



# THE MAINSHEET



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[www.islandsailingclub.com/newsletter.php](http://www.islandsailingclub.com/newsletter.php)

December 2007

**\*\*\* ISC BuddySail List – Now Online \*\*\***  
Visit [www.islandsailingclub.com](http://www.islandsailingclub.com), click *buddysail*

**Holiday Gift Certificates** *Just in time for the holidays – give the gift of sailing!* The following specials are good through the end of January.

## MEMBERS ONLY HOLIDAY SPECIALS:

- **25% off ALL classes with purchase of a Holiday/Boat Show gift certificate**
- **Renew your membership at the Boat Show for one year and pay for only 10 months.**
- **½ off Basic Keelboat classes for family members**
- **1 FREE hour of instruction – You pick the topic!**

\*Basic Keelboat Class specials do not include ASA Membership/Certification Fee

\*Gift Certificates purchases are paid in full, non-refundable

## Introducing *Heart of Sailing*

***Island Sailing is eager to help Heart of Sailing families and encourages our members to volunteer their time as skippers to this truly special group. Sailing, good food, laughs and some well-deserved smiles make for a great day for all involved!***

Island Sailing Club Portland played host to a unique and very special group on Saturday, November 10<sup>th</sup> – ***Heart of Sailing***. The group teaches sailing to special needs children as a form of recreational therapy in more than 20 locations worldwide. *Heart of Sailing's* founder George Saidah skippered the event, which welcomed aboard several families and their excited little sailors. The event took to the water twice in the afternoon with a

cookout on the marina lawn. Under clear skies and pleasant winds the groups set out aboard the club's Hunter 27' and a privately owned Cascade 42' skippered by volunteers Bob and Mary Laird.



Willie Johnson takes the helm of a custom built Cascade 42'

George's dream of combining his love of sailing with service to the community has resulted in *Heart of Sailing's* mission of creating a fun, educational and therapeutic opportunity for children with developmental disabilities. By encouraging abstract thought, teamwork, and development of problem-solving skills, sailing with *Heart of Sailing* ultimately helps these special children learn patience and self-respect.



Alex and Chris Zyweck ride the bow as they cast off

In addition to experiencing the sensations of sailing: the feel of the wind, the movement of the waves, the sounds as the boat moves through the water, each child has the opportunity to take the helm and pilot the boat.

*Heart of Sailing, continued...*



David and Miss Oregon, Donilee McGinnis, sail the Columbia

From inception, *Heart of Sailing* has relied upon the generosity of volunteers, donors, and sponsors as there is no charge for participating in the program.



Volunteer Skipper Bob Laird and *Heart of Sailing* founder George Saidah

**Interested in volunteering with *Heart of Sailing*?**  
**Contact George Saidah - -**  
**gsaidah@heartofsailing.org**  
**(812) 935-7245 - - www.heartofsailing.org**

## From Portland

### Portland Race Group Through-the-Night Race Recap

With a combination of regulars from the Portland Race and Cruising Groups the Through-the-Night Race set sail from the Portland Club early last month. The crews of three sailed up the Columbia aboard three Capri 22's with Multnomah Falls as their turning point destination. Unique challenges faced the racers as they faced narrow channels of navigable waters and darkness. Race participants agreed that the event was a great way for Cruisers to get a glimpse of some racing action and the Racers experienced how enjoyable a weekend of sailing and living aboard can be. Many thanks go out to Racing Group Commodore Richard Witherspoon for his efforts!

## From Kirkland

### Kirkland's Stormy Weather

Winter finally hit with a bang this past month. We saw some excellent sailing weather for those more experienced and willing to brave the cold. Mains were reefed and storm sails came out for some exciting strong wind sailing. With waves and spray splashing over the dock the boats bounced around a lot in two major storms on Lake Washington. Situated nicely between the storms was some welcome Indian summer weather for those seeking more relaxed sailing.

## From Olympia

### Jon's Tips for Winter Sailing

Even at this time of year the urge to get on the water becomes irresistible and we find ourselves watching the wind conditions to find a great day to sail.

With the weather getting colder and wet it becomes increasingly important to dress appropriately for the prevailing conditions. Sailing certainly becomes less fun when cold, wet, and uncomfortable but the risk of hypothermia can also create dangerous situations.

We are fortunate in having some great hi-tech fabrics to protect us from the elements. The one fabric to avoid is cotton. Cotton is comfortable but when wet becomes a liability as it can no longer keep us warm and instead causes us to lose body heat. Better choices include wool & synthetics like polypropylene.

Be smart and stay comfortable by layering up with synthetics and add a waterproof breathable outer layer. Be sure to include windproof and waterproof headgear. Sailing shoes are inadequate when it is wet cold and windy, sailing boots are a better choice. Insulated sailing gloves will complete your winter sailing gear. Go sailing, it's fun anytime!

### Island Sailing Club December Classes

<i>Basic Keelboat</i>	1 <sup>st</sup> /2 <sup>nd</sup> – 15 <sup>th</sup> /16 <sup>th</sup> – 29 <sup>th</sup> /30 <sup>th</sup>
<i>Basic Coastal Cruising</i>	8 <sup>th</sup> /9 <sup>th</sup> – 22 <sup>nd</sup> /23 <sup>rd</sup>
<i>Bareboat Chartering</i>	December 14 <sup>th</sup> -16 <sup>th</sup>

To sign up for any of these events, at any location, please contact:  
**Island Sailing Club - Portland**  
**(800) 303-2470 - - iscportland@islandsailingclub.com**