



Breaking Wind



The Newsletter of Frensham Pond Sailability

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A Message from the Chairman

Kate Richardson, FPS Chairman

I can hardly believe we are now 6 weeks into the season. It is so nice to see so many new faces already this season – hopefully you will enjoy the taster visits and want to go on to become full members of FPS.

Can I remind everyone to check the weather forecast before leaving home and to come appropriately dressed. Hopefully the weather is now improving – please remember sun hats, sun glasses, sun cream and a bottle of water on sunny days!

We are very impressed to see the Youth Group haven't forgotten any of their sailing skills over the winter. They continue to sail in the Hansa 2.3 boats in the early slot 10 – 11.15 on a Saturday morning. **If you are not part of the Youth Group but would like to sail a Hansa 2.3 on a Saturday I suggest you arrive just before 11am and sail for the latter part of Saturday morning.**

We have a very busy season ahead with a number of additional events happening – can I remind you all to check the Key Dates in the membership pack and/or the Sailability web site. We will also send additional emails to remind you of upcoming events and possible changes to normal sailing sessions – so check your emails!

Happy sailing – enjoy the season!

Fitting Out Day 20th March

We had a very good turnout of helpers to prepare the FPS fleet for the coming season. This important work is rarely seen by most sailors so we'd like to say a big thank you to all those who helped, and to Carol and her team for serving up a warming & tasty lunch.



All hulls get a good sponge down to get rid of the grime accumulated over the winter.

Rigging the 2.3 fleet: "I'm pretty sure this goes here."



Rigging the 303 fleet: "We better get this one right chaps or we'll have Tessa on our case!"

RYA Assistant Instructors

Congratulations to our 5 new or nearly-new helper members who passed out as RYA Assistant Instructors in March 2014.



From the left they are Graham Wheeler, Tony Machen, Jenny Greenfield, Lisa Skirrow and Brian Stallybrass. Be assured that it is tea cups they are holding, not a celebratory beer! You will recognise the rogues at the back.

Fitting Out Supper 28th March



An excellent evening of very good food (thanks to Carol & her team) and great entertainment was enjoyed by another full house to kick the 2014 season off. The clubhouse was well decorated with Union flags as part of the 1st World War theme and David Holford and his keyboard kept us entertained with period songs.



David also provided the musical accompaniment to our special guests from the Crondall Entertainers: Carolyn

& Tony Waite and a cunningly disguised Margaret Grimwood!



The evening finished with a rousing sing-a-long to rival the Last Night of The Proms!

Our Marathon Man Passes Mo!

Not content with running the Fleet Half Marathon for many years, FPS Helper (& Nina's husband) Bob Cornwell entered his second London Marathon this year as well! "I had a good run, finishing in 4 hours 5 minutes. The sun was very intense so harder than last year on the home straight"

"I did actually pass Mo Farrar, but he was running in the opposite direction! I had just crossed Tower Bridge and was running along a section divided in the middle of the road and next thing cheers went up and it was Mo on the home straight coming towards me on the other side of the road!"

FPS has benefited from the grand sum of £3253 from Bob's fundraising efforts over the years. Thank you Bob!



Youth Sailing With The FPSC Cadets

Kate Richardson, FPS Chairman

Saturday 10th May saw the FPS Youth Group invite the FPSC Cadets to join them for a joint sailing session. Each Cadet sailor was paired with a member of the Youth Group in the 2 person Hansa boats. For many Cadets this was a new experience and quite different from sailing a Cadet dinghy!



Paralympic Elite squad member Megan Pascoe very kindly agreed to join Olly Fitzgerald for the session.



John Brooker & Jay getting into the groove



The weather forecast predicted strong winds and rain for the morning but fortunately the rain held off until later and the fleet made the most of the dry weather.



Megan Awards the Prizes



*A Lesson in Keel Boat Racing:
A Notable Reluctance to Spill Wind - No Matter What!
(Does anybody know what happened next???)*

The conditions allowed the group to complete 3 races before further sailing for the morning was cancelled. Megan said she was impressed to see the way the group had developed since her last visit a year ago. When everybody was back on shore Olly and Megan awarded some fun prizes for outstanding sailing.



A Great Sailing Session Enjoyed by All

Later the youngsters enjoyed Krispy Kreme Donuts thanks to Lara's clever fundraising event earlier in the season. Thank you to everyone who supported the event both on and off the water!

The Kids Are Alright

In the last issue we reported that Rebecca 'Becca' Rayner and Ella Hargreaves were named joint winners of the 2014 RYA Youth Volunteer Award for their work at Frensham Pond Sailability. The girls, now 15, first got involved at Frensham as part of their

Duke of Edinburgh Award two years ago. They are proven outstanding ambassadors for young volunteers as well as playing an integral part in the development of Frensham Pond's thriving Youth Group and its ongoing, gradual inclusion into Frensham Pond SC.

Both girls have now gained their Assistant Instructor (AI) and Powerboat Level 2 qualifications and are working on their Sailability Volunteer Logbooks. So what have they got from their experience and why have they stayed involved? Becca and Ella reveal all.....

1) What did you know, if anything, about disability sailing before you got involved at Frensham?

Becca: I had no idea disabled sailing existed, and I didn't know what to expect. I thought the boats would be a lot bigger, and I thought some of the people who do sail would need more help than they did.

Ella: Although I've sailed for years, I didn't know anything about disability sailing apart from that sailing was in the Paralympics. It has been the biggest learning curve seeing how independent everyone is.

2) What you most enjoy about your involvement at Frensham?

B: Seeing people improve. You get a real mix of people some of whom are quite nervous in the boat and others who want to go straight out and race on their own. Generally once someone gets the hang of how the boat and the wind work they improve quickly. I can either be very hands on, helping set boats up or setting courses, or just sitting alongside someone in a boat as moral support.

E: How friendly everyone is, especially within the Youth Group. It used to be a group people would attend independently, and just go out sailing, but now we all go out together and are a lot closer. We're all part of a group, there is no sailor/volunteer divide.

3) What are you most proud of since you've been involved?

B: The fact I now no longer see these people as disabled, they are just people who are going sailing. I never thought it would be like that. It's really opened my eyes.

E: How much the Youth Group's developed. As I mentioned before, we're a real group now and there's a sense of being part of something together. There are also so many more people who come racing. It's a great feeling when someone who you've buddied with when they started out starts sailing single-handed and don't need you anymore.

4) Is there one moment that stands out for you that really captures what the Sailability group is about?

B: Last year I started sailing with a boy who had never sailed before. To start with he was just steering the boat, I was controlling the sails, navigating and telling him what to do. By the end of his sessions, he was so confident I was just sitting by the side of him and he won a trophy! It's amazing to be part of something like that.

E: Our 2013 Fun Day for the Youth Group was amazing. We had a really good turnout of 20 or so young people and everyone really got stuck in. We presented different awards and it showed just how far the group's come because we started with five sailors.

5) Do you consider yourselves 'volunteers'?

B: No, I just go sailing with a bunch of people. I have responsibilities but the enjoyment overshadows not being paid for what I do. I don't even think about it.

E: To start with yes, but now I go for the sailing. It hasn't just helped the club, it's helped me with how I teach other people, how to explain stuff and make it simple.

6) Why is getting involved in Sailability such a good thing for young people like yourselves?

B: It shows that disabled people aren't defined by their disability. The young people in the Youth Group are just young people like me and Ella. It gets you into the community and I think we should be encouraging more young people into activities within local communities that bypass us. We never hear about some of the stuff that's going on but we're proof of how rewarding it can be.

E: This is something so different, and I think it's important to see and understand all different groups of people. So much has come out of my involvement, not just within the club. I attended the Sailability conference, won the award and have written an article for our local newspaper. It's such valuable experience and great for your CV.

7) Why is it so important young people of all abilities have opportunities to spend time together and socialise?

B: We can learn so much from each other, and it's so educational for both parties. You quickly learn the young people don't let their disability rule them, and they don't want sympathy. These are such important lessons that can help so many decisions later in life.

It's also made me realise there are a lot of different kinds of jobs out there.

E: You learn how to interact with people of all abilities, and you become friends with the sailors. Disability awareness in general improves, and it's really nice to be able to develop more empathy and understanding of all the different abilities and work with that in a way you don't really get at school. It's a very valuable life lesson.

8) What is it about sailing that lends itself to this inclusivity?

B: You're all on the water at once, working together. It's a great leveller. Your only advantage is your skill and that doesn't matter if you're disabled or able bodied. Moving forwards I'd love to see our Youth Group racing get fully integrated into the sailing club racing. Our sailors are definitely keen to get involved in more quality racing.

E: Sailing can be relaxing or it can be competitive. Sailing also teaches a lot of basic skills that can then be applied to lots of different sailing environments. Independence is a really big thing to the disabled community and sailing has so many ways independence is promoted.

"Tawny Owl"

Kate Richardson, FPS Chairman & Reverend John Innes

Jill Innes has been a member of Frensham Pond Sailability for the last 6 years. Prior to her disability Jill had been a nurse at Great Ormond Street Children's Hospital and King's College London.



On Saturday 10th May Frensham Pond Sailability were very pleased to welcome Jill and her father, the Reverend John Innes, Mrs Sue Innes and Jill's brother and sister for the launch of our new Laser Stratos dinghy "Tawny Owl" which was generously donated by Jill and her family.

Reverend Innes spoke on Jill's behalf: "The boat is a

token of gratitude that Jill and all of our family feel to Sailability. In her caving days Jill had been down one of the deepest caves in the world; but in recent years Sailability has been the only activity in which Jill could participate. We are especially grateful to Elizabeth Gradwell, the MS Practitioner who introduced Jill to this club and to the volunteers who have taken Jill out and have given her encouragement and support."



Reverend Innes said that Jill was pleased to be able to give so much pleasure. It was a fun event but with a serious and inspiring side. It was thought that the launch would make a real impression on the Cadets who were present and that the club was not just about sailing, the social side was important too.

"Simply The Best"

Kate Richardson, FPS Chairman

On Saturday 24th May FPS welcomed representatives from the Surrey Community Foundation for the launch of our new Hansa 2.3 boat "Simply the Best". The major funding for this boat came from the Surrey Community Foundation with the balance from our long term supporter of the Youth Project - The Wisley Foundation.



The Surrey Community Foundation encourages local philanthropy to meet local needs. David Frank, Chairman of The Surrey Community Foundation was joined by James Dickens and Jo Ranger from

Grierson Dickens, Chartered Financial Planners who represent a specific donor to the Foundation who visited Frensham as a youngster. David Frank was delighted to visit FPS for the first time and was impressed by our activity and community value.



Kate pictured with David Frank, James Dickens, Shirley Jeffrey, Community Foundation for Surrey, Jo Ranger and Tommy Dickens. FPS is grateful for the ongoing support from both The Surrey Community Foundation and The Wisley Foundation.

Competition News

The Hansa Traveller Trophy (TT) series got under way at Burghfield SC in early April followed by TT's hosted by Wealden Sailability at Chipstead SC and Whitefriars SC in the Cotswold Water Park. FPS sailors have enjoyed some very close racing with success, Lindsay Burns taking the 2.3 honours in all 3 events.



In the 303 singles, James Woosnam won at Burghfield and Paul Phillips took the overall wins at Wealden & Whitefriars but Tessa Watkiss, Monique Foster and Kate Hedley have all led races so this promises to be another close contest. In the 303 doubles the Ethertons took wins at Burghfield & Whitefriars. Race reports here: <http://www.yachtsandyachting.com/class/Hansa>

The 2014 Hansa National Championships will now take place at Frensham on 8-9th October due to a late change of plans at the original venue.

The 2.4mR Open was held on 11-12th May and will long be remembered for gusts in excess of 30 knots and heavy showers. The conditions meant that if the 19 entries, only 9 took the first start and 7 finished in the

results. Megan Pascoe, fresh from her Youth Group morning, won 5 of the 6 races to take her 9th overall win at Frensham. FPSC sailors Bruce Hill was 2nd, Simon Hill 4th and FPS sailors Peter Gregory 6th and John Brooker 7th.



Chasing the Rainbow – Great Photo by Allan Franklin

Congratulations to Megan for winning Gold at the Eurosaf Champions Cup 20-24 May. Congratulations also to Lizzy Foreman who has just completed her 1000 mile, single-handed qualifying passage for the 2015 Mini Transat.

Sad News

It is with great sadness that we have to report the passing of former FPS sailor Chas Sadler, who was also a former Chairman of the British Wheelchair Racing Association. We also have to report the tragic passing of Paul Clements, who was a regular on the Hansa racing circuit with son Ian. The loss of former FPSC Cadet Andrew Bridge, skipper of the Cheeki Rafiki, and his fellow crew members will also be keenly felt. Our thoughts are with all of their families.

CALENDAR OF EVENTS JUNE - AUGUST

JUNE:

- 1/6TH – 2.4MR WEYMOUTH SAIL FOR GOLD
- 7TH – FPS YOUTH SAILORS & FPSC CADETS (9.30AM!)
- 11TH – HANSA TT NEW FOREST (2ND WESTERN EVENT)
- 26TH – FARNHAM WEYSIDE ROTARY CHARITY GOLF DAY
- 28TH – FPSC 10 HOUR RACE (NO SAILABILITY)

JULY:

- 2ND - HANSA TT NOTTS COUNTY (2ND NORTHERN EVENT)
- 3RD – LAST DAY OF SCHOOLS SAILING
- 16TH – FDSAD THAMES BOAT RIDE, RUNNYMEDE
- 24TH – DISABILITY INITIATIVE VISIT

AUGUST:

- 1-3RD – RYA MULTICLASS/TT/GP1 RUTLAND WATER
- 6TH – HANSA TT FRAMPTON (3RD WESTERN EVENT)
- 7TH – DISABILITY CHALLENGERS VISIT
- 8TH – FPS SUMMER BBQ ☺
- 20TH – FPS YOUTH FUN SESSION
- 30TH – HANSA TT BRISTOL (4TH WESTERN EVENT)