

June, 2006

Volume I, Issue V

Editor: Laura Stokley

# Racer



North Coast Women's Sailing Association

# 2006

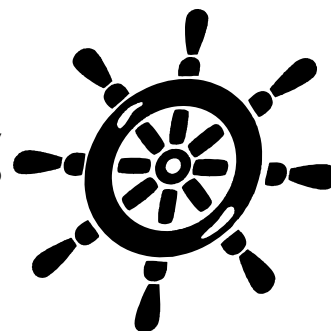
## 2006 NCWSA Racing Series:

- June 6 - Practice race
- June 13 - First race
- June 20 - Cleveland Race Week Women's Event
- June 27
- July 11
- July 25
- August 8
- August 22
- August 29
- Sept 5 (make-up)
- Sept 9 - NCWSA Regatta

# RACING SERIES

## *A Message from the Commodore, Dianne Kube*

The prep flag is down, and it's one minute to our start! We had a fantastic talk by Sally Barkow on 'Building a Team to Success', and I think it was a great reminder for all of us that working hard, building on individual strengths, keeping respect for each other, and having fun are key elements of a successful team. Sally is pretty amazing, and humble, considering all of her accomplishments. Rave reviews are also in for Laura Goldberg's conducting of the 'Beginner Racing Series'. The Tuesday evening sessions were very well attended. Now it's time for NCWSA to focus on racing! Two race courses, one for the PHRF/JAM 'big boats', and one for the one-design boats, require many volunteers, but we feel it will help make our racing season fantastic. These details will all be well laid out in the sailing instructions, and we'll be briefed at the first skippers meeting, 6:00 on June 6<sup>th</sup>, our first scheduled practice race.



(continued on page 2)

### *General Membership Meetings: First Tuesday of the month 7:30-9:00*

- Oct—AWARDS NIGHT
- Nov —TBA
- Dec—HOLIDAY PARTY

**URGENT REQUEST:** North Coast Women's Sailing Association is seeking several more race committee volunteers so the Tuesday night series can feature two courses. Races are June 6 (practice), June 13, June 27, July 11, July 25, August 8, August 22, Aug. 29, Sept.5 (make-up). Fleets include PHRF, JAM, J24, ENSIGNS and Dragons. Please contact Mary at [mdodge@parker.com](mailto:mdodge@parker.com) or Beth at [paganib@comcast.net](mailto:paganib@comcast.net) you can commit to the series or a few Tuesday nights.

## **Welcome Aboard, New Members!!!**

Joining NCWSA is an exciting step for all of us who want to get back to sailing!! This is why the NCWSA Board wants to acknowledge and welcome the courageous new members who may be nervous right now, but who will fall in love with the sport and probably become avid sailors as the summer develops:

### **WELCOME NEW MEMBERS:**

Heidi Adelman  
Karan Agnone  
Jessica Blee  
Jennifer Bowen  
Kathleen Burn  
Caryn Candisky  
Glenda Carbaugh  
Bonnie Connerton  
Gail DiGiovine  
Meredith Dreshar  
Sherry Dubbs  
Janice Eitel  
Jessica Ellis  
Heather Elmer

Cindy Engbert  
Louise Everard  
Sara Fagnilli,  
Patricia Grospiron  
Elizabeth Hauser  
Nancy Hennigan  
Lindsay Hunt  
Laetitia Kasl  
Kris Kenline  
Kathleen Lane  
Lynne Ann Machowsky-Whelpley  
Shirley Marcinko

Kay McAtee  
Nancy Nebenzahl  
Cathy Newpher  
Nicole Polomsky  
Wendy Poltorek  
Charlene Porter  
Rona Proudfoot  
Fran Reddick  
Kathelyn Rocco  
Donna Schikler  
Lorrie Stratis  
Robin Witkowski

Your Membership Chair,  
*~Olivia Rault*

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### **A Message from the Commodore** (from page 1)

What else do we have to look forward to this summer? First, let's congratulate Sue McDowell and her team members, who have received the first competition fund award this year for a Rolex Women's match racing event in St. Petersburg, FL. Read more about NCWSA's Competition Fund in this issue. For women's regattas at EYC, we look forward to Cleveland Race week, Tuesday evening June 20<sup>th</sup>, and I hope all our teams compete in this! The NCWSA fall regatta has race co-chairs in place, Mindy Sminchak and Kelly Kimble, so we are looking forward to another fine event in September. The NCWSA regatta is one of the competition goals of our teams for the summer. Remember, this is the Summer of Championships at EYC – with four national competitions right here!. Amazing. Every event needs volunteers. There are two events that have women-only competitions, and I know the women of NCWSA will come out to support these events as best we can. August 13<sup>th</sup> is the Women's Ensign National Invi-tational Regatta. In September, EYC will host the Adams Cup. We're hoping that for one evening of this prestigious event, NCWSA will put on a great party for the women, and truly show our winning hospi-tality.

Now that we've got our teams together, and the boats are in the water – please continue to

#### **THINK SAFETY!**

Everyone should know where the safety equipment is on the boat (insist on knowing that), man over-board procedures, and how to use the radio as an absolute minimum. Please review this with your teams. Have your life-jackets on, and whatever clothing and accessories it takes to face the elements! The alcohol and drug tolerance on the water is zero for the helmsman – and we hope that you all refrain until you reach the docks. Make sure you are properly covered by insurance. Let's have a fun and safe season, keep the competition keen on the water, and enjoy our friendships and fellowship ashore. See you out there!

*~ Dianne Kube*

## Summer Racing Update ...

This month starts the Tuesday night racing series – the heart of NCWSA. Thanks to all those who have graciously donated their boats to the program, agreed to coach, stepped up to the helm or made the plunge to do something new this year.

June will be an exciting month with a practice race, two regular races and for those members participating in the CSA Women's Series, a fourth race during Cleveland Race Week. Our final fleet list includes: J24, Ensigns, Dragons (New this year!!), PHRF, JAM and Cruising.

### A few tips:

- **Be on-time** – Get to your boat and get your head in the game. Start rigging the boat, get your gear situated, rehearse in your mind what's going to happen during the race that evening. Leave the drinking for after the race.
- **Bring your gear** – Bring your own shoes, gloves and a life jacket. Show up with your essentials in a small, light bag.
- **Keep the TEAM spirit**— The goal is to get around the race course with as few mistakes as possible, and that will lead to good results. That takes a team effort – everyone is responsible! The main goal is to do well for your team; winning will follow.
- **Understand your team's responsibility for borrowed boats** – keeping it ready for the next race, in as good or better shape than you found it, and how to (and who will) deal with any repairs.
- **Don't forget to have fun.** Keep it fun!

*~Beth Paganini & Mary Dodge*

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## Education ...

As we look forward to a summer of racing, we will be suspending our business meetings and programs until after our Regatta in September. We will resume our meetings on the first Tuesday of each month in October. We are hoping for at least one more interesting speaker in the Fall, along with our awards program and holiday party. Stay tuned!

In the meantime, get yourselves out on the water and have some fun! The beginners series got rave reviews, so we should all be ready to race. I am hoping we can have some educational things going on in conjunction with race nights, but it's still under construction. See you out there!



*~Pat Metzler*

## 2006 Race Food Assignments ...

Get out your calendars! The tradition of our after race snack on the patio continues through the generous participation of all of our members. We have had some creative and healthy contributions by our talented membership in the past and we hope to see this trend continues. Once again, skippers and crew are asked to bring snacks or food for everyone to share after the Tuesday night races. We ask that each boat team member bring a dish of their favorite snack, salad or food. Check for your Skipper or Boat name below and be prepared to bring some food and share in the fun, stories and replay of the races on the patio.

<b>Race Night</b>	<b>Skipper or Boat Name</b>	<b>Fleet</b>
<b>June 6</b> - Practice racing	Jabiru Serious Extravagance Myrtea	Ensign PHRF JAM Cruising
<b>June 13</b>	Limit Up Panacea Carry On Wind Blown	Ensign Dragon J24 JAM
<b>June 27</b>	Lazy Lass MBSS Medulla Ancient Winds The Chauvinist	PHRF Ensign JAM Dragon
<b>July 11</b>	Trio Coyote Windlab Ghost	PHRF PHRF Ensign J24
<b>July 25</b>	Vulcan Trivial Pursuit N Zangerle US 261	Ensign JAM J24 Dragon
<b>August 8</b>	Onrust Shadowfax Ovation Chip Ship	Ensign J24 Cruising JAM
<b>August 22</b>	Wotthehell Play It Again Sam Adelman, Heidi Pitrimpas	Ensign JAM Dragon PHRF
<b>August 29</b>	No boats scheduled	No boats scheduled
<b>September 8</b> -Welcome Nite <b>NCWSA REGATTA</b>	All teams are encouraged to bring a dish to share!	All invited for an evening of fun!!

For ideas of foods to bring, consider: Fruit, Pasta or Vegetable, Tuna, Chicken or Shrimp Salads, Fresh Vegetable Tray, Cheese and Crackers, Humus, Fresh Fruit, Brownies. **NCWSA will continue to provide paper products, plastic ware. No pizza this year!**

The goal is to give each of the racers, a snack after the race. With all the boats in attendance, we can have over 120 members on the patio. So please bring a **generous amount** on your assigned evening and help to **make sure that the patio and bar area is clean when we leave at the end of the night.**

An updated listing will be posted on the NCWSA website. Contact Linda Schafer or Claire Tigmeier, Co -Social Chairs if you have any questions regarding the schedule or if your boat will not be racing on the date listed. And, please remember to clean up after yourselves. Thank you! *~Linda Schafer & Claire Tigmeier*



## *Sailing Experiences of Sarah Beaugard, Race Education Manager, Clipper Venture Plc ...*

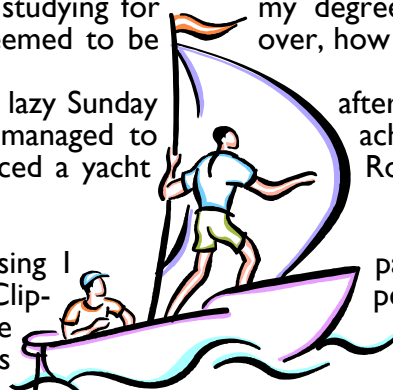
Many graduates chose to go travelling for a while after they finish their degrees, I always knew that I would go travelling for a while but I never really realised just how that travelling would evolve into sailing and then a once in a lifetime experience, which would last for another five years!

Having grown up on the Island of Jersey, I learnt to love the water and everything to do with it from a young age, I read all the books, taught dinghy sailing at my local yacht club and lived in the surf with my dad ever since I can remember. That's just what life was all about...but I had always dreamt of doing something 'unforgettable'.

I suppose I always looked upon Round the World Yacht Races as something that was completely unavailable to 'normal' people, and when I found myself studying for my degree in the heart of the English countryside my sailing days definitely seemed to be over, how wrong I was!

As a result of reading an article in a Sunday paper one lazy Sunday afternoon and spotting a call for crew 'no experience necessary', I managed to achieve something that had until then been a lifelong ambition, I raced a yacht Round the World.

After a whirlwind of interviews, training and fundraising I packed my bags, said my goodbyes and joined the team onboard Jersey Clipper. 14 of us thrust together, virtual strangers off to conquer the oceans and I was the youngest person and the only woman who was to do the complete circumnavigation onboard Jersey Clipper.



That was in the year 2000, and what a roller coaster ride of a year it was! Surfing huge waves, sewing huge sails and pushing myself further than I believed I could became the daily routine, gone were the lazy days of student life and the drudgery of the nine to five jobs what followed was just over 11 months of the best times and the worst times I have had in my life so far.

I have pages worth of memories which I could share; from Cuba with its smiling faces and swinging salsa, the first sighting of dolphin and whales to the 60 knot storm raging off the coast of Japan and the enormous seas that met us when we rounded the Cape of Good Hope, we lived it all together as a team.

I had never really thought about the emotions we would go through on the race, the wins were simply amazing (6 in all) but the losing was even harder. The racing was closer than I had ever imagined it would be, and I wouldn't have put myself down as a competitive person... I learnt a lot about myself that year! For me Jersey Clipper had become my home, my family and my life for a year.

There were times during the race when I was so seasick I thought I would never see the light of day again, times that the horizon was so bare of life, clouds or land it felt as though we would sail over the edge one day! Of course there were also the endless days of spinnaker sailing in the sunshine which every sailor dreams of. Despite all of these things, I think the most amazing thing I saw during the race was the development of a team, a family, not just on Jersey Clipper but throughout the fleet.

Since letting slip in Portsmouth on a sunny day in October 2000 people throughout the fleet have achieved amazing things. Whether it was braving mother watch on a bumpy first night at sea or being hoisted up the mast in a gusty 25knot wind for the first time, we achieved and triumphed everyday and we did it together and yes, even five years on we still huddle in yacht clubs, bars and each others houses to reminisce - some of us even sail together!

(continued on page 7)

**Will you join NCWSA on the water this summer?  
(aka: Did you file your membership???)**

**Hello Racer readers!**

Well, June is coming up and even though the weather right now makes me think of November, I know that Mother Nature will turn it around and make it sunny and warm very soon. Hence, as Membership Chair, I frantically gather the membership applications, make sure everyone has signed their medical releases, paid their \$40 membership fees, provided a valid e-mail address, and yet with two weeks to go before our first race, I notice that not everyone is signed up.

So far, 111 of the 186 members from last year are renewed. THANK YOU for getting it done in a timely fashion! The word must be going around that NCWSA is a great program for women who want to sail/race since we are welcoming 39 new members so far this year! 150 women who will be "Sailing like a girl" on the lake this summer... won't that be great?!

Attendance-wise, we are still going strong. The May 9<sup>th</sup> meeting with Sally Barkow proved how involved our members are this year. I counted over 70 persons in the room. Many of them had to stand up as the chairs were all taken. Sally's presentation was very informative and I'm sure you did like me and made many mental notes (if not written notes) on how to bring your sailing performance up a notch for this summer.

So to summarize, 150 members all ready to go, another 70 or so out there wondering if they'll be able to open up their Tuesday nights to join us.... Please don't wonder too long. You MUST have all your paperwork filed with NCWSA before we get on the water.

It's pretty simple: \$40 check (or cash), signed membership and medical waiver forms in one envelope addressed to:

NCWSA, Attn Membership Chair  
PO Box 771502  
Lakewood, OH 44107

Please be considerate and mail it all today!

Your Membership Chair  
(who can't wait to get on the water),

***~Olivia Rault***

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**Cleveland Race Week—Help Wanted ...**

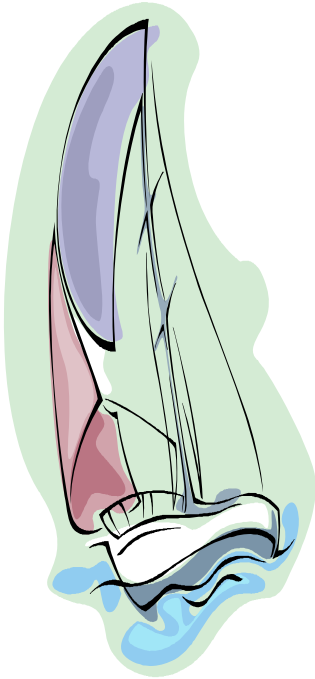
Consider volunteering for Cleveland Race Week!  
Please, contribute to the success of the events on behalf of NCWSA.

**Volunteer:**

4 hours or more --- free participation in all social activities throughout Cleveland Race Week!  
8 hours or more --- Cleveland Race Week T-shirt too!

Please complete the form @ [www.lakeboats.com/CRW2006/](http://www.lakeboats.com/CRW2006/)  
Help make Cleveland Race Week a success and have some fun too!

## **Race Committee Volunteers Needed To Fulfill Our Responsibility to EYE...**



**NCWSA has been supported and sponsored by Edgewater Yacht Club for 11 years, and we are very grateful. . With this comes a commitment and responsibility on NCWSA's part.**

NCWSA is assigned race committee dates during the summer for Saturday, Sunday, and Monday races and is required to have two volunteers on each date to help out. The dates that are assigned to NCWSA are June 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, August 13<sup>th</sup>, Sept. 4<sup>th</sup> and 24<sup>th</sup>.

Each NCWSA fleet is assigned to a volunteer date as follows:

JAM – June 11<sup>th</sup>

PHRF – June 17<sup>th</sup>

Ensigns – June 18<sup>th</sup>

Dragons – Aug. 13<sup>th</sup>

J22 – Sept. 4<sup>th</sup>

J24 – Sept. 24<sup>th</sup>

Please look at your calendars and see if you might be available to volunteer. If so, please contact your fleet captains.

*~Katrina Posedel*

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## **Sailing Experiences of Sarah Beaugeard, Race Education Manager, Clipper Venture Plc ...** *(from page 5)*

In many ways, the race finish was where my fellow crews adventure ended and life returned to being slightly more normal. For me, in a way, I never left the race! I joined the staff of Clipper Ventures and am luckily enough to talk most days about my adventure. Being Race Coordinator for the 2002 was a privilege; being 'mum' to 300 crew all throwing themselves wholeheartedly at nature in the raw was tough going at times but hearing their excited tales as confidence grew onboard of the first towering wave, squeak of a dolphin or that awful sound of spinnaker material tearing from tape to tape was almost as rewarding as having done the race again.

For the 05-06 Race, with exciting new and bigger yachts and a great new route I moved from the crew department to developing a schools website designed for children around the world to follow the race and learn along the way. In the first year Clippers World Classroom has 300 schools worldwide logging in to the online activities, talking to the crew and more excitedly to each other in a twinning programme.

As the 05-06 Race reaches its half way point and recruitment for the next 07-08 race is in full flow I count myself very lucky – and take care what newspapers I read so that I am not tempted to escape to any other adventures! For me, sailing is still a passion and my competitive streak still bubbles to the surface occasionally. As well as five years of work, a husband and many great friends, Clipper gave me a confidence in my sailing which I thrive on, getting onto a yacht and knowing how to get her really dialled up on the wind or to happily leap to the bow is something that time onboard puts into your blood I think, and I know it will never go away.... Oh, and I have learnt that I prefer to sail in warmer weather... but my theory is that if you have seen the other end of the thermometer you are allowed to make those choices!

- ⇒ Follow the race each day by logging on to [www.clipper-ventures.com](http://www.clipper-ventures.com)
- ⇒ Learn by logging onto [www.clipper-worldclassroom.org](http://www.clipper-worldclassroom.org)



Brought to you by:  
Great Lakes Science Center &  
The SS William G. Mather Museum

February 2006

Greetings from Cleveland's North Coast!

## The Tall Ships are back!

More than a dozen historic vessels from the United States and Canada will once again call Cleveland home from July 12-July 16, 2006. From replica vessels of the War of 1812 to many others of the world's most prestigious Tall Ships, The Huntington Cleveland Harborfest Tall Ships Challenge is a five-day nautical festival of events for the entire family! There will be ship tours, family entertainment, outdoor educational exhibits and the opportunity to experience the adventure of sailing on a tall ship. The Huntington Cleveland Harborfest is a spectacular event and is being brought to you for the first time by the Great Lakes Science Center and the Steamship *William G. Mather* Museum.

We are now recruiting a large, enthusiastic crew of volunteers to be part of this exciting event, and we cordially extend an invitation for you to join us. Your role may be to assist with the overall operation of the event or to welcome the captains and the crews of the majestic Tall Ships and showcase the City of Cleveland.

Enclosed for your review is the Volunteer Fact Sheet. Feel free to share this information with your family and friends. If you have any questions about volunteering for the Huntington Cleveland Harborfest, please e-mail [levinek@glsc.org](mailto:levinek@glsc.org) or call 216-696-5339.

We look forward to receiving your application and seeing you in July!

Regards,  
Kathy Levine, B.B.A., CPL, CVA  
Volunteer Manager  
Great Lakes Science Center

Maria P. Greci  
Theodore M. Mann, Jr. Law Offices

(\*\* volunteer forms, more information including volunteer benefits can be found on our website - [www.ncwsa.net](http://www.ncwsa.net) )

## ***You MUST Check your boat's INSURANCE POLICY ..***

It is up to you individually - as a boat owner, or with the boat owner - to know and understand the type of insurance that is carried for the boat you are sailing - and to know if you and your boat are properly covered and protected for NCWSA races. NCWSA is not the responsible party if any accident occurs, thus our need for proof of owner's insurance. But, it is more than just proof of insurance for NCWSA skippers that are not the boat owner **whether the owner is on board or not**. Skippers, please ask the boat owner pointedly if you are properly covered, for damage to your boat, others boats, personal property or physical injury, and for what you will be held personally responsible. Most premium insurance carriers allow the insurance coverage to 'follow the boat' - as long as the helmsman (no matter who) has permission - so you don't need to add or list skippers onto the owner's policy. (check your policy). Most policies are broad and allow other operators, <however>, some policies require a 'named operator' for coverage- so you as a helmsman must specifically be named in the owner's policy - and they may be very particular about this! Some policies forgive an 'occasional operator', if he/she is involved in an accident, but NCWSA's scheduled races throughout the summer do not fall under this category, so you would not be covered. Your home owner's policy most likely will only cover liability, if you even have a sailboat clause - and this rarely extends to other people's boats. **BE SAFE. CHECK WITH THE BOAT OWNER. CHECK WITH THE CARRIER IF IN DOUBT. KNOW YOUR INSURANCE and your obligation.** If you have general questions, or need further explanations, you may call John Wanenmacher at 440-331-0351.  
Dianne

## ***NCWSA Competition Fund***

The purpose of North Coast Women's Sailing Association (NCWSA) is to encourage women to become more actively involved in sailboat racing through regattas and clinics, and to create a spirit of good fellowship among members.

In keeping with its mission, NCWSA has established a Competition Fund. The purpose of the Fund is to encourage our members to participate in competitive sailing events. Grants will be awarded in amounts of \$250. Only one award will be made per boat/per year and all crew members must be members of NCWSA

The NCWSA Board will budget up to \$1,000 annually for the Competition Fund. One \$250 grant may be issued each quarter. To be eligible, a team must complete the **Competition Fund Award Application** and return it to the Competition Fund Committee (CFC) by one of the following dates: March 15, June 15, September 15, or December 15. The CFC will make recommendations to the NCWSA Board, and award recipients will be announced at the following general membership meeting.

If the event does not take place or if the recipient is unable to attend, the award will be returned to NCWSA. The committee retains the right not to award a quarterly grant.

The following criteria may be used in selecting recipients:

- Service and participation in NCWSA
- Racing experience
- Consideration will be given to first time applicants
- Regatta/event the team is attending
- How this grant makes a difference in the team's plans

Competition funds will not apply to local regattas or events of any kind. A team may apply for funds for an event that has already occurred, but it shall be no later than the deadline immediately following the event. A team may re-apply once for a grant denied in the previous quarter. Recipients are expected to report their NCWSA-sponsored regatta experience to the membership.

***The Competition Fund Award Application may be found on our website***

[www.ncwsa.net](http://www.ncwsa.net)

**North Coast Women's Sailing Association**

P.O. Box 771502  
Lakewood, OH 44107

**RACER**

*Want to receive RACER by email?  
[Send an email to ncwsaracer@yahoo.com](mailto:ncwsaracer@yahoo.com)*

Visit [www.ncwsa.net](http://www.ncwsa.net) often to find out all your NCWSA information. Current events, racing news, meetings, schedules, forms and much more! Please send your NCWSA pictures to post to [dmkubed@adelphia.net](mailto:dmkubed@adelphia.net), also!



*~ to encourage women to become more actively involved in sailboat racing through regattas and clinics, and to create a spirit of good fellowship among members.*

**NCWSA Mission Statement**