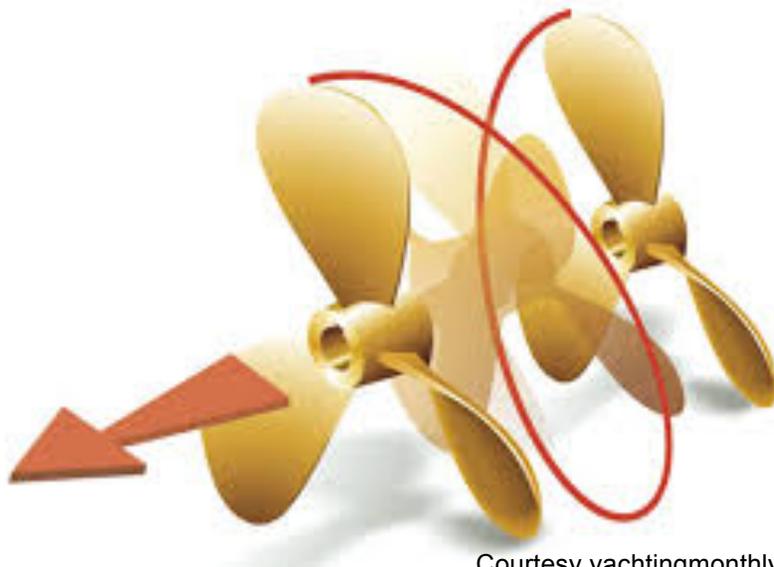


WindWord

The Newsletter of the Footloose Sailing Association

Leave your disability at the dock

2021 Loose Screw Award



Courtesy yachtingmonthly.com

Footloose lovingly and respectfully awards the Loose Screw Award annually to people that have contributed so much to Footloose that they must have a “screw loose”.

The recipients of the 2021 award are Steve Carson and Keith Seiler.

Steve worked tirelessly with Rotary during their fundraising for the two boats that Rotary donated to Footloose, *Inspiration* (a Catalina Capri 22) and *Joe’s Vision* (a Harbor 20).

Keith has been a volunteer with Footloose for a number of years and joined the Board in 2019. He has taken on the task of Quartermaster, making improvements to and maintaining *Inspiration*, *Joe’s Vision* and the chase boat.

Footloose is very grateful to both Steve and Keith for their time and effort.

We are planning for the 2022 season.

Please see inside for details of the new volunteer requirements.

Assistance is needed to sell boats and equipment that has been donated. See Page 3.



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

At The Tiller Spring 2022



Ahoy Footloose sailors!

Here we are sailing into another hope filled spring. As I write this there is another Covid wave causing lockdowns in China and as a result of this we are delaying the setup of the 2022 schedule. We are feeling confident that sailing will happen this coming summer. As mentioned in the winter newsletter there will be a new way of running the events this summer. New participants will still have to contact Footloose through e-mail to discuss needs and boats, but the old hands will be able to pick a day and a boat, make a reservation and prepay through PayPal. Then bring the reservation forms from the Footloose website with you to the event. Volunteers will need to be processed through the Move United background check and disability sensitivity program, and bring the reservation forms from the Footloose website to the event.

Another complicating factor in the 2022 season will be the upcoming remodel of the North Leschi marina towards the end of the summer which will be a major change in the configuration of the marina. One of the results of the remodel will be the removal of the metal wheelchair ramp from the parking lot to the marina. If you know someone in need of a ramp contact me through info@footloosedisabledsailing.org.

We hope to have our 2 day camping trip to Blake Island this summer included in our schedule. Reservations for that will be separate from the new reservation system and will be done through me.

Footloose has ongoing efforts by volunteers in meetings, fund raising, administration, outreach, paperwork, accounting, maintenance, trailer and boat sales. A big thank you to the Footloose Volunteers as well as all the businesses and organizations that support us!

You can keep up with Footloose on our facebook page:

<https://www.facebook.com/FootlooseSailingAssociation/>

or at our website:

footloosedisabledsailing.org.

fair winds, Captain Bob

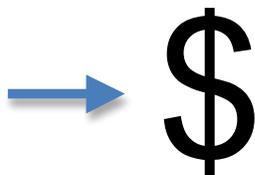
Footloose Manual



Istockphoto.com

The Winter 2022 Wind Word noted that a "Training Manual" is being prepared and that how to access it would be noted in this Wind Word. How to access it will be by going to the Footloose website. However it is not there yet as the incorporation of the Move United requirements and final review have not been completed. We are aiming to have it on-line before the start of the season.

Please help Footloose transform donated boats and engines into program funding.



Supporters of Footloose have generously donated boats and engines with the intent that these items can be sold to fund our activities. This is easier said than done.

We currently have the boats shown on the last page of Wind Word as well as three outboard motors.

Ken McKenzie has been kind enough to let us store the sailboats at his home. However he lives on Camano Island which is not convenient for buyers in the greater Seattle area. We are therefore looking for someone in the Seattle area that would store one or both of the boats and help in the selling process.

The three outboard engines (2 hp, 2-cycle, 4 hp, 2-cycle and 9 hp, 4-cycle) need to be put in running order prior to listing them for sale.

Please contact Footloose if you can help with either or both of these issues.



2022 Volunteer Requirements

The following was initially published in the Summer 2020 edition of Wind Word.

Footloose, as a member of DSUSA and now Move United, has had to implement a Sport Protection Policy. As a member, and as we get our insurance through Move United, we don't have a choice.

The Protection Policy stems from issues with female gymnasts, the Boy Scouts and some religious groups. The intent of the Policy is to protect vulnerable minors and wards from abuse.

A group of Footloose Board members has been working over the past months on the policy. To-date Footloose had not experienced any of the issues covered by the policy so we do not anticipate any change in our day to day activities.

There will be changes in how volunteers are signed up. Any volunteer that expects to be involved with Footloose on an ongoing basis (defined as participating in three or more events in a year) will need to go through a background check, take awareness training and go through an interview process. The background check must be done annually. The awareness training must be refreshed annually.

Volunteers will be contacted prior to the 2022 sailing season to review if they will require training/checking and, if so, how to go through the process. Thank-you for your co-operation in fulfilling these new requirements.

A Scene We've Been Missing



“Stories of Mine”

Footloose received an email from Isabella, a 16 year old high school student living in Seattle. She is launching a new initiative “Stories of Mine” to bring new perspectives forward to those who are struggling with their mental health.

She recognizes that disabled sports athletes are admirable individuals with, in her words, unmatched resilience, determination and adaptability.

Isabella is hoping to collect inspiring personal stories that can be posted on a website. Teens can then access the website to find “positive outlooks, relevant backgrounds, and practical solutions in coping with their problems.”

Isabella can be contacted at info@storiesofmine.org if you are interested in participating in her program.



The Rules of the Road



There is plenty of room on Lake Washington and there is generally little interaction between vessels, other than the motorboats rushing by. However, it is still important to know the rules that apply when two boats approach each other.

The following rules are presented with the caveats listed below:

- Do not assume that the other boat knows the rules
- Do not assume that the other boat has seen you

Rules of the Road, as they apply to day-sailing:

- If necessary to avoid collision or allow more time to assess the situation, a vessel shall slacken her speed or take all way off by stopping or reversing her means of propulsion
- Large vessels that have limited maneuverability, such as tugs and barges, should be given the right-of-way
- Sailboats have the right-of-way over a power boat, unless the sailboat is overtaking the power boat.
- A sailboat under power is a power boat
- Moving boats must stay out of the way of stationary boats

(continued on Page 5)

The Rules of the Road

(continued)

- When two sailboats are on different tacks, the port-tack boat gives way to the starboard-tack boat. That is the boat with the wind coming from it's starboard or right side (with it's boom to the port or left side of the boat) has right-of-way over the boat with the wind coming over it's port or left side (with it's boom to the starboard or right side of the boat).
- When sailboats are on the same tack, the windward boat must give way to the leeward boat. That is a boat upwind of another boat must give way to the boat that is down wind of it.
- An overtaking boat has to give way to a boat it is overtaking.
- The vessel with the right-of-way must maintain it's course and speed and cannot make any surprise maneuvers that would confuse the giving-way vessel.
- A boat that is tacking or jibing must give way to a boat that isn't. A boat tacking or jibing into a right-of-way position must give the give-way boat time to alter course. (this aciton is usually seen in racing.)

When in doubt give way and avoid a collision.

The Footloose Shop



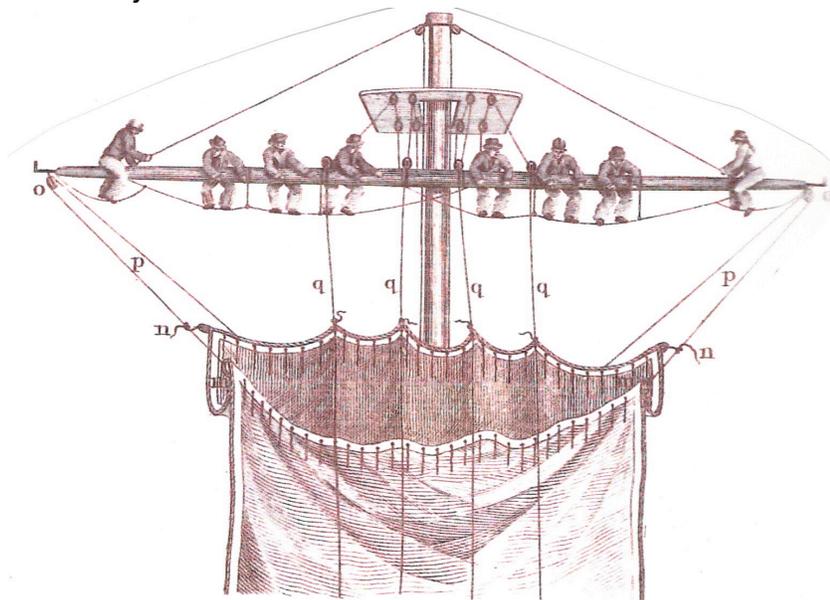
These items can be purchased from the Footloose shop. Go to our website, click on shop and help support your organization.

Another Scene We Are Waiting For



Common Sailing Terms

Bending the Foresail: installing the foresail on the boom of a square-rigged ship. This term is not generally used these days but the next time you see Tim installing a short mast into the jib of an Access dinghy, you can be sure he is "bending the jib."



Bending the Foresail

BOATS FOR SALE

3 boats have been donated to Footloose that we are selling in order to raise funds.



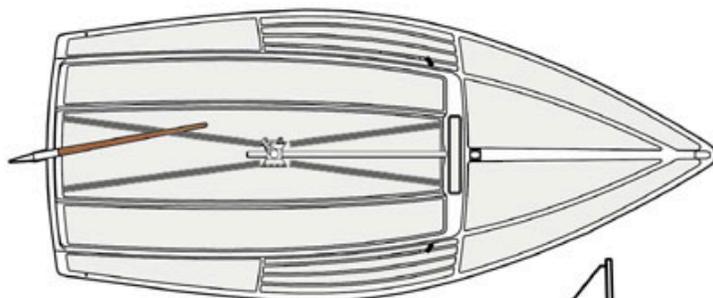
18-foot Interlake
\$1,000

See interlakesailing.org for more information about this class of boat.



Sundolphin Tender
\$800

More information on this boat can be found at sundolphin.com.



CATALINA 16.5 Principal Specifications

Length Overall	5.23m	17' 2"
Length of Hull	4.98m	16' 4"
Beam	2.13m	7' 0"
Draft	1.35m	4' 5"
Board up	0.13m	0' 5"
Ballast	13.6kg	30 lb.
Approx. Wt.	195kg	430 lb.
Sail Area		
Mainsail Rated	8.5m ²	91.5 sq.ft.
Total (100% foretriangle)	13.9m ²	150 sq.ft.
I	5.76m	18' 11"
J	1.68m	5' 6"
P	6.20m	20' 4"
E	2.74m	9' 0"
Mast length	6.96m	22' 10"
Sail Area/Displacement	42.13	
Steering	Tiller	
Rigging Type	Single Spreaders	
Shrouds	1x19	
Uppers	0.32 cm	1/8"
Lowers	0.32 cm	1/8"
Forestay	0.32 cm	1/8"
Halyards		
Rope, low stretch	0.64 cm	1/4" Led Alt
Boom Vang	Block and Tackle	
Number of crew	1-4 Adults	



All specifications are approximate. Specifications and/or equipment are subject to change without notice.

Catalina 16.5 with trailer \$1,200

Please contact Footloose if you are interested in any of these vessels. Our email address is info@footloosedisabledsailing.org.

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