

## Sailing

Sailing is an exciting sport. Like all sports, the enjoyment comes from mastering “the rules of the game”. Practice gives you the experience to manage the intricate details of the sport.

When you cruise you have to be constantly aware of where you are, where you are going, and how much room you have to maneuver safely. Are the sails trimmed correctly for the wind you are experiencing? Are you aware of currents that may force you to go where you do not want to go? Running aground is a risk when cruising near the coast.

I like sailing because it requires a constant mental exercise. You also need agility to move around the boat and on deck. Even when at anchor, your ears must always be ready to catch unusual sounds that tell you whether or not your anchor is holding or other boats are too close for comfort.

Kathi and I have decided to keep up with the sport although it is becoming more difficult to find a crew. We discovered with great satisfaction that we could sail by ourselves. I handle the heavy work and navigation. She is mostly at the helm.

When we sailed near St. Martin-St. Barth, where winds of 20 knots and sunny skies are the rule, we met a group of six ladies. As we shared a few drinks, they told us that they sail in the best places around the globe. Every year they charter a boat with a captain and cook and have fun. Wouldn't you like to be on that boat?

The following day, at breakfast, we met again two of the ladies. I asked them if they would like to come sailing with us near Newport. “Sure”, they answered promptly. There was no hesitation in their voice. Sailing for them is top priority. Total enjoyment.

We sailed together for a week. It was the first time they cruised the Mystic, Newport, Block Island waters and they really enjoyed the cool weather, the heavy fog, and the windy and sunny days. When we parted, we planned to do it again. Somewhere. The spirit and companionship were there. Finding new friends with the intensity of living and enjoying a wonderful cruising vacation is a pleasure to cherish.

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