

Volume 20, Issue 1 Fall 2009

President's Spring Message

By Lauri Gregg, CAN 2578

Well another windsurfing season has come to a close, except maybe for those hearty folks up in Dryden who'll probably sail until the ice covers the lake. I prefer the warm breezes of Bonaire where I began the year's windsurfing in May.

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There is no doubt in my mind that Bonaire is the best windsurfing destination in the world. My whole winter will be spent dreaming about getting back in May 2010.

2009 was another successful year for the CMWA filled with clinics, participation in events both in the US and Canada as well as a fabulous CMWA Championship in Caraquet, New Brunswick. Our membership has remained strong and we've gained international members from both Bonaire and the U.K. We've strengthened our relationship with masters windsurfers in the northern US and there's talk of resurrecting the Can-Am competition at the 2010 Championships in Dryden next summer. The CMWA includes the youth in all our activities. Development of young sailors continues to be the focus of CMWA members. We're proud to see some of them training for competition at the Olympic level. All in all, I would have to say that 2009 has been one of my most enjoyable sailing years. I know that next year will be just as exciting. See you on the water in 2010! ❖

> Happy Holidays and Best Wishes for 2010

Beautiful Bonaire 2010

This Caribbean paradise is the place to hone your windsurfing skills or to learn to windsurf. The warm crystal blue flat waters with small chop in the lagoon create a very safe environment for windsurfing. The best place to stay is at Lac Bay Villa (www.lackbayvilla.com) managed by KonTiki Beach Club (www.kontikibonaire.com)on the bay. You will need to bike or a car to get to and from the windsurfing site and to do groceries. The Roger's rental shop at Bonaire Windsurf Place (www.breathebonaire.com) will give you a discount if you are a CMWA member. Miriam at KonTiki does all our arrangements but the flights. We suggest either Continental through Newark NJ or Delta Airlines through Atlanta. You can only fly in and out

This year's trip is planned for May 2nd – May 23rd. Join us at the Villa by contacting Stephanie or contact KonTiki Apt. to rent your own place.

For information on Bonaire contact: Stephanie at surfit@sympatico.ca

on the weekends.





Thank you to our generous sponsors!





Silent Sport

And to the local sponsors in Caraquet, NB:

Town of Caraquet
Super 8 Motel



Hatteras 2009 - Frisco, NC

Respectfully submitted by Stephanie Todd, CMWA Clinics & Social Director

Our annual trip to Hatteras was amazing this year. We stopped in Gettysburg PA for two nights so that we could really tour the battlegrounds. Three hours of riding our bikes and we had barely seen enough but our butts were sore and we were starting to hanker for a cold one! We also visited Boyd's Bears where Teddy Bears come from. Three stories of stuffed toys, it was a kid's play land!

The day we arrived in Hatteras, the sun was shining and the winds were showing that sailing would be in the forecast. We were not disappointed. Out of three weeks we didn't sail four days in a row (one of those we could have sailed at 5 p.m. but we were already into the brewskies! Lesson learned!). The rest of the time we spent sailing anything from a 7.2 down to a 3.7. Lauri had bought JP 109 L Slalom from Geoff Mitchinson and he wasn't disappointed, as a matter of fact, I only got to try it twice because he was on it no matter what the wind. It goes scary fast! I did get to go out on my 76 L Quattro which was amazingly fun. A local George gave me some tips on my jibes so they were coming along well. If you want to improve, it surely is time on the water when it comes to this sport.

We had André and Sue along with our friends from the US for our Thanksgiving dinner which was not traditional but food from the sea! Lots of serious discussion and beverages consumed. Of course the wind blew like stink the next day!! Great way to get rid of a hangover!!

It is always sad to leave the Island but after three weeks we felt we had had our fill of short boarding for the season. We almost didn't get off the island due to three days of Nor'easters that had flooded the road at Rodanthe but after 2.5 hours we were headed back home with a stop in Gettysburg and a great dinner at the Blue Parrott.

We already have plans for next year only in a different house in Frisco as Laku; our chocolate Lab will join us. If you haven't been to Hatteras in the fall, the water is warm and the winds are great. ❖





Lauri on a plane.
Photo by Stephanie Todd.

Îles-de-la-Madeleine 2009

Respectfully submitted by Stephanie Todd, CMWA Clinics & Social Director

From the shores of New Brunswick to the shore of the Îles-de-la-Madeleine is one of the most scenic drives you can take. The west coast doesn't even hold a candle to the east coast when it comes to friendly. We enjoyed a great dinner at the "Fishbone" with friends of Lauri's in Charlottetown, followed by a historic light show on the Confederation building, a walk down to the shore and capping it off with night caps and dessert.

The next morning we headed to Souris, PEI to catch the ferry to the the Îles-de-la-Madeleine. The shores of PEI, as they receded on the ferry to the Isle, mesmerized those of us who decided to make an extended holiday after the CMWA Championships in Caraquet. They included – Tom, Fauna, Reet, Bill, John D, and Lauri and I. We just couldn't stop being shutterbugs all the time we were aboard as long as there was land ahoy!

Upon arriving, we each departed to find our accommodations. Ours was a B & B, called Havre sur Mer. It was on the seashore with a beach just a walk away and towering red cliffs. Already the ambience created by the owner, Thérèse, set the pace for the rest of our vacation. Our studio was big enough to house the crew for a birthday celebration for Reet. Wine and cheese followed by a melted ice cream cake that was more like eating mouse but everyone enjoyed it anyway. It certainly is the thought that counts.

That night Lauri and I had the best sleep ever with the doors wide open (no safety issues here!) listening to the lapping of the waves on the shore and dreams of windsurfing on our short boards in the lagoon the next day. Our morning started with a three course breakfast that was a culinary delight one that would be repeated with something different every morning for five days!

After fuelling up that first morning we headed to the lagoon by noon to find that it was packed with windsurfers on one side and kiter's on the other. Lots of respect! We managed to squeeze into a spot that a kind gentle man moved his lawn chair so we could fit...again that friendliness of windsurfers and the island folk. We had a great session sailing our 5.0 & JP 120L for Lauri and 5.4 with a 96 L HiFly for me. We lasted about 2.5-3 hours before quitting as we were too tired to continue. We dined at the local eatery which was walking distance from the Havre. We had other good sleep. After a great breakfast and since there was no wind to speak of we headed out to tour La Grave. This part of the south Island has the greatest history so the museum was a great find. The video shown gave us insight as to how the islands

were formed and how they will return to the sea. It was fascinating to know that we can enjoy this Island for 5,000 more years before it disappears into the sea made the trip worth it. We spent time in many of the shops that carry local art and jewellery along with soaps. Off to the CoOp for fresh fish and salad fixings. We headed back to the studio. Lauri played his guitar then went for a run while I went out a paddle boarded in the waves. It was quite challenging trying to weave around the giant jelly fish. I was hoping that I would get to see the seals that had been playing in the waves earlier. We enjoyed a delightful home cooked meal looking out over the ocean.

The following day was another no wind day and so we decided to just chill out for the morning and head to other museums and later to La Grave for more touring and shopping. We made reservations at Bistro du Bout du Monde. It was an excellent choice suggested by Dr. Marie Pascal who was our neighbour at the Havre and seconded by our neighbours in the restaurant who were locals.

The next day brought in some great winds from the NW which also brings with it cooler temperatures and crisscrossing waves on the lagoon. John decided to try the ocean waves but we stuck it out with Lauri on his JP with 4.5 and I on the 96 L with my 5.4 (totally overpowered at times!!). What a blast! That night we met up with Tom, Reet, Fauna, Bill and John for beer, wine and cheese as appetizers followed by fresh carrots, couscous and fresh shrimp that we had picked up at the CoOp. Yummy in our tummies! Then came the surprise birthday cake for me, a fruit phyllo pastry cake, candle included and the song! Now that was excellent! Thanks to such wonderful friends.

Our last day was sunny and there was a gentle breeze building form the west but we opted to just enjoy the peacefulness of our place and visit some other parts of the island before we had to depart on the 8 p.m. ferry.

Quiet walks along the beaches are a must on the Island. There is the soft lapping of waves on the south end to the crashing waves on the north shores. They are reminders of Hatteras here except that the red towering cliffs and the pine trees that dot the island are a quick reminder that we are much farther north. A photographer's paradise.

We had dinner at an italian restaurant before catching up this the rest of the crew parked in the ferry docking area. It was sad to leave the islands and if we could have stayed like JD decided we would have. The rest of the trip was uneventful as we headed back to thunderous rain storms and hot humidity in Ontario. Surely we miss the sea but we have great photos and memories to go along with this adventure to the east.

Check out the photos on the web: www.windsurf.ca ❖

NeilPryde CMWA Championships 2009

Caraquet, NB

From the perspective of Stephanie Todd, CMWA Clinics & Social Director

The town of Caraquet New Brunswick is a quaint place located on the shores of the Gulf of St. Lawrence. The view from the Super 8 Motel on the site of the event was second to none as preparations were made not only for our event but for the blessing of the ships and the Acadian festival. We became a part of the local scene with spectators included in the mix.

Roch Chaisson, along with Mylene "Penny" and his host of volunteers, had organized an event not to be forgotten. They even gave us the wind they predicted but Environment Canada didn't! Irene McNeil and her side kick, Neil, was able to set course out in from of the venue so launching was easy. Now the winds kicked up so much that the Olympic length "I" course seemed just that. We did two races then switched to slalom courses in the afternoon. The locals joined us for this event but Nick Cox from TWC was still able to inch them out for the win. This was a new experience for many as we rarely have enough wind to do this event so this was another bonus. The second day brought interesting winds that were conflicting one another but made the races very tactical. Irene got three races off and was to start a fourth but time had run out as the blessing of the ships was making their preparations. So off the water we came and cleaned up for the reception and the dinner before the fireworks.

We had front row seats from our balcony while others joined the thousands of people on the beach and any grassy area available! These fireworks were the best that any of us had seen. Just when we thought they might be the grand finale, another set would brighten the sky to the "ooh and awes" of the spectators.

The third day brought variable winds that diminished and it had been raining so the long distance race was called and the awards handed out before noon. Lunches were ready so many grabbed and headed out as there was a group of young athletes being towed by parents to the Cape Cod Junior event. The rest of us did a slower pack and headed to our various destinations, some home and others to the Îles-de-la-Madeleine.

What a great event and next year's promises to be much of the same only in Northern Ontario, in Dryden. Plan your trip now. You can get there in two days but three will be more pleasant. See photos on the website at www.windsurf.ca. �

Youth perspective of the CMWA Championships in Caraquet, NB

By Jamie Keltz

This was my first time to compete at the CMWA event in Caraquet, NB. I traveled there with my Mom and Dad. It was really windy. The hotel was nice and there were lots for us to do. I really enjoyed getting to try racing in such windy conditions, it was such a good experience. The people there were very friendly. The second day they prepared us a traditional Acadian dinner, with meat pie and fish pie. It was really good. After dinner we started with sportsmanship award and then the draw for prizes. I convinced my Dad to get \$20 worth of tickets for the grand prize, the 6.5 NeilPryde V8 Helium Sail. They called the number "999" and it took me a while to search for my tickets and find it. I jumped up screaming, "I won, I won!" Everyone was really happy for me because the next day we were off to Cape Cod for a Junior Clinic, then a competition. When we got there two days later we got ready for a clinic. I got to try out my new sail and I loved it. It's my first sail with cams. It was the perfect size for me. I had so much fun on the sail.

Thanks so much to Neil Pryde and Barney Huycke for donating the sail to the Canadian Masters. I really appreciated it. I'm really enjoying using this sail and can't wait to use it even more.❖



Jamie and her new sail!

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Road Trip to the Masters...

From the perspective of Irene and Neil McNeill, Race Committee

It started with an email from Stephanie at the end of February. Would we be available to help out with the CMWA Championships in Caraquet, New Brunswick during the August long weekend? I called to Neil downstairs and asked if he was up for a road trip to New Brunswick. With the snow still flying and skiing season still in full swing, we answered in the affirmative.

First things first, I had to go to Google Earth to 'see' Caraquet, New Brunswick. Google Earth is a great tool. I use Google Earth to obtain an idea of the waters and features of the racing venue before I arrive. You can measure the distances within the racing area. rom there I go to one of the weather/wind sites to see what the prevailing wind speeds and directions are. This way I have an idea of where I can locate the race course. A check of the tide tables was in order. No need for that in Ontario but it would be a factor here in Chaleur Bay. I was very surprised to see the sandbar that stretched across the harbour. It proved to be a challenge. From the shore to the sandbar, it was only 0.36 nautical miles! (I still see Andrée sailing out to the sandbar and setting down into the water. The depth of the water at the bar barely covered her legs!) The sandbar would be a good safety feature but would give people grief if we set the course there. (Hitting bottom is a good 'go slow' technique.) Google Earth also showed that if anyone sailed over the sandbar, their next stop would be Gaspé...

Neil and I arrived in Caraquet, mid afternoon on Friday, after two days of road travel. It was so good to see familiar faces and meet our gracious hosts – Roch Chiasson and Mylene Mazerolle – after months of emailing. It was really wonderful to see the youth! (I was thrilled to hear that they would be going on to the U.S. East Coast Junior Championship.) Saturday morning, the race committee boats arrived. We prepared the race equipment and headed for the water. We had great conditions for the first day which set the tone for the event. Neil and I set our 'normal' course length for board races. However, there were a few suggestions from the racing crowd that perhaps the course length was a little too long... We had two course races before lunch. After lunch the wind had picked up enough that a slalom event was in order. Three great races were run with local windsurfers joining in the fun. We enjoyed a delicious dinner in the one of the harbour restaurants where we met many of the local dignitaries who make the Maritime Acadian Festival that we were part of, possible.

Sunday was another beautiful day. With steady breezes from the south, the sandbar now became our limiting factor. We were able to run the races very close to shore providing the passersby with some great mark rounding views. The crowds were gathering on the shore with good reason. Every year during the Festival acadien, the Bénédiction des bateaux takes place on Sunday afternoon. The local working fishing fleet decorate their boats and sail through Caraquet harbour, while the local parish priest blesses the vessels and invokes divine protection. Afterward, a crown is hurled into the sea as solemn tribute to the memory of fisherman lost at sea. We stopped racing early in the afternoon to watch this celebration. We had dinner at the Super 8 Motel, catered by a company which featured local seafood dishes. In addition to the fair (complete with rides), there was an evening concert featuring local talent including Caraquet's entry in the Canadian Idol contest. Later on the evening, we were all treated to what we have almost unanimously concluded was the most spectacular fireworks display we had seen ever. The fireworks were performed by a local company, Team Boréal who amazed us all with their display as well as their flashlight dance after the fireworks were over. It is little wonder that Caraquet is known as Canada's Cultural Capital.

We got up Monday morning hoping to have a final day of racing (a.k.a. the long distance race) but we were met with complete calm and the possibility of rain. With the forecast indicating that this was unlikely to change, we called it an event. Awards and lunch were in order. We bid our goodbyes and headed down the road.

CMWA events are awesome! The rest of the sailing world could learn from the CMWA. You travel to wonderful venues. You have civilized start times. You only race when there is wind. You come to shore for lunch. You organize great dinners. You take care to make the event an enjoyable event for all. Thank you to the CMWA for asking us to come along. We look forward to seeing everyone again next season. ❖

Jibing in Style with Trevor Hibdige

Introduction by Lauri Gregg

Trevor and Carol have been good friends of Steph and I since the early '90's when we first met in Aruba. They are now part of our CMWA international membership group. Trevor did a great deal of longboard racing in the U.K. and then took up short-boarding. He was doing no-handed planing jibes in Aruba when we met. Since that time he has been trying to teach me to short board. Finally in desperation, he wrote down his magic steps with hope that some day I would get it right. I'm still trying.

I thought it would be fun to share Trevor's theories on jibing with you. Part 1 with photos will appear in this issue of the newsletter. You'll have to wait until the Spring for Part 2...

Trevor's Guide to falling with style..... PART 1

1. Pick your jibing spot in accordance with the conditions and NOT the physical location. Just because there is a jibe mark DOES NOT mean you have to jibe right there if the conditions are not suitable. If the wind drops a bit or there is a horrible swell just there or perhaps someone has fallen in, means hold off a few yards until you feel comfortable.

Most people jibe "NOW" rather than prepare for it.....

- 2. Prepare by going as fast as you can....
- 3. When you are going as fast as you can, bear away a bit more and accelerate...

Most people DON'T deliberately bear away enough

4. LOOK WHERE YOUR EXIT WILL BE. Not at your feet, your hands, your boom, your mast, the nose of the board. LOOK IN FRONT AND WHERE YOU WILL EXIT.

Most people try and jibe too sharply. A jibe SHOULD be from a broad reach to a broad reach and not a beam reach to close hauled. Do not try and come about too tightly unless you know what you are doing. A sharp turn results in a sharp drop in speed and everything happens quicker - equals less time to make up for errors...

5. LOOK BEHIND AND AROUND

Most people don't look around and don't care. A jibing board hurts like hell when it hits and although a board can be stopped in 6 feet, it takes a lot of muscle and pain to do so... (see another lesson for emergency stops !!!)

- 6. Unhook and relax. Adjust your lines so that you do not accidentally hook in when flipping the rig... It hurts... AND PUT YOUR FRONT HAND TO OVERHAND GRIP NOT UNDERHAND GRIP... (unless you have a very good reason)
- 7. Take the back foot out of the strap and place on the inside rail behind the FRONT foot strap. And in a bit. NOT ON THE RAIL AT THE BACK. The board turns slower the further forward you place your foot and the further in board you place it. Slower equals more time to react. Slower equals faster if you get my drift...

Most people place their weight too far back. And the board spins round in to the wind and digs in at the back and drops off the plane. Most people place their weight on their back leg. That is a NO-NO.

NOW IS A GOOD TIME TO IMAGINE A LINE DRAWN FROM THE NOSE TO THE TAIL DOWN THE CENTRE OF THE BOARD. ONE OF YOUR FEET SHOULD ALWAYS BE IN PARTIAL CONTACT WITH THIS LINE UNLESS YOU HAVE A VERY GOOD REASON. IT IS A MAJOR POINT AND IS IGNORED ONCE YOU CAN JIBE RELIABLY BUT KEEPS YOU FROM OVERDOING ACTIONS AND REACTIONS...

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8. Bend your inside leg. This moves the centre of gravity closer to the rail. If you want to turn faster, lift your front leg in the strap by bending the knee and pulling up on the strap.

THE ANGLE OF THE BOARD IS CONTROLLED BY THE PILOT AND NOT THE SURFACE CONDITIONS.

Most people are the passenger in the jibe and not the pilot!!!

9. STRAIGHTEN YOUR ARMS A BIT AND SHEET IN WITH THE BACKHAND A BIT. Keep the power in the sail...

The problem at this point is that the rig is too close and it is difficult to sheet-in in that position. On the backhand, RAISE YOUR ELBOW ABOVE THE LEVEL OF THE BOOM AND YOU CAN SHEET IN A BIT MORE...

AND AS THE ANGLE OF THE WIND CHANGES AS YOU TURN, ADJUST THE ANGLE OF THE SAIL. THE RIG BECOMES MORE AND MORE UPRIGHT UNTIL IT IS ALMOST DIRECTLY IN FRONT OF YOU, MAST ANGLED TO ONE SIDE (almost as if you were doing an old flare jibe). LIFT THAT BACK ELBOW TO SHEET IN...

- 10. As the board turns, resist the urge to turn sharply. Concentrate on what is in front of you and NOT your feet or the nose of the board. DO NOT LEAN IN TOO FAR AND bend the back leg more AND the front leg more to keep the centre of gravity low. This reduces the impact of your wrong body position!!!
- 11. If the board is slowing down and the tail sinking (obviously too late if it is really sinking LOL) then push down on the boom and keep feeling for a bit of extra power by raising that back elbow and tickle the wind by sheeting in. It helps PULL you round...







CANADIAN MASTERS WINDSURFING CHAMPIONSHIPS EXPECTS 100 WINDSURFERS IN DRYDEN

Make travel plans to central Canada in Dryden, Ontario for an unforgettable time in 2010 at the Canadian Masters Windsurfing Association 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, or master. 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 insurgence 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.

Brad Woodworth a.k.a. Windsurf Woody, CAN757, is a competitive windsurfer who lives and sails in

in Dryden and is spearheading this event. Visit his website often at www.windsurfwoody.ca as he'll have more information in the future about the event.

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 in with Dryden's upcoming visitor information website coming soon www.ExperienceDryden.ca for updated information on all the fun planned for the 2010 CMWA event in Dryden, Ontario. www.experienceDryden.ca for

Please note: Contrary to our custom, the 2010 event in Dryden will not be held on the August long weekend. It will be held Friday, Saturday and Sunday, August 6, 7 and 8, 2010.



Participants and volunteers in Caraquet. NB.

Windsurfing 2010 Schedule

- May 15 OS #1, Toronto Windsurfing Club (Tentative)
- May 28-30 CMWA Spring Get-Together, Port Bolster. Stelphanie Todd <u>surfit@sympatico.ca</u> or 905-953-8331
- June 18-20 CMWA Spring Women's Clinic, Port Bolster. Stelphanie Todd <u>surfit@sympatico.ca</u> or 905-953-8331
- July 4 OS #2, Rondeau Yacht Club (Tentative)
- July 17 OS #3, Lake Scugog (Tentative)
- August 6-8 CMWA Neil Pryde Canadian Masters Championships, Dryden, Ontario. Info: Brad "Woody" Woodworth, 807-216-6759 or windsurfwoody@shaw.ca
- August 14-15 National Capital Regatta/OSA#4, Britannia Yacht Club, Ottawa (Raceboard & Formula). Info: www.byc.ca
- Sept. 10-12 CMWA Fall Wrap-up/Women's Clinic, Port Bolster. Stephanie Todd surfit@sympatico.ca or 905-953-8331
- Sept. 18, OS #5, Toronto Windsurfing Club (Tentative)
- Sept. 19 (TBC) TWC Mammoth Marathon, Cherry Beach. Open to all, long & short courses. Info: 416-461-7078 or www.torontowindsurfingclub.com
- Fall CMWA trip to Hatteras, Oct. 23-30 and Oct. 30-Nov. 6 - contact David Culliford, d.culliford@rogers.com for availability.

How to Reach Us

Voice: (416) 269-7534 Mike Keltz
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^{*} Indicates members of the Excutive Committee.

NEXT NEWSLETTER

The next newsletter should be published in the spring 2010. 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/.