

WHISKEYTOWN

SAILING CLUB NEWS

established to foster and encourage the sport of sailing



Commodore's Letter

The lake should be filling back up by the time you read this which means the sailing season is upon us. I know many people like Vice Commodore Mike Archibald have been sailing all winter, but a Hobiecat doesn't draw much and Mike apparently has a warm wet suit, or just doesn't mind the cold! The Park Service says the water was an extra three feet down this year due to work being done on the beaches, the western part of Brandy Creek Marina and the cold water curtain at the end of the lake.

We had a very enjoyable club social in February at the Sailing Boat restaurant, and will be holding another on April 22nd.

We hope everyone who can fit that on their schedule will join us. This event will have been posted on the web site, I hope everyone has taken note of it.

The Spring Series starts on April 17, and races will be held on alternate Sundays. More about the series in this newsletter.

The Regatta Committee is hard at work planning the big Regatta over Memorial Day weekend.

The Moore 24s, probably one of the largest and most active one design fleets on the West Coast, have our regatta on their race travel schedule, so we can expect to see more boats and some very competitive racing this year.

We are planning some events and activities at the lake, which includes some fun (as in non-scoring) racing.

It probably isn't so much racing as getting a bunch of boats to go sailing together around a few marks, and then coming in for some food and drinks. More on that in the newsletter also.

Since we are only doing four hard copy newsletters this year, I'd encourage everyone to stay in touch via our website, www.whiskeytownsailing.org. Pamela Hanford is staying on top of that and we are keeping it as current as possible with events and goings on.

You can check on summer events under the Events tab, but we'll also be posting the latest activity and date right on the home page.

We look forward to seeing you on the water!

Jake



Jake Cartwright and his wife Nancy just sold their Capri 22, Popeye and will soon debut their new vessel

WSC Social

Friday, April 22nd, 2011
6:30 p.m.

**Sailing Boat
Restaurant**

Sailing Boat Restaurant
2772 Churn Creek Road
Redding, CA 96002
(530) 222-6868

Mike Kelly and Ken Berryman will do a presentation about our ever-expanding youth-sailing program . . . don't miss it!

Order your own food and drinks, or just enjoy the program.

**NEW CLUB BURGEES
WILL BE AVAILABLE FOR
PURCHASE!**

WHISKEYTOWN SAILING CLUB



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RACE & SCORING COMMITTEE

JIM KELLY, CHAIR

REGATTA COMMITTEE

NANCY O'BRIEN, CHAIR

NEWSLETTER

WHISKEYTOWNSAILING@GMAIL.COM
LETTERS, SUBMISSIONS,
PHOTOS WELCOME

WEB TEAM

JAKE CARTWRIGHT, CONTENT
PAMELA HANFORD, DESIGN
SUBMISSIONS,
PHOTOS WELCOME

MEMBERSHIP

\$40/YR

News from the board

The Board of Directors met on January 11, 2011 with Jake, Nancy, Mike, Gorden, Pamela and Ron in attendance.

The Race Committee has been busy making flags for the racing marks so they are highly visible on the lake. Jim Kelly fitted each of the marks with a flag fitting and has sewn orange flags for each of them. These will only be on the marks during the races.

This will make the marks easier to identify, especially to our out-of-town guests here for the Regatta. A map of the lake has been posted on the website with the new mark locations and the Race Committee is currently working on courses for the Regatta.

Jake discussed the member survey that was conducted in January of our members and what they would like from WSC. We received a 28% response rate to the online survey.

The most notable item was that our members wanted more social activities – especially more “at the lake” gatherings and “fun races” that everyone of every skill level could participate in.

We will be working on creating more social gatherings – the first one was held February 4th at the Sailing Boat Restaurant.

Gorden reports that we need to schedule a work day for the barge to do some painting and general clean up.



Nancy O'Brien, Treasurer has been filling in for Secretary Cynthia who was enjoying some out-of-town training for her job.

He has a trailer lined up and the Park Service has given us a temporary permit to work on the barge in the parking lot, so working and general cleaning will be started soon.

Once again Whiskeytown Sailing Club will support youth activities in 2011. Ken Berryman will coordinate the Boy Scout Sailing Merit Badge day on June 18th.

Mike Kelly is working with the YMCA on a youth sailing day with them as well. They will both briefly discuss these programs at our next social scheduled for April 22nd at the Sailing Boat.

See you there!

WELCOME NEW MEMBERS!

Let's give a big welcome to
**Jim Milestone,
Lin Drafton, Don Sheely and
Greg Kockrow.**
Welcome aboard and happy sailing!

WSC Spring Series Begins April 17th

Starting on Sunday April 17th, we'll have the first races of the Spring Series. This year we'll have twelve races total (wind and weather permitting), and they will be on alternate Sundays starting at 1PM sharp.

While anyone who is interested is invited and welcome to race with us, only current club-members are eligible for trophies for the series. All racers will be scored in each race, but the official standings for each race will reflect only the finish positions of WSC members.

Race Sundays after April 17th are May 1st, 15th and then June 5th, 19th and 26th. Since the Memorial Regatta is the weekend of May 28-29, we had to move the last race just out of spring into the first week of summer.

Jim Kelly will be manning the Race Committee barge for most races and welcomes volunteers to help him. At least one other per-

son on the barge is essential, and a third person is always helpful. If you haven't raced before and would like to go out on the barge to see what it is all about, you are welcome to do so. Give Jim a call at 530 356-8627 if you'd like to help out or observe.

The barge duty isn't too tough; you help with the start sequence, record the starters, boat type and sail numbers, and signal finishes and record finish times. And you have a good view of the race from the upper deck!

All the information for the series can be found on our web site, www.whiskeytownsailing.org. Go to the Events tab, and click on Spring Series. There you will find printable Sailing Instructions and the Course Sheets.

We will have some at the Lake to hand out in case you forget to bring them with you. For a map of the lake showing the location of the marks, look under

the Resources tab on the web site, and you find the "Map of the Lake".

We will be allowing four "throw outs", so even if you miss two race days, you can still be in the running for a trophy. And if you race all twelve, you get to throw out your four-worst finishes.

If you want to race, please be in the starting area on time. We can't hold the start for stragglers; it just isn't fair to everyone else. Make sure to look at the Sailing Instructions for the Spring Series and take note of the time of the Warning Signal.

After the racing, we hope everyone will stay at the Lake and get together in the parking area. Bring some cheese and crackers, drinks or finger food and we can re-hash the day's racing. Hope to see some new faces on the starting line!

February social featured program on San Juan Islands

We had a very enjoyable social gathering of members at the Sailing Boat Restaurant on February 4th in Redding. The turnout was great and we were very pleased to have a former member, Don Sheely, come to the event and renew his membership.

Welcome back, Don!

The Sailing Boat provided a terrific assortment of food which was enjoyed by all, and the conversation remained pretty much about sailing (or the lack of it this winter) as everyone talked with anticipation about getting back out on the lake.

Jake Cartwright gave a brief update on what the Club was up to in the slow season, and the primary activity has been preparing for the Regatta over Memorial Day weekend.

Given the email traffic we have had with several one design fleets, we can expect more than the 49 boats that registered last year.

Jake then turned the floor over to Ken George and Ray Profit, who presented a terrific slide show of their cruising experiences in Puget Sound and the San Juan Islands. The beauty of

the area, and the great experiences had by both families was very clear in the slide show, and Ray and Ken answered any and all questions about the area, with a lot of local knowledge.

Both trailed their Balboa 26s up to the Anacortes/Bellingham area year after year, and definitely became the Whiskeytown Sailing Club experts on the area. These days we think of cruising as requiring a large boat, but Ken and

CONTINUED NEXT PAGE

Whiskeytown Mini Fiasco, Saturday, June 11th

This will be our first experiment with a non scoring, not serious, entertaining “race”. We really encourage everyone who owns a boat to come out and sail around the lake. We’ll meet in the parking lot afterwards, so bring some refreshments and maybe some chips and salsa.

The club barge will be on the lake, and the start will be between the barge and an orange pennant on a float. If you aren’t sure where the marks are, go to the website and under resources, click on “Map of the Lake”.

The following are the “rules” for this fiasco. The most important one is to avoid a collision at all costs, and pay particular attention if you and another boat are rounding a mark from different directions!

WSC Summer Fiasco Simple Sailing Instructions

1. Follow these rules and have fun!

- Port tack boat must keep clear of starboard tack boat.
- If on same tack and overlapped, windward boat must keep clear of leeward boat.
- If on the same tack, a boat clear astern needs to keep clear of a boat clear ahead. If in doubt about who has right of way at a mark rounding or at any time,

“SOCIAL” CONTINUED

his wife had their first two week cruise back in the 1970s on their 21 foot boat!

The next social gathering is scheduled at the Sailing Boat on

give way, this is a fun race!

Important rule ... avoid a collision, even if you have right of way.

2. Start. The starting sequence will be the same as shown in the club sailing instructions found on our website. Look under the Events tab for the Spring Series, click on Sailing Instructions for the full start sequence. There will only be one start. The Warning (5 minute horn and flag) will be at 5:00PM. That makes the actual start at 5:05. (Who needs Sailing Instructions, just start at 5:05) The start line will be between the club barge and an orange pennant on a float. Start in the direction of your first mark.

3. Finish. Cross the finish line from the direction of the last mark you rounded. The finish line is the same as the start line, between the barge and an orange pennant on a float.

4. Course. Here’s the interesting part: You have to round Marks 2, 5, and 6, but you can chose which direction to go and in which order to round the marks. If you think the wind favors going to 6 first, then to 5 and then to 2 and finish, go that way. If you think it is better to go to 2 first, then 5 and then 6 and finish, then go that

way. And if you really have local knowledge, you may decide to go to 5 first, then to 6 and 2-finish, or maybe to 5 then 2 to 6 to finish. Maybe 6-2-5-finish is best...you get the picture. Some will chose a faster way to go. Some won’t, it just depends on the wind.

5. Spinnaker. You can use one, although that might be considered an unfair advantage!

6. Time Limit. If you haven’t finished by 6:35PM, say the heck with it and head back in for some food and refreshments. The Race Committee will leave the finish area at 6:35; they want to get in for some refreshments also!

7. Scoring. The first, second and third boats will be verbally acknowledged as sailing wizards at the gathering after the race. (Unless they use a spinnaker, then it will be acknowledged that they had more sail area.)

8. Come out and go around the buoys even if you have never raced. Just get back to the beach by 7:15PM!

If we have interest and good participation, we’ll do another of these in July. In the meantime, if anyone has ideas for a fun event on the water or at the lake, please let us know!

April 22nd, and we hope it will be as well attended. Many thanks to Donna and Michael Moore, who handled the logistics for the event and worked with the Sailing Boat to make sure everything went off smoothly.



Why stay fit for sailing?

Balance, strength, and agility

Safety is frequently a matter of being capable of handling the unexpected. Experienced sailors know that, in extreme situations, the difference between safety and tragedy can be a matter of physical strength and endurance.

Problems can occur in an instant, and the outcome can be decided just as quickly. There is no substitute for fitness in such situations. Even in more gentle circumstances, the fit sailor is more likely to avoid emergencies. For the sake of safety, all sailors should be fit.

The YMCA or your local gym have many kinds of equipment; there are classes for indoor bike spinning, treadmills for running and ellipticals, all are great for endurance. Strengthening your quadriceps and abs helps with hiking out on the cats.

Most gyms have circuit training equipment; these are machines that use cables and are set up for the cor-

rect position of the body.

For weight training I would recommend the following:

Upper Body: Forearm curls, preacher curls, regular curls, tricep curls, flys, overhead press, bench press, upright rows & rotator work (light weights or elastic bands). Pull-ups and push-ups (all varieties) are good too. I would emphasize the hands, forearms and shoulders and de-emphasize things like the bench presses.

ABs: The more the better. Anything is good here as long as the work isolates the specific muscle groups that need work. I like going with crunches, leg lifts, v-ups and scissors with some medicine ball or weight plates involved for twisting and turning. Can't emphasize enough that the back needs to be a prime consideration while working the abs. Generally the abs are good for four days in a row of serious workout with three days of rest.

Legs: While squats and leg

presses are good (and necessary), I think people can become too absorbed with them for sailing sometimes. Along with limited numbers of the squats and presses I think lunges and box jumps are especially good because they not only develop the legs but aid balance and flexibility.

Plus you can add a weight plate or medicine ball to lunges and jumps to help even more. Hanging from a hiking strap will, of course, quickly tell you if you've gotten your legs into proper shape - assume you have or can get ahold of a hiking bench. Lots of work on the bench would be very helpful.

Fitness first! Dennis Banks

Dennis Banks, former WSC Commodore, is Head Trainer at Riverview Golf & Country Club. He can be reached at dbanks@c-zone.net or at 243-1477

REGATTA COMMITTEE REPORT

The Regatta committee is in full force now. The Boy Scouts will provide the catering for the Regatta again this year with the same menu. We had great feedback last year on the Saturday night dinner so we will do a repeat. It serves as a fundraiser for the Boy Scouts so it works well for both organizations. Ken Berryman works to coordinate that with Mark Woodward of the Boy Scouts.

Ken is also working with Mike Archibald on getting trophies made. We will have the same design as last year. We have secured two chase boats and are hoping the Coast Guard will also be with us this year for the event. Nancy contacted Frank Tona of Crown Camera to see if we could get a professional photographer at the event this year to take photos of the boats on the lake during the race.

Jake reported that the permits are filed and fees paid with the Park Service for this year's event. Once again we have secured the campground for our out-of-town friends. New this year is the requirement that we have an EMT on site during the event. We have lined up the Shasta Volunteer Fire Department who will provide EMT services during the Regatta.

We will be looking for volunteers to help us during the Regatta – on the Race Committee Barge and at Registration. If you are interested please contact Nancy O'Brien at obrie@aol.com.



1365 Market St.
Redding, CA 96001
Tel: (530) 243-8333

Hank Jotz

JOTZ SAILS
WEAVERVILLE

Sailmaker

P. O. Box 1072, Weaverville, CA 96093

All sails are custom-made by Hank Jotz. With over 40 years of racing and cruising experience, Hank has been a sailmaker since 1961 and owner of Jotz Sails since 1965. Hank is the winner of 10 North American Championships (two FJ, one 505, and seven El Toro), as well as local championships in Finns, 5.5 Meters, and Zephyrs. See more at jotzsails.com

2011 Spring Schedule

We sail a six weekend, twelve race schedule in the spring. Two races are held on Sundays, with a skipper's meeting at noon and the first start at 1 p.m.

April 17th

May 1st

May 15th

June 5th

June 19th

June 26th

All racers will be scored in each race, but the official standings for each race will reflect only the finish positions of WSC members.

\$4200.00 for Ranger

sail boat and trailer, new bottom 2010, shrouds, all new Garhauer blocks. Dennis Banks, phone 530-2431477, Email dbanks@c-zone.net.

Membership Renewal Time!

Annual membership is due. If you have not already done so, please send a check (\$40) for your 2011 dues to:

Whiskeytown Sailing Club
P.O. Box 491526
Redding, CA 96049

Questions?

Call our NEW NUMBER:
530-539-4471.

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Address Correction, Return
Service Requested

Time to renew your membership!