

WINDWORD

The Newsletter of the Footloose Sailing Association

Leave your disability at the dock

BLAKE ISLAND July 28-29

BOOK NOW!



At The Tiller

Ahoy sailors! We had a great 2017 season with the Blake Island overnight and 9 daysails out of north Leschi on Lake Washington. We had the annual mid-winter party this year on January 20, 2018 at the Mercer Island Episcopal Church with great food, lots of camaraderie and 25 attending. We are already into our sailing season with a total of 15 sailor-participants and 18 volunteers participating in both of our first 2 events. There are 7 daysails left as well as the overnight Blake Island adventure scheduled for July 28-29 which requires reservations (contact info@footloosedisablesailing.org). I'm looking forward to more fun and safe sailing this summer!

Please consider supporting Footloose. We are a 100% volunteer 501-C3 organization which means that your donations are tax deductible. 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:

<https://www.facebook.com/FootlooseSailingAssociation/?ref=bookmarks>

or at our website footloosedisablesailing.org.

fair winds,

Captain Bob

UPCOMING

June 16 Day Sail

June 30 Day Sail

July 14 Day Sail

See Page 6 for the full schedule



Footloose is an all volunteer 501(c)(3) organization funded entirely by donations.

Footloose Outreach

Bob Ewing, along with Nancy McCraney and Rowly Stow, attended a Young Adult Stroke Survivors (YASS) meeting in Seattle on March 17, 2018. YASS is a support group for stroke survivors, with members ranging in age from their 20s to their 70s. There were approximately 30 attendees at the meeting.

Bob reviewed the history, mission, resources and operations of Footloose. This was followed by a question and answer period. The attendees showed great interest in the program and hopefully we will see them next on the water.

If you are aware of other groups or information sessions that Footloose should be part of or should contact, please let us know. One of Footloose's goals is to serve as many people as possible.

Ken McKenzie and Ben Lobaugh helped publicize Footloose in the Shilshole Yacht Club booth at the Shilshole Boatfest on June 9.

Marina Management now running Leschi Marina

Marina Management are proving to be a very cooperative landlord. To improve security they updated the gate locks so the existing keys no longer work. The new system allows for keypad codes that can be punched in by all Footloose members during a sail day.

FOOTLOOSE TEE SHIRTS

Footloose has a new stock of tee shirts. They are available for purchase for \$20.00 on any sail day. Get yours now and show your support for Footloose.

Fund Raising

Footloose is happy to announce that the Bill and Malinda Gates Foundation through the Benevity Community Impact Fund has made a significant financial contribution. This will insure we can cover this year's operating costs and will allow us to concentrate on raising money for new sailboats.



COLUMBIA 21



Yes you too can hang wet life jackets in your garage

Footloose is an all volunteer organization. Everything we do from taking people sailing to maintaining equipment is done by volunteers. So, if you want to be a volunteer **all you need is a desire to assist people with disabilities to get out on the water.** Volunteers are needed on shore to handle the pre-sail paperwork, assist with life jackets and slings, accompany sailors to their boats, and help get people on and off the boats. On the water each of the Columbias require an able-body to assist the skipper. No sailing experience is required for this (but of course it helps.) If you are interested, please come out and see what we do.

Experience is required for the volunteers that skipper the Columbias or accompany the dinghy sailors. If you are interested in being a skipper please come out and talk to us.

All of the boats, trailers and equipment are maintained by Footloose volunteers. If you have a special knack that could be put to use or if you are interested in being responsible for a specific boat or item, please let us know.

What Does Footloose Require From Participants?

Footloose only requires one thing from you, your desire to be on the water. Whether it's to try something new or to get back to a life-long passion, everyone is welcome. We do our best to cater to your desire. This can range from going for a boat ride on a 21 foot sailboat along with other participants and volunteers, to sailing your own dinghy. There is no formal training program but all of the volunteer skippers are willing to teach you the basics so that you can control the boat as it rides across the water.



ACCESS DINGHY

The Footloose Fleet

The Footloose Fleet of vessels consists of two Columbia 21 sailboats, two Martin-16 dinghies, six Access dinghies and a chase boat. Bob Ewing's own Columbia rounds out the fleet on each sail day.

The Columbia 21s are, funnily enough, 21 feet long. They have an open cockpit that will sit six to eight people. As sailboats go they are relatively stable. Each boat can be equipped with a swivel chair that allows someone that needs more support than a bench seat to operate the tiller (or just enjoy the ride.) The Columbias are ideal for first sails, sailing with others and just being on the water.

The Martin-16s are, you guessed it, 16 foot long dinghies. Seating is one behind the other. The sailor sits in front with the joystick and sheets (sail control lines) and the able-body sits behind them. Although the Martin can give a very spirited sail, it is extremely safe. A 400-pound bulb keel prevents it from tipping over, and Styrofoam inside the hull prevents it from sinking, even if the hull is damaged.

The Martins are suited for people that want to control the boat themselves and they can be adapted to any level of disability. Steering and winching can be supplemented with power assists, and with the sip-and-puff system, a quad can easily control the boat.

More information on the Martins, including sailing tips, can be found at Martin16.com.

The Access-Hansa dinghies are 10 feet long and hold two passengers. Seating is side-by-side. This allows either person to reach the joystick and sail control lines.

The Access-Hansa dinghy also provides a spirited sail and with a 66 pound dagger board it too cannot capsize. The Access-Hansa is ideal for someone just learning to sail as well as an experienced sailor. Once seated in the boat the sailor does not have to move as they would in a traditional dinghy.

The sailing fleet is supported by a 14-foot Boston Whaler equipped with a 20-horsepower

Contributors

Footloose would like to acknowledge and thank the following people and organizations that have financially contributed recently.

Bill and Malinda Gates Foundation
Bo Gilliland
David Andrew
Jane Bogle
Lesley Chapin & Paul Wyckoff
Laurian Toland
Melody Roth-Orting
Ricardo Rodriguez
Rick's Master Marine Inc.
Steve Lamson
Toni & Michael Lynch
Wayne Balsinger
West Marine

Please Note – If you donate equipment or consumables, let Footloose know the value. Not only can we issue a tax receipt, it helps in our grant requests to show that we have a large ongoing support base.

EQUIPMENT REPORT

A hoist lift is used to assist some of the sailors from their wheel chairs into the boats. The winch and safety line were replaced prior to the start of the season, at a cost of \$606.00

Childrens' Hospital Bothel Day Sail

You may remember June 8th as being a wet and miserable day. However for 10 sailors, 3 staffers and 6 Footloose volunteers it was a great day on the water. With a good south-west wind the two Columbias and Bob's boat enjoyed, other than the light mist, perfect conditions. The sailors learnt a bit about sailing, had a good outing and never complained about the moisture. We hope to see them again soon.



MARTIN 16 DINGHY

FOR MORE INFORMATION ABOUT FOOTLOOSE

Web site – footloosedisabledsailing.org

Email – info@footloosedisabledsailing.org

Like us on Facebook – Footloose Sailing Association.

GROUP SAILS

This season Footloose is running a pilot program by offering mid-week (and some off-Saturday) sails for groups, as noted in the Spring Newsletter. Another sail is currently booked for June 15, with a second tentatively booked in August.

The group sails will be on the Columbias only and are restricted to people that can board without the use of the Hoyer lift.

If you know of a group that would be interested, please have them contact us. Sails will be by reservation only.

SAIL DAY

The schedule on a sail day is as follows:

10:00 am – volunteers arrive

11:00 am – sailors arrive

11:30 am – start loading boats

12:00 pm – 2:00 pm – first sail

1:30 pm – second sail sailors arrive

2:30 pm – 4:30 pm – second sail

Note – The registration process at the daysail can be shortened by going to the website-join-forms, filling out both the participant info and liability forms and bringing the forms with you to the event.



Footloose 2018 Sailing Schedule

June 16 – daysail

June 30 – daysail

July 14 – daysail

July 28-29 – Blake Island overnight camping trip, by reservation only.

August 11 – daysail

August 26 – daysail

September 8 – daysail

September 22 – last daysail

October 6 – Shut Down Day

– If bad weather, October 7

The list is getting shorter so be sure to get out soon!

Please forward this Newsletter to anyone you know that may be interested in sailing or volunteering with, or donating to, Footloose.