



Commodore's Corner

The prep flag is down and we have one more minute to our start!!! Can you believe it!! We have survived the extreme winter. Thank Goodness!!! IT'S RACE TIME!!!! I am very, very excited about this year's racing. Looking at the boats put together and the various teams, it is going to prove to be an incredible season.

Kelly and Cindi have feverishly worked on putting the teams together and getting people onto boats.

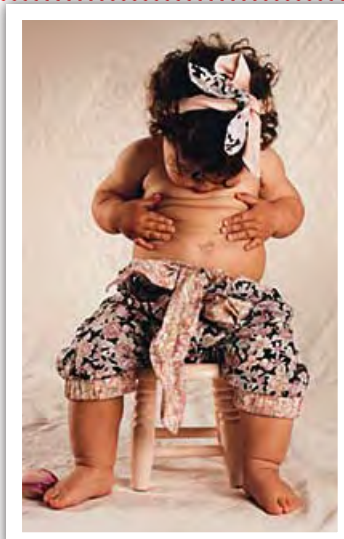
Remember some key elements on building successful teams:

- Work hard
- Build on individual strengths
- Keeping respect for each other
- Most importantly – HAVE FUN!!

Our board continues to work very hard and has put together some great programs, such as a fun trip to Tartan and wonderful chart talks, etc. Our two newest board members are Anne Pearson as Public Relations chair and Bobbie Sundman as Member-at-large. We are looking forward in our plans for upcoming racing events including our Regatta.

Thank you to all that have actively participated in our monthly meetings and to those in our beginner series. Your enthusiasm is really infectious! Keep it Up!!

- Beth Paganini
NCWSA Commodore



LOOK WHAT I JUST FOUND!!
THANK GOODNESS!!
JUST IN TIME FOR RACING!!!

NCWSA Meetings

7:30 First Tuesday of the Month

**NO MEETINGS
UNTIL OCTOBER!**



Want to Join EYC?

**Social Membership Incentive
Extended to June 30, 2008**

If you enjoy coming down to the club and sailing, you might consider joining EYC.

What if you don't own a boat, but want to be a part of the club? EYC offers Social Memberships. New Social members who pay their \$400 initiation receive a **\$400.00 Bar & Galley credit...** Don't think of it as an initiation, think of it as paying your tab in advance!



For details and more info, visit www.eycweb.com and click on the Membership Incentives link.

Parking



We are allowed to park inside the gate this year again!! Remember that this is a privilege and we must be respectful to the club and their members.



Cleveland Race Week

Register On-Line!

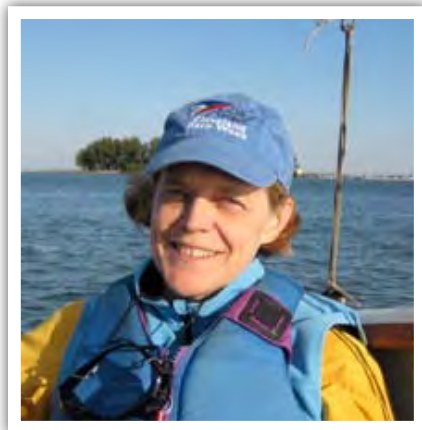
Cleveland Race Week (CRW) is just around the corner! The event will be held Saturday, June 21-29. EYC members and friends, like NCWSA, are a huge part of its success each year with their generous donation of volunteered time.

We hope that you will again consider volunteering to help on-shore or out-on-the-water. Whether it's serving on a RC boat, pouring beer, or selling CRW merchandise — many opportunities exist to participate in this fabulous event. Four hours (or more) of volunteer time gets you a wristband which allows access to all CRW social activities. **Those completing eight hours or more will also receive a CRW T-shirt.**

NEW THIS YEAR — volunteers can register on the Cleveland Race Week website. Simply log-on to Edgewater's web site (www.eycweb.com) and click on the Cleveland Race Week box. It's a one-stop-shop for racing registrants, volunteers, and sponsors.

For volunteer information, contact our Volunteer Chair Katrina Posedel at katrina.posedel@sbcglobal.net or Event Co-chair Mary Dodge at mdodge@parker.com. Volunteering during Cleveland Race Week is a great way to meet sailing people and get involved in the region's largest regatta.

MEET (some more of) the BOARD!



Pat Metzler

Pat Metzler, Secretary

"I've been a member of NCWSA for about 9 years, racing in JAM, PHRF, Ensigns, T-10s, and one year on a J24.

Sailing Fun Fact: I answer to several names besides my real one: Mary, Dianne, and my pirate name, Poopdeck Jasmine, or Jas for short."



Karen Lunka

Karen Lunka, Social Chair

Sailing (not-so-Fun) Fact: "After sailing with the JAM and PHRF fleets over the years, I jumped at an opportunity to work the foredeck of a J24.

Unfortunately, my experience was short-lived. I tore my right-knee cartilage which required surgery and extensive physical therapy. This season, I'll return to PHRF with my knee brace."

NCWSA Racing Series 2008 - A Note from the Race Chairs



As the NCWSA Summer Racing Series gets underway, it brings to mind the amazing fact that this all happens due to the generosity of others. Everything happens through NCWSA by way of volunteers.

Edgewater Yacht Club is generous in hosting NCWSA. NCWSA is very thankful for the kindness of the EYC board and its members, and EYC is excited that so many women are involved in racing.

It is amazing to think about how many boat owners and coaches give so generously to the members of NCWSA.

Please remember this racing season how much your owner/coach contributes to NCWSA by the use of their boats and the time spent coaching. It takes lots of time and money to keep these boats maintained and race ready.

Remember to be appreciative to them as well. Ways to give back might include helping your

coach/owners with boat preparation, launching, and overall maintenance or cleaning that is required throughout the season.

Crew can always buy a beverage or meal as a thank you to those that are helpful in making NCWSA successful. Many boats give end-of-the-year gifts to their coaches/owners.

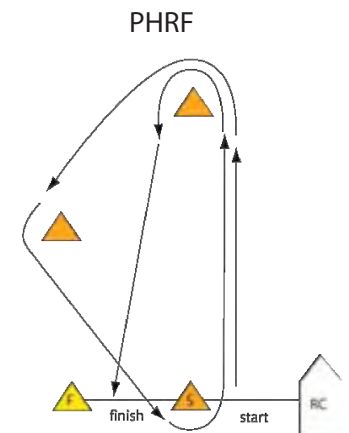
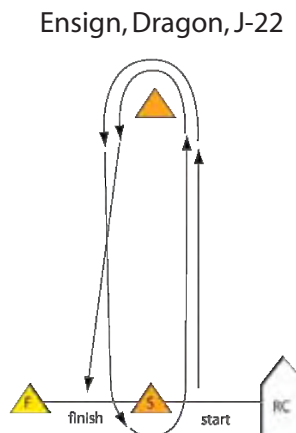
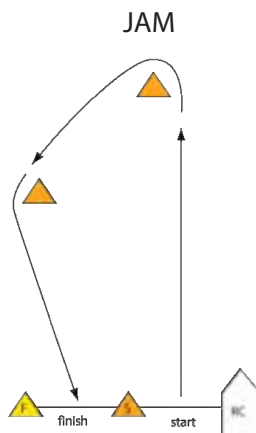
Without the coaches/owners, there would be no NCWSA and no racing on Tuesday nights during the summer.

Last, but not least, is the generosity of our PRO and race committee volunteers that run our races throughout the summer. It takes an enormous amount of effort to make sure these races run smoothly and safely, not to mention the use of the equipment and boats. They give their time and expertise when it comes to running each and every race.

We are so lucky to have these kind individuals contributing to make NCWSA successful. Make sure to say thanks to all of them throughout this racing season.

- Kelly Kimble & Cindi Engbert
NCWSA Race Chairs

Course Diagram 2008



The 2008 NCWSA Summer Series Notice of Race (NOR), Sailing Instructions (SI), and Course diagrams are available for download at www.ncwsa.net, on the homepage.

WANT TO BE SPEEDIER AND SMARTER ON THE RACE COURSE? Check out *Speed & Smarts*!

This publication is aimed specifically at sailboat racing, and covers both tactics and strategy. If you visit the website, <http://www.speedandsmarts.com>, you can read articles from previous issues, and download a recent copy. *Speed & Smarts* is published 6 times a year, and is only 16 pages long, but contains no advertising, so it's packed with great information. David Dellenbaugh is so sure you will like it, each issue has a money-back guarantee.

We have been extended an offer to receive *Speed & Smarts* at a group discounted rate. If we have between 6 and 9 subscribers, we will receive a **25% discount** off of the \$45 subscription cost; with a minimum of 10 subscribers, we will receive a **35% discount**. This publication is not available in stores.

THINK OUTSIDE THE BOX (or boat!) and consider a gift subscription for your skipper, coach or favorite racer.

If you are interested, please send an email to **jibwench@gmail.com**, by June 20th with **Speed Smarts** in the subject line. Include your name, address, and email. I will then need a check for either \$33.75 or \$29.25, depending on the number of subscribers. If you want to put this on plastic, we can do that as well. Contact me and we'll work it out.

If you want to subscribe for two years, the two-year rate is \$80, and the discount will apply to that as well. All new subscribers will receive a FREE copy of the recent issue (#96) *Upwind Tactics*, which is filled with tips for maintaining control over your strategic plan. If you are a current subscriber and want to extend your subscription at the discounted rate, let me know and I'll contact the publisher.

Don't miss out! Contact me today!

- Pat Metzler,
 NCWSA Secretary

Racing Outside of NCWSA



Did you know that at most yacht clubs throughout the city, there is racing on Wednesday nights and Sunday mornings all summer long?

Did you know that just about every summer weekend has a scheduled regatta, where boats race multiple times daily for both days of the weekend?

In addition to all the racing comes camaraderie, food, spirits, boat-speak, and stories that become memories that you may talk about for years to come.

If this floats your boat, then you may want to crew for race boats outside of the NCWSA Tuesday night Summer Race Series. If you would like your contact information to be placed on an available crew list for Wednesdays, Sundays, and/or regattas, please send the following information to me.

Name | Phone Number | Email Address | Crewing Positions Performed | # Years Racing

If there are boats outside of NCWSA who are looking for crew, your information will be shared with boat owners/skippers so they can contact you to fill crew positions. Although there is no guarantee you will be placed on a boat, we would like to build a crew list in the event there are opportunities to find a match.

- Harriet Uhler, NCWSA Vice-Commodore

2008 Beginner's Series

This year's beginners series was very well attended. More than 25 of our members came out on three Saturday mornings, coffee and donuts in hand, eager to see how they could improve their knowledge of sailing/racing.

A great big thanks goes out to Cheri Morabito and Marianne Eggett. Both have added their own unique style to presenting their material.

As we get out on the water this summer – please help us encourage our beginning sailors to not only ask questions, but take a position on the crew, whether it is trimming a sail or sitting on the rail.



*Cathy Newpher
Education Chair*

TARTAN Field Trip!

Have you ever wanted to see the step-by-step process of boat building? Now is your chance!

Tartan Yachts will be opening their doors to NCWSA for a two 1-hour tours at their Fairport Harbor facility on Saturday June 14.

We still have a few openings, and are setting up car pools. If you would like to join us, please let Marianne know ASAP.

Time: Two 1-hour tours,
10:00 and 10:30

Address: 1920 Fairport Nursery Rd.
Fairport Harbor, Ohio 44077

Contact Marianne Eggett at
marianne.eggett@mainline.com
for details.



Tartan factory photo © SAIL Magazine, May 2005

Dressing for Sailing

Temperatures out on the water can vary throughout the day. Having the right gear and clothing are an important part of enjoying the sport of sailing. You don't need to spend a fortune on sailing gear, but here are a few simple guidelines.

- Wear loose clothing, preferably light colors and breathable fabrics. Stay away from wearing heavy cotton fabrics. There are some great tech/quick-dry shorts / shirts on the market now.
- Bring extra clothing so you can add layers for warmth or change into dry clothing later.
- Don't forget sunscreen, hat, and sunglasses.
- Non-skid / Non-marking soled shoes are a must. Avoid sandals or other open-toed shoes.
- Sailing gloves will protect your hands and improve your grip.
- You will need a PFD (personal flotation device) (otherwise known as a life jacket).
- Foul-weather-gear is designed to keep you warm and dry in case of rain or heavy weather.

Some websites that have gear, etc:
www.WestMarine.com, www.apsltd.com,
www.Team1newport.com

Think Safety!



Remember that racing on Lake Erie is fantastic but can be challenging.

At the very minimum, everyone should know where the safety equipment is on the boat. Make the time

to practice man-overboard procedures, and review how to use the radio. Ask your boat owner or skipper —it's good for everyone onboard to revisit this information every season!

Have your life-jackets on (or available) and wear whatever clothing and accessories it takes to face the elements (hats, sunscreen, sailing gloves, sunglasses, foul-weather gear, and lots of fleece when it's cold!) Alcohol and drugs 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!! But remember you will be looking at my stern!! YES – THIS IS A CHALLENGE!! Ha!! Ha!!

- Beth Paganini

Womanship® ~ Sailing Courses for Women

IF YOU ARE LOOKING FOR AN INTENSE WEEK OF SAILING in exotic locations, look at *Womanship*!



They have created a concept of women helping women learn sailing fun, sailing skills, teamwork, and leadership onboard. *Womanship* helps to develop your skills through their sailing courses in competent crewing, take-charge skippering, bareboat chartering, offshore passage-making, and much more!

Courses run from April through October with 2, 3, 4, 5, or 7 day courses.

And the locations! Imagine a week in the British Virgin Islands, the Florida Keys, Long Island Sound, Annapolis, Maryland, or Vancouver, British Columbia! Find out more information at www.womanship.com or email to sail@womanship.com.

Get Your NCWSA Crew Gear!

Order NCWSA Merchandise at the next meeting!

The season is finally here! Soon you'll be out on the racecourse with your crew, trimming sheets and praying to the wind gods. Stand out in the crowd and show your crew spirit with matching crew gear.





Several selections of NCWSA T-shirts, perfect for crew gear, are available for group discounts. Get your crew together to pick your style and color and place an order for your boat. Group orders of 5 or more of the same style and color will receive a discounted price of \$20 per shirt. Your crew will be styling with its very own identity.

Stop by the merchandise table to place an order or send in your order forms available on the website. Be sure to put your boat name on the order form. Check out the website or stop by the merchandise table to find more NCWSA great merchandise selections!

-Harriet Uhlir
Vice-Commodore

Purchase 5 or more of same style and color for \$20 each

The following shirts are available for crew discounts...

PICTURE	NAME	COLORS	DESCRIPTION
	V-Neck Classic Fit Cotton T-Shirt (Anvil)	Caribbean Blue, Keylime, Violet, Heather Grey, White, Black	<ul style="list-style-type: none"> • classic fit • 100% preshrunk cotton for a looser fit • silkscreened logo
	V-Neck Stretch Cotton T-Shirt (Port Authority)	Aqua, Tropical Pink, Lilac, Banana, Faded Blue, Pistachio, Black, Light Blue, Light Pink, White, True Navy	<ul style="list-style-type: none"> • stretch cotton • 95/5 cotton/spandex for a fitted look • embroidered logo
	Double Dry V-Neck T-Shirt (Champion)	Black, White, Navy, Snow Blue, Cashmere Pink	<ul style="list-style-type: none"> • double dry mini-mesh fabric • moisture wicking fabric • embroidered logo
	Sleeveless Sport Shirt (Port Authority)	White, Faded Blue, Banana, Black, Red, Light Pink, True Navy	<ul style="list-style-type: none"> • stretch cotton for a fitted look • embroidered logo

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



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



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Receive the RACER by email! Send an email request to NCWSARacer@yahoo.com

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NCWSA Board 2008 NCWSARacer@yahoo.com

Commodore	<i>Beth Paganini</i>
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>
Education Co-Chair	<i>Marianne Eggett</i>
Public Relations Chair	<i>Anne Pearson</i>
Social Chair	<i>Karen Lunka</i>
Membership Chair	<i>Kathy Jankowski</i>
Member-at-Large	<i>Bobbi Sundman</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.