

WindWord

The Newsletter of the Footloose Sailing Association

Leave your disability at the dock

43rd Annual Sloop Tavern Yacht Club Blakely Rock Benefit Race



Blakely Rock  Seattle, WA
April 1, 2023

Sloop Tavern Yacht Club Raises an Incredible \$14,415 for Footloose

The Sloop Tavern, located on NW Market Street near the Ballard Locks, was purchased by Wayne Schmidt in 1976. He began to look for a way to bring in clients other than the regulars that showed up early in the morning. He was introduced to Pete Martinson, a sailboat racer out of the Corinthian Yacht Club. Pete noted the Club was looking for an after-race hangout. What started out as an after-race happy hour grew into the Sloop Tavern Yacht Club (STYC) that now sponsors or is involved with over a dozen races and four racing series.

The STYC puts on the Blakely Rock Benefit Race in the spring every year. The race is dedicated to Carol Pearl who was involved with

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

Sloop Tavern Yacht Club (cont'd)

STYC for 39 years as Commodore, historian, champion, mentor, organizer and friend.

Each year the STYC selects a non-profit as the beneficiary of the proceeds of the race. In addition to giving Footloose the net proceeds from the entry fees for the race, each boat was encouraged to donate directly to Footloose. Free haul outs donated by CSR Marine and Seaview Boatyard were offered as incentives for the top crew fund raisers.

Footloose is very grateful to all of the crews that donated and would like to acknowledge the top three boats – Flash, Mata Hari and Mindshadow . Footloose also offers a heartfelt thanks to all of the members of the STYC, who raised a total of \$14,415.25 for our cause.

At The Tiller Spring 2023

Ahoy Footloose sailors!

Spring winds are propelling us toward another fun filled sailing summer. Our mid winter potluck was a success with 27 people attending, the Loose Screw was awarded, a and a presentation by Shannon Renner from the Sloop Tavern Yacht Club about the April 1 sail boat race that benefited Footloose. As last year, the event reservation will be used again with a few tweaks to improve it. New participants will still have to contact Footloose through e-mail to discuss needs and boats, but the old hands will be able to pick a day and a boat, make a reservation and prepay through PayPal. Then print out and bring the reservation forms from the Footloose website with you to the event. Volunteers will need to be processed through the Move United background check and disability sensitivity program, and bring the reservation forms from the Footloose website to the event.

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The 2022 Loose Screw Award



Recipients of the 2022 Loose Screw Award
Cliff Cooley and Kris Henning

The Loose Screw Award is presented annually to volunteer members who have dedicated so much time to Footloose that they must have a “loose screw”.

Cliff Cooley has volunteered with Footloose for 6 years, helping with setup and cleanup each sail day, and skippering Access dinghies.

Kris Henning has been volunteering since 2011 initially working on the Blake Island expeditions, then joining the day sails and now as member of the Board.

New Equipment Set-up Plan

The Black Trailer used to house all of our tents, tables, chairs, lifejackets, etc. needed for each event. This year we plan to store this equipment in our locker and the two sailboats, Joe's Vision and Inspiration. While this will mean more movement of the equipment on site, it will also mean someone doesn't have to haul the trailer to and from the marina each event.

At The Tiller (continued)

The remodel of the North Leschi marina is still going on. The removal of the metal wheelchair ramp from the parking lot to the marina, the relocation of the davit and places that the boats are moored will change the flow of the participants and will need some getting used to.

Our 2 night camping trip to Blake Island will be July 23,24,25 this summer. Reservations for that will be separate from the new reservation system and will be done through me.

Footloose 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.

fair winds, Captain Bob

Boating in the North West



If you don't take care of her, she goes back to nature.

Footloose Thanks The Following For Their Financial Support

Robert & Patricia Baxter
Emmanuel Episcopal Mercer Island -
potluck hosting
Jefferson Dubrule
Julie Peck
Bruce Fuentes
Bonnie Anderson
Michel Garner
Carrie Anderson
Lauren Nathe

Supporters of the STYC Blakely Rock Benefit Race

Fisheries Supply
Laurie Turay
West Marine & West Marine Rigging
Ken McKenzie
Polly Newcomb
Haggard Electrical Contractors
Tammy Reed
Nancy McCraney
Daniel Randolph
Matthew Crane
Gregory Davenport
Jeff Blyth - McBain Enterprises
Alan Slatter
Marina Management - Leschi
Andrew Ryan
Michelle Loprieno
April Rebollo
RadeTrimceski
Suzanne Novak
James Alberding
Tomas Muir
Elizabeth Weibling
Marc & Andrea Klimaschewski
Sloop Tavern
Sloop Tavern Yacht Club
CSR Marine
Seaview Boat Yard
Microsoft
Friends of Footloose

Mid-Winter Pot Luck 2023



Capt. Bob addresses the group



The Buffet



Attention Volunteers

Please note if you plan to volunteer at more than 3 events this year, you will need to pass a background check and go through a brief sensitivity training session. Now required by Move United, this process has been implemented to protect our sailors. Our membership in Move United gives us access to the insurance coverage we need to run Footloose. Thank-you for your co-operation.

Disability Etiquette is not about disability, it's about recognizing the person and interacting with that person in an appropriate way.
Have you ever heard this? "...I'm afraid I'll make a mistake or say the wrong thing, so I just avoid the handicapped."
"I heard he has 'mental problems'."
"Why does she need a Handicapped Parking space? She's walking just fine to me!"
Nobody likes to be talked down to or treated like they are invisible. But it happens every day to people who live with disabilities or use wheelchairs to get around.
Many who interact with people with disabilities for the first time are unaware that their language and actions may be offensive and inappropriate. And it's usually not due to a lack of sensitivity, but more of a lack of understanding disability etiquette.
Today in our country, there are more than 56 million Americans living with disabilities. Here are a few basic tips and pointers on how to effectively interact with a person with a disability.
Ask Before You Help
Just because someone has a disability, don't assume she needs help. Adults with disabilities want to be treated as independent people. Offer assistance only if the person appears to need it. A person with a disability will often communicate when she needs help. And if she does want help, ask how before you act.
Be Sensitive About Physical Contact
Some people with disabilities depend on their arms for balance. Grabbing the person, even if your intention is to assist, could knock the individual off balance. Avoid patting a person on the head or touching his/her wheelchair, scooter or cane. People with disabilities consider their equipment part of their personal space.
Think Before You Speak
Always speak directly to the person with a disability, not to his companion, aide or sign language interpreter. Making small talk with a person who has a disability is great. Just talk to him as you would with anyone else. Respect his privacy. If you ask about his disability, he may feel like you are treating him as a disability, not as a human being. However, many people with disabilities are comfortable with questions about their disability after getting to know someone.

Footloose Sailing Association Manual
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The item above is an excerpt from the Disability Etiquette portion of Footloose's Training Manual. You are encouraged to read it and the other sections of the Manual by going to footloosedisabledsailing.org, clicking on Volunteer, going down near the bottom of the new page and clicking on the words Footloose Training Manual under the Training Manual heading.

Thank-you for volunteering with Footloose.



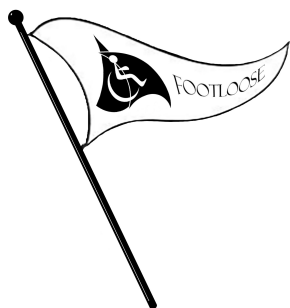
Try our QR code to access the website.



SCHEDULE

FOR THE 2023 SEASON

- April 29 – setup 10 a.m. – no sailing
- May 9 – day sail
- May 20 – day sail
- June 3 – day sail
- June 17 – day sail
- July 8 – day sail
- July 23, 24, 25 – Blake Island Camping trip
- August 12 – day sail
- August 26 – day sail
- September 9 – day sail
- September 23 – day sail
- September 30 – shut down 10 a.m. – no sailing
- Day Sail:
 - Volunteers at 10 a.m.
 - Sailors at 11 a.m.
 - Start loading boats 11:30 a.m.
 - First sail 12 p.m. – 2 p.m.
 - Second sail 2:30 p.m. – 4:30 p.m.



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

FOR SALE

Footloose is raising operating funds by selling the following equipment. Please contact us if you are interested.



18-foot Interlake, with trailer, \$1,000



Catalina 16.5, with trailer, \$1,200

Also available

Sundolphin Tender - \$800

Harbor 20 trailer (2,300 pound capacity, could be modified for other sailboats.) - \$1,500

CONTACT FOOTLOOSE AT

info@footloosedisabledsailing.org