



2022 MIDWEST
WOMEN'S
SAILING CONFERENCE

Bringing women to sailing & opportunity to sailing women

May 14, 2022

12th annual conference

Milwaukee Community Sailing Center

**midwest
womens
sailing.org**

agenda

8:00-8:30 am	Check-in and Breakfast	
8:30-8:45 am	Logistics and Welcome	
8:45-9:45 am	Keynote: Sailing in Kenya How One Race Changed a Whole Community • <i>Ayme Sinclair</i>	Windhover
10:00-11:20 am	Session 1 (pre-selected) A Year in the Life of a Boat Owner • <i>Phyllis McDonald</i> Advancing Women's Sailing in Your Community • <i>Teresa Coronado, Patti Edwards, Ayme Sinclair</i> Get Your Boat's Gear in Gear • <i>Eliz Greene, Heather Robertson</i> Intro to Sailing • <i>Robin Kraidich</i> So, What's Next? • <i>Sarah Pederson, Kristin Pratt</i>	Garage Challenge Legacy Building Integrity Windhover
11:40 am-1:00 pm	Session 2 (pre-selected) Chartering on a Budget • <i>Holly Church</i> Cruising – Let's Get Started and Let's Go! • <i>Sarah Pederson</i> The Easiest Ways to Come Alongside a Dock • <i>Eliz Greene, Jeannette DeFriest, and Kristin Pratt</i> Expecting the Unexpected: Safety on the Water • <i>Betty Clark</i> How to Single Hand on a Crowded Boat • <i>Robin Kraidich</i>	Challenge Garage Windhover Legacy Building Integrity
1:00-2:15 pm	Lunch and Presentation on the Maiden Race	Windhover
2:15-3:35 pm	Session 3 (pre-selected) Heavy Weather Sailing • <i>Pam Wall (remotely)</i> Intro to Racing • <i>Teresa Coronado</i> Marine Electrical Basics, part 1 • <i>Beth Burlingame, Jeannette DeFriest</i> Recognizing Chart Symbols • <i>Jane Larson</i> Sailing Downwind with Ease • <i>Mickey Nielson</i>	Windhover Challenge Garage Legacy Building Integrity
3:55-5:15 pm	Session 4 (pre-selected) How to Be a Crew Member Everyone Wants • <i>Eliz Greene</i> Lots of Knots • <i>Kristin Pratt</i> Marine Electrical Basics, part 2 • <i>Beth Burlingame, Jeannette DeFriest</i> Rocking it In the Galley • <i>Lisa Skluzacek (remotely)</i> Sailing at Night • <i>Phyllis McDonald</i>	Challenge Windhover Garage Integrity Legacy Building
5:30-7:00 pm	Reception (auction closes at 5:45 pm) Appetizers, cash bar, raffle winners announced	Windhover

Midwest Women's Sailing Conference



Dana Kader Robb
MWSC President

The Board of Directors, instructors, volunteers, and I welcome you! We're delighted to be back to meeting fully in-person and seeing your smiling, curious, engaged, and thoughtful faces.

We've been thinking a lot about community and growth lately. How do we expand the "Midwest" in our name and reach out further? As a conference that has historically been by and for women, how do we broaden our understanding of gender to include others who have also been marginalized in sailing? And how do we develop a conference in a way that is less hierarchical and more inclusive in its programming?

In answering those questions, we made some changes. We continue to explore options for virtual attendance and, although that didn't work out this year, I know we'll be taking another look at it. We engaged in important discussions with the Rainbow Races group in Chicago about how we can be more welcoming to trans and non-binary folks. We added four "conversations" to our class schedule in place of instructor-led classes because we know that a lot of you have valuable knowledge to share. And we put out an open call for proposals and are delighted to welcome four new-to-us instructors!

The crew sailing this vessel is made up of strong, capable, and imminently flexible women, and I appreciate them more than I can say—although I try frequently. They are passionate about sailing and connecting, and they work hard literally all year to make the conference an event we all look forward to. Add to that our fascinating keynote speaker, amazing hosts at the Milwaukee Community Sailing Center, and generosity of so many sponsors and donors. On Saturday morning at 8 a.m., there's nowhere in the world I'd rather be. And I'm so happy you'll be there with me. // dana@barefoot-marketing.com

Milwaukee Bay Women's Sailing Organization



Fran Aring
MBWSO Fleet Captain

Welcome to our 12th annual Midwest Women's Sailing Conference. We look forward to providing you with wonderful seminars and a chance to connect with other women sailors. After this cold and rainy spring, we are really hoping for great weather for the conference. We do know that no matter the situation we will rise to the occasion and a good time will be had by all!

Our MBWSO organization grew out of a single all-women's race that was run each summer at South Shore Yacht Club for a trophy named "Lady of the Wind," donated by a Club member for an all-women-crewed sailboat race, regatta, series, or event. This will be the 27th year that MBWSO will be racing for the Lady of the Wind.

We are always looking for more women to bring their boats out to race with us. We race six Monday nights during the summer and have a very fun fleet with food and comradery after the races. If you are interested in racing with us this year, please contact me at faring@ameritech.net for the Notice of Race and entry forms. This year's schedule is as follows:

June 6th // Practice Race
June 13th // Race 1
June 20th // Race 2

July 11th // Race 3
July 18th // Race 4
August 1st // Race 5

August 8th // Race 6
August 15th and 22nd //
Make up dates if needed

MBWSO has donated over \$5,000 to the Milwaukee Community Sailing Center and the building that hosts this conference. We continue to donate toward the Center's capital campaign to restore their Ensign fleet. As many of our members are also MCSC members, this was a natural step for us. For more information about our fleet, please contact me at faring@ameritech.net. Enjoy the conference!

milwaukee community sailing center



The Milwaukee Community Sailing Center is a private, not-for-profit 501(c)(3) agency located just north of downtown in the heart of Veterans Park at McKinley Marina. MCSC provides educational and recreational sailing programs to those who wish to gain access to Lake Michigan and learn to sail; regardless of age, physical ability, or financial concerns.

MCSC owns and maintains over 60 boats and members have no-charge access to the fleet after they successfully demonstrate basic sailing skills and earn a rating. The Sailing Center also offers private boat owners boat and dinghy storage, mast stepping, launching and haul-out services.

MCSC also collaborates with area nonprofit social service agencies to provide at-risk children and youth the opportunity to use the lessons of sailing to impact their futures. Using sailing as a tool, these students develop skills such as decision-making, teamwork, critical thinking and on-the-spot-problem-solving in a natural setting, to help build self-esteem and self-confidence. Students also learn about water safety; how wind and weather effects sailing and, of course, develop a sincere appreciation for Lake Michigan. MCSC has offered STEM and sailing through its “STEMward” program for over seven years, and through community partnerships continues to grow and educate throughout Southeastern Wisconsin.

The Sailing Center is an active member of US Sailing (the national governing body of sailing in the United States) and follows many of their procedures and guidelines. With a wide array of social, competitive, and volunteer activities, MCSC provides something for everyone. We invite you to learn more about this great organization.



Mission

To empower women of all skill levels in the sport of sailing through education and networking.

Gender Inclusion Statement

The Midwest Women's Sailing Conference was created so that women, often marginalized in the world of sailing, would have a space to find support and grow in their sport. Because of that history, we realize that there are other genders who need the same opportunity. We welcome all people of non-cis-male gender identities to attend the conference and to be part of our community.

Board of Directors

Officers

President // Dana Robb
Vice President // Eliz Greene
Treasurer // Christine Martin
Secretary // Micki Reinardy

Members-at-Large

Fran Aring
Teresa Coronado
Jeannette DeFriest
Paulette Hamel
Beverly Hayes
Kristin Pratt

Additional Volunteers

Kristin Bird
Helen Bolgrien
Karen Buelow
Amy Cermak
Kristen Chenoweth
Christi Delong

Grace Greene
Sara Griffith
Julie Jankowski
Caroling Moen
Cookie Mueller
Leigh A. Mumford

Next Year

Mark your calendar to join us on Saturday, May 13, 2023!

Bid On Auction Items



Scan the QR code or [click here](#) to visit our online auction. Bid early and often! The auction will close at 5:45 p.m. Central on Saturday and you can take the items you won home with you.

Note: On the auction app, you will be asked to make a contribution to help cover fundraising costs. This donation goes to the BetterWorld platform. The option is checked by default. You may opt-out by clicking the question mark next to 'help cover fundraising costs' then 'click here.'

Donate Products to Code Red

We'll be collecting donations for the Code Red program (formerly Time of the Month Club). This non-profit collects pads, tampons, and underwear and distributes them, along with educational materials, to people who are homeless. Their mission is "to promote self care, love & acceptance for anyone with an uterus."

They have a [wish list on Amazon](#), to help give you an idea of what they need. But please feel free to purchase any supplies wherever is convenient for you. Bring them to the Conference on Saturday, and we'll deliver them to Code Red next week.

Thank you for your generosity!

Visit Our Little Free Sailing Library

Grab a book or two from our free library! Watch for the books available on the first floor of the Milwaukee Community Sailing Center building. We've compiled a selection of great references, must reads, and hmmm that could be goods. When you're done with the books, keep them or set them free into the world; no need to return them to us.





Ayme Sinclair

Ayme is the CEO & founder of Sinclair Social, a leading communications agency. Nominated for many prestigious awards including the Bill Gates Foundation Goalkeepers Award and the United Nations SDG Media Summit Leadership Award, she is also the CEO of Women Who Sail, the largest online group of women sailors in the world.

An African-American woman, Ayme has been sailing for the past five years, racing competitively on the J109 Sweet Caroline, and also participates in races all over the world including the eastern coast of Africa. There, she formed the first women's sailing team to compete in a race held in Lamu, Kenya.

Her sailing adventures have been featured on [CNN's Great Big Story](#), [Essence](#), [Sail Magazine](#), [Boat US](#), and numerous other publications. She's passionate about issues of diversity and equality—which carries into the work she's done both on and off the water. Recently, she worked with the United Nations to produce a [welcome flotilla of 18 boats that met Greta Thunberg as she sailed into NY harbor](#) for the UN General Assembly Climate Action Summit. Through this event, she activated 500,000 members of the sailing community, helping to create the biggest media moment the UN has ever had around their sustainable development goals, and is now a UN spokesperson.

2011 // Dawn Riley // oakcliffsailing.org

2012 // Nancy Early // tethysoffshore.com

2013 // Betsy Allison // ussailing.org/education/adaptive-sailing

2014 // Pam Wall // pamwall.com

2015 // Katie Pettibone // 4risingtide.org

2016 // Cpt. Tiffany Krihwan // maritime.edu/fleet/ernestina

2017 // Sheila McCurdy // sheilamccurdy@mac.com

2018 // Renee Mehl // usna.edu

2019 // Sarah Renz // srenz@berteaugroup.com

2021 // Mickey Nielson & Sarah Pederson //
mickeynielson@gmail.com // sarah.pederson60@gmail.com

instructors



A lifelong sailor, at the age of 52 **Beth Burlingame** went to trade school at the International Yacht Restoration School in Rhode Island and graduated from their nine-month marine systems program. She is an ABYC certified technician in marine electrical, marine systems and marine diesel, and has taught weekend classes for women boaters for several years. She has also been an ASA instructor. Pre-COVID, she spent three winters cruising the Bahamas on her 38' power catamaran. Beth is currently working on an electric drive repower for her "new" 1986 Bayfield 29, which she sails in Narragansett Bay, Rhode Island. // bethb@rhodehome.net



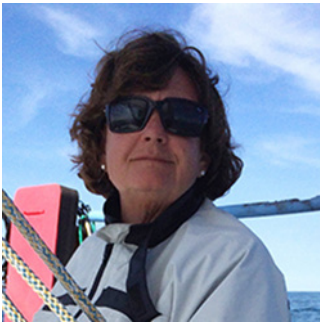
Holly Church began sailing at the Milwaukee Community Sailing Center in 1985 and has been hooked ever since. She worked at the Sailing Center for several years and then explored the world, working on boats for the next 13 years. Holly got her U.S. Coast Guard Merchant Marine Captain's license in 1991 and has since worked on many commercial dinner cruise, excursion, and construction tug vessels, as well as being a relief captain for the Denis Sullivan. She returned to the Sailing Center as Director in 1999 and has been teaching sailing ever since. Holly enjoys watching new sailors begin to become intuitive, confident, and capable boat handlers and find their own world of joy in sailing. // holly@sailingcenter.org



Betty Clark started sailing at 40 and instantly hooked. Acquired 6-pack captain's license after four seasons and seven-or-more with sail addendum two years later. Started doing sailing charters and then became ASA certified to teach doing it on my boat and for a marina. Did boat deliveries and teaching on other boats for individuals and marinas. Still teach classes for new sailors for our sailing club, Grand River Sailing Club, along with my ninth year helping the high school sailing teams. Thankful for all the help over the years from friends who helped me! // bc20042001@gmail.com



Teresa Coronado learned to sail scows on her grandfather's knee and has been sailing all boats in all weathers since. Teresa crews on Eclipse in the MBWSO Monday night racing series and has learned to gybe a pole and not fall off the boat, as well as skippering/crewing in the Milwaukee Community Sailing Center (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. After joining the MCSC nine years ago she began sailing the loveable Ensign, too. She recently competed in the Race to Alaska and is currently the Outreach and Development Director at the MCSC. // teresa@sailingcenter.org



Jeannette DeFriest has been drawn to the water since her childhood on the edge of the Pacific. She spent part of her college tuition on a dinghy. When she did not have a boat, she found others to sail. She taught sailing to blind people. A recent sabbatical gave her a chance to sail from the Virgin Islands to Croatia. Her background in architecture and engineering paired with a tired old boat is how she began to play with fiberglass and epoxy. She owns a rebuilt J29 which she sails and races with friends as well as short-handed. She's also a graduate of West System's Fiberglass Boat Repair Workshop; the infamous "Glue U." We think she may have given them a few tips. // jdfrst@gmail.com



Patti Edwards has been sailing for over 20 years and currently owns her third boat, a 34-foot Express named "Exhale," with a good friend. She has sailed across Lake Michigan many times in the Queen's Cup and Clipper Cup. Patti has cruised from Grand Haven to the Straits of Mackinac and up through the North Channel twice. She has sailed several times in the Caribbean, including a training trip where she earned her Day Skipper credential through England's Royal Yacht Association. In 2014, Patti served as Commodore of the Grand River Sailing Club (GRSC) in Grand Haven, MI and she and a friend spearheaded a women's sailing program called "The Winches" for two years. Patti currently sits on the board of GRSC and the committee that oversees their Maiden Race, an annual women's race. // pattio1513@att.net



When she's not writing or traveling the country speaking about stress, **Eliz Greene** is sailing (or dreaming about sailing). She and her husband, Clay, cruise the Great Lakes on their Catalina 387 and are active members of the MAST Racing fleet. Eliz starting sailing as a kid in small boats on small lakes in Minnesota. As a young adult she taught sailing at a summer camp and is delighted that one of her daughters is continuing the family tradition as an instructor at Milwaukee Community Sailing Center. // eliz@elizgreene.com



Robin Kraidich learned how to sail through the Prams in the Park program at the MCSC. She later worked as a sailing instructor for the program in high school and college. She now teaches at Hoofers sailing in Madison, WI. This summer will mark her 15th year as a sailing instructor. She enjoys teaching adults on introductory and advanced dinghies. She has recently learned to sail a Scow and hopes to spend more time exploring those boats. // rskraidich@gmail.com



Jane Larson grew up on Lake Winnebago and became passionate about sailing in 1997 while racing with Bill Gladstone's Chicago Sailing Club. Since then she has raced in Key West Race Week and on many Queen's Cups as well as cruising in the BVI. Jane has been involved with the Milwaukee Bay Women's Sailing Organization, the MAST racing fleet, South Shore Yacht Club, and serves on the board of the Milwaukee Community Sailing Center. Her extensive racing and navigating experience varies from a 470 to a Beneteau 42S7. In winter, in addition to being a ski instructor and trainer, Jane teaches navigation and works on classic boats. Her fleet has included a Cape Dory 25 as well as a 1959 wooden lapstrake powerboat. // jl Larson77@wi.rr.com



Phyllis McDonald started sailing in college and, in her first two years, made 9,300 miles of passages. Leaving the Great Lakes, she headed south on the Mississippi, transited the Gulf of Mexico followed by the SORC and Atlantic Seaboard deliveries offshore and on the Intracoastal Waterway. To complete the loop, she traveled the Welland and Erie Barge Canals... just 'cause. Her logged miles and broad experience earned her a USCG license. Since the 1970s, Phyllis has worked in the marine industry and has extensive experience in boat maintenance. She had been part of MWSC since its inception. After four years as chair, she has returned to the workshops to share her expertise. // bacchant75@gmail.com



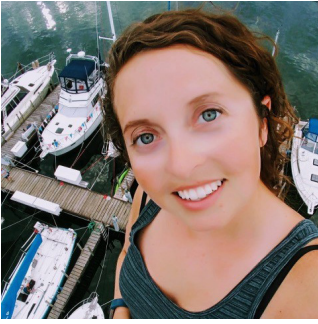
Mickey Nielsen has raced in numerous U.S. Sailing Championships, J/24 Worlds, Melges 32 Worlds, 39 combined Chicago/Port Huron/Mac Races, Super Mac, 20 Queen's Cups, Hook Race, six Key West Race Weeks, and various NOOD Regattas across the country. She has raced J22s, J24s; Great Lakes 36, 50, and 70s; T10, J/105s; J/109s and J111, and more. Mickey volunteers at Nielson Sailmakers in Racine, WI. She and her husband own and race an Olympic Class Star and an S2 7.9, which they sail in local, National, and World Level competition. // mickeynielson@gmail.com



Born into a sailing family, **Sarah Pederson's** love of the sport started early. While growing up in Kenosha she learned to sail in Penguins and raced a Thistle with her family. She taught for Offshore Sailing School in Florida and Tortola, BVI. When she returned to the Midwest, Sarah taught children and adults in Kenosha and Racine through their yacht clubs. She's been active in all types of racing from local championships, skippering a Mirage 24, J/24 (all-woman crew), and a C&C 30, as well as long-distance races such as the Chicago-Mac, Port Huron-Mac, and the Hook. She is a member of the US Sailing Safety at Sea: Committee Arthur B. Hanson Award (Survivor Liaison) and recently certified US Sailing Keelboat Instructor. // sarah.pederson60@gmail.com



Kristin Pratt is a US Sailing-Certified Keelboat Instructor. As a life-long sailor Kristin grew up racing on Class X (centerboard boats) and MC, M-16, C and E Scows with her parents and sisters, Kristin spent her summers in sailing school and youth racing on Big Cedar Lake in Wisconsin and going to regattas around the Midwest area until she went off to college. When Kristin returned to Wisconsin, she sailed and taught with UWM Sailing Club, while racing Solings and J-24's on Lake Michigan. She and her dad wanted even more sail time together so they joined Milwaukee Community Sailing Center, where she currently instructs basic to advanced sailors. Kristin is also on a few racing teams in the Milwaukee Bay, including an all-women's fleet from the South Shore Yacht Club. She is eager to sail at any opportunity and has a passion to help people of all experience levels and abilities to enjoy sailing. // sailor.kp71@gmail.com



Heather Robertson grew up sailing in Green Bay and is now actively races at South Shore Yacht Club and participates in the fun e-scow races at Pewaukee Yacht Club. She has raced with several different programs over the years. In 2018, Heather bought a VXone, named it Struggle Bus, and has brought it to Sarasota a few years for the winter series. Her second favorite activity, after sailing, is working on the boats. Heather works at Harken in the Industrial Department on new product development and technical service.



Lisa Skluzacek has provisioned, cooked, and managed logistics for cruising and racing for over 20 years. She has provisioned Atlantic crossings, Great Lakes races, and simple booze cruises. Lisa grew up farming, not sailing, and loves to grow her own food and cook it for others. She races with friends on the Great Lakes and Lake Minnetonka, and on her boat in the Caribbean. Professionally, Lisa is the principal of OnVerge, a Supply Chain consulting business working on sustainable new product launches.



Pam Wall and her husband, Andy, built their Freya 39 sloop. After taking their two small children around the world on their boat KANDARIK, Pam worked at the West Marine store in Fort Lauderdale and started the Outfitting Program, where she helped fellow sailors get fully prepared for offshore cruising. Pam is a cruising consultant and is well-known for her presentations across the country. See Pam's website for more information.

Join Us for Brunch & Weather on the Water Class

Sunday, May 15th // 10 a.m. to noon // South Shore Yacht Club

Learn how to understand and use the right information to make good decisions about pending weather conditions – for you, your boat, and your crew. Read the clouds, sky, and wind to predict what is coming and prepare. Discuss how to stay informed and exercise good judgement for a great safe-boating experience whether cruising or racing.



Rebecca Hansen is a meteorologist for the Milwaukee/Sullivan National Weather Service Office. She helps her team provide weather support for 20 counties in southern and eastern Wisconsin along with the open waters of Lake Michigan and the nearshore waters from Sheboygan to Winthrop Harbor.

Registration is required. All are welcome. Your \$30 fee includes a hot buffet brunch with a variety of options suitable for most dietary restrictions. [Registration is open now](#) and closes Friday at 5 p.m.

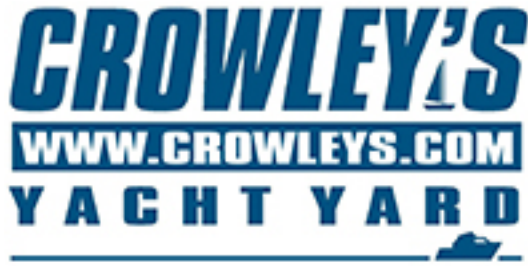
participants

Name	Home Port	Email	Sailing Affiliation
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Helen Bolgrien	Shorewood, WI	hbolgrien@gmail.com	Milw. Community Sailing Ctr
Cathy Bredlau	Orland Park, IL	cbredlau@gmail.com	Columbia Yacht Club, Catalina 21 Fleet Assn, Great Lakes Cruising Club
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Catherine Hein	McFarland, WI	clhein@gmail.com	McKinley Marina
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Cheryl Smithe	Marne, MI	missyol@aol.com	Grand River Sailing
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Wisconsin Athletic Club, LLC



mate



community partners



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Marinas & Boat Yards

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Green Town Tavern/Green Town on the Rocks
Harbor Center Marina Sheboygan
Port Washington Marina
Racine Reefpoint Marina
Reefpoint Brewhouse
Waukegan Marina

Yachts, Yacht Clubs, & Sail Organizations

Joy of Sailing
Lake Michigan Sail Racing Federation
MAST Racing
Milwaukee Community Sailing Center
Milwaukee Yacht Club
Nautical Charts Symbols & Abbreviations
Racine Yacht Club
U.S. Coast Guard
US Sailing

Sports & Entertainment

Adventure Rock
Alliance Francaise
Beloit Skycarp
Chicago Maritime Museum
Clearwater Outdoor
Concord Chamber Orchestra
Discovery World
Door County Maritime Museum
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Team Escape 262
Wisconsin Timber Rattlers

Health & Wellness

Harken Derm
Matt Weber
Neroli Spas
WAC

Books & Periodicals

Good Old Boat
National Oceanic and
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Other

All Hands Boatworks
Barefoot Marketing
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