



"Capture The Power"

October 7 and 8, 2006
14th Annual
Northern California
Women's Sailing Seminar[©]

Hosted by:
Island Yacht Club
at the
Alameda Marina
1853 Clement Avenue
Alameda, CA 94501

IYC: (510) 521-2980 or www.iyc.org
WSS co-Chairs: Hilja New,
Janet Frankel, and Pam Krawiec
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Island_WSS@yahoo.com
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Welcome to WSS 2006 -- our 14th Annual Northern California Women's Sailing Seminar[©].
We hope you have a fun, relaxing, educational and inspiring day in workshops and on the water.
Be a lucky winner at our exciting raffle, including PFDs worth over \$600, and many other exciting items!
Every year, our theme is "Capture the Power."

Island Yacht Club's purpose in hosting the Northern California Women's Sailing Seminar[©], and the goal of our many sponsors, is to help women gain and improve their competence and confidence on the water. By meeting other women sailors, learning directly from them, sharing your own experiences, and increasing your confidence aboard a sailboat, we hope you will *capture the power*, exhilaration, satisfaction, and just plain *fun* of sailing!

The Northern California Women's Sailing Seminar[©] was created and founded in 1993 by Mary Quigley and Linda Newland after they attended a women's sailing seminar down south. They thought, "We need a women's seminar in Northern California too!" — where women could learn about sailing from other women.

The seminar begins with our keynote speaker, **Betty Lessley**, who will talk about how she came to love sailing. Betty started sailing in 1981; her son Timm and her husband Donald Lessley had been sailing for several years before that. In 1981 Betty and Donald bought a Cal 9.2, *Freewind*, and began racing. Betty says, "We went to the boat show, saw the boat, and bought it. I didn't know anything about sailing at that point, and I was very frightened. My husband and my son Timm sailed, and I eventually learned to love it. We started racing, I learned how to drive, and to race."

This summer (2006), Betty sailed *California Girl*, her Cal 9.2, in the Pacific Cup, a race from the San Francisco Bay to Kaneohe, Hawaii. *California Girl* won her division and placed seventh overall. Betty's experience in the sailing community is varied. She was the MORA Commodore (Midget Racing Association), OYRA President (Ocean Yacht Racing Association), and a member of the WRA (Women's Racing Association).

She has sailed the Pacific Cup FOUR times. It would have been five times but she lost her mast before that race.

She sailed the Transpac (Los Angeles to Honolulu) once, although she started that race twice.

She is a member of the Single-handed Sailing Society, and has raced in countless races, both within the San Francisco Bay and in ocean races to far-off destinations.

Betty's enthusiasm about sailing is infectious; come and hear her speak about her experiences and you will be inspired to sail more often, and further, and better.

Your fee of \$100 entitles you to two full days (cost for Saturday only is \$75), including our Saturday workshops, Sunday sailing, Saturday continental breakfast, lunches, one raffle ticket, registration packet, WSS visor, and a bag filled with goodies from our sponsors. Registration is first-come, first-served.

If space is available after October 1, there will be a late charge for registrants of \$15.

WSS is made possible by the generous donations of time, products, expertise, boats and facilities.

Each participant's brochure will include details about our contributors, sponsors and volunteers, to whom we extend a sincere and heartfelt THANK YOU!

Have a great day and "Capture the Power!"

SATURDAY SCHEDULE

SEE COURSES DESCRIBED BELOW

7:30 a.m. - 8:30 a.m. Registration and continental breakfast

8:30 a.m. - 9:00 a.m. Welcome
Keynote Speaker Betty Lessley

9:15 a.m. - 10:45 p.m. Workshops

11:00 a.m. - 12:30 p.m. Workshops

12:30 p.m. - 1:30 p.m. Lunch & Raffle

1:45 p.m. - 3:15 p.m. Workshops

3:30 p.m. - 5:00 p.m. Workshops

5:00 p.m. - 6:15 p.m. Cash bar and hors
d'oeuvres & Raffle

Cost: \$75 (includes lunch)

Where: Island Yacht Club

SUNDAY SCHEDULE

SELECT ONE OF TWO CHOICES DESCRIBED BELOW
SATURDAY ENROLLMENT REQUIRED FOR SUNDAY PARTICIPATION

Sunday Bay Cruise

Participate in a Cruise on the San Francisco Bay with a qualified woman skipper and enjoy watching the Blue Angels Airshow, and other Fleet Week activities.

Come to Island Yacht Club 11:00 Sunday morning to pick up lunch and meet your crew.

You can use the cruise to practice your newfound sailing skills -- or, just relax and enjoy the ride!

Time: 11:00 AM to 4:00 PM

Cost: \$25 (includes lunch)

Where: Island Yacht Club

Sunday Estuary Races

Participate in FUN sailboat races on our flat-water Estuary! This is an event for all skill levels. Meet at Island Yacht Club at 10:00AM for mandatory Skipper's Meeting and review of race instructions.

Each boat will have a qualified instructor and an owner to ensure you a safe and enjoyable race.

Races will be followed by an awards ceremony and presentation of prizes to the winners.

Time: 10:00 AM to 4:00 PM

Cost: \$25 (includes lunch)

Where: Island Yacht Club

Saturday Courses (Classroom) Course Descriptions

Navigation Basics (double session) - Learn chart-reading basics, tools and techniques for plotting a course, and 'ded reckoning'. Bring parallel rules, divider, pencil, paper, SF chart #18649.

Basic Sailing - Introductory skills & terminology for novices with limited or no sailing experience.

Basic Sail Trim - Learn the how and why of changing the shape of the main and the jib.

Suddenly Singlehanded - What to do if your sailing partner becomes incapacitated. How to get help, and/or get the boat home.

Anchoring - Learn how to choose a good anchorage, the proper type of anchor, and how to set an anchor.

Knot tying - Learn the most-often-used knots and their best applications.

Spinnakers (Dockside) - How to pack, rig, set and douse the spinnaker. How to jibe the pole. For intermediate sailors.

Advanced Sail Trim - Go beyond the basics to optimize a boat's performance.

Tips for Cruising - Things to consider before you make a commitment to cruise. Be prepared for the unexpected. Learn what to do in a variety of situations.

How to Race and Win - Racing is still the best way to get good at sailing. Learn the different crew positions and strategies.

Diesel Care & Feeding - Overview of engine and basic troubleshooting.

Handling Surprise Weather - Plan ahead to be ready for unexpected weather; emergency safety gear for boat and crew.

Demystifying Outboards - The care and feeding of an outboard, how to start it, run it, deal with the gas can and the gas line, and what to do with it when you're sailing.

Saturday Courses (On the Water) Course Descriptions

Crew Overboard - Learn how to rescue and retrieve a person of any size from the water. Use of the Lifesling device.

Basic Sailing - Hands-on introduction to basic sailing skills & terminology for novices with limited or no sailing experience.

Docking - Learn techniques and steps involved in docking.

Anchoring - Learn techniques and steps involved in anchoring a boat. Choose the right anchor.

At the Helm (Tiller) - Steering with a tiller and adjusting sails. A good course for those with some sailing experience. Get promoted to skipper!

At the Helm (Wheel) - Practice steering with a wheel and adjusting sails. A good course for those with some sailing experience. Get promoted to skipper!

Basic Racing - Practice the basics of racing.

Advanced Sail Trim - Learn how to efficiently trim the sails in all conditions.

Spinnaker Handling - Practice safely sailing a spinnaker. Practice sets, jibes, and douses.

REGISTRATION FORM

REQUIRED INFORMATION:

Your Name (Please print) _____

Address _____ City _____

State _____ Zip _____ e-mail _____

Tel (Main) (_____) _____ - _____ Tel (Alternate) (_____) _____ - _____

My sailing ability is Novice (0 -2 yrs) Intermediate (3-5 yrs) Advanced (5+ yrs)

REQUESTED (BUT NOT REQUIRED) INFORMATION:

My sailing experience _____

Sailing affiliation(s) _____

Cruiser _____ Racer _____ Other _____

See SATURDAY and SUNDAY courses described above.
 You may choose up to 4 sessions, but only 1 On-The-Water session.
 (All On-The-Water sessions are double sessions.)
 If there are not enough entries for a session, the workshop will be cancelled.

Saturday morning
CLASSROOM COURSES

9:15 a.m. - 10:45 a.m.
 Navigation Basics I
 (double session)
 Basic Sailing
 Anchoring
 Knot Tying
 Spinnakers

11:00 a.m. - 12:30 p.m.
 Navigation Basics II
 (double session)
 Basic Sail Trim
 Advanced Sail Trim
 Tips for Cruising
 Spinnakers

ON THE WATER
9:30 - 12:30
 Crew overboard
 Docking
 Anchoring

Saturday afternoon
CLASSROOM COURSES

1:45 p.m. - 3:15 p.m.
 How to Race and Win
 Suddenly Singlehanded
 Diesel Care & Feeding
 Knot Tying

3:30 p.m. - 5:00 p.m.
 Handling Surprise Weather
 Advanced Sail Trim
 Tips for Cruising
 Demystifying Outboards

ON THE WATER
1:40 - 4:40 p.m.
 Basic Sailing
 Basic Racing
 At the Helm (Tiller)
 At the Helm (Wheel)
 Advanced Sail Trim
 Spinnaker Handling

My Schedule:

First Choice:
 9:15 a.m. _____
 11:00 a.m. _____
 1:45 p.m. _____
 3:30 p.m. _____

Second Choice:
 9:15 a.m. _____
 11:00 a.m. _____
 1:45 p.m. _____
 3:30 p.m. _____

Food Allergies _____

Vegetarian lunch please _____

PLACE YOUR ORDERS BEFORE 10/1/06.

WSS DENIM SHIRTS: Ladies fitted dark denim long sleeve shirt, embroidered with WSS logo.

Circle size selection:

S – M – L – X L Shirts: \$25 ea. ___ x 25 = \$_____

FREE WSS VISOR: Ladies navy blue visor with red & yellow embroidered WSS logo. One FREE visor per participant.

Additional visors: \$10 ea. ___ x 10 = \$_____

REGISTRATION FEES

_____ \$75.00 for Saturday events
(use space above to indicate choices)

_____ \$25.00 for Sunday events
(must enroll in Saturday courses to participate in Sunday event)

_____ \$ **15 LATE FEE \$15 after 10/1/06**

_____ + Merchandise total

\$ _____ TOTAL ENCLOSED

WAIVER AND RELEASE: In consideration of your accepting my registration form and fee, I agree to the following:

1. I am aware that my participation in the events conducted by IYC and the Women's Sailing Seminar can be physically demanding and involves certain risks and dangers, including potential risk to my person and or property. I acknowledge and assume these risks and wish to participate in these events. I assume full responsibility for my actions. Should injury or loss occur, I agree to indemnify and hold harmless IYC, Women's Sailing Seminar, Boat owners, Facility owners, Skippers and Instructors for any and all liabilities.
2. I will comply with all safety procedures and instructions including, but not limited to, equipping my boat with any and all USCG safety equipment and complying with any and all USCG regulations and requiring all persons on board any vessel to wear a personal flotation device at all times while on the water.
3. I release Island Yacht Club, the Women's Sailing Seminar, their respective members, volunteers, sponsors, agents or committee personnel from any and all liability for any injury to me (or, if applicable, my boat) arising out of my participation in this event and all social events connected therewith, whether such loss is due to property damage, personal injury or loss of life, even if such loss or injury is due to the negligence of any party so released.
4. I assume all risk of accident, loss of property and personal injury or loss of life arising out of my participation in this event and use of club facilities, due to failure or breakage of any boat sailed on or any of its equipment and/or weather and sea condition.
5. I understand that my name and address will be printed in the program, which will be made available to our sponsors unless I so indicate otherwise in writing to Island Yacht Club.

Signature _____

**Mail check, form, and signed agreement page to:
Women's Sailing Seminar, Island Yacht Club, 1853 Clement Ave., Alameda, CA 94501**

Dress: Dress warmly. Dress in layers. Wear shoes with non-marking soles.

Bring your personal flotation device (PFD) and rain gear for this all weather event.

PFDs are required for all on-the-water sessions.

Hotels: Spending the night? Call us for references.

Transportation. A car is the most convenient way to get to the yacht club.

For more information: E-mail WSS at Island_WSS@yahoo.com, or call Hilja New at 510-338-0954.

Or call the club, 510-521-2980, or check the website of Island Yacht Club: www.iyc.org.

Thanks to our primary sponsor, WEST MARINE

