



Ladies Who Launch Blog 11th January 2019:
Wishing all the Ladies Who Launch a very Happy New Year.
I received a coffee mug as a Christmas present which came with an appropriate quip for the year ahead that I wanted to share with you:

'You can't control the wind,
but you can adjust the sails!'

How true!

This week our first meeting was able to take place this Friday 11th Jan.
Eight ladies turned up today for a New Year sail.

Unfortunately, I was unable to attend, but Jaki has very kindly filled me in on the days events.

The wind speed was a NW 7 - 14 mph and about 7 degrees c. Apparently it was perfect conditions to start the year off. Ben got everyone to focus on being relaxed whilst sailing and feeling the wind. As it was overcast it made for a nice even sail as gusts come more readily when the blanket of cloud is broken up, Ben said.

He encouraged everyone to hold the tiller like a pan handle and to feel the sails and feel the setting of the boat. As the session got underway the sailors were able to comfortably relax into their sailing, give themselves thinking time and enjoy the session at it's best.

The group sailed from 17 to CS and was followed up with 2 races.
Six Lasers and one 2k took part.

I don't know about you, but by the sounds of it, I think, those of us that didn't make it down today missed out on an excellent starting session. I am definitely going to be there next time!!

Come and join us soon.

Tina xx

PS: There has been a thought that on the days we can't sail (either too much wind or too little) that a walk could be organised instead? What are your thoughts on that idea?