



2016 OFFICERS		
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COMMODORE	Dave Whealon	(920) 960-8457
VICE COMMODORE	Dan Thornton	(920) 929-9363
SECRETARY	Mike Mahnke	(224) 406-3139
TREASURER	Marty Witt	(920) 642-3305

MISSION STATEMENT - The mission of the Fond du Lac Sailing Club is to provide sailing events for the recreation, challenge, and pleasure of the membership, while promoting safety, fellowship and an opportunity to improve sailing skills and knowledge.

COMMODORE'S COMMENTS

Ready, set, go. We are now in the planning stages for the upcoming season.

At the January meeting Scott Baccus agreed to be the Fleet Captain for the Cruisers and Jack Boatman will take the Fleet Captain role for the Day Sailors. Two great choices with a lot of experience.

Hank, our new webmaster, has a trial working for the new website and hopes to have it running soon. (It has the same address)

We have gotten some applications with dues back already. The application is on the website and we will be using the yacht club address for all mailing.

We started the committee list around at the January meeting. I'm hoping to get it on the website so everyone has a chance to help out.

We are going to be serving the meeting meal at the YC meeting Feb 2nd. Dan Thornton is in charge and will need some help. Email Dan Thornton if interested to help us3092@charter.net

Our next event will be the Winter Party at the YC Feb 20th. We set it up as a YC event and all are welcome. See the flyer.

That is a great start for February! Hope to see everyone at the Winter Party.

-Dave W

EDITORS NOTE

NEXT MEETING

Sailing Club Meeting
February 4th @ 7:00pm
Fleet Meetings at 6:30 pm

SPECIAL NOTE:

***EVERYONE PLEASE BRING A SNACK TO THE MEETING ~Thank You!!**



Minutes of the FDL sailing club meeting

January 7, 2016

The meeting was called to order at 7:06 p.m. by Commodore Dave Whealon. Sixteen members were in attendance with guest and former member Doug Fallons in attendance.

Secretary's minutes: Since the December minutes were not circulated prior to the meeting, the minutes for both the December 2015 and the January 2016 Sailing Club Minutes will need to be approved at the February 2016 meeting

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Treasurer's report: New Treasurer Marty Witt provided an updated checking account balance with no expenses reported for December. Brian Carter moved to accept the Treasurer's report and the motion was seconded by Steve Ollenburg. The motion carried and treasurer's report was accepted.

Committee Reports

A list of committees was circulated for members to sign up for.

Day Sailors: No Report. Jack Boatman has agreed to head up the Day Sailors fleet committee. Thanks Jack.

Cruisers: No Report. Scott Baccus has agreed to head up the Cruiser Fleet committee.

Youth Sailing: Dan Thornton reported that parent interest and participation is growing and the Youth Sailing committee leadership had its first meeting at the YC prior to/ during the Sailing club meeting. Dan also reported that several things need to be accomplished prior to this spring's classes: 1 – rewrite the training manuals for the youth. We will need a couple of volunteers for this. 2 – The Sailing Club should approach the Yacht Club board about the proposed/requested Youth Sailing Launch site (instead of in the harbor as in past years) 3 – Develop a test-out for youth to advance from Open Bics to Lazars. Dan has agreed to chair these efforts.

Old Business

Sailing Expo in Chicago. Marty Witt offered to take members who wanted to go with him to the Chicago event.

New Business

Sailing Club website: New Webmaster, Hank Lieurance, stated that the new website should be ready to be launched in February 2016. Stay tuned.

Winter Ice Party: The 2016 Yacht Club Ice Party will be held on February 20th. The Sailing Club will work the event again this year building on the continuing success of the party over the last couple of years. More details, committee sign ups and discussion and finalization of the event details to be covered at the early February meeting. Invoices for membership dues and race fees: In an effort to get paid dues and race fees prior to the race season start, it was suggested by the Sailing Club Board members to provide invoices to members – to serve as a reminder (via email and/or regular mail). The thought process is that members would pay earlier if they had something in hand – or email inbox to act on.

Mailing Address: Commodore Dave Whealon shared that the Yacht Club has agreed that Sailing Club and Youth Sailing correspondence can use the YC mailing address and the sorting of the mail will be done by the YC. Be sure to use the address below so the mail can be directed appropriately:

Fond du Lac Sailing Club
c/o Fond du Lac Yacht Club
P.O. Box 1930
Fond du Lac, WI 54937-1930.

Yacht Club Meal: The sailing club usually sponsors a meal for the Yacht Club after meetings once a year. February 2 is the Sailing Club's date. Vice Commodore Dan Thornton will chair that event.

For the Good of the Club

ICE SAILING: ATTN Members - If you are a current ice sailor, curious about ice sailing, or think you might be interested in watching it, learning more about it and going for a ride in an ice sailboat (with an experienced ice sailor) and possibly learning to ice sail yourself, here's a great opportunity! Get your name on the list – contact Dave Lallier at 920-948-9465 or email at dncfdl1@gmail.com. Dave is compiling a list of those interested to send notifications about ice sailing opportunities and events.

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Buy, Sell, Trade website: Karin Whealon floated the idea of a trade/swap meet for members (sailing club and Yacht club) members for parts/sails, equipment, etc. Discussion among members were that they liked the idea but the consensus was that a physical swap meet may be very time consuming and that a web page or some type of electronic messaging may be more convenient and helpful for members. No motions were made on the subject.

Adjournment

Dave Kuharski moved to adjourn, and was seconded by Scott Baccus. The Motion carried and the meeting was adjourned at 7:42p.m.

Respectfully submitted,

Mike Mahnke

10 Ways to Improve Your Sailing in the Off-Season

BY Damian Lord – Finalbeat.com

A lot of people spend the winter away from sailing altogether - and it can sometimes be a useful way to recharge your enthusiasm for sailing. But for most it can be an enforced break, and starting again in the spring can mean taking time to get back up to speed.

If you want to hit the ground running in the new season, here are 10 things you can do that will help.

10. Use SailX to Improve Your Sailing Tactics and Strategy

Improve your sailing tactics and strategy with SailX. You're not going to thank me for this suggestion. SailX is dangerous - it is highly addictive and frustrating. And also quite brilliant fun. Of course, being a computer game, or simulator, or whatever these things are called, it has its differences from real sailing. If you're anything like me, you'll spend the first while playing it like you would sail, but that doesn't always lead to the best results.

You need to treat it as a version of sailing, and adapt your strategies to suit the game.

But it can help you improve your sailing in real life. There are numerous (and I mean numerous) rules situations, so it can be a really good way of improving your knowledge of this area. Some protests are pretty mad (like this one - you'll need to log in to see the replay of the incident) and would hopefully never come up on a real racecourse, but the majority are very helpful in understanding the finer details of the racing rules of sailing.

It also helps you to get used to developing a starting and a race strategy, as it tends to reward sailors who are good at planning ahead, playing the odds well, and taking advantage of small details. And because of the different viewing options you can get good at looking ahead and spotting likely advantages or problems and acting to get the best from situations.

It can be an enjoyable way to pass the winter months if you can't get out on the water.

9. Work on Your Fitness

Most of us know we could be fitter, and that being fitter would help our results. The winter is a great time to get a head start on the sailing season - you are much more likely to hit the ground running if you're in good physical shape.

Tailor your fitness program to your needs - there's no need to be in the gym every day if you only want to do well at club level. And you're far less likely to stay motivated if you're doing a lot more work than you want or need to.

Find something you enjoy doing that keeps you fit, and do it as much as is enjoyable.

8. Read Some Sailing Books

Born to Win. The best thing about sailing books is that you can tap in to the minds of some of the best sailors to have raced dinghies. Paul Elvstrom, Ben Ainslie, Rodney Pattison, John Bertrand - these guys have all written books about sailing - from general guides to autobiographies to specific skills or areas.

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Not only will you learn a lot - how can you fail to learn when you're listening to the best in the business? - but it can be very motivating. You tend to be much more keen to get back to sailing when you've got a bunch of new ideas that you want to try out, and it can be much easier to go for that run or bike ride or Pilates class if you've been reading about how a bunch of Aussies won the America's Cup.

And it is an enjoyable way to spend the evening too.

7. Read Your Old Notes

I'm not great at keeping notes on my sailing, but it is something I aim to get better at. I do it a little, and the template I use can be found on this page, but I should really do it every time I sail. I'm going to get a waterproof notebook (something like this) to do use to make notes after a sail, and then write them up quickly at home.

Well, that's my plan anyway.

But writing this blog and website does help. Because I'm always thinking about what I've learned from my sailing, and relating what I read and hear to my sailing, I often remember old lessons that I'd half-forgotten. And that's why making notes and then reading through them can be so helpful.

Having to re-learn old lessons slows the learning curve a lot, but by reading through notes from previous seasons you can avoid making the same mistakes all over again in the coming one.

6. Fix up Your Boat

I have established in previous posts that I'm not great at boat maintenance. It's just not one of my main skills. But I still use the off-season to fix up my boat - even if it is just replacing wearing ropes, or cleaning and sanding the bottom of the boat.

One guy I know (a very good sailor) recommended drying out the inside of my Laser - he reckons it would make it significantly lighter. Apparently you warm the boat with a heater (being very careful not to overheat it as it

will get damaged), and use a vacuum cleaner set to blow (rather than suck) to blow air into the bung-hole in the transom. You have to make the pipe blowing into the transom smaller than the bung-hole, so that the air and moisture can get out and also, presumably, so you don't literally blow your Laser up.

I've never got round to doing it so I can't recommend it yet (and I strongly suggest if you are going to do it that you seek the advice of an expert and don't take my description as adequate). But, if it works, it can apparently really speed up an old boat.

5. Go Frostbiting

Frostbiting is fun. It may not look like fun if you've never done it, but it is.

If you haven't tried frostbiting and there is somewhere near you that runs a series then you should give it a go. What's the worst that can happen? The fact is that if you wear the right gear the cold isn't much of an issue, and you get to race against some of the most fun opponents out there. And unexpectedly good things can happen to you. It can even inspire you to poetry (although that's not necessarily a good thing).

Give it a go - you won't regret it. (Unless you're this person - I don't think I can convince you).

4. Use Mental Rehearsal and Visualization to Improve Your Sailing

I've written about mental rehearsal before (here and here), so I won't go into any detail. Suffice to say that it is free, easy to learn, fun to do, and it can help improve your sailing skills. What's not to love?

3. Watch Some Sailing Videos

To some extent this ties in with mental rehearsal. Watching top sailors perform well is a great opportunity to learn. Not only can you see their boat set-up, their hiking position, their sail trim and boat trim, their tactical decisions, their hiking style, and so on and so on, but you can also use all these techniques as a visual model to improve your own racing. You can click on the class you sail here, and there should be some

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videos that you'll find helpful (if the class you sail isn't here then come back soon - we're adding to the section all the time)

It is also a good opportunity to watch videos like the one below on racing tactics:

It is certainly a good excuse to waste a few hours on YouTube, if nothing else.

2. Read The Final Beat

I'm slowly but surely adding content to the site to help improve all aspects of your sailing. Have a browse through the different sections to see - there's bound to be something here to help you. And if you're unsure where to start, you could always begin with goal-setting - it should help clarify what aspects of your sailing you should work on to give you the biggest gains on the racecourse.

1. Have a Quality Practice Session on the Water

One thing that will benefit any sailor is having some quality practice time. This can be on your own or with a friend or friends - just make sure that you have a plan for your time. Going out for a sail is nice, and any sailing will benefit your performance, but quality practice means knowing what you want to get out of the session and doing specific exercises that will help you to achieve that.

And if you want to practice with other sailors then pick up the phone and organize it. Chances are that others want to improve their sailing too, and they'll be grateful that you're taking the trouble to organize it.

MAINSHEET EDITOR

Hank Lieurance - Mainsheet Editor
Please send items for publication to hanklieurance@gmail.com or call 920.400.0825



FOND DU LAC SAIL CLUB WEBSITE

See all the new pictures that Craig has been putting on the site: <http://www.fldsail.com>. See the calendar, past mainsheets, race results, and more.

FOND DU LAC YACHT CLUB WEBSITE

To see the YC calendar and other things going on at FDLYC, go to: <http://www.fdyachtclub.com>



CLUB REMINDERS:

***Happy Hour @ the Club ½ price drinks!**
(4-7pm every Wednesday) & (4-8pm every Friday)



February is considered:

*National Preparedness Month
National Wilderness Month
National Prostate Awareness Month*

SPECIAL FEBRUARY DATES TO REMEMBER:

- ~ **2nd Groundhog's Day**
Yacht Club Meeting @ 7PM
- ~ **4th Sailing Club Meeting @ 7PM**
- ~ **7th Superbowl Sunday**
- ~ **8th Chinese New Years**
- ~ **9th Fat Tuesday**
- ~ **10th Ash Wednesday**
- ~ **12th Abraham Lincoln's Birthday**
- ~ **14th Valentine's Day**
- ~ **15th President's Day**
- ~ **20th Yacht Club Ice Party**
- ~ **22th George Washington's Birthday**

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Buy a Boat – Sell a Boat
Get a Boat for FREE ~

FOR SALE: Miscellaneous Sailboat parts. Some are specific to Lightning's. Pictures and more information at:

http://www.elmoandbigsue.com/For_Sale/For_Sale.htm
or call Mike Elmergreen at 920.872.5079 or email at elmo@centurytel.net

FOR SALE: 1989 23ft Hunter Sailboat in Good Condition located in Fond du Lac. 4hp Yamaha 4 stroke motor manufactured in 10/05, OEM Trailer, main and jib sails, winged keel, wind vane, portable toilet, dorm sized refrigerator, CD player, anchor. Newly recovered cushions Has not been cleaned up or bottom painted from last season.



Contact Keith - (920) 948-8529 - Evenings only

FOR SALE: Class C-Scow Sail Boat 20' long fiber glass, se 'STAMM FIBER JET' with white fiberglass hull, wooden mast and boom. Boat has received limited use over the years and has been stored indoors – it is EXTREMELY CLEAN



and SOLID.
Incl: Main & Jib Sails; a metal rudder, wooden tiller handle; a sail storage bag is also included.

This scow wants to go fast (mast weighs less than 100 lbs.) and is equipped with dual (two 45 degree) off-set steel center-boards. Needs new ropes as well as a fresh coat of varnish on both the mast and boom but the WHITE FIBERGLASS HULL will polish up quite nicely!!! This project is neither too big nor too expensive to be a GREAT family project and requires only TLC and a couple of quarts of polyurethane varnish and ropes. \$850.00 (or TRADE for????) If interested

call Karl Ziebert 920-922-1325 or 920-238-1325
kjz_enterprises@hotmail.com

FOR SALE: Lightning - Nickels hull 15332 – Grey hull, Very lightly used, has only been in the water 12 times and only in fresh water. Has been garage kept its entire life. The boat comes ready to sail with Nickels trailer and full covers including a rudder cover. The boat also includes a tactic compass, 2 mains, 3 jibs and 2 spinnakers. Contact: Andrew Camarda at andrewcamarda@gmail.com or Pat Considine at patrick@uksailmkaers.com

SELLING A BOAT?

If you are selling a boat, Mike Elmergreen will put it on his website at no-charge: www.elmoandbigsue.com (navigate to "Boats for Sale"). Just send pictures and a write-up by email to elmo@centurytel.net.

