

November, 2006

Volume I, Issue X

Editor: Laura Stokley

Racer



North Coast Women's Sailing Association

General Membership Meetings:

First Tuesday of the month 7:30-9:00

- * **Nov 7** — A Regatta: Below the Surface ...
- * **Dec 5** — HOLIDAY PARTY

November Program ...

Now that the racing season is over and our teams and coaches have been recognized, we have an exciting opportunity to hear from our regatta organizers! Our November program, "A Regatta: Below the Surface..." will feature women from our organization who are very active in racing circles, both locally and in the wider racing community.

Our very own Commodore, Dianne Kube, was the driving force behind the first ever Women's Invitational Regatta at an Ensign National Regatta this summer in Cleveland. Nancy Zangerle, who worked hard to bring the Adams Cup to Cleveland, will have a slightly different perspective due to the involvement of USSailing, and Mindy Sminchak and Kelly Kimble will talk about organizing our NCWSA Annual Regatta. It promises to be a fun and interesting evening.

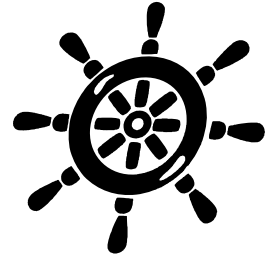
And don't forget our December meeting is our annual Holiday party. It's always a good time and a nice break in the busy holiday season....

See you in November,

~Pat Metzler

A Message from the Commodore, Dianne Kube ...

Boats are out of the water, and thankfully for most this happened before the weather turned so cold and rainy, and before Lake Erie's 15 foot waves that churned up with the passing front towards the end of the month. I remember that on October 7th it was 70 degrees, and two weeks later we had inches of snow. Lovely Cleveland! Hey, chin(s) up - we can still come and meet by the water - whether it is frozen or not! I think it is important that we have a big turnout for our November meeting, Tuesday the 7th. November is 'get out the vote' month - not just for local and national politics - but for NCWSA. OK, we aren't tallying votes at the November meeting, and we don't have issues with a new ballot system and voter identification, but it is important to stay involved and support the nomination and voting practices of NCWSA. Participation is what keeps the organization thriving! Come meet the candidates for your 2007 board of directors!



We had a terrific October awards meeting. It was so enjoyable to see how the fun and hard work of the summer paid off, although we all feel a twinge of sadness when the season ends. We had very deserved women receiving the special awards, including: coach of the year - Beth Tyson; rookie of the year - Kendra Porter; most improved sailor -

(Continued on page 2)

Correction:

The J24 results were incorrectly published in October newsletter. The correct results are:

First place - Cindy Einhouse and Cathy Newpher

A Message from the Commodore,.. *...from page 1*

Jessica Schroeder; and the coveted TEAM Excellence award for 2006 went to the J/24 team co-skipped by Cathy Newpher and Cindy Einhouse, with crew Katie Kramer, Abby Heckler, Bobbie Bergman, and Cathy Connell, along with the later addition of Kendra Porter.

Don't forget, if any teams are traveling for competition this winter, to apply for some funds to cover your expenses from our Competition Fund.

December is our annual Holiday Party, which is open to all members, their friends and family, and EYC members, too. At the December meeting we'll be casting votes for the NCWSA Board for 2007, counting the votes, and introducing the new board to you! It's like we can already start planning for another great year with NCWSA.

~ Dianne Kube



Holiday Party

December 5, 2006 -7:30pm

We look forward to seeing you at Edgewater Yacht Club for the NCWSA Holiday Party and introduction to the new board members. This party is our chance to thank the many coaches, boat owners, race committee and members of EYC for their support and dedication.

Join us for an evening of fun, drinks, food, music and most importantly, good friends. We ask all NCWSA members to bring a dish of your favorite appetizer, food, snacks, cookies or other treats to share with the group. And for the best contribution, we will have a special prize. NCWSA will be providing Beer and Wine for the event.

Please email any questions about the party to us at lin-finallygol@cox.net or cetjet@aol.com.

[Nominations for 2007 NCWSA Board ...](#)

Here are the 2007 board nominees:

Commodore
Vice-Commodore
Secretary
Treasurer
Membership
Education
Race Chair
Co-Race Chair
Member at Large
Public Relations
Newsletter Editor
Social

Connie Aguero
Beth Paganini
Harriet Uhlir
Sherri Desmond
Olivia Rault
Beth Hauser
Mary Dodge
Kelly Kimble
Jane Mika
Bobbi Sundman
Elisabeth Eitel
Claire Titgemeyer

Appointed Positions:

Beg. Education
Webmaster

Laura Goldberg
Beth Hauser

Each nominee is required to write a short paragraph about themselves. The nominees and their information will be presented at the November meeting. Additional nominations will be sought, also. Elections will be held at our December meeting. If you can not be present, there will be an absentee ballot available on our website in November.

*~Katrina Posedel,
Member-at-Large*



[2006 Racing Season Award Winners ...](#)

Beth Tyson Fitzhugh, Coach of the Year

I want to nominate Beth Fitzhugh on behalf of myself and my crew for her outstanding coaching of *Windblown* this year. I have been sailing extensively over the last 10 years at Edgewater. I bought my own boat two years ago, and generally average between 30-40 times out on the water each year, entirely and proudly as a confirmed cruising skipper. Although I started with NCWSA as a racing crewmember 10 years ago, I quickly decided that I was a cruiser at heart and for years I have taken people out cruising on Tuesday nights to watch those “crazy” racers.

That was until Beth very subtly, yet confidently, convinced me that together we could go out there and race, learn and have fun, instead of race, yell, and get frustrated or hurt. I looked for all the reasons not to do this, read all the books, asked lots and lots of questions, and became more uncertain as the season grew closer. Beth stayed positive, optimistic and steadfast as we put together our crew and headed out. Beth handled our crew, and me as a novice racing skipper with patience, humor, strength and consistency and she was right. We raced, learned and had fun. She did what a great coach should: praised often, pushed when needed, answered endless questions, encouraged us to learn and grow together as a team, while maintaining an all-knowing smile that couldn't help but make us want to try harder and figure it out. She provided motivation and inspiration, and created a healthy competitive drive in me to learn more and put it to use next year. In other words, thanks to Beth I've caught the crazy racing bug. Beth has taught me so much, her strength gave me the courage to try something scary and new and she constantly reminds me how important it is to maintain a positive attitude both on and off the water. What more could someone want from a coach? Thanks, Beth.

-- Ellen Sukenik - Biometrics Sales Director

(Award Winners continued on page 4)

Help Us Help Beth!

What is going on?

Beth Tyson Fitzhugh has [Amyotrophic Lateral Sclerosis \(ALS\)](#)
also known as [Lou Gehrig's disease](#).

A Note letting everyone know that the opportunity will be available to make a donation to benefit Beth and her Family. Each of us can participate in the support to provide treatment and management of Beth's immediate essential needs with ALS. Support the fight against ALS. Living with ALS is a day-to-day struggle that includes medical and speech assistance. With your involvement, we can help make a difference in Beth's life as an ALS patient, and with her family.

Help Our ALS patient Beth!

Donations (cash or check) can be dropped off with the Edgewater Office or in the locked drop off box located next to the Edgewater Office and should be made payable to:

Beth Fitzhugh



2006 Racing Season Award Winners ... (from page 3)

Kendra Porter, Rookie of the Year

Kendra Porter has been sailing for several years; the past couple of years have been with Paul and Kathy Mathew's on their J/35 *Whitehawk*. This spring, when an invitation to join NCWSA was extended by Cathy Newpher, Kendra leapt at the opportunity to do more sailing. She was also eager to sail on a smaller boat – she and her dad have been contemplating buying a boat together! Kendra brought her enthusiasm and excellent headsail trimming to NCWSA, first with Kaki Brzytwa on J/24 *Ghost* and later with the J/24 helmed by Cathy Newpher and Cindy Einhouse. She has learned about sailing the J/24, helped her fellow crewmates with trimming advice, accrued some one-design sailing experience, and has improved her confidence in calling tactics. Kendra has rounded out her summer sailing experience with racing on *Whitehawk*, CSA women's racing with J/105 *Unbridled*, and CWR One-Design with J/24 *Ghost*. The experience of racing the J/24 has affirmed Kendra's desire to buy that boat with her dad, and continue racing with NCWSA!

-- Cathy Connell

Jessica Schroeder, Most Improved Sailor of the Year

How can someone with only one prior summer with NCWSA, join another team as a replacement for an injured crew member, and fit in so seamlessly and contribute so much that they help lead that team to a fleet championship? Foredeck is a crucial position, and full of nuances for each boat. Everyone on an Ensign that has a team of four keeps busy during a race. Well, maybe if you're inherently talented, motivated, competitive, and know how to be a team player, you could do that. You could also bring to the team confidence, a willingness to learn, a wealth of drive and pride in accomplishment, and a true spirit of fun. And, you could be easy-going enough and understanding enough, and willing enough to work through mistakes and challenges, and at the same time become an essential motivator and cheerleader, too, for an entire team that is still learning. You maybe could do all this if you were Jessica Schroeder. Somebody with this attitude and intellect is going to catch on fast! The team of *Norust* was lucky enough to have Jessica join us for this year, and witness her sailing skills and racing sense improve tremendously, and so quickly. We watched as her abilities grew and her confidence along with it. But Jessica came to the boat with a set of goals, yet untested – lofty goals.

One of her immediate primary goals was not to lose her skipper off the boat, because she had already done that during Cleveland Race Week this summer. Jess and her partner (i.e. future husband) had just bought a Jet 14, and were sailing it in big wind and waves for the very first time when she found herself practicing the man overboard drill without prior experience at the helm. They clipped another boat at the start which sent skipper Gary into the drink, and left Jessica alone and flying away from a bobbing head in the water. Despite the temporary fear and panic, she 'got back on the horse', so to speak. This didn't leave her absolutely feeling invincible and totally fearless, but you would never know that by the way she handled the foredeck tasks on *Norust* in all kinds of weather. Always sensible, but her sense of security on the bow was enough to be ready to fly the kite when the wind was up and the team was willing. Jessica never wavered in determination, and totally mastered her jobs, and reveled in the thrill of races won and jobs well done. As a team player she often showed up early to rig the boat, pump the bilge, or help drink beer if we couldn't sail. Other jobs she took seriously enough to work on improving (which don't necessarily qualify as goals) were joke-telling skills, singing out loudly the raunchy fraternity songs we were learning (from Claire), and becoming a part of the little blue boat's entertainment going out to the race course and after the races - all personal improvements!

Jessica improved in more ways than entertainment, though. As the technical aspects of line handling and sail trim became more second nature, she seemed to instinctively come to understand the racing game in ways that some people never get. As she studied and learned more of the rules, tactics, strategies and got

2006 Racing Season Award Winners ... (from (Award Winners continued on page 5)

actual experience, her verbal input during the races became invaluable. Her grasp was evident in the many 'debriefings' and conversations our team would have about each race. Truly getting the racing bug, discussions and questions would be hours long over the summer.

Other major goals of Jessica's were not just to work hard in order to contribute to the team, but to see Norust 'win' the 2006 Ensign Women's Invitational, and the fall NCWSA regatta in September. Big goals, but her competitive spirit is so positive in nature. She practiced hard to improve her skills and simultaneously the team's cohesiveness, she focused and was determined to never give up. Tell her once, show her once, and she'd work on it until she mastered it. Her down to earth manner was infectious and contributed to the teams overall we-can-do-this psyche. This attitude and enthusiasm is what it takes to keep learning and keep improving. One tiny complication of her final NCWSA regatta plan was that she committed herself to her sailing goals, and then realized the scheduled regatta date was the very next morning after her wedding! She didn't want to sail the summer and then abandon her team. So, as any good sailor would do that dared to marry during the sailing season (?), she just let it be known to friends and family – and her new husband – that she would indeed compete in the NCWSA Regatta, they could just do without her for a few hours. We think that decision improved the status and respect of the whole lot of women sailors! Alas, we didn't win the blue championship bags that were given as trophies at the regatta. Kathy, Claire and I, Dianne, are unanimous in agreement that we won in many other ways having Jessica on our team. We watched her learn and improve and become so invaluable to our season's successes, we know that she deserves the 'most improved sailor award'. As she improved, we improved as a team this summer – in many ways. With as few years sailing as Jessica has under her belt, her 'improvements' are remarkable. And, with her attitude, she's going to keep on improving.

-- Team Norust, Ensign 1368:

Dianne Kube, Skipper, Kathy Jankowski, Claire Titgemeyer

Team Excellence -- team of Cathy Newpher, Cindy Einhouse, Kendra Porter, Katie Kramer, Abby Heckler, Bobbie Bergman and Cathy Connell



Awarded since 2001 the **Team Excellence** award highlights Exemplary Teamwork through excellence in the Corinthian spirit of competition:

- T - Teaching
- E - Educating
- A - Achieving/Accomplishing
- M - Mastering a skill

The J/24 co-skipped by Cathy Newpher and Cindy Einhouse had a crew consisting of Katie Kramer, Abby Heckler, Bobbie Bergman, and Cathy Connell, along with the later addition of Kendra Porter. This team had never sailed together previously, and some had no prior experience sailing in certain positions or on J/24. But the team quickly learned to work together to develop new skills, improve other skills, and gain confidence in trimming and calling tactics. The team exhibited sportsmanship in loaning crew to and absorbing crew from other boats in the fleet and by working with other boats in the fleet to ensure that we'd all make it out to and back from the race course, even when the outboard engines were giving us fits! The team was great at helping and encouraging one another. The team sailed well against the other J/24s in the fleet, ultimately besting *Carry On* in the J/24 fleet for the NCWSA series.

-- Cathy Connell, Bobbie Bergman, Kendra Porter, Cathy Newpher

North Coast Women's Sailing Association

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RACER

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

Visit 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, also!



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

NCWSA Mission Statement