



President's Letter

This year has flown by, as they all seem to do these days. Where have been and where are we going?



I am pleased to say we held two very successful events this year: A Diesel Engine Workshop in Middleborough, MA, lead by Larry Berlin of Mack Boring and the Women's Sailing Conference hosted by the Corinthian Yacht Club in Marblehead, MA. The participants were enthusiastic and the attending board members enjoyed speaking with many women at all different levels of competency and experience. The feedback from everyone was how much they appreciated these women-only events. Competition and frustration were replaced with calmness and inquiring minds. The result at the end of the day. "Yes, I can do this!"

In fact, I have noticed that more women-only sailing events are cropping up around the country. Last October, a Ladies Day on Lake Pleasant in Phoenix, AZ, was a success. Organizers are planning for an expanded event this year. Next summer in Boston, the leaders at Courageous Sailing Center are planning a weekend for high school girls followed by a day of racing for

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Take the Helm®

Official Newsletter of the National Women's Sailing Association

FALL 2010

2010 Women's Sailing Conference — Another Success

On June 5, the Corinthian Yacht Club hosted the 9th annual Women's Sailing Conference. The weather kept everyone guessing all day, but that did not dampen spirits. The women came to learn, network and get inspired. Indeed they did. Despite the economy, there was The Conference, whose primary sponsor is BoatU.S., featured a day-long series of classes and workshops, giving the novice-to-expert women sailors who attended a terrific opportunity to network with other women while learning new skills or brushing up on old ones.

The conference included on-land workshops covering a variety of sailing topics and on-the-water coaching situations. This year the on-the-water sessions included crew overboard drills, boat systems, what's on deck, sail trim, introduction to sailing, racing and spinners, reefing and flaking sails, and, of course, taking the helm. The land-based workshops included using spring lines,

heaving a line, charting and, finding a fix, knots, diesel-engine troubleshooting, suddenly single-handed, long-term cruising, night sailing, and understanding the wind.

The majority of participants were from Massachusetts and New England, but word of this exciting event has traveled to Chicago and Southern California.

Conference participants were also enlightened, inspired and entertained by keynote speaker Kathy Parsons, who hails from Texas, when she is not living on aboard "Hale Kai."

Kathy got her first sailing lesson in Marblehead so it was extra special for her to tell us where that first day has taken her. Kathy has been teaching women about the cruising lifestyle for many years.

She is one of the founders of the website: www.womenandcruising.com. Kathy has been a speaker at numer-



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NWSA

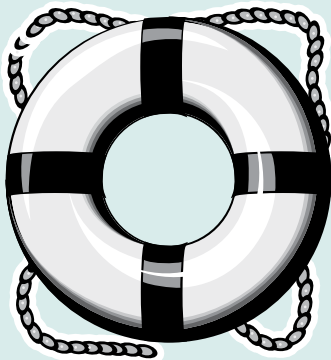
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ous boat shows, and is the author of two books, *Spanish and French for Cruisers*.

The traditional raffle and silent auction ended the evening, raising funds for the AdventureSail® program and sailing scholarships which come under the Women's Sailing Foundation. The 2010 Women Sailing Conference fulfills NWSA's goal of enriching the lives of women and girls through education and access to the sport of sailing, found at the home page www.womensailing.org and click on the scholarship tab at the left.

We are looking forward to planning our 10th year event, **June 4, 2011** in Marblehead. **Mark that date in red!**



Photos are courtesy of Susan Ogan

Making Changes Come About®

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.



In addition, for women and girls, we continue to reach out to other women's organizations: **Sisters Under Sail** a 501©3 organization which sails the tall ship *Unicorn*, was founded and is operated by Dawn Santamaria along with her husband and three daughters. Their goals are very similar to NWSA – provide opportunities on a tall ship for teenage girls so that the girls gain confidence in themselves, improve their self esteem, and observe strong female role models. There is also an opportunity for our members to be involved with this organization. Please check out their website, www.sistersundersail.org.

AdventureSail® Around the U.S.



AdventureSail® 2010 Racine Yacht Club, Racine, WI

by Amy Cermak

Fifty-nine girls ages 8-18 attended the 11th annual AdventureSail® program at the Racine Yacht Club on August 10.

Dense fog kept everyone close to the shore, but the extreme heat and humidity didn't impede the activity. Junior leader, Kaisa Herrmann age 13, led the girls and spectators in the National Anthem and then engaged the girls in a lesson on knot tying.

Fog continued to lurk on the shoreline as Kaisa turned the sailing adventure into kayaking, canoeing, and rain gutter sail boat racing. Kaisa quickly shifted gears, acting as the waterfront director. She suited the girls into life jackets, gave a quick safety lesson, and the girls were off, experiencing the thrill of being on the water. The Sea Scouts, Emma Paulson and Lauryn Berger assisted as water patrol.

As noon approached, the fog lifted enough for all of the girls to board the Racine Yacht Club member's sail boats for a motor tour of Racine's beautiful harbor. Some toured through the Main and State Bridge learning about bridge commands and times of operation.

No wind and fog kept the catamaran racers, who are visiting Racine from

all over the world to compete in Catamaran Championships, on the beach too. This actually worked well for the AdventureSail® program, as the sailors offered their assistance. US Olympian and four-time world champion sailor, Carrie Howe, shared her love of sailing with the girls. She encouraged the girls to try all sports and find one that they enjoy. She spoke about the friends she has made through sailing, the challenges of sailing, and the sheer excitement of going 30 mph on a catamaran. She encouraged the girls to learn more about sailing, indicating the team work aboard a sail boat is phenomenal and one of the only sports where someone 80 years old and 12 years old can enjoy together. Sailing is truly a life long sport. It takes an hour to learn to sail and a life time to perfect your sailing skills.

AdventureSail® is sponsored by the National Women's Sailing Foundation, Racine Yacht Club, and Girls Inc. at the YWCA of Racine.



AdventureSail® in Boston

We held our 14th Boston AdventureSail® event at Courageous Sailing Center in Charlestown with the Big Sister Association of Greater Boston on Saturday, June 12th. Dar Collins, NWSA Secretary, was the chair.

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Events for Women Sailors

October 2, 2010 — Ladies Day at Lake Pleasant, AZ. Small seminar of sailing workshops for women on Lake Pleasant (just north of Phoenix). Put on by LPSC. Contact Debbie Huntsman at huntsmand@mac.com.

January 8-9, 2011 — **NWSA Diesel Engine Workshop** with Mack Boring in Wilmington, NC. Information on website now. Go here for pdf flyer with details: www.womensailing.org

February 5, 2011 — Southern California Yachting Association's 22nd Women's Sailing Convention, Newport Beach CA. Contact Gail Hine at hine@scya.org for info.

May 14, 2011 — A Women's Sailing Seminar (*not an NWSA event*) is being planned. It will be held at the new Milwaukee (WI) Community Sailing Center. Contact Kathy Weishampel at Kathyw@harken.com

June 4, 2011 — NWSA's 10th Women's Sailing Conference, Corinthian Yacht Club, Marblehead, MA. joan_thayer@comcast.net. Check the website for updates on all our events! Go to www.womensailing.org

Take the Helm

Women Dig Diesels At Mack Boring Workshop — March 13-14, 2010



A group of women hailing from New Hampshire to Florida arrived at the Mack Boring Technical Institute in Middleboro, MA, amid rain and fog for the two-day diesel engine workshop led by Larry Berlin, instructor extraordinaire. Each woman came to the class from a different perspective — no boat, look-



ing for a boat, have a new boat, have a newly acquired old boat, and owned a boat for years but no experience with an engine. One purpose bound them all: to be knowledgeable about the ins and outs of the diesel engine. They wanted to be a full partner, not on the sideline, and not to be ignored at the marina or repair shop.

So under Berlin's watchful eye and expert instruction, the group alternated between the classroom and the workshop from 8 a.m. to 5 p.m. each day. Every question was important and no

questions were left unanswered. Heating systems, cooling systems, bleeding, injection replacement, calipers, thread gauges ... oh, the new language the women learned. The reward for their efforts was to hear the whir of the engine when Larry started each one on Sunday evening.

"The few things you do today prevent major catastrophes tomorrow," said Larry Berlin. That's going on my wall!

— *By Joan Thayer*



BoatU.S. and NWSA

We have signed on for another year as a Cooperating Group. That means that NWSA is 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-NWSA. There are discounts at West Marine retail stores with BoatU.S. membership—another good reason to get more for less.

Other benefits include:

- Discounts on fuel, overnight slips and repairs at more than 750 marinas nationwide
- On-the-water towing
- Access to high-value, low-cost group rate boat insurance
- Full year subscription to the award-winning BoatU.S. Magazine
- 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 **GA8404B** when prompted to receive the special discounted rate.

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



West Coast SCYA Women's Sailing Convention

Southern California Yachting Association (SCYA) held its **21st** Annual Women's Sailing Convention on Saturday, February 6 at Bahia Corinthian Yacht Club, Corona del Mar, CA. Attendees reported a fantastic day filled with interesting workshops and super networking. The weather in Southern California in February was a bit rainy but didn't stop any activities!

The Convention is the model for NWSA's Women's Sailing Conferences. Organizer, Gail Hine, continues to be at the forefront of west coast women's educational seminars.

E-mail Gail at hine@syca.org to get on the mailing list for next year's event, Feb. 5, 2011.



Sign Up Now for Northern California Women's Sailing Seminar

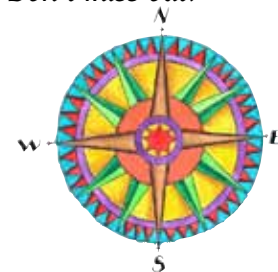
By Linda Newland

Island Yacht Club in Alameda, CA (SF Bay Area) is hosting the 18th Annual Women's Sailing Seminar on **October 9-10**. Along with shoreside and on-the-water classes taught by outstanding women sailors, the keynote speaker will be Shana Bagley, who has just returned from crewing aboard the yacht "California" in the prestigious Clipper Round the World 09-10 Race in September.

Two full days include classes on Saturday with continental breakfast, lunches, one free raffle ticket, one WSS complimentary visor plus a bag filled with goodies - plus a Sunday sail. Women return each year for the skillfully taught classes and the camaraderie of sharing a day with fellow sailors and making those important networking links to go sailing. Beginners are encouraged and welcome to join in the fun. Classes cross all experience levels.

For registration and further details, go to www.iyc.org and click on the Women's Sailing Seminar link on the home page.

Don't miss out!



Director Profile



Elaine Dickinson — Bon Voyage!

It seems inevitable in marine publishing. After years of writing about their boating-passions, the editors who bring you the stories finally decide to live the boating life full time. *BoatU.S. Magazine* managing editor Elaine Dickinson has retired after 26 years to spend more time cruising with her husband, naval architect and marine surveyor Jack Hornor.

Besides writing hundreds of boating articles, winning journalism awards, serving two years as Chair of the National Safe Boating Council, and three on the U.S. Coast Guard's National Boating Safety Advisory Committee, Elaine was also executive editor of *DIY Boat Owner magazine*, and an assistant vice president of BoatU.S.

She also serves on NOAA's Hydrographic Services Review Panel. While at BoatU.S., Elaine created the Women In Boating website at www.BoatUS.com, and is on the board of directors of the National Women's Sailing Association. In 2000, she created the BoatU.S. Maritime Mobile Service Identity (MMSI) program, partnering with the FCC and U.S. Coast Guard, which currently has over 60,000 DSC radio registrations.

This fall, keep an eye out for Elaine and Jack cruising down the ICW as they make their way to the Bahamas.

with permission

BoatU.S. Magazine OCT/NOV 2010

French Team Takes BoatU.S. Santa Maria Cup

By Elaine Dickinson

Searing heat, light winds, and shifty conditions didn't slow the speed and tactical prowess of defending champion Claire Leroy and her team from France on the final day of the 20th annual BoatU.S. Santa Maria Cup Women's Match Racing Championship in Annapolis in early June. Leroy held the No. 1 spot in the women's match racing international ranking for an unprecedented run of nearly five years, before slipping to No. 2 in April. The Frenchwoman was in stellar company as always, at the event hosted by the Eastport Yacht Club.

Seven of the world's top 20 wom-

en match racers competed, coming from Brazil, Canada, France and the United States. Also on the podium were teams led by Genny Tulloch (USA) in second, and 2008 Olympic gold medalist and 2009 Rolex Yachtswoman of the Year Anna Tunnicliffe (USA), in third.

The BoatU.S. Santa Maria Cup, an International Sailing Federation Grade 1 event, attracts women match racers seeking to improve their world ranking and to qualify for the 2012 London summer Olympics. Match racing will be a new Olympic category in 2012, adding to the excitement of this and next year's race.

For additional photographs, information about match racing, and the competitors: www.BoatUSSantaMariaCup.org.



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adult women. And in Racine, Wisconsin, a women's sailing seminar is being organized for next May. I have to believe that our Women's Sailing Conference and the SCYA Women's Sailing Convention are the impetus for these new events. We applaud the organizers, and we are eager to assist them in having successful events.

Our AdventureSail® program continues to be strong. Thanks to the efforts of Debbie Huntsman, girls from

the Boys and Girls Club will enjoy a day of sailing and sailing related activities in October on Lake Pleasant in Phoenix, Arizona. There really is a lot of sailing in the middle of the country.

As we begin to hunker down in the northeast and expect the clear blustery winds of fall, we look forward to sailing in other parts of the country and world, all the while enlisting women to take up this sport. As our founder, Doris Colgate says "Yes, you can sail. Escape!"

*Fair winds
Joan Thayer*

from

sail•ing (sâ'ling), 1.n the fine art of getting wet and becoming ill while slowly going nowhere at great expense.

by Henry Beard & Roy McKie

I

Iceboat — A sailboat having such characteristics that it is statistically more likely to crash than to sink; that it can become a total loss without sinking; and that in the event of a mishap, its crew will be able to walk to shore.

Ice Chest — Insulated compartment in the galley that holds a block or two of ice to keep food and beverages cool. No one knows why—it could have something to do with sudden temperature changes, continuous sea motion, and pressure—but fresh produce placed inside undergoes a transformation into a dense, pear-like substance surprisingly similar to soft coal; frozen meat corrodes; and containers of beer are somehow transmuted into cans of diet Fanta.



Ice Chest: Routine Maintenance

Inland Waters — As defined by the Coast Guard, areas of U.S. territorial water abutting or passing through heavily populated regions, where a man who falls overboard will dissolve before he drowns.

AdventureSail® / Boston - Cont'd from page 3

The weather was less than perfect, in fact, it was down right miserable. Nonetheless, the girls loved the blue AdventureSail® t-shirts, under their PFDs, of course. No wind and then the rain came after about an hour of being on the water. The boats were then towed to the pier. Our expected number of 19 matches of Big and Little Sisters was reduced because of the weather. However, once back on shore, the girls enjoyed the grilled burgers and hot dogs, chips, fruit and cookies. Following lunch, the girls continued on with the program. The highlight was learning how to tie some knots and then applying the knots to every day use. Jumping rope was much more meaningful and fun then. Unfortunately, we had no cameras to capture the smiling moments.



AdventureSail®/Grass Valley Gold Coast Yacht Club hosts Friendship Club

by Lynn Buchanan



Thank you GCYC members: Hugh and Nicki Talman, Joe and daughter Jacqueline Day, David Niedziejko, Chip the dog and Susan Murphy, Don Hare, Jerry Lewis and Bryant Cockcroft. They all volunteered their sailboats and time as skippers on Saturday June 26th for a great day of sailing with Nevada County's Friendship Club girls and chaperones. Cindy Pekarek, Dale Buchanan and yours truly helped out with setup, kitchen and clean up duties.

The Friendship Club girls and chaperones arrived at 11:30 and after introductions and gift packages that included an official "AdventureSail®" t-shirt donated by the National Women's Sailing Foundation, off they went for a sail on Scotts Flat Lake. Sailing, water cannon fights and some swimming were wrapped up by 1:30 when everyone returned to the dock. A hot dog BBQ was held for all the participants and then, of course, the official commemorative picture of the group was taken.

Participating club members expressed the joy they felt being able to share a love of sailing, with girls who had never experienced this activity. Our members are already plotting and readying for this 2011 event. For more information about the Friendship Club, check out www.friendshipclub.org.

Tish Buti has been coordinating the AdventureSail® program at Gold Coast YC in Grass Valley, CA for several years.

Pre-Regatta Checklist

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

To keep you safe and competitive, go through the following checklist and ensure that all items are in good order and attachments are sound:

- Hiking strap ties
- Shackles
- Fitting connections
- Sail/battens
- Control lines
- Inspection ports
- Rudder, centerboard, tiller and tiller extension
- Mast, mast rake, stays
- Halyard locking
- Boom
- Wind pennant
- Mainsheet
- Protest Flag
- Spares (mast fittings, shackles, etc.)



Sailing Trivia

- How deep is the deepest point on the ocean floor?

35,802 feet

- Where is it located and what is it called?

In the Marianas Trench, off the coast of Guam, and it is called the Challenger Deep.

- Where is the deepest lake?

Baykal Lake in the USSR, with a maximum depth of 5,315

- Why is the Red Sea red?

It contains seasonal blooms of algae that color the surface water red.

Lobster Run = Sister Fun

By *Garet Wohl*

PREPARATION:

It's often said that the hardest part of any race is just getting to the starting line. The Lobster Run 2010 -- a 327 nm offshore Category II sailing race in late July between Stonington CT and Booth Bay Harbor ME -- was no exception. Getting the boat and equipment race-ready, assembling the right crew, fulfilling all safety requirements, learning idiosyncrasies of the race, and thoughtful provisioning were all challenges that we faced well in advance of the race start.

The boat was *Etoile*, a 2002 Stellar 52. Although a very comfortable cruising boat, it had never been raced and needed extensive effort to qualify under Offshore Racing Rules.

The "right" crew consisted of seven females, ranging in age between early 20's to early 60's, all with significant sailing experience. The boat's owner Anne Kolker and captain Deb Gayle assembled a crew of enthusiastic, talented women sailors who worked well together and complemented each other's skills. It didn't take long for Kolker's fun-loving attitude to inspire the rest of the crew to keep a positive outlook, even during a three-hour start delay and a series of

mainsail problems.

Besides performing well, what goals did we have? In Kolker's words, "We just wanted to have FUN! Isn't that the point?"

DURING THE RACE:

The race was a lot like the rest of sailing -- either too boring or too exciting and occasionally a little scary. It was painfully boring when we spent the better part of a day and night bobbing around Nantucket Shoals buoy with very little wind and moving forward at only 1 knot. It was almost too exciting when we ripped across the finish line in Booth Bay Harbor at 8.5 knots. It was a little scary looking at the radar in the middle of the night that depicted rolling thunderstorms with torrential rain, lightning, fog and wind gusts. "What's next," we wondered, "pestilence, and frogs?"

AFTERMATH:

In the end, we came in second in our class (just don't ask how many boats participated), and we absolutely met our number one goal of having fun, whether by sailing, racing, enjoying good food, singing or dancing. We also managed to develop mutual trust and respect amid camaraderie and a sense of purpose. We finally have the basis of a great all-female crew and a great boat, and we look forward to our next race in 2011.



Garet Wohl is 4th from left.

Chapwoman's Boating Wit & Wisdom

By Anne Lirmer Sirna

When crossing a bar or reef, remember to add an hour for daylight savings time in your tide calculations.

The anchor is a symbol of hope, not faith.

Accidents afloat are more often caused by carelessness than catastrophes.



Sailing is one half peace, one half panic.

The Captain looks a little different on a boat than in the board room.

When the Mate says live aboard, she means tying up in Newport for two weeks. When the Captain says live aboard, he means circumnavigate.

Life off shore consists of four things: food, sleep, standing watch and trying not to go below to use the head.

Expect the unexpected at sea.

The real problem with getting seasick is that you do not die.

An orderly boat is no match for a disorderly ocean.

Leave that big bully winter behind. Take a Caribbean cruise.



The Ms. Race – Women Racing for Women

By Eileen Campbell

The Atlantic Highlands Yacht Club hosted its annual Ms. Race Charity Regatta on Saturday, August 21, 2010. Seven crews participated in the event that benefits 180 Turning Lives Around, a non-profit organization that provides services, counseling and advocacy for victims of domestic violence.

The Ms. Race, originally established in the 1980's, was revived by the AHYC Race Committee in 2005. The race provides a sailing venue for women, experienced or novice, where they can gain confidence, develop leadership skills, and improve their sailing skills.

This year's event was the most successful to date with regard to the organization of the event, the fundraising that was done on behalf of 180, and the caliber of racing the crews demonstrated. The success can be credited to the event chairpersons, Aileen Colitz and Diane Kropfl, the support of the AHYC Race Committee, and all the volunteers who worked to make it a first class event.

For more information visit <http://ahyc.net/msrace.htm>

