



President's Letter

from Joan Thayer



This is time of year when we sit back and see how we've done and where we want to go.

We've had a good year. We had a fabulous Women's Sailing Conference and a very exciting 2nd Fun Regatta for Women. Our AdventureSail® events were extremely well organized and diverse in activities depending on the location and resources. Thanks to the generosity of individuals and companies who donated items to our Raffle at the June Conference, we were able to extend our reach into the teenage world in a pilot partnership with the Sisters Under Sail. That foray was a tremendous success as well. This newsletter includes summaries and stories of our events.

We have two new board members, Joyce Hersh and Beth Burlingame. They are strong women with good skills that benefit our organization. They are enthusiastic about being involved actively. They bring new ways of thinking and ideas in response to our membership feedback. Next year we will have a new workshop, Marine Electrical.

Continued on page 5

Take the Helm®

Official Newsletter of the National Women's Sailing Association

WINTER 2013

The 12th annual Women's Sailing Conference "Extending Your Range"

On June 1st, the Corinthian Yacht Club (Marblehead) hosted the 12th annual Women's Sailing Conference for NWSA members and all women sailors. It was a very hot and sunny day in which the new format of multiple panel discussions and several hands-on workshops were well received by 65 women sailors in attendance.

The Club's Commodore, Ken Adam, welcomed the group in the morning. Then, Beth Leonard, BoatU.S. Director of Technical Services, deftly intertwined the experiences of panelists Betsy Morris (MA), Capt. Nancy Erley (WA) and Capt. Sharon Renk-Greenlaw (ME) with questions from participating women. We heard about big gaffes, big adventures and big hearted learning from these accomplished, cruising women. Eight post-lunch workshops, led by the panelists and other experienced women sailors, Pat Marshall, Garet Wohl, Diana Wiedenbacker and Sue LaVoie, gave women a chance to focus on acquiring or honing specific skills.

The conference's take-home message was that one can reach whatever goal you set, by taking small steps, learning specific skills, and taking responsibility for using them. Every experience increases one's knowledge and level of confidence. Go on, *Extend Your Range!* You know you want to, and now you have a few more talents to keep you on course.

Both during and after the conference, participants reflected on their habits, their anxieties, and their skills, talents and big dreams. The conference, *Extending Your Range*, was an eye-



opener that could only have happened in this all women's format.

During the cocktail hour following the conference close, women had a chance to talk more one-on-one and to network with other participants and with presenters. Dinner was offered as an option this year and for the organizers, it presented a nice opportunity to meet and exchange ideas with everyone more informally. We talked to find out more about specific members and their concerns, as well as to discover what it is that NWSA members would like to see in future conference programming.

We organizers have received positive written feedback from many participants; however, there is a clear message that a return to a full day of workshops would be most welcome. Credit was given to panelists and workshop leaders for their fine presentations and for sharing their personal histories, craziness and all. Based on your feedback, there was overwhelming consensus on a preference for the former, all-day workshops format, rather than this year's extensive discussion format. So noted!

Donations of raffle and silent auction items were tremendous. The range of offerings was extensive. Donors also ranged in size and shape, from marine-

Continued on page 2



A program of the
Women's Sailing Foundation

NWSA

C/o 146 South Great Road
Lincoln, MA 10773
email: wsf@womensailing.org

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

www.womensailing.org

Conference Cont'd from p.1

industry giants to local Marblehead mom-and-pop operations. There was something for everyone and the amount of tickets sold and the high bids confirmed we went in the right direction. All proceeds from the raffles and silent auction benefit the Women's Sailing Foundation, which funds its *Adventure-Sail*® program and sailing scholarships for young girls at-risk to sail in a variety of locations around the country.

We are grateful to our numerous supporters who purchased an ad in our program book as well. We thank BoatU.S., the nation's oldest and largest association for recreational boaters, for remaining our Primary Sponsor. BoatU.S. helps in many ways to ensure we have a first-class event. And we thank the Corinthian Yacht Club bridge for continuing its support for this annual event, also. We all look forward to being greeted by the club manager, Dave Titus, and Kathy Gambale at the front desk each year. The clubhouse and waterfront staff provide an awesome combination of caring service, attention to details and quality experiences. We're already planning for the 13th Annual Women's Sailing Conference, to be held at the Corinthian Yacht Club on Saturday, June 7, 2014! Hope you are too.

*Scottie Robinson
Joan Thayer
Co-chairs*



Director Profile: Joyce Hersh

I grew up in New England, and began lake sailing in wooden dinghies at Girl Scout Camp, eventually working my way up to a catamaran owned by one of the counselors. I returned to sailing as an adult when I met my husband who had a Super Snark. Together we've sailed New England's lakes and coastal waters in that Snark, a West Wight Potter, a MacGregor 26M, and our current boat, a Hunter 27 Edge. We still have the Snark!



In most sailing relationships, the men somehow end up doing most of the sailing. In an effort to learn more, I started taking some classes from the U.S. Power Squadrons. They were excellent, but I found that the classes were mostly composed of boaters and "boaters' wives." My husband then discovered the NWSA's Women's Sailing Conferences in Marblehead, Massachusetts. It's by women, for women, and has an amazing mix: female boating professionals, "boating wives" (like myself), women who own their own boats, and women who want to know more about all of it.

From simply talking to other women in sailing, I've

Continued on page 7



Southern California Yachting Association (SCYA) will hold its 25th Annual Women's Sailing Convention on Saturday, February 1 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! *It's truly a fabulous day!*

Attendees select a combination workshops in areas that best fits their interest and ability, such as: Welcome Aboard (for beginners), Diesels, Going Up the Mast, Introduction to Racing, Tactics, Docking, Overboard Procedures, Suddenly Singlehanded Interactive, Weather, Sail Trim, Basic Navigation, Maintenance Mania, DIY Canvas Projects, How to Heave a Line, Nighttime Sailing & Navigation, Hassle-Free Heads, Spinnaker Rigging, Offshore Cruising, and Introduction to Sailing. The WSC Regatta & Race Starts will be held in Harbor 20's. All 30 workshops are presented by top women sailors from all



over Southern California, many of whom are USCG Licensed Captains.

The organizing committee has selected Gail Hine as featured speaker for the 25th Anniversary event. She is the founder and producer of all the Women's Sailing Conventions since its inception



in 1990. Gail has been a leader of the sailing community throughout Southern California for the past 40 years, and a special mentor to women's sailing groups.

Visit the website: www.womens-sailingconvention.com. Take a look at the video from the 2013 event. Space is limited to 250 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, too! Contact: gail@scya.org. FACEBOOK: <http://www.facebook.com/pages/Womens-Sailing-Convention/188874971193589?sk=wall>

This SCYA Convention is the model for NWSA's Women's Sailing Conferences.





Events for Women Sailors

February 1, 2014— Southern California Yachting Association's 25th Women's Sailing Convention

Newport Beach CA. Contact
Gail Hine at gail@scya.org
for info.

February 9, 2014 - Marine Electrical Workshop

Check the website for more
info after first of the year!

March 15-16, 2014—
Diesel Engine Workshop
with Mack Boring
New Bedford, MA
Contact Claire Gerrish at
978-979-7241
wsf@womensailing.org

June 7, 2014 —
**NWSA's 13th Women's
Sailing Conference** —
Corinthian Yacht Club
Marblehead, MA.
joan_thayer@comcast.net.

July 2014 - **Planning...
Fun Regatta for Women**
Courageous Sailing Center
Charlestown, MA
joan_thayer@comcast.net.

Check the website for up-
dates on all our events! Go
to www.womensailing.org

**Making Changes
Come About®**

Northern California Women's Sailing Seminar Provides Inspiration

By Linda Newland

Ninety women plus instructors and volunteers attended the 21st Annual Northern California Women's Sailing Seminar sponsored by Island Yacht Club in Alameda on September 28 & 29.

Twice Yachtswoman of the Year, Sally Lindsay Honey, the keynote speaker, kicked off the seminar by regaling the crowd with an inspirational talk on her own love and accomplishments in the sport. Sally has done it all....won the North Americans in 505's, won short-handed ocean races with her well-known husband, Stan, as well as skippered a boat in the LA Transpac. She has recently served on sailing safety review panels following two West Coast disasters and is now focused on writing a Safety At Sea Handbook for US Sailing to accompany their seminars.



Women had the choice of choosing their own classes or following a track geared to their experience level for both on-shore and on-the-water classes. They enjoyed the track as they got better acquainted with other women who traveled through the same classes with them.

On Sunday, women chose between small boat crewed racing and practicing their cruising skills on San Francisco Bay. Themed, "Capture the Power," the seminar strives to give women the confidence and competence needed to move forward in the sport.



President's Letter Cont'd

We are partnering again with Mack Boring for the Diesel Engine Workshop, in its newest facility in New Bedford, MA, and with a new instructor. We will miss Larry Berlin whose name has been synonymous with training at Mack Boring for as long as I can remember. Change can be exciting, a little unnerving and always a challenge. Our board is up for the challenge.

It is our job to share with other women – young and mature - the positive benefits of participating in sailing, a sport that can stay with you right into your elder years, and being a resource for one another. It doesn't matter who sparked that flame of a desire to sail in some earlier time. It does matter, however, that we keep it burning especially when it just ignited, adding just enough fuel for it to grow into a roaring fire. It does matter if we turn our backs and let the fire burn out.

And as I write this column, it is the eve of Thanksgiving. I am thankful for everyone who has continued to support NWSA and the Foundation. Board members, AdventureSail® coordinators, volunteers, donors, and our members. I hope you all had a day with friends and family and will continue to count your blessings throughout this holiday season.

Fair winds,
Joan Thayer

The 2014 Diesel Engine Workshop for Women

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

This is another great weekend to learn with other women the basics of maintaining a diesel engine.



On Saturday, you'll get an introduction to diesel engines and periodic maintenance with lots of opportunities to do some work yourself. Sunday you'll kick into high gear with hands-on work focusing on the diesel engine's lubrication, fuel, cooling and electrical systems. So you don't forget anything, a take-home reference manual is also included. The workshop runs from 9:00 a.m. to 5:00 p.m. both Saturday and Sunday.

The group is small – only 15 tops – so don't delay to get in on this special event for women. **REGISTRATION IS OPEN NOW!**

Fee is \$425 for NWSA members, with a \$35 discount for early registrations by January 15, 2014. Registration deadline is February 1, 2014

There are accommodations at local Hampton Inn New Bedford/Fairhaven, MA

For more information, contact Claire Gerrish @ 978-979-7241
or email: wsf@womensailing.org



Certificate of Appreciation

Our Dedicated AdventureSail® Coordinators



Amy Cermack
Racine, WI



Charlene Kagel
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Trish Buti
Nevada City, CA



Judy Davis
Portland, OR



Linda Starr

Portland, OR



Susan Epstein
Boston, MA



Dar Collins
Boston, MA



COMING IN FEBRUARY

Basic Electrical

Workshop: Understand your boat's DC electrical system.

Learn how to troubleshoot problems and wire in new or replacement equipment. The goal is to be confident in installing a new piece of electrical equipment, such as a VHF, chartplotter, light, or bilge pump.

Spend a Sunday learning new skills with other interested women, to be held Sunday, February 9th, in North Kingstown, Rhode Island. Further details will be communicated by e-breeze and on the website.



Second Fun Regatta for Women

By Joan Thayer



The second Fun Regatta for Women was held Tuesday afternoon, July 9, at Courageous Sailing Center on Boston Harbor. Our success with the first event last year was evident when we ended up with a waiting list. Eighteen women from New Hampshire, Massachusetts and Connecticut converged at the Sailing Center a 4:00 pm. We were small boat sailors, big boat owners, PHRF racers, non-boat owners, women interested in being on the water in any capacity and eager to learn more.

Under the tent, Diana Weidenbacker, UNH Sailing Team Head Coach, took no time in eliciting individual goals for the afternoon from each participant. All



eyes and ears were focused on Diana as she explained the basics of sailboat racing utilizing the white board and hand motions to describe a situation clearly. Before we knew it, we were at the float rigging the Rhodes 19s. Diana hopped in the whaler and began coaching us even before we got to the starting line.

The race committee was already on site. The races were short, just 10 minutes, but with lots of turning marks and various angles. It was exhausting just to keep track of where we were going and on what leg of the race! We were laughing all the way. Except for the skipper, we changed positions for

each race so we could experience the different roles and how they interacted to get the boat moving at optimal speed. The wind was light. Diana would buzz around encouraging us to tweak our sails oh so slightly or change our positions on the boat. And then it was over. The Sailing Center J-22 fleet hovered anxiously near the finish line as they were to start as soon as we finished. And indeed they did!

Ashore, the Courageous staff had fired up the grill and served up hamburgers and hot dogs. Soon we were back in the tent to listen to feedback from Diana. Diana asked us again individually what we learned and did we



achieve our goal. Do I need to tell you what the answer was?

The awards ceremony was fun too. The top team received orange AdventureSail® t-shirts wrapped in blue silk ribbon. We all cheered and clapped for the champs, thanked Diana, took pictures and wished each other good winds for the summer. The sun was slowly heading for the horizon as we headed for home. A great summer evening.



1 - Thayer Team

2 - Coach Diana Weidenbacker

3 - The winners

4 - A gal I haven't seen for 40 years! We grew up in Marblehead and reconnected at this event. Sailing really has roots.

Cont'd from page 3
Member Profile
Joyce Hersch

learned things that I could never get out of any book or general co-ed class, and I'm looking forward to learning a lot more. When I saw that the WSF needed a Board secretary, I decided it was time to get more involved. As a lawyer and intellectual property attorney, I can also help the organization with its trademarks and other legal matters.

My goal is to help the organization connect with those women out there who have clocked many hours on the water, but still don't feel that it's "their" boat too.

Joyce joined the board in October of this year and she's jumped right in with thoughtful input to our board meetings, excellent writing and administrative skills that are key to the Secretary position.



Learning Experience on a Tall Ship: Erie, PA to Montreal, Canada through the Canal

By Joan Thayer

Being a one-design racer all my life, this voyage on a Tall Ship was going to be a new experience. Making it more of an adventure was the fact that the Tall Ships were participating in numerous festivals on the Great Lakes in the 200th year celebration of the War of 1812.

I arrived in Erie, PA on a crisp Saturday afternoon in September. There were no taxis readily available at the airport as they were all downtown due to the festival. I teamed up with a man who just happened to be going to the festival, and we placed a call to the cab company. The lone taxi arrived soon and delivered us to the Port of Erie some 30 minutes later. The traffic was just like Boston at rush hour. The waterfront area and pier were jammed with people. Lines were long to board the various tall ships.

After stowing my gear on *Unicorn*, I spent time in the halls where there was food, music and vendors of all varieties. Each booth had something to contribute to the history of the War of 1812 focusing on Lake Erie in particular. It was amazing to see how many people rallied around the celebration.



Back on the boat, we were a diverse group of six women complementing the six permanent crew on this leg of the voyage to Lunenburg, Nova Scotia, where the *Unicorn* would reside for the winter. We came from CT, MA, NJ, Chicago and WI. We were in the financial industry, the medical profession, retired and cottage industries. Our ages ranged from 30 to 70's. None of us knew one another. We were all thrown together for this last voyage of the season.

Sunday the boat remained dockside and open for more tourists. Each of us had an assigned position on the boat. We rotated every two hours. My favorite position was right at the gangway as people boarded the boat. I'd give a click on my counter, smile and welcome them. As one would imagine, there were lots of girls and their parents. I was pleased that I could answer most of the questions that came my way. Those that I could not answer I steered to the crew. The most asked question was, "What are those mops on the sails?" Answer: Baggy wrinkles – they keep the sails from chafing against the shrouds. Where that name came from is beyond me. Later that evening after a sumptuous dinner by our chef Mary Ann, we were divided into two groups for six-hour watches.

We left the pier at 4 AM the following morning under a dark sky. I felt like a ship making a run from the pirates under cover of darkness. From then on, our time was spent learning line handling for the locks, helmsmanship, navigation, rough log duties and engine room

Tall Ship - Erie, PA Continued...



checks. We experienced beautiful clear nights with shooting stars, raw rainy weather, thunder and lightning that landed just beyond the stern. That widened a couple of eyes.

As we approached the locks of the Welland Canal, we had to cock the yard arms so they stayed inside the width of the boat. We slid down almost 70 feet in some of the 15 locks. It was dark and dreary during the night. Again, I was transported to another era. Everyone talked in hushed voices. When we had reached our downward destination, the lines being handled by lock handlers on shore would be let loose and with a big "whomp" landed on the deck. We would scramble to get the lines back on board and recoiled and ready for the next lock. I was in awe of the size of the stones on the lock sides and the enormity of the doors at the ends of the locks. How easily the gates opened: effortlessly and without noise. You really had no idea what was on the other side until the gates opened. Some views were gorgeous – sun on a church spire during the day or strong currents making Captain Tiffany work extra hard at keeping *Unicorn* on course.

We checked the engine every hour as well as our location on the chart. We did have a chance to get behind the wheel. Keeping the *Unicorn* on track is not as easy as it looks. We had no trouble getting to sleep most times after our shifts. The work and the learning were both a challenge. Most comforting were the notes that the chef would leave for the night shift "fresh pot of coffee and more goodies on the table 12:00 midnight."

We had the good fortune to have beautiful weather on the St. Lawrence River in the Thousand Islands Region. Because there are many rocks and shoals just above or below the water's surface, we anchored at night. We were able to have an unexpected tour of the Bourne Castle on Dark Island. Bourne Castle was built as a fishing and hunting lodge for the president of the Singer Sewing Machine Company in the early 1900s. Although it is in much need of restoration, it presented a fascinating look at the life of the wealthy during that time.

We entered the Old Port of Montreal mid-afternoon five days after our departure from Erie. We all enjoyed a hot shower at the pier. This time I felt as if I were in the red light district of the Netherlands. We were given a key to gain access to the 4 shower units (they looked like enlarged port-a-potties) situated at the land's end of the pier. When you went in, the red light illuminated outside indicating occupied. The room had a shower and a wash basin and a bench for your clothes. Of course, if you took a really hot shower and you stayed in any length of time, your clothes would be steamy. And when you exited, you'd probably be ripe for a cold. No matter, we all felt much better afterwards.

We had a full day to enjoy Montreal. The final evening Captain Tiffany, crew and passengers dined together at The Governors Restaurant within walking distance of the *Unicorn*. We let down our hair and sang songs to the pumped-in American music of the 1950s and 60's and drank wine. A fitting ending to a challenging and unique experience.



Jeanne Socrates Sets Women's Record

By Linda Newland

On July 8, Jeanne Socrates, a 70-year old British woman, closed the loop on her record-setting solo non-stop circumnavigation when she sailed back to Victoria, Canada after 279 days at sea. Jeanne now holds the record for the oldest woman solo circumnavigator after her third attempt. Previously she grounded her boat only hundreds of miles before completing the 25,000 mile voyage. The first trip was aborted due to boat damage suffered near Cape Horn.



After finishing during the night, she slept on her 38-foot boat, *Nereida*, at the dock and greeted well-wishers the next morning. Women's Sailing Foundation Vice President Linda Newland was on hand to shake her hand and welcome her back. Hundreds of ham radio operators talked to her throughout her voyage and thousands of followers were inspired by reading her daily blog posted on the internet. Jeanne truly sets the standard for determination and exemplifies the saying, "If at first you don't succeed, try, try again". Congratulations for a job well done.

She is presently sailing down the California coast on her way to winter over the border in Mexico before setting out on more adventures.

2013 Midwest Women's Sailing Conference



The Milwaukee Bay Women's Sailing Organization hosted the 3rd Annual Midwest Women's Sailing Conference on May 11, 2013 and our own Directors Gail Hine and Linda Newland attended. Gail was a special guest as she had mentored the group in how to put on a successful women's sailing conference similar to the one she founded twenty-five years ago in Southern California and continues to helm annually.

The conference was attended by about 100 women participants with many outstanding women instructors. Due to the rough inclement weather, the workshops were held inside and boats did not leave the harbor. The Milwaukee Community Sailing Center and marina sit on Lake Michigan in a beautiful shoreside park which was a former industrial area.

Betsy Allison, five-time Rolex Yachtswoman of the Year, and keynote speaker, inspired us with her life experiences in sailing and now as the Paralympic Coach for the very competitive and successful US Sailing Team Sperry Top-Sider. It was a great opportunity for women to meet other energetic and accomplished women sailors and instructors. It was enlightening to sit in on lectures on how to survive big lake sailing with

challenges that are so different from coastal and bluewater venues. The workshops were varied but highly informative with top notch teaching.

This is a conference well worth attending and continues in the tradition of other women's sailing conferences around the country that inspire women to become competent and self-assured sailors. Nicely done, Midwest.

Now who's up for starting a conference in the Deep South?

This event although very similar in name is not organized by NWSA.



Learning sail repair and care - hands on!

AdventureSail® 2014 Anticipated Events:

June 2014

Courageous Sailing Center
Charlestown, MA

June 2014

Gold Country Y.C.
Grass Valley, CA

TBD

TBD
Breakwater Y.C.
Sag Harbor N.Y.

August 2014

Racine Yacht Club
Racine, WI



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 4 Turtleback Road
Essex, MA 10929



AdventureSail® August - Racine WI

By Joan Thayer

Amy Cermak, AdventureSail® coordinator for many years, hit the high mark with 82 girls participating in the 14th annual event hosted by Racine Yacht Club. Due to the story on the tall ship event for teenage girls that ran in the local Racine newspaper on August 3rd, Amy received a fresh new wave of interest from Girls Inc for the August 13th event. We were able to send Amy 35 more t-shirts that contributed to a very festive day. Thank you, Amy, for holding open the doors to this new group and enlisting new volunteers to make it happen.



Amy's report:

Strong, cold Northeast winds blew the program off course for a bit. However, the free one-day event for girls was a big success. Volunteers taught girls about the parts of a sail boat, points of sail, navigation, knot tying, and the Racine landmarks – Wind point Lighthouse, and the Reef Light.

Stephan Kurdas, from the Racine Health Department, talked about North Beach being certified as a Blue Wave

Beach. Steve gave the girls tips on how they can help keep the beach clean. Racine Sheriff, Mrs. Knight, offered rides aboard the water patrol boat and let the girls drive the boat in the harbor. Miss Bell Cit's Teen, Mara Mandli, spoke to the girls about the importance of volunteering and giving back to your community. She also commended the girls for attending the AdventureSail® 2013 event, and encouraged the girls to try new and different experiences.



Tall Ship Experience for Teenage girls - Racine WI

With excerpts from the Journal Times, August 5, 2013



The 110 foot STV (Sail Training Vessel) Unicorn had a special diversion from its schedule on the Great Lakes this summer. In a cooperative venture between the Racine Yacht Club and the Women's Sailing Foundation, the Unicorn made a stopover at Reefpoint Marina, Racine, WI, on Sunday morning August 4th. This past spring, Joan Thayer, Foundation President, and Dawn Santamaria, owner and founder of Sisters Under Sail a leadership program for teenage girls, were discussing future collaborative efforts, when the idea for a mature AdventureSail® event for teenage girls popped into their sites.

The Unicorn was going to be in the Great Lakes anyway and the AdventureSail® coordinator in Racine, NWSA member and a member of the Racine Yacht Club, Amy Cermak, might be interested in coordinating the event on the Unicorn for girls 13-16. "It took Amy about 30 seconds to respond to my e-

mail – Yes"! said Joan. Amy contacted the Racine Yacht Club and Girls Inc.

From that point on, there were e-mails between the skipper of Unicorn and Dawn and the harbor master in Racine about water depth, tides. 33 teenage girls signed up for the four-hour program. Under sunny skies, the girls divided into groups for 45 minute stations that included climbing the rigging or going out into the headrig, sail theory, paper navigation, turks head bracelet making and a below decks tour. "...the girls were buzzing and talking and excited about the possibility of being on a ship like this for a week." said Amy. "It was a win-win situation for everyone."

For more information on Sisters Under Sail, visit the website,

<http://www.sistersundersail.org>

"It was, seriously, the best experience I have ever had in my whole life"



AdventureSail® – Boston, MA



June 8th -2013 — We were not sure whether we'd be sailing or not for the annual AdventureSail® event hosted by Courageous Sailing Center in Boston Harbor. The weather was overcast, windy with threats of rain. Nonetheless, 18 pairs of Big and Little Sisters from the Big Sister Organization of Greater Boston showed up ready for anything. To keep busy while the weather window was closed, co-chairs Susan Epstein and Darthea Collins, organized word games, knot tying and for the younger girls, writing their

names with code flags. Shortly before 11:00 a.m. the decision was made to head for the water. Yuk! Look what was waiting on the float – a lobster trap that must have been in the water for months. It was covered with what looked like seaweed with the big bulges on them. When you picked one up and squeezed it, it squirted out water! One of the Courageous staff informed us that each one of those ugly looking things was, in fact, a living organism. Among those organisms were starfish and mussels. We all spent a few minutes studying the fascinating creatures.

On the water, the air was crisp. The wind had settled down to a brisk

15 knots. We were able to sail up and down the harbor, tacking back and forth in Rhodes 19s. Each boat had a female skipper and 2 pairs of Big and Little Sisters. Most of the time neither the Big nor Little Sister had any sailing experience. What a great way to bond and learn together. They also had to trust one another - one as the skipper and the other three trimming the jib and the mainsail. Anything could happen if they weren't all in sync. And how thrilling when they were.

Once we came to the float, you could smell the hot dogs and hamburgers that Dar Collins, co-Chair, had prepared. Being under the tent was just perfect after that fresh air; it does a lot for the appetite! We are grateful to Boston Private Bank & Trust Company for financial support and to Courageous Sailing Center for the use of the facility, boats and staff as needed.



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.



Adventure Sail® - Nevada City, CA



On June 22 this year, the Gold Country Yacht Club once again hosted the local Friendship Club for a day of sailing and water fun at the Club's home, Scotts Flat Lake, Nevada City, CA.

The day started with a quick knot tying class and a briefing on water safety aboard a sailboat. Then, generous skippers took the girls out for a sail and a hot dog feast at the end of the day. The participating skippers, Buti, Buchanan, Paulson, Lewis, Gicker, and Burford, gave the girls a chance to “drive” and feel how the wind really does dictate where we go.

And, of course when the wind dies, there is always a spot on our lake to take a break and a swim before going back to the helm. We rafted up across the lake and enjoyed a pleasant dip on a warm, summer afternoon.

Thank you to all those who participated and helped make the day special for all the girls!



AdventureSail® – Portland, Oregon on May 11, 2013

Sunny weather and light warm breezes greeted Oregon Women Sailing Association (OWSA) volunteers and 10 young sailors on the Columbia River Saturday. The young women sailors are participants in Girls Inc. of NW Oregon (a non-profit which helps at-risk girls).

Each participant received a folder with educational materials and a small sail boat with a main sail and sheets as learning tools. We began our program in the clubhouse with a short lesson on parts of a sailboat, points of sail, knot tying, river stewardship and water safety. OWSA mentors assisted the girls with these activities and then fitted each young sailor with a life vest.

OWSA skippers and crew were on hand and lessons on everything from boarding a boat to docking were discussed and practiced. After a couple of hours of sailing & sunshine, sailors, skippers, crew and families of sailors returned to the clubhouse for the celebration picnic. OWSA member, Emilee Monson, spoke of her sailing adventures while working aboard a tall ship and the opportunities for careers in sailing. Mentors presented award certificates and words of praise and encouragement to each of the young sailors.

It was a great day of sailing, sharing and celebrating. Many thanks to all of our OWSA volunteers, Girls Inc. and the Women's Sailing Foundation.

Sincerely,
Linda Starr
OWSA 2013
AdventureSail® Chair



Good Reads by Female Authors

• **EASYING SHEETS** - A mystery novel by L. M. Lawson
About an adverturous couple cruising Mexico, encounter a murder, and end up in a deadly game of cat and mouse.

• **VIEW FROM THE TOP OF THE MAST** by Bungy Hedley - True adventure story of a young gal who broke the mold of the all-male world in the 40's & 50's by crewing on sailboats from CA to Tahiti. She met many of Hollywood greats. For the reader whose adventure is crying to get out.

• **THE MOTION OF THE OCEAN - 1 SMALL BOAT, 2 AVERAGE LOVERS** and a Woman's Search for the Meaning of Wife - by Janna Cawrse Esarey — A couple quit their jobs, tie the knot, and then untie the lines to sailboat and take off for 2 years! A really insightful account of what its like to go off cruising with someone you love and then maybe you don't. Wonderfully humorous!



Sailing Trivia

• What 2 things did the "Owl and the Pussycat take to sea in their pea-green boat? *Honey and plenty of money!*

• After whom were the Chesapeake ferries named?
Maryland Governors

• What and where is the tallest brick lighthouse in USA?
Cape Hatteras in North Carolina - 190 ft. tall

AdventureSail® – Sag Harbor, NY



The 14th AdventureSail® at the Breakwater Yacht Club, Sag Harbor, NY took place on Saturday, July 6th. The club volunteered eight boats, skippers and crew to give the girls a wonderful day of sailing and racing. Since the day was almost perfect – full sun and gentle breezes – many of the girls took the helm. The girls came from I Tri, a local girls club, and the Big Sisters association. Everyone enjoyed a delicious BBQ chicken lunch and trophy ceremony after the race.

Foundation board member, Val Cook, and NWSA member Donna Lipper attended as well.

Charlene Kagel

