

**BROWSER EDITION:**  
 This Mainsheet is one long strip, designed for easy scroll-downward reading in Adobe Acrobat or your browser! (You will never have to scroll UP to finish an article.) This version is not designed to be easily printed, but just visit the IYC Website at [www.IYC.org](http://www.IYC.org) to download our printer-friendly version!

**At the Helm:**

**COMMODORE**  
 David Ross (510) 865-8454

**VICE COMMODORE**  
 Dave Bloch (510) 978-4192

**REAR COMMODORE**  
 Joel Sailer 209-652-8207

**STAFF COMMODORE**  
 Dawn Chesney (510) 430-9990

**PORT CAPTAIN**  
 Pete Butler (510) 459-8351

**SECRETARY**  
 Kristen Soetebier (510) 521-2980

**TREASURER**  
 Jane Brown (510) 748-8997

**RACING CHAIR**  
 John New (510) 521-2980

**CRUISE CO-CHAIRS**  
 Dick Vandenberg (510) 790-2145  
 #2 Vacant!

**MEMBERSHIP CHAIR**  
 Cindy Wagner (415) 332-3055

**PUBLICATIONS CHAIR**  
 Vacant

**NEWSLETTER EDITOR**  
 Dave Bloch (510) 978-4192

**BAR MANAGER**  
 Joan Wetherell (925) 837-9408

**GALLEY MANAGER**  
 Steve Taylor (510) 776-0821

**HISTORIANS**  
 Malcolm Sowers and Helen Sowers (510) 537-2377

**ASSOCIATION LIAISON**  
 Ted Crum (510) 654-7301

**SHIPS STORE**  
 Betty Sleeth 408-398-3910

**YRA REPRESENTATIVE**  
 Ben Mewes (510) 301-0319

*Mainsheet is published monthly by:*

Island Yacht Club, Inc.  
 Alameda Marina  
 1853 Clement Ave.  
 Alameda, CA 94501

**www.iyc.org**  
 Copyright 2010, Island Yacht Club, Inc.

**Scaling New Heights at the Women's Sailing Seminar**



IYC Membership Chair **Cindy Wagner** at the top of the mast on *Amie*, while boat owner **Anna Christensen** and classmate **Speranza Avram** watch and assist from below during the **Climbing the Mast** class at WSS. Instructor **Deb Fehr** took the three students through the process of using a climbing harness or bosun's chair to safely get to the top! It was a great two days for the participants, instructors and volunteers. See lots of photos in this issue!

**IN THIS ISSUE:**

- CoLog by David Ross
- Racing Notes by John New
- From the Editor's Desk by Dave Bloch
- Women's Sailing Seminar by Marsha Dyslin, SJSC
- Eight Bells Ceremony
- Photo Section

**FALL EVENTS CALENDAR**

- PLAN AHEAD!** Here's the rest of 2010:
- Oct 23 Membership Dinner
  - Nov 7 Jack & Jill #1 / Chili Cookoff
  - Nov 9 Board Meeting
  - Nov 14 Island Days Fall Race #1
  - Nov 20 Change of Watch Party
  - Nov 21 Breakfast/Calendar Meeting
  - Nov 21 Commodore's Cup Race
  - Dec 4 Lighted Yacht Parade (lightedyachtparade.com)
  - Dec 12 Island Days Race #2
  - Dec 14 Board Meeting

**CYC Cruise-out Cancelled**

Our fall trip to Corinthian Yacht Club had to be cancelled due to several scheduling conflicts. **Thank You** to Cruise Chair Dick Vandenberg for working hard to try and find a date that worked! In the end, Halloween events and the busy fall season forced cancellation. **Watch iyc.org** and Mainsheet for future cruising events.

**CoLog, October 2010**

Ahh-clobber! On Oct 9 & 10, the **2010 Women's Sailing Seminar** helped empower 40 folks of the female persuasion with varying levels of sailing skills and took them all to new levels—and one **Kristen Soetebier** to below sea level as she intentionally fell in the Estuary three times, bringing some real-life practice to the **Crew Overboard** session. This year's seminar featured a new class—**Going Up the Mast**—be sure to check out proof of the courageous ascents of our own Membership Chair, **Cindy Wagner**, and members **Anna Christensen** and **Speranza Avram** in the Photo Section of the Mainsheet. After the Saturday sessions, **Dawn Chesney** and **Linda Newland** honored member, and past Commodore, **Shirley Ahlf's** passing on October 2 with a touching 8-bells ceremony (see related article below).

Overall, much thanks is owed to **Bethany Smith** for orchestrating such a well-received event. And a tremendous thanks goes out to the many volunteers and instructors who came out to support this fantastic weekend, including the Sea Scouts who are always such a huge help!

Member **George Lythcott** finally found time long enough to regale everyone who attended the September member dinner with stories from his incredible journey across the Pacific to Kauai during this year's **Single Handed Trans Pac**.

Dust never seems to settle around the club. Coming up on Oct 23rd is our next membership dinner with guest speaker **Kame Richards**—whatever the topic, it will be great! The ghouls, goblins, and Pirates come out the following week on Saturday October 30 for what's become the club's annual **Halloween Party**. New member **Sandra Paz** will again transform the bar level of our humble little clubhouse into a "chamber of black;" upstairs may still be slightly recognizable and serve as a respite from the manic dancing in the bar. The party will also be a benefit for the **Encinal High School Water Polo** team. (Go Jets! Hey, I'm not just a Commodore, but also an EHS alum.) RSVP to Sandra: 510-748-9870, as tickets are limited.

Race fans better start lubing sheaves and scrubbing bottoms in preparation for the **Jack & Jill #1**, IYC's woman-skipped triple-handed race coming up on November 7. And the following weekend ushers in our midwinter series, **Island Days**—ideal winter racing on the estuary—with our gentle winter winds, there is no better series to learn/practice setting & flying a spinnaker! Keep a watch out on [www.iyc.org/racing.html](http://www.iyc.org/racing.html) for the Notice, Entry Forms, and Sailing Instructions for both of these events. Finally, mark your calendars now for **November 20—the Change of Watch!** It's shaping up as quite an exotic affair!

**Race Update**

Island Yacht Club again was asked to manage the **Champion of Champions** race for the **Yacht Racing Association**. This is a special honor as these are the best YRA racers competing against each other. To qualify for the race the entrants need to have won their division of the YRA Handicap, or One design series.

Our race committee included David Hand, the Rattos John and Debby, David Ross, Ted Crum and me. I was happy to have all these experienced Race Committee members who have run this series of races many times before.

The race instructions called for three central bay races starting and finishing off the **Golden Gate Yacht Club**. We started with the shortest 5 mile course and increased the distance with each race. All the racers played nice with no protests and only one Over-Early so that we were able to turn the results over to Laura for the awards and head home by three o'clock. Thank you, Race Committee!

Our next race is our woman-skipped **Jack & Jill # One** on Sunday November 14, followed by our first **Island Days** Sunday race on November 7th. See you out there!

**From the Editor's Desk**

Getting *Mainsheet* out a bit late this month, even with our mid-month schedule. I think it's always rough getting back into a routine after a huge event like **Women's Sailing Seminar**; we all feel like we deserve to stand back and take a deep breath, look at what we accomplished, and maybe take a break!

Naah. We're much more like the window washer on a skyscraper; take one step back to admire your work...

And, as you just read in Commodore David's article, we especially can't do that at this time of year! Fall is a time of transition, and at IYC that means moving into a schedule of one event following another, our **Dinner** this weekend, then **Jack & Jill #1**, **Island Days**, and then **Change of Watch** and the **Commodore's Cup**—all of that in less than **five weeks!**

Of course, this particular **CoW** dinner is a big one for you truly, as I trade my red flag for the blue one and take the helm of IYC for the next year. I'm glad David and I have worked so closely together during 2010, so maybe I've got a feel for at least some of what that job entails. I've been the Chair of nonprofit boards before, but never one that had so many activities or did so much directly for its members. I'm always amazed at what we accomplish with our limited size and resources; it is only possible because so many of our members give of themselves to help out at our events and races.

As I write this on October 20, our Nominating Committee has nominees for most of the Board and other leadership positions, but there are still some important positions unfilled. If you have skills or energy for any of the positions listed under **At the Helm** on page one of this *Mainsheet*, please call or Email David Ross, John New or me as soon as possible. Even if we have someone in mind for the slot, and even if you're new to the club, it's great to have someone interested in training for a position ahead of time, who can assist the current chairperson or manager. (I became Newsletter Editor two weeks after joining IYC, and Vice Commodore just nine months later! So you can rise fast in this organization...)

See you all this Saturday for dinner with Kame Richards!

**Women's Sailing Seminar**

I spent Oct 9th and 10th with two other members of SJSC, **Georganne Pillsbury** and **Sharon Babb**, and 50 other women sailors, at the 18th annual Women's Sailing Seminar put on by the Island Yacht Club. As Mike can attest, I had a great time. Usually when Mike returns from a weekend of sailing, there are stories to be told, and lessons that were learned from the weekend. This time, however, Mike was the one who did most of the listening. I was amazed at the diversity of the women who were students for the weekend and also those women who were instructors and those who offered their boats for our use during the weekend. I would encourage any female members from the club to go to this seminar next year when it is offered, I definitely will be attending next year!

The seminar offered a variety of on-the-water and classroom courses to choose from. There was a beginner track offered on Saturday which had classroom courses in the morning, followed by sailing in the estuary in the afternoon. Other course options ranged from docking, engine maintenance, spinnaker handling, introduction to racing, advanced sail trim, navigation or climbing up the mast to name just few. The range of experience and goals was great too. Many of the instructors had years of experience racing or cruising through amazing parts of the world. The students experience also varied, from being crew on a husband's boat and never touching the tiller, to having experience, but lacking confidence to be in charge. And of course the students' goals in taking this seminar were varied also. A few people were planning long cruising voyages either with family (11- and 14-year-old kids plus grandparents) or with a husband/partner, but most just wanted to increase their skills. There was camaraderie and encouragement from other students in both the on-the-water and in the classroom courses.

The most memorable part of the weekend for me was on Sunday. There were two choices for Sunday activities, Racing on the Oakland-Alameda Estuary, or going on a cruise to watch the Fleet Week activities on a larger sailboat. I chose the racing because I had decided that I wanted to get as much sailing/learning time as possible out of this weekend.

On Saturday, one of my classroom courses was Introduction to Racing. That class was great in answering many of the details associated with racing. But as Sunday afternoon approached, I began to feel the nervousness build. Each of the Santana 22's had 3 students, an instructor and the boat owner. When the boat was rigged and we were out on the water, my nerves calmed down and I was able to learn and react to the instructions given by our instructor/tactician.

We decided that the three students would rotate through the positions on the boat, driver, foredeck, and sails, for each race. I was driver for the first race and SUPER excited when we won! Our instructor was great at looking at our abilities and helping us to understand wind shifts and to be able to access the water to find the best racing wind ahead. I would definitely recommend the racing part of this seminar. It put together much of what had been talked about on Saturday regarding sail trim, wind and currents in a supportive race situation.

Island Yacht Club did a great job hosting this event as I'm sure they have the past 17 years. Breakfast and lunch were provided during the day, and appetizers were provided at the end of each day. The bar was open off on the afternoon, and much laughter was heard as prizes were raffled off on both Saturday and Sunday. I won two fun raffie prizes, and I'm looking forward to using a four-hour private sailing lesson with one of the instructors this spring, and of course sharing the bottle of wine (another raffie prize) with awesome sailors on the water next time we are on *Dream Catcher*.

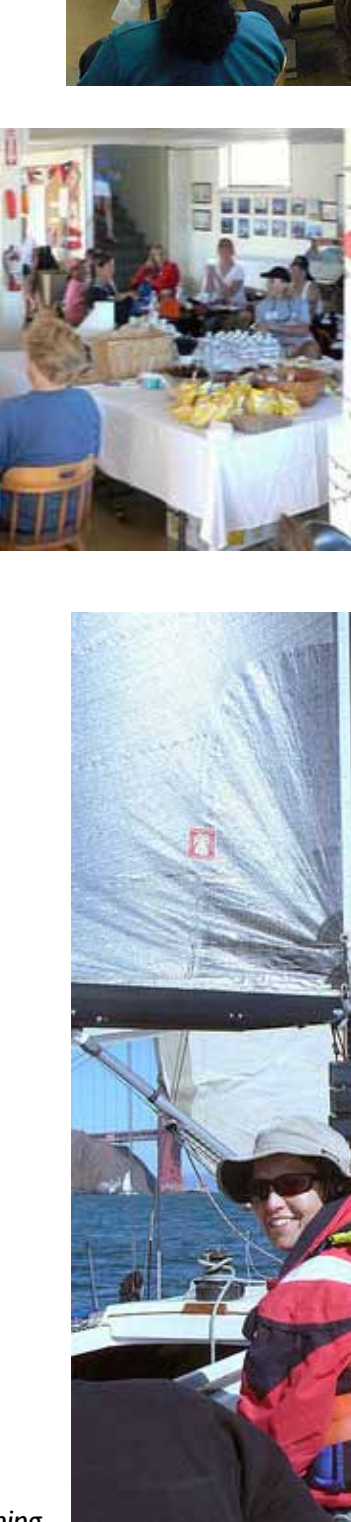
My take-away from this weekend was that I have good sailing skills, and that I just need to get out on the water and practice to increase my confidence. That I need to know *Dream Catcher* well, so I am aware of how she reacts in various situations. Now I just need to make time to get on the water and get the practice in. Maybe after soccer, field hockey and volleyball seasons end for Michelle and Sara...

**Eight Bells Ceremony at WSS**

At the Saturday afternoon gathering of the Women's Sailing Seminar, the festivities were paused to honor the life of Shirley Ahlf, who passed away on October 2. Dawn Chesney and Linda Newland presented a brief "Eight Bells" ceremony, from the traditional ringing of the ship's bell to signify the end of a watch.

IYC learned of Shirley's passing in an Email from Russell Breed. Here is an excerpt of that message:

Shirley was a great friend and the life of the party. She was active in bringing many women out on the water. As Commodore of Island Yacht Club in 2006 she was instrumental in building up their membership and establishing a Women Sailing On Sunday program. Her wish was that a similar program, Women Boating On Sunday, could be established at Treasure Island Yacht Club. She was also one of the original coordinators of the Women's Sailing Seminar here in northern California. Shirley was also a past Director of the International Order of the Blue Gavel, District 14. She will be sorely missed.



(Above) Shirley Ahlf (Right) Linda Newland, striking the bell at the Eight Bells ceremony

**PHOTO SECTION**

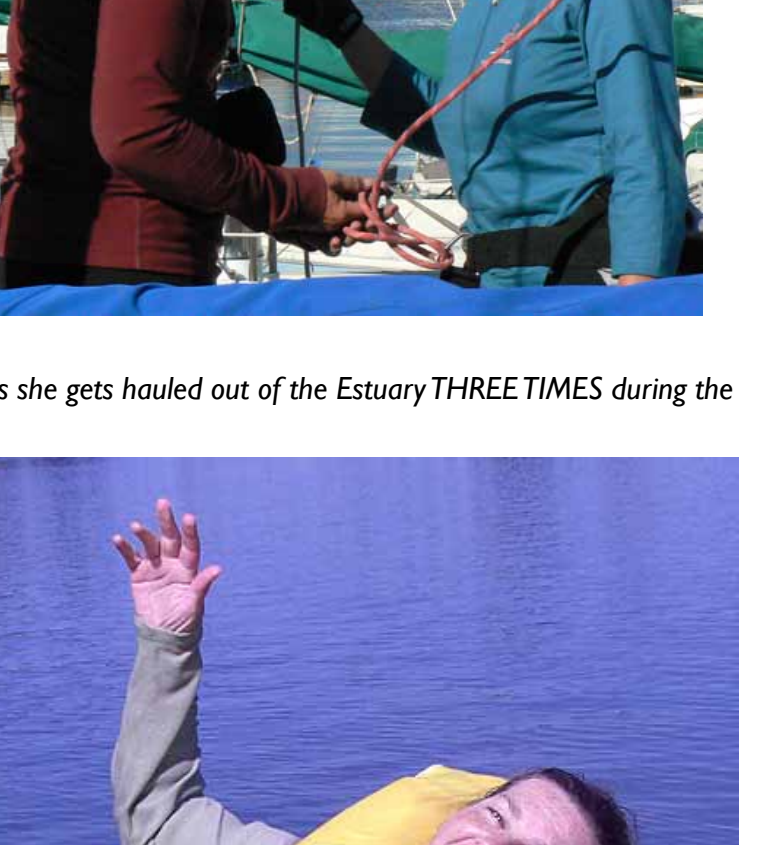
There are several hundred photos from the 2010 Women's Sailing Seminar posted on our Flickr site. If you are viewing this *Mainsheet* online, just **CLICK HERE** to jump right to it. If not, just go to [www.flickr.com](http://www.flickr.com) and enter 2010wss (no space) in the SEARCH box. You'll see several photos; click any one of them to see it larger. Then you'll see, at the right, it says "This photo also appears in 2010 WSS." Click that and you're there.



We usually see Wuvulu, Bewitched and Bodrum. Sunset out there competing with each other. But Saturday the three boats were out doing on-the-water classes for WSS students.



Anna Christensen climbs the mast of her own Amie; Deb Fehr ties Speranza Avram to the halyard for her turn going up.



(Below) Kristen Soetebier goes WAY beyond the call, as she gets hoisted out of the Estuary THREE TIMES during the Crew Overboard class.



Sandra Paz headed the galley crew, working all of Saturday on an incredible array of appetizers for the WSS participants, volunteers, instructors and guests.



Get your tickets now! Jane Brown and Cindy Wagner started raffie sales in the morning... The innkeeper Janet Frankel ran the raffie at lunch and again after classes were over.



A panorama of the Sunday afternoon awards party



Blue Ribbons for First Place racers



Meanwhile, the Cruisers headed out into the Bay, joining hundreds of boats celebrating the Fleet Week Air Show!



**THANK YOU** to everyone who posted photos to Flickr!