



President's Message

from Debbie Huntsman

The days are getting longer, warmer and sailing will work its way north. NWSA

and many of the nation's women sailors are gearing up for a season of sailing.

As you will read in this issue of *Take the Helm*®, the board, member instructors, partners and volunteers have been working throughout the winter to bring you more educational opportunities.

We are also happy to report that we have three new AdventureSail® locations this year: St Croix in the US Virgin Islands, Tumbleweed Sailing in Phoenix and Dana Point, for a total of eight. That's good news. See our article on how you can start an AdventureSail® in your area. Opening the world of sailing and to at-risk girls is as rewarding an experience for the positive female mentors as it is for the girls. The small steps we take with them today may have a big impact later in life.

We would love to add AdventureSail® locations to serve more girls, and offer the fun of taking them sailing to more women skippers. To make getting started hosting an AdventureSail® easy, you

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Take the Helm®

Official Newsletter of the National Women's Sailing Association

SPRING 2019

It's Coming! Women's Sailing Conference June 1 Marblehead, MA

The 18th Women's Sailing Conference, in Marblehead, MA, has on-the-water coaching and land-based workshops. All sessions should improve your sailing skills while networking with other women who are passionate about the sport. Women from across the country volunteer to share their expertise and experiences as workshop leaders. We have 19 different workshops, too many to list here. We cover topics for the beginner as well as the advanced sailor.

The new workshops include:

- How to read a navigation chart
- How to use that VHF radio successfully
- Plunge into the water with full foul weather gear and life jacket. Movement isn't as easy as you think. Be prepared for that situation.
- What you need to know about anchoring
- America's Boating Club is joining the day with its Virtual Boating Skills Trainer to experience being at the helm of a power boat. These skills can be used on your cruising boat as well.
- The spinnaker

Our keynote evening speaker is **Haley Lhamon** from Seattle, WA. Her team *Sail Like a Girl* won the grueling Race to Alaska (R2AK) in 2018. First all female entry to win the event.

During the evening program, we will present the joint BoatUS/NWSA 2019 Leadership in Women's Sailing Award to Pat Dieselman of Ipswich, MA.

Our silent auction and raffles will be ongoing throughout the day. All proceeds will benefit the Women's Sailing Foundation. This is our only fundraising event for all our programs, especially for the nationwide AdventureSail® program for underserved girls.

The day is all about improving your knowledge and skills while meeting other women sailors. Come and participate.

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

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





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

NWSA Marine Systems Workshop

By Beth Burlingame

The 2018 Women's Marine systems/electrical workshop was held in Fairhaven, MA in late October. Participants came from all over New England, plus Montreal and Illinois. We practiced wiring and plumbing and hooked up electrical components including a chartplotter and wind instrument, as well as a solar panel to MPPT controller to a battery, with appropriate fuses and switches, of course!

For 2019, the course has a new location and affiliation with IYRS, the Newport, RI-based trade school. IYRS has a wonderful location on Thames Street in downtown Newport and a brand new, professional school building where the class will be held June 22-23. NWSA members receive a 20% discount when signing up for this class at <https://www.eventbrite.com/e/womens-marine-systems-workshop-at-iyrs-tickets-59070290830>. Members should contact NWSA at membership@womensailing.org for the coupon code.



Annual membership fee is due on April 30

Renewing your dues is easy. To avoid a gap in membership, please renew before April 30. Go to <https://www.womensailing.org/get-involved/membership/>

Note: The Womens Sailing Foundation and National Women's Sailing Association are dependent on your dues to fund our programs. We expand new memberships to April 2020 for women who join through NWSA workshops in the 2019 calendar year.



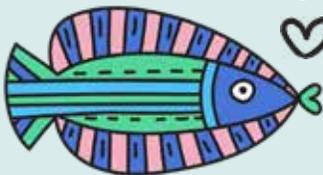
President's message Continued...

may download a step by step organizer's check sheet. Email adventuresail@womensailing.org for more information or to make a commitment.

For much of the year the board has been working short-handed, and will lose our treasurer, Kim Lyons. Her board term is ending on June 1. Anyone interested in serving on the board as treasurer or a board member, please contact me at president@womensailing.org.

For everyone readying boats for the summer, enjoy your time on the water rediscovering the pleasures and wonders of sailing. When you have that sense of joy and wonder common to all sailors, especially women, consider giving back to our sport. We would love your help.

Debbie Huntsman



Coastal Safety at Sea Workshop

April 13

hosted by
Cruising Club of America



at
Roger Williams University - Bristol, Rhode Island

Take advantage of a great price for BOTH US Sailing Coastal Safety at Sea online course (includes videos, test and certification) and a full-day of Coastal Safety skills learning lead by Sheila McCurdy, our 2018 Leadership in Women's Sailing awardee!

Course cost is \$105 for National Women's Sailing Association (NWSA) members and \$150 for non-members. The fees include all instruction including; access to the US Sailing online Coastal Safety at Sea course, a light breakfast, lunch and a one year NWSA membership for new members. *Deadline for registration is April 11.*



Diesel Engine Workshop

By Kim Lyons

The annual two-day diesel engine workshop was held at Narragansett Sailing School in Barrington, Rhode Island on March 9-10, 2019. Once again, Regina Krieger did an outstanding job serving as the course instructor.

Regina began the course with a review of the diesel engine systems and then the five participants gathered around a disassembled Yanmar 2GM engine for the hands-on experience. They learned the function of each part and successfully reassembled the engine.

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



Meridith Spratt, Alison Edmands, Regina Krieger, Erin Walters, Elizabeth McMahon and Jayme Okma



Events for Women Sailors

April 13, 2019

Coastal Safety at Sea

at Roger Williams University
in Bristol, Rhode Island

April 30

Deadline for Renewal of your
Membership Dues

May 4, 2019

Adventure Sail®

in St. Croix, USVI

June 1, 2019

Women's Sailing Conference

at Corinthian Yacht Club
Marblehead, MA
<https://www.womensailing.org/events-education/womens-sailing-conference/>

May 4, 2019

Adventure Sail®

with Tumbleweed Sailing
Phoenix, AZ

August 11, 2019

AdventureSail®

WSA-Orange County
in Dana Point, CA

Visit us on Facebook

<https://www.facebook.com/Womens-Sailing-FoundationNational-Womens-Sailing-Association-175044185840300/>

Check out our website and blog

<https://www.womensailing.org/blog/>



The **Sailing Convention for Women** presented by Gail Hine was held on Saturday, February 2, 2019 at the Bahia Corinthian Yacht Club in Corona del Mar, California.

The weather was a WRECK! Big storm blew in with 20kts winds and whitecaps in the harbor. All on-the-water workshops stuffed inside the clubhouse, and coaches used the inclement weather as a teaching aid, rather than an inhibitor.

Over 230 gals from 12 states gathered to renew old friendships and make new ones!

This year's workshops included several new subjects — Art of Motorsailing, Avoid Mishaps & Mayhem Aboard, How to Talk Like a Sailor, and many popular repeaters. Convention favorites are: Welcome Aboard for beginners, Diesels, Going Up the Mast, 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.

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.

Our featured speaker at dinner was Melody Kanschat, a sailor with 40 years of sailing experience beginning in the Midwest on small boats and now in California aboard her C&C40 "Harmony." Throughout those 40 years, Melody applied the lessons she learned as a female skipper to her professional career in public radio, and in art museums as President of the Los Angeles County Museum of Art and as Executive Director of the Getty Leadership Institute. She talked about the styles and characteristics of women leaders, those pivotal moments when both skipper and crew embrace their leadership, and she shared tips for women sailors in exerting their own leadership to be happy and productive members of any sailing crew.

For more information,
gail@sailingconventionforwomen.com
or call 951-677-8121.

Pictures from a prior Convention





HELP WANTED

Women's Sailing Foundation Treasurer

We will need a replacement for our Treasurer, Kim Lyons, who has done an outstanding job but will be stepping down in June. The office of Treasurer is filled by the Board of Directors at the Annual meeting of the Board, which will be June 2, 2019. Here's what this vital spot on the board requires.

Overview:

The treasurer has the responsibility to ensure the organization pays its bills on time, has responsibility for preparing annual budgets, tax filings and providing guidance on financial matters.

Duties include:

- Be the primary signer on bank accounts.
- Pay invoices
- Process credit card transactions
- Reimburse board members for approved expenses.
- Work with the board member responsible for purchasing merchandise, planning workshops and programs.
- Provide monthly income/expense reports to the board.
- Prepare information for tax accountant for the annual IRS Form 990 and MA Form 90 filings.
- Prepare the annual calendar year budget with input from the board
- Provide quarterly financial reports to the board, with comparison to the approved annual budget.
- Recommend Annual Budget changes to the board as needed.
- Advise the board when something is not financially feasible.
- Attend monthly board conference calls and annual WSF board meeting.

Skills:

- Strong detail-oriented accounting and financial management skills
- Works well with other board members
- Excellent communications skills, both oral and written
- Strong QuickBooks skills
- On-line banking and internet/web-based payment programs skills

Additional information:

- WSF is a national organization and not location specific. It is 100% volunteer run.
- Time commitment of approximately 12 hours per month except more during annual conference season (April-June)
- Prior board and accounting experience helpful especially experience with financial matters of a 501(c)(3)
- Being a current sailor or interested in the sport of sailing

Interested? Contact president@womensailing.org.



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. 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.



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.

**Making Changes
Come About®**

