



Broadsides June 2009

Dear Members and Friends,

It is a great time to Sail! If you have not had a chance to join us at the Waterfront for a sail, a class or a cruise on American Spirit we would love to have you.

NMHF is growing. If you have not noticed the foundation has a lot more to offer in 2009. New boats, new certifications, new classes, new staff and a new house boat! We have a new logo in 2009 that reflects the roots of the foundation, its mission and our home in Washington, D.C.



If you are a member of the organization you will be shortly receiving in the mail a car decal from the foundation highlighting our new logo. I hope to see it in your car window soon (right next to the US Sailing decal!)

Like all non-profits and everyone family in the area - NMHF is having a tough year financially. Every week is a challenge and every broken boat part is something we need to look at closely before fixing. With all the economic challenges, NMHF is still going to move forward with its program growth in 2009. Kids Set Sail will be over 220 students this summer (up from 156 in 2008), the High School Sailing Program was sold out in the spring session with over 35 varsity and JV sailors, for the first time NMHF offered Out of School Time Programming to 15 students from Jefferson Middle School (check out the Jefferson Sailing Blog at <http://jeffersonsails.blogspot.com>) and we will be continuing our program in the Fall with 20 students from Jefferson. All of this requires your support! Please renew or join NMHF today or consider making a donation at www.nmhf.org

Let me take a second to share a poem from one of our new

In This Issue

[Jefferson Middle School Learns to Sail](#)

[Race Nights and Social Sails](#)

[American Spirit Updates](#)

[Adult Sailing Programs](#)

[New and Returning Members](#)

Key NMHF Links

[Home Page](#)

[American Spirit Cruises](#)

[Youth Sailing](#)

[Adult Sailing](#)

[Boating and Baseball](#)

[Follow us on Twitter!](#)

See what sailing activities are going on day by day.

Welcome New and Returning NMHF Members of April and May!

[Basic Members](#)

Lauren Axley
 Nicholas Bahnsen
 Cynthia Bartel
 Anna Bruse
 Diane Callahan
 Steve Cann
 Bradley Costello
 Tiffany Dewell
 Anthony Domenico
 Erin Fish

young sailors:

**Hello, my name is KaJuan,
I have learned not to hit the sequoia
because it's the President's boat,
It's not safe to wear a coat,
Because the strings on your coat
might get caught in part of the sail boat,
I learned how to steer,
I learned how to tack,
Boys and girls put that life jacket on before you back,
To tack is like to tilt,
Don't get scared 'Hey' it's how a boat is built,
Like I said to steer, to drive, 'Hey' it's no surprise,
Don't get scary just close your eyes,
I love the smell of the water,
Don't be crazy because we're right by the border**

I think you will agree that about sums it up! Come out and join us and please support our mission!

Fair Winds.

Kevin Traver
Executive Director

Michael Ford
Deon Glaser
Daniel Godfrey
Katherine Haley
Brendan Hanrahan
Scott Heit
Derek Horst
Mark Johnson
Shara Kabak
Pragathi Katta
Paul Keller
Caitlin Lacy
Diane Levy
Jeff Marx
Megan McCarty
Frances Moore
Khiet T Nguyen
Kristen Nyren
George Offerman
Kathleen Offerman
Jennifer Oscarson
William Perry
Evan Preller
Mark Robinson
Christina Rowland
Andrew Schrader
Jennifer A Smith
Foster Stolte
Scott Waterbury

Super-Members

Robert Asselin
Debriana Berlin
Nisha Bhatt
Michael Brody
Lisa Danielson
Laura Kwinn
Kevin Landy
Peter Pirillo
Lana Powers
Chengyu Shih
Marston Smith
Mark Turner

Supporting Members

Victor I Crawford
JaSun Frone
John Imparato
Gene Smith

Want to become an NMHF member?
It's easy! Just sign up online:

[Membership Sign Up](#)

Learn to Sail a Success!



In April 2009, NMHF began to run a trial program called Learn to Sail with 12 middle school students from Jefferson Junior High School. Jefferson is located just four blocks from the waterfront, and most of the students reside in close proximity to the Washington Channel. With the help of their enthusiastic English teacher, Catrina Brown, the students came down to the

Sign Up Today for Adult Sailing Lessons!

Our Adult Sailing Lessons began on April 18th and are open for the season! Spaces are filling fast so sign up today.

Details are on our website at

waterfront after school for two hours to learn about all aspects of safe boating. They had never been on a sail boat before, but were very eager to learn all that they could about the boats and the natural environment around them.

I was sorely impressed with not only their good behavior, but their ability to retain all of the information that we presented. As you know, sailing tends to have it's own "language," full of rather unique word like "halyard" and "shroud." These students did not blink an eye after being taught the parts of the boat and were effortlessly able to name each part correctly when prompted. They took this Learn to Sail course very seriously, and began to blog about all of their adventures under the guidance of Catrina. They also wrote many poems and short paragraphs about their experience. NMHF is thrilled to announce that we will now begin a year-round program with 40 Jefferson students that will encompass both a Learn to Sail and Learn to Swim component. Below are some samples of their work:

Journal Entry Written by a Student

I am currently in a Sailing Program, that I was selected to be in for my academic performance, behavior, class work, attendance, and homework. When we went yesterday to the Sailing Program we learned about jibing. Jibing is when you turn away from the wind, which can be dangerous at some point. It is dangerous and can be scary at some points because you can move away from the wind and the wind is behind you and your turn can be too fast and you can flip over, depending on the speed of the wind and also how fast you are going.

We have learned how to tack. To tack means to do a turn and tilt. When you tack you go into the wind, which makes you go slower. We also learned how to steer. The part that you steer the boat with is called the tiller. When you turn, you turn the opposite way that you want to go. For example, if you want to go left, you would push the tiller to the right. When you are steering you have to switch to the side that you are pushing the tiller to.

We have learned about the jib. When you tack you have to use this because it helps you turn because the jib has to be even with the sail. When you tack, you take the extra rope from the sail and you pull the jib rope and you will be tacking. We also know that the boat should be equal. For example, there are four people on the boat. That means that two people on the other side so that the boat won't lean to one side, it could be straight.
K.W.

Poem Written by a Student

My first day was inviting
and it also was exciting.

<http://www.nmhf.org/sailing/adult/dc-sail-progr>

We learned about the two sails, the main sail and the jib.

I also learned parts of the boat.
My favorite part was the mast,
man fun on sail boats always last!

After sailing we headed back to school,
and I thought everything I saw was cool.

We even learned about the Sequoia, the President's boat.
I thought that I loved it the most.

When everything was over and everything was done
people didn't act like they didn't have any fun!

Weekly Activities



Announcing Wednesday Night Social Sails

When: Every Wednesday night June 10th - September 16th

Time: Begins meeting at 5:30pm until 8:00pm

What: A chance to sail for fun with other club members in a cruising environment - we'll match you upon arrival

Who: Open to any member of NMHF . . . guests are welcome on a one time basis

Fee: Free for all NMHF members . . . \$10 fee for guests

Boats: Flying Juniors (2 people), Flying Scots (up to 4 people)

Announcing the Thursday Night Race Series

When: Every Thursday night from June 11th - September 17th

Time: Races begin promptly at 6:30pm just outside the Gangplank Marina in the Washington Channel

What: Three races per evening . . . the season will consist of three series:

Series 1 June 11th - July 9th

Series 2 July 16th - August 13th

Series 3 August 20th - September 17th

Who: Anyone from NMHF . . . if you're just looking to crew, come down and we'll match you with a skipper

Fee: \$15 per race-evening per person (regular member), \$8 per person (super member)

Boats: Flying Juniors (2 people), Flying Scots (2-4 people), Lasers

American Spirit Updates

Throughout April we held American Spirit training and got some great crew members! Missed out on American Spirit training but want to crew? E-mail Alana Rediker at arediker@nmhf.org and you can observe a cruise or two as your training.

The American Spirit is available for Private Charters on weekday evenings and throughout the weekend. What a great way to spend your next birthday party, company outing or just a

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Adult Sailing Programs

Beginner Sailing Lessons - Every weekend through September 4 lessons, 9:30am-12:30pm, Saturday and Sunday mornings, 2 weekends

Refresher Courses - If you've taken the basic lessons and need a little more instruction or it's been awhile since you sailed, take our refresher course to recheck your skills and prepare for a check out sail

June class schedule: June 13th (1:30-4:30pm), June 27th (9:30am-12:30pm)

Cost: \$50 per session

Advanced Level Dinghy Sailing - Take this one day class and learn how to sail our Flying Juniors, Lasers and Bugs so you can become certified to use these boats for pleasure sailing and in our race series

June class schedule: June 14th and June 28th, half day or full day sessions 9:30am-12:30pm Flying Jrs., 1:30pm-4:30pm Lasers/Bugs

Cost: \$50 per half day session / \$80 per full day session

Capsize Sessions - To complete your little Red Book (US SAILING Small Boat Sailor certification), you will need to go through a capsizing session. This is also required for all those taking the Advanced Level Dinghy course.

June class schedule: June 14th and June 28th from 12:30pm - 1:30pm

Cost: Free to all those who have taken lessons or are in the Dinghy class \$15 for all others who want to go through capsizing training

Spinnaker Handling - Do you want to take your skills up another notch and learn how to handle a spinnaker? We will be offering sessions on weekend afternoons on our Flying Scots throughout the summer beginning in July

Kids Set Sail Open House



Saturday, June 13th
(1:00-4:00pm)

NMHF Waterfront Facility
Gangplank Marina
600 Water St. SW

Washington, DC 20024

We would love for both enrolled and prospective parents & campers to stop by facility and check out what KSS has to offer for the summer! Information on what to bring to camp, the camp schedule, and other activities will be available. If you know of any interested youth ages 7-14, please tell them about this unique experience on the DC waterfront!

Spots are still available in the following sessions:

One Week Sessions

June 22 - June 26

June 29 - July 3

July 6 - July 10

Two Week Sessions

July 20 - July 24, July 27 - July 31

August 3 - August 7, August 10 - August 14

*Full scholarships are available upon request.