

got tremendously excited by this and sailed out and to my amazement returned without any breakages.

As well as the sailing, which we did for many hours each day and for which the conditions were ideal, everyone enjoyed themselves by playing volleyball games and touring round the island in our rented cars, excellent dinners and condition training at 0800am. At least we tried to start at this time.



*Bella in the evening, what else?*

Lots of sailing, late to bed and plenty of alcohol increased the appetite for sleeping and frequently loudhailers had to be used to help some out of dreamland.

The reason for going late to bed was usually the fact that the lectures developed into very interesting discussions. Satisfied and with a good suntan, everyone flew back home the following Saturday.

I enjoyed myself tremendously and hopefully the ILCA will organise more training weeks next year on Ibiza where I look to being present and I look forward to meeting many more Laser sailors.

Special mention should be made of all the help we received from Mr. Ulli Giese who put all the facilities of the International Laser Sailing School at Cala Vadella at our disposal and who we found to be an excellent host. (If you are on Ibiza this summer, it is worth paying a visit to the Laser Sailing School situated at Cala Vadella beach.)

Sjaak Haakmann.

P.S. Sorry that I disappointed everybody who expected technical tips in this article. Do you want to learn a lot of sailing tricks? Why not plan a winter training holiday for 1981 on Ibiza?

# LASER WORD PUZZLE — ANSWERS

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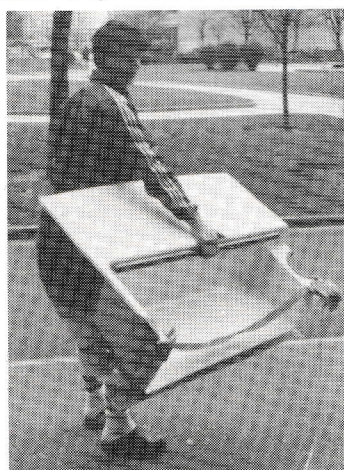
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G-20 L COURAGEOUS  
K-8 D DAME PATTIE  
H-15 R DEFENDER  
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M-18 D-L GALATEA  
N-26 U-L GRETSEL  
E-19 D-R INTREPID

START DIR WORDS

I-13 U-R MAGIC  
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Q-17 U-L RANGER  
W-10 U-R RELIANCE  
W-10 R RESOLUTE  
P-10 U-L SCEPTRE  
M-21 R SHAMROCK  
O-12 U-R SOUTHERNCROSS  
V-7 U SOVEREIGN  
N-21 U-R THISTLE  
A-8 D-L VALKYRIE  
J-18 L WEATHERLY

**Key** U = UP. UR = UP and diagonally RIGHT. UL = UP and diagonally LEFT.  
D = DOWN. DR = DOWN and diagonally RIGHT. DL = DOWN and diagonally LEFT.  
R = RIGHT horizontal. L = LEFT horizontal.

## LASER HIKING BENCH — DE LUX MODEL TRAINING



ARE you getting splinters from your existing hiking bench? Why not try the latest in super deluxe hiking benches. The model is light-weight and ergonomically designed to exactly simulate hiking in a Laser, it makes you hurt in all the correct places! Enjoy the pain of a 2 mile windward leg without getting wet from rain or waves. The joy of this particular model is that you can set it up indoors or outside and do not need a wet suit. The only disadvantage is that it cannot be used on water.

How do you get one? Just pop along to your local Laser dealer and buy a new hull and set to work with a big saw. The bow and stern sections can be used as garden flower pots and the other half of the cockpit can be sold at a profit to your local club champion.