

# The Bay Area Observer

ON THE WEB

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## Rotary Club of Seabrook Hosts Chapter Director of the Heart of Sailing Foundation

July 13 2008



Pictured left-to-right is the club president Jack Fryday with Chapter Director Dave McCabe.

Rotary Club of Seabrook hosted Chapter Director of the Heart of Sailing Foundation on Thursday July 10 at Lakewood Yacht Club. The Heart of Sailing Foundation is a new non-profit charitable organization which provides free recreational therapy and education in the form of a sailing experience to the children and young adults with development and/or physical disabilities.

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### About Heart of Sailing

Heart of Sailing teaches sailing to special needs children as a form of recreational therapy. The charity was founded in 2004 by George Saidah, a successful software entrepreneur who was motivated by his personal experience with a loved one with a cognitive disorder. A sailor for more than 35 years, Saidah dreamed of combining his love of the ocean with service to the community. Since retiring in 2005, Saidah devotes his time

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to developing Heart of Sailing to create a fun, educational and therapeutic opportunity for children with developmental disabilities.

Although alternative forms of therapy such as art and music therapy, as well as horseback riding, have become widely accepted in the last few years, sailing is a unique environment for participants. Sailing encourages abstract thought and teamwork, develops problem-solving skills and ultimately helps one learn patience and self-respect. The experience of sailing is not limited to the physical, although for many participants, it is their first opportunity to enjoy the unique sensations associated with sailing: the feel of the wind, the movement of the waves, the sounds as the boat moves through the water, all of which are stimulating and exhilarating.

For more information about Heart of Sailing Foundation visit [www.heartofsailing.org](http://www.heartofsailing.org)

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## **July 14 2008 - City of La Porte To Hold Internet Auction**

July 13 2008 - Rotary Club of Seabrook Hosts Chapter Director of the Heart of Sailing Foundation

## **July 06 2008 - City of La Porte Welcomes Kenith Adcox As New Chief of Police**

## **June 30 2008 - 2003 LPHS Graduate Kerron Clement Headed For Beijing Olympics**

## **June 26 2008 - This Month's Artist - Brian Sterling**

## **June 26 2008 - Judges Trade Robes and Gavels for Work Clothes, Gloves and Grabbers At 'Clean & Green Judges Day'**

## **June 20 2008 - Notice of Public Meeting to Discuss Budget and Proposed Tax Rate**

## **June 18 2008 - Edmonds Re-Appointed Chairman of PHA Commission**

## **June 08 2008 - First Industrial Realty Trust Acquires 16 Acres At Sens Road and Hwy 225**

## **June 04 2008 - San Jacinto Texas Historic District Unveils New Epic Art**

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