



MASTERS MATTERS

President's Message

Well I am sorry to report that Sail Canada has decided not to send any windsurfers to Rio. We are particularly surprised as we had two compete in the Pan Am games last year in Toronto. As most of you know, Olivia Mew from the Toronto Windsurfing Club was a strong contender. She recently came 4th in the Worlds in Weymouth; however, as there were only 8 competitors it was deemed not good enough. This is such a blow for both windsurfing and especially women in windsurfing. We have written to Sail Canada to ask for a clear understanding of why our top windsurfers were not selected.

On a more positive note, the plans for the 2016 Masters Championship in Châteauguay are well on their way and several windsurfers have signed up already. We are hoping for a great turnout in this new location, with longboards, Konas, D2's and Youths. If you are planning on attending, please sign up online soon and also get your accommodation booked. We still have some rooms available at the site.

We held a successful spring weekend at Port Bolster. We were lucky to get both warm weather and some wind. Stephanie and her team did an awesome job with food and organizing the weekend. We have a fall weekend planned for September 9-11,

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The CMWA Masters Matters newsletter is distributed freely to all members twice a year. Participation by readers is encouraged! Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributed material for publication of the Newsletter and therefore will be subject to editing as required. Material will be returned at a convenient time so as not to incur additional costs. CMWA is not responsible for: ideas and attitudes expressed in articles submitted to the CMWA; previously published or copied material solicited as original; opinions published in the CMWA Newsletter which are deemed to be in the best interest of CMWA members and the windsurfing community.

2016. You can register on line at www.windsurf.ca or for information please contact Stephanie at surfit@sympatico.ca.

Next year (2017) is already in the planning stages. Nick Cox has started on arrangements to hold the Anniversary Championship in Deep River, close to where it all began.

The plan for 2018 is to hold our Championship in Trois-Rivières, Québec. This is not confirmed yet and will be discussed at the AGM. If you have suggestions for another site, please send them to me at mike@tindall.ca.



The Kona World Championships 2016 will be held again at the Guy Harvey Islander Resort in Islamorada, Florida from October 28 to November 2. For more information, visit <http://class.konaone.com/Event/1446/kona-world-championships-2016>

The Kona Cup will be raced at the CMWA championships at the Centre nautique de Châteauguay, July 29-August 1. Visit www.windsurf.ca for more information.

Defi Wind, France

By Jean-Robert Wilhelmy, Makani Fins

Your Guide to DEFI WIND 2017

Since 2014 I have been looking into going to this crazy event and every year after the event was over, I was telling myself I should have gone, why didn't I go for it? I finally made it to the 2016 edition and now I am telling myself why didn't I make it earlier!! I missed all the previous editions but I won't miss the next ones for sure. This year's event did not have the famous Tramontana wind needed to make the races but still it was an amazing experience why? Well here's why...



Getting there from North America

It's pretty easy to find direct flights to nearby major cities. You can land in Barcelona, Toulouse, Lyon or Marseille so get the best deal and make sure they can take your gear if you plan on bringing your own and double check their extra luggage rates. I flew from Montreal to Lyon with Air Transat and had to pay an extra \$100 for the gear each way. If you have your gear rent a car and drive on the scenic roads to Gruissan. If you don't, jump on a train to Narbonne and once in Narbonne take bus #8 Gruissan-La plage. Super easy and you're there in a few hours.

Gruissan, France

The village of Gruissan is small, beautiful and overlooking the Mediterranean ocean. It is also easy to convince your loved ones to come over since there is so much to discover, unlike so many windsurf spots. The village is sitting under a medieval castle and the little streets are filled with nice little locally owned shops and restaurants plus it is famous for its open market where you can get amazing cheeses, charcuterie and croissants! You also have next to the event location a nice restaurant, Grand Soleil café, serving amazing local fish, giving you free wifi access to stay connected and where the staff's smiles will brighten any cloudy day! Best spot to hang around.

The Crowd

Everyone making it to Defi Wind is stocked to take part of the biggest windsurfing event in the world and wants to be in the action whatever that means from windsurfing, supping, partying, crowd surfing and joining in for the apero (French happy hour - starts at noon finishes at midnight;-). So don't worry even if you don't speak French, just say Bonjour and even if you don't know anyone, you're going to meet so many amazing people you won't be able to remember all their names. I was honoured to be part of Vince's camping Lounge and we had so much fun!

The event

It's a pretty simple set up but not so simple to organize. The race is a line-up of 1,300 windsurfers going for a 20 km run and back. The wind has to be offshore and at least 20 knots and usually the races take place in 30 knots or so. Don't worry security is at its peak. They have dozens of jetskis and boats and they even have a helicopter dedicated to the event. If you stay close to shore you will have water to your chest pretty much on the entire run. The idea of a long distance is like doing a marathon, you are not there to win the race but to complete the race with your best personal score. It's not intimidating and open to riders in their first year of windsurfing and to the best in the world and all mixed in one fun race.

The nightlife

The evenings are great to meet people from all over the world! Much like the Olympics, there are over 30 nations represented at the event and I was the only Canadian. We need a better delegation in 2017 guys. In any case we are all from the windsurfing planet and joined together for fun so we all party together! Every night is filled with live bands like the Will Barber Band and followed by DJ's if you have the energy for it... If you don't, then no worries everything is far from the hotels, cottages or campground so you can sleep and regain your energy for the next race.

7 Steps to make it to Defi Wind 2017

1 - Reserve your equipment rental

If you wish to rent on the spot you must contact the rental soon. He keeps 15-20 kits for the event and cost is 200 Euros. If you are not renting expect to bring an approx a 90 litre board and 2 sails (4.0 & 5.0) and a few Makani fins! The extra luggage comes to approx the same price.

www.polenautique-gruissan.com - jerome@pdenautique-gruissan.com

2 - REGISTER

Don't miss out the opening day for the registration (defiwind.com). Last year it took 24 hours to fill 1,300 spots. You can always come over and ride the spot without registering but you won't be admitted in the races. It is still worth it to come over if you are late and take the chance to get a spot from someone not showing up.

www.windmag.com/defi-wind

3 - Reserve your stay

If you want to get a cottage with friends better do it sooner then later. The closer to the spot you will be the better off. This applies as well for the hotel. If you plan on camping on the spot (it's free) then just make it a day or 2 prior to the event. The locals only make it at the beginning of the event so you will have a spot but don't forget it's a parking lot, not a nicely protected serviced campground.

- www.tripadvisor.ca/Hotels-g666500-Gruissan_Aude_Languedoc_Roussillon-Hotels.html
- www.agencedusoleil.com/agence/agence-immobiliere-gruissan-28.html
- www.legrandsoleil.com/hotel

4 - Book your flight

All major companies make it to Lyon (Air France, Air Canada, Air Transat). You can fly to different cities, from Barcelona to Lyon, and then continue with the amazing public transit especially if you are renting your gear. Air Transat is the best option if you are carrying gear as they charge \$100 for one windsurfing kit.

- www.airtransat.com
- www.airfrance.com

5 - Book your car rental

There are of course many companies available and cars are different then in North America so make sure you get the size you need depending on your crew. If you go by train you don't have to reserve in advance.

- <https://triavi.com/rent-a-car/france/lyon/lyon-airport/passenger-van-hire>

6 - Get fit and practise riding well overpowered for a long time, as it will keep make it easier once in Gruissan.

BUDGET (approx)

- \$750 flight with (\$950 with gear)
 - \$150 cottage (4 guys) or \$0 if camping
 - \$200-\$300 food & drink
 - \$200-\$300 transportation (train or car rental)
 - \$150 race registration (includes t-shirt, rashguard and many chances to win tons of raffle prizes)
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So for \$1,500-\$2,000 you will live one of the best windsurfing experience of your life. Please don't give yourself the excuse for not coming over that you are not a racer... there are less then 10% of the participants who are racers!! If you want to know more about the event don't hesitate to contact the DEFI WIND staff or myself. We definitely need a better North American delegation in 2017.



2016 Championships in Châteauguay, Québec

The 2016 CMWA championships will be held on July 30-31 and August 1 at the Centre nautique de Châteauguay (<https://www.facebook.com/centrenautique?fref=ts>) which is the sailing ground of our member Éric Bouillet, a Division 2 enthusiast.

The 2016 event will include an International Division 2 Regatta as well as the regular Kona One and Open Raceboard racing. Éric is inviting anyone with or without a D2 to come and relive the sailing experience of years past. He has D2 boards that he can charter to potential visitors from afar.

We have reserved a block of 18 rooms with private bathrooms at the Manoir d'Youville. This is the closest hotel to the event where we will also have our dinners and more. You can see what the Manoir has to offer by visiting manoirdyouville.ca. To reserve your room, please call Angela Mason at 450-692-8291, ext 231 and mention the CMWA.



Toronto Windsurfing Club's Saturday Race Series

By Andrée Gauthier

Last summer TWC held a series of four Saturday afternoon races. The objective was to build the racing scene in our own backyard. With the cost of gas and the large number of potential developing racers at TWC why not stay home, devote only a part of the weekend and race for free. This also would allow our junior camp attendees to come out and gain some experience racing windsurfers without having to leave home.

This summer we are hosting five Saturday races with the skippers' meeting starting at noon and the first start signal at 1 p.m. Unfortunately, our May 14 race was cancelled due to frigid water and weather. The next four races will be held on June 11, July 9, Aug 27 and Sept 17, 2016. If the weather cooperates there are usually more than 25 racers attending.

The benefits of racing for the recreational windsurfer are many. Living in a big city such as Toronto can limit access to friendly, social experiences doing an activity you love. You will meet many club members and start a friendship that can carry over to free tips on how to improve skills and even group trips to faraway places. Racing also challenges your skills and develops advanced skills more rapidly than just going back and forth in fair weather. You learn a lot about sail trim, equipment, technique and sailing up and downwind in all kinds of conditions. Last but not least, racing is fun.

Congratulations to Nick Cox who was first overall raceboard in 2015's TWC Saturday race series. Bob Suttleworth was first overall Kona king. Emma Sewell was first overall Bic Techno racer. Our RS:X racers were scored as raceboard but it looks like Zane Feder may have been first in the RS:X class.

In Summary, come to TWC by 11:30 a.m. or 12:00 on Saturday June 11, July 9, Aug 27 and Sept 17 to meet people, have fun and find wind (hopefully). Our race series is run by a group of volunteers and we thank them hugely (Irene McNeill and Chris Hope).

Bonaire 2016

By Stephanie Todd

Another month of May in paradise. We arrived to hot humid windy Bonaire after an overnight in Atlanta where we had met up with one of our American friends, Don Lee. Saturday was spent getting Lac Bay Villa set up for our month stay including a trip to the grocery store. It was windy that day but we opted just to chill while Don went sailing with a number of the other US buddies who had been waiting for some decent winds the past week.

So while they sailed, we enjoyed a cold Presidente on the upper deck looking out on the bay. After a good night sleep, we got my two boards in the truck and we had our first day of sailing. Started out light so on my 111L iSonic with a 7.5 but the afternoon was a bonus with a 5.0 and the 90L iSonic. Lauri was on a Starboard 100L with a 5.0 in the afternoon as well. Boy, talk about getting a workout right from the get go! The rest of our visit was just day after day of great sailing with one full day off due to light winds and a forced 1/2 day when Lauri got stung by a scorpion in his windsurf bootie! Note to selves... be sure to shake everything out before carrying it anywhere or putting it on!

We had a surprise visit from our friends and their boys, Martin and Miriam, Lars and Finn. It was great to see them. Lauri and I managed a lunch with Miriam over at the Beach Bar at the Sorobon before they returned to Holland. So great to spend time with one of our past sponsors.

One light day I managed to convince Lauri to go to Pink Beach with me to snorkel though he never went into the water. It was beautiful as usual. I also did a couple of 1/2 days where I just went touring to take pictures on my own as well as snorkeling near the reef while Lauri sailed a big board and big sail. I just wanted to keep in my memory some of the great windsurfing on the smaller stuff.

I raced in the Cuppa Julia, and had a 3rd place finish in the women but I did manage to pick the wrong equipment so I was slow of the line and the jibe marks being underpowered. It was still a lot of fun and the free lunch was excellent as well as the camaraderie!

While there, I took another jibe lesson on water with Ro. It was lots of fun since the winds were cranking at 20+ knots! Had to get over the fear of going mock into the jibe so I could come out with speed. Just have to remember the body parts all have to keep moving and never get static. Lots of fun and learned that I can do it! So the rest of the trip was spent on my two boards practicing good jibing.

We also squeezed in a few massages from Ladina van Swoll Mouchior at the Sorobon. It was a great way to relax tired muscles after a few days of hard sailing.

Everyday was wrapped up at the Hang Out Bar over by Jibe City having beverages with our friends, Carri, Peyton, Katie and Don just to mention a few. Needless to say I was spending a lot of time buying stuff in the Jibe City shop. Supporting our sponsors! Fiona, shop manager, is so supportive of the sport.

We had our usual dinner parties at the Villa. Our first being with our US friends that were leaving the island before us. That was the night that Don Lee made the "Dark & Stormy" drinks for the ladies... very yummy but you can't drink to many of them! The second dinner party was with our Swiss friends, Francoise and Erich. We had some great laughs that evening as Erich had a stand for his camera so we did some fun pictures. Our last dinner party was with the Villa Managers, Marco and Petra. Much fun was had again along with copious amounts of rum consumed by Marco and I!! Needless to say I was a little bit slow getting going the next day!

The hardest part about Bonaire is leaving. But knowing that the trip is already booked for next year gives u something to look forward to. Hoping to see our daughter and maybe the grand girls and her hubby there next year for a couple of weeks.

If you want to go to a place that has warm winds, warm water and is likely the safest place to windsurf or learn to windsurf in the world. Bonaire is the place to go. Lac Bay Villa, Bonaire Windsurf Place both offer discounts to our members and Jibe City is one of our product sponsors so be sure to support them all if you travel to Bonaire. Getting there can be a one day flight or two depending how you travel. Well worth it though. See you on the water!

Spring Get-Together 2016

By Stephanie Todd

CMWA Spring Get-Together this year was more like a summer get-together at the Burgess Enclave. The sun was shining and the temperatures warm enough for just a bathing suit most of the weekend. The winds unexpectedly picked up around 4 p.m. and any one who was rigged got a good 2 hours of sailing in. Even those who were late arrivals hopped rigged and hopped on others boards for a chance to enjoy the wind. There was some BC Smoked salmon and crackers to snack on while homemade pizza were prepared by Steve, Joyce and myself.

As usual, the Friday social was enjoyed by those who were able to arrive that evening.

On Saturday, most of the group headed to Casey's for breakfast and by the time they came back the remainder of the guests had arrived. The sun was shining and the temperatures hit the mid 20's, so though the winds were light to begin the day we all got out on the water whether it was sailing, paddling or swimming. Lunch was potluck and turned out great with all sorts of delicious food as well as the signature soup. We had a few additional guests join us in the afternoon to check out our site and we had hoped for some music but we were all having too much fun just socializing. Our appetizers on the Executive cottage were delicious as usual with BC Smoked Salmon and crackers as well as various crackers, brie and red pepper jellies and some nachos and dip washed down with various beverages (beer, wine or Scotch depending on your choice). This was followed by our famous potluck, which just gets better each year. Gave away some sponsor gifts and T-shirts to the newest members. What fun! Wrapped up the evening on the front deck of the Green Cottage a little later than usual.

It rained overnight and into the next morning but it stopped before we headed to Casey's for breakfast on Sunday. While watching the geese chase one of the Port Bolster Inn guests we noted that there was some serious movement in the trees so we headed back with high hopes of some great sailing. At first it looked like it was all just land breeze but it soon changed into some pretty serious wind with gusts we think to 20 knots! Most of us just chose to go out on what we had rigged. Thanks to Bob for helping me adjust my Kona sails as it felt like it did in Islamorada FL! All in all Vlad and Artem were the last to join us on the water... Maja, John, Nick, Bob, Mike, Joyce and myself all had a wonderful 2-3 hours of blasting sailing while Emma and Natalya watched and took pictures from the Executive Deck. Lunch was put out for people to munch on before they packed it up. The final clean up was done, thanks to Nick, Bob and Joyce for their tremendous help. We then all enjoyed a pint on the deck and watched the winds fading. We certainly had sailed winds right off the lake that day.

Don't miss the **Fall Wrap-Up, September 9-11th**. We have registration online for this event so check us out at www.windsurf.ca and register early for prime accommodations.

2015-2016 Board of Directors

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2016 Championships	Centre nautique de Châteauguay, QC Éric Bouillet, eric.bouillet@videotron.ca Suzanne Roberge, roberge811@sympatico.ca
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**** SPONSORS ****



Silent Sports



Mae Productions Inc.

Bonaire Windsurf Place

Jibe City

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Upcoming Events 2016

July 9 – TWC race #3, Toronto Windsurfing Club, andree.gauthier@rogers.com

July 16-17 – National Capital Regatta, Britannia Yacht Club, Ottawa, Suzanne Roberge, roberge811@sympatico.ca or www.byc.ca.

July 29 - August 1 – **CMWA Championships**, Centre nautique de Châteauguay, Châteauguay, Québec, Éric Bouillet, eric.bouillet@videotron.ca, Suzanne Roberge, roberge811@sympatico.ca or 613-225-4216.

August 12, 13, 14 – CORK (Bic, RS:X, Kona, Raceboard North Americans), Kingston, Ontario, <http://www.cork.org/event-schedule/>

August 27 - TWC race #4, Toronto Windsurfing Club, andree.gauthier@rogers.com

September 9-11 – **CMWA Fall Windsurfing Weekend**, Port Bolster, Ont., Stephanie Todd, surfit@sympatico.ca or 905-953-8331. Registration form (to come) – www.windsurf.ca/events

September 17 - TWC race #5, Toronto Windsurfing Club, andree.gauthier@rogers.com

October 28 – November 2 – Kona One Worlds, Islamorada, Florida, USA, <http://class.konaone.com/Event/1446/kona-world-championships-2016>

How to Reach Us

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Website: www.windsurf.ca/contact/

Or contact any member of the Board via our website.

The next newsletter should be published in the fall 2016. We welcome all contributions. Please e-mail your articles and pertinent pictures to roberge811@sympatico.ca.