

Donna Lange leaves New Zealand for second half of Solo Circumnavigation

You can follow Donna's progress across the oceans, via a link on her website www.donnalange.com

Accompanied by a boatload of cheering friends, Donna Lange, the "singing grandmother," resumed the second half of her epic solo circumnavigation after a seven month stay in New Zealand. She sailed out of Opuia in the Bay of Islands on November 21st, on her 28 foot Southern Cross, *Inspired Insanity*.

Her triumphant departure differed starkly from her unnoticed sail out of Portsmouth, Rhode Island on 11 November, 2005. The last person to wave her 'goodbye' was journalist Bruce Burdett of the Sakonet Times, as he photographed her boat sailing under Mt. Hope Bridge.



Playing her flute as she sets off



The final packing session

During her stay in New Zealand, her boat was extensively repaired and refitted by herself and many generous Kiwi friends who pulled out the stops to help her prepare for this leg. The *Inspired Insanity* that left New Zealand was much better equipped than the one that arrived seven months ago. Donna originally set sail from Rhode Island (USA) with what she could afford - which wasn't much. Her only communications tool was a donated satellite telephone, with limited pre-paid minutes; a friend, Tom Outman, phoned in weather predictions from his post

in Florida and she responded with her current position, which Tom forwarded to web site manager Neil Van Gundy in Iowa for posting on her web site.

Thanks to new sponsors, Global Marine Network

www.globalmarinenet.net and Xaxero www.xaxero.com, Donna has extensively updated her navigation systems – and now has the latest automatic satellite location equipment and weather faxes, along with email and iridium phone. She will be feeding daily reports to her web-site, www.donnalange.com, including information on her course, boat speed, air temperature, wind speed and direction, wave height and weather. Her current position will be illustrated on a global chart. Her website is visited daily by thousands following her journey.



The SkyEye sponsored by Xaxero

Donna's course will take her east across the Southern Ocean, round the infamous Cape Horn and north up the east coast of South America, through the Caribbean and finally home to Rhode Island on the East Coast of the US. "12,428 miles, but there is that 20%



Taking a reef in the main

I have to add for 'not going in a straight line.'" There will be little time for rest in this very demanding environment.



Good advice from friend Angie

On her first leg to New Zealand Donna followed a simple routine for packing food: two cans each of fruit, veggies and meat per day, staples of oatmeal and rice plus treats such as peanut butter, jam, spices, powdered milk with tea and coffee. She also took onions, garlic, crackers, dried fruit and nuts. She found this diet nutritionally insufficient - depleting her immune system and leaving her undernourished, lacking in energy and with a weight loss problem. She had to completely re-think her food supplies for the homeward leg. She now has only one can of each food per day; her new staples include oats, quinoa, millet, with more dried fruits and nuts; she has New Zealand honey, onions and garlic, plus plenty of chocolate and herbal teas including loose valerian and chamomile.

New sponsors include Lifestream International Ltd, who donated nutritional supplements such as Spirulina, a mega high vitamin green organism and Astra Zan, to protect her body from UV damage. As she put it, "I am planning to get really healthy over the next five months."



Donna the musician



Donna almost ready to cast off



Donna the sailor

One of the driving forces in Donna's life is to inspire others to reach out towards their full potential and during her stay in New Zealand she lectured and sang to a wide assortment of yacht clubs, women's groups, industrial associations, cafes and musical venues who were all inspired by her zest for life. She plans to continue to be available for talks after her return to land next year.



Donna's communications hub on board



Alone at last, Donna & *Inspired Insanity*

Jane Pares New Zealand and
jane.pares@internationalmarine.co.nz

Will Barbeau in the US
wbarb@cox.net

Photos by Angie Deister, Whangarei, NZ

For Donna Lange at Sea www.donnalange.com

From Donna “*Everywhere I look on the boat I see the work of so many people. My Heartfelt Thanks to -*”

Angie Deister, who owns **The Mokaba Cafe** in Whangarei Town Basin, has been a huge sponsor and support to me, providing an endless stream of useful items to make my world aboard more comfortable and safe, helping practically on the boat as well as with funding and most importantly just being my friend.

Bob McDavitt (Metservice NZ) for his very generous help with weather info and free consultations

Bruce Burdett of the Sakonnet Times in Rhode Island

Capehorn Steering Vanes www.capehorn.com

Chris and Julia Bone and all at **Mamaki** for tremendous support and helping hands.

Danny Stevens lent his healing touch and message therapy to aid my physical recovery as well as helping me get mobile with a set of wheels.

David Lowes Marine Services was generous with his time repairing the engine Dave.Lowes@xtra.co.nz

Dianna Dreanan, the Plumbers Distributors Association of NZ

Dion Rogers for his musical camaraderie, dinghy sailing and help with woodwork on the boat

Dogs Bollicks who offered paying gigs in the Irish tavern amidst Irish dancers.

Don Vicars, an H-28 owner living in Opuia has driven me all over the place, lent tools and called every day in case I needed a lift.

Fatty Goodlander, roving editor for Cruising World www.cruisingworld.com

Forrest Hill Physiotherapy Centre for providing complimentary visits for re-hab on my back injury www.forresthillphysio.co.nz

Global Marine Net sponsorship with the necessary software to access weather information via the web and email via the iridium phone, as well as providing vessel tracking with www.globalmarinenet.net

Halcyon Properties, Inc - Iridium Satellite phone and software with a solar charging system.

Italian Maritime Mobile Net

Jack and Carol Rogers sponsored me with a new battery

Jack Stanley of **Stanley Marine** who was always so helpful

Jane Pares for her writing / PR skills

Jason in New Zealand

Keith in Rhode Island

Lane and Kay Finley of Clean Wake Productions www.cleanwakeproductions.com

Legge Boat Builders and Port Supply - good advice for the bow repair, free bits and pieces and good discounts on the caulks and other supplies needed to repair the bow and other projects.

Lifestream International Ltd, New Zealand has kindly come on board with nutritional supplements for the next leg. They have offered two bottles of AstaZan 90 for sunburn protection, a powerful antioxidant and muscle recovery support and two bottles of Spirulina T1000 tablets for energy and the immune system. www.lifestream.co.nz

Martin's Flag Co Inc. Fort Dodge, Iowa Flag and accessories www.martinsflag.com

Mike and Virginia who set me up to buy *Inspired Insanity*

Milford Cruising Club on Auckland's North Shore adopted me, hauling *Inspired Insanity* out and putting her in their yard for nothing.

MTI Adventure Wear have taken on the task of keeping me dry and warm on the Cape Horn leg with several Palm Dry suits for the foul weather ahead www.mtiadventurewear.com

Musical venues in Whangarei – especially **REVA's** and **Frings** Tavern. Thank you to **Dennis Fring**, as contacts made in his tavern meant I was featured in the local Sunday glossy magazine insert.

My family with all their support and love especially my brother who gave me the original down payment

My Mom and **Ernie Moore** for finances and for managing the Home Team and loving support

Neil Vangundy for his tireless masterminding of my website

Ness Norman with the SSB receiver

Nick, the Irish shipwright came smiling daily for weeks, giving his time to do all the woodwork still needing to be done around the boat from building new companionway doors to fixing the deck handrails.

North Shore Leisure Centre, New Zealand is providing VIP membership to the pool and gym to facilitate my re-hab programme www.northshoreleisure.co.nz

Northern Advocate for article support.

Pacific Yacht Deliveries, Chris Bone who made the initial contact with some key sponsors. He did the sea-trial on *Inspired Insanity* from Tutukaka to Opuia with me and gave the boat a thorough survey which provided a blue print to work with. His input, support and professionalism has been invaluable www.pacifiyachtdeliveries.co.nz

Pat Henry and **Coming About**, Mexico Teaching students to sail with confidence and passion www.coming-about.com

Peter Heintz in the US Virgin Islands

Renfred, a ham radio guru has put in many, many hours rebuilding the SSB doing his best to make it reliable. Him and his wife Heather are medical professionals and have helped with antibiotics etc.

Rhode Island rebuilding crew Tina Laurero, Dale and Paul, Ron and Bonnie

Richard Thorpe and his contacts in TVNZ.

Robbie volunteered to make an amazing radio cabinet to ensure it stays dry.

Ross the sail maker.

Schooners Pub in Rhode Island

Scot Hotaling

Scott Jones with the SSB radio

Steve McCabe the rigger.

Stewart Kahn, Stay-n-Out Program in NYC and all the awesome ladies involved.

Stu Kahn for his sponsorship and my work with Stay-n-Out

Suzanne Bailey and **Louise** who have been a wonderful support.

The Brightmans for giving me so much foul weather gear

The EcoStore, New Zealand are kindly supplying me with a variety of their environmentally friendly cleaning products for personal as well as boat use www.ecostore.co.nz

The Tues Night Jam Gang at Glynn's

The NZ Multi-Hull Yacht Club who gave me the opportunity to sing at the Coastal Classic party in Russell.

Tom Outman for his weather info

Tony Norman of Mangonui who organized a couple of great venues for me and a friend to play music, as well as accommodating us.

Top Side Pub – everyone there

Wayne Limbrick, Waypoint Electronics for help with the SSB radio at short notice. waypoint.wayne@xtra.co.nz

Will Barbeau for his help with publicity in the US

Wolf and Doris from sv_Nomad. An Austrian couple who have been a great support in Opuia with many details and lots of photographs. He is a professional photographer. www.seenomaden.at

Women without Borders, an advocacy, PR and lobbying organization for women around the globe www.women-without-borders.org

Xaxero Marine Software Engineering Ltd for complimentary weather-fax software and satellite interface on the laptop www.xaxero.com

YOLO, LLC You Only Live Once www.yoloadventure.com

Every **smiling, inquisitive sailor or musician** who has given their support and encouragement.

All those in the **magazine world and cruising forums** who keep an eye on me.

All the **Auckland yacht clubs** who invited me to speak and get involved with race nights.

GREAT people and GREAT times – THANK YOU from the bottom of my heart for all the LOVE you have shown me.