



Commodore's Corner

Imagine yourself on the Lake Erie shores of one the most challenging lakes to sail on in the world. Imagine your performance improves with each race. Imagine what you can learn with your coach on board, sharing racing strategies and guiding your every move. Soon you won't have to imagine...



2008 promises to be one of the most exciting sailing seasons of all time!! Your new board has already been hard at work, planning and strategizing all the activities for the upcoming year.

Our plan is to not only embrace new sailors to our organization through an ambassador program but to educate our members with break-out sessions that challenge even the most seasoned sailor. Our goal for 2008 is to bring racing and education to the forefront of the organization without losing sight have having fun!! I am very excited for the upcoming season and I am sure that you will too after you see what activities we are planning for the upcoming year. I look forward to seeing all of you at the next meeting **February 5th at 7:30 p.m.**

- Beth Paganini
Commodore



Beth's earlier years training for Racer Chaser!!

NCWSA Meetings

7:30 First Tuesday of the Month

FEBRUARY 5TH MEETING

Special guest Pete Tylee will explain knot-tying techniques, followed by hands-on practice

MARCH 4TH MEETING

Breakout Sessions:

- Sail Away
- Safe Boating

MARCH 30TH

US SAILING

Safety at Sea Seminar

Presented by EYC

APRIL 1ST MEETING

Meet the Fleet!

MAY 6TH MEETING

Breakout Sessions:

- Race Management
- Advanced Racing

See page 3 for details

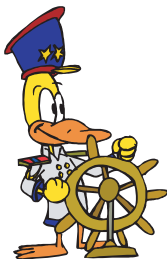
Come Early!

Are you looking for something to do on Tuesdays before the membership meetings? Come early and join me and other NCWSA members for dinner, a drink, and conversation at Edgewater Yacht Club. NCWSA members are granted club privileges on Tuesday nights. So, come down and enjoy some camaraderie while you support the club that supports us!

Bobbi Sundman

Calling all Captains!

Close your eyes, imagine a hot summer night.....you're sailing at EYC, your third race of the summer with NCWSA, and loving it.....Then, you head to the patio for some great food and drink with a fun group of sailors!! A good thought to have when it's freezing cold, don't you think?



We're looking forward to another great race season with NCWSA at EYC. and **We need to begin recruiting fleet captains.**

If you are interested in returning as fleet captain or being a fleet captain, please contact me kkimble@metrohealth.org.

We would also like to add additional boats/fleets to NCWSA! If anyone has any ideas and/or knows of someone that might be interested, please contact your race chairs.

The tentative dates for the racing season will soon be given to EYC for approval.

Any suggestions or questions about the upcoming summer season of racing, please be sure to contact me or the new race co-chair, **Cindi Engbert.**

Can't wait to race in the summer of 2008!!!

*Kelly Kimble,
NCWSA Race Chair*



Photo by Tan Gillespie

CAN YOU GUESS THE SIGNAL FLAG?



Name (Letter)

Sound when raised/lowered

Meaning

The International Code of Signals has been in continuous use since 1857, when it was published by the British Board of Trade as a means of maritime communications. The original Code contained 17,000 signals using 18 signal flags, some of which were specific to the United Kingdom. The Code was revised in 1932 to include seven languages: English, French, German, Italian, Japanese, Spanish and Norwegian. When the code was revised again in 1969, the revision included Russian and Greek, plus giving a complete meaning to each of the alpha-numeric nautical signal flags.

Test your knowledge of signal flags at: <http://www.marine waypoints.com/learn/flagtest/flagtest.shtml>

■ *The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails.*

—William Arthur Ward



Education Topics - Schedule for 2008

February 5* **Knot a Meeting to Miss!** Pete Tylee will introduce different knots and their uses. Then, travel around the room to different Knot-tying stations to practice knots, whipping, and splices. NEW SAILORS - Bring your "Start Sailing Right" books - the diagrams will be helpful! ("Start Sailing Right" will also be available for purchase at the meeting)

March 4 Breakout Sessions:
Sail Away – An opportunity for some of our members to share their stories of sailing adventures away from home.

Safe Boating – we will cover some of the basics of safe boating/boat handling.

March 30 **US Sailing Safety at Sea Seminar** – Presented by EYC.
Before you head offshore, join us for the most authoritative daylong seminar on safe seamanship, heavy-weather tactics, and boat preparation.
Seating is limited – Fee \$100.00. Contact 216-281-6470 if interested in attending.

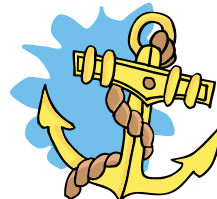
April 1 **Meet the Fleet!**

May 6 Breakout Sessions:
Race Management – here's your opportunity to see what happens behind the scenes of racing. We will cover starting sequences, signal flags, how to choose a course, etc.

Advanced Racing – we will cover heavy-weather /sailing tactics, sail trim, crew management, communication etc.

May 10, 17 & 24 Beginners Series (tentative)

* Due to a date mix-up, "**Racing Rules and Protests** with a mock protest hearing and discussion of various rule scenarios with Rob Rowlands" will be rescheduled at a later date.



SAILING SMART

Marianne Eggett and I are working along with Laura Goldberg to provide our members with a season chock-full of opportunities to expand your sailing/racing know-how. We must reschedule the Racing Rules and Protests session for a later date, but our general membership meeting on February 5th will feature Knot Tying and Splicing with special guest, Pete Tylee.

Since our members have a variety of levels of interest, we will be offering breakout sessions during the March and May meetings covering topics such as safe boating, race management, boat handling, etc. During the summer months, we hope to provide on and off the water coaching on a fleet-by-fleet basis. Each month a different fleet will be able to not only work with a coach, but have their race caught on tape and partake in a group chalk talk on the patio after the race.

In addition, we will be setting up an education/reference table for each meeting wherein you can pick up handouts, or sign out books/videos. Please be aware that if you wish to sign out a book or video, you will be required to return it at or before the next month's meeting. *There will be a replacement charge for anyone who signs out a book/video and does not return it in a timely manner.*

Cathy Newpher,
Education Chair



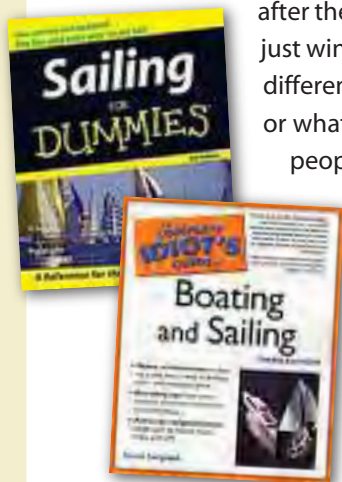
Not a clew!

by Stefanie Paganini



I think it started as an excuse to go shopping. My sister asked if I would join this sailing thing for women and emailed me a list of things I would need. “I don’t have a life vest” I thought. I should buy one, even if I don’t decide to join. I mean one never can be too careful and having a life vest is a safety precaution, I decided, despite the fact I live in Chardon known for being the Hilltoppers – no chance of Noah sailing by Chardon anytime soon. Well, that opened the flood gates. Special shoes, color-coordinated to match the new vest, of course. Cute sailing pants, sail-themed shirt, sweatshirt, windbreaker, ponytail holder, socks, weird looking gloves (but color coordinated of course) and even a very sporty duffle bag to carry it all. I definitely looked the part. The part of what, I still didn’t know. It was already the start of the season, so I missed the training sessions, lectures and other important meetings to prepare a newbie for the high seas, but I figured “I’m a young professional – I can handle it”. I mean what’s so hard about sailing? You sit in a boat and the wind does all the work.

My sister bought me a book, *Sailing for Dummies*, but after the first chapter of terms, I decided to just wing it I mean who needs to know the difference between port and starboard or what a rim is. Again, don’t spoiled rich people sail? They don’t seem like they work too hard, this will be a breeze.



Maybe the “Idiot’s” book would have been better?...

My first sailing event was just that—a breeze. I mingled on the patio of the Edgewater Yacht Club, munched on *crudité*, and was assigned to a JAM called *Patrimpas*. Our Captain, Tony seems nice and laid-back; our Skipper a veteran sailor in a mixed team, but first time as Skipper of our all-women boat. They began assigning us roles. My sister had recommended I request “rail meat” as a first timer, but the title was not cool enough for me. When my skipper requested a volunteer for Main Sail, I immediately raised my hand.

Main Sail sounded important. Main Sail could go under your name on a business card, Rail Meat not so much. I put on my fingerless gloves and hopped in the boat with

the others. We all introduced ourselves and our Skipper gave us a tour of the important parts of the boat. I listened intently trying to memorize jib, compass and other important things in case we actually needed to do anything.

Then we motored out of the water parking lot for boats and out into open waters of Lake Erie. The sun was shining, the waters a beautiful calm blue.

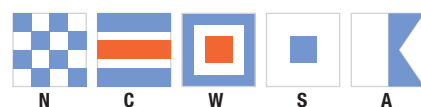
And the boat sat elegantly in the water. My Main Sail was quietly soft. I loved sailing. We sat most of the time. Sometimes we would feel a breeze and glide ever so gently for a little bit before the wind would die and again we would be pleasantly resting in the middle of the lake. I thought about buying a tank top to match my new gear, since I could see myself getting a nice tan from this sailing thing.

We brought the boat back in and enjoyed the food. Everyone else from the boat seemed disappointed. Our Skipper cheered the troops by saying most of the time the wind was stronger. OK, I thought, sure a little more breeze would be nice. Little did I know.

THE NEXT RACE DAY was a stormy Tuesday. We gathered on the patio and watched the swarming grey sky of clouds. People debated weather reports.

Should we risk going out? The group decided two quick races and then everyone back in before the storm really hit. The energy was amazing. I couldn’t tell if it was coming from all the people or the dark clouds on the far horizon, but everyone was hopping. We raced around the boat and pulled this line and loosened that line and got to the middle of the Lake with all the other boats. Gone was the blue water and instead waves of grey foam crashed into a dark, seemingly bottomless cauldron of cold water. I was splashed often. The water meant business and as I looked around the boat so did my team. Our skipper Stephanie would yell out our instructions—not out of anger, but out of need as, over the crashing of the waves, little else could be heard.

continued on pg. 5



Volunteer Your Time & Talents

People join a club to either get something or contribute something, no matter the type of club.

NCWSA members, if I may ask, why are you a member? Have you joined to learn to sail or to get out on the water more? Or have you joined to contribute—your time, your experience or your knowledge? Is it both? How are you promoting women in sailing?

INVITE SOMEONE There are plenty of small contributions that you can make that will make a big difference. Invite someone you know to go sailing or to a NCWSA event. Sometimes it only takes someone to ask to change someone's life.

VOLUNTEER Donate your time to a committee, such as race committee or merchandise committee. It is a great way to give back to the organization and to our hosting club Edgewater Yacht Club.

PARTICIPATE Check out the upcoming events at www.ncwsa.net and come to the events.



- *Beth Paganini*
Commodore

NOT A CLEW! *continued from pg. 4*

"To the start line" she hollered. My sail whipped in the wind as we turned to head toward the start boat. "Pull it tight!" she hollered. "It's Luffing!" Fluffing? I looked up. I guess it did look a little fluffy. As we headed toward the start, I noticed so did all the other boats. In fact we were in a game of chicken with another boat. It was headed straight for us and oddly, instead of us trying to get out of its way we were heading straight for it. "Can we do it?" Tony hollered at Stephanie. She smiled "I think so" and so we continued in our pursuit of the first place at the start. While everyone else has an amazing concentration on their individual tasks, I was chanting Hail Marys and trying to keep my sail from fluffing.

The pistol sounded and we were off. Having not quite made it in time, we were in a close second to our size rival in the race. The "rail meat", a role I will be forever grateful I did not volunteer for, would scramble from one side of the boat to the other and hang off the side to help the boat stay fast. They had their behinds in the water and yet seemed to

be loving the adventure. My Main Sail role had me safe inside the boat and I thought of nothing else but to stay alive. Through the waves and wind, I focused only on my Skipper's voice. Her instructions were my life and death orders. And suddenly cheers. We had finished and finished well. Everyone was smiling.

Despite what I felt was our dance with death, we were alive, so I let off my vise grip of the line and smiled too. Tony and Stephanie congratulated me on my dedication and concentration to Main Sail. If they only knew. "This is great" Stephanie cheered. "Let's see if we can beat our time on the next run."

The next run?

Do you have any cool sailing stories or experiences? We want to hear from you. Submit your sailing stories to www.ncwsa.net.



Cleveland Boat Show

We would like to offer our thanks to David Zarzour and all the people at the EYC Booth and the One-Design Booth that volunteered their time to make the Boat Show a wonderful success. The volunteers, Highlanders and the Tartan Ten's were all helping to get the word out about our organization and the best racing venue in Northeast Ohio—Edgewater Yacht Club! One of the many reasons to get involved, volunteer, and help out—by working together we all benefit and we have a lot of fun!

*Ted Mahoney
"manning" the T-Ten booth*



Sailor in training!



*Highlanders, Thistles, and other one-designs
dotted the convention floor*

NCWSA Merchandise Order Form

Order NCWSA Merchandise at February's meeting!

Do you have a burning desire to show your NCWSA spirit?? Lots of merchandise available for sale at next member meeting, some at great discount!! Check out the selection here or on our website.

PICTURE	QUANTITY	DESCRIPTION	COLOR	SIZE	PRICE	TOTAL
		Knit Mock Turtleneck	White, blueberry, maroon, navy, red, steel gray, oxford grey, purple, black, dark royal	XS, S, M, L, XL, XXL (Men sizes)	\$24.00	
		Sleeveless Sport-shirt	White, Faded blue, banana, black, light pink, true navy, red	XS, S, M, L, XL, XXL	\$29.95	
		V-Neck Wind-shirt	Royal, maroon, red, gold, black, green, navy	XS, S, M, L, XL, XXL	\$29.00	
		Reversible Fleece Vest	Royal, black, red, gold, hunter, steel grey	XS, S, M, L, XL, XXL	\$39.00	
		R-Tek Fleece Vest	Raspberry, light blue, light pink, grey heather	XS, S, M, L, XL, XXL	\$29.00	
		Caps	Solid: Maroon, black, khaki, hunter, navy 2-Tone: Khaki/black, /charcoal, /hunter, /maroon, /navy		\$14.99	
		Visors	Hunter, white, navy, black		\$14.99	
		Gear Bag	Hunter, black, red, royal, navy		\$28.00	
		Travel Mug	Stainless w/ NCWSA logo in Black		\$7.00	
					TOTAL	

Treasurer's Report

Our 2007 Audit is complete. Here are the Financials from last year. If you have any questions, please contact me sdesmond44102@roadrunner.com.

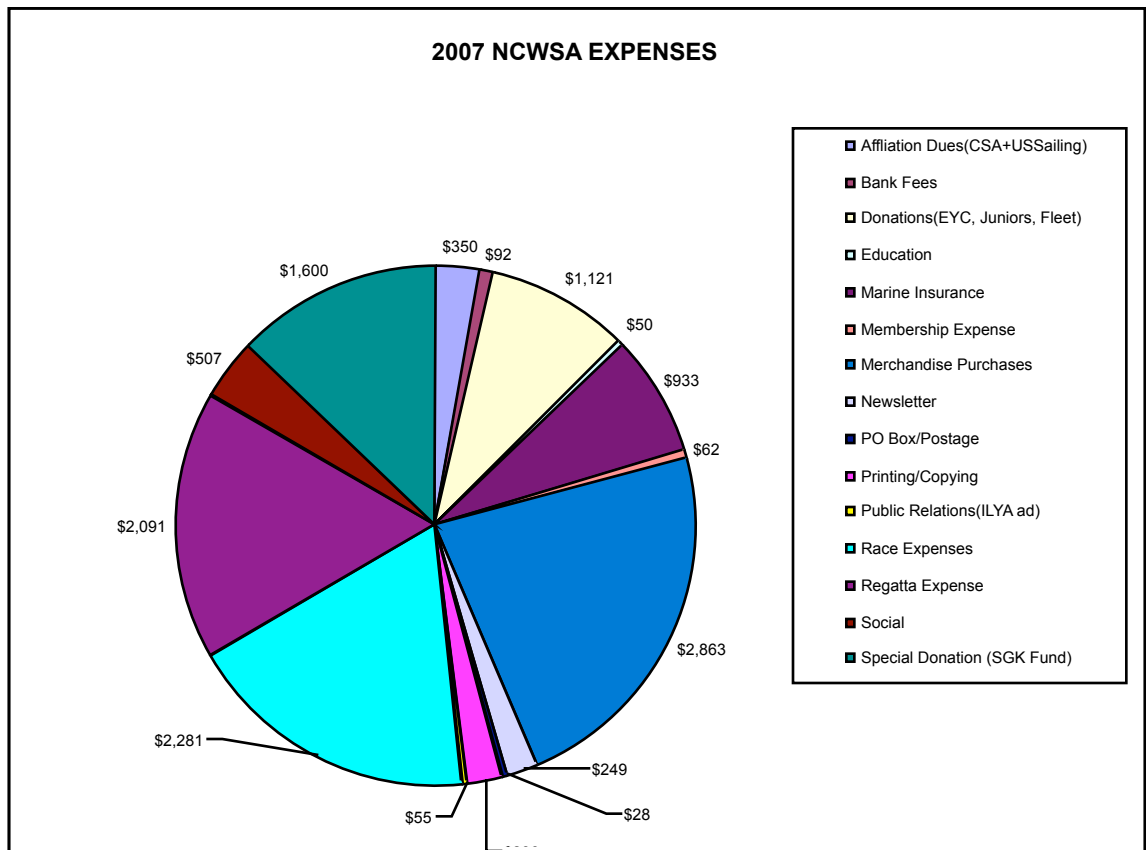
- Sherrie Desmond
Treasurer

NCWSA 2008 Budget	Actual 2007	Proposed 2008
SCHOLARSHIP FUND BUDGET		
Income		
Fund Raiser	220	955
Interest Income	42	45
Transfer from/to Operating	0	0
	<u>262</u>	<u>1000</u>
Expense		
Special Donations	0	0
Awards Made	250	1000
	<u>250</u>	<u>1000</u>
Net	12	0
OPERATING BUDGET		
Income		
Merchandise Sales	2938	2600
Regatta Income	3708	3600
Education	180	0
Membership Dues	6045	6975
Misc Income	124	0
Misc Donations	0	0
	<u>12995</u>	<u>13175</u>
Expense		
Affiliation Dues (CSA+USSailing)	350	350
Bank Fees	92	0
Donations (EYC, Juniors, Fleet)	1121	1000
Education	50	500
Marine Insurance	933	950
Membership Expense	62	175
Merchandise Purchases	2863	2500

OPERATING BUDGET (continued)

Expense (continued)

Misc Advertising Exp	0	0
Newsletter	249	200
Other Expense	0	100
PO Box/Postage	28	28
Printing/Copying	286	275
Public Relations(ILYA ad)	55	55
Race Expenses		
<i>Trophies</i>	1155	1450
<i>RC/Owner gifts</i>	626	400
<i>EYC charges</i>	500	650
Regatta Expense	2091	3600
Social	507	600
Special Donation (SGK Fund)	1600	0
Transfer to/from Scholarship	0	0
	<u>12568</u>	<u>12833</u>
Net	427	342



10. Would you be interested in participating in some extra on-the-water clinics

at the beginning of the season? YES NO

10a. On off-Tuesdays or Sat. mornings? TUESDAY SATURDAY MORNINGS

10b. Would your coach/owner be willing? YES NO MAYBE

11. Would you be interested in participating in after-racing briefings for about 1/2 hour? YES NO

12. Do you race outside of the NCWSA Program? YES NO

13. Do you need help making contact with boat owners to race outside of the NCWSA Program? YES NO

14. If you do not race currently, have you raced before? YES NO

14a. If Yes, why don't you race any more?

14b. What could NCWSA do to bring you back to racing?

15. How many meetings do you attend each year? *Circle any meetings you attended*

FEB MAR APR MAY OCT NOV DEC

16. If you do not attend monthly meetings, why don't you?

17. What sort of Education Topics would you like to see offered? *Check all that apply*

Advanced Racing Beginner Racing Rules of Racing

Beginner Sailing On-Water Clinics National Women's Sailing

18. Other Educational Topics you would like to see offered:

19. What changes would you like to see in NCWSA?

Thank you for taking the time to give us your feedback!

North Coast Women's Sailing Association
P.O. Box 771502
Lakewood, OH 44107
RACER



NCWSA **RACER** *Sail Like a Girl*



Get the latest NCWSA information SOONER!
Receive the RACER by email! Send an email request to NCWSARacer@yahoo.com

NCWSA RACER | P.O. Box 771502 | Lakewood, OH 44107

NCWSA Board 2008 NCWSARacer@yahoo.com

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Vice-Commodore	<i>Harriet Uhlir</i>
Secretary	<i>Pat Metzler</i>
Treasurer	<i>Sherrie Desmond</i>
Race Chair	<i>Kelly Kimble</i>
Asst. Race Chair	<i>Cindy Engbert</i>
Education Chair	<i>Cathy Newpher</i>
Public Relations Chair	<i>Stacy Minium</i>
Membership Chair	<i>Kathy Jankowskil</i>
Member-at-Large	<i>Betsy Urso</i>
Website/Newsletter Chair	<i>Cheri Morabito</i>

NCWSA Mission Statement

~ 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.