

Hi Ladies,

I've just woken up this morning after arriving home last night from my totally amazing 5 days of cruising the channel on Diamonds with Rooby and the other girls. My first thought when I woke up was how much I enjoyed myself last week and so I had an urge to tell you!

The 5 days exceeded all of my expectations. I found sailing on The Solent (my first time) challenging but rewarding. It's like the perfect little training ground! Diamonds was a lovely yacht and seemed to me to be rigged ingeniously for training-although sweating the Main sail still managed to beat me at the end of the week, much to my frustration. But, colourful language seemed to help at those times! And, the other ladies were all so cool. Makes such a difference when everyone can work happily with each other and at the same time, supports one another too.

But, what really made my week so special and enjoyable was our super-awesome instructor Rooby. I'm sure you're already aware of how talented she is but I just wanted to add my praise to the pile. Because of my career choice I've had dozens of trainers and instructors over the years. But, Rooby is one of the best! She has such a natural gift for sharing her knowledge and displaying her skills. She was nurturing, sympathetic and extraordinarily patient and calm with "her girls". I've certainly never come across an instructor as calm as Rooby. Even in the more "exciting" moments, she stayed totally focussed, calm and patient. Giving clear, concise orders to us all and then making sure we all understood the situation so that we weren't freaked out and nervous. The result being that we were all happy to give anything a go. We all trusted her judgements and respected her as an instructor, skipper, mentor and friend completely. She had a lovely way of gently encouraging us to extend ourselves beyond what we thought we could manage and with just the slight raise of an eyebrow we knew that perhaps something wasn't quite going to plan!

So, I just wanted to thank you for organising such an inspiring and fun experience. I'm really looking forward to my next GFS adventure,

Em x