

New Castle Sailing Club

N E W S L E T T E R

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COMMODORE'S CORNER

The moorings are in, the dinghy and sail houses are cleaned out with all locks operational, the sails, centerboards, dinghies, oars, rudders, and masts are all ready to go, and the boats are getting their finishing touches in preparation for.....Launch Day!! Thanks to Phil Iannelli and his dedicated team, the Hunter went in to

the water on Sunday and the Flying Scots will be launched during the week, with Saturday reserved for our eight Thistles. With high tide at 12:35PM, we will start a little later than usual, around 9AM. Boat captains should plan to get there early to get everything ready to go. For all of you new members, I highly recommend attending. It's a great learning experience and quite the festive occasion. I want to acknowledge all those who have pitched in to get the fleet ready this spring. For fear of

leaving anyone out, and because there are so many of done, I'm not going to name names. But you should know that your efforts are much appreciated by your fellow club members. It is such a great feeling each year to see it all come together.

We had an Open House on March 28th that drew about 15 or so potential members – pretty good for the off season. The Annual Beach Cleanup on April 4th was a great success, with about 100 people in attendance, and the News Journal ran a feature article on the cleanup—great PR for the club. Many thanks to Kathy Leef and all those who helped out that day. In fleet news, our old Scot #2906 is back from the boat hospital with a newly-rebuilt upper deck, new floatation, and all dings repaired. The Scot crew plans to make a few modifications to 2906 so that (for the first time) all three Scots are rigged the same, and will launch it in a few weeks.

I want to highlight a couple of upcoming events to put on your calendar. On May 16th, in conjunction with the 'Days in Old New Castle' event in town, we will be having our second Open House to showcase the club to potential new members. Please spread the word to anyone who might be interested in the club – coworkers, friends, neighbors, etc. - and invite them to attend on the 16th. Scott Buehler is looking for volunteers to help out with this – see his article for details. Another event to keep in mind is the Frank Nelson Memorial Charity Regatta on July 25th. Please note that it was moved from the original date of July 18th due to a conflict with a Thistle regional racing event. We are hoping to get lots of visiting boats this year, so if you know someone with a small sailboat (22 ft. or less) – invite them to attend. We will need many volunteers to help with the racing, dinner, silent auction, and recruiting of sponsors. This is another great way to help out the club and the March of Dimes as well.

The Board has voted to institute two new initiatives proposed by the Membership Committee to attract new members to the club. Over the past two years, many potential members have indicated that the up-front cost of dues plus initiation (\$800 in the first year) was, in these tougher economic times, a deterrent to joining. Under the new policy, new members will now have the option of paying the initiation fee in four installments over two years. Additionally, new members under the age of 25 will be able to defer payment of the initiation fee until November of the year they turn 25. We are hopeful that spreading the cost over a longer period will take the 'sticker shock' out of joining the club, and the 'under 25' policy will make the club more attractive to younger members.

As the sailing season begins, new and returning members will find that many sailing opportunities await. Classroom instruction is the best way for new members to

you who work behind the scenes doing what needs to get get out on the water and pick up the skills necessary to handle a boat on your own. There will be instructors there every Saturday and Sunday at 1:30PM, with no appointment necessary. You can also arrange ahead of time to go out with one of the 'by appointment' instructors. They signed up for this anticipating that you will call them for instruction, so don't hesitate! Racing is another way to learn some fundamental sailing skills while enjoying the thrill of competition. Just like instruction, no appointment or prearranged commitment is needed, just come down to the sail area on Saturday mornings around 8:30 – 8:45, and we will see that you get on a boat. There will also be 'Wednesday Fun Sails' every Wednesday starting at 5:00-5:30PM. Again, you can just show up, and we will divide among the boats and have an evening sail, possibly followed by dinner and a beer at one of the local eateries. The web site discussion board will be used to help coordinate this. If you haven't done so already, sign up to gain access to the discussion board – easy instructions are on the web site. Finally, special Holiday Cruises are planned for Memorial Day, Fourth of July, and Labor Day. These are family-oriented events where we all meet up in the morning and sail to a predetermined location for a picnic or other gathering. In the past we've gone to Ft. Mott Park, The Riverview Inn, Delaware City, and Up the Creek restaurant (sadly, no longer in business). Look for more details coming soon.

Let me just end by encouraging you all to be extra cautious early in the season when enthusiasm is high, skills are rusty, the winds are gusty, and the water is too cold for swimming. Please be safe.

See you on the water,
Nancy Peffer Commodore



2009 MOORINGS & COMMITTEE BOAT REPORT

The **MOORINGS** were put in the water Monday, April 13. This will give them time to begin the settling in process before the April 25 launch. Thanks again to the "usual suspects" George F., Millard D., Les P., Dave K., to Preston C. and to new member Tom Werner.

The mooring alignment is much the same as last year. Looking out from the beach, closest in is a single buoy for temporary mooring the committee boat on race days. First row out we have Scot, Thistle, void for wetland outfall pipe, Thistle, Scot. Second row off beach we have Hunter, Thistle, Scot, Thistle, Thistle. The last row, furthest out, are the committee boat and Thistle, Thistle, Thistle.

Even though the Thistle/Scot moorings are 75# mushroom anchors on 30 feet of 3/8 chain, they can be pulled loose. Please take care to release the painter before setting sail and **DON'T** use the mooring to stop your 500# boat and two people moving at 3-4 knots!

During the course of the season if a painter becomes frayed or a snap shackle breaks be sure and notify me or Fleet Captain, Dick Ebersole so that it may be fixed or replaced.

The **COMMITTEE BOAT** is in good shape. The seat back and cushion were redone. Many thanks to Ellen W. for making a cover which will protect the seat from the sun.....and birds. The cover attaches at the bottom with a shock cord. Be sure to stow it carefully when you are running the boat.

The Honda motor begins its 5th season. Nothing had to be done to the motor itself other than routine maintenance..oil change, filters, etc. The propeller and integral spline fitting (shear pin of old!) did, however, have to be replaced.

As always, **PLEASE** make sure you are comfortable with all aspects of running the boat....mooring procedure, battery settings, engine starting/warmup, etc. before using the boat. Once underway, **WATCH** where you are going. The river, especially now is loaded with logs and other debris that are not compatible with our expensive, new propeller.

Joe Reebel

On The Water Instruction

On the Water Instruction is to begin Sunday April 25th at 1:30PM.

The schedule will run as follows May, June, July, September and October every Saturday and Sunday starting at 1:30PM. Morning airs are light in August so to accommodate the racers instruction will begin at 9:30AM every Saturday with racing in the afternoon. Sundays in August will be at the usual time of 1:30PM. There will be **no instruction** on Open House Days May 16th and September 26th, Separation Day June 13th, Charity Regatta July 25th, Pea Patch Island Regatta September 12th or the Delripett Regatta October 24th and 25th.

We will have informal instruction and pleasure sailing on Wednesday nights starting around 5:00PM this will depend on who shows up. Please use the discussion board on our web site to see who will be sailing and to let people know you will be there.

On the Instruction section of the website I will post a list of instructors who will teach by appointment on weekends and during the week. I will also post a list of check out instructors for you to contact when you want to be tested to get your key. Remember you have to have passed your written test before you can do your on the water test. Also posted is a copy of the written test and a quick guide and a long guide for the on the water test.

Bob Cann
Sailing and Instruction Director





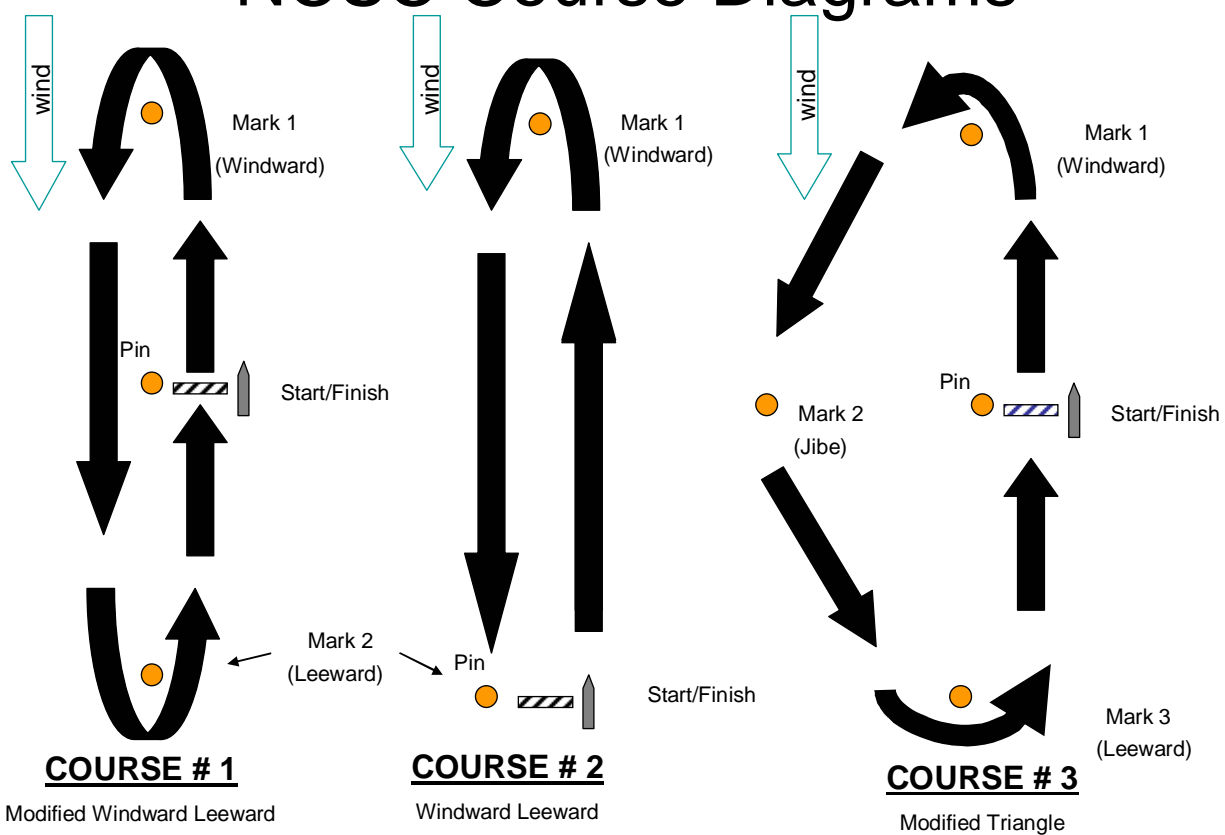
NEW COURSE DIAGRAMS FOR RACING!

This year, we are finally abandoning the "8P," "3P," and "9P" course designations and their best friends (confusion and consternation). Instead, we will use the nifty numbering system displayed below. At the beginning of each race, the Race Committee will indicate whether the course is a #1, a #2 or a #3 configuration orally and/or using a white board. When the configuration requires more than one lap around the buoys, the Race Committee will add an "x2" or "x3" to the course description. For example, the Race Committee will indicate that racers must sail two times around a modified windward leeward course by displaying the signal "#1x2."

Looking forward to using the new system!

*Tom Bayliss
Racing Director*

NCSC Course Diagrams





Upcoming Racing Events

Race Crew Training – May 2.

Novice sailors and weathered veterans will enjoy this opportunity to brush up on crewing basics. We will meet 9AM at the beach and get out on the water shortly afterwards to do lots of fun drills, including: “Follow the Leader,” “Stop on the Whistle,” the “Jib only Race” and the perennial favorite – “Racing Backwards.” We might even do a “Fire Drill” if the weather permits. I would strongly encourage all those who are interested in racing – especially you novices out there - to come out for this great opportunity to learn the skills needed to be crew. We'll cap of the festivities with a traditional race or two.

Boat Captain's Race – May 9.

The official racing season will get underway Saturday, May 9th with the Boat Captain's Race. Skippers meeting will be at 9AM. We are hoping to have ALL the boats (Thistles, Scots, and even the Hunter) filled with three per boat. Your boat captain (or his or her designee) should contact you about sailing. If you haven't been contacted or aren't assigned to a boat, contact Tom Bayliss (thompsonbayliss@yahoo.com) to reserve a spot. Of course, if you would prefer to sunbathe with the folks on Race Committee, you are welcome. The Boat Captain's Race, a tradition since 1975, serves several purposes – it is a ‘shake down’ race to make sure that all the rigging is set up properly and works as it should, it rewards the boat crews with chance to actually SAIL the boat they've worked so hard to get ready for the season, and it provides the opportunity to get everyone out on the water and oriented to racing again. There will be a presentation of prizes for the first-place team after the races.

Spring Series Races – May 16, May 30, June 6, June 27, July 4.

The regular season races begin May 16th with Spring #1. Each Series (Spring, Summer, and Fall) consists of five race days, with 3-5 races each day, depending on wind, weather, and the length of the courses set by the committee. There are trophies awarded for first, second, and third place finishers in each series, and trophies for the first, second, and third place winners for the overall season. The club champion also gets to proudly display the ‘NCSC1’ vanity license plate.

Sign up for skippers and crew begins at 8:30 AM, the skippers' meeting is at 9AM, and races begin at 10AM. The latest the last race can start is at 12:30, so that the boats can be back at their moorings in time for on-the-water instruction at 1:30. Skippers and crew sign up the morning of the race on a first-come, first served basis, so it is good to get there early to make sure that you have a ride. You are welcome to arrange to sail with a particular

person in advance, but you should plan to arrive ahead of time to confirm the arrangement. The committee chair will help to assign available crew to the different boats to ensure fun, competitive racing among the different boats.

Novice Series Races – May 23, June 20, July 25, Aug 22.

The Novice Series of races was started in 1982 as a way for up-and-coming skippers to take the helm, assisted by the more experienced racers as mentor and crew. To skipper in the Novice Series, you must be a keyed member who has not won a trophy in any of the regular series races. Anyone can be crew. The Novice series is named in honor of E. Earl Downing Jr., a former member whose estate donated \$1000 to the club in 1998, with the request that it be used to promote the racing program. Schedule and signups are the same as for the regular series races.

Separation Day Regatta – June 13

This regatta is held each year in conjunction with Old New Castle's celebration of Delaware's “separation” from the British Crown and the governance of the Penn Family in 1776. To do something a little different this year, we will be holding ‘match races’, where boats compete in pairs. Signups for boats will take place ahead of time (sign up on the sail house door). Registration begins at 9AM, and the skippers' meeting is at 10AM. We will eat lunch on the water, and return to the moorings at ~3PM, with presentation of trophies on the beach following the races. There is a lot going on in Old New Castle that day, so plan to stick around and take in the art show, concerts, and other events. More info to follow by email and in the next newsletter.

Charity Regatta – July 18

This is an invitational regatta open to all boats up to 22 feet in length and is scored on a handicap basis. Proceeds benefit the local March of Dimes. Club members with their own small boats are encouraged to sail them, and you should invite friends and family who have a suitable boat to come and join in. This is a fun affair and racing expertise is not important. Sign ups will be ahead of time and posted on the sail house door. More info on this from the event organizers soon.

See you all on the water!

Tom Bayliss
Racing Director



Surviving A Spring Dunk in the Delaware

Sunshine and warmer weather will soon lure us onto the water, but the water temperatures of the Delaware River will remain below 65 for several weeks. The most dangerous aspect of capsizing or falling overboard is hypothermia. Our bodies lose heat in the water over 25 times faster than in the air. Similar to the wind-chill factor, the effects of fast current increases heat loss. Just a few minutes in the water off of New Castle can put us at risk for hypothermia. It is extremely important that all our members know how to defend against hypothermia. Although the cause of death in boating accidents is often listed as drowning, hypothermia is actually the major cause. The effects of loss of body heat progresses through stages of shivering, slurred speech, increased heart rate, loss of muscle control, loss of consciousness, and in severe conditions, loss of life. Even just a few minutes in cold water can cause exhaustion and impaired reasoning. It is reported that boaters at risk often resist help at first.

However, there is good news. By following a few simple survival rules you can conserve your heat and minimize the risk of hypothermia. Your dunking in the Delaware should at worst be an embarrassing adventure. Most of us have capsized or swamped at some time. Expect it will happen to you and be prepared.

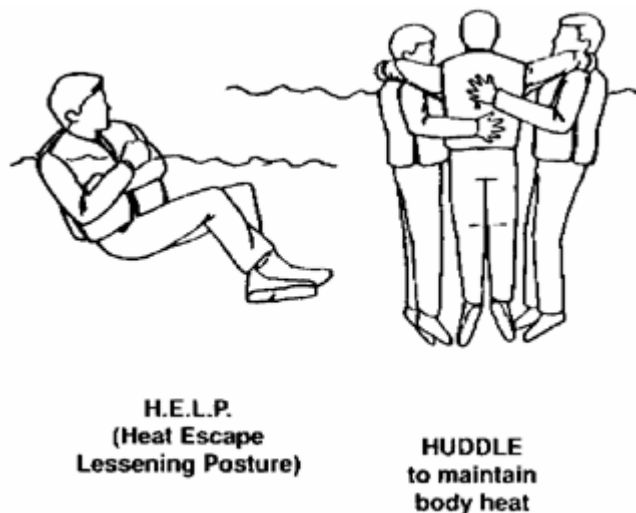
Wear your PFD. A lifejacket allows you to float while expending minimum energy and it insulates the core of your body reducing heat loss. Trapping a layer of water inside your clothing to be warmed by your body can also provide insulation. Button, zip, and tighten collars, cuffs, shoes, and hoods. Cover your head, if possible.

Get out of the water. The club boats are fairly easy to right and bail, but if you can not return to sailing, get as much of your body out of the water as possible. Climb onto your capsized boat or pull yourself out of the water onto a floating object. Do not swim away from the boat. Exhaustion will occur sooner than you think.

Move as little as possible. Conserve body heat by remaining as still as possible. Unnecessary treading water or swimming moves the warmed water tramped near your body and allows new cold water to take its place. The movement of your arms and legs also pumps warm blood to your extremities, where it cools more quickly increasing the rate your body temperature drops.

Use a heat conserving position. (Huddle or H.E.L.P.) . Huddling or hugging together facing each other helps

maintain body heat and extends survival time as much as 50%. If you are alone, get into the H.E.L.P. position (Heat Escape Lessening Position). It allows you to float effortlessly and helps protect major heat-loss areas, such as your armpits, chest and groin.



Treatment depends on the condition of the victim.

Mild hypothermia victims, with severe shivering, may only require removal of wet clothes and being warmed with dry clothes or a blanket. It is advisable to keep a spare top onboard in a waterproof bag and extra clothes on shore. Hypothermia should not be treated with alcohol or caffeine.

When severe hypothermia occurs, the shivering may stop and the victim will become irrational or semi-conscious. Immediate steps must be taken to gradually re-warm the core body and call for medical assistance. Do not attempt to raise the body temperature too quickly. Get the victim into a warm environment. Remove the wet clothing with minimum movement to the victim's body. Lay the victim face up, with the head slightly lowered allowing more blood to flow to the brain. Check breathing and heartbeat and start CPR if necessary. Keep the victim covered and apply warm wet towels to the head, neck, chest, groin, and abdomen. Do not massage or warm arms or legs. "After-drop" occurs when the cold blood from the extremities is forced back into the body causing further lowering of the core temperature. After-drop can cause cardiac arrest. If nothing else is available, a rescuer may use his or her own body heat to warm a hypothermia victim.

A good understanding of what to do when you take an unexpected swim will help protect you from hypothermia.

Have fun, and stay safe.

