

# The FOC'S'LE

## Hunterdon Sailing Club, Inc.

MARCH 2006

NO. 400

### HSC General Membership Meeting

**When: Sunday, March 26 at 1:00 PM**  
NOTE (12:00 to 1:00 is the early-bird hour for those wishing to order lunch and/or talk sailing)

**Where: Sunset Inn, Clinton NJ**  
West side of Route 31, about 2 miles North of I-78)

### Agenda

- 1:00 Welcome**
- 1:15 Election of Treasurer for the balance of 2006**  
NOTE: Tom Maier after many years of wonderful service has elected to apply for early retirement. Bob Orr has been working with Tom this year.
- 1:20 Officer and Fleet Captain Reports**  
We have a lot of innovative ideas for the coming season. You are welcome to comment, ask questions and even help fill a need here and there!
- 1:45 Feature Presentation: RULE 42**  
Our own Guido Bertocci, HSC Protest Chairman for 2006, and Derek Stow, recently retired FO'C'S'LE editor, will discuss the world famous (or infamous) RULE 42. This Rule covers what is considered illegal propulsion on the race course. Both of these gentlemen have wide experience in this area, so it should be a lively presentation. Bring your questions!
- 3:30 Adjournment**

**PLAN ON ATTENDING THIS MEETING.  
It'll be a good one!**

### Laser Fleet Report

I am pleased to report that our club has been selected to host this year's NJYRA Laser Championships on Sunday, July 30. Be prepared for some exciting racing at Spruce Run with New Jersey's best!

Derek Stow writes that the spring season for Laser frostbiting begins on March 12 at the Cedar Point Yacht Club in Westport, Connecticut. Following that is a regatta at Cedar Point on April 29. Don't forget the drysuit or wetsuit. For details go to [www.cedarpointyc.org](http://www.cedarpointyc.org).

Although it's been a quiet winter for Laser sailors around here, the Winter 2006 edition of The Laser Sailor (published by the International Laser Class Association) just arrived, with lots of news about upcoming events. A sampling: Laser District 10 Championships at Surf City, June 17 and 18; Atlantic Coast Championships, July 15 and 16 at Sayville Yacht Club (New York); North American Championships at St. Margaret's Bay, Nova Scotia, July 20-23.

Ned Jones from Laser builder Vanguard writes for The Laser Sailor about the Laser: "The boat, the people, and the camaraderie make it one of the most successful classes in the history of sailboat racing." So spread the word: the Laser is a great boat and Spruce Run is a great place to race. It's just about time to get ready for the season. See you on the water soon.

Bob Orr



Doug Brown photo

**Former FO'C'S'LE Editor, Derek Stow  
heads downwind—Thanks Derek!**

## Commodore's Corner

**BEFORE YOU KNOW IT, SPRING WILL BE HERE!**

Spruce Run Supt Becky Williams-Ellis stopped by our February meeting and recommended immediately applying for boat storage sites for those interested. Last year, all the slips were rented by March 31, so do not delay in sending your request.

And your HSC staff is hard at work preparing for Spring!

Kevin Pearce, our fast moving Cruising/Open Fleet Captain, signed up our first Cruising Member, Tim Canary, at the February meeting. Welcome Tim!

Elliot and the Fleet Captains continue to develop an expanded 2006 racing program.

Mark and Gordon will be hosting club work days in April.

Stacey has issued the enclosed HSC membership application.

Ellen continues to enlist a growing number of recruits to help run this year's sail training courses, which are listed on the membership application.. Feel free to add your name to her list via E-mail.

Anne Freeman is developing a new HSC flyer for use in recruiting new members, particularly from those hundreds who have boat storage sites at Spruce Run.

Tom Maier's 2006 HSC budget was unanimously accepted and now he's applied for early retirement! This means we will be holding an election for a new Treasurer on March 26.

Guido and Derek will be presenting the ins and outs of Rule 42, which describes what means of propulsion are not cricket. Don't miss this meeting March 26!

You are reading our new FO'C'S'LE editor Charlie Smith's first issue. And thanks again Derek, for your years of great editorship.

Bob Griswold has announced NJYRA Championships at HSC for Jet 14, Laser, and Junior Sunfish.

Librarian Don Esch has held a successful book sale to clear the shelves of seldom-read sailing books.

Well, the list could go on and on, all of which means there's nothing left for the Commodore to do except continue to search for a Club Boat Manager to coordinate repair and replacement of our fleet of HSC Sunfish. Details on request!

**SEE YOU ON MARCH 26!**

Charlie Engler

## Minutes of the General Membership Meeting

The first general membership meeting took place at the Sunset Inn in Clinton on Sunday, February 26. Two important items were presented to the membership for their approval. The first was a proposed addition to the by-laws. It read "A Cruising Membership shall be open to those whose primary interest is in cruising events. A special Cruising Membership rate will be offered during 2006. Such members will receive full voting privileges, but will not have access to training courses, use of club equipment, or participation in most racing events, unless they join as full HSC members." It is hoped that this will entice sailors who do not care to race but would enjoy cruising to join the club. This proposal received unanimous approval.

The 2006 budget also needed membership approval. Treasurer Tom Maier made a brief presentation, and the budget was also unanimously approved.

Volunteers are needed for the club. Contact Commodore Charlie Engler if you are willing to be our Club Boat Manager. If you are willing to help with our sail training courses as an instructor, safety boat captain, or just as a helper please contact Ellen Greenhorn.

The meeting ended with a presentation of boating safety during a race and the responsibility of the race committee for safety during a race. Brent Benson gave an excellent talk on this subject. He gave practical advice to be used in various situations. His talk was complete with visual aids and provocative questions. His talk caused us all to think more about what to do when emergencies arise during a race. Brent's talk was followed by an enthusiastic round of applause.

Andy Lindgren

## All Hands on Deck! HSC Work Day 2006

An annual right of passage at Spruce Run. With many tasks on tap from launching the committee boat, safety boat preparation, light construction and general clean-up the old adage "many hands make light work" is very appropriate.

Make time in your busy schedules to lend a hand Thanks!

First work day:	Sunday April 23, 1-5
Second work day:	Saturday April 29, 10-2
Backup/Rain Day	
Last Chance day:	Sunday April 30, 1-5



Doug Brown photo

## Sunfish Fleet News

The first regatta of the season is fast approaching. May 13 HSC will host SANJL as part of a four regatta series. Everyone should make sure to come out for this event as it will be a fun way to start the season. We will get to meet sailors from other clubs and renew friendships from last year.

Other news - it seems many individuals are interested in trying out team racing. I hope to schedule a clinic for either May or June, target date is May 21.

For now - get ready! - Dig the boat out from under the leaves, polish it up and check all the rigging.

A tentative schedule for Wednesday night RC follows. If you have ANY concerns with your dates please contact me so that I can make changes.

Susan Mallows  
[smallows@prdus.inj.com](mailto:smallows@prdus.inj.com)

Day	Twilight RC 2006	
	Primary RC	Assistant RC
May		
3 Opening Day	Don Esch	Caleb Zimmerman
10	Bob Griswold	Ellen Greenhorn
17	Derek Stowe	Anita Demateo
24	Scott Callahan	Chet Ensign
31	Steve Manson	Lucy Bertocci
June 7	Doug Brown	Susan Mallows
14	Charlie Engler	Stacey Bachenheimer
21	Gordon Sell	Jim Bardwell
28 Twilight II	Mike Wheeler	Elliott Zimmerman
July 5	Mark Califano	Joanne Califano
12	Nicky Einthoven	Vim Einthoven
19	Nick Mentasana	Nathan Altomere
26	Ray Buchanan	Abi Seifert
August 2	Guido Bertocci	Simon Bertocci
9	Rich Bauman	Andy Lindgren
16	Dave Davies	Teddy Wells

## Force 5 Fleet News

The Force 5 mid winters are now over! This can only mean one thing, HSC sailing is about to START! That's right May 7<sup>th</sup> is our first race of the year and it is only days away. The top 5 finishers of the mid winters are posted on our web site witch you can link to from the HSC web site. Click on "fleet info", then go to the Force 5 area and click on the web site.

Force 5 Tune-up Day will be on May 6<sup>th</sup> at 12:00 we will talk about boat set up and tuning. E-mail me and let me know if you can come and if you have other things you would like to touch on. If the weather is nice I will run some Starting drills, practice starts and short course races just off the club. If the weather is not good we will have a non-mandatory meeting at the Sunset after our boats are tuned up. Not to say we can't have a non-mandatory meeting at the Sunset after sailing too.

Doug Brown  
[jetracer14@netscape.net](mailto:jetracer14@netscape.net)



**June 17—18**  
**Join the HSC Cruising Fleet for the**  
**Summer Sailstice.**

**Contact Fleet Captain**  
**Kevin Pearce**  
**for details!**  
[www.summersailstice.com](http://www.summersailstice.com)

## Meet Your Fleet Captain

In a series of interviews to run in the next few issues of The FO'C'S'LE, HSC's Publicity Chair, Anne Freeman, spoke with the Fleet Captains of each of the HSC Fleets. If you're interested in getting involved with any of the fleets, these are the folks to speak with. - Editor



Elliot Zimmerman photo

**Caleb Zimmerman at the 2005 Sunfish North Americans**

## Caleb Zimmerman Captain of the Junior Fleet

**Hunterdon Sailing Club (HSC):** Caleb, who is eligible to be a member of the Hunterdon Sailing Club's Junior Fleet?

**Caleb Zimmerman (Caleb):** The Junior Fleet is made up of kids under 18. We sail different kinds of boats, either alone or as crew on other boats

**HSC:** What is the goal of the Junior Fleet?

**Caleb:** We hope to improve participation and get more kids out on the water. In recent years only a small group of sailors have participated on a regular basis, so we are focusing on getting newer sailors involved.

**HSC:** When does the Junior Fleet meet?

**Caleb:** We race with the rest on the club on Sundays and on Wednesday nights. From 3 p.m. – 5 p.m. on Wednesdays, we have a Junior Fleet practice run with HSC member Doug Brown.

**HSC:** Do you have any major events planned for the 2006 season?

**Caleb:** We will continue our Junior Fleet racing program like last year, and hopefully have more kids travel to SANJL (Sailing Association of Northern New Jersey Lakes) events or other regional regattas.

**HSC:** Caleb, how long you have been sailing?

**Caleb:** I've been sailing for five years, and I've been a member of the Hunterdon Sailing Club for five years.

**HSC:** Would you share with us your accomplishments as a sailor?

**Caleb:** I placed second in the Jet-14 Junior Nationals with crew Teddy Wells. I placed 7th in the Sunfish Junior North American Championships as well as 46th out of 83 in the Senior North Americans. I also finished second in the SANJL Junior Championship.

**HSC:** That's terrific. Do you hold a membership in any other sailing clubs/organizations?

**Caleb:** Yes, US Sailing, the United States Sunfish Class Association, and the Jet-14 Class Association.

**HSC:** Caleb, is there any other sailing related information about yourself that you'd like to share with us?

**Caleb:** I plan on sailing competitively in college, and I am visiting schools to decide where I want to apply.

**HSC:** Good luck with your college search, Caleb. And finally, what is the best way for prospective junior sailors to contact you?

**Caleb:** By email at [sunsailor@comcast.net](mailto:sunsailor@comcast.net), and at Hunterdon Sailing Club events.

**HSC:** Thank you, Caleb, for filling us in about the Junior Fleet. Interested youth are encouraged to contact Caleb today!

## Nicky Einthoven Captain of the Ladies Fleet

**Hunterdon Sailing Club (HSC):** Nicky, who is eligible to be a member of the Ladies Fleet?

**Nicky Einthoven (Nicky):** Any lady, woman, girl, gal, Miss, Ms, Mrs, daughter, mom, mother, grandmother, ... all female members, female spouses of members, as well as members' daughters who have not reached their 22nd birthday during or prior to the current calendar year. (After a request for equal rights, Ladies events have been expanded to include men.)

**HSC:** What is the goal of the Ladies Fleet?

**Nicky:** The goal of the Ladies Fleet at the HSC is to promote and educate the women of the HSC on the sport of sailing. Sailing is a thrilling sport, which can dramatically increase a person's confidence in all aspects of her or his life. Sailing not only involves physical abilities but also requires knowledge and mental skills, which makes it a sport where men and woman can truly be competitive on the same playing field



**HSC:** When does your fleet meet?

**Nicky:** We meet at any and all HSC events.

**HSC:** Do you have any major events planned for the Ladies Fleet for the 2006 Season?

**Nicky:** Yes, The HSC Ladies Fleet sponsors a Fun Day, which is open to all members of the club as well as a Ladies Regatta.

**HSC:** Do you have a personal sailing or fleet motto?

**Nicky:** Join the Fun!!!

**HSC:** How long you have been sailing?

**Nicky:** Occasionally since 1972, and regularly since I was 11 years old.

**HSC:** How many years you have been a member of the HSC?

**Nicky:** 31 years. My dad officially joined the HSC in the spring of 1975 after crewing for others at the HSC for a few years, so I have enjoyed the benefits of membership since 1975, even though I did not have to join in my own right until 1986 and had occasionally crewed for others at the HSC starting in 1972.

**HSC:** Would you share with us your accomplishments as a sailor?

**Nicky:** I won a national championship with 37 boats including all the champions from the previous 10 years, and also all the champions of the following ten years, tying the youngest person to ever win the Jet nationals, and being the first woman to win the nationals. Yes, I beat Brent Barbehenn and Jamie Brickell that year!

I qualified to represent the US in the Sunfish World Championships a few times. In the 2005 Sunfish North American Championships I finished 21st of 83 boats. I am a US SAILING registered class B Athlete. The largest fleet I ever won a race in was 51 boats in the Jet Nationals in Saratoga NY in 1983. The second largest that I remember is 39 Sunfish at Greenpond in the late '90s, a race I won with almost a whole leg lead over the second place boat. The largest lead I ever had in a race (was as crew) is over 10 minutes in a one hour-long race in the Junior Jet Regatta at the HSC.

I have been a US Sailing Level 1 Instructor for six years. I have boxes of sailing trophies in the attic. I raced in the Sunfish World Championships in the Bahamas, in the Dominican Republic, on Long Island, and on Cape Cod. I won the Bluenose Challenge three times.

When I was about 85 pounds, I sailed a full rig Laser in a regatta at Long Beach Island on a very windy day, and the wind kept increasing: I capsized 36 times on the second leg (a reach) of the second race, after only capsizing twice all day before that. That Did-Not-Finish did not dissuade me from continuing on with sailing in other events!

**HSC:** I see that persistence is definitely one of your personal traits! Do you belong to any other sailing clubs or organizations other than the HSC?

**Nicky:** Yes, Boat US, Jet-14 Class, Sunfish Class, Force 5 Class, Laser Class since 2002, US Sailing, the Trailering Club, formerly a member of Windmill Class, and Europe Dinghy Class.

**HSC:** Nicky, what other sailing-related information about yourself would you like to share so that we can get to know you better?

**Nicky:** I love sailing.

I have sailed on: Jet-14, Sunfish, Force 5, Day Sailer, Albacore, Laser, Flying Scot, Hobie 18, Windsurfer, Sailboard with a dot in its sail, Celebrity, Mobjack, Prindel, Phantom, Snark, Mayflower, Lightning, Dickerson 37 Ketch, 110' Clipper, Downeaster 35, Benetau 43, Mark Spack's boat 35', Dad's friend's boat in Enkhuisen in the Netherlands 35', Optimist Pram, Thistle, Solar Sailor, 420, Minifish, Super Sunfish, Europe Dinghy, DN iceboat, ice-windsurfer, Penguin, Cape Cod Frosty, Laser Radial, Laser II, the Osterschelder (in the exit parade of Tall Ships in Amsterdam), and of course, my bicycle (when I was a kid, during windy, non-rainy storms, we would use a towel as a spinnaker...).

Over the years, I have sailed (a sailboat) in every month except March.

**HSC:** Finally, what is the best way for prospective sailors to contact you about the Ladies Fleet?

**Nicky:** At the Spruce Run Reservoir during HSC events, or interested people can call me at (609) 882-3392.

**HSC:** Thanks, Nicky! Anyone interested in more information about the Hunterdon Sailing Club's Ladies Fleet is invited to contact Fleet Captain Nicky Einthoven today.



**Ladies Fleet Captain, small and big boat sailor  
Nicky Einthoven**



**IN THEORY**

**Get the right 'helm'**

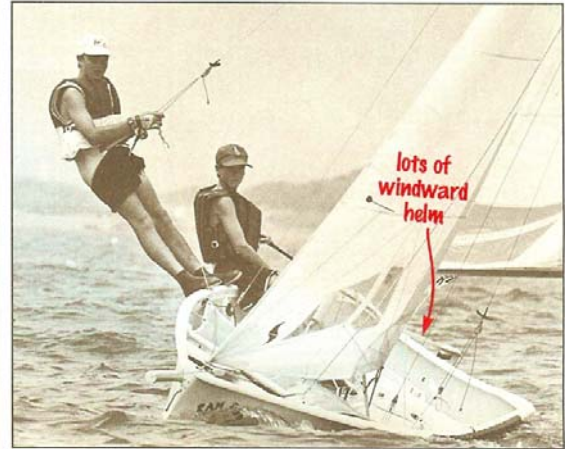
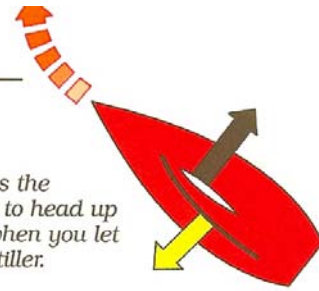
The feel of your helm is one of the most valuable clues you have about the performance of your boat. In fact, many speed-related trim adjustments to your sails and hull should key off the amount of pull or push that you sense in your wheel or tiller.

It's usually good to have a little pull in your helm when sailing upwind. If you let go of the wheel or tiller, you want the boat to start turning gently toward the wind. This "windward helm" is good for at least two reasons. First, it means the rudder is contributing to the lift forces created by your underwater surfaces. Second, it gives the helm a positive feel that makes it easier to keep the boat in the groove.

Most helmspersons agree it is hard to steer when the boat has a mushy, or neutral, helm. And it's annoying to steer when you have to keep pushing the tiller away from you (leeward helm). Ideally, you want about three or four degrees of windward helm. This is the number that consistently seems to give the best performance.

In light air, however, it can be difficult to get enough helm. And in heavy air, you often end up with too much. If you are fighting the helm, or if you have to push the tiller to leeward to head up, then your boat is unbalanced and not going as fast as possible. In these cases, you need to adjust the trim of your sails or hull in order to move closer to the optimal feel in your helm. In the chart below, I've listed some simple adjustments you can make if you want more or less helm. •

*Windward helm is the tendency of a boat to head up toward the wind when you let go of the wheel or tiller.*



This dinghy will go fastest upwind if it is sailed nearly flat. When you have a lot of heel, the boat will want to head up quickly toward the wind (i.e. it will have a lot of windward helm). To counter this, you have to pull the tiller quite far to windward to keep the boat going straight. While a small amount of rudder angle is usually good, the amount shown in this photo creates excess drag and is definitely slow.

	<b>More helm</b>	<b>Less helm</b>
<b>Crew position</b>	Move crew forward and to leeward	Move crew aft and to windward
<b>Mast rake</b>	Rake the mast farther aft	Rake the mast farther forward
<b>Mainsheet trim</b>	Trim so the leech is tighter	Ease so the leech has more twist
<b>Angle of heel</b>	Heel more to leeward	Flatten the boat
<b>Sail shape</b>	Make sails fuller, especially the main	Make sails flatter, especially the main
<b>Centerboard</b>	Move it down and/or forward	Move it up and/or aft

Here are some ways to increase or decrease windward helm. When sailing upwind, you usually need to create more helm in lighter air and less helm in heavy air. Your goal is a gentle pull on the wheel or tiller.

Reprinted with permission from "Speed & Smarts", the newsletter of how-to tips for racing sailors. Find additional information about the publication at [www.SpeedandSmarts.com](http://www.SpeedandSmarts.com).



# Jet-14 Fleet Report

Pitchers and catchers have reported to Spring Training, can the Jet-14 season be far behind? This season the HSC Fleet will be hosting two events, the annual "Wren Wregatta" in July and the Gravy Bowl in August. The first day of the Wren will be classified as a Junior/Novice event. The class has seen some significant growth in Junior participation and this event hopes to bring many junior sailors to the waters of Spruce Run for a fun, yet competitive day of racing. In addition to the HSC hosted events, we expect to be active in the "Try a Boat" and "Tuning and Training" sessions held at the lake this summer. For the travelers, we have Pines Lake, Nockamixon and a return to Packanack Lake on the schedule. The Jet-14 Nationals will be held this year in Annapolis, MD. Three days of competition and camaraderie at one of sailings' greatest venues. I for one can't wait!

Charlie Smith



**Simon Bertocci learns the ins and outs of Rule 42 at the hands of a master!**

# Rule 42 Seminar

**Be sure to attend the General Meeting on March 26, where the discussion will center on:**

## 42 PROPULSION

### 42.1 Basic Rule

Except when permitted in rule 42.3 or 45, a boat shall compete by using only the wind and water to increase, maintain or decrease her speed. Her crew may adjust the trim of sails and hull, and perform other acts of seamanship, but shall not otherwise move their bodies to propel the boat.

# Hunterdon Sailing Club

## Officers

Commodore	Charlie Engler	908-464-5564
Vice Commodore	Elliot Zimmerman	908-889-0858
Rear Commodore	Mark Califano	973-584-2502
Asst. Rear Commodore	Gordon Sell	908-625-7635
Secretary	Andrew Lindgren	973-226-1553
Treasurer	Tom Maier	973-267-4859
Assistant Treasurer	Bob Orr	908-832-7553
Jr. Past Commodore	Rich Baumann	973-667-4665

## Staff

Protest Chairman	Guido Bertocci	908-735-0010
Membership Co-ord.	Stacey Bachenheimer	973-364-0147
Training Coordinator	Ellen Greenhorn	908-713-9346
New Member Liaison	Brent/Barbara Benson	610-282-3611
Scorekeeper	Rodger Hall	570-839-6221
Newsletter Editor	Charles Smith	201-435-3694
Webmaster	Chet Ensign	973-378-3472
NJYRA Rep.	Bob Griswold	973-697-6841
State Liaison	Rich Baumann	973-667-4665
Librarian	Don Esch	908-730-7398
Handbook Editor	Kevin Pearce	908-400-6930
Publicity	Anne Freeman	908-246-1411
Friends of Spruce Run	Vim Einthoven	908-359-6975

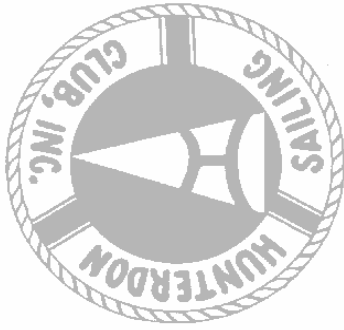
## Fleet Captains

Sunfish	Susan Mallows	908-638-5201
Sunday Sunfish	Jim Bardwil	908-889-9329
Force 5	Doug Brown	201-394-1866
Laser	Bob Orr	908-832-7553
Flying Scot	Chet Ensign	973-378-3472
Albacore	Ed Feeley	908-889-0929
Jet 14	Charles Smith	201-435-3694
Open and Cruising	Kevin Pearce	908-400-6930
Junior	Caleb Zimmerman	908-889-0858
Ladies	Nicky Einthoven	609-882-3392

# Fleet and Class Links

Want more information?  
Follow these links or see the Fleet Info page on the HSC website:

- Hunterdon Sailing Club: <http://www.sailhsc.org/>
- Albacore Class Association: <http://www.albacore.org/usa/>
- Flying Scot Sailing Association: <http://www.fssa.com/>
- Force 5 Class Association: <http://www.force5.us/>
- Force 5 Fleet 36: <http://www.dougbrownsowerskating.com/f5.htm>
- Jet 14 Class Association: <http://www.jet14.com/>
- Laser Class Association: <http://www.laser.org/>
- Sunfish Class Association: <http://www.sunfishclass.org/>

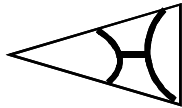


The FO'C'S'LE is the monthly newsletter by and for the members of the Hunterdon Sailing Club. Material is welcome from all members.

Submit copy to the editor at:  
15-103 Warren Street Jersey City, NJ 07302  
or e-mail to: FocslEditor@comcast.net

Press deadline is the 20th day of the month.

*We're on the Web!*  
*www.sailhsc.org*



SailHSC@hotmail.com

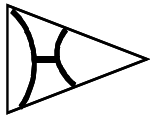
Membership/Training

*Stacey*  
*Bachenheimer*

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Box 612  
New Providence, New Jersey 07974



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*The* **FO'C'S'LE**

**MARCH 2006**