

WINDWORD

Volume 25 No1
Spring 2016

The Newsletter of the Footloose Sailing Association
Leave your disability on the dock.

At the Tiller

Celebrating our 25th Year!



AHOY, SAILORS!

We had a great 2015 season with the Blake Island overnight and nine daysails out of north Leschi on Lake Washington. The setup and shutdown days went smoothly — the Footloose equipment comes out of hiding in spring in time for the fine Northwest sailing season, then it disappears again for the winter, safe from winter storms.

Midwinter Celebration

We had the annual mid-winter party this year on February 21 at the Mercer Island library with 24 sailors, great food, and lots of camaraderie. The annual **Loose Screw** awards went to **Ken McKenzie** and **Ben Lobaugh** for their volunteer work.

Gearing up for the 2016 Twenty-Fifth Anniversary Season

We are setting our sails towards our upcoming sailing season starting with **setup day on April 30th** at 10 AM and **our first daysail on May 16** (volunteers at 10am and sailors at 11am). This year there are 9 daysails on Lake Washington as well as the overnight Blake Island adventure scheduled for July 9-10. I'm looking forward to lot's of fun and safe sailing this summer!

Volunteer training day is scheduled for **May 7** at 10 AM at north Leschi. Please call [206-382-2680](tel:206-382-2680) or e-mail the club (footloosedisabledsailing.org/contact-us) if you are interested. Also, a big THANK YOU goes out to our volunteers, donors, and businesses that help Footloose because without them Footloose wouldn't exist.

You can keep up with Footloose on our facebook page, on the Footloose phone, or at our website footloosedisabledsailing.org.

Keep up with Footloose Online

You can keep up with Footloose on our [Facebook page](#) or at our website www.footloosedisabledsailing.org. Of course, you can always give us a call on the Footloose phone 206-382-2680.

Thanks for Your Continuing Support



Adobe Systems was our Gold sponsor in 2015! In addition to monetarily supporting volunteer employee hours, Adobe also contributed \$5,000 to Footloose Sailing. **Thank you for your support.**

Please consider supporting Footloose. The generosity of donors like you makes Footloose Disabled Sailing possible (see p. 4). *The access dinghy waiting for a passenger like you!*

Also, a big THANK YOU goes out to our volunteers, donors, and the businesses that help Footloose—without them, Footloose wouldn't exist. Still tacking after all these years!

*Fair winds and following seas,
Captain Bob*



About us



2016: Celebrating 25 years

Since 1991, Footloose Sailing Association has introduced the recreation and sport of sailing to people of all ages with various disabilities. Family, friends, and caregivers are also welcome. Based out of Leschi Marina on Lake Washington, we hold day sails on an average of every other week throughout the spring and summer months. We also sail across Puget Sound for an overnight at Blake Island once every summer.

It's good, clean, safe family fun!

Come join us and "Leave Your Disability at the Dock."

For schedule and information check us out at: footloosedisablesailing.org.

Footloose Sailing Association is a 501(c)3 not-for-profit Corporation. 🐦

Board Members

The Footloose Board includes disabled as well as able-bodied volunteers.

- **Bob Ewing**, President
- **Ben Lobaugh**, Vice Pres.
- **Jeff Wasserman**, Treasurer
- **David Andrew**
- **Cathy Crespo**
- **Todd Heckel**
- **Ken McKenzie**
- **Rowly Stow**
- **Susan Zajac**



Daysail with Footloose

FOOTLOOSE USUALLY has nine daysail events in a summer. We sail out of the north Leschi marina on the east shore of Lake Washington between the two floating bridges. The events consist of two sailing sessions—from noon to 2:00 PM then 2:30 PM to 4:30 PM.

Either or both of these sessions may be shorter if needed. We have a davit system similar to a Hoyer lift to help some sailors in and out of the boats. There is a weight limit of 200 pounds for the davit.

We'll need sailors to report to the dock hour before each session starts and please bring your own lunch, appropriate clothing for the weather, sunblock, and hat. You can just ride and enjoy the experience and/or learn about sailing—how the sails work, how to tie a bowline, the names of boat parts, and much more. If you want, you can help sail the boat too. Family, friends, and caregivers are also welcome if there is room on the boat.

Footloose is 100 percent volunteer and these volunteers help with activities on shore, on the docks, and on the boats. So, you don't have to know how to sail to volunteer. Come sailing with Footloose and leave your disability at the dock!



2015 Footloose Schedule of Events and Sailings

- **April 30** - Setup day 10am - launch dinghies, clean boats, assemble cabinet, check equipment, etc
- **May 7** -training day,10AM - location to be announced
- **May 14** - first daysail
- **May 28** - daysail
- **June 11** - daysail
- **June 25** - daysail
- **July 9-10** - Blake Island overnight camping trip - by reservation only
- **July 23** - daysail
- **August 13** - daysail
- **August 27** - daysail
- **September 10** - daysail
- **September 24** - last daysail
- **October 1** - Shut down day 10 AM; if bad weather, then October 8.

Daysail time schedule

- Volunteers arrive for setup at 10 AM
- Sailors to sign in at 11 AM
- Start loading boats 11:30 AM
- First sailing: Noon to 2 PM
- Second sailing: 2:30 PM to 4:30 PM (please arrive and sign in by 1:30 for the second sailing)

Blake Island Overnight: July 9–10

FOOTLOOSE SAILING'S annual Blake Island weekend overnight is lots of fun! We'll leave on Saturday morning, July 9th, from Elliot Bay marina and sail across Puget Sound to the Blake Island State Park Marina, where we'll unload everybody and haul everything to the campsites located on the south side of the island just off the beach. You can walk the trails on the island, explore the beaches, or just hang out at the campsite area. There are accessible restrooms with pay showers less than 200 feet from the campsite.

Some years Footloose has cooked Saturday dinner; other years we have gone to the dinner-dance show at the Tillicum Village longhouse. Either way, please let us know if you have dietary restrictions. A campfire and s'mores are

always a highlight of Saturday evening. Campers and sailors must provide their own camping gear (tents, sleeping bags and mattresses) and food to cover your two lunches and Sunday morning breakfast.

Also, you will need to provide an attendant if you need one. Footloose will provide transportation on sailboats, the campsites and dinner Saturday night.



Participation is by reservation only. Reservations must be made before June 25th, 2016. **206-382-2680** or e-mail:

info@footloosedisabledsailing.org

Come with us and experience the beautiful views, animal sightings, sun, wind, fun, and camaraderie. 🦅 🦅 🦅

Let's go sailing!

Footloose Disabled Sailing provides the boats, opportunities, and expertise to help those who enjoy the water with three pathways to sailing:

- **Enjoying the ride.** These are people who, because of their disability or mindset, want to just enjoy a sailboat ride. It's recreation, leaving your disability at the dock and getting out on the water with your friends. Footloose has both big and small non-athletic sailboats available for sailing experiences.
- **Participating as crew.** Again, because of disability or mindset, some prefer to help on the boat, but not have the responsibility of skippering the boat. So this is your crew, and they will pick up sailing knowledge at their own pace and ability.
- **Being the skipper.** These folks decide that they want to learn everything about sailing and pursue becoming a skipper. All you need is

the mind, the knowledge, and the ability to communicate to be a successful skipper.

Not everyone gets to be a skipper, but everyone can participate. You learn by going sailing, talking about sailing, and reading about it. It can be done in structured lessons or over time at your own pace.

Adaptations for disabilities come with special seating, electric power winches, electric starter motors, roller furling, davit transfer systems (similar to Hoyer), joy stick controls, and other innovations, which are sometimes specific to a certain situation.

For example we have two 16-foot boats that have electric winches for steering and sail control set up to work with a joy stick, chin stick or sip and puff. Once we give the sailors the basic knowledge, they can sail a boat. If you think about that, and the situation that the sailor lives in, it becomes very powerful.



**Thank you,
Shilshole Bay
Yacht Club**



Each year the Shilshole Bay Yacht Club (SBYC) hosts the Trans Puget sailboat race at the end of summer. All proceeds from the race are donated to a worthy cause and for several years SBYC has supported Footloose Sailing Association both through financial donations and time donations from members.

Race Day 2015 had plenty of wind and a bit of sunshine. An added perk: Footloose sailors are welcome to ride along on some boats in the race to share in the excitement and they are invited to attend the after-race party.

With great joy, SBYC once again partnered with Footloose and raised \$1395.70. As the 2016 season rolls around we look forward to spending time on the water together.



Become a member, supporter, and / or a volunteer with Footloose Sailing Association

I'd like to join Footloose:

- Individual Member: \$25/yr.
 Family membership \$75/yr.
 Season Pass: \$100 (daysails except Blake Island)

I'd like to be a Footloose volunteer: other : _____

- Able-bodied sailor
 Fundraising
 Public relations
 Committee work
 Boat repair
 Instructions/skipper

Enclosed is a donation of \$_____ for Footloose.

Name	Phone
Address	City/State/ZIP
Email	

Send your check and your information to:
 Footloose Sailing Association, 7683 SE 27th St. #239, Mercer Island WA 98040

We thank our sponsors whose help and support make Footloose events and outreach possible.



Footloose Sailing Association
 7683 SE 27th St. #239
 Mercer Island, WA 98040

