



## President's Message

from Linda Newland

It's that time of year when we look back on the activities that make it so worthwhile to be a part of WSF and also look forward to plans for next year. In keeping with our mission to "Enrich the lives of women and girls through education and access to the sport of sailing", we design our annual Women's Sailing Conference in Marblehead, MA, several workshops and our AdventureSail® programs for at-risk girls to meet that goal.

Last year we added a "Sail Repair" workshop, thanks to the leadership of Board member, Gina Beinecke, continued our popular "Diesel Engine Workshop" and offered for the second year, "Marine Systems" and "Marine Electrical" by Board member and ABYC master marine tech, Beth Burlingame. Check out the dates for the Diesel and Marine workshops for 2016 in this issue. Plans for another Sail Repair workshop and a Women's Safety Day are underway for Spring 2016 in the MA - RI area.

We are delighted to add two new Board members, Susan Lyons from Manchester, MA and Debbie Huntsman, from New Orleans, LA. Debbie's and Susan's profiles are

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# Take the Helm®

Official Newsletter of the National Women's Sailing Association

FALL - WINTER 2015

## 2015 Annual Women's Sailing Conference

by *Scottie Robinson and Joan Thayer*,  
2015 Conference Co-chairs

This year's 14<sup>th</sup> annual **Women's Sailing Conference**, held June 6 at Marblehead's **Corinthian Yacht Club**, set new records in several ways. There were conferees from more diverse home ports, including women from California, Michigan, Kansas, Pennsylvania, Florida and Washington DC, as well as from New York and the New England states; Silent Auction and Raffle Ticket sales each raised record amounts in support of the Women's Sailing Foundation and NWSA's programs; and 80% of women participating had sailed 5 years or more, with 10% having at least 3 years sailing experience.

The morning's gentle winds became chilly northern gusts, forcing cancellation of one on-the-water workshop before wind and seas calmed again in the later afternoon. Sunset viewed from the deck was lovely that evening. It was a memorable day for many reasons. Among them, is the expanded cadre of volunteer workshop leaders who come to us at their own expense to share their expertise and enthusiasm for sailing. Their generosity makes possible our acquisition of new skills, new ideas and provides for an exploration of sailing in an informed, professional and congenial atmosphere. To all of this year's workshop leaders: THANK YOU.

There were multiple new workshop offerings this year. Among these were Seasonal Maintenance, and Batten Down the Hatches, led by Kem Vassallo; Race Committee Primer, offered by Susie Schneider; Basic Safety: Fire, Flood & Medical Emergencies, led by Captain Ann Noble-Kiley; Heads Up, offered by Captain Bonnie Schaeffer; Marine Elec-

trical Wiring and Marine Electronics, led by Beth Burlingame; and, Living Aboard by Melissa Kalicin. Perennial favorites: Suddenly Singlehanded, Sail Trim, Diesel Damsels, Crew Overboard, Knots, and Charting, among others, were also offered, led by returning volunteer presenters. Several workshops based on technical and experiential aspects of the leaders' sailing experiences were offered: Ten Years at Sea, Heavy Weather Sailing, and Splicing, for example.

The National Women's Sailing Association and Boat Owners' Association of the US (BoatUS) jointly awarded the **Leadership in Women's Sailing Award** to Newport RI's **Sally Helme**, currently publisher of Bonnier Corp.'s *Cruising World* and *Sailing World* magazines. The award recognizes an individual with a record of achievement in inspiring, educating, and enriching the lives of women through sailing.

Sally certainly embodies this ethos. The award recognizes that in her personal and her professional achievements she has further expanded the sport of

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*Scottie Robinson, Sally Helme, Linda Newland and Joan Thayer. Scottie and Joan are 2015 Conference Co-chairs and WSF board members. Linda Newland is WSF president. Photo: Susan Ogan*



A program of the  
Women's Sailing Foundation

## NWSA

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email: [wsf@womensailing.org](mailto:wsf@womensailing.org)

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Membership allows us to provide the seminars and workshops to all members. Current members get first notification of events. We appreciate your continued support.

[www.womensailing.org](http://www.womensailing.org)

## Conference Cont'd from p.1

sailing to women, and opened the eyes of women to the richness of experience that sailing can bring into our lives. Another notable conference participant was NWSA member, Captain Donna Lange. Donna is currently on her second solo circumnavigation aboard her 28 ft. sloop, Inspired Insanity. Donna's goals surround oceans research, implementation of innovative safety gear, and achieving a nonstop, solo circumnavigation on this her Sail Twice Around voyage. She will address our 15<sup>th</sup> Women's Sailing Conference, in 2016! In the meantime, follow her progress on Donna's blog at [www.donnalange.com](http://www.donnalange.com).

In addition to contributing sponsorships from long-term supporters BoatUS and Boston Private, new sponsors joined in 2015. Eastern Bank Charitable Foundation and Black Rock Sailing School provided significant resources toward the Conference production. We are grateful to each of these sponsors and to the many donors of auction and raffle items who, by their contributions, support NWSA's operations, including our national AdventureSail® programs for girls ages 9 to 14.

Corinthian Yacht Club executives, management and staff must also be recognized and thanked for their significant contributions toward Conference success. Their continued adherence to the highest standards of safety, hospitality and service make the Women's Sailing Conference an exhilarating and noteworthy event that we look forward to each year with great anticipation.

The **15<sup>th</sup> Women's Sailing Conference** will take place on **Saturday, June 4, 2016**, at the **Corinthian Yacht Club** in Marblehead, MA. Save the date. We look forward to seeing you there.



Conference Photos by OganImages



## President's message Continued...

in this edition. These are two experienced and dedicated women sailors, and we all look forward to working with them in expanding our sponsored activities. AdventureSail®, our one-day on-the-water program for at-risk girls from 9-14 years of age, continues to grow. This year Alameda Community Sailing Center in the SF Bay Area added AdventureSail®.

This program is designed to offer a new experience for girls who may not otherwise have access to sailing to participate in a fun day on the water and gain confidence while sailing with experienced women sailors. We encourage women who are interested in working with their local yacht club or local community sailing center to contact us if they would like to put together a program. We have guidelines available and our Board member and past President, Val Cook, to guide you. See our website: [www.womensailing.org](http://www.womensailing.org) to find more information.

We continue to look for opportunities to extend and enhance our programs for both women and girls and welcome input from our membership. Let us hear from you. We are listening. Thank you all for supporting Women's Sailing Foundation activities through your comments and continued membership. Also, stay tuned by checking in on our Facebook page "Women's Sailing Foundation/National Women's Sailing Association".

*Blue Skies and  
Following Seas...*

# Winter Mini-Workshop Series for Women Boaters

at Quonset Davisville Navy Yacht Club  
81 Wescott Road, North Kingstown, Ri 02852

## **ATTENTION, LADIES!**

- Looking to improve your boating skills?
- Want a chance to network with other women boaters in the Rhode Island area?
- Need help getting through a boatless winter?

Join us for informative discussions and networking once a month over the winter. Open to all interested women in the Narragansett Bay area.

**Tuesday evenings from 7 pm to 9 pm:** first hour topic discussion, second hour continued discussion and networking. BYO beverage, snack, dinner. Microwave, water, vending machines available. No fee.

**November 3:** Using and understanding paper charts: Using Narragansett Bay charts, we will go through what the symbols mean, how to locate yourself on the chart, dangers to avoid, and other basic skills.

**December 1:** Docking and line handling skills: the role of the line handler, how to secure a line to a cleat, definition of various dock lines and their roles. Basic knots to know and their uses.

### **Proposed topics going forward (subject to change depending on interest)**

**January 5:** Safety aboard: required and recommended equipment for the Bay, coastal cruising and long distance trips.

**February 2:** Anchors, rode and anchoring: types and uses, terminology and safety.

**March 1:** Tools – names, uses, techniques: Hands on chance to play with tools.

**April 5:** Boating season preview: discussion of favorite day, weekend, weeklong trips in and around Narragansett Bay.



*Discussions will be led by QDNYC member and National Women's Sailing Association board member **Beth Burlingame**. Beth is a graduate of the IYRS marine systems trade school, an ABYC master marine technician, and an ASA sailing instructor for basic sailing, coastal cruising, and coastal navigation. She holds a 50-ton USCG master license with sail and towing endorsements. She has been sailing and operating power boats since the age of 12, which is a very long time.*

**THIS WINTER SERIES IS CO-SPONSORED BY QDNYC AND  
THE NATIONALWOMEN'S SAILING ASSOCIATION,  
TO FURTHER MARINE SKILLS EDUCATION (and have some fun!)  
FOR WOMEN IN THE NARRAGANSETT BAY AREA**

E-mail any questions to [2016workshops@anglersailor.com](mailto:2016workshops@anglersailor.com)

## New Director: Debbie Huntsman



I began sailing in my late-thirties when I joined my husband on a day sail on Mission Bay. A few days later I reluctantly agreed to his purchase of a small boat. I bought my first boat about two years later. I began racing in my fifties. This year, just after I turned sixty-one, I became a Level 1 US Sailing instructor. I'm not a rock star sailor, nor will I ever be, but I've gained a lot of everyday experience, endeavored to practice solid seamanship and continually seek to improve my sailing skills. I learn something every time I sail regardless of the boat, the crew or the conditions.

Over the last 20 years I have been involved with boating instruction and safety on many levels. I have served in leadership roles in the US Coast Guard Auxiliary, the Lake Pleasant Sailing Club (AZ) and I currently serve as the rear commodore of Lake Pontchartrain Women's Sailing Association (LPWSA) in Louisiana. My involvement with WSF began with my coordinating an AdventureSail® at LPWSA

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## *The Felicity Ann is Coming Back to Life*

*By Linda Newland*

The Felicity Ann, a 23' wooden sloop that holds the distinction of being the boat sailed by the first woman to sail solo across the Atlantic in 1952, is in the process of an aggressive restoration at the NW School of Wooden Boatbuilding in Port Hadlock, WA. Although the boat, after many years of being sold, donated and kicked around, landed there about 7 years ago, it wasn't until recently that a generous donor provided most of the funds needed in her restoration.

She was originally built in 1939 in England and was sailed by Brit Ann Davison in her 254 day sail (averaging only 20 miles per day) from England to Dominica in the Caribbean. Ann had lost her husband in a sinking of their ship in England but rather than giving up sailing, it spurred her to conceive and eventually succeed in sailing this little boat alone across the Atlantic. Her story is chronicled in the book, "My Ship is So Small."



The students at the NWSWB are working with an instructor and have just about completed the initial replanking of the hull. Soon the original cabin top will be reattached and restored. The Boat School in partnership with another local non-profit, the Community Boat Project, plans to complete her restoration within a year, before handing her over to be used by the CBP as an on-the-water training platform to empower women and the community of local sailors. For more information and to see a video on the project, check out [www.nswsb.edu/felicityann](http://www.nswsb.edu/felicityann).





## Events for Women Sailors

**February 6, 2016**  
**Southern California Yachting Association's 27th Women's Sailing Convention**  
Newport Beach CA. Contact Gail Hine at [gail@scya.org](mailto:gail@scya.org) for info, or go to website: [womensailingconvention.com](http://womensailingconvention.com)

**February 20-21, 2016**  
**Marine & Electrical Systems Workshop**  
North Kingston, RI  
This popular two-day [various changes here] workshop will fill up fast! Contact Beth Burlingame at [2016workshops@anglersailor.com](mailto:2016workshops@anglersailor.com)

**March 5-6, 2016**  
**Diesel Engine Workshop**  
Narragansett Sailing School, Barrington, RI  
Contact Beth Burlingame at [2016workshops@anglersailor.com](mailto:2016workshops@anglersailor.com)

**June 4, 2016**  
**NWSA's 15th Women's Sailing Conference** —  
Corinthian Yacht Club  
Marblehead, MA. Contact Joan Thayer  
[joan\\_thayer@comcast.net](mailto:joan_thayer@comcast.net)

**June 2017**  
Marion to Bermuda Race  
Check the website for updates on all our events! Go to [www.womensailing.org](http://www.womensailing.org)

**Making Changes Come About®**

# The Marine Electrical/Marine Systems Workshop for Women

February 20-21, 2016

by Beth Burlingame

Saturday, February 20

## Systems /Electrical Basics

Tools  
Wiring techniques and practice  
Batteries, load calculations  
Hoses and Pumps  
Winterizing

Sunday, February 21

## Testing Troubleshooting

Wire and install lights, radios, electronics  
Discuss current trends in marine electronics  
Review features of New Age anchors  
Power up and test bilge pumps, fresh water system



Detailed driving directions, hotel information will be available at [www.womensailing.org](http://www.womensailing.org) or via email to [2016workshops@anglersailor.com](mailto:2016workshops@anglersailor.com) - Cost: NWSA members: \$150 for the two day workshop. Non-members: \$220. Your membership fees support this and other programs for women and girls in sailing.

## Debbie Huntsman Cont'd

Phoenix in 2010. I founded the Ladies Day at that yacht club with the assistance of Gail Hine in 2011. In the short time I have been involved with the LPWSA, we have brought nationally recognized women sailors to our local women.

As a Board member hope to work to overcome obstacles and grow the sport of sailing in all communities, to increase accessibility, especially for women and girls who under-served by traditional sailing venues, such as yacht clubs.



## New Director: Susan Lyons

Susan is a lifelong sailor who grew up day-sailing in Massachusetts on the family boat. She currently co-owns a Bristol 27 moored in Manchester Harbor

There have been enjoyable vacation charters including 2015 trips to Martha's Vineyard & BVI. She is planning a 2016 Bahamas trip. Sue has an ASA Certification 101 (Keelboat), 103 (Coastal Cruising), 104 (Bareboat), 105 (Coastal Navigation).

Susan brings a wealth of business / professional skills to our Board — over twenty years of experience driving business strategy into operations. This includes all aspects of project and client management, including strategy definition & alignment, business process analysis/redesign and systems design, development, implementation and support.

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## Leadership in Women's Sailing Award

The National Women's Sailing Association co-sponsors an annual Leadership in Women's Sailing Award with BoatUS. At the June 6 Women's Sailing Conference in Marblehead, MA, Sally Helme, of Newport, RI, publisher of Bonnier Corp.'s *Cruising World* and *Sailing World* magazines, was honored with the 2015 award.

"Sally is a widely recognized leader in the sailing industry and she has effectively supported women in all aspects of sailing throughout her life," said NWSA President Linda Newland. "She has made a significant impact on the business of sailing and how the roles of women in sailing are viewed. We are pleased to recognize her commitment to women in sailing with this award."

"I have always believed that women can have a significant impact on our industry, and it's been my goal to spread that idea and encourage more efforts to meet the needs of this very important market," said Helme. "I have also always valued what sailing can bring to our lives -- providing a wonderful escape, instilling a sense of confidence and self-reliance, and simply offering cherished time on the water with friends and family."

Inside the marine industry Helme remains a role model for women. Climbing the corporate ladder to the pinnacle of two very widely read and respected sailing magazines, Helme was the first female publisher in the sailing industry. She advocated for positive depictions of women in the magazines, showing them in leadership roles on boats, on boards, in competitions, and in photos and articles to inspire and illustrate the many challenging aspects of sailing.

She has served on the boards of Sail Newport and US Sailing, and is currently a vice president of Marine Marketers of America. Helme was also a founding member of International Women in Boating, a marine industry professional-development organization for women. ◆

## Report on 2015 Winter Marine Electrical/ Marine Systems Workshops for Women

By Beth Burlingame



On a cold February weekend, NWSA sponsored a two-day workshop program in North Kingstown, RI. Held at the Quonset Davisville Navy Yacht Club, the skills sessions included plenty of practice stripping wire, connecting terminals, plumbing in a freshwater pump and a bilge pump, bedding deck hardware and connecting electronics.

Participants also enjoyed a BYO dinner on Saturday night, with plenty of salty stories passed around. The group was a mix of skill levels. Some attendees had been to the previous year's electrical workshop and wanted to further their knowledge. Others came with no exposure at all to marine systems. Everyone agreed they learned a lot and had fun doing so.

The 2016 electrical/systems workshop weekend is scheduled for February 20-21. The 2015 weekend was oversubscribed, so sign up early.

Check our website for the latest information on this and other 2016 offerings - [www.womensailing.org](http://www.womensailing.org) ◆



## Susan Lyons Cont'd

Susan joined NWSA several years ago and attended the Women's Sailing Conference. Having found it a very positive experience, Susan timidly volunteered some time the day before the event. It turned out to be a very good experience for everyone.

Last year she took on the huge task of heading up the annual silent auction and raffle part of the conference to benefit the Women's Sailing Foundation and she did an outstanding job. Susan is passionate about sailing & providing opportunities for women to engage in sailing. In her own words, "Having experienced so many sailing programs and classes where was I the only female, I realize how important (and also how much more fun) it is to have women-focused sailing opportunities."

We are delighted to have Susan on the board and also heading up the fundraising at the 2016 Women's Sailing Conference.



## No. CA Women's Sailing Seminar Captures the Power in California

By Nancy Hird

Alameda, CA – 23rd Annual Northern California Women's Sailing Seminar

September 19 and 20 saw about 85 women participants, 25 volunteer women instructors and an equal number of donated boats spending the weekend at Island Yacht Club in Alameda, CA, learning the art and science of sailing. Some were beginners and some pretty seasoned salts honing their skills over two sunny days in the Oakland Alameda Estuary and the San Francisco Bay. The annual event encourages women to "Capture the Power" and to increase their confidence at the helm. Comments made describing the event included "life changing experience, empowering, mindful, inspiring, awesome, and memorable." Island Yacht Club members, male and female, work hard every year to make this event the best it can be for women who attend from all over the US. From three meals a day, yoga for sailors early Sunday morning to a Saturday night band with sponsors donating their products generously for a fun raffle, the club pulls out the stops related to hospitality to host this event. ♦



## BoatU.S. and NWSA

NWSA participates in the BoatU.S. Cooperating Group Program. That means that NWSA members are eligible for BoatU.S. membership at \$15.00, half the regular annual \$30 dues rate. We receive announcements with information that we pass on to you the member through our own website or our e-Breeze emails. There are discounts at West Marine retail stores with BoatU.S. membership—another good reason to get more for less.

Other benefits include:

- On-the-water and on-the-road towing service
- Low cost marine insurance
- Full year subscription to the award-winning BoatU.S. Magazine
- Discounts on fuel, repairs and transient slips at over 900 marinas.
- Discounts at West Marine
- 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](http://www.boatus.com/member). Give NWSA's Group ID number **GA 84104B** when prompted to receive the special discounted rate.

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



Where do women sailors go to learn? The Southern California Yachting Association (SCYA) will hold its 27th Annual Women's Sailing Convention on Saturday, **February 6, 2016** at the Bahia Corinthian Yacht Club in Corona del Mar, California. The daylong, ladies-only series of shore-and-boat-based workshops offer beginners to experts a welcoming environment to learn more about all topics sailing. Boat Owners Association of The United States (BoatUS) has been the event's primary sponsor since its inception.

Attendees select a combination workshops in areas that best fits their interest and ability, and top women sailors from all over Southern California, many of whom are USCG Licensed Captains, present 33 topics. Workshops include: Welcome Aboard (for beginners), Diesels, Going Up the Mast, Introduction to Racing, Tactics, Docking, Overboard Procedures, Suddenly Single-handed Interactive, Weather, Sail Trim, Basic Navigation, Maintenance Mania, DIY Canvas Projects, How to Heave a Line, Nighttime Sailing & Navigation, Hassel-Free Heads, Spinnaker Rigging, Offshore Cruising, and Introduction to Sailing. The Race Starts workshop will be held in Harbor 20's thanks to the help of Bahia Corinthian Yacht Club.

To top off the event in the evening, the speaker will be **Ms. Margaret Bonds Podlich** who serves as President of Boat Owners Association of The United States (BoatUS). Ms. Podlich began at BoatUS in 1994 as the Director of the former BoatUS Clean Water Trust. Ms. Podlich is a life-long boater, raised in a sailing family.

After racing in college while attending Tulane University, she competed in a wide range of national and international events including finishing fourth in this year's Rolex Women's International Keelboat Regatta.

According to the event's director Gail Hine, "The Convention gives women an opportunity to meet other women sailors, discuss options for more racing, cruising and day sailing, find out about existing women's sailing organizations in their area as well as instructional programs available. We have something meaningful for everyone. Attendees have reported that the convention was one of their most rewarding boating experiences and best-organized event they have ever attended."

The convention fee of \$215.00 includes workshops, breakfast, lunch, dinner, souvenirs and handouts. Prepaid-registrations are required as space is limited to approximately 220. To obtain a reservation form, email **Gail@scya.org**. After December 10 bookings can be made online at [www.womenssailingconvention.com](http://www.womenssailingconvention.com). The discounted Early Bird registration fee of \$200 is available until 12/31/15. ♦



## Sue Corl Youth Sailing Scholarship Recipient



### Lolita Huddleston

Our first Sue Corl Youth Sailing Scholarship recipient this year hails from Portland, OR. This year our scholarship winner boarded the 106 year-old schooner, *Adventuress*, for a "Girls at the Helm" trip in the San Juan Islands in Washington state with 18 girls and an all women crew.

Lolita was very enthusiastic and excited and had a great experience. She has participated in an AdventureSail® program in Portland, OR and has been the recipient of a previous Learn to Sail scholarship from the Women's Sailing Foundation. This special scholarship is named for our former WSF Board member who was a tireless advocate of sailing opportunities for underserved girls and educating women in the art of sailing.



# Background on the Sue Corl Youth Sailing Scholarship

Sue Corl was secretary of the National Women's Sailing Association (NWSA) from 1997 to 2007. She was the co-founder of the Women's Sailing Conference in 2002 and national co-coordinator of the AdventureSail® program, a program to introduce sailing to young girls at risk and co-event chair of the event in Boston, MA, since its inception in 1996. Sue was a supportive board member who took the initiative on many NWSA key issues. She was a strong advocate for many of the programs and events which proved to be beneficial to NWSA. As a member of the executive board of NWSA, Sue's opinions were valued and helped expand the number of participants in the AdventureSail® program.

Born in Almont, MI, Sue received her B.B.A. from The University of Michigan where she majored in marketing. Sue's professional career began as a Media Coordinator in the Marblehead Public Schools where she taught basic computer skills to students in grades K-12. When she moved into the business arena, Sue's skills as a coordinator and analyst lead her to the business systems analyst field. She was employed by American Mutual Insurance Company, Eastern Connection, Policy Management Systems Corp, Bank of Boston, TSSG, IIT New England Management and finally First Notice Systems in Charlestown, MA.

Sue took up sailing as an adult and never looked back. Never at the helm, but a dedicated crew member in the Town Class, Shields and Sonar fleets. Sue remained active in the Marblehead community for over 30 years. She was the Director of the North Shore Girl



Scout Camp, Camp Shore Lee, for six years. Sue was a member of the Corinthian Yacht Club Race Committee. She was sponsorship chairman for Marblehead Race Week for seven years. She was an active member of the Marblehead Sail and Power Squadron.

Sue was witty, clever, artistic and had a natural flare for embellishing any occasion. She was always excited to see a new sailing event for women or girls and she threw all her energy and enthusiasm to obtaining sponsorship for events. In 2015, the board of directors of the Women's Sailing Foundation established the Sue Corl Youth Scholarship in her memory. The Scholarship is awarded to a young girl in a program or event identified by the Women's Sailing Foundation Board of Directors as being appropriate for this scholarship. It is not an annual scholarship.

Donations may be made to the Women's Sailing Foundation attn.: Sue Corl Youth Sailing Scholarship c/o Scottie Robinson, Treasurer, 4 Turtle Back Road, Essex, MA 01929.

## 7 Phrases You Never Knew Came From Sailing

by Pat Reynolds  
*American Sailing Association*

When you stop to think about it... sailing is pretty amazing. From a historical perspective, through its role in travel, trade and war, it was the absolute hinge of western civilization for hundreds of years. Through that time, sailors' slang and terminology became rooted in the English lexicon and still exists profoundly to this day.

Here's a list of several everyday phrases that you may not have realized were born in the days when sailing made the world go round... wait... is that a nautical phrase?



### “A clean bill of health”

According to dictionary.com this phrase derives from the days when the crew of ocean going ships might be a little less than hygienic, so they needed to present a certificate, carried by a ship, attesting to the presence or absence of infectious diseases among the ship's crew and at the port from which it has come.

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## The Marine Diesel Workshop for Women

March 5-6, 2016

by Beth Burlingame

at Narragansett Sailing School Barrington, Rhode Island

This course covers the diesel engine, plus the drive train including the stuffing box. This is a hands-on course. When you arrive you will find a diesel motor completely disassembled with an intact block, and all the other parts arranged on several tables. A diesel has six systems; fuel, raw water, fresh water, air, oil, and electric. If any one of them malfunctions you will be without an engine. You and your classmates assemble the engine system by system understanding the purpose of each part, and the symptoms if a part fails. After we finish assembling the engine, you will KNOW what makes a diesel go, and if it stops what system to go to to get it going again. Then we go to a boat in the water with a working diesel and cause it to fail, and get it going again.



This course will not turn you into a diesel mechanic, but it will give you the knowledge to diagnose the normal things (almost always fuel problem or overheating) that cause a diesel to fail, and know if you can fix it or if it is serious enough to call in a mechanic. You will also learn how to winterize your diesel and do the spring commissioning on the motor.

Maximum class size is limited to five as we are clustered around the motor with tools in our hands. Price is \$440 for NWSA members (add \$45 for NWSA membership) which includes workshop and training materials. Accommodations are not included in this fee.

Check out our website for more details: [www.womensailing.org](http://www.womensailing.org).

## Report on 2015 Marine Diesel Workshop



This two-day hands on workshop, held at the Narragansett Sailing School in Barrington, RI, and led by Bonnie Schaeffer, was filled to capacity with women eager to learn about the care and feeding of the marine diesel engine. Class participants were greeted with a completely disassembled engine and a matching complete engine. Each component was handled by the class, the function explained, and then the students installed it on the block. Students learned about the diesel's raw water, fresh water, oil and fuel systems. Troubleshooting was performed on a working engine onboard

a vessel at the dock. At the end of the day, Bonnie took the group on a tour of the boats in the boat yard for a critical look at the differences in keels, rudders, propellers and how they affect boat handling under power. The knowledge level just went up another notch.

Saturday evening, the students organized a potluck get together at a local hotel lobby. WSF board members Joan Thayer and Beth Burlingame attended and it was a highlight of the weekend for all.

## “Feeling Blue”

How often do you hear people talking about feeling blue or have the blues? An entire genre of music comes from this phrase. Who knew that came from the world of sailing? See-the-sea.org explains the popular phrase comes from a custom that was practiced when a ship lost its captain during a voyage. The ship would fly blue flags and have a blue band painted along her hull when she returned to port.

## “Pipe down”

Parents have been screaming “pipe down” to their kids forever, but where does that actually come from? Apparently, Pipe Down was the last signal from the Bosun’s pipe each day, which meant lights-out, quiet down, time to go to bed.

## “Over a barrel”

We all know when someone has you “over a barrel” things aren’t going well. This saying is used all the time these days to indicate being severely compromised, but it began in the most literal way. Sailor crew would sometimes be punished for their misgivings and that involved being tied over a cannon barrel and whipped. It’s no wonder that one stuck around. Yikes.

## “Toe the line”

Perhaps you’ve been at work and your boss has scowled at you and said, “toe the line, or you’re gone.” If this has happened to you, we are sorry, that sounds like a horrible work environment. But, if you were wondering about the origins of his demand, it’s an old naval expression that refers to a ship’s crew would be called

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# AdventureSail® - Boston - June, 2016

*By Joan Thayer*

On Saturday, June 13, Courageous Sailing Center in Charlestown, hosted the 18th AdventureSail® event for 19 pairs of big and little sisters aged 9 to 14 from the Big Sister Association of Greater Boston. Despite the rainy forecast, the skies were partly cloudy, the temperature was about 70 degrees with oscillating winds from 4 to 8 knots. Co-chairs Dar Collins and Ellen Gray of Hingham welcomed everyone. After receiving bright yellow t-shirts from volunteers Pat Dieselman and Flossie Porn, and a safety talk by Courageous staff, it was time to go sailing. It was a little tricky getting away from the pier with the wind moving around so much. Once away from the pier, the Rhodes 19 with 5 aboard moved quickly down Boston Harbor. Not long after the introduction to the boat and basic terminology, the girls eagerly but timidly took the helm and also trimmed the sails. Smiles beamed from ear to ear when they realized that they were controlling the movement of the boat.

It was a good idea that Courageous staff had given each skipper a radio. They could keep a check on the “fleet” and call us home at the right time. We arrived back at the pier with a much gentler landing. Dar Collins and Michu Rosen of Hingham, keeping an eye on our return, had fired up the grill. Being on the water increased our appetites so the waiting hamburgers, hot dogs, cookies and chips were consumed quickly. Following lunch we had a group photo and then went under the tent for a recap on our newly learned terms. The girls had remembered the basic parts of the boats, but the points of sail were chal-



lenging. Ellen Gray then led the afternoon knot session. Gray introduced a most interesting way to remember the Figure Eight knot: the alien who need to be choked and then punched! Whatever happened to gentle rabbit coming out of the hole ducking around the tree and scampering back into the hole? The skippers continued to coach the girls with one-on-one help. There were only successes around the tables.

It was a wonderful day for everyone. Skippers included Ellen Gray, Erin Devine of South Boston, Debbie Noble and Joan Thayer of Marblehead, Debbie Medenbach of NY and Carrie Will formerly of Hingham and several of the Courageous staff. We are grateful to Courageous Sailing Center for being our host and Boston Private Bank for its financial support for each of the 18 years. ♦



to gather and form a line with their toes all touching a given seam (or line) of the deck planking.

### “By and Large”

Folks say this one all the time to refer to the big picture. “By and large, ASA is the most awesome organization in existence”... something like that. This term got started on a sailboat with the word “by” meaning into the wind and “large” meaning off the wind. So sailors would say: “By and large this ship handles quite nicely.”

### “Loose cannon”

Everyone has known a few people who are loose cannons – unpredictable and dangerous on some level. Not surprisingly the term comes from when a ship’s cannon would come loose from it’s lashing. The big dangerous thing would be sliding all over the place making for some uncomfortable time on deck trying to get that bad boy back in its spot.



## AdventureSail® - Portland, OR - May 2015

By Lauren Goche

A smashing success with 17 girls from Girls Inc on May 9th. The adults took the girls out on 6 different boats. The sun was shining all day. The temperature was 80°, but the wind got a slow start. By the end, the wind had increased to a nice 12 knots, providing for a wonderful afternoon of sailing. Amazing food too. The girls had a blast and left with HUGE smiles!



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## AdventureSail® - New York - July 2015

**Host: Breakwater Yacht Club**

*Chair: Charlene Kagel*

Twenty-seven girls participated in the 16th AdventureSail® event at the Breakwater YC in Sag Harbor. The girls came from Project Most, I Tri, Big Brothers/Big Sisters Long Island Association. They divided up with club members on six different boats for a race on a lovely sunny day with gentle winds. Afterwards everyone enjoyed food on the club porch and an awards ceremony with medals for the girls. A great day for all. The membership looks forward to this event every year. And from the smiles on the girls faces, the members did another superb job. Val Cook, WSF board member, and Donna Lipper, NWSA member, were present for the day.



## AdventureSail® - Alameda, CA - May 2015

*By Nancy Hird*

Twenty-four girls had a wonderful time sailing in their NWSA tee-shirts and enjoyed a de-briefing of their experience during a barbecue lunch. Jeanette Leckie from the America's Cup USA76 also gave a presentation to the girls who were all members of either the Alameda Boys and Girls Club, Girls Inc. of the Island City or a local Girl Scout Troup. One girl applied for, and received a NWSA scholarship to attend a two-week summer camp session.





## AdventureSail® - Racine, WI - August 2016

Chairman, Amy Cermak

About 40 girls aged 7 to 14 from Girls Inc. took part in the 16th Adventure-Sail® event cosponsored by the Racine Yacht Club and the Women's Sailing Foundation on Saturday, August 15. Traditionally the girls head out on the water on smaller craft to learn math and science and teamwork and leadership skills. However, this year Racine Yacht Club was celebrating its 100th birthday and invited the Tall Ship, *Denis Sullivan*, dockside and provide tours for the club membership. This was just an awesome opportunity for a special AdventureSail® experience. The girls were given special time all to themselves with the crew.

The crew of the Dennis Sullivan taught the girls about water quality, invasive species, fish and plankton. They used microscopes to see the slides

Amy Cermak, NWSA member and rear commodore of the Racine Yacht Club, said "Many adults and many children have not had the opportunity to see a boat of this magnitude up close, let alone be on the boat." The program also exposes the girls to the beautiful lakefront.

*Edited from the Michigan newspaper on August 16, Journal Times in Racine, WI*

## Donna Lange Solo Circumnavigates Non-Stop

**Donna Lange**, a member of NWSA and an extraordinary woman sailor, set sail at the end of July to attempt her second solo circumnavigation onboard her Southern Cross 28, *Inspired Insanity*. The first time around, Donna stopped twice and this time she is determined and has planned ahead to do it non-stop putting her in the rarified air of a handful of women sailors world-wide to accomplish the feat.

WSF Board members Joan Thayer and Scottie Robinson joined family and friends for a send-off for Donna at the Herreshoff Museum docks in Bristol, RI on July 26. Joan and Scottie spoke to the group about how they first met Donna and our appreciation for her attendance at this year's Women's Sailing Conference in Marblehead, MA as well as for her appearance

to speak to the AdventureSail® girls in Boston in 2007 after her first circumnavigation. With Donna's expected return in May, 2016, she has graciously agreed to be the keynote speaker for our 2016 Conference.

Joan and Scottie presented her with some gifts...special chocolate and hard candies. They signed the mainsail for National Women's Sailing Association

and were able to step onboard her boat.

To read and learn more about Donna and her sailing venture, go to [www.donnalange.com](http://www.donnalange.com). She is on the world's oceans via her live transponder and her daily blog. Go Donna! We are here to support you and live your adventure vicariously. As we go to press, Donna has just passed Cape of Good Hope heading into the Indian and Southern Ocean. ♦

