



MASTERS MATTERS

President's Message

By Lauri Gregg, CAN 258

Welcome to the season of the KONA!! As I mentioned in the fall newsletter there was a move afoot among the Masters to create a Kona fleet. Well it's happened. Our Andrée Gauthier, the leader of the Kona movement, coordinated the purchase of a number of complete used packages from the Kona Worlds in Florida. Needless to say I was one of the purchasers along with Stephanie. A fleet is taking shape at the Toronto Windsurfing Club. The first Canadian Kona Championships will take place at the CMWA Championships. The Kona Worlds are scheduled for Trois-Rivières during the summer of 2013. *Kona flower power is here!!* Come on and join the fun. OK, enough about the Kona, but I will let you know that Kona Group t-shirts are likely and a Kona group chant is being composed. Regardless of my Kona enthusiasm, it is summer. It will be warm and windy - Environment Canada is certain of this. It's time for all of us in the CMWA to get back out on the water with whatever our favorite piece of windsurfing gear is and ride the wind. Happy sailing and see you at the CMWA Championships in Ottawa in August.

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History of the CMWA Windsurfing Clinics

By Stephanie Todd, Social/Women's Director

My memory may not serve me well and I am sure there are others out there who can correct me if I am wrong on dates or number of years the CMWA has been running clinics but it has been long enough that I remember when...Andrée Gauthier was barely out of her teens and a young Steve Jarrett was a Canadian Champion!

We have attended many clinics across Ontario, with one of the first being in Orillia at the YMCA, with Steve Jarrett as our trainer. I can remember being overwhelmed with the technical information on racing and Sue Thomas's vast knowledge of the rules. All I wanted to do was sail and have fun on the Windsurfer One Design! Welcome to the real world of racing when all we had were longboards with removable dagger boards that we slung or rather tried to sling over our arm while blasting downwind. Now that took real balance and

expertise! Clinics were also hosted for a few years at Jackson's Point at a bed and breakfast, with our newly appointed Technical Director, Steve Jarrett. I can remember vividly the year that a rig was lost off the shore when it was blowing like stink as well as some of our sailing friends who smoked carried their cigarettes in water tight containers so they could light up on the water!

Boards changed usually for the better and eventually somewhere along the road we ended up with open class windsurfing where any board and any sail size could race on the same course. Then there was shortboarding as well so our clinics had to reflect that with more technical and smart sailing.

The clinics moved to the Burgess Enclave in Port Bolster thanks to the late

Norm Burgess. Tony Burns, our clinics director, at that time, turned our events into not only windsurfing but social events with music and great food! There are fond memories of André Jubinville playing his electric guitar outside in the rain, while the rest of us shook various boxes of Kraft dinner to the beat!!! In those days we used the bed and breakfast up the road for the overflow. Yes, we actually had over 30 participants at these events.

Over the years, we had a myriad of coaches: Jens Knoff, was the reigning Freestyle Longboard Champion who now lives in the Dominican Republic; Ian Brown, was training for the Olympics at the time and is now a chiropractor; Rob Cameron, who was an extraordinary windsurfer and competitor and is now living with his wife and

son in BC; Kevin Stittle, who also trained for the Olympics as a windsurfer and eventually competed in the Tornado class and is back on the windsurfing scene working with Mike Hayes's bid for the 2014 Olympics in London, England; Rick Collins, who attended the windsurfing instructors course with myself at Windsurf Finn in the Muskoka's was another very technical trainer but still was able to get it into laymen terms that every one gained something from; and then there was Geoff Mitchinson and Jeff Borgmeyer, both Canadian Longboard Champions, who provided us with their own form of entertainment like how to put a tent up without instructions and a few beers! Then came the Women's Clinics that were hosted by Barrie Windsurfing Association and then jointly with the CMWA and finally only the CMWA which moved the clinics to Port Bolster from the park in Barrie. The concept originally was

that we would have women coaching women. Jeannie McMurtry, who was an amazing female athlete and ran her own travel agency was our first coach...memories of Jeannie was her being able to waterstart her short board in no wind! Next came, Valerie Kritsch, who was one of our female Canadian champions and seemed to be able to find all sorts of swag for the participants. Andrée Gauthier, who is likely, in Ontario, the best female competitor on and off the water began to focus on our coaching about this time. We lost our female coaches and along came Kevin Stittle and Rob Cameron, who were not hard to follow by any stretch. Over the past number of years, we were lucky to have Dan Thomson, writing and photo contributor to Windsurfing Magazine as well as another Freestyle Champion only this time on a short board. Over the years, we threw in to the mix, Andrée Gauthier, Bob Shuttleworth, Nick Cox and I as assistant and sometimes Head Coaches as we continue to run very successful events for both

longboarding and shortboarding. We have always been inclusive but now we are focusing not only on our seasoned sailors but beginners of all ages and youth racing. We have been inviting other experts in the health fields to help us maintain ourselves physically and mentally for this sport.

Thanks to all this great training many of us are still racing today and passing on our expertise to the new breed of youth. It is our hope that the youth we train today will be the masters of tomorrow!

Join us at our 2011 events. www.windsurf.ca and click on the events tab at the top of the page for information, registration forms and pictures.

See you on the water!

SPONSORS



Silent Sports

Bonaire

Windsurf Place

Jibe City

Kon Tiki Beach



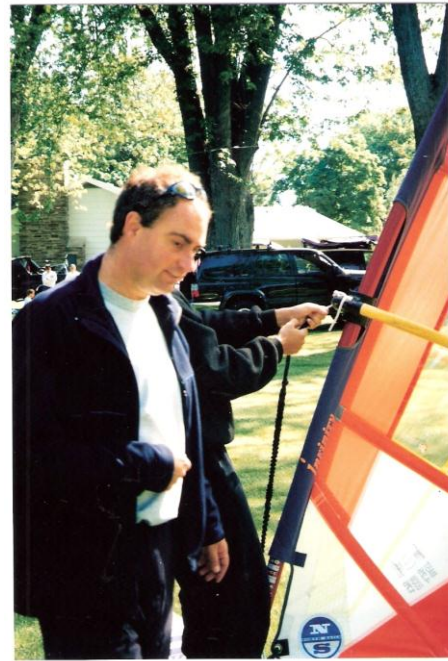
Geoff Mitchinson showing Saffron how to uphaul.



Ian Brown



Jeannie McMurtry



Jeff Borgmeyer



Steve Jarrett



Valerie Kritsch

Kona One Design News

CMWA & KONA WINDSURFING- come learn, race or just sail on a Kona

by Andrée Gauthier

I have now attended three Kona races over the past year and am convinced that this is a great concept for people who want to race recreationally and internationally. Kona is uncomplicated and forgiving for beginners and youth but is still challenging to the advanced windsurfer. It is a board the whole family can use. It is versatile and user friendly. To find out more about the "Kona Concept" go to www.kona-windsurfing.com. There are pictures, videos and a forum where you can communicate with other Kona sailors from around the world.

To date we have a small fleet of Kona owners and potential racers located in the Toronto, Ottawa and Trois-Rivières areas. Let's not forget our Kona fleet in Northern Ontario (Dryden) and the guys in the U.S Mid West. The first true Canadian Kona fleet will be banding together at the CMWA Championships in Ottawa July 30 to August 1st. There is a possibility that we will have at least 10 Konas present. I have two beautiful Kona hoodies to raffle off to our Kona fleet.

Why am I hooked?

There is no beating one design racing. That is the reason why Lasers and other one design fleets are still in existence. What is even better is that Kona has made it fairer for the heavier people to race one design. Depending on your weight your sail size is assigned. I had great competition with guys that were 215 lbs. One even won the race because he was allowed to carry a 9.5 sail to my 7.4 sail size. What is exciting is the true nature of the racing. No pumping is allowed, no touching the marks is allowed and this brings out all the tactics one has ever learned. It is a battlefield out on the race course with lots of covering, catching the shifts, fighting for a good start and the great conversation after the race (oh and sometimes no conversation because you pissed someone off). What is even nicer is that the board and sail work in every condition. Yes the technology is a step back from the formula gear and the new raceboard gear but boy is it easier to rig, carry and purchase. And don't forget lending it to your kids and beginner friends. A person can learn on this equipment and use the same equipment to get better and race locally and internationally. Yes, I do not recommend racing against the raceboards as there is no competition there. One must race against like-minded Kona enthusiasts at all times!

On another topic... we have not one Canadian attending the Kona Worlds in Denmark this summer. We need to grow a bit more and start winning some races over the Europeans. Dominique Vallée was top Canadian at the Worlds in Miami in 2010 placing 3rd overall! She is awesome. Dominique is planning on hosting the Kona worlds in 2013. Let's hope our Canadian fleet grows by then. For those people not owning

a Kona, at most major events there are boards to lease so it does make travelling to an international race way easier.

At present we do not have lease boards for the CMWA race but if you are interested we may be able to find a Kona so that you can attend. Just email me at andree.gauthier@rogers.com and I'll see what I can find.



Andrée Gauthier giving a Kona clinic at the
Toronto Windsurfing Club

Come see what Ottawa and the Britannia Yacht Club have to offer!

In 2011, the CMWA championships will be held at the beautiful Britannia Yacht Club on the Ottawa River. Plan to join us for a weekend of fun races and for the first ever Kona fleet racing in Canada. The event starts on Friday, July 29th with a reception at the club (finger food and a drink courtesy of the CMWA!) and official registration starting at 5 p.m. Saturday morning will see the start of racing after the traditional skippers' meeting. Racing is planned for Saturday, Sunday and Monday morning but as usual, it all depends on Mother Nature sending us some wind. Bring your paddle just in case...

People who like to camp can do so on the grounds of the club for free. For others, there are lots of motel/hotel not too far from the club but make sure to book early just in case.

That weekend will also include the OSA #4 race.

For more information about BYC, visit www.byc.ca. See the action live here (BYC webcam) <http://ehp.zapto.org/~jgnome/team/cam.php>. The Notice of Race/Registration form can be found on www.windsurf.ca/events. Please register early to give us a chance to know how many are coming to plan the meals, etc. Hope to see lots of you in Ottawa soon! If you have any questions, do not hesitate to contact Suzanne Roberge at roberge811@sympatico.ca.



Sunset on the Ottawa River by Nick Cox with
Stephanie Todd's camera!



Harbour entrance

CMWA Spring Get-Together & Clinic 2011

By Gord McCallum, McCallum Holistic Health & Massage Therapy

I wanted you to share in the adventure my family and I had this past weekend. On Saturday we finally made our way out of Newmarket and up to Port Bolster, Ontario. We arrived with a finely packed car loaded with our newly acquired windsurfing rig (thanks to Stephanie). And so the weekend began.

This annual windsurfing event organized by the Canadian Masters Windsurfing Association (CMWA) is so well organized; it's like a finely tuned high performance engine. We were introduced to the attendees as we unpacked the vehicles and then the instructors for the weekend, Jeff and Geoff.

These two guys are awesome, truly passionate about windsurfing and most importantly they love to teach newbies like myself. At these events, I'm happy if I can take away 2 or 3 new techniques or tid-bits of information (this was my 3rd time attending this particular event). As most of you know, the weather of late here in York Region has been less than average for most outdoor sports. However, as I said, these two guys (and the rest of the veteran surf crew 20+ years experience averaged) were spectacular in keeping spirits high with brilliant tales of broken boards (thanks Bob), daggerboards getting stuck in the sandy bottom (Jeff from Tropical North in Barrie) and the successful story of the kite guy who saved a windsurfer from drowning (Geoff). All of this and more...

The wind (always important for windsurfing) was next to calm, although for the new guy, this was perfect learning wind. There were ample wind transition times and one time I was following Bob and then the wind just stopped (what the frig do I do now!!)... Watch Bob... so he does the really cool thing like bouncing around the front of the board to the other side of the sail and "POP" he's got the boom and sail ready to cruise... I can do that and I attempt the same... KerPlop into the drink and as I get up onto the board again... Huh, Bob went down too... big smiles and laughter all around. Hey, I learned a ton of stuff, had loads of fun both on and off the water and we ate like Kings/Queens.

I'd highly recommend this weekend (1 of 3 per year) that the CMWA hosts as a fun filled weekend for the entire family. If you can make it happen, try to get there on the Friday night as you'll want to get in as much water time as possible. The feasts at night, along with an incredible social, are great for all ages.

Oh, the 3 things I learned this weekend. I almost forgot to share.

1. On land training by Jeff with the sail - One handed sailing for awareness and weight distribution for board direction - powerful lesson.
2. On water lesson (hey twinkle toes... move your feet), it seems as though my feet like to stay connected to the board (not good)... lesson, to practice jumping on the board while on the calm water. (Did I mention

that the water was perfect for learning?)

3. The easiest way to carry the board/rig down to the water.

All basic lessons (for the New Guy) creating a foundation for future excitement.

Thanks for the opportunity to experience the sport of windsurfing that includes windsurfing, camaraderie and great food! Guaranteed to be back!



Gord and his children Noland and Tegan



Gord in action



Jeff (seated) coaching rigging techniques to Gord (standing)

CMWA Clinics and Get-Togethers Changes in the Wind

By Stephanie Todd, CMWA Social/Women's Director

There have been a number of different Clinic Directors and Social Directors over the years but I have been the longest standing Social Director to date. It has always been my goal to provide our members and members of the community with an opportunity to learn to windsurf or improve on their windsurfing skills in a safe and social environment. Over the years we have taught many new windsurfers and helped others from novice to advanced windsurfing. I would hope that we can continue to do so. We need our members support in attending these events as well as bringing new people to them. I certainly know those who have come to the events appreciate all the volunteer work that goes into organizing them. It may be time for a new director to infuse new life to the events. I have enjoyed my journey and have forged many friendships over the years. I would hope that whoever may follow in my footsteps will find the same rewards.

The past few years the weather has not always cooperated, something I certainly cannot control and our number of participants has dropped drastically. The Burgess's have given us an incredible rate over the years and the price hasn't changed much so it would be a shame to give up the cottages in the time frames we usually hosts the events. With busy schedules of our coaches, it is also getting more and more difficult to find people who can commit to coaching our clinics. So what to do?

I would welcome suggestions on how to improve upon our participation level, where to locate new coaches who are dedicated to the sport, or whether we should discontinue the events and turn them over to another organization like TWC in Toronto or to BWA in Barrie. If the decision is to reduce the number of events or cancel them all together then are there people out there who would still like to rent the cottages for the weekend on the same dates that we have hosted over the years? Is there anyone who would be willing to learn the ropes of being the CMWA Social Director? I am a willing partner in developing the next generation.

Please feel free to contact me at surfit@sympatico.ca with any suggestions you might have on how to promote or make changes to the events the CMWA hosts to make them cost effective.

BONAIRE 2011

By Stephanie Todd, CMWA Social/Women's Director

Bonaire could not have been lusher this year and the flowers in the gardens attracted various birds of the Island. We were able, not only, to enjoy the view of the bay from our decks but watch the hummingbirds of various colours feeding on the sweet nectar in the small flowers in the bushes of our gardens. There were the Chibichibi in the flowers of tall stamens from the aloe vera cactus. Our resident pair of parrots would squawk in the yard and were often hard to find in the trees. One day they did light on the tree in the garden and I got some fabulous shots. There was more rain than even the locals had seen in 20 years. But when the sun was out and it was warm, there is no other place I would rather be than in Bonaire!

We had 2 great weeks of wind in which we sailed everything from 96 - 122L Star Boards or RRD of various kinds with sails ranging from 6.0 - 7.3. Fully powered up and roaring into our jibes. What was really great was seeing the improvement that Lauri made this year with his jibes. Practice makes perfect. He also has a tendency to stick with the same equipment where I am in and out trying different stuff. I did sail my 111L iSonic that I own down there quite a bit and was finally getting the jibe back again. Was going mock a few times and scaring the crap out of myself but boy when you have speed you commit to the jibe much better as you sure don't want it to end badly!! Gail and Henry from Cambridge joined us for the first two weeks. I am so glad they had the wind they did. We had Miriam and Martin from Kontiki as well as Monique and Robert from Jibe City join us for a mango pork dinner before Henry had to depart for Europe.

The last week saw a long spell of light to no wind so there was a lot of paddle boarding, sailing the RRD long rider (much like a Kona), freestyle and snorkeling going on. I practised some heli-tacks...don't think I have it good enough to try in wind! We met some really great new friends as well as catching up with old ones too while we were there. We hosted our annual dinner at which we added some new faces: Paul, Victoria BC; Suzanne, Switzerland; Don, USA; Marc, Ladina and Natashi, Switzerland; and Roger from Bonaire Windsurf Place joined us for napalm shrimp and maple beer ribs.

Our last morning was spent sailing our brains out on 6.0 and smaller equipment. I was out the entire time on the 111L iSonic and a 6.0 and the 7.3. What a great way to end our holidays. I packed up the board and put it in storage for next year, which we have already booked the same time frame. Anyone interested in going to Bonaire let us know or book through www.kontikibonaire.com let them know you are CMWA members. Book your equipment through www.bonairewindsurfplace.com or www.jibecity.com

Thanks to all the staff at Bonaire Windsurf Place for their continued help with equipment choices and tips on sailing as well as to everyone at the Hang Out Bar at Jibe City, the best way to end the day (more Presidente Beer required on the Island!) and finally, to the staff at Kontiki who continually amaze us with their customer service before during and after our visit! Looking forward to next year for sure!



Stephanie and Lauri enjoying a Presidente beer in Bonaire



Here's what we're missing!



Chibichibi

Parrots



Cambers according to Trevor

By Trevor Hibdige

On the subject of cambers I am a camber freak. I only sail cambers. They are a pig to waterstart but give me an advantage over the others. Rotation is a function of camber force on to the mast and frictional ease of rotation under pressure.

Cambers are held on the mast by two different techniques. Depends on the maker but

1. Batten tension pushes the camber on to the mast.
2. Downhaul tension pushes the camber on to the mast.

Modern cambers are no longer held on by batten tension (or cannot be adjusted by batten tension) but have plastic spacers to control the distance between the camber and the end of the batten. Mast diameter is critical in these designs.

I have replaced my cambers with a Naish Stealth design, which has rollers and balls in the camber which reduce the rotational friction, which means you, can load it more and still rotate.

BUT

Modern cambers have a shallow cup designed to stay on the mast by downhaul tension. This leads to a flatter profile, which in turn lets the head twist off and there are two schools of thought on floppy leeches (the line from the tip of the mast to the boom tip which controls the tension in the rear of the sail). Any sail area outside of that line is only held in shape by battens and when hit by a gust, the area outside (the roach) flops around like a flag, depowering the sail and making it more controllable when overpowered.

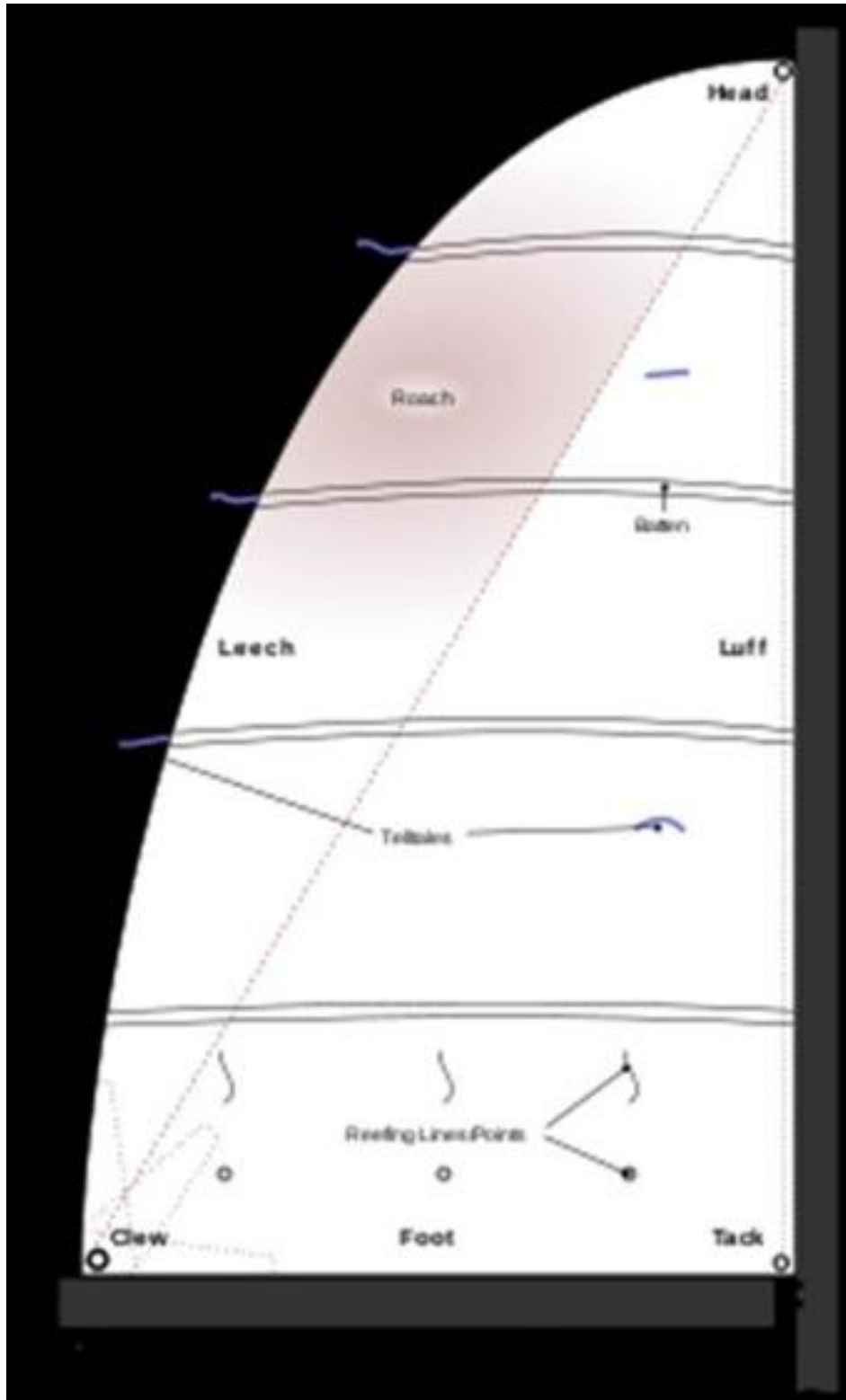
The design is marketed heavily and sailors can say, wow I can hold this 7.3 in much more wind than older sails. That's because they have less power. A lot less!!!

A sail's power is generated by the draft. The airplane wing shape. A fatter deeper draft generates more lift. Gets you on the plane quicker, accelerates quicker at the expense of drag or air friction.

Now we sail in 15 - 25 knots of wind. My 7.0 Redline is set with a big fat belly. The biggest I can get. That means it probably tops out at 35 knots board speed rather than 40 knots if I set it flatter. To be honest we NEVER reach the speed of a sail. We are limited by fear LOL.....

So you should aim to get the maximum draft possible by MINIMUM downhaul. Just enough to stop the cambers popping off when they rotate. If there is too much floppy leech like that then the mast is too bendy. The floppy leech (or twist) means reduced power. I sail with NO twist. Some other racers and ex-racers do

the same. It means more power in the lighter winds. To hell with de-powering in the gusts. I want to accelerate in the gusts. LOL.



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Upcoming Events 2011

June 11 – OSA #1, Toronto Windsurfing Club, Toronto.

June 12 – Toronto Windsurfing Club Boardfest, Toronto.

June 18 – US Grosse Pointe Windsurfing Regatta.

June 17-19 – **CMWA Women's Clinic**, Port Bolster, Ont., Stephanie Todd, surfit@sympatico.ca or 905-953-8331.

July 2 – OSA #2, RYC, Rondeau.

July 16 – OSA #3, Beacon Marina, Lake Scugog.

July 30-August 1 – **CMWA Championships & OSA #4**, Britannia Yacht Club, Ottawa, Suzanne Roberge, 613-225-4216 or roberge811@sympatico.ca.

September 9-11 – **CMWA Fall Wrap-up/Women's Clinic**, Port Bolster, Ont., Stephanie Todd, surfit@sympatico.ca or 905-953-8331.

September 17 – OSA #5, Toronto Windsurfing Club, Toronto.

September 18 – 29th Mammoth Marathon around Toronto Island, Toronto Windsurfing Club, Toronto.

The next newsletter should be published in the fall 2011. We welcome all contributions. Please e-mail your articles and pertinent pictures to roberge811@sympatico.ca.

How to Reach Us

Website: www.windsurf.ca/contact/

Or contact any member of the Board.