



Commodore's Corner

WOW!

WOW! a great start to the year, with a really strong turnout at our February meeting. New faces and old friends, with diverse backgrounds, from every part of the world, in harmonious collaboration and in an environment conducive to learning. It was great watching current members find the newbies and helping them.

We are ready to take part in a sailing journey of self-discovery, self-fulfillment and the acquisition of real skills, real strengths, and the ability to team and to lead, in harmony with nature.

Speaking of collaboration, we really have a strong Board this year, but we are looking for your assistance. At our March meeting, we will be encouraging members to get involved with different volunteering opportunities. It is a great way to give back to the organization that has given so much!!



This was taken shortly after Beth realized we have six more weeks of winter!!

*- Beth Paganini
NCWSA Commodore*

Racing Dates and Meet the Fleet:

We have the tentative dates for NCWSA 2008 Summer Racing Series:

JUNE 3 (*practice race*), **17** • **JULY 1, 15, 29** • **AUGUST 12, 26**

Annual NCWSA Women's Regatta – September 6

Another great opportunity to race is during Cleveland Race Week: the Women's Race on June 24.

NCWSA's April meeting (Tuesday, April 1) is "Meet the Fleet" night. This is an opportunity to walk around and meet the fleet captains, skippers, and crew members of different fleets. This is also the time to let us know if you need to be placed on a boat.

Returning skippers: contact your fleet captain prior to the meeting so we know how many boats will be participating. So far, we have two returning fleet captains, Pat Mahoney for PHRF and Linda Cutler for JAM. We are still contacting former fleet captains to identify who will return and/or recruits needed.

Additionally, we are ALWAYS interested in adding boats to our fleets and/or adding a new fleet, so if you have any ideas or know of someone interested in joining, please let us know.

*- Kelly Kimble & Cindi Engbert,
Race Chairs*

NCWSA Meetings

7:30 First Tuesday of the Month

MARCH 4TH MEETING

Focus on Racing Rules, with a "Mock" Protest Hearing and discussion of various rule scenarios with Rob Rowlands.

MARCH 30TH

(NOT AN NCWSA MEETING)

US SAILING

Safety at Sea Seminar

Presented by EYC
Fee: \$100. Seating is Limited.

APRIL 1ST MEETING

Meet the Fleet!

Breakout Session:

- Safe Boating

MAY 6TH MEETING

Breakout Sessions:

- Race Management
- Advanced Racing

BEGINNER'S SERIES

Sat May 3 & 10 9am-11am
Tue May 20 7pm - 9pm

See page 3 for details

PROTEST !

NO, WE WILL NOT BE BURNING books, marching on the capitol or picketing corporate headquarters. The evening of March 4 will feature a discussion with an NCSWA favorite and returning speaker, **Rob Rowlands**, about WHEN, HOW and WHY to protest. It will include a quick review of the basic rules governing when boats meet and a more thorough discussion regarding mark roundings, proper course and your responsibility to keep the sport fun through an understanding and enforcement of the rules.



http://www.usailing.org/umpires/Photo_Ops.asp

Yo! No Room-Protest!

As an experienced Race Officer and Judge, Rob will walk the group through protest procedures on the water, how to prepare for and defend against a protest in addition what to expect in a protest hearing. Participants are encouraged to submit specific examples in advance or in person that may be used in a mock-protest hearing. There will be plenty of handouts and a raffle of Dave Perry's informative book.

Shake off those winter blues and start your sailing season indoors ! 

URGENT! Don't Miss This Opportunity!

Edgewater Yacht Club is hosting a US Sailing Sanctioned **SAFETY AT SEA SEMINAR** on **March 30, 2008**.

BUT they need your help !

EYC must have 80 people registered to break even, or the event will be CANCELED.

As of this writing, they only have 40!

So, if you were considering attending this seminar, but have been procrastinating, **Please Register Now** before it is too late!

The US SAILING **SAFETY AT SEA SEMINAR** is a certified safety program for offshore sailors; this certification is **REQUIRED** for many races and recommended for **ANYONE** who wants to learn about safety relating to offshore sailing.



Before you head offshore, join EYC for the most authoritative daylong seminar on safe seamanship, heavy-weather tactics, boat preparation, safety-equipment demos, and crew-overboard-recovery techniques.

Visit www.eycweb.com for a complete Safety at Sea Seminar description.

Fee \$100.00 (Includes all materials).

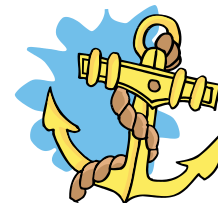
Call now for reservations 216-281-6470 or go online at <http://www.lakeboats.com/SAS.pdf>

Don't miss it! This could be the most important day of your sailing life. 



Education Topics - Schedule for 2008

- March 4** **Racing Rules and Protests** with a mock protest hearing and discussion of various rule scenarios with Rob Rowlands
- 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!**
Plus **Safe Boating** – we will cover some of the basics of safe boating/boat handling.
- 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** **Beginner’s Series** (3 Session series) - May 3, 10, 20, 2008
Saturday, May 3 & 10 9am - 11am
Tuesday, May 20 7pm - 9pm



SAILING SMART

NCWSA’s mission is to encourage women to become more actively involved in sailboat racing. Now is the time to step out of your comfort zone and let our more experienced sailors help you make the transition to helming. During the general membership meetings in March and April, our members will have an opportunity to sign up to either skipper or co-skipper a boat for the coming season.

In April, a few of our more experienced women’s skippers will be on hand to talk about making their transition to helming, overcoming their fears and answer questions anyone may have.

If you are a new to sailing—make sure to attend the beginner’s series in May where you will have an opportunity to learn the basics, take the tiller and enjoy the thrill of handling a boat.

Come Early!

Are you looking for something to do on Tuesdays before the membership meetings? Come early and join 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!

In addition, Marianne and I are working on three field trips to be taken in conjunction with the Junior sailors. One to the North Sails loft, one to Tartan Marine and one to the Annapolis Boat Show. Look for details in the April Racer.

And, as always, 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*

A Daughter's Story

by Cathy Newpher



Imagine growing up with two parents who were commonly referred to as “The Pirate” and “Madam”! That was me.

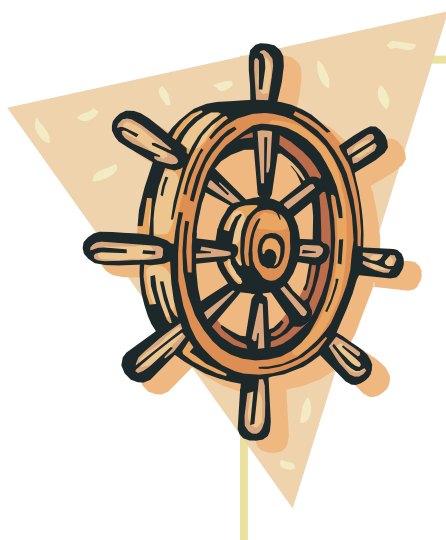
My sailing career began when I was just a small child. The daughter of a well known Lake Erie sailor—Dick Newpher. I was raised in a family of sailors and as the years passed, learned to work the sails, call the wind and fine-tune my skills as crew on my father's boat.

One day as we were sailing in after a race, my father suggested I come back and take the helm. At first I was thrilled that he would let me actually take the tiller but then anxiety set in. I was a bit scared and afraid I might turn the boat the wrong way, or lose control and have to bail out the bilge the rest of the way in. Of course, my dad had to pick a day when it was blowing 10 to 12 knots and we were sailing our International 21 at the time. I took a deep breath, remembered all the things I had learned and grabbed the tiller from him. At first I was steering all over the lake but after a few minutes and with a little coaching, I had the boat under control, the sails filled and I could feel the boat accelerate. Woohoo – what an incredible feeling.

Over the course of the next few years, I began spending more time taking the helm and building my confidence as a skipper.

Whether you are new to sailing, a jib trimmer, main women, foredecker, kite flyer or rail meat, I encourage you to challenge yourself this year and take a turn at the helm. Try it, you might like it! 🚢

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



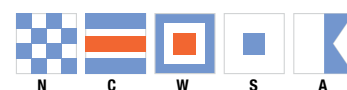
■ *If you can dream it,
you can do it!*

~ Dawn Riley

Take the Helm!

Five reasons why you should take the helm!

1. Your skipper asks you to steer while she or he 'takes care of business'...
2. You find yourself in the middle of a tack or gybe and your skipper gets knocked overboard.
3. You're not getting any younger and don't have the strength or stamina to work the sails or sit on the rail.
4. You want to learn but were too afraid to ask.
5. You dream of having your own boat someday.



N C W S A

Save the Date — April 21

Grilled Chicken Cashew Salad • Pad Thai • Black Bean Quesadillas • Bangkok BBQ
Chicken • Escondido Crab Cakes...do we have your attention?



MARGARITAS! What about now?

Taste any of these treats and more at the **NCWSA Johnny Mango's Day, Monday, April 21, 2008.**

On this date, Johnny Mango's will donate **20%** of sales for all checks presented with our NCSWA Johnny Mango's flier. It's a great way to support a local restaurant while they help support our group. Oh, and you'll have fun and good eats too.

So tell all your friends and family to save the date, and enjoy good food and good company at Johnny Mango's on April 21. Make sure you pick up plenty of the NCWSA Johnny Mango's fliers at the March meeting. The fliers will also be available on our website www.ncwsa.net. *You can see the full menu at www.jmango.com.*



Learn Something from EVERY Race

from **Speed & Smarts**
~ Jan/Feb 2008 Top 100 Tips

#6 You can't win every race, but you can always learn something while you're racing. So keep trying to win, but develop a learning attitude for yourself and your fellow crewmembers.

Spend time practicing, keep a daily journal, talk with the top sailors, attend classes, correct mistakes and remember things you did well. Having a coach would be great, but it's not essential.

If you can just see your skills improving at least a little bit, you will enjoy sailboat racing, and that will lead to better results.

*Cathy Newpher,
Education Chair*


Now is the time to Join NCWSA!

Time is moving quickly and our numbers are growing! But don't wait too long to sign up for the coming season.

Don't get left on the dock for another year. It may cause severe reactions—like the 'wanna-be' sailors in the photos!

Take this opportunity to get involved and race with the ladies at North Coast Women's Sailing Association.



We have members of all ages and with a wide range of experience. Join us and discover the best views in Cleveland— from the water! 

*-- Kathy Jankowski
Membership Chair*

All tied up in knots

We all had such a blast at the February NCWSA meeting!! Pete Tylee demonstrated knot tying techniques, and, after forming smaller groups, we got to practice our new skills!



Membership Chair Kathy Jankowski, trying to tie up her assistant!!

Pete Tylee shows NCWSA the ropes...



Get Fit For Sailing!

NEED TO TONE UP and strengthen those muscles to get ready for the Sailing Season? NCWSA is sponsoring a "Get Fit For Sailing Workout Series" starting on Saturday, March 29, 2008 and running for 8 weeks. Everyone is welcome ...men ...women ...teens! Denise Messerman will lead the group through a variety of stretches, strength training with hand weights and exercises.

Bring an exercise mat, a bottle of water, hand weights (Women- 5 lbs) (Men- 10 lbs) and a fitness ball if you have one. We'll start at 10:15am with a wrap up at about 11:15am. EYC will have a light breakfast choice available on the lunch menu afterwards.

NCWSA appreciates participant's \$40 donation (tax deductible) to the NCWSA Competition Fund collected on the first day of the Get Fit Series.

Please sign-up by calling the EYC office 216-281-6470 or email office@eycweb.com.

GET FIT FOR SAILING SCHEDULE:

Saturday	3/29
Sunday	4/6
Sunday	4/13
Sunday	4/20
Sunday	5/4
Saturday	5/10
Sunday	5/18

**All Class Times
10:15 am - 11:15 am**

NCWSA Merchandise Order Form

Order NCWSA Merchandise at the next meeting!

You can help pick out what we sell! All of your favorite NCWSA gear will be available for sale & custom order at the March meeting. If you are interested in helping to make the selections for this year's new merchandise, please see Harriet or email her at harriet.uhkir@gmail.com

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	

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



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



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NCWSA Board 2008 NCWSARacer@yahoo.com

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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.