



President's Message

from Linda Newland

Welcome to our first Spring edition. In order to share our winter workshop reports and give you, our members, an early start on planning for our Annual Take the Helm Conference at the Corinthian Yacht Club in Marblehead, MA on June 3, we are providing a Spring issue of our Take the Helm® newsletter in addition to our regular Fall wrap-up edition. Registration forms with a new form of payment through PayPal will be up and running in early April so check it out at our homepage, www.womensailing.org.

Last year we moved our membership renewals to a set renewal date of April 30 rather than use your anniversary of joining date. In this newsletter you will find a link to either join or send in your renewal. We can now offer you a three-year membership for \$100 which is a \$35 savings over paying annually. Membership has its benefits in discounted registration fees for our workshops which continue to expand and our annual conference. We have more ideas in a broader area for next year as well. Thanks

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Take the Helm®

Official Newsletter of the National Women's Sailing Association

SPRING 2017

2017 Annual Women's Sailing Conference

It's coming!

Women's Sailing Conference, June 3 Marblehead, MA

We've improved the offerings and made this year's conference even better with fantastic feedback from participants and presenters.

Take the helm of a Colgate 26 or a 23' Sonar and focus on sail trim. Or practice the steps for reefing with experienced sailors before you're caught in stronger winds and are forced to figure it out by yourself. This year's on-the-water cruising workshops will cover these topics and more!

On land, this year's conference offers a wealth of information about safety – weather, fog navigation and proper dinghy operation just to name a few. We're reaching beyond our comfort zone with considerations about sailing singlehanded – not to be confused with the traditional suddenly singlehanded – plus more on fitness on board, crew relationships, diesel engines, splicing, knots and marine wiring and electronics. Whatever you need to learn or improve, we've got you covered!

In addition, NWSA is proud to include two fabulous women in this year's event. Keynote speaker Sally Barkow, two-time Rolex Yachtswoman of the Year, offers unique insights and experiences in the highest level of racing and shares how it all that relates to women's lives – yours, your mothers, nieces, sisters, daughters and granddaughters. Plus, the 2017 Leadership in Women's Sailing Award will be presented to Linda Lindquist-Bishop, a trail blazer in the all-male world of offshore yacht racing and a member of the America3 all-female entry into the America's Cup in 1985.

Conference registration includes a continental breakfast, buffet lunch, dinner, workshops and a raffle ticket. Registration is on a first-come, first-served basis and will soon be on the website at www.womensailing.org.

Raffles and a silent auction throughout the event will benefit the parent organization, the Women's Sailing Foundation, a 501(c)3 organization.





A program of the
Women's Sailing Foundation

NWSA

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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

Join or Renew Your Membership



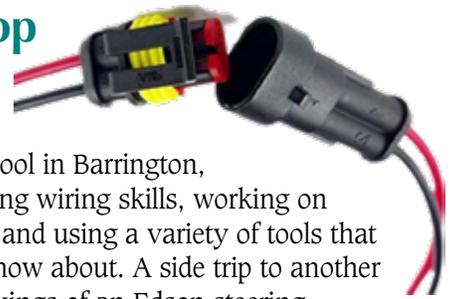
MEMBERSHIPS ARE DUE APRIL 30!

If you haven't already taken advantage of our three-year membership offer, your membership is due for renewal this month. We offer a one-year renewal for \$45 (\$80 for two people at the same address) or \$100 for three years (best value!).

See <http://www.womensailing.org/index.php/membership> for the membership form.

Electrical/Systems Workshop

By Beth Burlingame



The fourth year of this two-day hands-on workshop was held at Narragansett Sailing School in Barrington, Rhode Island. Participants spent day one learning wiring skills, working on an electrical budget for a fictional 35 foot boat, and using a variety of tools that were a cut above the usual tools boatowners know about. A side trip to another building gave all a chance to see the inner workings of an Edson steering pedestal, and a rudder and rudder post assembly. A (brand new!) manual head was disassembled to show the joker valve and how to replace it. On the second day, the group wired an AIS transponder, chartplotter, water pump, bilge pump and cabin light to power, using appropriate fuses and circuit breakers. They plumbed both pumps and ran them, with the water from the freshwater pump filling the "bilge" and being pumped by the bilge pump into the water tank. Remarkably, no one got wet.



These gals learned all about how to handle the tools of a marine electrician and more!

President's message Continued...

to you for supporting our mission: which is to "Enrich the lives of women and girls through education and access to the sport of sailing."

We are delighted with the turn out for our Winter Workshop programs that we are co-hosting in Marblehead, MA, as a new pilot program. The enthusiastic reception by participants is gratifying and shows that you, our audience, appreciate exemplary small group learning experiences. Congratulations to Jocelyn Cook for approaching the National Women's Sailing Association, the sponsor, and putting together the concept along with Ann Sousa and Joan Thayer, our immediate past president.

In addition we are doing some long term planning to host a Safety Day somewhere in the New England area next year where we can offer important boating safety information for cruisers or racers venturing offshore or taking longer voyages. In draft form, this will include demonstrations of safety equipment as well as procedures for getting help at sea, preparing for offshore sailing as well as other relevant topics.

Our programs around the US for girls 9-14 who would not otherwise have an opportunity to experience sailing, known as AdventureSail®, continues to thrive. We are working at expanding the program into

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Thumbs Up for the Riverport Women's Sailing Conference

Deborah Medenbach of Kerhonkson, NY, had been to several of our annual Women's Sailing Conferences in Marblehead. Last fall, Deb was inspired to organize one in her area at the newly-founded Riverport Wooden Boat School on the grounds of the Hudson River Maritime Museum in Kingston, NY. We provided encouragement along the way. I attended this first-ever Riverport Women's Sailing Conference on March 25th. The event was wildly successful.

The Hudson River Maritime Museum is an easy drive from Massachusetts. There were great hotel accommodations nearby and 61 very energetic and eager women signed up. Deb and her co-chair Jody Taffet Sterling, did a fantastic job of greeting registrants, organizing lunch and keeping time on the workshops. After all, with 30 women in each workshop, which were side by side in the facility, staying on top of the clock was crucial.

The presenters were engaging and inspiring. I took four workshops: basic sailing, racing to win, boat organization and sail repair. Our former board member, Gina Beinecke, who happens to be Deb's sister, presented the workshop on boat organization. If anyone could make that a fun and inspirational workshop, it would be



Gina. And it was! Linda Codega taught the two sailing theory workshops. She was excellent and kept us smiling and laughing at times. Sailmaker Margaret McNamara, of Tomelia Sails in Staatsburg, NY, had numerous sails for us to play with and demonstrated how to check for rot and holes. The day was over much too quickly.

The Riverport Women's Sailing Conference volunteers sold long sleeved t-shirts designed with a woman at the helm. After all, it was March. The door prize raffles ranged from key chains to foul weather pants. They have a very supportive local business community.

Congratulations to Deb, Jody and the Kingston Sailing Club volunteers for an excellent conference. I'll be back next year.

Joan Thayer, chair,
NWSA Women's Sailing Conference



Diesel Workshop

By Beth Burlingame

This year's two-day diesel workshop, held at Narragansett Sailing School in Barrington, Rhode Island, was a great success. Five women gathered around a disassembled Yanmar 2GM engine. The group discussed the six systems of a diesel engine: cooling water, raw water, fuel, lubrication, air, and electrical.

After learning about the function of each disassembled part, they put the engine back together again. Next it was on to a functioning engine aboard a boat in the water. An early February snowstorm did not keep them from getting on and off the boat, where they had a realistic experience trying to maneuver in tight spaces while bleeding the engine of air to make it run. An optional Saturday night dinner was well attended, with the participants enjoying some Portuguese cuisine, a local specialty.

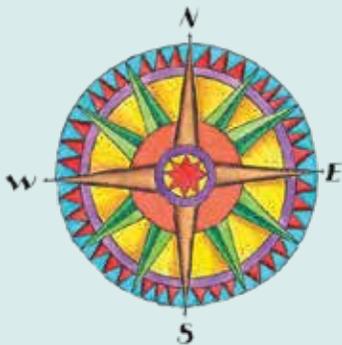
President's message Continued...

additional venues in the Pacific Northwest and other areas. We partner with local yacht clubs or community sailing centers to offer a day on the water with women mentors as skippers and related onshore activities. If you are interested in learning more, donating or working with us to host a program, please visit our website and go to the AdventureSail® link for more information.

Girls who participate in the program become eligible to apply for a learn-to-sail scholarship or our Sue Corl Youth Sailing Scholarship which is a liveboard experience on one of several tall ships which dedicate sails to teen girls. There is more information elsewhere in this newsletter.

For more information about our programs and our upcoming Conference, please check out our website at www.womensailing.org and keep track of our activities on our Facebook page Women's Sailing Foundation/National Women's Sailing Association or on Twitter.

Linda Newland,
President



We're Looking for a Women's Sailing Foundation Member, Board of Directors and Treasurer

Open Volunteer Position

Overview:

The treasurer is a member of the Board of Directors of the Women's Sailing Foundation, a national volunteer non-profit organization. The treasurer has the responsibility to ensure the organization pays its bills on time, has responsibility for preparing annual budgets, tax filings and providing guidance on financial matters.

Duties:

- Be the primary signer on bank accounts.
- Pay invoices in a timely manner after approval by the relevant board member, before payment is made.
- Process credit card transactions in a timely manner, and keep accurate records of each transaction.
- Conduct any necessary follow up with individuals who have payments due or when there are questions or issues.
- Reimburse board members for approved expenses.
- Work with the board member responsible for purchasing merchandise, planning workshops and programs.
- Prepare information for tax accountant for the annual IRS and Massachusetts filings.
- Prepare the annual calendar year budget with input from the board for adoption by the board prior to the new calendar year start.
 - Provide quarterly financial reports to the board, with comparison to the approved annual budget.





Events for Women Sailors

June 3, 2017
NWSA's 16th Women's Sailing Conference —
Corinthian Yacht Club
Marblehead, MA. Contact
Joan Thayer
joan_thayer@comcast.net

June 3, 2017
Take the Tiller 2017 -
A sailing workshop for
women with moderate
sailing skills - Half Moon
Bay Yacht Club - Pillar
Point Harbor - California
(See article on page 7)

June 24-25, 2017
Summer Solstice - Sailstice
This year the weekend
of June 24/25 has been
designated at Summer
Sailstice. Check out the site
and start planning your day
on the water.
<http://www.summersailstice.com/>

June 2017
Marion to Bermuda Race
Check the website for
updates on all our events! Go
to www.womensailing.org

**Making Changes
Come About®**



Where did 225 women sailors go to learn in February? The Southern California Yachting Association (SCYA) that held its 28th Annual Women's Sailing Convention on Saturday, February 4, 2017 at the Bahia Corinthian Yacht Club in Corona del Mar, California. The daylong, ladies-only series of shore-and-boat-based workshops offered 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 for many years.

Attendees selected a combination of workshops in areas that best fit their interest and ability, and top women sailors from all over Southern California, many of whom are USCG Licensed Captains, presented 30



topics. Workshops included: A new one - Demonstration of Emergency Equipment including a in-the-water life-raft inflation, Welcome Aboard (for beginners), Diesels, Going Up the Mast, Introduction to Power Boating, Race Tactics, Docking, Suddenly Singlehanded, Weather, Sail Trim, Basic Navigation, Electronic Nav (new), Maintenance Mania, DIY Canvas Projects, How to Heave a Line, Nighttime Sailing & Navigation, Winch Workshop, Spinnaker Rigging, Offshore Cruising, and Introduction to Sailing, and In-harbor Races in Harbor 20s.

Topping off the event in the evening, was speaker Capt. Alison Oskinski, a USCG 100-ton Licensed Captain. Alison has taught boat handling skills, safety, navigation, coastal piloting & charting at this Convention for many years. She talked about how water and the human desire to be near/on/in the water and was inspiring and very well received.



According to the event's director Gail Hine, "we had 32 women from 13 different states (not including California) — Arizona (5), Colorado (2), Illinois (1), Missouri (3), New Mexico (1), Ohio (1), Oregon (1), Pennsylvania (1), South Dakota (1), Texas (10), Utah (1), Washington (5).

Attendees have reported that the convention was one of their most rewarding boating experiences and best-organized event they have ever attended. According to a recent kudo, "the special care you take and the extra mile you go...; you boost the self confidence and fulfillment of so many women sailors!"

See photos of the event at www.womenssailingconvention.com as well as a video from a couple of years ago! Get on the mailing list for next year (2/3/18), email Gail@scya.org or call 951-677-8121.



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. 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.



BoatUS/NWSA Leadership in Women's Sailing Award



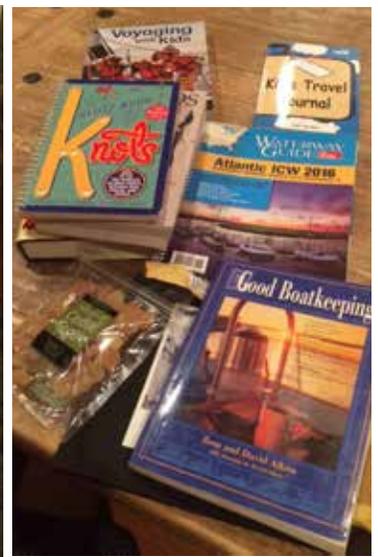
Linda Lindquist-Bishop of Traverse City, MI, has been chosen as the 2017 recipient of the joint BoatUS/NWSA Leadership in Women's Sailing Award. The presentation will be made at the NWSA Women's Sailing Conference on Saturday, June 3, in Marblehead, MA.

NWSA Sailed Through Winter

By Joan Thayer

NWSA's first Women's Winter Workshop Series was a huge success this winter. The pilot program was held in Marblehead, MA, covered a range of topics from basic terminology and knots to sail trim to cruising with kids. The sessions alternated to focus on racing or sailing for enjoyment.

From October to May, new skippers and seasoned sailors expanded their knowledge and expertise during these monthly events hosted by NWSA members and lead by experienced members of the group. Session attendees created networks of local fellow sailors and learned about additional opportunities for sailing this summer. If you missed these workshops, now is the perfect opportunity to learn more at the June 3rd, 2017 NWSA annual Women's Sailing Conference. Visit the website at www.womensailing.org for details and registration.



from...

I Don't Do Portholes by Gladys Walker and Iris Lorimer



Clothing — What, Where, and How

- Nonskid boating shoes are standard. But take along an old pair of sneakers for sacrificial use when wading ashore to a picnic site and the like.
- If the weather looks threatening, put on foul weather gear before you get wet. Wet clothing is hard, if not impossible, to dry in a spell of bad weather.
- Use plastic hangers to avoid getting rush on clothing.
- For packing or stowing, roll socks, underwear, and any thong kind of clothing. Retards wrinkles and take up less space.
- Keep dampness out of small items of clothing and equipment by sealing them in ribbed, pressure-sealed plastic bags.
- Adjustable visors are handy. Some caps have see-through visors, especially good for keeping an eye on sail trim. Keep extras aboard for visitors.

Take the Tiller 2017 at Half Moon Bay YC

Take The Tiller 2017 – is a sailing workshop for women with moderate sailing skills, designed to build confidence and command at the helm. Become one with the wind and water in our fleet of Cal 20s which have no motors so you will be under sail at all times. You will complete a series of sailing challenges, choosing the level of difficulty that suits your sailing skills. Challenges include “Zen sailing” (sailing with your eyes closed or with a blindfold), crew overboard maneuvers (possibly single handed), reefing underway, & docking under wind power (into the wind or downwind). Each skipper will take turns commanding a crew of two with a trained HMBYC facilitator on board and may have a chance to single-hand a Cal 20. The final challenge will be a race to the finish. Only 18 spaces available. All aboard!

Attendees must have completed formal sailing instruction or have equivalent lived experience. Some experience at the tiller is required, as basic sailing instruction is not part of the event.

All profits go to the Claire Borkert Girls Sailing Scholarship Fund.



Margie Woods, Keynote Speaker, “Journey back to myself: reflections of a single handed sailor’s race from SF to Kauai”

The keynote speaker, Margie Woods, was the only female participant in the Singlehanded Sailing Society’s Singlehanded TransPac 2016, a 2100-mile solo sailboat race from San Francisco to Hanalei, Hawaii. You’ll hear the exciting story of the race – the challenges she had to overcome and the confidence that she gained from the endeavor – as well as the tragic end to her beloved boat, Haunani, a Catalina 34, on its return to California.

Take The Tiller 2017, June 3, 2017, 9am – 6pm at Pillar Point Harbor. Brought to you by Women Sailing of Half Moon Bay Yacht Club.

<https://halfmoonbayyachtclub.wildapricot.org/event-2152795>

Early bird registration \$110 (March 06 – April 15).

After that registration is \$130.

Cocktail Reception and Keynote address only, \$25.

Sign up online for the full day seminar.

Sign up online for the Cocktail Reception and Keynote Address only

email: wsmanager@hmbyc.org for more information

