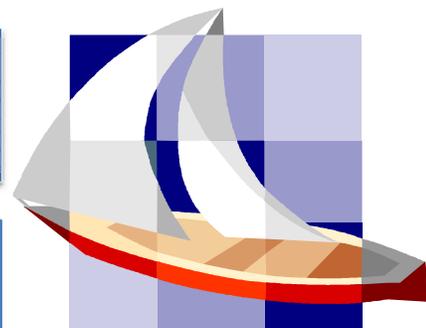


Women in Wind Spring 2021 Conference

Seminars and Presenters



Saturday, April 24, 2021
Virtual Event on Zoom

Please contact the BYC office before April 23rd to register:
Tel: 613-828-5167 Email: info@byc.ca

1. Fun with Flags

Lisa Shishis has been sailing for 20+ years including Women's Monday night racing, taking on many roles including leading Britannia Yacht Club's Youth Sailing Program and currently serving as BYC's Commodore.

This session provides:

Answers to your questions about flags and pennants displayed on the Race Committee Boat and onshore
An overview of the flags frequently used for communication in sailing
Resources to assist you in future communications on the water
Learn about nautical flags and have fun at the same time!

2. From the Start and Around the Weather Markand maybe further: Applying Common Racing Rules

Greg Dargavel is a Sail Canada National Judge and Club Race Officer. He raced many major Lake Ontario Races in his competition days. Greg now returns to these events and others on the national and international stage as a judge. Still he finds time to try to add to his beer glass collection on Lac Deschênes.

The newly up-dated version of Racing Rules of Sailing is over 200 pages.

Guest what? A club competitive sailor can get by knowing the rules on only 6-7 pages.

Let's see how to do that by starting a race, working up to, and around the weather mark.

We'll encounter common situations and see how the rules apply.

If we have great crew work and gain time, we'll continue around the course.

There's always time for questions as we lead the fleet.

3. Ottawa Riviera: ATONs, Anchorages, and Amenities

Catherine Trinkwon is the former BYC Cruise Week Coordinator and enjoys racing on the Ottawa River. She has completed the CYA Intermediate Cruising standard, RYA Day Skipper standard, and RYA Yachtmaster Offshore theory. Her favourite place to make landfall is St. George's, Bermuda, and hopes to one day do so using celestial navigation.

In this session you will learn about this beautiful 44km (23 NM) stretch of the Ottawa "Riviera," which has several anchorages and only a few aids to navigation (ATONs), making it straightforward to navigate.

Please choose one seminar from 1, 2 or 3 above and one seminar from 4 or 5 on the next page.

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4. Sailboat Racing 101

Doris Parolin learned how to sail on Laser II dinghy in her late teens with her family and some very supportive and keen sailors at Lac Deschenes Sailing Club. Having never taken a formal sailing course, LOTS of questions were asked. LDSC friends convinced Doris to participate in the weekly dinghy races saying it helps to figure sailing out faster. It certainly did! This is where Doris' love of racing sailboats began. A few years later, the family purchased a Tanzer 26 and moored it at Nepean Sailing Club where they joined Keelboat Sail Racing. Since those early days, Doris has continued to race, on whatever boat she could step foot on at the Local, National and International level with one of her most memorable races being the Women's International Rolex competition on J24's in Newport RI. It was at Nepean Sailing Club that Doris also first started teaching adults and youth sailing as part of "Sail Nepean" (NSC's dinghy program). Doris has now been involved in teaching sailing for over 30 years.

This session provides:

A brief overview of what sailboat racing is all about.

What Ottawa has in terms of sailboat racing and how to get started.

Some basics about the racecourse and why it's a great way to accelerate your learning about sailing.

It's more than just "sailboat racing" – it's a community of folks wanting to have fun out on the water.

5. Wind, Weather and Sail Trim

David Foy has been sailing for many years (40+). A large portion of this has been one design (sharks) and keel boat handicap racing (IRC and PHRF). David is the Ottawa area North Sails rep and the Fleet Captain at Britannia Yacht Club.

This session provides:

Weather - Forecasts and real life

Pre-start wind. What to look for and how it can affect your start plan

Sail trim - Quick genoa / jib trim setup

twist and depth

How the weather can determine sail trim

6. Getting to the Olympics takes a friendly sailing community, good learning opportunities & FUN!

Shona Moss learned to sail with her family here in Ottawa. Her first competitive training was done as skipper for her mother and her father while racing on Lac Deschêrne and then through the junior programs at both Sail Nepean and at Britannia Yacht Club. Her experience includes winning a gold racing a Laser Radial at the 1991 Summer Pan American Games, competing in the Europe event at the 1992 Summer Olympics and winning the Laser Radial North Americans in 1993. With children of her own, Shona is now involved in encouraging their love of sailing and interest in racing. Shona is a member of the Gatineau River Yacht Club and the Nepean Sailing Club, with two kids sailing in the race team at BYC and one teaching at GRYC.

Photos and some stories of an Olympic experience.

Success factors that resulted in being able to race at the Olympics and

have resulted in a family being passionate about sailing whether they race at a high level or not.

Women in Race Management - How do I get involved?

Irene McNeill started racing in the early 1980's and became involved with race management in the early 1990's. After becoming a World Sailing certified International Race Officer in 2012, Irene has been the race officer for numerous world and continental championships including the Toronto 2015 Pan-American Games. As a Sail Canada certified Race Management Course Conductor since 1996, Irene has also trained many race officers in her province of Ontario. She is the secretary for the Sail Canada Racing Appeals Committee and is the past chairman of the Sail Canada Race Management Sub-Committee. She continues to race her C & C 27, Freedom, on Tuesday evenings at Etobicoke Yacht Club. Irene is based in Aurora, Ontario, Canada.

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