



Director Profile: Capt. Linda Newland

Starting with a 100-ton power or sail CG License, she has a yacht delivery service, is a specialist on offshore safety and emergency equipment, and singlehanded racing.



She holds the Fastest Woman Singlehanded Transpac Record (SF-Japan), entered many other singlehanded races, including SF-Hawaii transpacs. She skippered all-women's 1997 Transpac; is a Maritime attorney, Nautical Sciences Instructor, Certified ASA instructor in coastal and celestial navigation, and is retired from the Fremont Unified School District. Currently Linda is Commodore of Pacific Coast Yachting Association. She is also past commodore of the Pacific Interclub Yacht Association, a past president of Recreational Boaters of California, and a past commodore of Island Yacht Club in Alameda California.

She and her yacht designer-husband, will be moving from Alameda CA to the Port Townsend, WA area in the fall.

Take the Helm®

Official Newsletter of the National Women's Sailing Association

SUMMER 2006

5th Annual NWSA Women's Sailing Conference a Big Success despite Weather

Frequent downpours and 20-knot winds did not dampen the success of the 5th annual Women's Sailing Conference in Marblehead, MA, on June 3 as over 100 women enthusiastically joined in both on-the-water and land-based workshops at the Corinthian Yacht Club.

Boat Owners Association of the United States (BoatU.S.) is the primary sponsor of this annual **Take the Helm®** program of the National Women's Sailing Association (NWSA) which offers women sailors, from novices to experts, a chance to hone their skills, learn new ones and network with other women sailors in a lively day-long program. Surprisingly, the bad weather forecast did not result in any no-shows and participants hailed from as far way as Washington, California and Florida. While



Sue LaVoie leads-hands on charting workshop

several on-water sessions were shortened and held in creative ways on land, a contingent of women in foul weather suits were able to get out on boats to practice Crew Overboard, Take the Tiller/Wheel, and Introduction to Sailing classes.

"The women who sailed and got soaked had a blast, as did everyone who turned out for this unique day of learning and camaraderie," said **Elaine Dickin-son** of BoatU.S. who demonstrated a wide selection of life jackets, including inflatables, as part of a boating newcomer's session. Workshop topics included hands-on charting and navigation, preparing for a cruise, knot tying and splicing, heavy weather sailing, being suddenly singlehanded, maintaining winches, first aid at sea, and diesel engines.

The gala dinner included a featured speaker, US Sailing Disabled Team Coach and champion sailor **Betsy Alison**, who gave an inspirational talk on her rise to the highest ranks of the sport and several especially harrow-



Man over board workshop despite strong winds & rain!

ing offshore passages. Betsy filled in for scheduled speaker **Moe Roddy** of the Red Dress Campaign. In late May Moe found herself in St. Helena Island in the South Atlantic Ocean with a broken rudder, and Moe knew she would not be back by June 3rd. E-mail flurry and Betsy Alison Man over board workshop despite strong winds & rain! was in the program.



NWSA

70A Pleasant Street
Marblehead MA 01945
T: 866-631-6972
F: 781-631-2889

Advisory Council

Betsy Alison
Susan Altmann
Janet Baxter
Bernadette Bernon
Doris Colgate
Sally Helme
J.J. Isler
Linda Lindquist
Barbara Marrett
Kristan McClintock
Sheila McCurdy-Brown
Vicki Sodaro

Directors

Valli Cook, President
Sue Corl, Secretary
Elaine Dickinson
Susan Epstein
Gail Hine
Linda Newland
Nancy Parrillo, Treasurer
Becky Squires
Julie Teetsov
Joan Thayer, Vice President



Renew Your Membership

Renew your \$45 annual membership today! The application is available on line at www.womensailing.org. There are several levels of membership with associated benefits that will entitle you to all the privileges of membership. Send your check to 70A Pleasant Street, Marblehead, MA 01945.

Nancy Erley Awarded “Leadership in Women’s Sailing” Honors

Nancy Erley, a Seattle-based sailing instructor and two-time circumnavigator, was presented with the **Leadership in Women’s Sailing Award** June 3rd at the fifth annual Women’s Sailing Conference held at the Corinthian Yacht Club in Marblehead, MA. Sponsored by the Boat Owners Association of The United States (BoatU.S.) and the National Women’s Sailing Association (NWSA), the award honors a male or female who has built a record of achievement in inspiring, educating and enriching the lives of women through sailing.

“Good instruction is the key to getting into sailing. Nancy Erley has set a high standard in the boating education arena,” said *Elaine Dickinson* of BoatU.S., who presented the award, along with NWSA President *Val Cook*. “Her ocean voyaging, circumnavigations and women’s sailing school have brought unique learning opportunities—as well as inspi-

ration—to hundreds of women. She’s living proof that one can live her dream with hard work and clear focus.”

Erley holds a 50-ton Master of Oceans and 100-ton Master Near Coastal license and is an instructor-evaluator for the International Sail and Power Association. She led two all-women voyages from Seattle around the world aboard her Orca 38 sailboat *Tethys*, which one boating writer called a voyage “that should go down in the record books as one of the soundest, most seamanlike journeys of the modern cruising era.”

As founder of the Tethys Offshore Sailing for Women in Seattle (<http://www.tethysoffshore.com>) Erley teaches women beginning sailing up to captaining skills, either on learning cruises or individually. Nancy is a Ham operator as well as an advanced SCUBA diver and delivery captain.



Presenting the Award is Elaine Dickinson of BoatU.S. (l), and Val Cook, President of NWSA. Sharing the excitement are Betsy Alison, Speaker and Award winner in 2000, 2006 Award winner Nancy Erley with trophy, and Gail Hine, winner in 2001.

Offshore Sailing Courses

Offshore Sailing School is offering a 10% discount to NWSA members on their US SAILING Certification Courses. The discount is available for these programs on a space available basis. Certain black-out periods may apply.

- Learn to Sail
- Bareboat Cruising Preparation
- Performance Sailing
- LiveAboard Cruising (*in the States only*)
- Coastal Navigation (*classroom course*)

The discount is available on the tuition only portion of any package, where accommodations are included. Meals, accommodations and other elements are extra in package prices.

NWSA will be at the Long Beach Sail & Power Boat Show

On October 5-8, 2006, the Southern California Marine Association will put on a huge boat show. They have invited NWSA to participate, and we plan to have a booth at the Show for all four days. Look for the information in your local marine publications and for discount coupons at West Marine and BoatU.S.

Girls Go Sailing

Our AdventureSail® programs bring the joy of sailing to at-risk girls across the country.

For 2006, there were three events to bring at-risk girls to the joys of sailing: Courageous Sailing Center June 17th in Boston; July 8th in Southampton, NY at the Breakwater YC; and August 22 in Racine, WI.

These programs can be one-day or summer-long activities. Mentoring these young girls can bring great rewards. Local volunteers coordinate the events with our help and promotion. Won't you call us today and volunteer to put on an AdventureSail® event in your town? Call our toll-free number for more information.



Spinnaker Rigging Workshop

West Coast SCYA Women's Sailing Convention

Southern California Yachting Association (SCYA) held its 17th Annual Women's Sailing Convention on Saturday, February 2 at Bahia Corinthian Yacht Club, Corona del Mar, CA. As usual, the sell-out event was a huge success! Attendees reported a fantastic day filled with interesting clinics and seminars. Congratulations to NWSA Board member **Gail Hine** on another smash hit. E-mail Gail at GEH@teamway.com to get on the mailing list for next year's event, **February 3, 2007**.



"Going Up the Mast" Workshop at SCYA Women's Sailing Convention in February.

Come to the Women's Sailing Seminar in Northern California

Women sailors and would-be sailors can "Capture the Power" on October 7 and 8 at Island Yacht Club's 14th Annual Women's Sailing Seminar in Alameda, California which is on San Francisco Bay. The two-day seminar's focus is on women teaching women how to sail, although help from male volunteers is accepted. The event is kicked off with a continental breakfast and a keynote speaker. West Marine is the primary sponsor donating exciting prizes and gifts for participants along with other sponsors who donate great prizes for a big raffle.

All instructors volunteer their time for both classroom and on-the-water courses. Courses include navigation, tips for cruisers, and many more. Participation is limited to the first 150 registrants. For \$75 on Saturday, you get a full day of sailing education and fun, plus lunch and snacks! For \$25 on Sunday, you can practice your new skills in on-the-water match racing or a day-cruise on San Francisco Bay. See www.iyc.org/ for more information or email Women's

Question... Can You Answer?

Two women were taking a basic sailing course on the sunfish. After the initial day, one of the women called NWSA asking for information regarding life jackets and tips to get back onto the boat. Her exact words "...We are both short and stocky. By the time we got the lifejackets on our chests, we couldn't reach the dagger board to grab it and or even pull ourselves up. Are there some special some tricks or some equipment that will help us get back after we fall out? We are really interested in doing this (sailing), but we are really concerned when I can't get back in the boat much less turn it over. We are totally bruised from them helping me trying to get back into the boat. Any assistance you can give us would be most helpful."

Calendar of Events for Women Sailors

September 8-10, 2006

— Sag Harbor Charity Cup Challenge—A fundraiser 3-day regatta at Breakwater Yacht Club in Sag Harbor, New York for breast cancer research. Info: www.southfork-breast.com/special.ihm. See short article on this page.

October 5-8, 2006

— Long Beach Sail/Power Boat Show, Long Beach CA. NWSA will have a booth there for information about activities and membership.

October 7-8, 2006

— Northern California's Women's Sailing Seminar, Island Yacht Club, Alameda, CA. For more info, contact: frankie7@pacbell.net or www.iyc.org.

February 3, 2007

— SCYA 18th Women's Sailing Convention, Newport Beach CA. Contact Gail Hine at Hine@scya.org for info.

June 2, 2007 — NWSA's 6th Women's Sailing Conference, Corinthian Yacht Club, Marblehead, MA. Call 866-631-6972 for more info.

NWSA President to Participate in Women's Charity Regatta

Charlene Kagel, event chair for the NY AdventureSail® program, is a woman who does not sit by the sidelines when she sees a need to beef up awareness of certain issues. That's why Charlene took up the challenge to get an all woman's team to participate in the Sag Harbor Charity Cup Challenge this year. The Challenge is a sailboat races among 18 teams on six 12-meter America's Cup yachts. The winning team takes home a substantial sum for the charity of their choice. Charlene's team "Think Pink" is her vision of an all-woman sailing team consisting of breast cancer survivors and

supporters, wearing pink tee shirts racing to raise money and awareness for women with breast cancer. When Charlene invited NWSA president, **Val Cook**, at the Breakwater YC's AdventureSail® event, to be part of the team, Val's response was an immediate "Yes." **Think Pink and Sail Fast!**



Think Pink 2006 Team includes NWSA President, Val Cook, 2nd from left, and organizer Charlene Kagel, far right.

AdventureSail® New York

The 7th AdventureSail® event took place on July 8th at the Breakwater Y.C. in Sag Harbor NY. 30 young girls participated. For many, this was a first time experience.

Outfitted with life jackets and brimming with enthusiasm and curiosity, these young teens came from groups across Long Island such as the Big Brothers/Big Sisters and Little Flower—a children's home in Wading River—to peer over the fence at a side of the world that has never been accessible to them.

Several members of the club volunteered their time, knowledge and vessels to give the girls a taste of sailing, participating in a race in the nearby waters while giving the teens a brief introduction to sailing terminology and operating a sailboat. But even if the girls don't remember the difference between starboard and port or bow and stern, it was obvious by the expressions on their faces and the excited chatter on the docks after the race that it wasn't an experience any of them would soon forget.

"I can't believe we took first place!" said one of the girls breathless after the race. "We beat everybody. And I got to put my feet in the water." Nicole excitedly mentioned her delight at the sights during the course of the race.

Knowing how big of a difference these simple pleasures—ones that most Sag Harbor and part-time summer residents take for granted—mean to these girls is what has kept director **Charlene Kagel** devoted to bringing AdventureSail® to the Breakwater Yacht Club for the past seven years.

"It's for at-risk girls, to introduce them to a non-traditional female sport," she said. "Everyone always has a great time." Kagel, the Southampton Town Comptroller, became interested in the national program after seeing an article in *Sailing Magazine*.



SCOTT GAECKLE PHOTOGRAPHY

Girls and boat owners proudly pose with BYC Commodore (far right) at awards ceremony.

BoatU.S. and NWSA

We have signed on for another year as a Cooperating Group. That means that NWSA members are eligible for BoatU.S. membership at \$12.50, half the regular annual \$25 dues rate. We receive announcements with information that we pass on to you the member through our own website or our e-NWSA. There are discounts at West Marine retail stores with BoatU.S. membership. Another good reason to get more for less.

Other benefits include:

- Discounts on fuel, overnight slips and repairs at more than 750 marinas nationwide
- On-the-water towing
- Access to high-value, low-cost group rate boat insurance
- Full year subscription to the award-winning BoatU.S. Magazine
- An effective lobby that fights unfair taxes, fees and government regulations that single out recreational boaters.

You can sign up for a BoatU.S. membership on line at www.boatus.com/member. Give NWSA's Group ID number **GA8404B** when prompted to receive the special discounted rate.

Or call BoatU.S. membership services toll free number 800-395-2628.



She then contacted president of National Women's Sailing Association, **Val Cook**, who has coordinated AdventureSail® programs in Wisconsin and other areas and shared her desire to offer the opportunity to underprivileged girls across Long Island.

The program received a big boost after the first year when it was offered a \$1,000 human services grant from Southampton Town. Kagel said she wasn't even aware that the program would qualify for such a grant until Town Supervisor Patrick "Skip" Heaney saw a photo from the event on her desk at work, asked her about it, and told her to apply for the grant.

"We receive the grant every year and it's great because it covers the cost of food and the trophies," Kagel said before Saturday's race. "Before that, we really had to scramble for money and donations. Bridgehampton National Bank has been a generous supporter, providing gift bags for all participants."

Edited from Cailin Brophy's article in the Southampton West Newspaper, 7/13/06



SCOTT GAECKLE PHOTOGRAPHY

It was all smiles in Sag Harbor for this young lady.

NWSA AdventureSail® Boston

The day couldn't have been more perfect for 16 pairs of big and little sisters of the Greater Boston Association of Big Sisters who gathered at the Courageous



Girls enjoy sailing on Rhodes 19 in Boston Harbor

Sailing Center as part of the AdventureSail® program to experience the joys of sailing in Boston harbor. Women volunteers came from the Boston area and the north and south shore to share their experiences and provide positive female role models for a sport that is still predominantly male-oriented.

At registration, the girls were given AdventureSail® butter t-shirts, outfitted with life jackets with the assistance of the Courageous Sailing Center staff and then paired up with a female skipper. Each of the girls and her big sister had an opportunity to steer the boat and trim the sails for the 90 minutes they had sailing in Rhodes 19 on Boston harbor.

Upon returning to shore, the girls were ready for the hamburgers and hot dogs the shore team was cooking up. Following lunch, the instruction continued with learning several knots. Some girls were quick to learn and helped teach their big sisters. Unfortunately the wind was too much for some of the other land activities, so the girls tucked the word search game under their arms for another day. They arrived quiet and timid. They left with smiles of confidence.

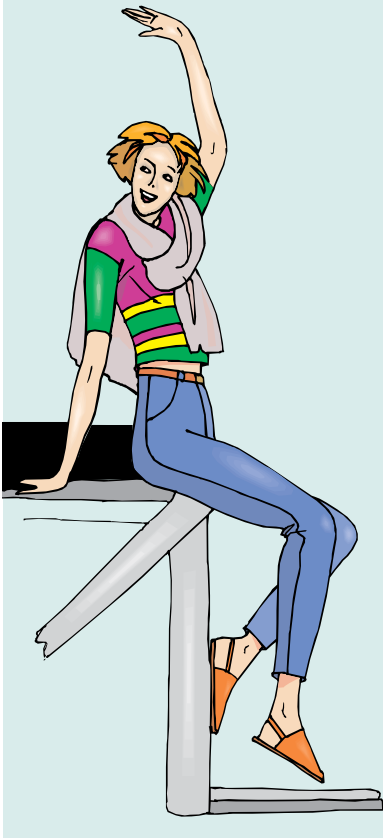
Event Chair, **Susan Epstein**, of Sharon, MA, said "We were delighted to have this event at Courageous and excited that the girls had such good weather for the first time on the water. It was a fun day for all of us."

Funding for the event was provided in part by Boston Private Bank & Trust Company.

*Making Changes
Come About*

NWSA Merchandise

If you're looking to dress up your sailing wardrobe, have you considered some of our NWSA logo'd merchandise? We have caps, polo shirts and the newest item – a hoodie. That's a microchenille very soft ivory pullover with front pockets. Perfect for those cool nights where ever you are. You can see the "Hoodie" on board member Elaine Dickinson who is wearing one at the conference in picture on page 2. Order form at right and also on the website. Click on Merchandise button on home page. If you don't have access to the website, call the toll free number 1-866-631-6972 and leave a message.



NWSA Logo'd Merchandise

Listed below is our current inventory. Please note that the size you desire may not be available when you order. Please call the toll free number 1-866-631-6972 or e-mail us at wsf@womensailing.org. Unfortunately, we do not have photos of these items. All caps are Adams brand. The brands of other items are indicated in the description column. Please call us Joan or Sue with questions: 781-631-2084.

Item Description	Color	Size	Member Price	No.	Non Member Price	No.	Total
NWSA logo cap	Yellow		\$15		\$18		
NWSA logo cap	Pink		\$15		\$18		
NWSA logo cap	Kakki w/coral bill		\$15		\$18		
NWSA logo cap	Navy		\$15		\$18		
NWSA logo cap	Carribbean blue		\$15		\$18		
NWSA logo cap	Lavender		\$15		\$18		
Silver logo pin	Silver		\$45		\$65		
Gold logo pin	14K Gold		\$195		\$215		
Hoodie microchenille* sweater w/front pockets	Ivory	SMLXL	\$40		\$45		
NWSA Polo Shirt (Outerbanks)	Sea Mist	MLXL	\$30		\$35		
NWSA Polo Shirt (Outerbanks)	Shappire	SMLXL	\$30		\$35		
Tote Bag (16x12x5) Polyester front slip pocket	Royal Blue		\$18		\$20		

Shipping and handling. Regular mail.
Add to the total order:

Under \$30.....	\$ 4.00
\$31 - \$65	\$ 6.00
\$66- \$99	\$ 8.00
\$100 - \$199	\$10.00
\$200 or more	\$12.00

Enclosed is my check payable to NWSA
in the amount of \$ _____
OR Charge to Visa ___ MasterCard ___
Credit Card # _____
Exp. Date: _____
Signature _____

Ship to: _____
Address _____
City/State _____
Phone _____ E-mail _____

Mail this form to NWSA c/o 70A Pleasant St., Marblehead, MA 01945 or Fax to 781-631-2889

* See pix of this sweater on Elaine Dickinson on page 2.

Women's Sailing Foundation

For the second year, through the Women's Sailing Foundation and with a grant from the Corinthian Sailing Foundation, we provided scholarships for four girls through the Spar & Spindle Council (local Girl Scouts) to participate in the unique week-long Camp Schooner program aboard the privateer, *FAME*, in Salem, MA.

The Women's Sailing Foundation also provided two scholarships for two girls for the "learn to sail" program at the Racine Yacht Club in Wisconsin. "We are

thrilled that we can expand the sailing experience for these young girls beyond our normal AdventureSail® events," said **Val Cook**, NWSA President.

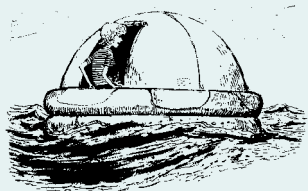


Women's Sailing Foundation

Chapwoman's Boating Wit & Wisdom

by Anne Lorimer Sirna

- Removing and rebedding a stanchion strains the most loving relationship.
- Teak does not age gracefully; it ages immediately.
- Never go anywhere on a boat until you figure out how to get back on shore.
- Keep a cruising log. It keeps you in touch with experiences you are sure you will never forget – but do.
- Heel may be defined as the boat rolling over and playing dead.
- Yachting is actually living in extravagant squalor.
- Clothing Tip: If you can't roll it, don't bring it.
- Your state of mind, the weather, and the point of sail determine how you feel at sea.



Marine Weather Workshop Huge Success

NWSA's first Marine Weather Workshop weekend was held in Baltimore, MD, April 28-29, and a tremendous success it was! Board member *Julie Teetsov* organized the event, engaged the instructor, *Lee Chesneau* of NOAA, and was on hand to facilitate the entire weekend.



Workshop participants with NWSA Coordinator Julie Teetsov (front left) and Instructor Lee Chesneau (middle front)

To Julie (NWSA Event Coordinator),

I would like to express my sincere thanks for your OUTSTANDING support, assistance, and initiative for the first ever NWSA Marine Weather Workshop held at MITAGS near BWI airport this past weekend. The social you hosted the Friday evening to get everyone acquainted, and ready for the weekend course, and the celestial "thousands points of light" show the following evening was simply awesome! MITAGS affords the opportunity to do exactly what took place, and everyone was fortunate that you had the skill and knowledge to run the planetarium as if you did it for 25 years. Thanks to you, this really made for a fabulous and complete weekend!

Believe or not, the 10 ladies who attended (including yourself) are almost ideal for the volume and level of material presented. It has always been my vision to bring STCW material taught to professional mariners (merchant marine) who attend MITAGS down to the much larger recreational community. This weekend proved it can be done. With West Marine now solidly behind this program, and with the great assistance of Joyce Stanley, office manager for SSCA in putting the color slides in the course binder, the first course was for me a memorable and joyous experience. I fed off the enthusiasm of the class who exhibited tremendous in-depth questions requiring answers that challenged me to reach outside the box. Additionally, your insightful recommendations for improving the course are critical to my further vision in getting US Coast Guard approval for not only the basic course taught this weekend, but for an additional advanced course I plan to launch in the fall.

I hope to see both NWSA and SSCA involved in future synergy events as the two organizations have common purpose and goals in education and training. Weather clearly falls into that category and I am glad to be a part of it.

Best Regards,

Lee Chesneau, Senior Marine Meteorologist
Ocean Prediction Center