

# WindWord

The Newsletter of the Footloose Sailing Association

Leave your disability at the dock

## THANK-YOU DONORS!!

Footloose would like to acknowledge and thank all of the new and ongoing donors that support our organization. We receive no government funding so our existence is due solely to you. A full list of our benefactors is presented on Page 2. (if we did not include your name please let us know as we want to acknowledge everyone) Have a great winter and hopefully we can meet up next season. You are always welcome to come to an event and say hello.

## Upcoming Events

Mid -winter Potluck  
Saturday, January 11, 2025

12:00 – 2:00 p.m.

If you'd like to help  
Setup starts at 11:00  
shut down until 3:00

Emmanuel  
Episcopal Church  
4400 86<sup>th</sup> Ave. SE  
Mercer Island

Bring what ever you  
like or just show up!

2025 sailing  
schedule on Page 7



Registration September 7, 2024



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

## 2024 Footloose Donors

John Aitchison  
Virginia Alonzo in memory of David Carpenter  
David Andrew  
Glenn Andrews  
Susan Arrieta  
Bob & Patricia Baxter  
Lynn Berger – Bessemer Giving Fund  
Diane Brening  
Studio Pacifica - Karen Braitmayer  
Steven Burns – Dr. Steve Steins memorial  
Eric Carstens  
Michael Cheung – Dr. Steve Steins memorial  
Clifford Cooley  
CSR Marine  
Tim Davidson  
Elizabeth Eason  
Emmanuel Episcopal Church, Mercer Island  
Matt Fraser  
Jeffery Hass – Dr. Steve Steins memorial  
Here & Now Project  
Jessica Hodgins - Hodgins-Atkeson Giving Fund  
Scott Huch – Dr. Steve Steins memorial  
Andree Hurley  
Mark Jackson  
Dwight Jones  
Remy Lang

Kathleen Linton  
Sharon Mayo  
Nancy McCraney  
Jonathan Mckee  
Ken McKenzie  
Virginia Muhlofer – Dr. Steve Steins memorial  
Northwest Marine Trade Association  
Laura R Perlick  
Wade Perrow  
Tom Perry  
RUCODA Foundation  
Seattle Area Mini Owners Association  
Seattle Dive Company  
Seaview Boatyard  
Andrew Shroyer  
Sloop Tavern Yacht Club  
Jane Smith  
Patrick Smith  
Jason Spelch / Dauber Enterprises  
Rowland and Sue Stow  
Cynthia Taylor MD  
Laurie Turay  
Washington State employees  
Norman Weaver  
Deborah Wiegand  
Robert Wilson  
Paul & Lesley Chapin Wyckoff



Thank-you to the donor of the Interlake (shown above) and to those involved in selling it and the trailer for the Harbor 20.

## At The Tiller Winter 2025



Ahoy Footloose sailors!

I sure do miss those warm sailing days! The boats and trailers are all put to bed at North Leschi and various members homes waiting for setup day in the spring and more summer sailing adventures.

We had a good 2024 sailing summer with the 2 night Blake Island excursion and 9 scheduled daysails out of North Leschi on Lake Washington. For the first time ever we had to cancel two events due to weather. One because of potential lightening. You don't want to be out there with a big piece of metal sticking up in the air! Also, Covid struck two boat skippers for Blake, so we had to reduce that event. We can't have known Covid being transported into a group that is clear of Covid. We had a second successful fund raiser with the Sloop Tavern last spring which was big fun and will have the annual mid-winter potluck party in 2025 on January 11 with great food and lots of camaraderie. The annual Loose Screw award will be awarded there. Look for details here in this newsletter!

We are setting our sails towards our upcoming sailing season starting with setup day on April 26 at 10am and our first daysail on May 4.

There will be more details in the spring newsletter

Footloose always 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](http://footloosedisabledsailing.org).

fair winds, Captain Bob

## Footloose Board Members

The following people will be serving on the Footloose Board of Directors for the 2025 season:

Bob Ewing – President

Ken McDonald – Vice President

Yvonne Tsui – Treasurer

Keith Seiler – Quarter Master

Rowly Stow – Secretary

Members at Large

Bean Fairbanks

Kris Henning

Nancy McCraney

Tom Moberg

Eulalie Sullivan



Board Member parking lot. A diversified group with a common goal.

## Leschi Marina News

Andrew Shroyer, the Manager of the Marina, has been replaced by Jordan Shroyer. Footloose would like to thank Andrew for his attention to our wants and needs during his tenure.

Members of Footloose have met with Jordan and we look forward to working with him in the future.

## A Little History



Sailor Brent Foote checking out a plywood mock-up of the Martin 16 with designer Don Martin. (1995)

In the early 1990's, well-known Vancouver yacht designer, Don Martin, was engaged by Sam Sullivan, founder of Disabled Sailing Association of BC, to design a keel boat specifically for sailors with disabilities. Sam wanted a "high-quad sailboat."

The result was the creation of the Martin 16 sailboat. (courtesy Martin 16.com)



John making adjustments to Martin 8

## Seattle Fire Department



by Denise Whitaker, KOMO News Reporter  
Mon, July 1st 2024 at 1:10 PM

SEATTLE — The city of Seattle just launched a new, fast rescue team to reach people who get into trouble in the water.

The Seattle Fire Department launched its new rescue watercraft on the shores of Lake Washington, it announced Monday, adding two "customized SeaDoos to its marine response capabilities." ...

...this new rescue watercraft, staffed by firefighters out of Station 5, covers Lake Washington since they are based at the North Leschi Marina.

When there is a distress call, the operators and rescue swimmers, Capt. Hauge said can make it from Station 5 all the way to North Leschi in just six to eight minutes with lights and sirens on.

We have been in touch with the Fire Department and hope to meet with them in the spring to plan how best to handle an incident if there is one.

## My Sailing Days Are Not Over!

By Barry North

For most of my life, sailing has been a passion. I learned to sail in graduate school in Massachusetts and continued sailing my entire life. Now I am 80 years old, and my life has changed significantly. Over four years ago, on November 14, 2020, I had a stroke. Wham!

The last time I can remember sailing before my stroke was sometime before the Covid Pandemic in March of 2020. As a member of the Seattle Sailing Club, I seized every opportunity to sail with friends and new friends. I looked forward to the club's weekly flotillas, rain or shine.

The Covid Pandemic didn't stop me from sailing, even though the Seattle Sailing Club closed their doors to member flotillas. I was able to sail with a friend/sailing instructor at the club. I also sailed at the Center for Wooden Boats, where I was a sailing instructor.

My love of the water also brought me to kayaking, which I started to do in college. In fact, I purchased a kayak kit and made my own kayak out of canvas and wood. Years later, I bought a "real" kayak. I've had many kayak adventures, including paddling to Blake Island to camp on the Island as well as to the Broken Group Islands in Barkley Sound off Vancouver Island and to Saddle Bag Island near the west coast of Guemes Island. I continued to kayak after Covid.

What did shut me down to sailing was having the stroke. It was a sad day.

The stroke changed my life. I thought my sailing days were going to be over for a long time if not forever. The stroke affected the right side of my body. Walking was challenging. Using my right arm was challenging. The thought of skippering a

boat seemed out of the question. Not only was I unable to skipper a boat, I was no longer able to ride my bike the way I used to, or go on long mountain hikes, or kayak.

Fortunately, I was left with many memories of the sailing adventures I have experienced over the years, including time at the Seattle Sailing Club. I've chartered sailboats with friends for almost as long as I can remember in places including the US and British Virgin Islands, Massachusetts, the San Juan Islands, and most recently in Croatia. I will also always remember sailing with my friend Alan in the Salish Sea, from the South Sound to the Canadian Gulf Islands, and years before that, sailing as a teacher aboard the Norwegian School Ship Statsraad Lehmkuhl in the North Atlantic.

Although I thought my sailing days were over, it turns out that they are not! I discovered Footloose Sailing Association for Disabled Sailing. I was on a Zoom Conference call for stroke survivors and by chance, another stroke survivor mentioned that she sailed with Footloose. What a great find! To my delight, I discovered that Footloose has Saturday morning and afternoon sails on Lake Washington during the summer. At the time I lived very close to Leschi Marina, where they sail out of.

I therefore have had the opportunity to sail with Footloose every summer. As a result, I not only had some good times, I met several of the fellow sailors who are now new friends. I also introduced others to the organization.

Now I can say that my sailing days are not over, and I look forward to new sailing adventures in the future. Who knows what the future will bring?

## The Black Trailer



The Footloose Black Trailer is the heart of our on-shore activities. It contains the tents, tables, chairs, tools, safety kit, paperwork and other items required for a sail day. More importantly it contains the slings and life jackets we need to get our sailors out on the water.

The Trailer has no permanent home. It has to be towed to and from each event. We are looking for people who can tow and/or store the trailer between sail days. If you are able to help, even for one or two events, please contact us.



Seen in a doctor's clinic change room in Kirkland

## Volunteers Wanted

Footloose has a great group of volunteers. However at some events the number of participants has been overwhelming. We would like to increase our number of sailors but before we do that we need to bolster our support crew. Also, some of us are getting a little older and can't safely carry the load we used to. If you or someone you know is interested in volunteering please let us know. There are opportunities to help with/as:

- Equipment set-up and take-down
- registration
- life jacket fitting
- dock escorting
- assisting with loading and unloading sailors
- boat captains
- boat able bodies
- outreach for volunteers, participants and fund raising
- boat maintenance
- volunteer coordination
- website



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



## Footloose 2025 Sailing Schedule

April 26 – setup 10 a.m. – no sailing

May 3 – daysail

May 17 – daysail

May 31 – daysail

June 14 – daysail

June 28 – daysail

July 12 – daysail

July 27, 28, 29 – Blake Island camping trip

August 9 – daysail

August 23 – daysail

September 6 – daysail

September 20 – last daysail

October 4 – Shut down 10 a.m. – no sailing

### Daysail

Volunteers at 10 a.m.

Sailors at 11 a.m.

Start loading boats 11:30

First sail 12:00 to 2:00

Second sail 2:30 to 4:30