



Masters Matters

Volume 14, Issue 2

May 2004

President's Message

By Suzanne Roberge

I hope the winter was good for all of you! You have all probably already started your windsurfing season by now and I hope it was a good beginning.

Our event in Kingston is shaping up with the help of Stephanie Todd, Jon Matthews and Don Graves. You will find a Notice of Race with this newsletter. Once again it promises to be a great party that hopefully will

be accompanied with great sailing. Register early if you can – that will help us in our planning. Remember also that the AGM takes place on the Sunday of our Championship weekend.

The Spring Clinic may have come and gone by the time you read this newsletter but the Womens' Clinic may still be to come on June 19 and 20. Contact Andrée Gauthier for more info. A registration form is included with this newsletter.

One of my emails triggered a response from our American friend Maggie Taylor. We have not seen Maggie and Bill at our races for the past few years but they are still sailing and enjoying it. Maggie mailed me their Master/Senior Windsurfing Council newsletter and low and behold I found some familiar Canadian names in it. It looks like Yvon Lefebvre took first place in the 45 + at the 2004 Island Style Classic, Germain Bisson came 3rd in the Seniors 65+ at the Midwinters and Andrée Gautier came in 2nd in the women's category, also at the Midwinters. Bill Taylor finished first in the Seniors 75+ at the Midwinters.

And then I heard that Rick Collins had done pretty well also at the Midwinters' beating Geoff Mitchinson. For more, visit Calema.com. Congratulations to all! ❖

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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 Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributed material for publication of the Newsletter and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. ❖

Thank you to our new sponsor!

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CMWA Spring Clinic 2004

By Stephanie Todd, CMWA Social Director

There was wind and there was sun at Minet's Point in Barrie for the annual Spring Clinic. Geoff Mitchinson was happy that we could finally practise what he has been teaching us for the last few years up at Port Bolster when we had a lot of dry land training. Well not this year, as the wind was perfect for the new formula riders and for the long boards as well. The only thing that was cool was the water a mere 11 degrees C, so no waterstart practising.

Lee Farrington our youngest participant (15 years) was eager to learn more so he can compete this year on the Ontario circuit. As a competitive skier he is in good physical condition and will go far I'm sure in this sport. Andrée Gauthier, who was ripping it up on her formula board was ready to give him some tips on getting planning. Bob Shuttleworth, was testing out his injured shoulder (skiing injury) for the first time on the formula and seemed to sail better after lunch though he thought he was sailing stupid. I attested that to the cold!! Bob Woosnam from Cambridge was happy to be sailing with fellow sailors as there aren't many left in the pond that he sails on near Waterloo. We welcomed back, Harmut Kayser, long time CMWA member who hadn't been sailing for a while but was glad to make it back to shore in one piece. Bob Sorenson, is still alive and kicking and was out working on the jibes and tacks along with Duke Duyck and Graham Earle. I spent most of my time trying to get into the back footstrap when the formula board dialed in and was planning at break neck speeds. You won't have to worry about me on the race course, not yet anyway!

Lunch was provided in the warmest spot away from the beach but not far enough out of the wind as we had to hold on to our plates as we piled them with Greek salads, green salads and sandwiches that we slapped together ourselves. This was all washed down with iced tea or water. No beer this year!

We wrapped up the day watching Geoff ripping it up on the bay as he caught the last of the thermal in the afternoon. We huddled in the back of Andrée's van to keep warm in the lowering sun, chatting about how great it was to finally have wind combined with sunshine.

Don't miss out on the fun, camaraderie and great food, be sure to join us in Port Bolster for the Fall Get Together, September 24-26. ❖



*Geoff Mitchinson demonstrating how to tune a 9.0.
Photo by Stephanie Todd.*



*Bob Shuttleworth, our Vice-President, and
Andrée Gauthier, our Women's Director,
trying to keep warm.
Photo by Stephanie Todd.*

How to Reach Us

Voice: (613) 820-2612 Dave Luck

Email: membership@windsurf.ca

Website: www.windsurf.ca

Or contact any member of the Board (page 5)

CMWA Snowfari 2004

By Stephanie Todd, CMWA Social Director

The day couldn't have been more fun up at Horseshoe Resort on Sunday, February 15. With the sun shining on freshly groomed runs our 10 participants jumped on to their skis and boards quickly and hit the slopes.

The Tindall troupe of Mike and Jane with their grandson Kennedy, took advantage of the package deal and grabbed a lesson to improve their skills. George was finally convinced to take the lesson with me along with our new participant Katharina McDade, a friend of Lorna Adams, one of my neighbours. Chris Hope was out boarding as was Sue Thomas and André Jubinville. (The latter being our long lost but not forgotten CMWA members! We hope to see more of them on the water!) Dan Les was there to round out the gang.

Lunch was held in the Go West Grill and was served up quickly as I had to make it to the next lesson bell. Work called on me to do that! Next year I am going to take the day off and just enjoy the day along with everyone else!

Off to the tube park we went where everyone took their turn ripping it up on their tubes. I can't remember who else was in the tube with Kennedy, Mike and myself but it sure was a ride!! Jane opted to bow out this year. I guess I scared her off last year with the big spin!

We all certainly extend our thanks to the Ian Kirkpatrick and his team at Ski School who help out by sponsoring this event annually by giving us a great break on the lift passes, rentals, lessons and the tube park.

The grand finale was at our house for the usual feed and drinks. Few were able to make it but George's wife, Carole, was able to join us.

We hope to have a bigger and better turn out for our 9th annual Snowfari next year. Don't miss it! ❖



Bundled up Snowfari participants Mike Tindall, Stephanie Todd and George Simons.

Women's Clinic 2004

By Andrée Gauthier

Mark your calendar for the weekend of **June 19 and 20, 2004** for our clinic at **the Burgess Enclave on Lake Simcoe**. This year we are planning to focus on the beginner and intermediate level sailor. The objective is a weekend long fun approach to learning. Our hope is to have some new types of board for the entry-level sailors. We certainly welcome any one who has extra equipment to bring it along no matter what vintage! Our returning veterans will be there due to the social aspect and are sure to give their take on women and windsurfing throughout the weekend.

Our newest coach, Dan Thompson, who ran a great Fall Clinic for us and provided us with new tips, has an interest in assisting us with the Spring Clinic. For the seasoned shortboard veterans, we are planning more of a social, sail together weekend with on the water tips when the wind picks up. Let's start praying to the wind Gods now!

Our goal is to attract new people into the sport, so bring a friend who would like to try out your favourite sport of windsurfing.

Any and all ideas for 2004 Spring and Fall Clinics are most welcome. Email Andrée Gauthier, CMWA Women's Clinic Director at andree.gauthier@rogers.com. ❖

2004 Neil Pryde CMWA Championships

By Jon Matthews et al., Toronto, Ontario

You all know Kingston. It is a great windsurfing and partying town. It is the home of CORK and it is Canada's best known regatta venue. It is where Canadians held our Olympic sailing races. In summer it is where we can always find wind and lots of partying sailors.

At the Kingston Yacht Club (where we will have our AGM dinner), you can see the picture of the largest sailing race start in history when about 20 years ago, over 500 windsurfers lined up in front of our launch. But Kingston is much more than just the best regatta site in Canada; it is a beautiful old classic city with street musicians, great restaurants, and even better bars. Below is a taste of what can be said:

Strategically located where the St. Lawrence River intersects with Lake Ontario, 'The Limestone City' thaws out quite nicely around July and August, just in time to welcome hoards of thirsty windsurfers and sailors. A nautical town from its very birth, Kingston is now a favourite for those who like their chop beefy, their races gruelling and their launch an exercise in self-flagellation. Nevertheless, once on land, the city extends a host of rewards to the exhausted sailor unparalleled in the rest of Ontario. To begin with, it offers an impressive concentration of quaint 19th century limestone buildings and historic sites. Kingston is, above all, a town for walking.

After getting off the water, strolls through its verdant parks and along its buzzing central boulevards offer an excellent way to kill time before the pints start flowin' and social life begins. Whether you prefer to finesse your taste buds with *Tango's* tapas menu, or sip some yellow label in WoodenHeads' quaint back courtyard, or raise a pint at the TirNanOg Irish Pub, Kingston has a shockingly wide array of choices for the culinary adventurer. Furthermore, when your dinner is done

and you've got a few micro-brews in you, there's also plenty of live jazz, blues and rock music to erase the next day's start from your mind.

When you need a place to lay your head, Queen's University might accommodate you for a reasonable \$33 with breakfast (see below). If camping is more your style, Lake Ontario Park campgrounds are easily accessible from the Richardson's Beach sailing site and they charge under \$18 dollars per person. B&B's and hotels are abundant including the new Four Points Sheraton (and are all listed on the website below).

Regardless of what corner of the country you live in, the following is likely true: you either have no one to sail with or too many buddies and too little wind. A mere 240 km from both Toronto and Montreal, Kingston offers the stunning combination of consistent breeze and competitive fleets year in and year out.

Restaurants:

Tangos

331 King Street East - <http://www.thetango.ca/>

Wooden Heads

192 Ontario St. - 613-549-1812

<http://www.whatsonkingston.com/entertain/woodenhead/index.html>

Tir Nan Og Irish Pub

200 Ontario Street -613-544-7474

<http://www.whatsonkingston.com/entertain/tirnanog/index.cfm>

Accommodations:

Residence = We have reserved a block of rooms at Queen's University Residence that should be together and reasonably quiet. To join that block you contact Queen's (before July 1) by voice: (613) 533-2223 or FAX: (613) 533-6624 or email:

halladay@post.queensu.ca and identify yourself as

belonging to the "Master's Windsurfing Group". The room charges are \$31.75 per person in double room or \$51 for a single room; breakfast included but taxes extra.

Website: <https://housing.queensu.ca/conference/>

Camping = Lake Ontario Park: (613) 542-6574.

https://www.cityofkingston.ca/residents/recreation/parks/park_lakeont.asp

Hotels listed:

http://tourism.kingstoncanada.com/accommodation_g.cfm?Cat=2



Thank you to our generous sponsor!



The 2004 Quebec Windsurfing Tour Starts in Montreal!

May 29 – 30

Formula, Slalom, Freestyle, Clinics, Lessons, Speed check, Demo-Day, Supper gathering, Dance evening, Big Prizes.... all for YOU!

Windsurfing Canada is proud to announce the 2004 Quebec Windsurfing Tour. This concept, based on the spirit of fun amateur windsurfing, is designed to promote the windsurfing community in Quebec. The Tour will include 5 competitions held around the province of Quebec with the choice of Formula/Racing, Slalom, Freestyle and Long Distance. The principle of “no wind minimum” applies, to ensure that racing can take place during the whole event.

The first event of the “Tour” will take place in the Montreal area, at Oka Park, hosted by the APVM volunteer team and the Oka Park (SEPAQ). The two-day event will include a window of possibility for two days of racing, and also a concentration on beginner lessons, formal and informal clinics for all levels, a radar speed check, our traditional Annual Demo Day and a BIG participation prize drawing. This weekend wouldn't be complete without a “Gathering”. A beach side supper and party are planned for the Saturday evening at the main beach pavilion, “Le Littoral”. Camping is available for all who wish to spend the weekend, and for all day visitors, access to the park is at reduced rates.

Please consult www.apvm.ca for Tour updates. For more information on the 2004 Quebec Windsurfing Tour, visit www.ericgirard.com ❖



CMWA Board of Directors

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<i>Past President</i>	Rick Collins 613-829-2687

* Indicates members of the Executive Committee.

NEXT NEWSLETTER

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

No Wind Activity - Model Rocketry

By Nick Cox, CAN 32

OK, so you've checked out iWindsurf, the weather network and the "official lie" on the weather radio and this day... they're actually right – there won't be even enough wind to get a TWC racer off the beach!! Bummer, I guess you're not going to be giving that new 5.5 the workout it needs, or impress the ladies on the beach with your latest (beach) gybes. So what to do?? Well, if you still crave the adrenalin rush of leaning into that perfect carve gybe or hitting that most excellent ramp on your way to catching some mega-air, then consider checking out model rocketry where the air you "catch" is measured in hundreds or thousands of feet and not simply in tens.

Model rocketry has a very wide appeal, from the very young to the very young at heart. All you need is a relatively windless day, a large field (preferably without rocket-eating trees) and of course your model rocket, complete with launch pad and launch controller. Most people begin their interest in model rocketry with ... just that, model rockets, while others delve into the mid-power (...larger) or the high power (... huge!) rockets. Getting into model rocketry is as easy as visiting your local hobby shop, finding a rocket kit you like, getting the appropriate engines and then spending some time building. Building is a rather personal process since some like to build as quick as they can, slap on some paint and then go flying – a couple of hours or days... max.. Others, myself included, like to take their time, make sure that everything is put together right and that the paint job looks just perfect – this requires much more time (and patience too). Launch pads can be built simply out of a large juice can filled with sand and a piece of stiff 1/16th or 3/8th welding rod, while launch controllers can be made quickly and cheaply out of some wire, alligator clips and a car battery – or if you prefer, get one along with the launch pad from your hobby store.

Now that you've got everything together, do you launch by yourself in the local park or find a group of similar enthusiasts. If you are planning the former, you'd better check out your local bylaws, since many communities have regulations governing the launching of model rockets in public places. If you want to launch with a group then a visit to the Canadian Association of Rocketry web site (<http://www.canadianrocketry.org>) is probably a good place to start. Here you can find out info. on any clubs in your area as well as a wealth of material about all the other aspects of rocketry. Launching with a club is probably a good idea as most clubs have insurance and will cover members should their rocket (or rocket parts) land on someone or their property. Now, model rocketry is most definitely a spectator sport so take along the whole family and if you have children... well they're the best rocket retrieval system going. Besides, they have fun and it wears them out too...makes for a peaceful drive home!!

So if you still crave the rush for speed (most model rockets will leave the launch pad in excess of 100mph) or just want to hang out on a warm, windless day watching the sound barrier broken, daydreaming about that perfect 30knot day... then check out model rocketry. It's a blast. ❖



Nick Cox and his rocket – first launch of the season.
Rocket made it back undamaged!

Windsurfing 2004 Schedule

- June 12-13 – Barrie Windsurfing Weekend, Minet's Point Park (Ontario Formula Windsurfing Championships/Raceboard/Youth)
- June 19-20 - CMWA Women's Spring Clinic, Port Bolster, Andrée Gauthier
andree.gauthier@rogers.com
- June 26-27 - OSA Circuit #2, Wasaga, Ontario.
- June 24-27 - Shippagan Windfest; Shippagan, New Brunswick. Info: roch1755@hotmail.com
- July 1, 2, 3, 4, 2004 Quebec Windsurfing Tour, Baie de Beauport, Quebec City *
- July 30-August 2 - CMWA Canadian Masters Championships/OSA Circuit #3, Kingston, Ontario.
- Aug. 14-15 - National Capital Regatta, BYC, Ottawa (Raceboard & Formula). Info: bobjoan@sympatico.ca or www.byc.ca
- August 13-14 - 2004 Quebec Windsurfing Tour, Lac St-Jean *
- Sept. 11-12 – OSA #4 & TWC Mammoth Marathon (Sunday), Cherry Beach. Open to all, Long & Short courses. Info: 416-461-7078 or www.torontowindsurfingclub.com
- Sept. 18 - CMWA Women's Fall Clinic, Minet's Point, Barrie. Andrée Gauthier, 416-385-3657 or andree.gauthier@rogers.com
- Sept. 17, 18, 19 - 2004 Quebec Windsurfing Tour, Baie de Beauport, Quebec City *
- Sept. 24-26 – CMWA Fall Wrap-up, Port Bolster. Stelphanie Todd surfit@sympatico.ca or 905-953-8331
- Oct. 16-30 - CMWA trip to Hatteras, contact David Culliford, d.culliford@rogers.com

* For more information on the 2004 Quebec Windsurfing Tour, visit www.ericgirard.com

Agenda – Championships in Kingston!

July 30th

- Friday Night reception/registration at Kingston Yacht Club (KYC) – 6:00 p.m. to 8 p.m.

July 31st

- All day racing, wind permitting
- Dinner at Mino's Restaurant 6:30 p.m.

August 1st

- All day racing, wind permitting
- Annual General Meeting at 6 p.m. at KYC
- Dinner at 7:30 p.m. at KYC

August 2nd

- Morning races
- Lunch
- Awards



Geoff Mitchinson showing how it's done at the 2004 Spring Clinic.

FOR SALE

Professionally built windsurfing trailer with box and board rack. Painted brown with decals. Solid wheel base and tires. Please reply to Norman Burgess northwd@nexicom.net or 705-657-2588.

Moving?

Please send us your new address, etc. to membership@windsurf.ca.

This newsletter was prepared by Suzanne Roberge. Thank you to those who responded to my plea and sent me some material.