

**A Comfortable Bed,
A Real Head,
And, Oh Yes, ... A Shower!**



**A Survival Guide for Sailing Wives, Lovers,
and Families Struggling to Enjoy that New
Old Boat Purchase**

The Women of Hudson Beach Yacht Club

Introduction

I think highly of my Club's sailing women.

I'll go out on a limb and state that they're as competent a group of sailors as are our men. They sail the same boats as we do. They go to the same places. They sail in the same weather and environmental conditions, and suffer the same inconveniences, breakdowns, and calamities we men do. In addition, they often cook for us in less than ideal galleys, help maintain the boat in Bristol condition, and tend to our health. What they may perhaps lack in brute strength and mechanical training is balanced by agility, stamina and intuitive perception. And, through it all, they provide companionship for us so we don't see "ghosts in the night".

My idea was to gather a few comments from sailing women I knew to help reluctant ladies agree to leave the dock to join us. As the answers to my request came in, I realized this was more an expression of philosophy of cruising, practical tips for surviving in comfort, and a genuine willingness to help other women enjoy themselves. The "brochure" went from a projected two pages to a booklet. And, I'm glad it did.

Enjoy the reading. And think highly of them too. And, oh yeah, get off the dock and sail!

Peter Wierzbicki

Donna Murray

Why do I love sailing?

Where do I start? OK, first you have to understand that I was a power boater all my life and never even considered a sailboat until the 90's. Boating on the water meant skiing, fishing, and pulling the kids on the tube.

Then all of sudden Joe got a sailboat! A sailboat - was he crazy? We know NOTHING about sailing! We learned on the Potomac River. Our first trip should have been on America's funniest videos



(come to think of it we had several of these moments). We had to step the mast, launch the boat and then sail the darn thing.

Thankfully, the wind was light and we were moving; now, how do we get back? We learned how to tack by zigzagging; picking up beer cans that some idiot had tossed into the water. OK, I was less than enthralled, but it was his dream.

Fast forward a few years; we have moved to Hudson and it was a great day for a sail. We head out into the Gulf, and as we do, the sea fog rolls in all around us. We set the sails, turn off the motor and put Bach on the boom box. Have you got the picture...close your eyes; it is just you and your honey sailing along with the mist

of the fog surrounding you; you are alone, hearing only the slap of the water against the boat, the wind in the sails and the sweet notes of classical music. Then you look and there are the dolphins, four or five swimming along with you enjoying the music as well.

This is the moment I fell in love with sailing. Now, don't get me wrong; I was not in love actually sailing the boat..it was a tiller and I had a horrific time learning to steer our little 21 footer. We later moved up to a 30 foot Hunter and I was in heaven!! It had a wheel, so the boat went the way I turned it; a real galley where I could cook; I COULD STAND UP; a complete head with shower, a bed, a dodger, and a bimini.

What helped me to truly enjoy sailing was taking classes and learning how to handle the boat myself. I was determined to be a real First Mate. I haven't mastered everything , yet but I am going to. So ladies, get out there and start making some memories, and remember:

“ATTITUDE

...the difference between an ordeal or an

ADVENTURE”

Donna Murray, First Mate S/V Sandity Seaker

Donna Murray, a former Vice Commodore of HBYC, has owned several vessels with her husband Joe - most recently sailing "Sandity Seaker" , a 33' Offshore. - *Editor*

Judy Emery

I think one of the prerequisites for cruising is that you have to enjoy traveling & new adventures. That said, cruising allows you to experience a whole different way of seeing the country & more important a way to meet a lot of fantastic people.

Cruising should always be a team effort which includes planning the destinations, allowing for weather, comfortable distances traveled each day, etc. Most importantly, leave the schedule book at home, relax & enjoy.

To lessen the stress of cruising, practice anchoring, docking & undocking with your partner to develop a communication method to avoid screaming & yelling at each other.



As far as planning a cruise - **KISS** - keep it simple. Pack enough clothes to allow for changes in the weather. You don't need your whole wardrobe in the boat. As for food, plan for general provisions & menus. One or two pot meals are great.

Remember, you don't want to be stuck in the galley the whole cruise.

Cruising is a great new experience to share with your mate.

Hope this is helpful!

Judy

Judy has extensive sailing and power boating experience here in Hudson, and previously in SW Florida. Currently, she's on an eleven month Great Loop cruise with her husband Les onboard their trawler - a 34' Marine Trader - "Voyager II". This is their second, (or is it third?) Great Loop.

- Editor

Sandi Wierzbicki

Advice: I was a very reluctant sailor since I'd never been on a sailboat before moving to Florida 7 yrs. ago. I would advise other women to start out with some short cruises, just an overnight with another boat nearby. I found that sailing with others gave me a lot of insights on ways to make the journey more comfortable. Other women can give you advice that men may never even think of. Jane Sperry recommended a book called "Why Didn't I think of That?" The book is very helpful.

Keep cooking to a minimum, cook some things at home that can simply be reheated. Or try some convenience foods. I'd be glad to share ideas of things we've tried.

Keep yourself comfortable by making sure you have appropriate clothes and also something to do on those long journeys. I keep my Kindle and also a huge supply of paperbacks on board.

Push yourself to get out there, you will be surprised at the special times you can have without phones ringing or demands on your time that happen when you're at home.

What I Love: I love the fun of getting to know other club members. This is the social time that's really special to me. We all help each other out and get to learn about each other. It's also comforting to have another boat or two out there with you...it just feels safer to me. I also love the quiet time for reading and

relaxing with my husband. It's simply fun to be outdoors enjoying the water (remind me I said this when it gets too hot). As long as I can find a way to be cool and comfortable, I'm a happy sailor.

Sandi, who grew up and lived in the Midwest, had no significant boating experience at all until moving to Florida seven years ago. Today, she enjoys her sailing adventures with two dogs (and me) aboard Czech Mate, an experienced but classy 30' Catalina.

-Editor



Nancy Colson

The best thing about cruising for me is waking up @ dawn and sitting in the cockpit, watching the sun rise, the fish jump, feeling the fresh air. Those days it feels like it's great to be alive and cannot get any better!!!

Also, cruising helps me relax. It takes one or two days to really unwind, but when I do, I don't want to go home. It's nice for a while not to have to worry about ANYTHING! All you have to do is get up and enjoy the great outdoors! Isn't that why we came to Florida?????

I also like exploring places that only boaters can get to! No crowds, no noise, just beautiful pristine beaches and landscape. It's a great way to travel and see different cities and sights. No traffic to fight, no pat downs, very little money . What could be better.

For new cruisers, I would recommend a short cruise but not too short. If you go out less than 2 days you may, like me, just get started relaxing. Don't go for too long at first because there will be some things on your boat that just don't work for cruising. Iron out the problems on short cruises before you go out for a couple of weeks or more. Also, I find it helps a great deal if you know ahead of time where you are going and what you will be doing once you get there. Do some research before you go. Make sure you don't miss anything or you will be kicking yourself. And most

importantly - make sure that you at least have a speaking relationship with your cruise mate!!!! Close quarters often make for bad tempers!!!! Think about how you will react when your mate screams at you for the 3rd time to turn right not left!!!!

Happy cruising!

Nancy has served HBYC in a number of important capacities. Currently, she is our Membership Director. Originally from Connecticut, she sails with husband Guy on another CT transplant - Inspiration, a 34' Pearson.

- Editor



Elizabeth Cover

The following is a list of some of my thoughts on the cruising experience; I hope that you will find them helpful.

1. You and your mate learn to depend on each other to handle any situation, it strengthens your relationship and mutual appreciation.
2. How fortunate we are to have experiences that so many others will never have-unless they cruise.
3. Meeting and socializing with fellow cruisers.
4. My advice- Keep It Simple. The extra effort you put into organizing and preparing will pay off by making life on board a little easier.



5. By all means for safety sake as well as obtaining a feeling of accomplishment - learn how to run your boat - but also take the time to relax and enjoy.

6. If you feel uncomfortable or unsure about a task - let your cruise mate know about it. You just might need a little more instruction or practice before taking over.

Elizabeth

Elizabeth has many longer passages under her belt. Currently she, her husband John, and sea cat Skyla* are planning a four to six month voyage to the Bahamas and environs in their 36' Pearson ketch "Shadow".

*Elizabeth's sea cat's full name is Skyla Liadin - Celtic for "sheltering gray mist", which seems to describe the color scheme of "Shadow".

- Editor

Karin Glessner

Why I love, or (at least) enjoy the cruising lifestyle:

We don't really lead a "cruising lifestyle", mainly because I still work and can't take time off for extended cruises. When we do get to take the boat out for a few days, it's great to be able to set the course towards our destination and let the wind take us there. In addition, I really like being actively involved in steering the boat, trimming the sails, anchoring, etc, and cruising for even a short cruise gives me that opportunity.

I also enjoy getting together with other boaters - either at anchor when we share drinks and snacks or at the marina when we meet for dinner at a local restaurant. We have met many interesting folks that way.

What encouragement and advice can you offer to those women just starting out in cruising:

My first advice would be to not stand back and let your partner do all of the planning and sailing. If you don't know anything about sailing, pick up a sailing book and learn the language and take a sailing class. It'll save you a lot of arguments! In the beginning, it's almost overwhelming, but with some practice, you'll see how it all works together, and it'll become much easier. Practice really does make perfect and makes sailing a lot more relaxing.

Secondly, don't be afraid to handle the boat. Nobody is perfect, and the boat can usually handle a little bump or two, as you try to dock the boat.

Finally, I'd tell you to pack only about half of the supplies you had planned. It seems that I load the boat with lots of food and drink, and we end up going ashore to check out the local restaurants or get together on someone's boat. Of course, it could just be me ;)....

Karin's a busy lady! When she's not pursuing advanced academic degrees she has a successful career in higher education. To relax, she sails with her husband Jim on their 32' Catalina "Callystos".

- Editor



Neva Goodman

Thanks for asking me. I hope I can offer some suggestions.

Why I enjoy cruising so much is the wonderful feeling when you either start the engine and smell the diesel, or even better, just raising the sails and sailing away from your anchorage. With us, we don't plan where we will be at the end of the day. Most times we have a general idea, but depending on the wind and weather it can change at any given moment. Sometimes we go further, sometimes we don't get very far. If we see something or a place we haven't yet explored we just pull over. It is a very free and exhilarating feeling. You just never know what the day will bring or what you will see. When we first bought our boat we still lived in California and had never been to Florida. It was very scary the first couple of times being anchored out in the dark, out of your comfortable element and feeling very alone out there. I was overwhelmed by it all at first since I had never cruised the Florida waterways, but what a wonderful place to cruise compared to the Pacific! The unknown is scary until you do it. Once I realized you are so close to civilization and help is just a call away I was

comfortable to be out at anchor.

I don't want to make this too long but the following poem is what inspired us to buy a boat when we lived in



California and commuted to play with the boat before we were able to move here. How can you know that you will not like it until you try it?

WORDS OF WISDOM

On an ancient wall in China
Where a brooding Buddha blinks,
Deeply graven is the message-
"It's later then you think."
The clock of life is wound but once,
And no man has the power,
To tell just where the hands will stop,
At late or early hour.
Now is all the time you own,
The past a golden link.
Go cruising now my brothers,
It's later than you think.

Hope some of my thoughts will help coax others to get out there. As you know, there are no words to explain how you feel or the enjoyment you experience by throwing off those docks lines and looking forward to new adventures. Thanks for listening to my ramblings. Take care. See you at the next meeting.

Sincerely,

Neva Goodman

Neva cruises often - usually spontaneously - with her sailing partner Roy Garcia in their 36' Morgan Out Island "Good Ship Lollipop" and its companion dinghy "Little Sucker". - *Editor*