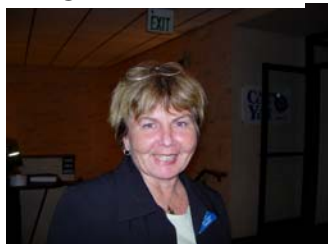


Gal' Warnings

COMMODORE'S QUARTERS

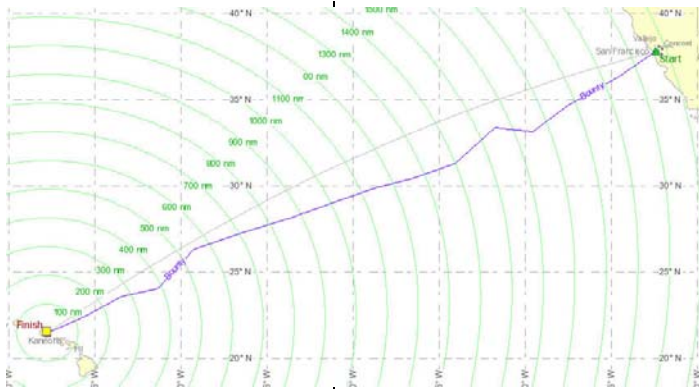


By Patti Eagan

If you can't tie a knot ...

... tie a lot! Actually, instead it would be better to attend our November general meeting. Lindsey Philpott, marlinspike artist and former tall ship sailor, will be on hand to talk about the tools of the marlinspike trade, demonstrate knots and splicing, and even show us how to make those beautiful braided

placemats we've all seen in seafood restaurants. If you've wondered how to make an eye splice, or don't really know your knots, or need to make holiday gifts, don't miss this meeting. Lindsey suggests purchasing a Swedish (or hollow) fid (available from any marine chandler for ~\$7) before the next meeting, if you're serious about learning more. Otherwise, he'll bring some tools and lines for us to practice with.



Cruise track of the *Bounty*, the boat WSA member Avghi Constantinides crewed on for the 2006 Pacific Cup. See her article for the whole story!

In December we have both the boat parade (the WSA entry is always spectacular and wins a prize or two!) and our end of year holiday party and induction of the 2007 board. It's a great party, don't miss it!

Participation in

our sport – is it declining?

By Sue Service, newsletter editor

If you follow any of the on-line sailing forums or the letters to the editor in major sailing magazines, you'll have seen that many persons that are involved in sailing are concerned about a general decrease in the numbers

of persons participating in the sport/pastime we all love. Memberships in yacht clubs is on the decline, as is participation in racing and cruising events.

This decline has found its way to women's sailing organizations as well. While WSA's membership has remained stable, the Women's Yacht Racing Fleet (WYRF) of San Diego, one of the oldest and strongest women's sailing groups in Southern California, has recently shut

November 14: Lindsey Philpott on Marlinspike Seamanship – or how to splice lines and tie knots!

Social Hour 6:30, Business Mtg 7:30, Speaker 8pm

December 12: Holiday Party and Installation Dinner!

down. (For more info about WYRF of San Diego go to <http://www.wyrfsd.org/>)

Do you think sailing participation is down, and if so, why? Any thoughts on how to increase the interest in sailing, particularly in ways to keep WSA healthy and growing? The newsletter would welcome your thoughts and ideas (as would WSA). Please send an email to me with your comments
(sservice@mednet.ucla.edu)

Holiday Party and Installation Dinner – Tuesday December 12!

By Jr. Staff Commodore Karyn Jones

The dinner will be held at SMWYC. We'll start with appetizers in the bar (chips and salsa, pitas and hummus) at 6:30pm. Dinner will be served at 7:30pm, there'll be a holiday salad bar in the middle of the dining room with salad plates and a mixed bread basket for starters. After salad, members and guests will proceed to the main course served by Conrad (the chef at SMWYC): Choice of Salmon with a dill or Dijon sauce or Rotisserie Chicken. Both entrees are served with garlic herb mashed potatoes, and a grilled vegetable medley. Dessert will be a chocolate fudge cake. Yum!! Members \$20 and non-members \$25.

Environmental News

By: Fran Weber-Melville Staff Commodore
Community Action alert!!!!

The County of Los Angeles Regional Planning Commission will conduct a public hearing to consider proposed amendments to the Marina Del Rey Local Coastal Program on Monday November 20th, 2006 at 9am. Location is Hall Of Records, Room 150, 320 W. Temple Street, Los Angeles, Ca 90012.

The documents and materials will be available for public review on November 6, 2006 at Lloyd Taber Marina del Rey Library, Marina Del Rey Visitors' Information Center 4701 Admiralty Way, or via email: planning.co.la.ca.us/spMarina.htm

If after reviewing the plans you have comments or concerns and you are unable to attend the public hearing but wish to send written comments, please write to the Regional Planning Commission, 320 West Temple Street, 13th floor, Los Angeles, California 90012

This review happens every 5 years...so now is the time to make your thoughts known!!!

Clean Water Act: Empower the People Workshop #5

Raising the Bar in Malibu: Cleaning up the Bay's Most Polluted Water

Join Santa Monica Baykeeper in the fight for clean water by attending this fifth workshop in a series on the Clean Water Act and water quality issues in Los Angeles. On November 15, the CWA topic will be NPDES discharge permits and guest speakers Ozzie Silna, Santa Monica Baykeeper Board Member, and Melina Watts, Malibu Creek Watershed Coordinator will talk about the special problems that make Malibu waters some of the most polluted in Los Angeles.

Come at 6:30 for a special screening of *The Clean Water Act and Our Backyards: Improving Water Quality in the Santa Monica Mountains*. Learn how we can all make lifestyle choices to improve water quality and heal ecosystems throughout the Santa Monica Mountains and adjacent regions in this entertaining film narrated by actor/environmentalist Wendie Malick.

For a complete list of workshop dates, topics and locations, call Kathleen Jacecko at 310-822-4522 or visit http://www.smbaykeeper.org/ep/ep_home.html.

Date: November 15, 2006

Time: 7:00 - 9:00pm

Location: Malibu High School Auditorium, 30215 Morning View Dr, Malibu, CA 90265

Parking: Follow signs to free on-campus parking

LEMWOD

By Laura Guggenheimer

The Linda Elias Memorial Women's One Design (LEMWOD) Challenge is an annual regatta hosted by Long Beach Yacht Club every year for the last 15 years. Formerly known as the Women's One Design Challenge, the name was changed to honor Long Beach Yacht Club's elite racer, Linda Elias who died of a combination of ovarian and breast cancer in 2003. WSA has been sponsoring a team to go to this event for more than 5 years. This year it was held the weekend of October 14th and 15th. Six yacht clubs were in attendance including, CalYC (skipped by WSA's Liz Hjorth), Long Beach YC, Dana Point YC, San Diego YC and Puerto Vallarta's female team.

The WSA team was skippered by Kathy St. Amant and our tactician was Gwen Abel, a former member of WSA 15+ years ago who rejoined to help us on this race. Main Trim was Monica Chaban, Jib and Spinnaker trim was handled by Mary Stuyvestant, Tina Claps and me, Laura Guggenheimer. Pit was managed by Kelly Cantly, Mast was Sheri Sanders, Fore-deck was Michaela Draper, Utility was Avghi Constanindes.

The racing started on Saturday with what was expected to be 3 races. The course was simple, a start/finish line and a windward mark. The course was determined by how many times we were to circle the course. We started out strong with a 3 place finish in the first race, we were all feeling confident but we started losing a place with every race following. We started to get tired after the third race as the wind kept building. We were sprung with an unexpected fourth race where things started to go badly for us. At the weather rounding we had an unfortunate problem with the spinnaker getting wrapped around the head-stay as the jib was being lowered. We struggled with this tangled mess in 15 knots of breeze and felt that as long as we finished the race, tomorrow would go

much better. We were wrong... As we finished the fourth race we were shocked to realize that they had scheduled a fifth race. We were beaten up, exhausted and our morale was very low. We tuckered up and we made it through the final race of the day. The wind was blowing 15+ knots and it took literally all that we had to finish. Unfortunately we had similar problems with the fifth race with getting a spinnaker wrap around the weather round. Other problems plagued us as well. On one of the weather legs we had one of the worst winch wraps that I have ever seen which left us on a starboard tack for much longer than intended as we released the override.

After racing on Saturday we headed back to the yacht club for some well deserved beverages and food. The food was spectacular and the raffle prizes were the best I've seen. Annie Nelson from San Diego was last year's recipient of the Linda Elias Sailing Scholarship and shared her experience of taking her crew to Austria to participate in a catamaran regatta.

Sailing on Sunday was a much different experience from Saturday. The conditions were extremely light, < 10 knots. We found ourselves hanging out on the low side for much of the two races. The light breezes were welcome by all on the boat. The previous day's conditions had taken their toll.

At the end of the regatta, San Diego came out on top with a first place finish, followed by California Yacht Club with a second place finish and rounding out the top three was Karen Campbell of LSFYC (Little Ships Fleet YC in Alamitos Bay). We finished the race in 5th place out of 6 entries. Not a strong finish but we all learned so much from the weekend and most importantly had a great time sailing together. Thank you to all on the crew for a fantastic sailing experience one which I will remember always.

Day Sail Daze

By Laura Guggenheimer

The month of October was a good month for day sails with 5 day sails. Wayne went out for 3 sails: 19th, 21st and 22nd. And Jeannea was out for two: 10th and 22nd. Look for more sails scheduled for November.

Boat Parade

By Laura Guggenheimer

The boat parade is creeping up on us. Karyn Jones has been gracious enough to offer her boat out for us to decorate AND she has come up with a fantastic theme. We are going to turn her boat into a snow globe which fits well with this year's theme "Water Winter Wonderland". We plan on having an igloo, penguins, a polar bear, a snow-drift life line and a globe outline. I will need someone to help me draw these outlines. If you are artistically inclined please volunteer. It's a fun event and this year's grand prize is a trip for two to next year's Tokyo boat parade. If we win the grand prize we will raffle this trip to the membership.

Please email Laura Guggenheimer to help out at: laura.guggenheimer@gmail.com or call at 310.613.3356. The boat parade will be Saturday, December 9th. We plan on having one full work day prior to the event on Saturday, November 25th. Saturday December 9th we will start early and have the boat ready for the parade at 6pm. People may ride on the boat for the parade but space is limited to first come, first serve.

Member spotlight: Kim Stuart

By Sue Service



Kim Stuart (member #788) has been WSA's race chair for 2006, and will be involved on

the board again in 2007. She has been very active this year with keeping us all informed of race opportunities via email, so you probably recognize her name even if you haven't met her. Kim got her start sailing while at Tulane University, in New Orleans LA, where she was on the sailing team. Currently she owns three boats: her Schock 35 *Penelope*, a Santana 20, and a Star boat. Kim generously let the WSA LEMWOD team use her Schock for practice – even though she wasn't on the team!

As you might imagine, keeping this many boats active means she often needs crew – so don't hesitate to approach her at a meeting and ask for a ride – if she doesn't need you for an upcoming race, she certainly will know someone that does!

Racing to Hawaii in the Pacific Cup – Installment #2

By Avghi Constantinides

The WSA June 2006 newsletter featured an article by Avghi about her possible involvement in the Pacific Cup Race, from San Francisco to Hawaii (>2000 nautical miles). Here Avghi continues her story



So I did get the gig. WOW, I'm going to sail to Hawaii in the Pacific cup race. I would be leaving on July 3rd 2006 at 10am.

Time to prepare. The

skipper told all of his crew members to buy the "Pacific cup hand book" By West Marine. I read each chapter highlighting and underling things as I went along and asking my skipper questions, if I did not understand something. I would suggest anyone who is cruising and

going further than Catalina this handbook is a must!

I went to San Francisco three times to sail and do one race on "Bounty". The race was the Master Mariners with beautiful old wooden boats. It was a fun race and I did get to meet most of the crew and also got to experience racing up in San Francisco bay with the crazy wind and tides up there. All crewmembers had to practice a MOB, and fortunately we all passed that one.

I did like the captain's rule of when "you are on deck clip in". The boat had jack lines on both sides running forward and aft. So if it was 2pm or 3am, when we were in the companion way we would clip on before we stepped out. It took some time to get used to this as when just taking 2-3 steps away from the jack lines and you learn very quickly.

We had many tethers lined up as we came out of the companionway, old ones new ones with two lines on them. We each found our favorites. (Thanks Wayne Brandow, I borrowed his tether)

Now its time to prepare the list of things that I need to bring along. Of course being a female what do we always do, over pack... SO read on and learn. Here is the list that I took, but this was after repacking about 10 times, and I still could of brought less.

- 3 sailing long pants with zip off shorts- really only needed two but was happy that I have 3, nice to put on some clean clothes.
- 5 T-shirt – May have gotten by with 3.
- 3 thermal pants – 1-2 pairs was plenty
- 5 thermal tops – 2 was fine.
- 1 P. J – did not need these. (The skipper said PJ could be good to wear when it gets really hot and they cover you so you won't burn)
- 1 long sleeves sun top – Very helpful
- 4 gloves -2 warm, 2-sailing – One pair of each would have been plenty.
- 3 hats (1 woolly -2 sun hats) – One woolly & one sun hat.
- 1 gator _ Yes, very helpful, I get cold easily

- 8 Q/Dry panties – So nice to put on clean undies most days.
- 1 pair boots – Yes, need those boots.
- 1 pair boat shoes – yes, very valuable
- 6 Socks – 3 pairs would have been enough
- Bras – I wore sports bra most of the time, easier to sleep in, too tired most of the time to change out of everything.
- 2 swimsuits – one would have been fine.
- sarong – this was great a nice cover up in the sun and nice to sleep under when the sleeping bag was too warm.
- Pruell anti bacterial hand washing liquid – did not need to bring my own, it was on the boat.
- Hand cream – Very helpful, hands looked like a snake shedding its skin for a few weeks afterwards.
- Spray conditioner for hair – Yes a must, did not get to wash my hair that much as when I did wash it was in sea salt so the condition was really helpful.
- Joy-dish wash (on the boat) One bottle of dish soap lasted for 14 days at sea, all the dishes, our clothes and for washing 8 bodies. It's the best with seawater, not much else lathers up.
- G.P.S – my new handy dandy hand held, but of course there was plenty on board.
- Sun block 50 – My husband said to me when he met me at the dock in Hawaii, "I thought you would be browner" I said " 50 sun block and a hat works!
- Lip balm/SPF- Used as much as I could, but really only needed one.
- Reading light/ clip – I bought a little book light with t clip, it was great.
- I-pod – turned it on about 3 times only, did not really need it.
- Head lamp/ red right- did not use my head lamp but had one of small little red lights kept it on my lanyard with my knife. A gem!
- Wet ones – We had plenty on the boat, did not need to bring my own.
- Wet ones body wash- Great to help freshen up!
- Panties Liners – keeping me clean and fresh
- Ponds face wipes- Yes, yes, yes, I did clean my face daily and it helped to wake me up for that 3am shift-least favorite one.
- First aid+ Meds- Bring what you may need. I brought Arnica great for bruising, Calendula great for chafing, hot spots, abrasions, and boat butt...

Upcoming Calendar of Events

...November 2006

7 th Tues	WSA General Meeting
11 th Sat	Home Port Regatta PMYC/SBYRC

...December 2006

9 th Sat	MdR Holiday Boat Parade
12 th	WSA General Meeting – Installation Dinner and Holiday Party!
16 th Sat	King Harbor Holiday Boat Parade

Racers – be sure to review a copy of the 2006 ASMBYC calendar – you can get a copy at <http://www.asmbyc.org>

Daysails: Daysails take place on Saturdays and Sundays, and are not listed on this calendar – contact Laura Guggenheimer (wsadaysails@gmail.com) for up to date information!



Jeannea, don't tell us you're abandoning ship?! The daysail wasn't that bad, was it? ☺

2006 WSA BOARD and COMMITTEE CHAIRS

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Vice Commodore

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Secretary

Barbara Marbach

Treasurer

Karen Kuchel

J/S Commodore

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**WOMEN'S SAILING ASSOCIATION
Of SANTA MONICA BAY, INC.
P.O. Box 10034
Marina del Rey, CA 90295**

MISSION STATEMENT:

- To promote and support women's Sailing based on the following principles:
- To provide education 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; and
- To enhance networking opportunities.

<http://www.wsasmb.org>.....Women's Sailing Assoc of Santa Monica Bay