

# Triangle Boardsailing Club/ Mindjibe

November 2008

Send your newsletter contributions (stories, pics, suggestions, sale items) to Debbie Hage at [dehpt2@yahoo.com](mailto:dehpt2@yahoo.com)

Visit our website at [www.triangleboardsailing.com](http://www.triangleboardsailing.com)



Save the Date:

Sat, Dec. 6<sup>th</sup> Video Night

Sat. Feb 7<sup>th</sup> Winter Party

Sat, Mar 21<sup>st</sup> Swap Meet

May 2-9 Hatteras Club trip

**May 30<sup>th</sup> Picnic & Sail Day**

## **VIDEO NIGHT**

### **"The Windsurfing Movie"**

Once again, Mark and Cathy Kernodle will host the TBC video night at their home in Eno Township on Dec. 6, 2008 starting at 7:30pm. "The Windsurfing Movie" will be the featured presentation, but please bring any good windsurfing DVD's or VHS tapes that you might have laying around on the (slight) chance that we haven't already seen 'em!

Popcorn, snacks, more popcorn, and soft drinks will be provided. BYOB, but please, do not bring any food.

Directions from Raleigh and Cary:  
I-40 West, bear right at the fork

onto NC 147 North (Durham Freeway)  
Take exit 16A (15-501 / Hillsborough Road)  
At the top of the ramp, turn left onto Hillsborough Road  
At the second light, turn right (North) onto Cole Mill Road  
{proceed to epilogue}

Directions from North Raleigh:  
US 70 West to I-85 South  
Take exit 273, Cole Mill Road  
Turn right (North) onto Cole Mill Road  
{proceed to epilogue}

Directions from Durham and Chapel Hill:  
15-501 North to exit 108-D (Hillsborough Road)  
At the top of the ramp, turn left onto Hillsborough Road  
At the second stoplight, turn right (North) onto Cole Mill Road  
{proceed to epilogue}

Epilogue:  
After crossing the Eno River, turn left at the next stoplight onto Old Cole Mill Road  
Take the first right onto Eno Woods Trail  
Take the second right onto Laurel Creek Way  
We are the last house on the left

3605 Laurel Creek Way  
Durham, NC 27712  
(919) 384-9909

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## Club Trip, October 2008

### New Dues Policy for 2009

Since inception, the Triangle Boardsailing Club has levied dues based upon an annual renew date, i.e. like a magazine subscription. To simplify the business operations of the club, we are moving to a single renewal date for everyone in 2009. Everyone's renew date will be Jan. 1, and we will send out a postcard reminder. Additionally, we have decided to discontinue the family membership category. All memberships will be family memberships. In other words, all family members living at the same address as a dues-paid TBC member will be considered a TBC member. The new annual dues will be \$10. This lower dues amount reflects a move towards reducing the number of pages in MindJibe to help lower our printing costs. We will rely more on email, letters, and postcards to communicate club information and event dates.

During the first year of this new policy there will of course be some wrinkles to iron out. Any dues-paid TBC member whose current renewal date is Feb. 2009 or later have their renewal date moved to Jan. 1, 2010. Any new members who join after October in the current calendar year will have their renewal date bumped to Jan. 1 of the second following year.

#### Examples:

Windy McSpendy has been a TBC member since 1983, and her renew date is Feb. 2009. Her new renew date is Jan. 1 2010. Joe Smythe joins in Oct. 2009, his next renew date will be Jan. 1, 2011. Janet Dough joins in Sept. 2009, her renewal date is Jan. 1, 2010. Sorry Janet, but we have to make the cut somewhere. After all, it's only ten bucks!

Who drove the farthest to get there? That would be Jacek and Alex who drove 12 hours from Canada and had a three-hour road delay because of an explosion in a tunnel. Joyce got stuck in Rodanthe for 2 hours because the road was closed due to overwash. The condition of Highway 12 remained an issue the whole week. During high tide the road was sometimes closed until road crews could clear the roads of sand and water.

We stayed in a really good house, West Wind in Avon which is in the Island Creek development. Ocean Air was just around the corner. If this is not the epicenter of North Carolina windsurfing, where would it be? Unusually, West Wind has two bunk rooms and can accommodate single people who participate in the club trips. We shared the excellent launch site with some guys from Upstate New York. Sandy beach covered with dried seaweed; a wetlands wetlands area between the house and the sound.. You crossed a pier over the wetlands to carry your gear down to the water. Perfect water depth the whole time: it was deep enough to sail right at the water's edge and no shallow spots further out, even though most of the week we had winds out of the north and northeast. There was adequate rigging space on grass and good storage space for gear under the house. North wind mostly, so it was generally cooler than we would have liked. Full suits were definitely the call the whole week as air temperatures were in the upper 50s and low 60s most of the time.

Attending: Tom Patterson, Jacek Karczewski and Alex; John and Judi Harper, Joyce and John Rutledge; Debbie Hage, Paul Rowan (editor addition: Walt also in attendance). Next door there were some kites, but on the whole windsurfers and kites sailed together without any incidents.

One of our number took an extended personal kite lesson and progressed far enough as to stay on the board for 2 minutes.

In terms of wind, this trip really rocked. Let's pour a libation to the wind gods who delivered good wind every day, including the first Saturday afternoon when several of us sailed happily in light rain for two hours or more. Monday there was too much wind--the sound lit up with whitecaps like the stars at night; Only a couple of us got out there, this author not included. Not the right equipment, not the right fortitude, too much comfort and control--whatever it was, Monday was just too much wind. From the second floor of the house you could see The Reef laughing defiantly at us, but no one ventured out that far this trip. We had the usual splendid sunsets and at night the wind howled.

We had some great food. Jacek made his now-famous Polish hunter's stew called "bigos". It has beef (or whatever you shoot on the hunt, rabbit, quail, etc.), mushrooms, sauerkraut, sliced cabbage, spices and herbs. The unusual ingredient was prunes, which added a bit of sweetness and helped to thicken the sauce. The whole thing cooks for 12 hours so all the flavor can "marry". Served with mashed potatoes, it made an even happier end to a happy day of sailing..

Who made the most improvement? Hard to say. For most of us, just being out there in perfect or near-perfect conditions was enough, forget about improving. At the start of the week, my jibes on the outside were not working very well. And to my chagrin, that board is supposed to jibe itself. Most of them were just saved jibes. Then I spent some time trying to feel that split second when the sail tells you that it's ready to flip around. Once I paid more attention to that, my percentage on jibes went up. Paul Rowan bought a really short board for

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"epic" conditions. Getting gear always counts as progress in windsurfing. Some of us who have had less experience on the Outer Banks got a better sense of which sail size is used in which conditions. Making that right call about sail size always brings a sense of accomplishment. John Harper worked on figuring out which sail let him go at the speed that he felt comfortable with.

A Ride Hatteras story. I went to Ride Hatteras looking for footstrap screws for my Mistral Equipe longboard, ca. 1992. Since those glorious longboard racing days, however, manufacturers now use longer, more standard screws for footstraps. The dedicated short, blunt Mistral screws are hard to find. Ride Hatteras had only one in their box of screws and I needed sixteen because a longboard has so many footstraps. One of the Ride Hatteras people said they had some old boards under the store and maybe I could take the screws out of that. So the two of us crawled under the store to find a pile of old unsold and unclaimed boards. I find exactly the screws I needed on an old board and took them out with a store-supplied power screwdriver. Thanks to Ride Hatteras for truly excellent service. And they didn't even charge me anything for the screws!

The stores and shopping. I'm sure all of us went to the stores once or twice. Ocean Air was packed with equipment as usual, but they don't carry Naish gear any longer. Olaf and Margaret's place was chock full of windsurfing gear. Not much used gear around. Good stuff goes quickly and old stuff just doesn't move, one store employee told me. Sadly, the board that I took my footstrap screws out of was a perfectly good board from about 1993. People are still sailing that model and can sail about as fast as newer models.

Outer Banks night life? The discos?  
The rave scene? Nothing to say there.

Most of us were exhausted at night from lots of good sailing during the day and went to bed early so as to be able to sail the next day. We were often out on the water by 8:00 a.m. (Well, at least I was. I'm a morning person and I hate to see good wind go to waste.)

Can't wait for the May trip. Who wants to coordinate this time?

John Rutledge, Trip Coordinator

## **The Windsurfing Guru Ponders the Jibe**

TRUTH SEEKER: How difficult is the jibe, Guru? Why does it take people so long to learn to do it reliably?

GURU: There is no answer to the first question. The answer to the second question is TOW.

SEEKER: But surely one can at least make comparisons. Is the jibe harder than log rolling? Harder than learning to ride a bike?

GURU: It has aspects of both of those. In the jibe you've got to be mindful of wind strength, board speed, water condition, and the behavior of your gear. You've got to feel the wind pressure on the sail and flip at the right time. You've got to pay attention to foot placement at the same time you're flipping the sail. And these things have to happen almost at once. Come to think of it, it's a wonder that anyone ever learns to jibe.

SEEKER: Some sailors never do, it seems.

GURU: About 28% of all windsurfers have the jibe nailed and can do it right most of the time.

SEEKER: I'll take your statistics with a grain of salt, but you're

saying it's hard to learn and hard to do right, right?

GURU: Some learn it in days; some will devote their lives to the pursuit of the shortboard carving jibe.

SEEKER: Aptitude or brain wiring plays a role in it then?

Robby learned it in days, but it took me 12 years and some days it still doesn't work well.

GURU: It's the problem of individual differences. People have different skill sets. And there are so few windsurfers. Try to imagine a country where everyone windsurfed. The jibe might be regarded as no more special than walking. Everyone would be able to jibe proficiently and the gifted would do it with swashbuckling flare and bravado. A simple jibe wouldn't be regarded as difficult in that country.

SEEKER: Sadly, no such country yet exists. To get around individual differences let's devise a scale of difficulty of human activities. We could rank skills on a scale of 1 to 100, from chewing gum while walking to a double forward loop in a gale. Jibing might be a 75 on that scale. Or where would you place it?

GURU: You won't get far with that methodology. Brain surgery and ballet require fairly different aptitudes and skills.

SEEKER: OK, forget that. Let's stick to sports activities. What other motions or moves, actions, or features of other sports are as hard as the jibe?

GURU: What does "hard" mean?

SEEKER: Hmm. I guess it would be a combination mental alertness, correct perception of conditions, a bit of physical strength occasionally, and mainly physical coordination.

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GURU: Maybe you've answered your own question, if complexity makes something difficult then the jibe is hard. We can discuss later whether complexity or simplicity that makes something difficult.

But I digress....

SEEKER: And what compares to the jibe?

GURU: It would have to be a feature in a sport that has variables like constantly changing wind and water and the qualities you listed. Can you think of another sport with so many variables?

SEEKER: Kiting comes to mind. Surfing, maybe. I'll put my mind to it, Guru. I see that it's a more complicated matter than I imagined.

GURU: Why did you want to know whether the jibe is difficult or not? Why does it matter to you? Or are you motivated purely by intellectual curiosity? Do you just want to understand windsurfing better? You say that you have mastered the jibe. Do you want to gloat over those who have not? Are you trying to feel good about yourself?

SEEKER: I'm supposed to be the one asking questions here! Time to go practice my carving jibe.

GURU: I guess there are some truths we just don't want to seek, Seeker.

Why can't I sail when it really blows?

GURU: Timidius, you mock me by posing so easy a question. Where is the challenge in that?! This is a perfect example of a problem that can be solved by throwing money at it. Buy yourself a good 3.5 sail and a 65-liter board. Spend a week in 30+ mph conditions to get the gear dialed in. Then you too can sail comfortably when it blows like stink.

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TIMIDIUS. Surfmeister, I see people going out in really high winds. They seem to have to prove something to themselves and others. Or maybe they just enjoy the challenge. But I'm not comfortable when the wind is so strong I can't even control the sail when I'm carrying it to the water.

# Triangle Boardsailing Club/ Mindjibe

## Membership Form

Make Check Payable to: Triangle Boardsailing Club      Dues: \$10  
Please print clearly and mail to TBC

Mail To:

Triangle Boardsailing Club  
P.O. Box 662  
Cary, NC 27513

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New Member: \_\_\_\_\_ Renewal: \_\_\_\_\_

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Day: \_( )\_ - \_\_\_\_\_ Eve: \_( )\_ - \_\_\_\_\_

E-Mail (optional): \_\_\_\_\_

I, \_\_\_\_\_ as a member of the Triangle Boardsailing Club, do hereby acknowledge that it is impossible to eliminate all risks associated with the sport of boardsailing, and for myself, my executors, administrators, successors and assigns, waive, release and forever discharge any and all rights and claims for damages, whether they arise in tort, contract, equity or otherwise, which may accrue to me against the Triangle Boardsailing Club, its officers, directors, and members (hereinafter referred to collectively as the "TBC"), and which result from, originate and/or arise out of, directly or indirectly, my participation in TBC meetings or events, or use of TBC equipment. I do further indemnify and hold harmless the TBC against any and all liability or responsibility for any injury whatsoever, including but not limited to injury to my person or property, received, incurred, and/or arising out of, directly or indirectly, my participation in TBC events, or use of TBC equipment. My release is also given for the reproduction of any photographs taken of me or including me for use in media coverage. I understand that I am waiving rights, which may otherwise have been mine by law, and I do so of my own free will and consent.

### **TBC organizes:**

Club windsurfing trips to Hatteras Island and other windy locations  
Club meetings and parties  
Free sailing and rigging clinics  
Swap Meets  
Races

### **Membership entitles you to:**

Updates in TBC's Newsletter *Mindjibe*  
Free classified ad service in *Mindjibe*  
Mail notification of club events and travel information  
Use of club-owned equipment on a signup basis  
Refreshments provided at club events

*In addition TBC owns and maintains the local WindTalker at Jordan Lake (387-5969).*

The Triangle Boardsailing Club is a non-profit organization dedicated to promoting and preserving the sport of Windsurfing.