



Breaking Wind



The Newsletter of Frensham Pond Sailability

Volume 2, Issue 3

Autumn 2010

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Young Sailability in 2010



From L-R: Matt Innes, James Mitchell, Michael Horsey, Charlie Reed & Alex Mitchell

We are delighted that the number of young sailors and helpers continues to grow. The picture above shows five of our young Saturday helpers resplendent in their new Sailability polo shirts. Apart from all being very capable sailors, buddying up in Access dinghies with our less able sailors, they seem to have an inexhaustible supply of energy for boat preparation and de-rigging - much appreciated by the more geriatric older helpers!

Thursday mornings during the recent summer term were again bustling with young sailors from local special schools, students from Abbey School, Ridgeway School, Stepping Stones School and Treloar College (Saturdays) all sailed regularly with us.

Unfortunately, the annual visit and picnic by a group of younger students from William Cobbett School had to be cancelled because of bad weather on the day. We are very keen to encourage young sailors, whether attending independently or through their schools, and hope to develop this further in 2011.

Laying-Up Supper 29th October

After many years of serving up superb succulent suppers, Jackie & Clive Jourdain are stepping down from catering for this event. Our grateful thanks to them both for all of their efforts over the years.

We are very pleased to have Carol Clibborn stepping up to the plate with her helpers to serve a delicious 2 course supper. Demand always exceeds supply for this event and **it is already sold out!**

FDSAD Lunch 12th December

The FDSAD Christmas lunch at The Frensham Pond Hotel is another very popular social occasion at a very reasonable price. To ensure your place please send your cheques and menu choices to June Bonner by 27th November at the very latest.

FPS AGM 14th January 2011

Please note the revised date in your diary. If you have seen Brian's recent email, you will know that the date has been put back due to the refurbishment of the clubhouse. In early September, we sent out a letter inviting more members, sailors or helpers to contribute towards the running of Sailability, particularly with respect to the 'on-shore' organising and administrative roles. Regrettably, we had very little response.

We would be delighted to hear from you if you feel you can contribute in any way. For example, there is an opportunity for someone to lead our social activities. You are probably aware that we are also still looking for a Chairman from the AGM onwards!! Alternatively, you may be interested in seeking nomination to Sailability's General Committee in a non-specific role. **Your Club needs your support!**

Mid-Life Crisis Supper Dance 22nd January 2011

Details of the 7th Annual Supper Dance in Crondall Village Hall will be issued in due course. This is always a very successful and enjoyable evening, so make up a table yourself or join one of the Sailability tables. All proceeds from the evening go to FPS.

Training Courses February 2011

If you have seen Brian's recent email you will know that a number of courses are being planned by FPSC in February 2011 and these can also be offered to Sailability members. Please contact Bruce Dudley for details at besailing@hotmail.com; we welcome Bruce as our new Sailability Training Coordinator.

A New Addition to the Fleet

A welcome newcomer to the FPS fleet in mid-summer was a Laser Stratos keeled dinghy, which has now been named 'Nadia'. This will replace the oldest of our three Wayfarers. The Stratos is fitted with a very heavy retractable bulb keel which gives it much greater stability in stronger winds. This will allow us to provide cruising in weather conditions which would have kept the Wayfarers ashore.



The Stratos was largely funded by two very generous donations received during the year. The first from the Nadia Charitable Trust and the second from the Uxbridge Masonic Lodge. The formal presentation of the Lodge cheque was made on a very pleasant day in August in the presence of large number of Lodge members and their families.

FPS sailor & Uxbridge Lodge member John Solomon also presented FPS with a photographic album highlighting typical activities during a sailing day at Frensham. Very many thanks to members of Uxbridge Lodge and to John in particular.

Access Competition News

The TT Series: The last four events of the 2010 series were held at Rutland, Ringwood, Alton Water and Tideway. The Rutland event was characterised by torrential downpours and thunder storms and was eventually curtailed by a particularly violent squall that had the safety boats & jetty crew working like Trojans to get everybody safely ashore.

Despite all this drama, Monique took the win in the 2.3 Class with Lindsay 4th. Tessa was 2nd in the 303 singles and Peter & Peta were 4th in the 303 doubles.



Access Racers enjoy the Rutland weather in August!

The following day saw the RYA Multiclass Regatta take place in near perfect conditions! The Champion of Champions & Ken Ellis Trophy winner was David Durston in his Access Liberty, a great result. Lindsay was the first 2.3 home & Tessa was the first 303 double home, crewed by Peter Fitzpatrick.

The next TT was held at Ringwood on 25th August and FPS entered 7 boats, just 1 short of our current record. The heavy rain that was forecast arrived by the bucket load, it was wet, unseasonably cold & largely windless.



Soggy but Happy - Ringwood Prize Winners with the local Sainsbury's Manager who kindly donated the wine!

The conditions did not deter the Frensham racers from notching up more success, with Lindsay taking her 7th TT win in the 2.3 class. Martin Treadway led a Frensham 1-2-3 in the 303 singles class in front of Tessa and Martin Renouf. This was an excellent maiden Access TT win for both Martin T and the Hedgehogs funded 303W "Burge". In the 303 doubles class P&P finished 2nd behind Ian & Paul Clements.

A number of us made the trip to Alton Water (near Ipswich) on 15th September for the Woolverstone TT. Sadly this was abandoned before racing started due to very strong winds. This left Tessa with everything to play for in the 303 singles title at the final event hosted by Tideway Sailability. This was held at Greenland Dock, near Surrey Quays, London on 25th September.

Lindsay, having already got the 2.3 TT series title in the bag, did not compete. Instead she very kindly towed Tessa's 303 to and from the meeting, running into some quite nasty street disturbances in inner London during her return. Our thanks to Lindsay for this. Due to logistical issues our only other sailor was Monique in a borrowed local 2.3.

It was a very cold and gusty Northerly wind which swirled all over the place. This made it especially tough for Tessa, who was level on points with local helm Hugh Lansdown, but needing a win to take the overall TT series. Despite a valiant effort, this proved to be just too difficult and Hugh eventually took the win and the overall 303 singles title. As well as the runner up slot, Tessa won the 303 Singles Southern Championship.



Access Dinghies dwarfed by Canary Wharf

Monique secured the 2.3 class win to take the overall 2.3 runner up position. As well as being the overall 2.3 series winner, Lindsay also took both the 2.3 Northern and Southern Area Championships. The combined performances of Lindsay, Monique and Tessa were also good enough to secure FPS the Ben Ainslie Access Team Trophy for a record 4th year running.



The Winning Team: Monique, Lindsay & Tessa

In the 303 Doubles class Peter & Peta were 1 point behind Rutland rivals Chris Emmet & Malcolm Kirk prior to this TT but could only watch as the Rutland pair cruised to an untroubled win after a leisurely start. Some consolation for P&P came with the 303 Doubles Southern Area Championship win to add to their 2nd place overall.

The Access National Championships: These were held at Swarkestone Sailing Club, Derbyshire, on 3-5 September. Our hosts at Swarkestone SC were very helpful and hospitable, the catering was first class and the Burton Bridge bitter was worth the drive alone, especially at only £2 a pint!



The weather was fine and dry on Saturday but the light and flukey winds made the racers work very hard as tactical skills were key to good results. Sunday was cooler & more overcast with brisker winds and some strong gusts which made for some very close and exciting racing. We also had some rain just to make sure we were not spoilt completely!

With 7 races over the two days and one discard, the 6 FPS sailors had their work cut out to do well against a very competitive field. All of them achieved a 1st or 2nd in at least one race, with Lindsay taking the 2.3 title and Tessa overcoming a fierce challenge from Chris Atkin to claim the 303 singles title. In the 303 Doubles the local crew of Chris Molesworth & Mark Alton set the pace and took the title with ease.

Lindsay receives her Trophies and a hug from Harvey Harrison Club President and Founder of Swarkestone Sailability



Access 2.3 Results:

National Champion: Lindsay Burns - FPS

2nd Ann Lewis - RYA - (Champion for the past 4 years)

3rd Monique Foster - FPS

4th Simon Jackson – FPS

Access 303 Single:

National Champion: Tessa Watkiss - FPS

2nd Chris Atkin - Woolverstone (former Champion)

3rd Paul Phillips - FPS

Access 303 Double:

National Champions: Chris Molesworth & Mark Alton - Swarkestone

2nd Patrick Crawley & Ian McNair - Rutland

3rd Peter & Peta Etherton - FPS



Tessa receives her Trophies from Harvey Harrison

The FPS racers performance in the Worlds, Nationals and TT Series owes much to the coaching skills of Nick Clibborn and to the support and encouragement from FPS and FPSC, our thanks to you all.

Assuming we can pin down the FPS 2.4 racers for long enough in between their busy racing schedule, the next newsletter will bring you news of their season. In the mean time, have you ever seen a 2.4 fly?



A Life on The Ocean Waves

Stuart Rees & The Jubilee Sailing Trust

Editor's Note:

This article was originally written for the Spinal Injuries Association magazine "Forward" hence the various references to paraplegics and tetraplegics. On reading it, we felt it would also be of wider interest so here it is.

When Stuart Rees injured his spine in a rugby tackle that went wrong he refused to let it stop him having adventures. Now, 31 years on, retired teacher and advisor, Stuart regularly sails as tall ship crew and helps out as a volunteer with Southampton based charity, the Jubilee Sailing Trust (JST).

Stuart has an incomplete C5/6 spinal cord injury. Having maintained restricted arm and hand movement he is able to live a completely independent life, and returned to his job as a primary school teacher after his accident in 1979.

In 1997 Stuart was talking to a friend, who was helping out with the catering at a project in Southampton. The project, building a wooden hulled tall ship, using the help of volunteers was the only project of its kind in the UK and Stuart realised that he had to become involved. At the time it was just known as "The New Ship Project" as the ship did not receive a name (Tenacious) until much later



"This was my first introduction to the Jubilee Sailing Trust," A charity that strives to achieve equality between people of all backgrounds and abilities through the medium of tall ship sailing.

"I signed up for a "Shorewatch", which basically meant that I paid for the privilege of being a shipwright's labourer for a week and had a wonderful time working with wood on a massive scale. The fact that I have very limited manual dexterity was not a bar to my joining in and working hard. During this week, I found out all about the charity, which had another tall ship, the Lord Nelson, which had been sailing since 1986. I booked my first voyage on Lord Nelson before I'd even seen the ship and booked my second voyage before I'd sailed on the first voyage."



In August 1997 Stuart set off on the adventure of a lifetime, becoming part of a 40 strong amateur crew of mixed abilities. Led by a permanent merchant navy crew of 8, Stuart and the other crew members were responsible for the entire running of the ship. From helming, to peeling potatoes, to hauling rope to setting sails; Stuart took in the sights of London and Northern France from the peace of the deck of a tall ship before arriving in Southampton 8 days later.

Since that first trip in 1997 Stuart has visited destinations in many places on board Lord Nelson and Tenacious (the ship that he helped to build in 1997) including sailing round the UK and in the Mediterranean and island hopping in the Canaries and the Caribbean. In fact in one year he was able to swim "over the side" of Tenacious in the Mediterranean and in the Caribbean Seas.

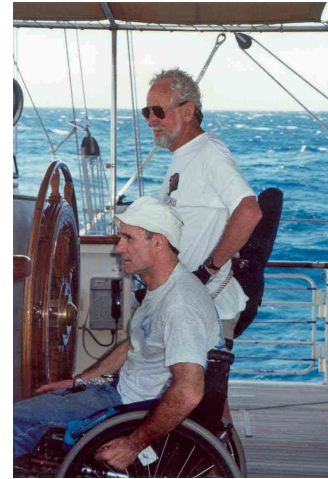


"One of the things I like most about the ship is that it gives me the sense of camaraderie and team work that I haven't felt since playing rugby. I really missed playing and couldn't imagine that anything could ever replace it.

This was in the days before Wheelchair Rugby, Back Up type courses and so many of the inclusive activities that we so take for granted these days. So it was a revelation to suddenly be part of something that offered those two vital aspects of life.

"I have maintained an independent life since my accident so it was great being part of the whole family feeling on board the ship. Whatever I do on board is a contribution to everybody's experience. Everybody takes turns at everything to make the whole trip work.

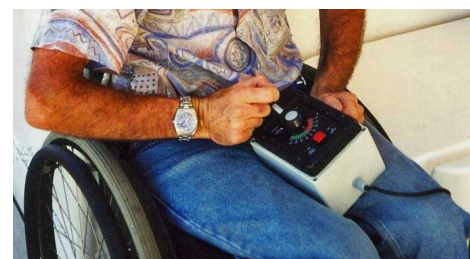
"Being independent has meant that I have not needed to take a carer with me and have been able to cope just with the help of the ships' "buddy system". This should be adequate for everyone who is independent but anyone needing a carer in their everyday life will need to take someone in that capacity with them.



Both ships have been built to accommodate wheelchair users, have eight bunk areas with adequate room for wheelchairs and also have good shower and toilet facilities, including "Closomat" toilets. Paraplegics and those who can carry out their own personal hygiene routines should have little problem but tetras who need significant care, particularly manual evacuations, may find that the space in the bunk areas is limited. Don't be put off by this, talk to someone at the JST office who will be happy to offer advice.

One of the most important tasks is to take the helm (jargon for pointing the ship in the correct direction) and both ships have the ultimate in power steering. They can be steered using the wheel with just finger tip pressure or for anyone with severely restricted movement remotely with a joystick arrangement.

The whole ethos of the Trust is that everybody joins in and does what they can – exactly that, it's all about what you can do; not what you can't.



"As a tetra, I have significant problems with hand function and some aspects of rope handling can present a challenge, but a member of the permanent

crew is always at hand to help find a suitable task or show an alternative way of doing something. In the galley there are alternative styles of potato peelers and other equipment, often specially modified, to make sure that everyone can make their contribution.



“The Trust’s motto is “Changing Lives” and I can honestly say that my involvement with the JST has certainly helped me change mine. My self- perception had always been that I was “stuck in a wheelchair” and I was very soon able to change this to “I’m a wheelchair user – so what?”

I found a new zest for life and became involved in so many more activities, directly by taking part in an abseil and two skydives as fundraising ventures and indirectly by joining other groups such as BackUp. Since sailing with the Jubilee Sailing Trust I have enjoyed skiing, micro light flying, gliding, paragliding, dinghy and trimaran sailing, rally driving and, my latest venture, scuba diving.”

One, unexpected, benefit that I got from my initial involvement with the Jubilee Sailing Trust was the fact that I met so many other people with different types of disability. Until then I had given little thought to that and assumed that being a wheelchair user began and ended with spinal cord injury.

To encounter people who had been born with their disability or who were suffering from progressive illnesses; people with sensory impairments and those who had suffered brain injury etc as a result of an accident was an eye opener and gave me much food for thought.

To elaborate on that would be a whole article in itself and could raise all sorts of contentious issues but I remember vividly a long conversation I had with a man who had been born with spina bifida - his point was that he would rather have been born with his condition, which made him a full time wheelchair user,

and so never to have been able to take part in all the activities that we take for granted than to have been in my position and to have had the opportunities for an active life which was then taken away from me. My position was just the opposite. I still think on that even after all these years.

If you’d like the chance to take part in a life changing adventure with the Jubilee Sailing Trust you can find out more on the website www.jst.org.uk, or you can call 023 8044 9108 and talk to one of the JST team.

CALENDAR OF EVENTS

DECEMBER – MARCH 2011

DECEMBER:

12TH - FDSAD CHRISTMAS LUNCH ☺

JANUARY 2011:

14TH - FPS AGM

22ND - MID-LIFE CRISIS SUPPER DANCE ☺

FEBRUARY:

5TH & 12TH - RYA FIRST AID COURSES

21-25TH - SAFETY BOAT HELM & RYA PB2 COURSE

- RYA ASSISTANT INSTRUCTOR COURSE

TBD - RYA DINGHY INSTRUCTOR COURSE

MARCH:

25TH - SAILABILITY FITTING OUT SUPPER ☺

Caption Competition



Tessa: “Is that Brut you’re wearing, Bill?”

The winning caption in an ad-hoc competition amongst the racers was submitted by Simon Jackson, who wins a can of John Smith’s, a Pontefract cake and one of Betty’s finest Fat Rascals. Well done Simon!

Comments & Contributions

Comments and/or contributions to Brian Grimwood:

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peter_etherton@btinternet.com