



EVERYTHING FOR YOUR FAMILY

- [Babies/Maternity](#)
- [Camps](#)
- [Education](#)
- [Enrichment/Sports](#)
- [Family Services](#)
- [Healthcare](#)
- [Just For Moms](#)
- [Party Planning](#)
- [Places to Go](#)
- [Preschool/Kindergarten](#)
- [Retail](#)

DAY BY DAY

OC's best family calendar

July 2008						
Su	Mo	Tu	We	Th	Fr	Sa
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

[Submit your event here](#)

Bringing back the joy of reading and writing

949.651.1075
www.brwi.org

KID QUIPS

"Mommy, I love you. I'll buy it for you if you get me a job!" ... [READ MORE](#)
[SUBMIT YOUR QUIP](#)

Editor's Note

Sailing, with heart

Hoist the self-esteem of special-needs kids.

BY AMY BENTLEY
Published: July, 2008

Sailing enthusiast George Saidah believes sailing should be something everyone can enjoy – not just adults and the able-bodied. That's why Saidah, 49, a retired software entrepreneur, shares his love of sailing with special-needs children in Southern California and around the United States, Canada and France through Heart of Sailing, a 28-chapter non-profit organization he founded in 2004 for people with cognitive, developmental and mental disabilities.



George Saidah, owner of Heart of Sailing

For a nominal \$10 per person, children ages 8-18 with conditions like autism and Down Syndrome can become sailors for the day. These special-needs deckhands will help hoist and trim the sails, pilot the boat and learn about basic navigation. Excursions conclude with each crew member receiving a medal and a commemorative certificate in recognition of their service.

The experience of sailing and helping on the boat has many benefits for these sailors. It boosts their self-confidence; fosters social interaction, teamwork and communication; and helps improve motor skills, coordination and concentration.

"It's so quiet and soothing. Sailing calms the kids. They become different people on the boat," says Saidah.

Sailing trips leave locally from Dana Point and Long Beach harbors and last about two hours. Each child must be accompanied by a parent or caregiver, but entire families are welcome to sail and enjoy the bonding experience with one another and the ocean.

Water safety is always emphasized, and all sailors under 18 are required to wear a Coast Guard-approved life jacket.

For more details or to book a trip, visit heartofsailing.org or call 866.368.5350 or 812.935.SAIL (7245).

Amy Bentley is a contributing writer.

Editor's Pick

Speaking of sailing ... want to do something unforgettable this summer? Take the kids on the Disney Cruise – right here on the West Coast! The Disney Magic normally sails out of Florida, but for a limited time through August, the Disney Magic sails out of the Port of Los Angeles to Cabo San Lucas, Mazatlan and Puerto Vallarta, saving you LOTS of dollars in airfare. Wouldn't you rather walk on water this summer than pump expensive gas into your car? Staterooms are still available. Call 888.DCL.2500 and tell them OC Family sent you!

- [Print This Article](#)
- [Email This Article](#)
- [RSS Subscribe](#)
- [Digg This Article](#)

SEARCH THE SITE

mom squad
sponsored by Villages of Irvine™



888.602.GAME(4263)
www.gametruckparty.com

TILE GALLERY 1449 S. State College Blvd. Anaheim, CA 92806 (714) 284-1124
Where you design your dream! Mon-Fri: 9:00am - 6:00pm Sat: 10:00am - 4:00pm

Roca Visit Our Showroom for 20% Off Tile Purchase*
Floor and Wall, Countertops, Backsplashes, Kitchens, Bathrooms, Patios, Swimming Pools, Residential and Commercial

LAUFEN **Incepa**

WHAT DO YOU THINK?

* First Name

* Last Name

* Email

Comments

Submit

Readers Feedback:

We sailed with George and his crew earlier in the year and had a wonderful time. My (autistic) daughter had her first sailing lesson and talked about it all week. The next day she went in front of her classroom to share her experience with her class and spoke with enthusiasm and excitement. George put such a smile on her face and gave her such confidence we will never forget that day and look forward to him returning to Long Beach.

COMMENT AT 7/20/2008

Copyright 2008 Churm Media. All Rights Reserved.

ADVERTISING: | [Advertise](#) | [Media Kit](#) | [Press](#) | [Sponsorships & Partners](#)

WEBSITES: | [OC METRO](#) | [OC Menus](#) | [Body Beautiful Magazine](#) | [Home & Outdoor](#) | [Inland Empire Family](#) | [Southland Golf Magazine](#) | [Churm Media](#)
CONTACT & SERVICES: | [Contact Us](#) | [Feedback](#) | [Subscribe](#) | [Where to Find OC Family](#) | [Custom Media](#) | [Special Events](#) | [Privacy Policy](#) | [Terms of Use](#)