

THE JOURNAL OF THE  AMERICAN SAILING ASSOCIATION

AMERICAN SAILING

ADVENTURES ABOARD ASA'S AWESOME FLOTILLAS

On a Sunday morning in late August, the Marina Kastela in Trogir, Croatia, bustled with people and boats from all over the world. Among the busy crowds in this medieval city of red tiled roofs and church spires were a group of ASA members, led by Captain Jean de Keyser, who described the scene as “a marine version of the Tower of Babel where, without a doubt, well over twenty languages could be heard.”

This group of sailors was in for quite an adventure on ASA's Central Dalmatian Coast Flotilla. Not only a week of great sailing, but also the culinary delights of fresh seafood and swimming in the waters of the famous “Blue Cave of Bisevo.”

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Photo by Steve Allwine

ASA's flotilla in the San Juan Islands gave sailors the opportunity to enjoy the rugged beauty of the area and the chance to share the time with fellow aficionados.

ADVENTURES IN CRUISING • THE SECRETS OF SICILY AND THE AEOLIAN ISLANDS

Many times I have thought that one of the most amazing things about the sport and lifestyle of sailing is that you can literally pull out an atlas and point to where you want to go to next. The fun comes in all the research, the planning and the many Sunday afternoons spent learning about and discovering that special part of the world you have chosen. When I first decided that Sea Dog Sailing's next big sail would be to Italy, in particular Sicily, I got so excited.

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Capt. Stacey enjoys a coffee on the coast.



Boat Shows to Enjoy

Winter is boat show season, and ASA will be popping up at the biggest and best shows all around the country. The season kicked off in October with the United States Sailboat Show in Annapolis, Md., where thousands of sailors gathered to check out the very best of the industry. This winter has some great shows in store, whether it's the winter wonderland of Chicago or the sunny paradise of Miami, and we encourage you to join us!

Why go to a boat show? First of all, it's the only way to check out the newest boats and gear up close. All of the boat builders bring their top of the line models to show off, and the latest technological innovations are on display. You'll find boats and gadgets for every kind of sailor, as well as hundreds of exhibitors.

A boat show is also a great chance to stop by and meet representatives from ASA. Find out about our latest programs, and discover how you can get maximum enjoyment out of sailing by taking advantage of your membership with us. Come see us at a boat show this year! Here's where we'll be:

St. Petersburg Boat Show
St. Petersburg, Florida
December 1-4, 2011

Strictly Sail Chicago
Navy Pier, Chicago, Illinois
January 26-29, 2012

Miami International Boat Show
Miami, Florida
February 16-20, 2012

South West International Boat Show
Houston, Texas
March 22-25, 2012

Strictly Sail Pacific
Oakland, California
April 12-15, 2012

The Charley Noble

It was a great summer and fall for ASA, both on and off the water. From the flotillas spotlighted in this edition's feature story, to thousands of new certifications earned by sailors at our schools around the world, it was a wonderful sailing season.

However, ASA's greatest progress may have been in the digital world, where we celebrated the launch of our first e-course, Your First Sail, and expanded our role as one of the premiere voices in sailing on Facebook and Twitter.



In August and September, we held a Fan Appreciation Sweepstakes on social media to thank all of our longtime fans and to attract new people to the lifestyle of sailing. The response was terrific, with thousands of people coming to our Facebook page to talk about their love of sailing.

In the end, Captain John Enders of Anacortes, Wa., was our Grand Prize Winner, taking home a brand new iPod Touch 8G. John Goebel, who won a sailcloth cooler from Sailor Bags said, "Without my ASA certifications I wouldn't be as good of a sailor as I am and wouldn't be out on Santa Monica Bay crewing for races all year long!" Dan Schertner won a Weems & Plath Navigation Kit, while Seth Goettelman and Marte Gutierrez each won ASA t-shirts.

Congratulations to our winners, and thanks to everyone who participated! Make sure you find ASA on Facebook at www.facebook.com/AmericanSailingAssoc/.

"Charley Noble" is the old time nautical name for the smokestack over a galley ... So I'll try to keep any "hot air" in the American Sailing Journal confined to this column.

THE AMERICAN SAILING JOURNAL

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FEATURE STORY

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There was also the fun of touring an abandoned submarine base featured in a James Bond movie. They even found time to be Good Samaritans. When a sailor from a nearby boat dislocated his arm, a doctor from the ASA group reset it for him, prompting a huge cheer from the crowd that had gathered to watch!

Every year, ASA's flotillas take sailors of all skill levels to exotic and spectacular locations around the world, where they not only have a great time, but also gain skill and confidence. Every flotilla is led by an expert on the local waters who guides the other captains and crew every step of the way.

For experienced skippers, flotillas are a fun new challenge, and for relative newcomers, flotilla sailing is a great way to take away the intimidation factor of chartering in unfamiliar waters, while meeting fantastic new people and having an incredible experience they'll remember all their lives. For many people, attending an ASA flotilla has opened the door for chartering on their own in places like the British Virgin Islands and the Mediterranean.

Here's a recap of some of ASA's most exciting flotillas from 2011:

Exuma Islands, Bahamas

This was a trip like no other, an "adventure flotilla" on sleek little Sea Pearl 21 boats through the sandy cays of the Bahamas' Out Islands. ASA sailors felt the salty sea spray, camped on the beach at night, and got up close and personal with local wildlife including iguanas, wild pigs, and the famous "pet" sharks of Compass Cay! It was so popular we added a second week.

Greek Islands

From exploring the ruins of the Parthenon to sailing the Mediterranean and visiting islands such as Paros and Hydra, this was a lively journey through the classical world. The flotilla visited quaint tavernas and remote villages as well as the vibrant metropolis of Athens.

Jewels of the Croatian Coast

This flotilla was our second of the year in Croatia and immediately followed the one described at the beginning of this article.



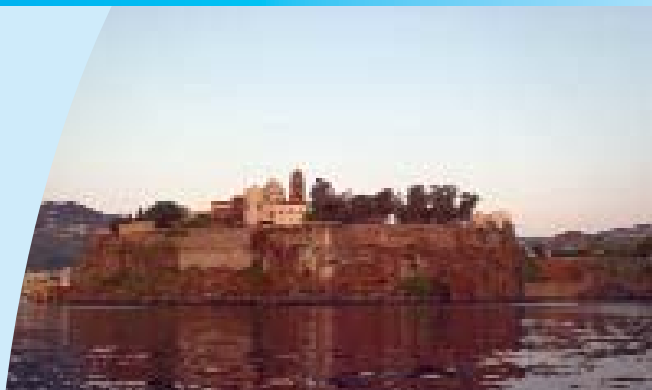
Photo by Carole Walsh

(Above) Who knows what adventures and animals one may find in the Bahamas? Here, sailors make a new friend ashore. (Below) The colors of Greece fly off the stern of one of the flotilla vessels as another follows in its wake.



Photo by Kathy Christensen

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(Above) Magnificent natural beauty is crowned with ancient architectural splendor in the Aeolian Islands. (Below) Fabulous cured meats, cheeses and pickled vegetables pair beautifully with locally made wines perfect for hungry and thirsty sailors after a long day on the water.

ADVENTURES IN CRUISING

continued from page 1

I ran out and bought as many guide books as I could find, all the nautical charts and of course the Coastal Pilot to the Italian Mediterranean. I am the first to admit that I still get butterflies when I start the magical process of charting and researching where we are going next.

Typical images of the Corleone family and Mafia, suave Italian fashion and Mediterranean mega yachts drifted through my mind. Plates piled high with prosciutto and heaping bowls of homemade pasta dressed in ruby-red, ripe tomato sauce danced in my head. Dreams of creamy gelato, steaming-hot, strong espresso and the smell of fresh seafood on the grill were almost too much to bear sometimes.

Touchdown in Palermo

As with many things in life no matter how much you plan or how much you prepare, the beauty lies in the surprise. Months of preparation had gone into this sailing adventure but nothing could prepare me for how I felt when we touched down onto the windy and dusty Palermo runway. Wondering if the brakes were going to hold before we dumped into the sea at runway's end, I gathered my wits about me and started to grin. Here I was in Palermo, Sicily! Let the adventure begin ...

Jumping into the cab, I pressed my nose against the glass as the Sicilian coast and Palermo suburbs whizzed by. My mind tried to grasp the deep history of this

Mediterranean crossroad. Sicily is both the largest region of Italy and the largest island in the entire Mediterranean. In the eleventh-century B.C. Phoenicians began to settle into western Sicily, having already started colonies in North Africa. Artifacts reveal major Phoenician settlements in what is present-day Palermo. Greece ruled supreme in 800 B.C. and then history reveals a series of rulers including Roman, Byzantine, Islamic, Catalan and Emirate cultures. Modern-day Sicily is now a part of the Republic of Italy but it retains its own very distinct culture and language.

I was awakened from my journey through time by the Sicilian cab driver kindly removing 70 euro from my palm. I had arrived at my hotel overlooking the sea and the view stopped me cold as I breathed in the sweet ocean air. Sparkling azure light danced off the rocky cliffs as yachts meandered into the minuscule harbor entrance. As I glanced down to the dock, I was happy to see that yes, in fact, Sunsail Charters really was right where the map said it would be. It was time to find the pool, a crisp cold glass of Sicilian white and start welcoming my first week of guests.

Laying out the Plans

While planning our sailing adventure to Sicily and the Aeolian islands in the Tyrrhenian Sea, I made sure, as I always do, to make three plans – A, B and C. The first plan is the one that would be ideal with no diversions or problems. The second one is the plan where you have a fallback for anchoring or a weather bail out. And the third is the one that keeps you safe and protected when both the first and second plan fail miserably. This trip was no different. After all my years of sailing, I will say that this is a process that I would never skip; no matter where I sailed or how many times I had sailed there. Scouring over charts, coastal pilots and cruising guides has taught me that no matter how much you think you know, Mother Nature will kindly remind you that she is the chick in charge.

Sailing in the Mediterranean can be one of the biggest challenges of any sailor's career. A combination of tricky Mediterranean mooring (yes, it really is a sport), wild wind patterns and sketchy harbor entrances is a recipe for disaster if you are not both prepared and flexible.

Leaving out of Palermo, we sailed down the coast heading almost due east to the tiny cliff-side village of Cefalu. A hazy and virtually windless day left us motoring along the Sicilian coastline past lighthouses marking treacherous rocks. About five hours into our cruise along the coast, the village of Cefalu began to appear through the haze. The grandeur of red-tiled roofs clinging to ancient buildings and the enormous Norman-Arab-Byzantine cathedral towering over the sea was a sight to behold. The modern day lighthouse marked the cliff and shallow approach to a breakwater extending off the shore. We had arrived at our first anchorage, and surprisingly it looked exactly like what I had imagined. Once tucked away into our tight med-mooring slip, we headed up the hill by foot past the lighthouse to discover what Cefalu had to offer. Several people on the trip had picked out restaurants in their guidebook, but I had decided to just let things unfold. While guidebooks are helpful in steering you sometimes in the right direction, they can also steer you away from the fun of finding that hidden gem all on your own.

Finding Hidden Treasure

Strolling the narrow, cobblestone streets of Cefalu and looking down the winding alleys was more my cup of tea for finding that amazing meal. Not long after entering into the vibrant main square I noticed a restaurant with a small but well-lit entrance. Poking my head inside, I could tell that this place was going to be special. A long hallway of both oil and watercolor nautical artwork led me to a stone stairway and veranda overlooking the sea. The small entrance had totally concealed the hidden cliff side dining room scattered with cozy tables-for-two and happy, well-fed guests. "Kentia" was that hidden treasure I had been looking to find. Plates of grilled local fish, gnocchi in gorgonzola sauce and sea urchin risotto were married with bottles of local "nero d'avola" Sicilian wine and it proved to be the perfect combination. The warmth of the owner and the servers was the final perfect ending to this delightful evening. Sicily was romancing us and our sailing adventure had truly begun.

After pots of strong Italian pressed coffee the next morning, we dropped our stern lines and headed out to the first of the Aeolian Islands on our journey. Vulcano is approximately 52 nautical miles from Cefalu and the Sicilian coast, and as we headed out again into the haze we talked about our beautiful experience the night before as well as the anticipation of visiting Vulcano and the



Deep blue waters form a picturesque harbor for sailboats and small working vessels alike as green hills rise steeply out of the calm sea.

Aeolian islands. The Aeolian Islands get their name from the god Aeolus meaning "Wind God" and by all accounts the name is well-deserved. There are hundreds, even thousands of years of recorded fateful journeys by ship across these "wine dark seas" so aptly penned by Homer himself. In book ten of Homer's Odyssey he describes in detail not only the allure of these islands but the dangers and deceptions of the seas around them.

The Magnificent Stromboli

The volcano Stromboli has been active for over 4,000 years and still today, almost to the minute, erupts every ten minutes, spewing ash, lava and sparks around its northwestern side. As we approached the island of Vulcano, we could smell the strong sulphur and see the steam, smoke and ash rise above her sunken crater. Humbled by the awesome sights before us, we were taken aback by the rich history that surrounds these mountainous islands. How many sailors had been here before us? How many had seen the same exact sights? How many had lived to tell about it and how many had violently perished at the hand of Mother Nature and her unrelenting wine dark seas? After anchoring we all sat in the cockpit, Sicilian wine and cheese at hand, staring at nature's powerful bounty before us.

As the weeks unfolded during our month cruising around the Aeolian Islands, we were blessed each day to discover new treasures and be greeted by the warmth of

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Do you dream of chartering a new beautiful sailing yacht in the Caribbean or reaching south to Mexico and beyond aboard your own voyaging yacht? Since 1989, it's been a reality for many of our students and it can be a reality for you too when you learn to sail from one of our ASA certified sailing instructors. Our sailing program is designed for those who are seeking the skills required to Bareboat Charter from an international company such as The Moorings or Sunsail; or are interested in private sailboat ownership. Through our sailing program you can become certified to expand your own sailing experience. Our sailing coaches are USCG licensed Yachtmasters and certified sailing instructors. We have been to many charter bases around the world, both professionally and as customers. We can tell you firsthand about different locations and fleets of sailboats around the world and help you plan your dream bareboat charter, or give unbiased advice on acquiring a family sailing yacht.

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After docking each evening, your instructor departs the boat and students may stay aboard to begin experiencing the fun, privacy, and thrill of life aboard a yacht.

The seven-day 103/104 ASA Basic Coastal Cruising/Bareboat Chartering certification is our most popular program. A typical day might include a 15-mile close reach in the ocean to Mission Bay, or you may set sail for South San Diego Bay where Glorietta Bay is located. You'll learn new skills like piloting, and sailing a yacht using a chart, the buoys, and the hand-bearing compass. You'll get practice at steering in waves, and gybing in the ocean. Heaving to, reefing, man overboard recovery, docking under sail and power are all taught in this class. Students will practice planning a sailing trip on the spot with various wind and tide conditions and pick the best locations for the day. Late in the afternoon, students will dock and the instructor departs the boat.

At the end of this class, students get to bareboat on their own for two days. You'll leave with an ASA Bareboat Chartering Certificate, two days of logged bareboat time and a confidence that can only be gained through experience.

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FEATURE STORY

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They sailed north to visit a number of stunning islands in the Adriatic Sea. Croatia is rapidly becoming the "in" place to sail in Europe, and ASA has been on the cutting edge, hosting flotillas there the past two years.

Catalina-Newport Flotilla

Our first ever Southern California flotilla, this one departed from ASA's backyard in Marina del Rey, and spent two days visiting Catalina Island, a playground for outdoor enthusiasts and the rich and famous alike. From there, they sailed to historic Dana Point, ritzy Newport, and disembarked at Long Beach. Along the way, they spotted pilot whales and dolphins and even had a blindfolded dinghy race!

These are just a few of the many destinations we sailed. Still coming up in 2011, at the time of writing, are our excursions in Florida's Pine Island Sound and in the Polynesian paradise of Tahiti.

We're not slowing down next year, either. In 2012, look out for these great flotillas and more:

St. Martin and the Leeward Antilles

France, England and Holland in one week, by sailboat, with guaranteed warm weather! That's what you get when



Photo by Mila De Keyser

Mountains tower above ancient Croatian architecture and vivid blue waters as small sailing vessels sit at quaint docks surrounded by palms.

you join this flotilla, which begins on the beautiful half-Dutch, half-French island of St. Martin, and visits French St. Barts and English Anguilla. Experience a thrilling mix of European sophistication with Caribbean beauty and flair.

Victoria and the San Juan Islands

This flotilla will visit the historic Canadian city of Victoria, which boasts a spectacular harbor. Other stops include tranquil, seldom-visited Winter Cove in the Canadian Gulf Islands as well as Rosario on Orcas Island and Roche Harbor in the beautiful San Juan Islands of northwest Washington. Wildlife abounds in these areas and includes bald eagles and orca whales.

Grenada in the Southern Caribbean

Grenada, the Tobago Cays, and a dozen other enchanting islands call to you. Discover beautiful white and black sand beaches, spice plantations, rum distilleries, coral gardens, world-class snorkeling, and superb tradewind sailing with air and water in the 80s. This is a sailor's paradise.

All of the details and registration information for these flotillas can be found on our website, www.asa.com, by clicking on "News & Events" and then "2012." Also, feel free to give us a call with any questions at 310-822-7171.

A number of other flotillas are in the works for 2012, and those will be announced as soon as they are confirmed. Keep an eye on www.asa.com and make sure you're following us on Facebook and Twitter for the latest news.

We hope you'll join us on an upcoming flotilla. Next year it could be you standing on the dock in some exotic locale with the adventure of a lifetime just ahead.



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FEATURED FACILITY • OPEN SAILING

The coastal community of Marina del Rey, Calif., is located in the center of Los Angeles' west side, adjacent to Venice Beach and only a few miles from Los Angeles International Airport. The marina itself is actually a man-made phenomenon. Having been constructed in the late 1950s, it still claims to hold the title of largest man-made marina in the world. Marina del Rey has more than 6,000 recreational boat slips and the highest density of restaurant seating in a one-square-mile area outside of New York City. This waterfront haven's sleek boats, sun-splashed walkways and balmy breezes make it one of the most popular water playgrounds in southern California and home to one of the most popular pastimes around - sailing.



Open Sailing School specializes in classes for experienced sailors looking to increase their racing skills as well as offering classes for those who are just beginning.

Open Sailing was founded in Marina del Rey in 2007. The company's success is a result of the founders' passion for the sport of sailing. The goal was to bring something new and exciting to this unique venue and its sailing community. The founders, Nik and Jerome, both originate from Europe, which is considered one of the frontiers of sailing and world-class, cutting edge boat design. Open Sailing began importing the French designed Open 5.70 - a 19-foot sporty keelboat with square top sails and an asymmetrical spinnaker that provides a stable and forgiving platform with all the feel and adrenaline of a small dinghy. The boat quickly became one of the most popular one-design racing classes on the west coast and Open Sailing started building the boats in California to meet the growing demand.

Sailors in Marina del Rey are spoiled by the Southern California weather allowing them to sail year round. There is easy access to the Pacific Ocean and predictable onshore breezes that build like clockwork every afternoon. As well as the beaches and the infamous skyline featuring the Hollywood sign, boaters are often accompanied by dolphins and even blue whales. With Catalina and the Channel Islands less than a day's sail away, it is easy to escape the notorious L.A. traffic and seek adventure by dropping anchor in a remote bay. The ticket to these getaways is knowing how to sail.

The Open Sailing School offers potential sailors the opportunity to learn to sail and race onboard fast and fun sport boats. All of the classes have an emphasis on performance - whether you want to learn to sail or just want to learn to sail faster, there is a course for you. The beginner courses are taught on the Open 5.70. With its spacious, uncluttered cockpit, the two to three students and instructor are very comfortable on the water, and those learning-to-sail bumps and bruises are kept to a minimum. The boat is so easy to learn on that students are flying the spinnaker on their very first sail!

Whenever two sailboats are traveling in the same direction, skippers won't be able to resist the urge to race. Knowing how to get the most out of your boat and sails is not only extremely rewarding, but it gets you to where you want to go a lot faster. California has a colorful history of sailboat racing and some of the world's most famous venues. The America's Cup has been hosted in San Diego three times, and the next America's Cup will be held in San Francisco in 2013. The famous Transpac Race which crosses the Pacific to Hawaii starts from Long Beach every other year.

Open Sailing offers courses to get you started, literally. You'll learn how the race committee communicates with the racers using flags, how the start sequence works, starting strategies to make you competitive, and important rules you should know to be safe on the race course.

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FEATURED FACILITY

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The more advanced racing courses cover topics such as knowing which end of the start line is favored, how to use wind shifts to your advantage, how to be more competitive at mark roundings, as well as useful tips on strategy and tactics that will ultimately help you win more trophies. Open Sailing has a fleet of high performance sailboats, and the instructors have more than 30 years of combined inshore and offshore racing experience. The newest addition to the fleet is the Pogo 2 – a 21-foot mini Transat designed for singlehanded offshore sailing. This technical boat has the ability to cross oceans, and if you're up to the challenge, Open Sailing will teach you how to become an accomplished solo sailor and perhaps live out your dream of racing in the Transpac.

The Open Sailing Center is easily accessible at the gateway to the marina. It's a short drive from the airport and walking distance from many of the marina-front hotels. There is also a good selection of sailing apparel and accessories on offer to help you stay dry and comfortable while out enjoying your lesson. After your exciting day on the water, it's a short trip to Fisherman's Village – a New England style fishing village with brightly painted wooden buildings, a

For more information
 For class reservations or information, contact Open Sailing, Inc., at info@opensailingusa.com or visit their website at www.opensailingusa.com.



Sailors looking for local racing or those who want preparation for long-distance races such as the Transpac can gain experience aboard an Open 5.70.

waterfront promenade, a lighthouse, and marina-front restaurants. It's the perfect spot for reliving your sailing adventures of the day and hopefully bragging about the race you won.

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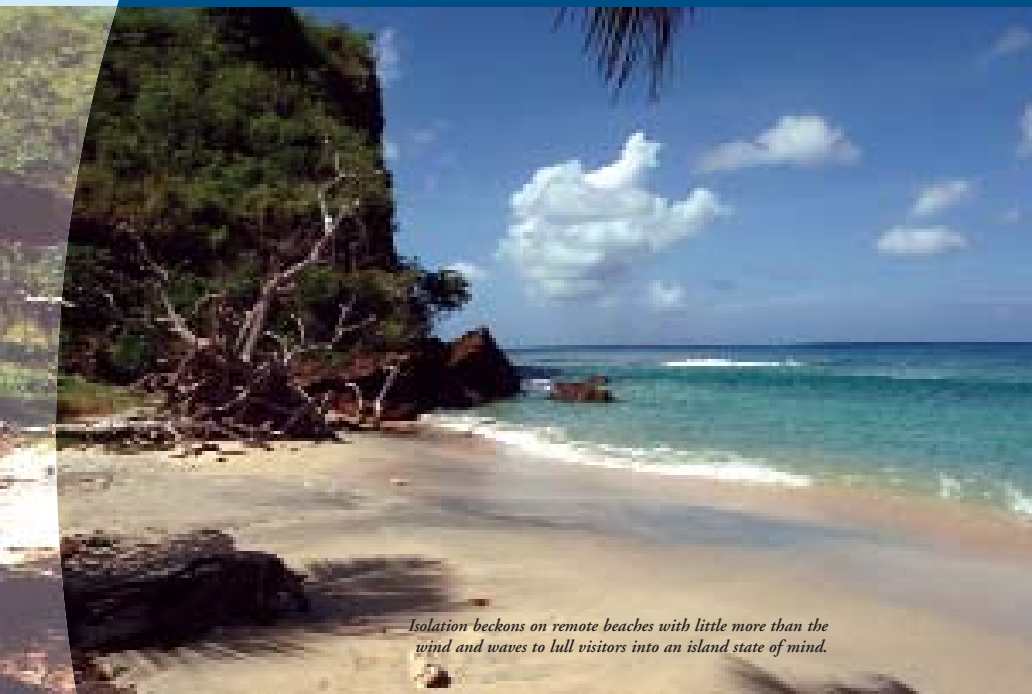
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SAILING DESTINATION

Grenada and the Windward Islands • By Capt. David Kory



Isolation beckons on remote beaches with little more than the wind and waves to lull visitors into an island state of mind.

Grenada, the "Spice Isle," is the most southerly of the Windward Islands in the Caribbean. It is a geographical gem where sailors can sink into the serenity of warm breezes and soft moonlight; feel history in centuries old forts; touch the floor of the rain forest, swim among coral reefs, soak up the sun along miles of pristine white and black sand beaches, indulge in casual and fine dining, and enjoy shopping the many unique stores and markets. It is a rolling, mountainous island, abundant with fragrant plants and rare tropical flowers, dotted with crater lakes and teeming with a wide variety of animal life, and has for centuries been a major source of nutmeg, cloves, ginger, cinnamon and cocoa.

Its Spice Culture is all embracing enthusiasm, and is expressed through music in all its variety; pageantry and poetry; dance and theatre; sport and recreation; and the natural penchant of Grenadians for welcoming, socializing, cooking and celebrating.

Grenada is composed of three islands - Grenada, Carriacou and Petite Martinique. Located in the Eastern Caribbean, way down at latitude 12, it stays warm all year and is below the hurricane belt, making it a safe, romantic, natural and very authentic destination. Just 100 miles north of Venezuela, it is a tiny point on most world maps with an area of only 133 square miles. Just south of Grenada is

Trinidad and Tobago, and St. Vincent and the Grenadines lie to the north.

With average temperatures in the 80's throughout the year, Grenada's remarkable topography also means the climate changes according to altitude. Experience warm sunshine and pleasant tradewinds breezes along the coast and beaches, or venture up Mount Saint Catherine's peak at over 2,700 feet, and discover rain forests and lakes in the crater of an extinct volcano. Even during the rainy season, it rarely rains for more than an hour at a time, and generally not every day.

Christopher Columbus discovered Grenada in 1498, although the island

For more information

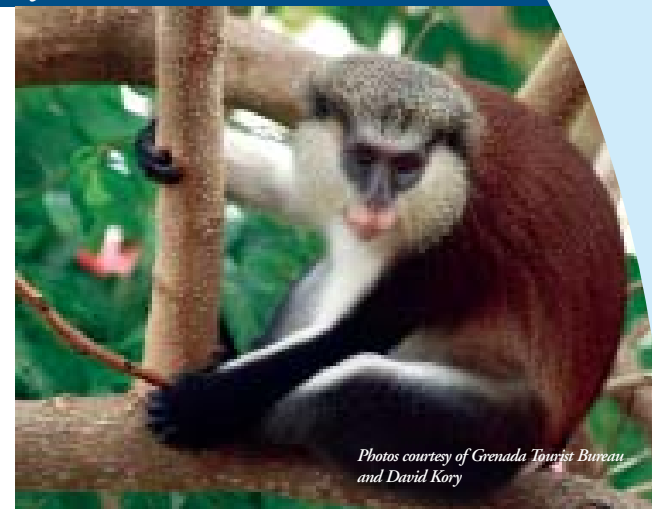
Visit the www.grenadagrenadines.com or www.loneyplanet.com/grenada.

was already inhabited by the Carib Indians, who had displaced the Arawaks. The Amerindians called their island Camerhogue, Columbus renamed it Concepción, but the passing Spanish sailors found its lush green hills so evocative of Andalusia that they named it Granada, and that's the name that stuck. The French later claimed it, calling it La Grenade, then the British followed suit, changing Grenade to Grenada (pronounced Gre-nay-da). The last 25 years have been a peaceful, democratic and fruitful existence, and today, the tri-island state remains within the British Commonwealth as an independent nation.

Grenada offers sailors a wealth of activities in addition to its fabulous tradewinds sailing. Consider visiting its many waterfalls and crater lake at Grand Etang National Park & Forest Preserve, taking inland tours of rum distilleries or spice plantations, snorkeling and diving the coral reefs, wandering the beautiful beaches, or perhaps an outing to the organic chocolate factory.

Grenada's international airport is just minutes from town, and receives flights from throughout the Caribbean, U.S., Canada and England. An ideal place to charter a sailboat, both the Moorings and Sunsail have fleets in the local marina. A good resource for booking charters is: www.avinautica.com/destinations.html.

St. George's, the capital city of Grenada, is a gem of the 18th century with colonial buildings crowned by orange fish-scale tiles that mingle between multi-colored homes along an emerald green



Photos courtesy of Grenada Tourist Bureau and David Kory

(Above) Exotic wildlife and lush plants make Grenada truly a tropical paradise, a green jewel set in the Caribbean Sea's blue background. (Below) Chartering a catamaran to cruise the area provides plenty of room for a family or for couples traveling together.

backdrop. Stroll along the narrow streets, perusing the shops and smelling aromas drifting from the area's many great restaurants. Make your way to Bay Gardens, and marvel at over 3,000 species of Caribbean plants. On Saturdays, the place to be is St. George's Market Square. To the west and south, you'll find the white, sandy shores of Grand Anse, a two-mile long cosmopolitan beach with excellent dining and nightlife.

All of the 45 distinct beaches on Grenada are public. No matter how exclusive or expensive-looking the area, it is open for all to enjoy.

The winds around Grenada are nearly always northeast to southeast and run the gamut from a gentle 10 knots to a more spirited 25 knots, intensifying around the northern ends of the islands; calms are rare.

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SAILING DESTINATION

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The trade winds typically blow from the northeast during the winter months, and more southeasterly during the summer. The north-south orientation of the islands means the wind will be on the beam more often than not.

Although there is so much to explore in Grenada, it is also ideally positioned for exploring other nearby islands by sail. You can discover equally enchanting islands such as Tobago Cays, Mayreau, Mustique, Bequia, St. Vincent and St. Lucia. Sailing north brings you to the 32 islands comprising the country of St. Vincent and The Grenadines. Most are uninhabited, and all are close together; the whole nation covers only 150 square miles.

St. Vincent, the biggest island, is lush and mountainous, rising through bamboo groves and rainforest to the peak of its active volcano (last erupting in 1979) at 4,000 feet. The adventurous can arrange tours that descend from the rim down into the crater to take a mineral mud bath.

Virtually everything you eat in St. Vincent and The Grenadines will have been grown or raised locally. The furthest many ingredients will travel is from a small farm on St. Vincent to a plate at a restaurant on the Grenadine islands. The fish will have been pulled out of the waters surrounding the island by a local fisherman and sold straight to the chef just a couple of hours before it is cooked. Be sure to sample the local dishes jackfish and breadfruit, and wash it all down with a cool Hairoun Beer or a Sunset Rum.

Bequia is steeped in seafaring history. Fishing and boatbuilding still thrive. The main settlement is Port Elizabeth at Admiralty Bay, the principle harbor on the island. Large but well protected, the bay is a perfect place to blend relaxation in the cockpit as the sun sets below the horizon with forays ashore to browse through the little shops and dine at one of the many restaurants. A romantic candle-lit dinner at The Frangipani Hotel is one you'll remember and cherish.

Carriacou and Petit Martinique treasure their traditional nautical customs, as evidenced by the Carriacou Museum, housing artifacts dating back to the Amerindians and relics from the time of British and French control.

A highlight of any sailing vacation in this part of the world is the Tobago Cays, which can only be reached by water. This cluster of low-lying islands is surrounded by gentle, glassy waters, tinted turquoise by the shallow sandy-bottomed lagoon. The Tobago



Divers relax at the bottom. Grenada's waters provide snorkelers and divers alike with opportunities to explore the reefs with excellent visibility of up to 120 feet.

Grenada Flotilla

ASA will host a flotilla in Grenada in the Southern Caribbean Flotilla October 4-13, 2012. Grenada, the Tobago Cays, and a dozen other enchanting islands call to you. Discover spice plantations, rum distilleries, coral gardens, world-class snorkeling, and superb tradewind sailing with air and water in the 80s. Go to ASA.com for more information.

Cays Marine Park, encompassing Mayreau Island and the five isles of Tobago, are world-class snorkeling and scuba diving locales. Visibility is excellent (typically 100 to 120 feet) for viewing the sea life of the extensive reefs in the area, including the many sea turtles found swimming and nesting here. Completely undeveloped and uninhabited, the park is a must-see for all sailors.

No matter when you choose to go or which islands you sail to, Grenada will delight all of your senses: the colors of the water, rain forests, volcanos and beaches; the sound of the breeze in the palm trees and in your sails; the smell of nutmeg, cinnamon, orchids and tropical flowers; the taste of fresh seafood and local produce; and the warmth of the sun and water and powdery white sand on your skin. An idyllic destination on every sailor's dream list, Grenada and the southern Caribbean is a reality you can enjoy!

David Kory is a lifelong sailor, USCG 100-ton Master Captain, and former owner of Tradewinds Sailing School on San Francisco Bay. He is currently sailing his Beneteau Cyclades 51 along Brazil and Argentina. As a preferred charter broker for the Moorings, Sunsail, Footloose and LeBoat, he has been arranging individual, group and flotilla charter trips for the last decade. He maintains offices in California and Buenos Aires for his company, AVI Nautica.

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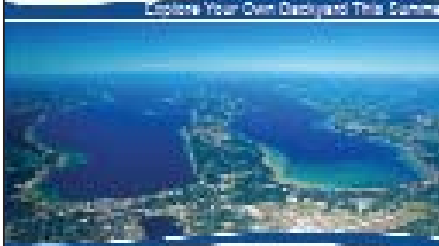
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I feel like I've sailed on and off all my life, but had given up owning a boat after my son was born. Later, after I divorced and remarried, my new wife expressed an interest in learning to sail. We live just north of San Antonio, in the center of Texas. Canyon Lake, 25 miles north, supports two active yacht clubs. We searched the area for a few years, but could not find any sailboat charters or even adult sailing lessons within 80 miles of our house. We decided to travel as needed to take some sailing lessons. We both signed up for an ASA 101 class in Kemah, Texas, (225 miles away) in January 2006. My wife enjoyed the sailing, but we both agreed that the travel to Kemah was too long to do on a regular basis. So we decided to buy a boat that we could sail on Canyon Lake.

While Canyon Lake can offer competitive and challenging sailing at times, we both had visions of sailing in various locations. We wanted to add some travel adventure to our sailing. Our initial thought was to get a trailer-sailor so we could travel with the boat. We purchased a 19-foot West Wight Potter. The boat worked out great on the lake, and it was very trailerable. However, traveling with it turned out to be more difficult as it was too small for us to sleep on comfortably. So we started thinking about keeping our boat on the lake, and chartering boats in other locations – Alaska and the Inside Passage were locations that seemed very interesting. However, my wife insisted she be capable of handling any boat we chartered in case of emergencies. That, combined with the advantages in chartering with ASA certifications, led us to attend ASA 103 and 104 classes in October 2007.

When you go to charter a boat, the charter company looks for experience with similar boats. We found it a little difficult explaining our capabilities to handle a 30-plus-foot diesel powered keel boat, even with the ASA courses while owning the outboard powered 19-foot Potter with a dagger board. Then we saw the advertisement for the July 2008 ASA Flotilla in the San Juan Islands. We saw it as a way to improve our sailing resumé so we could charter other boats in other locations. However, what we learned from the flotilla was the value of local knowledge. The tides and currents in the San Juans are much stronger than we had experienced in either Texas or Florida. It became apparent that without a lot of pre-chartering bookwork, sailing the San Juan area could have been very difficult. As it turned out, Roger Philips, the flotilla commodore had the 'local knowledge' and did all the bookwork for us. The flotilla was a great experience; much more than a resumé builder. After sailing the San Juan flotilla, we felt confident that we could successfully charter in the area on our own; but we also understood the need to study the tides and currents of the area beforehand.



Robert Balch and his wife found flotillas an ideal way to gain local knowledge needed to explore new sailing areas around the country.

Continuing on with our goal of chartering boats in various parts, we contemplated our next move. We decided to sell the Potter and buy a boat more similar to what we would want to charter. After some research and various sea trials, we purchased a Catalina 270, which in many ways is like the Catalina 350 we sailed on the San Juan Flotilla.

It's always been a dream of mine to sail from either Venice, Fla., to Cozumel, Mexico, or to sail in the Sarasota, Fla., to Havana, Cuba, regatta. For years, I'd looked at the various charter companies on the Southwest Florida coast, but none seemed willing to allow their boats to go to Mexico. When I saw the advertisement for the October 2011 Pine Island Flotilla, I contacted Yachting Vacations regarding chartering one of their boats. They indicated a willingness to at least consider chartering for the Sarasota to Havana regatta if it ever gets State Department approval. We saw the Pine Island Flotilla as a step in preparing for that possibility, and signed up.

In the meantime, we saw the announcement for the September 2011 ASA Catalina Newport Flotilla and signed up. We probably could have done it without the flotilla, but having access to the local knowledge and support of the flotilla was helpful. In fact, we encountered some engine trouble, and it was comforting to have the flotilla commodore and members to help.

Going forward, we think we have found our formula. We sail our boat locally to keep up the sailing skills. We sign up for flotillas in areas we want to sail in the future. Then as we want, we can go back to those areas and charter on our own.

ADVENTURES IN CRUISING

continued from page 5

These were some of the warmest, most genuine and generous people I had ever met during my adventures at sea. Even though every island was different and unique, this was one thing we could always count on.

After leaving Vulcano, we sailed to the smallest of the Aeolian Islands, Panarea. Sailing around her coast, you could easily be tricked into believing that you were somewhere in the Cyclades in the Greek Islands. Whitewashed buildings that popped with vibrant, flowering bougainvillea trickling down their patios scattered the rocky shore. Italian mega yachts and Turkish style “gulleys” dotted the sparkling sea. Fast, almost supersonic hydrofoils jetting over from the Italian mainland jockeyed for position at the quay wall. This may be the smallest of the Aeolians but it is, without a doubt, the most chic. One evening as we sat on a whitewashed patio sipping Prosecco (Italy’s answer to French Champagne), we watched in the distance the nightly fireworks display that Stromboli gave us for free. It was her invitation to sail there the following day. The wind god decided to bless us with a twenty-knot west wind the following day and we enjoyed a five-hour beam reach to the black sands of Stromboli.

Stromboli is a surreal experience. Steep cliffs, spewing lava, thunder claps, ash drifting through the air, black beaches and the list goes on. Trying to anchor there is virtually impossible as you feel that you may beach your yacht at any moment. The shore is steep-to, and only a few feet off shore you are still anchoring in 25 meters of water. Spooky winds whip around all night long and frequently change direction; sometimes doing a 180 and causing crews like ours to be up all night on anchor watch. Lack of sleep is paid off however by a spectacular fireworks show that could easily rival any great Fourth of July celebration. We now understood why Stromboli is penned the world’s oldest lighthouse.

Lipari and Salina

Moving on from Stromboli we visited both Lipari and Salina. While Lipari is the capital of the Aeolian Islands and steeped in history, we found that by far Salina was our favorite island. Sailing into its almost brand new marina and harbor, we instantly had a great feeling about this place. Lush green rolling hills dipped into the sea, flowers sprinkled the shoreline and white cascading villas



Amazing sites seem almost commonplace as swimmers and sunbathers lounge indolently on the steps of ancient ruins and brightly painted boats float nearby.

circled the island. Again we found warm people, incredible food and wine. Mopeding around Salina was a highlight for me and all my guests. Having the freedom to stop at a wine bar on the beach or a tiny family-run restaurant at will was definitely one of our most special experiences. We found that sitting in a small trattoria watching the world go by ever so slowly was what we enjoyed most.

After a month at sea on our ten-hour sail back to the Sicilian coast, we reminisced about our adventures in the islands owned by the wind god. One thing we talked about the most was that no matter how much you plan or prepare for a trip of this magnitude that the beauty lies in the surprise. It’s always good to stay open to the possibilities of the unknown. We were all humbled by the beauty and enormity of this place. I was reminded that our time on this planet is brief. Our time sailing upon the world’s seas is precious and maybe, just maybe, one day someone will read about our adventures, and we will add to the rich history of this place.


Captain Stacey is a professional sailor, USCG captain, American Sailing Association instructor and ASA school owner. She loves teaching students on her cruise n learn trips throughout the Caribbean as well as taking people around the world to exciting sailing venues including the Mediterranean, Italy, Greece, Spain, New Zealand, France, Corsica, Croatia and Tahiti in the South Pacific. She is also an avid cook, travel writer, hiker, wine lover, snow skier, dog sledder and mountain biker. She resides in Breckenridge, Colo. She can be contacted at 404-374-4754, or visit Sea Dog’s website at www.seadogsailing.com.

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By Captain Joan Gilmore

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The clove hitch is the best knot to use to tie fenders to lifelines or stanchion posts because it is so easy to let out or take up length after it has been tied. As you approach a dock and see how high the dock is, this knot can be quickly lengthened or shortened.

Always keep the line winding around the lifeline or post in the same direction. Think of your line as a worm that keeps moving forward. No doubling back.

There are four correct ways to make the clove hitch. For this reason, it can be very confusing to learn. Here is the way I teach it:

Holding the fender in front of you, wind the bitter end (the 'end') over the top of the lifeline and then hold it off to the left with your left hand.

Next, pulling the line towards you, cross the standing end (the part attached to the fender) and hold the line to the right with your right hand. This will give you a "4" shape.

Now wrap the line over the top of the lifeline, keeping it to the right of the standing end. Bring the end *up through the middle* of the knot.

Look at the knot. Does the last wrap create a space between the two loops that you wrapped over the lifeline? If so, you did it correctly and you are looking at the "cloven hoof" that this knot is named after. On a vertical stanchion post, pass the bitter end *under* the standing end first. Now it's easier to finish the knot, wrapping it



The clove hitch comes in handy when securing fenders to either stanchions or lifelines and adjusting quickly for length issues.

over the standing end to finish it. This makes it much easier to slip to lengthen.

Once your fenders are at the right length, add two half hitches. Remember to first pull the bitter end away from the knot, so you still see the 'cloven hoof.' Now, add hitches to the *standing end*. This creates a very secure finished clove hitch.

Captain Gilmore of SailAwaySailingSchool.com has created a popular 97-minute interactive DVD, "Knotty Secrets," demonstrating 22 knots, including all ASA knots. With a wooden knot jig and practice line, it sells for \$29.95 plus \$6.95 S&H. Call 612-871-8101 or visit www.KnottySecrets.com.