



# Breaking Wind



## The Newsletter of Frensham Pond Sailability

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Spring 2010

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### Fund Raising Run – 21<sup>st</sup> March

FPS helper Bob Cornwell, husband of sailor Nina, is running in the Fleet half-marathon on 21<sup>st</sup> March. We are delighted that Bob is again running on behalf of FPS. Last year, he raised £400, it would be very nice if Bob could beat that this year!! Donations can be made by simply clicking on the Justgiving link:

[www.justgiving.com/bob-cornwell](http://www.justgiving.com/bob-cornwell)

Many thanks for your support.

### Fitting Out Supper – 26<sup>th</sup> March

Once again we are lucky to have Carol Clibborn conjuring up her culinary compositions to tickle your tastebuds with a sumptuous supper. This year we have entertainment with an Irish flavour from the mandolin playing Frensham Pond Warden, Steve Webster. At only £6 each, tickets are selling quickly so get yours from Brian now to avoid disappointment!

### FPS is now on Facebook

Suzanne our super efficient Administrator has set up a Facebook page for FPS here:

<http://www.facebook.com/group.php?gid=322704131397&ref=ts>

Check it out and sign up to connect with FPS online, Suzanne is looking for photos, videos etc. so here's your chance to join the Facebook generation!

### What a Winter, Roll On Spring!



Rain, sleet, snow, ice, slush and chilly winds, is there no end to this weather? It has provided many talking points and photo opportunities but enough is enough! If this is a "proper" winter then let's hope we get a proper spring and summer too. See you on 1<sup>st</sup> April.



### RYA Qualifications Update

You will all be impressed to hear that whilst most of us were staying indoors and out of the dreadful weather, many FPS members were busy at Frensham Pond in the rain, snow and generally icy conditions getting additional qualifications.

The courses were organised by FPSC Chief Instructor, and RYA Training Centre Principal, Nick Clibborn, with assistance from other FPS members.

Many congratulations therefore to:

**RYA Dinghy Instructors:** (the course included full immersion in the Pond for GP14 Righting Drill!)

Simon Jarman  
John Townsley

**RYA Assistant Instructors:**

Lindsay Burns (The first FPS sailor to get an Instructor qualification - very well done!)

Martin Fishwick  
Peter Fitzpatrick  
Shaun Lehane  
Malcolm Parr  
Ron Peasley

**RYA Power Boat Level 2 and FPSC Safety Boat:**

Kate Richardson  
Terry Teale

**RYA Power Boat Level 2:**

John Townsley

**RYA Level 2 Racing Coach:**

Tim Hemsley  
Richard Smallwood  
John Townsley (his 3rd course involving all 9 days!)

Some of the above, and other members, qualified or re-qualified with the RYA First Aid qualification in the past month, but this was done indoors. Nevertheless, thank you and well done to them also.

In addition to those FPS members attending in the somewhat adverse weather conditions, we should not forget the sterling efforts of the Safety Boat crew. Julian Behmber and Paul Harker spent more time on the water than anyone else manning the safety boat, which at times had to act as an icebreaker! Our thanks to you both.

As stated in his e-mail dated 30 January, Simon Jarman (FPS Training Officer) would be very pleased to hear from any sailor or helper who has any suggestions or requirements for specific training. You can email him at: [sijar\\_55@hotmail.com](mailto:sijar_55@hotmail.com)

## Competition News

While the Access boats and sailors have been in winter hibernation, the hardy FPSC and FPS 2.4 sailors have continued to race whenever conditions have allowed. The combined 2.4 Early & Late Winter Series Handicap League has had up to 12 sailors competing to date. After 10 races so far (50% to qualify) the league table is headed by Richard Smallwood with FPS sailors Tessa Watkiss in 2<sup>nd</sup> and Keith White lying 5<sup>th</sup>.

FPS 2.4 sailors have also been competing further

afield. Keith White, together with Paralympic sailors Megan Pascoe and Helena Lucas, took part in the US 2.4 Mid-Winter Regatta and the 2010 Rolex Miami OCR in January.



The Rolex Miami OCR is a mainstay on the winter circuit for sailors who are campaigning for the next Olympic and Paralympic Games. The event is part of the ISAF Sailing World Cup, a world-class annual series for Olympic sailing.

Florida in January sounds perfect in the middle of the coldest winter here for 31 years. However, Keith said that he arrived in Miami to find they were also having their coldest winter and first frost since records began over there. Just check out the photos!



As to the sailing, Keith chartered a boat from Team Paradise, did not come last, really enjoyed the experience and said he learnt a lot, especially the signalling flags! Megan was an excellent 6<sup>th</sup> overall in both events. More information and results here:

<http://us24meter.org/midwinter-regatta.html>

<http://www.ussailing.org/Rolex/2010/24/24.html>

[http://teamparadise.org/reports/report\\_from\\_rolex\\_miami\\_ocr.html](http://teamparadise.org/reports/report_from_rolex_miami_ocr.html)

Keith has registered the website [www.singlehandedyacting.com](http://www.singlehandedyacting.com) and would like to hear from anybody with Dreamweaver experience to help him develop it as a resource for 2.4 sailors. He can be contacted at: [keithwhite3@sky.com](mailto:keithwhite3@sky.com)

FPSC sailors also gave a good account of themselves in Argentina, where Abigail Croft and Matthew Shorrock helped Team GB win the national team trophy at the Cadet world championships. Over in Sydney, Roger Gilbert, FPSC's top helm of 2009, and crew Ben McCrane took the runner-up spot in the International 14 world championship.

For Access sailors, the big event of 2010 is the World Championships at Rutland in June. With sailors expected from America, Australia, Canada, Japan and across Europe, the competition will be fierce but Frensham's Access Racing Team will be up for it. With a team shirt designed by Paul Holzherr they can't lose!

## Sailing at Scaling

*Simon Jackson*

After relocating to Great Ayton in North Yorkshire I have been doing most of my sailing at Scaling Dam Reservoir. The 'Dam' is located high up on the North Yorkshire moors, next to the A171 about 12 miles west of Whitby.

It was built and used by Northumbrian Water Company but since 1971 it has been leased to Scaling Dam Sailing Club after the water level had to be reduced due to erosion of the banks.

The original dinghy of choice for Scaling Dam Sailing Club was the Challenger trimaran, of which there are two available. There is now one Access 303W, this required the extension of the short jetty to reach water of adequate depth and a new jetty mounted hoist.



It is anticipated that this may be a 'new beginning' for the Sailability section – at the moment I am the only regular sailor with a disability amongst half a dozen occasional visitors – with the Access better for induction/instruction of those new to sailing than the Challenger.

Most Sundays, April to October, I try to enter the 2pm

club handicap race. Both the Access and the Challenger are 'Slow Handicap' boats and this has the practical effect that our start is 2.08 after the 'Fasts' at 2pm and Lasers at 2.04. There is considerable variety of types, the fastest is usually an International Canoe (PY 843!!) whilst the slowest is now the 303 but as the Optimists have a similar performance a good tussle on the water is available.

The Challenger has proved, well, challenging for me to sail well. At first I was just rubbish then after learning what sort of sail settings were right for varying winds I am at least in control.

However I find it a little 'physical', especially in the stronger winds which suit the trimaran and a half hour casual sail is fantastic but a full race is often too much. I have had to buy a dry suit and fight my way in to it most weeks, the spray generated by a Challenger at speed is similar to having a bucket of water thrown at you.



We are actively looking for more sailors and more money to fund at least one more 303, of course the Access worlds will be a major factor for early 2010.

There is a boat waiting for anyone who wants to visit and maybe by 2012 we will be ready to host an Access Traveller event. I look forward to seeing you on the water!

### **Editor's Note:**

Simon is a former FPS Access Class Captain and a recipient of the The Farnham Lions Endeavour Trophy. He is now a long distance "travelling" member of FPS and will be competing in the Access Worlds.

## Geoff Holt's Atlantic Adventure Update

Geoff left Lanzarote on 10<sup>th</sup> December and arrived in Tortola, British Virgin Islands, on 7<sup>th</sup> January.



A fantastic personal achievement, which also raised awareness of spinal injuries and disabled sailors worldwide. Very well done Geoff! Much more info here: <http://www.geoffholt.com/>

## CALENDAR OF EVENTS

### MARCH - JULY

#### MARCH:

- 4<sup>TH</sup> - BOAT FITTING OUT & RACE TRAINING FOR WORLDS
- 11<sup>TH</sup>/18<sup>TH</sup>/25<sup>TH</sup> - RYA RACE TRAINING FOR WORLDS
- 26<sup>TH</sup> - FITTING OUT SUPPER

#### APRIL:

- 1<sup>ST</sup> - START OF SAILABILITY SAILING SEASON (AM & PM)
- 14<sup>TH</sup> - NOTTS COUNTY ACCESS TT
- 15<sup>TH</sup> - DISABILITY CHALLENGERS VISIT
- 17<sup>TH</sup> - NO SAILABILITY SAILING (CADET OPEN MEETING)
- 21<sup>ST</sup> - FRENHAM ACCESS TT
- 22<sup>ND</sup> - RYA SAILABILITY COACHING (TBC)

#### MAY:

- 5<sup>TH</sup> - BURGFIELD ACCESS TT
- 8<sup>TH</sup> - NO SAILABILITY SAILING (WORKING PARTY DAY)
- 8-9<sup>TH</sup> - OXFORD SC 2.4 OPEN
- 15/16<sup>TH</sup> - FRENHAM 2.4 OPEN
- 26<sup>TH</sup> - CARSINGTON ACCESS TT
- 29-31<sup>ST</sup> - POOLE 2.4 TIDAL NATIONALS

#### JUNE:

- 4-11<sup>TH</sup> - ACCESS WORLD CHAMPIONSHIPS RUTLAND
- 5<sup>TH</sup> - FPSC OPEN DAY
- 5/10/12<sup>TH</sup> - VERY LIMITED ACCESS SAILING (WORLDS)
- 23<sup>RD</sup> - OXFORD ACCESS TT
- 27<sup>TH</sup> - FPSC 10 HOUR RACE & BBQ

#### JULY:

- 10<sup>TH</sup> - NORTHAMPTON ACCESS TT (& BRITISH GP W/E)
- FPSC 10 HOUR RACE & BBQ
- NO SAILABILITY SAILING
- 29<sup>TH</sup> - DISABILITY CHALLENGERS VISIT
- 29-31<sup>ST</sup> - RUTLAND 2.4 INLAND NATIONALS
- 30<sup>TH</sup> - SAILABILITY SUMMER BBQ

## The Origin of Nautical Terms No.5

### Jury Rig

As in "assembled in a makeshift manner". It comes from "jury mast", a nautical term, thought to date from 1616, for a temporary mast made from any available spar when the mast has broken or been lost overboard.

The OED dubiously recorded a suggestion that this was short for "injury mast", but recent dictionaries say that is probably from Old French *ajurie*="help or relief", from Latin *adiutare*="to aid" (the source of the English word "adjutant").

## Comments & Contributions

If you have any comments on this newsletter or you would like to contribute an article or photos, we would really like to hear from you. Please contact Brian Grimwood email: [brianmag@btinternet.com](mailto:brianmag@btinternet.com)

or Peter Etherton email:

[peter\\_etherton@btinternet.com](mailto:peter_etherton@btinternet.com)

## Tail Piece



*Star Wars? Water World? No, just the 33<sup>rd</sup> America's Cup!*

