



THE MAINSHEET



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October 2007

From Portland

October Member Social

Saturday October 20th - - 5:00pm – 7:00pm

One more time before it's too chilly and wet! The Portland club will be hosting a member social and cookout at the boathouse on Saturday, October 20th from 5:00 to 7:00pm. As a special treat we will have Rya, a 49' Hylas owned by members Andy and Nancy McCann docked behind the boathouse. The McCanns will be taking people on tours of the newest addition to their family throughout the evening. ISC staff will also be on hand grilling up some tasty treats on the grill. Join us and get to know some of your fellow members!

Portland October Classes

*Basic Coastal Cruising &
Basic Keelboat* 6th/7th - 13th/14th - 20th/21st - 27th/28th

*Coastal
Navigation* Mid October – Call for Dates

To sign up for any of these events contact: **ISC - Portland**
(800) 303-2470 - - iscportland@islandsailingclub.com

From Kirkland

Kirkland Crew List

Are you interested in finding other club members who want to get out the water weekday evening? Or perhaps you'd like a second skilled sailor aboard for a weekend sail. A crew list is being compiled through the Kirkland office. If you're interested in getting a copy all you need to do is add yourself to the list. List additions can be done in person at the office, by phone, or via email. Up to date crew lists will be available upon request.

(425) 822-3773 - - isckirkland@islandsailingclub.com

Kirkland October Classes

*Basic
Keelboat* 6th/7th - 13th/14th - 20th/21st - 27th/28th

*Basic Coastal
Cruising* 6th/7th - 13th/14th - 20th/21st - 27th/28th

To sign up for any of these events contact: **ISC - Kirkland**
(800) 303-2470 - - isckirkland@islandsailingclub.com

From Olympia

Olympia Notes

Another beautiful month in Olympia! The winds have been decent as summer has given way to fall in the waters of the South Sound. Recent months have seen more and more members from Kirkland and Portland coming to Olympia to enjoy the charter boats as well as the beautiful South Sound scenery and anchorages. There are still a few dates open for the fall cruising period which is a wonderful time to cruise with the continued mild weather and less crowded anchorages.

Start planning now for your cruises for next summer as many prime slots are still available. Reservations can be made at anytime to fit your upcoming cruising needs by contacting Jon and Cathie in Olympia. However, please don't hesitate to make last minute requests for reservations as there may be a free weekend or a cancellation on the boat you want.

The Olympia crew has planned a barbeque for the 6th of October from 5:00pm to 7:00pm. Come as you are and spend the afternoon sailing with us and don't forget to call to reserve your boats!

Due to a small response, the CPR class for last month was canceled. The Olympia staff is eager to reschedule this course, please let Jon and Cathie know if you are interested and what dates work best. This course is open to all who are interested.

(360) 943-4684 - - iscolympia@islandsailingclub.com

Olympia October Classes

*Basic
Keelboat* October 12th/13th

*Basic Coastal
Cruising* October 20th/21st

*Bareboat
Chartering* October 26th - 28th

*Member
Barbeque* October 6th

To sign up for any of these events contact: **ISC - Olympia**
(800) 303-2470 - - iscolympia@islandsailingclub.com



Tips for Heavy Weather Sailing

With Fall upon us and Winter right around the corner here is some helpful information for sailing in the high winds and heavy weather that the coming months will bring.

Three musts for sailing in heavy weather:

1. Always sail to the weakest denominator
2. Always expect conditions to get worse
3. Do everything slowly and well thought out

Key steps for successful sails in heavy weather:

Reefing – When possible, always reef your sails at the dock. Always reef before the boat needs it.

Deck – All hatches must be closed, including the companionway. Unused items need to be stowed below. “If you don’t use it every hour it doesn’t need to take a shower.”

Boat Safety – Air horn and throwable PFD should be in easy reach of the helm.

Personal Safety – PFDs, gloves, shoes (not sandals), and appropriate clothing should be worn at all times. Having a whistle and/or light with you at all times is also a good idea.

Trim – A slightly luffing sail is much better than one that is stalled (trimmed too tight). In puffs, ease out the sheets and fall off the wind slightly, then, once stable, slowly work the bow back up into the wind. If running, you still need to ease the sheets if possible, but heading up onto more of a beam reach will prevent any chance of an accidental jibe.

Tacking – Bear off to build speed, ease the head sail, but DON’T let it flog before going “Helms-A-Lee.” As the boat comes up into the wind trim the main hard. Once the clew of the jib has blown to leeward, trim it in, but never before it has cleared the shrouds.

Jibbing – DON’T, unless all of the... just DON’T.

Working on the Deck – If at all possible, heave to. If you need to reef, heave to. If you need a break, heave to. If you need to secure the dinghy, heave to.

Lee Shores – Always beware of the shoreline. 30 knot winds will blow a boat down-wind in a hurry, and Mother Nature does not care one bit about your ego. A good Rule of Thumb to use when sailing along a lee shore is to always stay the same distance off-shore as it takes you to set the anchor. If it will take you five minutes to drop anchor, then sail six minutes away from the shore. Remember: There is always a lee shore when sailing inland.

Food – Stay well fed and hydrated. Power bars and Gatorade will work great even in poor weather.

Attitude – Be positive and alert. Listen to your boat and your fears. By taking it easy and slowly building your confidence in yourself, even if it feels like taking baby steps, you will not only allow you to be safer but will build the crew’s confidence in you as well.

REMEMBER ALWAYS to save some energy. You never know when a pleasant sail will turn into an emergency situation and you will eventually have to dock the boat.