

Lake Townsend Yacht Club

TELL-TALES

June 2026



LTYC



Get On Board Your Membership Benefits Await!

When you join Lake Townsend Yacht Club, not only are you joining a friendly, welcoming and supportive sailing community, you're gaining year-round access to training, racing, social events, club sailboats, and so much more - an incredible value at a truly incredible price. Only \$125 for new members and renewals, and \$62 in conjunction with learn to sail classes! And, yes, these rates include **EVERYTHING** below!

Social Fun Sailing

- On the fourth Saturday of each month, we have a Sail-A-Bratton! There is no set time or agenda. This is a day of just cruising and having fun. Club members are present 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 great time to practice and improve your sailing or racing skills.

Competitive Fun Sailing

- On the second Saturday of each month, the club holds its regular LTYC race series! A course is established, race-around-buoys are set, and the Race Committee administers the race from the club signal boat. There is a preset captain's meeting on the day of the race which details race specifics and launch and start times. Typically, three races are held the day of the event.

Education

- Sunfish Sailing Saturdays. On the fourth Saturday of each month spring through fall, members can sign out one of the club's Sunfish and sail and learn on the lake with a seasoned sailor.
- Members enjoy many opportunities to hone sailing skills and contribute to the club's success by volunteering to lead or assist with LTYC's sailing education classes, kids sailing camp and LTYC-sponsored regional High School Sailing Team activities and events.
- Members can take advantage of ongoing club seminars and training for beginning and intermediate sailors.

Other Benefits

- Members enjoy free food, drink and camaraderie at all club socials following racing events. Racing participation is not mandatory, but volunteer assistance on race day is both encouraged and appreciated. It's also an awesome way to get to know club members!

Members have access to all club fleet boats and club fleet boat launches, free of charge! Club boats include five Sunfish (first quarter 2026), three Flying Scots, two Wayfarers and a Tanzer 16. All are ready for use, mast up and on trailers.

For more information, see the [club sailboat usage policy, agreement, and reservations](#) in the Members' Cove on the LTYC website.

Membership Renewal

New Membership

Sails Up, Spirits High: Mayor's Cup Shines in a Standout Weekend

By Nancy Torkewitz

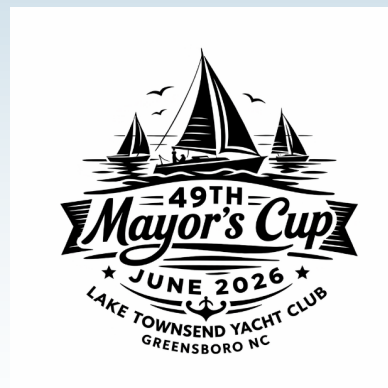
Photos By Linda Marsh and Rob Bradley

Mayor's Cup weekend began when a large crowd of volunteers showed up to help decorate Shelter 10 on Friday night, and everyone was delighted with the results. The brightly colored sailing-themed tablecloths were as big hit, as were the large posters with photos from previous MC regattas. Thanks to Trish McDermott and Linda Marsh for the decorations, and thanks to the folks (especially Phil Leonard and Scot Bogue who were willing to climb up on ladders to secure the lights. Commodore Mark Wilson commented that he'd never seen our humble shelter look better!



Commodore Mark Wilson commented that he'd never seen our humble shelter look better!

The parking lot was buzzing on Saturday morning as the skippers & crew for the thirteen Flying Scots, eight Wayfarers, and three Wetas prepared their boats for racing and the Race Committee met with PRO Ed Cassidy to discuss the roles each would play on the RC boats. Participants enjoyed a light snack during the Skippers' meeting, then launching began in earnest, guided by our "Friendly Dockmaster" Ron Washburn.



The wind was light as boats made their way slowly out to the race-course, but the AP flag came down at noon and the Wetas started the racing for the day, followed by the Flying Scots and Wayfarers several minutes later. The wind held up nicely for the first race for all three classes, then the wind became fickle. PRO Ed Cassidy & the Race Committee made several attempts to

get the second set of races off, and finally the wind cooperated and the second race was completed. After the third race, the boats headed in.



Sails Up, Spirits High: Mayor's Cup Shines in a Standout Weekend



Everyone swapped stories at the post-racing dinner in Shelter 10, and the Lake Townsend members made sure the numerous out-of-town guests felt welcomed. It's become a tradition to have kabobs, rice, Greek salad, and pitas with hummus and tzatziki sauce. Next year we will be sure to get double the amount of tzatziki sauce, it was so popular. Also popular was Gail Walter's famous Cherry Dump Cake. Keith Smoot was seen carrying around the almost-empty dish because he was determined to get every last morsel, even if it meant

licking the dish, it was that good!

The sailors headed out on Sunday, but after drifting around for 2 hours hoping for the predicted wind to show up, the Race Committee sadly had to put up the "All Races Cancelled for Today" flag.

Leftovers from Saturday night were supplemented by grilled hot dogs at lunch on Sunday, followed by the awards ceremony. Everyone admired the trophies hand crafted by Annmarie Covington and were envious of the sailors who got to take one home! Chuck Carroll took first in the Wetas class, and John & Mary Driver were repeat winners in the Wayfarer class. As the winners of the second largest fleet, John and Mary also will have their names engraved on the Bryan Cup. The "Gems" (Jim Heffernan and Jim Best) took second in the Wayfarer class, followed by AnnMarie Covington and new sailor Shauna Rankin-Byrne in third place.



Dave Rink and able crew Joel Blade prevailed in the Flying Scot class, and their names will once again grace the Mayor's Cup trophy. Since this regatta also served as the Flying Scot Eastern District Championship, Dave and Joel's names will be engraved on the District trophy as well.



Sails Up, Spirits High: Mayor's Cup Shines in a Standout Weekend



Sean and son Hogan O'Donnell took second place, and Dave Safirstein and Carol Claypool took third, completing a sweep for sailors from Lake Norman Yacht Club



Speaking of father-son boats, it was great to see Wendell Gunlach out on the racecourse with his son Alex. Alex has not lived in the area for several years, and many remember him from when he was a youngster racing with his Dad. We wish him well on his next adventure in Europe.

PRO Ed Cassidy praised the members of the Race Committee, saying that having this kind of expertise made his job easy. Ed made

the trip down from Annapolis and said he'd be happy to come back. He has missed his dingy racing days and was reminded just how much fun it can be.



After the Awards ceremony, the Lake Townsend members jumped in to help pack up the remaining food and take down the decorations. With so many people helping, the breakdown was completed in less than half an hour. This is the kind of camaraderie that makes the Lake Townsend Yacht Club the kind of group that people enjoy belonging to, and we are thankful for all the volunteers who helped in numerous ways.

Next year it will be the 50th anniversary of the Mayor's Cup, and fittingly, AnnMarie will be adding a new large wooden base to the trophy to make room for the winners of the NEXT 50 winners!

Sails Up, Spirits High: Mayor's Cup Shines in a Standout Weekend



Article Photos By Linda Marsh and Rob Bradley

More Photos Here....https://drive.google.com/drive/folders/1_WOX5X3xg9RQh2OFkcMGNmBJKy2TAJGp?usp=sharing

EDITOR and LTYC Board and Membership Note: A huge thank you to you, Nancy Torkewitz, for your stunning organization of this very important event and, in general, for your unwavering support of LTYC activities. And to all our volunteers, YOU made this happen and YOU ALL ROCK!

Perspectives From The Helm - Lessons Learned



Shared by Jim Heffernan

What Works, and/or What Not To Do

by Richard Johnson, W10139

We all learn by example and then sometimes we are the example . Despair.com says it best. It could be, the purpose of your life is only to serve as a warning to others.

We had been travelling for several weekends prior and so I wanted to get out and sail. The forecast called for winds at 11 miles per hour, so no problem. I was single handing so I raised the jib and manually furled it tight to the forestay. I also tensioned the jib halyard to ensure some mast bend. I used the full main.

As I headed out of our cove into the main channel of the lake I noticed scattered white caps. It took me a few minutes to arrest the feeling of deep unease as I adjusted the vang and Cunningham but in general going to windward was ok aside from the occasional wave in the face. After about 30 minutes of going to windward very carefully, I noticed that there were a lot more white caps, in fact they were on at least 50% of the waves, and many left trails of foam. The unease returned. I bore off to a beam reach and rose to a full gyrating plane. I eased the main to a near full luff and continued to plane. Bearing off to a broad reach or jibing seemed like a really bad idea. With my options limited I dropped the main, figuring I could bare pole my way back. Once the sail was settled, and the situation calm, it became apparent bare poling was out.

The wind was out of the north-east, on a north-south lake, and the club was on the east side. I needed to sail. I gingerly took a couple of wraps off the manually furled jib, which gave me about 10 square feet of sail area. I then set a comfortable if slow broad reach line to my cove.

This is where the dope slap needs to be applied. Things were going so swimmingly, so that as I approached the club I thought I would jibe back out into the lake, just to practice sailing under jib alone, which by the way is dead easy and doesn't need practicing. When I jibed back toward the club I found I was now below the club.

Note to all: sailing with just the jib really only works on a broad reach or run. Beam reaching is not really an option. The next hour was spent paddling madly between puffs, to climb my way back up to the club. In summary, I got myself out of a bad spot, only to put myself into a worse spot, which required a paddle and a huge amount of effort to resolve.

The lesson here is that if you are on a glide path to success no matter how slow or boring, just stay there.

Give The Gift Of Summer Sailing!



Only \$75 to gift two people a memorable first sailing experience? YEP! LYTC will continue offering an affordable, three-hour Discover Sailing experience for up to **TWO** on beautiful Lake Townsend, hosted by a seasoned club sailor. This great deal will include sailing, boat and safety basics and real hands-on, on-the-water experience, designed to spark interest in this great sport and, of course, our great club and membership!

BONUS! In addition to an unforgettable three-hour experience, your giftee(s) will have immediate follow-up access to a

“Member Mentor,” who can help them chart a course for continuing club education, event participation, networking and membership!

To order this one-of-a-kind sailing experience, visit [Discover Sailing Order Form](#) to make your purchase. We will forward a copy of your gift certificate that you can print and/or email for gifting. Pay Pal, and major credit cards are accepted.

For information on gifting lessons, email education@laketownsendyachtclub.com

For information on gifting a membership, email membership@laketownsendyachtclub.com

Tell-Tales of Dehydration

Recognizing The Signs

Recognizing dehydration while sailing starts with tuning in to the small signals your body sends long before things feel serious. Out on the water, wind, sun, and constant motion pull moisture from you faster than you realize, even on cooler days. Early signs often show up as a dry mouth, a mild headache, or a sense of fatigue that doesn't match the effort you're putting in. You might also notice you're not thinking as clearly, your mood dips a bit, or your urine looks darker than usual — all quiet indicators that your fluid levels are slipping.

As dehydration progresses, the symptoms become more noticeable and more disruptive to safe sailing. Lightheadedness when you stand, muscle cramps, nausea, or an unusual sense of sluggishness are all red flags. Your skin may feel drier, your heart rate may climb, and your coordination can start to falter — a dangerous combination when you're trimming sails or moving around a cockpit. These are signs that your body is working harder than it should to compensate for the lack of water.



The key is catching dehydration early and responding quickly. If you notice even mild symptoms, drink water steadily rather than chugging it all at once, take a moment in the shade if possible, and give your body a chance to recover. On a sailboat, staying ahead of dehydration isn't just about comfort — it's about maintaining sharp judgment, steady footing, and the ability to react confidently to changing conditions. Keeping an eye on your own signals keeps you safer and makes every sail more enjoyable.

Got Nourishment?

Stay Sharp, Sail Strong: The Essential Role of Food and Water Afloat”



Staying nourished and hydrated while sailing isn't just good practice — it's a core part of seamanship. Out on the water, your body works harder than you realize. Sun, wind, constant motion, and the mental focus required to sail all increase your energy use. When you fuel yourself properly, you stay sharper at the helm, steadier on your feet, and far better prepared to handle whatever the day brings.

Hydration is the first line of defense. Even on cool or overcast days, sailors lose moisture through wind exposure and the subtle but constant exertion of balancing, trimming, and steering. Mild dehydration can sneak up quickly, leading to fatigue, headaches, and slower reaction times — none of which belong on a boat. Drinking water regularly, not just when you feel

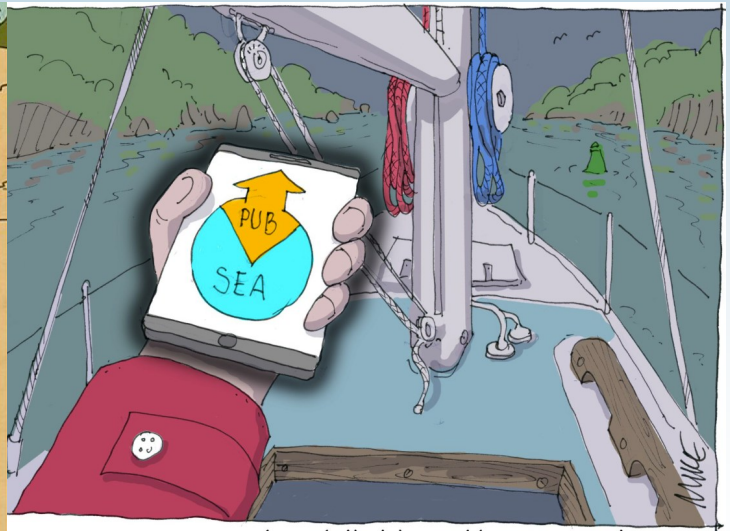
thirsty, keeps your body functioning smoothly and your decision-making crisp.

Nutrition plays an equally important role. Sailing demands bursts of strength, sustained concentration, and good coordination. Without steady energy, your body dips into reserves, leaving you sluggish or irritable. Simple, packable foods — nuts, fruit, sandwiches, granola bars — provide the carbohydrates and proteins that keep your muscles and mind fueled. Eating small amounts throughout the day helps maintain stable energy rather than the highs and lows of infrequent meals.

Weather conditions amplify these needs. Hot days accelerate dehydration, while cold, windy conditions burn calories as your body works to stay warm. Long races, cruising days, or even a few hours of spirited dinghy sailing can drain you faster than you expect. Planning ahead with enough water and easy-to-eat snacks ensures you're not caught off guard when conditions change or the outing runs longer than planned.

Ultimately, staying nourished and hydrated is about safety and enjoyment. A well-fed, well-hydrated sailor is more alert, more resilient, and better equipped to handle unexpected challenges. Whether you're tacking up a breezy lake or drifting through a quiet afternoon sail, taking care of your body keeps you performing at your best — and makes every moment on the water more rewarding.

The Knot-So-Serious



Brian was very pleased that he could now navigate.



If you have a funny, send it along!

newsletter@laketownsendyachtclub.com

Tips and Tactics

Departing and Approaching a Dock in a Small Sailboat When the Wind Won't Sit Still

Handling a small sailboat around a dock is one of those deceptively simple skills that becomes far more interesting when the wind keeps shifting. Whether you're pushing off or coming back in, the breeze near shore is often funneled, blocked, or redirected by buildings, trees, and docks themselves. That means the wind you feel at the mooring field may bear little resemblance to the wind you'll get at the dock. Success comes from anticipating those changes, staying flexible, and treating every maneuver as something you can adjust on the fly.

When departing the dock in shifty conditions, preparation is everything. Before you cast off, take a moment to observe how the wind behaves right at the shoreline—flags, ripples, and even the way your boat tugs at its lines will tell you a lot. Plan your exit so the bow points toward a direction where you can gain steerage quickly. In a small sailboat, that usually means pushing off into a close reach or beam reach rather than trying to sail straight downwind or straight upwind. If the wind is unpredictable, keep the sail luffing until you're clear of the dock, then trim in gradually as you gain control.

The actual push-off should be slow, deliberate, and coordinated. Use a gentle shove from the dock or a paddle stroke to angle the bow where you want it. Keep your weight low and centered as the boat begins to move.

If a sudden puff or shift threatens to blow you back onto the dock, don't fight it with brute force—feather the sail, steer into the pressure, and let the boat settle before trying again. A clean departure is less about power and more about timing the moment when the wind gives you a workable angle.



Approaching the dock in shifting winds requires the same mindset but even more patience. Start your approach from farther out than you think you need, giving yourself room to read the wind and adjust. A close reach or beam reach approach gives you both speed control and steering authority. Keep your sail trimmed lightly—just enough to maintain momentum—and be ready to ease instantly if a puff arrives. If the wind shifts in a way that compromises your angle or speed, abort early and circle around. A graceful reset is always better than a rushed landing.

The final approach should feel slow, quiet, and predictable. As you enter the last few boat lengths, begin bleeding off power by luffing the sail or feathering up gently. Keep your tiller movements small and your weight steady. Shifting winds near the dock can nudge the bow unexpectedly; instead of overcorrecting, let the boat respond naturally, then guide it back on line. Your goal is to arrive with just enough momentum to glide alongside without bumping or grabbing frantically.

Once you're alongside, step onto the dock only when the boat is fully under control. Secure the line that best counters the wind's push—bow line if the wind is blowing you off, stern line if it's pinning you on. Afterward, take a moment to look back at the water and the wind. Departing and docking in shifting conditions is one of the best teachers in small-boat sailing: it sharpens your awareness, rewards patience, and builds the kind of calm adaptability that makes every sailor better.

Share Your Sailing Story



Every sailor has a beginning—a moment when wind, water, and curiosity came together and set them on a lifelong course. Maybe it was a childhood summer camp, a friend's invitation, or the simple thrill of watching sails fill on a breezy afternoon. However your journey started, it's part of the rich tapestry that makes our club such a vibrant community. We'd love to hear how you first found your way to sailing and what drew you back for more.

Of course, no sailor's story is complete without a favorite boat. Whether you swear by the simplicity of a Sunfish, the elegance of a Wayfarer, the speed of a Laser, or the comfort of a cruising keelboat, your preferences say something about the sailor you've become. Tell

us which boats have captured your heart and why—was it the feel of the helm, the challenge of the rig, or the memories made aboard?

We're also inviting you to share the adventures that have shaped your time on the water. Maybe you've weathered an unexpected squall, discovered a hidden cove, or enjoyed a perfect afternoon race where everything just clicked. Big or small, triumphant or humbling, these stories remind us why we sail and what keeps us coming back to the lake again and again. Your experiences inspire new sailors, strengthen our community, and celebrate the spirit that makes our club special. Send us your stories—funny, heartfelt, daring, or reflective—and we'll feature them in upcoming newsletters. Let's fill our pages with the voices of the people who make this club more than a place to sail. It's your turn at the helm; we can't wait to hear what you have to share.



Send To Andy Brunk—newsletter@laketownsendyachtclub.com

From The Boatyard

Caring for a Gelcoat Fiberglass Sailboat Hull

A fiberglass sailboat's gelcoat is more than just a pretty finish—it's the protective shell that shields the laminate beneath from UV rays, moisture, and abrasion. Over time, sun, salt, and simple use can dull the surface or create small imperfections. Regular care keeps the hull looking sharp and extends its life, making maintenance a smart investment rather than a chore.

Start with a thorough wash to remove dirt, pollen, and grime. Use a marine-safe soap and a soft brush or sponge, paying attention to the waterline where scum and stains tend to accumulate. This initial cleaning reveals the true condition of the gelcoat, making it easier to spot hairline cracks, chalking, or oxidation. Rinsing well prevents soap residue from interfering with later polishing or waxing.

If the hull looks dull or chalky, oxidation has likely set in. Light oxidation can be removed with a cleaner-wax, while heavier oxidation may require a dedicated rubbing compound followed by a polish. Work in small sections, using a dual-action polisher when possible for even results. The goal is to restore the gelcoat's smoothness and shine without cutting too aggressively into the surface. Once polished, the hull should feel slick and look evenly glossy.

Protection is the final and most important step. A high-quality marine wax or polymer sealant creates a barrier against UV rays and water, helping the gelcoat maintain its luster through the season. Apply at least one full coat in spring, and consider a mid-season refresh if your boat lives outdoors or sees heavy use. Waxing not only preserves the finish but also makes future cleaning easier, as dirt and scum are less likely to stick.



Seasonal care makes a big difference. In spring, inspect for winter storage damage and reapply wax before launch. During summer, rinse the hull after each sail to remove salt and algae. In fall, clean thoroughly before haul-out and cover the boat to protect against UV and debris. These small habits prevent long-term wear and keep the gelcoat bright year after year.

Regular inspection rounds out good gelcoat care. Look for spider cracks around hardware, chips from dock rash, or areas where the shine fades faster than the rest of the hull. Addressing small issues early prevents moisture intrusion and keeps repairs simple. With consistent washing, polishing, and protection, a fiberglass sailboat's gelcoat can stay bright and beautiful for decades—rewarding you with a hull that looks as good as its sails.

Sunfish Sailing Saturdays Are Here!



Last autumn, LTYC added five Sunfish to its fleet, providing new sailors with a great gateway into our sport. But for the intermediate to advanced sailor, the Sunfish is a boat full of surprises—simple on the surface, yet incredibly expressive once you know how to make it move. After you've mastered the basics, the boat becomes a place to fine-tune your instincts: small adjustments to the sail, slight shifts in your balance, and

learning to sense changes in the wind before they reach you. For the experienced sailor, sailing a Sunfish is about finding speed through feel rather than force, and discovering how little tweaks can make the boat come alive.



Considering this, LTYC is pleased to offer Sunfish Sailing Saturdays, for the *experienced* sailor, the fourth Saturday of each month from now through October. These events are not lessons, but opportunities to spend time honing already established sailing skills, hosted by already experi-

enced Sunfish sailors. Sunfish Sailing Saturdays will be an opportunity for attendees to Practice drills to improve skills, and sail for fun as well as rigging, launching, de-rigging and covering and storing the boats. The club's five boats are available for use but the sessions are open to an unlimited number of participants who can bring their own boats. The sessions will be from 10:00 a.m. to approximately 3:00 p.m. Sunfish Sailing Saturdays are sure to be popular so early signup is encouraged.



The link to sign up for SSS is <https://laketownsendyachtclub.com/activities/SignUp.asp>

Sunfish Sailing Saturdays! See you at the lake!

Classroom On The Water

Lake Townsend Yacht Club 2026 sailing classes are ramping up. Here are some shots of new sailors (and capsized drill survivors) Nathan Champion, Evan Fackler, Mike Jones and Hugues Palliere at two recent beginning sailing classes with instructors Andy Forman and AnnMarie Covington. Looks like fun!!! For information on gifting lessons, email education@laketownsendyachtclub.com



Calendar of Events

23 MAY, SAT

- Social Sailing
- Sunfish Sailing Saturday

29 MAY, FRI

- Adult Sailing Class 3 (Day 1/3)

30 MAY, SAT

- Adult Sailing Class 3 (Day 2/3)

31 MAY, SUN

- Adult Sailing Class 3 (Day 3/3)

4 JUN, THU

- 6pm Board Meeting

5 JUN, FRI

- Mayors Cup (Day 1/2)

6 JUN, SAT

- Mayors Cup (Day 2/2)

13 JUN, SAT

- Blackbeard One-Design (BSC) (Day 1/2)

14 JUN, SUN

- Blackbeard One-Design (BSC) (Day 2/2)

19 JUN, FRI

- NC Gov Cup (CSC) (Day 1/3)

20 JUN, SAT

- NC Gov Cup (CSC) (Day 2/3)

21 JUN, SUN

- NC Gov Cup (CSC) (Day 3/3)
- 6pm Junior Sailing Camp 1 - On Zoom



LTYC Social Media Connections



Please LIKE LTYC on Facebook!!



- Go to 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

Readers, Feedbackers & Contributors?

Thank you for reading Tell-Tales!

Like what you see? **Tell us!**

Something you'd like to see improved? **Tell us!**

Have an article suggestion or pictures of an outing or event you'd like to share? **Share it**, and we will do our best to get it included in a future issue.



This is YOUR newsletter!

Reach us at newsletter@laketownsendyachtclub.com

Your 2026 LTYC Board of Directors

Commodore: Mark Wilson	◆ commodore@laketownsendyachtclub.com
V. Commodore/ Racing: Steve Jones	◆ vicecommodore@laketownsendyachtclub.com
Rear Commodore/Education: Andy Forman	◆ education@laketownsendyachtclub.com
Treasurer: Rob Bradley	◆ treasurer@laketownsendyachtclub.com
Secretary / Historical: OPEN	◆ secretary@laketownsendyachtclub.com
Equipment: OPEN	◆ equipment@laketownsendyachtclub.com
Membership: JC Aller	◆ membership@laketownsendyachtclub.com
Social Outreach: OPEN	
Socials: Ron Washburn	
Newsletter: Andy Brunk	◆ newsletter@laketownsendyachtclub.com
Social Media/City Liaison: OPEN	
Marketing: Randy Shelton/Ray Bednar	◆ marketing@laketownsendyachtclub.com
Website/Publicity: Sam Martin/Sid Hale	◆ newsletter@laketownsendyachtclub.com

Please note the **OPEN** positions above and reach out if you can be of assistance! But, you don't have to be a board member to help out. Everything our club does is done by volunteers. Please contact the individual board members to see how you can contribute. Thanks for making LTYC its best!

Board meetings are open to all members. They are held virtually, via, Zoom the first Thursday of each month at 6:00 p.m. If you would like to attend, see the club calendar for times and reach out to membership@laketownsendyachtclub.com for a zoom link.

Classifieds

YOUR FREE AD WILL RUN 3 MONTHS.

**IF NOT RENEWED BY ADVERTISER, THEY
WILL BE DELETED.**

SEND YOUR CLASSIFIED TO :

newsletter@Laketownsendyachtclub.com

