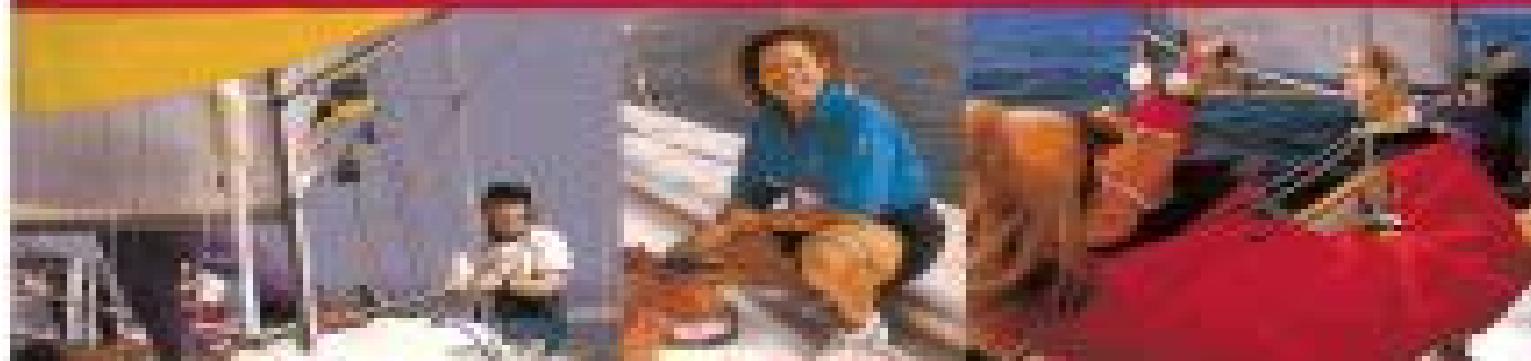




**WOMAN'S
Guide**

SAILING



Everything You Need to Know to Get Started (and Keep Going)

Gear, Clothing, Tips, and Advice

Women's Voices, A Woman's Approach



DORIS COLGATE

**FOREWORD BY ROSEMARY WOODS, A SAILING ASSOCIATION
AND WOMAN'S VOICES BOARD MEMBER**

Sailing A Womans Guide

Donald Launer



Sailing A Womans Guide:

A Woman's Guide to the Sailing Lifestyle Thomas Desrosiers, 2015-09-18 A chance sailing trip with a friend from work led me to wonder if I could learn to sail After all Im a woman and the sailing world seems to favor men I am not athletic I didnt grow up in a family where we learned about boating I would be starting late since I was in my thirties and I suffer from seasickness What I discovered over the next twenty five years is that I could indeed learn to be a competent sailor But I didnt expect to be an expert overnight Instead as a novice I layered on new knowledge slowly over time through experiential learning This book describes the process whereby this happened Using examples from trips along the coast of Maine New Hampshire and Massachusetts it reviews the essential knowledge needed to be a sailor as well as explanations about the parts of a sailboat major boat systems and tasks associated with maintaining a sailboat It also discusses some Zen like attitudes that lead to successful and fun sailing such as focusing the no blame rule and stripping down to the essentials Unlike some other sailing guides this book points out that sailing can be a lifestyle that includes many dimensions Its not just about getting a boat to sail Traveling by boat is a unique experience and visiting small coastal New England communities is an adventure Learning about history art ecology star constellations technology and birds are only a few of the kinds of activities that can be built into a rich and rewarding sailing experience This book will be helpful for people who would like to learn to sail but who are intimidated by the process particularly women fledgling sailors just starting out and families with children

Sailing: A Woman's Guide Doris Colgate, 1999-01-22 Doris Colgate knows what women want Well known as a sailing role model and a confident yet gentle teacher she writes with clarity on even the most complex sailing concepts as well as answering often asked questions on the safety comfort and social sides of sailing *Sailing A Woman s Guide* pulls it all together for the beginning sailor Finally an excellent book for women that both teaches and motivates Bravo Doris You ve opened up the sport Bernadette Peters editorial director *Cruising World* It took a person with her fingers on the pulse of women aspiring to sail to write this book and that person is clearly Doris Colgate *Sailing A Woman s Guide* is as much a source book as empowerment to women the world over desiring to become sailors Micca Leffingwell Hutchins editor of *SailNet* An excellent introduction to the sport of sailing It will undoubtedly encourage many women to try this challenging noncontact activity while enjoying the great outdoors Betsy Alison Four time Rolex Yachtswoman of the Year This new series is designed to teach outdoor skills to women in the way they learn Women of all ages describe how they overcame obstacles what they enjoyed most or just how they felt about undertaking a new activity extremely well done and appealing Library Journal starred review

Cruising World, 2007-12 *The Divorced Woman's Guide to Meeting New Men* Eric Weber, 1984

Dream Cruises Kim Kavin, 2007-10-12 Tips for Booking Trips on All Budgets from 1 000 to 1 000 000 Kavin compares cruise ships and yacht charters to showcase the biggest advantage of the latter personalized comfort Soundings Charter cruising comes in many flavors from fully crewed luxury megayachts to pilot your own bareboats and Kim Kavin has

sampled just about all of them Offshore Say good bye to lengthy security lines overpriced pia coladas and jam packed shore excursions Never again will your cruise vacation include jostling with crowds squishing into a kiddie filled swimming pool or rushing back from a land tour in time for a pre assigned dinner seating on a massive impersonal ship Dream Cruises introduces you to the joys of private yacht charter vacations a fast growing and often surprisingly affordable alternative to cruise ships With charters you get the whole boat for your family and friends with a crew catering only to you and you go wherever you choose from Alaska to the South Pacific Based on first hand experience as well as advice and information from sixty charter industry experts worldwide Dream Cruises explains which kinds of yachts are available where to book them how to find a trustworthy broker what you can expect to pay and much more Why book another cabin when you can have the whole boat for yourself **Yachting** ,1999-05 *Sailing to Hemingway's Cuba* Dave Schaefer,David Schaefer,2000 The color mystique and irrepressible spirit of Cuba come alive as the author sails to the old haunts of his lifelong hero Ernest Hemmingway **The Intelligent Woman's Guide To Online Dating** Dale Koppel,2008 The Intelligent Woman s Guide to Online Dating is two books in one The first book 103 p How I Did It is Dale s story of how she found her Mr Right on line Flip the book over to reveal Book Two 69 p If I Can Do It You Can Too Dale shares how she learned to make the most of online dating and polished her skills and created strategies that really worked **The Perfect First Mate** Joy Smith,1999 Joy Smith is a correspondent for The Ensign and a contributor to SAIL Latitudes and Attitudes and other boating periodicals *Cruising World* ,1999-01 **India Directory, Or, Directions for Sailing to and from the East Indies, China, Australia, Cape of Good Hope, Brazil, and the Interjacent Ports** James Horsburgh,1836 *India Directory, Or, Directions for Sailing to and from the East Indies, China, New Holland, Cape of Good Hope, Brazil, and the Interjacent Ports* James Horsburgh,1826 *India Directory, Or Directions for Sailing to and from the East Indies, China, New Holland, Cape of Good Hope, Brazil and the Interjacent Ports. 3. Ed* James Horsburgh,1826 **Dictionary of Nautical Acronyms and Abbreviations** Donald Launer,2006 Written for the recreational boater whether experienced or new to boating this handy dictionary contains listings of all the acronyms abbreviations and truncations that recreational sailors encounter in nautical magazine articles books instruction manuals and Coast Guard reports **The Woman's Book of Sports** Jahial Parmly Paret,1901 **Sea and Pacific Motor Boat** ,1972 *Every Woman's Guide to Cycling* Selene Yeager,2008-03-04 More women than ever before are jumping on their saddles to enjoy one of the fastest growing sports in the country and to improve cardiovascular fitness control their weight and liven up their social lives At the same time cycling remains very much a man s sport an intimidating world that can be difficult for women to navigate Now celebrity spokeswoman Selene Yeager covers all the basics for all ages and fitness levels Women will learn How to find the perfect bike and other essential equipment How to shift spin climb mountains and get back down Training techniques that take it up a notch What to eat off and on a bike Competition craziness race information and strategies Why guys who work in bike shops act the way they do And more A

Woman's Guide to the Wild Ruby McConnell, 2016-03-15 Hike camp backpack and navigate the wilderness like a pro with this fun and comprehensive survival guide for outdoors women and fans of Cheryl Strayed's *Wild*. This fun practical handbook covers everything from feminine functions like dealing with your period and peeing in the woods to staying safe like protecting yourself from strangers. You'll also find chapters that help you prepare for and make the most of your time in the wilderness with information and advice on Gear lists Personal Care Camp setup Fire building Weather Navigation Food Water Fun and informative. A Woman's Guide to the Wild will inspire you to get out on your own or with your girlfriends explore the wilderness and get a little dirty.

Chartering a Boat Chris Caswell, 2001 Caswell offers advice on everything from choosing the right cruising area a good company to charter from and selecting a suitable boat to dealing with common problems encountered on charters.

Treasured Islands Lowell Don Holmes, 2001 Not only the British writer himself already famous for novels and poems but his family with him took to the sea between 1888 and 1890 to search Polynesia Micronesia and Melanesia for Robert's health and adventure. Writer and film maker Holmes emeritus anthropology Wichita State U Kansas has

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