



# MAINSHEET

THE NEWSLETTER OF THE BRISTOL YACHT CLUB

AUGUST 2025

## WOMENS SAILING IN THE NEWS

### East Bay RI Article Features Womens' Sailing Program



*East Bay Life* visited our Club recently and featured our inaugural Womens' Sailing program in a recent article. Reporter Michelle Mercure's article is a must read. Here's the [LINK](#) to the full article and more photos.

- Richard Dionne Jr photos  
Thanks to Dave Guinther for submitting



## SUMMER IS FOR CRUISING



Lots of Cruising, Lots of Fun! It's not too late to join a cruise.

BYC's Annual Cruise (July 12-20) was a great success with 32 boats participating, great weather, and a fantastic itinerary of ports on Block Island and eastern Long Island. The cruise to Maine took off from Bristol on Saturday, July 26, with around 10 boats arriving in Penobscot Bay on Monday, July 28. The fleet will be in Maine for approximately three weeks and will come together a handful of times for social gatherings and meals. Meanwhile, the In-Bay cruise started on August 2 with destinations throughout the Sakonnet River and Narragansett Bay.



-Photos of the Maine cruisers courtesy of Joyce Sullivan and Leslee Lippman.

### Cruise to Newport - September 20-21

Finally, here are some details for the September cruise: What can be better than cruising Narragansett Bay in September? The crowds are small, the water is warm, the nights are cool, and we just don't want summer to end. Join your fellow BYC members for our Cruise to Newport Saturday and Sunday, September 20-21. Come by boat or land yacht for an early dinner ashore in Newport. Reserve your mooring via DOCKWA using this [LINK](#). if you are coming by boat. Sign up and make your dinner selections [HERE](#). The deadline to register is September 1.



**DEADLINE FOR TICKETS  
TO THE AUGUST 23  
COMMODORE'S BALL  
IS AUGUST 8**

**FOR DETAILS AND TICKETS HERE'S THE  
[LINK](#) TO THE BYC WEBSITE  
YOU DON'T WANT TO MISS IT!**

## NEWS AND EVENTS

### HEAVY WINDS FOR THE 2025 SEA SPRITE REGATTA

For the past two seasons, the Annual Sea Sprite Championship Regatta has been plagued by light, fluky winds. Not so this year. Narragansett Bay stirred up a real gear-buster on July 19. According to official weather reports recorded on the racecourse, winds peaked at 28 KNOTS.



That's right...28 KNOTS! White caps and rollers were the conditions throughout the day. So intense were the winds that some of the registered competitors were unable to make it to the race area.

Once again, the Bristol Yacht Club put together a crack Race Committee who proceeded to set a windward/leeward race course giving the competitors a true test of their heavy-weather sailing skills. Two races were held. The first being a "once around" course while the second was a "twice around" adventure.



Before the results are posted, a few takeaways from the regatta may help all of you Sea Sprite sailors and skipper wannabees out there. First, a variety of sail reduction methods were used to keep the boats under control. Some of the boats used 100% working jibs instead of the more frequently used 135% racing genoas. Some boats used roller furlers to reduce sail area. Others reefed their mainsails



to keep the boats on their feet. Some boats used a combination...reduced headsails and reefed mainsails. The secret was to keep the boat on its feet and not to heel excessively. Easier said than done with these excessive winds and rolling seas.

For you Sea Sprite sailors who have long wondered how fast a Sea Sprite can sail off the wind, we recorded speeds in excess of 7.5 knots as registered by a GPS controlled speedometer on one of the boats. An interesting finding when you consider the mathematical hull speed of a Sea Sprite is 5.4 knots!

On the Race Committee boats, race committee members were able to witness some incredible downwind rolling as the boats surfed from one roller to another. Skippers were forced to work the helm continually to keep their boats on course. If any of you have ever sailed a Laser and experienced a downwind death roll, you can picture what these adroit skippers and crew were experiencing only on a 23 foot, full-keel sailboat.

### And now for the results using the low-point scoring system:

1. **Scott Free** – Oliver Browne and Jackson Harney - 2.75 points
2. **New Hope** – Dom Messerli – 5.0 points
3. **Vexatious** – Andrew McKeith and Shawen Williams – 7.0 points
4. **Bramasole** – Bob Catani – 9.75 points and Did not sail course in Race 1
5. **Artemis** – Max Sherman – Did not sail course
6. **Argo** – Shaun Hogan and Chuck Roscoe - Did not start
7. **Freya** – Susana Hollaway – Did not start
8. **Oasis** – Bob Rude – Did not start

Following the regatta, skippers and crews assembled at BYC for a pizza and beer party to exchange war stories, lick their wounds, and receive the results and awards from Race Commodore, Dom Messerli. Our next big event will be the annual Race Around Hog Island scheduled for Saturday, September 6.

- Bob Rude, article  
- Dave Guinther, photos





## COMMODORE'S CORNER

### PAUL REDMAN

I hope everyone is enjoying what is turning out to be a classic Bristol Yacht Club Summer. The 4th of July is in our rear-view mirror. Many thanks to Chris Healey and our staff, who helped us navigate this hectic time of year with professionalism, grace, and good humor.



I expect to receive a call from the owners and managers of IHOP, along with some of our local “breakfast joints,” to obtain the names of the organizers of our 4th of July Pancake Breakfast. They may want to pillage our people or sign them to a consulting package! Peter Maloney and a long-term experienced crew do a fantastic job, feeding the large crowd. There is the kitchen team, who prepare and shlep the batter and cook the bacon (32 lbs I understand!!!), while the flippers expertly cook each pancake golden brown. For the gourmets among us, Rob Rosenlof prepares special mini-Swedish pancakes which melt in your mouth. The entire operation runs like clockwork. The breakfast was delicious, and the smiles were contagious.



A big thank you to Peter Maloney and his crew: David and Marty Schwartz, Norm and Donna Truscott, Rob and Mary Ann Rosenlof, Barry and Denise Schruft, Pam Yaylaian, and the man with the golden wrist twist, John Bell! Once again, Mary Ann Rosenlof has captured this annual event and posted her photos to her website. What you see here is just a small sample of Mary Ann's work. Here's the [LINK](#) to her website to view and enjoy the many photos of numerous Club events.

The Hope and Main Street Catering experiment appeared to be a smashing success! I was a little skeptical about a couple of the menus, but they all turned out to be simply amazing. Kudos to our House Committee for pulling this all together. If you have any feedback on any of the Friday night events, I am sure Steve Barron would love to hear from you.

I have heard nothing but positive feedback on this year's summer cruise. We had participation this year from our Barrington Yacht Club neighbors. They marveled at the amount of planning and detailed execution that goes into our cruising program and hope to bring that back to their club. The cruising, of course, is not over. The “In-Bay Cruise” and cruise to Maine happening right now and a September cruise to Newport is already planned.

Speaking of positive feedback, the members I have talked to who are participating in our women's sailing program are among the most enthusiastic group of sailors I have ever met and are literally becoming the talk of the town. Our Instructional Sailing Program, managed and operated by the East Bay Sailing Foundation, recently received excellent press coverage from the East Bay Media Group for our new Women's Sailing Program. Thanks to the generosity of the Truancy-Simmons Outreach Fund and the hard work of EBSF Program Director Emily Augello and a team of volunteers, the program is sold out and has a waitlist!

The social committee has been busy planning for two great August events: Burgers and Blue and the Commodores Ball. Burgers and Blues was another smashing sold out success. Planning for the Commodores Ball has been underway for months. The Social Committee is planning a Commodores Ball that promises to be magical. Loren and I look forward to seeing you there, as well as the many other events scheduled in August.



*-Paul Redman, Commodore*

## BYC RACING NEWS

### On July 26–27, BYC hosted the 3rd Annual Koi Pond Match Race Regatta in J/22s, a World Sailing Grade 4 event

Thirty-two sailors across eight teams competed in one-on-one match races, completing 42 thrilling contests in a round-robin format to determine the champion. Saturday's conditions were challenging, with winds veering and fading between 4–9 knots, but Sunday delivered a steady 13–18 knots from the southwest—ideal match racing conditions. Eight US Sailing Certified Umpires officiated on the water, calling infractions and resolving rule disputes in real time. Competition was fierce, with pre-start dial-ups and tactical maneuvers providing exhilarating spectating. Crews demonstrated masterful boat handling- in one dramatic pre-start sequence, two boats sailed backwards side-by-side for 6–7 lengths, maintaining just a four-foot gap. The winning team, skippered by Tyler Nash, was awarded the regatta's perpetual trophy as well as a live koi to care for until next year and earned the honor of donning the coveted Koi Pond winner jackets around town. (The Masters green jacket has serious competition!) The Koi Pond Regatta is the brainchild of Newport's Pearson Potts, currently ranked 21st in the world by World Sailing in match racing. Potts collaborates with BYC, not only as a driving force behind this event, but also through the club's Monday Match Race Series, helping revive high-level match racing on Narragansett Bay.



### Rhode Island YC is encouraging participation and invites all Bristol YC sailors to their PHRF non-spinnaker Cappelli Round the Island Race

Honoring Club member and retired judge John J. Cappelli (now 91 years old) with a free mooring for all participants on Friday and Saturday night August 22nd and 23rd. The Notice of Race (NOR) is posted to the Public area of the Racing Page in the RIYC Website: [Cappelli Race NOR](#). There is a lobster and steak awards dinner after the event. Contact RIYC's Race chairman David Blezard: [race@riyc.org](mailto:race@riyc.org) for additional information.

*-Bob McLaughlin, Race Committee Chair*



What a Season it has Been!

By the time you read this article, EBSF instructors will be teaching the program's last two week session. 157 youngsters have plied Bristol Harbor waters sailing through sunny days, windy days, rainy days and watermelon days. It's been fun to see them march down to the waterfront, jibs and daggerboards in hand, ready for a morning sail and to watch from week to week as they have grown in skills and confidence. They have tested their racing skills: our Opti Team has raced at four regattas - two at New Bedford YC, and at Saunderstown and Barrington Yacht Clubs. The 420 Race Team went to three regattas: at Sakonnet, Wickford and Barrington Yacht Clubs.

NBYA Junior Race Week Monday, August 11-14

We are preparing to co-host the NBYA Junior Race Week with Barrington Yacht Club, which will be held at Colt State Park from August 11-14. Sailors will come from all over Rhode Island and beyond for a week of competitive racing and camaraderie in multiple classes including Optimists, Club 420s, and ILCA Laser classes. Sailors can attend various clinics and seminars to help them enhance their sailing knowledge and techniques. Junior Race Week is NBYA's cornerstone event held every August to promote youth sailing and to foster a life-long passion for the sport among our youth sailors. Kristin Browne and Emily Augello will be leading EBSF's regatta team managing land-based activities, and they need more volunteers to help.

If you can, please contact Emily at: [programdirector@eastbaysailingfoundation.org](mailto:programdirector@eastbaysailingfoundation.org). Or use this [LINK](#) to sign up to volunteer online.



Youth Sailing Awards Dinner

Following Junior Race Week, EBSF will hold its Junior Sailing Awards Night on Friday, August 15 from 5:30 to 8 PM. That's when our students' accomplishments are praised and their foibles gently celebrated with awards from their coaches. You're welcome to join us. Dinner is \$20 for adults and \$10 for children.

Coed Adult Sailing

The 75 Adult sailing students have practiced in a wide variety of conditions, some really light air days and also fully reefed in heavy wind and waves. Last Monday and Tuesday classes progressed to sailing around a windward/leeward course practicing sailing on multiple points of sail, fine tuning their crew communication and sail trim and tacking angles. Thursday night's sail was canceled due to heavy winds; however, classes were held on land, various topics: tying knots, discuss rules of the road and sail controls were covered. Thanks to our seasoned volunteer BYC Adult Sailing Instructors for leading them through it all.

Women's Adult Sailing

The big story this season is women's sailing. Many BYC women signed up for women's sailing lessons on Monday evenings. Many of them are seasoned sailors on their families' big boats. They are enjoying being in full command of our small sailboats that demand much quicker decisions and responses than larger boats. Their enthusiasm has spilled over to practice sessions on Wednesday and Saturday mornings. We couldn't be more delighted. Students have come from outside the club, too, where word of our women's sailing courses is spreading, aided by an article published by the East Bay Media Group. Photos and a link to the article are on page one of this issue of the MAINSHEET.

This summer BYC's Women's Sailing Group and EBSF teamed up to sponsor two events. The first was a racing clinic for women held June 7-8, taught by BYC member Amanda Callahan, RWU's Head Coach of Sailing. The second was a women's sailing social held on August 2. Women invited from NBYA yacht clubs came to BYC for a free sail on our Cape Cod Mercuries or a pick up race on the J22s, followed by a reception at 5 PM.

NBYA Treasurer and BYC member David Schwartz took our idea to the NBYA and they responded with wholehearted support for the formation of a Women's Sailing Collaborative. We'll let you know next month what transpired. Both events were funded by Diana Kryston and the Truancy-Simmons Outreach Fund. This grant has helped grow and support women's sailing at BYC this season and will again as we discover what enthusiasm women beyond our Club have to socialize and sail together. We are deeply grateful for this support.

Borrow one of our boats!

There's still time to take one of our keelboats out for a sail. Just fill out the paperwork in the Dock House, have you and your crew sign the insurance waivers and you're good to go. Please report any breakdowns to the launch drivers that you either discover when you get aboard, or that happen during your sail. This helps keep the busy boats ready for their next use. Once sailing classes are over, we will haul the keelboats as soon as possible to protect the fleet from wayward storms. We hope you'll come help us when we reach out with the hauling schedule.

You are cordially invited to

## RAISE THE SAILS

At the East Bay Sailing Foundation's Fundraising Gala

**September 6, 2025 | 6 PM**

At the Bristol Yacht Club  
101 Poppasquash Point, Bristol, RI 02809

Join us for cocktails, light dinner fare and dancing to the music of the Catnip Junkies

Ticket Price is \$85 per person

Attire: Festive Casual

To purchase tickets, visit:  
[eastbaysailingfoundation.org/gala](http://eastbaysailingfoundation.org/gala)

Raise the Sails at EBSF's Gala Fundraiser September 6 at 6 PM!

Bring your friends and bid summer good bye at EBSF's exciting Fundraising Gala. Join us for cocktails and light dinner fare, and dance to the music of the Catnip Junkies. Tickets are \$85 per person. If you have an interesting item or service to offer for auction, please contact Susan Grandpierre at [susan.nai@rcn.com](mailto:susan.nai@rcn.com) or 860-227-2771.

We'll be celebrating an exciting summer of sailing, racing, and experimenting with new ideas and events at BYC and EBSF. There'll be interesting items to bid on; We hope you will come and support the mission that makes such a difference in the lives of youth and adult sailors, and adds to the number of competent, capable sailors in Bristol Harbor. See you September 6!

-Stephanie Boutilier and Susan Grandpierre, EBSF Chair



## Save the Date: BYC DEI committee invites you to volunteer at a sailing event!

On Saturday, September 13th, the BYC DEI committee, in collaboration with Dr. Safie Sagna, Director of Diversity and Outreach at the RWU School of Law, will host a group of first year law students that are first generation college and graduate students at an Open House and sailing event at BYC.

The day's activities will begin at 10:00 with an Open House and breakfast followed by a sail of approximately 2-3 hours in Bristol Harbor and Narragansett Bay starting at 11:00/11:30. We are soliciting BYC members with sailboats that are willing to participate in the day's activities and share their boats, themselves and their love of sailing with these individuals. The last 2 years we have hosted a similar event with the Brown University Medical School Justice, Equity and Inclusion association and had a fun day with over 35 members of this association participating and 15 BYC members and their boats.

Please sign up so that we can welcome many of the members of this group and their spouses/partners. Please click this [LINK](#) and complete the registration. If you have any questions, please contact Marilyn Dimson-Doyle.



### Neptune's Beach Bar, every Saturday, runs on Volunteers!

Neptune's Beach Bar has been a great success this year! If you have been at the waterfront on Saturday mornings you have no doubt seen the activity.

Although hours are 9 -11, rain or shine, the magic starts at around 7:30 when volunteers, in teams, arrive for setup. Working together, the teams make coffee, open the building and haul items from the House to the Bar. At 11, it's all reversed, with cleanup and preparation for the following week.

Members start showing up at 8:30 going to and from their boats and others stay around the BB enjoying each other, our BYC artists and the Ship's Store.

We have teams of 4 for each week – 2 who manage, 1 helper and 1 baker.

The "managers" are Andy Brereton, Anne Quigley, Faith Hassinger, Jane Guinther, Marcia

Turenne, Pat Crawford, Rosemary Alden and Wendy Quinn.

"Helpers" are Denis and Mary Nicole, Kathy Dierickx, Marti Schwartz and Samantha Russo.

"Bakers" are Anne Quigley, Jane Guinther, Judy Campbell, Kathi Dierickx, Linda Cunningham, Marcia Turenne, Marti Schwartz, Pat Crawford, Rosemary Alden, Samantha Russo, Sue Hagan, Susan Maloney and Wendi Quinn.



In addition to coffee and cake we have a cadre of artists who set up under the tree on the south side. Jossy Lownes, Janet Gendreau, Judy Guild, Ria McNamara, Kirsten Sorenson and Carolyn Winter have generously shared their art and skills. The artists' group is opened to all, from beginner to advanced, so please feel free to join in.

And just in case you need a hat or jacket, Elizabeth Hanson keeps a modified Ship's Store open for the morning.

Are you into music? We'd like you to be! If you have an instrument, let us know as there is a place for you on Saturday mornings!

How does all of this get done? Volunteers, the lifeblood of BYC, of course! Thank you, all!

-Carol Gaffney

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