

# Lake Townsend Yacht Club

# Tell Tales



December 2018



Jack McArthur & Logan Hayes  
Racing for the LTYC High  
School Sailing Team

Photo by Mark Hayes

**Congratulations to the High School Racing Team!**

**Change of Watch & Change of Venue**

**Playing Your Boom Vang**

**SAYRA Jan. 12 Race Mgmt. Forum**

**New for Sailors: THE BEAT**

# Let's Go Sailing!

## Frostbite Series\* & Other Events

Jan. 12	The Frigid Digit	Lake Townsend
Jan. 19	CPR Training	LT Classroom
Jan. 20	Change of Watch (See below for details and directions)	Canterbury School
Feb. 9	The Snow Flake	Lake Townsend
Mar. 9	March Madness	Lake Townsend

\*If the weather is inclement, we'll meet in the classroom for educational sailing topics.

# ★ Change of Watch ★

Sunday, January 20, 5 to 8 p.m.

Canterbury School, Berry Hall

A beautiful venue located on Old Lake Jeannette Rd. Come enjoy wonderful food from Maria's Catering and a great time with your fellow sailors while we celebrate the new board members as well as the award winners.

See a slide show of pictures from our year of sailing by Scott Bogue.

Cost: \$20 pp    \$10 for 12 and under    Cash Bar

Scratch Sheet: [https://docs.google.com/spreadsheets/d/18Am-xMwX\\_cmHjjZH4zRjPOqUaiMDknetHeWoXCrfBQc/edit?hl=en&hl=en#gid=1728823606](https://docs.google.com/spreadsheets/d/18Am-xMwX_cmHjjZH4zRjPOqUaiMDknetHeWoXCrfBQc/edit?hl=en&hl=en#gid=1728823606) (copy and paste)

## *High School Sailing Team Rocks!*

By Mark Hayes



It was a fantastic fall season for the High School Sailing Team! Eleven middle and high school students sailed on the team this fall, beginning with practice in late August and ending with a regatta against Research Triangle Park High School Sailing Team in early December. The team practiced twice a week on the city's boats, attended two away regattas and crewed for adults in the monthly series at Lake Townsend. The team was coached by Stephanie and Alan Taylor, George Bageant and Mark Hayes.

High School Sailing has two seasons a year, which follow the traditional school semesters of spring and fall. This fall was the team's second

season. The team's inaugural season was in the spring of 2018, but junior members Luke and Logan Hayes and past commodore Alan had discussed forming a team for several years.

High School Sailing is recognized as the fastest growing segment of sailing in the country, with teams springing up across the nation, organized by the Interscholastic Sailing Association; and in our district, by the South Atlantic Interscholastic Sailing Association (SAISA), which covers the Carolinas, Georgia, Tennessee, and parts of Alabama and Florida.

This year SAISA has 83 active school teams, 16 of which are in North Carolina. The teams compete under their high school names and most are loosely associated with a foundation or yacht club. Teams compete in SAISA events for points leading to regional and national events. Teams also sail in invitational non-point events. Most regattas are sailed in fleets of C420s belonging to the host team, although some regattas require teams to bring their own boats.

Throughout the season the team members volunteered as crew for various adult skippers during LTYC's monthly series, where they had an opportunity to learn from experienced sailors. Tom Bews was our go-to skipper, and sailed one Saturday with four team members!

In September we sent a team consisting of Logan Hayes, Joseph Carbone, Nino Criscuolo and Emma McArthur to a SAISA regatta against nine other schools at Lake Norman Yacht Club,



Logan Hayes, Nino Criscuolo, Jack McArthur  
& Jackson Pickard

### *High School Sailing Team (cont'd)*

hosted by Pine Lake Preparatory High School in Mooresville, North Carolina. While our sailors had a great time, they got in only one race before the wind shut off and further racing was cancelled.

Our last regatta this season was the invitational against Research Triangle Park High School Sailing Team at Jordan Lake, hosted by Carolina Sailing Club during their December winter series. Conditions were epic, with winds of 12-20 knots and a water temperature of 51 degrees! Sixteen sailors raced – eight from each team – aboard



**Stratton Carr & Collin Aherne**



**Joseph Carbone & Emma McArthur**



**Jackson Pickard & Nino Criscuolo**

RTP's C420s. Representing LTYC were Logan Hayes, Jack McArthur, Emma McArthur, Joseph Carbone, Nino Criscuolo, Jackson Pickard, Stratton Carr, and Collin Aherne. Low point fleet scoring was used, and Logan and Jack placed 2nd overall. Awards were Nerf Guns!

Special thanks go to Research Triangle Park High School Sailing Team, which has done so much to help our team get off the ground, patiently answering our many questions, inviting us to their regattas, and perhaps most importantly, encouraging us!

The team will begin practice for the Spring 2019 season in March. We are planning on regattas at Lake Crabtree in Raleigh, Jordan Lake, Lake Norman, Oriental and maybe even Charleston!

### **Congratulations to the Coaches:**

**George Bageant**

**Mark Hayes**

**Stephanie Taylor**

**Alan Taylor**

*High School Sailing Team (cont'd)*



**Congratulations to Jack McArthur & Logan Hayes for their 2nd place finish!**

**Here's a list of team members:**

**Collin Aherne  
Joseph Carbone  
Stratton Carr  
Alec Cohen  
Nick Cohen  
Nino Criscuolo**

**Logan Hayes  
Grady Jones  
Jack McArthur  
Emma McArthur  
Henry Parker  
Jackson Pickard**

### Frostbite Racing Dec. 8, 2018



**Skipper's Meeting**



**Tom Bodo & AnnMarie Covington**

**Photos by Nancy  
Torkewitz**

**Thanks, Nancy for  
the photos and the  
write-up!**



**JC Aller, Frans van Zeeland & Tom Bews**



**Cathy Leonard & George Enell**



**PRO Phil Leonard**



## You Don't Know Until You Go

by Nancy Torkewitz

“You don't know until you go.” That's what we always tell people when the conditions for Club racing events could be perceived as “iffy.”

Saturday, December 8 was one of those days. Yes, of course it's called The Frostbite Series...still, we never *really* expect to race when it's COLD, right? But new member Tom Bodo was unaware of this. As he and I walked across the marina parking lot that morning, Tom asked me where everyone was. I said that everyone was holed up in the classroom, drinking coffee, eating donuts, and swapping stories. Tom said, “But aren't we here to race?” I laughed and told him that it takes one person to be the spark to make it happen, because without that spark we'll all just act as if we don't want to go out. And Tom was that initial spark to say, “Let's do this.”

Still...Baby, it was COLD outside. So while we knew we should race, and people were stirring a bit in the classroom, the fuel was fully ignited when PRO Phil Leonard arrived at the classroom bringing delicious smelling chili and brownies that he and his wife Cathy had made. When Phil announced that no one could have chili or brownies until AFTER racing...that did it! Everyone jumped up and got going, and the Club Flying Scot, Club Wayfarer, and Club Tanzer 6 shouted, “Hooray! We get to go out!”

So we ended up with a race between three different Club boats. AnnMarie Covington and Tom Bodo focused on timing their starts in the Wayfarer. Tom Bews, JC Aller, and Frans Van Zeeland were Rub-a-Dub-Dub, Three Men in a Tub as they discovered the limitations of the Club Flying Scot (worn-out sails, missing battens, no spinnaker). This inspired some post-race talk about seeing if we can get some decent sails for *Argo*, and even if they were not fast on the water, they had a good time chatting and each of the three men took the tiller for one race.

The highlight of the day surely was seeing new member George Enell and Tanzer 6 first across the starting line in the last race. With the help of Able Crew Cathy Leonard, they kept their lead and won the race! The smile on George's face during the post-race get-together was priceless. It was as warming as Cathy and Phil's chili.

The next club race is January 12, and remember...“You don't know until you go.”



### CPR Class

Saturday, January 19, 10 a.m. til noon  
Lake Townsend Yacht Club  
In the classroom at the lake

We encourage everyone to take this class and LTYC is paying half the cost!  
\$25 per person (Please make payments to LTYC)

To sign up go to: [https://docs.google.com/spreadsheets/d/18Am-xMwX\\_cmHjjZH4zRjPOqUaiMDknetHeWoXCrfBQc/edit?hl=en&hl=en#gid=745899152](https://docs.google.com/spreadsheets/d/18Am-xMwX_cmHjjZH4zRjPOqUaiMDknetHeWoXCrfBQc/edit?hl=en&hl=en#gid=745899152)

Remember that the lake is now CLOSED on Wednesdays and Thursdays. Gates close at 5:00 SHARP Friday through Tuesday.



"Life loves to be taken by the lapel and told, 'I'm with you kid. Let's go!'"

Maya Angelou





# THE BEAT

## NORTH CAROLINA SAILBOAT RACING NEWS

*Editor's note: This is a new e-publication that Jerry Thompson is producing.*

Welcome to the inaugural edition of THE BEAT. Our goal is to share news of all things sailboat racing in North Carolina: upcoming races at your club and other clubs, race results, seminars and special events, proud owners of new or new to them boats, and 'most anything to do with sailboat racing in North Carolina. Here's an example of what we'll feature:

### **Blackbeard Sailing Club Takes On Florence**

Blackbeard Sailing Club, in New Bern, NC, suffered considerable damage as a result of Hurricane Florence's winds and 10+ foot storm surge in September. One of the three docks was destroyed and two others saw minor damage. Most of the members' boats escaped serious harm because the larger boats were anchored out in preparation for the storm and the smaller, trailerable boats were moved outside the main gate.

Commodore Mike Foster reports that while damages to the club property were estimated at more than 1.5 million dollars, insurance coverage is sufficient to repair the damage. Cleanup and restoration work began immediately and after numerous member work days, Blackbeard is making a strong comeback and will soon be better than ever.

### **Plan your 2019 sailing calendar with these upcoming regattas:**

Interclub Challenge, April 14, Carolina Sailing Club vs Lake Townsend Yacht Club, host Carolina Sailing Club, venue Lake Jordan - Vista Point

Cinco De Mayo, May 4, Blackbeard Sailing Club, New Bern

Mayor's Cup Regatta, June 1-2, Lake Townsend Yacht Club, Lake Townsend

NC Governor's Cup, June 14-16, Henderson Point State Park, Kerr Lake. Hoping to have well over 100 dinghies this year.

2019 SAYRA Regatta, August 3-4, Carolina Yacht Club, Wrightsville Beach

Blackbeard One Design, August 25-26, Blackbeard Sailing Club, New Bern

Indian Summer Regatta, October 2019, Lake Waccamaw Sailing Club, Lake Waccamaw

HOT VIII, October 26-27, Lake Townsend Yacht Club, Lake Townsend

**THE BEAT is free.** To SUBSCRIBE directly, send an email to [thebeatnc@gmail.com](mailto:thebeatnc@gmail.com), put THE-BEATNC on the subject line, give your name, and say, "Sign me up!" (Unsubscribing is just as easy.) And please forward THE BEAT to those you think might want to subscribe.



**FOR IMMEDIATE RELEASE**

Contact

Randy Draftz

1-843-557-6082

rdraftz@charlestonyachting.com

**SAVE THE DATE – January 12, 2019**

**Charleston YC to host inaugural Race Management Best Practices Forum**

**“What to do when the rules aren’t enough, and a decision needs to be made”**

Charleston, SC, December 10, 2018 – The Charleston Yacht Club is pleased to announce that it will host the inaugural Race Management Best Practices Forum in Charleston on January 12th at the Charleston Yacht Club. The Forum will be moderated by Randy Draftz, US Sailing Race Administration Chair, and the format will consist a round table discussion consisting of judges, race officers, and sailors (amateurs, pros, and coaches).

“While the rules do a great job of dictating actions on the water there are times that require careful judgement,” Draftz said. “The Forum will provide a platform to thoroughly investigate the judgement and decision-making process and as well, consider important input from the sailors to arrive at the appropriate decision.”

Sponsored by Sperry Charleston Race Week, CHYC, and US Sailing, the Forum is open and free to anyone who has an interest in race management. Lunch will be served with a post event cocktail party for additional discussion and networking.

**Topics to be covered include:**

Starting Processes

Course Layout

Mark Management

Volunteer Management

Safety

*Continued next page*

*SAYRA cont'd.*

While this started out as a local event to help race committees, the concept has attracted national attention with broad interests. Draftz said that input from the customer – sailors and pro sailors – will drive the agenda.

“The goal is to use that information to determine how race management can provide the solution for future decisions made on the race course,” Draftz explained. “Race officers who do not develop a decision-making process that includes this concept will not be successful at racing’s highest levels. We are grateful to US Sailing for its support of this Forum and acknowledgement that this is an area where we can improve relationships with our customers – those competing on the race course.”

Dick Rose, current member of the World Sailing Racing Rules Committee, will be attending the Forum. He said, “For once, instead of a race officials’ seminar or roundtable that concentrates on the technical side of race administration, Randy Draftz, the new chair of US Sailing’s Race Administration Committee, is conducting a program focused on making regattas more fun to the participants. This is long overdue. I wouldn’t miss it.”

The forum is supported and will be attended by race management from around the country including Matt Hill (US Sailing’s Race Administration Director), Ron Hopkins (Chair of US Sailing’s Race Management), Sarah Ashton (Chair of US Sailing Judges), Kathy Lindgren (Chair of US Sailing Umpires), John Strassman (past Race Management Chair), and members of the US Sailing Rules Committee.

“Charleston Yacht Club is excited to be part of this inaugural event and we hope what we have started here helps the sport of sailing nationwide,” Sarah Ashton, Commodore Charleston Yacht Club and US Sailing Judges Chair said. “With Sperry Charleston Race Week it is our mission to grow the sport and make it better. We hope that this inaugural Forum event does both.”

**Note that the event will be streamed live on Sperry Charleston Race Week’s website and Facebook pages. For more information, please contact Randy Draftz.**

*The dates for Sperry Charleston Race Week are April 11 - 14. For More info: [charlestonraceweek.com](http://charlestonraceweek.com)*

## Play Your Vang Around the Course

By Dave Dellenbaugh, *Speed and Smarts*

In the old days, the boom vang was used primarily on windy runs and reaches to keep your boom under control. Now it is used for many different purposes, both upwind and downwind. Here are a bunch of tips for improving your vang technique.

Rig your vang system so it has a good combination of power and adjustability. You need enough purchase to get maximum vang tension in the heaviest winds. However, you don't want so many parts that you create extra friction when tensioning or releasing the vang. Also, it's a good idea to lead the vang so it can be played from both sides of the boat, and make sure you can release the vang quickly when necessary.

On one-designs, use a strong piece of shock cord to pull the vang toward the gooseneck when it's not in use. This will make tacking much easier for forward crew members. On bigger boats, don't use the vang to push up on the boom (except in unusual conditions) since this can make it hard to get the right amount of leech tension.

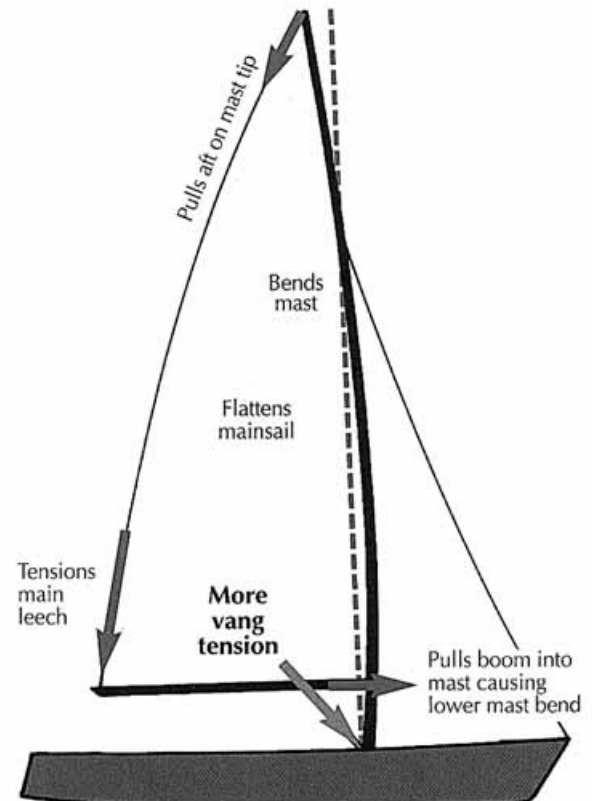
Before every race, be sure to check your vang system for wear and tear since this is one of the prime spots where you could have a breakdown.

The amount of vang tension you use should be roughly proportional to the wind velocity. In light air you may not want any tension on the vang at all; in very strong wind you generally want a lot of vang tension.

When you're sailing upwind, more vang tension will make your mainsail flatter. That's because it creates more bend in the mast and boom (See diagram). Be careful you don't get caught with too much vang in light air or waves.

Many boats use a technique called "vang sheeting" when sailing upwind in a breeze. If you don't vang sheet, one problem you have is that when you ease your mainsheet in a puff, you allow the leech to twist and you make the mainsail fuller (because less leech tension means less mast bend). This is not good in a puff.

You could prevent this by dropping the traveler to leeward instead of easing the mainsheet. However, on many boats the traveler is not easy to play or it doesn't have enough range. This leads us to the vang. By using a tight vang (i.e. vang sheeting), you control mainsail twist and shape with the vang. The sheet



Pulling harder on the vang has a significant effect on your rig, especially upwind. Besides tightening your leech, it bends the mast and flattens the main.

then controls the lateral position of the boom, which is quicker and easier than using the traveler.

On a reach or run, a good ballpark setting for the vang is to tension it so the upper batten is parallel to the boom. You may need to adjust the vang fairly often as the wind velocity changes. In light air, you don't usually need any vang because the weight of the boom by itself makes the leech too tight. However, in wavy conditions, try pulling the slack out of the vang to keep the boom from bouncing too much.

On some boats (e.g. Thistle), the shroud position won't let the boom go out far enough on runs. In these cases, keep the vang eased so the mainsail leech twists off until the upper batten is perpendicular to the wind. This allows you to sail lower with the mainsail working more effectively.

On a windy reach, assign one crewmember to play the vang (if possible). This person should keep the vang control line in her hands all the time. She should pull harder on the vang when you can use more power; she should ease the vang when you are getting overpowered and/or when the end of the boom is getting close to the water.

On a windy run, a lot of vang tension can help you keep the boat under control. If you allow the mainsail's upper leech to twist too much it will push the top of your mast sideways, making the boat more unstable. Avoid this by pulling the vang hard enough to reduce twist. Make sure you are ready to release the vang if the end of the boom gets near the water.

In light air, a common mistake is sailing with too much vang tension, both upwind and down. So err on the side of having too little vang. In heavy air, when overpowered, more vang is usually helpful, so make sure you have enough.

On some boats it's difficult to adjust the vang while you are racing. On most boats, however, it is relatively easy to adjust vang tension, so use this control to help you shift gears as the conditions change.

**Dave is a two-time America's Cup veteran who publishes a newsletter *Speed & Smarts*. For a subscription call: 800-356-2200.**



### David Duff's Dedicated Service

After 3 years on the board, serving as Commodore for two years, and heading up the Mayor's Cup Regatta twice, David is retiring from the board. We appreciate his leadership, service, and dedication.

*Please Support the Companies Who  
Supported Our HOT 7*

**Bow to Stern Sailing Center,  
Oriental, NC**



**Greystone Inn,  
Seneca, SC**



**Little River Crafts  
(Eric Rasmussen, owner)**



**APS (Annapolis Performance Sailing)  
This company has supported all of the  
HOT Regattas!**

**RH Barringer Distributing has  
supported all of our HOT Re-  
gattas!**



**Texas Roadhouse has supported many  
of our HOT Regattas!**

**Panera has supported all of our HOT  
Regattas!**



**Chick-fil-A has supported all  
of our HOT Regattas!**





## Want to learn more about sailing? Here's how to get a crew spot.

**Crewing for an experienced sailor is the best way to learn. You can crew during races held on the second (full weekend) Saturday of the month, on Sailing Savvy Sundays, or during our Social Sails, held on the fourth Saturday of each month April through September.**

**Here's how you do it: go to [www.laketownsendyachtclub.com](http://www.laketownsendyachtclub.com) and click on Scratch Sheet: Participation Signup. Scroll down to the green section titled "Available to Crew" and put your name and phone number and/or email in there.**

**Another way to get a crew spot is to show up on a race day, Sailing Savvy Sunday, or Social Sailing day. Come to the skippers' meeting, usually held at 11 a.m. and tell the group that you'd like to crew.**

Name: Available to Crew	Contact Info	Come out early for an 11:00 participants meeting. Boat rigging tends to start around 9:30.	

# Let's Go Sailing!

## Lake Townsend Yacht Club Board

**Commodore: Robert Bouknight** ♦ ltyccommodore@gmail.com

**Vice Commodore/Racing: AnnMarie Covington** ♦ 336-266-5919 ♦ hobieone57@yahoo.com

**Rear Commodore/Education:**

**Treasurer: Mark Wise** ♦ 336-207-4200 ♦ ltyctreasurer@gmail.com

**Secretary: Nancy Torkewitz** ♦ 919-630-0360 ♦ heynineteen1919@gmail.com

**Equipment: Scott Bogue** ♦ 336-707-9183 ♦ scott.aomci@gmail.com

**Membership: Joleen Rasmussen** ♦ 919-440-2802 ♦ joleenrasmussen@embarqmail.com

**Social:**

**Webmaster: Mark Wilson** ♦ 336-324-5018 ♦ mark.wilson@wilsontechnologysolutions.com

**Mayor's Cup/Nominating/Past Commodore: David Duff** ♦ 336-908-9754 ♦ homengso@triad.rr.com

**Newsletter/Publicity/Social Sailing: Trish McDermott** ♦ 336-707-2846 ♦ 88hawkgt650@gmail.com

**Social Media: JC Aller** ♦ 336-580-0528 ♦ aller.jc@gmail.com

**\* 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 the first Thursday of each month at 6:00. Watch for location!**

*And remember:*

**Come and meet the new Board members at the**



*Change of Watch!*





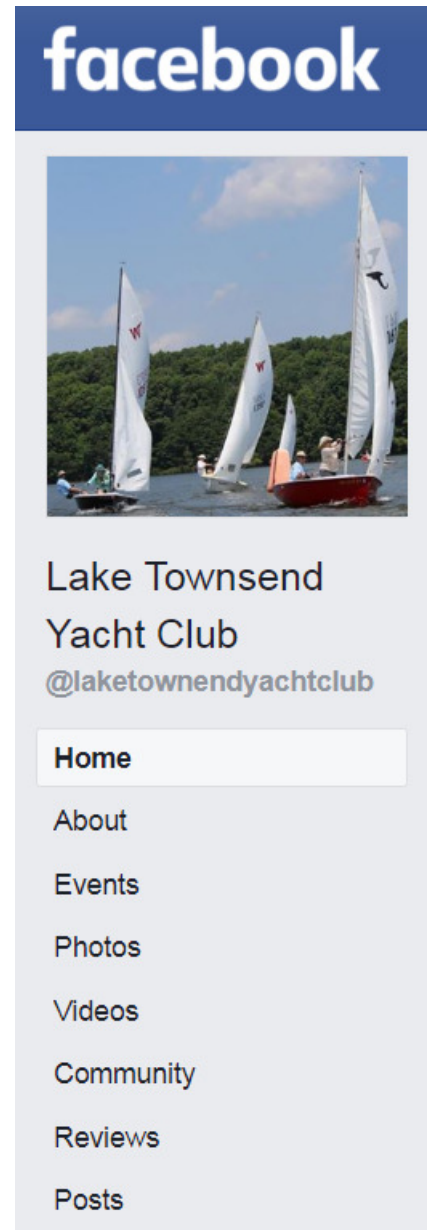
## Please Like LTYC on facebook

- 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)



Many thanks to JC Aller, Kim Wise, Nancy Collins, Uwe Heine, Mark Hayes, and many others for posting pictures and upcoming events on our facebook page!

Please visit our page and check in or make a comment. Thanks!



Next newsletter deadline: January 11, 2019

## Buy – Sell – Want to Buy

Boats-Equipment-Accessories — Ads run for 3 months if not renewed.

### LIGHTNING # 12705

This sailboat is a one design ready to race or cruise. It includes custom trailer, 3 complete sets of sails (one set 3 years old), 2 spinnakers, stainless steel centerboard, and compass. Cover included.

Can be seen at my house in Greensboro NC. Text me for directions: 336.282.9552. \$ 2200.00. ... no trades. Titles for boat and trailer in hand. Contact: Jim Schwartz. 9/18

### Flying Scot parts for sale

FS 1149 parts: centerboard, centerboard winch, boom, rub strip, stem band, rudder gudgeons, bow fitting, rudder assembly, tiller, safety line rings, fasteners. All in VGC; tiller is new. Standing rigging is good. Scott Bogue, scott.aomci@gmail.com; 336-707-9183. 9/18

### 2007 Flying Scot (Kitty Hawk, NC)

FS # 5767 for sale. 50th anniversary edition. New MAD main sail and jib (sails have been used a handful of times), control lines, rigging, and halyards. Boat is in good shape and ready to sail. Comes with boom/cockpit cover and Tee Nee trailer. Trailer is in good shape with new tires, lights and wiring. Contact: Hardy Peters, East Coast Sailboats 252-489-3491.

Free delivery triangle area. Titles for both. \$9,400.00

9/18

### Catamaran with trailer for sale

Aqua Cat 12.5 catamaran by American Sail, includes trailer with title. Nice condition, easy to rig & fun to sail. New equipment: Dacron sail (sunrise colors), tiller & rudders, dagger boards, inner & outer spars, & mast head float. Asking price \$1,500. Call Sabra Gear at 434-774-4803. 10/18

*Please Take Note of the Changes*

**You can help LTYC Go Green!**

**We want to make each race and regatta a clean & green event. How can you help?**

- \* **Bring your own coffee cup.**
- \* **Bring your own water bottle.**



**Other ways to reduce plastics in our waterways & oceans:**

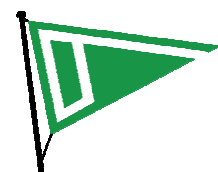
- \* **Please refuse & return straws at restaurants & drive-thrus.**
- \* **Use reusable bags for groceries & all purchases.**

**Thanks for everyone's efforts to reduce plastics in our environment!**

**A Quick Look at Some of the Benefits of Your Membership:**

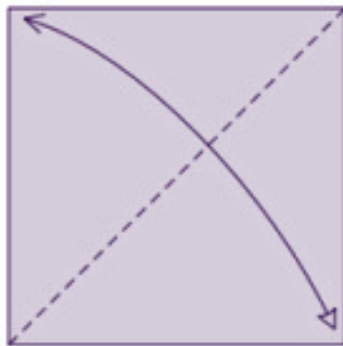


- \* Monthly newsletter
- \* Make new friends
- \* Great food and adult beverages after sailing
  - \* Mentors available to help you
- \* Free use of city sailboats during LTYC events
  - \* Free use of club sailboats
- \* Free boat launching during club events
- \* Continuing education programs
  - \* Yacht club reciprocity

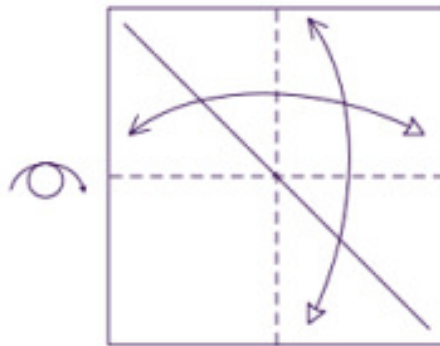


*Etc.* -----

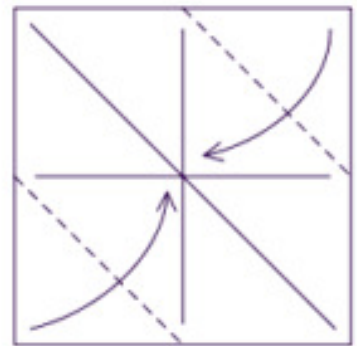
## MAKE A SAILBOAT!



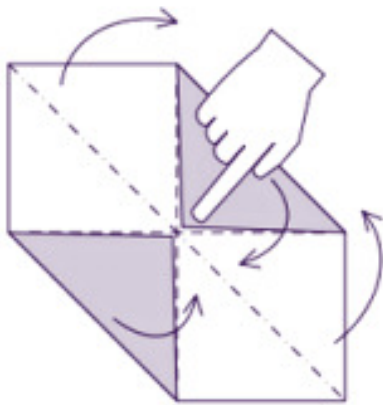
1. Begin with a square, color side up. Precrease along the diagonal. Turn over.



2. Precrease in half both ways.



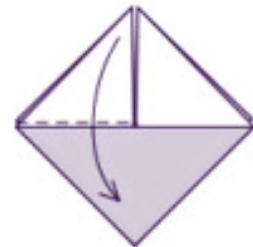
3. Valley fold two corners to the center.



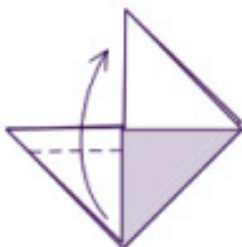
4. Pop the center allowing the opposite corners and the folded edges to come together.



In progress.



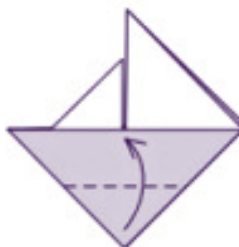
5. Valley fold down the flap along the edge.



6. Valley fold up the flap.



7. Open the pocket and tuck inside.



8. Valley fold the tip to the center. Turn over.



Sailboat complete