



Masters Matters

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Spring 2009

President's Spring Message

By Lauri Gregg, CAN 2578

Windsurfing in 2009 has already started! Have you been out yet?

Masters have been sailing in Hatteras, I've been lucky enough to get to Bonaire, we've had a successful CMWA Spring Get-together and Clinic at the Burgess cottages in Port Bolster and several of us have met up

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with our master colleagues from the US at the annual event in Toledo. The season is rolling with many more activities listed on the schedule!! These all can be found on the fabulous CMWA website which just keeps getting better.

Of course, the summer's highlight will be the CMWA Championships being held in Caraquet, New Brunswick on the first weekend in August. The organizers are hard at work making this a very special happening that will be part of a much larger Maritime Acadian Festival. It's going to be all about having fun, so plan to join us in Caraquet.

Some of us are also planning a visit to the Magdelene Islands following the event as part of the experience. They tell me windsurfing on the Magdelenes is excellent. Why not think about joining us and finding out for yourself.

In any event, when the wind is blowing and the passion stirs within you, keep the CMWA in mind and come join us out on the water. ❖



Our President, Lauri, enjoying Bonaire.

Beautiful Bonaire 2009

By Lauri Gregg, CMWA President

Warm, waste deep turquoise water – 81 Degrees F; days always sunny with cloudy periods or cloudy with sunny periods; temperatures of 85 to 90 Degrees F; steady trade winds; long planing reaches and jibe, after jibe, after jibe... Could this be a dream? No, it's beautiful Bonaire!!

For Steph and I it was our third visit to Bonaire – each time better than the last. Joining us this year were Janine Poley, the 79 year old windsurfer from Deep River along with her daughter-in-law and best friend. Janine was with us last year, but for the other two women it was their first time. They started sailing the afternoon we arrived and didn't stop until the day before we left three weeks later. Did they have fun? You can bet that they're still smiling.

As usual we used Continental Airlines to make the journey. There is only one stop in Newark and then an overnight flight to Bonaire arriving about 4:30 a.m. We pick up our rental at the airport, make the 20 minute drive to the Lac Bay Villa, catch a few winks in air conditioned comfort and quickly make the transition to life on Bonaire – windsurfing on Lac Bay that afternoon!

The Lac Bay Villa is owned by our friends Carol and Trevor from England and is located right beside the Kontiki Apartments and Restaurant overlooking the bay only 5 minutes by car from the windsurfing centers – Bonaire Windsurf Place and Jibe City. For me this is the most ideal location on Bonaire, and I keep the view from the Villa out onto the bay and windsurfing activity as the background on my computer screen year round as a reminder that it won't be long before I'm back there again.

Imagine the day. Wake and have breakfast at your leisure. There's no need to rush. The wind blows all day. Jibe for 2 hours in the morning. Come back to the Villa for lunch and a siesta. Jibe for 2 hours in the afternoon and then gather with your friends at either the Hang-out Bar at Jibe City or the Bonaire Windsurf Place bar for one or two après-sailing thirst quenchers of your choosing. Then back to the Villa to prepare supper or ready yourself for an evening in town. We did it for 3 weeks this time and still didn't seem like enough.

This was a very good wind year with only a couple of snorkeling no-wind days, 5 or so 5.0 days, and the rest fully planing 6.0 to 7.3 days. We sail out of Bonaire Windsurf Place where the owner Roger is a close friend of ours and a member of the CMWA. His new Hot Sails were particularly sweet. Meanwhile, DJ over at Jibe City had a new quiver of Gaastra Pilot sails that were working very well for our friends who sail from there. The centers

Thank you to our generous sponsors!



Silent Sport

are side by side and so it's easy to check everything out.

We've already booked for three weeks in May again next year. Until then I'll just look at my computer screen and let the warm memories come flooding back. ❖



View from the patio at Lac Bay Villa.



Spring Get-Together and Clinic 2009

*Respectfully submitted by
Stephanie Todd, CMWA Clinics & Social Director*

The Burgess Enclave continues to be the place to be on a sunny warm weekend with windsurfing friends. This event has been an annual event for almost 20 years. It wasn't always held here in Port Bolster, where the grassy grounds are ideal for rigging and doing morning stretches or socializing.

This year, with personal trainer Tamas Acs, we did exercises related to our sport. He also provided some one on one with individuals based on their own needs. The shallow water was a little higher this year so we were able to sail in and out of the shore without hitting bottom. It was still just the right depth for beginner Tamas who was coached by Geoff Mitchinson. Nick, Bob, Bob, Barry, Graham, Lauri and I sailed about until the winds petered out in the afternoon. Everyone enjoyed the sunshine and donned summer like wear until the bugs drove us indoors just before sunset.

Lunches were provided by Steph's Food Thoughts. The soups were a big hit as always. Dinner this year was potluck and it was second to none with all the great foods brought by the participants. There were not too many leftovers!!

Sunday was sunny with the winds out of the NW and so it was a little cooler but still great for morning sailing. We came in as the winds diminished and filled up on fuel for round two in the afternoon. The sun had warmed things up and so when Nicola (Geoff's wife) arrived she was able to enjoy the Executive Cottage deck to relax. Some of us went paddle boarding and others decided to pack it in. That was the wrong move because the winds cranked to planing conditions for 45 minutes. Bob, Geoff and I enjoyed being in the back foot straps of the longboards. Thanks goodness I didn't fall in since I had only my bathing suit on. It all wrapped up around 5 p.m. It was still hard to leave the area as it is a little piece of paradise north of the city.

Check out the photos on the website and the registration form for the fall event, www.windsurf.ca. Register for it early as it is also the women's clinic so the rooms fill up quickly. ❖



*Tamas learning to sail with Geoff.
Photo by Stephanie Todd.*



*Tamas sailing.
Photo by Stephanie Todd.*



*Bob Shuttleworth heading out.
Photo by Stephanie Todd.*

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 organizing a wind and kite event as part of the Congrès mondial acadien which will be held in 2009 <http://www.cma2009.ca/>.

The Super 8 will be the site for our 2009 event. Grassy and secure rigging area. To reserve your room, 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. Price of all rooms should be \$139.88.

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.

Our event falls at the same time as a Festival in the town of Caraquet, so we will be able to enjoy fireworks and local musical groups to entertain us as it is the Festival acadien de Caraquet that weekend <http://www.festivalacadien.ca/>.

Tentative schedule to include: Friday night welcome get-together, Saturday night dinner, Sunday dinner & AGM, Monday morning races followed by awards. One of our dinners may offer you a taste of a local cuisine... The long distance race may happen on Sat. or Sun. in order to attract more people to join us for this fun race.

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



Super 8 and grassy rigging area in Caraquet.

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!

MASTERS REIGN WITH A SPATTERING OF AMERICANS AT TOLEDO AREA BOARDSAILING ASSOCIATION WINDSURFING REGATTA 2009

Submitted by: Stephanie Todd, CAN 7

While the rest of the province of Ontario was besieged by thunderstorms and snow storms, several brave souls headed south to Maumee Bay, in Oregon, Ohio for the 20th annual windsurfing event held May 30-31. This event is organized by TABA and is part of the MOWIND series. The Americans look forward to us joining them to test their skill level against the strong Canadian contingent. It was not much different this year as 9 Canadians joined the fleet.

Friday was a fun day just sailing. Bob Shuttleworth the first to arrive in the Bay rigged his 7.5 and headed out on his longboard. By the time we arrived the wind looked like it was falling off. Lauri rigged his longboard which brought the wind back to a point where he opted not to go out. Meanwhile, I hit the water with my 7.2 and my 120L JP (the only short board we brought!). I soon discovered that the water was cooler than I was used to in Bonaire and the waves were monstrous. I was way overpowered so I sent Bob out on my gear. He even had trouble keeping the board in the water!! Eric (U.S.) went out on a formula board along with a fellow American and disappeared off the horizon of Lake Erie. Chris Hope arrived next and rigged his longboard and 7.5 and braved the high winds and waves. Andrée, Eric and John sonn arrived and Andrée was quick to get out on the water with her 5.5 and the 91L JP. She was flying. Eric, her son, also went out when the winds became a little tamer around 7:30 p.m. We all headed for dinner at the Mexican restaurant where Reet and Tom joined the crowd.

The next day brought more sunshine and warm weather along with some great winds. It was a struggle as it was gusting up to somewhere around 18 kts+ which is a challenge with the larger boards. Lauri was smart and did the first two races on his new NP 7.2. The third race he opted for his race sail...of course the winds picked up and he was lucky to make it back to shore. The two races in the afternoon were repeats of the morning. Mike Tindall had joined us on the line as well. John Darling (JD) tried a port tack and failed miserably to the point of a protest. We were all pretty tired and glad the racing finished early enough so that we could shower and have a few cold ones before heading to Luckie's, an eatery on Navarre Road in Oregon. It was within stumbling distance to the hotel which was great since a free keg of Labatt's Blue was provided! Rod Clevenger told us all that we would have to stay till it was empty. That wasn't hard to do.

Sunday brought slightly cooler temps but the sun was still blazing and the winds were very light from the NW. We headed out on to the water and did one pumping race once around. My best finish! Rod decided to call it after that race because the winds were about to totally diminish. For the first time ever, we were packed before lunch. The awards were beautiful as usual and crafted by the Commodore for TABA. Many of those awards went to the Canadians: Bob 1st, Tom 3rd for Men's A fleet. Andrée 1st and Stephanie 2nd for the Women's A fleet, Reet 1st for the Women in Sport Fleet, John D. 1st for Men 60+ (there were questions around that since he got to drop his DSQ for his Port/Starboard rule busting!). The organization, food and party as usual were excellent. Kudos to the volunteers for the event.

We are all looking forward to seeing more Americans join us at the Canadian events over the next few years. For full results, go to www.MOWIND.org.



CMWA in Bonaire May 2 to 23, 2010 (depart Toronto May 1)

If you like to windsurf, snorkel or dive, this island has it all. The trade winds blow consistently from the south which brings warm winds and keeps the water a comfortable 80+ degrees Fahrenheit. We are going to make this an annual pilgrimage for three weeks each spring forgoing the Hatteras unpredictable spring weather. For those that are interested in joining us, there are a number of places to stay and different methods of travelling to the island. Check out for travelling to Bonaire at www.bonairepros.com. We found the most comfortable was to go as direct as possible by Toronto/Newark/Bonaire using expedia.ca. It is an overnight flight but you can windsurf the day you arrive.

We stay at Lac Bay Villa (www.lacbayvilla.com) which is owned by our friends from England but managed by and next door to the KonTiki Beach Club. www.kontikibonaire.com There is also Villa Trepanier. Go to www.youtube.com and search for “villa trepanier a Bonaire”. It is on the other side of the island not more than 10 minutes from the windsurf rental places. If you contact Edith directly she will give you special rates. If you like to go natural, there is the SORBON next door to Jibe City and Bonaire Windsurf Place. Renting equipment is much easier than trying to transport your own and the equipment at both Bonaire Windsurf Place and Jibe City is excellent. Bonaire Windsurf Place is run by three excellent post Olympians. One continues to race at the World Cup level. Their instruction is beyond great. Roger Juriens has offered to give the CMWA membership a discount on Board rental and lessons if you rent from them. He also has deluxe accommodations in the downtown area. www.Bonairewindsurfplace.com

Most places have kitchens so you can opt to make your own food which is a great cost saving vs. eating in restaurants. There are many grocery stores on the island but remember that it is a desert so nothing is grown on the island itself. The total cost varies depending on your flight route, where you stay, how long you stay and how many days you windsurf.

For more information on trips to Bonaire, see the photos at www.windsurf.ca or contact Stephanie at surfit@sympatico.ca. ❖

Snowfari 2009

*Respectfully submitted by
Stephanie Todd, CMWA Clinics & Social Director*

You could not have asked for a better day to wrap up the ski season and renew memories of windsurfing to come at this year's Snowfari. Horseshoe Resort is renowned for its snow and it certainly didn't let us down this year. As the sun blazed down on the glistening snow it soon softened to great spring skiing. The moguls, though deep and rutted, became our playground for most of the afternoon. We all skied all the runs playing on different skiing techniques though Bob kept saying his rhythm was off and Andy agreed since he was trying to ski behind him and couldn't stay in the moguls. I got a few tips from Jeff, our ski school coach which I promptly practised and passed on to our participants. Eric had us going off little jumps (some of us need depends!).

Lunch was spent on the deck of the Crazy Horse Saloon enjoying the sunshine over a couple of pints. Back to the slopes very relaxed and skiing with ease or insanity! We continued to ski the moguls with better skills or so we thought...maybe it was the beer that made us braver! We couldn't get Andrée Gauthier or Eric out of them till almost closing at 4:30 p.m. Eric donned his shorts in the afternoon only to find of course when the snow kicks up it is a little chilly on some body parts. He endured though and climbed into the car at the end of the day grinning from ear to ear.

The day ended with some shopping in the ski shop and then more time on the deck watching Andrée and Eric skiing the bumps. The grand finale, as usual, was BC smoked salmon with crackers and cheese as well as nachos and dips at our home. There was a lot of talk about the windsurfing season to come. We finished the day by celebrating Earth Hour by candlelight! Visit the web to register to any of our events at www.windsurf.ca. ❖



Windsurfing 2009 Schedule

- 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

Position	Contact
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<i>Vice-President</i> *	Bob Shuttleworth 905-841-2262
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* Indicates members of the Executive Committee.

NEXT NEWSLETTER

The next newsletter should be published in the fall 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/.