



# MASTERS MATTERS

## Executive's Message

The 2015 championships are fast approaching and will be held at the Britannia Yacht Club on August 1, 2 and 3.

The CMWA website has been redesigned over the winter. It is now looking more modern and includes online registration for all our events. Expenses for the redesign were kept low as we simply used a different template in Wordpress. Someone was hired to execute the changes and now Suzanne can keep it up to date as before.

We have 50 calendars to sell! We have sponsored the making of the calendar and now we can sell them to profit the youth. So because of this, we will be in a position to offer a \$500 bursary for 2015. See any of the members of the executive if you would like to buy one or help sell them.

CMWA Fall Windsurfing Weekend dates are set for Port Bolster. It is always a fun weekend no matter what the weather is. So mark your calendars for September 25-27, 2015. For information contact Stephanie at [surfit@sympatico.ca](mailto:surfit@sympatico.ca).

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## First Trip to Bonaire

By Ruth Marland

What's on your bucket list? If Bonaire is not, I recommend you add it. In March this year, I travelled to Bonaire with Kim and Neil (remember the amazing whitefish casserole at the fall wrap-up? That was Kim's!). They are great travellers and are now my good friends.

I did not know where Bonaire was before Lauri and Stephanie talked about it in September. Do you? It is a beautiful, wild and windy paradise located on the north shore off Venezuela.

To be exact, Lac Bay is the windsurfing location in Bonaire. This huge bay is sheltered by a coral reef which has made it a mecca for avid windsurfers. We settled into our daily routine – breakfast, followed by walking along the beach to The Bonaire Windsurfing Place to get geared up. We would select our gear depending on winds, whim and/or colour... just because we could! The wonderful and knowledgeable staff would get us rigged up and out into the turquoise waters of Lac Bay to explore the winds. When hunger struck we would return to shore and walk back along the beach to our “chalet” for lunch with the massive iguanas staring lustfully at our fresh fruit and water. Then an afternoon of sailing. The sun would be going down before we knew it, and we would reluctantly return to shore. Kim and I were often the last in off the water... being the crazy Canadian keeners that we are. But, the promised cocktails and Neil's appetizers were welcome incentive to retire for the evening for dinner and stargazing from the private deck.

I have to admit that I thought windsurfing in Bonaire would be easy and that I would just need a few tips. As it turned out, I needed lots of tips... in fact I needed lessons! Kim and I shared the instruction of a former Olympian, Patun who patiently guided us to improve... Although I was a rebel and would crank the sail in to fly across the water, hanging on for dear life, when I was supposed to be following his methodical direction to use the footstraps. Eventually I got myself together to sail for the first time in my harness and using footstraps at fantastic speeds.

Bottom line, this experience was totally inspiring. The winds, the beauty of the island, the friendliness of the people, and the opportunity to windsurf incessantly will draw you to this very special place. I will be back to Bonaire. Maybe I will see you there!



## Canadian Masters make a few waves at Calema Mid-Winters 2015

By John Darling

A small but capable representation of Canadian Masters on their Konas kept the American and a few Euro competitors honest at the Calema Mid-Winters in the first week of March 2015, placing well in racing and eating their share of the bounteous food at the event.

Before the event began, Andrée Gauthier and John Darling voyaged in Bob Shuttleworth's brand new van across and through the multiple Allegheny mountains to join a number of Toronto Windsurfing Club and Québécois youth training at Banana River Resort, with its front-door river launch and boardhead ambience, under the stern supervision of RS:X-coach Dominique Vallée and her two ferocious hounds always at her side or cuddling up to her bosom.

Toronto RSX team riders Roy Itzhaki and newcomers Tim Walker and (veteran youth dinghy sailor turned RSX) Michael Jenkins, under the wing of TWC coach Max Robinson trained with three Quebec team RS:Xs in medium and light winds in the days before competition.

While the RS:X fleet was dutifully working hard, Kona Masters Andrée and Bob -- by now joined by TWC veteran Chris Hope, were booking off in the considerable high surf on the ocean, dodging dolphins and who knows what else, having a ball and getting really well-washed in the tumble cycle from time to time. Chris wisely employed the local surf coach to guide him into the surf, while John D. even more wisely decided to stick to the joys of paddleboarding on the calm days on the sound.

Competition began on Friday following a delicious Thursday evening sandwich and salad dinner with a skippers' meeting explaining the double-course to accommodate Formula, RS:X, Techno and Kona in the A-fleet plus Sport B-fleet with its 78 competitors -- the major fleet, the Kona North Americans being thankfully separated on its own course from the other Olympic and assorted riffraff.

Four races were run on the first day in 10-15 knots northwest (but warm) winds placing Andrée second Kona woman and Bob third in his 9m2 Kona division (while John and Chris battled it out with US veteran not quite Grandmaster Bruce Matlack, placing second and third in this exclusive fleet). The medium wind was impossible for Formula and tough for RS:X but that, and lighter wind too, goes with their territory, so they were judged lucky for the workout.

The big Nor-Wester predicted for Saturday started gently but got up to 23-knot gusts by noon, providing Formula, RS:X and youth Techno with a chance to plane while handing Kona a range of

10- to 20-knot breezes, shaking out the fleet for those who prefer higher physical fun winds over lighter brainer tactical winds. The courses were quite short, with two upwind and one downwind legs, so planing and sprinting was both essential and difficult -- a real test of board skills. The Canadian Masters were improving their standing.

Third day, Sunday, saw delayed lighter winds which delighted the Grandmasters but put all the other younger divisions on notice, resulting in a few general recalls and some frantic upwind strategies being invented. Pumping was watched closely -- no actual protests resulted on that account though on-water warnings were heard.

All-in-all, ideal Kona tactical weather if perhaps a little light on planing conditions. After yet another large picnic of sandwiches, black beans and various exotic salads, the awards commenced at 4:30 p.m. Sunday. **Canadian Masters' highlights were Andrée Gauthier's winning the North American Women's championship (again! and 7th overall in the expert fleet of 33), with Bob Shuttleworth 2nd in his 9.0m division, 6th overall.** (Contrary to class rules, John D. and Chris Hope were handed trophies for 2nd and 3rd in the "7.4m Men's fleet by the magnanimous hosts.)

In other news, Formula managed to get 10 races in with the one woman Formula placing 7th out of 12; Kona President Joachim Larsson won a narrow victory over Floridian (ex-Canadian) Dave Stanger for first and second place Kona overall; Quebec dominated Canadian RS:X racing with 4th and 5th place finishes, TWC heavyweight Max Robinson 6th, (unhappy after placing 2nd in two races and 3rd in two more in planing conditions) ; Roy Itzaki 8th, with Michael Jenkins 12th and Tim Walker in his first RS:X session ever finishing 11 races 13th.

Clear and dry roads to and from Florida made the trip much easier than ice-age snowstorm threats in past years. This was the 29th Anniversary of Calema Mid-Winters (visit the website) -- an ideal and inexpensive vacation that more Masters should take advantage of in 2016 -- as well, the conviviality of the American sailors and hosts is legion.



Women's Kona winners: Karen Marriott 2<sup>nd</sup>, Andrée Gauthier 1<sup>st</sup>, Beth Winkler 3<sup>rd</sup>.

Men's Kona winners: Steve Gottlieb 1<sup>st</sup>, Bob Shuttleworth 2<sup>nd</sup>.



## Kona One Design News



The Kona World Championships 2015 will be held in The Netherlands from September 2 to 6. Visit the event website for more information. [www.konawindsurfworlds.com](http://www.konawindsurfworlds.com)

You can see who intends to participate by visiting this page -  
<http://class.konaone.com/Event/347/kona-world-championship-2015>

There will be Kona racing at the TWC series in Toronto. See list of events on page.

The Kona Cup will be raced at the CMWA championships in Ottawa, August 1, 2 and 3. See [windsurf.ca](http://windsurf.ca) for more details.



## Bonaire 2015

By Stephanie Todd

Can Bonaire be any more fun? We had Colin and Adrienne Campbell join us for the first week. Well, it was an experience as the winds began to blow in the mid to high 20's only to keep ramping up to hit an all time high of 40 knots. Yep and we were out windsurfing in survival mode most of the time. Colin and I took a lesson from Patun at Bonaire Windsurf Place to hone our jibing skills. It was fun if you have a death wish going mock speeds into the initiation phase. One mistake and it could mean anything. We managed to survive the first few days with only minor injuries. Toe nails lost, shoulders strained and ribs bruised or cracked and finally launch for me onto the mast with my thigh! Ouch! It did little to slow us down. Ladina provided much needed massages on the beach at Sorobon Beach Resort and the beer and the Hang Out Bar at Jibe City always helped too! Adrienne went out a few times but it was way challenging for her. The Yoga on the Beach was more her speed. Colin joined her every morning as that was the deal.

We hosted our annual dinner party with some new guests joining us. It was a great feed of Canadian Maple ribs and Bonairian shrimp. Lots of good beers and wine and camaraderie. A second dinner party in the last week was very enjoyable with our friends from Switzerland, Francois and Eric.

We had so much wind the second week that sea grass began to appear on the shore and by the third week it was getting a little rancid. The locals were trying their best to keep the beaches clean. This was something they have never seen this bad in 30-40 years. We put up with it and I was lucky as my Makani weed fin got me though the stuff floating on the surface especially during the Sorobon Masters Event.

I participated in two slalom events while I was there. Both were great fun and I got to hang with some pretty big pro windsurfers including Bjorn Dunkerbeck and Tatty Frans. On the women's side there were 15 of us of all ages competing from six different countries. I managed a 6th overall in the end!! Not bad for an ol' fart!

During our last week, things seem to get back to more normal sailing in winds that were running around 16-20 kts with the odd gusts to 28. It felt like we were putting around after our nuclear first three weeks!

"Summer is a State of Mind" is the motto for Jibe City! Life is good on the island!

Thanks to all our great friends from around the world that we get to sail with every year in such a perfect place for windsurfing. It is always our most fave holiday.

Check out our sponsors from Bonaire:

[www.lacbayvilla.com](http://www.lacbayvilla.com)

[www.jibecity.com](http://www.jibecity.com)

[www.bonairewindsurfplace.com](http://www.bonairewindsurfplace.com)

See you all on the water!



Colin Campbell (left) and Lauri Gregg (right) schredding in high winds!



Stephanie Todd and  
Beth Winkler

## Spring Windsurfing Weekend 2015

By Stephanie Todd

Port Bolster at the Burgess Enclave is the place to be when the sun is shining and there is wind and warmth. We were blessed with that on Friday night. It started out a little rainy but not up at the cottages till over night.

I arrived to see the lake looking like glass so I started considering paddling when after unpacking and rigging my sail, the front came in creating great winds on shore with fun waves to play on on my Kona! Steve, Joyce and I went out for an hour and a bit. Mike Tindall joined us and got the best wind but alas he struggled with the waves but made it back to shore on his own. We had a fantastic Friday social with homemade pizzas and other goodies. Not much leftover that is for sure!

Saturday the temperatures dropped as the winds switched to the NE but it still meant wind so we (11 of us) got out on our equipment. Fun times! Andrée went shopping and Artem and Natalya came in time for the dinner! Our appys on the Executive cottage were delicious as usual on Saturday night with BC Smoked Salmon and crackers. Thanks to Joyce we had a variety of crackers with goat cheese and red pepper jellies. Then the potluck was second to none. I am not sure how it gets better each year!! Gave away some leftover sponsor gifts and t-shirts from last year. Our group is always so grateful

Sunday the winds changed from NE to SSW so they were side off but a hardy group of us went out, Maja, Mike T and myself to start then Bob and Nick when out after we came in. Seemed like they had even more planing time than we did. All in all it was great to get out on the water before cleaning up all the leftovers from dinner at lunch, thanks to Joyce for reheating it all.

Just as Bob and I were leaving it seemed to get windy then almost dead calm...just in time for the storm that was brewing! We passed on our usual beers on the dock. It will have to wait till the Fall Wrap-Up, September 25-27th. We will have registration online ready for this event so check us out at [www.windsurf.ca](http://www.windsurf.ca) .

## 2014-2015 Executive Committee

Lauri Gregg, 905-953-8302

Suzanne Roberge, 613-225-4216

Michael Keltz, 416-482-4183, ext. 3

Stephanie Todd, 905-953-8302

Robert Mew, 416-465-1307

Artem Lavrynenko,

2015 Championships	Britannia Yacht Club, Ottawa, ON Suzanne Roberge <a href="mailto:roberge811@sympatico.ca">roberge811@sympatico.ca</a>
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### **\*\* SPONSORS \*\***



## Silent Sports



**Mae Productions Inc.**

**Bonaire Windsurf Place**

**Jibe City**

**Lac Bay Villa**

## Upcoming Events 2015

July 25-26 – TWC race #3, Port Credit Yacht Club, Toronto, [andree.gauthier@rogers.com](mailto:andree.gauthier@rogers.com)

July 31 - August 3 – **CMWA Championships**, Britannia Yacht Club, Suzanne Roberge, [roberge811@sympatico.ca](mailto:roberge811@sympatico.ca) or 613-225-4216.

August 8-9 – National Capital Regatta, Britannia Yacht Club, Ottawa, Suzanne Roberge, [roberge811@sympatico.ca](mailto:roberge811@sympatico.ca) or [www.byc.ca](http://www.byc.ca).

August 9-13 – CORK, Kingston, ON, <http://www.cork.org/cork-international/>

September 2-6 – Kona Worlds 2015, The Netherlands, [www.konawindsurfworlds.com](http://www.konawindsurfworlds.com)

September 12 – TWC race #4, Toronto Windsurfing Club, Toronto, [andree.gauthier@rogers.com](mailto:andree.gauthier@rogers.com)

September 20 – Mammoth Marathon, Toronto Windsurfing Club, Toronto,

September 25-27 – **CMWA Fall Wrap-up**, Port Bolster, Ont., Stephanie Todd, [surfit@sympatico.ca](mailto:surfit@sympatico.ca) or 905-953-8331. Registration form – [www.windsurf.ca/events](http://www.windsurf.ca/events)

## How to Reach Us

**Voice:** (416) 482-4183, ext 3 Michael Keltz

**Website:** [www.windsurf.ca/contact/](http://www.windsurf.ca/contact/)

**Or contact any member of the Board.**

The next newsletter should be published in the fall 2015. We welcome all contributions. Please e-mail your articles and pertinent pictures to [roberge811@sympatico.ca](mailto:roberge811@sympatico.ca).