

SPRING 2019

# PORTHOLE

SAILING NEWS FOR MANITOBA AND NORTHWESTERN ONTARIO



# 2020 Manitoba Games

AUGUST 9-15, 2020

Are you a dinghy sailor born between 2003 and 2010? If so, you are eligible to participate in the 2020 Manitoba Games! The City of Dauphin is thrilled to be hosting the 2020 Manitoba Games powered by Manitoba Hydro.

From August 9-15, 2020, the Host Committee aims to put on an event Manitoba's young athletes will remember forever! The sailing venue itself will be in Riding Mountain National Park and the sailing will take place on Clear Lake from August 12-15, 2020.

In order to compete at the Games, you must first qualify in your region!

Classes and Age Categories:

Optimist – sailors born 2006-2010

Laser Radial – sailors born 2003-2007

420 – sailors born 2003-2007

## Regional Qualifiers:

### WEST REGION

Qualifier Date:

Sunday, July 14, 2019

Location: Pelican Yacht Club

### WINNIPEG GOLD REGION

Qualifier Date:

to be held in early 2020

Location: TBD

### WINNIPEG BLUE REGION

Qualifier Date:

to be held in early 2020

Location: TBD



### SOUTH REGION

Qualifier Date:

Saturday and Sunday,  
July 20-21, 2019

Location: Falcon Yacht Club

### NORTH REGION

Qualifier Date:

Saturday, August 17, 2019

Location:

Manipogo Provincial Park

### EAST REGION

Qualifier Date:

Saturday and Sunday,  
August 24-25, 2019

Location: Victoria Beach Yacht  
Club

For more information on the above Qualifiers or the MB Games, please contact our office!



# Contents

4	President's Message	30	Gimli Yacht Club
5	Note from the Editor	31	Northern Yacht Club
6	Events Calendar	32	Pelican Yacht Club
7	Head Coach update	33	Royal Lake of the Woods Yacht Club
8	Coaching Report	34	Silver Harbour Sailing Club
9	Sail Canada Professional Coaches Clinic	35	Temple Reef Sailing Club
10	Team Winter Activities	36	Victoria Beach Yacht Club
11	Sail Fit	37	West Hawk Lake Yacht Club
12	Mid-Canada Boat Show	38	Zig Zag Yacht Club
13	High School League	39	Cook on Board
14	Laser Canadian Masters		
15	Invitation to LOWISA 54		
16	Cruising Lake Winnipeg		
17	For Sale & Aquatic Invasive Species Info		
18-19	First Watch		
20-21	First Stop in Dominican Republic		
22-23	Heading North on Lake Winnipeg 2018		
24-25	One-way ticket to Europe		
26	Why I Viper		
27	Black Sturgeon Sailing Club		
28-29	Falcon Yacht Club		

Stay up to date on all  
things sailing!

-  [sailing@sportmanitoba.ca](mailto:sailing@sportmanitoba.ca)
-  (204) 925 5647
-  [www.sailmanitoba.com](http://www.sailmanitoba.com)
-  [Sail Manitoba](https://www.facebook.com/SailManitoba)
-  [@sailmanitoba](https://www.instagram.com/sailmanitoba)

Cover Photo | Geoff Webster, PhotoOne.ca  
Design & Layout | Larissa Blumenschein  
Editor | Katja Smutny

*Sail Manitoba*  
409-145 Pacific Ave  
Winnipeg, MB | R3B 2Z6



# President's Message

BY LIZ KRISTJANSSON



It must be spring. The first loon of the season has been spotted out on the lake and it will only be a couple of weeks before we start seeing abandoned trailers, dollies, and covers at our favourite clubs throughout Manitoba and North Western Ontario. Our experienced leaders Katja Smutny and Shelby Williams have an exciting season planned for all of us so make sure to get your equipment out early and don't miss out on the first ripples of the season.

New this season is our first ever Coaching Development Camp at Fort Whyte Alive on May 18th-20th. Not only will this help puff up your sailing resume but will give you a leg up on the opportunities available for a future sailing career. Also note, for those looking to take the CANSail Instructor Course the last week of June, space is limited, so don't miss out and register early.

Also worth mentioning is our High School Sailing League at Fort Whyte Alive held only one evening a week starting May 27th till June 19th. It's a fun short course close to home. You won't get a better opportunity to jump in a boat this season with your BFF and continue rivalling those other high schools.

More good news is Sail Manitoba is once again fortunate to be enhancing our fleet. In addition to ongoing maintenance, a new Brig Safety Boat will be on the water with our team monitoring our events this season. We also have 3 new self-bailing prams and two new RS Zests on their way hitting the road with our Mobile Sailing School for the summer. Make sure to contact your club hosts Dryden Yacht Club, Falcon Yacht Club, Black Sturgeon Sailing Club, and Manipogo Provincial Park to register for your spot.

This summer will also be the qualifiers for the Manitoba Games in 2020. If you have any budding young sailors in your family, this is the year to get them more involved in the sport. The MB Games is a great opportunity for young Opti, Laser, and 420 sailors to hone and test their racing skills at a provincial level. Not only is the MB Games a great stepping stone and pivotal experience for our athletes, but we find that most of these sailors carry on to train, and many end up competing at a national level in the Canada Summer Games.

Our ED Katja Smutny has worked hard revamping our website over the winter so please check out the refreshed [sailmanitoba.com](http://sailmanitoba.com) to find out more about all the sailing lessons, boot camps and regatta's hosted by our clubs in Manitoba and North Western Ontario. Coincidentally, there you will also find the link to this summer's premier event the Canadian Laser Masters Championships hosted by the Royal Lake of the Woods Yacht Club. Trust me, this is not the year to leave any part of your fleet unlaunched.

Special thanks again to our Executive Director Katja Smutny, our Technical Director and Head Coach Shelby Williams, our committed Board, and all the hard working volunteers at our clubs that make all our sailing adventures possible. Your continued efforts to promote and develop the sport of sailing does not go unnoticed.

See you on the water!



# Note from the Editor

BY KATJA SMUTNY

Everyone has been patiently waiting for the ice to disappear this spring so we could get this season started! We have a ton of exciting events planned this summer; as do our member clubs, who have filled their schedules with club races and fun social events and are gearing up for a great season!

There's something for everyone – from beginner Optimist sailors all the way to Laser Master sailors. We will be hosting our Regional Qualifying events this summer at various clubs for the 2020 Manitoba Games in Dauphin, so let's get as many kids involved as we can! The Royal Lake of the Woods Yacht Club will be host to the Canadian Laser Masters Championships in August and they'd love to see you dust off your old Laser and come on out for what is no doubt going to be an amazing event.

All throughout the summer we offer lessons for kids and adults at the Winnipeg Sailing Centre and our Mobile Sailing School will once again be travelling the Province, going from club to club to deliver a quality beginner sailing program. Our instructors are excited to teach this program, especially now that we are equipped with 4 new Zests, and 3 new Prams for this upcoming season. Coach Shelby and her team athletes are busy training and getting ready to travel to National events in July and August. Good luck to all athletes!

For any questions about any of our events or anything sailing related, please don't hesitate to contact me at the office!  
I hope everyone has a great summer! Happy Sailing!



#getsailing

## Canada Day Celebrations!

Sail Manitoba has teamed up with Fort Whyte Alive to offer complimentary sailing experiences this Canada Day!

Join our Provincial Race Team athletes and sailing volunteers from around Manitoba for a 20 minute session on Lake Devonian where you will experience dinghy sailing in a 420! Our volunteers will guide participants through the basics of sailing. Anyone interested in volunteering? Please contact our office. The celebrations will take place July 1st from 10 am - 3 pm.



# Events Calendar

DATE	EVENT	LOCATION
May 18-20	Coaching Development Camp	Winnipeg Sailing Centre, Fort Whyte Alive
June 2	Prairie Wind Regatta (Dinghy Circuit #1)	Gimli Yacht Club
June 16	Viking Cup (Dinghy Circuit #2)	Gimli Yacht Club
June 24-Aug 12	Master/Open Laser Training (every Mon, 6-8 pm)	Gimli Yacht Club
June 24-28	CANSail Instructor Clinic	Winnipeg Sailing Centre, Fort Whyte Alive
July 1	Canada Day Celebrations #getsailing	Winnipeg Sailing Centre, Fort Whyte Alive
July 12 - 13	Racing Camp	Pelican Yacht Club
July 14	Big Bird Dinghy Regatta (Dinghy Circuit #3)	Pelican Yacht Club
July 14	Manitoba Games Qualifier - WEST REGION	Pelican Yacht Club
July 18-19	Racing Camp	Falcon Yacht Club
July 20-21	Summer of Sailing Regatta	Falcon Yacht Club
July 20-21	Laser District 4 Championships	Falcon Yacht Club
July 20-21	Manitoba Games Qualifier - SOUTH REGION	Falcon Yacht Club
July 25-26	Racing Camp	RLWYC
July 27-28	Richardson Regatta	RLWYC
Aug 1-4	BOOT Camp/Racing Camp (Dinghy Circuit #4)	Black Sturgeon Sailing Club
Aug 3-10	LOWISA Race Week	Lake of the Woods, Kenora, ON
Aug 10-11	Refresher Training Clinic for the Laser Masters – open to anyone 35+	Black Sturgeon Sailing Club
Aug 17	Manitoba Games Qualifier - NORTH REGION	Manipogo Provincial Park
Aug 16-18	Canadian Laser Masters Championships	RLWYC
Aug 22-23	Manitoba Games Development Camp	Victoria Beach Yacht Club
Aug 24-25	Rising Star Regatta (Dinghy Circuit #5)	Victoria Beach Yacht Club
Aug 24-25	Manitoba Games Qualifier - EAST REGION	Victoria Beach Yacht Club
Aug 29-Sept 1	Manitoba Games Development Camp	Gimli Yacht Club
Sept 14-15	Manitoba Keelboat Championships	Gimli Yacht Club
Sept 22	Frost Bite Regatta (Dinghy Circuit #6)	Gimli Yacht Club



# Head Coach Update

BY SHELBY WILLIAMS

With one full sailing season under my belt as the Head Coach & Technical Director, I'm really looking forward to the 2019 summer. Katja and I have been hard at work all winter planning a great season packed with sailing adventures and new programs for our Provincial Race Team, Coaching programs, Winnipeg Sailing Centre, Mobile Sailing School, and so much more!

I have also been focused on my Advanced Coaching Diploma programming this winter. I am really excited to be able to say that Sail Manitoba is the only province in Canada working on baseline fitness testing, biomechanical evaluations of sailing for optimal performance, and tapering and conditioning protocols for athletes. We have introduced a lot of high performance content with our team and there is still more to come!

For those interested in the new additions or overall project, feel free to contact me with questions, comments, or tips!

We got plenty of snow over the winter and it's finally melting, which means the lakes are about ready to receive the enthusiasm of Manitoba's vibrant sailing community.

See you out on the water!



**SAILKENORA.ca**  
Your Gateway to Lake of the Woods

*Day cruise among the islands and bays of Lake of the Woods and experience the art of sailing on the most spectacular freshwater lake in the world.*

1/2 day, full day, evening and custom cruises are available

Visit our website for details (we're mobile browser friendly) or contact us directly by either phone, text or email at:

**PaulMoorey@gmail.com 807.466.8153**

"Like" us on Facebook and stay current with cruise specials and course offerings 



**CARGO EAST.ca**  
Your Boating Supply Store

Toll Free: **1.800.565.5911**  
**3-276 Marion Street, Winnipeg**

info@CargoEast.ca • p: (204) 956.0771 • f: (204) 957.5886 • www.CargoEast.ca



**HOLLAND FINANCIAL**

**Financial & Estate Planning Services**

*Good luck to all Manitoba Sailors on a successful 2019 season!*

**Paul Krestanowich CFP, CPCA**  
Partner  
Holland Financial, Investment Planning Counsel  
Unit A - 702 Scotland Ave. Winnipeg, MB R3M 1X5  
1-866-474-1009 toll free 1-204-474-1009 office 1-204-474-1035 fax  
[paul@hollandfinancial.ca](mailto:paul@hollandfinancial.ca)

# Coaching Report

BY SHELBY WILLIAMS

## Coaching Development Camp

May long weekend this year saw 12 sailors and instructors hit the waters of Fort Whyte to work on instructing, learn new techniques, brush off the winter dust from our sailing skills, and prep for the upcoming season. We couldn't have asked for a better weekend! Mother nature provided lots of wind, variable conditions, and great learning opportunities. Currently trained instructors were able to earn certified status through evaluations throughout the weekend as well as challenge and upgrade their CANSail levels. Throughout the weekend, the group supported each other through earning two CANSail level 4 badges, three CANSail level 5 badges, and two CANSail level 6 badges. We were very proud of how hard the instructor candidates worked throughout the weekend and can't wait to do it again next year! The future of instructing in Manitoba looks bright!



## Sail Manitoba CANSail 1+2 and 3+4 Coaching Clinic

The annual Sail Manitoba CANSail instructor clinic is fast approaching! It will be held from Monday June 24th to Friday June 28th at the Sport 4 Life Centre and Winnipeg Sailing Centre! The clinic includes all Sail Canada required components to become a trained instructor. Candidates are required to have a PCOC and Standard 2 day First Aid prior to the start of course. Completion of the Respect in Sport Module prior to the start of the course is encouraged.

### Schedule

Fundamentals	Sport for Life	145 Pacific Ave	June 24th 9:00am-6:00pm	\$100.00
Fundamentals	Sport for Life	145 Pacific Ave	June 25th 9:00am-6:00pm	\$100.00
Coach Boat Safety	Winnipeg Sailing Center	Fort Whyte Alive	June 26th 9:00am-6:00pm	\$100.00
Technical 1+2 or 3+4	Winnipeg Sailing Center	Fort Whyte Alive	June 27th 9:00am-6:00pm	\$200.00
Technical 1+2 or 3+4 & Evaluations*	Winnipeg Sailing Center	Fort Whyte Alive	June 28th 9:00am-6:00pm	\$200.00 + \$100.00 (evaluations)

*\* by request only, please contact Sail Manitoba prior to clinic*

Respect in Sport Module Link: <https://sportmanitoba.respectgroupinc.com/>

**Current Instructors:** Sail Canada now requires all instructors 18 years of age or older to submit an Enhanced Police Information Check (EPIC). This must be renewed once every 5 years and can be completed by following the link in your Sail Canada Instructor profile area.



# Sail Canada Professional Coaches Clinic

BY SHELBY WILLIAMS

Sail Canada hosted the first Professional Coaches Clinic as a lead up to the October 2018 AGM in Vancouver and it was an amazing experience. Coaches from across the country were invited to sail at the Royal Vancouver Yacht Club and be coached by Richard Clark and Ross MacDonald. The talent in the room was incredible and I was so fortunate to be able to attend and sail alongside Canada's best coaches. This experience was the inspiration for Sail Manitoba's first ever Coaching Development Camp that was held over the May long weekend this year.



**HOBIE CAT**  
... a way of life

- \*Sail Repairs
- \*Parts & Accessories
- \*New & Used Sailboats
- \*We Do Fiberglass Repairs

Laser Performance

**LEE SAILS**  
Dare to Compare

**Kayaks**  
by HOBIE CAT

**Northern Sail Works LTD. (204) 338-2420**



# Team Winter Activities

BY SHELBY WILLIAMS

Our race team was busy again this winter with strength and conditioning training and fitness testing at the Sport 4 Life Centre. We had a great turnout at our Season Wind Up at "A-Maze-In Corn", as well as our Pizza and Board Game Christmas Party. The athletes also spent several sessions working with dietitians and sport psychologists to learn healthy eating habits while on the road travelling with the team as well as how to stay mentally strong while sailing a long regatta, I'm sure we could all use a little more of that! We capped off the winter season with spring Paintball at Splatter's which has turned into a team favourite (I think it might be because they get to shoot their coach with paintballs!).





# SailFit

BY JONAH FRIESEN



Over spring break, I went down to Clearwater, Florida to attend the SailFit “Learn to Sail Laser” seminar. The seminar was 4 days long and covers most everything about sailing and racing a Laser - covering the basics like sitting properly in a Laser, to the more advanced stuff like accelerating off the start line. Five people besides me attended the camp instructed by Kurt Tualbee and our skill set ranged from the experienced Laser sailor to the beginner. In the mornings we went over video footage from the previous day, and briefed for the day, followed by hands-on practice in Clearwater Bay.

The first day was the windiest, around 17 to 20 knots. On that day, we learned how to rig and launch. I used a 4.7 sail. This included assembling everything from a full takedown. We also learned how to tack and gybe, and of course, how to round marks. I only capsized twice on this day! The water was very warm. The second day was warmer, which meant less wind. In the morning we talked about the four Pillars of Success: Boat handling Skills, Racing skills, Physical Fitness and mental game. We learned how to accelerate and decelerate. On the third day, we practiced starting and racing. We practiced starting by doing drills like the surprise start. On the fourth and final day, we did a drill called the run-rabbit-run drill. One person, the rabbit, gets a head start and one on one coaching. The rest of the people will start at zero and try to catch the “rabbit”. I got a thirty second head start and I was able to stay just ahead of the others.

All in all it was a great seminar that I really enjoyed. It helped me with my transition from Opti sailing into a Laser, giving me pointers and guides that will help me excel in this new adventure. Kurt is an amazing coach and sailor and I am grateful to my parents for allowing me the opportunity to attend the seminar!



# 2019 Mid Canada Boat Show

BY ANDREW AND AUDREY MURTOMAKI

Every spring, Sail Manitoba participates in the annual Mid Canada Boat Show located at the RBC Convention Centre. In Winnipeg this year, Jim Flood of Bowline Yachts donated a third of his booth to ensure the sport of sailing in Manitoba was represented at the show. We would like to send out a heartfelt thank you to Jim for allowing us to share the space.

Also new this year, we were able to display the Viper 640 owned by Andrew and Audrey Murtomaki. Having a larger boat on display drew in quite a few interested onlookers who had their picture taken with the boat and were drawn in to talk about Sail Manitoba's many sailing programs.

A few frequently asked questions come up every year at the boat show. I thought we could answer some of these questions here if you didn't make it out to see us:

## Where can I learn to sail?

Sail Manitoba offers sailing lessons right in the city! You can learn to sail at Fort Whyte Alive in the 420 dinghies. If you are more interested in learning to sail near your cottage, the Mobile Sailing School tours Manitoba every summer in locations such as Falcon Yacht Club, West Hawk Lake Yacht Club, Dryden Yacht Club, Manipogo Lake, and Black Sturgeon Sailing Club. Many yacht clubs offer their own learn to sail programs; check out your local yacht club for more information.

## How do I purchase a sailboat?

This question is a little more complicated than you might think and requires a little bit of research on your part. Some basic questions to answer before purchasing might include:

**How many people do you want to take sailing and what age are they?**

**Are you looking for a new or used boat?**

**Would you like to sleep onboard overnight?**

Remember to ask experienced sailors what they might recommend. For a new boat you must be aware of the make and model you are looking for in order to find a distributor. For used boats you can search the "for sale" boards at your local club, various used goods websites or an established boat broker such as Jim from Bowline Yachts.

## What other programs are offered by Sail Manitoba?

The Provincial Sailing team is a core part of Sail Manitoba's programming. The racing team travels to different events on a yearly basis and focuses on high performance training and coaching. You can also find on shore and in boat cruising courses to keep you engaged at various levels.

This year's boat show was a great success for Sail Manitoba and we encourage sailors to come and see us next year at the show!





# High School League

The 4th annual High School Sailing League kicks off this spring at the Winnipeg Sailing Centre once again. The last two seasons have brought a lot of close competition between the boats and this season is shaping up to another competitive series! Each team of two must have a minimum of one experienced sailor in the boat, and any High School can participate (for Junior High School students wishing to participate (Grades 7, 8, & 9), please contact Sail Manitoba).

The High School Sailing League is a great opportunity to teach a friend about sailing and get some extra time on the water. This Championship is a quick season with only 3 race night opportunities to get a chance to take home the big trophy!

## Group 1

Date: Mondays - May 27th, June 3th, and June 10th  
Time: 5:00 pm - 8:00 pm

## Group 2

Date: Wednesdays - May 29th, June 5th, and June 12th  
Time: 5:00 pm - 8:00 pm

After league racing is completed, the top three boats of each group will move on to the Championships:

## Provincial High School Championships

Date: Monday, June 17th & Wednesday June 19th  
Time: 5:00 pm - 8:00 pm

Register today at <https://winnipegsailingcenter.checkclick.com/>.  
For more information and results, please visit our website.

The results will be updated regularly on our website at [www.sailmanitoba.com](http://www.sailmanitoba.com).

Come to Fort Whyte and cheer on your school team!



## Reimer Soils

LANDSCAPING SUPPLIES  
200 WARMAN ROAD EAST (off highway 59)

### We Supply:

- Peat Soil
- Lawn dressing
- Flower bed mix
- Black soil
- Sand
- Wood mulch
- Sod
- Compost
- Gravel
- Crushed Rock
- Lawn Seed
- Buckshot
- Patio Blocks
- Landscape Fabric
- Weed Barrier
- Lawn Edging
- Decorative Rock

Delivery  
Available

Phone: 237-6668  
Fax: 237-3058

[www.reimersoils.ca](http://www.reimersoils.ca)



# Laser Canadian Masters

BY MIKE COUTURE

The Royal Lake of the Woods Yacht Club has graciously agreed to host the 2019 Laser and Laser Radial Canadian Masters Championships, August 16-18, 2019.

Competitors will be enamoured by the stunning beauty of Lake of The Woods. The lake borders both Canada and the US, stretches over 70 miles long and contains over 14,000 islands. The northern part of the lake is situated on the Canadian Shield, providing breathtaking vistas, crystal clear fresh water, and ample opportunity for sailors to test their skills.

RLWYC was established in 1903 and has a deep and rich sailing history. Scows were the foundation of sailing in the 1920's and that tradition continues to this day with up to twenty scows racing every Sunday in June, July, and August.

The club has hosted several major sailing events over the years, including the Canadian Woman's Laser Championships, Canadian Opti Championships and most recently, Sail West in 2017.

It is home to Olympian Sandy Riley, who represented Canada at the 1976 Olympics in the Finn class. The Masters at RLWYC will be an event to remember. The volunteer base is phenomenal, and will no doubt leave all competitors satisfied. They are excellent regatta organizers and exceptional hosts.


The club is situated on an island with a stunning clubhouse, ample space to rig your boats, and only a short sail to the starting areas.

Although situated on an island, the organizers will make sure someone is on the mainland to transfer you and your boat to the club.

Billeting with local club members and cabin owners is another tradition the club is known for. I highly recommend you get in touch with the accommodation chair of the event if you are interested in this option [see: <https://rlwyc.ca/about-us>].

The three-day event will no doubt provide excellent racing opportunities. You won't regret making this event part of your 2019 masters race schedule.

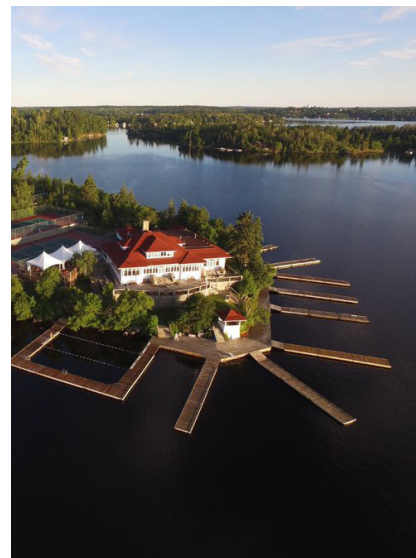
See you all there!



**Steve MacLean**  
Sailing Instructor

Introduction to Cruising, Basic Cruising  
PCOC

204-541-0174  
[steve.maclean2009@gmail.com](mailto:steve.maclean2009@gmail.com)





# Invitation to LOWISA 54

BY PAT KABRIS

This is an invitation to all Sailors of all skill levels, ages, and backgrounds to participate in one of the greatest and most fun sailing events anywhere. And it's right in your backyard on magnificent Lake of the Woods. Bring your dingy or catamaran, or your keelboat, or hitch a ride on another boat by simply signing up on the crew sheet, soon to be posted on this year's website at [LOWISA.org](http://LOWISA.org).

Most of you have some idea of what LOWISA is and some readers may have sailed in LOWISA one or more of the 53 years since it began. LOWISA is an acronym for "Lake of the Woods International Sailing Association". It began with sailors from the US and Canada sailing and competing in dinghies on Lake of the Woods in 1966. In the early years, the event started at the South end of the Lake in the US and ended at the North end in Canada – in Kenora. Over the years it evolved into a mix of boats with many live aboard racers/cruisers, but also always welcoming small boats, dinghies, and catamarans. Participation peaked in the early eighties with registration actually limited to 130 boats. It is one of the longest standing continuous events ever – 53 years and counting. And many of those who participate are loyal enthusiasts returning year after year, some with family members from two, three, and four generations. In recent years, the participation has been more concentrated with Canadian sailors but always with a US contingent. Most of us who participate year after year believe this is the most fun sailing event anywhere. Competitive racing or cruising on fresh water, with tremendous unique wilderness beauty, a different course every day, a different mooring bay each night, and great camaraderie from the other sailors. It's a week-long event always beginning in or near Kenora on the Sunday prior to the first Monday in August (August long weekend), and ending near Northern Harbour in Pine Portage Bay seven days later. Awards and banquet on Saturday night, a few hours after the last race. Mid-week there is a lay-day at one of the resorts on Lake of the Woods. This is a day to relax, fish, participate in round the buoy lay day races, activities on the shore, or just to recharge yourself with a good book. Typically there is a fish fry on lay day and usually a fun evening talent show. LOWISA is also a very family friendly event with organized activities for kids on lay day. As I recall, the age range of LOWISA sailors has been about two week old new born, to about 85 years old. Something for everyone and all are welcome. Sail as competitively or casually as you prefer.



This year the courses will all be in the Northern segments of the Lake and lay day will be at Ash Rapids Resort in Ash Bay just south of Clearwater Bay and Ptarmigan Bay. Courses are typically around 10 - 18 miles each day and although they have a directional bias each day, they are set to round Islands as marks and attempt to include all points of sail. And usually offer some decision making latitude about which side of Islands each sailor favors and expects to provide the best results. Great fun! With 14,600 islands and 65,000 miles of shoreline, Lake of the Woods is a truly unique and fantastic place to sail. And again – it's in your own back yard. Come and sail LOWISA. You'll be glad you did and you might start a tradition that lasts for generations.

Sign up on line at [LOWISA.org](http://LOWISA.org) after the 1st of June. In the meantime, reach out to [sailowisa@gmail.com](mailto:sailowisa@gmail.com) with any questions or comments and visit the "LOWISA Regatta" Facebook page and follow us on Instagram @lowisaregatta.



# Cruising Lake Winnipeg

**Did you hear the news? Gimli Yacht Club is cruising north again!**

With the tremendous response received from last year's trip, we will  
be doing it again this year.

Come join the flotilla and enjoy a taste of the cruising life with friends from  
around the lake.

This year's plan is to tour the south basin and hit all the favorite spots and  
then spend a day or two exploring each area.

Harbours we may potentially visit are

Hnausa, Hecla, Gull Harbour, Wells Harbour, Biscuit Bay, Granit Quarry,  
Rice River and Black 8 and/or 6.

It is once again a 2 week itinerary with opportunities to jump off for those  
with only one week available.

Date July 20 – Aug 3, 2019 (back in time for Islandic Festival)

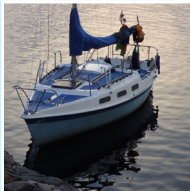


As always, departure is weather and experience level dependant.

If you would like to join the group please email Jason Ward at  
[jaward@mymts.net](mailto:jaward@mymts.net)

See you on the water!



# FOR SALE

<p>Tanzer 22 #1437 Full Keel Falcon Lake MB.</p>		<p>With trailer, three foresails (150, 130, 100%), spinnaker &amp; mainsail, 7.5HP long-shaft motor, Danforth anchor + rode, and more... In good working order. Selling because ramps at Falcon Lake are no longer suitable to load full keel boat on trailer.</p>	<p>\$4,000 or best offer.</p>	<p>Charles Feaver 204.293.6332</p>
<p>HOBIE 18</p>		<p>18 foot HOBIE CAT in tip top shape. White no leak hulls, black tramp with no tears or cuts, non-chipped dagger boards, complete double trapeze ready including 2 trapeze harnesses, rudders and complete boat covered during non-racing season, tramp covered all year when not in use, 2 sets of sails, one set of fiberglass battens, custom jib cover and rudder covers. Beach trailer included with HOBIE TOY BOX for easy storage of sails and dagger boards. 2 beach rollers to ensure boat not dragged on sand.</p>	<p>\$5500</p>	<p>Chris Aldridge Chriseh@mymts. net 204-250-5875</p>
<p>Optimist</p>		<p>Six years old, well maintained, in great condition, 3 sails, cover &amp; dolly.</p>	<p>\$999</p>	<p>204-297-9003</p>



To stop the spread of aquatic invasive species (AIS), you must take these actions before moving watercraft (e.g., sailboats, canoes, power boats) and water-related equipment (e.g., ropes, anchors, PFDs) from one water body to another:

**CLEAN** i.e., remove AIS and aquatic plants before you leave the shore.

**DRAIN** all water from the watercraft and equipment including the live well, bait bucket, bilge, motor and any compartments before leaving the shore. Pull drain plugs out when transporting watercraft over land.

**DRY** your equipment completely before placing it into another water body.

**DISPOSE** of all bait used in a control zone water body by placing it in the trash before you leave the shore.

**DECONTAMINATE** IF your watercraft and equipment were used last in a control zone and before placing them into another water body.

Enforcement officers may issue a ticket with a set fine for an offence that may introduce or spread aquatic invasive species in Manitoba. Individuals and corporations can now face set fine for a variety of offences. Set fines for individuals range from \$174 to \$2,542 and are in effect year-round.

To learn more, visit: [Manitoba.ca/StopAIS](http://Manitoba.ca/StopAIS) or call (toll free): 1-87-STOP-AIS-0 (1-877- 867-2470)  
[www.manitoba.ca/StopAIS](http://www.manitoba.ca/StopAIS)

**Clean, Drain, Dry, Dispose, and if necessary Decontaminate.  
IT'S THE LAW!**

# First Watch

BY AMANDA WARD

This past February, my husband Jason and I were generously invited again onto Easy Goin' down south with Wolfe and Luann Smythe. We first spent a week enjoying the spectacular beaches in Turks and Caicos with them and our boys, Alexander and Dylan. Following that, our boys went home and we set off on a two week adventure sailing along the coast of Haiti. The following shares my unforgettable memory of my first ocean night watch.

We set out as planned at 07:00 as it was time to head off for our passage from Turks and Caicos to Haiti. We were expecting that for 20 hours of our sail we would be in wind gusts no higher than 24 knots with 2 meter high waves. In reality we ended up with winds gusting to 32 knots and much bigger waves. Poor Jason...in all his years sailing he's rarely been hit with seasickness. Unfortunately he was nauseous the whole way to Haiti. Luann (Lu) as well struggled unfortunately with her stomach during the passage.

Once off the Turks banks the waves quickly began to build. Off the port stern the odd one would crest and crash onto us. We were wet the entire time. I was never cold though. Wet and wearing just a tank top and shorts I somehow stayed warm. So neat, even in the dead of night, waves of warm air would loft over you. A strange concept for a Winnipeg girl to experience in February! The auto helm did its job perfectly as we spent the day and night riding the wind and waves. As prepared as we thought we were, Jason and I had not realized that it would be too rough to spend any time below. Our stomachs would not allow it. I was convinced it was just a matter of time before seasickness would hit me too but thankfully I was wrong. I had to play my cards right though, no going below, no sitting backwards and I had the occasional ginger chew just as added insurance. Fortunately Wolfe has a stomach of steel so as needed we would send him down below with our verbal wish lists of necessities.

Losing the ability to go below also meant losing the option of any good sleep between our watches. At the same time I just loved the passage! With our sailboat back home, Starship, being the same size as Easy Goin' I was comfortable in our conditions. Thanks to all crap Lake Winnipeg has thrown at us over the last 20 years, I had the experience and knowledge to know that these conditions, although rough, were not bad enough to get us in to trouble. We stuck to our plan to reef early so by the time we witnessed the hot sun slip into the horizon we had furloughed the jib and double reefed the main. T

The moment night fell we all responsibly attached our tethers to the jack line. Around that time the winds were at their highest which made me really start to wonder what the night was going to be like. It was about 18:00 when Wolfe handed us all up cups of wonderfulness from the galley. Mugs of hot, homemade beef stew accompanied by Panini bread! Even served in mugs it was a challenge to consume as each wave tried hard to knock it out of our hands. We succeeded and it was delicious. It was nice to see Jason and Lu's stomachs allow them to enjoy it too.

Jason and I had our watches at 16:00 to 20:00 then midnight to 04:00. The night turned the waves inky black and produced our bright half-moon. That was followed by the appearance of layers and layers of stars. When the moon set at around 01:30 even more layers of stars appeared. Beautiful! With Lu giving into sleep down below, Jason also curled up on the cockpit bench to sleep for a while. With the winds still strong, Wolfe decided to stay up with me for part of my watch. After 02:00 the winds, as predicted, dropped nicely to a steady 17 knots and Wolfe decided to go below to sleep.

Here it was! The moment I had been looking forward to for so long – alone at the helm on an ocean night watch! Now in my fantasy of that moment the winds had been much lighter but here it was anyways. With my crew all sound asleep somehow I was still going strong. It was adrenaline I think and I was thankful for that. I was very happy with my endurance and comfort level. I loved it!

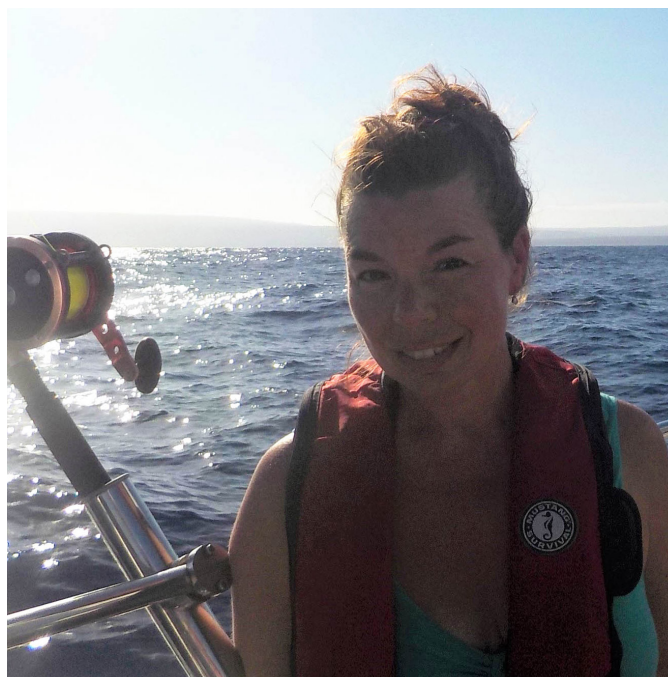


I felt alone on the ocean as though I was the only one awake while the world slept. Wet but warm I did my duty every fifteen minutes to stand and study every part of the horizon for lights. The rest of the time I stared up at the stars and made wishes on three shooting ones. Bioluminescence all around the stern! Little white, blue and purple lights in the water...gorgeous!

They would be more impressive if the waters were calm but I still enjoyed seeing them finally for the first time. When I smelled the coffee Wolfe was brewing below at 04:00 I knew my shift was ending and good thing as I was absolutely done. I needed sleep. I was planning to go below, finally strip out of my wet clothes and launch myself into a four hour coma in the v-berth. No go! The waves were still tossing the boat so much that if I stayed there I would quickly get nauseas. Back to the cockpit to curl up and rest the best I could.

A few hours later the giant, orange fireball lifted itself out of the ocean and the next day began. It was still another 7 hours before we dropped hook in Carnage, Haiti on the north peninsula after travelling a whopping 141 nautical miles nonstop. Our arrival into Haiti also included a tremendous show from the most incredible welcoming committee! A pod of about 25 gorgeous dolphins swimming off our bow showing us the way! We did it!

Amanda Ward (Starship)  
Gimli Yacht Club



## Sail Canada Certified Instruction

- One Day Introduction Courses
- Basic and Intermediate Live Aboard Cruising
- PCOC, Safe boating Courses
- GPS & Coastal Navigation Seminars
- Crewmates, You Can Do It!
- Specialty Cruising Workshops
- ROC(M) Restricted Radio Operator Certification
- Instructor: **Wolfe Smythe**

**Ph: (204) 955-7748**

**Email: [prairieoceancruising@mts.net](mailto:prairieoceancruising@mts.net)**

**Web: [www.prairieoceancruising.com](http://www.prairieoceancruising.com)**

# First Stop in Dominican Republic

BY WOLFE SMYTHE, PRAIRIE OCEAN CRUISING

Jason and Amanda left this morning to fly back home to Winnipeg after a few challenges, seems we forgot to change the clocks having changed time zones on our last leg.

Lu and I are off as soon as I get back to Easy Goin', after dropping our guests on shore, for our next DR destination, Barahona. We need to cover about 75 NM over the next 24 hrs as there is a good weather window, or so we thought. So it's hook up at 1245 on February 22. Had a nice sail as far as the Cape and passage between the mainland and Isla Beata. Once we got through this opening we had wind build to 20+kts with 6+ft seas, and you guessed it, on the nose. This is mainly due to the cape effect. It was an ugly bumpy 40 Nm ride but we did make it to Barahona at 1945 on the 23rd of February after 102 NM (for a 75 mile trip) and, during the passage, and as we were motor-sailing part of the way, we had to top up fuel from



our reserves. Hove-to in 7 ft. seas and emptied 10 gallons of diesel from jerry cans, oh what fun. Looking at the logbook as I write this, the only comment that's there, is hook down, beat, sleep. This is exactly what we did after a few shots.

We ended up anchoring in the bay as the entrance to the designated anchorage was unclear and being exhausted and attempting it in the dark was not the best idea. Next morning, way too early, we are hailed from a fishing boat carrying immigration, customs, Armada (Navy) and an inspector. They boarded the boat and gave us our clearances without issue, \$75 US for clearing in Easy Goin' and an additional \$30 for the inspector that went below, fondled our rum bottle and asked if we had any firearms. Also a \$5 tip for Armada and a small bottle of rum for the fisherman that brought the boarding party out. Regardless, we have our documentation and are now legal in DR. The customs officer suggested we move into the anchorage as it was more "tranquile". Sounds like a great idea, so we up hook and re-anchor in the designated anchorage that we shared with one other sailboat and a 400 ft. cargo vessel that would be unloading sugarcane 24 hrs a day. We were also advised that we would have to move on Tuesday or Wednesday and clear the anchorage once the ship was unloaded so she could be tugged out. It's Sunday but we need some provisions, wine, and a SIM card. Managed to get it all, except for the data plan before the stores closed at 1400. The anchorage here is very settled except for the smell, and you really don't want to swim in the water, though there is a beach 300 m away that the locals use. The harbour is constantly clogged with sargassum weed, so much so that locals have set up a harvesting operation to clear up the issue.

Ecology note: The sargassum weed is what is producing the foul smell. As it washes up on the beaches and decays, it produces hydrogen sulphide and smells like rotten eggs. There is a major concern in the Caribbean due to the huge volumes of Sargassum weed of late, as it is starting to affect the fishing industry and tourism.



We have had our own issues with fishing this year, as trolled lures are constantly fouled with weed. A number of times this year we also motored through huge rafts of the weed and had it clog our cooling water intake and foul our propeller. Barahona was a great place to visit and we spent the week here. Once we got over the anchorage issues, the town was great and we got comfortable with Dominican culture. First thing that was really cool was the transportation. You could go anywhere in town by Moto taxi. Moto taxis are small displacement motorcycles, 200cc Max and most being 125cc. Just stand on the street, look like you need a ride and you'll be asked if you need a taxi. For 50 pesos (\$1US) they'll take you anywhere you need to go. I took advantage of this service a number of times. The moto taxi stands are also at major shops like the Mercado. Once they park, drivers cover the seats with cardboard so you don't burn your butt when you get on. Once I got the hang of town and the lay of the land, it was just as easy to walk everywhere.



There was a street market where you could get fresh fruits and vegetables and of course meat (if you didn't mind the flies). We visited the market a number of times, prices were great, with highlights being papaya and a huge pineapple (100 pesos), dozen limes (50 pesos), and huge slab of pork (200 pesos). One thing to say about Dominican is, it is inexpensive, though not very clean, at least in Barahona. The people were awesome and always willing to help and the street food was great. While shopping in the market we found a whole city block dedicated to shoes. Table after table of assorted shoes from high end dress shoes to sneakers. No arrangement of size or style but if you had the time or inclination you could find the right size and style. Nowhere has the statement "if the shoe fits" been more appropriate. Of course after every excursion, and as it was hot, we had to stop for a Presidente (500 ml bottle for 125 pesos (\$2.50 US)).

At the dinghy landing, which is basically the customs pier, the exit is challenging as there is no dinghy dock, just a huge tire to step up on and climb up to the pier. We opted for beach landings instead when Lu came to town as landing a wheelchair at the pier was not possible. Barahona was once a huge sugar producer and cane would come in to the factory by train. Unfortunately due to the shortage of cane locally, much of that industry and the support services has severely impacted the local economy.

We left Barahona on March 1st for our next stop Palmar de Ocoa, as an overnight before getting to Pta Salinas.

More of the adventures of Wolfe, Lu, and the hippo H on Easy Goin' can be found at: [prairieoceanruising.blogspot.com](http://prairieoceanruising.blogspot.com)

# Heading North on Lake Winnipeg 2018

BY: JASON WARD (STARSHIP)

As a new sailing season slowly starts to approach many of our thoughts turn towards all the boat projects yet to complete before launch. Not wanting to get too discouraged with all the things I need to do to prior to putting the boat in, I take a moment to enjoy the warm afternoon sun on the back deck and reflect back on last summer and how wonderful it truly was.

Sailing on Lake Winnipeg is always an adventure and last year's low water levels kept that theme going strong. Some of the harbours you had no trouble getting into other years now required you to follow charted paths precisely or you got to practice your hand at dragging your boat off the bottom. In addition, many rocks that were well below the surface other years, were now only feet or even inches away from the makings of a very bad day. Needless to say, the trip kept everyone on their toes.

This past summer, GYC introduced an organized cruise north for either one or two weeks depending on vacation time available. Being new to organizing something like this, advertising for the vacation got off to a late start. However, despite my own procrastination, when the day of departure arrived we left the harbour with 4 boats; Magic, Empress, Wind Mist and Starship. It was a nice mix of experienced cruisers, intermediate cruisers and two first timers who, to their overwhelming credit, single handed. The trip started on a slow note as winds were light from ENE. As the day progressed the trip become interesting as visibility diminished to less than half a mile in the smoke from the forest fires in Eastern Manitoba. At times it was like a scene from a movie as ships come together and materialize out of the haze. Fortunately as the day progressed the winds shifted more to the north and by the time we got to Hecla Village we were in clear skies again. We stayed in Hecla Village the next day due to high winds. Some of us took this opportunity to top up the final provisions while others enjoyed the guided tour the park offers. It was an interesting afternoon of discovering what life was like for many of our forefathers in the early days of settlement. Needless to say I am glad to be born in the current era. Very interesting though, I would definitely recommend it if you have a lay day there and the tours are going. This time also gave Trinity a chance to catch up to the group and join in on the northern flotilla.

From Hecla, the group moved to Wells Harbour where we only spent one night and unfortunately had to part ways with Empress due to a family situation and Wind Mist due to only having one week available. Heading north, that left Paul on Magic, Dan and Rose and the three kids Austin, Logan and Annabelle on Trinity and myself and Amanda with only Dylan on Starship. Alex decided this year that an invitation from the Jones family to sail on the Sunshine Coast sounded like more fun than sailing with his parents. Over the next couple of days we got to experience some of the rougher sides of the Lake. Winds of 25 – 35 knots true and usually coming from the direction you want to go. We moved on to Biscuit Bay and Collins Harbour. This was my first time in Collins and it proved to be a nice spot to stop. With the low water levels we were not able to get as far back as other years, but the harbour still provided plenty of shelter. We spent an extra day there exploring the creeks and back areas, as well as enjoyed an evening bonfire as a group; showed the kids how to make torches using bulrushes and gasoline. Kids, don't try this at home.

We left Collins on a beautiful calm morning making our way to Princess Harbour, our planned northern most port. However, by 10:00 AM, and after some quick calculations, the suggestion went out that if we continued motoring we could be in Swampy by late afternoon. It did not take long for the group to decide to push on, and so we did. We waved to Princess as we went by and looked forward to visiting on the way back. We got up to Swampy and had a lay day there exploring the bay and enjoying the



fantastic beaches. Dan got to play with his drone and got some fantastic aerial shots of the place. I also took the opportunity to show how to get your boat off a sand bar. To make sure it was a good teachable moment, I made sure my 5 foot draft boat pushed into 4 feet of water. Needless to say it made for a very convincing demonstration.

Since we only had two weeks and we did not plan on going this far north, it was time to start heading back down the lake. We left in 10 to 15 Knot WSW with a shift to W late afternoon. True to the unpredictability of the lake, the wind shifted and then proceeded to drop to nothing. Just another opportunity to charge the batteries, and make ice of course. We spent a lay day in Princess enjoying the sunny hospitality of Ed, Brenda, Cindy, Steve, Barry and their two dogs. From there we made our way back to Biscuit Bay and on to Gull Harbour for fuel (we did a lot of motoring on this trip!) and to check out the new docks we had heard so much about. It was a nice, unplanned stop to the trip because we were able to meet up with Empress and Wind Mist again as well as Hot Chocolate and Horizon. That is the nice thing about the cruising life, plans change but with that new opportunities arise. We enjoyed a pleasant evening socializing on Starship and plans were made to head to Black 8 the next day. I was particularly excited because in all the years I have cruised the lake this was the first time I was going in there with my family.

We stayed in Black 8 for a day of exploring, fishing and some nice family time. Having to make our way back to Gimli, Magic and Starship parted ways with Wind Mist, Empress and Trinity and headed for Hecla Village. Trinity joined us later in the day and we spent the night there. That evening we enjoyed watching, and experiencing, a fantastic prairie thunder storm. We registered 50 knots in the gusts with 40 knots sustained in the front of the storm. It is times like these that we like being tied up to a dock.

From Hecla we made our way down to Hnaua where we met up with Beamer, Wind Chaser and Alex. We finished off the trip with a fantastic run to Gimli in a NNW 20 knot wind. Pulling into our slip, it was nice to be home but I know it won't be long before I am looking at the horizon again planning our next adventure up the lake.

I would like to take the opportunity to thank all those who participated in GYC's northern cruise and for having patience with your first time Cruise Director, I know I learned a lot. Hats off to Paul off Magic who not only went up the lake for the first time but did the entire trip single handed. It should also be noted that he was well inaugurated into the cruising life. He lost his autohelm on day 4 and unfortunately ripped two headsails. Also to Darrel on Wind Mist who was a first timer single handing for a good part of the trip. He too experienced the cruising woes when he lost part of his rudder due to structural failure around Hnaua on his trip home. Fortunately he was able to contact the Coast Guard and get a tow back to Gimli. Unfortunately we did not get a chance to meet up with the Silver Harbour crew or a few of the other Gimli cruisers, maybe this year.

Well the sun's starting to set behind the trees and the air is cooling off. As I meander my way back into the house, my thoughts are already starting to plan for this years' trip. Encompassing the essence of cruising, I am thinking a "South Basin Tour". A few of everyone's favorite spots and time to enjoy and explore them. Have a great spring and see you at the club!



# One-way ticket to Europe

BY BRIGITTE SMUTNY



In the beginning, Bill and I had only a plan – let's go sailing together when we retire. Maybe buy two Lasers and join the Masters Circuit? Or buy two 2.4's and drive from regatta to regatta with a motorhome? So many ideas and so many dreams.

Then we saw this beautiful Jeanneau 36, Sunshine in Silver Harbour and got excited about the idea of cruising. Yes, that could work quite nicely since we are both long-time sailors. However, having spent countless weekends coaching Team Toba on Lake Winnipeg, and Bill having sailed that lake for over 20 years, perhaps it was time for change of venue.



So why not go to Northern Harbour and sail at Lake of the Woods? The more we thought about a future sailing adventure together after retirement, the more the idea got bigger. Why not the Great Lakes? We started to search for boats and found a beautiful Moody 38 in Midland, Ontario. But then – why not check out Europe for boats first and combine it with a long trip for some long overdue visits? Ok....so we bought a one-way ticket to Europe and off we went!

England first, because it's the home of the Moody sailboats, our online love. We checked out a lot of boats; we liked most of them but didn't really fall in love with them. On we went to visit friends at the Baltic Sea, sailing with them for a couple of weeks. First on an Omega 42 and then on a Najad 39. Now we knew... we like centre cockpit boats. We travelled to all kinds of different spots to look for boats but nah, it wasn't it.



When we sailed with our friends in Sardinia, we knew, that's it! This is exactly what we want to do. We just needed to find our boat. Off to Mallorca, back to Sardinia, and then we found her. A Moody in Long Island, New York. Sounded so wonderful on the Internet but it was a disappointment altogether. So what, we thought. Back to Winnipeg to hug our kids.



And then this nice Bavaria Ocean 38 popped up on the internet. Could she be the one? \$99 tickets with Flair Airlines to St. Petersburg and off we went. Yes, that's it. We loved the boat, checked out every nook and cranny. Wow, in such good shape. Yes, let's put a deposit on it and get it checked out by a surveyor. All set and done, and then Bill just wanted to find a nice picture on the internet of a Bavaria Ocean 38 under sail, but instead he found an article of a boat, which had sunk in the Erie Canal and was submerged for 7 days. The boat was totalled in the accident and completely rebuilt. It looked a lot like our boat... Could it be...? Really? No mention of any of that when we looked at the boat... One sleepless night later, we declined our offer and that was the end of this dream. But hey, there are tons of boats out there, we just need to find her.



Meanwhile, we were off to Antigua to go on a cruise with John Abel on his amazing Beneteau 49 (John was one of the ROs at the Canada Summer Games in Gimli in 2017). Awesome time and great experience, but we still had this dream of a centre cockpit boat.

And then SHE popped up on my screen, just like that, and we knew she was the one. Ticket to Cancun, ferry to Isla de Mujeres, meeting the owners (a Swiss couple), who picked us up with a golf cart. And then we saw 'Summertime' and we knew we wanted her. We stayed for a week on the boat and the owners showed us all the ins and outs. I took countless videos on how to work the water maker, what is stored where, and how the blister and the parasail works. And we had the best time ever. The Swiss couple had to abandon their dream of a circumnavigation with Summertime and had to go back home. They kept the boat in shipshape and left everything on the boat, which is absolutely wonderful for us.

And so here we are. On April 5th, we took over Summertime and stayed at a marina at Coconut Grove in Miami for a while. Dealing with Transport Canada and getting the boat registered in our names (oh dear, don't get me started on this story...). Then we planned our crossing to Bimini, the gateway to the Bahamas. While we waited for a good weather window, we went sailing and she didn't disappoint. In 15 - 20 knots, her speed went easily up to over 11 knots. Nice!!! Some provisioning, a few minor repairs and off we went. We are still in the Bahamas sailing from Island to Island enjoying the clearest water we have ever seen.

It has been a great experience so far and we are absolutely loving living on a boat. Summertime certainly is keeping us busy. No time to get old and frail and we are very grateful to be able to be on this adventure together.

If you are interested in our travels on Summertime, follow us on our Facebook page 'One way ticket to Europe'





# Why I Viper

BY: ANDREW MURTOMAKI



I have spent a lot of time in boats. Keep in mind the first 12 years was probably mostly spent sleeping or playing with Lego. From there I spent the next 10 years, with my father competing in his keelboat or traveling with a friend, competing in his lightning. After moving to Manitoba, I would travel to events with the Provincial team and compete in my Laser.

**When it came time for my wife Audrey and I to buy a new boat, there was a list:  
It had to be fast! It had to be fun. It had to be a modern design.  
It had to be affordable. It had to be trailerable.**

When we started looking around there were a lot of choices. That one takes too many crew members, that one has to be launched with a crane, that one will cost us a fortune to operate.

Then we found the Viper, a modern planning hull, with an upside-down vang called a GNAV (or vang backwards) which allowed easy movement within the cockpit, carbon fiber mast that can be folded in half for transportation and asymmetrical spinnaker with bowsprit, that auto douses into a sock at the bow of the boat similar to a 29er or 49er. We spent that first summer learning how to sail the boat out of the Gimli harbour. We soon found ourselves practicing, racing and blasting as much as we could. It was an amazing feeling: skipping off the tops of waves, spinnaker up, huge rooster wake behind us. The boat really lights up when it speeds past 12 knots, while still remaining very stable and in control. With the unique design of the Viper we were able to race in multiple divisions including the dinghy class, PHRF, Sport boat and one design. This was made possible as the boat has both a Portsmouth and PHRF rating. Doubling or tripling the amount of racing we could get in, in one season.

Another selling feature for us was that the boat was easily trailerable. Which we took full advantage of traveling to our first National and North American Championships, surrounded by top amateur and pro sailors from around North America and Bermuda. The class is firmly rooted in learning and fun which I can attest to as we had the top sailors stopping by, welcoming us to the association, ensuring we were ready to race for the day. After sailing there would be debriefs of the winning teams sharing their winning techniques of the day. We also made many good friends, sharing good times, lessons learned, and helping each other out along the way.

If you think you might have what it takes to become a “Viperer”, find out more at [www.viper640.org](http://www.viper640.org) or check out all the class videos on YouTube, search Viper640 sailing. Happy Sailing!



# Black Sturgeon Sailing Club

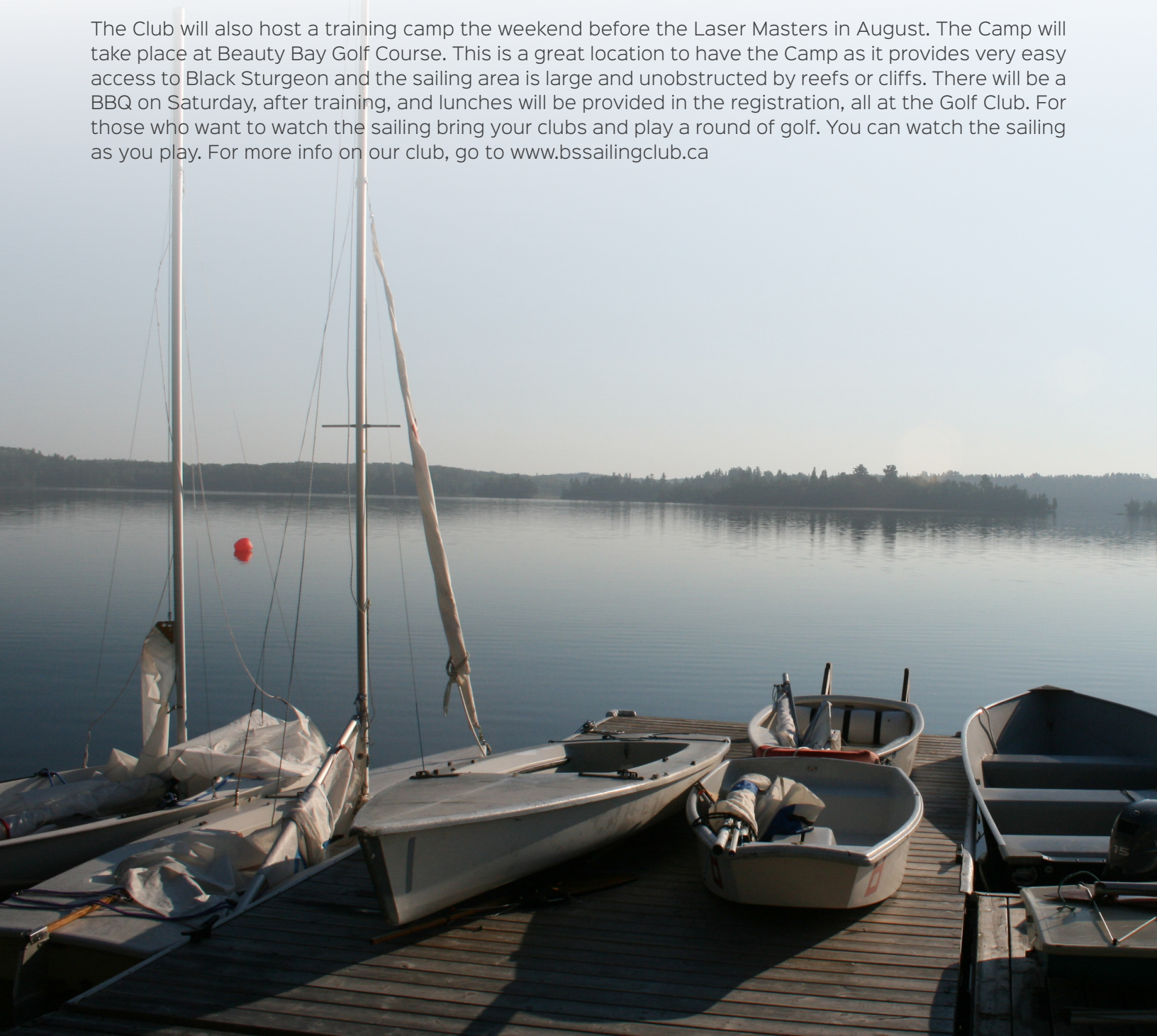
BY: PHIL BURNS

The BSSC is looking forward to another great season of sailing and 2019 should be busy for us.

Our membership numbers are slowly growing and plans are to have a series of twelve races throughout the summer. This summer will be our first year to offer the Mobile school for a full week. Previously, we only hosted the lessons for a weekend. Early interest and registration in the week-long plan is positive, so we expect the school to be a success.

Along with our race and school program, for the first time we will be hosting the Sailing Team for training and BOOT camp in August.

The Club will also host a training camp the weekend before the Laser Masters in August. The Camp will take place at Beauty Bay Golf Course. This is a great location to have the Camp as it provides very easy access to Black Sturgeon and the sailing area is large and unobstructed by reefs or cliffs. There will be a BBQ on Saturday, after training, and lunches will be provided in the registration, all at the Golf Club. For those who want to watch the sailing bring your clubs and play a round of golf. You can watch the sailing as you play. For more info on our club, go to [www.bssailingclub.ca](http://www.bssailingclub.ca)





# Falcon Yacht Club

BY CYNTHIA GRANT



**Falcon Yacht Club Sailing Programs - All Ages:** We will soon be soaking up the summer sunshine within our beautiful Whiteshell Provincial Park. The members of the Falcon Yacht Club (FYC) are once again excited to host “Learn To Sail” and “Introduction to Sailing” programs for all ages in July, 2019. Sailing on our pristine lakes is a perfect way to play outdoors for great exercise and without any electronic devices to interrupt Mother Nature. If you already know how to sail you should consider joining our casual sailing club to race every Saturday and Sunday afternoon. All type of rigs and crew welcome. Membership is very reasonable as we are a not for profit club.

**Sail Manitoba** - FYC is associated with Sail Manitoba. The Sail MB mobile school offers certified instructors to promote all levels of sailing through out Manitoba, from introduction to sailing to Olympic coaching. Sail Mb courses count towards the National CANSail certification program. You might see the Manitoba sail teams practicing at our Faloma Beach location next door to the Faloma Marina. If you have ever thought you might want to learn to sail a boat, now is your opportunity, at any age. Yes, seniors and kids too. You will be introduced to racing a sail boat as well. That’s when the fun really starts. Some FAQs on this year’s programs:

## **What are the Learn to Sail / Introduction to Sail program dates for 2019?**

Youth - Monday July 15 to Friday July 19. Time - 9am to 12pm

Adult Women- Monday July 15 to Friday July 19. Time - 1pm to 4pm

Adults - Sat July 13 to Sun July 14. Time - 9 to 4 pm

## **What are the costs?**

Adult weekend Introduction to Sailing: \$250 per person (maximum enrollment 4)

Youth: 5 days \$175

Women: 5 days \$225

The annual family FYC membership is \$250 which includes use of club boats, Sail Mb membership (for insurance), weekend races, social events and more. Program participants do not have to become members. However there is an optional \$100 membership for new sailors who wish to join in on the 4 weekly fun sail races after the women’s introduction to sail program. There is no membership fee for crewing on another member’s boat.



### **What prerequisites are there to Learn to Sail?**

- Water comfort - you must be able to swim. You are taught to capsize and recover your boat in your first lesson.
- General Fitness - Not recommended for adults with compromised hips, knees or shoulders
- Personal floatation device - snug fitting type
- Water shoes
- Hat, sunscreen, personal water bottle
- Sense of adventure to learn a new skill

### **What kind of sailboat will be used?**

Youth and women learn on small sailboats called “Optimists”, designed especially for beginners. As women are small framed compared to men, this type of boat works well for its size, stability and simple rig. Go on line and check out Optimist Sail Boats. Grandma and grandson/daughter can learn and sail the same boat!

Men will be using a larger single sail boat provided by Sail Manitoba.

### **FYC weekly racing**

The club runs races every Saturday and Sunday starting at 1 pm. As we are a small club, we race all sailboat types and sizes together with winners determined on a handicap system. The club's fleet of dingy sailboats can also be used by members to participate in the fun.

We now have a small league of keel boat sailboats - the kind with a small cabin and a motor to maneuver to and from the dock or shore. Several keel boat races will be held during the summer. This provides a great opportunity to get a large number of participants out on the water as each boat can take 3 or 4 people. Our vision is to have a youth and a women's league one day so separate class racing can be facilitated during the week.

Sailing is a sport for all ages. Come join in and have some fun! Check out our website for more information and program registration, and follow us on Facebook and Instagram.

**[falconyachtclub.ca](http://falconyachtclub.ca)**



# Gimli Yacht Club

BY CHARLIE BURNS

An exciting season ahead at Gimli Yacht Club. Happy 50th Anniversary! GYC is officially 50 years old. We signed our first lease in September of 1969. We have gone from Dinghies, Finns, Flying Dutchmans, Fireballs, and Albacores to Keelboats, CS 40's, C&Cs and numerous other designs. The club has matured and grown to become one of the largest clubs in Western Canada. What an amazing hotbed of sailing. The Club Open House and Save the Lake fund raiser will be held on Sunday June 30, 2019. Last year The Save the Lake Fish Fry raised over \$7,000 thanks to the help of the Kiwanis cooking a Pickerel lunch with all proceeds donated to the Lake Winnipeg Foundation. This year we have expanded the charities to include the Lake Winnipeg Research Consortium headed by our very own Al Kristofferson, and Chief Scientist Karen Scott. Our lake is why we are here, and we urge you to support this fun event. Roger Ramsay is once again the chair of this incredible day and he is looking for volunteers. We will have lectures from scientists giving us the results of their latest research, displays, prizes, as well as a Lake Winnipeg pickerel lunch.

On a similar note, Karen Scott is spearheading our goal to get the club awarded Blue Flag eco status. We need to follow the best eco practices recommended by Blue Flag. It's not an easy certification process and it will take some time to achieve this status. If you are interested, please reach out to Karen at: [photuris@shaw.ca](mailto:photuris@shaw.ca). The Club has purchased two Albacores and has been given the care of a 3rd by Dave Hammond. We are planning to purchase three more. We hope to bolster our Discover Sailing Lessons and get new members to join the club. We also hope to acquire kayaks, canoes and paddle boards as we want to offer these boats to members as well. Our Discover Sailing Lessons were very successful last year. We had a record number of adults trying sailing and asking about membership in the club. Our plan is to continue this and grow our membership in this way. Member of Parliament James Bezan recently announced that we have received three summer employment grants worth over \$9,000 to support our sailing school and club administration programs. Also, we've hired Mary Jordan as our Manager this summer. Mary comes with a rich history of sailing experience, including several trans Atlantic crossings, World Championships, and her RYA Ocean Master license. She has an engineering degree from Duke University. Cruising the Lake 2019 is scheduled for July 20th through August 3rd. We'll be back in Gimli in time for the Icelandic Festival. Jason Ward (Starship) is organizing and leading Cruising the Lake. The plan is to tour the south basin and hit some favourite spots, spending a day or two exploring each location. Potential stops are Hnaua, Hecla Village, Gull Harbour, Biscuit Bay, Granite Quarry, Rice River, Black Island #6 & #8. Go wherever the wind blows. These locations & extended stay overs will make it ideal for boats to join and depart as desired.

What can you expect? Jason, with 30 years experience cruising this lake says, "If you have never gone north expect a bit of everything. You will have storms, things will break, and you will get stressed. These are the inevitable realities of cruising. That said, you will also experience the great beauty that northern Manitoba has to offer that you can only experience by boat. You will walk away with a huge sense of accomplishment that you met the challenge head-on, learned new skills and further developed the ones you already had." Jason's best memories. "As a kid the best part of cruising was the feeling of adventure and sailing off into the wild. I can honestly say that I have never lost that adventurous feeling when we leave to go north. Nowadays my favourite memories are watching that same sense of adventure shine in my children's eyes. The next best part of cruising on the lake is the people you meet. When you are out there everyone ends up mixing together at some point or another. Often you will spend time on a beach or get together with people that you may not normally cross paths with back in Gimli. It is nice having this time to connect away from your normal routines."

If you are ready to go, or even thinking about it, contact Jason at [jaward@mymts.net](mailto:jaward@mymts.net), the sooner the better. He has a wealth of information and tips. Make this your year of adventure, shove off into the wild, and make some memories. We're looking forward to a great summer sailing on "Manitoba's Greatest Lake"!



# Northern Yacht Club

BY JEN HALL

Northern Yacht Club operates out of Northern Harbour on beautiful Lake of the Woods just east of Kenora, Ontario. Lake of the Woods has over 14,000 islands and 65,000 miles of shoreline to explore making it an area where you can truly pick a new destination every weekend.

Our club has an excellent group of fun volunteers who are always excited to help plan and coordinate the next race or event and we have a full and exciting schedule planned yet again this year.

We kick off our season on May Long Weekend with our annual Ice Breaker Social featuring food and fun while everyone is still in the harbour working on preparing their boats for the season. This year our club will be focusing on growing membership which will allow us to hold even more events, so we will be having a fundraiser dinner before our dance to show everyone just how great our club is and why they too should be a member.

Our racing events are pursuit races to a variety of destinations around the Lake where we then gather with cruisers and racers to share appy's and cocktails and enjoy stories of adventures. This year, in an effort to get more racers joining into the fun, we will be holding a Novice Racer Event which will be a day race of about 12 nautical miles where experienced sailors will take less skilled sailors on their boats to help them become more familiar with racing and sailing in general. We are excited to grow our racing community and feel that this will be a great way to start.

The Northern Yacht Club season is packed with events both at Northern Harbour and at anchorages around the Lake. We enjoy gathering as a group and will be a Pizza Party, a Caribbean Party, a SUP Rally, and Pirate Treasure Hunt, just to name a few, so you can trust that there is always something happening. Some of our club members also plan a week long cruise around the lake which has attracted more and more boats every year and this year is looking to be the best one yet!

In addition to our own Club Race Schedule, we are fortunate to be the starting area for LOWISA 54 which will see the fleet head to Ash Rapids Camp and back August 4th to 10th. If your boat can go on a trailer, then you really should race LOWISA at some point in your life. This is a week of amazing sailing, adventure, and true spirit of life and love for sailing. Go to [www.lowisa.org](http://www.lowisa.org) for more info!

So, to sum it up, we here at Northern Yacht Club will be racing and cruising and enjoying the glorious Lake of the Woods that we are so fortunate to have the privilege to spend our summer at and if you happen to find yourself in the neighbourhood, you should really stop in for some fun.

You spend time on LAND, you LIVE life on water.



Photograph by: Ann Peikoff



# Pelican Yacht Club

BY SUSAN BAIRD

The ice came off the lake on April 20th with the help of a warm day and a breeze of 70 km per hour. The club has had all the repairs completed after suffering from a wicked hail storm last May and appears ready to open. The lake's water level is lower than expected, however, a couple of boats with large draft have already been launched with no problems, which is good news for the rest of us. We are planning a good registration for our Learn to Sail Program and are pleased our coaches Gillian and Andrew will be returning. We bid farewell to sailing members Jacquie East and Jim Forsythe, who will be hauling Jacquie's boat to the West Coast for new adventures. We extend a thank you to Jacquie and Jim for their committed volunteering for PYC. The Healthy Lake Committee is planning on building a permanent structure by the club to maintain their water aeration systems and PYC is looking forward to assisting HLC in any way to ensure the success of their endeavors. Our social schedule and our race schedule have been planned, so let the season begin!





# Royal Lake of the Woods Yacht Club

BY JEFF AND CAROL ANNE PARKHILL

The Ice is moving out and we are excited about Summer 2019!

A summer highlight for Royal Lake of the Woods Yacht Club will be hosting the Canadian Master Laser Championships August 16 - 18, 2019. We are looking forward to welcoming all the competitors!

Along with the Master Championships, we have a full race schedule planned:

Kicking off the season with Konantz Cup on June 29th, followed by the Commodore Cup July 6th. This summer we have moved Gage Cup up to July 13th; this will make room for our newest event, The Family Over the Water Classic. More on this later.

July 27th and 28th is the Richardson Regatta, and we will be hosting a Sailing Camp for our younger sailors July 24th, 25th and 26th.

Not to be forgotten, the McLaughlin Powder Puff on August 10th. We invite and encourage all female sailors to this annual event. After the Canadian Master Laser Championships, we will wrap the summer up with The Rat Portage Cup on August 24th.

Circling back to our newest sailing event, The Family Over the Water Classic. This event has been created to invite, introduce, and reignite some 'retired' sailors to get out on the water. All boats are welcome with family or friends. The more the merrier is the goal. With a point to point format, each boat will sail to various island marks and collect a prize from each. More to come about this fun, new event.

We have made a few changes to our sailing team this year, hiring two Heads of Sailing to manage and mentor 8 instructors, including our two Race Team Coaches. We decreased our numbers to provide more full time opportunities and build a collaborative team environment.

Over the past couple summers, our Race Team has not travelled as much, and we would like to attend some away races this summer, as well as have more home events to let all sailors hone their competitive skills. Our overall goal is more bodies in sailboats, in all classes and with an emphasis on building their skills and lifelong love of sailing.

Lastly, with the continued growth of our Sailing Program, we have a team who have been working on a "Safe Harbour" project. This initiative was created to repair and replace fixed and floating docking, as well as storage facilities for the Club's sailing fleet.

We are only a few weeks away and very excited about getting back to the lake! See you on the water.



# Silver Harbour Sailing Club

BY JOHN STRUTHERS

As the new sailing season approaches, many of us at SHSC look forward to the trip up to the lake, and the act of getting our boats ready after the long cold winter. Blah blah blah same old, same old.... Spring 2019 at the SHSC - but it's not "same old, same old" at the SHSC. The fact is we're losing members and at first that might seem a bit morbid but it's a fact. SHSC is a mature club with mature members for the most part. When my wife Debbie and I joined five years ago we were referred to as "the kids" and we were both already fifty! We fortunately have members younger than us and are no longer "the kids" While their passion for sailing may have drawn our members together, ultimately it is the members of the club itself that keeps us together. Some people may have big boats, while others may have pig boats (what's a pig boat?), but none of that matters when you step into the clubhouse, because it's all about the people. But the people won't be around forever. For the past twenty years or so, people like Jack Armstrong, Deborah Hebert, and Carl Radimer, to name a few, have built up this club. Unfortunately, people like that who epitomized the nature of our club are no longer with us. The mature members of SHSC have a rich history spanning from all walks of life, each bringing their stories and experiences with them inside the clubhouse doors. It's still amazes me all of the different people that step up and make this club work. So, here's to all of those that came before us and all of those that are keeping it going. We can always look forward to new members each year who do their part to continue making the club what it has become today.

See you at the lake!

## WE'LL GET YOU THERE.

You've worked hard. You've earned your place. **Welcome to IG Wealth Management.**

Get personal, one-on-one wealth management advice specially tailored to your specific investment needs.

Because it's time to make your money work for you.

**We're ready to help you now.**



**TOM ALDRIDGE**, GBA CFP  
Financial Planner



Visit [IGprivatewealth.com](http://IGprivatewealth.com)

**ROB EBY**, CFP  
Executive Financial Consultant





# Temple Reef Sailing Club

BY NIKKA STOGER AND COURTNEY RIZZUTO

As the ice recedes passed the Sleeping Giant and the sun shines later and later every day, Temple Reef Sailing Club is looking forward to another unforgettable sailing season. Every Thursday evening, TRSC holds Lightning races, with at least 10 boats on the start line. We welcomed several new boat owners to our fleet last year and are looking forward to even more this year! New to our racing program this season are the “beyond the wall” races. The second Thursday of every month will be spent outside our Marina breakwall, where sailors will gain a different race experience with the waves and wind in an unprotected (yet regulated) environment. We look forward to improving our skill sets and spicing up our racing regime!

TRSC will be hosting two regattas this summer: the annual Loon Lake Regatta (July 13-14) and the annual Amethyst Weekend Regatta (August 24-25). As a small inland lake, Loon proves to be a challenge. With consistent wind shifts greater than 10 degrees, there is never a clear winner until the last boat crosses the finish line. Amethyst Harbour is a small bay on Lake Superior, approximately 30km east of Thunder Bay. The Amethyst Weekend race is unique, as it not only tests your sailing skills, but also your ability to navigate around islands and Temple Reef (the very reef our club is named after) on the 2+ hour “offshore” races. Join us for two weekends of sailing, friendship, and fun!

The students and staff of Sail Thunder Bay are also looking forward to another season of Great Lakes sailing. Last year, STB ran full week lessons for students 16 and under and two evening adult classes throughout July and August. Our instructors took to the road in August and offered a week-long course to students at Amethyst Harbour.

This year's programming is identical, with the addition of another adults class in June. STB's numbers have been on an upward trend over the past several years, bringing new faces and families into Thunder Bay's sailing community.

With the help of our many dedicated volunteers, we continue to foster this trend and share our passion for sailing with members of the community.

STB will be hosting an open house on Saturday, June 15th, 2019 from 12-5pm! All are welcome to join us for an afternoon of sailing, a short information session, a member meet-and-greet, as well as a BBQ. If you are from or will be in Thunder Bay, please stop by and say hi!



# Victoria Beach Yacht Club

BY ROGER RITSEMA & RYAN VAN BERKEL

Spring has sprung and the summer sailing season is not far behind. Sailing is inspirational, excites the imagination, teaches teamwork, leadership, navigation, decision-making under changing conditions, and competition. No wonder the sport of sailing continues to persevere, and we anticipate a busy year in 2019.

The sailing school program is the foundation of our club as it fulfils our mission to continually get youth involved in our sport. Our homegrown instructors Tallon Sparks, Olivia Thompson, and Andrew Thompson are motivated for a summer of sharing their experience and expertise with sailing school students. This year we are offering several weeks of lessons:

**July 8 – 12**

**July 15 – 19**

**July 22 – 26**

**July 29 – August 2**

**August 5 - 9**

Morning and afternoon sessions are offered in Opti's and Laser II's. Every year someone misses out by waiting too long, so consider this a warning: sign-up early before they fill up. Register online at <https://www.vbyc.ca/sailing-lessons/programs-offered>

We are excited to be hosting the East Region Manitoba Games Qualifier in conjunction with our Sail Manitoba Development Clinic August 24 & 25. In anticipation of the qualifier, our club will be hosting weekend junior racing, starting mid-July with a focus on recruiting interested sailors from our sailing school.

For everyone else, club racing is held on weekends throughout the summer, with regattas on the long weekends. Our schedule is TBA but will be up on our website before the lake gets to tolerable temperatures. We are always looking for crew, so come down and see what weekend catamaran racing is all about. Hint, it's fun.

In addition to sailboat regattas, VBYC will be hosting several events and clinics for Windsurfers, Kites, and Paddlers. Local Kiting and Paddling legends Danny Gibson and Alex Martin are excited a roll out the 2nd Annual Waterman Challenge and introduce kayaking clinics. The club has all the gear and enthusiasm you will need to get on a boat or board and have a blast. Dates are TBA at this point, for more information, please email commodore Brad Scott at [vbyccommodore@gmail.com](mailto:vbyccommodore@gmail.com).

The club has the facilities that you need including boat storage, canoe/kayak/windsurfer/SUP board storage. Inside, the club offers a sailing school classroom, kitchen facilities, storage lockers, a sunny deck, and BBQ. For membership and other information check out: [www.vbyc.ca](http://www.vbyc.ca).

For anyone contemplating a lesson, I would say do it. Those with a boat and the know how, see you out on the water. Have a great summer.





# West Hawk Lake Yacht Club

BY PAUL KRESTANOWICH

## West Hawk Lake Yacht Club 2019 Sailing Program

### **July 18-21 Sail Manitoba Race Development Camp & Regatta**

**Cost \$60**

2 full days of advanced sail training with provincial team coaches at Falcon Lake Yacht Club followed by 2 full days of racing. This is an amazing experience for any sailor! (open to all ages and boat classes)

### **July 22-26 Learn to Sail (Juniors age 7-15) – CANSail Levels 1-2**

**Cost \$160**

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. These 2 LTS classes fill up quickly so please register early!

\* Morning sessions – younger/new sailors, sailboats provided

\* Afternoon sessions – older/experienced sailors, sailboats provided

### **July 22-26 Learn to Sail (Adults age 16+) – CANSail Levels 1-3**

**Cost \$175**

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 22-26 Intermediate Sail Training (Juniors age 9-16)**

**Cost \$175**

CANSail Levels 2-3. A week of more advanced sailing for those who have taken our LTS previously.

\* Intermediate ½ day morning class only, sailboats provided

### **July 22-26 Advanced Sail Training (Juniors or Adults 12+)**

**Cost \$195**

CANSail Levels 3-4. A week of more advanced sailing for those who have taken our Intermediate Training & have "demonstrated ability".

\* Advanced extensive all day course, sailboats provided

### **Aug.1-4 BOOT Camp (Basic Optimist Olympic Sailing Camp)**

**Cost \$195**

For juniors age 9-15, at Black Sturgeon Sailing Club. Two full days of advanced Optimist training with provincial team coaches followed by two full days of racing including the Manitoba Provincial Optimist Championships (10 & under, 13 & under, and 15 & under). Sailors are billeted by sailing families at BSSC if needed, all meals are included, evening activities are planned for each night and are a ton of fun! This is an amazing experience for any young sailor!

\* This is an extensive all day course, sailboats provided by WHLYC.

### **Saturday, July 27 & August 10 - West Hawk Lake Yacht Club Annual Race Series**

Fun races at different locations across the lake start at 1 pm, open to all dinghy classes & sailors - beginner & veteran on West Hawk Lake. Registration starts at 12 pm, races 1-3:30 pm, Après at the club after, please call/email for more information.

\*July 27 - Big Island Landing,

\*August 10 – Main Beach

For more information, or for those that need help getting their sailboat ready for the summer season please contact us by phone or email:

Tom Saunders (204-349-3100 lake) or Paul Krestanowich (204-479-7100 cell or 204-349-2072 lake)  
Email: [info@whlyc.ca](mailto:info@whlyc.ca)

Check out our online registration & club website at [www.whlyc.ca](http://www.whlyc.ca)

# Zig Zag Yacht Club

BY TATUM ALKIER



Zig Zag Yacht Club is celebrating its 65th anniversary. It is with gratitude that we remember our founding members whose perseverance with a common goal to create a gathering place for the Clearwater Bay community became a reality 65 years ago. The Club has grown throughout the years into a vibrant, caring community of members. We are excited for another summer full of activities and celebration!

## **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 6 weeks this summer: Monday to Friday from 9:00 am to 12:00 pm starting Monday July 1st. Lessons run Monday through Friday. For more information on registration and costs, please visit [zzyc.ca](http://zzyc.ca).

## **ZZYC Open Regatta**

Zig Zag Yacht Club will be hosting an open regatta on Saturday July 20th. 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 skippers meeting is at 10:00 am. Races commence at 11:00 am.

ZZYC also offers other programs and events:

- Tennis program
- Fitness classes
- Swimming lessons
- Summer Fun program
- Social Events (Pancake breakfast, Family BBQ, Dinner Dance, etc.)
- Learn at the Lake sessions

For additional information on programs and events, go to [zzyc.ca](http://zzyc.ca).

For any inquiries, please contact us at (807) 733-3432 or by email at [info@zzyc.ca](mailto:info@zzyc.ca).



# Cook on Board

BY @BITEOFWPG

## SHRIMP CREOLE

2 small green peppers, minced  
3 large onions, minced  
4 cloves of garlic  
6 tbsp olive oil  
2 tsp salt  
1 tsp pepper  
1 tsp paprika  
1 tsp tabasco sauce  
2 - 1 lb cans of tomatoes  
2 - 1 lb raw shrimp, shelled

- ★ Sauté peppers, onions and garlic in oil until tender
- ★ Add tomatoes and seasonings and cook over medium flame for 15 minutes stirring occasionally to break up tomatoes
- ★ Add shrimp and cook just until they turn pink.
- ★ Serve on rice

Serves  
6-8



Have  
leftover  
rice?

Use it  
for dessert!

## RICE ISLAND PUDDING

1 cup rice  
1-1/2 cups water  
1/2 cup chopped dried apricots  
1/4 cup raisins or currants  
1/4 cup chopped nuts  
3/4 cup sweetened condensed milk

- ★ Boil rice, water, salt for 1 minute
- ★ Add apricots and raisins, cover and cook for 10 minutes on simmer
- ★ Stir in the nuts, cover and simmer an additional 10 minutes
- ★ Stir in sweetened condensed milk
- ★ Serve warm or cold

Serves  
6-8



This is a very rich dessert that ripens with age.





—JEUX DU—  
**CANADA**  
—GAMES—

**SPORT  
FOR LIFE  
CENTRE**

**MEDICINE  
CLINIC**

**QUICK ACCESS,  
ONE-ON-ONE,  
ATHLETE-LEVEL  
CARE FOR ALL**

**CALL 204-809-8553 TO  
BOOK AN APPOINTMENT**

**LEARN MORE AT [SPORTMEDICINECLINIC.CA](http://SPORTMEDICINECLINIC.CA)**

**Sport Medicine Physician  
Physical Therapy  
Chiropractor  
Massage Therapy  
Concussion Care  
High Performance Programs**

**Sport**   
**MANITOBA**



—JEUX DU—  
**CANADA**  
—GAMES—

**SPORT FOR  
LIFE CENTRE**