



Fleet 5 Newsletter

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March 2017

R h o d e s 19

GREETINGS FROM THE PREZ



March already. Where has the winter gone? Just yesterday I was getting my legs ready for moguls, and in the blink of an eye, it's sailing season again. Well, not quite, but as you'll read in the pages below, it's never too early to start getting your act together, especially in a Nationals year.

Speaking of Nationals, the committee is going full bore working to make this 2017 Nationals regatta one to remember. They could still use a little help so if you haven't volunteered yet, please drop them a line. A full update from the regatta chairs is included on page 5.

While I'm on the topic of sanctioned events, I should let you know that the class was unsuccessful in finding a host and venue for East Coasts this year. Sad but true – there will be no 2017 East Coast Championship. We considered trying to help, but in the end concluded that Fleet 5's priority should be throwing the best Nationals we could, and we didn't want to dilute that effort by trying to pull together a hastily-organized ECs. So that's what we're going to do. One thought had been to run ECs concurrent with Race Week, but even that would have involved resources better allocated to the Nationals effort. But an interesting thought that came out of that was to encourage out-of-towners who planned to join us for Nationals to come join us for Race Week too, and then leave their boats here, and even sail a couple of weeks of MRA. So please get the word out to your friends in other fleets. Folks can direct inquiries to me.

A few MRA topics to think about as the new season approaches. First, in generous response to our comments, MRA has proposed relocating our racing area. Details of the plan are included on page 2, and we'd appreciate your thoughts. MRA is also soliciting input on the PRO Guide, which includes each fleet's racing preferences. That guide is referenced throughout the season to make sure we get what we want while promoting continuity across PROs. Last year's edition is on page 2. Please let us know if you think we should make any changes.

I am saddened to report again on the passing of **Fred Brehob**. Fred was a fixture and driving force of Fleet 5 for decades, and each of us who enjoys racing in such a collegiate and welcoming atmosphere owes him a debt of gratitude. Fred's fingerprints are all over the warm culture of this fleet, and I'm hopeful we can continue to live up to the standard he set. **John Casler** has written a thoughtful memorial which we include on page 4 below, and you can find his obituary at www.legacy.com/obituaries/wickedlocal-marblehead/obituary.aspx?n=frederick-brehob&pid=183620693. A memorial gathering is planned for sometime this summer.

My apologies again for having to bail on the winter party in January – mother nature definitely conspired against us on that one. But the good news is that we rescheduled it for this Saturday March 4th, and that's right around the corner. There may not be a football game on, but the bar will be in session and there will be plenty to talk about with the season so close. Hope you can make it.

UPCOMING EVENTS

Winter Spring Party – Saturday March 4th is rescheduled for 6:30 PM on Saturday March 4th at the home of **Christina & Kim Pandapas**. Please RSVP. As usual, the party will be potluck, and **Elise Nash** will supply the bar.

Spring Clinic – Thursday May 4th Fleet 5 will host an evening clinic on May 4th in the Fantail at the CYC, featuring a moderated panel (see details below). Cash bar.

Measurement Day – Saturday May 20th at EYC Fleet 5 will host a pre-nationals measurement on May 20th in the EYC dry sail area. For details, contact **Jim Raisides** or **Nat Taylor**.

Spring Series – May 27th – 28th Spring Series will kick off on the Saturday & Sunday of Memorial Day weekend.

Twilights Commence – June 1st The Twilight Series will start on June 1st, the first Thursday after Memorial Day.

Post Race Cocktail Party – Saturday June 3rd at the home of **Ann & Jim Taylor**. The party will be potluck, and **Elise Nash** will supply the bar.

East Coasts – There will be no 2017 East Coasts Championship.

Race Week Party – July 27th at the home of **Jennifer & Steve Uhl**. **Elise Nash** will supply the bar.

Fleet Captain
Kim Pandapas
kpandapas@comcast.net

Vice-President
Jim Raisides
jim@raisides.com

Treasurer:
Joe Fava
joseph.c.fava@gmail.com

Secretary:
Jeff Shoreman
jshoreman@gmail.com

Scorer:
Christina Pandapas
cpandapas@comcast.net

Social:
Elise Mazareas Nash
Elise.mazareas@gmail.com

Web Site:
Nat Taylor
nattaylor@gmail.com

MRA Rep
Jim Taylor
jtyd@shore.net

Masurer
Peter Sorlien
psorlien@gmail.com



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SHORT TACKS

No East Coasts in 2017 It pains us to report that, barring an unexpected overture from a yet-to-be-named fleet, there will be no East Coast Championship regatta this year. East Coast VP **Jim Lidington** worked since last summer to secure a host venue, but for a variety of reasons, was unable to nail one down. Your Fleet 5 leadership considered two rescue options. One was to host a scaled-down standalone event in June (in addition to Nationals), and the second was to run the EC's concurrently with Race Week. We quickly dismissed the standalone option as too late to shoehorn into the schedule and too much for one fleet in one year (and not wanting to undermine the Nationals effort). We thought longer about the RW option, but in the end dismissed that too. What sounds simple in theory gets more involved when you consider things like separate registration process to charge an EC fee (to pay for trophies), NOR, separate SI language, registration desks with fleet volunteers, not to mention things like number of crew. Leadership felt strongly that Fleet 5 volunteers should focus their best efforts on Nationals rather than a hastily scheduled EC. Next year!

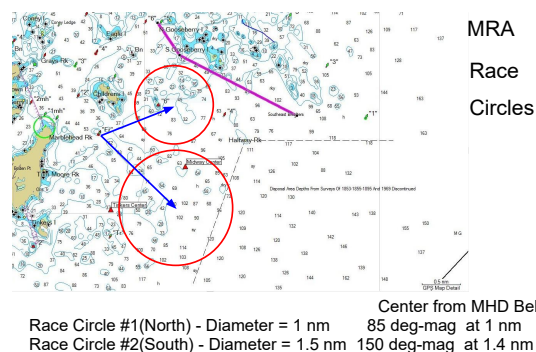
Spring Clinic Taking Shape You won't want to miss the 2017 Spring Clinic, which we're calling '*Racing Strategy: Start to Finish*.' The event will feature a moderated panel discussion with **Jud Smith**, **Tomas Hornos** and **Charlie Pendleton**, who will walk us around the race course from start to finish, covering topics like pre-race priorities, starting strategies, speed tweaks, race-course positioning and more. **Kim Pandapas** will moderate. The event will be held on Thursday May 4th at 6:30 in the Fantail of CYC – circle the date. Cash bar will be provided.

Class Extends Junior Waiver for 2017 The Rhodes 19 Class Association has extended its 2016 Rhodes junior boat waiver into 2017. That will allow boats campaigned by juniors to participate in all 2017 sanctioned events, which for us of course means Nationals. To be eligible junior boats must meet two criteria:

- 1) Skipper and 2 crew must be 14 to 17 years old.
- 2) The skipper must be a member of the Rhodes 19 Class Association.

MRA Is Moving Race Circles In response to a request from the fleets, the MRA is giving strong consideration to moving our racing areas. The chart below shows the current thinking for our racing circles for 2017. There are several issues prompting this initiative. The first is to move both circles closer to the harbor to encourage better participation, not just from Marblehead but from Salem, Beverly and Manchester as well. For the small boat circles (i.e. Tinkers), they want to

move the line out of the current and boat traffic west of a line from the MHD bell to Tinkers Gong. For the bigger boat line, they want expand the circle to allow for longer race legs. You can check www.mheadrace.org for updates, and if you have comments, please send them along to either **Jim Taylor** or **Kim Pandapas**.



Feedback on the PRO Guide The MRA is seeking feedback on the 2016 PRO guide (printed below). If you have any thoughts please contact **Jim Taylor** or **Kim Pandapas**.

Course & Number of Races	Windward Leg	Finish Line	Total Length/race	Comments
Any windward-leeward combinations. 3 races	0.6 - 0.9 nm	Either side of boat OK if clearly signaled. Please consider an occasional windward finish.	1.2 - 3.5 nm depending on course configuration.	NO triangle courses at ALL! The fleet prefers to sail three races if possible, though encourages the RC to consider, 1) an "A" course versus a "C" for the third race if it's getting late, and 2) Not starting a third race after 3:45 PM. Communication between RC personnel and fleet is important. Consider number of Rhodes on the line when setting starting line length.

Thank You Josh Long time measurer **Josh Wheeler** is considering a new gig that would involve relocating to India this summer and staying for a couple of years. As he can't measure our boats from there, and because he didn't want to leave us in the lurch, particularly during a Nationals year, he's decided it best that he step down. Here it is in his own words.

"It's 90% certain I will be beginning a long-term assignment in India, most likely starting in Q2 of this year. It's a minimum one-year assignment, with possible extensions up to 5 years. I would estimate I'll be in India 1-2 years, with possible posting in Europe after that if I can swing it. Given my long-term absence, not only from Boston but North America, I think it's only prudent that I relinquish my measurer responsibilities."

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We all owe Josh a huge debt of gratitude for his many years of service. Being a good measurer requires attention to detail, a helpful attitude and warm bedside manner. Josh has been all of those things, and more. Naturally, Josh will be working with the new measurer to assure a seamless transition. Please take a moment to thank Josh, either through a quick email to the Fleet Captain (so we can share it) or to Josh directly at joshua.wheeler@gmail.com.

New Fleet Measurer

Fleet 5 has a new measurer. We're pleased to announce that **Peter Sorlien** has agreed to step in as Fleet 5's new measurer. *Thank you, Peter!* As many of you know, Peter has undertaken a massive Rhodes restoration project in which he rebuilt his boat from the ground up and no detail was too small. As a result, he probably is more familiar with the boat's anatomy and rules governing it than just about anyone else in the fleet. Additionally, Peter is a great guy intent on being as helpful as he can, so we are in good hands. Peter has two near-term priorities. The first is to get Fleet 5 boats measured before Nationals so he can focus on out-of-towners at the regatta. And the second is to back fill all of the missing certificate data for all Fleet 5 boats. So, help him out by taking advantage of the pre-regatta measurement sessions and getting it done early. The first will be May 20th at EYC. You can reach Peter at psorlien@gmail.com.



Nationals A Mallory Cup Qualifier? Fleet 5 has been invited to make Nationals a Mallory Cup qualifier. The Nationals Committee is exploring the possibility and will let us know how things work out.

Fleet Website is Moving Fleet 5's website hosting is up for renewal on April 4th and the price is increasing to \$10/mo. So webmaster **Nat Taylor** is transferring the hosting to his own account, which will cost us nothing. Nat informs us that the new hosting will be secure, allow for multiple administrator accounts and be transparent to you. Thanks Nat!

Remembering Bill Henze Former Fleet 5 member **Bill Henze** passed away in January, just two months short of 92 years old. Bill was a member of Fleet 5 from the 60's through the 80s. He campaigned #982 for a period and later partnered with **Kevin Lane** in the 80s. He also served as Class

President from 1991-1992. From former partner **Kevin Lane**, *"A man of wisdom and grace. He will be missed."*

Time to Go Sailing In case you missed it, frostbiting out of BYC resumed a few weeks ago. If you don't feel like driving north one weekend, consider doing some sailing. For info, contact **Joe Fava** at joseph.c.fava@gmail.com.

Eric Cressy At It Again Anyone who has driven by Eric's house lately may have noticed this new ornament in front of his garage. We're pretty convinced that when it comes to fixing up old boats, he simply can't help himself. Thanks Eric. Let us know when it's done.



Welcome Bill Rothwell Rumor has it that **Eric Thornton** and **Bill Rothwell** have been conspiring to campaign Chili together this season. How outstanding is that? Welcome Bill.

We got our hands on a few pictures from last Fall's awards party. Thanks Elise.





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Remembering Fred Brehob *by John Casler*

*At Fiddler's Green, where seamen true
When here they've done their duty,
The bowl of grog shall still renew
And pledge to love and beauty.*



In Mainsheets, **Fred Brehob** often wrote tributes to those who had crossed the bar, always heading the articles "To Fiddler's Green." Now he too has gone to the legendary afterlife for sailors who have served at least 50 years at sea. We hope he enjoys the fiddle that never stops playing and the dancers who never tire.

Fred bought his first and only Rhodes 19 in 1967. He has

been the sole owner of #1475, which still sits in his driveway. Over the past 50 years, Fred raced actively in Fleet 5 and competed in dozens of National and East Coast Championships. He won Marblehead Race Week at least four times and the Fleet 5 MRA Championship at least twice. Fred was also a major contributor to the Rhodes Class for decades, serving as Class President from 1996 to 1998, and also as East Coast Vice President, Class Secretary, Class Governing Committee Member, and numerous Fleet 5 offices including Fleet 5 President.

Thinking back on the years that I was in Fleet 5 with Fred, I remember him stressing two things in particular. One was living up to our responsibility for hospitality when the Nationals came to Marblehead. Fred raced in the years when traveling to out of town national regattas was a big deal. Norm Cressy remembers Fred and Barbara trailering Wootzel behind a small VW all the way down to New Orleans, and also Fred going across on the Vineyard ferry for at least one regatta in Edgartown. Fred also showed the 1475 sail number in Freeport, Maine, Larchmont, New York, and Fairhope, Alabama. Fred always wanted to be sure that the party was ready to start when the boats from Chicago and NOLA pulled

into the Corinthian parking lot. And Chicago and NOLA folks knew it when Fred and the Wootzel crew pulled into town. There were real and strong friendships among the fleets around the country back then, and Fred was always right at the center of the nautical fellowship.

Fred was also always a stickler for strict adherence to the one-design concept. I can't exactly remember Fred's position on the proposal to allow removal of the rear floorboards, but my suspicion is he was against it. He had strong opinions on all the rules issues since that debate, and it wouldn't surprise me if, even from the vantage point of Fiddler's Green, Fred is still contesting the new keel development.

The Rhodes 19 class has now been raced in Marblehead for well over fifty years, and there are still a lot of us around who raced in the seventies, the eighties, and the nineties, and in those years Fred was always at the center of the action; always checking on the boatyard activities in the Spring, out on Misery Island for the annual picnic race, and always out for the last Chowder Race of the season. Fred was a founding member of Fleet 5's Special Awards Committee, once presenting The Turkey of the Year Award, a real live turkey clad in a white button down shirt, to a Fleet Five dignitary who shall remain nameless since Marblehead folk still store Rhodes at his facility over the winter. As long as those shared memories are intact in Marblehead and in Fleets around the country, Fred will be fondly remembered and sorely missed.

It should also be noted that prior to Fred's sailing career, he was a Korean War combat veteran.





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Nationals 2017 Update

by Regatta Co-chairs Matt Hooks & Nat Taylor



Reminder, 2017 Nationals are in Marblehead August 17-20. The Nationals Committee is busy organizing an awesome event, but there's one thing we



really need your help on: out of town participation! Summer weekends book up early, so we implore you to get in touch with your non-Fleet 5 friends ASAP. Offer your couch, offer your chit, offer to help them find a boat, offer to help them tune up and promise them inevitable good times (and good weather.) If you don't have any (friends) but want to make some, let us know at cochairs@r19nationals.com and we can set you up with contact info.

If you can't sail (or know someone who can't) and would be willing to charter, please let us know! Ideally, we'd like to see no boat go un-sailed, and we think charter opportunities would really help recruiting. Thanks! A few other updates:

Additional Volunteers The Nationals Committee is still looking for *A Few Good Fleet 5ers* to help us put on a phenomenal event. The current team would be appreciative of anyone who could help with logistics (EYC members) and social. If you're willing and able to lend your support, please email mhooks@gmail.com or nattaylor@gmail.com. We know the team would love your support!

2017 R19 Nationals Logo Contest We need a Nationals logo and want your help! We're excited to tap into the creativity and artistic talent of Fleet 5 to create a memorable logo for use on t-shirts, banners, posters and other swag. We have a few specifications, but otherwise this is your opportunity to leave your mark (literally!) on the 2017 Nationals. When designing a logo, please include:

- No more than two colors (not including base color)
- Regatta Name: Rhodes 19 National Championship
- Year: 2017
- Host: Eastern Yacht Club
- Location: Marblehead (optional)

Entries are due March 31st and we will select the winner. We look forward to seeing what you come up with!

Call for Sponsors The Sponsorship Committee has been busy securing both financial and in-kind donations, but our crack team is still looking for more leads to chase down. If you know of potential sponsors who may be willing to sponsor the 2017 R19 Nationals with cash or product, please reach out to **Matt Hooks** and **Nat Taylor** at cochairs@r19nationals.com.

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Scuttlebutt

Got News? Let's hear from you. Send your gossip, rumors and embarrassing tidbits to kpandapas@comcast.net.

Congratulations to **Joe Fava**, who sailed to a third at a Master Driver (he was not driving) Team Race in St. Pete back January.

Speaking of Joe, he and wife **Marissa Fava** are planning to welcome the newest member of their family in mid-April. Best of wishes to them.

New Fleet Measurer **Peter Sorlien** lobbied this into the leadership group, "My Wednesday night skipper, **Jack Miller**, proposed the scenario below. I think it would not measure in. Elise, have you designed an R19 hood ornament yet?"



HOW SAILORS DRIVE

Jim Raisides quipped, "I wish I could do that!!" **Christina Pandapas** chimed in, "Ever notice how your driving changes when you've just sailed a regatta? Every merge and rotary turns into a mark rounding...." Finally **Jim Taylor** got the last word with, "It's all about whether or not you have an overlap, on wheels or on the water. And on wheels, 'mast abeam' still applies!"

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FLEET 5 TRIVIA

(Answers on Page 9)

1. Name four active Fleet members who have won at least one Town Class Nationals.
2. Name two active members who have won Nationals in both the Town Class and The Rhodes Class.
3. Name an active Fleet 5 members who played women's hockey.

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The next Fleet 5 Newsletter will be published on April 1st. Newsletters are distributed by email. To request being added to Fleet 5's distribution list, please contact **Jeff Shoreman** at jshoreman@gmail.com.



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The Art of Preparation

*Spring training has started in Florida and you're counting the ski weekends left. That means it's time to start thinking boat, right? Well frankly, you're late. You probably should have started at Thanksgiving. Here's a quiz. Who are the people who consistently finish in the top five year after year? Now who are the people who are disturbingly maniacal about preparation and taking care of their boats? Do the two lists look similar? In sailing (and in life), preparation is everything. To quote his eminence, the great **Bill Belichick**, "The price of success is paid in advance." With that in mind, two of our better prepared skippers share their thoughts on preparation and making the most of the off-season.*



by Charlie Pendleton

Here in the Northeast, we spend more months off the water than on, so we have plenty of time to make sure we're ready to hit the ground running in the spring. Here are some of the things Jim and I focus on as we get ready for

spring.

Goals and Homework Goals are great motivators. Jim and I set goals every year. They can be simple, skill related goals like 'No more OCSs' or 'Downwind tactics', or they can be aspiration-based like 'place in a specific regatta.' We'll look at the last season and ask, 'What goals did/didn't we achieve? Where did we make mistakes? Where could we improve?' We'll also share articles about rules, or topics that cover areas where we need to improve, etc. This is a great way to stay motivated and get through the winter.

Boat and Equipment Rhodes 19s need ongoing maintenance and chances are you have something that is in need of attention. Lines, sails, hardware, rigging, hull, trailer, sailing gear...? It's easier to find parts and equipment in the winter, when you have time and suppliers have what you need in stock. Once the spring comes, it's amazing how quickly time runs out. A good practice is to *write it down*. Keep a running repair/replace list throughout the year and methodically work through it as you find the time.

Planning - Time and people Jim and I meet in May each year to look at the sailing schedule and talk about what days/races/regattas we're going to sail. Sailing on weekends and in regattas is a major commitment for you and your family. Figure out ahead of time what regattas you are going to target and what weekends you are going to sail. Block them off in your calendar now and communicate those dates to others (family, crew, work, etc.) so you don't run into scheduling conflicts.

Build a network of alternate crew. I have 5-8 people going into each season that can sub in for Jim or me where

Continued next page

by Kim Pandapas

I think about four broad categories of preparation: mind, body, boat and execution goals. Let's start with mind.



A great way to stay crisp is reading. There is no underestimating how much reading keeps you fresh and engaged. I devour all the rags, including the Laser Sailor quarterly, which is filled with great stuff. I also like to read at least one racing strategy book a year, and there is no shortage of those. If you don't subscribe to 'Speed & Smarts,' I highly recommend that too. And with the new RRS this year, keeping the rule book by your bed could do the double duty of keeping you current while helping you fall asleep.

As to body, *conditioning matters*. Sailing is a physical sport so staying in shape is key. You won't notice it when it's blowing 7 but you sure as hell will when it's blowing 15-20, like during the Spring Series. So go to the gym - regularly. You also can devise exercises that target specific sailing muscles or motions. For example, I came up with a couple of pulley exercises that I use to mimic trimming a lot of mainsheet in one motion (arm outstretched, pulling straight up and over my head).

As to boat, I start my repair list towards the end of the season and add items in the fall when I'm pulling the boat apart. Doing that in the fall is key to a successful spring. So in the fall, don't just throw the cover on and call it a season. Really take the boat apart and inspect everything. The goal is to identify all of the problems and things you'll need in the spring to avoid burning precious spring Saturdays in your car searching for parts. By the way, when you're doing all of this, adopt the mindset of always being on a weight witch hunt. If a halyard is heavy relative to a lighter weight options, get the lighter one. **Joe Duplin** used to say that if you pay attention to the ounces, the pounds take care of themselves. That's great advice.

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Charlie continued

necessary. It's a good idea to have third crew available for windy days. There is nothing worse than missing a perfect Saturday because you could not find crew or it was too windy and you were underweight.

Fitness Sailing is physically demanding – much more so than most people think. I've come into the summer out of shape and felt it. Sore arms, sore back and muscle cramps. Weight is another consideration – Rhodes 19 sailors go to great lengths to keep their boats close to the minimum weight but that's easily offset by the extra 5-10 lbs you might gain over the winter. Exercise! Work out during the off-season to keep the weight off and stay in shape. Spring sailing is cruel to those who have been lazy over the winter – August winds are kind to those that have stayed trim...

As **Bill Belichick** likes to say "no days off"...

* * *

RACER'S RESOURCE BOARD

Dave Whittier of **Stuart Marine** in Rockland Maine is the exclusive builder of Rhodes 19s. Call Dave at 207-594-5515 for pricing on new boats, used boats, repairs and parts.

Doyle Sails at (978) 740-5950 for new sails and repairs.

Chris Small – Full restorations and glass work-
csmall9021@yahoo.com, (978) 500-9021.

Neal Lewanda – Repairs, fiberglass/gel coat, rudders, keel work, etc. - neal@lewandamarine.com, 978-525-2700

Benjamin Parker of Aequis Yachts and does glass work and boat repair. Contact Ben at 58 Gregory Street, Marblehead (207) 319-3583 or benjamin.parker@aequisyachts.com.

Kenny Harvey – Rigging kenny@harveyrigging.com or (781) 631-6644

Waterline Systems provides a complete range of services. Call at (401) 682-1661.

Cape Cod Shipbuilding makes Zephyr extrusions and a full range of mast and boom hardware and fittings. Call **Dick Landis** at (508) 295-2240.

"**Phil's Foils**" builds Rhodes 19 rudders under the "Phil's Foils" brand name. Go to www.fastcomposites.ca or contact Phil Locker at (613) 599-6951.

The Trailer Shop – Located on 87 High St. in Danvers for any trailer repairs. Call **Dan Sullivan** at (978) 750-6799

Sailor's Tailor www.sailortailors.com for boat covers, rudder bags and marine stitching.

Kim continued

Finally on execution goals, every year, Christina and I identify the things we need to do better (which by the way is not a short list). Obviously, you can't practice roll tacking in your living room, but you can think about it and develop a plan for working on it. In his great book 'Sail, Race and Win,' **Eric Twine** suggests listing both the things you don't do well and the things you don't like doing, and he then goes on to observe that the two lists are virtually identical. People don't practice the things they don't enjoy, and as you'd expect, don't do them well. So be honest with yourself and figure out in advance what most gets in your way and what your priorities should be, and then make a plan to work on them. Sometimes Christina and I devote an entire season of MRA Saturdays to improving just one dimension of our game, like boat starts or jibe sets.

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NOTICE BOARD

Please mail postings and updates to kpandapas@comcast.net.

Trailer Wanted Need trailer for 19' Rhodes with fixed keel. Contact: terrancemjudson@gmail.com or 631-896-3122 Long Island, NY.

892 For Sale – **Rick Smyers & Jeff Sachs** are letting go one of the fastest boats in the fleet. "Rigging includes jib fine tune (accessible from the rails), adjustable jib cars, barney post, and stern traveler. Brand new sails (main was literally never used; jib just used once) and a spare set. Keel ground and faired in 2016. Mast replaced in 2013 and used sparingly since then. Boom replaced in 2011. 2 spin poles. Trailer included. Asking \$11,000." You can reach Rick at ricksmyers@gmail.com or rick.smyers@dartmouth.org.

For Sale 1978 Rhodes 19 keel version for sale. Needs work to make it a racer but a good foundation. Includes trailer and start sails. \$2,500 or best offer. Located in Barnstable, MA. Geoff geoff.hurwitch@parkcitysailing.org 435-659-6641

Clear Out Those Old Sails – Reclaim all that space in your garage, attic or sail locker. Please consider a tax deductible donation of your old sails to either Sail Salem at www.sailsalem.org or Courageous at www.courageoussailing.org.

Nahant Fleet Needs Sails – A startup fleet of R19s in Nahant will buy used mains and jibs. Contact **Abbott Lowell** at 978-853-1316 or abbott.lowell@outlook.com.



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FLEET PROFILE – MEET MARTHA MARTINI

Compiled by Christina Pandapas

*Many of us never got over **Bill Heffernan** painting Sweep white. Thankfully, **Martha and David Martini** bought Rhodes #1466 and painted it that distinctive red we'd all been missing. A competitive sailor since her teens, Martha made her mark on Marblehead sailing in the Town Class, winning five Marblehead Town Class season championships, two national championships, and multiple NOOD regattas, including one in which she scored bullets in all six races. She and husband David moved to the Rhodes for a new challenge five years ago, and this past season, won Fleet 5's Twilight Series overall. Martha shares with us some advice on sailing with one's spouse and finding downwind religion.*

What was the first boat you ever sailed?

The first boat I ever sailed was an "X" boat, which resembles a Townie, on a city lake close to my home in Minneapolis. I raced the "X" until I was 16 when I aged out of the fleet. After that, I raced an inland lake "C" scow until I left the city.

Scows are astonishing, like great water birds, supple and sleek. They are flat-bottom boats with topsides and bottom continuous – no chine – and a bow resembling the bottom of a duckbill. The "C" is designed to sail at 25 degrees heel upwind and has sideboards instead of a centerboard. Cat-rigged, it has a tacking angle of 70 degrees. Off the wind, in almost any breeze, it will plane. That boat was fast!

How long have you been sailing a Rhodes?

We have been sailing a Rhodes for five years.

Why did you start sailing a Rhodes?

We started sailing a Rhodes because we had nowhere to go in the Town Class. (David asked, "What's wrong with winning all the time?") And, I had always wanted to fly a spinnaker. Be careful what you wish for!

How long have you and David sailed together?

The first time we sailed together was on my "C" scow before we were married. (Someone once said, falsely, that I married David because I needed a crew.) That was 50 years ago. But then there was a long hiatus when we hadn't the time or money to even think about sailing.

Once we moved to Boston, I occasionally raced on the Charles at Community Boating. But our racing together resumed about 35 years ago, after we had been identified somehow and targeted by the redoubtable Jane Cooke, who got wind that we were moving to the North Shore. She gave us an old Townie and arranged a mooring in the harbor on condition that we race.

What is your best piece of advice for husbands and wives who race together?

My best piece of advice for husbands and wives who race

together is NEVER talk about a race until after you are off the water, home, showered and sitting down at dinner. And maybe not even then.

Where did the name "Il Prete Rosso" come from?

Once we had decided to leave the Town Class and buy a Rhodes, the first boat we looked at had red topsides, and David, who loves Vivaldi, said, "Aha! We'll call it 'Il Prete Rosso!'" Vivaldi was known as The Red Priest – "Il Prete Rosso" -- because he had flaming red hair. (I should mention that we were studying Italian at the time.)

We didn't get that boat, which was sold out from under us while we dithered. But when we finally found a boat for Chris (Small) to rebuild, we had him paint the topsides RED with that name in mind. The rest is history.

What is your favorite non-sailing activity?

My favorite non-sailing activity is reading old books.

What do you do for work?

I'm a lawyer.

What is your most memorable sailing moment?

My most memorable sailing moment was a moment of sheer terror! I was 15 and had a new boat to sail my last year competing in the "X" fleet. I was eager to try her out before the first race of the season. So after school, I biked to the lake, rowed out to the boat, towed it back to the dock, rigged, and set out solo. It was a beautiful day, blue sky, with light air out of the south.

In Minneapolis, storms can come up all of a sudden – in the twinkling of an eye – typically late afternoon, and always out of the northwest. As it happened, the dock was located on the northwest shore.

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As soon as I saw the lowering clouds, I abruptly changed course. The wind had shifted northwest, which meant that I had to beat home, and it began to build, fanning out across the water in dark streaks. I ALMOST made it back to the dock when the full force of the storm hit my boat, flipping it first one way, and then the other, until finally it turned turtle, leaving me holding on for dear life. Luckily, someone on shore saw my plight and responded immediately. I don't remember exactly how. Nor do I remember whether I was wearing a life jacket.

But I can tell you this. Ever since then, NO ONE steps onto our boat unless they're wearing a life jacket.

What is the biggest bonehead thing a crew of yours has ever done during a race?

My crew is perfect!

What is the biggest bonehead thing you've done during a race?

Well, once I hit the windward mark THREE times, in the days of re-rounding. And David reminds me of the time when we were sailing the Townie upwind in a stiff breeze, and I was hiking so hard, I tumbled overboard. When he finally sensed that something was wrong and turned around, I was nowhere to be seen, and he thought that I had DISAPPEARED!

What's the best tip you could give someone who's sailing a Rhodes for the first time?

The Rhodes is woefully underpowered upwind and must be sailed with great skill. After all these years, I should have a pretty good understanding of sail shape and so on, but I don't. So the BEST tip I could give someone who's racing a Rhodes for the first time is to ask Jim Raisides to come on board and mark the mainsheet with a Sharpie where it should be cleated upwind. That will set them in pretty good stead, that and (almost) always carrying the boom high of amidships.

The Rhodes is overpowered downwind and, for us at least, downwind is always a fiasco: Pray!

What book are you reading?

'Considerations on the Causes of the Greatness of the Romans and Their Decline' by Montesquieu.

Name one thing about yourself that fellow Fleet 5 members might be surprised to know.

I ride the Pan-Mass Challenge every summer.

* * *



TRIVIA ANSWERS

1. There could be more than four, but the ones we know of for sure include **Martha Martini**, **David Martini**, **Bill Heffernan** and **Renee Heffernan**.
2. **Bill Heffernan & Renee Heffernan**, though Renee has won two Rhodes Nationals while Bill has won one.
3. There are maybe more than one, but we know for certain that **Elise Nash** played, not well by her own admission, but she played. She played at Middlesex from 93-97, with the HBS Blades from 2004-2006, and then with the UVA Women's Club team for the 2008/2009 season. That year, they won their season and Elise drank, "from the biggest trophy I ever had to drink out of!" Here is the evidence.





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MAIL

Several folks reached out about the passing of **Fred Brehob**. **Dave Curtis** writes, "Sorry to hear about Fred. I hope maybe Race Week or some significant event can be run in his name. There aren't many people who have raced MRA in any class who were around as much as he was." We think that's an outstanding idea. All in favor of declaring 2017 NOOD as 'Fred Brehob Memorial Race Week,' say aye.

We got this from **Susie Schneider** on the RTTCs. "I applaud your ability to keep the RTTC timely and informative, week after week. And then the 'Christmas issue'!!!! I consider it an honor that I have been mentioned for the past 2 years in a row - without ever touching the tiller. There is a very appreciative RC person out there reading your 'deathless prose' each week, and enjoying your recap, from your perspective. From the other side of the cannon, Susie." Thanks Susie. Assume that probably doesn't translate into OCS chits, right?

A few folks weighed in on the January newsletter. First from **Joan Thayer**, "I just read from stem to stern the January newsletter. 25 uninterrupted minutes. Great way to start my day. My 2017 planner is marked up and ready to go. Love the variety of topics you cover. Looking forward to the March edition. Thank you for getting the fleet inspiredagain." **Forbes Barber** writes, "Thanks to you guys and **Elise Nash** for the kind words and write up on team racing! Will be great to get even more crossover from the F5 group into team racing and vice versa in 2017. Cheers and happy new year." And from **Amar Patel** in the Savannah fleet, "Kim, nice read through the Jan 2017 Newsletter and congrats on running the show for another year."

A couple of nice comments about how we run our fleet. First from Savannah Fleet Captain **Mark Winters**, "Kim, you certainly have a well-run fleet. I know we can learn a great deal about Fleet operations from you. Amar has shared your newsletter with me, and I hope to enhance our Fleet by borrowing some of your ideas. Cheers." Thanks Mark. It's totally a team effort and please let any of us know how we can help. And from **Susie Schneider**. "I just want to take a minute as we begin yet another racing year, to thank you for all your efforts to make Fleet 5 what it is - a vibrant, interesting, challenging, competitive, and still growing group of racers who really enjoy going out and interacting week after week. Part of the success of the fleet is the result of the dedication of several people who seriously want this class to continue to thrive, to be competitive, and to grow each year." Thanks Susie, and again, totally a team effort.

We got a bunch of disappointed texts and emails about the postponed winter party. Most were along the lines of this from **Mike Lane**, who wrote, "That sucks, but is probably the right call." **Jeff Shoreman** wrote, "Definitely the right call. Roads are pretty messy." **Jim Taylor** weighed in, "Good call on calling the party Sat. It would have been a sparsely attended mess, no doubt with cars plowed in on Evans Road." Our favorite, though, is from **Tommy Tompkins**, who wrote, "Wimps."

We have received nothing but appreciative comments on **Peter Sorlien's** generous acceptance of the role of Measurer. **Elise Nash** wrote, "Great news! Thanks Peter!!" From **Mike Lane**, "Awesome! He would have been my first choice." **Nat Taylor** wrote, "Start the parade for Peter. That's excellent news." From **Christina Pandapas**, "Special place in sailing heaven for Peter." And **Jeff Shoreman** added, "Hear hear! Thank you, Peter for taking on this critical role!" We couldn't have said it better ourselves.

Elise Nash sent in the picture below with the comment, "You think me with a power drill is scary? How about me with a snowplow?" Okay, you got us there. Not sure I'd want to be anywhere near that.



Finally, in obvious reference to her husband's uninspired hiking, **Christina Pandapas** lobbed in this shot with the caption, "Now - that's a skipper hiking!"

