



Masters Matters

Volume 19, Issue 1

Fall 2008

President's Fall Message

By Lauri Gregg, CAN 2578

Sadly another windsurfing season has come to an end for most of us, but I'm sure there are still some hardy types out there at Cherry Beach in Toronto, or there are the lucky one's who've headed south. I'm happy to say it's been a very active and successful season for the CMWA with Spring clinics, the Masters' Championship

weekend at Édithe Trépanier's place in St-Anicet, and the Fall Wrap-up/Clinic in September. The Burgess family continues to provide us with their group of cottages on beautiful Lake Simcoe. It seemed that each clinic was blessed with just enough wind, as well as generally warm weather, and of course the coaching was top notch as always. Again this year at our AGM the members emphasized the need to continue the clinics and perhaps extend them to race events. There is no doubt that clinics are an excellent way for those bitten by the windsurfing bug to get into the sport. I was happy to see momentum continuing to build for a longboard revival, and manufacturers are actually starting to build them again. I have to admit that even though I am a longboard fanatic, my new board purchase this year was a JP 120 which is the sweetest thing I've ever sailed on. Many masters continued to race over the summer, honing their skills at local clubs and in provincial series. There are different ways to get involved or stayed involved with the sport and as members of the CMWA, we believe it is our job to spread the word. Even the winter brings a time to get together or sail. Several of our members have now taken up ice surfing and of course there is the annual Ski Snowfari. Be sure to check our website for the Snowfari dates. In fact, simply check out our website – it just keeps getting better!!

And remember, when the spring returns and the warm winds blow – 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 Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributed material for publication of the Newsletter and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 2008

By Lauri Gregg, CMWA President

Hatteras in the fall is just simply a wonderful place to be. The wind is warm. The water is warm. All the shops have sales where gear might be as much as 70% off. What windsurfer could ask for more?

For Steph and I, it was our second fall experience in Hatteras and we decided very quickly that it is going to become an annual pilgrimage. We just can never get enough sailing in. This year, we returned to cottage we've frequented in the spring for many years – Gale Warning on Brigand's Bay in Frisco. For those of you unfamiliar with Frisco, it is a small village located between Buxton and Hatteras Village, 10 to 15 miles south of Avon.

Brigand's Bay provides you with the opportunity to make a relatively long run directly off shore having the confidence that should you fall in you will find yourself standing in chest deep water. Most days you can see exactly where the water deepens. The beauty of this sailing area is that it provides good to excellent sailing with almost every wind direction. The poorest sailing conditions occur with an ENE wind. My favorites are WSW and NW. NE is also good, and any north wind blows the water into the bay which reduces the risk of hitting one of the few sand bars.

The other thing we're finding about the fall is that many of our friends are there. Our neighbours on King's Point were our friends from Deep River and Petawawa. Our buddies from Ohio were back at their spot in Kinnakeet Shores in Avon. And then we made new friends out on the water. Dick and Sandy from New Hampshire were staying just down the street in the Little Sand Castle which was the first place we ever stayed in Frisco.

The result of such a wonderful experience is that we're booked into Gale Warning for 3 weeks next fall. See you there. ❖

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!

Fall Wrap-up & Women's Clinic 2008

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

What a wonderful weekend! We had light winds from the SE with plenty of sunshine on Friday and only Bob headed out on his board while I chose to do some stand up paddling on my board. Everyone else who arrived early rigged hoping for the SW promised by Environment Canada for Saturday.

The social Friday was a good as ever with Adam making his famous pizzas and serving them. Bob sliced my smoked BC salmon which was served with cream cheese and crackers to those who arrived early enough! Nachos and avocado dip rounded out the evenings fare. Lots of chatter amongst Andrée, Bob, George, Nick, Denise, Barry, Bob, Adam, Lauri, Colin, Jess and Eric about everything from windsurfing to our lives in general. It was not too late an evening as many were tired from the work week... must be masters! George did a little talk about Norm Burgess who passed away a year ago and how we ended up being honoured to have access to the Burgess enclave. We had a toast to Norm to finish the evening off.

Saturday brought the promised warm sunshine and SW winds, thought they were light, were perfect for our beginners Chantal, Shauna, Kristen and Megan. Dan Thompson, along with Andrée, Ian and I, (after I finished my catering chores for lunch) headed to the water to enjoy the warm temperatures and the winds. It was so great it was hard to get people to come in for lunch (almost 2 p.m.) which included two choices of healthy soup, sandwiches and veggies and fruit. Of course, we had to have our sweet treats of pies and cookies and butter tarts! We looked at the new training video for beginners and that helped many of our beginners. The video is available for purchase online on our web site www.windsurf.ca. There was more sailing in the afternoon and for those who wanted some more training on land, Dan took care of that group. We wrapped up the afternoon with more BC smoked salmon along with other hors d'oeuvres on the Executive Cottage deck. Shauna and Chantal, from McCallum Holistic Health Center in Newmarket, provided us with massages on the deck. Oh, so wonderful after a day on the water! After the

sunset, we moved to the Green Cottage where the potluck dinner was spread out. I can't tell you everything that was there except that it was all delicious. After dinner there were prizes for everyone that had been donated by Neil Pryde, our main sponsor, Silent Sports and Tropical North. We can't thank them enough for their continued support of the sport of windsurfing.

Sunday was another beautiful sunny day but a little cooler and the wind had pooped out in the morning. There were those who were patient and got the thermal after lunch. Graham, Jess and Eric had a good hour and half of sailing while the rest of us cleaned and packed up. The day was rounded out with a beer looking out on the lake as the afternoon drifted onward and outward. We had another successful weekend with 22 participants including the coaches. Check www.windsurf.ca for pictures, click on photos then 2008.

For those who have been we look forward to your return along with new friends or family who want to learn this sport. For those who missed it, well, there is next spring...check the website www.windsurf.ca for photos and the dates of future clinics. ❖



Women listening to Dan Thompson.

2008 Championships in Saint-Anicet, Québec

By Suzanne Roberge

Yet another great championship weekend was had by all participants! The location was great, and the host, Édithe Trépanier, and her family were wonderful. Saturday started with very little wind but we were told that we would not be left standing around waiting for wind. Indeed, our race committee organized a fun “push the board” race where someone is standing on the board pretending to sail while another person is pushing the board forward. Let me tell you that the “pushers” were very tired at the end of the race!



Exciting start!

Then came the junior freestyle competition. We saw some promising windsurfing stars in action! The real racing action started on Sunday when we had three races in moderate winds and last race with big black cloud and a ship in the background.

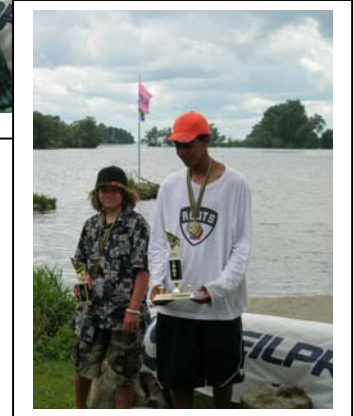
As usual, we had great fun, great food and great memories. To see the results, visit www.windsurf.ca/results/. To see some pictures, visit the Photo section of our website. Once again, a special thank you to Édithe and her family, to Philippe Dormoy, our master organizer, and to all the volunteers who helped make this weekend a success. ❖



The action.



Our future masters!



The whole gang!

2009 Championships Caraquet, New Brunswick

In 2009, plan a trip to New Brunswick. More precisely to Caraquet. Roch Chiasson and his group have been busy trying to organize a wind and kite event as part of the Congrès mondial acadien which will be held in 2009 <http://www.cma2009.ca/>.

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. The manager has been given a list of current members so when you call (1-506-727-0888), mention that you belong to the CMWA and give your name and you should have no problem reserving a room. If you were not a member in 2008 but would like to join again in 2009 and participate in our championship, let Suzanne Roberge know at roberge811@sympatico.ca and she will give your name to the manager. This has been done because people have been trying to obtain rooms by saying they belonged to a group when they don't. 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 as it is the Festival acadien de Caraquet that weekend <http://www.festivalacadien.ca/>.

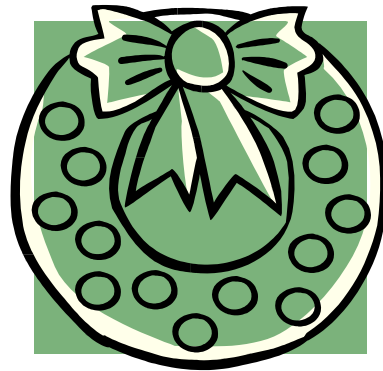
For those who prefer camping, there are some close to the event site but you also need to reserve your spot early. So if you want a camping site, please contact Roch at roch1755@hotmail.com and he will take care of it.

Caraquet has been named Cultural Capital of Canada in 2003 and 2009. Take a tour!
<http://www.ville.caraquet.nb.ca/CaraquetCulturalCapital.cfm>

Roch has been trying to secure funds from the government for these events but is not sure yet how much will be allocated. So we cannot promise anything but the price of our event may be subsidized! ❖



Super 8 and grassy rigging area in Caraquet.



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

Update for 2010 in Dryden

Rule #1 - Make travel plans to central Canada in Dryden, Ontario for an unforgettable time in 2010 at the Canadian Masters Windsurfing Championship!

Northwest Ontario Windsurfing, along with Dryden's Centennial Committee, is diligently working towards what will be the city's biggest week-long party ever, ramping up to, and concluding with the CMWA regatta weekend. This week long centennial celebration will be for the whole family to enjoy! We are also working closely with the City of Dryden and other local businesses to ensure our event site, program and hospitality will be tops for your stay while in Dryden.

Plans are for 100 competitors to attend the CMWA in 2010. With a very large US contingent already committed, regatta weekend will include a Team Canada vs. Team USA, or a "CAN-AM Challenge". This challenge will see each country's top 5 sailors overall (based on total points after the three days of racing), whether it be man, women, youth, master, etc. The winning team will then be awarded a cash prize of **\$2,010.00!!** So, the top sailors will not only be racing for themselves, but for their country and team as well! This format will make for a lot of extra fun on and off the water. Just one of the many fun things our committee has planned for regatta weekend in 2010.

With the resurgence of longboarding back into the windsurfing industry, we should see a good size sport/beginner fleet as well. A 'new to racing' clinic will be offered on Thursday prior to the regatta by Andrée Gauthier. Andrée, along with Northwest Ontario Windsurfing, will help introduce some new faces to the regatta scene. Also, with the new raceboard designs from Exocet, Starboard and Mistral currently available, course racing in 2010 should be great. Charter gear will be available for our long distance travelers. A complete list of gear will be available closer to event time. And with the 2010 CMWA being just a couple of years to the 2012 Olympics, we will have RS:X gear available as well for some potential international competitors.

Blocks of 20 rooms in each of our sponsored hotels and campsites have already been reserved for competitors. More info on lodging will be coming

in the months ahead. Be sure to check the CMWA website at www.windsurf.ca for updated info on all the fun planned for the 2010 CMWA event in Dryden, Ontario.

Good Winds...

Woody CAN757❖



Site of 2010 CMWA event.

The Kona One-Design

By Denis Dagenais, Gatineau, Québec

This summer I purchased a Kona One-Design with an Aerotech Zenith sail. I got interested in this sailboard by accident since I was browsing the Internet in an attempt to find a supplier to replace my 6.1 m² Windsurfer One-Design sail. My Windsurfer sail is 20 years old and due to its age the Mylar is peeling off. So I discovered an Internet site dedicated to longboards, www.lbws.com.au, which peaked my curiosity. Wow, longboards have not been forgotten! Australia continues to run a Windsurfer One-Design fleet. Somehow I got clicking on illustrations of this other sailboard with Hawaiian flowers (the Kona One-Design). Next, I was posting a query on the Kona website trying to get information on purchasing this equipment. I ordered my equipment early May 2008 and by mid-July I was sailing with it. The following bullets are my comments or feedback items after sailing one summer with this board.

- Deck is excellent (soft deck).
- Board has a step tail.
- Daggerboard is difficult to bring down (the gasket is really tight).
- Kona is distributed in North-America through a dealer in Florida. Aerotech supplies the Zenith sail.
- With the Kona One-Design concept, your body weight determines what sail size you use.
- Having devoted 28 years of sailing on a Windsurfer (including teaching, some racing and lot's of freestyle), I can say that the Windsurfer is a tank; you can beach it without worrying too much about scratches. The Kona, with its soft deck, needs that you pay attention not to damage it. This, mostly when you put your board in the water or beach your equipment. I don't see myself doing a rail ride beaching with my Kona board.
- The Aerotech sail and rig are good. I do feel some cambers would help rotation of the battens. Many forums on the Internet talk about the fact that the lower batten needs a hand or foot push to rotate to your new tack. Aerotech was great in providing e-mail feedback on sail adjustments.
- The Kona is much quicker to get planning than the Windsurfer.

- Jibes with daggerboard down are very stable. Jibes with daggerboard up (inside board) are better than with the Windsurfer. This is probably because of the step tail.
- The Kona does not have an adjustable mast track. Kona forums suggest the mast to be placed forward 1/5th of the track. For freestyle, the mast should be back in the last 1/3rd position. I did not attempt too much rail rides, stern-first rail rides or Everolls since I did not want to break equipment, and found it cumbersome doing sail tricks with a full batten sail.

My first summer with the Kona was excellent.

Later in the summer, I did find a 6.1m2 Windsurfer sail from a friend. Actually, I bought the whole Windsurfer board and rig at a great friendly price.

In August 2009, Sweden is hosting the Kona Worlds.

<http://www.konanordic.com/Event.aspx?eId=8cad4c48913d6f4>

I'm looking forward to our Canadian spring winds for some planning outings. Maybe then I'll be able to evaluate and confirm the proper footstrap positions on my Kona One-Design. Enjoy your longboard and teach a friend.❖



Denis sailing the Kona One-Design.
Photo by Tom Mae.

Editor's note: Denis is a new/old face in the Ottawa/Gatineau windsurfing community and potential CMWA member! Watch for him in 2009 on the water.



Ice Windsurfing

By Tom Mae

Windsurfing Canada will be demonstrating ice windsurfing for the second season this winter. What makes ice windsurfing so appealing is that you can go four times the speed of the wind. This is due to the lack of drag from water, that is there with water windsurfing. With a three knot wind you can go up to 12 knots in speed. In the water, three knots are barely enough to get around. Three knots on ice are equivalent to water planing speed. You can quickly see that there can be many more "planing" ice windsurfing days in the winter season than perhaps in the summer. Racers can go up to 90 km/hour!

There are two predominant styles of boards that are used for this: boards with blades and boards with skis. For pure ice, the board with blades is best. The boards generally look like http://www.windsurfingcanada.com/english/icewindsurfer_plans1_2_3.pdf. This board can be built with a few hundred dollars of materials if you are handy with tools. Advanced racing models have a steering mechanism that turns the front blade so you can turn relatively tight corners. You can see the turning rod near the rear of the board that Janusz Butylkin was sailing on at Lake Scugog this past winter.

The second style of board has two angled skis seen in these photos that Suzanne Roberge sent me of the ice windsurfer that she had built for herself a number of years ago. This style of board is more suited for snow covered ice, but will also work on ice as long as you keep the edges well sharpened. You will notice the similarity to the board that Janusz races with at the WISSA ice windsurfing championships when there are snowy conditions <http://wissa.org/>. His custom green skis are longer than the 240 cm giant slalom skis that many others use. They are stiff with long straight sides. This board has a tendency towards wider turns than the bladed version.

Most of the days I went out last winter had great conditions with some snow cover. For me, snow covered ice is best, as the snow provides grip when getting on and off the board. Speed demons would beg to differ, as they prefer the higher speeds that uncovered ice can provide. I am manufacturing an ice surfer platform that you can add your own old 200 cm skis to for a relatively low cost ice windsurfing experience. This will be available through Windsurfing Canada as a fundraiser to benefit Windsurfing Canada's Rainbow outreach program (under \$500 for base model). Windsurfing Canada, along with the Toronto Windsurfing Club's help, will make 3 or 4 boards of each type, available for ice windsurfing demonstrations throughout the winter. Bring a few sails if you can, a helmet and a lifejacket (to save you getting winded). We will have a limited number of helmets, lifejackets and sails available for those that don't have any. Come out and try these two styles of boards this winter. Ice windsurfing can be an exhilarating wintertime extension of the summer sport we all love.

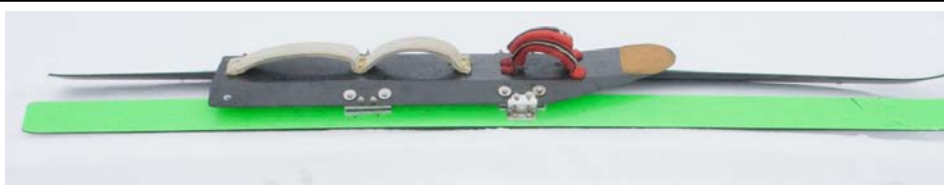
Demonstration dates, times and locations will be posted at <http://www.windsurfingcanada.com/english/ice.html>. Let us know if you are interested in racing and we will see if we can hold some races later in the season. I am expanding the ice windsurfing portion of the Windsurfing Canada website this winter and would love to hear from anyone that has pictures and stories to share about the ice windsurfers they have built or sailed. Please email me at icewindsurfing@rogers.com. ❖



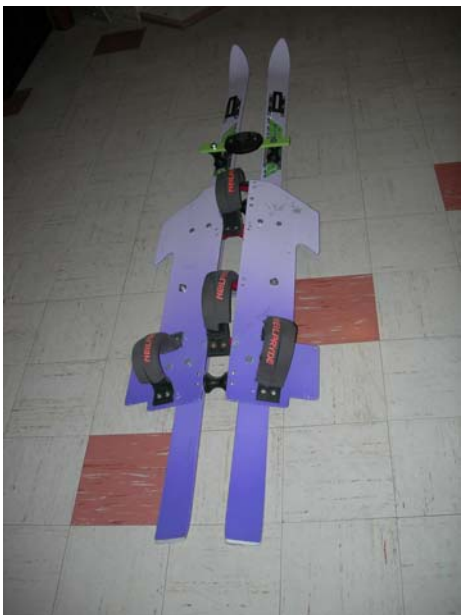
Wissa 2006 Race.



Janus in action on Lake Scugog.



Janus's ice windsurfing



Suzanne's ice windsurfing contraption.



*Suzanne in action at the WISSA 1997.
Ever met a World Champion? Well,
some of you have!!!*

Windsurfing 2009 Schedule

- Mai 22-24 - **CMWA** Spring Get-Together, Port Bolster. Stelphanie Todd surfit@sympatico.ca or 905-953-8331
- May 30-31 - 20th Annual Toledo Windsurfing Championships, Toledo, Ohio
- June 19-21 - **CMWA** Spring Women's Clinic, Port Bolster. Stelphanie Todd surfit@sympatico.ca or 905-953-8331
- June 6 (wind day June 7) - OSA #1 Toronto Windsurfing Club. June 7 TWC Boardfest.
- July 4 (wind day July 5) - OSA #2, Rondeau Yacht Club.
- July 18 (wind day July 19) tentative - OSA #3 Lake Scugog.
- July 31, August 1-3 - **CMWA** Neil Pryde Canadian Masters Championships, Caraquet, New Brunswick. Info: Roch Chiasson, roch1755@hotmail.com
- August 15-16 - National Capital Regatta/OSA#4, Britannia Yacht Club, Ottawa (Raceboard & Formula). Info: www.byc.ca
- Sept. 19 - OSA #5 TWC
- Sept. 20 - TWC Mammoth Marathon, Cherry Beach. Open to all, long & short courses. Info: 416-461-7078 or www.torontowindsurfingclub.com
- Sept. 19 - **CMWA** Women's Fall Clinic, Port Bolster. Stelphanie Todd surfit@sympatico.ca
- Sept. 18-20 - **CMWA** Fall Wrap-up, Port Bolster. Stelphanie Todd surfit@sympatico.ca or 905-953-8331
- Fall **CMWA** trip to Hatteras, Oct. 24-31 and Oct. 31-Nov. 7 - contact David Culliford, d.culliford@rogers.com

How to Reach Us

Voice: (416) 269-7534 Mike Keltz
Website: www.windsurf.ca/contact/
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 2009. We welcome all contributions. Please e-mail your articles and pertinent pictures to roberge811@sympatico.ca.

Moving?

Please send us your new address, etc. by contacting us via www.windsurf.ca/contact/.