

By Women for Women

MIDWEST WOMEN'S SAILING CONFERENCE

Saturday, May 16, 2015

8:00 am – 7:00 pm

Event Location:

Milwaukee Community Sailing Center
1450 N. Lincoln Memorial Drive, Milwaukee, WI
(414) 277-9094



Vickie Brown Photo

More info: womenssailing.org
info@womenssailing.org (414) 530-6528



Christine Martin
2015 MWSC Chairperson

Welcome!

The Planning Committee and I welcome you to the 5th Annual Midwest Women's Sailing Conference. With our knowledgeable and enthusiastic instructors it is always such an exciting day. The Midwest Women's Sailing Conference offers a wide variety of workshops led by experienced women instructors. The workshops cover a wide range of topics for the beginner to experienced sailor. This is an opportunity to expand your sailing knowledge and meet women who share your enthusiasm for being on the water. I am excited to announce that this year our keynote speaker will be Katie Pettibone. You can read more about Katie on the following pages. Thank you to our dedicated Instructors and Planning Committee for another year of great work. I look forward to seeing you at the Conference!

Morning/afternoon sessions: Please select the workshops that interest you most to fill the two morning and two afternoon sessions. For planning purposes, select different workshops under "Second Choice" in case your first choice classes are filled.

See the Registration Form insert and the Sailing Ability Qualification Guide on page 3 and the morning/afternoon workshop descriptions on page 4.

Fee: \$135.00 per person until May 1 includes Workshop sessions (morning/afternoon), continental breakfast, lunch, and after-conference hors d'oeuvres, coffee, soft drinks, and water. The reception will have a cash bar.

Fee: \$145.00 per person after May 1 (if available)

Confirmation: A confirmation email will be sent to you after we receive your signed registration form with full payment. If you do not receive a confirmation, please call to inquire about your reservation (414-530-6528).

Refunds: To and including February 15 – full refund.
February 16 to and including March 15 – 50% refund.
March 16 to and including April 15 – 25% refund.
Sorry, no refunds after April 15.

Register early: The Conference sells out each year, so register early to avoid disappointment. Registering early increases the chance that you will get your first choice workshops. Space is limited. First come, first served. If sold out, you will be called. A waiting list will be established.

Please fill out the registration form carefully and sign it. Please make your check payable to Midwest Women's Sailing Conference and mail it to:

Midwest Women's Sailing Conference:
Christine Martin
3701 N. Maryland Ave.,
Milwaukee, WI 53211

IMPORTANT! Dress warmly in layers

Boat/dockside classes: Wear soft (white-soled) shoes and bring a PFD. Some PFDs available.

The event will not be cancelled due to rain, snow, or sleet. Bring rain gear if weather forecast indicates a need for it.

Official Conference Hotel

InterContinental Milwaukee

www.intercontinentalmilwaukee.com

Located in the heart of downtown. Walk to restaurants, entertainment, and theatres.

139 East Kilbourn Avenue, Milwaukee, Wisconsin, 53202

Bed	Friday, May 15	Saturday, May 16
2	\$149.00	\$249.00

Room Rates Valid Until April 15, 2015

CALL TO BOOK: 1-414-935-5943

Mention: Midwest Women's Sailing Conference

Parking: \$25.00/24-hours (Taxable 5.6%)

Make it a Ladies Weekend Away!

Event Location

Milwaukee Community Sailing Center

(414) 277-9094
1450 N. Lincoln Memorial Drive,
Milwaukee, WI 53202



From the South:

I-43 north to I-794 East (SB) to Plankinton Ave exit. Turn right onto E. Michigan St. Turn left onto Lincoln Memorial Dr. Follow Lincoln Memorial Dr. north past the War Memorial/Art Museum to Lagoon Dr. (Stoplight at north end of the duck pond/lagoon). Turn right onto Lagoon Drive and follow to the end of the drive. MCSC parking lot is at the end of the drive to the left.

From the West:

I-94 east to James Lovell Street/St. Paul Ave exits. Turn left on James Lovell. Turn right onto E. Michigan St. Turn left onto Lincoln Memorial Dr. Follow Lincoln Memorial Dr. north past the War Memorial/Art Museum to Lagoon Dr. (Stoplight at north end of the duck pond/lagoon). Turn right onto Lagoon Drive and follow to the end of the drive. MCSC parking lot is at the end of the drive to the left.

From the North:

I-43 south to I-794 East (SB) to Plankinton Ave. Turn right onto E. Michigan St. Turn left onto Lincoln Memorial Dr. Follow Lincoln Memorial Dr. north past the War Memorial/Art Museum to Lagoon Dr. (Stoplight at north end of the duck pond/lagoon). Turn right onto Lagoon Drive and follow to the end of the drive. MCSC parking lot is at the end of the drive to the left.



Keynote Speaker

Katie Pettibone, International Racer

Born and raised in Port Huron, Michigan Katie Pettibone grew up in a family of sailors, racing on the Great Lakes. Katie attended The University of Miami in 1991 where she degreed in biology with a marine science specialty. In her junior year she tried out and was chosen for Bill Koch's historic, first ever, all women's America's Cup team to compete in the 1995 America's Cup. Katie continued to race professionally, competing in the 1997-1998 Whitbread Around-the-World Race on Team *EF Education*, the 2000 America's Cup Team *America True* in Auckland, New Zealand and then to the next Around-the-World Race, the newly named Volvo Ocean Race on *Amer Sports Too*. In between events, Katie went to law school and became licensed to practice in California and Washington D.C. Then Katie competed in the 2007 America's Cup in Valencia, Spain with the French Team *Areva Challenge*. Katie's racing experience also includes top-level regattas in many parts of the world, the classic Sydney-Hobart race, and the Sailing Arabia Tour. Currently she works as a lobbyist in Sacramento, while working to build the Rising Tide Leadership Institute and its efforts to develop female leadership. Katie is currently campaigning a Nacra 17 catamaran with Mike Easton for the Rio 2016 Olympics.



WORKSHOP PRESENTERS

Betsy Altman



Betsy, a lifelong racing sailor, loves being on the water. Focused on one designs, she has won in 470s, Lightnings, and Etchells. In 2007 she won the US Women's Open Championship (the Adam's Cup), a first by a Chicago Yacht Club skipper. Today, she is an umpire and certified judge, working at Optimist Dinghy events in the US, team races in the US, and match races at the Chicago Match Race Center. She is a 15-year US Sailing volunteer, chairing committees promoting small boat sailing and youth development. She edits/publishes OptiNews, among other projects.

Sally Ballinger



Sally learned to sail later in life. When she moved her boat to Lake Michigan she did not plan to go beyond the breakwater. Then the cruising bug bit. She has cruised all the Great Lakes; the North Channel, and Georgian Bay; the Polynesian, Cook, and Samoan Islands, and Australia. She crossed the Atlantic from the Canary Islands to Antigua. Sally lives aboard in Florida. Her current cruising ground is the Islands of the Bahamas with her husband Ed and their cats.

Amy Cermak



Amy was first certified in 1973 as a water safety instructor and ever since she actively continues to promote water safety. Amy coordinates the annual day-long "AdventureSail" program for girls sponsored by the National Women's Sailing Association as well as a similar event sponsored by the Racine Yacht Club in Racine, Wisconsin. Since 1994, Amy has participated in the Milwaukee Bay Women's Sailing Organization as a skipper.

Teresa Coronado



Teresa learned to sail scows on her grandfather's knee, and has been sailing any boat she can since. After joining MCSC 7-years ago, and learning about keelboats, she began teaching sailing at MCSC. Although more of a cruiser, Teresa is crew on *Eclipse* in the MBWSO Monday-night racing series and has learned to gybe a pole and not fall off of the boat, as well as skippering/crewing in the MCSC Sunday-morning series. She currently sails a Sunfish, a Butterfly, and an old Capri 13 on Lake Michigan when she isn't chartering on Lake Superior or in the BVI.

Nancy J. Glover



Nancy is an avid racer, owning and campaigning her J/105, J/70 and Laser locally and nationally. She is a US Sailing National Judge. She is also a frequent speaker and seminar leader on the Racing Rules of Sailing for training and certifying judges and assisting racers. Professionally, Nancy is a CPA and an attorney. She is an Ernst and Young retired Partner, International Tax Services. Her company, Copley Square Tax Group, provides tax consultation to tax exempt entities.

Jan Guthrie



Jan has been involved in every aspect of the marine industry. She has been a USCG Captain on charters, private yachts and deliveries; managed marine stores; sailing schools, and worked in boatyards. She has cruised and raced extensively on the Great Lakes and beyond, sailing in numerous Macs and other area races. She has taught classes and seminars for many groups. For the past 15 years, Jan has raced with the only all woman crew out of Northpoint. She owns and operates Jan Guthrie Yacht Brokerage and has sold boats of all types since 1989.

Phyllis McDonald



Phyllis started sailing while in college. In the first two years she made 9300 miles of passages. Trips down the Mississippi to the Gulf of Mexico, up and down the Atlantic coast, Key West to Newport, Rhode Island, and then traversing the Great Lakes. The logged miles and experience as crew and then as skipper earned her a USCG Captain's license. Since the 1970's Phyllis has worked somewhere in the marine industry and has extensive experience in boat maintenance.

Mickey Neilson



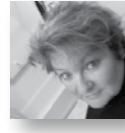
Mickey has raced in numerous U.S. Sailing championships, J/24 Worlds, 24 Chicago/Port Huron/Mac Races, 15 Queen's Cups, 6 Key West Race Weeks, and various NOOD Regattas. She has raced J/22s, Great Lakes 36, 50, and 70s, J/105s, and J/109s. Mickey volunteers at Nielson Sailmakers in Racine, Wisconsin. Mickey and her husband own and race an Olympic Class Star, which they sail in local and world level competition.

Mary Richter



Mary grew up sailing Sunfish in Wisconsin and after college spent 12 years in Alaska. She delivered a new fishing boat 1800 miles and fished commercially on the Bering Sea. She has raced schooners in Gloucester, MA and raced on a 12-Meter with Gary Jobson in Portland, Maine. Mary joined South Shore Yacht club in 1997 and raced Tartan 10's until joining the Great Lakes 36 fleet and the crew of *Rogue*, a NM 36 in 2005. She started Fine Yacht Finishing in 2002 and recently became a USCG Captain.

Jenifer "Jenny" Townsend



Jenny has competed in skiing and sailing in weather from 90° and fog to -20 and snow. She has taught all ages to sail boats from Optis and Prams to 50-footers. Jenny has done buoy and offshore races since childhood. She and her family have cruised Lake Superior. She has raced her J/24 in hundreds of buoy races with family and female-only crew and has competed in many handicap and one-design events. She was also the first 2nd generation/2nd female Commodore of Duluth Yacht Club.

Amy Seeley



Amy has been a Meteorologist with the National Weather Service in Chicago for the past 20 years. She graduated from Northern Illinois University in 1992 with a B.S. in Meteorology. From 1994-2009 as Port Meteorological Officer (PMO) she went aboard Great Lakes ships and trained crew on how to take weather observations so that forecasters would have real time information from the lakes. She also calibrated their weather equipment and taught them how to use the National Weather Service products available online.

SAILING ABILITY QUALIFICATION GUIDE

Please use the following information as a guide when choosing workshops:

BEGINNER: You haven't been on a sailboat before or you've been a guest on other people's boats. Your experience is limited to following directions. Your knowledge of terminology is basic. Little or no helm time. You've been sailing with others, but do not adjust anything with out direction.

INTERMEDIATE: You've been sailing with others. You know fundamental terms and equipment and can prepare for and execute maneuvers with brief commands. You are familiar with basic trim of jib and main, and know when and how to adjust the sails. Helm time is limited, but can read telltales. Know that there are rules of the road, but don't know them. Have been exposed to navigation but have limited practice.

ADVANCED: You can hand, reef, and steer and know what each means. Understand navigational terms and recognize all aids to navigation, but have limited charting practice. You can direct a beginner in sail trim. Can use secondary trim controls. Have flown a spinnaker. Can maneuver in close quarters under sail or power.

MORNING WORKSHOPS

Introduction to Sailing

Teresa Coronado

For beginners, or those who wish to learn the fundamentals of sailing. Receive an introduction to sailing, boat equipment, points of sail, tacking, jibing, and basic safety. Even if you already know some basics, enhance your knowledge with this opportunity to get questions answered.

Weather On the Water

Amy Seeley

Learn how to find and use the right information to make the best decisions in various weather circumstances - for your boat, and your crew. Read the clouds, sky and wind to judge what is coming and help you prepare. Discuss how to stay informed and exercise good judgment for the safest experience whether cruising or racing.

Sails – Fix em and Fold em

Jenny Townsend

There you are below decks with acres of spinnaker around you. How do you get that beast back in the bag? Stuff, sock or band it? Jenny will show some of the quick ways to sort it out. Struggling with the jib on deck. No more. What do you use to get that sail back in service before it's needed on the next leg. Techniques and tips from this class will get you underway fast.

Electrical Systems 102

Phyllis McDonald

A continuation of last year's Electrical Systems Intro, this session will focus on using a VOM (Volt Ohm Meter) to trace and test basic electrical circuits. The light doesn't work. Is it the bulb or the wires? Is the fuse blown? If you have ever

asked these questions this session is for you. Demystify the automatic bilge pump circuit. Gear up for installing that electric winch or windlass. Hint: it is all in the wire gauge.

Spinnaker 301

Mickey Neilson

This is an Advanced Class that is for those interested in **DISTANCE RACING** either single, double handed, or crewed boats. Class will cover halyard management; sail planning; communication to crew; sails to use; rigging for specialty sails; planning for weather conditions, etc. **Knowledge of spinnaker/asymmetrical use required. Dockside/On-Boat Class – No Beginners Please**

Basic Sail Trim

Betsy Altman

In this short course learn basic sail trim. Instructor will discuss basic trimming of the main and jib for different conditions on the Lake. On a docked boat, learn trim and sail handling to get you out sailing with confidence and the knowledge that you can manage the sails. These are techniques that you can take with you to practice out on the water this spring and summer.

Safety on the Water

Amy Cermak

In this interactive, hands-on workshop you will gain the knowledge of the safety equipment on your boat, and learn how to use it. Many aspects of boating safety will be covered: life jackets, marine radios, flares, man over board equipment, and more. A must-do course for people at all levels of sailing.

Performance Racing

Katie Pettibone

Join Katie Pettibone as she discusses both the mental and physical game of performance sailing. Competitive sailing, like other sports or arenas includes both mental and physical aspects. She will explain common traps that often impede the best performance as well as inhibiting improvement.

The VHF and Beyond

Jan Guthrie

Newer VHF radios are amazing. They're very cool, and are easy to use once you know how—MMSI, DSC, and more? Your VHF can call for help, tell who, and where you are. Learn the channels you should use and which ones have changed. Learn how to get help and information. Bring your handheld VHF radio to class for personalized instruction.

Spinnaker 201

Mickey Neilson

Symmetrical Spinnakers: This class will cover everything you need to know about symmetrical spinnakers from beginner to advanced. Rigging, terms, tips and trick, etc. will be covered. **No prior experience required. Dockside/On-Boat Class – Beginners Welcome**

AFTERNOON WORKSHOPS

Suddenly in Command

TBA

If you aspire to helm the boat, this course is for you. Learn the basics of skippering a boat the fundamental actions to take if you are faced with an emergency and must get the boat back to the dock. Address the responsibilities of skipper, the basic principles of operating the sailboat, starting the engine and the basics of electronics.

The Racing Rules and You

Nancy J. Glover

The class will be focused on an understanding of the rules and their practical application to racing sailors. We will follow the boats (and rules) around the race course, concentrating on those incidents and rule applications most likely to occur in club and regional course racing.

Docking Concepts

Jan Guthrie

We have added a second docking class because of the huge interest. This class will focus on how to use every part of the boat, dock, lines, and cleats to help you and make it easy. Class will discuss where and how and where and why you should attach the lines to the boat. How to dock and tie up the boat on many types of docks. How to use lines and the boat's engine/propellor to hold the boat where you want it. How to use all of the above plus coiling, throwing lines and finding the pivot point on your boat. **Classroom/Shore**

Your Onboard Toolbox

Phyllis McDonald

What makes that a special tool. Do you want it on board? Or overboard? What do you want for setup, safety, maintenance, or repairs. What do you want on the boat or in the dockbox. Or is that one just for the boatyard? You'll get the coordination between

the tool and the fastener. Compare a good tool with a great tool. Even how to invent your own. You never knew tools could be so much fun.

Spinnaker 101

Mickey Neilson

Asymmetrical Spinnakers: This class will cover everything you need to know about asymmetrical spinnakers from beginner to advanced, cruising to racing. Rigging, terms, tip and tricks, etc. will be covered. **No prior experience required. Dockside/On-Boat Class – Beginners Welcome**

The Joy of Cruising

Sally Ballinger

Hear about Sally's personal journey. When they bought their first 30' boat, they shipped it to Lake Geneva. Sally made her husband promise not to make her go out in bad weather but within a year they moved the boat to Lake Michigan. As Sally's skills/confidence grew, so did their travels. First the Great Lakes, then to a much larger 40' boat, sailing in all kinds of weather. Soon they were traveling to the East Coast and as far north as Newfoundland and then down through the Bahamas and beyond. They have sailed in the South Pacific. They have also sailed and delivered boats for others. Sally will discuss how she made the steps to expand her comfort zone and how much it has meant to her and her husband. She will discuss what she needed to learn to make those journeys and what it takes to do it and what you will need to know about your boat, and the skills and equipment that will make it easier. Enjoy photos of her journeys so you can dream about yours.

Docking Demonstration

Jan Guthrie

Class will demonstrate docking using a boat in the water. One instructor will drive the boat and

another will be on shore narrating the docking procedure. We will dock the boat numerous times from different angles. You will be shown how to turn the boat in the smallest possible space and why it is important to pick the proper approach angle. You will understand the pivot point, and be able to actually see that the boat is not actually going where it is pointed, but is sliding, and how you can use this to your advantage. Which lines are needed and how to put them where you need them to safely and securely put a boat in its slip. **Dockside Class**

Wood Finishing – Oil/Varnish

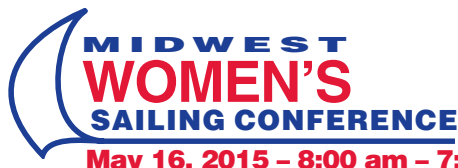
Mary Richter

Attend this course to learn various methods for applying, and re-applying wood finishes in the marine environment. Discuss how to protect your wood and keep your boat looking cared for. Review pros and cons of different finishes, how they age, and tips for successful application and greatest durability. Experiment with brush strokes and learn the do's and don'ts for the best performing result.

Advanced Sail Trim

Betsy Altman

Discuss the challenges of sail trim and best practices for managing sails in various conditions. Racing or cruising, explore how to keep the boat moving, and in control, at critical moments such as light air, heavy air, starting lines or channel crossings. Powering up and depowering are both addressed, as well as the use of boom vang, halyard and other lines. Understand how to read the sails, and set the sails for the best control and performance. **Dockside/On-Boat Class – No Beginners Please**



May 16, 2015 – 8:00 am – 7:00 pm

REGISTRATION FORM

**Don't be Disappointed! Participation limited.
Mail Completed Form and Fee ASAP!**

Name _____ Date _____
 Address _____ City _____
 State _____ ZIP _____ E-mail _____
 Tel (C) _____ Tel (H) _____ Tel (W) _____
 Yacht Club/Boating Affiliations _____ Boat(s) you sail (make/model/size) _____

Sailing You Like Most (Circle All That Apply): Cruising Racing Daysailing Don't Know

CIRCLE SAILING ABILITY (REQUIRED) refer to the Experience/Qualification Descriptions on page 3 of the brochure:

Sailing Experience: ● Beginner ● Intermediate ● Advanced Years Sailed _____

<small>Office Use Only</small>	
Registration No. _____	Date _____

WORKSHOPS – FIRST CHOICE

*Dockside **On Boat		10:00 a.m. – 11:20 a.m.	11:40 a.m. – 1:00 p.m.	2:15 p.m. – 3:35 p.m.	3:55 p.m. – 5:15 p.m.
INTRODUCTION TO SAILING ●	BASIC SAIL TRIM ●	SUDDENLY IN COMMAND ●●			
ELECTRICAL SYSTEMS 102 ●●●	SAFETY ON THE WATER ●●●	THE RACING RULES AND YOU ●●	THE JOY OF CRUISING ●●●		
WEATHER ON THE WATER ●●●	PERFORMANCE RACING ●●	**DOCKING CONCEPTS (CLASSROOM/SHORE) ●●●		**DOCKING DEMONSTRATION ●●●	
SAILS – FIXEM AND FOLDEM ●●●	THE VHF AND BEYOND ●●●	YOUR ONBOARD TOOLBOX ●●●		WOOD FINISHING – OIL/VARNISH ●●●	
**SPINNAKER 301 (SEE CLASS DESCRIPTION) ●	**SPINNAKER 201 (SEE CLASS DESCRIPTION) ●●	**SPINNAKER 101 (SEE CLASS DESCRIPTION) ●●		*ADVANCED SAIL TRIM ●●	

WORKSHOPS – SECOND CHOICE

*Dockside **On Boat		10:00 a.m. – 11:20 a.m.	11:40 a.m. – 1:00 p.m.	2:15 p.m. – 3:35 p.m.	3:55 p.m. – 5:15 p.m.
INTRODUCTION TO SAILING ●	BASIC SAIL TRIM ●	SUDDENLY IN COMMAND ●●			
ELECTRICAL SYSTEMS 102 ●●●	SAFETY ON THE WATER ●●●	THE RACING RULES AND YOU ●●	THE JOY OF CRUISING ●●●		
WEATHER ON THE WATER ●●●	PERFORMANCE RACING ●●	**DOCKING CONCEPTS (CLASSROOM/SHORE) ●●●		**DOCKING DEMONSTRATION ●●●	
SAILS – FIXEM AND FOLDEM ●●●	THE VHF AND BEYOND ●●●	YOUR ONBOARD TOOLBOX ●●●		WOOD FINISHING – OIL/VARNISH ●●●	
**SPINNAKER 301 (SEE CLASS DESCRIPTION) ●	**SPINNAKER 201 (SEE CLASS DESCRIPTION) ●●	**SPINNAKER 101 (SEE CLASS DESCRIPTION) ●●		*ADVANCED SAIL TRIM ●●	

5:20 – 7:00 Reception/Cocktail Party Follows Last Class

Logo clothing and merchandise
for sale online at: www.shopmwsc.org

REGISTRATION FEE		Total
EVENT FEE (if received by May 1, 2015)	\$135.00	
LATE EVENT FEE (if received after May 1, 2015)	\$145.00	
TOTAL FEES		
Please make check payable to: Midwest Women's Sailing Conference		

REFUND POLICY

To and including February 15 — full refund
 February 16 to and including March 15 — 50% refund
 March 16 to and including April 15 — 25% refund
 After April 15th No Refund

Please print and send completed registration form and registration fee to:
 Midwest Women's Sailing Conference
 c/o Christine Martin
 3701 N. Maryland Ave.
 Milwaukee, WI 53211

Your participation in the conference will not be confirmed until the completed form and full registration fee is received.

Please enter me in the Midwest Women's Sailing Conference
YOU MUST SIGN BELOW TO VALIDATE REGISTRATION

In consideration of your acceptance of my entry, I hereby agree:

- To comply with all rules and instructions governing this event.
- To release the Midwest Women's Sailing Conference and the Milwaukee Community Sailing Center, its officers, agents or committee personnel from any and all liability for any injury to myself arising out of the Sailing Conference or use of MCSC's facilities, to the extent that such release does not discharge the insurance carrier under the provisions of the insurance policy on the entities participating in this event.
- To assume any risk of injury arising out of my participation in the Women's Sailing Conference, failure or breakage of the yacht sailed on, or any equipment, or weather conditions, and/or acts of god.
- I understand that my name, e-mail address and other contact information will be printed in the Program, and this Program will be made available to our sponsors.
- I understand that during this event, photos/video of me may be taken by authorized persons, which may be used to publicize this event, in various print, broadcast or electronic media.
- That no video/audio or photos by unauthorized persons shall be permitted at this event.

Date _____

Signed _____

Conference Participant

womensailing.org • info@womensailing.org • (414) 530-6528

Sponsored by Milwaukee Bay Women's Sailing Organization • Hosted at Milwaukee Community Sailing Center