



## Commodore's Corner

It was so great seeing so many of you at the awards ceremony at our October Meeting!

The regatta pictures were amazing! So many boats looked like they had been swallowed up by the swells!

Sailing season may be winding down, but our lecture series is just getting started. This month we are very lucky to have Sue McDowell and her crew talk about their experiences at the Adam's Cup US Women's Sailing Championships, and their third place showing!

Being that it is the month of "thanks", I think that it is a great time to thank all of you for being a part of such an exciting organization that continues to promote women in the sport of sailboat racing. I am so proud to see how well some of you have developed from the beginner's series to actually helming a boat. And for the veterans, your leadership on and off the course has been inspirational. Thank you ALL!

NCWSA will again be collecting donations at our next meeting to purchase a gift for EYC as a special 'thank you' for our parking privileges this summer. We will be "passing the boot" again for anyone who missed at the October meeting.



Last, but not least, It's time to vote for your new Board for 2009. NCWSA is thriving and doing well at Edgewater Yacht Club, and it's important to keep moving forward. Details pg. 3.

Looking forward to see you all November 4th !!

- Beth Paganini, NCWSA Commodore



*Baby Pags wears the pants in NCWSA. Run for Commodore and this could be YOU next year!!*

## NCWSA Meetings

7:30 First Tuesday of the Month

### NOVEMBER 4

*NOTE: If you attended the **Beginners Series** this past spring, please try to come at 6:30pm for a Recap*

Sue McDowell and crew on the US Women's Sailing Championships

### DECEMBER 2

Holiday Party

### JANUARY

NO MEETING – Club Closed

### TENTATIVE 2009 SCHEDULE OF EVENTS

### FEBRUARY 3

Navigation: Charting Compass, GPS and Celestial Navigation with possible break out sessions

### MARCH 3

Greg Koski from Ullman Sails



## 2008 U.S. Women's Sailing Championship



Wow, this trophy is HEAVY! (l to r) **Dave Schaffer**, Judge; **Bev Keeler**; **Suzie Wulff**; **Betsy Beddow**, U.S. Sailing Event Chair, **Sue Mcdowell**; **CC Skoch** and **Barb Schaffer**, Judge

### **Things we learned at the U.S. Women's Sailing Championship in Oklahoma City**

- 1) **Yes, there is a lake in Oklahoma City.** Lake Hefner is a small (2 miles across) reservoir just north of town. While it was not like the open water we were used to, there was still room to get in races that lasted about an hour.
- 2) **There is no such thing as not enough breeze for a national championship race.** It is safe to say that the wind did not come sweeping down the plain! Most of the races were sailed in less than 8 knots of wind.
- 3) **It is possible to sail into a 50 degree knock and come out of it with an advantage.** In addition to the light breezes they were also very shifty with puffs coming off the shoreline. During one race we were sailing upwind at 245 degrees, got knocked, tacked and came back on the opposite tack at the same compass heading of 245 degrees.
- 4) **When sailing in very light wind it is really important to keep your head out of the boat.** We were always looking way up the course for the next puff of wind. Figuring out our position on the lake was more important than our position to other boats.
- 5) **The people of the Oklahoma City Boat Club are an excellent example of southern hospitality.** As a member run club they worked very hard to do all the preparation and fundraising needed for such a big event. The members were very generous with their time, resources, money and boats.
- 6) **Finally, don't give up.** Rarely did the lead boat at the windward mark finish in first at the end of race. Also, don't forget to have fun. Thank you NCWSA for supporting our efforts at the U.S. Women's Sailing Championship.

*Sue, Suzie, Bev and CC*

*Editor's Note: Come hear Sue and the crew talk about their adventures in Oklahoma at the November 4 meeting.'*

## 2009 Board Member Nominations

Are you interested in showing off your leadership abilities? Have you been anxious to have your voice heard or a desire to make changes in the organization? Do you need a good bullet point for your resume? Now's your chance!

There are several key positions in the NCWSA Board that need to be filled, and we need nominations right now. If you are interested in any of the positions listed below, please submit a short letter — a paragraph or two would suffice — explaining your desire, and either e-mail it to Bobbi Sundman at sailfst7@aol.com or bring it to the November membership meeting. We will also take any verbal nominations from the floor.

So, nominate yourself or a friend, and help us have the best Board ever for 2009.

The positions available are:

- Commodore
- Vice-Commodore
- Member-at-Large
- Race Chair (2 positions)
- Public Relations Chair

If you are interested in any of the board positions and need more information about what the position entails, please email Bobbie Sundman at sailfst7@aol.com.

## NCWSA 2008 Summer Racing Series Results!

### PHRF

- 1 Play it Again Sam
- 2 Coyote
- 3 Lazy Lass

### JAM

- 1 Chip Ship
- 2 Extravagance
- 3 Serenity

### Dragon

- 1 Scamp
- 2 The Chauvinist
- 3 Scared Blue

### Ensign

- 1 MBSS Medalla
- 2 Limit Up
- 3 Mild Peril

### J22

- 1 Hey Sue!
  - 2 Devil's Play
  - 3 Kiwi Spirit
- Carrie Suttie

## NCWSA 2008 Crew Awards!

### Coach of the Year:

Wes Kroeze

### TEAM Award:

Devil's Play >>



### Rookie of the Year:

Carrie Suttie

### Most Improved Sailor:

Cindy Engbert >>>



## 2008 CSA Series Race Results

### JUNE 6 - MENTOR HARBOR YACHTING CLUB

RESULTS UNAVAILABLE

### JUNE 24 - EDGEWATER YACHT CLUB -

CLEVELAND RACE WEEK

1	WISH	Cathy Newpher	GRSC
2	BREEZIN'	Dolores Galaska	FCYC
3	FEVER	Connie Aguero	CYC
4	IT	Mindy Sminchak	MHYC

### JULY 11 - FOREST CITY YACHT CLUB - PRINCESS PAT

1	WISH	Cathy Newpher	GRSC
2	IT	Mindy Sminchak	MHYC
3	FEVER	Connie Aguero	CYC
4	UNRULY	Katrina Posedel	EWYC
5	BREEZIN'	Dolores Galaska	FCYC
6	CHIP SHIP	Hallie Minshall	EWYC

### JULY 18 - CLEVELAND YACHT CLUB - LEUKEMIA CUP

1	FEVER	Connie Aguero	CYC
2	WISH	Cathy Newpher	GRSC
3	BREEZIN'	Dolores Galaska	FCYC
4	IT	Mindy Sminchak	MHYC

### JULY 25 - LAKESIDE YACHT CLUB

1	FEVER	Connie Aguero	CYC
2	BREEZIN'	Dolores Galaska	FCYC
3	WISH	Cathy Newpher	GRSC
4	IT	Mindy Sminchak	MHYC

### AUGUST 8 - LORAIN SAILING YACHT CLUB -

JOYCE CUP

1	WISH	Cathy Newpher	GRSC
2	FEVER	Connie Aguero	CYC
3	BREEZIN'	Dolores Galaska	FCYC
3	IT	Mindy Sminchak	MHYC

### AUGUST 22 - GRAND RIVER SAILING CLUB

1	WISH	Cathy Newpher	GRSC
2	IT	Mindy Sminchak	MHYC
3	FEVER	Connie Aguero	CYC
4	BREEZIN'	Dolores Galaska	FCYC

## CSA 2008 FINAL Results

The Cleveland Sailing Association Women's Series for 2008 results:

### Boat of the Year – Wish

Cathy Newpher and crew (GRSC)

### 2nd place – Fever

Connie Aquero and crew (CYC)

### 3rd place – Breezin

Delores Galaska and crew (FCYC)

visit [www.clevsail.com/csa](http://www.clevsail.com/csa) for more results and information.





Judge Training & Certification Program

## JUDGES WORKSHOP & EXAM

November 15 & 16, 2008 • Edgewater Yacht Club

### Schedule:

Saturday 8:30 am – 5:00 pm

Sunday 9:00 am – 4:00 pm

**Fee:** \$50.00 payable at sign-in, includes (2) continental breakfasts; (2) lunches, cocktail party and US Sailing fee.

Registration online only. <https://secure.ussailing.org/ussis/register/?eventid=397772>

If you are working towards certification (encouraged) the required course materials include:

- RRS 2005-2008 with US SAILING Prescriptions
- US SAILING Judges Manual and the US SAILING Appeals, available for sale from US Sailing
- Members may download the Appeals at <http://www.ussailing.org/appeals/>
- The ISAF Case Book is available to download from <http://www.sailing.org/9506.php>.

These course materials may be used during the optional open book exam.

Please download and work on the pre-workshop study questions from the Judges web page at <http://www.ussailing.org/judges/workshops/studyquestions.pdf>

This new format workshop will highlight the changes coming with the 2009-2012 RRS.

## From the Education Department

### BOOKS /VIDEOS FOR SALE

We still have some books and videos for available for sale. Makes a great gift or stash away for winter viewing. See Cathy Newpher at the November meeting.

*Start Sailing Right* book – \$12.50 (4 left)

*Basic Keelboat* book – \$16.50 (1 left)

*Getting Started in Sailboat Racing* - \$12.50 (3 left)

*Start Sailing Right* (2 set DVD) - \$32.00

*Learn to Sail with Steve Colgate* - \$20.00



### Some important things for you to know...

### HOT BUTTERED RUM COCKTAIL

#### Ingredients

- 1 stick unsalted butter, softened
- 2 cups light brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon grated nutmeg
- Pinch ground cloves
- Pinch salt
- Bottle dark rum
- Boiling water

#### Directions

In a bowl, cream together the butter, sugar, cinnamon, nutmeg, cloves, and salt. Refrigerate until almost firm. Spoon about 2 tablespoons of the butter mixture into 12 small mugs. Pour about 3 ounces of rum into each mug (filling about halfway). Top with boiling water (to fill the remaining half), stir well, serve immediately!



## AMAZING! NCWSA Merchandise SALE!

Economy got you down? Don't pay retail!!!...including on NCWSA merchandise!

**SPECIAL**

Special pricing will apply to current NCWSA inventory, so stop by the merchandise table and peruse the BARGAINS, while supplies last.

In need of a new life jacket, but don't want to break the bank? **SAVE!**

We have one Extrasport PFD remaining — at an exceptional discount to the retail price — take advantage of this great deal.

**CHEAP!**

Consider smaller items for Holiday gifts for crew and skippers... EVERYONE should have an NCWSA coffee mug, t-shirt, cap and visor!

We will still place special orders, however reduced pricing will not apply to these items.



- Harriet Uhlir  
Vice Commodore

## Volunteer with the Ensign Fleet - November 12!



this winter, starting in November.

In past years, the Ensign Fleet at EYC has volunteered once a month at the **Cleveland Foodbank**, and will do so again



and the work they do, check out their site at [www.clevelandfoodbank.org](http://www.clevelandfoodbank.org)

From November through April, we will be working the 2nd Wednesday of each month, from 6-8 pm. I continue to find this a very worthwhile service to the com-

munity, and it's a good excuse to get together with sailing friends in the winter.

I am creating a distribution list for reminders before each session. If you would like to be included, please send an email to **pmetzl@gmail.com** and I will add you to the list. This does not commit you to work at all (or any) of the sessions, but will just include you in the reminder email. I will need to know how many to expect for each work session, though.

Our first session for this winter will be **November 12**, and we will continue on the second Wednesday of every month, from 6-8 pm.

Thanks,

*Pat Metzler*  
NCWSA Secretary

## NCWSA Holiday Party and Hors d'oeuvres Contest!

Come join NCWSA on December 2, 2008 for our holiday party!



We will be providing a couple of appetizers, wine, beer, and dessert.

AND, we have a CONTEST! We want YOU to bring your tastiest Hors d'oeuvres - (homemade - no cheating - no empty Heinen's packages hidden in the lady's room!)

Robert will judge, and the winner will take home a bottle of wine.

And, if you don't want the bottle of wine, feel free to pick up an appetizer at Heinen's — they have some really good food!

*Karen Lunka and Joani Huber*  
Social Chairs

# 2008 NCWSA Regatta



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](mailto:NCWSARacer@yahoo.com)

Commodore	<i>Beth Paganini</i>
Vice-Commodore	<i>Harriet Uhlir</i>
Secretary	<i>Pat Metzler</i>
Treasurer	<i>Sherrie Desmond</i>
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Social Co-Chair	<i>Karen Lunka</i>
Social Co-Chair	<i>Joani Huber</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.