

SPRING 2018

PORTHOLE



SAILING NEWS FOR MANITOBA AND NORTHWESTERN ONTARIO

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President's Message

BY LIZ KRISTJANSSON



Finally we are seeing some signs of spring. The snow has mostly melted and although the ice will still be on the lake for a few more weeks, the warmth of the sun is giving us the feeling that it is time to return to life on the water.

It has been a busy winter and spring at Sail Manitoba. Two new recruits were brought on board and lucky for us trained by our retiring Executive Director Brigitte Smutny. Cruising Courses continued to be extremely popular and our busy volunteers helped staff our Boat Show booth the first weekend in March. Meanwhile, in Toronto, Sail Manitoba was at the center of the excitement at the Sail Canada Awards with some terrific honors.

Our very own Brigitte Smutny was awarded the 2017 Coach of the Year Award for her dedication and commitment to our sport and for inspiring young sailors all across our Province. The Gimli Yacht Club was also honored at the awards as host for the 2017 Canada Summer Games. The Kingston City Regatta of the Year Award was presented to the Canada Summer Games Sailing Committee for hosting an outstanding regatta at the Gimli Yacht Club. Kevin Stewart proudly accepted this award on their behalf.

At the end of March, we said our final goodbye's to our long-time Executive Director Brigitte Smutny, and although we will miss Brigitte's passion and viral leadership, we are very excited to be taking on spring and summer 2018 with her daughter Katja Smutny as our half time Executive Director and Shelby Williams as full time Technical Director/Head Coach. Please help me welcome both Katja and Shelby to their new roles at Sail Manitoba and support them by getting out on the water and taking part in the many regattas and sailing events offered at the great clubs throughout our Province.

Program planning is well underway. Our Provincial High School Sailing Championships will kick off sailing this spring at the Winnipeg Sailing Center at Fort Whyte Alive, followed by the CanSail Instructors Course at the end of June. Our week long Learn to Sail Programs are once again available at Fort Whyte all summer long for those who want a taste of sailing without the highway commute to the lake. Our Mobile Sailing School is also getting a much anticipated boost this summer. Sail Manitoba has purchased two new RS Zest instructional dinghies for the Mobile Sailing School fleet. Don't miss out on the fun and make sure your club books a week to try out these new boats.

Lastly, I am pleased to be taking on the role of President of Sail Manitoba after a successful 2017 season under the guidance of Past President Paul Krestanowich. Thank you Paul for all your hard work and relentless energy. You are a tough act to follow. Summer 2018 brings with it some new faces and exciting changes and I look forward to riding this new wave of enthusiasm for sailing in our Province with all of you. See you on the water!

A photograph of several sailboats with white and blue sails on a body of water. The text "LAKE SEASON = 9 WEEKENDS" is overlaid in large, bold, black letters. Below it, in smaller black letters, is "GET THE MOST OUT OF THEM BY HEARING YOUR BEST".

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Note from the Editor

BY KATJA SMUTNY

Big things are happening here at Sail Manitoba! Brigitte has retired after 20 years at the helm, and she and the Sail MB Board have entrusted Shelby and I to take over. We thank you and are excited about this new opportunity! We will be working together to continue running all of Sail Manitoba's programs and regattas, and doing everything we can to promote the sport of sailing in Manitoba and generate new interest, and keeping those who already are interested, happy!

Many thanks to Brigitte for all her help and guidance as we navigate through the waters at Sail Manitoba. We know we have some big shoes to fill!

I look forward to working with President Liz Kristjansson and the rest of the Board, as well as the entire Manitoba sailing community. Now that spring has finally arrived, we can hopefully get everyone out on the water ASAP to enjoy some sailing! We have many camps, clinics, lessons, and regattas planned – keep checking our website for updates.

The publishing of the Porthole will continue for our members, so keep your articles and pictures coming! We love seeing and hearing stories of what's going on in the sailing community – whether it be spring, summer, fall, or winter.

If you have any questions, I'm a phone call or email away. I hope everyone has a great summer!



Brigitte and the Sail Manitoba Presidents over the years. From left to right: Paul Krestanowich, Brigitte Smutny, Charlie Burns, Liz Kristjansson, Kevin Stewart, and Ivan McMorris

A large background image showing two men on a sailboat. The man on the left is wearing a camouflage cap with 'manitoba' on it, sunglasses, and a red life vest. The man on the right is wearing a dark cap with 'YAMAHA' on it, sunglasses, and a red life vest. They are both smiling. The sailboat has a white sail and is on a body of water with trees in the background.

Winnipeg Sailing Centre

LEARN TO SAIL AT THE WINNIPEG SAILING CENTRE!

Who Can Sail?

Anyone! Sailing is a versatile sport because it can be a team or solo sport. It promotes independence, flexibility, problem solving, and freedom in participants. Sail Manitoba is proud to offer a variety of sailing programs that cater to people of all ages and abilities.

What We Offer:

- Week-day and Week-night Programs
- CANSail Certification Courses
- Day Programs for Schools
- Kids Camps
- Friday Practice Sessions

Fort Whyte Alive is located at 1961 McCreary Road in Winnipeg. For more information on our sailing programs, call Sail Manitoba @ 204-925-5647 or send an email to sailing@sportmanitoba.ca.

Keep in mind – our sport depends heavily on weather conditions and in turn there might be changes in the schedule. Keep checking our website for updates.

A background image for the Gift Certificate section showing several sailboats on a body of water. The sailboats have colorful sails in shades of orange, green, and purple. The text 'Gift Certificate' is overlaid in a large, serif font, and 'SAILING LESSONS' is overlaid in a smaller, sans-serif font below it.

Gift Certificate

SAILING LESSONS

Don't know what to get your mom for Mother's Day? Or your dad for Father's Day? Or your siblings for their birthdays? Surprise them with sailing lessons at the Winnipeg Sailing Centre! Gift certificates are available at the office at 145 Pacific Avenue.

Provincial Events

RACING CAMPS

July 5-8	Racing Camp	Pelican YC
July 12-15	Racing Camp	Falcon YC
July 20-22	Racing Camp	West Hawk YC
July 26/27	BOOT Camp/Racing Camp	RLWYC

LASER DISTRICT 4 CHAMPIONSHIPS

July 28/29	Richardson Regatta	RLWYC
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ALUMNI CUP

June 17	Viking Cup	Gimli YC
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PROVINCIAL OPTIMIST CHAMPIONSHIPS

July 28/29	Richardson Regatta	RLWYC
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MASTER CHAMPIONSHIPS

July 15	Summer of Sailing Regatta	Falcon YC
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DINGHY CHAMPIONSHIP CIRCUIT & PRAIRIE OPTI GRAND PRIX BELT EVENTS *(Best 5 out of 6 regattas)*

June 17	Viking Cup	Gimli YC
July 1	Fish Fly Cup	Falcon YC
July 8	Big Bird Classics	Pelican YC
July 22	Rising Star	West Hawk Lake YC
July 28/29	Richardson Regatta	RLWYC
September 30	Frost Bite Regatta	Gimli YC

PROVINCIAL KEELBOAT CHAMPIONSHIPS

September 15/16		Northern YC
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To register for these events, go to www.sailmanitoba.com

Boat Show



Sail Manitoba attended the 2018 Mid-Canada Boat show at the RBC Convention Centre in conjunction with Discover Boating, and it was a great time! Working the boat show always gets us excited for the upcoming sailing season. You get to see a lot of the sailing community you haven't seen all winter, whether their volunteering at the booth or exploring the show. We also get to talk about how awesome sailing in Manitoba is with a lot of new faces that don't have much experience. Both the Opti and the Windsurfer drew in lots of kids and lots of questions, many of which were "is that a little model of a bigger boat?"! All in all another great boat show.

Sail Manitoba would also like to give a huge thank you to the Green Family for letting us display their Opti to help get kids excited about sailing.

High School League



The 3rd Annual High School Sailing League kicks off this spring at the Winnipeg Sailing Centre at Fort Whyte Alive once again. The last two seasons have brought a lot of close competition between the boats and this season looks to be the best yet! Each team of two must have a minimum of one experienced sailor in the boat and any high school can participate. For junior high students wishing to participate, Grades 7, 8 & 9, please contact Sail Manitoba.

For those interested in participating, please have the skipper register online at <https://winnipegsailingcenter.checklick.com/>

High School League is a great opportunity to teach a friend about sailing and get some extra time on the water. The championship is a quick season with only 4 race night opportunities to take home the big trophy!

Group 1

Date: Mondays, May 28th, June 4th, 11th, 18th
Time: 5:00pm-8:00pm

Group 2

Date: Wednesdays, May 30th, June 6th, 13th, 20th
Time: 5:00pm-8:00pm

Championships

Date: Monday, June 25th & Wednesday June 27th
Time: 5:00pm-8:00pm

For more information, go to:
<http://sailmanitoba.com/lesson/high-school-sailing-league/>

For any questions and registration information, please contact:
Shelby Williams, Technical Director/Head Coach @ Sail Manitoba.
Sailing.admin@sportmanitoba.ca or
204-298-4576.

The results will be updated regularly on our website at www.sailmanitoba.com

Come to Fort Whyte and cheer on your school team!

Coaches Corner

This spring weather is changing (maybe) and so is Sail Manitoba! This year marks the retirement of our fearless leader Brigitte Smutny, after nearly 20 years, and ushers in a new era of coaches. Sail Manitoba would like to introduce the 2018 Provincial Sailing Team Coaches:



SHELBY WILLIAMS

Technical Director/Head Coach Sail Manitoba

"I started out my sailing career at the Pelican Yacht Club in Laser and Laser >>. After years of lessons I found a passion in coaching and became an instructor under Erin Cox at PYC. My favourite time of the sailing season was when the provincial team would visit our club for the annual Big Bird Regatta. They always inspired my students and provided me with a challenge. In 2016 I was a guest coach for Sail Manitoba for the Provincial Optimist team which quickly turned into a full time summer position. I'm excited for my new position because I love the challenge that the sailing team offers to coaches."

Favourite Event Coached: 2017 Canada Summer Games, Gimli, MB

Favourite Boat Class: J24

KAYDEN POLACHEK

Winnipeg Sailing Centre Head Instructor, Provincial Sailing Team Assistant Coach

"I took my first sail in Gimli at age 10 days old. Since then I have taken many weeks of sailing lessons in Gimli and Fort Whyte. I have also been sailing with the Manitoba Sailing Team since 2008. I was trained as a CANSail 1+2 Instructor in May 2017. I'm looking forward to working with all my students this summer!"

Favourite Event Sailed: 2015 Laser Midwinters , Los Angeles, CA

Favourite Boat Class: Volvo Ocean 65



WILLIE MACDONALD

Guest Coach, Provincial Sailing Team

"I started sailing in 1998 at the Victoria Beach Yacht Club while spending the summer at my family cottage. I joined the provincial sailing team in 1999 in the laser class. My first boat was a Laser that I named Shelly and she is still in use on the team today! Any day I have a chance to get out on the water is a good day. Whether it's sailing across Lake Winnipeg on a keelboat or going for a rip in a dinghy, I'm always up for a sail!" Most recently Willie represented Manitoba as a 29er coach at the 2017 Canada Summer Games in Gimli.

Favourite Event Sailed: CORK OCR in 2009 with Mike Brodeur in the 49er

Favourite Boat Class: 49er

Instructor Clinic



Become a Certified Sailing Instructor!

Looking for a great summer job? Become a certified CANSail 1+2 Instructor at our annual instructor clinic. The clinic includes all Sail Canada Course requirements. Participants are encouraged to acquire their PCOC and First Aid, as well as their online modules, in preparation for the clinic. The clinic will be held during the last week of June as usual.

Sport for Life Centre @ 145 Pacific Ave

June 25	9:00am-4:00pm	Fundamental Clinic
June 26	9:00am-4:00pm	Fundamental Clinic

Winnipeg Sailing Center at Fort Whyte Alive

June 27	9:00am-4:00pm	Technical Clinic
June 28	9:00am-4:00pm	Technical Clinic
June 29	9:00am-4:00pm	Coach Boat Safety
June 29	9:00am-4:00pm	Evaluations

Fees

\$100 Fundamentals
\$200 Technical Clinic
\$100 Coach Boat Safety
\$100 Evaluations

Online Pre-requisites

Respect in Sport Online Module: <https://sportmanitoba.respectgroupinc.com/>
LTSD Online Module: <http://www.formstack.com/forms/?1387602-CzmuZ7yva9>

To register online for the clinic, to check your certifications, or see job postings please visit: www.sailmanitoba.com



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LOWISA

BY JOHN VOGAN

Myth-Busting LOWISA 53

You've heard of LOWISA haven't you? That six-day unforgettable sailing adventure on Lake of the Woods? The greatest freshwater sailing race on earth? The most magical week of summer, every summer since 1966? Yeah that's the one. So, are you going this year? If your answer is yes, then BRAVO – skip to the bottom of the page for the details on LOWISA 53. If your answer is no, then this article is going to take whatever myths you're holding onto and shatter them into sunny days of windy sailing. Behold: **I like sailing but I don't want to race!** No problem. Lots of people enter LOWISA as a cruiser! Wake up and start the day at your own pace. Meet us at the anchorages after the races for the festivities.

I have a sailboat, but there is no room to sleep on it! No problem again! Your options are a) Camping: set up your tent on land at the anchorages. Or b) rent a houseboat! People often bring smaller sailboats (scows, catamarans, 29ers) and have someone drive the houseboat as a "mothership". Want to get a group of people together to share a houseboat rental? Get on lowisa.org and post your plans on the messageboard or send us an email.

I'm a powerboater, am I still invited? Absolutely! We don't discriminate. Join LOWISA as a cruiser and participate in the post-race fun. **I don't have a boat, but I want to come!** There's always people looking for crew! Hop on lowisa.org and hit the "Crew Finder" link – enter some details about your skill level and you'll get linked up! **I have a sailboat, but no crew!** Same thing as above – get on lowisa.org – hit the "crew finder" link and give some details on your vessel and you'll get linked up.

Some of my crew need to leave/arrive mid-week! We can arrange a nightly boat taxi service between Kenora and the anchorages. Let us know in advance and we'll set something up. This is also a good way to get supplies! **This is our family vacation.** We have young children who want to have fun too. Will they? Absolutely! There's lots of families on LOWISA and to give the parents a break, there's kids activities everyday after the races.

I don't know the rules of racing or Lake of the Woods, I'm interested but I'm scared! No problem, yet again! We've seen it all on LOWISA: brand spankin' newbies to the fastest sailors in North America – you'll find your place to fit in. We have an expert race committee complete with REPAX boat that ensures everyone makes it safely to anchorage each night. Detailed race instructions are provided but we suggest you acquire charts for the lake and do a little homework on boat and lake safety (contact us for more info on that). The community on LOWISA is like no other and we welcome newbies with a full heart!

I can't sail for six days straight, I'll miss my bed and other comforts! Layover day (Aug 8) is happening at Sunset Lodge, Oak Island, USA. Book yourself a two-night stay at sunsetlodgesort.com. You (and the other sailors choosing to sleep on their boats) can enjoy meals at the lodge, hot showers, children's activities, massage therapy, Canada vs USA football games, live music and all sorts of other fun. And if you still want to sail, there will be a layover day race as well. **I can't race the full week, I have to work!** Then how about just racing the first day? The Discover Kenora Cup is a single event at the beginning of LOWISA on Sunday Aug 5. It starts near downtown Kenora and ends in the vicinity of Crow Rock Island.

THE DETAILS

Ok now that we've dispelled every mythical excuse you could imagine, let's get down to the details. LOWISA 53 is August 5-11, starting in Kenora, snaking its way down to Oak Island, USA then back up to Northern Harbour. Registration will open early spring – stay tuned to lowisa.org to find out when and for detailed course information. If you have any questions, comments or myths that need debunking, email us at sailowisa@gmail.com.

Your LOWISA 53 commodores – John Vogan and Steve Dreger



AUG. 5-11
2018

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Calling all Superheroes

BY ANDREW MURTOMAKI

Do you know a Superhero?
What comes to mind? Superman, Batman?

I have never seen a sailing super-hero in the comic books or movies. What would their super powers look like? Well I am here to tell you. They walk amongst us. No matter where I am, I see them.

Here are a few indicators; you may be in the presence of a Hero.

1. FRIENDLY.

They are always smiling. They will greet you every time with a big smile welcoming you back to the lake/ocean.

2. COMMITTED.

They are always there willing to lend a hand or perfect the most difficult maneuver.

3. DEDICATED.

They are in it for life. No matter how difficult it might get.

4. PASSIONATE.

They live, breathe and eat sailing.

5. DRIVEN.

They are out there to train their mind, body and soul to harness the power of the wind.

6. SUPPORTIVE.

They will take their time to help you with your problems, to help guide and teach you.

7. THEY HOPE FOR A BETTER TOMORROW.

They realise that they can better things for a new tomorrow. The actions they take today can reshape the path through hard work and determination.

Sailing Superheroes come in many forms: they are our coaches, skippers, fellow cruisers or racers. But they all manage to do one thing. They manage to inspire us, to drive for a better version of ourselves. They help us obtain what we never thought was possible. Currently, we are seeking a few volunteers. There is no pre-requisites, no requirement of an Olympic gold medal, no age restrictions just the willingness to make our sport of sailing better. So I set out the challenge: Try to use as many of the indicators set out above. Invite new people to enjoy the sport of sailing, be a mentor and be inclusive.

We all have the potential to be super; the first step is to try.

Nutrition and Fitness Sessions

The 2018 season is around the corner and we are excited to hit the water. As part of our pre-season prep, the sailing team and parents got to sit down with registered dietitian Michelle Leaf for some updated competition and hydration information.

Our provincial athletes learned how to make nutritious microwave muffins and french toast, as well as easy foods for on the water and travel. This information will help fuel their training during the pre-season workouts and fitness testing at the Sport for Life Centre.

For information on content, recipes, and fitness testing, please contact Sail Manitoba at sailing.admin@sportmanitoba.ca



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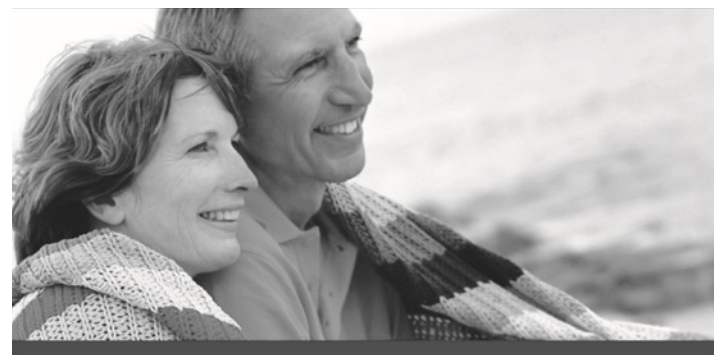
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- ▶ What are your plans for your money?

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Team Activities

The Sailing team has had another busy winter with workouts 3 times a week at the Sport for Life Centre. The new facility is an amazing building and the workouts challenge us every week. Since our paintballing extravaganza last Spring it has now become a staple activity for the Sailing Team. We even went during the first big snowstorm of the winter and had the whole place to ourselves. The park attendants thought we were crazy but these are experienced sailors that can handle any weather! We also had a go karting day, Vertical Adventures, Festival Du Voyageur, Red River Skating Trail, Summit Ski Night at Spring Hill, as well as more paintballing to come at the end of April.



Easter Camp in Victoria

BY JONAH FRIESEN

I sent my Spring Break driving to Victoria, going to the Easter camp, and coming back. As there was an incoming blizzard when we left, we headed south to warmer temperatures and to less snow in the mountain passes.

It was my first time sailing out of Royal Victoria Yacht Club, but have previously sailed with several of the sailors at other camps and regattas. There were 17 sailors in total, including 3 from Quebec.

The first three days had light winds. This made it easier for me to “get the rust off” as Tine (the head coach) put it. Among other skills, I worked a lot on my tacking. The last day had winds at 27kn gusting to 31. The rule of the day was sail and bail. When this failed, jump out of the boat and bail from the side until the sides stayed above the waves, then get back in and sail’n bail. The water was cold, and those with drysuits really appreciated them on the last day.

I found that I need more practice in high wind sailing, but learned a lot while I was there and look forward to the upcoming season. With Victoria in full bloom, it was interesting coming back to several feet of ice on our Manitoba lakes.





Class Afloat - The Adventure of a Lifetime

BY SHELBY WILLIAMS

This year, one of our Provincial Sailing team athletes and Canada Games male Laser representative has been participating on the “Class Afloat – West Island College International” programme.

Anthony Clark decided to take a gap year before going to university and chose the best way possible. He has been aboard the Gulden Leeuw since September 2017, traversing the Atlantic Ocean with ports all over the world. This trip has been an amazing learning experience for Anthony with stops throughout Europe, northern Africa, South America, and the Caribbean Islands. At the end of April, the boat docked in Horta, Azores, Portugal; a small colony of islands approximately 1,700 km west of Portugal.

Their year at sea is almost at an end with their final port in Amsterdam fast approaching. Anthony’s sailing skills have been a great asset to him while on the boat, although he complains it’s just not fast as the 29er. The sailing team can’t wait for Anthony to come home as he plans to teach sailing for Sail Manitoba this summer, and we look forward to a lot more stories!

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Friendly Manitoba

BY BRIGITTE SMUTNY

What makes Sailing in Manitoba so special?

When I moved to Canada in August 1997, I was often asked: "Why are you moving to Winnipeg in Manitoba? Aren't there better spots in Canada?". As someone who didn't know anything about Manitoba at the time, I can tell you now that they couldn't have been more wrong. It didn't take me very long to appreciate everything this beautiful place has to offer. All you have to do is open your eyes and take it all in (just disregard the pesky mosquitoes). The summer here is a real summer, with endless sun and heat (and the occasional rain at night), and the winter is... well, cold, but there is always sunshine and you can often see beautiful sundogs. And there is wind! Lots of prairie wind! So Manitoba is a paradise for sailors.

Being a long-time sailor, I realized right away that the best kept secret is the abundance of beautiful lakes with very active clubs. There is no shortage of picturesque yacht clubs that boast an incredible sailing scene all summer long.

There is the Pelican YC, with their lively social life, where they always find time to get together and have fun. Silver Harbour SC members welcome everyone so warmly at their lovely club, and the members at Pinawa SC have a ton of fun with their summer learn to sail program. The Falcon YC is one of the most active dinghy racing clubs and encounters the most challenging conditions on the water (can you say shifty?). West Hawk Lake YC involves every cottage owner around their club with their active sailing program, and the Black Sturgeon SC is the fastest growing member club with a busy summer program. The Zig Zag YC is located on a beautiful island, with so much sailing history and so much potential for growth.

There is also the world-class sailing site, the incredible Gimli Yacht Club at Lake Winnipeg, which has hosted countless provincial, national and international events. The Victoria Beach Yacht Club is the home of sandy beaches, with more windsurfers, kite-boarders and hobie sailors than anywhere else. The Royal Lake of the Woods YC is the oldest club and is located on a gorgeous island. Traditions are highly regarded and many of their members sail scows. The Northern YC might have the busiest social calendar for their passionate members, and LOWISA has been named the most fun regatta of the year, no matter if in the racing or in the social division.



Sail Thunder Bay is Manitoba's outpost in Northwestern Ontario, where generations of skilled racers participate in a very active competitive program. Last but not least, the Winnipeg Sailing Centre at Fort Whyte Alive is a beautiful nature centre in the southwest of Winnipeg with small lakes that are ideal for beginner and intermediate sailors alike.

Besides the fantastic sailing venues, Manitoba offers an abundance of other sports in the summer and winter (go Jets go), has an amazing cultural scene, and one of the best food scenes in Canada.

But the best is what all the folks in Manitoba have in common – they are the nicest, kindest and most helpful people, and they make it easy for anyone to feel welcome and at home in no time. In two words, our license plate says it all – 'Friendly Manitoba'.



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Cocktails At Port

BY @BITEOFWPG

AVOCADO MARGARITAS

I know what you're thinking... avocado in my cocktail? Yuck! Trust me, don't knock this one till you try it! This recipe is simple to make, tastes so light, creamy and refreshing! Not to mention, its perfect for a relaxing summer day on the on the boat! Drink up, Sailors!

YIELD: 2 Servings

INGREDIENTS:

- 1 ripe avocado, peeled and pitted
- 4 ounces tequila
- 2 ounces Cointreau (or any orange liqueur)
- 2 ounces fresh lime juice
- 1/4 cup fresh cilantro leaves, optional
- pinch of salt
- 1-3 teaspoons agave nectar, optional
- 1-3 slices fresh jalapeno, optional
- 2 cups ice

Optional Garnishes: fresh lime wedges, fresh cilantro, avocado slices

INSTRUCTIONS:

1. First, prepare your glasses (presentation is important here). To rim glasses with salt, simply take a lime wedge and run it around the rim of the glass. Then pour some coarse Kosher salt in a small bowl, and dip the rim of the glass in the salt.
2. When your glasses are prepped, you can now make the margarita. Simply add all the ingredients to a blender. Pulse until smooth.
3. Add the ice, and pulse again.
4. Taste and add extra agave nectar to sweeten, and/or extra jalapeno to kick up the heat, if desired. Pulse one more time, until smooth (perfection takes time, people).
5. Pour into prepared glasses, and top with optional garnishes, if desired. Serve immediately. Also drink immediately.

**** REMEMBER, NO CRUISIN' & BOOZIN' ****



Volvo Ocean Race

PUBLISHED BY VOLVO OCEAN RACE

Tragic news from Volvo Ocean Race

The 2017-18 Volvo Ocean Race has thus far incurred two man overboard incidents – one on Scallywag when crew member Alex Gough was washed overboard and successfully recovered during the Leg 4 from Australia to Hong Kong, and one on Scallywag that has not ended well on Leg 7 from New Zealand to Brazil.

Richard Brisius, the President of the Volvo Ocean Race, addresses the recent events involving Scallywag and crew member John Fisher.

This morning I am extremely sad to inform you that one of our sailors, John Fisher (47 years old), from Team Sun Hung Kai / Scallywag, is now presumed to have been lost at sea. This is heart-breaking for all of us.

As sailors and race organizers losing a crew member at sea is a tragedy we don't ever want to contemplate. We are devastated and our thoughts are with John's family, friends and teammates. Yesterday, just after 1300 UTC, Race Control for the Volvo Ocean Race were informed of a man overboard situation by Team Sun Hung Kai / Scallywag.

We immediately coordinated with the team as well as the Maritime Rescue Coordination Centre, who have located a ship and diverted it towards the scene. But at current speeds it remains over a day away. With the rest of the Volvo Ocean Race fleet approximately 200 miles downwind, sending them back upwind to assist, against gale to storm force winds, was not a viable option.

The Sun Hung Kai / Scallywag team conducted an exhaustive search for several hours in extremely challenging weather conditions, but they were unable to recover their teammate.

Given the cold water temperature (9°C/48.2°F) and the extreme sea state, along with the time that has now passed since he went overboard, we must now presume that John has been lost at sea. All of us here at the Volvo Ocean Race organisation send our heartfelt condolences out to John's family, his friends and his teammates and we will do everything in our power to support them in this very difficult time.

Team Sun Hung Kai / Scallywag has now resumed heading in a north-easterly direction (toward Chile). In fact, the team is currently in a challenging position – the weather is deteriorating and is forecast to be quite severe over the course of today.

The crew is, of course, emotionally and physically drained after what they have just experienced. Our sole focus now is to provide all the support and assistance that we can to the team.

We are sure that there will be many questions about how one of our sailors was lost overboard yesterday. We can address those after the team has been fully debriefed. Our thoughts and prayers go out to John's family and the entire Scallywag team.



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Mike Couture
President & CEO
Couture Capital Group Inc.

LOWISA

BY JOCELYN MCLAREN

LOWISA has been called “the greatest freshwater sailing regatta on earth” by at least two people I know. LOWISA stands for Lake of the Woods International Sailing Association. It is a seven-day regatta that navigates all over Lake of the Woods and has been in existence since 1966. People of all ages (newborn to 70 +) compete each year to call themselves a champion – whether that’s in regards to sailing, paddle board racing, Caesar making, or who actually has rum left at the end of the week. Needless to say, it is the best time of the year and an absolute must for anyone who fancy’s themselves a sailor.

Last year, Paige Nuttal and myself decided to go where no one has gone before and attempt to race my two-person 29er skiff dingy. Paige said to me: “I have a dream” and then followed it with “... and we need your boat”. I said she was crazy, people said we were crazy, but in the end of the day, we knew they were all right. Seems like a wild plan to race a dingy boat over 20 Nautical miles a day with no follow boat and virtually no radio through uninhabited parts of the lake, and it was. But it wasn’t until we started actually sailing until we realized there was so much more to our expedition. For example, Problem 1: How were we going to keep enough food, water, and booze on our boat for the day? Solution – dry bags attached to the mast, bottles clipped to everything. Problem 2: How were we going to listen to music while sailing? Solution: Waterproof speaker clipped to mast with waterproof phone in life jacket with Bluetooth on (our boat looked like a floating thrift store with all the junk hanging off of it). Problem 3: Where and how were we going to pull our boat up onto the rocky shore without a dolly? Solution: A series of foam blocks, mats, straps, and the very friendly people driving the REPAX boat. Problem 4: How were we going to get to and from the start and finish line on time or how were we going to get anywhere with no wind? Solution: A tow. The best thing about LOWISA is that for at least one week of the year, everyone on the race (which can be over 40 keel boats with a decent amount of crew) considers themselves family. Anyone is willing to lend a helping hand, as long as it doesn’t involve taking any of their ice. Unfortunately this year there wasn’t much wind, which meant we got towed A LOT.



But fortunately we wouldn’t only just get offered a tow, we would also get offered beers, Caesars, tuna wraps, and even once we got towed by the mobile Starbucks and received Vanilla ice coffees with whip. Each night there are organized parties on shore where everyone gets together and... well.... Drinks. Let sailors be sailors we scream! Mount Gay Rum sponsors the regatta and the infamous “Rum Party” is one to look forward to. There is ice, yes, real ice, and who knows where they get ice in the middle of nowhere but no one is asking. Then there are cases of rum, and everyone is instructed to bring their own cup. There are babies running around in life jackets, a bonfire, zodiacs, pirate costumes, and the whole thing is very safe so don’t worry. It’s the only time you will be crammed in a zodiac to go cliff jumping and be with people from three different generations. Yes folks, this is a regatta to write home about.

There is sailing let’s not forget, so back to Paige and I in our little dingy. We set ourselves up with laminated maps of the lake with the route drawn on them, for easy accessibility while one of us is steering and one of us is hanging off the trapeze. It was almost as easy to navigate as it was to peel the hard-boiled eggs we packed for lunch... On the second day of racing we got our dream wind, or almost all of it. We spent five and a half hours racing with one of us on the trapeze. Moving in and out on the trapeze is like constantly doing squats. I was really missing the glory days of the Sail Manitoba team where we could rest on the coach boat between races and take a breath. At about the 3-hour mark we sat on our capsized boat and thought sailing the 29er was a terrible mistake. Almost all the keelboats had finished and we were miles from being done. Then we realized we were too far away from Kenora to retire from the regatta so our options were either finish, or sink the boat. That day we somehow finished, but every day after that we still considered sinking the boat as a great option.

Overall LOWISA 52 was a great success. It is something quite magical that people can’t start to imagine until they have experienced it first hand. Paige and I are already looking forward to sailing this year, but for everyone asking, no, we will not be on the 29er. We are looking forward to a week of luxury on a real keelboat with a Cooler, a GPS, and maybe even a toilet.

Licensing and Registration Clarification

BY WOLFE SMYTHE

I was recently asked the question, can 2 boats with the same name be in the same harbour? The answer simply is yes. There can be numerous boats in the same harbour with the same name, though why you would want there to be, that is a different question. Now that I've got you thinking let's try to clarify, Vessel Licensing and Registration in Canada.

Note: In the US, boat registration is handled by the US Coast Guard, and includes transfer of title, Transfer of registration, and other complications as well as lots of forms and fees.

Licensing – Transport Canada (TC) requires that all vessels with engines (of any type) of 10 HP (7.5 kW) or greater be licensed. Licensing helps Law Enforcement and Search and Rescue personnel identify the vessel in the case of emergency. If the vessel is ever lost or stolen it provides traceability. The process also creates a TC database, which I believe, helps to lever funds for boating support programs. Licensing is a simple process involving downloading the appropriate form (84-0172E) from the Transport Canada website, www.tc.gc.ca, filling in the required information, providing the appropriate information (bill of sale, owner identification, etc) and sending it in. (It's Free). TC will send back your license number. This number is to be displayed on both sides of the bow in 3" (7.5cm) high letters, in a contrasting colour. Can you license vessels of less than 10 HP?, Yes. The same process applies. This is recommended if you're going to take your tender foreign.

This process can now even be completed online. The license is valid for 10 years at which time TC will send out a renewal application for conformation. If the vessel is sold the license must be renewed by the new owner. The name on the vessel for licensing has no significance and is not protected, so yes boats with unique license numbers can have the same name.

Registration – Registration is a slightly more complicated, though not onerous, process. In Canada registered vessels must carry a unique name. Part of the process for Registration is to search the Transport Canada registered vessel database. In the application (Form 84-0044E) the applicant must select 3 new names in order of preference. Transport Canada will approve the one that is unique enough not to be confused with another. If your chosen name is the same as another then you can add a numeral to make it unique (EmmyLu, EmmyLu 1, EmmyLu 2, etc) Once completing the application which includes what TC calls a Survey, and supplying all the required information, Owners name and ID, Manufacturer, Manufactured location, Engine type, 4 photos (all sides), and a cheque for \$250 the application will be processed.

The survey that TC requires is to state the Gross and Net Tonnage of the vessel. It requires a series of measurements, (length, beam and draft). If the vessel is under 12 meters in length then there are standard assigned tonnage numbers based on incremental lengths.

The registration is valid for 3 years for the one time fee noted above. Every 3 years TC will send out a renewal notice automatically (there is no additional fee to renew).



Why register a vessel?

- If you plan to take your vessel foreign it is required that the vessel be Canadian registered.
- It legally allows you to fly a Canadian flag in foreign countries. This can be a huge benefit as Canadians tend to get a much better welcome.
- It simplifies the clearing in procedures in foreign ports.
- It allows you to have a unique registered name in Canadian waters.
- It proves that you are the legal owner(s) of the vessel.
- It gives title to the vessel.
- It allows you to receive up to date Transport Canada safety details and guidance materials.
- It contributes to statistics that can assist Transport Canada in understanding security risks in Canadian waters.

Back to the original question, can 2 boats in the same harbour have the same name? The answer is still yes. One registered and one licensed can still have the same name but only the registered vessel is nationally recognized under the name.

As a footnote if this information is causing you to think about changing your boats name, it is perfectly proper and safe providing you follow the appropriate procedure and appease the sea gods in the process.

For a safe renaming ceremony consult "Vigors denaming/renaming ceremony" found on the website: www.johnvigor.com

Going to the Conch Races

BY WOLFE SMYTHE

Going to the Conch Races (how cruisers amuse themselves)

This year in Salt Pond, Long Island, Bahamas I was able to participate in a new sporting event, the Conch Races. As near as I can understand this is a new sporting event. We were in Salt Pond awaiting the rally fleet from Georgetown, and heard a lot of discussion about the upcoming Conch races. This event was going to part of the Mutton Fest, an annual celebration held on Long Island.

On qualifying race day cruisers showed up at Sou'side Bar and Grill and registered their boats for the event. For a \$5.00 buying you could register your boat/Conch to participate. Proceeds being donated to a send a local kid to camp fund. As with most cruisers events it had to start with the usual Happy Hour beverages to get everyone revved up for the competition complete with trash talkin'.



At 1700 hrs the competition began in earnest. The race course was set up and the racing Conch were brought out of their paddock. Races were to be run in heats, we had 16 vessels registered. So heats of 4 was the order of the day. First and second place would move up to the semifinals and finals to be held on Friday Night at Mutton Fest.

With the Conch on the start line we were read the racing rules. The Conch shells, attached to a board would be on the start line. Jockeys sitting on a bench facing away from the steeds A line attached to the conch and a section of broomstick for each jockey. Each jockey was allowed a coach for motivation. The object of the event was to wind in the Conch to the Finish line by rotating the broomstick The main rule for the event is that while winding both hands were on the broomstick.

Second the Jockeys elbows had to remain on their thighs, failure here meant disqualification and was watched with great scrutiny by the judges Everyone was pumped, at the starting whistle the steeds were off, competition was fierce, the atmosphere was electric with excitement as the steeds raced to the finish line with the crowd cheering.

Easy Goin' finished second in our heat so we were off to the semifinals. We spent the next day discussing strategy for Friday's event, discussing technique, and the other competition.

On the day of the finals we fueled up at Mutton Fest, I had steamed Mutton with Mac and Cheese and Peas and Rice, Lu not being as adventurous settled for wings.



When we were called we were fueled and watered and ready to compete, we'd already discussed which lane was best and were able to take it. Unfortunately even with the new technique we were beaten out at the semifinals so never made it to the podium. Maybe it was overtraining, the new technique or a bad call by the judges but we'll be ready next time. The organizers are thinking of applying to the Olympic Committee to get this in as a test event, we'll see how it goes.



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Portholians

BY CLINT UNRAU

Hello Portholians!

I'm Clint and with me in the picture you see my beautiful wife Heather, handsome boy Ty, and the best dog in the world, Lexi! We did the unthinkable, we quit our jobs, sold most everything we owned, and moved onto a sailing vessel to explore the Caribbean sea... for 18 months, maybe longer, maybe less, it all depends on how it goes.

I used to have a professional career, a home, cars, and a sailing boat on Lake Winnipeg, our 'RedFox', a Mirage 33. But all those things are gone and in exchange we put money in the bank and bought a 44' sailing sloop called 'Our Alibi', an Elan Impression 434. Since then, we've burnt through more cash than I'd care to admit while having the best time of our lives. The best part is that we are now past our initial expenses and steep learning requirements and really able to function as a floating family on a day-to-day routine and the budget seems to be coming under control. Every two or three weeks I post a blog about our recent adventures on <http://redfoxonouralibi.blogspot.com>. This has essentially become my personal diary where I can record my version of events and hopefully provide some entertainment to anybody that has the patience to put up with my poor grammar, typos and spelling errors. I try to show a bit of my family in there and my favorite blogs would be "The Ghosts of Deep Bay" and "No Lobster for You!". I also hope people I write about have a good sense of humor as I don't want to offend anybody but I do like to call it how I see it.

We have been living on our boat for four months now. In some ways it feels as if it's been a really long time since we started, but in other ways it's like we're just starting out. It's been the longest "vacation" that I've ever had and most others wouldn't have had the opportunity to be away for this long. If you ever do get the chance, I highly recommend it. Being away for a week or even three weeks makes for a small break from the hustle or monotony of your job, but it doesn't allow your brain to truly release things. Being away longer allows you to let loose those feelings of frustration or boredom with the daily routine, forgive and forget the foolish things that occupies your mind when you fight with first world problems.

You probably have a few questions running through your head so I'm going to try to answer some of them that we hear quite frequently and I'll make up a few extras just to share some insight into this experience. Nobody is here to interview me, so I'll just interview myself.



Interviewer Clint: So, Clint.....What do you do about Ty's school? (always the first question)

Just Clint: Ty is being homeschooled for grade 7 and maybe 8. Heather is the main teacher (loved and adored by her student) and I jump in for math class. Math is his least favored class, not sure if it's just because he doesn't like math or because his Dad takes a no nonsense approach to math which is essentially - do it often, double check your work, and when possible we apply it to real life. I think one day he will learn to love math! Math is awesome. Today... not so much.

Interviewer Clint: Does Lexi go on the boat?

The Real Clint: Why yes she does! Not often and not number two... but we finally broke her little defiant spirit one fateful Christmas eve and she finally gave in. We try to get her to land a few times a day for exercise but when we can't she plays fetch off the swim platform. Having a dog on board has worked out well as she provides some night time security, causes a bit of extra hassle each time we enter a new country.

Interviewer Clint: What boat did you buy?

The Clint: Elan Impression 434. It's not a well-known brand in North America. Elan, is a high-tech fiberglass manufacturer in Croatia, it's the same company that makes downhill skis. They have also been making sailing boats for many years and their historical specialty is one design racing sleds. The Impression 434 is a Rob Humphreys design (same guy that designs Oyster Yachts), and it is a

truly fantastic sailing vessel. In 17 knots of true wind on the beam (single reef / full genoa / flat waters), she charges along at 9 knots speed over ground. It's outfitted fully for any point of sail (asymmetrical spinnaker on furling unit, stay sail on self-contained furling unit, power winches, Harken hardware, bow thruster and more) and it has great space down below with enough headroom for my 6'5" head. I'm hoping I can get this girl in some regatta's soon to try her out with some competition. I'm not a very good 'round the can's sailor' but I have the right hardware and the more you do the better you get.

Interviewer Clint: Where are you going?

Mr Unrau: We decided not to make a scheduled route. Cruising is about going where you want to go when you feel like going and when it works to go. So far, we spent a month in Antigua getting going, a month in Guadeloupe, and another month back in Antigua where we had some friends on board. We are currently in the BVI's which are very nice, but like many other tourist destinations, they are not what they once were. The palm trees are missing and garbage dumps and garbage is strewn about. After spending another month or so up in the Spanish and USVI's we will turn back south and spend the next year exploring Martinique, Grenada, Tobago, and hopefully Aruba, Ciracou, and Bonaire. I'd love to make it to the San Blas Islands in Panama and if my crew ever gets over their fear of crossing an ocean. I'd love to head through the canal and keep on going west. In reality.... it's not happening....but maybe one day.

Interviewer Clint: What's the best part of your trip so far?

Daddy Ty: We've seen an amazing amount of sea life (Turtles, Spotted Eagle Rays) and we've enjoyed thoroughly enjoyed the simple reality of being un-tethered. The best thing I've seen is the Chutes du Canal (waterfalls) in Guadeloupe. It's amazing and the only way to experience it properly is to hike up to the top waterfall late in the afternoon so that you have to return through the jungle in pitch black.

Interviewer Clint: What is the worst part of the trip?

Big Daddy: Ty should have access to more kids his age. This is the worst downside that we've seen as we rarely find kids that are of his age and when we do they are usually speaking a different language so the friendships are slow to develop.... Or they are young girls oogling at

him during the full moon party where they were clearly hoping he would just come say hello to them. He's too shy. The second worst part of the trip is sea-sickness on passages. When you have waves coming from the beam it twists the boat in an uncomfortable way. We've all suffered from it, and we're still trying to get our bodies used to the ocean swell for numerous hours at a time.

Interviewer Clint: What are you looking forward to the most?

Captain Clint: Continuing to learn every day. Learning to be the best father and husband ever and continuing to have a new challenge every day. Every day of this trip has been a new experience with some memory that I can keep forever. I can only hope that continues for the next year or so.

Interviewer Clint: What do you fear the most?

Clinton: I hope this wasn't the worst decision ever. It's expensive, but fully worth it. It's difficult, yet super easy. It's frightening, yet exhilarating and amazing. The biggest fear for me is what will I do when it's time to return to generating income. Will I get another employer (the right company makes for great opportunities), or will I venture out as an entrepreneur, start a business, get a partner. These are the things that I worry about in the back of my head but I am also learning to take things on faith that it will work out. It always has, and after this experience of a lifetime – I'm sure something will work out. I just don't know what, but that's part of the experience that I wouldn't miss out on.

Interviewer Clint: Well Clint, I'd like to thank you for your time and for sharing about your experiences. I'm looking forward to future blog and videos about your trip.



Thanks for reading Portholians! Have a great day... and do something that scares you today. I will!

Falcon YC

BY CYNTHIA GRANT

Ladies, Start Your Engines!! (Or Wind Turbines!!)

Why should your kids or grandkids have all the summer lake fun? YOU can learn to sail this summer! WHY? Because you can! The Falcon Yacht Club (FYC) is hosting a five day Learn to Sail program for adult women followed by a series of weekend fun races and a skill development clinic.

Our goal is to create an adult women's sail racing program like the ones in South West Florida that have been a successful adventure since the 1970s. Women from Tampa Bay south to Venice on the Florida Gulf Coast started sailing Small training dinghies, known as "Optimists" or "Prams" (Prams are an older wooden version of the Optimist).

Why this small bathtub size sailboat? Because they fit most female body types, they are stable and easy to learn on. Check out the Florida Women's Sailing Association website: FWSA.NET. After successfully completing the Learn to Sail program, participants started weekly sail races. Workshops on how to "race" a sailboat developed. Clubs were established. Inter-club regattas followed. Today there are ten active clubs in SW Florida with over 400 women (ages between 30 to 90 somethings!) racing Optimists and Sunfish dinghies. The ladies club in my region of Venice FL is called the "Bitter Ends".

Check out our website: bitterendsvenice.com

We race against the "MAIN SHEET MAMAS" (Tampa), the "SALTY SISTERS" & the "BROAD REACHERS" (St. Petersburg), the "LUFFING LASSIES" (Sarasota), the "BOW CHASERS" (Clearwater), the WIND LASSES (Dunedin) - get the picture?

There is no other region in North America (or the world?) that offers this kind of women's dinghy sailing... until maybe the summer of 2018 in the South Whiteshell of Manitoba, at the Falcon Yacht Club (FYC). FYC will be hosting the Ladies Learn to Sail program with the support of Sail Manitoba this summer.

WHEN: Learn to Sail - July 9 through July 13, 2018 (afternoons)
Skill Development Clinic - Racing for non-racers - July 14 (approx. 1 hour) facilitated by our very own Olympic sailors and FYC members, Sharlene and David Telles-Langdon.
Fun Races - July 14, 22, 29 and Aug. 5

WHERE:

FYC next to
Faloma Beach
Marina, Falcon
Lake, MB

WHY: Why Not?

WHAT DO I NEED? Ability to swim 3 lengths of a pool, life jacket - snug fit type, water shoes, hat, sunscreen, sunglasses, water bottle, sense of adventure

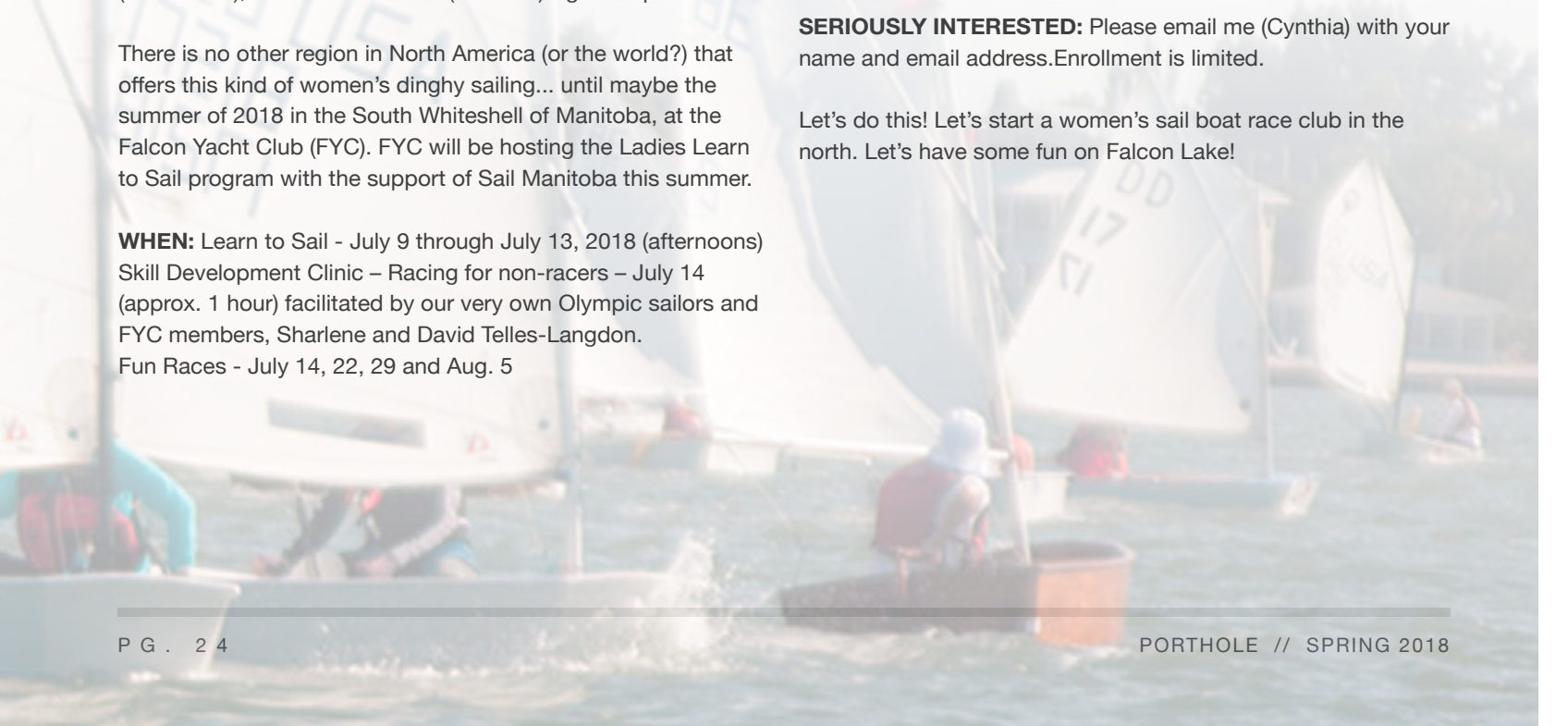
COST: \$210 for Learn to Sail and the clinic July 14 (includes Sail Manitoba membership). FYC annual membership is an additional \$180. Note: you do not have to join to take the Ladies Learn to Sail Program. Membership is required to participate in the Fun Race Series, use of Club boats and facilities.

REGISTER: Coming soon. Watch for our online registration at: www.falconyachtclub.ca

QUESTION? Contact me: Cynthia Grant at: cjlgrant@hotmail.com

SERIOUSLY INTERESTED: Please email me (Cynthia) with your name and email address. Enrollment is limited.

Let's do this! Let's start a women's sail boat race club in the north. Let's have some fun on Falcon Lake!



Gimli YC

BY AUDREY DALLAIRE-GAGNON

Upcoming Gimli Yacht Club Summer Events

Right now you are probably among the many impatient Manitobans experiencing one of the coldest spring thaws in recent memory. As we collectively await the moment the first boat is launched off the crane at the Gimli Yacht Club perhaps we can look ahead to the fun and exciting events planned for the season.

Members new and old will enjoy kicking off the season at the annual Wine and Cheese mixer June 2nd. The secret to this event is not to overindulge as the Prairie Wind Dinghy Regatta will follow shortly on June 3rd. We are pleased that the sailing team will be present at this regatta to show us all how racing should be done. For those not so keen on immersing themselves in the particularly fresh waters of early June we have the keelboat Spring Tune Up on the 6th of June. Keelboat sailors will want to use the Spring Tune Up to get their boats and crews up to speed for the Wednesday night series. These short course races are held every Wednesday night of the season, there is some good competition among participants in this series.

The Summer Solstice Sunset Sail and Spaghetti Supper on June 16th is a super event, blending our favourite carbs with our favourite activity. The bar has been set high for spaghetti dinners as this one features a variety of sauces, flavors and dietary accommodations. We have

wonderful members Luann and Wolfe Smythe to thank for this dinner extravaganza. The Heck n' Back race takes place on June 22nd and 23rd. Departing from Gimli Harbour, this two day event takes sailors north to Gull Harbour where new docks have been installed and a hot meal awaits at the restaurant and bar next to the water.

This year the Gimli Yacht Club will have a float in the July 1st Canada day parade. Feel free to join us at the club for an open house after the parade. The season continues with the Scallywag Pursuit race for pirates, Commodore's cup for dinghies and keelboats, Leukemia Cup for charity and other great events for both racers and social sailors. The club Director of Cruising Jason Ward is looking to establish a cruising week this summer, please contact him if you are interested in participating. Sailing school is in full force through July and August, over 8 bursaries have been donated by local businesses in the Interlake. The GYC and Steve van Vlaenderen have made a permanent storage compound for the Manitoba Sailing Team; thank you Steve.



We are also very excited to be submitting a bid for the 2019 Para Sailing Championships - we will keep you posted on the results! The Gimli Yacht Club 2017 awards were given out at the AGM to an amazing group of volunteers and athletes. We would like to recognize the following people:

- i. Volunteer of the Year: Glen Pollard, Canada Games Venue Co-Chair
- ii. Sailor of the Year: Kayden Polachek, Laser District IV Champion
- iii. Commodore's Award: Kevin Stewart, Canada Games Sport Co-Chair
- iv. Youth Sailor of the Year: Jon Melsted, Opti Sailor
- v. Honorary Lifetime Member: Eric Turner, 10 years of service
- vi. Honorary Director & Lifetime Member: Peter Loewen, 30 years of service
- vii. Peter Scott, 25 years of service
- viii. Al Miller, Builder and Volunteer



We are very proud to announce that the Gimli Yacht Club received two awards for hosting the Canada Summer Games in 2017; Regatta of the Year from Sail Canada and Interlake Tourism Event of the Year from the Interlake Tourism Association. For more details and information about our schedule of events please visit our website at www.gimliyachtclub.ca. See you on the water!



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Black Sturgeon SC

BY PHIL BURNS

As summer approaches, our Club is looking forward to another year of promoting sailing on the lake. Through the lessons offered by Sail Manitoba and our weekend race schedule, we hope to attract more families to the sport. The Club is in the process of buying 2 420's, which we will use for training, lessons and will offer to members who want to try a double handed boat for a change of pace.

Also, some of our younger kids are growing up and have decided to move out of the Opti's and into the Byte. So, if all goes well we should have 5 Bytes on the lake by June. This will be great as there will be a good sized fleet of Lasers and Bytes, which will make for good competition or simply fun to bomb around on the water together.



The importance of sail trim!

Temple Reef SC

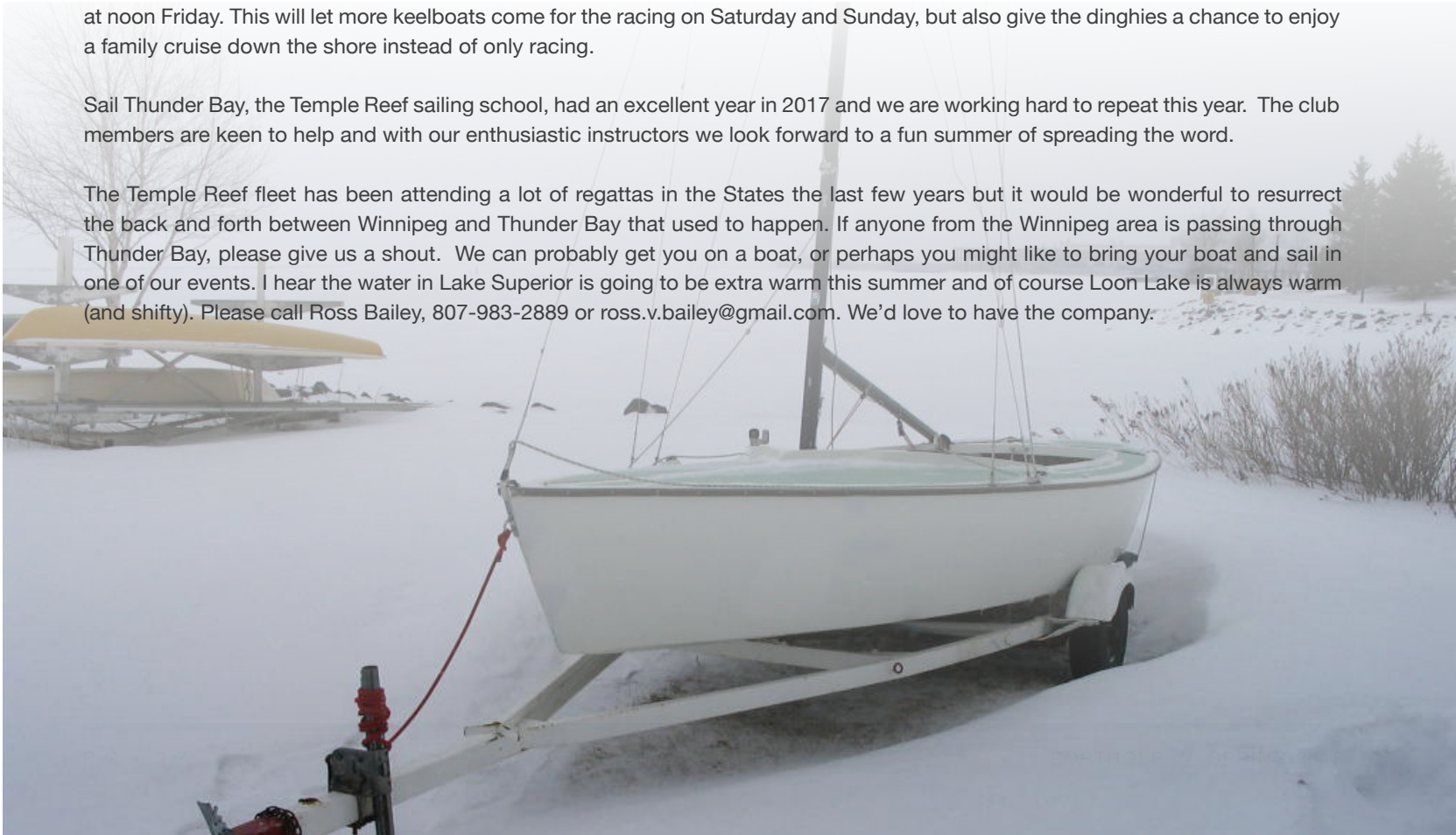
BY ROSS BAILEY

We have a lot of excited sailors in Thunder Bay, pushing for the Temple Reef Sailing Club season to begin. Last year was a real success and this year we'll have another increase in numbers as we welcome Stephen Mitchell and Nicholas St. Jacques, new Lightning owners, to our fleet. We will have 10 Lightnings on the line every Thursday evening, and now hear that several Lasers are also hoping to race. Each Thursday we have several short races inside the breakwater. The racing is close. The fleet has improved and no one is assured a win until they are over the line. It's fun.

Several of the fleet travel to regional, national and North American regattas, but the Loon Lake regatta and Amethyst Harbour weekend both draw up to 15 Lightnings and great racing. Evening bar-b-ques let us all swap tails and share experiences. This year a feeder cruise will be part of the Amethyst Weekend, with everyone invited to sail the 20 miles from Thunder Bay to Amethyst starting at noon Friday. This will let more keelboats come for the racing on Saturday and Sunday, but also give the dinghies a chance to enjoy a family cruise down the shore instead of only racing.

Sail Thunder Bay, the Temple Reef sailing school, had an excellent year in 2017 and we are working hard to repeat this year. The club members are keen to help and with our enthusiastic instructors we look forward to a fun summer of spreading the word.

The Temple Reef fleet has been attending a lot of regattas in the States the last few years but it would be wonderful to resurrect the back and forth between Winnipeg and Thunder Bay that used to happen. If anyone from the Winnipeg area is passing through Thunder Bay, please give us a shout. We can probably get you on a boat, or perhaps you might like to bring your boat and sail in one of our events. I hear the water in Lake Superior is going to be extra warm this summer and of course Loon Lake is always warm (and shifty). Please call Ross Bailey, 807-983-2889 or ross.v.bailey@gmail.com. We'd love to have the company.



Pelican YC

BY KEVIN DAWLEY

Pelican yacht club members are hoping for undamaged docks as we anticipate another great year of sailing. Last year's damage was quickly repaired with a great group of volunteers, although approximately \$9,000 in material still haunts our bank account.

Plans are in place for another great racing season and we are blessed with the return of Gillian Craig running our LTS program with Andrew Craig assisting. Kelby Treloar has stepped up as Social Chair and we are expecting great times as a second generation member takes on this role.

Club Race Dates	June 9/23, July 7, Aug 4/18
Big Bird Keelboat	July 21-22
Sail MB race camp	July 5-8
Little Bird	Aug 11
Commodores Cup	Sept 1

2018 CANSail

CANSail 1+2 / Wet Feet	July 2 – 6
CANSail 1+2 / Wet Feet	July 9 – 13
CANSail 1+2 / Wet Feet	July 23 – 27
CANSail 3+4	July 30 – August 3
CANSail 3+4	August 6 – 10



HEAD SAILING INSTRUCTOR UPDATE

BY GILLIAN CRAIG

This season will be similar to last year. We will hold six weeks of youth CANSail lessons, along with opportunities for private lessons. Private lessons are available to all ages and all levels of experience. They will be held throughout July and August, and can be booked through me at LTS. PYC@gmail.com.

Registration link for CANSail: <https://app.checklick.com/storefronts/211>.

The date for our annual Little Bird regatta is August 11th, and I encourage everyone to come out and test their new sailing skills in this fun training regatta. We had a great turn out last year, with LOTS of wind, prizes, food, and fireworks!

Thursday Night Racing will be held again this year. Last season we had great participation from both current and past students, all very eager to get some extra sailing in. I would love to see everyone out again this year! I am working on coordinating some adult sessions for those who are interested, so stay tuned for more information!

If you have any questions, please contact me at LTS.PYC@gmail.com. I am looking forward to another great sailing season!

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RLWYC

BY NICOLA TORY

Sailing has been an integral part of summers at the RLWYC for 115 years. Over time, the Club has seen its fleet of boats change considerably, yet the on-water action remains as exciting as ever. The RLWYC has something for every age and level, whether you are a novice sailor embarking on your maiden voyage or a seasoned scow sailor. Check out www.rlwyc.ca for complete details.

This year, racing at the RLWYC will kick off with the Konantz Cup on June 30. This will be followed by the Wednesday Night and Weekend Series of races right through to late August. Once again, the highlight of the Club's sailing season will be the Richardson Regatta, to be held on July 28 & 29. This year, the Regatta will feature two separate race courses: one for Optimis and O'pen Bics, the other for the Open fleet. The Regatta will be preceded by a two day race training camp, with a guest coach.

The Club is in the process of finalizing its lesson programme for 2018, which will begin on Monday July 2. Offerings will include Wet Feet for the youngest sailors up to CANSail 3+4 for more advanced racers. In addition, the Club's Race Team will be out in force in our fleet of Optimis, Lasers and RS Fevas. For more mature sailors seeking some instruction, the Club will offer an adult sailing clinic on Friday afternoons throughout the season, using the Club's CL-16s.

For further information, contact RCSailing@rlwyc.ca

DATE	TIME	CUP	DATE	TIME	CUP
Sat June 30	10am	Konantz Cup	Sat July 28/29	9am	Richardson Regatta
Sat July 07	10am	Commordore's Cup	Sat July 28/29	9am	Opti Provincials
Sat July 14	10am	Galt Cup	Mon Aug 06	10am	McLaughlin Cup
Sat July 21	10am	Gage Cup	Mon Aug 06	10am	Powder Puff races
Sun July 22	1pm	Parent/Child Race	Sat Aug 11	10am	Nanton Cup
Thurs July 25/26	9am-4pm	BOOT Camp			



Zig Zag YC

BY TATUM ALKIER

LEARN TO SAIL – SAILING LESSONS

ZZYC invites children ages 5 and up and of all skill levels to come have fun on the water, improve their sailing skills, and make friends. Sailing is a great way to spend a summer day! Zig Zag Yacht Club will have sailing lessons for 5 weeks this summer from 9am to 12pm starting Monday July 2nd. For more information on registration and costs please visit zigzagyachtclub.com.

ZZYC OPEN REGATTA

Zig Zag Yacht Club will be hosting an open regatta on Saturday July 21st. This regatta is an “open” competition, available to anyone! If you need to use a boat from ZZYC please call in us in advance to reserve. Registration and Skipper’s Meeting at 10:00 am. Races commence at 11:00 am.

ZIG ZAG YACHT CLUB ALSO OFFERS OTHER PROGRAMS

- Tennis
- Summer Fun
- Sports Camp
- Social Events

For additional information on programs and events go to zigzagyachtclub.com. For any inquiries please contact us at (807)733-3432 or by email at info@zzyc.ca. You can also register for events and programs online at store.zzyc.ca!

Pinawa SC

BY KEITH REID



As often is the case, Captain Keith doffs his hat to a great group of six volunteer helpers, filling in roles from forms and cash control to demonstrating various sailing techniques to retrieving the odd boat washed down by our ever-present and variable Winnipeg River currents.

Another keen class of neophytic sailors, enjoyed excellent sailing weather, only being chased off the lake one evening by a pretty impressive thunderstorm. Re-enforcing that important lesson: No matter how good the radar looked 1/2 hr. ago, bolts of lightning are STILL BAD.

We set a new age record for a sailing beginner of 77. This beats the previous record of 71 held for several years by Captain Jim Anderson (of world senior triathlon fame.)

Everybody passed “dump night” with only the usual scrapes and bruises.



Carl, who is forever in our memory.



Silver Harbour SC

BY SUE MACKENZIE

As I write this, I am warming up after a 45 minute frigid walk with the dog into a NNE— just what we need when leaving Black and heading to Silver Harbour. However, water would be nicer than ice.

It may be frigid out but our sailors have warm hearts. We also take very seriously the knowledge that social engagement is a key ingredient to keeping us physically and mentally well. Keeping in touch and supporting each other are two aspects of the club that are important. We never really end the season as a group of 12 folks meet every month for breakfast and tall tales. We also celebrated the beginning of “spring” with our annual banquet.

To prepare us for the summer of sailing and to provide a cognitive challenge captains and crew were presented with a knotty contest and a knot tying challenge. They rose to the occasion, so this year, when presented with a need for a sheep shank they can proceed with confidence. Perhaps a knot workshop will evolve as part of our programming.

A photo contest reminded all of the adventures sailing, the spectacular scenery on Lake Winnipeg and the importance of family, friends and pets. Anita and Don Jacques won for the categories “Scenes of Lake Winnipeg” and “Sailing Action”. Jackie Radimer won for the Family, Friends and Pets with a picture of our friend, Carl, who is forever in our memory. A new meaning of pets is also included- birds of a feather, submitted by Kathy Bodner.

We are planning an active sailing year and hope the weather is conducive to longer cruises north and shorter day or overnight hops to Victoria Beach, Gimli or Hnasau. Some land workshops/discussions will no doubt happen both formally and informally as we meet with new and seasoned sailors.

Our clubhouse will see some changes to better accommodate more members and guests. We welcome those from other clubs. Our pot lucks are infamous! Just check with Geoff Penner silverharbourmarineresort@hotmail.com to ensure room at the dock. But if stormed in we will always find a way to accommodate you.

To all of our sailing friends from SHSC “Have a great year”



Steve MacLean
Sailing Instructor

Introduction to Cruising, Basic Cruising
PCOC

Winnipeg Beach
204-541-0174
steve.maclean2009@gmail.com

Victoria Beach YC

BY AJ TOOLEY

Remember the scene in 'Captain Ron' where Capt. Ron Rico brings the Wanderer in hot to the dockside bar to the horror of the yacht crowd but then pulls gracefully alongside the pier as he steps off directly to the margarita bar? Ryan Van Berkel's term as VBYC Commodore is a lot like that.

It was 8 years ago when Van Breezy wrestled the helm from the old guard and shook things up as the youngest ever Commodore to grace the storied beaches of VBYC. Some quietly wondered if the young man with the hip shades and brand-new Topsiders was coming in too hot. But like Captain Ron, he had one eye and a terrible haircut. That's not actually true. Ryan has two beautiful blue eyes and a fantastic haircut. But seriously, like Captain Ron, Ryan was confident. He had spent his early years coaching at the yacht club and with Sail MB's mobile program before joining the Sail MB Board of Directors where he remains a member. This guy knows sailing and all joking aside, Ryan has done an outstanding job as Commodore of VBYC. His keen focus on grassroots programs has contributed directly to the success of our sailing school and has put a handful of our junior sailors on podiums at Provincial and National regattas. VBYC's racing program is thriving, we are enjoying new keelboat participation, our membership is at an all time high, and the old dance is back. We know you're still on board, but thanks man! You had a sensational term as Commodore and the ship is in fine shape. Time to tie 'er off and kick back a couple cold ones.



We're all looking forward to another sailing season at VBYC. Our instructors are keen to get the next generation of sailors of all ages excited about the sport and our dedicated racing fleet is surely preparing strategy for the season opening Red Eye Regatta. VBYC will have its traditional regatta and weekend racing schedule, the 2nd Annual Goldeye Keelboat Race, and a host of recreational and social events including the legendary August long Yacht Club Dance. This can be the year that you race for the first time either as crew or skipper, maybe try windsurfing and paddle boarding, or just come hang out on the sunniest deck at Victoria Beach. Check out www.vbyc.ca and we'll see y'all at the Yacht Club.



West Hawk YC

BY PAUL KRESTANOWICH



WEST HAWK LAKE YACHT CLUB 2018 SAILING PROGRAM

July 20 – 22

Cost \$75

Sail Manitoba Development Camp & Rising Star Regatta
(Open to all ages and boat classes)

2 full days of advanced sail training with provincial team coaches on West Hawk Lake followed by 1 full day of racing in the Rising Star Regatta. This is an amazing experience for any sailor!

July 23 – 27: Learn to Sail

Cost \$160

(Juniors age 7 – 15) – CANSail Levels 1 – 2

A repeat of our highly successful youth Learn to Sail program! A week of training for those 15 & under who've never sailed or have sailed a little and want to learn more. Morning sessions – younger/new sailors, sailboats provided. Afternoon sessions – older/experienced sailors, sailboats provided. These 2 classes fill up quickly so make sure to register early!

July 23 – 27: Learn to Sail

Cost \$175

(Adults age 16+) – CANSail Levels 1 – 3

A week of training for those 16 and older who've never sailed or have sailed a little and want to learn more. Afternoon sessions only, sailboats provided

July 23 – 27: Intermediate Sail Training

Cost \$175

(Juniors age 9 – 16) – CANSail Levels 2 – 3

A week of more advanced sailing for those who have previously taken our Learn to Sail lessons. Morning sessions only, sailboats provided

July 23 – 27: Advanced Sail Training

Cost \$195

(Juniors or Adults 12+) – CANSail Levels 3 – 4

A week of more advanced sailing for those who have previously taken our Intermediate Training and have "demonstrated ability". Advanced and extensive all-day course, sailboats provided

July 26 – 29: BOOT Camp

Cost \$195

(Basic Optimist Olympic Training)

(Juniors age 9 – 15)

Royal Lake of the Woods Yacht Club

2 Full days of advanced Optimist training with provincial team coaches followed by 2 full days of racing including the Manitoba Provincial Optimist Championships (10 & under, 13 & under, and 15 & under). Sailors are billeted by sailing families at RLWYC if needed. All meals are included, and fun activities are planned for each evening. This is an amazing experience for any young sailor! Extensive all-day course, sailboats provided by WHLYC

Saturday, August 4 & 18

West Hawk Lake Yacht Club Annual Race Series

Fun races at different locations across the lake, open to all dinghy classes & sailors – beginner & veteran. Registration starts at 11 am, racing starts at 1 pm. Please call/email for more information.

August 1 – Main Beach, August 18 – Big Island Landing



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Good luck to all Manitoba Sailors on a successful 2018 season!

Paul Krestanowich CFP, CPCA

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For those that need help getting their sailboat ready for the summer season, please contact us!

Tom Saunders @ 204-349-3100 (lake)

Paul Krestanowich @ 204-774-0967 (home) or 204-349-2072 (lake)

Email us at info@whlyc.ca

Check out our online registration & club website at www.whlyc.ca

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Very robust construction, beautiful lines. This is an excellent boat to learn Keel Boat sailing or to upgrade to. Non-complicated rigging. Full Standing head room in cabin, generous sized V-Birth, good sized 1/4 berth in rear, propane stove conversion, large insulated ice box plus 12v cooler, Auto-tiller steering. Bottom / Keel in perfect condition. Draws 4 feet, Easy load tandem wheel trailer.

Asking **\$6,500**

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Cruising Lake Winnipeg

Have you thought of heading North but aren't sure
where to go?

Been out for week-end sail but have a desire to see more of the lake?

You have gained some sailing experience around Gimli and
feel that it is time to broaden the horizon a little.

If you are feeling any of this then maybe it's time to think about joining
Gimli Yacht Club's first, and hopefully annual, Cruising Lake Winnipeg.

Come join my wife Amanda, son Dylan and myself, Jason, (off of Starship) for a one
or two week adventure up Lake Winnipeg and see all that the lake has to offer!

Departure from Gimli Harbour (weather dependant) will be on July 21st
and return to Gimli on August 5th

A planning session meeting will be held in late May or early June to go over
travel details, boat requirements, food prep, safety
and generally what to expect.

Whether you are new to cruising or a seasoned cruiser and just want to join in,
please email Jason Ward at jaward@mymts.net so that we can get an idea of the
interest and experience levels.

If you have any questions please feel free to contact me.

See you on the Water!



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