A RISING TIDE LIFTS ALL BOATS

March 24-25 2023
Hudson River Maritime Museum
50 Rondout Landing
Kingston, NY 12401
## Program Flow

### Friday, March 24th 2023

<table>
<thead>
<tr>
<th>Time</th>
<th>Classroom</th>
<th>Woodshop</th>
<th>Conference Room</th>
<th>Galleries</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-</td>
<td>Registration, Breakfast and opening remarks</td>
<td><em>Terrestrial Navigation</em></td>
<td><em>Introduction - US Inland Nav. Rules</em></td>
<td></td>
</tr>
<tr>
<td>8:45-9:30</td>
<td></td>
<td><em>Becoming a Boat Owner</em></td>
<td><em>Sail Care</em></td>
<td></td>
</tr>
<tr>
<td>9:30-10:15</td>
<td>Terrestrial Navigation</td>
<td><em>Break</em></td>
<td><em>Break</em></td>
<td></td>
</tr>
<tr>
<td>10:15-10:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:30-11:15</td>
<td><strong>Intro to Racing</strong></td>
<td><em>Break</em></td>
<td><em>Double Handed Racing</em></td>
<td></td>
</tr>
<tr>
<td>11:15-11:30</td>
<td><strong>Break</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30-12:15</td>
<td>Sailing for a Cause: Notes on the Reemergence of Wind-Powered Freight</td>
<td><em>Diesel Maintenance</em></td>
<td><em>Learning the Ropes</em></td>
<td><em>Galleries tour</em></td>
</tr>
<tr>
<td>12:15-12:30</td>
<td><strong>Break</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:15</td>
<td>Spinnaker Racing</td>
<td></td>
<td></td>
<td><em>Galleries tour</em></td>
</tr>
<tr>
<td>1:15-2:15</td>
<td><strong>Lunch</strong></td>
<td></td>
<td><em>Lunch</em></td>
<td><em>Lunch</em></td>
</tr>
<tr>
<td>2:15-3:00</td>
<td>Coastal &amp; Offshore Passages</td>
<td><em>Outboard Engine Troubleshooting</em></td>
<td><em>Science of Sailing</em></td>
<td></td>
</tr>
<tr>
<td>3:00-3:15</td>
<td><strong>Break</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:15-4:00</td>
<td>Weather for the Mariner</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:00-4:15</td>
<td><strong>Break</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:15-5</td>
<td>Local Sailing Opportunities fair/ Networking, Closing remarks &amp; Door Prizes</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Saturday, March 25th 2023

<table>
<thead>
<tr>
<th>Time</th>
<th>Classroom</th>
<th>Woodshop</th>
<th>Conference Room</th>
<th>Galleries</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-</td>
<td><strong>Dinner</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:00-</td>
<td><strong>Keynote Address</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>by Stefany Coulter</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Friday, March 24th 2023

- **6:00** — **Dinner**
  - The Anchorage Restaurant, Eddyville, NY.

Saturday, March 25th 2023

- **6:00** — **Keynote Address**
  - by Stefany Coulter
Stefany Coulter  keynote speaker

Captain Stefany learned to sail at a young age, but began pursuing the sailing life in earnest 30 years ago. Not being able to afford boat rentals while raising children as a single mom, she decided to become a licensed Captain so she could work in a field with sailboats. She acquired a 50 GT Master Captain license with Sailing endorsement, and has a 100 Ton upgrade submitted.

Delivering private yachts from 29 to 52 feet, she has sailed over 50,000 nautical miles to 6 countries. She has trained crew that also pursued a Merchant Mariner Credential, by bringing them on these deliveries. Stefany founded a non-profit and charters a 28 foot sloop in Catskill, and charters luxury catamarans for companies in the Caribbean during the off season.

With a keen interest in navigation, and technical systems, Stefany has sought out knowledge in these areas to become as self-reliant as possible. She has learned the basics of fiberglass repair, brightwork and interior boat restoration and has put these skills to use in renovating 3 boats.

Stefany is the founder of SailHope, a non-profit that offers free and sponsored sailing trips for disadvantaged or disabled adults and children.

Key note Address

Reach for the Seas!

Making sailing or boating a part of your life seems nearly impossible, both financially and practically, but I'll share my story of persistence to show you it can be done.

Life challenges and limitations of access don't have to stop you from connecting with the boating community and the sea. You can become a racer, a cruiser, a deck hand, a Captain...it's all possible.
SPEAKER BIOS

Barbara "Basia" Karpinska
Growing up in Poland, Barbara “Basia” Karpinska started sailing little boats on little lakes as a Girl Scout. She’s sailed on tall ships, delivered a Carkeek 60 from Hobart to Sydney, and completed numerous offshore/ocean races including podium finishes in the Vineyard, Newport Bermuda, Block Island, Around Long Island Regatta, Caribbean 600, Chicago Mac, Marblehead to Halifax, Transatlantic, and Rolex Fastnet. Basia’s one design racing experience includes the IC37, Etchells, M24, Sonar, J/105, J/44 and Swan 42 classes, and she enjoyed frostbiting her Cook 11 Snow White at American Yacht Club. Basia team-races for the New York Yacht Club, where she serves on the Race, Events, Seamanship, and Communications Committees. Since 2019, Basia helped pioneer a new Olympic discipline, Mixed Offshore Doublehanded, a distance race focused on gender equity with one woman and one man as co-skippers. In this discipline she has competed in European and World Championships representing the USA and Poland and racing aboard an L30 and Beneteau's Figaro 3. When not on the water, Basia dedicated her life to healthcare and education. served in a variety of leadership roles in major academic medical centers, Basia is currently consulting and teaching.

Ruthie Gold
Ruthie Gold is the Program Director at the Hudson River Sloop Clearwater, where she oversees the organization’s robust sailing and onshore educational and public programming. Before coming to Clearwater, Ruthie earned her master's in Environmental Conservation Education from NYU. She has had the opportunity to work for a variety of organizations doing environmental education from the Garfield Park Conservatory Alliance in Chicago, to the New York Botanical Gardens in the Bronx.

Shiri Dembovich
Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.

Amy Cahill
Amy first became enamored with sailing as a guest oceanographic researcher aboard the 134 ft tall ship SSV Corwith Cramer as it sailed along the coast of Spain through the Strait of Gibraltar. Upon returning home to her full-time job as a Senior Lecturer of Biology at Marist College, she was anxious to get back out on the water, first becoming certified for basic keelboat and later competitively racing on the Hudson.

Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.

Shiri Dembovich
Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.

Shiri Dembovich
Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.

Shiri Dembovich
Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.

Shiri Dembovich
Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.

Shiri Dembovich
Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.

Shiri Dembovich
Shiri first stepped foot on a sailboat in 2017 as a member of the newly launched Women on the Water program offered by the Kingston Sailing Club through the Hudson River Maritime Museum. Two years later she signed up for a basic keelboat class, spinnaker class and began crewing at KSC races. She is super excited to be a part of our local sailing community as both a sailor and a volunteer for programs and initiatives that make sailing and the Hudson River more accessible to non-traditional sailors.
Elizabeth McCarthy has been working in the maritime profession for over 20 years, since her graduation from SUNY Maritime College. She sailed on the Great Lakes and all over the world with the National Oceanic and Atmospheric Administration on research vessels. Elizabeth earned her USCG license, Second Mate Unlimited Oceans / 1600 Captains License. She came back to shore and began working as an analyst and attending law school at night. She became a member of the NY Bar and took a position as a Lecturer at SUNY Maritime College. She is currently an Assistant Professor at SUNY and Adjunct Professor at the US Merchant Marine Academy. She lives in Great Neck with her husband and three children.

Eileen Mehrkens is a sophomore at SUNY Maritime College originally from Bellport, Long Island. She grew up sailing dinghies from the age of six on the Great South Bay. She is a member of the SUNY Maritime Sailing Team and even competed at Nationals in New Orleans, LA in May 2022 as only a freshman. She is a Marine Environmental Science major with a minor in Marine Biology. She is also pursuing a U.S. Coast Guard 3rd Mate’s Deck License. She looks forward to all of the opportunities in the marine industry.

Rebecca Runyan grew up on Long Island on the Moriches Bay. She started sailing dinghies at the age of eight and is currently on the sailing team at SUNY Maritime College. She is a sophomore there majoring in marine environmental science with a minor in marine biology. She went on her first summer sea term summer in 2022. She was able to use her knowledge of chart plotting on the bridge of the Training Ship Empire State 6. She was eager to start sailing at SUNY Maritime because of all the opportunities they have for example, attending Nationals in New Orleans in the spring of 2022. She wants a life and career on or near the water. She looks forward to her career in the industry post graduation.

Amali Knobloch is the Sail Logistics Coordinator at the Hudson River Sloop Clearwater and has worked as an environmental educator, facilitating both day and multi-day programs at various organizations. Amali prioritizes engaging the community on the intersection of representation, equity, and inclusion in all her endeavors.

Ann Loeding started working as a deckhand on tugs in NY Harbor in 1991. She worked her way up to Captain as a hawsepiper, and has sailed coastwise between Maine and Virginia, in the Great Lakes, on the NYS Canals, and on the Yukon River and Bering Sea. Since 2005, she has been running the restoration of large historic vessels, and still takes towing jobs that are unusual or interesting.
Sarah Olivieri grew up sailing on the Hudson with her dad out of Kingston. She currently enjoys racing as the skipper of a J80 with the Kingston Sailing Club and introducing people to sailing through the Kingston Sailing Club’s Women on the Water program. On land Sarah is a nonprofit business strategist, #1 International Best Selling author, former Executive Director, and is the creator of the Impact Method™ - a framework that helps nonprofits simplify their operations, build aligned teams, and make a bigger impact without getting overwhelmed or burning out.

Betsy O’Toole
Betsy is a US Sailing Certified Level 1 and 2 Small Craft Instructor as well as a US Sailing Certified Basic Keelboat Instructor, and she is obtaining her 25-ton USCG Captain’s license with sailing and towing endorsements. She’s from Albany but spent summers sailing on Cape Cod. She taught sailing there for 5 years and is now returning for her third year at HRMM. She has her Masters degree in English Literature from SUNY New Paltz. She was a part of WOW (Women on the Water), Adventure sail, and spoke at the Riverport Women's Sailing Conference in 2021.

MJ Reiss
MJ grew up racing dinghies on Long Island Sound. The Maine Islands called to her as she pursued her USCG Captain's License to captain for Hurricane Island Outward Bound both in the Maine Islands and Florida Keys. She is a US Sailing Keelboat Instructor for the Hudson River Maritime Museum. She has worked on the Hudson River since 1990 taking a short break to teach Earth Science at Kingston High School. She also is a breathing, meditation and yoga teacher. She is passionate about being outdoors and gardening.

Jody Sterling
Jody Sterling is currently the Sailing Program Director at the Hudson River Maritime Museum. Jody is a life-long sailor, a Coast Guard Captain (25 Ton Master Inland Merchant Mariner), a US Sailing Certified Small boat instructor, Level 1, and a US Sailing Certified Basic Keelboat Instructor. She has raced a variety of sailboats on Long Island Sound and on the Hudson as skipper. She is co owner of a C & C 26 Racer/Cruiser, and has done extensive day sailing and coastal cruising. She is professor emeritus of English at Dutchess Community College.

Tanya van Renesse
Tanya grew up sailing on Cayuga Lake in Ithaca, New York. She went on to sail on her collegiate team in Santa Cruz, California. She has taught sailing in all four corners of the United States, most recently at the Hudson River Maritime Museum. She also crews for the sail freight Schooner Apollonia.
Sail Care, 9:30-11:15 Galleries
Presented by MJ Reiss
The workshop will cover different types of sails, different ways of folding and storing sails so they last, inspecting sails, maintenance and repairs. We will explain why sail damage happens, how to prevent it and why and how to reef. Everyone will get the opportunity to repair a tear. Students are welcome to bring in their own sails.

Introduction to Terrestrial Navigation, 9:30-11:15 Classroom
Presented by Elizabeth McCarthy with Rebecca Runyan & Eileen Mehrkens
In this workshop, we will cover basic terrestrial navigation (navigation using land as a reference). We will discuss chart usage and use basic knowledge to plot a course on a chart. We will also discuss navigational hazards and include a brief explanation on tides and currents. Limited spots available.

Introduction to US Inland Navigation Rules, 9:30 - 10:15 Woodshop
Presented by Ann Loeding
This presentation will offer a review of the "rules of the road" governing the situations and conditions most often encountered by recreational boaters on inland waters, and will use as reference the rules contained in the Amalgamated Navigation Rules found online at: https://nauticalcharts.noaa.gov/publications/coast-pilot/docs/NavigationRulesStandardSize.pdf

Becoming A Boat Owner, 9:30 - 10:15 Conference Room
Presented by Jody Sterling & Amy Cahill
Have you recently bought a sailboat, or are you considering buying one? This workshop will cover the mindset needed; types of sailboats and choosing the one that is right for you; the costs of sailboat ownership, including purchase prices and ongoing costs; and skills, equipment and basic maintenance needed for safe sailboat ownership.

Introduction to Racing, 10:30 -11:15 Woodshop
Presented by Amy Cahill
Racing is a way for sailors to hone their skills while becoming a bigger part of the sailing community. From the starting line to rounding marks, I'll diagram the anatomy of a race, the role of the race committee, and how to get involved as a skipper or crew.

Double-Handed Offshore Racing, 10:30 -11:15 Conference Room
Presented by Barbara Karpinska
We will discuss the format, challenges and opportunities, lessons learned, and what it takes to be successful in this exciting new racing discipline which works toward gender equity in sailing.
Diesel Maintenance, 11:30-1:15 Woodshop.
Presented by Stefany Coulter
Keeping a diesel engine in working condition requires knowledge, maintenance and the ability to troubleshoot common failures. Stefany will cover changing out filters, changing impellers, keeping fuel lines open, the stuffing box, exhaust system, glow plugs, bleeding injectors, changing oil and winterizing, with opportunities for hands-on practice.

Learning the Ropes, 11:30-1:15 Conference Room
Presented by Shiri Dembroski and Betsy O'Toole
A rope is a line without a purpose, just cordage without a job. Properly employed, ropes are halyards, sheets, dock lines, etc., and knots are essential to their usefulness. Join us as we share practical tips, methods and strategies for line handling and knot applications in this hands-on workshop. Students will walk away being able to recognize a line and its material and purpose, get a chance to practice knots and evaluate their advantages and disadvantages in specific applications, as well as learn basic tips for line maintenance.

Sailing for a Cause, 11:30-12:15 Classroom
Tanya van Reneese presents notes on the Reemergence of Wind-Powered Freight.
In an effort to call attention to and reduce the humongous environmental impact of the world's modern shipping industry, a number of small organizations have formed to revive the sail freight industry. Speaker Capt. Tanya van Renesse, environmental educator and mate aboard the nation's only sail freight operation, will discuss the history of shipping and opportunities to reduce environmental impact through sailing.

Galleries tour, 11:30-12:15 and 12:30-1:15 Galleries
This tour showcases the unsung heroines who played crucial roles in the growth and development of the Hudson River maritime industry. The tour highlights women like Kate Walker and Catherine Murdock, who worked as lighthouse keepers, breaking gender barriers and challenging societal norms. Participants will learn about the challenges faced by women in a male-dominated industry and their perseverance in the face of adversity. The tour also showcases the impact of women's work on the communities along the Hudson River. This tour provides a unique perspective on Hudson River maritime history and honors the pioneering women who paved the way for future generations.

Racing with Spinnakers, 12:30-1:15 Classroom
Presented by Barbara Karpinska
We will discuss the use of symmetrical and asymmetrical spinnakers on fully crewed and shorthanded boats, shifting focus depending on the interests of attendees.
Outboard Engine Troubleshooting, 2:15-4 Woodshop
Presented by Sarah Olivieri
Conquer your fear of that outboard motor! The class will introduce you to the parts of outboard engines and starting procedures. Sarah will show you trouble-shooting protocols for when the outboard won't start, and you will get hands-on practice with several different outboards.

Coastal and Offshore Passage Planning, 2:15 - 3:00 Classroom
Presented by Stefany Coulter
Don't let a lack of experience or fear stop you from expanding your sailing horizons. Stefany will explain the necessary planning steps and resource management, so you can begin to push your boundaries safely. Discussion includes charting and plotting, researching ports and harbors, weather, sail trim and engine use, sailing at night, and safety measures while offshore.

The Science of Sailing, 2:15 - 3:00 Conference room
Presented by Betsy O'Toole and MJ Reiss
Taught by local US Sailing-Certified Sailing Instructors, this presentation will cover what you need to know to enjoy sailing on the Hudson. We will discuss what causes wind and how to measure it, what causes currents and how to navigate them, and how sails propel sailboats (push vs lift.)

Weather for the Mariner, 3:15 - 4:00 Classroom
Presented by Elizabeth McCarthy
In this workshop, we will discuss basic weather patterns important for all mariners to recognize and understand. Including; clouds, fronts, storms and hurricanes, the effects of wind and other atmospheric disturbances.

Integrating Environmental Education Into Sail Training, 3:15 - 4:00
Conference Room
Presented by Ruthie Gold and Amali Knobloch
America’s Environmental Flagship, Hudson River Sloop Clearwater, was among the first vessels in the United States to conduct science-based environmental education aboard a sailing ship. At Clearwater, we believe that understanding the environment around you makes you a better sailor, community member, and global citizen. In this session, we’ll explore how to seamlessly incorporate environmental education into sail training.
THANK YOU!

VOLUNTEERS & SUPPORTERS

Amy Cahill
Shiri Dembovich
Sue Kennen
Suzie Lewitan
Sean Marrinan
Stephanie Marrinan
Amy Moses
Betsy O'Toole
MJ Reiss
Jody Taffet Sterling
Ursula Woinoski

Chelsea Yacht Club www.chelseayacht.org/
Constructive Hands www.constructivehands.com
Eleanor www.hudsonriverhistoricboat.org
Kingston Sailing Club www.kingstonsailingclub.org
National Women's Sailing Association www.womensailing.org
Oakcliff Sailing www.oakcliffsailing.org
Roberti Marine www.robertiboats.com
Rondout Yacht Basin www.rondoutyachtbasin.com
SailHope www.sailhope.org
Sloop Clearwater www.clearwater.org
Sea Scouts ship 609 www.hrmm.org/sea-scouts.html
Kingston Sailing Club offers you the opportunity to join the program "Women on the Water" a woman-run sailing experience, where women sailors learn and grow in confidence together. For more information visit www.kingstonsailingclub.org/women-on-the-water

At the HRMM Sailing School, we believe that being on the water is the best way to truly understand the history and beauty of the Hudson River and foster a better appreciation of the river that ties our communities together. Become a part of this generation of sailing enthusiasts by supporting our initiatives. We partner with the Kingston Sailing Club to offer on-the-water sailing workshops that teach sailing to different age groups.

To sponsor or donate Youth Sailing scholarships go to www.hrmm.org/give

The Hudson River Maritime Museum, in partnership with the Kingston Sailing Club, founded the Sailing School in 2017. Featuring youth and adult sailing classes, We seek to get a new generation of enthusiasts out on the water. The Sailing School at the Hudson River Maritime Museum is proud to be the only accredited US Sailing school in the Hudson Valley!

https://www.hrmm.org/sailing-school.html