



## The Sailing Breeze January Newsletter

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### From Your Training Coordinator Pam Long

Working for Windsong has been one of the best experiences of the past nine years. I have had the pleasure of working with some awesome instructors and one of the best bosses one can ever ask for along with his wife who is right there in full support of him and all of us here at Windsong.



Each and every one of you has made this job so much fun and unique. You have taught me so much about how your love of sailing has enriched your life. Seeing it through your eyes has caused me to appreciate your dreams even more. You've all encouraged my continued growth in many different ways.



### Captain Dave's Tips

January is the time of year when we look back over the prior year to review what we've accomplished and set our goals for the new year. Okay, you're right, we should have had these thoughts in December, but somehow little occurs as planned in our life.

So we're a tad bit late. The important point is that an annual review proves insightful and helps us better focus our future efforts. We all know this!

In case you missed our New Year's Day Fun sail, that is the event where everyone comes prepared to discuss and share goals for the new year. Well, everyone was so busy enjoying the moment, under sail, we decided to go with the flow and defer that discussion till; another day.

Do you sense a pattern here? Goals are hard to set. Rumor has it that they are even harder to meet. Few make the time to get around to formulation of a plan for their life, because they're too busy trying to have one; a life.

Just because this happens to everyone else, doesn't mean it may work for you too. Studies have proven that those who do set goals, write them down, tell others about them and review your progress on a regular basis; achieve more in life.

We become what we pursue, we perfect what we practice and we embrace what we think about. Protect who you will become. Guard your thoughts. Practice what matters. Pursue what you wish to become.

The point that I wish to share is that we should be intentional in our thoughts and efforts. We can decide to plan or decide not to. The decision to be intentional or not; IS a decision. We have the freedom to live the life we choose, but we cannot escape the consequences of our choices.

To "Become" or merely to "Dream". That is everyone's choice. Be sure your actions support your vision. We can and will become what we pursue. Make your time count for something.

Sailors are adventurers, visionaries and action oriented. Some participate in the sport for relaxation, some for the escape, but most are seeking the pride that is

As you may have noticed I've been working behind the scenes most of this past year but miss talking to everyone on the phones.

I will be doing other things and pursuing new goals in the very near future. It is with regret that I will not be as active with Windsong Sailing Academy as I have been. I will be leaving but I will not be far away as I will continue to help part time "behind the scenes" in social media and marketing projects.

I will be at the **Atlanta Boat Show** on **Saturday, January 17** and **Sunday, January 18**.

Please stop by say hi and farewells. It has been my pleasure to serve you and the Windsong Sailing Academy.

*Thanks to you all!*

*Pam Long*

## JANUARY

### GROUND CLASSES

(See Class Links Below)

Basic Sailing Theory  
1/20 & 1/22

Basic Coastal Cruising  
1/26 & 1/28

## FEBRUARY

Basic Sailing Theory  
2/8

Bareboat Chartering  
2/2 & 2/4

Coastal Navigation a  
2/10 & 2/12 & 2/17 **or** 2/15

Coastal Navigation b

gained by learning and doing something well. Be intentional in your pursuits and follow a plan toward your dreams. One day you will wake up in a totally different world than the one you live in today. Make it a world you chose and not one by default!

## Upcoming Events...



## PROGRESSIVE Atlanta Boat Show

January 15-18, 2015 | Georgia World Congress Center

**Thursday: 11:00 am - 9:00 pm**

**Friday: 11:00 am - 9:00 pm**

**Saturday: 10:00 am - 9:00 pm**

**Sunday: 10:00 am - 6:00 pm**

### TICKETS:

**Adults: \$12, children ages 15 & younger: FREE\***

### Advance Ticket Purchase

**E\*Ticket \$10.00**

Ticket valid for entry any one day of the show.

Purchase now and save \$2.00 off Regular price.

\*Offer valid for limited time only

## FREE SAILING SEMINARS

**Presented by: Windsong Sailing Academy**

### FRIDAY 1/16

6:00 Introduction to Sailing

### SATURDAY 1/17

12:00 Introduction to Sailing

1:00 Celestial Navigation

2:00 Introduction to Sailing

3:00 Chartering Tips & Tricks

4:00 Introduction to Sailing

### SUNDAY 1/18

12:00 Introduction to Sailing

1:00 Chartering Tips & Tricks



2/28

(Prerequisite Coastal Nav\_a)

Marine Meteorology

2/24 & 2/26

Emergency Planning I Clinic

2/18

Emergency Planning II Clinic

2/25

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**WE OFFER:**

On-the-Water Training  
Every Weekend!

YEAR ROUND!!!

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Stop by our booth afterwards!



Be sure to talk with Patti and Pam  
about your 2015 sailing plans.

Booth#205  
on the main show floor.

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## Quick Links

[Forward to a Friend](#)

[Sign-up for Newsletter](#)

Like us on Facebook 

[www.Windsongsail.com](http://www.Windsongsail.com)

[PDA Calendar](#)

[Calendar](#)

[Class Information](#)

[Directions](#)

[Guidelines for Participation](#)

[Frequently Asked Questions](#)

[Gift Certificates](#)

## Tips and Reminders!

### Motion Sickness



While it may be impossible to prevent all cases of motion sickness, the following tips can help you prevent or lessen the severity of motion sickness:

- Watch your consumption of foods, drinks, and alcohol before and during travel. Avoid excessive alcohol and foods or liquids that "do not agree with you" or make you feel unusually full. Heavy, spicy, or fat-rich foods may worsen motion sickness in some people.
- Avoiding strong food odors may also help prevent nausea.
- Try to sit where you will feel the least motion. The middle of the boat is the calmest area and on larger ships, lower level cabins near the center of the ship are best.
- Do not sit facing backwards from your direction of travel.
- Do not read while traveling if you are prone to motion sickness.
- Try to keep your line of sight on the horizon.
- Open a vent or source of fresh air if possible.
- Isolate yourself from others who may be suffering from motion sickness. Hearing others talk about motion sickness or seeing others becoming ill can sometimes make you feel ill yourself.

An over-the-counter medication like Bonine, Antivert, or Dramamine can be very effective against mild cases of motion sickness. Your doctor can also prescribe a scopolamine patch (Transderm-Scop) that is effective in

**Our Mission:**

To provide a variety of sailing opportunities to those pursuing Education, Recreation or Corporate Adventures on Lake Lanier.

preventing motion sickness. Scopolamine can cause drowsiness and has other side effects, and its use should be discussed with your physician prior to your trip.

When taking some motion medications, it may be best to start them a day before your trip so they will already be in your system to minimize any motion illness you may have.

Our Basic Coastal Cruising ground school class includes a detailed discussion of this topic.

*resource medicine.net*

We value your loyal patronage and strive every day in every way to continue to earn the opportunity to serve you. You deserve the best that we can offer and are the reason we come to work each day.

See you on the water....

Sincerely,

Dave Crumbley  
President, CEO  
Windsong Sailing Academy

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