

WINDWORD

The Newsletter of the Footloose Sailing Association

Leave your disability at the dock



At The Tiller

Ahoy sailors! We had a great 2018 season with the Blake Island overnight, 10 daysails out of north Leschi on Lake Washington and the setup and shutdown days when all the Footloose equipment comes out of hiding in the spring, then disappears again in the fall for winter storage. The Footloose family has grown to 186 people this year with 145 participants, family and caregivers supported by 41 volunteers. As a comparison, there was a total of 118 people in 2015.

We are looking forward to our midwinter potluck party as yet to be scheduled for January or February 2019, most likely on Mercer Island. Also our 2019 sailing schedule coming out this winter. So keep in tune with our website footloosedisablesailing.org or our facebook page <https://www.facebook.com/FootlooseSailingAssociation/>

A big thank you goes out to our volunteers, donors and businesses that helped Footloose this year because without them Footloose wouldn't exist.

fair winds,
Captain Bob

Join the
Footloose
Board of
Directors

See Page 2 for
details.

Correction

The Bill and Melinda Gates Foundation was spelt incorrectly in the previous newsletter. Our apologies.



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

A Great Day on the Water



Aaron Dysart in a Martin 16

In His Own Words

“I recently had the pleasure of sailing with Footloose and I can’t say enough about how much I enjoyed the experience. The volunteers are outstanding, the program is well organized, and having fun safely is the priority. Sailing is a wonderful activity and sport because it’s something virtually anyone from five to 99 can participate in, regardless of ability. I am a 47-year old quadriplegic due to spinal cord injury (C4/5) and could sail the boat completely independently with joystick controls, similar to my wheelchair. There’s absolutely nothing like the feeling of leaving your chair and disability at the dock, making your way out of the marina, the sensation of being on the water and watching the wind fill your sails... Thank you Footloose!”

The Footloose Board of Directors

The current Members of the Board are:

President – Bob Ewing

Treasurer – Jeff Wasserman

Members At Large

David Andrew

Ben Lobaugh

Nancy McCraney

Ken McKenzie

Mary Nickerson

Rowly Stow



Join the Board and be more involved with Footloose

“The management of all the affairs, property, and interests of the Association shall be vested in a Board of Directors.” - from the Bylaws of Footloose Sailing Association.

The intent of the Board is that it runs the organization, protects the interests of the sailors and volunteers and insures we continue in the right direction. That is, no special skills are needed to be on the Board, just a strong interest in Footloose. New members on the Board are always welcome, especially participants. If you are interested in serving on the Board, please let one of the Board members know.



Ken and crew on Klichitat

Things To Do In The Off Season

Footloose doesn't go into hibernation during the winter. The boats and equipment have to be maintained and next year planned for. Also, the ongoing recruitment of participants and volunteers continues. Remember the old saying, "If we're not growing we're shrinking." We want to keep Footloose as a vibrant organization and therefore we need to keep infusing new people. If you are interested in helping with any of these activities please let us know.

Footloose also needs people to help with fund raising, event organization, Facebook page updates, participant and volunteer coordination and the Newsletter. Again, if you are interested please contact us.



Tim, the Dockmaster, at work



Michael and Tom

Blake Island Dates May Change

The idea of changing the days for Blake Island from Saturday – Sunday to Sunday – Tuesday is being considered. Dock space would be easier to get and more time could be spent on the island. However, it would not be on a weekend. Please let us know your thoughts.

The Footloose Fleet

Footloose is looking at making changes to our current fleet. One or both of the 50-year old Columbias may be replaced by one or two new or slightly used Catalina 22 Capri sailboats.



Capri 22

We are working with several local Rotary Clubs to raise money and hopefully next season there will be one or two new faces in the stable.



Faron and the sip-n-puff

Contributors

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

Jane Bogle
 Joe & Christelle Bozick
 Marc Carreon
 Robert Dahl
 Gerald Daily and Janet Freeman-Daily
 Jim Fitzpatrick
 Matthew Fraser
 Asmus Freytag
 Michael Graves
 Paul Hartwig
 Danielle Johnson
 Steve Lewis
 Ben Lobaugh
 Robert McDonald
 Mercer Island Rotary
 Mercer Island Women's Club
 Margaret Morris
 Linda Newman
 Mora Olsen
 Helen Owens
 Auriana Palombi
 Tania Scutt
 Jane Stuessy
 Scott Tirrell
 Clint Tseng
 JD Weiner
 Art Wolfe

Footloose Financials

Footloose spends approximately \$20,000 a year, mainly on moorage and insurance. The balance of the costs are maintenance and general operating costs. All personnel are volunteers. All funding is from contributions, with no government or long term committed support.



Bruce and crew in Eoghan

Thanks to Voice

Footloose would like to acknowledge and thank Voice for their support this season. VOICE (Volunteer Outreach in Communities Everywhere) on Mercer Island sent student volunteers to Footloose throughout the summer.

GROUP SAILS

Footloose hosted a special sail for the Tavon Learning Center on Friday, June 15. The Tavon Center provides programs for adults with intellectual and developmental disabilities.

As noted in earlier Wind Word newsletters, Footloose is experimenting with these added sail days. If your group is interested in a designated sail day, please contact us.

I am so glad I found Footloose

The following article is excerpted from a Facebook posting by Amy Emmer. Our thanks to Amy.

I am so glad I found Footloose; they have given me a way to honor my inner water spirit. Just because you're disabled it doesn't mean you can't be an outdoors person or partake in water activities. Footloose volunteers put in a lot of effort and are always on hand to provide whatever support is needed while at the same time letting you do your own thing and decide how much help you'd like. The Footloose community is one big welcoming family and participants are all ages and abilities from newly diagnosed folks with MS to visually impaired folks to those with cognitive impairments to quads. Families and friends are welcome as well. I just got back from Footloose's Blake Island trip and had a blast.

Being on the water and outdoors is so important to my well-being. Despite my disability, I learned to kayak, scuba dive, and piloted pontoon boats in FL but I never learned to sail. My life was deeply affected when I began having daily chronic migraines and then later got divorced. I thought I was no longer able to participate in outdoor activities that require effort. I sold my kayak and gave my tent away. Joining Footloose this year has given me an outlet and lets me be a water-baby again! It is also so important for me that it's affordable.



Sam and Corey

FOR MORE INFORMATION ABOUT FOOTLOOSE

Web site – footloosedisablesailing.org

Email – info@footloosedisablesailing.org

Like us on Facebook – Footloose Sailing Association.



Footloose 2019 Sailing Schedule

Please see the next Edition

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