



Masters Matters

Volume 18, Issue 1

Fall 2007

President's Message

By Lauri Gregg, CAN 2578

Windsurfing is my passion!!

As one of the founding members of the Canadian Masters Windsurfing Association, and one who has for the past two decades enhanced his joy of windsurfing as a member of the CMWA, it is a pleasure for me to take up the role of President. It is an opportunity for me to thank all of you who have worked on of the Board of Directors over the years and particularly the Past President Suzanne

Roberge who continues to help out as Secretary, Newsletter Editor and Website Editor. Of course, I must thank Stephanie, who is my partner in all things and also a Past President, current Women's/Social/Clinics Director, for her ongoing enthusiasm and efforts to make every CMWA event successful.

Things have changed since 1982 when Steph and I sailed the Windsurfer windsurfer on the same race course as Raines Coby, Steve Jarrett, and Derek Wulff on their D2's. But one thing hasn't changed – people want to learn to have fun windsurfing and feel the thrill of gliding across the water with graceful elegance and speed. The CMWA is about helping windsurfers of all ages do just that. We do it through clinics and get-togethers – spring and fall, and the CMWA Championships, which involves racing. At the Annual General Meeting this year, the members present reinforced a focus on helping members develop their windsurfing skills and bringing novice windsurfers into the sport. This is the direction our Board of Directors is committed to taking. We intend to do it by continuing quality clinics with excellent instructors, creating competitive situations that are fun for everyone, organizing travel locations in exotic windsurfing spots, and most of all, continuing the comradeship that has been the hallmark of the CMWA throughout the years.

There is always a question of value for money, and we have raised the fees to \$35 (early bird registration) for 2008. However, it is my feeling that there is real value for the money involved in becoming a CMWA member, and that comes from being able to access those years of windsurfing experience within the group that will help all of us sail even faster with more style and grace... and most importantly have fun!

Be sure to check out our new website at www.windsurf.ca. I look forward to seeing you on the water in 2008. ❖

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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. ❖

Toledo Windsurfing Championships 2007

Maumee State Park, Oregon, USA

By Stephanie Todd, CMWA Social/Women's Director

This annual event is always well attended as the first major scoring event of the summer for the Americans. They graciously invite us each year and we seem to walk away with most of the top prizes. This year was no exception. Andrée Gauthier won Overall. Bob Shuttleworth came 2nd with John Darling 3rd all in the same category. Chris Hope came home with a 3rd in the Seniors and I walked away with a 1st in the Womens. Maumee Bay is on Lake Erie and always has warm water and a great area for rigging though there is no shade when it is as hot as it was this year. The event supplies your breakfast, lunch and dinner as well as great camaraderie on and off the water. This event has just about as many divisions for awards as the CMWA event and lots of prizes. We should get more Canadians there and create a real CANAM. Contact Rod Clevenger at windsurf@buckeye-express.com for information on next year's event. ❖



Andrée Gauthier, John Darling, Christopher Hope and Lauri Gregg enjoying a beverage in Toledo!

Thank you to our generous sponsors!



**Local sponsors for Deep River in 2007:
Fleury's Valu Mart and Canadian Tire**

New revamped CMWA website at
www.windsurf.ca

Visit our new and improved website designed by Guinevere Orvis. You will find News, Event listings, Photos and even a Forum. Sign in to the forum to share and discuss, to sell or to buy gear. You will be able to download all the forms you need to sign in to our clinics and our annual championships. Any comments? You can leave them on the website too!

Loss of a member

We are saddened to inform you of the passing of Norm Burgess on September 17, 2007. Norm was in his 69th year, and living in British Columbia. Over many years Norm has been a good friend to all of us in the CMWA. Thanks to him we have had the opportunity to provide fall and spring clinics at his family's cottages and property on Lake Simcoe for the last 20 years. We will certainly carry on this tradition in the years to come, as I know Norm would have wanted us to. Those of us who knew Norm, sailed with him, and used the equipment he offered us to learn on, will always remember his kindness, and his enthusiasm for the sport of windsurfing. ❖

A Personal History of Deep River Windsurfing

By Janine Poley

Introduction by Lauri Gregg

At the 2007 Masters Windsurfing Championships in Deep River Ontario many of us stood on the beach and were amazed and inspired by a petite elderly white haired woman who, garbed in her wet suit and sailing gear, totted her board and sail to the shore declining offers of help, jumped on the board and went ripping across the waters of the Ottawa River. Although this sight was surprising to many who stood on shore watching, it was not a surprise at all to me. I have spent many weeks sailing with Janine and Wilf Poley over the past 20 odd years and Janine's enthusiasm for the sport has never waned. This is her story of how windsurfing happened in Deep River.

Windsurfing in Deep River by Janine Poley

In the late 60's, I heard that John Hilborn and a friend were working on a prototype sailing board and although I was involved in racing dinghies at the time I was very interested in seeing his sailing board which was designed for use with ice skating sails.

John invited me to come and try his invention so I went to his place on the Ottawa River with my life jacket and an old pair of running shoes to try it out. When I got there I saw a long wooden board (12 to 14 feet) with a pointy bow and a square stern, that was 4 or 5 inches thick. It had a centerboard and a big triangular sail like a wide jib anchored to the board and tied to a teak "wishbone" boom that was hanging way down at the clue. The mast was also made out of wood.

When I stood on the board and lifted the sail as instructed, I was amazed to find that not only could the mast and sail be moved forward and back but it could go all the way around in a 180 degree circle due to some kind of universal joint connected to the board. I managed to get it sailing following John's instructions as he followed me around in his boat. It was one of those unforgettable experiences.

Although John and his buddy out West also made some smaller boards out of fiberglass, they weren't interested in mass producing them. They just enjoyed making them, sailing them and gradually improving various components. A few years later when Jim Drake and Hoyle Schweitzer designed and mass produced the 'Windsurfer' in California, John went down and brought a few back to Deep River. He formed a club and taught some high school students the sport. By 1974, several young men and women became instructors.

As soon as windsurfers became available I bought one and took lessons from the young men John had trained. For 30 years now I have been flying on the water on many different sailboards and although I am no longer very proficient in very strong winds, I really enjoy sailing in lighter winds. My goal is to continue having fun in the wind for a while yet.

My thanks to John Hilborn, his friend, and all the other wonderful people who keep making better and better boards and sails! ❖



Janine Poley and Stephanie Todd in Deep River during our 2007 Championships.

Social Director and President in Bonaire 2007

By Stephanie Todd, CMWA Social/Women's Director

Always looking for new places to windsurf that has warm consistent winds, shallow warm water, we took our British friends' offer to visit them in Bonaire in August. We were not disappointed. The crystal clear waters drew our attention from the front deck of the villa, morning, noon and night. We could see the windmill and count the rotations so we would know when to head to the beach. Because it was August, the trade winds were disturbed by the hurricanes to the north and south of us. We did have wind every day. The winds seem to be stronger in the morning until siesta time then they calm a bit before building again in the late afternoon. We sailed from Bonaire Windsurf Place where Roger Juriens from Aruba has taken over. The equipment was excellent, new RRD's and Starboards to keep us afloat. The sails were Hot Sails from Maui and once you tweaked them to your own needs they would have you screaming across Lac Bay in a nano second.

Day 1 saw us on 5.0 and 5.4 sails with 110 L and 93 L respectively. The remaining 2 weeks we had everything from brilliant sunshine to rain showers that last only long enough for the cloud burst with the exception of one evening. The hurricane was moving and brought a great lightening show and torrential rain. This killed the wind and brought forth the mosquitoes. These little pesky bugs usually aren't around due to the constant wind but without the breeze they were hungry little critters! Good thing I always have bug juice with me!

Bonaire is a really hard place to take. Go to bed with wind wake up to more of the same. Gee what should we do today...go to the beach? On the lighter wind days, I went snorkelling and swimming with our friends' two boys. The underwater fauna and fish were amazing. I have always been afraid of what is under my

surfboard. Not any longer! I would have snorkelled more except that I wanted to windsurf more than swim much to the boys chagrin.

I began to perfect the jibe finally after sailing an 8.0. I needed it to feel effortless and the only way to do that is to time everything perfectly. Roger would give me free tips when I mentioned my problem with the stalling of the board at the end of the jibe. All of the instructors at both Bonaire Place and Jibe City were very friendly and helpful. Lauri was ripping it up since he didn't have to wear constricting suits due to the really warm water. His jibes and fast tacks came a long way. This truly is a novice to expert place to learn. The beginners we watched from the deck were all successful in the lessons they took.

If you want to enjoy this like we did join the group headed to Bonaire in April-May. See details on our revamped website www.windsurf.ca. ❖



Stephanie in Bonaire!

Fall Wrap-Up & Women's Clinic 2007

By Stephanie Todd, CMWA Social/Women's Director

This year, the second time in 5 years that Dan has been coaching the Women's Clinics, we have had banner winds plus some waves. Since I was out on the water, I had to leave the photo taking to George Simons and Bob Sorensen.

Friday afternoon started out around 1:30 with SW winds and sunshine. Warm water and mild breezes were enough to get beginner Joe Piazza out on the water. By 3:30 the winds had clocked around to NW so they were now directly onshore creating shore break. Joe continued to try to get underway but spent most of his time being buffeted by the waves crashing around him. Meantime, Lauri was out on a 5.0 and overpowered in the gusts. The storm hit with a vengeance but we were able to get back out between the cells moving through. I was on the 5.4 and totally powered sailing out past the shore break. The jibing on the waves was tricky and one in particular got me and I crashed bruising my left leg miserably on the mast. That didn't stop me though, as the winds and waves were just too much fun. By 5:30 we were spent and the lightening was approaching so we headed for drier grounds. Beers, nachos, salsa, avocado dip as well as pita with hummus while we waited for more to arrive.

We had a full house in the white cottage on Friday night. We were commenting on how it was so much like when we first came to the CMWA Wrap-Up close to 20 years ago. Lots of laughter and missed opportunities for those who couldn't get away from work.

Saturday we woke to rain but it cleared and the winds were there but not as strong. Unfortunately, the waves were still there which proved to be a challenge for many. That is where Dan comes in. He gave us all really good tips on how to beach start out of the surf. Andrée, myself and Dan coached everyone to success. Then we headed out into the surf ourselves. Dan makes it look so easy out there. Roz, Dan's wife, wasn't willing to brave the cold so she stayed on shore with a few other souls. Lunchtime we had Dr. Joe Piazza do entrainments on the chiropractic table with various people. Iris was

also up to doing her healing touch as well. Around 5:00 we headed for the warmth of the cottages. Saturday evening wrapped up with great food provided by everyone. We were all so hungry there weren't the normal leftovers from years past! Thanks to Neil Pryde we had prizes for everyone with Colin winning the board bag at the end of the night.

Sunday was a calmer day, with light and variable winds. This allowed those who remained to get out on the water and practise. Joe got the board underway finally when I wasn't watching. Tanya was busy doing freestyle manoeuvres after watching Max do stuff on his RS:X. The sun was shining and we had a great day. It all wrapped up around 6 p.m. with beers on the dock looking out over the lake as the sun began to set. It was actually hard to lock the final cottage for another year and head back to reality! ❖

2008 Championships in Saint-Anicet, Quebec

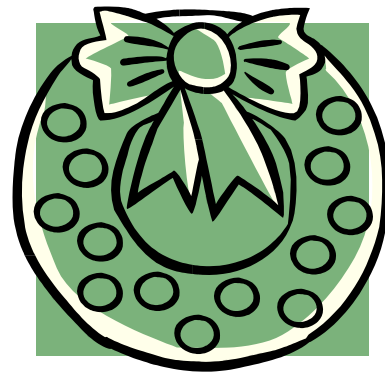
The CMWA Championships will be held in Saint-Anicet, Quebec on lake Saint-François, August 2, 3 and 4. It will be held on Edith Trépanier's property which has access to the lake, safe storage for boards, etc. We will organize an event that will attempt to draw as much people as we can from Montreal and Quebec. There will be 15 camping sites available on site plus off site camping at www.campingst-anicet.ca. There is only one hotel 3 km from the site and they are very busy at that time of the year. <http://www.manoirlacstfrancois.com/> There is a wedding at this hotel on the same weekend and there are not a lot of rooms left over. There are 15 rooms available that have no TV or phone and communal washrooms. The rooms are very clean and can have 2 single beds or 1 double. The price is very good \$52 per room based on double occupancy, \$12.00 per additional person. So hurry and book your room now for this event! ❖

2009 Championships Caraquet, New Brunswick

It's official! We are going back to New Brunswick in 2009. More precisely to Caraquet. Roch Chiasson and his group have been busy trying to organize a wind and kite event as part of the Conférence mondiale acadien which will be held in 2009. Our event will be held on our regular weekend, August 1 to 3, 2009, and the kite event will be held two weeks later. Roch has reserved 10 rooms for us at the Super 8 in Caraquet. If you want to stay there, book your room asap as the area is going to be very busy at that time. There are 4 rooms with a balcony on the water side (\$189 incl. breakfast) and 6 on the other side (\$169 incl. breakfast). Visit <http://www.super8caraquet.com:80/> to see the motel. If you look at the image gallery (link on the left side) you will notice a big grassy area. That is where we will rig and leave our equipment under the watch of a security guard. The motel is located on the beach and we can sail from there. I'm told that during our weekend, there will be fireworks and local musical groups to entertain us. We will try to give you a more detailed list of lodging a bit later. ❖



Super 8 and grassy rigging area in Caraquet.



Season's Greetings
and Happy New Year
to all
from the
Board of Directors!

2010 CMWA Championships in Dryden, Ontario

Fellow windsurfers,

Northwest Ontario Windsurfing (*NOW*) along with Dryden's Centennial Committee, are thrilled to be host of the **2010 Canadian Masters Windsurfing Championships**. August 6-9 in Dryden, Ontario!

Dryden “The Wilderness City” is located in the heart of Sunset Country in Northwestern Ontario. Dryden has a population of approximately 7,500 and is a full service community. The Masters Championships will be held at Sandy Beach Park on “Windy” Wabigoon Lake. The City's 100th birthday will also be celebrated during the August long weekend of 2010, so lots will be on tap even for the non-windsurfing enthusiast.

Some highlights of Masters weekend will be:

- live music by Dryden's premier band "Pass The Pineapple" (classic oldies) at Friday night's Welcoming Party at Dryden Yacht Club (www.drydenyachtclub.ca)
- full moon sail with DYC members on Wabigoon Lake following welcoming Party
- 3 days of racing, including a long distance race around some islands
- outdoor music jam with bonfire on private island Party Saturday night
- tent camping available on private island (boat shuttles will be provided from Dryden Yacht Club and regatta site)
- lake side golf course within walking distance of regatta site
- city's Centennial week-long party including fireworks will be on during regatta weekend
- prodigy and raceboard charter gear will be available
- kids play center available at family-friendly regatta site (child care provided)
- outdoor BBQ shelter at regatta site

The “social factor” for August long weekend will be on high! So be sure to pencil the **Canadian Masters Windsurfing Championships** in your travel calendar for 2010. This will not just be another regatta, but an adventure of a lifetime!

Be sure to check out the **CMWA** new and improved website www.windsurf.ca for updated information.

Good winds,

Woody - CAN757
aka Brad Woodworth

NOW is the local area windsurfing club dedicated to promoting healthy living through windsurfing, and wind power related activities.❖

CMWA Snowfari 2008

The annual Snowfari will be held once again at Horseshoe Resort in the mid-winter. It is a time for windsurfers who enjoy the snow and hanging out with their windsurfing buddies. Bring your family and friends for a fun day of skiing, snowboarding or x-country skiing just north of Barrie. For beginners you can register directly with the resort for a lesson in skiing or snowboarding which includes your equipment. We always have a great lunch in the Crazy Horse Saloon to talk about our adventures of the morning. Your host, Stephanie, who is a Snow Pro at Horseshoe, will give you tips to improve your riding or challenge you to new experiences. Try the moguls, half pipe or the fun park or cruise on the easy runs. It is a great way for us to stay in contact over the colder months when the water is not wet but frozen. At the end of the day join us at our home for a great social which often includes smoked salmon from BC along with pizza and beer/wine. Check out website for the date and register with the CMWA Social Director at surfit@sympatico.ca.

Windsurfing 2008 Schedule

- May 23-25 – CMWA Spring Get-Together, Port Bolster, Stephanie Todd surfit@sympatico.ca
- June 9-10 TBC - TWC Boardfest /OSA #1
- June 14-15 - CMWA Women's Spring Clinic, Port Bolster, Stephanie Todd surfit@sympatico.ca
- June 20-24 – TBC Shippagan Windfest, New Brunswick. Info: <http://www.shippaganwindkite.com/swk/windfest2006.asp?lg=fr&idp=1>
- August 9-10 - National Capital Regatta/OSA#2, Britannia Yacht Club, Ottawa (Raceboard & Formula). Info: bobnjoan@sympatico.ca or www.byc.ca
- August 1-4 - CMWA Neil Pryde Canadian Masters Championships, Montreal, Quebec. Info: Philippe Dormoy,
- Sept. 8-9 TBC - 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. 20 - CMWA Women's Fall Clinic, Port Bolster. Stephanie Todd surfit@sympatico.ca
- Sept. 19-21 – CMWA Fall Wrap-up, Port Bolster. Stephanie Todd surfit@sympatico.ca or 905-953-8331
- Fall CMWA trip to Hatteras, Oct. 25-Nov. 8, 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 2008. 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.