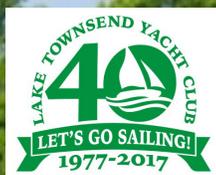


# Lake Townsend Yacht Club

# Tell Tales

June 2017



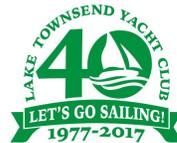
Mayor's Cup Recap  
PFD's are Important!

Women on the Water / Summer Sailstice June 24th

# Let's Go Sailing!

|   |                   |                        |
|---|-------------------|------------------------|
| <b>Governor's Cup</b>                       | <b>June 16-18</b> | <b>CSC / Kerr Lake</b> |
| <b>Women on the Water</b>                   | <b>June 24</b>    | <b>Lake Townsend</b>   |
| <b>This is also Summer Sailstice!</b>       |                   |                        |
| <b>Summer Racing Series</b>                 | <b>July 8-9</b>   | <b>Lake Townsend</b>   |
| <b>Bring a pasta salad for our contest!</b> |                   |                        |
| <b>Social Sailing</b>                       | <b>July 22</b>    | <b>Lake Townsend</b>   |

## 2017 LTYC Calendar



## Anniversary

Blue=Racing

Peach=Social Sailing

Classes: Green=Adult; Pink=Junior

Gray=Meeting/Seminar/Other

Board Meeting 1st Thurs each month

Yellow=Holiday

| June |    |    |    |    |    |    | July |    |    |    |    |    |    | August |    |    |    |    |    |    |
|------|----|----|----|----|----|----|------|----|----|----|----|----|----|--------|----|----|----|----|----|----|
| M    | T  | W  | T  | F  | S  | S  | M    | T  | W  | T  | F  | S  | S  | M      | T  | W  | T  | F  | S  | S  |
|      |    |    | 1  | 2  | 3  | 4  |      |    |    |    |    | 1  | 2  |        |    |    |    |    | 1  | 2  |
| 5    | 6  | 7  | 8  | 9  | 10 | 11 | 3    | 4  | 5  | 6  | 7  | 8  | 9  | 7      | 8  | 9  | 10 | 11 | 12 | 13 |
| 12   | 13 | 14 | 15 | 16 | 17 | 18 | 10   | 11 | 12 | 13 | 14 | 15 | 16 | 14     | 15 | 16 | 17 | 18 | 19 | 20 |
| 19   | 20 | 21 | 22 | 23 | 24 | 25 | 17   | 18 | 19 | 20 | 21 | 22 | 23 | 21     | 22 | 23 | 24 | 25 | 26 | 27 |
| 26   | 27 | 28 | 29 | 30 |    |    | 24   | 25 | 26 | 27 | 28 | 29 | 30 | 28     | 29 | 30 | 31 |    |    |    |
|      |    |    |    |    |    |    | 31   |    |    |    |    |    |    |        |    |    |    |    |    |    |

2-4 Mayor's Cup  
 16-18 Governor's Cup (Kerr)  
 24-WOW

15-Blue Chips (OHSC)

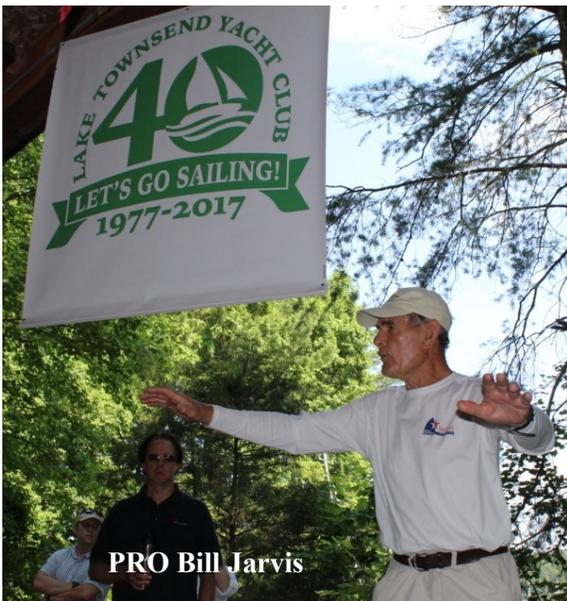
### Pasta Salad Contest, July 8th

We greatly enjoyed the Chili Cook-off earlier this year, with Trish’s white bean chili taking home top honors. Now that summer is in full swing, you’ve got a few weeks to perfect your entry for the **Best Pasta Salad** contest! The entries will be the meal after the **July 8** races, supplemented by hot dogs and hamburgers of course. Tom Bews didn’t win the chili contest and he thinks his pasta salad will redeem him, but he’ll get stiff competition from me and my 5 ingredient pasta salad (including the pasta!) Who else will join us to vie for the Macaroni Crown?—**Nancy Torkewitz**

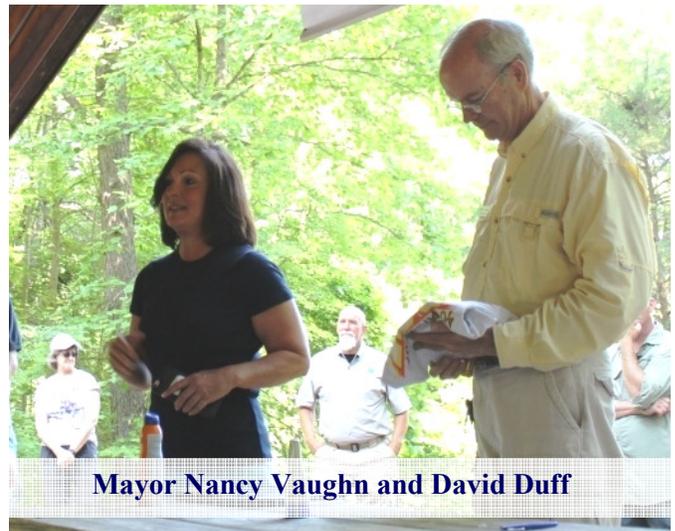
**Nancy Collins wrote:** Searching for 10 contestants! Winner gets accolades and glory! Competition is already heating up - You don’t have to be named Nancy to enter.

# Pictures from the 40th Mayor's Cup

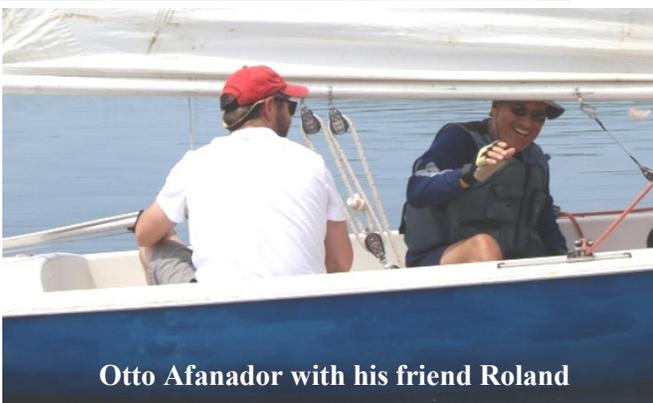
Photos by Michael Crouch



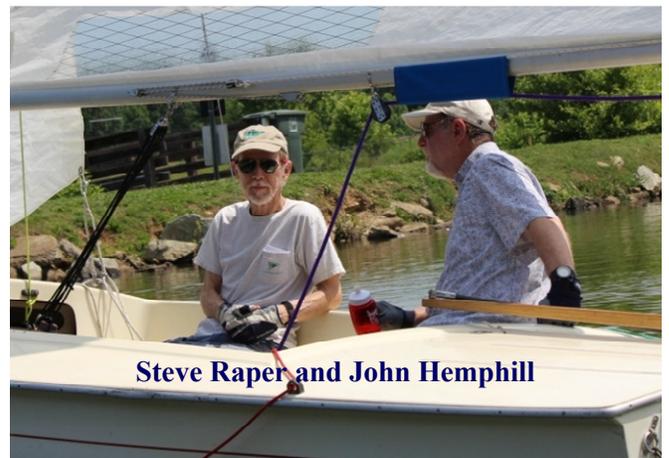
PRO Bill Jarvis



Mayor Nancy Vaughn and David Duff



Otto Afanador with his friend Roland



Steve Raper and John Hemphill

## More Mayor's Cup Photos by Michael Crouch

JC Aller and Bill Byrd



Bart and Janet Streb in a rare moment of relaxation



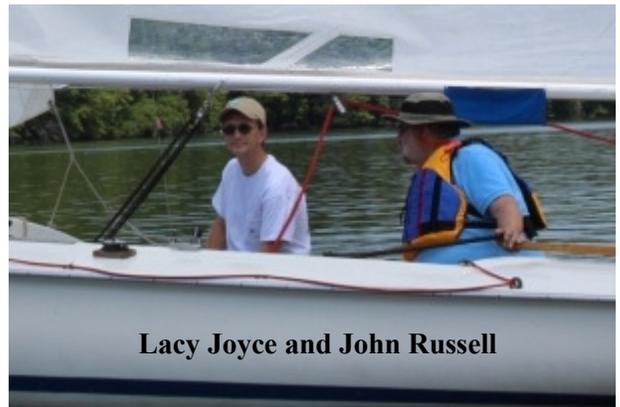
Cathy and Phil Leonard



Mary and Evan Trudeau



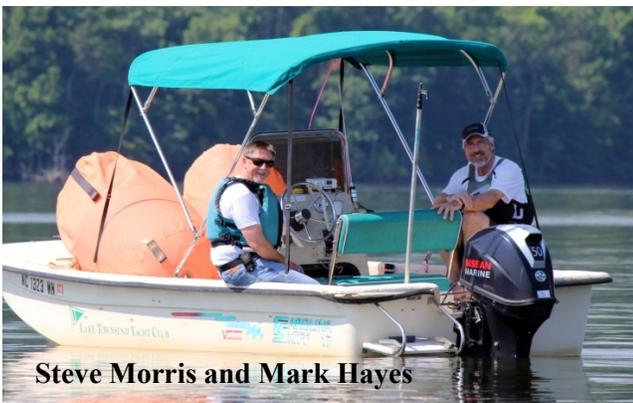
Lacy Joyce and John Russell



Stephanie and Alan Taylor  
(Busted!)



Steve Morris and Mark Hayes



## 40th Mayor's Cup

The 40<sup>th</sup> annual Mayor's Cup Regatta was held June 2<sup>nd</sup> thru the 4<sup>th</sup>. The festivities kicked off with a cookout Friday night – christening the new grills just installed by the city. With the light air, only a few sailors ventured out for the tune-up sail but everyone enjoyed the food (thanks to all members who brought a dish to share), the drink, and the company.

Saturday started with a continental breakfast as sailors from as far away as the coast ventured to Lake Townsend. After breakfast (special thanks to Wanda Williams for catering the entire event), Mayor Nancy Vaughn addressed competitors to welcome them to Greensboro's facilities. Thirty-nine boats ventured onto the flat lake, where they waited patiently for the wind to show up. A few bailed out before the start, but after about a 90 minute wait the wind filled in from the NE. There were three starts: (1) The Open fleet and Tanzers (LTYC hosted their mid-Atlantic regional competition this weekend), (2) the Wayfarers (a fast growing fleet at LTYC), and (3) the Flying Scots. After some moving of the marks because of shifting wind, a second race was started, but it was soon abandoned after a 90 degree wind shift.

The forecast for Sunday was much better, but initial conditions were much like Saturday as sailors awaited the forecast 7-10 knots. To the surprise of everyone, after about an hour wait the wind filled in nicely from the SW. PRO Bill Jarvis and the RC did a great job setting a long WD1 course and got off two races before time expired. The three races comprised the Regatta for the weekend.

As the day drew to a close, Community Recreation Services Division Manager Phil Fleischmann spoke to the assembled crowd, congratulating LTYC on our 40<sup>th</sup> anniversary. Afterward, a tasty fried chicken dinner greeted the hungry competitors after a great day of Sunday racing.

Don Smith and Chris Kicinski took the Mayor's Cup with the best combined score among the Flying Scot fleet – proving that consistency is just as important as winning any given race (2<sup>nd</sup>, 3<sup>rd</sup>, and 3<sup>rd</sup>). LTYC was well represented by Robert Bouknight and Nancy Torkewitz taking 2<sup>nd</sup> place (5<sup>th</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>). The Bryan Cup went to Bart and Janet Streb for the best Open fleet results (2<sup>nd</sup>, 1<sup>st</sup>, 2<sup>nd</sup>) in their Buccaneer. LTYC's own Alan and Stephanie Taylor took 2<sup>nd</sup> place (1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>) in the Open fleet in their Windmill.

In the Wayfarer fleet, Richard Johnson and Michele Parish were 1<sup>st</sup> (3<sup>rd</sup>, 1<sup>st</sup>, 3<sup>rd</sup>) followed by LTYC's Uwe Heine and Nancy Collins (1<sup>st</sup>, 6<sup>th</sup>, 2<sup>nd</sup>). In the Tanzers, Pete Thorn and Joe Schuch took 1<sup>st</sup> place (1<sup>st</sup>, 1<sup>st</sup>, 3<sup>rd</sup>) followed by Ken Whitt and Mike Maloney (2<sup>nd</sup>, 2<sup>nd</sup>, 4<sup>th</sup>). LTYC's Eric and Joleen Rasmussen took 3<sup>rd</sup> (5<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup>).

The full race results were compiled and scored by Linda Heffernan and AnnMarie Covington and are posted on the website.

Thanks to the Race Committee and all the shore support for making the 40<sup>th</sup> annual Mayor's Cup a safe, competitive, and fun event for everyone. Thanks also to Michael Crouch for the event photography and to Annapolis Performance Sailing and Little River Sail and Canvas for their sponsorship!

**David Duff – Mayor's Cup Chair 2017**

### Mayor's Cup Race Results

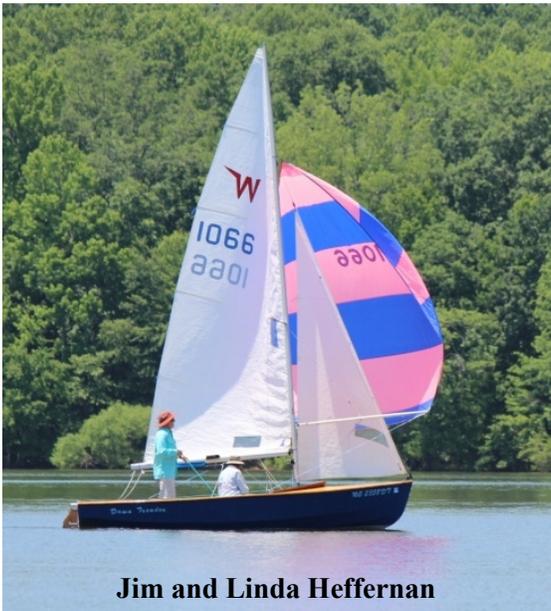
**Flying Scott:** 1. Don Smith and Chris Kicinski, 2. Robert Bouknight and Nancy Torkewitz.

**Open:** 1. Bart and Janet Streb, 2. Alan and Stephanie Taylor.

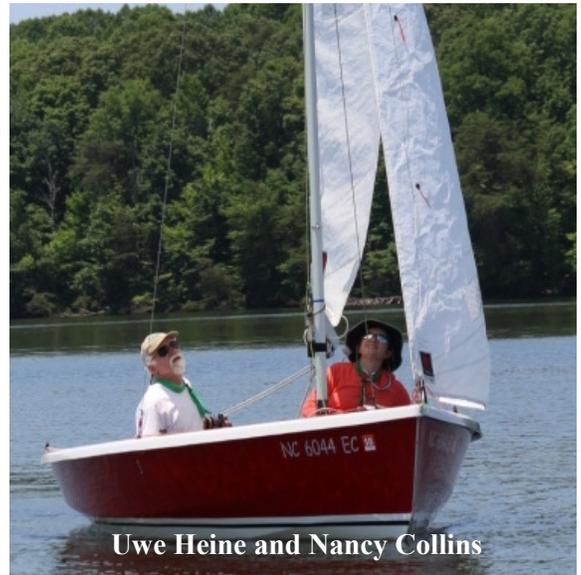
**Wayfarer:** 1. Richard Johnson and Michelle Parish, 2. Uwe Heine and Nancy Collins.

**Tanzer:** 1. Peter Thorn and Joe Schuch, 2. Ken Whitt and Mike Maloney.

## More Mayor's Cup Photos by Michael Crouch



**Jim and Linda Heffernan**



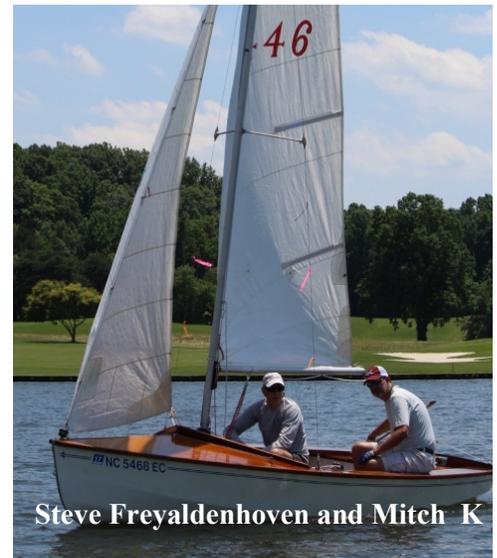
**Uwe Heine and Nancy Collins**



**Luke Hayes**



**AnnMarie Covington and  
Annette Grefe**



**Steve Freyaldenhoven and Mitch K**



**Tom Bews, Aubry Bews and  
Jack Clodfelter**



**Ken Butler and  
Jeanne Allamby**

## Life Vests / PFDs / Buoyancy Aids

by Nancy Collins, Commodore

Continuing our discussion of sailing fashion takes us to the ever-present Personal Flotation Device.

PFDs are a big part of being on the water (or they very well should be). Yes, they are sometimes hot, and sometimes they get in the way. *But.*

Wearing or not wearing a PFD isn't about how well you swim, it's about dealing with a boat that is capsized or turtled, being in the water for a long time, fighting the wind, and being fatigued when you take that unexpected plunge.

It doesn't work if you don't wear it, and it is a bit hard to put on while you are in the water, dealing with the lines, sails, and loose floating objects.

The first lesson I learned about PFDs was about adjusting the straps to get a good fit (and of course the vest should fit properly once adjusted. If it doesn't, it is the wrong one for you). I was helping to teach a class (did you know that teaching can include possible swimming?) A Capri had gone over because the crew was

in the wrong place on an accidental tack. I didn't want to deal with a swamped or turtled Capri so I jumped in to hold the mast out of the water. The PFD floated up around my ears as I held up the Capri mast. It was uncomfortable and awkward but it was July and somewhat calm, so this time it wasn't a big deal. I was thinking about how it different it would have been under more difficult conditions.

So many designs are available that it can leave one confused. What type of PFD to choose? There are those great big orange ones that get caught on everything under the sun. There are the ones that inflate when wet, and the ones that look like a jacket with straps or a zipper.

If you plan on beaming your head or are out on heavy seas, you need to wear the Type I life vest,

which has most buoyancy and has a float behind the head to keep an unconscious wearer face-up in the water.

There is that Orange Type II vest in the shed (the "Mae West"). Keeps the back cool, but tends to get caught on the dangly bits of line under the boom.

Most sailors prefer to wear a Type III PFD, the kind made for kayakers. They fit similar to a little vest. They are designed for calmer waters and the chance of a quick rescue.

Then there are the inflatables. While they are easy to wear in the heat and very comfortable, only activating





when wet, they do have some problems. First, unless the inflating mechanism is fresh, the device may not inflate properly. When inflated, they blow up like big orange horse collars, not particularly great when you are trying to scramble out from under an overturned boat. And they might leak if they have been sitting around for some time, going flat when you most need them. A last concern is that as dinghy sailors we do expect that we could get wet, and those re-arm kits cost \$30 or

more.

**Buoyancy Aids** - As these are not Coast Guard approved, there may be restrictions regarding these. You will also need to check with your boat's class rules regarding wearing these.

Since they are not Coast Guard approved they do not meet the legal requirement for having a PFD on board for everyone.

You can read the debates on line about buoyancy aids. Since they don't have as much buoyancy as a PFD, it is better to wear these where help can quickly come, rather than out on the open water alone.

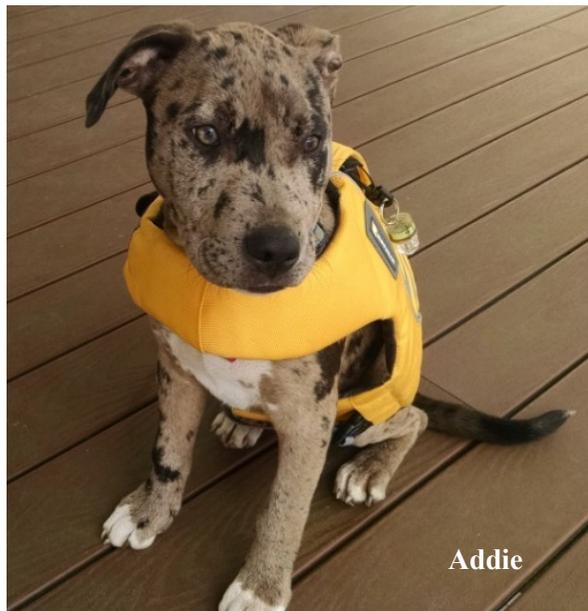
If the PFD you buy has various straps and pieces that get caught on the boom as you duck under, there are places that will sell you a nice cover. Or you could wear an old t-shirt. Or duck lower.

**Periodically try out your PFD** - To check the buoyancy of your current PFD, tilt your head back and relax your body. Your chin should be above water and your breathing should be easy. If your mouth is not above the water, you need a PFD with more buoyancy. It should also not ride up or go over your head. Remember, it will be different bouncing around in waves than it will be in calm waters.

Personally - I like bright colors. Not for the reason that it is just cheery but for visibility in and on the water. Wearing bright colors means a faster rescue, and reduces the chance of you getting run over.

PFDs get old. The foam in them deteriorates and the fabric loses its strength. Don't dig around in the floorboards of your boat and bring out that really old moldy one. Break down and get one that will work when you need it.

And don't forget to buy a life vest for your critters if you take them on board.



Addie

**More Mayor's Cup Photos  
by Michael Crouch**



Photo by Mark Hayes



**Alan and Stephanie Taylor**



**Eric and Joleen Rasmussen**

### A Note from the Commodore

Many thanks to all of you and all your donations of your time. While some people are able to give large blocks of time, many of those small instances of time come at great sacrifice.

Thank you for them all.

Many of you took sailing classes at LTYC and became enthusiastic racing sailors.

The club uses the sailing classes to introduce people to sailing and to fund its activities.

The classes fund our social kitty, they pay for the food and the drinks we enjoy. They pay for the gas that is used to power the boats around during the races.

Teaching class - for a night or two or a weekend is a great way to give back.

We have such a wealth of knowledge in this club. Many of you might not feel that you have anything to offer instructor-wise. But between the students and the helpers we can make a change in the students' lives by introducing them to the wonderful world of sailing.

Seeing the joy of discovery by the students as they pass from struggling to figuring out how to trim.

If you haven't gone off to college yet, if you have a spare moment from work—come teach.

The reward is priceless and it is always great to be on the lake.

**Nancy Collins**

### LTYC Is Going Green!

**Our goal is no more plastic water bottles or Styro-foam cups in the landfill. Did you know that only about 9% of what we recycle is actually recycled?**

**We encourage everyone to bring a reusable water bottle and coffee cup to events at the lake. If you have extra reusable coffee mugs or water bottles, please bring them to our races and social events.**

**Thanks!**



**Next Newsletter deadline: July 13th**

## Please Like LTYC on facebook



- Check in at LTYC on facebook
  - Tag us
- Write an endorsement for LTYC
- Like LTYC on the “Like” page
- Post a review of LTYC on FB
- If you need help to post pictures or a video on our page, please contact JC Aller at [aller.jc@gmail.com](mailto:aller.jc@gmail.com)

## Let's Go Sailing! Available to Crew:

Otto Afanador, [ottosolar@aol.com](mailto:ottosolar@aol.com), (336)-269-1765

Jeanne Allamby, [jeanne.a.allamby@usps.gov](mailto:jeanne.a.allamby@usps.gov), (401)-996-0198

JC Aller, [aller.jc@gmail.com](mailto:aller.jc@gmail.com), (336)-580-0528

John Carr, [carrjl\\_40514@yahoo.com](mailto:carrjl_40514@yahoo.com), (859)-227-3688

Jack Clodfelter, [specialtypainting@gmail.com](mailto:specialtypainting@gmail.com), (336)-286-6688

Susan Cole, [sscole@triad.rr.com](mailto:sscole@triad.rr.com), (336)-707-0678

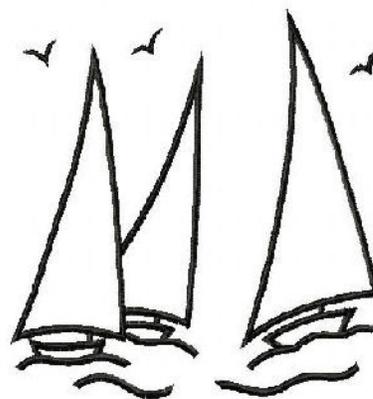
Mark Jozefowicz, [mark.jozefowicz@reliantaluminumproducts.com](mailto:mark.jozefowicz@reliantaluminumproducts.com)  
(336)-289-2205

Trish McDermott, [88hawkg650@gmail.com](mailto:88hawkg650@gmail.com), (336)-707-2846

Steve Newgard, [slnpicture@aol.com](mailto:slnpicture@aol.com), (336)-688-4952

Keith Smoot, [keith@br1980.com](mailto:keith@br1980.com), (336)-996-6734

William Young, [woyoung@triad.rr.com](mailto:woyoung@triad.rr.com), (336)-707-0295



**The best way to get a crew spot is to sign up on the racing scratch sheet under “Available to Crew.” Go to [www.laketownsendyachtclub.com](http://www.laketownsendyachtclub.com), click on Scratch Sheet: Participation Signup. Scroll down to the bottom of the page and select the tab for your chosen race day (you may have to use the left and right arrows). You can also come out to the lake on race day; many times skippers will be looking for crew.**

**Want to be added to this list? Email [membership@laketownsendyachtclub.com](mailto:membership@laketownsendyachtclub.com)**



### Rear Commodore / Education

Your skills are needed to lead our club efforts in Education. Most of the planning and supplies needed for this job have been done. We just need a leader to make it all work! Please help your club continue to be one of the very few clubs offering sailing classes in this area of NC.

## Lake Townsend Yacht Club Board

**Commodore:** Nancy Collins ♦ 336-901-0090 ♦ ltyccommodore@gmail.com

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

**Rear Commodore/Education:** **We need a leader for this position!**

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

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

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

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

**Social:** Wanda Williams ♦ 518-339-0431 ♦ wandawka@gmail.com

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

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

**Newsletter/Publicity/Social Sailing:** Trish McDermott ♦ 336-707-2846 ♦ 88hawkg650@gmail.com

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

\* **You don't have to be a board member to help out. Everything this club does is done by volunteers. Please contact the individual board member to see how you can contribute.**

**Thanks for making LTYC the best!**

**Board meetings are open to all members. They are held the first Thursday of each month at 5:45. Greensboro Christian Church, 3232 Yanceyville St., Greensboro, NC. Share your thoughts and ideas! Then join us for dinner at a restaurant after the meeting.**

## Classified Ads

### Buy – Sell – Want to Buy

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

[newsletter@laketownsendyachtclub.com](mailto:newsletter@laketownsendyachtclub.com)

### 1995 Laser For Sale / Sail

White and teal, standard rigged Laser. Comes complete and includes foil bag. Rooster sheet main sheet and DVD with sail racing instructions. Comes with untitled trailer. We can bring it to the next race to try out. \$2,000. Contact Nancy Collins, [snaggleteeth@gmail.com](mailto:snaggleteeth@gmail.com)

6/17

### Tanzer for Sale

For sale: Tanzer 16. This is a good boat with a good racing record. Sails are in decent shape. Two spinnakers. New Sailor's Tailor cover. Solid trailer. Selling because I need more room for family and guests to cruise the lake. A good buy at \$2,000. Call JC Aller at [\(336\)580-0528](tel:3365800528) or email at [aller.jc@gmail.com](mailto:aller.jc@gmail.com).

5/17

# *Let's Go Sailing!*

Lake Townsend Yacht Club ♦ PO Box 4002 ♦ Greensboro, NC 27404-4002

♦ [www.laketownsendyachtclub.com](http://www.laketownsendyachtclub.com) ♦

These 40th anniversary stickers are available to put on your car, boat or anywhere! (Actual size 4" x 4")



**Please help Your Club with Our 40th Anniversary Party Plans!**

**Our Annual Meeting on Nov. 9th will include past commodores and a big celebration for our 40th year. It's not too soon to pencil this event into your busy schedule. Please contact Joleen Rasmussen or Trish McDermott to see where you can help. (Contact info is on page 12 of this issue.) Thanks!**