



**It is Summer
Time!!**

**Hydrate
(Drink H₂O)**



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There are Sailing Trivia/
Questions through out this is-
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June - July, 2021



27	28	29	30 Wednesday Night Race	1 JULY Int'l Joke Day	2 World UFO Day	3
4 Independence Day 4th of July Regatta	5 BOG Meeting	6	7 Wednesday Night Race	8 National SCUD* Day	9	10
11 Summer 5 & 6	12	13	14 Wednesday Night Race	15	16	17 Wrong Way Day
18	19 National Daiquiri Day	20	21 Wednesday Night Race	22	23	24 Beach Party
25 Summer 7 & 8	26	27	28	29 National Chicken Wing Day	30	31 Harry Potter's Birthday

*Savour the Comic - Unplug the Drama



David Hyman, Commodore



For a year, now, this column has touted the Covid-safety of sailing. Where else could you have a good time and not have to be anywhere near anyone else. You couldn't say that about restaurants, bars, poker, football, basketball, shopping or work. I realize that some of us couldn't agree with that; so out of caution (and I'm certainly not belittling them for it) they stayed home and off the lake. But now, in the summer of '21, particularly if we got our vaccination, it is undoubtedly OK to come back to the lake and to Windycrest. Better living through biochemistry! Welcome back, everyone. The club looks great and your fellow members are as happy to return you will be.

Windycrest's social events are happening once again to most everyone's relief and enjoyment. Our first big one was just a few weeks ago, The Windycrest Memorial Day Hotdog Extravaganza. Despite the rain, an enthused and hungry crowd showed up and celebrated a tentative return to normal with a ton of good food and company. Activities Captain Molly Richardson and her team of volunteers are planning a great season of social fun for the entire club.

Here are a few more good things to know as you come back to the club. The pavilion is undergoing a top to bottom refurbishment with removal of flaky paint and the application of shiny new paint. And C Dock's gangway has been "re-floored" and the its upper platform will soon be rebuilt with strengthened structural support and a new deck surface. B Dock's walkway has received attractive new stain that makes the wood actually look like a *Southern Living* design project. More sprucing of B Dock is still ongoing — new paint, removal of vegetation around the slips, repair of some ugly chipping of the concrete deck, and upgrading of the electrical receptacles. The primary, South, breakwater is under continuing improvement with new replacement wave baffles installed making all the docks far less susceptible to the waves that roll across the lake when it storms. In tune with Windycrest tradition, absolutely all of that has been done by members who are energized by their affection for the club and the fun of working together.

Notice a few new black and shocking yellow signs warning that swimming around the docks is not permitted. This has long been a club rule to prevent boat-vs.-person collisions. But these new signs warn of another largely unrecognized danger — electrocution. Several boats at our slips leave extension cords connected to bilge pumps and other appliances while they are away and the boat is unattended. This risks what is called "stray current" that leaks from the electrical connection into the water. Stray current can radiate beyond 100 feet from its source and anyone swimming into that area can receive a severe, potentially fatal, shock. Therefore, we are following the Corps of Engineers' lead and posting these warning signs. The presence of the new ladder on C Dock and the built-in ladders on B Dock are therefore not for casual swimmers. They are there to save someone who falls into the lake (it's happened more than once recently and there was no easy way out of the water without the emergency ladder on C Dock). Swimming is allowed adjacent to the launching ramp when vehicles are not present there.

Windycrest has become the reluctant owner of several keelboats and an MC Scow that were "gifted" to the club by former members who just didn't take their boats with them when they ended their membership. We are considering using one or two of them for training, but the others could make some boatless person happy for a v-e-r-y reasonable sum. Give the Commodore a call and come kick the stanchions.

As I have written before, if you are concerned about anything in your club, feel free to call or write to me about it. Don't be hesitant to stir up some dust, to make a suggestion or merely ask a question. I am here for you.



RED SHED CLEAN-OUT, Does anything look familiar?

A huge thank-you to a group of sailors in the North Lot--mostly Sunfish sailors BUT including other small boat owners—who emptied the red shed last month. **Contact the Vice Commodore, Lisa Weatherholt**, if you have knowledge about any of these items. We are going to move forward to the next stage of getting these items distributed or discarded.

There were bags of keelboat sails in a couple of bags under the shed; they were invaded by mice.

Not good news!



So we can do this



and this!





Ding Dong the Covid is Dead!

Things are really happening around the club. Docks are looking better, people have told me it feels safe to walk to their boat again. All sunk boats are still above the water, for now. The place is overall looking good. I have received a email expressing from a good member and friend saying how much improvement she seen so I wanted to include this somewhere in the Windword.

For those who did not make Memorial Day Long Distance Race, it was fun and wet. Hot Dogs over an open flame are always good. The pit man was not daunted by the rain. The Memorial Open Regatta was a success, of course more boats are always good but we are coming off two really missed up years. (Both these events have articles in this Windword)

I understand that the youth program was also a great success, not a lot of wind, but there has been some photos on Facebook. Hopefully in the July Windword we can get a article to share with the membership.

Who would not be happy to hear that "Cheeseburger in Paradise" was back and was a great time. I was there with my son and daughter-in-law. Who knew that Caty Hoagland was such a accomplished Hula-Hoop artists. I have a few photos to share and will have a article in next month's Windword.

I have found in my couple of months at West Marine that there is a great interest in boating in general as well as sailing. A lot of people buying their first boat. I have had a many opportunities to give out brochures and contact info to people looking for sailing homes. There are a lot of places to go, so we must be open to new members and welcome them when they come to our club.

As I begin another year of this chore of putting together your Windword, I have tried to create a fun read. I have tried new things, some didn't stick some I bring back as I feel they will work. I rely on your BOG officers and Event Coordinators to provide materials for you and fill it with things I find interesting. I am delayed sometimes waiting for articles and sometimes life gets in my way of sitting down to the computer making multiple articles from multiple sources fit into readable format.

I regularly get a MC article from Danny Z, but would sure like to publish more from other Fleets. I enjoyed the notes from Gary on his trip to Croatia. He did this not as a required message from the Board but as a fellow sailor. I would love to see more such articles from any and all Members. This not my Newsletter and It is not the BOG's Newsletter, it is a club newsletter. **Just be clean! LOL**

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Windycrest Sailing Club

4th of July Regatta

Sunday, July 4, 2021

PARTICIPATION: Let Freedom ring and have some fun on beautiful Lake Keystone. This regatta is open to all classes and all are invited to participate. It's warm, the lake level is very good, and the wind will be windy, so come enjoy a day of racing on the lake.

LOCATION: Racing will be held at WSC on Keystone Lake, Oklahoma.

SCHEDULE of EVENTS:

Sunday, July 4, 2021:

9:30 - 11:00 a.m. - Coffee, juice and light breakfast in WSC pavilion. 11:00 a.m. - Skipper's Meeting in the WSC pavilion.

12:00 p.m. - First Start. Additional races will follow as time permits. Following racing, awards will be presented along with Pizza, sides and refreshments.

RACES: It is anticipated that there will be at least three (3), and no more than five (5) races in the regatta. No race will start after 4:00 p.m.

AWARDS: Awards will be presented for the following classes as represented: Keelboat Spin, Keelboat Non-Spin, Centerboard, +95.

CREWING: As always, if you want to sail but don't have a keelboat, or if you have one but would rather crew than helm, email the Fleet Captain and we will do our best to get you onto a friendly boat. And if you need a crew member, email the Fleet Captain and we will try to find friendly crew members for you. If you want to race or learn to race, then don't miss this fun day.

RULES: This event will be governed by The Racing Rules of Sailing for 2021-2024, prescriptions of US Sailing, the 2021-2022 Windycrest Sailing Club (WSC) Sailing Instructions, and further instructions as announced by the PRO/Race Committee during the event.

SCORING: The event will be scored under the Low Point System described in the Racing Rules of Sailing Appendix A. For each 4 races sailed, a boat's worst score will be excluded. Boats will be scored based upon Portsmouth Yardstick Handicap System as administered by WSC.

QUESTIONS/COMMENTS/CONCERNS?: Email the WSC Fleet Captain:

fleet.captain@windycrest.com.

Q1: You leave the shore on a port tack avoiding the no-sail zone. You could go on a close-haul, but the wind is blowing on shore at an angle so you can what?



Windycrest Independence Day Long-Distance Race

LDCS 3/5

Monday, July 5, 2021

Come **CELEBRATE FREEDOM!** After 2 years of restrictions, we are finally free! Join us on Monday, July 5th for the long-distance race followed by **Pot Luck and Pie**. The race will also be scored as the third race of the Windycrest Long-Distance Corinthian Series. The 5-race LD series is a fun way to celebrate the sailing season holidays. Bring your family and friends, break out the boat and take them for fun and memorable day on the lake.

START/FINISH: Starting Window: 11:00 am until 1 pm. Must finish by 3:00 pm. COURSE: Starting area in or adjacent to cove. There will be two rounding marks. One will be south towards the 412 causeway, one will be north towards the Walnut Creek area. After starting, you may sail to either mark first. After rounding both marks return to finish. The length of the course will be determined by the prevailing conditions of the day.

SCORING: 2021 Portsmouth Yardstick Handicap System will be used. Each race day starters will be divided into three fleets as determined by the day's PRO. The PRO will use, in no particular order, the boat's DPN and condition, the skipper's experience or lack thereof, and crew's experience or lack thereof in categorizing the fleets for each race day. Overall Series scoring will be a boat's top three scores.

PRIZES: Plans are for prizes three deep in three fleets each race day, and the same for the Overall Series winners.

CORINTHIAN SERIES NOTES: This series is for a low-key good time. No intimidating start line. Sail the direction you want. You are only restricted by five things: the time limits, going through the start line, rounding each mark, and returning through the finish line. The PRO will attempt to set a course that most boats should sail in 1.5 to 2.5 hours. Use these races to understand your boat, learn it's capabilities, and enjoy with your family and friends.



MC Report for June 2021

Yea! Covid down, and things seem to be getting back to normal around the Club. Some of our social events are coming back to life.



In the last month we have had lots of good racing in the rain. We had the "Memorial" Spring Open Regatta which had six ideal races over two days, with some rain on Sunday. Excellent racing. The Memorial Day Long Distance Race was another wet day. A little lighter attendance on the race course but the Hot Dog Festival later in the afternoon was well attended.



Five boats traveled to Lake Lotawana, MO to race 29 other MC's in the Orlando Webb Regatta. The Windycrest group did well over the course of 6 races on a beautiful weekend. It is always a pleasure to sail on their lake.



Tim is going to Nationals later this month. We continue to have our regular Club races. We'll have a one day regatta, open to all boats, on July 4th, and the 3rd Long Distance Race comes up on July 5th. And of course we are still waiting for Raft-Up or Beach Party soon.



Sail On.

MC Fleet 32

Q2: When a sailboat "turtles" the boat, it is what? (something a lot of MC's have discovered.)

San Juan 7.7



I am writing from Montenegro about my sailing trip in Croatia. I made a few miscalculations about some things and paid for them in time and money.



1. Since there was only four of us, I thought a smaller boat would be fine (35.5 feet). Not so, it was slow, underpowered and foreign to my experience. Get a larger boat with the equipment that is easy to use and faster! We had a strong head wind and motoring or tacking netted us about two nautical miles per hour. We need to go 18 the first day and only got 11. We anchored in a nice little harbor for the night.

2. Have the technician at the marina pull out/up the sails. We did not. Our furling jib got stuck and we needed an hour to get it out. The main sail had ALL the reefs tightened down and it took us about 30 minutes to get those lines loose enough to hoist the main. Plus several of them had the same markings, so that made it confusing to identify each.

3. Talk to as many local sailors as possible. We determined that we had to shorten the distance of our route, but a frequent visitor helped us to find a nice place (private marina) to stay. Many of these don't charge to dock, but they have a higher priced restaurant. They also do not have many facilities.

4. I learned a few things the hard way on this trip. My best piece of advice is to go with another sailor on your boat. Wives and friends are good company but not much help on a sailboat. They have other interests which is not sailing. They are fine with using the motor all the time.

Gary Worley

Q 2: what color flag must be flown when first entering the territorial waters of another Country?



The Importance of Hydration

Published on August 24th, 2017; Scuttlebutt Sailing News

by Justin Norton, International Sailing Academy

Hydration seems like such an obvious concept in our sport. We are outdoors and in constant exposure to the wind and sun. Everyone knows they need to be well hydrated yet few understand when they are optimally hydrated or are starting to become dehydrated. In this article, we will discuss the performance factors of dehydration, how you can stay away from it, and strategies to ensure you are getting what you need.

How does dehydration affect our performance? When we become dehydrated our blood plasma decreases causing thickening of the blood. This leads to the heart and body taking on a larger workload to move the more viscous blood (an increase of heart rate). Losing about 2% of your body weight in fluids (a very small amount) will result in a 4% decrease in performance in both muscular strength and endurance.

In a given day if we are sedentary a 160lb person will lose about 2 liters of water, most of this is through urine and the remainder is sweat in breath. If we are racing in a hot and windy conditions this amount significantly increases. For example if a 180lb person were to forgo fluids on a 4 hour race day they would lose close to 4 lbs of fluid body weight resulting in a 4% performance decrease of their physical output.

With this much water being lost being lost it seems intuitive that our body would constantly be craving fluids. Unfortunately, this is not the case and by the time our body sends a signal to drink, dehydration is well underway. Because we don't fully retain what we drink in order to replenish fluids it can take between 24- 48 hours to rehydrate if thirst alone is the controlling factor.

So how much should you be drinking on the water? In moderate conditions with heat 750ml/hour is a good number to be hitting. There are many factors that can change this but this is a great place to start. If this isn't cutting it and you find your weight dropping use that every pound of fluid lost an additional 500ml/pound lost should be consumed.

Of course when we sweat not only water is lost but also waste and nutrients are excreted as well. Most popularly among this list are electrolytes. Adding an electrolyte mix or tablet (such as GU or NUUN) to what you consume on the water is greatly beneficial. If you are on land and in between meals regular water is fine. Pre-made sports drinks? Due to the high glycemic index of most of these beverages, they are not ideal to consume in large quantities and should be left to post-exercise in moderate amounts.



SWEATY SITUATIONS
Sweat = lost water! Drink plenty of water before, during and after exercise.

HUNGER OR THIRST?
Feel hungry? Drink water. It's easy to confuse being thirsty with being hungry

ZERO CALORIE
Louisville pure tap® is your partner in losing weight. Research suggests drinking water can contribute to a healthy weight loss plan.

CHILDREN HEAT UP FASTER
Children gain heat faster than adults when the outside temperature is higher than the body temperature. Be sure to have plenty of water available during the hot summer months.

DRINK BEFORE YOU'RE THIRSTY
By the time you "feel" thirsty, your body has lost up to five cups of water.

COLOR ME PALE - YELLOW
Check the color of your urine. The more transparent it is, the more hydrated you are. The ideal color is a very pale- to pale- yellow.

FILL IT
Be green! Carry a reusable Louisville pure tap® bottle and refill it at the tap throughout the day. Costing less than a penny for a gallon, it's the best value to stay hydrated.

SCHEDULE IT
Need a reminder? Drink on a schedule. Drink water when you wake up; at breakfast, lunch and dinner; then, before you go to bed. Or, have a small glass of water at the top of the hour.

HYDRATION

Q4: What is the name of the line which is used to raise or lower the sails?

Editor's Note: This is a common mistake by new owners when buying line.

Louisville pure tap
Louisvillepuretap.com



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WSC Board Minutes of Meeting for April 2021

April 5, 2021

WSC Board members participated remotely via Zoom Meeting.

In Attendance: David Hyman (Commodore), Skeeter Chilton (Past Commodore), Lisa

Weatherholt (Vice Commodore), Maurice Casad (Rear Commodore), Dan Jarrett (Fleet Captain),

Carmen Skelton (Webmaster), Margaret Shinn (Secretary), Gary Worley (Treasurer), Mark

Hoagland (Activities Captain)

Facilities Manager: Chris Foster

Guests/Members Present: Carol Hindsman, Steve Horn, Ava & Jim Kramer, Derek Reid, Matt

Shipley

David Hyman, Commodore, called the Meeting to Order at 7:02 p.m.

Approval of Minutes

The minutes of the March 1, 2021 WSC Board of Governors meetings have been made available

to the Board prior to this meeting. Mark Hoagland presented the Motion that the reading of the

March Minutes be waived and approved as submitted. The Motion was seconded by Dan

No June minutes yet posted.

Minutes for June will be in July Issue



FROM AROUND THE WORLD AND YOUR OWN BACKYARD.



Not all news is sailing news. Some is just fun information.

TURTLE EGGS

Here's a photo I snapped on Wed. evening, June 9. First I thought, 'Oh look, a critter dug a hole under the daylilies and yarrow plants'. Then I saw torn-up ping pong balls—I mean, eggshells from turtle eggs! (I drew orange arrows to make them easier to see) These are probably from a snapping turtle, according to my five minutes of research and reading. Fortunately, I wasn't around when the mama decided to appropriate our planting bed for her nursery. The incubation period is at least 60 days, probably longer.

DISCLAIMER: These could be from red eared sliders, too. I just wanted to share the interesting photo with my Windycrest friends. Feel free to do your own research.

Lisa Weatherholt
Vice Commodore





Memorial Day Long-Distance race recap:

The second of five WSC Corinthian Long-Distance Series races took place yesterday in typical spring conditions at lake Keystone. Rain and variable winds challenged the hearty fleet of racers intent on testing their sailing wits and skills. Mark Lobo and crew found the magic combination of strategy and tactics and won the Bushaw Perpetual Trophy. Congratulations to all who came out and sailed on a rather rainy but good sailing day.

PRO = Dan Jarrett Date 5/31/2021			Memorial Day							
Skipper	Sail #	Class ID	H	M	S	ET in Sec	Wind Corr.	CT in Min.	CB Rank	Keel Rank
M. Lobo	1286	Cat 22	1	36	55	5815	0.963	100.64	1	1
Da. Ziegler	2693	MC Scow	1	29	53	5399	0.874	102.956	1	
R. Bell	2029	MC Scow	1	31	49	5509	0.874	105.053	2	
D. Edwards	72	S2 6.7	1	36	4	5764	0.833	108.796		2
R. Kerr		IC24	1	35	31	5731	0.819	116.636		3
St. Gent	1557	J-22	1	44	1	6241	0.827	125.776		4
R. Stout	1821	WWP	3	1	36	10896	1.31	130.554	3	
D.Reid	24	C&C 24	2	43	49	9829	0.926	176.908		5

Editor's Note:
 It was wet, but a great time. I was on the IC24 "Rubber Duck", Bob took some great video of us getting very wet.
 Molly did a great HOT DOG Dinner and a lot of people showed up for the after race fun.
GET READY FOR THE JULY 4 RACE OF THIS SERIES!



The Memorial Spring Open 2021

Hosted by WSC, May 22 & 23



What a wonderful regatta, first we recognized and remembered the Past Commodore's who have passed and built the club by adding their names to the NOR. Hobock, Tillotson, Kerr, Snider, Dannar, Taylor, Greenwood, Bond, Lang, Sullivan, Albright, Neal, Froeb. In the past this Regatta was called the Hobock Tillotson Spring Open, but this year I wanted to recognize more past members.

We had 13 boats competing, 6 MC Scows, and 6 J/22s and 1 J/80. Three dedicated J/22 sailors came from the great states of Kansas & Missouri to round out the J/22 fleet competition. Thanks for participating and making some great racing. We got in 5 races on Saturday. And then 2 on Sunday.

The MC Scow Fleet had 6 boats participating all from WSC and the scores from Sunday counted as part of the WSC series races.

There was some hot competition in both fleets, MC's and J's as you can see by the results. Several participants had 1st place finishes.

Unfortunately, our visiting J/22 competitors could only race on Saturday, and Sunday was rainy and cold, so the WSC J/22 competitors decided to not race on Sunday, leaving all the racing to the MC Scows.

A big thank you to Gil Greenwood and his RC Crew, David Hyman, Dan Jarrett, Dan Kilpatrick, Mel Adams, John Kerr, Mike Beatt, Margaret Hamlett Shinn, Carol, Lee, and JJ Hindsman for putting together some great racecourses and fun times for the competitors. I also want to thank Molly Richardson and crew for cooking dinner Saturday night for us.

And finally, I want to thank my crew on Ctrl Alt Del, Steve Elliott and Blaine Sampson. Without you guys I could not have been the able to race so well and be the Regatta Chairperson for this event.

Those of you who won trophies, please be sure to contact me to order your WSC Shop stuff.

Results are below.

Skeeter Chilton

Past Commodore & Regatta Chairperson

Windycrest Sailing Club

The Memorial Spring Open 2021

Name	Sail#	Class	Club	Races Day 1					Total	6	7	Total
				1	2	3	4	5				
Danny Ziegler	2693	MC Scow	WSC	1	2	1	2	3	9	2	1	9
Harvey Baker	1929	MC Scow	WSC	2	1	4	1	2	10	1	2	9
Randy Bell	2029	MC Scow	WSC	3	3	2	3	1	12	3	3	15
Roger Adams	2148	MC Scow	WSC	4	4	3	4	4	19	6	6	25
Maurice Casad	2006	MC Scow	WSC	6	6	5	6	6	29	4	4	31
Richard Burdyn	2363	MC Scow	WSC	5	5	6	6	6	28	5	5	32
Roger Kerr	1587	J/22	WSC	3	3	1	1	2	10	DNR	DNR	13
Skeeter Chilton	339	J/22	WSC	1	2	3	2	5	13	DNR	DNR	20
Dave Ebbrecht	1050	J/22	Weatherby Lake Jacomo Sailing Club	2	1	4	4	4	15	DNR	DNR	23
Alysia Thomas	788	J/22	Perry Yacht Club	4	5	2	3	3	17	DNR	DNR	23
Ted Lischer	1259	J/22	WSC	6	4	6	5	1	22	DNR	DNR	28
Lisa Weather- holt	922	J/22	WSC	5	7	5	6	7	30	DNR	DNR	43
Grant Geron- dale	446	J/80	WSC	7	6	7	7	6	33	DNR	DNR	46



May Racing at Windycrest



May Racing at Windycrest

Things are starting to get back to "Normal" around here and that includes sailboat racing at Windycrest. The month of May was busy at Windycrest. There were 8 race days in May including The Spring Fleet Series (Sundays at 2pm), Wednesday night series (Wednesday at 7pm), the WSC Memorial Spring Open Regatta, and the annual Memorial Day Long-Distance Race (race 2 of the 5 race of the Windycrest Corinthian Long-Distance Series).

Spring Fleet Series

The fleets were out on Sundays in May with good racing of somewhat sketchy weather. A total of 11 center-board boats participated in the Series, mostly MC Scow. Keelboats also had good participation with 6 boats taking part in the Spring Series races. In addition to the familiar, some new racers made the podium this Spring. Randy Bell is not necessarily a new racer but this year his hard work has paid off with consistent results as he finished in 3rd place overall among the MC fleet. Meanwhile, in the Keelboat fleet, new members Dan and Cindy Edwards (SJ 6.7), sailed very well and finished second in the Keelboat fleet. Great job! Complete results are available on the WSC website.

WSC Memorial Spring Open

WOW, this was a fun event that featured great one-design racing among a fleet of 7 J-22's plus the very cool new J-80. The visiting J-22's had some close and exciting racing on Saturday with a total of 5 races; the MC fleet raced both Saturday and Sunday with a total of 7 races. Weather was fair and racing was top quality, a lot of fun to watch.

Memorial Day Long-Distance Corinthian Series race 2/5

Cool and rainy for most of the day, a small but hearty fleet of racers took on the course in the second of five races in the WSC Corinthian LD Series. While the crews were a bit soggy, the sailing was fun and temps cool but not cold. Choosing the best time to start and choosing the direction on the course proved challenging but rewarding to those who got it right.

The format of the Corinthian LD series is different than past LD events in that participating boats can choose when to start the race (anytime between 11am and 1pm), and which direction to sail the course (clockwise: South first and then North; or counter-clockwise: North first then South). Race strategy is not necessarily about going the fastest, but requires meteorological, tactical and navigation skills as well.

A sailing season Holiday Series, the purpose of this series is to encourage and invite ALL sailors at Windycrest to participate, whether they be racers, cruisers, new sailors, old sailors, friends, family, adventurers, fun-seekers, we want everyone on the lake. This race series is designed to be an easy, low stress, fun way to get out with family, friends and race crews to race or cruise the lake and will be an ideal opportunity to learn more about sailing, racing, about your boat, your capabilities, your friends, your crew. An opportunity to just have some fun and enjoy the beauty of our home lake. With that in mind we couple the race with a fun after-race meal appropriate for the occasion, and the Memorial Day LD race afterparty this year was huge fun with a World-Class Hotdog extravaganza. Kick yourself if you missed it, but make the next one!

An overall series winner will be determined with the final race on Labor Day. Racers can count the THREE best races from the series, meaning that if you haven't raced in the series yet, you can still win it all as there are three remaining races in the series: Independence Day LD race (July 5); Summer Sizzler (August 22); Labor Day (September 6).

See you on the water,

Dan Jarrett



Sailing For All

LYDIA MULLAN JUN 2, 2021 SAIL



I'm sitting in a yacht club, having dinner with three other members of my crew, all of them men 40 years my senior. They're lamenting the tragic state of sailing. "Look around us," one of them says, gesturing to the other patrons. "Where are the young people?"

Another turns to me, "Why don't people your age sail anymore?" I didn't know it then, but it's a question that I would be asked again and again over the next few years.

Today, America's yacht clubs, and sailing in general, appear to be experiencing a population crisis. There are many reasons for this. Sailing's reputation for posh exclusivity has gone out of style. There's also the question of cost. Based on 2020 U.S. Census Bureau data, on average Millennials (currently ages 25-35) make 20 percent less than their parents did. Women make even less, and women of color even less than that. Finally, there are many other roadblocks to sailing: social barriers, informational barriers, geographic barriers. Race, sexuality and socioeconomic status are all factors.

Fortunately, in recent years a solution has quietly begun to take shape in towns and cities across

America in the form of a growing number of community sailing centers.

Currently, US Sailing recognizes about 50 accredited centers (ussailing.org/recreation/community-sailing/). There's no single definition of a community sailing center, but a qualifying factor is that each center owns boats available for use by its members or the general public. This shifts the startup cost away from individuals and lowers the barrier for entry. Today's sailing centers often have an outreach and education curriculum, but there are as many different ways to organize these as there are sailing centers.

The appeal of this system is obvious. If you can't afford a boat, no problem. You want to sail but don't know anything about boat maintenance? That's fine. Same thing if you have no place to store a boat, need a few lessons to gain confidence or don't have any sailing friends. The list goes on and on. The model works especially for young people. It's no exaggeration to say today's sailing centers are welcoming a whole new generation of sailors from communities that would likely never have otherwise been able to get out on the water.

Hudson River Community Sailing (HRCS) in New York serves as an excellent example of a program going above and beyond in its efforts to expand water access in its community. Like many community centers, HRCS is young—founded less than 15 years ago by Bill Bahen with four donated Rainbows. Today, the center has many programs, including adult sailing and an adaptive sailing program for veterans. However, its shining star is a youth program run in conjunction with the New York City school system. Every year, about 200 middle and high schoolers from all five boroughs take part. In addition to learning how to sail, students build boats and learn about weather, marine sciences and conservation. And while students receive course credit for these efforts, HRCS takes the most pride in teaching life skills like communication and problem-solving.



Sailing for All, cont.



“I am fond of saying, ‘Don’t teach sailing, use sailing as a venue to teach other amazing things,’” says HRCS’s community sailing director Don Rotzien. “Sailing creates stronger communicators, better leaders, better problem solvers, better neighbors... The benefits go far beyond time on the water. If you can figure out how to sail safely and effectively, you can apply that kind of problem-solving to every day you’re at work or interacting with people.”

Though the focus is on teaching sailing to develop life skills rather than to create life-long sailors, graduates often find their passion in the program, with alums going on to careers sailing tallships or working in marine sciences. Some even return to work with HRCS.

What follows are just a few of the many great programs out there working to raise the next generation of sailors:

Note: the article list number of centers and programs, go to the article and see the list.

Despite the success of these programs, growing the sport of sailing is no walk in the park. These kinds of organizations face a host of different challenges with little precedent for how to navigate many of them. “Every community sailing center has to operate with a start-up mindset,” says Rotzien, who is also a member of US Sailing’s Community Sailing Center Committee. He jokes they’re gluttons for punishment because they’re constantly seeking new barriers to whittle away in order to get everyone access. It’s a superhuman amount of work—partnering with schools, writing grants, doing outreach to underrepresented communities, getting waterfront property access, maintaining the fleet of boats, troubleshooting retention issues. “We have to fight to get people who don’t see themselves in the sport in the door,” Rotzien says.

A few hundred miles south, Stuart Proctor, the executive director of the Downtown Sailing Center,

finds himself dealing with the same thing. “To non-sailors, sailing just seems like old white guys yelling at each other on the water. That’s not appealing to Black people. That’s not appealing to young people. That’s not appealing to women. All community sailing centers are weighed down by that perception,” Proctor says. “We need to do a better job selling the lifestyle of adventure, freedom and self-reliance. All Americans want that.”

That said, while the sailing stereotype Proctor describes may be especially associated with yacht clubs, yacht clubs and community sailing centers are anything but natural enemies. Just the opposite. According to Rotzien, they have a lot to offer each other. Specifically, yacht clubs tend to have more of a racing focus while community centers often focus on widespread access so, symbiotically, community centers can bring new sailors into the sport and then funnel talent into the race teams at the clubs. In turn, yacht clubs can support community centers by offering experience and resources.

“The flow of ideas between leadership has changed a lot as community center and yacht club staff have flowed laterally,” Proctor says. “My Rolodex has just as many yacht club staffers as community center staffers. Clubs are recognizing that they can provide something and get future members in return. And we have learned a lot about how to run a business from some of these bigger clubs.”

In other words, while sailing’s population crisis may seem like a major problem, the situation is far from hopeless. This is a classic example of a challenge also providing a golden opportunity to make sailing stronger than ever. So, if you’ve ever looked around the sailing world and worried about where all the young people have gone, why not head down to your local community sailing program and see what you can do to welcome the next generation?



The Sunday of the last Sunday Races a small group of us were sitting around discussing growth and future of Windycrest. This was not only the physical plant, more docks, club and meeting space, bathrooms, but a discussion of new and younger members. As well as sailing itself.

It was brought up, youth sailing, (a program that just successfully ended) and open regattas (again something we just did) can help our members. Gary Worley just returned for Certified Training by ASA and we will soon be hearing more from him how this will benefit the Windycrest Members.

So the question arose how do we draw in new members not just what can we do introduce the public to sailing and Windycrest Sailing Club.

I read the article on the previous pages and said to myself, "Self, WSC could be such a place for not only people who have money for boats and club memberships but for all those who want to learn about sailing.

Maybe, someone with such a vision and a desire to put a plan together will approach the BOG.



Q5: A boat has a port (left) and starboard (right) side. In describing a boats side relative to the wind, which terms are used?



MENS SAILING GEAR

WEST MARINE FOUL WEATHER GEAR +MEN'S XL - \$125.00

WEST MARINE MEN'S DECK BOOTS - SIZE 13 - \$20.00

GILL DINGHY SAILING GEAR- MEN'S XL - \$75.00



BOAT GEAR

SAMSON SPLICING KIT

LOOS MODEL A TENSION GAUGE

\$35.00 FOR BOTH



CONTACT RON REESE: RONREESE30@GMAIL.COM

Loren Kai Powell Massage

Private Studio

Located in Home
Near 15th and Delaware, Tulsa

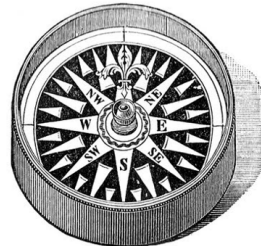
By Appointment

918 - 706 - 6821

14 years experience

COVID protocols required and are in place

The Captain Ron Support Group



"If it's going to happen, it's
going to happen out
there."

Space Available
Free to Members
Think of all the things
you could sale.

M-20 \$500



Contact Gil Greenwood

918 914 3613

gilwood960@gmail.com



26' San Juan 7.7 \$3700.

Deboria and Larry Gill

Larry: 918 978 8369

Deboria: 918 906 0424

Additional Contact: Windycrest Directory

We're selling our sailboat, a beautiful San Juan 7.7. The San Juan 7.7 is a dreamer's boat: fast, stable, comfortable and easy to handle. She is just 26' long with a cockpit of a thirty-footer. Wonderful racer/cruiser. All lines lead to cockpit for safe single handing. Family cruising/day-sailing. Easy maintenance. Boat has a good race history.

Is currently docked at Windycrest . Hasn't been used in a few years, but wouldn't take much to get it back out on the water. Feel free to reach out. Text works best. We can set up a time over a weekend to meet out at Keystone Lake.

The following items are included:

Mainsail, Jib, Genoa, Spinnaker, Mainsail Cover PortaPottie (maybe), Radio, New set of cushions Outboard Engine, Anchor, Batteries and Charger

No trailer



Capri 25 Sails

Main Sail, Kerr Made. Good cruising Sail. (Save the ~~old~~ sails for racing) **SOLD**
\$200

Reaching Spinnaker (screecher) with high end lines included. Lines alone are like new and expensive. Excellent condition except for a little tea stain af-

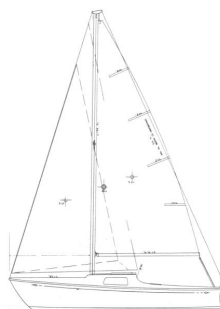
Gas Powered 2.5 HP, 2-Stroke Island Hopper Motor

Air Cooled *Extendable/Adjustable Shaft (up to 34")*Light weight-easy to Carry (16 lbs.)***Less than 2 hours use.***

Perfect for smaller boat on light air days

Paid \$670 - Firm at \$300

Contact Bob Wandres - 918 813 1052



Islander 21 Swing Keel

Fixer upper

Project Boat on the trailer.

Make me an Offer, Need more info?

Gil Greenwood

918 914 3613

gilwood960@gmail.com



- A1: Close reach**
A close reach is about 65 degrees from the wind.
- A2: Completely upside down**
Often times, once a boat has turtled, it cannot be righted without the assistance of another boat.
- A3: Yellow**
The yellow flag is the international signal flag for, "my vessel is healthy". It is known as the "Q" flag, and in effect invites Customs Officers to inspect your vessel. Once inspected, or after a specified period awaiting inspection, the Q flag can be lowered, and need not be raised again while inside the territorial waters of that country.
- A4: Halyard**
A sheet controls the sails angle to the wind. A painter is also known as the bow line. A tether is used to tie objects to the boat.
- A5: Windward and Leeward**
The weather is the side on to which the wind is blowing, while the lee is the opposite or sheltered side of the boat. These are interchangeable according to direction.



Remember the Heat, stay hydrated and see that your fellow Sailors are as well.



And Remember, Beer is for after a hot and heated race not during. I love Beer but NO hydration there!!

Windycrest Sailing Club
Lake Keystone
761 Windycrest Road
Sand Springs, OK 74063-8396