



President's Letter



As I write, the snow is falling outside and it is only October. But I did get the windows washed, the storm windows up and made sure I had enough ice melt. The shovel and scraper are now in the car. I felt pretty good at having done the prep work. And I thought, now that's what makes me enjoy my sailing experiences – being prepared and seamanship.

I think that in general women are great organizers and planners, and we think in terms of preparedness frequently. Yesterday, I heard a lot of moaning about the snow coming. That gets tiresome and tends to drag me down. Instead, I told myself to get going. I got up on that ladder to put up the storm windows. I got new tires and battery for the car. Checked the windshield wipers. Now I'm ready to enjoy the winter with its icy roads, unpredictable amounts of snow and looking forward to skiing. You'll read how Garet Wohl prepared for the Bermuda Race. Preparation is fun and allows one to handle the tough situations or take advantage of something good and unexpected.

NWSA is always plan-

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Take the Helm®

Official Newsletter of the National Women's Sailing Association

FALL-WINTER 2011

Tenth Year for the NWSA Women's Sailing Conference

On June 4, the Corinthian Yacht Club hosted the 10th annual Women's Sailing Conference. The weather was picture perfect – a warm day with a good breeze that settled down in the afternoon. Women from 14 different states, including California, Florida and West Virginia, came to learn, network and get inspired. Indeed they did. 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.

Co-chairs Marcia Bennet and Joan Thayer with the support of the NWSA board and local women oversaw the day's event. Marcia outdid herself with presenting two sessions as well. 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 motorboat ins and outs, crew overboard drills, boat systems, sail trim, introduction to sailing, spinnakers — taking the helm. The land-based workshops included using spring lines, heaving a line, charting, right of way, diesel-engine troubleshooting, suddenly single-handed, marine medicine, Captain Bligh or Captain Kirk, emergency seamanship and understanding the wind.

Commodore John Velluto welcomed the participants in the morning; and with his wife, Flossie, shared in the evening program.

The keynote speaker at dinner was Doris Colgate, founder of NWSA and CEO and President of Offshore Sailing School, in Ft Myers, FL. We were thrilled that she could be with us for the 10th year celebration and spend the weekend with us. Doris has provided educational and sailing opportunities for women for over 30 years, and she continues to promote women in sailing. Doris commended NWSA on its 21st year as well as the 10th year of the conference. In her address, Doris encouraged women to share their newly acquired knowledge and skills with other women and to be mentors to young girls who sorely need positive role models.



“The conference was such an inspiration on so many levels. I found myself listening to Doris' keynote address and thinking, 'How can I give back?' I came to sailing late, age 36, and if it's bolstering confidence at my present age of 47, I can only imagine how it could empower young women. Thanks for the camaraderie and an all-around great experience!”

The Leadership in Women's Sailing Award, a joint award of the National Women's Sailing Association and BoatU.S., was



NWSA President Joan Thayer, Award Winner—Dawn Santamaria, and BoatU.S. Membership Programs Director, Dina Murray

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NWSA

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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/nwsamemberapp2011.6grn.pdf.

President's Letter Cont'd from p.1

ning, always looking for ways to change or enhance lives of women and girls.

The Diesel Engine Workshop for women in March in Massachusetts allows women to learn about engines with support from other women so next season they will have confidence on board to identify problems and solve them. I've attended the workshop several times and I'm amazed that I always come home with new information. Women don't have to own a boat to take the workshop. I distinctly remember one young woman who said she was planning to buy a boat in about 5 years and she wanted to get ready. Wow.

We are planning for the 2012 Women's Sailing Conference. This is loads of fun gathering the women volunteers to impart their specific skill or knowledge to other women to give them the confidence for the situation when on a boat. And when the conference happens, we're all enjoying the day because we were prepared.



We are supporting new AdventureSail® events. We are delighted that women in Oregon saw an opportunity for at-risk girls, and the river offered just the right spot.

Bill Schanen's column in the November/December issue of *Sailing* sums it all up nicely when talking about "Seamanship...possessing the skills and mindset to do what you have to do to save yourself and others." In our workshops and conferences and in the AdventureSail® program, we hope we are instilling in women and girls the confidence and self-esteem to enable them to deal with life situations, whatever they may be.

*Fair winds
Joan Thayer*

Conference Cont'd from p.1

presented to Dawn Santamaria, CEO and Founder of Sisters Under Sail. We were delighted that BoatU.S. Membership Programs Director Dina Murray was present and was an active participant in the day's activities.

Dawn came to sailing through her husband's dream of owning a Tall Ship. Little did Dawn know that using that ship to provide a platform for leadership for teenage girls and women was to become her dream and her passion. Her husband Jay and three of her four daughters attended the conference dinner.



Dawn and her three daughters

A bounteous amount of raffle and silent auction items were displayed throughout the day. It was great fun passing

"Spinnakers is an area that I have no experience, so learning in a controlled environment with support was very helpful!"

through the ballroom to see where one stood on the silent auction items, and deciding exactly which bag or bags would receive those raffle tickets. All proceeds go to the Women's Sailing Foundation which supports the AdventureSail® program for at-risk girls and sailing scholarships for learn-to-sail programs. We are very grateful to our sponsors and our donors. The day was exciting from beginning to end. More photos and stories are on the website, www.womensailing.org.

Mark your calendars in **RED**: **Saturday, June 2, 2012**, at the Corinthian Yacht Club for the 11th annual NWSA Women's Sailing Conference.

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.

You may send tax deductible contributions to:

Women's Sailing Foundation
c/o 1 Esquire Drive
Peabody, MA 01960



from

SALTY DOG TALK

by Bill Beavis & Richard G. McCloskey

Mayonnaise — Believed to have been coined by the French officer Duc De Richelieu who led a successful attack on the British navy base of Port Mahon in Minorca in 1756. Finding the storehouses in flames and with no food for the victors, Richelieu improvised a meal from remnants comprising eggs, vinegar, oil, pepper, salt and mustard. The beaten ingredients so delighted the Frenchment, they named it after their victory — *Mahonnaise*.

AdventureSail®



PORTLAND, OREGON

On July 16th, Oregon Women's Sailing Association (OWSA) paired with Girls Inc. of NW Oregon (a non-profit that helps young at-risk girls) to bring this exciting adventure to Portland, Oregon for the first time.

The event was held at Rose City Yacht Club on the Columbia River. The nine girls, ages 11-13, and first time sailors came with Girls Inc. chaperones to pair with the OWSA mentors to give each girl a 1:1 adult ratio. There were five boats with experienced OWSA women skippers at the helm. The skippers also had OWSA members to serve as crew so that the chaperones & mentors could focus on giving the girls their full attention.

The day started with dark clouds and a constant drizzle but before any of the outside activities got underway, a gentle breeze arrived with a bright, warm, sun & scattered clouds. This really helped to ease the anxieties of Judi Davis, OWSA AdventureSail® Chair, and all of the chaperones and mentors.

A brief gathering in the clubhouse started the day. The girls met their OWSA Mentors, Skippers & Crew. Next came some sailing basics & safety fol-

lowed by learning a few sailor knots. Each girl received a folder with with hand outs from the Lower Columbia Estuary and learned a bit about the responsibility of Environmental Stewardship. Just before leaving for the On the Water activity the girls were fitted for their lifejackets & given awesome sport bags donated by Nike & filled with goodies from OWSA.

Out on the river, the sailors enjoyed a variety of experiences from raising the main, talking on the VHF, hoisting the jib, learning a few knots & getting time at the helm.

After returning to the RCYC dock, all were treated to a delicious BBQ & picnic, a wonderful "sailboat" cake and spent time celebrating their successes!

During the picnic, everyone was entertained by stories from two OWSA members who've turned sailing into a part-time job & spend time traveling the world delivering boats & furthering their sailing education by becoming licensed captains.

As goodbyes were given, there were big smiles on each face and the one question asked, over & over again, was "When do we get to do this again?"

More stories and photos on the website, www.womensailing.org





Events for Women Sailors

March 10-11, 2012 — NWSA Diesel Engine Workshop with Mack Borning in Middleboro, MA
\$35 discount for early registration. Registration deadline is February 1, 2012.

Pdf registration form:
www.womensailing.org/diesel_enginewksp_2012.6_flyer.pdf

February 4, 2012— Southern California Yachting Association's 22nd Women's Sailing Convention, Newport Beach CA. Contact Gail Hine at hine@scya.org for info.

June 2, 2012 — NWSA's 11th Women's Sailing Conference, Corinthian Yacht Club, Marblehead, MA.
joan_thayer@comcast.net.



Recommended Reading from Members

My Ship is So Small
by Ann Davison

An Affair with the Sea
by Peggy Slater

Red Sky in Mourning
by Tami Oldham Ashcraft

Easing Sheets (a mystery novel)
by L. M. Lawson

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

Northern California Women's Sailing Seminar

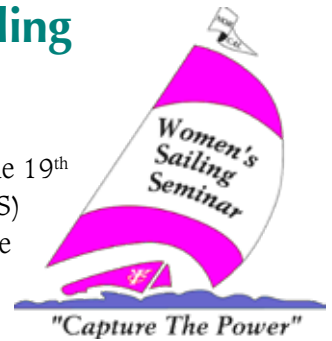
By Linda Newland

Sixty-seven women gathered to "Capture the Power" at the 19th annual Northern California Women's Sailing Seminar (WSS) held at Island Yacht Club, in Alameda, on October 4-5. The objective of this two-day event was to give women on-the-water instruction and shoreside classes on Saturday, and on Sunday turn them loose with an instructor to helm a real race in which they would build their confidence and develop new skills.

A favorite class was crew overboard recovery using a Lifesling to rescue Vice-Commodore, Kristen Soetebier, who offered to jump into the chilly waters in a wet-suit. Spinnaker and Sail Trim on the water gave some advanced instruction for the intermediate sailor.

With 11 women instructors and boats loaned from the local sailing community, the women students felt the excitement as the energy level topped out on Sunday. The Santana 22 one-design race proved to be a winner for everyone. With instructors there in an advisory position, students rotated through being skipper in one of the three races and did all of the crew work. Thanks to Jane Brown and Dawn Chesney for heading up another successful WSS event. Many thanks to our sponsors and especially to the local sailing schools for their donation of free sailing lessons in our raffle.

Spinnaker Rigging Workshop



BoatU.S. and NWSA

We have signed on for another year as a Cooperating Group. 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-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 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.
- 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.



West Coast SCYA Women's Sailing Convention

Southern California Yachting Association (SCYA) held its 22nd Annual Women's Sailing Convention on Saturday, February 5 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, **February 4, 2012. It's truly a fabulous experience!**



Gals in Marion-Bermuda Race

By Garet Wohl

As their second offshore race, the all-female crew of *Etoile* completed the 650 nm Marion-Bermuda 2011 sailboat race in the middle of the pack and earned the Faith Paulson trophy for the first all women crewed boat to cross the finish line.



Transom Port to Starboard: Garet Wohl and Anne Kolker

Preparation took the better part of a year and included putting the crew together, installing safety equipment required for Cat I offshore racing, upgrading electronics, provisioning, and attending Safety at Sea and weather seminars.

The race started in Buzzard's Bay with 40-kt winds from the east, but winds diminished as the fleet cleared Martha's Vineyard and headed south-east. Crossing the Gulf Stream was

pretty uneventful, except for a few thunderstorms and rows of lightning. With the help of an unusual hundred mile long fair current, the fleet got a terrific boost toward Bermuda. About a day away from finishing, strong winds and seas hurled a lot of water into the cockpit and caused major electronics to start failing, including the chartplotter which began showing *Etoile* sailing somewhere on the desert in North Africa! Fortunately, paper charts, handheld GPS, and laptop provided redundant navigation tools that were needed to finish.

What's in the stars for *Etoile* next season? In late July, *Etoile* and crew plan to be at the starting line of the Lobster Run 2012, a 350 nm offshore Cat II sailing race from Stonington, CT, to Booth Bay Harbor, ME.





Community Sailing Center Recognition

In September, US SAILING awarded Boston-based Courageous Sailing Center as one of nine community sailing centers that provide “exemplary training and educational programs consistent with the curriculum standards of the US SAILING Training Department.”

NWSA has partnered with Courageous SC for 15 years to host an AdventureSail® day for girls of the Big Sisters Association of Greater Boston. The staff has always been extremely helpful and welcoming to the girls and volunteers. We are delighted that the national governing body of the sport, US SAILING, has recognized this organization.



AdventureSail®, a nation-wide program for young girls at risk

By Joan Thayer

The weather this year was all over the place from Boston to Oregon and places in between where we held our AdventureSail® events. Nevertheless, the girls still came and each event was a success for the girls and the volunteers. We were delighted that Judi Davis from the Oregon Women’s Sailing Association approached us in June to host an event in Portland with Girls Inc.

Not only was it a success, but Judi identified two girls who wanted to sign up at the Island School Camp for a beginner’s session. In short order we were able to get all the documentation and funding for an August session.

I found it interesting that in girls’ letters as to why they wanted to take sailing lessons they identified having a good time on the boat and being on the water. Lolita said “There was a nice cold breeze every single time the boat moved around.” Brianna said she wanted to know “how to work a sailboat so that when I get a sailboat when I’m older, I’ll know what I’m doing.” Isn’t that just like a female – wanting to know ahead of time what’s involved. Brianna also wrote “When I was on the water, I felt relaxed.”



Scholarship recipients Brianna (L) and Lolita (R)

For these two young girls, sailing may just become a part of their future. Certainly it made a difference in their day. We are pleased that our scholarships were available to give them another opportunity to work towards a dream.



Nominations are now being accepted to the BoatU.S./NWSA Leadership in Women’s Sailing Award

The Leadership In Women’s Sailing Award, sponsored by BoatUS and NWSA, and begun in 1999, honors an individual who had built up a record of achievement in inspiring, educating, and enriching the lives of women through sailing. This award is normally awarded at the Women’s Sailing Conference in Marblehead, MA in June. Below are the past recipients to date:

- 1999 – Bernadette Bernon
- 2000 – Betsy Alison
- 2001 – Gail Hine
- 2003 – Dawn Riley
- 2004 – Doris Colgate
- 2005 – Cory Sertl
- 2006 – Nancy Erley
- 2007 – Janet Baxter
- 2008 – Pat Seidenspinner
- 2009 - Maureen McKinnon-Tucker
- 2011 – Dawn Santamaria

Visit the BoatU.S. site at www.boatus.com/women/leadership.asp for write ups on each of the above women.

Send your submission to Susan Epstein at sjeppa@aol.com. Please provide as much information to support your nomination. **Deadline for nominations is February 1, 2012.**

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.

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.