

## Episode 1: The Plan

Picture this: Deep in a Provincial forest in Canada there is a semi-nomadic woman and her cat living in an off-grid a cabin in the woods. She lives there from Winter solstice to summer solstice. The other half of the year she is on the move. Four months in summer she travels down the coast of Scotland living on a boat, and for two glorious months out of the year she is on her motorcycle and no one knows where she is. (She is probably in Mongolia.)

She is me. Well, future me. The me I want to become over the next few years. But how?

In this episode I am going to naively tell you my simple plan for achieving this semi nomadic dream. Now is the perfect time to tell you because, while I have taken some concrete steps towards this goal, I am still relatively ignorant of just how much work this dream will be, how many tears it will demand from me, and how deeply I will doubt myself along the way.

This is episode one of Go-Girl.

[theme music]

### Intro

*This is Go-Girl—a podcast devoted to documenting the adventure era of my life—my go-girl era. At 40 years old, I live happily solo with my Siamese cat, Queen Guinevere and together we are setting out to live a semi nomadic life. I spent most of my adulthood trying to be settle down, but now I am ready to run and I am not slowing down for folks to catch up—You can tie me up, but not down because life is meant to be a wild and precious adventure, and this girl is finally ready to go.*

### Main topic:

Hello hello hello! Welcome to the very first episode of Go-Girl! Folks, I have wanted to do a podcast for a long time, and this feels like a perfect opportunity. I am setting out to totally change the way I live, and I want to tell the story as it happens. I don't actually know what to tell you to expect here, except that I am planning on showing up here week by week and give you an account of my current adventure status. I expect each episode will run about 30 minutes, but that is not a promise. It will be whatever the story requires. You do have my word that I will do my best to stick to the script I write for myself—otherwise there's no telling what random rabbit hole my mind will wander into.

I thought for this first episode I could introduce you all to The Plan. I am going to tell you my plan as it stands now, but also, this plan has changed, and I expect it to keep changing. So really, what I am doing is catching you up with my current intentions as of June 2025.

So, lets dive right in.

I am going to become semi-nomadic and live part of the year in my off grid cabin in the woods, cabin, and part of the year on a small sailing boat. The grand vision is that, along with this, two months out of the year I will be adventure biking. That last bit will have to wait—next year maybe 😊

This year, and for this first season of the podcast, I am devoting myself to the task of finding a boat to inhabit—oh, and getting my sea legs.

“What a fun idea” I hear you saying. “So, you must have spent time sailing?” is the natural question.

I do not have a background in sailing. I grew up in the mountains of Georgia, the desert of Arizona and the jungles of Costa Rica—and now I live in the Prairie Province of Manitoba. So, sailing is not in my childhood history nor part of my adulthood. In fact, I am one of those individuals with a sensitive stomach and I will get car sick on buses, in the back seat of a car, or in small planes. I am just happy elevator rides are short.

Suffice it to say, I have been a little intimidated to try sailing. Images of hurling over the side of a boat have proliferated my imagination.

At the same time, I am never one to let reality get in the way of my dreams, so I have decided I would like to live on a boat, and if I am living on a boat, I figure I should probably learn to sail too. I asked around about the ability to get over seasickness. Reviews are mixed. Some say no problem, others say it will always be there. According to the Internet, you can only puke for so long, so I just have to make it two days and then I should get my sea legs.

I thought it was worth a gamble.

So, step one for achieving my liveaboard dream is learning to sail. Or even just giving it a go. Which I did last summer! Within the province of Manitoba are two massive inland seas and not to mention many many lakes. Lake Winnipeg is in fact the 10th largest lake IN THE WORLD. The town of Gimli which is located on the southwestern shore of this lake, hosts a yacht club which has not only a National sailing school but also an instructor who teaches ocean cruising on this lake. I may live in a prairie province but within a two hour drive from me I can learn everything I need to know to sail the ocean!

To that end, last year, together with half a dozen 8 year olds, I spent a week on the lake and received my CanSail 1 certificate. Yes, I was drugged on ginger the whole time so, not only did I not puke the whole week, but I also learned how to capsize and then right my vessel and pull my soggy bedraggled ass back onto the craft. This was not so bad.

This past month I took my basic cruising with Wolfe who runs Prairie Ocean Cruising. This is another Sail Canada course that covers everything you need to know to sail a small boat on the ocean. On the second day I was challenged to wean myself off anti-nausea medication. But I will tell you all about this week in episode 3: Sailing First impressions.

Sticking to the topic: Step one: learn to sail. Check.

The next task on my “how to become a simi-nomad” list is to buy a boat. Folks I am happy to say “check” to that.

Oh yes. I am the proud owner of the Analucia. A 1988 Itchen Ferry 25’ sailing yacht. I am told she floats, and her sails are good. She will need a new engine, and the door to the cabin is missing. I am told the water on the floor is just rain water. She’s covered in mud, mold, and gods know what else. She is, in summary, a project boat. And I will tell you all about her in episode 4.

\*\* Imperial Trumpets \*\*

And now a word about the matter from Her Royal Highness Queen Guinevere.

Mes sujets, cette fille m'a informé que nous partons pour une aventure grandiose. Je suis curieux de voir ce que à deux jambes a prévu et si elle a bien planifié mes portions de repas. Alors. Si je dois survivre à ce naufrage, je sais que je serai une impératrice plus forte et plus compétente pour mes sujets. Vous, chers sujets. À la semaine prochaine, adieu.

My subjects, this girl has informed me that we are embarking on a grand adventure. I am curious to see what Two-Legs has planned and if she has planned my meal portions correctly. So. If I survive this shipwreck, I know I will be a stronger and more capable empress to my subjects. You, dear subjects. See you next week, farewell.

Now, back to the episode!

\*\* End of break\*\*

That was just Queen Guenevere my cat—or I should say, I am her human, La Fille. Her mother tongue is French. We get along alright, though she is a rescued royal cat, so I have to mind my manners around her. I swear she's part dragon. Anyway, she will interrupt this podcast from time to time. You will hear the imperial trumpets when she has something to say. Obviously she's an adventure kitty and coming along with me.

Back to the plan. Now that I have sailing under my belt, and am a proud boat owner, my next move is to renovate the Analucia so she is a sailable liveaboard vessel. I have given myself one month for the task. I figure if I can renovate a 200 square foot hunting shed into an arguably livable space in one month I am certain I can do this with a 25' boat! How hard could it be? I will find out. Tune in to this podcast in August for my emotional breakdowns as I ask myself what the fuck I was actually thinking.

Finally step 4 is to move in and go sailing! Which means I will also need to have

- safely navigated French and British customs with HRH
- Hopefully I will find some kind of remote income to support my madness.
- I'll need to learn to renovate a boat on a shoestring budget
- And finally moved her into a residential mooring.
- I should probably practice docking.

and, oh, did I mention I will be nannying my nephews over the summer? So I will be working on this boat on my weekends and evenings because my day will be taken up by many other wild and fun adventures.

So that's the plan! It is flawless—what could possibly go wrong?

I am joking. I know myself to be a very capable human, however, at this moment in time I have to say I can feel some anxiety as I think about what all I need to do—and not only that, but all the unknowns, let alone the unknown unknowns. Just for one example, I will be living in the port town of Faversham Kent. While it is considered a port town, it is located not directly on the sea, but instead within the tidal marshes. Meaning that I will immediately need to be familiar not only

with tides, but also with currents as both are present and both are critically important to safely navigating out of the port into the sea.

Oh, yea, I should probably also mention this little “sea” is none other than The North Sea, considered one of the most dangerous waters to sail due to its unpredictable weather, strong currents and very cold temperatures. Also sharks. Small ones, mostly harmless.

(What the fuck am I doing?)

Anyway! That's the plan!

And that, dear listener, brings me to my closing section. Along with being an artist and aspiring semi-nomadic polymath, I also run Rebel Sister Tarot—a low profile tarot reading service side gig. I have a handwritten sign in my cabin window. The birds don't seem very interested. Yet.

I thought it would be fun to incorporate a “Card of the week” section and pull a card for a reflection on the week ahead. However, this being the first episode requires something special! This week I am not drawing a card, I am instead placing a signifier—Tarot speak for a card to represent myself in this particular moment. If you are familiar with tarot you may have guessed my choice already: The Fool.

In this card we meet the archetype of The Fool at the beginning of their journey.

[description: Person, knapsack, dog, cliff]

Change the image of a dog for a cat and that's me folks. I have prepared everything I need in a little knapsack, and I am joyfully about to step off a cliff into the unknown.

Next week the topic is Faversham? Of all the places in the world I will be mooring in the port town of Faversham—but where is it? Why is it a cool place? Is it a cool place? I am beyond excited to tell you why Kent in general is a singularly incredible place to inhabit, and what makes Faversham in particular fascinating. Just a content warning: I will be diving into a bit of history. But don't worry, I never went to school and so I didn't learn that history was supposed to be boring. I promise it will be fun.

## Outro

That's it for this week! You can find images, links and a transcript for each episode and more on my website, [www.alexandrarrossworks.com/gogirl](http://www.alexandrarrossworks.com/gogirl)

Information on the music in this podcast can be found in the description. If you like what I am doing and want to support me click the link to “Buy me a pint” which leads to my Patreon site.

Thanks for listening and happy adventuring--see you next week!