

Report for Women's Sailing meeting on February 4, 2017

– submitted by Lesa Dailey, Coordinator for Women's Sailing

Topic: "10 Cruising Mistakes and How to Avoid" – presented by Bill Cullen

Attendance (13): Martha Bindshedler, Mary Chapman, Mike Cronin, Anne Cronin, Lesa Dailey, Tom Dailey, Rose Dome, Emily Henke, Cathy Hodge, Melissa Nicholson, Steve Nicholson, Jackie Werndli, plus one I couldn't read.

Bill Cullen's PowerPoint presentation included such great information. Bill was also gracious to answer all of our questions. Most of the information can be found on Bill's website:

<http://www.thebookofsail.com/>

Here are some highlights:

- Golden Rule #1: Don't force it! Applies to anything on your boat.
- Golden Rule #2: Favor the windward side of a channel.
- Always think of upcoming weather, and the fact that the weather forecast can be wrong.
- Always have your bearings before rain and bad weather when you can't see. Prepare to lose visibility.
- Only proceed as fast as you have the ability to stop.
- Have a stopper or designated wench on the roller furling line for the jib.
- 3 most important knots to know: Bowline, Truckers Hitch, Rolling Hitch
- While in normal conditions, have 6 extra wraps on the furling drum.
- For halyards and furling lines, have 2 wraps on the winch, NOT 4. This lets it slip if there is too much pressure.
- When you reef the jib, watch for chafe on the line.
- Sometimes you will have "green right returning" markers in Inter Coastal Waterway. For ICW, look for a yellow triangle on the red markers or yellow square on the green markers.
- A 'set' is a drift to the side
- Use <http://cruisersnet.net/> for good Bridge Information.
- If your anchor isn't ready to go in 5 seconds, you need to fix this!
- For dock lines, the longer the line, the less slack needed for tide changes.
- Never tilt your engine up at dock. Could damage other boats and dinghies.

- Use 2 tow lines for dingy. Prevents many lost dinghies.
- Tie up with a long line at dingy dock. Good etiquette.
- Change your impeller every 2 years. They should not be stiff. Use tie wrap to hold wings down while installing.
- When anchoring out, avoid boats with generators. Anchor by boats with like material – all chain or rope.
- 2 anchors are not better than one.
- Need to have at least 60 feet of chain for your anchor.
- Always turn windlass breaker OFF when done and leaving boat at anchor.
- Don't back down on your windless. Use a snubber if all chain or tie off the line before the chain to a cleat, before you back your boat to secure the anchor.
- There is a cone of protection from lightening on the deck of a sailboat.
- Last but not least, Bill encouraged the men to listen to their mates and not put them in uncomfortable situations, so they will continue to want to sail. He said women have the “worry hormone” and men have the “invincible hormone.”

You can email lesaydailey@gmail.com with your questions, thoughts, comments, suggestions. Thank you in advance!

Check our WOMEN'S SAILING at:

TSS Website - www.sail-TSS.org Check out the “Women's Sailing” TAB

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