



Changing lives One Sail at a Time



Flashback to March 2020 Annapolis Saint Patrick's Day Parade and the CRAB float team.
The 2021 parade has been rescheduled for September 12th.

March Newsletter

Staying in Touch with CRAB's Friends & Supporters

A New Sailing Season at CRAB

As we begin planning for the 2021 sailing season at CRAB, we thought it would be of value to let you know what we have planned for our guests and volunteers. First and foremost, safety will continue to be CRAB's #1 priority. We will not do anything that compromises the safety of our guests or volunteers on or off of the water.

We anticipate a full season of sailing starting in April and concluding in October. The COVID-19 safety protocols that worked exceptionally well last year will stay in place. This means guests will have to schedule specific times to sail with CRAB, and there will be

limitations placed on the number of guests per boat (2-3) depending upon size, age, disability, and sailing program. Everyone will have their temperature checked and expected to maintain social distancing at all times on land, the dock, and while sailing. Sanitizing and disinfecting PFDs and boats is still part of the process. Family members and caregivers also will have greater responsibility during the boarding process to minimize placing volunteers face-to-face with guests.

These are just a few of the procedures we will have in place to protect everyone at CRAB. It goes without saying, but we will, when it is your turn to get a vaccine, we expect you to get it. The choice is yours, but we want everyone at CRAB to be inoculated as soon as possible.

The CRAB sailing season will start with spring commissioning and launching of the fleet in early April. Followed by refresher training of skippers and crew at Sandy Point State Park. The CRAB calendar will be open in April for volunteers to sign-up. Expect plenty of sailing dates throughout the week, plus regattas in May, June, August, and September for volunteer skippers with racing experience.

In the meantime, volunteers should be reading the updated Volunteer Operations Manual for 2021. If you need assistance or have questions, please feel free to contact Sarah Winchester, Operations Manager, at sarah@crabsailing.org. We look forward to seeing our wonderful volunteers on the water soon with CRAB's phenomenal guests.



Upcoming Events

4/9-10 - Volunteer Training - at Sandy Point State Park

4/12 - 30th Anniversary Kick-off

4/15-18 - Bay Bridge Boat Show - Land D booth

4/25 - Family Sail Sunday - Sandy Point State Park

[More Events!](#)

CRAB Turns 30!

Over the course of our 30th anniversary year CRAB will be celebrating with special events, including a photo contest for a Boatyard Bar & Grill gift card. To learn more about the anniversary schedule follow CRAB on **Instagram and Facebook** and check our website- www.crabsailing.org - for updates.



[Get your 30th swag HERE!!](#)

Donated Boats Wanted!

If you or someone you know has a boat they are not using, please refer them to CRAB for a nice tax deduction and to help keep CRAB sailing programs free of cost for guests.

[Donate your boat!](#)



[1979 Bristol 29.9 - More info HERE](#)

Volunteer Spotlight on Grazia Mieren & International Women's Day



How long have you been volunteering at CRAB?

I started volunteering for CRAB late in the summer of 2017

How did you find out about CRAB?

A couple of friends invited me to The CRAB Cup at Eastport Yacht Club and I realized then how I could merge an 'old' passion of mine (working with people with disabilities) with my 'new' passion (sailing). After The CRAB Cup I signed up to volunteer at the next 'Family Sail Sunday' and I have been doing so since. Its incredible how our state of mind changes when out on the water in close contact with nature.

What is your favorite event and why?

Unfortunately I can volunteer only during the monthly Family Sail Sundays since I don't live near Annapolis and I am working full time. I enjoy taking individuals and families out on the Chesapeake Bay and watch them relax feeling the fresh air, the wind and the sound of the water. I also enjoy connecting with them and listening to their incredible personal stories.

Do you have a CRAB memory you would like to share?

The first time I went sailing the guests onboard were a woman with her son who had Down Syndrome. We had a wonderful conversation and shared information about ourselves before realizing our homes were located only a mile apart! After that day we kept in touch and became fast friends. We started commuting together to each CRAB Family Sail Sunday event and I became her son's 'Auntie'.

What is your favorite part about volunteering with CRAB?

There are several parts that I enjoy, but one of them is the connection between volunteers and guests. We hug each other at the end of the sail (pre-Covid), after working together to sail the boat. The reward is priceless.

What have you learned volunteering with CRAB?

CRAB taught me how to maneuver a smaller sailboat while practicing safety. Volunteering with CRAB pushed me to get better at sailing. So two years ago I enrolled in a J-World sailing class and got accredited by the US Sailing School in Annapolis.

With International Women's Day this week, what does it mean to you as an Italian CRAB Volunteer?

As a woman I am proud to be able to sail and break some of the prejudice that sailing is mainly a 'male' sport. As an Italian I am excited and proud that the Italian Prada Team, made it to the finals in the 2021 America's Cup Yacht Race in New Zealand, it was awesome watching the boat 'flying' on the water!

Where were you born and when did you come to the US?

I was born and raised in Northern Italy, in the Veneto Region, in a medium/small town located between Venice and Verona (Romeo & Juliet anyone?), I came to the Washington Metro Area after college and marriage. After we divorced, I decided to stay in the US and build my life in the area. All my family lives in Italy and I visit them every year. Unfortunately, in 2020 I couldn't travel due to COVID-19 virus.

Italy has many great international sailors do you consider yourself one?

I wish I could consider myself a great sailor, but I hope to be able to sail more often when I retire from a full time job. Two years ago, while vacationing in Italy I rented a 38-foot sailboat for the day that conveniently came with a captain ;-). It was great being at the helm of such a beautiful boat sailing the coast of Conero National Park in the Marche Region!

Have you told your family in Italy how you spend your time volunteering at CRAB?

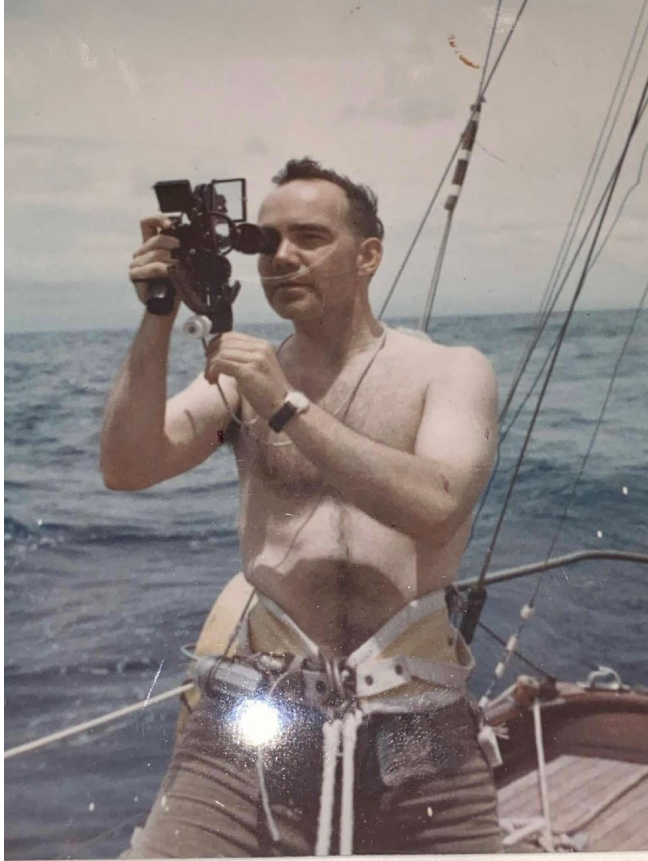
Yes, of course! They are happy for me since they know how much I care to help people, especially those with disabilities. In Italy I worked as a speech pathologist in a government run center for the disabled and in a hospital as part of my training/studies. I enjoyed it very much. That is one of the reasons I find volunteering for CRAB very fulfilling.

Do you think you will ever go back to Italy to start a CRAB sailing program?

I have been thinking of going back to Italy when retiring, living in a place with an ocean view and being able to sail. I have not thought about starting a CRAB program there, but you never know!

Adaptive Boating Center Update

We have an exciting update on the Adaptive Boating Center - **The Brick Companies** generously pledged **\$100,000** for the open-air pavilion, making it the largest philanthropic donation CRAB has received in its 30-year history!



The Brick Companies (TBC), a real-estate development company located in Edgewater, Md., has a reputation for “creating memorable places for current and future generations through social responsibility and environmental leadership”. This alignment of mission, purpose, and vision between TBC and CRAB creates an important partnership for the Annapolis boating community. In making the gift, Lex Birney, Jr. commented, “This gift is important to our family, Dad loved his pavilions! They are places where folks can relax, meet, socialize, tell stories, and as he would say, ‘have a gam.’”

The gift is made in loving memory of Arthur A. Birney, Sr. who spent a lifetime sailing aboard his boat *The Adventurer* and was deeply connected to Annapolis as the owner of Port Annapolis Marina. The pavilion at the ABC overlooks Back Creek and will be a place of respite enjoyed by many CRAB guests, families, and volunteers for generations to come.

[More Info on the ABC](#)



General Donation

Please consider making a donation in support of CRAB's mission which allows us to offer sailing programs FREE of charge.

Make A Donation



Guests

Want to Sail with CRAB? View our calendar of events [HERE](#)



Supporting CRAB

There are many ways you can support CRAB. Check out the list [HERE](#)



Volunteer

Would you like to help out at CRAB events or sail with guests? Read more [HERE](#)

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