

Gal' Warnings

The Monthly Newsletter of the Women's Sailing Association of Santa Monica Bay

July 2010

Volume XXV, Issue 7

Commodore's Corner

by Susana Hernandez Araico

As July begins, WSA board members have completed half of their 2010 term, six months of hard work to keep our association moving forward, with a variety of activities and programs that contribute to a greater sense of solidarity in our sailing community. The entire board is to be commended for the time and effort thus devoted already for half a year to WSA and is, of course, enthusiastically encouraged to continue with its praiseworthy commitment.

For example, our Day-Sail Chair, Dianne Christman (who, in fact, has served for several years in that ever-demanding position). Though she may be the most highly visible board member on our computer screens, her efficiency is such that some might take her work for granted. For half of 2010, Dianne has again been responsible for getting most of our members out on the water and making sure all necessary details for day cruises are taken care of. Her invaluable contribution to WSA calls for special recognition.



(Continued on page 3)

This Month's Program — Summer Party and WSA's Silver Anniversary Celebration

by Diane Larson, Jr Staff Commodore

WSA will hold our annual summer party on Tuesday, July 13 at Santa Monica Windjammers Yacht Club. We will not have our usual monthly speaker and dinner but instead an incredibly tasty BBQ/potluck with fun and prizes. In addition, we will have a champagne toast to celebrate WSA's 25th Anniversary so please come and join this fun event with your fellow members.

Party begins at 6:30 PM for social time, Dinner at 7:00, Gutter Regatta at about 7:45, followed by regatta prizes and raffle around 8:45.

WSA provides complimentary food to grill (burgers, dogs, veggie items too!), condiments, plates, etc. Members should bring a dish to share (store bought or home-made). Please bring a dish category based on first initial of last name: A-D=salad, E-H=appetizers, J-P=desserts, R-Z=side dishes. If you cannot bring a dish, come to SMWYC at 6 PM and help with set up. Only those that bring a dish OR help to set up or clean up will receive a raffle ticket!



Diane Larson, Christina King and Noral Feddal help out with Race Committee for CYC's Cal Race week
Photo credit John Nelson



Want to sail on the America's Cup Boat "Stars and Stripes" in San Diego? Turn to page 3 to learn how!

Meeting Agenda for July 13, 2010

6:30 pm — Social hour

7:30 pm — Dinner and business meeting

8:00 pm — Summer Party!



Tracking Abby Sunderland

As most of you know, Abby's voyage ended with a dismasting in the southern ocean and a rescue by a French fishing vessel. You can continue to follow Abby's

story at her blog <http://soloround.blogspot.com/>

News from the Social Scene

By Diane Larson, Jr. Staff Commodore

Looking for something fun to do on land during the beautiful summer evenings? Bring a picnic to Burton Chace Park (13650 Mindanao Way, MDR, 90292 – right next to SMWYC) and enjoy music or a movie in the park.

Thursday evening music performances will be from the MDR Symphony and Saturday evenings are pop performances. All concerts begin at 7 PM.

- ◆ Thurs, 7/8 – A Night at the Opera
- ◆ Sat, 7/17 – Florence LaRue and the 5th Dimension
- ◆ Thurs, 7/22 – Claire Huangci, Piano
- ◆ Sat, 7/31 - James Darren
- ◆ Thurs, 8/5 – The Christopher Brothers Symphonic Beatles and and Gershwin
- ◆ Sat, 8/14 – Oscar Castro-Neves and Friends
- ◆ Thurs, 8/19 – Hahn-Bin, Violin
- ◆ Sat, 8/28 – Dame Cleo Laine

Also, starting at 8 PM are family movies in the park.

- ◆ Sat, 7/24 – Hair Spray
- ◆ Sat, 8/7 – The Blind Side
- ◆ Sat, 8/21 – Shark Tale
- ◆ Sat, 9/4 – Arctic Tale

Check out <http://marinadelrey.lacounty.gov> or call 310-305-9545 for more information on the events including public parking, Water Bus Shuttle schedule, and Beach Shuttle options.

WSA Hollywood Bowl Party

By Commodore Susana Hernandez Araico

Is there anything better than music under the stars?, I heard a radio announcer ask the other day. Then I saw that Newsweek magazine listed a Hollywood Bowl concert conducted by Gustavo Dudamel as one of THE things to do this summer.

On Thursday, August 5th, 30 WSA members, family and friends will be lucky to enjoy one of the three concerts Dudamel conducts at the Hollywood Bowl this summer for a mere \$16.30. We will all be avoiding the traffic and the chaotic hassle and high cost of parking by taking the bus from the most convenient departure point, for only \$5.00. Prior to the concert we will enjoy our picnic dinner and continue to enjoy our beverage and food as we are

surrounded by the dark hillside, enveloped in the music by one of the finest orchestras in the world, conducted by probably the most-talked-about conductor of the day.

Contact me and you might be lucky enough to still to get a ticket!

WOW Wednesday off to a great start!

By Sue Service, ASMBYC Women's Sailing Coordinator

The first WOW Wednesday was June 30! This is a race within a race at CYC's Sunset Series– the top woman driver in her class gets her own trophy. We saw 12 women enter, and the winners were as follows:

- ◆ PHRF B (3 entrants) Phoebe Staff on *Plankton*
- ◆ PHRF C (2 entrants) Mary O'Halloran on *Crimson Star*
- ◆ PHRF D (1 entrant) Allie Blecher on *VooDoo Chicken*
- ◆ Martin 242 (4 entrants) Barbara Duker on *305*
- ◆ Cruising A (1 entrant) Rosalie Davis Green on *Green Dragon*
- ◆ Cruising B (1 entrant) Jeannea Jordan on *Chekkerrs*

Two more WOW Wednesday will be held the last Wednesdays of July and August. "Get your girl on" and join the fun!

DON'T FORGET! WOW/WAH is Sept 18-19 and crews are starting to form. Contact me if you're interested in participating. And don't forget about the Baker Series on July 17—a great WOW/WAH warm-up!

Opportunities to gain sailing experience on the Catalina 37 in Long Beach

Judy-Rae Karlsen of the Long Beach/Los Angeles WSA is organizing a series of clinics of varying skill level on the Catalina 37s in Long Beach. These are the boats used for the Linda Elias Memorial Women's One Design Regatta. Contact Judy if you're interested in participating: shesails00@yahoo.com

- ◆ **Event #5 Sunday, July 25**, 1:00 pm to 4:30 pm (novice/intermediate)
- ◆ **Event #6 Friday, July 30**, 4:00 to 8:00; Sunset Sail (novice/intermediate)
- ◆ **Event #7 Saturday, July 31**, Noon - 3:30 pm (Intermediate/advanced)
- ◆ **Event #8 Saturday, August 14**, Noon to 3:30 pm (Intermediate/advanced)
- ◆ **Event #9 Saturday, August 28**, Noon to 3:30 pm (Intermediate/advanced)
- ◆ **Event #10 Saturday, September 18**, Noon to 3:30pm (Intermediate/intro to racing)
- ◆ **TBD- Sunday, September 26**, CHARITY REGATTA (racing event)

(Commodore's Corner continued from page 1)

In contrast, another board member has undertaken a new responsibility just as worthy of special praise. Historian Sandra Canalis initiated at our June general meeting the recounting of our communal history through the individual reminiscing of long-standing members. An appropriate initiative in our twenty-fifth anniversary, such anecdotes will allow newcomers at our meetings to participate in the collective memory that accounts for the strong bonding among WSA members. Great beginning, Sandra, and quite commendable continuity, Dianne!!

During the same period we had been proudly following Abby Sunderland's progress through two Capes and into the Indian Ocean. June brought an unfortunate end to her admirable adventure that nevertheless remains an inspiration to women of all ages to develop such sailing skills. Coincidentally, the last Wednesday of June at CYC's Sunset Series, was the first special "race within a race" meant precisely to allow women to prepare for the WOW-WAH regatta. Several WSA members earned trophies that Sue Service very proudly handed out. Congratulations to all of you!!

July has two major WSA activities. Race Chair Mary Stuyvesant has put together an impressive plan for a race clinic on Sunday the 11th. On the 13th, our summer party will be a lot of fun. I look forward to seeing you all there.

Your Chance to sail the America's Cup Boat "Stars and Stripes"

Join us for a once in a lifetime experience!

By Coco Leigh, Cruise Co-Chair

Sail a World Class Racing Boat! Dennis Connor's "Stars & Stripes" and "Abracadabra" are in San Diego and available for public sailing.

There is a professional crew on board, but you are welcome to help sail her or you can just be a passenger and enjoy the ride! I was told that if they have enough reservations, they will race the 2 boats!

WSA is planning a sail on the America's Cup "Stars and Stripes" in San Diego on Saturday Sept 11, 2010.

There is only room for 20 people and we already have some reservations. The cost to sail is only \$99. You provide your own transportation to San Diego. Once we know who is going we can organize car pools or train travel.

Contact Coco Leigh with your phone number and email.

See you on the water!

Coco Leigh

818-903-7685

cocoleigh@sbcglobal.net

Sail, Drive or Crawl, but come to Newport Aug 6, 7 and 8!

by Coco Leigh and Bob Falisey, Cruise Co-Chairs

Calling all Skippers and Crew! We are planning a Cruise to Newport but we can't do it without you! Newport is a wonderful destination with a beautiful harbor, shopping, tours, water sports and lots of activities to appeal to everyone! So, come on out and support our club. Please call or email Coco at 818-903-7685 or coleigh@sbcglobal.net and tell me if you are a Skipper or Crew and if you can sail down on Friday or Saturday.



Even if you can't sail down, drive down and party with us on Saturday night at a yacht club to be determined. Please RSVP if you plan to drive.

Cruising schedule as it now stands for 2010:

- ◆ AUGUST 6, 7, 8 Newport
- ◆ SEPTEMBER 3-6 Traditional Labor Day Channel Islands Cruise
- ◆ OCTOBER 1-3 Near Avalon - Anchor White's Cove - John and Fran's Anniversary and Jazz Festival
- ◆ OCTOBER 25 (Approx Date) Baja Ha Ha - Sail down to Mexico!

We are hoping to join with some other clubs to enhance our cruises. So, if you belong to another yacht club or sailing group, help us get in touch with the cruise chair. We look forward to your input on how to make this the best Cruising Season for WSA. Let's get out there on the water and Go Cruisin'!

At left: Patricia Rose and Chris Woodyard enjoy a night of dancing at the Art Deco Society's Avalon Ball. Put it on your calendar for next year - May 14, 2011. It's a night to remember! You get to enjoy a piece of Avalon's history and dance the night away as if it were 1930

Photo credit Patricia Rose

Bob Falisey in Dry Dock

By Coco Leigh and Bob Falisey, co-Cruise Directors

On June 11, Bob Falisey, Coco Leigh, and Linda Doebel joined Susan Bonner on Osprey for the WSA Cruise to CAT Harbor. The day was beautiful and since we were the only boat on the cruise, we opted to go to Two Harbors to be closer to the action. We had dinner that night and went ashore.

During the night Susan had a headache and thought she had indigestion. Turns out she was having a heart attack. Saturday morning she could endure the pain no longer and told Coco. Susan was sweating and had a pain in her chest. Coco told Bob, who was sitting in the cockpit with Linda, and Bob immediately radioed the Harbor Patrol who sent the paramedics. Susan was airlifted to the mainland and Bob, Coco, and Linda sailed Osprey back on Sunday.

One week later on Sunday morning Bob woke Coco up and said he was sweating and had a severe headache. After experiencing Susan's crisis the week before, Coco immediately brought him to the emergency room fearing a heart attack. Turned out he had bleeding in his brain and he was then rushed to Cedars Sinai Neuro ICU where he received excellent care that probably saved his life. The doctors think it was an aneurism. As of this writing, Bob has been in the ICU for 13 days. He's getting stronger every day and is expected to make a full recovery.

Bob and Coco wish to express their sincere gratitude to all the people who have visited, sent cards and emails and sent good thoughts and prayers. We are very blessed to have such good friends!

The one lesson we can take away from the experience of Bob and Susan is not to delay. If you think something is wrong, get it checked out. Often people and especially women want to tough it out or think that this could never happen to them.

Bob and Coco have realized that we really need to evaluate what's really important in our lives. Coco says, "It's all about relationships. Make yours count." Bob says, "Life is short; go to your bliss". See you on the water!

Our trip to Catalina and Beyond or... The Story of "Lucky" Bonner"

By WSA member Susan Bonner

Four of us were on a WSA cruise to Catalina, we were planning to meet up and party with the racers from Del ReyYC for the Catalina and return race. We sailed over Friday the 11th, had nice breezes most of the way, got in around 4:30 and got a mooring at D11 up by the bluff. We settled in, had dinner, and then went ashore for a walk and a Buffalo Milk treat. Got back to the boat around 10 and everyone hit the bunks and went to sleep. But, a couple of hours later I woke up feeling discomfort and I

blamed it on heartburn from the Buffalo milk. I tried to sleep, but the pain kept returning even though I was taking Tums.

Around 8am Saturday, I woke up my crew and told Coco I felt awful. She called Bob, who took one look at me and grabbed the VHF radio and called for the Harbor Patrol medics. They arrived in less than 5 minutes, came aboard, took my blood pressure and asked detailed questions about the pain, gave me aspirin to chew, and then contacted the Lifeguard paramedics on the Baywatch Boat. They were on their way to base in Avalon and turned around and arrived in about 10 minutes.

Meanwhile the pain had become more constant and I was sweating like a pig and it felt like an elephant in high heels was standing on my sternum. They hooked up an EKG and concluded I was having an "Event"!

The paramedics, led by Lifeguard Boat Captain Steve, carried me out of my bunk on Osprey, and onto a pallet on their boat and away we went to Avalon at top speed. Things were surreal and moving in strange time warp. I could see the individual water droplets in the huge bow waves we were throwing out, I could hear the back and forth conversations that were being relayed to the hospital staff at Avalon and Avalon telling them to spray nitroglycerin under my tongue.

When we arrived in Avalon, the LACFD paramedics and a doctor from the Avalon Hospital were there and they took one look at me and concluded I should keep going to the mainland. At this point I was referred to as Code 90, which I found out had to do with the time they figure you can last with a blocked coronary artery before the heart dies.

Into the USCG helicopter and we were off for Torrance Memorial Hospital. The paramedic continued reporting the readout from the EKG and spraying nitroglycerin under my tongue. We landed at the hospital helipad and I was rolled into the emergency, where they were waiting for me with a plan. Without any hesitation the surgeon, Dr. Cohen leaned over me and said "We're going to put a stent into your heart, you are having an AMI and it will stop the pain." I was glad to hear the plan, and he was true to his word. It was now 10ish in the morning, a two hour trip that seemed like an eternity, and yet only a flash of my life.

The fast action of my crew, Bob, Coco and Linda, the swift professionals of the Harbor Patrol and Baywatch and LACFD teams and the Emergency staff at Torrance Memorial Hospital saved my life. Please take a minute to visit their website, <http://www.fire.lacounty.gov/Lifeguards/FieldOpsCatalinaParamedics.asp>.

I hope everyone can take a page from my book, stop to smell the roses, put down that slice of pizza, and take a walk around the block for your heart. I'll see you back on the water soon!

The Front Page from WSA's very first Gal' Warnings, in 1985.

GAL' WARNINGS

WOMEN'S SAILING ASSOCIATION OF SANTA MONICA
EDITION 1 - APRIL 19, 1985

COMPASS..AND A LITTLE BIT ABOUT RULES...

by Janet Forbes

You can race without loran, a depth gage or a wind indicator but to race without a compass is like a myopic lady without her glasses. When you're racing you need to get the full picture and the compass can help by providing vital information.

At our last meeting Tim Tunks gave a witty and informative talk on how to get and interpret information from the compass.

The compass should be used to find the wind direction, the oscillating pattern, the favored end of the start line, the favored course and to detect lifts and headers.

Tim's vivid visual presentation (especially his colored gel boats) helped us realize the important role the compass plays in winning.

Another important strategy to winning is knowing the rules. Briefly, Tim outlined some of the rules at the start and the rules of rounding, (again using his colored gel boats to drive home the point).

By the way, the new URYSU Rules book is available for \$5.00. Tim suggests thoroughly knowing the book so you can use these rules to your best advantage and win.

It certainly proved to be a totally enjoyable evening with Tim Tunks. I join the rest of the club in saying thanks Tim and I hope you return to talk to us again.

NOTE: The club also thanks Mike Braney for gettin the overhead projector on such short notice.

COMMODORE'S CORNER

By Shelli Dickenson

We have now had two general meetings with a turnout of 40+ at each and 26 paid members. Our Board of Directors is doing a great job with bylaws almost ready for signatures; the first newsletter off the press; our first two guest speakers well received; \$650 in the treasury; the pre-wow party in the works; and skipper/crew coordination going strong.

This all seems too simple--where does the fun stop and the work begin--I'm having too much fun to call this work.

Well..all I can say is that I hope you all are having as much fun as I am and **WELCOME ABOARD!!!**

MEMBERSHIP NOTES

by Sue Dickenson

I don't know which to brag about more, the wonderful response to WSA in the form of paid memberships or the quality of the women joining forces. Without much history we can only expand on our plans and I would welcome calls from anyone interested in our group. Anyone attending more than two meetings as a guest will be asked to support us further with a membership fee of \$25.00. Please join us and tell your sailing friends to join us to further women's sailing here at home in Santa Monica Bay.

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Day Sail News

By Dianne Christman, Day Sail Chair

Many thanks to our wonderful Skippers: Dave Angers, Wayne Brandow, Jeannea Jordan, George Maronich, Fran and John Melville, Lenny Tyminski, and our newest Skipper, Ken Hoover, along with our very eager enthusiastic members who have participated in **over 25 day sails since April !**

No other organization offers what we do and I would like to remind you that no prior sailing experience or knowledge is necessary to participate in a day sail. This is an opportunity not to be missed and a very special spot is being held for our new members to sign up!!

If you haven't already done so, please make sure that your email is current and a 2010 Waiver is signed and returned to our Membership Chair, so that you don't miss out on day sail email notifications! If your waiver is current, and for some reason you haven't been receiving day sail notifications, please contact me at wsadaysails@gmail.com right away!

If an upcoming day sail is made available prior to the general meeting. I will do my best to have sign up sheets available during the meeting.

If you have friends and family that are interested in day sailing, please invite them to a general meeting to introduce them to our club and encourage them to join, as our day sails are reserved for members only.

As always, if you have any suggestions or comments about the day sail program, please email me @ wsadaysails@gmail.com.



"Campbell" Christman and Wayne Brandow enjoying a daysail

Photo by Dianne Christman

WSA One-Design Race Clinic

By Christina Tarantola, Vice Commodore

One design racing, win or lose – you know when you cross the line. WSASMB One Design Clinic is definitely a winner. In its ongoing effort to support the Southern California sailing community, WSA is conducting a racing clinic focused on the principles of One Design Racing, Sunday, July 11, organized by Race Chair Mary Stuyvesant.

With generous support from the West Coast Farr 30 Fleet, participants will learn the principles of One Design racing and why many feel it's the best way to race. Farr 30s are considered by many to be the perfect entry point for those interested in high performance grand prix one design racing. Skippers and tacticians will discuss topics like Why One Design?, Growing a Fleet, Class Rules – why you have them, Coaching and Developing a Winning Crew.

"One Design racing is extremely exciting because you are truly racing like kind boats and it all comes down to skills, preparation, and crew work," says Clockwork co-owner and West Coast Farr 30 Fleet Secretary Monica Skipwith. "In One Design it can be any team's game and that is what adds to the thrill of racing! In addition, with the keen competition comes a great sense of camaraderie in the fleet that you don't really see in PHRF racing."

One Design racing is boat-for-boat competition, where the first boat over the line wins. For many racers, this is an exciting change from PHRF and other handicap racing rules, where the top boats may never be near each other and winners are decided by adjusted-time results.

The day will begin at 9:30 a.m. with a chalk talk at South Coast Corinthian Yacht Club. This will be followed by on-the-water coaching and racing, and the day will end with a debrief and barbeque back at SCCYC.

Interested participants must have sailing experience and some racing experience. This is not a clinic for beginners. The clinic is sponsored by WSA but is definitely co-ed. Cost for the clinic is \$15 (\$10 for WSA members). Cost of the clinic includes chalk talk, sailing, debrief, and barbecue. Participants should bring their own lunch. For details and registration, visit <http://wsasmb.org/racingclinic711.html>. For details, email racing@wsasmb.org.

Put those racing skills to the test! Enter the Baker Regatta on July 17

MVYC will host the annual Robert Baker Memorial Regatta on July 17. Women's teams are scored separately. This one-day regatta is a great way to test out the skills you learned in the July 11 clinic! Go to www.mvyc.org for the Notice of Race and more info!

WSA is Recruiting Skippers for Linda Elias Memorial Women's One Design Regatta Entries

WSA of Santa Monica Bay intends to promote Women's Sailing and the Linda Elias Memorial Women's One Design (sponsored by the Long Beach Yacht Club and the Long Beach WSA), through seeking to maximize opportunities for participation in this event, by both existing members and potential members that may choose to join the WSA. Further information about the regatta can be obtained from www.lbyc.org. This year the regatta will be held October 16-17.

The WSA of SMB plans to budget funding for up to 50% of the cost for up to 2 entries to include boat charter and entry fee, which will be open to any qualified skipper to apply. Final decision on funding will be at the sole discretion of the board. The skipper and/or crew will need to fund the remaining balance of the boat charter and entry fees, the damage deposit and any incidentals.

Should only 1 boat qualify for funding, at the discretion of the board, the balance of the budgeted funds may be donated to an organization or cause which promotes women's sailing such as the Linda Elias Scholarship fund, which provides funding to qualified women skippers to participate in other sailing events. Should more than 2 qualified boats apply for funding, it will be at the discretion of the board to define selection criteria and decide which entries will receive funding.

Interested skippers must submit a written request, including the skipper's racing resume, to the WSA board to qualify for consideration of funding. Requests will be accepted beginning 30 March; no requests will be considered after 15 August. Only applications from current WSA members will be considered. More information about the WSA of SMB, including a membership application, can be found at www.wsasmb.org. Requests for funding can be mailed to The Women's Sailing Association of Santa Monica Bay, PO Box 10034, Marina del Rey CA, 90295.

The WSA board will evaluate requests based on the following factors: (a) The skipper's overall sailing experience. (b) The skipper's racing history in terms of number of races entered and overall record. (c) The skipper's ability to recruit and train crew.

Requests for funding will be reviewed at each month's board meeting (the 4th Tuesday of every month), beginning with the April board meeting. Exceptional candidates may be accepted for funding at any board meeting. Skippers accepted for funding will

be notified on the 30th of that month. Requests that are not accepted at a monthly board meeting are held over to be reviewed in upcoming board meetings, along with any newly received requests.

The last possible date to submit a request for funding is 15 August, and the last review of requests will occur at the August board meeting. Should 2 skippers be selected for funding prior to 15 August, however, no further applications will be accepted after their acceptance. Final authorization for funding from the WSA is contingent upon approval of the skipper(s) by the Long Beach Yacht Club Sailing Foundation, the organization administering control of the boats used in this regatta.

The skipper is entirely in charge of who will be on her crew, with the sole proviso that all crew members be members of the WSA at the time of the regatta. Skippers who have been accepted for funding by the WSA board will be announced to the general membership by email announcement, in the following month's newsletter and at the following month's general meeting (the second Tuesday of each month). WSA members are encouraged to contact skippers in order to possibly obtain a crew position.

(Editor's note: Karyn Jones has been chosen by the WSA board as one of our skippers—a second application is encouraged—the deadline is 15 August!)

Marina del Rey "factoids"

Did you know that shortly after the harbor opened for use, severe storm damage in 1962-63 forced a reconsideration of the freestanding breakwater we now know so well? Fortunately, this problem had been anticipated and US Army Corp of Engineers studies were already underway. With the assistance of the Federal government, a "crash" program to build the breakwater began. In the meantime, temporary protective sheet-pile baffles were placed in the entrance. Source: <http://beaches.co.la.ca.us/BandH/Marina/MdRhistry.htm>



Early aerial photo of completed harbor

June Was a Busy Month

By Mary Stuyvesant, Race Chair

Every year it seems we wait and wait for racing to begin. It starts slowly in January and February with Champagne Series and So. Cal. Midwinters (that's where we realize we are not in shape.... at least some of us). March is a sleepy month with many boats prepping and then racing to Cabo and Berger races along the way. April starts the Sunset Series and is quickly followed by Starlight Series, Sunstroke Series and Cal Race Week in May (now we're rolling) and Long Beach Race Week in June. Oh yeah and along the way there is Memorial Day, Mother's Day, Father's Day, Graduations and well life outside of sailing. Wait. What's that? Okay, Okay maybe some of need to work on our life work - balance and some of us need to work on our life - sailing balance.

On that note comes June Cup. This is my second year racing June Cup in Redondo Beach. Every Tuesday night in June - it is a Woman and the Helm Series and great practice for the WOW/WAH regatta in September. So those of us that troop down to Redondo and our crews are now sailing 5-6 days a week in June. And for most of us working. It makes for a fun month - but a stressful month of co-workers and significant others saying - "Wait - your're sailing again?" "Really?". I am lucky because my "other" sails as well and was super helpful in delivering the boat between Marina Del Rey and Redondo - he missed all the parties - so thank you Chuck!

June Cup is PHRF racing with Random Leg Scoring. This series is one of the reasons I really don't enjoy PHRF racing. And I really can't even explain the formulas for the ratings and the time adjustments based on boats and time over distance. There are Farr 40s, Farr 30s, Olson 30, J33s and I don't even know what else in my class. The Farr 40's don't even race equally because one races masthead spinnaker and the other fractional. So we all roll around the course trying to figure who is close enough to whom - to win on corrected time. Seconds count. The last leg up the channel is really the killer. I lost many races there - and there was nothing more that I or my crew could do.

Again - seconds do count. That means driver (speed and course, mark roundings, starts) and crew errors are critical. We corrected out and won one race by :30 seconds. We came in second in the last race by 1 second. It's crazy. And it makes for some tense conversations back at the bar. Ironically mostly between the guys on the crews. That's not to say that the women skippers are not the ones that are competitive.

All of us go down there and race because we are competitive. Most of us are friends and we support

each other's efforts and want everyone to do well - to a certain point. We all want to win. There seems to be some misconception that because we are women racers we are not as competitive as the men. We're supposed to root for each other and hug. Well, I have all kinds of inappropriate words to say to that. And yes there is some hugging and trips to the head together. But make no mistake - I want to win. And if I am not going to win - then had I better get better in trying so that I win the next time. And I am happy to go to the bar and congratulate my fellow competitors on a good race. But I don't know that I need always need to hug and go to a spa with them.

Many WSA racers raced in June Cup this year and I would like to congratulate them on wanting to both drive and to support those that did drive. Kellie Fennesy (crew *Piranha* 1st place), Liz Hjorth (crew, *Piranha*, 1st place) Carol Walsh (skipper), Michaela Draper (crew *White Knight*, 4th place), Kim Stuart (skipper, *White Knight* 4th place), Denise George (crew, *Babe*, 2nd place), Mary Stuyvesant (skipper, *Babe*, 2nd place), Kelly Cantley (skipper, *Bella Luna*). Anyone I missed - I apologize. Congratulations and a firm handshake - you all kicked ass for coming out, racing and doing well. I hope to see all of you out on the water for the WOW/WAH.



Scenes from RBYC's June Cup 2010

Photo Credit Mary Stuyvesant





One Design Race Clinic Sunday July 11



**Learn the Principles of
One Design Racing...**
and why it's so addictive!

- Morning Chalk Talk @ SCCYC(9:30am)
 - Afternoon Drills & Racing
 - BBQ & De-Brief at SCCYC
 - WSA Members \$10
 - Non-members \$15
- (Fees incl. clinic & BBQ - no host bar)

You must have sailing & some racing experience – this is not a beginner clinic. Men and Women Welcome!

Racers must bring their own lunch!

Reservations and Payment

<http://wsasmb.org/racingclinic711.html>

Questions? Email racing@wsasmb.org

Upcoming Calendar of Events

<i>July 2010</i>	
3rd Sat	MdR to San Diego race start SMWYC
10th Sat	Berger/Stein 5 Squirrel Bank DRCY
11th Sun	WSA Race Clinic
13th Tues	WSA General Meeting and SUMMER SILVER ANNIVERSARY PARTY
16th Fri	Sundown Series DRYC
17th Sat	Robert Baker Memorial Regatta MVYC
18th Sun	SMWYC BBQ Race
24th Sat	Pas De Deux double handed regatta SBYRC
27th Tues	WSA Board Meeting
28th Weds	WOW Wednesday with CYC's Sunset Series
30-31 Fri/Sat	Santa Barbara King Harbor Regatta KHYC/SBYC

<i>August 2010</i>	
5th Tues	WSA at the Hollywood Bowl
6-8 Fri-Sun	WSA Cruise to Newport
7th-8th Sat/Sun	PHRF Championships DRYC
8th Sun	BBQ Race SMWYC
10th Tues	WSA General Meeting
24th Tues	WSA Board Meeting
25th Weds	WOW Wednesday with CYC's Sunset Series
28-29 Sat/Sun	Harris Series Regatta CYC

Racers: Be sure to review the 2010 ASMBYC calendar at www.asmbyc.org
Day Sails: Day sails are usually on Saturdays and Sundays but they are NOT listed on this calendar. Contact Dianne Christman at wsadaysails@gmail.com for up-to-date info!

WSA Website: www.wsasmb.org



Man walks on water amid the sailboats outbound during Cal Race Week...

2010 WSA Board and Committee Chairs

Commodore: Susana Hernandez Araico
commodore@wsasmb.org

Education Director: Kim Stuart
education@wsasmb.org

Treasurer: Fred Rossmeissl
treasurer@wsasmb.org

Fleet Captain: Coco Leigh & Bob Falisey
fleetcaptain@wsasmb.org

Cruise Co-Chairs: Coco Leigh & Bob Falisey
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Skippers Liaison: Karyn Jones
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Social Chair: Kelly Weiss
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Communications Director: Michaela Draper
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Newsletter Co-Editors: Sue Service & John Nelson
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Historian: Sandra Canalis

Vice Commodore: Christina Tarantola
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Secretary: Patricia Rose

Junior Staff Commodore: Diane Larson
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Race Chair: Mary Stuyvesant
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Day Sail Chair: Dianne Christman
daysails@wsasmb or wsadaysails@gmail.com

Social Director: Janet Davis
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Membership Chair: Sharon Breitling
membership@wsasmb.org

Publicity Chair: Krystina Price
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Webmaster: John Nelson
webmaster@wsasmb.org



**WOMEN'S SAILING ASSOCIATION
OF SANTA MONICA BAY, INC.**
PO Box 10034
Marina del Rey, CA 90295

MISSION STATEMENT

To promote and support women's sailing based on the following principles:

- To provide educational opportunities;
- To provide information on gaining access to races, cruises and other Santa Monica Bay activities;
- To support "Youth in Sailing" community service programs;
- To support established sailing programs for women;
- To enhance networking opportunities