

WIND WORD

The Newsletter of the Footloose Sailing Association

Leave your disability at the dock

THANKS VOLUNTEERS FOR ANOTHER GREAT SEASON



At The Tiller

Ahoy Sailors! We had a great 2019 sailing season with two nights at Blake Island, 10 daysails at north Leschi on Lake Washington and the setup - shutdown days. The 2019 Footloose sailing family (continued on Page 2)

UPCOMING EVENTS

Footloose Mid-Winter
Potluck Party

Saturday, January 25,
2020 – 12 p.m.

Emmanuel, The
Episcopal Church,
4400 86th Ave. SE
Mercer Island, WA

In Memoriam

Joe Bozick

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

At The Tiller (cont'd)

included 88 participants, 62 volunteers and 36 family and caregivers. We also replaced our aging Columbia 21 'Klickitat' with a 2006 Catalina 22 Capri with help from Shoreline, Alderwood Terrace, Edmonds Daybreakers, Magnolia, Mercer Island, Rotary District 5030 and University District Rotary organizations and money from several other various donors. This was inspired by Joe Bozick (see the article). The Capri is named "Inspiration" in honor of Joe and to reflect the spirit of the Rotary fund raising project.

We're looking forward to our mid-winter potluck scheduled for January 25th from noon to 2 pm and located at Mercer Island Emmanuel Episcopal Church 4400 86th Ave SE, Mercer Island, WA 98040. Also, look for our 2020 sailing schedule to be published on our website later this winter.

Please consider supporting Footloose because it's this generosity that makes Footloose possible. 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 or at our website: footloosedisabledsailing.org.

fair winds,

Captain Bob



In Memorium



Captain Bob and Joe Bozick at

Many of you knew our skipper Joe Bozick. After a long battle, Joe passed away on July 28, 2019, peacefully at home with his wife, Chris.

Joe was a huge supporter of Footloose. His love of sailing was legendary. He could spend hours talking to you about the places he had been, the boats he had sailed, and the races he had won, but nothing topped the joy he got while teaching people how to sail.

In particular, helping people with disabilities experience something they may otherwise have not been able to was a source of fulfillment.

Joe embodied the Footloose motto;

“Leave Your Disability at the Dock”

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Joe Bozick (cont'd)

Through the years he supported Footloose in many other ways as well, including boat maintenance, running programs, and fundraising. In fact, the newest boat in our fleet was purchased through his efforts with Shoreline Rotary, Shilshole Bay Yach Club, and his personal network of friends.

Joe – Thank you for all you have done for Footloose. You will be missed. May you find fair winds and following seas in the hereafter.

The people listed below donated to Footloose in memory of Joe.

Ben Lobaugh
 Robert Dall
 Kirk Doyle
 Nancy Merson
 Bob and Teri Dolittle
 Sally Rawlins
 AJ Mallory
 Rob and Sara Blair
 Joyce Carey
 Andrew Short
 Larry and Sharon Clark
 Helen and Thomas Hancock
 Issa Tseng
 Gail and Ira Gross
 Shilshole Bay Yacht Club

*Lives of great men all remind us
 We can make our lives sublime,
 And, departing, leave behind us
 Footprints in the sands of time.
 Longfellow*

Our Contributors

Footloose thanks the following people and organizations that have supported us this year.

Emmanuel Episcopal Church, Mercer Island
 Washington Women's Foundation
 Sanford Marine Surveys
 Olympus Corporation
 Rotary International
 Washington State Patrol Troopers Association
 Benevity Community Impact Fund – Microsoft
 All The Wiser podcast

Ken Mckenzie
 Susan McLeod
 Karen Braitmayer
 JD Weiner
 Sylvia Longmire

The following people donated to Footloose in memory of Duff Graham, a volunteer who passed away late in 2018.

Laurie Talevich
 Toby Bright
 Nancy Hayes
 Ralph & Maureen Cassese
 Janet Byrne
 Morton Hurt
 Shirley Dean
 Alice Garibaldi
 Cheryl Fredrick
 Donald Goodman

The Footloose Board

The members of Board of Directors for 2020 are as follow:

Bob Ewing – President
 Ken Mckenzie – Vice-President
 Rowly Stow – Secretary, Treasurer
 Members at Large
 Nancy McCraney
 Ben Lobaugh
 Keith Seiler

Footloose would like to thank David Andrew and Jeff Wasserman for their services as previous board members.

Bylaw Revisions

Thanks to the interest of the majority of the Footloose members, the resolution to revise the Bylaws was approved. There were two main changes. Membership will now run until the end of May of the year following the one in which the dues were paid. The Annual Meeting will now be part of the Mid-Winter Party.

Shark Attack

David Byrd was stand-up paddle boarding in Hawaii when he was attacked by a 12-foot shark and lost a portion of his leg. He came out for a sail with Footloose shortly after his accident. An interview with him detailing the attack and its' effect on him can be found on the "All the Wiser" podcast website.

All the Wiser makes a \$2,000 contribution to a charity near and dear their interviewee's heart. Footloose would like to thank David Byrd for picking us as his non-profit of choice.

For Columbia Sailors

Participants with lower body mobility issues can sit comfortably and safely in the Columbia and steer the boat. The chair shown in the photo below, demonstrated by one of our Mercer Island High School volunteers, pivots to allow the helmsperson to always have their head on the high side of the boat. If you are interested in trying it, please let us know when you sign in at registration. This will allow us to confirm that it is suitable for you and give us time to set it up. Give it a try! Captain Bob said it gave him his first taste of really sailing a boat.





Eoghan - Fully loaded and ready for a sail

Disability Awareness

Footloose strives to make its' sailing experiences as worthwhile for its' participants as possible. To this end Captain Bob, during several of this year's board meetings, gave the following advice for volunteers assisting Footloose's participants.

Volunteers need to be aware of unseen issues that can be associated with people with disabilities. Many participants, due to calcium loss, are more prone to broken bones. Also any bruising can turn into a major injury due to the person's reduced circulation. Great care must be taken in moving and securing participants.

People with recent brain or stroke injuries, having to deal with emotional, speech and mobility issues, are trying to pull themselves together. Improvements can be seen as they heal, however there will be setbacks. It may appear that when a participant is sailing they have grasped a new concept, but 2 weeks later they may have forgotten it. The healing process is long and volunteers need to be aware of the issues. Volunteers must also be prepared to let participants push their limits as they attempt to heal.

Volunteers need to be verbal when assisting participants. Even if the participant has declined help the volunteer should let them know where they are and how they are prepared to help, if need be.

People restricted to wheel chairs generally use their arms for propelling their chair or for transferring in and out of the chair. They are not used to sitting with their arms straight out, trying to brace themselves in a sailboat.



Putting away Eoghan

Shutdown Day

Shutdown Day went very smoothly, thanks to the many volunteers that showed up to put the boats to bed. A special shout-out to Morgaine & Co. for showing up to provide moral support and muffins.

John and Cliff enjoyed a final sail in the Martins, piloting them down to the boat launch. Tim missed his traditional single exposure to the Martins but as he had already done his homework and put the Access dinghies away, he was allowed to miss the event.

For more information about Footloose

Web site – footloosedisablesailing.org

Email – info@footloosedisablesailing.org

Like us on Facebook – Footloose Sailing Association.

Off Season

Footloose will not be idle during the off season. Engines need to be repaired and maintained. The chase boat center consol will be reinforced where it connects to the hull. The Martins will be cleaned and repaired. Inspiration needs some work and will receive a new deck cover.

The hunt for a new/newer boat to replace the remaining 46-year old Columbia continues.



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