



# Breaking Wind



## The Newsletter of Frensham Pond Sailability

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Autumn 2009

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### News & Events

#### Farnham Rotarians Honour Brian Grimwood

Brian was invited to give a talk to Farnham Weyside Rotary Club members on 4<sup>th</sup> August as part of an ongoing initiative to raise awareness of FPS. He had no idea that the occasion would be used to present him with a "Paul Harris Fellow" award in recognition of his outstanding contribution to FPS.



*District Governor David Hodge presents the Paul Harris Fellow Award to Brian*

Paul Harris founded the Rotary movement in 1905 and the awards, for outstanding contributions to the community, are rarely made to non-Rotarians.

### Laying-Up Supper - 30<sup>th</sup> October

We are fortunate once again to have the excellent culinary skills of Jackie & Clive Jourdain to prepare a delicious meal. Demand always exceeds supply for this event and this year is no exception as **it is already sold out!**

### FPS AGM - 27<sup>th</sup> November

Please note the date in your diary. Being FPS, this is a social occasion as well as an observance of the AGM formalities. The Open Forum is also your opportunity to have your say and we look forward to a good attendance.

### FDSAD Lunch - 13<sup>th</sup> December

Another date for your diary: the FDSAD Christmas lunch at The Frensham Pond Hotel is another very popular social occasion not to be missed. Please get your cheques and menu choices to June Bonner by 1<sup>st</sup> December latest.

### Mid-Life Crisis Supper Dance 23<sup>rd</sup> January 2010

Details of the 6<sup>th</sup> Annual Supper Dance in Crondall Village Hall will be issued soon. Always a very successful and enjoyable evening, make up a table yourself or join the Sailability tables. All proceeds from the evening to FPS.

### Charity Shop Donation for FPS

FPS was the delighted recipient of a £1000 donation from the Downing Street Charity Shop in July. Peter Etherton collected the cheque from Lady Tindle and thanked her and her team for their continued support.



## A Visitor from the Far East

In September FPS welcomed Nobi-san, the Chairman of Japan Sailability. He was introduced by Kazuko, a regular FPS helper, who helped arrange his flying visit in preparation for the Access Worlds at Rutland in 2010.



Nobi-san took a keen interest in the operation of the fleet and equipment and enjoyed a sail. He was also delighted to be presented with the much sought after FPS fleece!



Here's a link to Nobi-san's photo gallery from a recent Access Open meeting held by Japan Sailability in Okayama (note the interesting prizes!).

<http://picasaweb.google.co.jp/lh/sredir?uname=sailability&target=ALBUM&id=5394052125563291185&authkey=Gv1sRgCJTp0s6wgaW94wE&feat=email>

## RYA Club of The Year Celebration Day

Saturday 5<sup>th</sup> September saw a full programme of events at FPSC to mark the award of the 2009 RYA Club of the Year. The club welcomed the Mayors of Waverley and Farnham and representatives of the RYA, Farnham Sports Council and FDSAD.

The Club of the Year Pursuit Race was the major event of the day with 50 boats taking part, representing all areas of the club. FPS sailors competed in the double and single Access 303 classes and the 2.4mR class.

After two hours of racing, Nick Craig sailing a Phantom overhauled all comers to win the new trophy. This was followed by the intriguing Race of Champions, with nine former national champions taking part in Access 303s.



*Are you sure I'm supposed to sit like this?*

*Nick Craig – former OK & Enterprise World Champion*

This was a novel experience for seven of the Champs but did not stop Andy Shorrock from winning by a convincing margin, and in the oldest boat of the fleet!

*Andy Shorrock (former Laser 4000 National Champion) leaves the rest of the 303 fleet of Champions trailing in his wake*



## Competition News

### Access Traveller Trophy

Frensham hosted the final TT of the season and attracted 25 entries, with sailors coming from 8 different clubs to compete in very light and shifty winds. FPS sailors continued their good form, Tessa Watkiss taking 2<sup>nd</sup> in the 303 Solo class with Peter & Peta Etherton 1<sup>st</sup> and Andy Sheath & Kate Lintott 2<sup>nd</sup> in the 303 Doubles.

These results confirmed Tessa as the overall winner of the 303 Solo class, with Paul Phillips an excellent 3<sup>rd</sup> overall in his debut Access season. Andy & Kate took the overall honours in a close fought 303 Double class, with Peter & Peta coming 3<sup>rd</sup> overall. Full results here:

[http://www.accessclass.org.uk/imgs/202PDF\\_ACA\(UK\)\\_TT\\_2009\\_Final\\_Results.pdf](http://www.accessclass.org.uk/imgs/202PDF_ACA(UK)_TT_2009_Final_Results.pdf)

FPS retained the Ben Ainslie Access Team Trophy for the third year running thanks to these results. This marked the end of another great season for FPS sailors, with Paul Holzherr taking the French 303 Solo Championship, David Harris the UK 303 Solo National Champion with Tessa 2<sup>nd</sup> and Andy & Barney 2<sup>nd</sup> in the 303 Doubles. A fine tribute to Nick Clibborn's coaching!

## Access European Championships Port Camargue 9-13 September

The inaugural European Championships were held at Port Camargue in the sunny south of France and were attended by a small British contingent. Competing in the 2.3 class, CVSS & FPS sailor Monique Foster finished an excellent 2<sup>nd</sup> place. A full report is here:

[http://www.accessclass.org.uk/spage-events-access\\_dinghy\\_european\\_championships.html](http://www.accessclass.org.uk/spage-events-access_dinghy_european_championships.html)



Monique's achievement was featured in her local paper:

[http://www.watfordobserver.co.uk/news/4637187.International\\_medal\\_for\\_determined\\_novice\\_sailor/](http://www.watfordobserver.co.uk/news/4637187.International_medal_for_determined_novice_sailor/)



*There must be room for a little one here somewhere!*

## Hilary Lister's Round Britain Dream Comes True



On 31<sup>st</sup> August Hilary Lister became the first disabled woman to sail solo around Britain. Hilary is paralysed from the neck down and sailed a specially adapted Artemis 20 boat equipped with a "sip & puff" system to control the sails and steering. Hilary was supported by Lions Clubs around the country.

There's a lot more information and photos here:

<http://www.hilarylister.com/>

## Geoff Holt's Next Adventure – December 2009

Following his circumnavigation of Britain in 2007, Geoff's next adventure is to sail the Atlantic in a purpose built, fully wheelchair accessible 60 foot catamaran, the Impossible Dream.



On completing the journey this winter, Geoff will be the first quadriplegic to sail the Atlantic unassisted. You can get more information on the project and chart Geoff's progress here: <http://www.geoffholt.com/>

## A Painter in Our Midst

A painter in the sailing context usually refers to a rope attached to the bow for tying up or towing purposes. This is thought to derive from the Middle English word "peintour" which comes from the old French "pentoir" meaning strong rope.



In this context, it refers to one who paints, either as an artist or a worker. The picture above was painted by our very own David Pickstock and it is definitely the work of an artist, well done David!

## The Calvert Trust

*Sarah Pain*

My time at the Calvert Trust on Exmoor was very exciting & I have returned for two long weekends. The staff are very friendly & helpful, the accommodation is

excellent with wheelchair friendly facilities.

For those who need more help, family can come with them & there are three meals a day provided with special needs catered for but you can help yourself to free tea, coffee, soft drinks throughout the day. There is a pool table in the licensed bar, a television room, a lovely courtyard with outside tables when sunny or overlooked by the dining room in winter.



I stayed for a long weekend & went canoeing, carriage driving - a lovely horse called Molly, Access dingy sailing in the lake, & then to my surprise I went to the equipment store to get fitted out with a hard hat & harness - this was for crate stacking! A very exciting game which involved teamwork, my partner & I got to 15 crates high before I became a human 'wrecking ball' & crates flew in all directions & I was left swinging in the air held by my harness - then I was carefully lowered to the ground.



There was also abseiling, rock climbing & a 'zip wire', all great fun & carefully monitored by the expert staff. There is a swimming pool - lovely & warm, steam room & jacuzzi.. The Calvert Trust also has a centre in Keswick & I do recommend you send for the details for a really interesting & challenging time that has lots of laughs & new experiences. Have a go! More information here:

<http://www.calvert-trust.org.uk>

## The Spirit of Scott Bader

*Peter Gregory*

On Sunday 25<sup>th</sup> July 2009 I travelled to Portsmouth with my wife Elaine and spent the night at a Premier Inn. This gave us plenty of time to be at Port Solent marina for our latest assembly time of 10:00 to join the crew and passengers of the catamaran Spirit of Scott Bader. The Scott Bader is a wheelchair accessible cruising catamaran.



We met Doug Richardson, the skipper, and Bob Hoy, the mate, together with our fellow passengers John and his wife Karen and Neil. There was a slight complication as the lift on the port hull was not working and this was the side our cabin was located.

It was suggested that instead of leaving Port Solent and berthing elsewhere for the next two nights, we day sail from the marina, allowing Elaine and myself to sleep aboard another vessel the trust had in the marina which was also wheelchair accessible.



After we all stowed our gear and were given a safety briefing it was time to set sail. Never having been aboard a cruising yacht or used a marina, I did not

appreciate how long it took before we were actually out to sea. Going through the lock to exit the marina and then going through Portsmouth harbour seemed to take nearly an hour. The vessels in the harbour and the ship movements meant this was not a boring time though.



Fairly soon into the voyage the catamaran was turned into the wind and the mainsail raised. My dinghy sailing background did not appreciate how the jib or mainsail could be used as an aid to the engine. I had assumed you would be either under sail, or under engine. Once we were well out into the Solent the jib was unfurled, the engine cut, and we were peacefully sailing.

Something else I had never thought about was how stable a catamaran is. My idea of sailing is of the vessel heeling over in a good blow, but with the Scott Bader it raised concerns if it got near heeling over 10° so we had a really comfortable ride. There was only an occasional fore and aft pitch as we went through some good sized waves. In the right conditions this craft could certainly speed along. Our best speed I can remember was 15 knots.

With the direction the wind and tide were during our three days we spent most of our time cruising The Isle of Wight coast in the Solent. Although we only went ashore once at Cowes, we anchored off Bembridge, Ryde and Osborne House. The intention was to go into Southampton Water, but as we got nearer, all we could see were heavy squalls of rain sweeping across the area. As the sun was still shining on Cowes we decided another look at the Isle of Wight was a better idea!

The three days sped by much too quickly, much to the disappointment of Elaine and myself. We both agreed that it was a marvellous experience. However, as we had not been away from Port Solent for two nights due to the sleeping arrangements, we were very kindly offered two extra days sailing when we would moor elsewhere

overnight.

On September the 8<sup>th</sup> and 9<sup>th</sup> we were able to go back for our two extra days. This time there was just the skipper Doug, Elaine and myself. We each had a cabin to sleep in so we could spread out at night! On the Tuesday the intention was to sail to The Needles as it was the best place to go with the current wind and tide. Having spent most of the day tacking hard along the Solent towards The Needles, a sea mist came in and the Needles disappeared from view! It was decided to cut our loses and moor at Yarmouth for the night. Next morning we had a fairly early start as the tide would be against us for most of the day when we tried to get back to Portsmouth.

We spent quite some time exploring Alum Bay, trying to get the best views of the coloured sands. The sun was shining straight onto the sand and making it more difficult to get a good view of the different colours. When we had our mandatory photos we needed to head back to Portsmouth without going right up to The Needles or we would run out of time.



The wind had swung round again and we now had to tack back to Portsmouth. It was difficult to make a decent course back into the harbour due to the wind direction, but after sailing close to Ryde we were able to turn for a good beat home. By the way, I have been asked to point out that Elaine crewed for Doug! Something she was quite proud of as the July trip was her first time on a yacht.

Leaving the Scott Bader again at Port Solent was sad, but we had had two excellent days sailing. We cannot thank enough the Gwennili Trust ([www.gwtrust.org.uk](http://www.gwtrust.org.uk)), through whom our trip was originally organised, and the Disabled Sailors Association ([www.disabledsailing.org](http://www.disabledsailing.org)) who had the Scott Bader built.

## Abbey School Sailing Certificates Presented



RYA Certificates of Achievement were presented to eight Year 10 students at The Abbey School in Farnham following a Sailability course at Frensham during the summer term. The certificates were presented by FPS instructors Ray Sumner and Simon Jarman.

## CALENDAR OF EVENTS

### OCTOBER:

29<sup>TH</sup> - DISABILITY CHALLENGERS (GUILDFORD)  
& END OF SAILABILITY SEASON

30<sup>TH</sup> – LAYING UP SUPPER

### NOVEMBER:

27<sup>TH</sup> – FPS AGM

### DECEMBER:

13<sup>TH</sup> – FDSAD CHRISTMAS LUNCH

### JANUARY 2010:

23<sup>RD</sup> – MID-LIFE CRISIS SUPPER DANCE

### FEBRUARY 2010:

20<sup>TH</sup> - RYA SAILABILITY NATIONAL CONFERENCE, WYBOSTON  
LAKES CONFERENCE CENTRE, BEDFORDSHIRE

## The Origin of Nautical Terms No.3

To Cut and Run (meaning to get away quickly)

This is thought to originate from ships making a hasty departure by **cutting** the anchor rope and **running** before the wind. "The Elements and Practice of Rigging and Seamanship", a weighty tome published in 1794, describes cutting and running as "to cut the cable and make sail instantly, without waiting to weigh anchor".

## Comments & Contributions

If you have any comments on this newsletter or you would like to contribute an article or feature, we would really like to hear from you. Please contact Brian Grimwood email:

[brianmag@btinternet.com](mailto:brianmag@btinternet.com)

or Peter Etherton email: [etherton.peter@tiscali.co.uk](mailto:etherton.peter@tiscali.co.uk)

## Tail Piece



*Blue Badge Parking - The Greek Way: ?*

## Pond Life



*Which tooth did you say is hurting?*



*Say "Ah" - yes, I can see it now!*