



“Pushing it” on open water

Was I bad last month? I didn't mean it that way. I think sailing is fun! Look at all the aerobics you get to do. Also do you notice the shape that you're in from all that sailing... How about that tan! Power boaters are usually under canopies or pilot-houses, drinking beer to martinis ... and that's underway. Wait till they dock up ... the drinking really begins now that the captain can join in That's when the good stuff really starts flowing. No aerobics on powerboats ... there boats stay flat and go go go.

Sailboats are different...we heel over (lean), the drinks usually fall over and listen to this, we have plastic cups to drink from, Power boaters have real glasses! You can hear the ice clinking!! On sailboats there is not much drinking. This is due to the fact that when Sailing we heel or tack, the drinks, if not getting spilled, are mixed up from moving to the other side of the sailboat. This is when you read in the newspaper a boater was res-

What About Sailing? Again! Part II

by Capt. Douglas Malat

cued from the water. It's possible that it was a guest or crew member aboard a sailboat that was chasing their drink before both were launched overboard. When we do get to our destination, you never see us on deck drinking or otherwise, we are usually below sleeping to regain our strength Aerobics knocks us out. Then once we do regain our strength, it's back on deck and look out we're fixing, adjusting, and tightening everything in site. Then, you guessed it, back to sleep. When we are back to ourselves, we are usually sanding down teak, varnishing, or oiling it. We do break out the alcohol, but we have wine We are reserved. How reserved, I don't know If you remember, we're drinking out of plastic.

Now lets' get serious. It's not like that at all well some of it is, but generally no. Sailing is just that sailing through the water, and with some people it gets through to their hearts. I've sailed from Montauk to Bermuda, taking 4 1/2 days and on some of those days, there was not a need to even adjust the sails. I've gone to Block Island and Nantucket needing only to attend the sails (winching and

adjusting) rarely. It's once you get through the "Boot Camp" and venture out on your own do you realize how mellow sailing really is.

With a powerboat, as the weather changes and the waves get bigger or smaller, they just adjust their throttle. Our throttles are those sails, main and genoa. As the wind picks up, our sails are either

reefed (brought in some) or taken down to only one sail. And with the opposite (wind easing) we put out more or even bigger sails. All this action is physical. Do we do it all the time? No, but as weather fronts roll by, it definitely keeps us busy. So when we have a sailing trip that is just perfect we don't forget. How often is the weather perfect? Sea conditions? Wind? All this has to come together to achieve

that perfect sail. Who has patience for that? Because it doesn't come that often. Usually something is off. Well, we're always waiting for that perfect sail. Sometimes it seems like a long time especially if we are just drifting with no wind. You know and I know



Finally getting there! Yvette relaxing on Block Island, RI.

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