

West Wind

The Newsletter of the NZ Zephyr Owners' Association

Volume 53 Issue 1

www.zephyr.org.nz

October 2008

Editorial

Des Townson

As I was finishing off this edition of West Wind, news came through that Des had passed away at this Howick home. By the time this reaches you, more formal announcements will have been made I am sure. Des single-handedly created the Zephyr class. He built most of the boats and over the last 50 years hundreds of sailors have passed through them. His Mistral, Starling, Pied Piper, keelboats and Electron designs constitute an amazing legacy for New Zealand sailing. There can be few New Zealand sailors that his life and career have not influenced.

From the AGM

Minutes of the AGM are on the web site for those interested. The mast track rule change was passed and a useful discussion had about the proposed rule on compasses. It appears in this West Wind for voting on.

Sail Ties: There is ongoing debate about Velcro ties on the sails. They remain the default, with the traditional "string" ties an optional extra. Indications are that the class is becoming accustomed to the Velcro ties. If the security band across the inner end of the Velcro is utilized, inadvertent "brush past" batten extrusion should be very rare.

Masts: We have looked at alternative mast suppliers and will maintain a watching brief. Northland Spars and Rigging have been made aware of our quality concerns and are making changes - involving the use of a new mandrel. ZOA's experience with changing the sails and the construction of the new hulls, has made us wary of the unintended consequences, so we have elected to work with the status quo meanwhile.

Financial Position: Alex Aitken relayed a very satisfactory financial position for the ZOA. The ZOA is steadily accumulating reserves, thanks to Alex's excellent stewardship. We occasionally ponder what level of reserves are adequate, but we are mindful of times when the ZOA has struggled financially, so "saving for a rainy day" still influences our thinking.

Lyttelton Nationals

The NOR for the Lyttelton Nationals is on the back page. I understand the Auckland sailors are contemplating a container, but I don't have any details yet. I will post those on the web site when they come to hand.

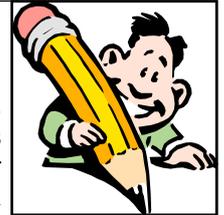
New Hulls

An order has been received for Zephyr #520, for a Tauranga sailor. The success of our collaboration with the Auckland Traditional Boatbuilding School has been outstanding - something we really did not envisage when it was first embarked upon.

Russell Turner

ZOA Exec member and Measurer Russell Turner is home after a month spent in Middlemore recuperating from a fall down his stairs. We wish him a speedy recovery.

From the Pen of Alex Aitken National President



Greetings to Zephyr Owners, some active, some lively young guns, and some of us that struggle to get back in the boat after an unexpected swim. The season is well under way and a number of Zephyrs up and down the country have changed hands during the past winter. Just received an order for a new hull. When completed this will boost the fleet of new Zephyr 500 series to 20. If we include the Cedar glassed hulls (250 series) produced over the last ten years we have added 30 hulls which will ensure the survival of the Zephyr Class for many years.

ZOA trading arm is still going strong with orders for new rigging and sails. The Canterbury team is engaged in some rigorous training for the national contest on Lyttelton Harbour, 22-25 January 2009. The grape vine communication tells me that the North Island fleet including Wellington are planning a major assault. "Bring em on" the Mainland is keen to maintain a great social event both on and off the water. Accommodation is available.

For the aged sailor the Naval Point Club have promised sailing conditions second to none. Their fleet of support rescue boats are being fitted out with winches, block and tackle devices to enable boats to be stood upright and the sailor winched out and deposited in the cockpit. I have it on good authority that the President will be provided with a personal rescue craft and a helicopter on stand by.

A number of you will be aware that Russell Turner, our Zephyr trading man in Auckland, has suffered a major injury and is convalescing at home. He is anxious to get sorted with computer systems so he can carry on business and take care of Zephyr enquiries. Our thoughts are with Russell and Dorothy as they cope with the day to day issues of recovery. I have updated names, address and contact details of ZOA executive and have given details of subscription forms to all regions. To help with administration costs would you please post details and cheques for \$30.00 ASAP.

I wish you well for the busy season ahead and look forward to further contact.

Alex Aitken

Practice for the Nationals!

*Simulate Big Fleet Sailing
Dirty Air, Limited Option Taking.*

**Zephyr Weekend
Hamilton Yacht Club**

November 22nd and 23rd, 2008

Six Races over two days

\$15 entry

NOR on ZOA Web Site

ebertr@xtra.co.nz

How to outlast your Zephyr

It's no secret that the Zephyr class attracts mostly middle aged blokes. It is also clear that many class members intend to sail their Zephyrs for a good many years yet. Steve Pyatt has invested in a Zimmer frame already, claiming it allows greater inboard sheeting of the mainsail, but it doesn't fool anyone. Even he readily admits it is a pretty handy device to hang onto every now and then. Also significant are the increased number of peanut butter container lids being attached to the back of hatch covers and the underside of aft decks – ostensibly ideal repositories for small items such as sunscreen shackles, but increasingly, I suspect for medication bottles!

Anyhow, I thought I would enter into the spirit of living and sailing forever by contributing some recent literature on aging from Mike Roizen, an anaesthetist intent upon living a long time. As he points out *“most of us go on our way, living happily through life, until one day, we start to feel old, and the symptoms domino right before our cataract-infested eyes. Our bones creak, our backs hurt, we space on the names of our neighbors, we hate driving at night, we can't play golf anymore, we can't hear what our spouses are saying, and our sex lives pretty much consist of brushing up against the washing machine. Pretty soon, we're eating dinner at 3:30 and our primary goal of the day is staying up long enough to catch Wheel of Fortune. To us, that approach means you're drowning in life—not bathing in the beauty of it.”*

Many writers are challenging the way we think about aging. Theoretically, if we could avoid things like heart disease and cancer that account for over 50 percent of all deaths, we could live maybe 50 percent longer. But that only increases your average life expectancy by about 9 1/2 years, because something else takes its place.

The task is to slow the aging of our cells so we can have a better, longer life, well past the age of 100. Aging and disease are not the same thing. As we grow older, all of our bodily systems slowly deteriorate, making us more vulnerable to disease. The key is to slow the aging process.

Listed below are some of the choices that have been shown in at least 4 human studies to change your rate of aging

- Get more than 1000 mg a day of calcium and more than 333 mg of magnesium in diet or supplements daily and consume at least 400 mg in any 12-hour period.
- Consume food with, or get 2 gm of omega-3's a day.
- Consume 800 µg of folate (folic acid) daily in diet or supplement.
- Consume food or supplements with 1000 IU of vitamin D or get 10 minutes of sun a day.
- Take a B containing multivitamin twice every day. The multivitamin should not have iron and should have less than 2500 IU of vitamin A.
- Achieve and maintain a waist smaller than 35 inches (men) or 32.5 inches (women)
- Consume 25 grams of fiber a day
- For typical men older than 35 yr and women older than 40 yr, take one 162.5mg tablet of aspirin daily with a glass of warm water, after consulting with your doctor.
- Decide what your purpose is in life, and always remember and focus on that.
- Learn how to manage your reactions to major life events that are stressful.
- Complete Nagging Tasks.
- Find a support person and communicate with that person every day, no excuses.
- Know your blood pressure and keep it at or below 115/76

mmHg.

- Eat 10 helpings a week of tomatoes with olive oil, or tomato paste with a little oil.
- Do what you can to reduce bad cholesterol (LDL) and increase good cholesterol (HDL) levels. HDL levels should be > 55 mg/dL and LDL levels <100 mg/dL
- Eat an age reduction breakfast daily.
- Avoid all non-fruit non-veggie snacks except nuts. Eat an ounce of nuts 5 times a week.
- Eat 4 fruits a day and 5 vegetable servings a day (a serving is the size of a pack of cards). Eat red meat once a week or less often.
- Throw out and do not buy any food save fruit and veggies with one of these in the first five ingredients: simple sugars, saturated or trans fats, syrups, and any grain other than 100% whole grain.
- Floss daily and see a dentist and dental hygienist every 6 months.
- If you are a man older than 40 yr, have 1-2 drinks a day; if you are a woman older than 40 yr, have 1/2 to 1 drink a day, providing there is no abuse potential or history of alcohol abuse in family. Too much alcohol can make you older.
- Use red pepper, cinnamon and cumin spices daily.
- Exercise enough to lower your resting heart rate below 66 beats per minute and burn 3500 kcal with physical activity a week.
- Do 60 minutes of stamina building activity (something that makes you sweat or raises your heart rate >80% of maximum for age) per week.
- Do 30 minutes of strength building and flexibility exercises a week, walk 30 minutes a day, no excuses.
- Book a minimum of 30 minutes a day for physical activities into your schedule.
- Plan sleep and learn a few yoga poses to do daily on awakening.
- Get rid of all electronic gizmos like TV's & computers from your bedroom -couples with TV's in their bedroom sleep less well and have 50% less sex than those without.
- Sleeping 8 hours (men) or 7 hours (women) a night makes you younger.
- Continue your education.
- Choose and keep a stable spouse who is well educated. If single, marry a well-educated person.
- Practice safe sex, in fact, practice a lot of safe sex. The more orgasms you have a year, the younger you are. The average number of orgasms for American men is 58 per year. Increasing the number through mutually monogamous or safe sex to 158 makes you at least 8 years younger than your calendar age.
- Develop a group of friends to call upon during major life events and call frequently on friends who are experiencing a major life event.
- Join and participate in a social group, be it a church group, or community improvement group.
- Learn how to laugh at yourself. Laughter is a whole body experience that can turn pain into perceptions of joy. It opens lines of communication and reduces anxiety, tension, and stress.
- Live below your income level.
- Pay yourself first. Save the first 10% of your income every month.
- Drive within 5 miles of the speed limit.
- Do not drive after drinking alcohol or with anyone who has

(Continued on page 3)

NEW HULLS <i>More details on the web site.</i>	
Stage 1 - Shell Triple skin shell with deck frames, bulkheads, centre case, mast step. ZOA royalty, admin costs, freight paid to all New Zealand	\$4150
Stage 2 - Decked Seal inside bulkheads, fit deck. Labour content only, with timber to owner's specifications - specialty plywoods can be up to \$500	POA
Stage 3 - Trimmed To add all finishing trimming. Labour content only, as specialty trims can be expensive.	POA
Terms <ul style="list-style-type: none"> • A payment to ZOA of \$1500 is required with order. • All finishing work can be completed by the owner or negotiated with the builder. • The minimum weight of a completed hull, painted, with permanent fittings, is 57kg. • Hull number is supplied through ZOA boat registration. • ZOA would issue building consent in writing to conform with Zephyr rules and any additional work required. • It is agreed that all communication will be between ZOA and the prospective owner. • Delivery details to owner's address is the responsibility of ZOA. Hull to be sealed and wrapped where delivery is undertaken by a cartage contractor. 	

ZEPHYR COMPONENTS PRICE LIST <i>Effective 1st Dec 2007</i> <i>Confidential to ZOA and its members</i> <i>Prices include freight and GST.</i>	
Mast; anodised with riveted track and halyard cap	\$775
Mast; assembled complete with halyard lock, sliding goose neck, T cleat, kicker hanger, halyard strop and tail, 2 1/2 " 2 pin plug	POA
Boom; 2.69m x mast section (angled one end)	\$317
Boom; assembled complete with boom plug, block hangers (main and vang), internal adjustable out-haul complete	POA
Rigging; 10m x 2.5mm 1x19 stainless, 2.5mm hook swages x 3, 3x backing plates. (slotted into mast at heights listed in class rules, included in mast assembly)	\$113*
Sails; complete with window, number, insignia (black, blue, red or green) wind indicators and tube bag. <i>Note; We no longer recommend coloured sails as the cloth is different.</i>	\$758
Draft Stripes; (optional) set of two	\$20
Sail Tube bag with Zephyr Logo sold separately	\$45
Battens; Blue Streak per set	\$223
Gear bag; medium with Zephyr Logo.	\$75
Notes <ul style="list-style-type: none"> • Items marked with an * are ordered on request and prices quoted are subject to specification. • New sails supplied by Doyles will be of the current design. Enquiries and Orders: Alex Aitken 03 344 0461 Russell Turner 09 534 7747	

<p><i>(Continued from page 2)</i></p> <p>drunk alcohol or taken drugs. Accidents cause premature aging. Three major accident types that are largely preventable are motor vehicle accidents, home fires, and falls at home.</p> <ul style="list-style-type: none"> • Wear seat belts when you are in a car. Drive a mid-size or larger car. • Do not use a cellular phone while driving. Your thought processes divert your attention from driving. 	<ul style="list-style-type: none"> • Use airbags unless you are an adult shorter than 5 feet 2 inches, are a child, or cannot sit further than 12 inches from the airbag. • Wear a helmet every time you ride on a bike. • Install and test smoke and CO detectors for at least every floor and every bedroom in your home. • Review your home for potentially hazardous areas that may cause you to fall.
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Class Rules Amendment

Six signatures have been received in support of this amendment, which now comes forward for voting on.

Additional Equipment Rule
3.9 Compasses
Digital Compasses and timing devices are permitted. All other digital devices are prohibited

In favour of the rule change

Against the rule change

Please circle your choice above and return to

Rob Ebert
Secretary, ZOA
15 Gilbass Ave, Hamilton,

By Sunday, November 23rd

or indicate your preference to
ebertr@xtra.co.nz

**2009 Zephyr Class National Championship
22nd – 25th January, 2009**

Naval Point Club, Lyttelton (NPCL)

The Organizing Authority is Naval Point Club,
Lyttelton, PO Box 19733, Christchurch.

Notice of Race

1.0 Rules

- 1.1 The regatta will be governed by the 'rules' as defined in the *Racing Rules of Sailing* 2009-2012.
1.2 The Yachting New Zealand Safety Regulations Part 1 shall apply.
1.3 The Organising Authority may require all participating boats to display the event sponsor's advertising in accordance with Appendix 1, Regulation 20.3.1 (d).

2.0 Changes to Racing Rules

- 2.1 For protests where only a rule of Part 2 is alleged to have been broken, an arbitration hearing will be offered prior to any formal hearing.

3.0 Eligibility and Entry

- 3.1 The regatta is open to all boats of the Zephyr class whose skippers are members of the Zephyr Owners' Association.
3.2 Advance entries will be accepted until the normal closing date of 11th January 2009, by completing the attached entry form accompanied by a fee of \$60 and mailing it to Naval Point Yacht Club, PO Box 19733, Christchurch.
3.3 Late entries, accompanied by the late entry fee of \$20 may be accepted at the Race Committee's discretion, until 1030am on Thursday, 22nd, January, 2009.
3.4 Each entrant shall submit a copy of a valid measurement or rating at registration and in addition, measurement checks may be made.
3.5 To be eligible to compete in the national championship each competitor shall be a financial member of a club recognised by the competitor's national authority.

4.0 Schedule of Events

- 4.1 *Registration:* Thursday, 25th, January, 2009, from 0800-0930hrs at NPCL

4.2 *Briefing:* Thursday, 25th, January, 0945 hrs at NPCL

4.3 *Racing Schedule:*

- The scheduled time of the warning signal for the invitation race is 1100hrs on Thursday, 22nd January, 2009.
- The scheduled time for the warning signal for race 1 is 1400hrs on Thursday, 22nd January, 2009, with race 2 back to back with race 1
- A total of 9 races (excluding the practice race) are scheduled.
- An additional race may be held on any day as long as the number of races sailed does not exceed one more than the schedule, on Thursday, Friday, or Saturday.

5.0 Sailing Instructions

The Sailing Instructions will be available at registration.

6.0 Racing Area

The races will be held on Lyttelton Harbour.

7.0 Courses to be Sailed

The course(s) will be triangular windward/leeward and trapezoidal.

8.0 Scoring

- 8.1 The low points scoring system of Appendix A will apply.
8.2 Five races will be required to be completed to constitute a series.
8.2 A boats worst score will be excluded when 6 races have been completed.

9.0 Prizes

The following prizes will be awarded:

- Zephyr Championship Trophy
- Zephyr Championship runner-up
- Zephyr Handicap trophy
- Zephyr Championship – female
- Zephyr Masters Champion – 60 years and over
- Zephyr Age Group Champion – 50 to 59 years
- Zephyr Age Group Champion – 40 to 49 years

10.0 Entry Form

**This NOR and its entry form are available from
www.zephyr.org.nz**

Errata: The last edition of WW incorrectly stated the Zephyr National Championship, 2008, Prize Winners. The correct list is below.

Zephyr Championship Trophy	Sam Meech	Zephyr Masters Champion Trophy 60 years and over	Jimmy Gilpin
Zephyr Championship Runner-Up Trophy	Steve Pyatt	Zephyr Masters Champion Trophy 50 - 59 years	Grant Beck
Zephyr Handicap Trophy	Dennis Craig	Zephyr Masters Champion Trophy 40 - 49 years	Steve Pyatt
Zephyr Championship Trophy - Female	Debra Meech		

**Ron Bull Boats
ZEPHYR FOILS**

As used by Tim Snedden, Colin Maddren and Steve Pyatt
Construction is foam core, carbon reinforcement,
E glass sheathing, 3 coats paint (finish white).

For further information contact

Ron Bull Boats
19 Hobbs Rd
Whangaparoa
Ph: 09 428-3950
Fax: 09 424-2551

Email: ronbullboats@clear.net.nz

SUBSCRIPTIONS 2008-2009

Subscriptions for 2008-9 are \$20 for the NZZOA, and \$10 for local associations in Auckland, Hamilton and Christchurch. If you are outside these areas, the \$20 NZZOA sub can be forwarded to Alex Aitken, or Rob Ebert

Robert Brooke

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PO Box 84316, Westgate, Auckland, 0657.
021 164 0504 or 09 416 1023