



VOLUME II | 10 / 2023

# Newsletter

STAY UNDER WAY WITH UPDATES AND ANNOUNCEMENTS!  
EMAIL [CAPTAIN@NOSALTSAILING.ORG](mailto:CAPTAIN@NOSALTSAILING.ORG)

## AT A GLANCE

- Seasons end remarks from Directors
- Fundraiser Announcement
- Testimonial

## FROM OUR EXECUTIVE DIRECTOR



What we did, who we saw and what is next!

As we reflect on our first year, I must say that the support we've received from the Chicago Maritime and Veteran communities has left a lasting impression on us. We cannot express the depth of our gratitude for your loyalty and commitment to our cause. Your support has been instrumental in making our inaugural year one to remember, and we're confident that our partnership will only continue to grow from here. As military veterans ourselves, it's an honor to be a part of such a dedicated community and we look forward to many more years of working together.

At ease, soldier! Let me report the growth of our crew. Our first training session took place in June, where we had the honor of having four veterans join us. By July, our ranks had swelled to ten brave souls, with eight of them showing up.

Our August session saw us welcoming sixteen new recruits, which prompted us to hold one more session in September. To our delight, twelve more future sailors joined us in that last session. We are proud to report that our numbers are growing, and we hope to continue expanding our crew in the future.



Each session ends with a BBQ on our Dock and the harbor community is invited. No Salt Sailing VP Laura Sparks puts out quite the spread each time. In addition to the BBQ she also provides breakfast and lunch for each session. In addition to the aforementioned support we have an amazing community that has made our season great. We are supported by the Board at Chicago Corinthian Yacht Club, Corinthian University, skippers of Abide (Michael Aisenberg), Walrus (Susan Jenks), Pegasus (Dionne Howe), Trouble (Capt Jon Vongher), and Scout (Ben Stern), Brett Pauls for his tech support, Alicia Johnson and Tena Stiegger for their administrative assistance and so many more that I owe a debt of gratitude to. We also want to thank Captains Deb and Ken Leja, our dock family, for all their support. They have tirelessly helped out in myriad ways to include skippering our vessels, helping with food and transportation and bartending. A huge thank you to Captain Miguel, our program director and trainer, who without him and his expertise the training would not have been so successful.



As our maritime season comes to a close, our vessels are being carefully removed from the water, but our mission continues undeterred...



# FROM OUR PROGRAM DIRECTOR

End of season remarks from Capt Miguel



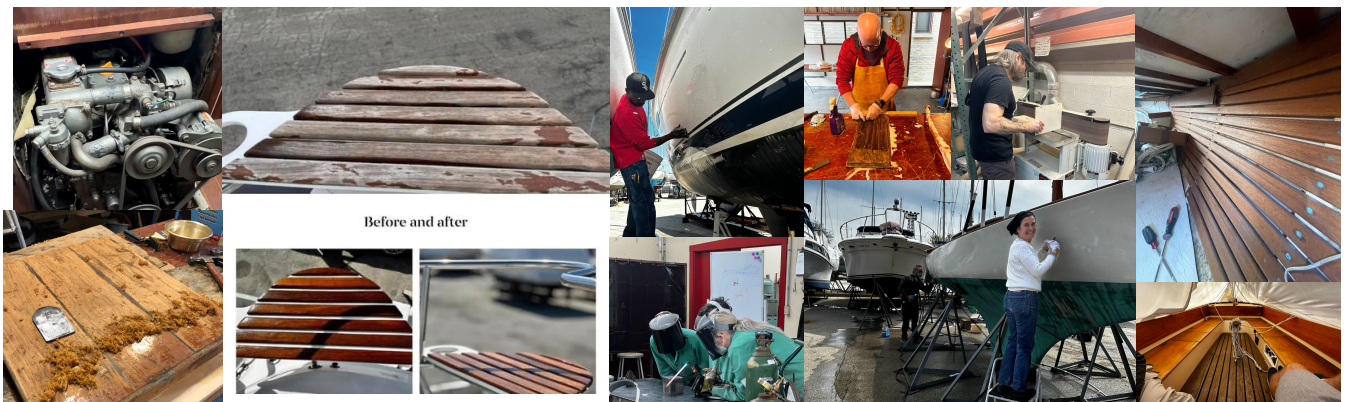


The 2023 sailing season is coming to an end but I would like to say a few words about what we accomplished at No Salt Sailing. We started the organization November 2022 and had four sessions with Veterans onshore and on sailing vessels. Boat owners from Montrose harbor made their vessels available to train the Veterans and all of a sudden we had a fleet ranging from 25 to 34 foot sailing vessels. At the beginning of the season, Jester was our main vessel and at some point Aeolus and Agnus joined the fleet and they will become part of the winter training program. The feedback from the Veterans that attended the training sessions was very good and we thank them for being a part of this community. A special thank you to Laura Sparks who fed us with a big smile, making sure that everyone was taken care of and providing wonderful meals. I will probably forget someone but thank you to the Corinthian Yacht Club for all the support and for making available the boat house for the onshore classes. To all the skippers, photographers, volunteers and everyone who contributed to make our dream come true, a heartfelt thank you. We will stay in touch over the winter. Keep checking your email because the winter program will be out soon.

### **Winter Program:**

The season may be coming to an end but we will be busy during the winter. As previously mentioned our fleet has three sailing vessels now, Jester, Aeolus and Agnes, and they need to be taken care doing maintenance to the engine, wood work, electric system and so on. This is a program that will keep us busy for a few months and we will need all hands on deck in order to get all the vessels ready for next season. Sooner than later an email will be sent to all of you with the winter program and asking for your collaboration to get the job done.

If you have any special skills we would love to hear about them and that may be the point when the trainee becomes the trainer.



### **Sailing session over the winter**

In order to keep everyone updated over the winter we are planning to do online live sessions as a reminder of what you learned on the onshore and sailing sessions. We will cover the basics of sailing and refresh the terminology and concepts.

If you would like us to cover a specific theme please don't hesitate to reach out and we will be glad to do it ([programs@nosaltsailing.org](mailto:programs@nosaltsailing.org))

## A final word:

We are very proud of the No Salt Sailing project started by Captain William Shehan in 2022.

In order to continue our work with the Veterans we need your help to spread the word among your brothers and sisters, sponsors, donors and volunteers.

Our goal is to serve those who served and to be able to give them the opportunity to join a great project, to meet new people and who knows to become a great sailor!!!!

Captain Miguel, Program Director

# What's Hot



## Fundraising event with No Salt Sailing and the Reservoir!

Join us for an exciting fundraising event with **No Salt Sailing** and **the Reservoir!** Get ready for a day filled with fun, laughter, and adventure. We are thrilled to invite you to our in-person event taking place at **844 West Montrose Avenue, Chicago, IL, USA** on **Oct 14th 4-7pm**. This is your chance to support a great cause while helping Veterans and enjoying the hospitality of the Reservoir. Don't miss out on this incredible opportunity to make a difference and have a blast! See you there!

### \$35.00 fee includes the following:

**1 ticket for the Raffle -**

**Infused Olive Oil (make your own)**

**Two Brothers Beer deal**

**Free Appetizers thanks to Iripino Realty**

**Free Swag from Two Brothers Brewery!**



### Raffle items include

**Two Brothers tickets for Dinner and Beer Tasting**

**No Salt Sailing for a group sail**

**Sail Maintenance Gift Card from Quantum Sails**

**Chicago Fireboat Tour tickets and much more!**

**YOU DO NOT HAVE TO BE PRESENT TO WIN!**



**CLICK OR SCAN**

<https://t.ly/G3cht>





# Testimonial



*No Salt Sailing, a Veteran program centered around sailing, has been a lifeline for my mental health, providing therapeutic relief for my PTSD and TBI. Beyond the calming effect sailing offers I've found a profound supportive group of fellow Veterans who understand the challenges I face fostering continuous and meaningful bonds. No Salt Sailing offers vital lessons in resilience and adaptability, while emphasizing the value of continued education. Sailing is not just a hobby; it's a holistic approach to healing, offering hope, unity, and a renewed sense of purpose to disabled Veterans like me.*



*Liam Jackson  
United States Marine Corps*

## Reach Out



**For questions, feedback, article ideas, or story contributions, email [press@nosaltsailing.org](mailto:press@nosaltsailing.org) and we'll be in touch. You can also visit our website at [www.nosaltsailing.org](http://www.nosaltsailing.org) and contact us.**