



Commodore's Corner

Welcome to NCWSA for 2009!

With a new year comes a new Board for NCWSA. They join me in wishing us all great sailing and lots of learning about our sport. Each has committed to make our year successful. Watch for them at our monthly meetings and openly provide your thoughts and expectations for the club in 2009.

The Race Chairs have perhaps the greatest task—unless they find a way to control Mother Nature. We need better wind on Tuesday race nights! Sometimes we had too much, more often, not enough. The Chairs are actively addressing how we can get in more racing this summer, and are preparing an online survey soliciting questions and comments about making 2009 a great racing season! Look for more information as it becomes available. This is the core of our organization and your thoughtful suggestions are important.

We look forward to serving you and having fun on the water and at our monthly meetings. Fair winds!

- Sherrie Desmond
NCWSA Commodore

SAILING SMART

NCWSA's mission is to encourage women to become more actively involved in sailboat racing. Your Education Chairs have been working hard to provide you with everything you need to know about sailboat racing.

We are excited to have Nick Turney join us on February 3rd. Nick comes to us from the new North Sails loft located at Sailing Inc. Make sure you don't miss this presentation. In addition, we will be discussing upcoming events for this year, including the beginner's series, various speakers, clinics and we will be taking your suggestions for what YOU want to learn or see more of this year.



Nick Turney — North Sails

- Cathy Newpher, Education Chair

NCWSA Meetings

7:30 First Tuesday of the Month

FEBRUARY 3, 2009

Special Guest: Sailmaker Nick Turney from North Sails.

MARCH 3, 2009

Navigation: Charting, Compass, GPS and Celestial Navigation with possible breakout session.

APRIL 7, 2009

Meet the Fleet!

MAY 5, 2009

Skill Level Breakout Sessions for: Racing Basics, Race Management, Boating Safety, and Weather

BEGINNER'S SERIES

May 2, 9, and 16 • 9-11am

JUNE (DATE TO BE ANNOUNCED)

Skipper's Clinic

Bob Edwards

NCWSA sends our sad regrets to the family of Bob Edwards following his death in December. Bob and his boat, *wotthehell*, joined NCWSA as soon as the Ensign fleet began. Bob has been a great coach and full supporter of our group and we will miss him so much. He'll be looking down on us on Tuesdays for sure.

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REMEMBERING BOB EDWARDS...

BOB EDWARDS, FRIEND, COLLEAGUE AND SAILOR, died December 8, 2008, eight months after being diagnosed with pancreatic cancer. He was 67 according to the calendar, but ageless to his friends. Sure, there was some gray hair, but definitely a young spirit, a good nature and an unflappable approach to life.

Our best example came on a Tuesday night return to the docks a couple years ago. Bob said, "Turn into the wind and let's get the main down" while he climbed onto the back of *wotthell* to attach the boom to the backstay. So the helmswoman turned into the wind. When Bob said "I didn't know you were going to jibe, Joyce," I looked back and there he was hanging over the water hanging on the boom with only his toes still on the boat! And that was all he said, then, and any mention afterwards was always made in good humor. This was our favorite boat story.

Bob was a fixture on the patio before and after Tuesday night races, sharing wings and bumming cigarettes. His farewell was always, "Time to return to the mother ship." We knew he meant, "time to get home to Anne;" his devotion to her was always evident.

Bob didn't get out sailing last summer, to our regret. He and Anne made it down for dinner with the crew and his interest in our activities on *wotthell* was evident in every conversation. His Lindsay family kept the *wotthell* enterprise going—getting the boat ready in the spring, doing the club races, and David coached some epic no-wind Tuesday night drifters. Bob was out there in spirit!

Joyce Jentoft

The official Bob Edwards...



...and Bob Edwards, sailor and good sport.



we will miss you, Bob...



SOME RECIPES FROM THE HOLIDAY PARTY

If you had a prize winner at the holiday party, (or think you should have won!), send your recipe to ncwsaracer@yahoo.com

BANANA BREAD Bobbie Sundman

3 ripe bananas	½ cup shortening	1 tsp baking powder
1 Tbsp water	2 eggs	1 tsp baking soda
1 cup sugar	2 cups flour	1 tsp salt

Mash bananas with a fork. Add water and sugar and let stand for 15 minutes. Sift dry ingredients in bowl. Beat eggs in another bowl until frothy. In a large bowl, cream shortening. Add banana mixture and mix well. Add dry sifted ingredients. Add eggs. Mix only until well blended. (You can fold in optional 1/2 cup choc. chips or chopped pecans or walnuts at this point). Bake at 350° for 50-60 minutes in 9"x5"x3" loaf pan.

Easy Ganache for Topping

6 oz. semi-sweet chocolate chips
1 Tbsp vegetable oil

In a small glass bowl, mix chips and oil. Microwave on Medium-High for about 1 minute. Stir. Use spoon to drizzle over top of cooled banana bread.

PUMPKIN FLAN Karen Wong

1 ¼ cups sugar, divided	1 ½ cups EVAPORATED milk	½ cup whipping cream
¼ tsp salt	5 eggs, beaten	1 Tbsp sugar
1 tsp ground cinnamon	1/3 cup water	¼ tsp grated orange rind
1 cup cooked, mashed pumpkin	1 ½ tsp vanilla extract	

Preheat oven to 350°. Combine ¾ cup sugar, salt and cinnamon; stir well. Add pumpkin, milk, eggs, water and vanilla; stir until smooth. Set aside.

Sprinkle ½ cup sugar evenly in a 9-inch skillet; place over medium heat. Caramelize sugar by stirring often until sugar is melted and light golden brown. Pour immediately into a 9-inch cake pan, tipping pan quickly until the sugar is spread evenly.

Pour pumpkin mixture over caramelized sugar; place cake pan in a large shallow baking pan. Pour about 1-inch of hot water in large pan.

Bake at 350° for 1 hour or until a knife inserted near center comes out clean. Remove cake pan from water; cool, cover and chill several hours or overnight.

Before serving, chill mixing bowl for whipping cream. Loosen edges of flan with spatula. Place serving plate upside-down on top of cake pan; quickly invert flan onto serving plate. Combine whipping cream, 1 tablespoon of sugar, and orange rind; beat until stiff peaks form. Serve a dollop on each slice of flan.

Does Anyone Have These Missing Racers?

We are creating an archive of Racer Newsletters. If anyone has any old newsletters (noted as a blank space in the table below), we would like to borrow them to create a copy for our records. Let us know at the meeting, or email us at ncwsaracer@yahoo.com

	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Jan												Y
Feb		Y	Y	Y	Y	Y					Y	Y
Mar		Y	Y	Y	Y	Y					Y	Y
April		Y	Y	Y	Y	Y					Y	Y
May		Y	Y	Y	Y	Y					Y	Y
Jun		Y	Y	Y	Y					Y	Y	Y
Jul		Y	Y	Y	Y	Y	Y				Y	Y
Aug			Y	Y	Y				Y			
Sep		Y	Y	Y	Y	Y				Y	Y	Y
Oct		Y	Y	Y	Y	Y				Y	Y	Y
Nov		Y	Y	Y	Y	Y			Y	Y	Y	Y
Dec		Y	Y	Y	Y	Y			Y		Y	Y

Or Missing Information?

We are also missing the names of past award winners. If you won, or know who won these awards, again, let us know at the meeting, or email us at ncwsaracer@yahoo.com

TEAM Excellence Award

2008 – Devil's Play

2007 – None

2006 – Cathy Newpher, Cindy Einhouse, Kendra Porter, Katie Kramer,
Abby Heckler, Bobbie Bergman, Cathy Connell

2005

2004

2003

2002 – Team Onrust: Dianne Kube, Claire Titgemeyer, Kathy Jankowski,
Pat Metzler

Most Improved Sailor

2008 – Cindy Engbert

2007 – Stephanie Schura

2006 – Jessica Schroeder

2005

2004

2003

2002

Rookie of the Year

2008 – Carrie Suttie

2007 – Cheri Morabito

2006 – Kendra Porter

2005

2004

2003

2002

Coach of the Year

2008 – Wes Kroeze

2007 – Terry Bowdish

2006 – Beth Tyson Fitzhugh

2005

2004

2003

2002

Racing Rules of Sailing - New for 2009 - 2012



2009 brings a revision to the Racing Rules of Sailing. These rules are revised every 4 years, and there are many ways to learn about the rules changes:

- Watch the series of videos featuring Dave Perry explaining the rules changes on Sailgroove.com: <http://www.sailgroove.org/videos/speaker/2281-perry-dave>
- Join US Sailing. A one-year membership is \$60 and includes a copy of the new rule-book. <http://www.ussailing.org/>
- Local programs that will cover the revisions. NCWSA will inform the membership with more information about local programs
- Subscribe to the bimonthly newsletter, *Speed & Smarts*, and visit the website for rules quizzes. <http://www.speedandsmarts.com/>
- There are many resources online to help you learn more about sailboat racing. Visit the library, subscribe to racing magazines, or purchase a book or DVD from NCWSA at the next meeting, but whatever you do this winter, READ, LEARN, and ASK lots of questions. Don't let your racing skills get rusty!



BASIC RACE MANAGEMENT SEMINAR

Edgewater Yacht Club and the US SAILING Race Management Committee are sponsoring a seminar in Basic Race Management.

February 21, 2009 at Edgewater Yacht Club

This is a required course for those wishing to become a US Sailing Certified Race Officer, or those wishing to re-certify, or if you're interested in how the "darkside" of the race committee functions.

Seminar Fees:

(includes: continental breakfast, morning and afternoon breaks, lunch and all workshop materials.)

\$50.00 US Sailing Members - Includes Test

\$50.00 NON-US Sailing Member - No Test

\$90.00 NON-US Sailing Member - With Test *

Advance Registration Is Required & Seating Is Limited

Visit www.eycweb for more information.

* Yet another reason to join US Sailing—Discounts on events like this seminar!.

Education Notes

Books /Videos for Sale

We still have some books and videos for available for sale. These are a great way to stay sharp during the off-season!

BOOKS

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

Basic Keelboat book – \$16.50 (1 left)

Getting Started in Sailboat Racing - \$12.50 (1 left)

Dave Perry - 100 Best Racing Rules Quizzes - \$14.95 (1 left)

DVDs

Start Sailing Right (2 set DVD) - \$32.00 (3 left)

Learn to Sail with Steve Colgate - \$20.00 (1 left)

Learn the Racing Rules - \$20.00 (1 left)



“If you can dream it,
you can do it”

- Dawn Riley

<http://www.dawnriley.com/>

Take the Helm!

Five reasons why you should take the helm!

1. Your skipper asks you to steer while 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.

Membership

It may be cold outside, but it will soon be warming up at the NCWSA meetings. The Board is moving ahead with plans for this year's racing season.

We will soon be uploading the new membership forms on the NCWSA website and I will have a membership table at the February Meeting on February 3rd.

With over 180 members last year, many of you know that the earlier you register, the earlier we can form teams and get you out on the race course.

Looking forward to seeing you in February!

*Kathy Jankowski,
Membership Chair*

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

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NCWSA BOARD 2009

Commodore	<i>Sherrie Desmond</i>		
Vice-Commodore	<i>Bobbie Sundman</i>	Public Relations Co-Chair	<i>Melissa Scott</i>
Secretary	<i>Pat Metzler</i>	Public Relations Co-Chair	<i>Carolyn Kovach</i>
Treasurer	<i>Pat Mahoney</i>	Social Co-Chair	<i>Karen Lunka</i>
Race Chair	<i>CC Skoch</i>	Social Co-Chair	<i>Joani Huber</i>
Asst. Race Chair	<i>Suzie Wulff</i>	Membership Chair	<i>Kathy Jankowski</i>
Education Chair	<i>Cathy Newpher</i>	Member-at-Large	<i>Katherine Schiele</i>
Education Co-Chair	<i>Marianne Eggett</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.