



Masters Matters

Volume 18, Issue 2

Spring 2008

President's Spring Message

By Lauri Gregg, CAN 2578

Another windsurfing season has already begun. Steph and I were lucky enough to do our first days of sailing in the warm waters and winds of Bonaire. We returned home just in time to host a very successful Spring Clinic and Get-together at the Burgess Cottages in Port Bolster on beautiful Lake Simcoe. The water was a little chillier than Bonaire but the winds were great and

we ended the weekend with a fabulous lunch in the sun on the deck of the Executive Boathouse.

The first regatta is already in the books. The Toledo Championships were a hoot as usual. Sunny days and warm water made for a pleasant weekend... and there was wind!! In fact there was so much wind the first day that I experienced being rescued for the first time during a race after my up-haul snapped. Windsurfing is never short on excitement.

As a long time longboard sailor, I am very pleased to read authors of windsurfing magazine articles begrudgingly writing, “the longboard is here to stay”. I particularly liked one longboarder’s definition of ‘getting skunked’ – “Surprising a critter with a white stripe down its back”. The good news is that manufacturers like Exocet, Starboard and BIC are starting to make them again along with their cousin the hybrid. In my view, these higher volume boards provide an excellent opportunity for both novice and experienced windsurfers to learn and have fun on the water during Canada’s many light air days.

With this summer’s CMWA activities well underway, you will have the opportunity to participate in clinics and windsurfing events like the CMWA Championships in St. Anicet, Quebec from August 1-4. For those interested in racing, the Ontario Sailing Association is holding 4 regattas during the season at Toronto Windsurfing Club in June and September, at Lake Scugog in July and in Ottawa in August. Participation in these events provides an excellent opportunity to learn new windsurfing skills and renew old friendships.

The wind and the water are waiting... so just get out there!!❖

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 Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributed material for publication of the Newsletter and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

Hatteras – Fall 2007

By Lauri Gregg, CMWA President

Last October Steph and I were fortunate to spend 2 weeks in Hatteras with our windsurfing friends from Ohio. We were able to enjoy consistent winds and record high temperatures during our stay. And of course the water was warm!

We stayed in a house on the sound in the south end of Avon. Unlike the spot behind Windsurfing Hatteras at the north end of Avon or our favorite spot on King's Point in Frisco, the water deepens quickly within 100 meters of the shore. This makes sailing with longer fins possible and eliminates the fear of striking the skeg on the bottom. In order to sail in northerly winds either the ability to waterstart in deep water or an up-haulable board are mandatory. However, when the wind blows from the west and south west, you can sail along the shore in waist deep water.

For a number of days, we sailed with bigger sails - 6.0 to 7.3 but when the north-easterlies kicked-in we out on the really small stuff. Steph even got out on her new 70 L Quatro with the 3.7 Ezzy sail. During the two weeks, there were only a couple of days where there wasn't enough wind to sail. These were days of record high temperatures and time for a welcomed rest and just lounging around the pool and the bar in house! The beauty of being in Avon is you can easily walk to the beach on the ocean side. That is the perfect place to be on a hot day.

As usual a contingent of Canadians had made their fall pilgrimage to the cape. André and Sue Jubinville from Toronto and Gerald and Sheila Dolling from Deep River joined us and our American buddies for a traditional Thanksgiving dinner. For Steph and I, this was our first trip to Hatteras in the fall. We enjoyed it so much that we're heading back to our usual spot in Frisco this October. ❖

Thank you to our generous sponsors!



Silent Sport



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!

Social Director and President in Bonaire

April 26 – May 18th 2008

By Stephanie Todd, CMWA Social Director

You can't ask for a better place in the world to windsurf, warm shallow waters with very consistent easterly trade winds and the most friendly locals and visitors. No more wetsuits, no more tuques for this group – shorts and a rash guard will do, with lots of sunscreen!

We arrived nonetheless weary from the overnight flight to warm winds at the Flamingo Airport. We gathered our suitcases and headed to the Budget to pick up a Toyota pick-up. Don't be in a hurry as everything works in Bonairian time! Had a nap at the Mangrove Apartments before heading to the Warehouse for groceries and the ever-important BEER! By one o'clock we were moved into Lac Bay Villa. From there we headed to Bonaire Windsurf Place to set ourselves up with rental gear with Roger and a swim at the beach.

For the next three days Lauri, myself and Janine sailed on anything ranging from 4.5 to 6.3 and as small as a 80 L to 120 L RRD's. Hands were a bit of a mess after that so we were happy to have a couple of light air days to go snorkeling, even did some 120 L with 7.3 cambered race sails. Iza and Paul joined us on Sunday. It was Paul's first time to try windsurfing and he was hooked. By the second day he had graduated to the 3.8 on the beginner board. Iza found her match with smaller sails and a comfortable board that she could jibe. Meanwhile, Janine, who had turned 78, was out there in 20 knot winds fully powered up! Iza and Paul would go windsurfing one day and then snorkeling, sometimes both in one day.

Trevor, our friend and owner of the villa, arrived in a whirlwind on Saturday morning. He treated us all to as fabulous dinner at Patagonia's on the waterfront. Amazing meal and company! Iza and Paul left the next morning. So that meant that we

were on the final week of our three weeks. Trevor gave us a few tips to work on along with Paton and Roger. The boys at Bonaire Place always kept the best equipment for us. Our shortboard riding has come a long way in three weeks. So out of the 22 days here we sailed 21.

It will be really difficult to leave the island and the new friends we have made at Bonaire Windsurf Place and Jibe City. Guess knowing that we are already booked for next year will get us through the cool days of sailing in Ontario and Quebec! If you want to join us next year, check the website for details on Bonaire to come later. ❖



Lauri and Janne heading out in Bonaire.



Lauri in Bonaire!

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! ❖

Update for 2010 in Dryden

The 2010 CMWA is shaping up very nicely for Dryden! Our whole community is getting ramped up for our National Level Event coinciding with the city's week long centennial celebrations. What a party we are going to have! If there's one regatta you should attend in 2010, make it Dryden and the CMWA. Guaranteed fun will be on tap. News is spreading quickly through the Midwest US where 50+ competitors have already committed to me personally that they'll be attending in 2010. We are now making plans for 100 competitors to attend this event, so make sure you are a part of this action! Our 2010 website will be online by the end of this year outlining all info pertaining to the event, lodging, etc. Stay tuned for more from the center of Canada in the heart of Sunset Country.

Good Winds...

Woody CAN757❖

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. See event site at <http://www.cma2009.ca/?lang=en>. ❖



Super 8 and grassy rigging area in Caraquet.

Canadians reign at Toledo championship

May 31 – June 2, 2008

*Respectfully submitted by
Stephanie Todd CMWA Social/Women's Director*

Seven hardy Canadians traveled to Maumee Bay OH, the site of the 19th Toledo championships, to take home not only gold but silver and bronze. The weekend started with tornado like winds so only one race was done on Saturday with the rest of the afternoon spent rigging and re-rigging to get to the right board and sail size. The weekend was one of carnage for the Canadians with it all starting on shore with Tom Mae's rig exploding as his NP mast snapped prior to the skippers' meeting. Lauri had to be rescued in the first race on Saturday just below the windward mark on route to the finish as he got slammed and while trying to uphaul, the uphaul snapped! Then his board got tossed about on the beach like a tooth pick. I then hit something just below the surface near the downwind mark that took my rig right off the board and tossed me like a rocket with the rig right on the nose of my board. Needless to say the damage was extensive. In race 4, Bob was hit by a mast by Nat from Ohio and his sail exploded! Mike Tindall missed the instructions and was sailing the A fleet course instead of the sport fleet. He survived it all.

Despite all of this, the Canadians did what they do best. Bob Shuttleworth won the A fleet limited with Andrée Gauthier taking the silver. I missed bronze by 4 points. Tom Mae won the Gold in the A fleet unlimited. John Darling took Gold in the seniors followed by Chris Hope with a bronze. Lauri Gregg and Mike Tindall made a good showing of staying alive without injuries in the gnarly waves and wind. Toledo championships are run by a great group and the food is incredible with breakfast and lunch on the beach and a great dinner and social with free beer at Tony Packo's in town. Toledo is a must race to start the season. ❖



Andrée Gauthier and Bob Shuttleworth shortboarding in Toledo.



This is one tired « bag lady »!



2008 Toledo winners – Bob Shuttleworth, Chris Hope, Andrée Gauthier, Tom Mae and John Darling.

Spring Get-Together & Clinic 2008

*Respectfully submitted by
Stephanie Todd CMWA Social/Women's Director*

The usual crew of participants arrived with lots of warm clothing on Friday afternoon to some great winds. Bob & Andrée were the only ones brave enough to go out in the cool temperatures. Lauri and I, fresh from Bonaire, were not acclimatized yet, so we watched from shore with Ina and Jack. Bob Sorenson and Barry got rigged along with the rest of us. All of this was followed by our usual beers and smoked salmon and nachos along with Steph's homemade pizzas. They were as good as when Adam makes them. He was a good teacher!

Geoff Mitchinson was unable to make it due to his swimmers ear that he contracted in Hatteras so Andrée and I took up the reigns and coached the crew on Saturday. Tanya and Richard joined us along with Graham. The winds had diminished but the waves remained. Eric spent much of his time playing in the waves while we sailed around him doing jibes and tacks. Jack got his first taste of windsurfing. He did well considering the waves and lack of strong winds. The sun was shining and the day warmed up as it went along. Lunch was another famous gourmet soup prepared by Steph's Food Thoughts. The pot was empty by the end of lunch. Sure can tell we are masters for after lunch we hung out watching the videos we had taken in Bonaire. Back out on the water for everyone after lunch. The winds were diminishing and of course by 3:30 Tanya and Richard were all packed when the thermal came in. Those who were still rigged and not too tired (Jack) were out blasting around for another hour. Happy hour consisted of champagne thanks to Ina, more smoked salmon and dips before settling into a great meal of Margarita Chicken, grilled yams and potatoes with salad and lots of yummy desserts!

Sunday was the usual warm sunny and no wind as the boys headed to the Golf Course with Andrée and Eric in tow for their usual greasy breakfast. A few braved the still waters for a little sail before it finally pooped out later in the day. We hadn't really earned our second gourmet soup and sandwiches but there again wasn't much left. We have decided that I will supply Friday dinner and the soups for the lunches

and we will do potluck for dinner next year.

A good time was had by all. If you haven't participated in one of our events you really should. The next event is the Fall Wrap-Up and Women's Clinic. Register now as that one fills up quickly. Forms can be found at www.windsurf.ca click on Events at the top and registration forms can be found below. See you on the water... ❖

CMWA Snowfari 2008

The sun was shining and the ski conditions were excellent for the 2008 SNOWFARI held at Horseshoe Resort just north of Barrie on Saturday, February 16th. The temperatures were crisp in the morning so Stephanie gave those who skied with her tips on how to manage the changing conditions as the day warmed up. As usual, she challenged everyone to push their limits on skis. Nick was amazing everyone doing the drills, which Stephanie gave everyone to try, on his telemark skis. There was lots of laughter as we tried different balancing acts.

Lunch was arranged in the Crazy Horse Saloon. We had seats in the restaurant section by ourselves but that proved to make the service even slower when you are trying to feed 10 people. We entertained ourselves, some having a few more beers than needed. However, that bolstered the bravery in some to chance the ½ pipe training! Cathy was still the most chicken and Iza squealed with delight. Bob got the highest on the wall but Nick took the winning run on his telemark skis and had the widest grin after! Big thanks to Horseshoe for providing us with the discounted lift tickets and the opportunity to have a ski instructor for the entire day this year!

The social event at our home after was joined by Dr. Joe Piazza, who is also a skier but had to work at the Heights of Horseshoe. I think Joe really wanted to get some of the famous BC salmon, though he thoroughly enjoyed the tales being woven by the group as the evening progressed. Iza's Paul also joined us and as usual entertained us all. A great time was had by all with a promise of a bigger and better event next year. ❖

Windsurfing live at the Toronto boat show

By Tom Mae

During the boat show in January 2008, Windsurfing Canada, Toronto Windsurfing Club and Canadian Masters Windsurfing Association members, along with the help of Boardsports and Silent Sports, windsurfed on an indoor lake at Ricoh Coliseum. The ice hockey rink that is host to the Toronto Marleys, had a vinyl liner placed on it and filled up with water run through a special one-foot diameter hose directly from Lake Ontario to its south.

Tom Mae, Bill Quantock and Reet Mae helped position over the dozen fans that helped windsurfers glide around the lake. The water started at a refreshing 38 degrees at the start of the show and went up to a toasty 45 by the end of the show. One of the demonstrators, Roland Ujj, remarked that the water was prickly after jumping in to launch his board in his shorty! For the rest of us, steamers and booties made the water manageable.

During the show, Phil Soltysiak (ranked number 17 in the world for freestyle) taught Rick Mercer how to windsurf and even try to master a helitack.

With steamers, warm room temperatures, it was a great way to introduce windsurfing to those at the show. Stay tuned for windsurfing in the 2009 Toronto boat show with bigger fans! ❖



Michael Keltz teaching his daughters!



Rick Mercer interviewing Phil Soltysiak before windsurfing!



Rick Mercer after windsurfing!

Windsurfing 2008 Schedule

- July 12-13 - OSA#2, Nepean Sailing Club, Ottawa. Info: Alex Dumond, 613-837-5752, alexandre_dumond@hotmail.com
- July 26 (wind day July 27) - OSA#3/WC Rainbow Regatta, Beacon Marina, Lake Scugog, ON. Info: Reet Mae, eestireet@rogers.com
- August 1-4 - CMWA Neil Pryde Canadian Masters Championships, St-Anicet, Quebec. Info: Philippe Dormoy, Philippe_Dormoy@steris.com
- August 9-10 - National Capital Regatta/OSA#4, Britannia Yacht Club, Ottawa (Raceboard & Formula). Info: www.byc.ca
- Sept. 6 (wind day June 7) - OSA #5, TWC, Cherry Beach, Toronto
- Sept. 7 - 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. Stelphanie Todd surfit@sympatico.ca or 905-953-8331
- Fall CMWA trip to Hatteras, Oct. 25-Nov. 8, contact David Culliford, d.culliford@rogers.com



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CMWA Board of Directors

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* Indicates members of the Executive Committee.

NEXT NEWSLETTER

The next newsletter should be published in the Fall 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.