



# THE MAINSHEET



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

October 2008

## Sailing with Good Deeds

We are proud to announce that ISC Portland was awarded the 2008 Community Champion Award by the Oregon Health Care Foundation. The award is presented to someone outside of the long term care profession who has singly contributed to the quality of life of a long term care resident. ISC Portland was honored with this award for taking a terminally ill cancer patient, Mr. Hennie Page, and his family sailing as a last wish. While Mr. Page regrettably passed away, this sail added weeks to his life, recognition for his sailing accomplishments, and smiles all around.



Hennie Page was a true gentleman and amazing individual. Mr. Page, for example, built his own 90' brigantine in South Africa, fled the country during political unrest by sailing across the Atlantic, and then spent years making a living chartering in the Caribbean. Meeting Mr. Paige and his family was a true privilege, and while it's nice to receive recognition, the real gift was the opportunity to meet and sail with such a man.

Since Mr. Paige's last sail, we've received and fulfilled other last sailing wishes for terminally ill patients, and each is just as special. And, this is a part of what we do - Island Sailing's work with the Heart of Sailing and special needs kids has impacted the lives of dozens of kids and their families. We'd like to thank members John Barba and the Knights (and many more) as well as instructors Harold Crawford and Paul Sammons for volunteering in support of these activities.

Many at Island Sailing, members and staff alike, believe in and have witnessed how positively and meaningfully a simple day on the water can impact someone's life. While we participate and sponsor some fundraising activities, the locus of our "good deeds" programs is volunteering time, vessels and equipment to support activities. And, it's not just Island Sailing - our friends at OWSA do a great job with Sail for the Cure.

Please give us a call if you are interested in volunteering or if you know of someone or have ideas on ways that we can, collectively, help.

## From Portland

### Portland Racing Group - Fun Race Day

**Saturday Sept 27<sup>th</sup> - - 1p - 5p**

Island Sailing and the Portland Race Team will be hosting a Fun Race Day on Saturday, September 27<sup>th</sup>, from 1:00p to 5:00p. There will be a traditional "round the buoys" race (with some special twists) followed by some fun events like balloon or pumpkin races, and wrap-up with hamburgers and potato salad on the dock at 5:00p. Plan on bringing your husband or wife, kids, significant other, best friend, etc. to show them what you've been doing with your Monday evenings all summer! If you haven't been able to join us on Mondays, then come on down and see what you've been missing!

**800.303.2470 - - [iscportland@islandsailingclub.com](mailto:iscportland@islandsailingclub.com)**  
**Race Commodore John Barba - - 503.829.8767-Mobile**  
**[barba@molalla.net](mailto:barba@molalla.net) - - 503.829.7355-Home**

### Heavy Weather & Reefing Seminar

**Saturday October 11<sup>th</sup> - - 3:00pm-5:00pm**

With Autumn here it's time to take a look at your heavy weather and reefing skills. Sailing in the weeks and months ahead presents new conditions and new challenges for sailors. To prepare for these conditions ISC-Portland will be running a seminar on Saturday October 11<sup>th</sup> to educate members on the skills and techniques necessary to deal with high winds and heavy weather. Reefing will be a primary focus of this seminar as late afternoon/evening winds have been increasing in intensity lately. The seminar will run from 3-5pm and is FREE to members.

**(503) 285-7765 - - [iscportland@islandsailingclub.com](mailto:iscportland@islandsailingclub.com)**

### Portland October Classes & Events

<i>Basic Keelboat</i>	<b>October 4<sup>th</sup>/5<sup>th</sup> - 18<sup>th</sup>/19<sup>th</sup> - 1<sup>st</sup>/2<sup>nd</sup></b>
<i>Basic Coastal Cruising</i>	<b>October 25<sup>th</sup>/26<sup>th</sup></b>
<i>Race Team Fun Race Day</i>	<b>September 27<sup>th</sup></b>
<i>ISC Seminar Heavey Weather &amp; Reefing</i>	<b>October 11<sup>th</sup></b>

To sign up for any of these events contact:  
**Island Sailing Club - Portland**  
**(800) 303-2470 - - [iscportland@islandsailingclub.com](mailto:iscportland@islandsailingclub.com)**

## From Kirkland

### ISC Cruising Group - Kirkland Recap

The Island Sailing Club Cruising Group sailed out of the Kirkland location for their last cruise of the 2008 cruising season. Skippers and crew took to the water on Saturday morning for a pleasant day sail on Lake Washington. Cruisers made their own plans for lunch; some heading ashore to restaurants while some stayed aboard with their picnics. Saturday evening saw some wonderful sailing in the fading light before the cruisers shared dinner in downtown Kirkland. Day two proved to be just as enjoyable as the cruisers, especially those from other locations, further explored all that the lake has to offer. Commodore Harold Crawford would like to thank all members who sailed with the group this summer for making it another great cruising season and he's looking forward to more cruising enjoyment in 2009!

### Kirkland October Classes & Events

Basic Keelboat	Oct 4 <sup>th</sup> /5 <sup>th</sup>	11 <sup>th</sup> /12 <sup>th</sup>	18 <sup>th</sup> /19 <sup>th</sup>	25 <sup>th</sup> /26 <sup>th</sup>
Basic Coastal Cruising	By Arrangement			

To sign up for any of these events contact:  
Island Sailing Club - Kirkland  
(425) 822-3773 - - isckirkland@islandsailingclub.com

## From Olympia

### Olympia Notes

What a summer we have had - warm breezes to storm conditions- something for everyone. September brought beautiful days with highs in the mid 70's and light to strong winds. The racing group from South Sound Sailing Society reports strong evening breezes this season which has brought challenges and adventure. Jon and I are members of this organization and are looking for members of Island Sailing who would like to get involved in racing with this group. Our plan is to use our Wavelength 24'. Racing here runs all year long. Please contact us if you are interested. This is a very low key fun loving group of avid sailors. On another note we will be running an Advanced Coastal class on October 17<sup>th</sup>-19<sup>th</sup>, see enclosed flyer for more details.

### Olympia October Classes & Events

Basic Keelboat	October 4 <sup>th</sup> /5 <sup>th</sup>
Basic Coastal Cruising	October 11 <sup>th</sup> /12 <sup>th</sup>
Advanced Coastal Cruising	October 17 <sup>th</sup> - 19 <sup>th</sup>

To sign up for any of these events contact:  
Island Sailing Club - Olympia  
(360) 601-0638 - - iscolympia@islandsailingclub.com

## Tips for Heavy Weather Sailing

*With Fall upon us and Winter right around the corner here is some helpful information for sailing in the high winds & heavy weather the coming months will bring.*

### Three Musts for Sailing in Heavy Weather:

1. Always sail to the weakest denominator
2. Always expect conditions to get worse
3. Do everything slowly and well thought out

### Key Steps: Successful Heavy Weather Sails

**Reefing** – When possible, always reef your sails at the dock. Always reef before the boat needs it.

**Deck** – All hatches must be closed, including the companionway. Unused items need to be stowed below. "If you don't use it every hour it doesn't need to take a shower."

**Boat Safety** – Air horn and throwable PFD should be in easy reach of the helm.

**Personal Safety** – PFDs, gloves, shoes (not sandals), and appropriate clothing should be worn at all times. Having a whistle and light with you is also a good idea.

**Trim** – A slightly luffing sail is much better than one that is stalled (trimmed too tight). In puffs, ease out the sheets and fall off the wind slightly, then, once stable, slowly work the bow back up into the wind. If running, you still need to ease the sheets if possible, but heading up onto more of a beam reach will prevent any chance of an accidental jibe.

**Tacking** – Bear off to build speed, ease the head sail, but DON'T let it flog before going "Helms-A-Lee." As the boat comes up into the wind trim the main hard. Once the clew of the jib has blown to leeward, trim it in, but never before it has cleared the shrouds.

**Jibbing** – DON'T, unless all of the... just DON'T.

**Working on the Deck** – If at all possible, heave to. If you need to reef, heave to. If you need a break, heave to. If you need to secure the dinghy, heave to.

**Lee Shores** – Always beware of the shoreline. 30 knot winds will blow a boat downwind in a hurry, and Mother Nature does not care one bit about your ego. A good Rule of Thumb to use when sailing along a lee shore is to always stay the same distance off-shore as it takes you to set the anchor. If it will take you 5 min. to drop anchor, sail 6 min. away from the shore. Remember: There is always a lee shore when sailing inland.

**Food** – Stay well fed and hydrated. Power bars and Gatorade will work great even in poor weather.

**Attitude** – Be positive and alert. Listen to your boat and your fears. By taking it easy and slowly building your confidence in yourself, even if it feels like taking baby steps, you will not only allow you to be safer but will build the crew's confidence in you as well.