



MASTERS MATTERS

President's Message

By Lauri Gregg, CAN 258

Another year of beginning my windsurfing on beautiful Lac Bay in Bonaire has taken place. Mind and body are re-tuned to gliding over the water with the wind in the sail. The hands are toughened up ready for a new windsurfing season on Canadian waters. As usual some of our members have travelled to Florida to race and keep their sailing skills sharp over the winter. I hope you too have had the chance to get on the water already this spring. If not, the warm winds of summer are coming.

2013 will be a big year for the Canadian Masters who are sailing the Kona board. The Kona World Championships are being held in Trois-Rivières, Québec from June 28th to July 3rd. Rental boards will be available for all making it possible for those sailing other types of windsurfers to participate in the racing. The venue for the event will be the Club Multivoile, and Dominique Vallée, a CMWA member, is the host and organizer. For more information, go to www.Konaone.com.

Two years ago the CMWA decided to provide a \$500 youth bursary to young sailors who were seriously pursuing competitive windsurfing. I'm happy to say that last year, Olivia Mew of Toronto took advantage of the bursary and used it to

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 Original and previously unpublished material is welcome and will become the property of CMWA for the sole purpose of consideration as contributed material for publication of the Newsletter and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

travel to a competition in Thailand. The bursary is offered nationally each year, and by paying your membership to the CMWA you are making a contribution to the development of youth windsurfing in Canada.

We have a summer of exciting events organized beginning with a 25th Anniversary Spring Clinic Reunion at Port Bolster, from May 31st to June 2nd. Many longtime members and old friends have already registered. It will be a fun weekend of sailing, sharing memories, enjoying good food and drink, and playing a little music. Come and join us!

The CMWA Championships will be held at the Toronto Windsurfing Club from August 2nd to August 5th. The Notice of Race is out. Register now and get the early bird discount.

Please check out our website for registration details.

NeilPryde Canadian Masters Championships 2013
Toronto Windsurfing Club - August 2-5th, 2013

This should be one of the biggest events with the host site being the Toronto Windsurfing Club at Cherry Beach in Toronto. There is a great clubhouse, grassy area to rig and lots of beach to launch from.

We have Anne Sanderson, CYA race director, assisting us this year. She is excited about working with us on this event. Chris Hope is going to be racing but will help Anne prior to the event to show her the best places to set courses.

Big thanks ahead of time for the volunteers who have been working behind the scenes, getting boats and drivers (Mike Tindall), organizing the restaurants for our dinners (Andrée Gauthier), and thanks to our major sponsors, Silent Sports, Tropical North, Makani Fins and our lead sponsor NeilPryde.

Register early to get the better rates. We are looking for billets for out of town participants so if anyone has extra beds, let me know.

We look forward to some familiar faces and new ones as well. See you on the start line...

For information contact: Stephanie Todd, CMWA Championship Director, surfit@sympatico.ca or 905-953-8302. For information about TWC, visit www.torontowindsurfingclub.com.

Bonaire 2013

By Stephanie Todd, CMWA Social/Women's Director

Each year that we travel here is always a new adventure. This year we traveled on Delta Airlines through Atlanta. Since the connection was tight we decided to stay overnight at the Airport Marriott. The adventure began once we got off the plane in Atlanta, as I had to wait for my checked carry on and of course it was the last bag off! Note to self...don't bring that bag next year! Then we had to walk forever trying to find where our baggage was. Turned out we had to hop on the train to the international terminal then upstairs. By the time we got there they were stacking our bags on the floor. Next Lauri went to see if there was a shuttle to the hotel...turned out there was not. So we hopped back on a shuttle to go to the domestic terminal and from there hopped on the sky train to the hotel lugging all our stuff with us. The good news was that it was sunny and warm so I was able to get out for a walk. Lauri came with me for a short part and left me to go back to the air-conditioned fitness room and used the treadmill. I strolled to the nearest town, Furlong, which it appeared I was one of the only white person there!

Back to the hotel and it was buzzing with 1,500 black women who were there to celebrate 100 years since the founding of the first black Delta Sigma Phi! We had to try to find a quieter bar to have beers followed by dinner. The next morning was not such an ordeal as we cabbed it to the international terminal and got checked in early. We had breakfast then bought our duty free. We headed to the gate to wait and to see if Jill Prenger would make the flight coming directly from Toronto. She made it with about 15 minutes to boarding!

The winds and warmth of Bonaire greeted us as we departed the plane. Once through the Bonaire immigration and waited for luggage. Again our stuff was one of the last! Packed the rental truck and headed to the Villa. Stopped by to see Martin & Miriam. Got the news they are no longer managing the Kontiki and there have been some big changes by Rian, the new manager.

Dumped our stuff and went to the grocery store. Made dinner after enjoying a beer or two looking out on our favorite bay!

The next three days we sailed regularly on 155L and 7.5 or 120 and 100 L for Lauri while I was on the 7.5 with my 111L iSonic. The clouds killed the winds for a few days so we practiced heli tacks, duck jibes and sail 360's and did some snorkeling at the reef. We had a big rainstorm, which was needed as the island was pretty dry. Now it is lush.

Had our first dinner party with Roger, Ruta and Jill...good times good food!

Winds came back and we had ten straight days of sailing smaller stuff. This truly is heaven! We will be back next year for another 3 weeks.

For information on Bonaire, check out these sites: www.bonairewindsurfplace.com
www.jibecity.com www.thehangoutbar.com www.kontikibonaire.com



Lauri zipping along!



View from Lac Bay Villa upper deck!



Kona One Design News

Update on the Kona World Championship

Dominique Vallée, organizer of the event, expects a minimum of 60 racers. As of writing this update, the Kona website indicates 53 registered. An Opening Ceremony will be held in downtown Trois-Rivières on Friday, June 28 after an afternoon of practice races. The long distance race is scheduled for July 1st and will probably be unforgettable! A dinner is organized for July 2 and Closing Ceremonies on July 3rd. It may not be too late to register, so come join the fun even if you never sailed a Kona, you'll get the hang of it quickly!

Kona One Design News



Championnat mondial Kona 2013

Chez nous au Canada!

Professionnel ou amateur de planche à voile, la saga dans le milieu de l'olympisme en 2012 nous a permis de constater que notre sport est fragile et qu'il faut s'impliquer pour le sauvegarder. Et c'est ce que nous allons faire au Canada!

En 2013, une rafale soufflera sur le Canada puisque nous aurons la chance de recevoir chez nous le Championnat du monde de planche à voile Kona. Un événement exceptionnel avec un concept rassembleur qui permettra aux planchistes de chez nous d'accueillir et de se mesurer à des planchistes de partout sur la planète ainsi qu'à des légendes de notre sport.

Du 28 juin au 3 juillet 2013, lancez-vous! et profiter du Championnat du monde Kona qui aura lieu au Club Multivoile à Trois-Rivières, Québec, Canada pour vivre une expérience internationale unique et accessible à tous.

Notre équipe promet de vous faire vivre une aventure enrichissante, divertissante et digne du jeu le plus intéressant au monde : la compétition.

Peu importe votre âge et votre niveau, il y a une place pour vous sur la ligne de départ! Nous vous y attendons!

Pour plus d'informations sur l'événement et pour obtenir le formulaire d'inscription :

Site Web du mondial : www.konaone.com/worlds2013

Dominique Vallée : can370@hotmail.com

Club Multivoile 4 saisons : www.multivoile.com et info@multivoile.com



Kona World Championship 2013

At Home, In Canada!

Windsurfing professional or amateur, the saga that we witnessed in Olympic sailing in 2012 allowed us to recognize that the status of our sport is fragile and that we must get involved to protect it. So that is what we are going to do in Canada!

In 2013, a welcome gust will blow over Canada as we have the privilege to host the Kona World Championship. An outstanding event with a unifying concept that will allow windsurfers from our country to welcome and to race against windsurfers from around the world as well as legends from our sport.

From June 28 to July 3 2013, go for it and take advantage of the Kona World Championship, which will be held at Club Multivoile in Trois-Rivières, Québec, Canada to live a unique international experience accessible to everyone.

Our organizing team promises to offer you a rewarding, entertaining and noteworthy adventure of the most interesting game in the world: competition.

Whatever your age and your level, there is a place for you on the start line! We are waiting for you!

For more information about the event and to find the registration form:

World website: www.konaone.com/worlds2013

Dominique Vallée: can370@hotmail.com

Club Multivoile 4 saisons: www.multivoile.com and info@multivoile.com

CANADIAN MASTERS AT KONA NORTH AMERICANS/CALEMA MID-WINTERS 2013

By John Darling

It all began in the dead of (Ontario) winter (ugh!), after a dry smooth drive south to the warm gentle breezes at Banana River Resort at Cocoa Beach, Florida on Sunday Feb. 24 (according to my trusty diary -- and it never lies.)

Olympic competitor Dominique Vallée greeted us at the shallow sandy waterfront motel on the Banana River, shooing away any stingrays, dolphins and pelicans, and bedding us down in the comfy very moderately priced bedrooms at this long-time favorite hostel used by Masters sailors over the past 20 years.

Andrée Gauthier, suffering from winter cabin fever and a long car ride, was out on her SUP in the ocean waves (on the other side of the highway) in a split second while Bob Shuttleworth and I did some 10-12 knot KONA planing on the river to get the kinks out in preparation for serious CLINIC training! Not too shabby for the first day!

Monday saw more free sailing in 10-12 knots -- then Andrée and Bob treated us to poached salmon with rice and beans in the common resort kitchen.

Tuesday brought us 15-18 knots on a warm Southeasterly warming us up for Wednesday's KONA clinic under Dominique's coaching -- a great series of drills and training. I quit early to enjoy a beer with Robert Mew, a veteran dinghy sailor who is as good at that as he is on the water. Meanwhile, Andrée was out doing slalom runs with Olivia and Roy on the RS:Xs for exercise (what an animal!).

There should have been 12 -- not 6 -- Masters KONAS out with Dominique -- for her very valuable tips and training -- later many Masters said "I didn't hear about it" -- that's no excuse unless of course they didn't hear about it. We did upwind drills, downwind drills, gybing drills, tacking drills, drilling drills. Big improvements all around!

Thursday we took the day off (gasp) registering for the North Americans at Calema, amid the 80 or so others -- a big fleet of kids in the BIC classes, slalom seniors, Formulas, RS:Xs -- and later we were treated to the first excellent outside dinner of the weekend in good sailor company (and free drafts).

The event kicked off on Friday with two races with KONA, the biggest fleet of over 30 including Europeans -- in 10-15 knots, yours truly showing benefits of coaching. There would have been 2

more in the Kona fleet if Suzanne Roberge and Denis Dagenais had not been stuck in Ottawa in a snowstorm. Their Wednesday evening flight never left and they could not get another one to make it to Calema on time. More black beans for dinner at Calema!

Next, Saturday's winds ramp up and two more KONA races result in TWC master Bob Shuttleworth in 3rd Overall, 1st Master and Andrée Gauthier 10th overall, 1st woman. In the afternoon, winds build to 20 knots and the 27 Formulas take off for the stratosphere (and one set of broken ribs in a collision), while the big fleet of 27 talented youth BIC sailors hang in for a great ride.

Well on the last day, Sunday, sunny Florida was sunny all right - but also COLD with Northwest gusts halting racing in the early afternoon! But, in the morning, in 18-20 plus knots, the KONA fleet took flight, with Bob from TWC finishing 5th overall and Andrée, a past KONA World Women's champion racing here, finishing 5th overall! It was only after winds eased off to under 20 knots that racing resumed in the later afternoon, with Olivia Mew and Jean-Sebastien Fugère from Québec placing in the RS:X fleet in big winds (RSù:Xer Roy Itzahk had to leave for his plane home early). (Some of us seniors --like me-- had to pass up Sunday's big winds -- wisdom being the better part of valor, of course).

Maybe in 2014 a dozen KONAS will show up at Calema for truly fun racing, and especially the priceless coaching by Olympic athlete Dominique at Banana River (down the river from Calema, Cocoa Beach). A bigger bargain couldn't be found, at the world's best on-water motel and world-class coaching!

John Darling reporting (gasp)



Coach Dominique... you may have to zoom in on the pic to read the funny caption!

CMWA SPRING REUNION - 25 YEARS

May 31 - June 2, 2013

By Stephanie Todd, CMWA Social/Women's Director

It is hard to believe that we have reached this milestone with the CMWA clinics. They all started at the YMCA in Orillia and moved to Jackson's Point on Lake Simcoe then finally to the current location at the Burgess Enclave in Port Bolster, thanks to the late Norm Burgess. We have been at this location ever since on Lake Simcoe hosting Spring Get-Togethers, Spring and Fall Women's clinics and the Fall Wrap-up.

Our organization is inviting all its past clinic participants and coaches to return to help us celebrate this event. We have secured the accommodations at the renovated Port Bolster Inn (Casey's) so that we can accommodate as many people as we can. In the Inn, there will be room for a total of 16 in the rooms and one cabin that will hold 7 people. Then the cottages at the Burgess' can accommodate up to 22 persons.

When we first started these clinics we had 30 or more participants. Then we developed the Women's clinics after taking over from the BWR. These events also had as many women attending. We opened the events to include youth about 5 years ago and have had numerous youth being coached by some of the best in racing.

Over the years we have had a myriad of coaches starting with Derek Wulff and Steve Jarrett. Then came the likes of Jens Knoff, Ian Brown, Geoff Mitchinson, Jeff Borgmeyer, Jeannie McMurtry, Gregg Burns, Kevin Stittle, Val Kritsch, Rick Collins, Stephanie Todd, Rob Cameron, Mike Hayes, Andrée Gauthier, Ian Matthews and Nick Cox. The mainstay support for the coaches throughout the years was Bob Shuttleworth. Without Bob's assistance, especially in the early days when we needed boat rescues, we would have lost a few of our participants to Beaverton!

So to celebrate this momentous occasion we are asking anyone who has attended the clinics, including our coaches and families, to come either for the entire weekend or for the Saturday celebration. Spread the word to those you know were here over 25 years ago. Bring your families!

ITINERARY:

- Friday Night Social - food supplied by CMWA, tales of the past present and future.
- Saturday - Breakfast at Casey's, meet & greet, sailing, coaching tips, potluck lunch, more sailing, potluck dinner and sharing tales, music so bring your instruments.
- Sunday- Breakfast at Casey's, sailing, potluck leftovers and wrap-up the day by 4 p.m.

COST:

- Weekend event with accommodations - \$65 per person.
- Saturday Event only no accommodations - \$25

- Saturday event only with accommodations - \$45
- There will be discounts for families based on number of rooms required.
- Camping may be available on the property at \$20 per night.

Bring old photos, videos, windsurfing books or magazines to reminisce with old friends from the past and present. Guaranteed to be a great time!

For more information or to register, visit www.windsurf.ca Events tab or send me your registration at surfit@sympatico.ca.



Dan Thomson and Geoff Mitchinson doing a clinic at the Burgess Cottages.

Cocktail hour on the executive cottage deck with Graham Earl and Gord McCallum and son Nolan.



2013-2014 Board of Directors

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2013 Championships	Toronto Windsurfing Club Stephanie Todd, 905-953-8302
Past President	Suzanne Roberge, 613-225-4216

SPONSORS



Silent Sports

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Upcoming Events 2013

May 31-June 2 – **CMWA Spring Get-Together & 25th Anniversary Reunion**, Port Bolster, Ont., Stephanie Todd, surfit@sympatico.ca or 905-953-8331.

June 22 – TWC race series #2, Toronto Windsurfing Club, Andrée Gauthier, andree.gauthier@rogers.com.

June 28-July 3 – Kona World Championship, Club Multivoile 4 Saisons, Trois-Rivières, Québec, Dominique Vallée, can370@hotmail.com or www.konaone.com/worlds2013.

July 13 – TWC race series #3, Toronto Windsurfing Club, Andrée Gauthier, andree.gauthier@rogers.com.

August 2-5 – **CMWA Championships**, Toronto Windsurfing Club, Stephanie Todd, surfit@sympatico.ca or 905-953-8331.

August 10-11 – National Capital Regatta, Britannia Yacht Club, Ottawa, Suzanne Roberge, roberge811@sympatico.ca.

August 17-19 – CORK, Kingston, Ontario, <http://www.cork.org/events/cork-offshore-and-one-design/>.

September 6-8 – **CMWA Fall Wrap-up**, Port Bolster, Ont., Stephanie Todd, surfit@sympatico.ca or 905-953-8331.

September 22 – Mammoth Marathon, TWC, Toronto,

How to Reach Us

Voice: (416) 269-7534 Mike Keltz

Website: www.windsurf.ca/contact/

Or contact any member of the Board.

The next newsletter should be published in the fall 2013. We welcome all contributions. Please e-mail your articles and pertinent pictures to roberge811@sympatico.ca.



The view of the Toronto Windsurfing Club from the water.