



Masters Matters

Volume 17, Issue 1

Fall 2006/Winter 2007

President's Message

By Suzanne Roberge

Another sailing season is over. I hope it was good for all of you. The championships held at Geneva Park in Orillia were well attended with 23 participants. Visit www.windsurf.ca for the results. I can only speak for myself but I thought the venue was perfect for our type of event/gathering. Once you consider that everything

was included, it was not overly expensive. Also, I liked the fact that you did not have to worry about where you were going to get your next meal! As for the wind conditions, well... as the name of the lake demonstrated, it was windy! I sure hope we get to go back there in the near future! I would like to thank Jon Matthews and Jerry Caplan for organizing the event, Stephanie Todd for ensuring the social aspect of the event was superb and Christopher Hope for acting as our Race Officer.

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In 2007, we head to Deep River, Ontario to celebrate the 20th anniversary of the CMWA. Twenty years ago, the first regatta was held in Pembroke, Ontario. As a result, we searched a location in the same area for 2007. The Deep River Yacht and Tennis Club will be our host. Nick Cox and Stephanie Todd are organizing the event. More information on page 5. ❖

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 Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributed material for publication of the Newsletter and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



The gang!

Women's Spring Clinic 2006

By Andrée Gauthier, Coach

This spring, we once again had a very successful weekend with Dan Thompson, Andrée Gauthier and Colin Campbell coaching 18 women, beginners to advanced skills. The wind was warm and strong enough to practice beach starts and water starts on both days. Must have been because Stephanie was away in Sweden! We had one junior windsurfer, Jess Campbell (age 12) who we will likely see turn into a Surf Betty as the years go on.

Our group of beginners was as keen as ever and showed good potential of becoming hooked. Holly overcame her fears, Philipa would not quit and Lori will continue to improve on her honeymoon in Hawaii. Dori will find that perfect board to learn on and we hope to see her at the Toronto Windsurfing Club. Ina and Saffron got to try the new Olympic (RSX) board. Will we soon see them in the 2008 games! Grace, get on the water already and practice like Joyce, Erin, Denise and Jocelyne.

The potluck lived up to everyone's expectations with more food than we could eat.

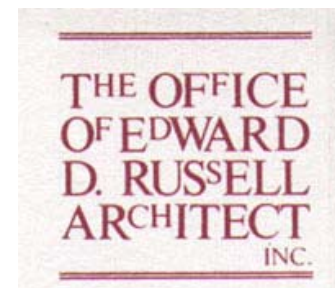
As usual, the weekend wouldn't be complete without the assistance of Bob Shuttleworth. A man who can make any problem disappear including the stuck vehicles in the parking area.

Next year, we need a camera person and marks. Maybe we will get the participants to make up their own name tags with a theme in mind so Dan won't forget the names, especially on the water! We look forward to seeing you all next year. ❖

Thank you to our generous sponsors!

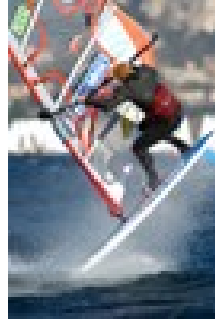


Thank you to our renewed sponsor!



Women's Fall Clinic 2006

The following is a letter sent by Anne Murphy-Turliuk after she attended the fall women's Clinic.



To: Steph, Andrée, Lauri, Nick, Dan, Bob, Colin.....
Re: Fall Women's Clinic
From: Anne Murphy-Turliuk
Date: September 18, 2006

As seen above, I have acquired so many new skills thanks to your workshop this past weekend that this morning, the high winds off Burlington Bay beckoned me to take a nosedive after jumping a wave.....in my dreams that is!

Just a quick note to all of you (and probably others I should have named) to thank you so much for helping me relive my youth, I mean rediscover that perhaps I am not too old to still partake in this wonderful sport with the support of folks like you! It was a blast and all very well organized thanks to the efforts of your team.....I learned a lot, laughed a lot, am sore (which is good), am humbled yet inspired (to go shopping and traveling especially). Thanks to all who loaned equipment for me to try in particular; despite my efforts to do a lousy tie-down job, the 1985 Mistral made it home in one piece!

My Bob vows to never let me attend alone again (especially after hearing about other Bob's exposing his thighs then inviting the ladies into his room late at night!) after the descriptions I gave of the gourmet delights we consumed all weekend.

Back to reality but thanks for the great weekend and memories!

Anne

Fall Wrap-Up & Women's Clinic 2006

By Stephanie Todd, CMWA Social/Women's Director

The fall women's clinic and wrap-up was great, though the wind Gods only blessed us on Friday and Sunday. The good news is the sun came out so the temperatures were bearable. We had a total of 23 persons on the property, with 11 for the Women's clinic. Dan Thompson managed to keep most of the women and the men, who hovered from a distance, enthralled with tons of information without ever leaving shore! The youngest at heart, Jess and Eric spent most of their time in the water swimming and playing in Dan's kayak along with Paul, Eric's dad. There were some new faces this weekend in Julia, Anne, Gail and Henry. Everyone was totally impressed with the instruction, the lunches provided by Steph's Creations as well as the grounds.

A special guest joined us, Gord McCallum, from McCallum Massage in Newmarket, who educated us on the whys of exercise and stretching in sport. He then had us participate so we would be motivated to warming up our bodies so we could enjoy our sport with less injury to our bodies. I then motivated Gord to participate in windsurfing using all the education he had gained in the morning on windsurfing from Dan.

The full day of listening prepared us for a full night of dining, starting with watching the sunset and munching down BC Smoked Salmon on the Executive Cottage deck, followed by the potluck in the green cottage where as usual there was more to eat and drink than humanly possible to consume. We literally rolled into bed that morning in hopes of having wind to wear the calories off!

After a slow start to the morning for some...Julia, our newest beginner was totally

hyper about getting out on the water which she finally did on Sunday under Nick Cox's guidance. Anne, Gail and Henry had the opportunity to try different equipment and now are stoked about buying new gear. Ina and Saffron got out in the afternoon after a relaxing morning on the beach.

Nick, Lauri, Bob, Adam, Bob and Graham all got planing on Sunday afternoon. Colin tried out his new board. I jealously sat on the beach nursing my recovering wrist from the carpal tunnel operation. The day ended by 6 p.m. after Andrée, Paul, Bob and Stephanie, tidied up and locked the cottages for yet another season.

We are looking forward to seeing new and familiar faces next spring. In the meantime, I hope you enjoy the remainder of the sailing season and we will see you on the slopes of Horseshoe Resort in Barrie for the Snowfari.

Check out our website for details:

<http://www.windsurf.ca/> ❖



*Clinic by Dan Thompson to the women's.
Photo by Stephanie Todd*

Neil Pryde CMWA Championships 2006

Geneva Park, Orillia, Ontario
On Lake Couchiching

*By Stephanie Todd, CMWA Social/Women's
Director*

Thanks to Jerry Caplan and the Matthews for organizing the event held at Geneva Park in Orillia this year.

This was definitely the best site with lots of fond memories from past events and many more from this event. It was a huge success including the wind and lack of! There was never a dull moment from holding on for dear life to pumping like a mad person and child like screams of delight as adults and children alike jumped from the top of the committee boat. Many thanks to Darlene, Andy and Bob for the use of their houseboat throughout the weekend. Chris Hope was an amazing race chair and got all the races off in sequence. Well not quite...the long distance was a bit of a muddle (maybe it was the wine from the night before!).

Thanks to the help of Donna Graves as shore master with Janis that made sure that all masters were accounted for both off shore and on!

The social events hosted both in the dining room (thanks to Janis Mathews & her side kick Jon) and in the Todd-Gregg Room lived up to and surpassed expectations. ❖



*Some of our oldest and newest members.
Photo by Stephanie Todd*

Neil Pryde CMWA 20th Anniversary Championships 2007 Deep River, Ontario

Next year's 20th anniversary championships will be hosted at the **Deep River Yacht and Tennis Club DRYTC) on August 3-6th**. This brings the CMWA back to its roots, as the first official Masters race was held in Pembroke just down river thanks to Bob & Lucille Legault. This year's championship director, Nick Cox, has been hard at work organizing since last year. We are very pleased that the DRYTC is willing to support our event. The site is located on the Ottawa River within walking distance of most of the hotels and motels. Check out these web sites <http://town.deepriver.on.ca> and www.drytc.ca. There are plenty of activities in the Deep River area.

Nick has organized special discounted rates at **The Bears Den**. For reservations call **613-584-9795** or email bearsden@nrtco.net quote Nick Cox (corporate rate should be applied \$82.66 double, \$58.46 single plus taxes). Another notable hotel is Shemron Suites, **613-584-1100** www.shemronsuites.com. They book up really quickly as they rent by the week & month for the summer. It is recommended to reserve before Dec 31, 2006. Rates \$150 double, \$89 single. Also, Valley Ventures (Eddy Inn) **613-584-2577** or email vent@magma.ca. This is a great place for a group of people to stay together. There is room for 12 people and the rooms are off a common kitchen/dining/living room area. Best to book before June 1, 2007. There will be limited camping at DRYTC and space for one RV to act as security for gear by parking in the Municipal Pier parking lot. All others who have RV's can park in the DRYTC Beach Ave parking lot.

Nick & I look forward to hearing from you soon on your commitment to the CMWA anniversary championships. There will be an early bird deadline for registering so when you receive the registration form, get on it!

Nick Cox, Championship Director
ncoxn225@rogers.com
Stephanie Todd, Social Director
surfit@sympatico.ca ❖

Windsurfing 2007 Schedule

- May 25-27 - **CMWA Spring Get Together**, Port Bolster, Stephanie Todd surfit@sympatico.ca
- June 9-10 - TWC Boardfest /OSA #1
- June 16-17 - **CMWA Women's Spring Clinic**, Port Bolster, Stephanie Todd surfit@sympatico.ca
- June 22-25 - Shippagan Windfest, New Brunswick. Info: <http://www.shippaganwindkite.com/swk/windfest2006.asp?lg=fr&idp=1>
- July – Canadian National Windsurfing Championships, Squamish, BC, www.cnwc.nangor.com.
- July 28-29 TBC - National Capital Regatta/OSA#2, Britannia Yacht Club, Ottawa (Raceboard & Formula). Info: bobnjoan@sympatico.ca or www.byc.ca
- August 3-6 - **CMWA Neil Pryde Canadian Masters Championships**, Deep River Yacht & Tennis Club, Ontario. Info: Nick Cox ncoxn225@rogers.com or Stephanie Todd surfit@sympatico.ca
- Sept. 8-9 - OSA #3, Cherry Beach, Toronto
- Sept. 9 - TWC Mammoth Marathon, Cherry Beach. Open to all, Long & Short courses. Info: 416-461-7078 or www.torontowindsurfingclub.com
- Sept. 15 - **CMWA Women's Fall Clinic**, Port Bolster. Stephanie Todd surfit@sympatico.ca
- Sept. 14-17 – **CMWA Fall Wrap-up**, Port Bolster. Stephanie Todd surfit@sympatico.ca or 905-953-8331
- Fall **CMWA** trip to Hatteras, Oct. 20-Nov. 3, contact David Culliford, d.culliford@rogers.com

How to Reach Us

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Email: membership@windsurf.ca

Website: www.windsurf.ca

Or contact any member of the Board.

CMWA Board of Directors

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* Indicates members of the Executive Committee.

NEXT NEWSLETTER

The next newsletter should be published in the Spring 2007. We welcome all contributions. Please e-mail your articles and pertinent pictures to roberge811@sympatico.ca.

Moving?

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