



# 29<sup>TH</sup> Women's SAILING SEMINAR

*Capture the Power*



Sponsored by Island Yacht Club

Presented at Encinal and Oakland Yacht Clubs, Alameda



# Welcome from the Organizer



To Our Sailing Community,

As we welcome this year's Women's Sailing Seminar, I can't help but reflect on Jerry Garcia's words, "What a long, strange trip it's been!" Yet here we are holding our 29th event at Encinal Yacht Club and Oakland Yacht Club, thanks to the generosity of it's members and staff. Once again on the cusp of something new. Once again showing up for the challenge. We're either nuts, (most definitely) .... Or stubborn (oh yes!), not letting go of this amazing concept started in the early 90's, advocating for women sailing... Or flexible (and the winner is!)... We're definitely flexible—operating IYC as a paper club after losing our club house of 50 years and going virtual with WSS in 2020 when we were still trying to figure out what that meant!

We've done well this past year with an amazing group of volunteers, and an awesome slate on our Board of Governors who kept persevering with new ideas and adapting to making change to our old ideas that stopped working. Our events were well attended, our racing was robust, and when Boathouse Tavern reopened, thanks to Keith, we had a new pub to go to, kick back and have a cold one. We look forward to continuing this new tradition!

Our membership has grown, we have new volunteers. We're in a new chapter of this club's growth. I'm so happy to have been a part of it. Now here we are, you've heard it said before, we're like "the little engine that could," because we can and we do and we continue to...

Thanks for putting your faith in us!

*Melissa Grudin*

Commodore, Island Yacht Club  
2021 Women's Sailing Seminar Planning Committee Organizer



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# Sessions & Resources

29th Annual Northern CA Women's Sailing Seminar – 2021

## SCHEDULE OF EVENTS

### LEGEND

EYC - Encinal Yacht  
OYC - Oakland Yacht  
OTW - On the water

### Friday Night Oct 8

6:30	EYC Outside - Cocktails
7:00	EYC Outside - Speaker, Linda Newland

### Saturday Oct 9 TRACKS

	Beginner	Crew	Sailor
7:30-9:30	EYC Regatta Room - ALL	EYC Regatta Room	EYC Regatta Room
9:30-11:00	DS - OYC - Cat 27, EYC- Lelo2	OTW – OYC and EYC Docks	EYC Regatta Rm
11:00-12:30	EYC	OTW – OYC and EYC Docks	OYC Dock (DS)
12:30-1:30	Lunch EYC Regatta Rm	Lunch EYC Regatta Rm	Lunch EYC Regatta Rm
1:30-3:00	OYC/EYC (OTW)	DS- OYC and EYC Docks	OYC Dock (OTW)
3:00-4:30	OYC/EYC (OTW)	OYC Regatta Rm	OYC Dock (OTW)
5:00-8:00	Cocktails! EYC Regatta Rm	EYC Regatta Rm	EYC Regatta Rm

### Saturday Oct 9 TRACKS

	Diva	Racing	Maintenance
7:30-9:30	EYC Regatta Room	EYC Regatta Rm	EYC Regatta Rm
9:30-11:00	EYC – Dock	OYC Regatta Rm	EYC – Dock
11:00-12:30	EYC Dock	OYC Regatta Rm	DS- EYC Docks
12:30-1:30	Lunch –OYC or OTW	Lunch EYC Regatta Rm	Lunch EYC Regatta Rm
1:30-3:00	EYC Dock	OYC Dock (OTW)	EYC Docks – (DS)
3:00-4:30	EYC Dock	OYC Dock (OTW)	EYC Docks – (DS)
5:00-8:00	EYC Regatta Rm	EYC Regatta Rm	EYC Regatta Rm

### Sunday Oct 10

8:00- 9:00	Yoga	EYC Regatta Room
9:00 – 10:00	No Host OYC Brunch	OYC Upstairs Dining Room
10:00 –11:00	Skipper's Meeting for all to attend	EYC Regatta Room
11:00	Boat Assignments and pick up lunch bag	EYC Regatta Room
12:00	Racers rig and practice for 1:00 start	OYC Docks *
12:00	Cruisers rig and leave for day on the bay	EYC Docks *
4:30-6:30	Awards and Party	OYC Upstairs Dining Room

\* Anemone, Slice, Puff Mommy and Bandito

\* Catalina 27, Sadie Belle, Good N Plenty, Joey B, Lelo Too, Eclipse, Raven

## Friday Night Speaker



### **Linda Newland, Founder and Mentor**

#### *Fifty Years on the Water*

**Friday night, 7:00 pm**

Linda holds the fastest woman Singlehanded Record SF-Japan. She has sailed and raced extensively on the West Coast, sailed the Singlehanded Transpac to Hawaii twice and is a two-time veteran of both the LA-Honolulu Transpac and the Pacific Cup. She has skippered numerous boat deliveries up the California coast and from Hawaii to San Francisco, taking sailing students onboard for a real life learning experience. In 1997, on her own boat, she skippered an all women's crew in the LA – Honolulu Transpac taking a 2nd place division finish. With a 100-ton Merchant Marine License, Linda teaches sailing and is a certified American Sailing Association instructor and has taught inshore and offshore sailing classes.

She is Past President of the National Women's Sailing Association and belongs to the Cruising Club of America. She co-founded the ongoing Northern California Women's Sailing Seminar in 1992.

Now living in Port Hadlock, Washington, Linda teaches a variety of boating classes to members and the public as a certified US Power Squadron instructor with a Senior Navigator rating. She is Past Commander of the Point Wilson Sail and Power Squadron and is a past Squadron Education Officer.

Linda is a retired school district administrator and maritime attorney and continues to champion women and girls to love and become self-reliant in sailing.

# Keynote Speaker



## Lauren Eisele

### *One Woman's Journey to Captain* **Saturday morning, 8:30am**

Captain Lauren is a USCG licensed commercial captain and an American Sailing Association certified instructor, with sailing experience spanning for over 40 years.

She was hooked on sailing as a young child. In New York, and went on to race competitively on her New England varsity high school and college sailing teams. Since then, she has cruised over 30 thousand miles offshore around the world, worked on charter vessels and education at sea programs, delivered yachts, and developed sail training programs for several yacht clubs.

She is passionate about sailing and has been teaching adults and kids in the Bay Area since 1990. She races competitively on keelboats on the bay as well.

A highlight of her sailing career was working for the Port of San Francisco as the lead Environmental Compliance Manager for the 34th America's Cup and got to be part of the race logistics, planning & event management teams.

She brings a passion of sailing, a commitment to ocean protection and an abundance of enthusiasm to each teaching occasion.

She is also very dedicated to safety with certificates in First Aid/CPR, Safety at Sea, Wilderness Emergency Response, USFS Firefighting, OSHA Hazardous Materials Response, and in FEMA Incident Command procedures.



## Meet Our Instructors



### **Meredith Anderson**

Meredith is a USCG Licensed 3rd Assistant Engineer and 100-ton Captain who works as a professional marine diesel mechanic in the Puget Sound area. She teaches marine diesel classes and can help maintain, repair or replace almost anything aboard your vessel. If you want to jump in and learn how to do it, she loves to help teach so you know what you're looking at and how to fix it the next time! Meredith's Marine Services • (253) 880-2426 • [meredith\\_anderson@outlook.com](mailto:meredith_anderson@outlook.com)



### **Dawn Chesney**

Dawn's first exposure to "crewing" on a sailboat was fetching food and drinks for the guys. Those days ended when she joined an all woman racing team and learned what sailing is really about.

Over the last 20+ years Dawn has come to love being on the water and has focused on racing in the San Francisco Bay, and Pacific Ocean, as well as teaching at women's sailing seminars. Dawn has crewed at national level competitions and cruised down the coast of Mexico in the Baja Ha-Ha several times.

Her passion to empower women sailors led her to race her J/24 with an all woman crew. The very special aspect to Dawn about her crew; they had all been students at Island Yacht Club's Women's Sailing Seminar.

# Meet our instructors



## **Ros de Vries**

As a teenager, Ros started sailing on Sydney Harbour. Following a long break, the Treasure Island Sailing Center re-ignited her interest in keelboats, with their enthusiastic sailing instruction.

Ros is a digital marketing professional, coaching Campaign Monitor's global email marketing customers on strategy and execution.

In addition, Ros is the Publications Chair at Island Yacht Club, with work including the 2020 relaunch of the Island Yacht Club and Women's Sailing Seminar digital presence - including websites, email newsletters, visual identity, video, and social media.

Her creative work has been featured in Latitude 38 magazine - including a review of the boat she currently owns and races, the Santa Cruz 27. Ros lives in Alameda and regularly races on the Estuary and beyond.



## **Lauren Eisle**

Captain Lauren is a USCG licensed commercial captain and an American Sailing Association certified instructor, with sailing experience spanning for over 40 years.

Lauren is not only instructing, but is our Keynote Speaker this year. See her full Bio on page 6.

# Meet our instructors



## Zara Haimo

Zara learned to sail in her teens on dinghies in the Charles River Basin in Boston and continued sailing through her 20s on a Snipe on freshwater lakes in the MidWest. When she moved to San Francisco in 1983 she made the move up to a boat with a cockpit big enough to sit in, an inboard engine, and a full cabin with a galley, head, and berths to sleep in. For several years she sailed a 30' Bristol with her then husband and got to know the varied conditions on the Bay that make sailing here so much fun. A few years ago she stepped up from first mate to skipper on a 41 foot Hunter, then a 36 foot Hunter, and more recently a 38 foot Beneteau named *Pelikan*.

She gets out on the water 2-3 days a week year round, mostly in the Bay, but sometimes out to the Farallons or down to Half Moon Bay. When she is back on dry land, she is a world traveler with all 7 continents and more than 80 countries on her passport. She also practices aikido, a martial art that she says has the same underlying principle of going with the flow as sailing.



## Rebecca Hinden

Rebecca is an active participant in IYC. At this time of publication, we were unable to include her photo and biography.

## Meet our instructors



### **Jennifer Lacy**

My parents bought their first boat when I was 4 and it started my lifelong love affair with sailing. We sailed on the bay throughout my childhood and cruised up and down the California coast periodically. When I was 21 I had a “coming of age” sailing experience delivering a 40’ Hinckley from Bar Harbor Maine to Florida. On that trip I learned how much sailing had woven itself into me and I knew it was something I wanted in my life going forward. I’ve been teaching in women’s sailing seminars for over a decade because I love sharing the joy, excitement, and empowerment of sailing with other women.



### **Michelle Leonard**

I fell in love with sailing when I took Sailing 101 in college as a PE credit. In my senior year, I caught a ride on a Hobie catamaran. The next time I was on a Hobie Cat was because I bought one when I got my first real-life job. Since then I have owned 3 different boats as a single-handed sailor and multiple boats with my husband - who I met when he was my ride to a regatta. Today, we love to day sail, cruise, and race our Tartan 3400 Blue Passion out of Oakland Yacht Club.



### **Julie Luchessi**

Before sailing, Julie’s life was her mom, boyfriend, work and church. Learning to sail at age 38 opened her world to nature. Julie bought a 26-foot sailboat; in her quest to become the best sailor she could be, she found yoga—and worked towards becoming certified.

Julie has been teaching yoga since 2008 and has hundreds of additional hours in yoga therapy and yoga philosophy.

# Meet our instructors



## **Karissa Peth**

Karissa is an active participant in IYC. At this time of publication, we were unable to include her photo and biography.



## **Maddy Richards**

Maddy grew up sailing on Cape Cod, fostering a love of all kinds of sailing on vessels large and small. She raced dinghies in highschool and college, but took a year off racing to sail around the world on the traditionally rigged SSV Concordia (RIP) with a Canadian high school program. Maddy got her six-pack (OUPV) while in college and started working summers in the Caribbean, running teen sailing and diving camps. After moving to the Bay Area, Maddy spent 7 years working at the SF Maritime park. She worked on and helped maintain the park's historic vessels, first as an Educator/Deckhand and working her way up to Program Director. While at the Park, she upgraded her license to 100 tons, and briefly served as relief captain of the Alma, a scow schooner from 1891 (pictured). Maddy's career as a captain waned as she transitioned into her teaching career, yet she still finds time to pursue her passion for the water. On any given summer's day, or a weekend here or there, Maddy can be found racing V-15's at Treasure Island, cruising the bay on OPBs, kiteboarding off Alameda beach, and ogling historic vessels everywhere she goes.

## Meet our instructors



### **Margaret Spencer**

Margaret is a professional sailor, a US Sailing National Instructor and a licensed USCG Offshore Master.

She has been sailing the world since 1979, with stints on islands and coasts as a sailing school director and charterbase manager as well as skipper of private yachts and yachts in charter. Her favorite place? The South Pacific.

Margaret is also a Professional PSIA Ski Instructor and USSCA Coach, and in both sports has been instrumental in developing Women 's training programs. Find her at [adventurewave.com](http://adventurewave.com), her sailing business.



## Meet our instructors



### **Alice Watts**

Previous First Mate of S/V 1891 Scow Schooner ALMA for over 20 years, volunteer deckhand for various other Tall Ships, mostly West Coast and especially the San Francisco Bay.

Working over the past 24 years as the Senior Instructor for the San Francisco Maritime National Park Association's *AGE of SAIL* programs, I have spent much time with elementary and middle school-aged children sailing aboard the ALMA, teaching them many aspects of "life as a sailor". I also spend 2-3 hours a week as coxswain for about 25 Seniors rowing on the SF Bay in a traditional 24' replica of a 1900 Navy cutter with 10 rowing stations.

I am now the Education Coordinator for the SF Maritime National Park Association and have been in this capacity for the past two and a half years.



### **Jess Werlin**

A bit of an all-around boats person with sailing in the genes, Jess followed in her grandfather's footsteps teaching sailing. She oversaw an 8-person staff running a full dinghy sailing program on one of the country's premier sailing lakes, which means there is no part of a broken Sunfish she hasn't had to MacGyver.

Since moving to the Bay Area, Jess has been racing a whole handful of bigger boat classes, from Etchells to Express 37s to Landmark 43s, but her happy place is still in a dinghy. She'll take a leaky Hobie Cat over a forty-foot yacht any day of the week.

## Meet our instructors



### **Sandy Andersen Wertanen**

At 19, Sandy pinned an aerial photo of a Pacific Cup Boat mid-ocean and wrote “Someday” beneath it. Following classes at Cal Sailing Club, Sandy bought a Laser, with which she had fun & embarrassing moments with a mud-top mast. Following that, she progressed to crewing on a Cal 2-27 at Richmond Yacht Club, which was her in; next stop was a position on Gary Albright’s *Con Cariño* for more than a decade, rarely missing a race.

In the 90’s, Sandy raced on many boats and with many crews, almost always being the only female on board. 2010 was her entry to ocean racing; in 2012, she competed in the Pacific Cup on Steve Haas’ *TESA*.

With well over 10,000 ocean miles, it is Sandy’s life quest to race her Express 37, “Eclipse” to victory, with all-female crew. This is no pipe-dream, with Sandy winning places in the Rolex Big Boat Series every year since 2017. Last year, she competed with an all-female crew of 10 - which she considers to be the best thing she’s ever done... Aside from having two sons of course!

Sandy is proud to helm the Wahine Warriors, now entered in Pacific Cup 2022, to raise awareness for Ovarian & Breast cancers. Follow and help support this amazing, all-female crew!



## Our WSS Committee

Shelli Bohrer

Nancy Hird

Dawn Chesney

Julie Luchessi

Ros DeVries

Lynn McLeod

Janet Frankel

Esther Mui

Sherri Goodman

Chris Nicholas

Melissa Grudin

Cristina Rubke

Rachel Hertog

## Our Extra WSS Committee Support

- Chris Viaggi for his technical prowess each year setting up registration.
- Christina Pereira boosting our audience views in Facebook.



# Boat checklist

## Hull/rigging

- Inspect deck and standing and running rigging for holes/fraying/weakening
- Inspect lifelines/hardware
- Take off all covers
- Unlock tiller/wheel
- Unfurl all lines

## Electrical

- Turn off all breakers-onshore and on boat
- Unplug shore power and coil/store power line
- Switch breaker to battery power
- Check battery levels
- Check circuit breakers
- Inspect battery banks

## Electronics/Navigation

- Check radios
- Check nav electronics
- Charts and plotting tools

## Plumbing

- Check all thru hulls for closure and open
- Run water pump
- Run head pumps
- Run bilge pump

## Engine

- Inspect engine compartment for leaks
- Check raw water intake valve/filter
- Check fuel filter
- Inspect hoses and belts
- Ensure raw water intake seacock is open
- Check engine oil
- Check fuel level
- Turn on blower for 4 min
- Turn on engine
- Inspect exhaust/water
- Run gears in forward/reverse
- Check oil pressure/rpm/temp gauges



# Boat checklist

*Continued...*

## Safety

- Float plan
- Check enough pfd's for all persons on board
- Throw float
- Lifesling
- Horn
- Fire extinguishers
- First aid kit
- Flares
- Anchors
- Extra line/tools/spare parts
- Epirb
- Mob buttons
- Flashlights
- Bilge pumps
- Anchors
- Boat hook
- Paddles



# Boat emergency checklist

## Emergency Information for: *Name of Boat*

Radio information in an emergency:

1. **Call Coast Guard on channel 16** by holding down button on side of hand unit attached to white radio on the right inside of cabin.
2. **Name of boat:** Sailing vessel *Name of Vessel*
3. **Description:** length, make, hull/deck/sails colors
4. **Location:** Latitude and longitude can be found on chartplotter screen facing wheel

Controlling the boat in an emergency:

1. **Under sail**, use the wheel to point the boat directly into the wind to stop it.
2. **Under power**, the silver throttle on right is in neutral when straight up, goes forward when pushed forward or in reverse by pulling back from neutral position.
3. Push the black button above the key to **turn off the engine**. Then turn the key to off.

**Fire Extinguishers** are located in the cabin on the right under the chart table/navigation station.

**First Aid Kit** is in cabinet above toilet.

*Continued next page...*



# Boat emergency checklist

*Continued...*

The **stern ladder** is directly behind the wheel. The seat behind the wheel has a lock underneath on the right side facing backwards. It lifts up towards the back, then lifts up to right and out of the way for access to the ladder.

**Flashlights** can be found on the shelf above the chart table and next to the switch panel on the right in the cabin.

The outside lights can be found on the control panel on the right in the cabin. At night the **Navigation Lights** should be on. Move the switch to the right for on.

**Tools** can be found in the top drawer of the salon table. More tools are available in the V-berth cabinet on the right.



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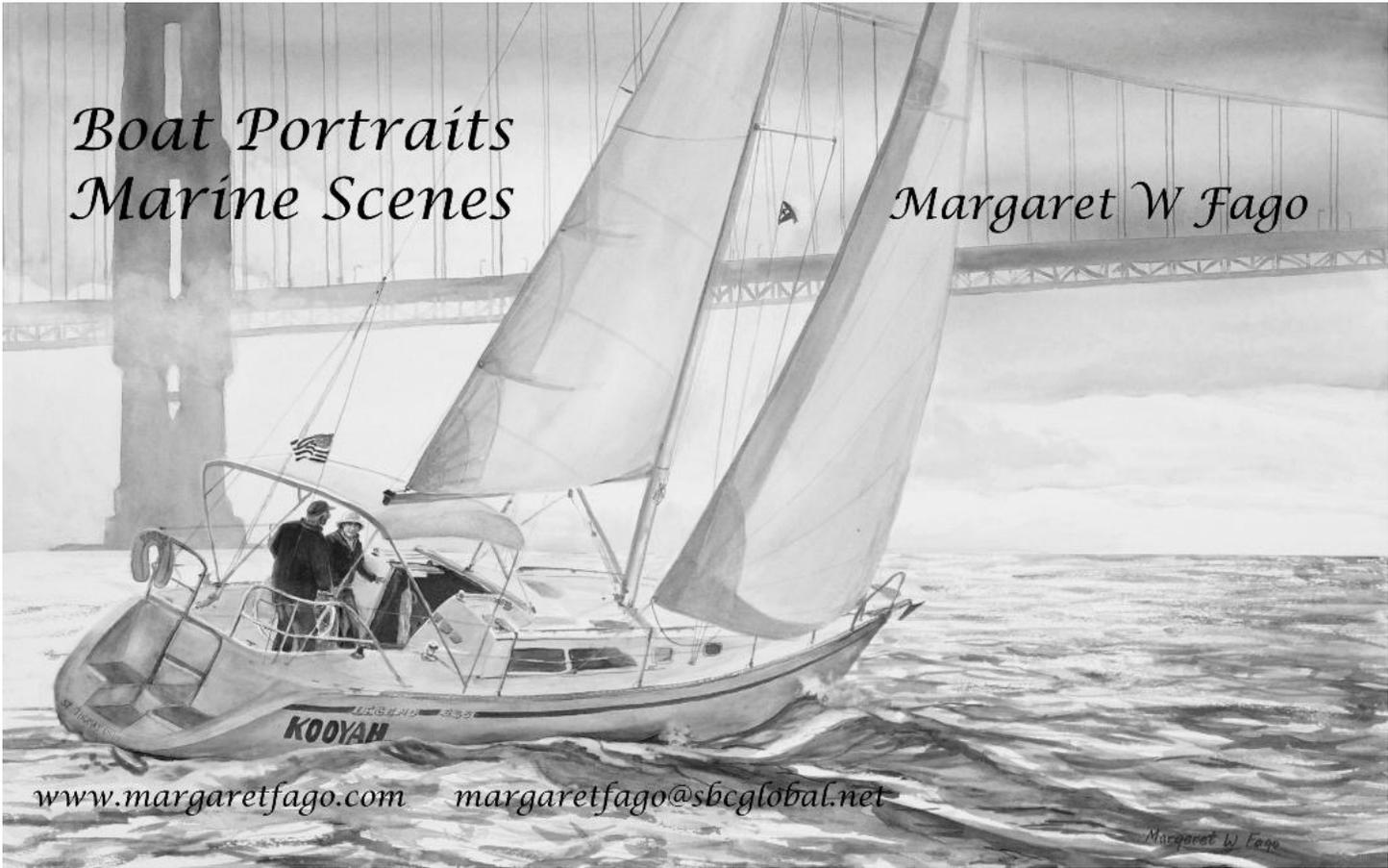
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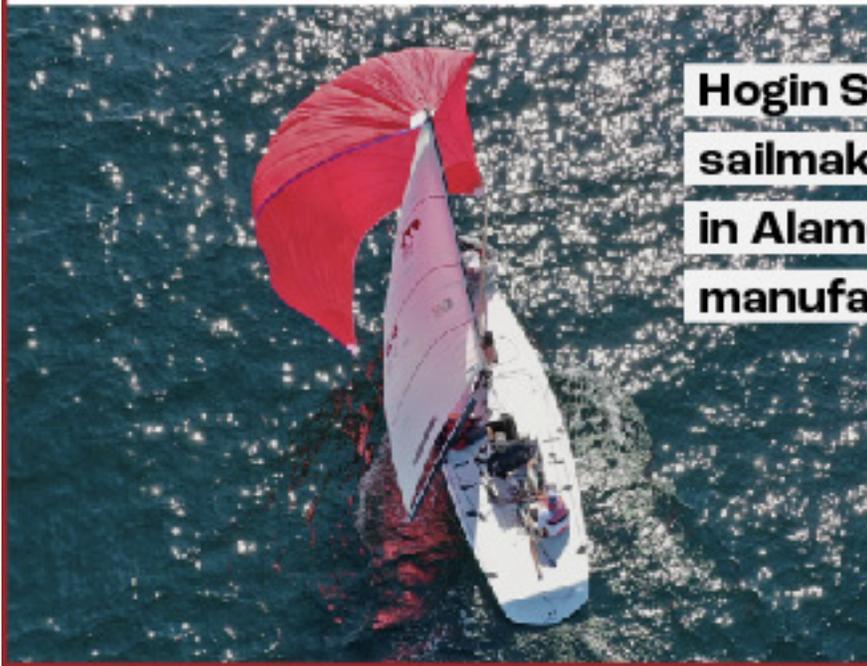
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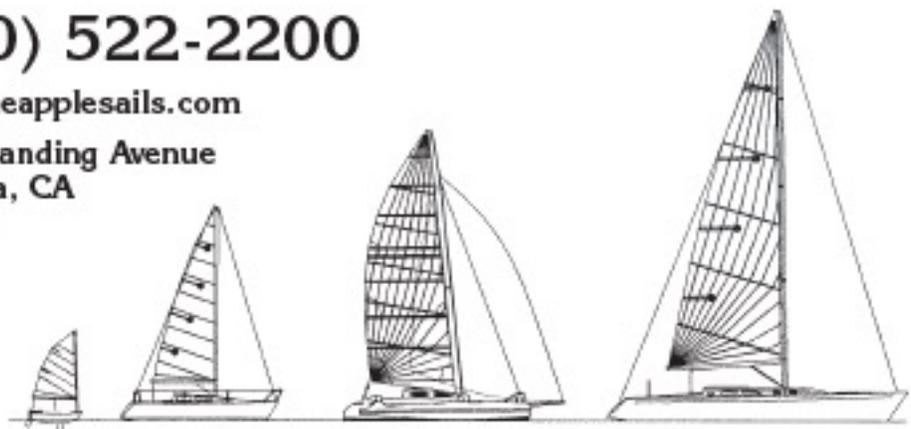
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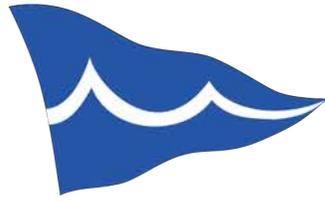
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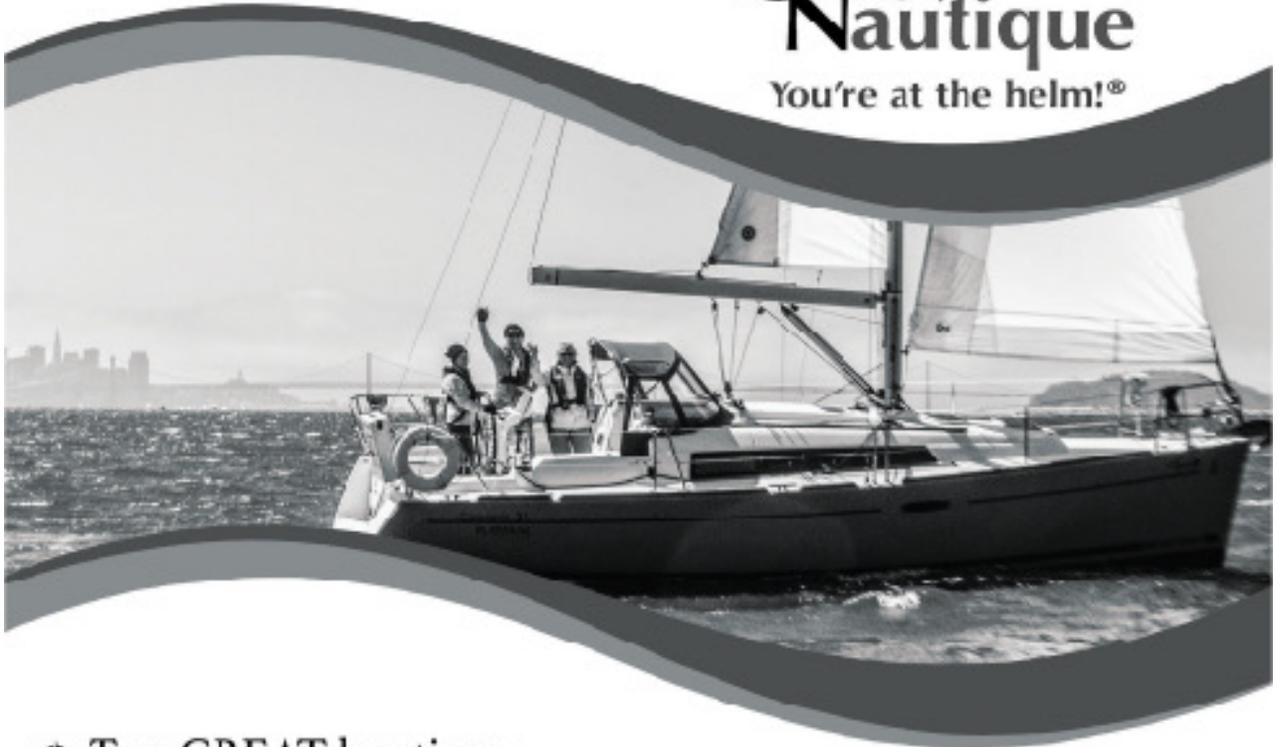
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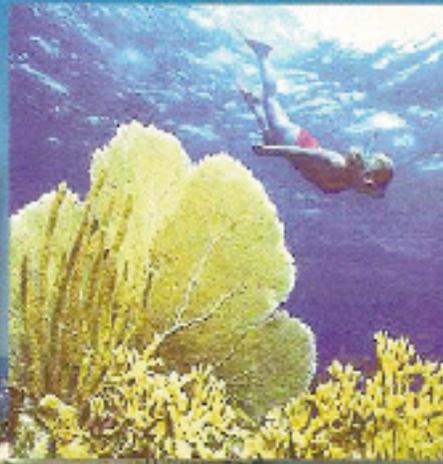


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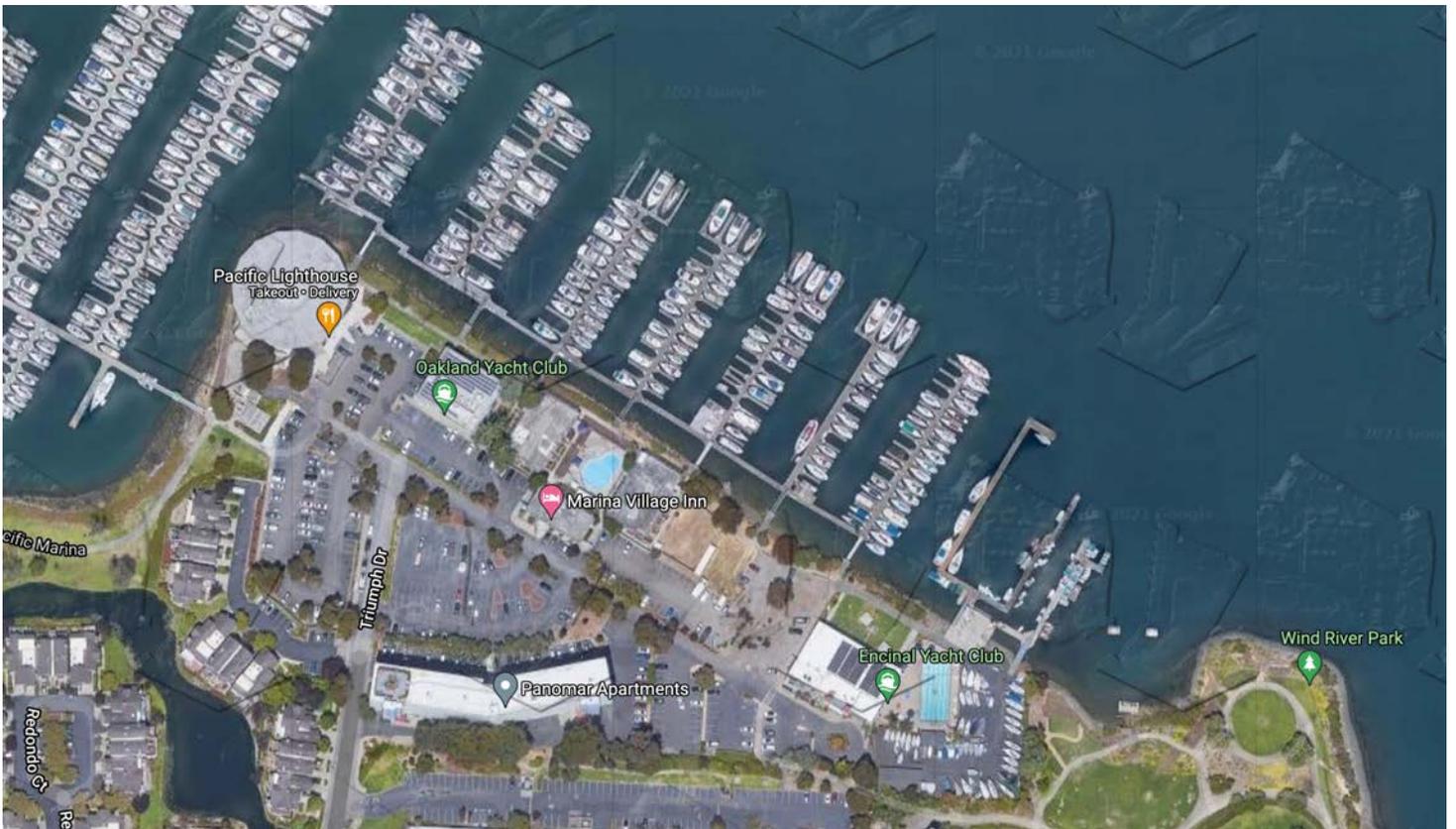
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# Yacht Club Marina Maps





Thank You!

## — Boats & Owners —

### **A Special Thanks!**

To those people who so generously lent their boats for the 29<sup>th</sup> Annual Northern California Women's Sailing Seminar.



## — Volunteers —

Thank you to all our attendees, instructors, volunteers, behind-the-scenes crew, supporters, friends and spouses who made Women's Sailing Seminar a hit in 2021. We look forward to seeing you all next year!

