erie Sailboat Company went out of business. All the boats they built are still sailing today!



Micah sailing away! Okay he was motoring away from the launch area! Congratulations Micah! We will be hearing more from Micah soon!

Commodore's Corner

Sharpening the Saw



I love this photo! First, it would make for a great “caption contest” (What is Bill Settle thinking?) but second because it shows HSA sailors keenly engaged in life-long learning. Management guru, Stephen Covey, put forward seven habits of highly effective people with #7 being “sharpen the saw.” These sailors are sharpening their Sunfish skills but why?

I’d say, with any pursuit such as sailing, learning new skills brings a bit of joy and sense of personal accomplishment. I’ve joyously graduated from forgetting my tiller or docking up *onto* docks—certainly moving me slightly closer to being a “highly effective” sailor. But my bigger joy is seeing each of you honing your skills via events like our Sunfish Wednesdays. Similarly, we had a great “saw sharpening” session with our new AED on June 28th. Want to know more? <https://www.redcross.org/take-a-class/aed>



Now, for Some Racing Strategies

Let's talk about the GYBE!

Most sailors make a mess of gybes because they don't understand what a gybe is.

They make a mess of gybes when it's windy because they get scared, rush the movement, steer too hard, duck late, forget the sheet and hope that if they get through the boom crossing quickly enough the boat might forgive the rest of it.



It usually doesn't.

The answer isn't bravery. Bravery is overrated in boat handling. The answer is having a clear, practised routine you can fall back on when the boat loads up, the waves are awkward, and your brain starts suggesting that swimming might be a perfectly acceptable outcome.

A good gybe starts before the turn. You need to know why you're gybing, where you want the boat to come out, what angle you want afterwards, and how you're going to keep the boat moving rather than stopping, wobbling around, and rebuilding speed afterwards.

You gybe because the strategy requires it, because the course

Gybe (cont.)

requires it, because the pressure or waves make it faster, or because staying on the same course is no longer the best way down the leg.

The aim is to exit as close to full speed as possible, on the angle you chose, with the boat balanced and ready for the next decision. If you're gybing in waves, that may mean timing it so the boat keeps travelling with the wave rather than turning across it and killing the speed. If you're gybing in pressure, it means being ready before the gust arrives, using the speed it gives you, and gybing in the middle to the end of the gust, not before it hits and not while the boat is still accelerating at the beginning.

The order is body, sheet, steer.

Your body movement starts the manoeuvre, because good weight movement helps the boat roll and turn without dragging the rudder through the water like a brake. The sheet controls the sail, keeps the boom under control, and helps the boat accelerate through the second half. The steering should be there for precision, not panic.

That's where a lot of windy gybes go wrong.

The sailor gets nervous, so they steer first. The boat turns too sharply, the load comes on quickly, the boom crosses hard, the body movement is late, and the sheet is either too loose, too tight, or wrapped around something it shouldn't be near. At that point the gybe is no longer a routine, it's a negotiation.

So build the routine when it isn't frightening.

Look at the exit. Settle the boat. Move early. Bring the sheet under control. Use the gust to get the boat up to speed. Gybe in the

Gybe (cont.)

middle to the end of the pressure. Start the turn smoothly. Let the boom cross cleanly. Flatten onto the new course. Ease, accelerate, and sail away.

Then practise it again.

Not randomly, not just when the course forces you to, and not only in perfect conditions where everything feels easy. Practise it until the sequence is familiar enough that when it's windy, you're not inventing a gybe under pressure, you're simply doing the thing you've already rehearsed.

That's where confidence actually comes from.

Not from pretending windy gybes are easy, because they're not, but from having a routine strong enough to survive the moment when your brain would rather not be there.

This article is by Coach Dom Barnes#@DinghySailing and it stresses the importance of taking advantage of Mike Stratton's Wednesday Sunfish practises. You can only rehearse your planned gybe if you are out on the water!

The pizza at the lodge isn't bad either!!

Thank You Mike Stratton for creating this opportunity for us all!



Friday June 19th Sunfish Training

Eight HSA members came out to Acton Lake to help Brett Hart teach four members of the Brett Hungerford family to sail sunfish. An on land chalk talk was provided by Brett Hart and Mike Stratton. Amy Marks and Bill Molleran gave a demonstration of points of sail. Jackie Guntle gave a safety/life jacket talk. Brett, Kristen, Foster, and Mabel each got their own sunfish to sail! Kristen, Foster and Mabel each also had an HSA helper on board their boat for coaching purposes. Brendan Draper assisted Foster until Foster felt ready to take the wind on, on his own! Bill Molleran sailed with Mabel and Amy Marks provided assistance to Kristen. Brett Hart manned the rescue boat, while Jerry Brewster paddled his kayak and assisted everyone on the water. Charlie DeArmon, Jennifer Harris and Jackie Guntle all were on sunfish sailing around providing encouragement and instruction. The wind was quite heavy I was told 20-24 knots, so capsize practice was easy to come by! It was fast paced, exciting and we are all eager to go again! Thank you to everyone for your help! Thank you Brett Hart for setting this up!



July schedule

July 4th and 5th

July 11th

July 12th

July 18th

July 19th

July 26th

July 4th series

Sunfish clinic

Camptown Races

Intro to sailing

1st fall (Brunch)

2nd fall

Looking forward to seeing everyone out on
the water!



Committee boat duty is fun!!