



Masters Matters

Volume 16, Issue 1

Fall 2005

President's Message

By Jon Matthews

Greetings CMWA members,

I hope that you all had a safe and wind-filled summer. Our Championship event in Trois-Rivières, while low in attendance and wind, was a most successful event. Many thanks to Suzanne Roberge, Stephanie Todd, Dominique Vallée and the staff of the Club Multivoiles 4 saisons for organizing such a great event.

It is now time to look ahead to next year and our Championship weekend. The Executive and I would love to have the 2006 event held at Geneva Park, in Orillia, Ontario. However, we do need your input and support.

This venue would be different from past years, as they encourage an all-inclusive participation. Geneva Park is a beautiful location on Lake Couchiching (lake of many winds), which is owned and operated by the YMCA. There is ample rigging space and you can leave your sails rigged for the duration of the visit. Sails can be safely stored each night in a well protected area, just outside the windows of the Lodge and just steps from the launch area. Accommodation for our racers would include rooms, with one double and one single bed, which would accommodate singles, rooming together, or young families. There are also rooms with Queen size beds for couples. All rooms have private bath.

Meals are served in their dining room and are buffet style. We have been told by the Park staff that we could have our own dining room and that our AGM dinner could be a sit-down affair. We would also have use of a private lounge for the weekend's social events.

If the wind fails to cooperate (unlikely), there are tennis courts, a beautiful sand beach, walking trails, and a multitude of on-the-water activities. Daily activities are organized by the Park for young children, if they wish to participate. Geneva Park is magnificent, a family oriented setting with remarkable views and breathtaking sunsets. The sun quite often sets to the sound of the resident bagpiper.

The problem with Geneva Park, is that we need to commit early. Everything must be finalized **before February** in order to reserve rooms. The price for **one adult**, spending three nights, with three meals a day (starting with Friday dinner and ending with Monday lunch) is about **\$400**. That includes all taxes and gratuities and use of all club facilities. Couples with children under 12 years of age are allowed to bring the first child free of charge and each additional child is

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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. ❖

charged about \$30 per day plus taxes. Children 12-16 years of age are charged about \$80 per day. Again this includes all meals and activities. A two night stay is also available, with the proportional change in cost. Although you would have the choice of **camping off the property**, nevertheless you would be charged a park fee of \$10 per day and meals would be extra. The above accommodation costs do not include the Regatta registration, but if we have a large turnout then the racing cost would be small - hopefully around **\$30 per racer**. A specially catered AGM dinner would add an additional \$20.

So, there you have it. **Now we need your input** (& commitment actually). **Is it a go? Will you come, or is it too expensive ?**

The Geneva Park website is at:
www.genevapark.ymca.ca

and you can find pictures of Geneva Park on the Web at
ca.pg.photos.yahoo.com/ph/matthewspaul@rogers.com/album?.dir=/d74e

as well as a testimonial written by a fellow Master, Jerry Caplan, who has spent the last many years vacationing there at
http://ca.geocities.com/matthewspaul@rogers.com/cmwa_geneva_park_jc.html

Give us your thoughts because we will need them soon! Also we will need your assurance; we believe that this could be our best opportunity in many years; but if we are to do it, then we need you to make a positive commitment - let us know!

You can e-mail us any time at
matthews_jon@hotmail.com

Cheers,
Jon Matthews & CMWA Exec

For more information on YMCA Geneva Park, contact Jerry Caplan at jerry_caplan@yahoo.ca

For more information on the Masters' **Championship Regatta**, contact Jon Matthews at
matthews_jon@hotmail.com ❖

Snowfari 2006

Horseshoe Resort, Barrie ON

By Stephanie Todd, Social Director

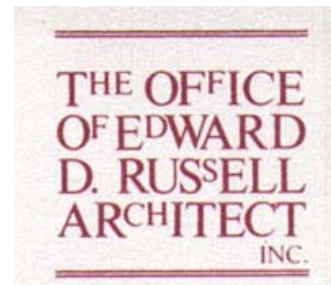
The snow sport season has begun at Horseshoe Resort just north of Barrie. We opened to a snow storm on November 24th, 2005. This got me to thinking about when I can host the CMWA Snowfari. To guarantee that we have some snow, this year I have chosen **Sunday, February 19th, 2006**. We will be gathering after for refreshments and pizza and wings at our home in Holland Landing to reminisce about our day on the trails.

Looking forward to seeing many familiar and new faces including family, friends and whoever else you know who want to join us. Information and details will follow on rates and time for the event.

**Our 2006 beverage sponsor.
Merci!**



Thank you to our renewed sponsor!



Thank you to our generous sponsor!



Neil Pryde Championships 2005

*By Suzanne Roberge
Past President & Newsletter Editor*

It was the weekend of July 30-31 and August 1st. The venue was the newly discovered (by us!) Club Multivoile 4 saisons just outside of Trois-Rivières, Québec. Our host was non other than Dominique Vallée, member of the Canadian Sailing Olympic team, and her family. And what a weekend it was! Thank you Dominique and all for the wonderful weekend and meals.

As tradition wants it, there was not too much wind for our event, but we managed to run 5 races in 3 days in light winds: one race on Saturday morning, one on Sunday morning and three on Monday morning. Our attempt at a fun race (not counting for results) resulted in an injury for Stephanie Todd who sprained her ankle badly when she fell off her board in shallow waters. Can you imagine Stephanie laid up with a bandaged ankle? The proof is in the picture! However, that did not prevent her for hopping along to help for the official presentations during our dinners. Thank you Stephanie and we hope your ankle is as good as new by now!

We should mention that we had only 19 participants this year compared to 38 in 2004. Where were you all? I would like to thank all of those who pre-registered or who at least let us know they were definitely coming. I can't stress enough how important is it for the organizers to have an idea of how many people are participating. It helps us plan for food and other necessities without too much of a deficit at the end.

If you have never been to Club Multivoile, it is worth the trip. However, make sure the water level is high otherwise you'll have to walk a long way in clay to have enough dept for your fin or daggerboard. I can only imagine the sessions one could have there on a windy day!

We would like to thank once again Neil Pryde for the donation of some wonderful gifts, The Russell Group for yet another monetary donation, Tropical North and Pepsi Alex Coulombe who donated the drinks for the event.❖



Stephanie Todd laid up! Photo by Suzanne Roberge.



*Stephanie hopping along with Bob Shuttleworth!
Photo by Suzanne Roberge.*



All the 2005 participants! Photo by David Newell.

CMWA/TWC 2005 Fall Hatteras Trip

By David Culliford

This fall's two weeks were fully subscribed with eight participants the first week and seven the second. (Because of the sleeping arrangements, the numbers aren't always the same.) Unfortunately three participants never made it to Hatteras in the first week. Two were traveling together and experienced a car breakdown and the third got sick. While we would have preferred to have all show up, none of those who ended up with private rooms complained.

The first week saw the winds reach at least the teens every day but one. Some days it was much higher. I used sails from 3.3 to 7.5 and boards from 88 to 258 liters. Some days it rained heavily. These extremes of wind and rain were compliments of the proximity to Wilma and Alpha. Since gear can be left rigged, participants sailed in conditions that would cause them to stay indoors for if they were at home.

The second week was more like a normal fall. All participants but one were on the water by check-in time Saturday. Sunday and Wednesday were short board days with the rest of the week being warm, low to mid 70's and light winds.

I have learned several things about winds in Hatteras that may be useful to others in getting more time on the water. One of the locals told me "a north wind is a dying wind". I observed this three times in the first week. If the wind is blowing north when you get up, have breakfast later since the wind may die before you get out otherwise. Also, the wind may be marginal where you are but great ten miles up the road. Always check if you are faced with winds too light for your liking since Waves in particular is often good for short-boarding while Avon is still long-board weather.

Once again, it is the camaraderie and good food that help to make the trip so enjoyable. I have started to collect recipes from the people charged with making dinner each night and think that TWC/CMWA could consider a Hatteras cookbook. Some of the recipes that I collected this time were black-eyed peas with chicken thighs (Clark Hill), barbecued pork tenderloin with sliced potatoes and onions (Ken Addaman and Russ Scorgie), tuna steak (Ivan Richardson), shrimp in tomato sauce with noodles (Daniel Kaminski) and scallops Alfredo (Doug Beadle). Thanks guys!

Next year's dates are October 21 to 28 and October 28 to November 4. The cost will be the same as this year; \$130 US. I have to make the down payment March 1st to guarantee both weeks. Book early to avoid disappointment. Contact me at d.Culliford@rogers.com or (416) 482-4915. ❖

2005 Fall Get-Together and Women's Clinic

By Stephanie Todd, Social/Clinics Director

What a fabulous weekend for the women's clinic and the fall get-together. Friday was wet but we still managed to have a great time with Bob Sorenson, Adam, Ina, Saffron, Bob Shuttleworth, Nick Cox, Tanya, Kat and Lauri. Adam and Saffron became the pizza chefs that were preceded by the appetizers of BC Smoked Salmon with cheese and crackers as well as homemade salsa with avocado dip and nachos. For most, it was an early night though Bob and Nick managed to stay up for a few beers with me!

Saturday morning there was a nip in the air but the sun blessed us with its warmth. Dan Thompson started things off in the morning with gear and rigging for our 11 women followed by on water training before lunch. Thanks to Louise Hayes who gave me a hand setting up the lunch. Lunch was provided by Steph's Kitchen. The hardy soups were welcomed by all.

After lunch the wind had faded so Dan did some more on land training while Andrée Gauthier and I took the beginners out for some training on the water. Eventually, the remainder of the women went out and was playing with maneuvers on the water. Tanya was perfecting her duck tacks and jibes. I had to leave for a concert with Lauri so I missed the rest of the sailing but heard that they sailed till almost dark before enjoying a fabulous potluck dinner. This was when everyone came together and had an opportunity to tell their stories and to ask Dan any final questions.

Sunday was the day of absolute no wind! We prayed but to no avail. The sun came out blazing so rather than a fall like day we were back in short and T's. Graham, Bob, Adam, Saffron & Ian started to pack up to head home. Bob, Nick and I with George took our time cleaning up. Joyce Bishop & Jan Todd came back up to pick up her chair that we would have auctioned off! So they joined us for a great lunch of leftovers as well as additions from Joyce. It was all good. By day's end Bob, Nick and I sat out on the dock enjoying a quiet pint and reminiscing about times past and times we will continue to have in such a pristine place. We are so blessed to have the opportunity to rent the Burgess Enclave and hope to do so for many years to come. Thanks to George Simons for securing the financial support over the past few years. We will be able to continue to offer this haven to the Masters and friends of windsurfing for many more years.

We look forward to seeing you all in the spring again. But before that I hope to see many of you for Snowfari this winter at Horseshoe. ❖

CMWA Championships 2006

Geneva Park, Orillia, Ontario On Lake Couchiching

By Jerry Caplan

Our family has been vacationing at Geneva Park each summer since 1983. Most people may know Geneva Park as a leadership and conference centre run by the YMCA, but it's so much more. During July and August each year the summer program at Geneva Park attracts families from all across Canada and the United States. It's a place where families gather to renew old friendships and make new ones, a wonderful spot that provides each member of the family with activities to do and with people to do them with.

Geneva Park is a great location for the Canadian Masters Windsurfing Association Championships/OSA windsurfing event. The dates will be at the usual time over the long weekend at the beginning of August (**Friday, August 4 – Monday, August 7**).

Like many others who have not attended the Masters Championships recently, one might wonder, what makes coming to Geneva Park for this event in 2006 so appealing? Two reasons:

- Lake Couchiching, which, by the way, means Lake of Many Winds, is a great place to sail. The lake, located just to the north of Lake Simcoe, is an easy 1 ½ hr. drive from Toronto. The mid-summer water is warm and, for a lake of its size, the winds can come without the large waves. Winds will vary, but any wind direction is sailable. Sometimes the wind may be calm in the morning, usually building steadily throughout the day and sometimes the wind blows strongly all day and into the evening. Generally though, on most days, the winds will provide for really good racing conditions. Of course, as we know, no one can actually predict the wind and so, that leads to reason two, Geneva Park itself.
- Perhaps one of the reasons for not attending this event in the past, has been the inability to take the family. After all, what will they do while you're sailing or what will they do in the evening while the sailors socialize? No problem at "The Park". How about playing tennis, going waterskiing, canoeing, kayaking, windsurfing or swimming? There's a craft centre, gym activities, jogging and biking trails, supervised programs for children ages 3 – 16 (if they want to participate). There is mountain biking at Hardwood Hills, and golf courses are a short distance away. Geneva Park is also only about a 5 minute

drive from Casino Rama. Of course, if members of the family want nothing more than relaxing by the lake in a Muskoka chair, reading, well there are lots of quiet places for that too.

Geneva Park is looking forward to hosting the Masters/OSA weekend next summer. They will hold our booking until February, at which point accommodation cannot be guaranteed. Rooms will fill up quickly. So plan on attending, book early to avoid disappointment, and, of course, bring the family and make a vacation out of it.

For more information on YMCA Geneva Park, contact Jerry Caplan at jerry_caplan@yahoo.ca

For more information on the CMWA Championships, contact Jon Matthews at matthews_jon@hotmail.com ❖



Jon Matthews checking out the place!



Peacefull and relaxing!

RS:X News

WINDSURFING

Classic San Francisco Bay conditions and a world-class fleet of windsurfers combined this past weekend to put the new Olympic one-design windsurfer through its paces. The Neil Pryde RS:X 2005 Pacific Coast Championship, hosted by Saint Francis Yacht Club, saw 37 racers from many different aspects of competitive windsurfing hit the starting line on brand new charter boards. The highly experienced fleet included current and past windsurfing Olympians, open class World Cup professionals, national and international formula and slalom champions, plus top US juniors and even a Laser class Olympian.

The first two races held on Friday afternoon were sailed in 25-35 knots and the notorious Crissy Field chop. Over the next two days of racing, ideal seasonal conditions allowed the constant tuning and testing to progress. Lighter morning breezes showed racers the highly tactical, centerboard-down potential of the board, while the steadily building 20-knot afternoon winds taught them where and when to switch to the fin-only, Formula-style mode.

Winning the overall regatta (and men's division) was Wilhelm Schurmann, a Brazilian National and South American Formula champion, and a professional with a strong international reputation. He was very closely followed by Canadian Sam Ireland, likewise a top international pro competitor in many types of windsurf racing. Taking third overall was 21-year old Seth Besse, a former US junior champion who is rapidly moving up the ranks at major world-level Formula events. The women's division champion was Karen Mariott, while second place went to Farrah Hall.

The RS:X, designed and produced by Neil Pryde, was chosen as the Olympic board following a series of evaluations by top windsurfers who compared several types of design approaches from a variety of manufacturers. The RS:X is a hybrid of the two main types of race board. The first is a more traditional long board shape utilizing a retractable centerboard, and the second is a 'Formula'-style, wide board, using a single fin. The hybrid approach allows for competitive performance in the widest possible range of wind conditions, an essential element for Olympic venues. -- <http://www.stfyc.com/>

Scuttlebutt #1934 – September 29, 2005

FIRST IMPRESSIONS

Here's a quick impression from this weekend's Neil Pryde RS:X 2005 Pacific Coast Championship. Despite everyone's initial preconceptions about the board, after three days of racing, I think everybody enjoyed racing the boards once they got them tuned in. Sure, it's not the most ideal board for light, medium or heavy wind, but it does the job and covers the range.

We had conditions ranging from 30+k on the first day to 10-18k over the next two days. 95% of the time, the fleet was running with the centerboards up and mast tracks back like typical Formula racing. The board doesn't respond as well as a Formula board but many of the same techniques are used in racing. It was a bit more tactical as you could tack easier without much loss, but most people picked a corner and went for it, if there was more wind there. Off the breeze, the board was more comfortable than a few setups but there were some concerns with the centerboard popping down suddenly. A few minor tweaks could be made to improve the board and rig but overall, it seems like a good way to race with more modern equipment that might bring more people into racing. -- Steve Bodner

Scuttlebutt #1934 – September 29, 2005

After two years of individual world record attempts, multiple World Champion Bjorn Dunkerbeck (DEN) and current world record holder and nominee for the ISAF Rolex World Sailor of the Year Award Finian Mayard (IVB) will clash for the coveted sailing barrier of 50 knots at one of the world's premier speedsailing locations in Saintes Maries de la Mer, France. The event is slated to run from October 26 - December 20. The windsurfing's current hold on the outright world record stands at 48.70 knots or 91km/h, an average speed over 500 meters. --

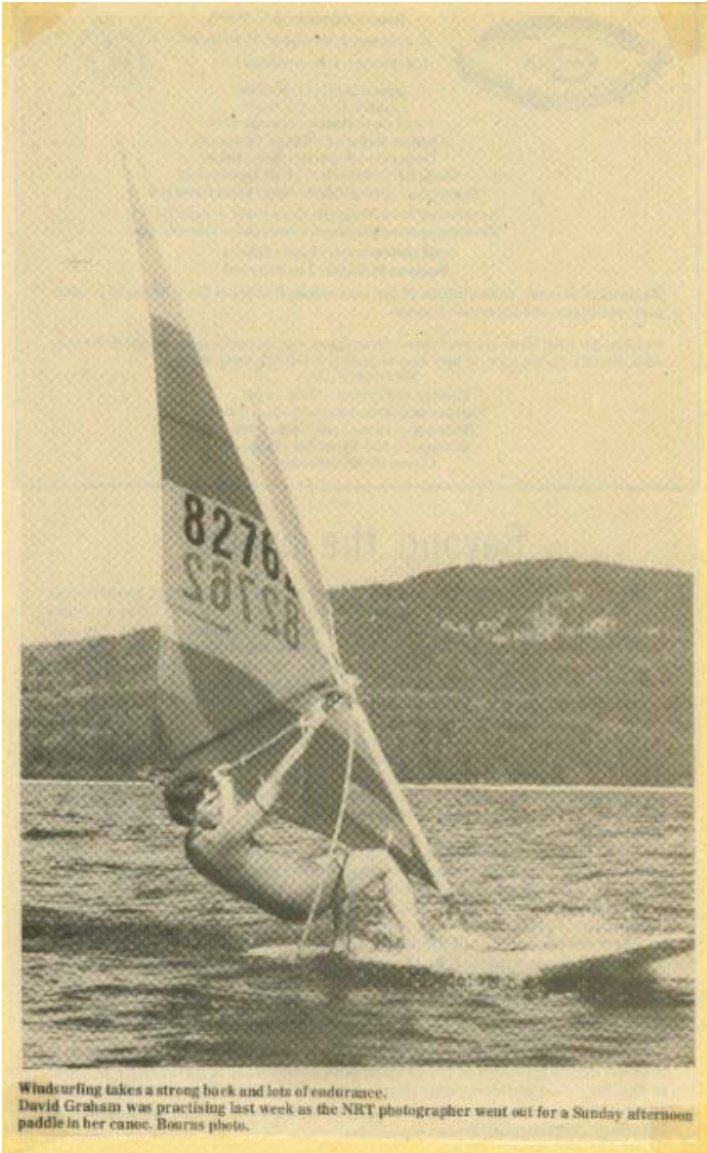
<http://www.sailing.org/default.asp?ID=j12Fh0p/D>

Scuttlebutt #1943 – October 12, 2005

Neil Pryde has established a dedicated website for all things RS:X. In addition to the rules and regulations of RS:X racing events, there are also guidelines on how to host an event, write Sailing Instructions and suggestions for the best possible courses in all wind conditions will be posted shortly. Very soon you will be able to post all your own event information on this site and update it yourself complete with pictures and downloads such as the Notice of Race, Entry Form and Sailing Instructions. Additionally, Four time windsurfing Olympian Mike Gebhardt has joined the NeilPryde forum as resident RS:X expert and will be available to answer all your RS:X questions and give advice on how to get the most out of your RS:X. The website also features a comprehensive rigging and tuning guide plus Wallpaper and Screensaver downloads. -- www.neilpryde-rsx.com

Scuttlebutt #1949 – October 20, 2005

David Graham – One of Canada's First Windsurfers December 23, 1957 - August 21, 2005



Windsurfing takes a strong back and lots of endurance.
David Graham was practising last week as the NRT photographer went out for a Sunday afternoon
paddle in her canoe. Bourus photo.

Photo Credit: Lorna Bourns, North Renfrew Times, 1978

By Nick Cox

For many of you reading this newsletter, David Graham is probably not a name you would immediately recognize. To me, however, David was my friend and windsurfing buddy of many years. David and I grew up in Deep River and had known each other since we were in grade two. We instantly became fast friends and did virtually everything together (from homework to Venturers to sailing - David even had the experience of waterskiing behind a neighbour's catamaran).

When windsurfing arrived in Deep River in the mid 1970's, with his youthful enthusiasm, David took to it like a duck to water and learned how to deal with the many foibles of the *Windsurfer Classic*. He and I shared many stories of screaming reaches, bone-rattling crashes, teak booms and fixed daggerboards, board repair jobs and we survived at least one the line squalls the Ottawa River is infamous for, by sheltering under the sail (I wonder how many of today's monofilm sails could survive that kind of a pounding?). David's enthusiasm for windsurfing took us on many adventures. He was one of the earliest participants in the Lake Chemong race series held at BridgeNorth in the Kawartha Lakes and hosted by the Irwin family of Irwin Toys. In 1976 he raced in one of the few windsurfing events ever held at Ontario Place, despite the 20 knot winds blowing out on the Lake. One of the more crazy things David and I did during high school was to oblige a photographer friend of ours who wanted some windsurfing pictures for the school yearbook. So one cold, windy, mid-November afternoon we rigged up and went sailing. Now, you need to remember that as high school students we weren't hugely wealthy in those days, so the only form of "protection" we had against the cold were shorty wetsuits - and forget about booties we'd never even heard of those. For those of you who live in the Ottawa area or in northern Canada, you will appreciate how cold the water gets in November. To this day I don't think I have ever been so cold as I was on that day. It took about

10 minutes of hopping up and down in the club boathouse before we could even feel our fingers and toes - let alone feel warm.

David's enjoyment of the outdoors also led him to pursue a University degree in Geology and after a rather circuitous route of many different positions ended up employed with Statistics Canada in Ottawa.

David met his sweetheart (later his wife) while she was still at University. Besides being a local (Deep River) girl, she was also pretty enthusiastic about windsurfing – could there have been a better match?? They have two boys.

While David was never a regular on the OSA windsurfing circuit, never joined the CMWA nor even raced on Lac Deschenes, windsurfing was something that he always enjoyed and you could often find him out, indulging in his passion, on the Ottawa River. Just what was it about it about windsurfing that captured his imagination? Was it the rush of wind through his hair, the sound of the water rushing past the board, the adrenaline rush on a windy day as he approached warp speed or perhaps just that peaceful sense of solitude one gets from time to time on a good day of windsurfing? Who knows? I guess that will always remain a mystery. Good-Bye, my friend.

Windsurfing 2006 Schedule

- May 26-28 – CMWA Spring Get Together/Clinic, Port Bolster, Stephanie Todd surfit@sympatico.ca
- June 3-4 – Toledo (Ohio) Regatta (Prodigy & Open), Rod Clevenger windsurf@buckeye-express.com
- June 10-11 – OSA#1, Toronto with TWC Boardfest
- June 17-18 - CMWA Women's Spring Clinic, Port Bolster, Stephanie Todd surfit@sympatico.ca
- June 23-25 - Shippagan Windfest; Instruction, demo, clinics, prizes and evenings parties acadian style. Everybody who loves wind is welcome. A special place will be made for kitters this year. Shippagan, New Brunswick. Info: windsurfing.shippagan.com
- July 1-2, OSA #2, Kingston (jointly with Canadians – July 1-4)
- August 4-7 - CMWA Neil Pryde Canadian Masters Championships with OSA #3, Geneva Park, Lake Couchiching, Orillia, Ontario. Info: Jon Matthews matthews_jon@hotmail.com
- Aug. 12-13 – National Capital Regatta, Britannia Yacht Club, Ottawa (Raceboard & Formula). Info: bobnjoan@sympatico.ca or www.byc.ca
- Sept. 9-10 – OSA #4, Cherry Beach, Toronto
- Sept. 10 – TWC Mammoth Marathon, Cherry Beach. Open to all, Long & Short courses. Info: 416-461-7078 or www.torontowindsurfingclub.com
- Sept. 16 - CMWA Women's Fall Clinic, Port Bolster. Stephanie Todd surfit@sympatico.ca
- Sept. 15-17 – CMWA Fall Wrap-up, Port Bolster. Stephanie Todd surfit@sympatico.ca or 905-953-8331
- Oct. 21-Oct. 28 & Oct. 28-Nov. 4 - CMWA trip to Hatteras, contact David Culliford, d.culliford@rogers.com

How to Reach Us

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Website: www.windsurf.ca

Or contact any member of the Board.

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* Indicates members of the Executive Committee.

NEXT NEWSLETTER

The next newsletter should be published in the Spring 2006. 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.