

# Lake Townsend Yacht Club

# *Tell Tales*

MARCH, 2023



HAPPY  
*St. Patrick's*  
DAY



*“May the strength of God pilot us, may the wisdom of God instruct us, may the hand of God protect us, may the work of God direct us. Be always ours this day and for evermore.”*

— St Patrick

## IT'S THAT TIME AGAIN

### 2023 Membership Renewals Are Due

#### The Benefits of Membership

##### Competitive Fun Sailing

On the second Saturday of each month we hold our regular LTYC race series. This is 'around the buoys' racing where courses are laid out and there is a Signal Boat (pontoon boat) which carries the Race Committee who administer the race. There are specific times set to attend an online competitors meeting prior to the race day and to have your boat at the starting area to race. Typically, there are three races run.

##### Social Fun Sailing

On the fourth Saturday of each month we have a Sail-abration! There is no set time or agenda. This weekend is for daysailing and cruising just for fun. Club members are there who may either invite you to go sailing on their boat or give you advice about sailing your boat or a rental. It's a good time to practice and improve your sailing or racing skills. Best way to learn is to be onboard with one of our experienced skippers.

##### Other Benefits

Seminars and training for beginning and intermediate sailors

Availability of club boats including one Lightning, two Flying Scots, two Wayfarers, and four Tanzer 16s. All are ready for use, mast-up and on trailers. For more information, see the [club sail-boat usage policy, agreement, and reservations](#) in the Members' Cove.

You can join the Lake Townsend Yacht Club or [renew your existing membership](#) by clicking the button below.



New Membership

Membership Renewal

# Season Opener

Lake Townsend Yacht Club is planning a fantastic event to celebrate Spring and our great club. We're calling it Spring Fling with a Fowl Regatta!

On Saturday, April 22, 2023, come out to the lake to sail and dine.

If you do not want to sail, come on out to Shelter 10 around 3:30PM for a great meal and festivities.

If you do not want to participate in the fun race, then go sailing around noon and watch the race from your boat!

If you plan to participate in the meal, please sign up so that we will have enough food.



Sign up here!

[LTYC Event Reservations - Google Sheets](#)

The day will begin around 9:30-10AM with boat preparation. At 10:30, join fellow sailors at the Racing Shed under the tree for a competitors' meeting. Here we will answer questions concerning the rules for the Fowl Regatta.

The Fowl Regatta consists of two races of sailing to six buoys spread out around the lake. In the first race, each boat will pluck a plastic bag containing a playing card from any 3 of the 6 buoys and the crew of each boat will touch the other 3 buoys. The final two cards for the poker hand will be dealt at shelter 10 in the order of finish of the race. These playing cards will become a poker hand that will be ranked after the meal at Shelter 10. In the second race, the crew of each boat will touch each of six buoys. The specific rules for these races are in the Fowl Regatta SIs. The final score for each boat will be a combination of their finish place in the two races and the rank of their poker hand.

(See attached SIs.)

After we sail two races, and derig our boats, we will meet at Shelter 10 for food and camaraderie. This will probably occur around 3:30pm. After we dine, we will score the Fowl Regatta poker hands and award the winners.

Please sign up here: [LTYC Event Reservations - Google Sheets](#)

Join us at Lake Townsend on April 22, 2023!

# March Madness

This month's racing (March Madness) on 12 March was cancelled by PRO Nancy Collins due to very cold temperatures accompanied by high winds.

Instead, everyone gathered at Shelter 10 for a chalk talk by Jim Heffernan (with help from AnnMarie Covington) on high wind sailing.

All enjoyed the sub sandwiches provided by Judi Mathews.



# Let's Learn to Sail!

**Of the 24 separate classes we have scheduled for this year, 16 of them have already been filled!**

**Don't miss out.** Register early to make sure you get one of the rapidly disappearing slots. Early registration will give you the widest range of choices and if you want this training wouldn't it make sense to get it as early as possible rather than at the end of the sailing season?

There are Beginner courses, Intermediate courses, Individual lessons, Sail Camps for Juniors, and even a Learn to Race course.

You can still choose between the 8 classes that still have room (assuming you act now), so check out [this year's schedule](#) and then click on the link to the Online Registration Form.

Visit the LTYC Site to sign up for one of the classes listed.

**Learn to Sail:**

[Learn-to-Sail \(laketownsendyachtclub.com\)](http://laketownsendyachtclub.com)

# Volunteers Needed!

All classes are in need of volunteers. Visit <https://laketownsendyachtclub.com/activities/InstructorSignUp.asp> to sign up as an Instructor, Assistant, or Scat Boat Driver.

# 66th Annual NC Governor's Cup Regatta June 16-18, 2023

Registration for the 66th Annual NC Governor's Cup Regatta is now open on regatta network, [https://www.regattanetwork.com/event/25539#\\_home](https://www.regattanetwork.com/event/25539#_home) for all one-design monohull and multihull Classes. There is a free on-the-water clinic on Friday with racing Saturday and Sunday. As stated in the NOR, early registration ends May 15th, so please go ahead and register now if you plan to attend.

Since campsites sell out quickly, don't wait to make your camping reservation at Henderson Point State Park or Hibernia State Park. <https://www.reserveamerica.com/explore/kerr-lake-state-recreation-area/NC/552904/campsites?arrivalDate=2023-06-16&lengthOfStay=2&lookingFor=2001&loopId=550320&availStartDate=2023-06-16&pageNumber=0>



# Youth Sailing Report

## **MEET OUR NEW HIGH SCHOOL SAILING TEAM COACHES!**

Change can be a good thing, and great things are coming to the LTYC High School Sailing Team! With the retirement of George Bageant and Mark Hayes from the team (their children/grandchildren are graduating from high school), we have excellent new coaches taking their place: Conal Deedy and Sean and Stacey Brady. In addition to their impressive sailing resumes, each has volunteered on the team for over a year and served as assistant coaches.

Conal has lived in the Greensboro area for over 20 years and was the Lake Townsend Yacht Club Vice Commodore in 2022. He is the father of Trevor, who is currently studying in Sweden as an exchange student from NC State, and Annika, who is a freshman at New Garden Friends School and sails on our team. Conal fell in love with sailing at an early age. He grew up a short walk from Boston Harbor and sailed at Cottage Park Yacht Club. His father and brothers were all serious sailors. He raced in Turnabouts, Lasers, Snipes, Stars and Mercurys as a youth sailor, and was captain of the Boston College High School sailing team. He has raced and cruised in many different parts of the world as an adult and loves all things sailing.

Sean grew up in Charleston and started sailing as a child on a Sunfish on Charleston Harbor. In high school he raced Lasers and J24s. He raced C420s in college as a member of the Citadel Sailing Team. Stacey started sailing in college when she joined the Clemson University Sailing Team, and instantly fell in love with the sport. Sean and Stacey even met at a college regatta! Together they have owned several racers, including a Y-Flyer, J-27, and Thistle; and have raced out of Lake Norman, Wilmington, and across the southeast. They recently started cruising on the NC coast and enjoy weekends in Oriental aboard their Sabre 34. Sean is currently completing his US Sailing Instructor certification. Their son, William, also loves sailing and has raced and sailed Op-tis, Lasers and C420s, and is a member of our team.



Conal and Annika racing  
on Lake Townsend



Stacey and Sean racing a Thistle with a young William.

Cruising on the Brady's Sabre.





## **NORTH POINTS #7 HIGH SCHOOL REGATTA**

Congratulations to 5 of our team members who raced as a Composite Team at the South Atlantic Interscholastic Sailing Association's North Points #7! The regatta was held on March 18-19, at Carolina Yacht Club in Wrightsville Beach.

Our team consisted of John Spinosa and Lilly Coppelstone in our A boat and William Brady and Molly Lovvorn in our B boat. John's sister, Ellie, was the alternate. We sailed in the 8 team Composite Division because our sailors attend different high schools. Each of the 8 composite teams had a minimum of 4 sailors, and an A and B boat.

We were greeted Saturday morning with rain, temperatures in the 40s, and winds gusting over 20 knots! The only improvement over the weekend was that the rain did ease up. Interscholastic regattas are rarely postponed or cancelled, and this regatta was no exception.

Our team gutted it out and never quit! John and Lilly went into race 8, the final race, in first place in A Division, but scored a DNF when they missed the leeward gate while avoiding a collision and a capsized boat. They still managed 3rd overall in the highly competitive Composite A Division. Our B boat hung tough and stayed competitive.

The team would like to especially thank coaches Sean and Stacey, not only for coaching, but for organizing all of the moving parts required in getting our 5 sailors to an away regatta, including towing our boat!

While these sailors were away racing, Coach Conal led the remaining sailors on Saturday in a massive clean-up of our C420 fleet, followed by a practice sail in beautiful conditions.

***We are proud of all of our sailors and coaches!***



Molly, Lilly, John and William at the Carolina Yacht Club representing LTYC in the North Points #7 High School regatta



Lilly and John racing at Carolina Yacht Club



Lilly and John racing at Carolina Yacht Club



Crowded start line in Bank's Channel. Molly and Will are on the line in boat 19.

## COLLEGE REPORT

On the first full day of spring, March 21, the Wake Forrest University Sailing Team held its first on-the-water practice with LTYC. The weather was perfect for training-in the sixties with steady winds of 7-10 mph.

Our coaches were blown away by the team's skill level! Of the 5 sailors at practice, all had grown up sailing and had taught sailing at summer camps, and two currently have their Level I Instructor Certificates. In fact, one member taught sailing to three of our High School team members at Camp Seafarer! The team has raced in three college regattas this spring, with plans for 3 additional, including the district championships in Florida next month.

Our volunteer coaches, Steve Morris, AnnMarie Covington and Mark Hayes, had as much fun as the sailors; and all are excited for our next practice! This practice we worked on boat handling, especially roll tacking, straight line speed, and starting. The team is racing this coming weekend at a college regatta in South Carolina.







# Clean Up Days at the Lake

## *Cleaning Day for the High School Sailing Team!*

Saturday, March 18th, the LTYC High School Sailing Team (those that weren't competing at the North Points #7 Regatta) turned out in force to clean boats! Five of the team members, armed with brushes, mops, buckets and a power washer, tackled the winter's grime on the club's sailboats. It was a warm, beautiful day, so the kids got in a practice session before they got to work!

The team is looking forward to a fantastic spring season. Our first regatta was the North Points Regatta at Carolina Sailing Club (also on March 18). The spring season runs through the Mayor's Cup in early June, and the fall season will pick up in late August and run into November.



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Emma Jewel  
working hard!



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Frances and Elizabeth on cleaning day

Frances and Elizabeth at practice on 3/18.



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Preston and Logan at practice on 3/18

# Clean Up Days at the Lake

## *Adults Did Their Part Too!*

On March 18th and 19th, many of us “old farts” showed up to pick up where the High School team left off!

Luckily for us, it was a beautiful sunny day! Not a bad day to get behind a pressure washer or a drill! ;-)

Besides scrubbing and power washing all the club’s sail boats and the committee boats, new trailer pads were placed for all of the club boats.

New **signage** was put up on the equipment shed and boats were re-arranged to give as much room around each of the club boats as possible.

We had a fantastic couple of days together and got to know each other better, while working towards the same goal...

Making Lake Townsend a better place to go Sailing!

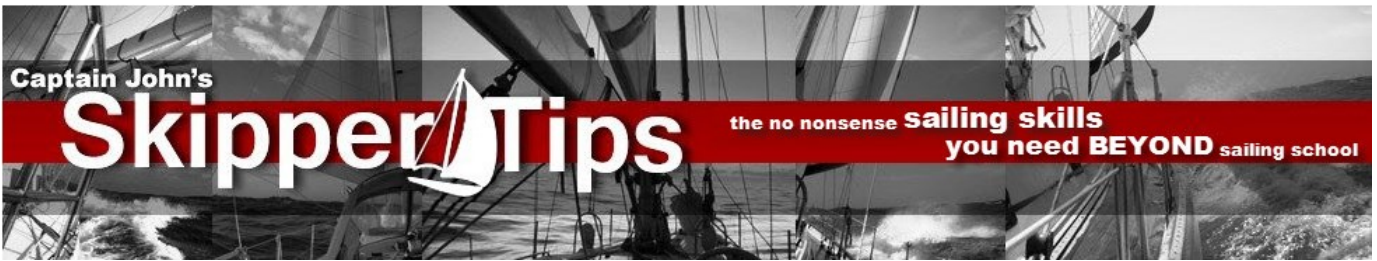




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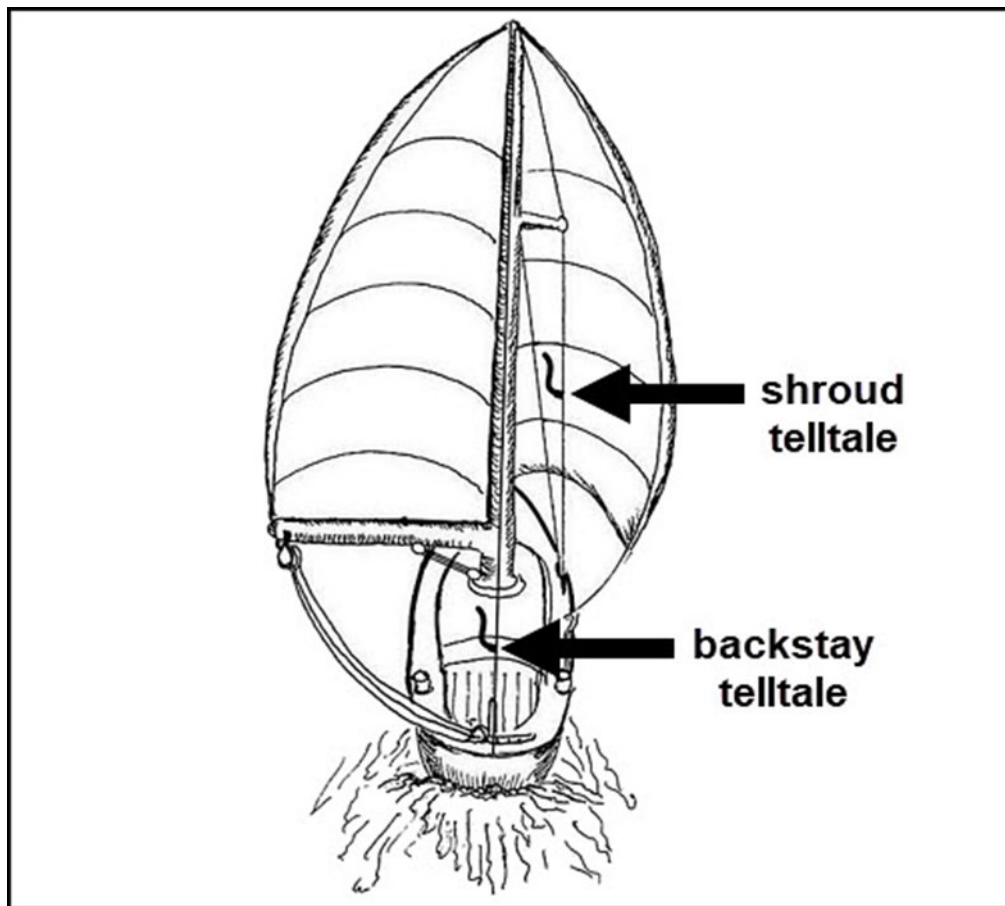




## Sailing Downwind with 'Shroud 'n Stay' Telltales

Captain John,  
[Www.skippertips.com](http://www.skippertips.com)  
[Captainjohnskippertips.com](http://captainjohnskippertips.com)

How can you use shroud telltales when sailing off the wind? One often forgotten device gives you an ideal sailing solution.



Running wing-and-wing with the mainsail out on one side and the Genoa on the other. Note the telltales on the upper shroud and backstay. Steer the boat to keep the telltales pointing in a forward direction.

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If you are anything like me, running wing-and-wing with the main out on one side and a jib out on the other make sailing downwind fun and exciting. Many sailors are not comfortable doing this without a preventer or some other contraption to hold the boom in place. That makes sense if sailing long periods of time, but not for short distances.

Use shroud telltales to help you “see” the apparent wind flowing onto the mainsail. Tie a long length of wool yarn onto the upper shroud about five feet off the deck. Attach another telltale at about the same height onto the backstay. Some sailors prefer to use strips of ribbon or other lightweight material.

Keep a close eye on shroud and stay telltales when running or broad reaching. Small changes in the true wind direction can cause dramatic shifts in apparent wind direction, so steer the boat to keep those telltales pointing forward.

In the illustration, both telltales are pointing forward. It's okay for the telltales to show the apparent wind blowing between the stern and mainsail boom, as long as the telltales do not become parallel to the boom. You will not jibe until the apparent wind gets to the end of the boom. Keep this in mind at all times while steering downwind.

**Captain John's Sailing Tip:**

*Ease the mainsheet all the way to the shrouds; then pull it in just enough so the sailcloth is not chafing against the shroud wires. You want the boom out as far as it will go when broad reaching or running to help prevent an accidental jibe (also called 'flying jibe').*

Now you know one of the best kept-secrets in sailing. Tap into the ease and convenience of 'shroud 'n stay' telltales to make running downwind safer, easier, and more fun for you and your sailing crew.

# Racing Tactics (videos)

from: **North U**  
Courtesy **YouTube**

## Sailboat Racing Tips: [Racing Tips & Tricks from Bill Gladstone](#)

(CTRL-Click to play in new window)

In this LIVE session on The Starboard Portal, Bill Gladstone, Director of North U, takes us on a tour of highlights from North U Seminars, including boat handling, boat speed, and tactics.

We will touch on spinnaker handling, upwind trim in smooth water vs waves, starting tactics, boat on boat tactics, and downwind wind shift strategy.



Note... Only one video this month, as it's ~75 minutes long.



Today < > April 2023 🔍 ? ⚙️ Month ▾ ☰ L

MON 27	TUE 28	WED 29	THU 30	FRI 31	SAT Apr 1	SUN 2
	● 3:45pm WFU Team Practice				● 9:30am HSST Practice-LTYC	
3	● 3:45pm WFU Team Practice		● 7pm Board Meeting		Miss Piggy Regatta - LTYC	CSC-LTYC Interclub Regatta
10	● 3:45pm WFU Team Practice					
17	● 3:45pm WFU Team Practice				Opening Day (Fowl Regatta) - Social Sailing - LTYC ● 9:30am HSST Practice-LTYC	
24					● 9:30am HSST Practice-LTYC	● 12pm Lake Townsend Open

Today < > May 2023 🔍 ? ⚙️ Month ▾ ☰ L

MON May 1	TUE 2	WED 3	THU 4	FRI 5	SAT 6	SUN 7
			● 7pm Board Meeting		● 9:30am HSST Practice-LTYC	
8					May Day Regatta - LTYC	
15					● 9:30am HSST Practice-LTYC	
22					Social Sailing - LTYC	
29			● 7pm Board Meeting		Mayors Cup Regatta - LTYC	

## CLASSIFIED ADS

YOUR ADS WILL RUN FOR 3 MONTHS.

IF NOT RENEWED BY ADVERTISER, THEY WILL BE DELETED.

SEND YOUR CLASSIFIED AD TO :

[newsletter@Laketownsendyachtclub.com](mailto:newsletter@Laketownsendyachtclub.com)



**For Sale:**

Flying Scot (2008) Asking price \$10,000.00 or best offer.

19 ft. White deck and white hull and black waterline and trim, gray gelcoat centerboard cap.

Schurr main and jib sails with jiffy reefing and black numbers and insignia.

Mast hinge, rigged with the standard family package, black bottom paint, large black tent style cockpit cover,

North trailering cover, swim ladder and grab rail, rudder lift system, silver light paddle, outboard motor bracket, galvanized trailer including nosewheel/jack, spare tire and mount with lock.

Ready to sail condition.

Contact information: Debbie Reinhartsen 919 616-6885.



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**For Sale:**

Prodeco Mariner 7 folding e-bike.

Ideal for taking on your cruising keel boat — folds down to suitcase size, but gets you up the steepest hills without effort! In excellent condition, just needs new innertubes for the tires. Rarely used because, I have trouble with my wrists that seemed to get worse when riding it.

\$350.— OBO.

Annette Grefe 336-207-1401





### Please Like LTYC on facebook

- Check in at LTYC on facebook
  - Tag us
- Write an endorsement for LTYC
- Like LTYC on the "Like" page
- Post a review of LTYC on FB
- If you need help to post pictures or a video on our page, please contact JC Aller at [aller.jc@gmail.com](mailto:aller.jc@gmail.com)

Please follow our High School Racing Team on Instagram at [ltycsailingteam](https://www.instagram.com/ltycsailingteam), and of course, on facebook at [www.facebook.com/laketownendyachtclub/](https://www.facebook.com/laketownendyachtclub/)

Next newsletter deadline: April 16, 2023

## ◆ Lake Townsend Yacht Club Board

Commodore: Andy Forman	◆ <a href="mailto:commodore@laketownsendyachtclub.com">commodore@laketownsendyachtclub.com</a>
V. Commodore/Racing: Mark Wilson	◆ <a href="mailto:vicecommdore@laketownsendyachtclub.com">vicecommdore@laketownsendyachtclub.com</a>
Rear Commodore/Education: Ron Washburn	◆ <a href="mailto:education@laketownsendyachtclub.com">education@laketownsendyachtclub.com</a>
Treasurer: Kim Jones	◆ <a href="mailto:treasurer@laketownsendyachtclub.com">treasurer@laketownsendyachtclub.com</a>
Secretary: Linda Ford	◆ <a href="mailto:secretary@laketownsendyachtclub.com">secretary@laketownsendyachtclub.com</a>
Equipment: Mark Green	◆ <a href="mailto:equipment@laketownsendyachtclub.com">equipment@laketownsendyachtclub.com</a>
Membership: Ali Kishbaugh	◆ <a href="mailto:membership@laketownsendyachtclub.com">membership@laketownsendyachtclub.com</a>
Social Outreach: Judi Mathews	◆ <a href="mailto:lgs@laketownsendyachtclub.com">lgs@laketownsendyachtclub.com</a>
Marketing:	<b>OPEN – Need a volunteer!</b>
Newsletter: Sid Hale	◆ <a href="mailto:newsletter@laketownsendyachtclub.com">newsletter@laketownsendyachtclub.com</a>
Social Media, City Liason: JC Aller	◆ <a href="mailto:socialmedia@laketownsendyachtclub.com">socialmedia@laketownsendyachtclub.com</a>

You don't have to be a board member to help out. Everything this club does is done by volunteers. Please contact the individual board members to see how you can contribute.

Thanks for making LTYC the best!

**Board meetings are open to all members. They are held virtually, via, Zoom the first Thursday of each month at 7:00 p.m.**