

# Report for Women's Sailing meeting on August 5, 2017

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

**Topic:** “Venus and Mars Go Cruising” led by Cathy Hodge

**Attendance ( 7 total):** Martha Bindshedler, Lesa Dailey, Emily Henke, Cathy Hodge, Julie Stocksdale, Claire Wittnebert. **Guest:** Jeanne Antolchick

Cathy Hodge had 10 discussion points that led the group into a lively discussion about communications on a sailboat. We also enjoyed introducing ourselves to our visitor, Jeanne, and talking about our sailing experience and options at our club and elsewhere for learning to sail. This led beautifully into Cathy's topic. Below are the 10 discussion points:

1. What are your personal expectations for sailing?
2. Do you understand your partner's expectations?
3. Open discussions before, during and after sailing:
  - before – concerns, fears, task allocations
  - during – clear verbal and or physical signals with responses
  - after – have a debriefing
4. Practice, practice, practice
5. Embrace new ideas and be willing to change.
6. Compromise
7. I'm not yelling 😊
8. Try trading jobs on the boat at least one time.
9. Think about emergency communications ahead of time.
10. What kind of advice do you have to share?

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## **Next meeting:**

September 9, 2017 (SECOND Saturday due to Labor Day weekend.)

“Black & Blue Water Management” (waste and water management on your boat)

Discussion will be led by Julie Stocksdale

Also, please begin thinking of programs you would like to see for 2018.

Ways to learn to sail:

Eckerd College “Waterfront Programs” <https://www.eckerd.edu/waterfront/instructional-program/>

Individuals who teach sailing at TSS. More info later.

Join a crew team for an event at TSS. More info later.

Please join us when you can! 😊

Email [lesaydailey@gmail.com](mailto:lesaydailey@gmail.com) with your questions, thoughts, comments, suggestions,  
OR to be added to the TSS Women's Sailing email list.

**Check out WOMEN'S SAILING at: TSS Website - [www.sail-TSS.org](http://www.sail-TSS.org)**

**TSS Email Connection** – comes out twice a month to your email address. You should receive this if you are a TSS member.