



National Capital Able Sail Association (NCASA) & the Nepean Sailing Club

2019 Adaptive Sailing Demonstration Sail Open House & BBQ Social

Saturday June 22nd

Nepean Sailing Club 10:00 am to 4:00pm

Call For volunteers

Come out and enjoy the Fun!!! Meet New People and Enjoy providing the Freedom of Sailing to the physically disabled community!!!

We are looking for **volunteers to assist with the following:**

- **2 people to explain the 2019 Learn-to-Sail Program to potential new sailors/members**
- **4 companion sailors to assist and teach a few sailing techniques to potential new sailors/members in the Martin 16 sail boats for 30 minute mini-sailing demos**
- **4 strong able-bodied individuals to assist with transferring a person with a physical disability from their wheel chair into the Martin 16. We use mechanical lifts which are installed on the Able Sail dock. No lifting is required. Training will be provided by other qualified Able Sail volunteers prior to the Open House**
- **NCASAs Board of Directors and an NSC Representative will be available all day to answer your questions and assist**
- **You will only need to fill a 3-hour block (either 10 am to 1 pm or 1 pm to 4 pm)**
- **What you'll need:** Basic foul weather gear
- **BBQ will start at 11:30 am.** We will be serving hot dogs, hamburgers, sausages with all the condiments and fixins', potato salad, pasta salad, and Caesar salad. The event will go on rain or shine. In the event of inclement weather, the BBQ will be held in a sheltered area at the Nepean Sailing Club gazebo area instead of on the able sail dock.

For more information & to RSVP for the BBQ, contact:

Wendi Robinson Ley

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Hope to see you there!



GONE SAILING