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MAINSHEETS

The Magazine for
Hill Head Sailing Club



Issue
99



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Dinghy weeks 2014
Thanks to Adrian Whyntie for the photo

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Commodore

Luke Morrison

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Dear Members,

It is a great pleasure to be your Commodore again this year, but of course it was sad to see that nobody wished to undertake this role, but nevertheless I am happy to continue with the Flag Officers and Committee members working towards our common goal of running your club and creating a fantastic environment for you to come down and enjoy.

I'll start by talking about our younger members of the club as it is becoming more and more apparent that we have younger members learning to sail to a better standard and compete at events both at home and away from HHSC. Our Topper fleet are by far the most active currently with a number of Hill Head sailors utilizing the popular JET's Interclub Topper Coaching. One notable for the start of 2015 was a young member called Sam Jones, who won the Winter Weymouth Regatta in the Topper 4.2 Fleet. I am sure this is only the first for Sam, but importantly I am certain there are many more youth members, who during the course of the year will achieve and succeed in their sailing, so I promise we will always be watching and encouraging this at our club.

If you are interested in enhancing your sailing experiences, Hill Head is a great place to do this, just make sure you ask the right questions, read the information we send out to you. Remember you must always have fun and enjoy it!

You will see that there is much going on at the Club. You are very lucky to have two such enthusiastic Flag Officers in Tom and Alan this year who, along with their committees, are already implementing a number of changes for the members to enjoy.

This year there are a number of projects which are being started and will progress during the course of the year. The replacement Balcony and building structure work, the davit on the spit side, dinghy park resurfacing and much more.

One item that we are now considering in light of recent events is the club roof. It has become clear that our roof is no longer sealed, actually to the point where water is now finding its way in. In the coming weeks we will seek out quotations to find out how best to tackle it. At this stage it looks as though the protective outer membrane will need replacing. It's a little overdue too, it was last done in the 1980s!

The Management Committee consists of a larger group this year. We have welcomed Sue Davis to the Committee as a co-opted member who as many of you will know looks after your DutyMan Database. In addition to this we have some new faces, notably, Tomos Price (Vice Commodore) Alan Southwell (Rear Commodore), Rachael Asquith (Treasurer), and inter-changing elected Sailing and House Committee representatives. It is great to have some new blood, with fresh ideas which I hope will be embraced by members who have been around a long time.

Members appear at this stage to be using the new volunteer duty system well, Thank You! Since this is a new system for the sailing club we hope to improve as we go along and therefore your feedback is important. Please send it to database@hillheadsc.org.uk or speak to me directly.

Membership renewals for 2015 were good, 19% of the membership decided not to renew this year, but after the review of feedback, we are once again seeing members leave because they do not use the club. Whilst this may seem to be okay, actually we need to undertake some closer analysis to make sure that we are offering the right combination of events at your club.

Whilst my article is short, I ask you to read Mainsheets in full, in fact also make a contribution on the copy dates. It's your read and so the more interesting the content, the more people I hope will read it.

If you have any questions, please do not hesitate to contact me!

Cheers

Luke



Don't forget to keep looking at <http://www.hillheadsc.org.uk>



Vice Commodore (Sailing)

Tomos Price

vicecommdore@hillheadsc.org.uk



Well as your new Vice Commodore, I have been having a busy few months working with my team of hard working committee members to start getting ready for the 2015 season.

Firstly I would like to welcome all the sailing committee of 2015 and introduce some new members who have stepped up to take on some of the roles.

Steve Sherwood is taking on the role as club boat Bosun, for the time being.

Clubboat-bosun@hillheadsc.org.uk He will be coordinating the repairs/maintenance of the club dinghies. If you notice any broken or damaged boats please give him an email as soon as possible. We understand they do get damaged but we need you tell us!!!

Graham Samuda, is our new Safety Boat Bosun. Safetyboat-bosun@hillheadsc.org.uk Graham is also one of our powerboat instructors. If the safety boats are not working right or are not performing please let him know as soon as possible.

Andy Hooper is our newly appointed development coordinator. Over the next new few months he is going to help develop our sailing to get more people on the water. He will also be helping on the grant projects we will be trying to achieve this year.

Kerry Morgan is the new sailing committee secretary. Sailingsec@hillheadsc.org.uk

She is also keeping a finance log for the sailing committee to keep everyone up to date on how much of the budget has been spent.

So far this year we have had a lovely RIB and Dinghy working parties so now all the boats are clean and ready for the new season. The Fevers are having new sails as they are tired and we are hoping this will improve their use. I would like to say a massive thank you to everyone who turned up to help prepare all the boats for the new season and I hope everyone will be making good using the club boats when they are able. I would like to stress that to keep the boats in a nice condition please give them a good wash down after each use. There are sponges and cloths in the boat shed to use to remove dirt and always give the boats a good rinse. Remember these boat do partly belong to each and every member so we should all take pride in having such a good fleet.

Late last year we had our RYA training inspection which was a huge success. We passed with flying colours, so once again I would like to thank the individuals involved in setting up all the paper work and making sure the boats were ready to be inspected.

New sailing events this year.

The first event is to recognise the passing of one of our long standing members. "The Hardy Challenge" is our new race in May in remembrance of Lez Hardy. This is a long distance race that is most fitting for a race in his memory.

In addition we are having a new sailaway for both cruisers and dinghies. Our Lymington Leap is a three day sailaway at the end of August in the bank holiday weekend. We will be all leaving the sailing club and heading to Lymington on the first day. The plan is to camp in the scout ground just by the marina. We have access to showers and toilets at the marina and also the scout hut. Our second day in Lymington we are doing a return sail to Keyhaven and back. The final day will be the return leg home.

Some other club news, we are moving a RIB out of the boat shed to generate some working space and storage space in the shed. Some of our club Fevers will be moving to a new location to allow our RIB to be stored securely outside. We take club security and the safeguarding of club assets very seriously and once again it will be secured to the ground with two ground anchors and under the CCTV camera as well as having a new cover. Some of our cursor tenders will be having their own racking built shortly to generate some space for the dinghies to be moved. The Fevers they are having new Sails on all the boats to hopefully increase the usage of them.

In the near future we will be having some Trapeze wires fitted to the Two RS Visions and the Laser 2000. This is to generate a stepping stone and introduction to the world of Trapeze boats. Before you can borrow the Trapeze harnesses you will need a short introduction about the trapeze harnesses and some safety advice.

Please contact me about this or the RYA Principal, Dan Wills - RYA-principal@hillheadsc.org.uk
The boats will be ready by the end of April. So please have a go and I hope you will enjoy the new feature.

The Future of Club boats. This topic comes up very regularly, if you have any suggestions about this please email me. I would like ideas on new boats to replace old boats or if the fleet is fine as it is. All comments are welcome.

The management committee have decided to purchase an AED (Automated External Defibrillator) This is some very exciting news. Something very close to all our hearts because we all believe in helping others and this might possibly help save a life should someone have a heart attack in the club vicinity. We as a community have witnessed first-hand the devastation critical cardiac arrest can have on families and our friends.

Our local community now has its own public access defibrillator to safeguard the lives of adults and children in our own community and the local community.

Our device is going to be housed in the clubhouse foyer area. The AED can be used safely and effectively without previous training. Therefore, the use of an AED will not be restricted to trained rescuers. However, training will be encouraged to help improve the time to shock delivery and correct pad placement, as well as improving all our CPR techniques.

Remember when using an AED minimise the interruptions in chest compression. Do not stop to check the victim or discontinue cardiopulmonary resuscitation (CPR) unless the victim starts to show signs of regaining consciousness, such as coughing, opening his eyes, speaking, or moving purposefully AND starts to breathe normally.

Some myths and worries:

“Can I accidentally shock someone with an AED?”

No – An AED will only deliver a shock if the casualty is in a **Ventricular Tachycardia / Ventricular Failure.**

“**Can I use it when the casualty is wet?**”

Yes - As long as there is no direct contact between the user and the victim when the shock is delivered, there is no direct pathway that the electricity can take that would cause the user to experience a shock. Dry the victim's chest so that the adhesive AED pads will stick and take particular care to ensure that no one is touching the victim when a shock is delivered.

“**Will the AED tell me to shock the person?**”

Yes – The AED will say “shock advised” and the Orange Button will flash. You must press it to deliver the shock. Follow the voice prompts which it gives.

“**Should I dial 999?**”

Yes - When you find someone in a cardiac arrest or difficulty call the emergency services as soon as possible.

Some of our First Aid Trainers will be running drop-in evenings where we will have the AED out and you can use it to practice on resuscie Annie in addition to your CPR. The AED will be accessible by our club members and the emergency services should they ever need to use it.

More details here: <http://www.nhlbi.nih.gov/health/health-topics/topics/aed> and <https://www.resus.org.uk/pages/AEDsecst.htm>

Grants: We will be going for the £75,000 sports England grant again this year. So please everyone keep your fingers crossed we get it. It will be for the changing room upgrade and modification. As well as our downstairs heating system.

If you have any ideas for the sailing club please email me and we will look into them.



House Report February 2015

The first few months as Rear Commodore has been eventful. Thanks to Sue Ellis for the information and I have hopefully eased into the position. I would like to thank the house committee for their input, you know who you are.

The club had its environmental check and gained 5 star status, I would like to thank all the food handlers for their good record keeping. Hopefully, I have had a coffee machine on trial. This is to see if it is viable for us to have one full time. Please make good use of it. There is a Soup Pot in the kitchen for those who would like to provide this as part of lunchtime menu.

On the maintenance side things have been happening: Lift serviced as was the boiler. A new patio door fitted and also a door to the race box. The B-Room has been stripped and more storage made. There is more planned with the balcony, it is safe to use, the roof has a leak and some decorating is going to be done. The blue club chairs in the club room have been cleaned along with the carpet by the door.

The bar and food volunteers have mostly been doing their duties. DutyMan is being used in future for all your swaps, this is a live system so will hopefully be up to date. The bar opening days are changing from 01 March as follows:

Wednesday Evening	19.30 to 22.30	Saturday Lunch	12.00 to 14.30
Friday Evening	19.00 to 23.00	Sunday Lunch	12.00 to 14.00

The bar will also open to cover Social functions and sailing events

Private bookings have been made throughout the year and club socials are being organised, I hope you will all support them well. Fitting out supper is in March, look out for the booking sheet. Two great cadet socials have been organised by Michael with 30 plus cadets each time.

Please enjoy your club, treat it with respect, it is your second home. If you notice anything out of place please tidy it up, if it is an issue leave me a note in my box and I will deal with it as best as I can.

Happy Days! Alan

Note from the Editor: Alan says you will recognise him by his boat - picture above! New members will have to find him at the club for personal identification!

SOCIAL DIARY 2015

All start at 19:30 hours unless given otherwise

06 March	SRC (VHF) Book handover	01 August	New Members Evening 18:00
13 March	Cadets Social Evening	11 September	Cadet Social Evening
28 March	The Fitting Out Supper	20 September	Hog Roast & Cocktails
03 April	Cadets Social Evening	10 October	Posh Curry Night
17 April	Oppie Parents Information Evening	31 October	Halloween Party
08 May	Cadets Social Evening	14 November	Laying Up Dinner & Party
12 June	The Commodore's Evening	27 November	Cadet Social Evening
19 June	Cadets Social Evening	28 November	Annual Prize Giving
20 June	Steak Night Social	05 December	Annual General Meeting 15:00
04 July	Cadets Social Evening	12 December	Christmas Social Event
23 July	Schools Out for Summer Social	25 December	Christmas Drinks at the Clubhouse 12:00

Welcome to 2015 Training

The year has got off to a very successful start . By the time you read this there will be new PB 1s; PB 2s and SB coxes. This is all thanks to the Hill Head Powerboat Instructors. 5 Hill Headers will be Race coaches; others have done RYA First Aid courses this winter with thanks to our instructors and yet another group have studied for the RYA VHF course. Our Cadet Representative Abby has also been busy organizing Youth First Aid training.



There is a full programme of training planned on the fixtures list to cover beginners and improvers:

Adult beginners - Level 2 course at Easter and in June

Adult Improvers - Adult squad, Mirror squad, Laser squad and Coached races - called "Novices"

Youth beginners - Age 10-14 Stage 1 & 2; Oppie sessions - For the under 10 years.

Youth Improvers - Stage 3 Age 10-14; Squads in - Race oppie; Tera: Topper; Feva ; Laser and a youth Pico open.

Youth Skill development - Winter Topper squad.

All of this on top of the racing programme for all. There are separate ladies; novices and cadet races so all can join in. Please try and come down as often as possible so that your confidence increases with your skills.

Don't miss the sailaways where you can certainly extend your skills and have fun.

See you on the water

Dan Wills - RYA Principal RYA-principal@hillheadsc.org.uk

WELCOME NEW MEMBERS

Joined since November 2014

Family

Dan & Hannah Rees, Immi & Freddi
Steve & Pauline Bailey
Sandra & Peter Wrangmore, Sam & Rosie
Chris & Melanie Brown & Connor
Jon & Tracy Abbott
Paul & Sarah Knox-Johnston, Henry & Freya
Alex & Kat Stypulkowski

Sailing

Kate Fortnam
Richard Thompson

Cadet

Frances Fox

Social

Paula Fox

Coffee Mornings



Hilde's very popular Quality coffees

the **First** Tuesday every month - 10.30am throughout the year

Ladies & Gentlemen are ALL invited to join us for coffee, biscuits and a chat.



CADETS NEWS 2015

I'm not really sure where 2014 went but as I'm writing this we are only a few weeks away from the start of the main club racing programme for 2015, so I'd like to give you an update on opportunities for cadet sailing this year and how you can get involved.

As always there are plenty of training opportunities for you to learn to sail or to improve your skills. For younger cadets there are 6 oppie sessions throughout 2015 which are a perfect way to start – you can get more information about these at the oppie parents' information evening on the 17th of April. For slightly older cadets, we have the RYA Youth Beginner Stage 1/2 course in May, followed by the RYA Youth Intermediate Stage 2/3 course in June for those who have already done their Stage 1/2.



Cadet Racing Mixed handicap fleet sailing towards jacqueline

There's no need to stop once you have your Stage 3! The club runs some fantastic race squads through the year in Oppies, RS Teras, Toppers, RS Fevas, Mirrors and Lasers to help advance your sailing ability, give you the skills you need to get onto the racing start line and round the course, as well as being lots of fun! Sign up sheets for these will be available on the club notice board in the next few months.

So when can you sail out of training sessions? The answer: pretty much every weekend! If you have a look in your fixtures list, everything written in black means that racing is on, so a safety boat will be out. You don't need to be Ben Ainslie to come down and join in – the race course is where we all learn to sail better. The race officer team, me too if I'm around and other competitors will all be more than happy to give you any advice and assistance you need. If you don't think you're quite ready to take your place on the yellow line just yet, you can always come and recreational sail.

Important dates to go in your diary are the Cadet/Novice/Ladies/Masters races as these will have a coach on the water in a rib to give you any help required, so will be great for those with less experience.

My job as sailing cadet rep is to provide extra opportunities specifically for the cadets, designed to get you guys on the water more often and with more confidence. Cadet sailing at Hill Head has really taken off in the last few years, and that is reflected with 6 dates in the 2015 fixtures. These all have a blue background on the fixtures card (except the October one, sorry!) and are below for reference:

Friday 24 th April	Friday 29 th May	Friday 12 th June
Friday 26 th June	Friday 24 th July	Friday 30 th October

I will be releasing more information about what these events will be nearer the time, but they will include 3 or 4 cadet racing events like previous years. These are perfect to start racing for the first time as there will be some very friendly safety boat crews to offer you coaching and plenty of other cadets in the same situation. Results from these are collected into a series so the more you can attend the better – last year's medal winners were not race winners, they simply posted the most results in the series.

Other cadet sailing events will run in different formats. There will be a double-handed event to follow on from the success this experienced in 2014, where all cadets, even complete beginners can come and have a go at crewing different club boats. Other ideas involve a fun oppie challenge and other on the water games events designed to include younger and novice cadets.

As cadet rep I can put dates in the fixtures, organise volunteers and run what I think you as cadets will enjoy. However I can't come up with all the ideas! If there is something you want to see done for the cadets this year or you have an idea for an event I would love to hear from you!

So look out for emails and facebook posts from me this year, as well as training notices advertising cadet courses. Hill Head is full of opportunities; you just need to take them. I'm sure that 2015 will be an even better year again for cadet sailing at the club, can we top the 2014 number and get over 50 cadets on the water for an event?!

If you have any questions, ideas or would like to know how to get your cadet involved and sailing more this year, please don't hesitate to drop me an email, give me a call or catch me for a chat at the club.

Abby West :-)



Sailing Cadet Rep abby.west@hotmail.co.uk 07531 909127



HARBOUR MASTERS REPORT

John Wardale Harbourmaster@hillheadsc.org.uk



After a blustery few weeks in Late December and early January, I was walking around the spit side area inspecting tie downs etc., I noticed that the beach had been eroded at an alarming rate. We seemed to have lost about fifteen feet in bays two and three and four (bay one closest to concrete seawall) all the groynes were in need of repair with groyne number four the worst for wear. We lost about forty five feet as there was no beach to hold the groynes in place so they popped out of the beach. Quick thinking after work resulted in me dismantling the affected groyne and recovering the wood to be used at a later date. I will be abandoning groyne no 4 as it needs too much work.

My working parties resumed this month we managed to repair groynes no 1 and 2 with a record number of new planks six fifteen foot planks and 7 posts were put in to the beach by hand thank you to all that took part. It has come apparent that we as a club need to do something more sustainable in the long run.



So with the help of Dave Ellis we aim to get a contractor in to pile the beach putting in four new groynes with bigger posts and get the working parties to plank them to keep costs down. We have to do this as the groynes are tied in with the Spit side lease. We will have to seek permission from four or five interested parties before we can proceed looking to do the work next year. As at the moment hammering the posts in to the beach by hand is a slow and energetic process. I have more working parties planned and hope to get the spitside groynes ship shape before long.

I aim to get the pontoon put back next month for all to use and I have been busy hoovering up fenders in Portsmouth harbour to adorn the facing edge to protect boats coming along side. All donations gratefully received. I also have acquired a few dock fenders which hopefully will be placed on the corner post of the spit side slipway, but will wait till the warmer weather for that. The fenders alongside the top quay wall are a permanent solution, so the pontoon will be returned to the top end, at the end of the year for the winter months and storms.

A reminder of next scheduled working parties: Sundays - 29 March, 12 April and 26 April 2015

John Wardale Harbourmaster



Brass Monkey
Series
January 2015

Thanks to Luke
for the photo



All Things Mirror

I hope you've been looking through this years fixture list and picking out any notable dates to sail at the club. To help you out, in addition to the club racing, we have plenty of sailing for the Mirrors - these include :

Mirror Squads - five dates in the year, specifically for Mirrors, any age, junior and adults, any ability, either single or double handed, open to any member - each session involves coaching and some theory work, some on the water practice usually followed by some short races. A great way to meet your fellow Mirror sailors and learn together. The dates are May 23, June 07, July 25, August 15, September 19.

Class racing for Mirrors - plenty of races across seven mini-series, with prizes for each series. If you can compete in more than 50% of the races, you can qualify for the Class Championship, where the winner gets the rather impressive Mirror dinghy scale model and glass display case - definitely one of the better trophies to aim for !

Sailaways for dinghies and cruisers - very popular last year, some of our sailors love the idea of, and actively participate in the cruising and camping away. Sometimes a day trip in flotilla across the Solent, sometimes a night away camping. Destinations this year include Wootton Creek June 20, Island Harbour Saturday 18-19 July and Ashlett Creek August 01.

Mirror Southern Championship / Open meeting at HHSC - September 12-13. Open to members and travelling visitors, it will attract around 30 boats with some of the top junior sailors from across the country competing.

And if that isn't enough, the **2015 Mirror Nationals** will be combined with the super successful family friendly 'Abersoch Mirror Week' at South CaernarvonYC / Abersoch starting August 15. This will be a great opportunity and goal for some members to attend for a family holiday with great sailing and hospitality - either championship sailing or the more leisurely family racing. Already there are at least 3 HHSC boats signed up. It will be a Mirrorfest, with 100+ boats.

HHSC Mirror Facebook page - simply search for 'Hill Head Sailing Club Mirrors' - there's lots of great info / videos / increased participation from members. It is just one of a number of media used to communicate.

I'm always looking to get more juniors involved in the class - at HHSC the Mirror is an excellent boat for safe learning as well as competitive racing - a very versatile boat for adults, parent-child, or junior crew combinations. Please contact me for more info on anything Mirror related.

Nigel Thomas. nigelrichardthomas@gmail.com

Safety Boats - All safety boat coxswains and safety boat crews.

As you will now probably be aware, we held our inaugural 2015 safety boat cleaning/scrubbing session, and many thanks to all members who helped on the day.

We were delighted with the finished product, with all four RIB's ending up looking very clean and sparkling. Unfortunately I am disappointed to have to report that despite this initial hard work the RIB's seem to have deteriorated very quickly and are starting to look grubby again.

I appreciate they do a lot of work for the club and are used by many people, but please can I ask that when you wash down after your session that you spend a few extra minutes giving that little bit of attention to the cleaning of your boat especially the transom area.

On a separate note we have recently had an engine stall problem which I think was due to salt deposition in the water cooling system. When you run and flush clean water through the engine after use, can you please do so for at least five minutes. This may seem a long time but should alleviate any further occurrence of the problem.

This small attention to detail at the end of each session will ensure that club members can continue to enjoy using our boats for many years to come.

If you have any questions regarding the above please do not hesitate to contact me
Thank you for your cooperation in this matter.

Graham Samuda Safetyboat-bosun@hillheadsc.org.uk



Glam Roxtasy



Just returned home from this “70’s School Disco” at the Sailing Club. What a great evening! 50 or thereabouts adults of mature age, reliving their youth, dancing to a band called Glam Roxtasy, most dressed to look the part, having raided their wardrobes, the internet, the local dress-hire shops, and in one case, a daughter’s wardrobe. Star attraction was surely Alice Cooper, ably supported by Mud and John Travolta. A number of long-haired hard rockers also attended, suitably wearing make-up – and that was just the men!

The band performed a mixed selection of early 70’s numbers, and, while enthusiastic, was not so loud as to be unbearable. The performance was tight, together, and tuneful. The dance floor was packed throughout. Thoroughly enjoyable.

The organisers are to be congratulated on providing an authentic 1970 style buffet, with vol-au-vents, sandwiches, and things on sticks, although I was unable to find a silverskin onion with cheese stick. Individual trifles or black forest gateau with squirty cream rounded off the refreshments.

My thanks to the organisers for a splendid evening; I hope they feel encouraged to arrange another.

David Ansley-Watson



Fun in the Solent today for some of our Toppers who were out today and had a surprise visit from BAR — Ben Ainsley Racing our Americas cup hopeful.

Thanks to Ben’s office for getting him to sail past.

Alan Southwell

Last teaser for you!

Answers on page 14

Thanks to David Ansley-Watson
for the brain work!

What is chapeling?

- Turning the boat back on the wind in light airs after a shift has backed the sails
- rigging church in merchant ships with a low church crew
- donning of hats especially after a burial at sea (from the French, "chapeau" -- a hat)

Some useful but lesser known knots

Matthew West – Wandering Glider

In the last year I have had cause to seek out knots for particular purposes, where the standard knots I expect we all know: overhand knot, reef knot, figure of eight, bowline, sheet bend, double sheet bend, round turn and two half hitches, clove hitch, rolling hitch and sheepshank, have not been good enough.

Ashley stopper knot

The first situation when I found myself looking for something different was when making my own soft shackles. Here you need a stopper knot. You can use an overhand knot, but under enough load these will pull out and are the weak point of the soft shackle. When looking for an alternative stopper knot I came across the Ashley stopper knot, which is both simple to tie and effective.



To tie the knot, take the end you want the stopper knot in and use it to tie an overhand knot round the standing part. At this point you need to be careful which way round you tie the overhand knot and tighten it, the short end of the line needs to come out away from the loop you have formed. Now take the end, pass it through the loop, and pull the loop tight, and you have your stopper knot.

Double overhand stopper knot

One of the problems I have had with the figure of eight knot is that it sometimes loosens and comes undone, usually when it is most inconvenient. An alternative knot is the double overhand knot.



Tie a simple overhand knot, but before tightening make a second turn through the loop, then tighten. Apart from it being less likely to come undone on its own, but still easy to undo, is that it leaves the tail in line with the original direction, which is useful for sheets and halyards where a tail is useful to recover the line with when it has run to a block or cleat.

Bowline on the bight

Multihulls tend to wear more than monohulls at anchor. One way to reduce this is to set a bridle across the bows, which you then need to attach to the anchor. This means making preferably a double loop in the anchor warp to attach the ends of the bridle to. A bowline on the bight is a good knot for this purpose.

Bowline on the bight is harder to explain than to tie. Form a double length of rope to tie the knot in. Loosely tie an overhand knot. Then take the loop and pass it over the overhand knot. The difficult bit is to pick up the right part of the knot to make the double loop.

Bowline on the bight continued



Alpine Butterfly knot

One of the things I like to be able to do is to remove the sheets easily from headsails. I do this with a loop in the sheet and a soft shackle. You can make a loop by passing the rope through itself, but sometimes the weave of the cover is tight and makes this difficult to do. In this case a loop knot is a good alternative. The Alpine Butterfly Knot is an easy way to tie a single loop on the bight (in the middle of a rope without access to the ends).



Take the rope and wrap it twice round your hand. Now take the loop nearest the end of your fingers and tuck it under the loop nearest your wrist and pull it through, remove your hand and pull tight, and there you are. The knot will take load on either or both ends as well as the loop itself, and is relatively light weight.

Ashley Bend

I have never been happy with the sheet bend for tying two ropes together. It has a bad tendency to slip, and whilst a double sheet bend will largely resolve that, my unease remains. A fisherman's knot is a secure way to tie two ropes together, but after being put under load it can be impossible to undo, so is really only suitable for joining ropes permanently. Ashley was actually commissioned to develop a knot for tying together lengths of slippery line, and this was his solution.



Take the first line and form a loop with the short end underneath. Take the second line, pass it through the first loop and form a second loop, in the same direction as the first, passing the end under itself, but over the standing part of the first loop. Take the two ends together, pass them through the double loop you have created and pull tight.

12 If you look carefully at the result you will see that this is actually the same as the Alpine butterfly knot, but the loop is cut. This means that load can be put on any or all of the ends.

“Supertide flood risk as Moon and Sun align”. (Extract from the Daily Telegraph 27 January & 26 February 2015)

Large parts of the coast could face extreme tides and potential flooding this year because of a rare astronomical alignment, scientists have warned.

An unusual positioning of the Sun, Moon and Earth will result in gravitational pull on oceans being greater than normal at various points during the year ahead, creating exceptionally high tides known as supertides.

The planetary phenomenon will combine with the Moon reaching a particular point in the eighteen-and-a-half year cycle of its elliptical orbit, meaning its gravitational pull will increase as it swings towards Earth, also producing higher tides.

An Astronomer at The Royal Observatory, Greenwich says that if the Earth, Moon and Sun are all in line, called the syzygy effect, the gravitational push is attractive, creating tides more powerful than usual. When there is a straight line, with the Earth at one end, the Moon in the middle and the Sun at the other end, this all contributes to pulling the free-standing water.

These supertides could push the highest level of tide into a flood. If in a flooding-prone area or if there has been heavy rainfall for the past few days, these could be the thing that tips it over.”

There are expected to be about 6 periods of supertides, of which 3 are of particular concern.

The first has already passed without incident on Thursday 27 January. The next is due on 21 March around the Vernal Equinox and the third is due on 23 September around the Autumnal Equinox.

Although there are many contributing factors to high tides - the distance between the Moon and Earth, between the Sun and Earth and the alignment of the Sun, Moon and Earth - the former remains the dominant factor.

The Environment Agency advises that high astronomical tides alone do not lead to coastal flooding; it requires a combination of low pressure, strong winds and high tides.

In addition to the supertide there will be a full eclipse of the sun starting at 08:40 on 20 March due to the Earth, Moon and Sun alignment as above. The eclipse should be 88% visible in our area - not another until 2026.

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Email: morgansails@hotmail.co.uk or come and have a chat with me on Laser 188781 (Spit side)

Quantum of Solent 2 – Return of the Tide

After the successful swim in July 2014 across the Solent, where I swam diagonally from Ryde to Hill Head Sailing Club, this summer I am planning another exciting swim for charity, a double crossing, from Hill Head Sailing Club, to Ryde, do a quick tumble turn, and then swim back again!

As the crow flies / fish swims, the direct route two way if swam in a straight line is 13.6 miles (11.8 nautical miles and 21.8 km). As I don't swim in a straight line very well, the swim will be approximately 14 miles (12nm / 22.5km).

I will be doing this swim to raise money for two charities close to my heart, Cancer Research UK and Canine Partners, life changing charities that help change people's lives.

The swim last year raised £3,750 for charity and this year I hope to beat that by swimming double the distance.

The first tidal window I have is on 26th June, leaving HHSC at 13:13 and I think the swim will take around 7-8 hours. We also have other dates in July and September if the weather prevents the swim happening.

Like last year, I will be swimming by English Channel rules, which means never touching the support boat and only swimming in my costume, cap and goggles.

I'm still swimming in the sea now and have nearly got through my first winter swimming. Some of you may have seen me swimming from the club, but I mainly swim from Monks Hill car park as there is less boat traffic in the water there. I know many think I am mad swimming in the cold sea, it was 5.5c on my last swim and I usually stay in for around 15-20 minutes at this temperature. The reason I am doing this is so that I stay acclimatised to the cold and my body will be able to cope when I do the big swim in the summer in water that will hopefully be around 16-18c, so I will not feel the cold too much, as long as I keep moving. It's going to be a tough swim, but if it helps save lives then I'm happy to do it.

If you would like to see how my training goes, click the 'like' button on the homepage, link below and you'll see my weekly update. There will also be videos and photos posted on the day itself.

<https://www.facebook.com/QuantumofSolent2ReturnoftheTide>

Here's the launch video, turn up the volume...

<https://www.facebook.com/video.php?v=801024646602306&set=vb.600133260024780&type=2&theater>

If you would like to make a donation, please visit

<http://uk.virginmoneygiving.com/DeborahHerridge>

Hopefully see you at the club on the day, either at the start or the finish which will be around sunset, or hopefully before if I swim faster.

Deborah Herridge



Member David Webb has taken up his painting again, after retiring early from ill health.

All his artwork is based upon the sea, around Hill Head and his wife, Cathy thought some of the members might enjoy it.

Visit the website at
<http://www.studio15a.co.uk>



New Teras

Thanks to the ERIC TWINAME TRUST which has 50% sponsored 2 new R S Teras for Hill Head Sailing Club for 2015 and to the Odey and Pound family who came to the club to help get them ready to sail as they arrived in a box.

Margaret Hyde



NEW-UNUSED LASER ITEMS FOR SALE

I have the following Genuine Laser items for sale that may be of interest to the Laser squad. All are still new and unwrapped from delivery from Laser.

I have applied roughly a **30% price reduction** and can deliver locally within 10 miles of Titchfield.

Item description RRP Selling price (Approx - 30%)

Laser Standard Lower Mast	£195	NOW ONLY £140
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Laser Harken Clew Sleeve	£23.87	NOW ONLY £15
Laser Vang Allens	£125	NOW ONLY £90

Find the shopping basket from Laser giving a visual of each part here.

http://www.hillheadsc.org.uk/advertpdfs/2014/2014laser-parts_pike.jpg

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Contact Keith Annand 07585 660652 or
keith@themutleys.co.uk



February
2015



MAINSHEETS

The Magazine for
Hill Head Sailing Club



Issue
99



National Coastwatch UK Marine VHF Radio Channel 65

**New
Communications
Channel
from
1st October 2014**

Local Solent NCI Station Call Signs:

Gosport Fort Blockhouse:

Duty hours: 0900-1930 (Summer) 0900-1600 (Winter)

"Gosport NCI" 02392 765194

Calshot Spit:

Duty hours: 0800-2000 (Summer) 0800-1700 (winter)

"Calshot NCI" 02380 893563

Lee-on-the-Solent:

Duty hours: 1000-1900 (Summer) 1000-1600 (Winter)

"Lee NCI" 02392 556758

Needles IOW:

Duty hours: 0900-1700 (Summer) 0900-1600 (Winter)

"Needles NCI" 01983 754231

For contact details of other NCI stations in England & Wales please visit the website
www.nci.org.uk Registered Charity 1045645

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Call your nearest Watch Station for details of current weather & local conditions

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Please contact the editor *BEFORE* paying
Payment will be due in advance, cheque made payable to HHSC and sent direct to The Treasurer at HHSC.

Note: Business Advertisements are not allowed on HHSC website

COPY DATE FOR THE NEXT ISSUE

Monday 22 June 2015

Please send items for next Mainsheets

E-mail: editor@hillheadsc.org.uk
OR leave in the Clubhouse pigeonhole

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The views expressed on these pages are not necessarily those of the individuals who prepared the document.
N. B. Your name and address can be withheld at your request but an anonymous article will only be published at the discretion of the editor.

To join contact: Hon. Membership Secretary: membersec@hillheadsc.org.uk

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