



# OSTS Notes



Newsletter of the United States Naval Academy  
Offshore Sail Training Squadron

## DIRECTOR'S CUT

by Renee Mehl



Greetings, OSTS supporters! It has been a hot but windy summer so far, and I have to admit, it's been a little difficult looking at my calendar and watching the training milestones for each block roll by. I have been thinking about our past journeys and port visits, so am including a few photos here as a reminder to persevere so we can get back to providing more great training for our future officers next year. I recently received some nice sunset photos from our port coordinator, **Garry Holmstrom**, up in Bristol, and **ENS Paige Krumweide** sent along some images from our trip back from Boston last summer. I have included these beautiful pictures at the end of this newsletter. Thanks to all for your continued interest and support.

I've been doing some "cross-training" helping out the Basic Sail Training (BST) and Varsity Offshore Sailing Team (VOST) this summer to support the mission and have picked up a few things that we can incorporate into OSTS. It's been busy at the sailing center with those programs, and the pace will pick up next week, since **LT Christian Burton** has been POC in organizing a shore-side sports period activity for the plebes that will introduce them to the Navy 44s and our sailing program.

The Academy started a phased return of the Brigade for the fall semester that began on July 20<sup>th</sup>, with 1/C and 2/C. Plebe summer has also officially started this week, at the end of their two-week Restriction of Movement (ROM) or quarantine. It's been good to see more and more midshipmen populating "the yard" in the past month.

We all need to exercise caution and adhere to the Coronavirus guidelines that can be found at [www.usna.edu](http://www.usna.edu) if you are faculty/staff or supporting any of the sailing programs. Please wear masks and utilize the hand sanitizer we have staged at strategic parts of the building. We are still working on a plan to resume volunteer training in the fall, although it may look different than our normal training. We'll continue to keep you posted as the plan develops.

We look forward to seeing you all again soon. Stay safe until then!

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## FLEET CAPTAIN'S NOTE

by John Formisano



*Skipper John Formisano*

A quick note on OSTS shirt pickup. To date about 40% of those who ordered shirts have picked them up at my house in Annapolis. As a reminder, if you ordered a shirt you can pick it up here, 17 Brice Rd Annapolis MD 21409 by sending me a text (with your name included) at (410) 991-1008 and letting me know when you would like to pick it up. If you still need to pay, contact **Frank Day** directly at his email [dayfrank44@yahoo.com](mailto:dayfrank44@yahoo.com) and work out the payment details.

I will have the shirts through the end of July and then I will give them back to the staff at the Robert Crown Sailing Center and you can make your pickup arrangement through them.

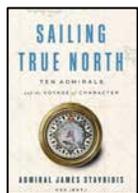
The link for the shirt order is below:

<https://docs.google.com/spreadsheets/d/1HXReEsh3Wq0QC0qYg1R3yzMJFBoRjvXTIIBib2dPJfc/edit#gid=0>

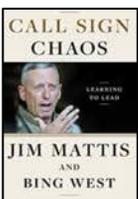


**LIEUTENANT’S CORNER**

by LT Christian Burton, USN



Thank you to all those who participated in our June book club. We would like to continue this going forward in the spirit of staying connected with our volunteers. The next book that we will be delving into is *Sailing True North: Ten Admirals and the Voyage of Character* by Admiral James Stavridis. If you are interested in joining us, please email me directly and I'll forward additional information your way. Expect for the discussion to be at the end of August. I look forward to hearing from you all!



Meanwhile, we had a great review of General Mattis’ book *Call Sign Chaos* on Tuesday evening, June 30<sup>th</sup>. Overall, we had 14 participants on Google Hangouts. There was good discussion by all as we reviewed each of the 17 chapters and 2 general discussion topics. If you have not read this book, I encourage you to read it before next summer. The midshipmen also reviewed this book during their online summer school leadership courses. There are a lots of great leadership lessons that can be directly applied to OSTs.



*Book Club on Google Hangouts*

**PLEBE SPORTS PERIOD**

by LT Christian Burton, USN

USNA has been looking for innovative ways to keep the plebes active and engaged during Sports Period (1600-1730) within the limitations that USNA has put in place for this abnormal plebe summer. Our sailing team was asked to put together a program where we can cycle all 30 companies through for 15 different sports periods. The goal is to provide some hands-on training for them, and provide an introduction to seamanship, like the BST program. It’s also an opportunity to talk a little about the OSTs program to encourage them to try it next summer. This novel training started last week

Thank you so much for all of the help from many of our volunteers by providing this Navy 44 basic introduction training

during these sports period for the incoming plebe class. A few pictures from our first couple of classes are provided below.



*Plebe midshipmen learning some basic sailing principles*



*Hanking on the jibs in the fleet. Note the new mainsail covers!*



*LT Burton teaching the plebes tidal information*



## BOAT INFORMATION BOOK

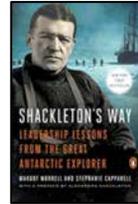
The 2020 revision to the Navy 44 MK II Boat Information Book (BIB) is complete and available for your personal summer professional development beach read or (safer option) back yard review. Key highlights of the changes include:

- (1-4.5.3) "The backstay tensioner (backstay) is a manually operated hydraulic ram used to control headstay sag and to bend the mast to adjust the aerodynamic shape of the mainsail. Add tension using the backstay to pull the head of the mast aft as the wind speed increases. The headstay will tighten to reduce sag, which will reduce the sail's camber for improved efficiency. The opposite force exerted on the mast is seen as a bending of the mid-section of the mast forward.
- (1-5.6) "The outhaul is a block and tackle system contained mostly inside the boom, A line from the block and tackle portion leads through a sheave at the aft end of the boom and attaches to the aft end of the slider car on top of the aft end of the boom. The clew of the mainsail is attached to the forward end of the car using a D shackle. The outhaul is used to adjust the camber in the lower sections of the mainsail; tighten to flatten the camber for stronger winds and loosen in lighter winds or when sailing downwind."
- (1-5.8) "The boom vang (vang) controls the tension on the leech of the mainsail (twist) when reaching and running (when the mainsheet is not pulling the boom down). The vang is usually set so the aft section of the top batten is parallel to the boom (the boom will be roughly parallel to the deck)."
- (1-5.9) "A preventer system has been installed on the N44 to help keep the boom from crossing the boat dangerously because of an accidental gybe or other inducement. It should be deployed when the apparent wind angle is greater than 120 degrees off the bow. "
- (1-7.4.3.1) "The BBWX4 SiriusXM weather receiver is integrated into the Furuno NavNet TZT14 display. It has two components, a satellite antenna mounted on the radar post, and a receiver located behind the DC panel. There is a breaker labeled "XM Weather" for the system on the DC panel, which must be turned "ON" prior to turning on the Furuno display. Zone forecasts, marine warnings and tropical information are available in text format. This information can be accessed via the home menu or RotoKey on the Furuno. There is a weather screen on the Furuno Multi-Function Display (MFD) that will show the following graphic and text information: wind strength, wave height, sea surface temperature, current weather information from buoy and city icons, storms, storm tracks and lightning. Refer to the Furuno Navnet TZT14 COTS operator's manual for instruction.
- (3-2) "Use full throttle (3000 RPM) only for emergencies. The engine is most efficient, with the highest torque between 1800 and 2000 RPM, per specification graphs from Yanmar. The engine will provide 5 knots of speed at 1800 RPM, (depending on wind, current, and sea state) and will be most fuel-efficient between 1800 and 2000 RPM."
- Appendix 2 (new) - MK II Boat Loadout

The 2020 BIB can be downloaded here:

[https://drive.google.com/file/d/1epLMC\\_d-Gv0AgaGdSIVeJh-GI-eAMDbf/view?usp=sharing](https://drive.google.com/file/d/1epLMC_d-Gv0AgaGdSIVeJh-GI-eAMDbf/view?usp=sharing)

## ADDITIONAL LEADERSHIP READING



Colonel Sak Sakoda, USA (ret) recommends the following leadership book -- *Shackleton's Way: Leadership Lessons from the Great Antarctic Explorer*, by Margot Morrell and Stephanie Capparell.

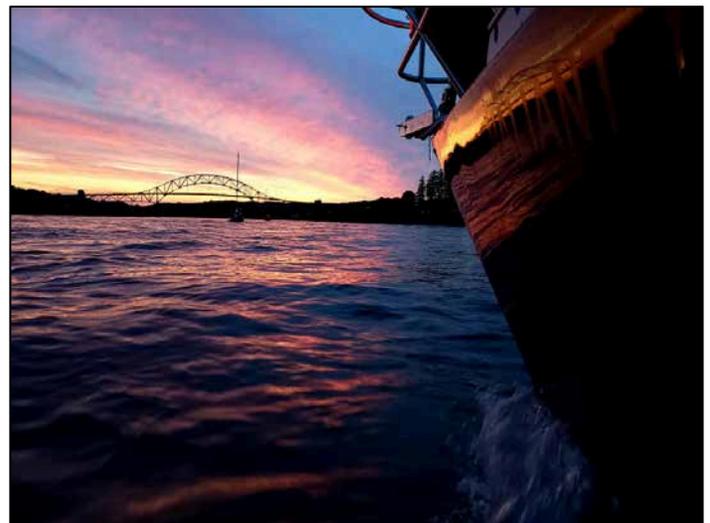
Sir Ernest Shackleton has been called "the greatest leader that ever came on God's earth, bar none" for saving the lives of the twenty-seven men stranded with him in the Antarctic for almost two years. Because of his courageous actions, he remains to this day a model for great leadership and masterful crisis management. In addition to the book being concentrated on a nautical environment, it is small unit leadership focused. His self-rescue was an incredible feat. Easy read and fun.

## OSTS FACEBOOK PAGE

OSTS has its own Facebook Page! In addition to this newsletter, we will post important information about the program to this Facebook page. Please "Like" us so you have the program information as it is released. We have 416 "likes" to date and growing every month. Help us get to "500" likes in 2020. Please encourage your Midshipmen to send photos and video from their spring training sails and summer block sortie. Anyone can post to our Facebook page. We are generating a good following of OSTS family and friends that are following your sailing experiences. Do not be shy and please post!

Please "Like" us at:

<http://www.facebook.com/USNAOffshoreSailTraining>.



Block 2 return from Boston, Cape Cod Canal  
Photo credit ENS Paige Krumweide, USN

