

SAILS UP 4 CANCER

JUNE 17 & 18, 2022

Mystic Shipyard

100 Essex Street

Event Photographer: Liz Longo



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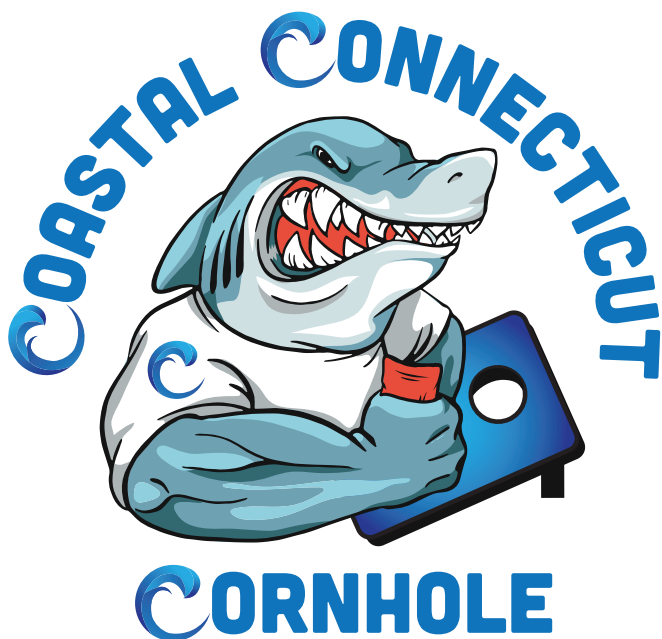
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Dear SU4C Friends-

For the past twelve years, the citizens of southeastern CT have been the most consistent and generous supporters of Sails Up 4 Cancer. We have a wonderful relationship with those whose support has helped catapult us to one of the leading charities in southeastern Connecticut.

More recently, the expanded collaboration with the CT River One Design Regatta, we have been the fortunate recipient of over \$70,000. Special thanks to the Essex Yacht Club, Essex Corinthian Yacht Club, Duck Island Yacht Club, Pettipaug Yacht Club, and the Frostbite Yacht Club for all their support.

In the last seven years Sails Up has provided financial support to over 200 families donating over \$400,000. The money from the local population and sponsorships illustrates how important a role they have played in our mission.

Thanks to the generosity of our community, Sails Up has provided direct financial support to families battling cancer and helped to alleviate their agonizing stress.

Each year we look forward to working with our community and can assure them that every dollar will be going directly to cancer patients. For that, we are extremely grateful.

Sails Up is “community centric” charity. Meaning that the money we receive remains in, and is distributed throughout, our community. This is to a large extent a big part of our philanthropic business model. This concept is a win win for all.

Sails Up 4 Cancer, and of course the community. Working with the generosity of our community for the past twelve years has been a dream come true for Sails Up 4 Cancer.

We look forward enthusiastically to twelve more.

Yours truly,

A handwritten signature in black ink that reads "Bob". The letters are cursive and fluid.

Bob Davis, President and CEO

Admiral Sponsors:

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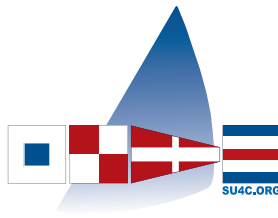
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Michael Waylonis • Jim Wightman • Timothy Wyatt

How To Help...

Attend & volunteer for SU4C events
Donate funds, Be a sponsor, Donate auction items,
Spread the word about SU4C, Make your regatta a SU4C event

Our Beneficiaries...

Spinnaker Fund Recipients (numerous individuals & families)
L+M Cancer Center



SAILS UP 4 CANCER

Spinnaker Fund

Spinnaker: noun, *Nautical.*

1. a large, usually triangular sail carried by a yacht as a headsail when running before the wind or when the wind is abaft the beam.

By definition, the spinnaker is a sail used when sailing with the wind behind your back. We, at Sails Up 4 Cancer, are behind you acting as that wind. We've got your back!

We have the Spinnaker Fund to encourage and support those battling cancer and undergoing expensive treatments. When applying for funds from the Spinnaker Fund, think of that money as the breeze behind you – propelling you forward in your fight against cancer. As expenses grow and income is lost we wish to alleviate the stress associated with these financial hardships. During your battle with cancer, the last thing you need is more stress.

*All of us have been touched by cancer;
we know those battling need help.*

We can't promise to solve all of your financial woes; but we can promise that we will look hard and compassionately at your request and do what we can to help. We are a small organization with limited funds. All of our Board members have been touched by cancer. Some more intimately than others, so we're all too familiar with your plight. Trust that we are here to help and support you.

Spinnaker Fund Eligibility: Funds are granted to individuals who submit a letter along with the application explaining the reason for the request. The SU4C Board reviews requests and a determination is made based upon patient needs and availability of funds. Applicants must be a resident of the SE Connecticut area and be undergoing cancer treatment. All information is strictly confidential.

Bob Davis, SU4C CEO & President

Sails Up 4 Cancer Inc | FEIN: 27-5553950
23 East Main Street | PO Box 623 | Mystic, CT 06355 | www.SU4C.org

SU4C Board
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David Cruthers, Director

Kevin Lathrop, Director
Annie Longo, Director
Deborah Newberry, Director
Dr. Catherine O'Brien, Director
Holly Phelps Miller, Director
Caitlin Wheeler, Director

Regatta Committee
Bob Davis
Karen Davis
Dr. Jamie Lee
Holly Phelps Miller
Courtney Moore
Caitlin Wheeler

Testimonials:

"For several years now, SU4C has generously helped the Sunshine Kids Foundation fulfill our mission of helping kids with cancer smile by providing fun, free activities... Most importantly of all, the kids are given a chance to escape the pain and isolation of treatment, and are made to feel like VIPs for the day. As a fellow survivor, Bob Davis holds a special place in his heart for these amazing pediatric oncology patients, and SKF hopes to continue this remarkable relationship with SU4C for many years to come." - Brooks Tomb, Director, Regional Offices, Sunshine Kids Foundation

"The Sails Up 4 Cancer Expo is living the message by turning a curse into a blessing and helping us to heal. It shows us what our lives need to be about; caring for each other and learning from life's lessons just as hunger leads us to seek nourishment. Every sailor knows you need to have the wind at your back filling your sails. The Sails Up 4 Cancer Expo is doing just that for all of us." - Bernie Siegel, MD

"It has been a pleasure working with you over the years on the Leukemia Cup and other charities. You are very passionate about sailing and helping others. For this let me extend a hearty thank you. I believe that it is vital for sailors to help society in ways outside the sport of sailing.....Good luck with your fund raising on behalf of all cancers. Your service is important and appreciated." - Gary Jobson, America's Cup Winner

"... Our good friends at Sails Up 4 Cancer have been invaluable supporters of Lawrence + Memorial Hospital and our new Cancer Center. Not only have they provided generous philanthropic support, but they have been tremendously effective at spreading the word about cancer at their events." - Bill Stanley, Vice President, Development + Community Relations, L+M

"We want to thank your organization for the check you sent us. It has helped to pay some bills as well as fill our pantry and freezer. This has really alleviated a lot of stress for the both of us."
- With sincere thanks and appreciation, Mr. & Mrs. D

"My husband (patient) & I want to thank you for the check you sent us for \$250. You can't imagine what a God send it was to us. We do appreciate it very much & will use it for good use."
- Gratefully, Mr. & Mrs. G

"I spoke to Mrs. D today who just received your generous check. Her husband is starting to decline and she said " I really needed something good to happen and it did". She is thrilled and relieved to have been helped so much by your grant and she wanted me to be sure and forward to you her gratitude. Thanks for making one family's struggle a lot more bearable."
- Warmly, Bereavement Coordinator

"Your organization are true angels. Your generosity has made my life a little less stressful and that means so much.... I can't say thank you enough."
- Thank you from my heart, and bless you all, B.D. & Family

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Sails Up 4 Cancer Annual Regatta,

June 18, 2022

Sailing Instructions

The Organizing Authority
is the Mystic River Yacht Club



1. Rules

- 1.1. The Regatta shall be governed by the Racing Rules of Sailing.
- 1.2. **Appendix V** Alternate penalties are in effect

2. Sailing Instructions

- 2.1. Changes to the SIs shall be made no later than 0830 hours on Saturday, June 18, 2022.

3. Communications

- 3.1. VHF channel 1001 (former 01A) shall be used for fleet communications on the water.
- 3.2. Sailing Instructions and other pertinent documents shall be posted on the official Notice Board on Yacht Scoring and under the tent at Mystic Shipyard.

4. Code of Conduct

- 4.1. Competitors and support persons shall comply with reasonable requests from race officials.

5. Schedule of Races

- 5.1. The First Warning Signal is scheduled at 1200 hours.
- 5.2. One race is scheduled for all classes.

6. Classes and Class Flags

- 6.1. Classes shall be as designated by the Race Committee and published on the Scratch Sheet available on Yacht Scoring.
- 6.2. Class Flags shall be the International Code Flag Numeral Pennants corresponding to the number assigned to each class on the Scratch Sheet.

7. Courses

- 7.1. The marks of the course shall be posted on the top row of the course board in order of rounding. Boats shall sail to the finish line after rounding the last posted mark.
- 7.2. The letters P (port) or S (starboard) shall indicate which side to round the preceding posted mark(s).
- 7.3. The magnetic bearing and range from the Committee Boat to D/M shall be displayed on the lower row of the course board.
- 7.4. Restrictions: Competitors must not pass between Flat Hammock and South Dumpling Island. Competitors must pass South of N 26 Horseshoe Reef.

8. Marks

8.1. See Appendix A for a description of Marks

9. The Start

- 9.1. The Starting Area shall be in the vicinity of Seaflower Reef
- 9.2. Competitors must check in with the RC Signal Boat and be acknowledged by passing the boat's stern prior to the First Warning Signal.
- 9.3. The starting line shall be between the staff flying the Orange flag and yellow Mark S/F.
- 9.4. The order of starts shall be announced by the RC prior to the first warning.

10. The Finish

10.1. The finish line shall be between the staff flying the Blue flag and Mark S/F.

11. Time Limit

11.1. The time limit is 1700 hours.

12. Scoring

12.1. Scores shall be based on Time on Time with PHRF or ORC handicaps.

13. Protests

- 13.1. A boat intending to protest shall notify the Race Committee upon finishing identifying the boat(s) being protested.
- 13.2. Protests shall be made in writing and submitted to the Race Committee within 1 hour of the Committee boat docking.
- 13.3. Protest forms may be prepared online using the forms available on Yacht Scoring and submitted to Gregprorc@gmail.com.

14. Awards & Party

14.1. Awards shall be presented at the post-regatta party at Mystic Shipyard starting at 1800 hours at 100 Essex Street. Tickets are \$25.

Appendix A - Marks Designation / Lat/Lon is approximate

Letter	Mark Name	ID	Latitude	Longitude
			All positions approximate	
B	Black Ledge	N "2BL"	41'18.02"	72'03.92"
E	Silver Eel Pond Whistle	SE	41'15.55"	72'02.22"
I	Intrepid Rock	"DIR"	41'17.94"	72.00.24"
M	Mystic River West	C "1"	41'17.40"	71'59.42"
N	No. Hill Bell	R "2"	41'16.79"	72'01.38"
R	Ram Island Bell	R "20"	41'18.20"	71'58.39"
V	Vixen Ledge	N "28VL"	41'18.35"	72'02.92"
W	West Harbor Channel	FI R "6"	41'16.30"	72'00.33"
D/M	Drop Mark	Inflatable	R & B from RC	
S/F	Start/Finish	Inflatable	Yellow near RC	

COME BACK NEXT WEEKEND!



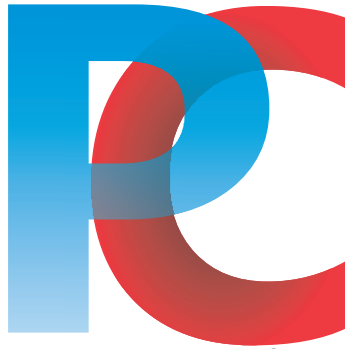
RIVER JAM

June 24-25, 2022

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**EVENTS
PARTIES
SPECIAL
OCCASIONS**



2022 SU4C Highlights & News

Year Round	Smile Amazon Program
Year Round	Spinnaker Fund Gifts to families and individuals
February 2022	Successful Trivia Night
March 2022	Recipient of Constellation Grant & Pink Aid Grant
April/ May 2022	Beneficiary of over \$20k from CT Spring Boat Show <i>Special thanks to all SU4C volunteers, Windcheck, Ben Cesare and Sarah Wadle.</i>
May 2022	Beneficiary of \$70,000 Gowrie Group CT River One Design Regatta <i>in cooperation with Essex Corinthian Yacht Club, Essex Yacht Club, Frostbite Yacht Club, Duck Island Yacht Club & Pettipaug Yacht Club</i>
May 2022	Over \$12k Recipient of Subaru Share The Love Campaign <i>Special thanks to Holmgren Subaru!</i>
June 14, 2022	Greater Mystic Chamber of Commerce Business After Hours Host
June 17, 2022	Cornhole Tournament and Sunday Gravy
June 18, 2022	Yoga Day, Regatta & Post-regatta Party
June 24-25, 2022	River Jam Beneficiary

Save the date!
SU4C Trivia Night, October 8
German Club. Visit su4c.org for info.

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And thank you to: Bill Kelly / Makin' Waves, Josie Kapral, Mark Briggs,
Mystic Shipyard Staff, Rock N Soul Revue, Sunday Gravy,
US Navy Volunteers & Mudhead Race Committee:
Frank Murphy & Greg Gilmartin
Our Yoga Team: Tina Shifflett, Lori Miller

Our silent auction donors (as of printing - 6/10/22):

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Breakwater • Captain Daniel Packer Inn • Cozy Nails
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The Real McCoy

Silent Auction example: Original art graciously donated
by the artist Joanna Reicher, Owner of You, Me &
the Sea in Essex. Original Gyotaku lobster print in a
18x24 frame.



Visit su4c.org for more information!

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For the month of June 2022, Sails Up 4 Cancer will receive a \$1 donation from each purchase of the \$2.50 reusable Community Bag at the Stop & Shop store located at: 220 Route 12, Groton CT

Visit su4c.org for more information!

Holmgren Subaru *is proud to donate \$12,200 to* Sails Up 4 Cancer




We're proud to make a donation to this very worthy local charity, Sails Up 4 Cancer. All of us at Holmgren Subaru would like to thank our customers for choosing one of our hometown charities and helping us achieve this goal!

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