

COMMUNITY LEARN TO SAIL

Southern Idaho Sailing Outreach Newsletter | Fall / Winter 2022



Where Has the Year Gone?

The first snow in the Boise Foothills is a sign that summer turned into autumn and soon will turn to winter. The holiday season is knocking at our doors. What? Already!? It seems like just yesterday, kids surrounded Spring Shores Marina, sailing, learning, laughing, meeting new friends and just being kids...exploring, imagining, exercising their bodies and minds all without the use of electronic devices. The unthinkable is happening. Could it be a miracle? Could it be the kids are learning in a fascinating playground that comes to life as colors of autumn, winter and spring surrender to golden moments of summer? No matter the cause, the results are the same.

This is where and how new young sailors create cherished memories. Sailing in windy cool mornings and hot afternoon calms provide opportunities for growth, discovery and patience. The day when it all comes together is when our playground, Lucky Peak Reservoir is full of whitecaps in the afternoon sun, and kids are eagerly wanting to sail. This is just one of the golden moments of summer we treasure each year.

As we navigate through each day of this holiday season, the stresses, joys, and surprises bring us closer to winter giving way to spring then to summer. Once again SISO will be providing opportunities for kids to learn the science and thrill of sailing a small boat. It's an experience they can build upon as they develop their own lifetime of golden moments. This is one of the many reasons why we embrace youth sailing.

As we ponder over SISO's 2022 accomplishments, we quickly realize that none of this would have been possible without your ongoing generosity and believing in our mission.

We can't **THANK YOU** enough for your support.

Believe in miracles and enjoy your golden moments.

From all of us at SISO - Happy Holidays.

2022 Accomplishments

It was another successful year. The following are some accomplishments we can all be proud of:

- Added a new safety/coach boat (the Doris D) to our fleet.
- Reconfigured docks to accommodate low water levels and allow for future growth.
- Installed solar panels on the clubhouse roof to provide power used for recharging VHF radios and phones.
- Installed a new bimini on the safety/chase boat (the Coho).
- Hosted US Sailing Level 1 Small Boat Instructor Certification Course.
- Certified five new local US Sailing Instructors.
- Held six weeks of stimulating and energizing youth sailing camps including basic learn to sail, all-girls and intermediate sailing camps.



Hoisting the jib for a day of sailing

Congratulations!



From left to right: James Giffen, Molly O'Sullivan, Emma Palmer, Austin Giffen, Paul Hoy.



Welcome Aboard



SISO is excited to announce Paul Hoy, Emma Palmer, Molly O'Sullivan, James Giffen and Austin Giffen received their US Sailing Level 1 Small Boat Instructor Certification in July 2022.

The newly certified instructors have participated in the youth sailing program during the last few years. Steve Christiansen, SISO Lead Sailing Instructor has had the opportunity to see this group of new instructors, grow, learn and excel in the sport of sailing. "Based on their passion for sailing and teaching, it was not surprising when they all passed the course with flying colors," says Steve. "It is rewarding to see the progression of these new instructors. It wasn't that long ago when some of them were young students learning to sail, and now, they will be teaching side by side with other instructors. How cool is that?" **THANK YOU, Paul, Emma, Molly, James and Austin, for spending the time and energy necessary to obtain your US Sailing Level 1 Small Boat Instructor Certification.**

We are excited that our next generation of instructors is coming aboard. The ability to recruit new instructors is proof that we are providing a quality program that attracts quality people.

As the program continues to grow, recruiting qualified instructors is paramount. Providing high quality programming and learning opportunities in a natural environment that changes daily or hourly can be challenging but also very rewarding.

If you are interested or you know someone who may be interested in volunteering or becoming an instructor, email Steve Christiansen at stevesksail@gmail.com

"A Picture Is Worth A Thousand Words"

For centuries, the admiration of the sea and sailing vessels have captured the eye of photographers across the world. Words cannot convey the adventure of yachts racing across a stormy ocean or even small boats sailing across Lucky Peak Reservoir. Our crew of instructors and volunteers have been capturing such images at Lucky Peak.

To view 2022 youth sailing photos visit :

<http://bit.ly/3fOIK1Q>

or scan QR Code



Dreams Do Come True

Through your generous donations and the financial support of an anonymous matching donor, a new safety/chase boat (Boston Whaler Montauk 15) was purchased and christened the Doris D on June 22, 2022.

The Doris D performed perfectly during the 2022 sailing camps. This is the safety/chase boat SISO has been dreaming about since being established in 2017. **SISO believes the Doris D is symbolic of the trust the community has put into SISO's efforts to provide opportunities for kids to learn, grow and excel through the sport of sailing.**

Attending the christening party was Doris Denny, the boat's namesake. Doris was very instrumental of planting the seed for an all-girls sailing camp which happened to coincide with the christening ceremony. Doris is also a life-long competitive sailor and one of the original members of SISA, participating in decades of SISA regatta weekends. Other distinguished guests included: Boise Council President Pro Tem Holli Woodings; SISA Commodore Lynn Sander; Bob and Pat Entwistle (members of SISA for over 50 years) and Idaho Parks and Recreation Surat Nicol — Manager of Lucky Peak State Park.



Doris Denny out for a ride on the Doris D



Doris Denny centered in the all-girls camp with sailing instructors Kate Gehrs and Joanna Roop on the ends.



Peter Palmer, SISO Co-Chair and Doris Denny christened the Doris D with words of wisdom and sparkling cider.

The Joy of Sailing in Their Own Words

This is Noah Streif, age 15, I really enjoyed racing with other kids my age. It was thrilling to sail fast through the high wind. Thank you for making this camp possible.



I'm Rylee and I am 13 years old. I love looking and feeling the cool water that flows with me, while the breeze flies by my ears. The hot sun rays reflecting off the water and the invigorating feeling of the sailboat below me. I've learned how to safely gybe so I don't get whacked by the boom, and how to flip over a capsized boat. Thank you so much for allowing me have this amazing experience. Sincerely, Rylee Saba



The Other Side of Sailing

By: Steve Christiansen

As I think back on all my years of sailing, I have come to appreciate another side of sailing.

The other side of sailing doesn't include the typical conversation between sailors such as discussing boats, sail trim, mark roundings, rules, halyards, telltales, crew, start sequence, tacking, gybing, sheets, shackles, rings, pins, port, starboard, bow and stern.

Another side of sailing provides experiences derived from sailing that I can discuss with non – sailing friends. Experiences I can share without having their eyes glaze over due to the lack of understanding of the sailor's vocabulary.

The other side of sailing comes naturally and sometimes unexpectedly. The other side captures memorable experiences such as: watching an osprey pick a trout out of the lake in front of a fisherman that has all of the latest fish finder technology; watching a big RV tow a sailboat through the Las Vegas airport; taking down a circus tent; sleeping in a Walmart parking lot; walking through some enchanted garden I never knew existed; sailing in San Francisco Bay with a visually impaired sailor who was able to visualize the Bay as if he had full vision — just to name a few. Developing friendships with people I would have otherwise never met is one thing I value most.

If I were to look back from when I started racing sailboats with my dad long ago, the list of experiences and opportunities would be pages long. What I have come to realize is that sailing has enriched my life.

As I teach kids the sport of sailing, I see experiences that may become part of their personal narrative. The other side of sailing has a future of infinite stories yet to be told of experiences yet to be had by a new generation of sailors. It's gratifying to realize youth sailing provides this opportunity.

Now if I only would have tacked on that one shift, remembered to loosen the outhaul as I rounded that windward mark, if I had only sailed to the shore before tacking....should I, could I, would I. All of the stuff that we sailors like to talk about and tends to be what we always talk about. Good thing there is another side of sailing.



Nautical Knowledge: Parts of a sail

Sail: The engine that converts the force of the wind to power the boat. Sailors constantly speak of trimming the sails to be as efficient as possible.

Sailboats have many types sails with different uses. Sailors will choose which sails to use based on wind strength and boat heading. Names such as mainsail, jib, genoa, spinnakers and gennakers all refer to different types of sails. The mainsail is the most common kind of sail on any sailboat. The mainsail is attached to the mast and boom. One thing in common with all of the sails is the terminology that defines the different parts of a sail.

Sail Terminology:

Battens: Long thin strips usually of fiberglass used to support the sail's shape. Some mainsails are "full-batten" mainsails, meaning the batten extends all the way from the mast to the leech of a sail. Full battens add a wing-like shape to the sail.

Clew: Bottom aft corner of a sail.

Foot: Bottom edge of a sail.

Head: The top of a sail.

Leech: Aft edge of a sail.

Luff: Front leading edge of a sail.

Tack: Front, lower corner of the sail.

Tell Tales: Light strips of material attached to the sail to indicate whether the air stream on the sail surface is smooth or turbulent.





Morning traffic at Lucky Peak Reservoir

Scholarships Available

Help SISO get the word out. Boise City Parks and Recreation is proud to offer the Kristin Armstrong Youth Scholarship to qualifying youth participants within our community. This scholarship program is designed to help meet the needs of families within the community to access youth recreational programs and activities at a reduced rate. It is recommended to sign up early.

For detailed requirements and conditions call Fort Boise (208) 608-7680 or applications can be found online at:

<https://www.cityofboise.org/departments/parks-and-recreation/scholarships>

Through your generous donations, SISO is growing one step at a time. Our future is bright and youth sailing in the Treasure Valley is ALIVE!

Help Make Youth Sailing Possible

Youth sailing education in Southern Idaho is in great demand. Help make sailing accessible to all Treasure Valley Youth.

Be part of our success!

SISO is a nonprofit organization that promotes a healthy, active lifestyle through youth sailing education.

Thank you for considering becoming a program advocate today by making a tax-deductible donation.

- Online:** sailingoutreach.org
by credit card or PayPal
- By check:** Payable to:
Southern Idaho Sailing Outreach Corporation
2117 N 14th Street · Boise, Idaho 83702



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FUN

Adjective: providing entertainment, amusement, or enjoyment.

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THANK YOU!!

Your generous financial support gives Idaho's youth the opportunity to learn and grow through sailing.

Youth sailing camps provide lessons in sailing and safety including: discovering how systems like sails and lines work together and how to manage those systems to power a boat; building self-confidence when mastering new skills; and experiencing the adventure of exploring new places and outdoor activities.

We hope that a SISO youth sailor from landlocked Treasure Valley will one day go on to pursue the dream of sailing in the Olympics.

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