



President's Message

from Linda Newland

Our thanks to you, our members and supporters of WSF, for another great year promoting the education and access to sailing for women and girls. With an energetic and talented Board of Directors, we have expanded programs this year and have more to come for 2015.

2014 was a year of expansion for NWSA programs. Along with our Diesel Engine Workshop at Mack Boring, we initiated a Marine Electrical Workshop in March with new Board member, Beth Burlingame, an ABYC Master Tech, as the brain child and instructor. This was such a hit, that Beth is expanding it to two days on February 21 and 22, 2015 to include Systems.

In June we sponsored our 13th Annual Women's Sailing Conference in Marblehead, MA at the Corinthian Yacht Club with sailing classes both off and on the water. Our newest Board member, Gina Bienecke, noticed how enthusiastically the women soaked up the mini sail repair class presented by Alex Pisarek of Doyle Sails. Gina worked

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Take the Helm®

Official Newsletter of the National Women's Sailing Association

FALL - WINTER 2014

2014 Annual Women's Sailing Conference "What we have accomplished"

By Co-chairs, *Scottie Robinson and Joan Thayer*

The day was bright and beautiful, the wind was light, and the energy was high as nearly 100 women streamed into the Corinthian Yacht Club (Marblehead) to present and attend the 13th Women's Sailing Conference on Saturday, June 1 this year. We must again thank all of the workshop presenters, financial supporters and producers of the Women's Sailing Conference, who are a 100% VOLUNTEER workforce! We continue to be amazed by the power of an organized crew and the goodwill of the business and sailing communities working together on this Conference each year.

The Conference format returned to multiple on-the-water and on-land workshops, as most past conferences have been presented, except for the 2013 gathering. There were some excellent new educational workshops, and the silent auction this year offered valuable art works and multiple sailing opportunities, in addition to nautical jewelry, clothing and equipment. More than \$4,000 was raised to support AdventureSail® programs across the coun-



Sally Crompton (Pittsburg PA), Lynette Breed (San Mateo CA), Linda Newland (Pt Hadlock WA) have all come quite a distance for our Conference!



try, and \$1,000 was raised for other Women's Sailing Foundation, NWSA programs and activities.

Sail Repair, one new offering, presented by Alex Pisarek of Doyle Sail Loft (Salem, MA), was a lively, hands-on affair. NWSA added an October 2014 Sail Repair course to its off-season workshops as well, again, in partnership with Doyle Sail Loft. (If you missed these, perhaps you need to attend the 2015 Conference on Saturday June 6!)

Other new courses included Marine Electrical Wiring and Marine Electronics, taught by WSF board member Beth Burlingame, ABYC Master Marine Tech. See our web site for an opportunity to learn at these workshops in February, 2015, at the Quonset Davisville Navy Yacht Club in North Kingstown, Rhode Island. Sue Torgersen, an experienced offshore racer and cruiser, had barely returned to land from an extended sail when she

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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

Conference Cont'd from p.1

agreed to offer her thoughts and expertise on First Extended Cruise Planning, another well-received, first-time offering at the 2014 Women's Sailing Conference.

In addition to the new workshops mentioned above, there were many tried and true, always popular, courses, including: Intro to Charting, Intro to Sailing, Crew Overboard, Diesel for Damsels, Knots and Sail Trim/Take the Helm workshops.



It's not just the workshops that bring women to the conference. It is the excitement of sailing, being in the presence of well known women sailors, like Nancy Erley and Capt. Sharon Renk Greenlaw, and other women who have all kinds of sailing experiences. Everyone is eager to share her stories, skills and knowledge with other women. The connections that are made that day further our mission to provide access to the sport of sailing. Although June is early in the New England sailing season, it is the highpoint of the season for many who attend.



Joan Thayer (Marblehead, MA) Joyce Hersh (Lincoln MA), Scottie Robinson (Essex, MA)

We try, each year, to provide a range of courses that will instruct those new to sailing as well as to enhance the skills of old salts who might just as likely be presenters. We have begun planning for the 2015 Women's Sailing Conference and would like to hear your ideas for additional topics that might be offered. Let us know what you need to know! Contact Scottie Robinson rob-son@verizon.net or Joan Thayer Joan_thayer@comcast.net, Conference Co-chairs.



Director Profile: Beth Burlingame

I learned the basics of sailing at Y camp when I was twelve. It was love at first breeze. Since then, except for three years inland and only four years boatless, I've always managed to live in towns that are right on salt water, and owned boats of various sizes, mostly sail. I raced Sunfish for fifteen years, then spent two years cruising in the Caribbean on a 33' monohull. I have also owned and enjoyed a 24' trimaran, a 27' monohull (twice! I liked that design a lot), and now am sailing and maintaining a 36' catamaran. I rarely singlehand; my husband is willing crew as long as he can bring and use his fishing gear. We plan to take this boat cruising well south of New England when we retire.



I am mostly self-taught, the only sailor in my family and circle of friends. I had a career in investment management, another in small business ownership, and a third in higher education administration. Always, being on the water is what brings me the most joy.

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New Sail Repair Workshop for Women

by Joan Thayer

Sailmaker, Alexandra Pisarek, of Doyle Sails led the first **Sail Repair Workshop for Women** at the **Doyle Sail Loft** in Salem, MA, Saturday morning, October 25th.

The workshop was chaired by Gina Beinecke of Manchester-by-the-Sea, MA. Alex gave the twelve of us a brief tour of the loft. We saw the laundry line of washed sails, sails that had been damaged by the sun, and a spinnaker that was as big as the hull of a Rhodes 19!

We divided into groups to repair Alexandra's own sail, rather a risky project in my mind. Off came the shoes



so we wouldn't do any more damage to the sail and carefully inspected the sail. With instruction and guidance from Alex, we re-sewed on track slides, cut and sewed on new sail patches, and tried our hand at putting in grommets. Definitely need more strength training for this job.



We kept Alex on her toes with numerous questions, which she answered with great confidence and knowledge. Alex demonstrated using the commercial size sewing machine on a large jib. Many of us felt right at home with the sewing machine. It was just quite a bit bigger than our home models. At the end of the morning, we folded up Alex's sail, patted ourselves on the back for jobs well done and jotted down the contact information for the new women sailors we had met. We thanked Janet Doyle and Alex for a fabulous day, and left with our own sail repair kit. We will be smiling next summer when we are called upon to make use of the items in the kit.





Events for Women Sailors

February 7, 2015 Southern California Yachting Association's 26th Women's Sailing Convention

Newport Beach CA. Contact Gail Hine at gail@scya.org for info, or go to website: womensailingconvention.com

February 21-22, 2015 Marine & Electrical Systems Workshop

North Kingston, RI
Expanded to two days!
Registration details are now available on the website. Contact Beth Burlingame at 2015workshops@angler-sailor.com

**March 7-8, 2015
Diesel Engine Workshop**
Narragansett Sailing School, Barrington, RI
Contact Claire Gerrish at 978-979-7241
wsf@womensailing.org

**June 6, 2015
NWSA's 14th Women's
Sailing Conference** —
Corinthian Yacht Club
Marblehead, MA. Contact Joan Thayer
joan_thayer@comcast.net
or Scottie Robinson at
rob-son@verizon.net

Check the website for updates on all our events! Go to www.womensailing.org

**Making Changes
Come About®**

The 2014 Diesel Engine Workshop for Women

March 15-16, 2014
at Mack Boring Technical Institute in New Bedford, MA

by Beth Burlingame



Nine women gathered at Mack Boring's new facility in New Bedford, MA, March 15-16 to participate in the NWSA Marine Diesel Workshop. Larry Berlin, longtime instructor for this course, retired in 2013, and John Farrell ably took over. John has taught the course for Yanmar dealers and military users for several years, and is enjoying his new role teaching boat owners across the country the ins and outs of marine diesel maintenance and troubleshooting. The group included Eleanor Lawson, Digital Editor at Cruising World Magazine. Having a reporter around proved beneficial for all. Eleanor was not shy about asking for clarification when needed, and many of her questions were echoed by other members of the class.

The course started with an overview of the basic parts of the diesel engine and how it functions. Transmissions and saildrives were discussed, as well as the gauges and lights on various instrument panels, and how to interpret the information on them.

Going more in depth, the engine's lubrication system, fuel system, cooling system, and electrical system were covered both in a very interactive lecture and by inspecting several engines on site. Engines from Yanmar's GM, YM, and JH series of sailboat engines were used for demonstration and practice. Students owning other engine brands were paired with a similar-sized Yanmar for practice. Although Mack Boring is known for its Yanmar distributorship, John Farrell has a lifetime of experience on a broad range of engines. He gave good tips to the Perkins, Volvo and Westerbeke owners as well as making sure everyone learned some specific issues with Yanmars – i.e., do not use anything smaller than a 30 micron fuel filter with a Yanmar!

Students learned how to change oil, recognize fuel problems, and bleed an engine, among other skills. John recommended types of additives that are useful in a diesel fuel system, and also recommended against those that offer more hype than function. Each owner went home with a folder full of notes, a comprehensive handout, and a big increase in knowledge and comfort level in working on her engine.



President's Letter Cont'd

with Alex and Janet Doyle on having a morning workshop. This was a very successful event. Our thanks to Janet Doyle and Alex for partnering with NWSA.

Since Mack Boring is not doing the training workshops, we are partnering with the Narragansett Sailing School in Barrington, RI, for the NWSA 2015 Diesel Engine Workshop. This newly identified school has an entire program for women only courses. Thanks to Beth Burlingame for pointing us in that direction and to Claire Gerrish for working out the details. All of our events have discounts for NWSA members and early registrations, so be sure to sign up early for those that that may interest you.

AdventureSail®, our day program to promote excitement and incentive for at risk girls from 9-14 years of age continues to be strong. We welcome Lori Stout and the Annapolis Community Boating to list of AdventureSail® locations. We encourage our members to look for opportunities in their own areas to start more programs. Visit our updated AdventureSail® pages on our website for more information. Contact Board member and Past President Valli Cook, our AdventureSail® liaison at Adventuresail@womensailing.org. Our U.S. Registered Trademark Making Changes Come About® sums it up perfectly as you help to promote a life changing experience for these girls.

Finally, check out our new **Leadership in Sailing**

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Joan Thayer Inducted to Marblehead Yacht Racing Hall of Fame

Joan Thayer was introduced to sailing in a Brutal Beast by her parents, Dick and Elli Thayer, both prior inductees into the Marblehead Yacht Racing Hall of Fame. She was part of the 1964 winning Sears Cup crew with skipper Robbie Doyle. Joan has competed at the local, regional and national level in 210s, Shields, and Sonars. She has been a Corinthian Yacht Club Race Committee member for over 25 years. She chaired the 100th anniversary celebration of Marblehead Race Week in 1989. In that same year, Joan was awarded the Massachusetts Bay Distinguished Service to Sailing Award.



Joan followed her mentor, Emmy Magoon, through women's competitive sailing right up to the chairmanship of the Adams Cup. She joined the National Women's Sailing Association (NWSA) in the late 1990s, and it was there that she found her niche for sharing her passion for sailing. In 1997, Joan co-chaired the inaugural Boston AdventureSail® event, a nationwide program for young girls at risk, and she has been actively involved every year.

In 2001, Joan organized and co-chaired the first NWSA Women's Sailing Conference in Marblehead, bringing experienced women sailors from across the country to share their expertise, dreams and passion for sailing. She continues to chair this annual event. She is the immediate past president of NWSA and the Women's Sailing Foundation.

Joan and WSF Vice President Susan Epstein are on the Adams Cup Committee, which is preparing for a gala celebration of women who have been involved with this prestigious trophy. The Adams Cup is emblematic of the United States Women's Sailing Championship since 1924. The Cup has not been in competition since 2013. The Adams Cup now resides at NSHOF, and the NSHOF has created a Facebook page specifically for the Adams Cup - www.facebook.com/adamscup.



President's Message Cont'd from page 5

Award pages on the website. This award is co-sponsored by NWSA and BoatU.S. We are accepting nominations up to February 1, 2015. New on our website are the guidelines for submitting a nomination. This is your chance to make us aware of a worthy candidate.

For those of you living in the warmer climate, have a great winter of sailing and for the rest, plan for next year. This is a great time to take some classes and continue to grow as a sailor or just enjoy the cruising lifestyle.



Director Profile Cont'd from page 3

I learned of NWSA when I heard about a diesel maintenance course they were sponsoring. I took it and found the all-woman class format a great way to learn. A couple of years later, I had the opportunity to take a full-time training course in boat systems, and spent nine months learning professional marine skills that have served me well since. NWSA's commitment to sailing education and skill-building for women and girls is important to me, and I have enjoyed teaching workshops on marine electrical skills and techniques. In 2015, I will expand my teaching to other marine systems topics. My number one goal as a Board member is to teach useful boat maintenance skills to women in a way that builds confidence.

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

By Linda Newland

In its 22nd year, the WSS attracted 78 participants on September 20 and 21 to Island Yacht Club in Alameda, CA which is an island in San Francisco Bay. This two day event boasted participants from not only California but also New Jersey, Missouri and Washington. This year women chose from 10 different tracks: Beginner, Crew, Sailor, Divas of the Bay, Advanced Sail Trim, Spinnaker, Racing, Navigation, Boat Ownership and Offshore Cruising. Each sailor learned skills in whichever track she chose. Many excited participants quickly decided they would return in 2015 to try out another track.



Women enjoyed a continental breakfast and then joined their women instructors for either an on the water or shoreside class. After a lunch break and raffle, classes resumed and the day ended with a no-host cocktail hour with sustaining hors d'oeuvres that made dinner optional. This two day event continued on to Sunday with the women choosing either to practice their racing

skills or crew on a larger boat in San Francisco Bay to get in some helm time with a longer cruising experience. The racers enjoyed some very competitive racing in smaller boats in the Oakland-Alameda estuary after gaining knowledge with a basic rules and starting line tactic discussion led by Linda Newland, WSS co-founder and now President of Women's Sailing Foundation.

Not only did the energy level spike as women acquired new found skills but with expert on the water instructors, everyone had an opportunity to do hands on learning...from crewing to steering a boat...in a safe, supportive environment. Thanks to the women of Island Yacht Club and the chair, Nancy Hird, for putting on a great instructional and inspirational day on the water for sailing women. The motto, "Capture the Power" captured the can-do feeling of the crowd as they dispersed and made sailing dates with new found friends.



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.



Southern California Yachting Association

Women's Sailing Convention

on February 7, 2015

Hosted by
Bahia Corinthian Yacht Club, Corona del Mar

womenssailingconvention.com

Registration begins 12/10/14



Southern California Yachting Association (SCYA) will hold its **26th** Annual Women's Sailing Convention on Saturday, February 7 at Bahia Corinthian Yacht Club, Corona del Mar, CA. Come to sunny (almost every day) Southern California in February and experience the ORIGINAL women's educational and networking gathering! *Sally Sailor promises a truly fabulous day!*

We have 5 new subjects this year. Attendees select a combination workshops in areas that best fits their interest and ability, such as: Welcome Aboard (for beginners), Dabble in Diesels, Introduction to Racing, Tactics, Docking, Advanced Anchoring, Electrical Systems, Overboard Procedures, Suddenly Single-handed Interactive, Weather, Sail Trim, Basic Navigation, Maintenance Mania, DIY Canvas Projects, How to Heave a Line, Dinghy Do's & Don'ts, Spinnaker Rigging, Offshore Cruising, Prepare to



Cruise Mexico, Cruising the Channel Islands, and Introduction to Sailing. The Race Starts Workshop will be held in Harbor 20's. All 30 workshops are presented by top women sailors from all over Southern California, and some from out-of-state, about half of whom are USCG Licensed Captains.

The organizing committee selected Sharon Green (Professional Photographer / Ultimate Sailing Calendars) as featured speaker for the 26th event. She's amazing and has some fabulous experiences to share about her outstanding photos.

Visit the website: www.womenssailingconvention.com. Take a look at the video from the 2012 event. Space is limited to 225 this year! The convention fee of \$200.00 includes workshops, breakfast, lunch, dinner, souvenirs and handouts. We have early-bird discount (Dec.10-31) and online registration. Contact: gail@scya.org. FACEBOOK: <http://www.facebook.com/pages/Womens-Sailing-Convention/188874971193589?sk=wall>

BoatU.S. was the first corporate sponsor, and remains a loyal supporter of the SCYA WSC.

This SCYA Convention was the model for NWSA's Women's Sailing Conferences as well as other women's seminars and conferences.



Rhode Island Site of New NWSA Electrical Workshop

The first NWSA Electrical Workshop for women was held in Quonset, Rhode Island February 9. Beth Burlingame, an ABYC Master Marine Tech and NWSA board member, taught the session. Eight women from all over the northeast U.S. participated in the class, which emphasized hands-on learning. Technical terms were discussed and explained. There were plenty of tools available, and each woman had a personal kit of terminals and wires for practicing.

Workshop participants practiced wiring techniques, including crimping terminals, using heat-shrink, and wire sizing. They learned how to plan for a neat installation with appropriate labeling and proper support and sheathing for wires and wire bundles.

After a break for lunch, which included the swapping of many a salty tale, the class reconvened for an afternoon task of mounting and wiring a VHF and a GPS chartplotter to circuit breakers and negative bus. They then went on to tackle an NMEA 0183 communications wiring job to send GPS information from



the chartplotter to the radio, enabling the DSC system on the radio to send, when needed, a plot position as part of a DSC distress call.

Feedback from the class was very positive, and NWSA plans to hold it again in 2015. Beth held a shorter session on electrical wiring and marine electronics at the annual Women's Sailing Conference in Marblehead, June 7.

For 2015, we have expanded this to two days, covering marine systems and electrical, over the weekend of February 21-22. Learn good wiring techniques, plumbing skills, how to re-bed deck hardware, replace a bilge pump, and connect your chartplotter to your VHF. All experience levels are welcome; there is always something new to learn.

For more information email: 2015workshops@anglersailor.com.



Good Reads by Female Authors

- **Banshee's Women**
Capsized in the Coral Sea

by Jeannine Talley

A hair-raising telling of a capsizing at sea and living to write a book about it.

- **It's Your Boat Too**

by Suzanne Giesemann

A woman's guide to greater enjoyment on the water.

- **Green Flash**

by L. M. Lawson

A thriller novel that will please anyone who loves the sea. A mystery of ambush and sabotage set among sailors in the tropical heat of Mexico.

- **Sailing Promise**

by Alayne Main

An honest, moving and wonderfully woven tale of a young woman's journeys—into herself, her marriage and around the world.



Eight Bells: Pat Seidenspinner

By Tom Farquhar,

Past Chairman of the US Sailing Race Management Committee



Pat Seidenspinner died last June after a long series of illnesses. I met Pat in the summer of 1993 in Savannah, at an ISAF seminar in preparation to become International Race Officers. When I was later asked to head up race management for the 1996 Olympics, I immediately invited Pat to be one of the five race officers, working with a team of people from St. Petersburg and Savannah. She readily agreed.

She recruited an enthusiastic group of people from St. Petersburg, and made numerous trips to Savannah for events leading up to the Games. Her ability to integrate a very diverse group of volunteers into a cohesive team was a huge asset. Her ability to anticipate and defuse potentially difficult situations was invaluable as we worked to build strong race management teams for the Games.

After the Olympics my wife and I moved to St. Petersburg, living just a block away from Pat and her husband, Ralph. Pat and I collaborated on planning and running many events. Some were long established traditions, and some newly invented. Pat was always cheerful, creative, and focused on what was best for the competitors. She will be missed.

Editor's Note: Pat Seidenspinner was the recipient of the 2008 Leadership in Women's Sailing presented by NWSA and BoatU.S. We were delighted that Pat's schedule allowed her to travel to Marblehead to receive the award at the Women's Sailing Conference.

Felicity Ann to Sail Again

By Linda Newland

Two years ago we reported that a little 23' foot wooden sailboat that was the first to cross the Atlantic singlehandedly with a woman skipper, Ann Davison, was sitting at the NW School of Wooden Boatbuilding's boatyard in Port Hadlock, WA, waiting for donations to fund her rebuild.

With the continued efforts of some dedicated women boatbuilders and even an all girl's group from Port Townsend High School, *Felicity Ann* has gained recognition in the local community and even in her home port in the UK where she was built. Local people have made donations towards her rebuild but not until recently has a savior appeared to offer a significant donation for her restoration.

The timeline for the refit begins in March 2015 and finishes in the summer of 2016. She will then be donated by the school to the local Community Boat Project that will use her as a sail training vessel for youth. First, however, *Felicity Ann* will do a good-will tour of Puget Sound visiting different ports of call so people can pay their respects to a tiny historical boat that will have risen above the fate of so many unwanted and uncared for old wooden boats, to sail again.

We will follow her progress and let you know how you may contribute if you should desire to do so. Check out Ann Davison and *Felicity Ann's* story as they crossed the Atlantic in 1952 in the autobiography, *My Ship is So Small*.



AdventureSail® 2015 Anticipated Events:

June 2015

Courageous Sailing Center
Charlestown, MA

June 2015

Gold Country Y.C.
Grass Valley, CA

TBD

Breakwater Y.C.
Sag Harbor N.Y.

August 2015

Racine Yacht Club
Racine, WI

TBD

Annapolis Community Boat-
ing
Annapolis, MD

TBD

Oregon Women's Sailing
Association
Portland, OR

For the Girls

NWSA continues to identify new opportunities beyond the AdventureSail® program. Scholarship funds are available to assist girls who, after participating in an **AdventureSail®** event, have expressed a desire to take lessons in a sailing program. Information on the scholarship program can be found at www.womensailing.org/scholarships.htm.

You may send tax deductible contributions to:

Women's Sailing Foundation
c/o Scottie Robinson
4 Turtleback Road
Essex, MA 01929



AdventureSail® – Racine, WI - July 2014

Host Facility: Racine Yacht Club

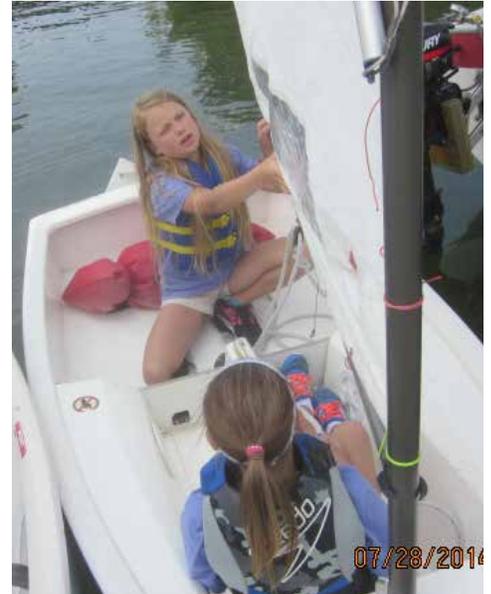
Chair: Amy Cermak

The weather conditions were perfect for the 2014 AdventureSail® activities. This year the program provided more hands-on water activities through the use of the Racine Yacht Club's optimist prams, canoes, paddle boats, stand-up paddle boards and kayaks.

As the girls arrived, they were quickly engaged in learning how to tie a few knots before Kaisa Herrmann kicked off the event by singing the national anthem. The girls learned about safety, on and in the water, and the importance of wearing a life jacket.

Sailing instructor, Gabby Herrmann, provided a brief introduction to sailing before the girls got in the boats. The girls caught on quickly to driving the boat using a tiller.

These girls had an awesome time. This special day on the water could not have happened without the many volunteers from Racine Yacht Club!





AdventureSail® - Portland - May

Host: Oregon Women's Sailing Association
Chair: Linda Starr

Unfortunately the weather this spring was not the clear skies with lots of sun as in the previous years. Just five girls came out to test the waters and the sport on a dreary overcast day with rain solidly in the forecast. As it turned out, they should have disregarded the forecast: The rain went away and the rest of the day was very pleasant. A good time was had for the adventurous five young ladies.



AdventureSail® - Annapolis - July 2014

Host: Annapolis Community Boating
Event Chair: Lori Stout

According to the home page of Annapolis Community Boating, the newest venue for our AdventureSail® program, "We have many events and boating opportunities on the schedule; there is still room for more. Throughout the season we will be reaching out to various other non-profits to create boating experiences of and pertaining to their missions."

President, Lori Stout reached out to the Women's Sailing Foundation after she had been tapped to volunteer at the NWSA Women's Sailing Conference in early June. Several WSF Board members spent time with Lori in Marblehead and not long into discussions, it became clear there was a match in the mission statements and an opportunity to reach more underserved girls.

With a little WSF seed money, Lori was off and promoting the event. Of course, as one might imagine, by mid June summer schedules were pretty well defined. Yet, four young ladies signed up for the event and had a great time. Whole Foods provided the lunches for the participant and volunteers. Unfortunately, we have no photos to show you those smiling faces, but we can all imagine. We look forward to working with Lori in 2015.

AdventureSail® - New York - July 2014

Host: Breakwater Yacht Club
Chair: Charlene Kagel

A gorgeous sun-filled day brought out about 20 pairs of big and little sisters from the Big Sister Association for a day on the water, complete with races and trophies at the end. This is the 15th year that Breakwater Yacht Club has hosted this event, and every year the crop of 20 pairs are new. We've reached a lot of girls in this area.

Board Member Val Cook and NWSA member Donna Lipper were on hand to see the smiles on everyone's faces.



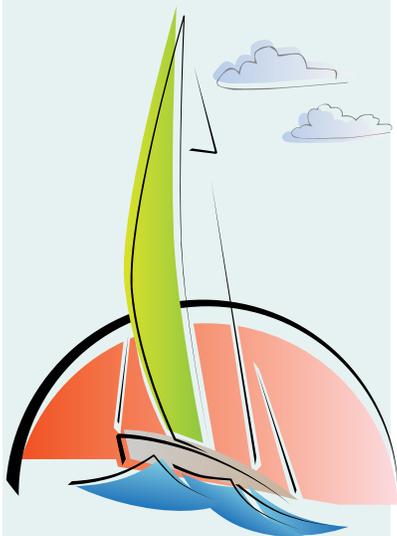
Sailing Trivia

1 In mythology, who was the Greek goddess of beauty and sexual love who sprang from the foam of the sea?

2 Mrs. Marjorie Merriweather Post was the owner of one of the largest private yachts ever built. What was it's name?

3 What is a binnacle?

Answers on page 13.



Sailor Talk

Log Book

In the early days of sailing ships, the ship's records were written on shingles cut from logs. These shingles were hinged and opened like a book. The record was called the "log book." Later on, when paper was readily available and bound into books, the record maintained the name.

Mayday

It is the internationally recognized voice radio signal for ships and people in serious trouble at sea. Made official in 1948, it is an anglicizing of the French *m'aidez*, "help me."

AdventureSail® - Boston - June 14, 2014

Host: Courageous Sailing Center, Charlestown, MA

Co-chairs: Susan Epstein and Darthea Collins

Co-chairs Susan Epstein and Dar Collins greeted the 19 pairs of big and little sisters from the Big Sister Association of Greater Boston Saturday morning at Courageous Sailing Center. After Pat Dieselman and the Big Sister coordinator checked them in, the girls were outfitted with lifejackets and assigned skippers. Kate Henderson, youth director at Courageous, welcomed the girls and gave them some idea of what the day would be like – boats would heel, lots of traffic on the water, listen to your skipper and have fun!

The weather was very calm, in fact, almost no wind. But the girls found the paddle on each boat and soon they were making their own wind. The Rhodes 19 moved quietly down the harbor. Confronting the various powerboats, sailboats and ferries gave new meaning to Keep Your Eyes Open!

The wind finally picked up to about 5 knots just as it was time to head back for burgers on the pier. Dar and other volunteers had fired up the grill, and the lunch table was ready with burgers, hot dogs, brownies and chips. Comfort food! After lunch Susan led the knot tying session. The skippers and other volunteers gave individual attention.

The bowline was always the most challenging knot, but some very sharp girls mastered it on the first or second try. One of the girls suggested that they could tie the lines into a jump rope. Out the tent went about 8 of the girls. Knots were tied hastily resulting in one very long jump rope. Unfortunately as the rope came full circle some of the knots did not hold. But the girls had put the new knowledge to practical use. And it was fun seeing their faces light up with their result.

Then the girls got T-shirts and bag and photos were taken against the Boston skyline with the sun shining brightly.

It was a wonderful day for everyone and we appreciate the support of Courageous Sailing Center with the boats, two skippers and providing a tent for our on-shore activities. We also appreciate the skippers and on-land volunteers.



Seasickness Prevention Tips

from *The Everything Sailing Book* by Michael and Nikki Smorenburg



- Eat and drink moderately the night before a voyage, and have normal sleep.
- Eat a light breakfast, such as cereal and fruit. Don't eat anything greasy.
- Stay outdoors.
- Keep as close to the boat's center of gravity as possible. Try to reach the closest point to the pivot around which the boat is moving, without going below deck.
- Stay as close to the water level and amidships as possible.
- Drink carbonated soda and eat dry crackers.
- Avoid oily and aromatic foods.
- Know that no matter how bad it might get, you will feel

TRIVIA ANSWERS

- 1- Aphrodite
- 2- Sea Cloud (and is still afloat for commercial leisure cruising)
- 3- A stand or case for a marine compass.

AdventureSail® - Nevada City - June 2014

Host: Cold Country Yacht Club, Nevada County, CA

Event Coordinator: Tish Buti

Tish Buti and volunteers look forward to bringing girls of The Friendship Club to the Gold Country Yacht Club each June for this special event. On June 28th, nine girls and six chaperones arrived to a beautiful day – light steady winds under a sky of blue.

The girls experienced a sail on a number of boats – Catalina 22, Catalina 18, Capri 22 and Lido 14. Each girl had a chance for “tiller time” and got the feel of the boats. Understanding how and why the boats heel relieved many girls of the usual fears for a first-time sailing experience. They also received instruction on the importance of safety on the water.

Following a 2-hour sail, the girls enjoyed a hot dog lunch on shore. Recharged, the girls tackled learning to tie basic knots and their usage. It's rewarding to see the smiles on faces when success has been achieved.

Founded in 1995, The Friendship Club is a prevention program designed to reach at-risk girls before they engage in unhealthy behaviors. The girls learn life skills, personal responsibility and the value of hard work through a year-around program of educational activities, emotional support and community involvement.

