



## President's Message

from Linda Newland

Welcome back from a long cold winter of armchair sailing to hopefully a Spring thaw unless you already live in the Southern latitudes. We are celebrating some endeavors this year such as our newly revamped website thanks to VT Marketing, our webmaster, MaryAnn Nolan, and our VP Debbie Huntsman who wears many hats in our organization. In tandem with our newly designed website, we now can accept PayPal payments for memberships, workshops and our Women's Sailing Conference fees and as well as tax deductible donations. In addition, participants in our Women's Sailing Conference scheduled for June 2, will be able to register online. Keep an eye out for registration information which will be posted later in April.

Another first is our partnership with US Sailing to offer a women-only event for the US Sailing Coastal Safety at Sea certification with a new hands-on experience component. This day-long course will give you knowledge and practical training to enhance your sailing safety. Workshops for all levels of experience will be lead by expert safety presenters; Sheila McCurdy from

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# Take the Helm®

Official Newsletter of the National Women's Sailing Association

SPRING 2018

## It's Coming

### Women's Sailing Conference June 2 Marblehead, MA

Marblehead is lovely at this time of year. Get a chance to take the helm of a Colgate 26 or a 23' Sonar. Learn how and when to reef those sails aboard a Sabre 42. Go through the routine with experienced sailors before you are in a situation where you are forced to do so. Let's get out in an inflatable dinghy and gain some confidence driving. And while we're at it, how about getting your sail boat out of tight situations on the dock.

But not everyone can or wants to be on the water. Let's mention some of the workshops on land. We have sessions on docking. You don't have to be the talk of the cocktail hour for a bad landing. Maybe you have a dream of offshore cruising, but you don't even know how to get started. We have a lively workshop on the basics of sailing. Hear about experiences in foreign waters. Let your sailboat teach you a thing or two. For those who want to go racing, there is a session on getting you over the starting line on your way up the course. And more.

All the above is in addition to repeat workshops, such as, how to throw a line, splicing, knots, marine electrical wiring and marine electronics, onboard fresh water system, suddenly singlehanded, how to move around when the fog descends upon, or how to plot your course.

Our keynote evening speaker is



Sheila McCurdy from Middletown, RI. Sheila comes from a sailing family and has a wide array of sailing experiences with many different boats and individuals. She has been and continues to give back to sailing by her involvement in a variety of maritime activities, most notably in the area of safety.

During the evening program, we will present the joint BoatUS/NWSA 2018 Leadership in Women's Sailing Award.

To add more action to the event, our silent auction and raffles will be ongoing throughout the day. All proceeds will benefit our parent organization, the Women's Sailing Foundation, a 501(c)3 organization. This is our only fundraising event for all our programs, especially for the nationwide AdventureSail program for underserved girls.

All in all, it is a day for women to learn, share experiences and network with other women sailors. Come, be part of the experience.

Conference registration includes a continental breakfast, buffet lunch, dinner, workshops and a raffle ticket. Registration is on a first-come, first-served basis at...

<https://www.womensailing.org/events-education/womens-sailing-conference/event-registration/>





A program of the  
Women's Sailing Foundation

## NWSA

P.O. Box 588  
Marblehead, MA 01945  
email: [wsf@womensailing.org](mailto:wsf@womensailing.org)

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

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

## NWSA Coastal Safety@Sea for Women

May 12, 2018, 8am-4pm  
MIT Sailing Pavillion, Boston, MA



Spaces are limited and going quickly for the day-long sailing safety course with practical training to enhance your sailing enjoyment.

Workshops for all levels of experience will be moderated by US Sailings' Sheila McCurdy, who has earned the label of "Superwoman of Sailing." Senior response team members from the US Coast Guard Boston and other instructors with extensive safety knowledge will offer valuable training tips and information. Workshops will augment the USSailing online program and certification, which is included in the cost, \$110 for NWSA member or \$125 for non-members.

The day will be fun too, with hands-on, experiential learning. Registrants also get a USSailing membership, or a year extension to an existing membership.

Learn more or sign up now at

<https://www.womensailing.org/events-education/coastal-safety/>



Photo courtesy US Coast Guard.

## President's message Continued...

US Sailing, senior response team members from the US Coast Guard Boston and others with extensive safety knowledge, offering valuable training tips and information. Workshops will augment the US Sailing online certification program, which is included in the cost. The date is May 12 and will be held at the MIT Sailing Pavilion on the Charles River. See our announcement elsewhere in this newsletter for more details. Thanks to Board members Susan Epstein and Debbie Huntsman for conceptualizing the task and putting together a dynamic and fun program. There are a few spaces remaining as we go to press.

Your conference co-chairs, Joan Thayer and Board member Cheryl Steiner, are hard at work with a dedicated team of talented sailing women putting together our 17th Annual Women's Sailing Conference on June 2 at the Corinthian Yacht Club in Marblehead, MA. We hope to see you there. It's a full day of fun, networking, learning new skills or extending your knowledge. It's a great way to meet other women sailors and discover that some live and sail close enough that you can find someone to sail with or share your individual stories. Stay tuned for registration materials which will be up on our website later in April.

The Women's Sailing Conference also holds a silent auction which is another way to support our AdventureSail® programs for girls from 9-14 who would not

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# Join or Renew Your Membership



**Calling all you Sailing Sisters!** It's membership renewal time for the National Women's Sailing Association. Not only does your membership dues payment give you membership to a great sailing sisterhood, you have expanded access to great educational opportunities while supporting scholarships and opportunities for young women to become involved in the world of sailing. All sports and past-times need to introduce youth and enthusiasm, while retaining wisdom and experience in order to survive. The Women's Sailing Association is a perfect example of exactly that.

As a weekend and summer vacation cruiser with about eight years on the water now, I was a bit intimidated when I signed up for last year's conference, thinking I was going to be surrounded by highly experienced sailors and racers. And I was. But I was also with others like me, still learning (aren't we ALWAYS learning?), novice sailors and experienced sailors. Those experienced sailors shared, taught, made us laugh, and made us appreciate the passion for our shared love of sailing. I have met women I would never have met without being a member of this group. I have learned so much from them, and it has made me a more confident, knowledgeable sailor.

So, I encourage you all to take the few minutes to go to our website — (<https://www.womensailing.org>) - learn a bit more about the organization, and then click on "Get Involved" and then "Membership." You can do your renewal or new membership right through that link, and payment is processed through Paypal. You can also print the form and mail it to me with your payment. If you haven't already taken advantage of our three-year membership offer, you can save some money. Our one year membership is \$45 (\$80 for two people at the same address) or \$100 for three years!

Wishing you all fair winds and following seas,  
*Allyson Edwards, Membership Chair*



## New Website

National Women's Sailing Association has a new website at the same easy to remember address [womensailing.org](http://womensailing.org).



Along with a new look, the [womensailing.org](http://womensailing.org) site has improved functionality.

You can now join or renew your membership (coming up April 30), sign up for an event, sign an event waiver and pay all in the same place — from your computer, tablet or phone. And we have room to grow with a new robust Wordpress platform. There are plans for a blog and eventually a members only page, and we are open to your suggestions for the website to better serve you on line.

*Continued from page 3*

otherwise have the opportunity to sail. Teamwork is key to the learning process and our one-day co-hosted Adventure-Sail® days, with community sailing centers or yacht clubs, gives these girls a chance to build self-esteem and begin a love affair with sailing that can positively impact their lives for the future. Check out the inspiring photos of these girls onboard enjoying life to the fullest on our website under the Events and Education tab.

The popular Winter Workshops, chaired by member Jocelyn Cook in Marblehead, MA, are here again this year with an enthusiastic crowd of women eager to increase their sailing skills in small group experiences. NWSA is co-hosting with Past President Joan Thayer working with Jocelyn. Check out our Calendar for a link to sign up at: [www.womensailing.org](http://www.womensailing.org).

Do not forget to either renew your membership or sign up as a new member on our website. April 30 is our annual renewal date and begins a new calendar year for new membership applications. Membership gives you benefits in getting discounted fees for workshops and conferences.

Have a safe and fun sailing season. Hope to see you at one of our events and remember - sailing is a sport that is never truly mastered. All sailors are continual learners and WSF/NWSA is committed to our mission of enriching the lives of women and girls through education and access to the sport of sailing.

Fair winds and thank you for your support,  
*Linda Newland, President*

## Diesel Engine Workshop

The annual two-day diesel engine workshop was held at Narragansett Sailing School in Barrington, Rhode Island on March 3-4, 2018. Regina Krieger, course instructor, did an outstanding job teaching despite the power outages caused by the March 2, 2018 Nor'easter.

After learning about diesel systems, the five course participants gathered around a disassembled Yanmar 2GM engine with tools and flashlights in hand. They learned about the function of each disassembled part and rebuilt the engine. Fortunately, the power returned on Sunday and the group moved from the classroom to S/V Sea Fever (1991 Hunter 43) where the students traced all of the systems.

Our thanks go to Mary Goff, her team at Narragansett Sailing School, and Instructor Regina Krieger, for providing such a great educational opportunity for our members.



*Regina Krieger, Susan Paul, Carolyn Starr, Mary Goff, Kim Lyons, Robin Griffiths, Irene Lee*



*Caroline Hollingsworth, Regina Krieger, and Irene Lee check out an engine up close.*



*Irene Lee, Carolyn Star, Susan Paul, and Robin Griffiths get more pointers about how to troubleshoot a diesel engine.*



## Events for Women Sailors

**May 12, 2018**

### **Coastal Safety@Sea**

at MIT in Hull, MA

An all-day event on many aspects of safety at sea for coastal sailors.

<https://www.womensailing.org/events-education/coastal-safety/>

**May 19, 2018**

### **Midwest Womens Sailing Conference**

Milwaukee, WI

<http://www.midwestwomenssailing.org/>

**June 2, 2018**

### **Women's Sailing Conference**

at Corinthian Yacht Club  
Marblehead, MA

<https://www.womensailing.org/events-education/womens-sailing-conference/>

**July 21-22**

### **Race for the Roses**

Pensacola Beach YC  
Pensacola, FL

**August 11-12**

### **81st Annual Knost Regatta**

Pass Christian Yacht Club  
Pass Christian, MS

**February 2, 2019**

*Gail Hine presents*

### **Sailing Convention for Women**

at Bahia Corinthian Yacht Club in Newport Beach, CA  
[gail@sailingconventionforwomen.com](mailto:gail@sailingconventionforwomen.com)



*Gail Hine presents*

## **Sailing Convention for Women**

at Bahia Corinthian Yacht Club ▶ Newport Beach, CA

**FEBRUARY 3, 2018** [www.sailingconventionforwomen.com](http://www.sailingconventionforwomen.com)

### The **Sailing Convention for Women**

*presented by Gail Hine* was held on Saturday, February 3, 2018 at the Bahia Corinthian Yacht Club in Corona del Mar, California.

A typical, beautiful sunny Southern California weather pattern came through to provide a PERFECT DAY 70° for this 28th *re-branded* event!

This year's workshops included several new subjects — How to create a soft shackle taught by NWSA VP, Debbie Huntsman; Electronic Navigation — what modern cruisers want to know about all the new stuff; Adept at Anchoring by our featured speaker, Deneen Taylor — covered all the issues that go into selecting and using your vessel's anchor.

Many of our instructors have been volunteering and imparting their wisdom for many years. Prior attendees know that these fantastic mentors have so much knowledge and enthusiasm to impart, they come back for more and more.



Convention favorites had many gals learning and enjoying subjects like: Welcome Aboard for beginners, Diesels, Going Up the Mast, Introduction to Power Boating, Race Tactics, Docking, Suddenly Singlehanded, Weather, Sail Trim, Basic Navigation, Maintenance Mania, DIY Canvas Projects, How to Heave a Line, Nighttime Sailing and Navigation, Winch Workshop, Spinnaker Rigging, Offshore Cruising, and Introduction to Sailing.

Our featured speaker at dinner was Deneen Taylor, an Aerospace Engineer for NASA's International Space Station Program. A life-long sailor and certified SCUBA diver, she owns a Hobie Cat and crews on J-boats in Galveston Bay, TX. Six years ago she co-founded Mantus Anchors, a fast-growing marine supply company bringing innovative solutions to boaters.

The convention registration fee includes workshops, breakfast, lunch, dinner, souvenirs and handouts. Registration will open on Dec. 10, 2018 for the 2019 Event. Information about the workshops that were offered can be viewed on the website.

For more information, contact Gail at [gail@sailingconventionforwomen.com](mailto:gail@sailingconventionforwomen.com) or call 951-677-8121.



## Women to Watch!

**Clerc Cooper** - New Orleans sailor took the Gulf Yachting Association Women's Championship honors on March 11, 2018. The Lake Pontchartrain Women's Sailing Association, under the leadership of regatta chair Debby Grimm, paired their Fleur de Lis Regatta with the Gulf Yachting Association Women's PHRF Championship this year. The Regatta on Lake Pontchartrain was hosted by Southern Yacht Club and New Orleans Yacht Club, and as usual offered women sailors interesting conditions.



Cooper grew up sailing, racing, and coaching dinghies on Lake Pontchartrain and the Gulf Coast, competing in both local and national events. Had the opportunity to join the College of Charleston sailing team, where she skippered in the women's division. While in law school, took the opportunity to hop on as many boats as possible, by getting involved in PHRF racing and crewing consistently on a Melges 24. She also started racing in the Lightning Class, after 'Santa' brought her a Lightning.

- Collegiate All-American Women's Skipper, 2015 (Honorable Mention, 2014)
- Collegiate Academic All-American, 2014 & 2015
- Recipient of US Sailing's Arthur B. Hanson Rescue Medal, 2008
- Recipient of the Carnegie Hero Award, 2009
- Nominated to US Sailing's Board of Directors

## Selected for Leadership in Women's Sailing Award

### Sheila McCurdy

She is an incredible role model for women and has worked tirelessly to make sailing and racing a safe sport and appealing lifestyle. Of her many accomplishments, what stands out is her dedication on the Safety at Sea Committee to helping US Sailing not only create but actually go out and conduct those seminars.



## Winter Workshops Keep Sailing Alive – Marblehead, MA

Marblehead women sailors have kept sailing alive this cold and snowy winter through monthly evening workshops. The workshops moved from a private home to the offices of SPUR, a non-profit 501(c)3 organization in Marblehead thanks to the CEO and founder, Jocelyn Cook. "Having a larger space meant we could increase the number of participants, and we'd have more interaction during the networking period" said Cook. Both those goals were achieved. Seasoned women sailors attended and shared resources as well as experiences, oftentimes going beyond the official end time of 9 p.m.

The topics that have been covered as of this publication were Sailing Terms and Boat Parts, led by Christina Pandapas; Points of Sail and Sail Trim, led by Karen Peake; and Tides, Current and Waves led by Susannah Winder. The topic for the final workshop in May is a Sailing Checklist for a Good Day on the Water.

Next on the sailing agenda: the June 2 Women's Sailing Conference for a whole day of learning and sharing. Everyone is looking forward to sunny weather and opportunities to be on a boat in just a couple of months. Thanks to SPUR and Jocelyn for continuing these workshops for a second year as well as to the women who volunteered to lead the workshops.



*Karen Peake*



## 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, rather than the regular annual \$24 dues rate. We receive announcements with information that we pass on to you the member through our own website or our e-Breeze emails.

Other benefits include:

- 24/7 Towing Dispatch to over 600 towboats 300+ ports
- Roadside Assistance while trailering your boat
- Discounts on fuel, transient slips, repairs and more at 1,000+ boating businesses
- 6 issues the award-winning BoatUS Magazine
- Access to Boat Insurance from dedicated experts
- The Boater's Advocate - from local issues to Capitol Hill
- Highest level of shopping rewards West Marine
- Travel discounts from Star Clippers, The Moorings and more
- Discount on custom boat lettering and registration number

You can sign up for a BoatU.S. membership on line at [www.boatus.com/member](http://www.boatus.com/member). Give NWSA's Group ID number **GA 84104B** when prompted to receive the special discounted rate.

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



## LPWSA

Lake Pontchartrain Womens Sailing Association (LPWSA) is the smallest and spunkiest sailing club on Lake Pontchartrain. Newbie sailors can come aboard their small boat to discover the fun of sailing. Intermediates, gain experience and make new sailing friends on the club boat or through a network of sailing contacts. An experienced sailor may request a check-out sail (based on national standards) and become qualified to take out Flying Scot Hull #245, Femme Fatale which was restored by club members!

Anyone interested in sailing is invited to Learn About Sailing Things at monthly L.A.S.T. programs led by local sailors as well as sailing luminaries such as Doris Colgate, Linda Newland and Margaret Podlich. Typical Racing Schedule: LPWSA serves as Race Committee for the first series of the New Orleans Yacht Club Wednesday evenings March through October: Wednesday Night Big Boat Races at NOYC Friday evenings May through September: Flying Scot racing at SYC Late Spring: Fleur d' Lis Regatta for women skippers and crews June and August: AdventureSail® for at risk girls. Late August: Pam Sintes Memorial Regatta for women skippers October: Pink Ribbon Charity Regatta for everyone, all proceeds to the Louisiana Breast and Cervical Health Program.

This year LPWSA co-sponsored the Gulf Yachting Association Womens Championship on Lake Pontchartrain. There are also Gulf Area opportunities during the summer for our women sailors in the Trilogy races: Bikini, Race for the Roses and Fast Women regattas.

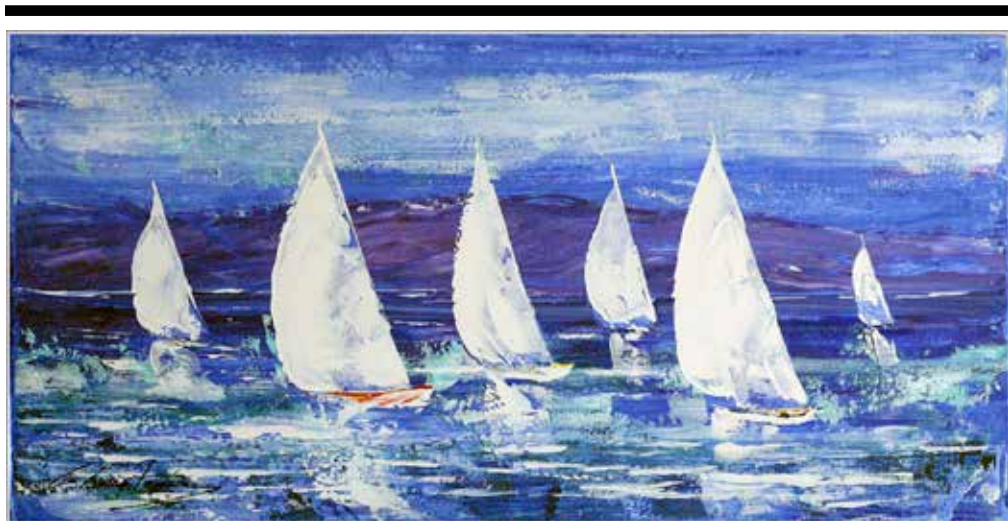
## L.A.S.T. Learn About Sailing Things

### The Educational 'Arm' of the LPWSA

L.A.S.T. (Learn About Sailing Things) is an informal sailing study program. No membership is required for the monthly events and they are always free and open to anyone.



*"Pole forward!" L.A.S.T. (Learn About Sailing Things) presents Carrie Berger and Louise Bienvenu carried on with a slightly modified spinnaker presentation. The group took shelter inside the safety of the New Orleans Yacht Club during a severe thunderstorm on Lake Pontchartrain.*



## Salty Dog Talk The Nautical Origins of Everyday Expressions

by Bill Beavis and Richard McCloskey

### • Chew the Fat

In the days when brine was added to barrels of meat for preservative, it had a hardening effect on the fat. It was still edible but took considerable chewing, so to 'chew the fat' has come to mean to talk endlessly.

### • Fly-by-Night

A large square sail used downwind or on a reach. It could be set and handed easily and quickly, which made it especially suitable for night sailing when it was expedient to take in the light sails less they proved difficult to hand in the darkness. The phrase has come to mean a shifty person, here today and gone tomorrow.

### • Mainstay

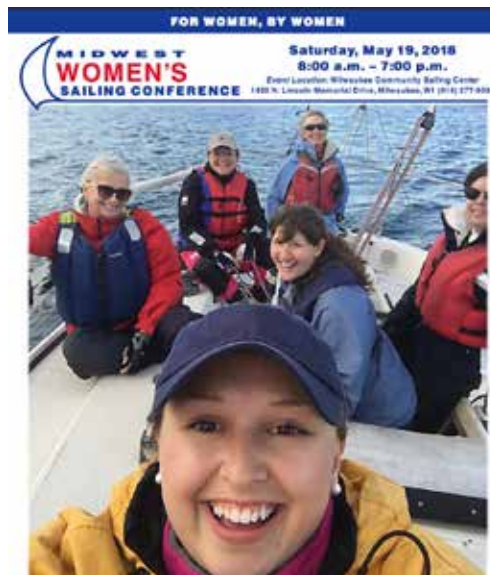
Chief support. Although there are many different stays in a full rigged ship and all support the masts, and although every sailing ship has a mainmast, there is no mainstay as such.

### • Mess

Muddle, confusion. Derived from the ship's *mess*, the space where the men ate and slept. From the Spanish mesa meaning table. Although the Anglo Saxon word *mese* means the same.

### • So-long

A seaman's farewell, from the East Indian word 'salaam.' Common in shore-side use, but originally nautical.



## 2018 - 8th Annual MWSC

Eight years ago a group of sailors from Milwaukee Bay said YES to creating a women's sailing event at the Milwaukee Community Sailing Center. Held each year in Milwaukee, Wisconsin, the Midwest Women's Sailing Conference (MWSC) workshop format is modeled after Gail Hine's very successful Southern California Yachting Association's Women's Sailing Convention. In 2001, then local sailor Kathy Weishampel met with Gail. Over lunch, Gail graciously shared her Convention materials and her suggestions about starting a similar event in the Midwest.

Great volunteers from the Milwaukee Community Sailing Center and Milwaukee Bay Women's Sailing Organization have done the work to make this event a reality every year but, without Gail's help, the Midwest Women's Sailing Conference would never have become a reality.

Contact:

<http://www.midwestwomenssailing.org/>



## Half Moon Bay YC Women!

Women Sailing of Half Moon Bay Yacht Club will host its first ever all women regatta on Saturday, July 28, 2018. We will sail our fleet of Cal 20's in Pillar Point Harbor. We will have all female skippers and crew, PRO & race committee, and safety boat staff. Open to club members and past participants in our Take The Tiller Women Sailing Seminars.

Our group meet twice a month to sail - the 2nd Tuesday and 4th Thursday of every month April thru October. In November we host a knot tying workshop and Jan, Feb and March we put on sailing seminars for all club members. Our big excitement this year is that we are organizing a group of women to go to the San Juan Sailing School for ASA101, 103 and 104. We have ten committed so far and are looking for two more so we can fill three boats. It is a week long, live aboard class. We are scheduled for Saturday 9/8 thru Friday 9/14.

Contact:

Martha Bruce Huddle  
Martha's Private Pilates, PMA-CPT  
Chair, Women Sailing Committee  
HMB Yacht Club  
Captain, Nine and Wine  
[marthahuddle915@gmail.com](mailto:marthahuddle915@gmail.com)



Photo by KHYC



from...

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

### Hints for Clothing

- Take along an old pair of sneakers for sacrificial use when wading ashore to a picnic site and the like.
- To save space in a hanging locker, use one hanger for several items. Use multiple slack hangers. Use plastic to avoid getting rust on clothing.
- Keep dampness out of small items of clothing and equipment such as flash lights and batteries by sealing them in pressured-sealed plastic bags.

### Easy-Does-It Hygiene

- Cut handi-wipes to wash-clothsize. Use one and dispose. They end forever the wet-washcloth problem.
- Use paper towels to dry hair after swimming or shampooing. It's faster and eliminates wet bath towels.
- Try a mild dishwashing detergent instead of salt-water soap for showers.
- Carry a small bottle of baby oil or cooking oil to remove tar and petroleum, which is easy to pick up on your feet when walking on unfamiliar beaches.

### Other Hints

- Print step-by-step instructions for radio use and tape them to the set.
- Use thermal blankets; thinner than regular ones, warm and easier to store.

## 2nd Riverport Women's Sailing Conference A Huge Success..... again

Wow! What a job Deborah Medenbach and Jody Taffet Sterling did on the 2nd Riverport Women's Conference held March 31st at the Riverport Wooden Boat School and at Hudson River Maritime Museum in Kingston, NY.

Even though the conference was on the Easter and Passover weekend, 70 women registered. The workshops expanded from 8 in 2017 to 14 this year bringing in more workshop leaders. A few sessions exposed us to the rich history of the area, including one on women lighthouse keepers along the Hudson River. After all, March was the month recognizing women.

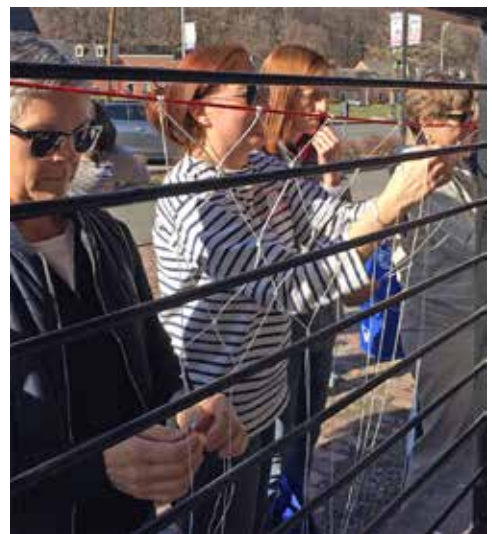
Pre- and post-conference dinners offered even more opportunities to network with women sailors. Deborah Mellen, CEO and founder of non-profit vessel Impossible Dream, spoke of how sailing changed her life after an accident which left her disabled and in a wheelchair. We also got to view the new Storm Trysail Foundation's "Women Offshore" video. Deborah and Jody brought to the participants many different aspects of sailing and how it has and can change our lives and our dreams.

### ***Congratulations, ladies.***

In addition to the above, these two along with other women in Kingston area, started a program Women on the Water where women share their boats and experiences during the summer. A sailing school for the area has evolved thanks to this group. Six new optimist prams are being built. Everyone has benefitted. An awesome group of women.



*Christin Ripley, Instructor*



## Chapwoman's Boating Wit & Wisdom

by Anne Lorimer Sima



- Sailing is one half peace, one half panic.
- Never go anywhere on a boat until you figure out how to get back to shore.
- An open locker is a hazard afloat
- Anchoring, like a martini, is 7 to 1. Put down 7 times as much rode as the depth of the water.
- Emergency lines are pieces of rope too good to throw out.
- The smoothness of your docking varies inversely with the number of people watching.
- Running aground in New England waters and the Chesapeake Bay is the difference between frightening and forgiving.
- Mediterranean mooring is not for the faint of heart.
- If you have a schedule to meet, you shouldn't be sailing.

## Host an AdventureSail® Program

We are looking for volunteers to co-host AdventureSail® programs anywhere in the U.S. where there is a community sailing program or sailing club that has access to suitable sailboats and volunteer women sailors to serve as skippers and positive role models.

Our outreach program is designed to introduce girls ages 9-14, who are in need of a positive learning experience, to a team-building atmosphere where they can build self-confidence to overcome adverse living conditions. This is a one day event combining team-building activities, introduction to basic sailing theory and a sailing experience where they can take turns at the helm and/or crew under the mentorship of an experienced woman skipper.

If you are interested in working with us to organize an AdventureSail® day in your area, please contact Val Cook at [adventuresail@womensailing.org](mailto:adventuresail@womensailing.org).

