

Round Brittany in Five Restaurants

Sea Essay, is a Civil Service Sailing Assoc yacht: a Jeanneau Sun Odyssey 409, which I chartered with crew: John Codner, Patrick Ward, Alistair Baird and Mike Low to sail from Concarneau to Roscoff. Having provisioned the boat, we headed west in sunshine and reasonable breeze, on a 10-mile leg towards St. Marine on the River Odet. On arrival, we tied up to the visitor pontoon and John set off to book a table in a nearby restaurant. The food was up to the high standards we expect of the French and a very relaxed crew headed back to the boat for a well-deserved sleep on Saturday evening. In fair weather, we set off on our first full day towards St.Evette, but the wind was less reliable and we resorted to motor. We had to defer to a French yacht as the harbour master insisted we were 20cm over-length for the mooring buoy, but found a secure anchoring and enjoyed a good meal onboard.

On Monday we aimed for Treboul, which meant we had to pass through the Raz de Seine. Pilotage and photos show that its reputation in bad conditions is well deserved, but like all infamous passages, with a favourable tide and weather, you'd wonder what all the fuss was about. We upped anchor at 0530 and tiptoed in the dark round the sleeping French yachts then motor-sailed to the Raz. One advantage of the early start was that the lighthouses and navigation buoys of the Raz were still lit when we arrived, making pilotage more straightforward. The wind then picked up and we enjoyed a decent sail up to Treboul, albeit with less sunshine than we'd had on the previous days. On arrival, we were entertained by a dolphin, which greeted arriving boats and we had time to explore Douarnenez.



The next day we headed north towards Camaret with wind, but also drizzle. We even deployed the cruising chute to make good progress. Camaret is a crossroads for boats heading south from the UK or north to go home, but we managed to find a spot on the inside of the wavebreak. John, Patrick and I have been here before, so that evening we tucked into our Marmite Royale: a delicious fish stew named after the pot in which it is served.

On Wednesday the wind was blowing harder and whistling through the rigging, so we decided to stay put and have a walk around the headland. Once we reached the cliffs, we could see that conditions at sea appeared more settled than in the marina. C'est la vie!

We had to leave the following day, heading for L'Aberwrach via the Chenal du Four – the passage between Brittany and the Isle of Ushant. Timing was again important, as there are significant tides in the channel, but again the wind was very light and we motor-sailed towards the southern end of the Chenal with visibility dropping (fog) which focussed my attention. Next up was the approach into L'Aberwrach – a narrow channel surrounded by rocks. It too is well-marked, but the tides can be fierce and care needed. Our approach was a little tense but, as we got closer in, we came across lots of young French children out learning to sail – in the tides and in the fog!

L'Aberwrach was busy – it's the main stopping point for boats traversing the Chenal du Four. The harbour master directed us to a tight spot at the root of the pier, inside the wavebreak. Patrick handled the tricky parking manoeuvre well and, as usual, John and I set off to find somewhere to eat. We picked a modern-looking restaurant on the edge of town and it provided yet more fabulous food – definitely a good choice. The problem we now faced was getting the boat out of its berth the next day: the directions of the wind and tide were such our plan was to get up very early and let the tide push us off the pontoon. ~ continued page 7

Commodore's Report



Welcome to the start of the 2016 season, especially to new members to the Club. As the winter series finishes, we can look hopefully forward to some more settled weather for our 47th season.

Since the autumn, the Club has remained very active with preparatory work on the Training Barn and a number of powerboat courses have been completed. We also hosted two RYA events: a SW Region Club

conference and an Instructor's Training day and both of these have been a great advert for the club within the sailing world.

The extra powerboat training has been undertaken to ensure that all Safety Officers have an appropriate level of training and skills to maintain a safe environment whilst we make use of the lake. Many thanks to all those who have participated so far, but if you wish to develop your skills to play an active role in this aspect of the Club, please contact Andy May, our senior Powerboat Instructor, who has tabled further courses throughout 2016.

You may have recently taken part in our first Work Party under the enthusiastic direction of Steve Watts and Pete Bone, who led the maintenance and improvements for the clubhouse and grounds on the day. They have other projects for the year ahead and as ever, will be grateful for any help you can offer. Indeed, now that the groundwork and major lifting for the Training Barn is finished, your assistance is welcomed to help complete this much needed improvement to storage for the Club's assets. The space taken up by the old container and garage will be replaced with a west-facing seating area to catch the best of the sun! More important than these changes, it is hoped the training courses will help make progress in encouraging greater participation in sailing. If you have any ideas that would help you to make more use of the great facilities we have, please let me know.

For many years local clubs have run an annual regatta under the Cotswold Federation banner. This event did not happen last year and none is planned for this year. I have spoken to some of the newly elected Commodores of our neighbouring sailing clubs and it is hoped to reform the Federation with three new objectives: to encourage sailing, to encourage inter-club junior racing and to hold an annual racing regatta.

Best wishes for the season and if you wish to discuss any aspect of the Club, feel free to contact any committee members. I am usually at the club on a Sunday and always happy to chat.

Simon Clark, Commodore

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9/10 Apr	L2K Warm Up
16 Apr	HANSA Open
15 May	Push the boat out /Open Day
17/19 Jun	Regatta
4/5 July	Minisail Open
4 Sep	4hr/ Open Day Try the Sport

Editorial

We are all being encouraged to volunteer, but sometimes it can be frustrating that if our offer of help appears to be over-looked. Don't take it the wrong way: it probably means the committee member is juggling a case of measles in the family with a deadline at work. It doesn't mean your offer of help wasn't heard or appreciated. On the other side of the volunteering coin, the committee themselves should respond to offers of help and if you don't have time, pass it on to someone who does! The currency of enthusiasm can be easily squandered in the pressures of the moment, but we all know that the club cannot function without each of us playing a role in its activities which, once we have dragged ourselves out a warm home, usually turn out to be a lot of fun and we make new friends in the process. My thanks to all the contributors - you see, it was much easier than having your teeth pulled!

Contacting the Editor

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House Rear Commodore (House), Steve Watts

With some harsh weather experienced at the Club over the winter months, we have noted many things that will need long term planning. The soil is beginning to be washed out from the uprights beyond the start hut and the height of water at present reveals the sections of jetty that have sunk and also need attention. We even have plans for new carpet - how many clubs moor their boats on Worsted?! These plans are aimed at protecting the areas around the club house and the boat park as well the surrounding banksides to which Pete Bone is giving his attention. Further pollarding is planned where needed around the lake and there are plans to limit vehicle access on the grass beyond mark 5, which is always wet and is left with ruts in the ground.

The work party day on the 12th March will address some of the more do-able items that myself and Pete Bone listed during our inspection in January. It is also a great social occasion, with a chance to catch up with friends. Looking beyond the work party, we hope to draw on your enthusiasm to create groups that will manage long-term maintenance activities that may avoid urgent, and expensive, remedial action. Look out for notices both in the clubhouse and via our email newsletter.

We all play a large part in the running, upkeep and maintenance of our club, and without those individuals who volunteer and the sailing groups who clear and clean at weekends, our costs would soar. So from me, I would like to thank all of you who volunteer, and to those groups who take care of our club at weekends.

Grounds Rear Commodore (Grounds), Pete Bone

Whitefriars Sailing Club has been in existence since 1969. In those days we rented the land from a local company, Bradley's, which trades today as Aggregate Industries. The Club now owns all of the land on which it operates with exception of The Cut, which is still rented.

Experience has shown that managing the buildings and grounds was quite a stretch for one person and on occasions necessary work slipped down the list of priorities. At the AGM I was elected to a new post, Rear Commodore Grounds, to work alongside Steve Watts and ensure the Club keeps on top of grounds maintenance.

I will be managing everything outside the compound, which includes Whitefriars Lane, hedges, trees, camping field, and the land around the lake and I would like to form a small group to co-ordinate work, preferably with club volunteers, but with outside help when appropriate.

Priorities are tree cutting and stabilising the banks, but there are jobs to suit every ability, so look out for a Mailchimp newsletter in the next few weeks for a date when we can get together and take a look at the site first hand.



Membership Membership Secretary, Pat Green

If you attended the AGM or read the minutes, you will know that at the end of last year the Club was virtually full: we only had a few boat berths available in the boat park. Jim Aldis and I were scratching our heads as to where to put the next dinghy. However, since the New Year, we have had some resignations as is usual this time of year, giving us some berth spaces to spare.

The Club will be holding Try The Sport Days on 15th May and Push The Boat Out Day on 4th Sept, alongside our 4-Hour Relay Race. Based on the success of these events in previous years, the results of our marketing and the friendly welcome that we give all our visitors, we will be looking at a full Club this year. This leaves the Club with some problems to solve, but they are good problems to have.

First of all is the physical space we have available for dinghies. We'll have to see how this plans out once we have the Training Barn in place and we've moved the Junior and Training fleets to their new location.

Although a bigger Club results in more back office work to ensure its smooth running, the sailing program does not require many additional duties. Indeed, for the past couple of years we have had more members than we have sailing duties to fill, so we really ought to be able to fill the duty slots. However only a core of members is currently qualified as OOD or SO and they end up doing more than their fair share. The solution is to ask more people to take up the offers of training to run races (Officers of the Day) or learn to crew the safety boats (Safety Officers), so please consider taking on the training provided by the Club.

If you find yourself without a duty when you read your Club Handbook, don't breathe a sigh of relief! Why not enrol in that training or suggest ideas to the management committee that you'd like to take on? These could be administrative or physical jobs that support the Club.

The committee already has set out a list of tasks if you are short of ideas!

On a happier note, the Annual Regatta Weekend runs from the 17th - 19th June. For those unfamiliar with the Regatta Weekend, it is about sailing, racing, music, games, food and camping. I'm sure there will be some vacancies for helpers during that event, so if you have enthusiasm, ideas and want to help, do contact any member of the management committee.

~ Around Brittany, continued from page 8.

When we stuck our heads out next morning it was blowing strongly and raining hard, so making a tricky turn amongst so many moored boats seemed rash. At dawn the wind was still strong but now the tide was pushing us on to the berth, so we enlisted the help of the harbour master to tow the bow off the pontoon with his rib and line us up for the very narrow channel between three-deep moored yachts.

The river entrance was very lumpy with wind against tide throwing up some big, steep waves, but the sailing school kids were out as we left L'Aberwrach. The wind was in the south-west and we flew to Roscoff on a broad-ish reach with 2 reefs in the main - great sailing. We were forced to loiter outside Roscoff while the ferry from Portsmouth docked before mooring in the new-ish marina. Another helpful harbour-master cajouled a reluctant fuel pump (apparently struck by lightning the previous day - c'est la vie!) Our late departure from L'Aberwrach meant we had to eat on board to allow time to clean the boat for the next crew, although, had we known it, we would have had plenty of time in the morning as the ferry from Portsmouth was over three hours late! All in all, a very enjoyable week in good company. **Ivor Keates**, Skipper Boss



Training **Training Principal, Tim Hopes**



Hello from the Training Team! Whitefriars is an RYA Recognised Training Establishment (RTE) which means we meet all the requirements and standards of the RYA to be able to offer a wide range of sailing, powerboating and first aid courses. We are inspected annually to ensure that those standards are maintained. The training undertaken at Whitefriars by the Sea Cadets, Juniors, Sailability, Ladies as well as the various RYA courses we offer, is all operated under the auspices of Whitefriars as a RYA RTE.

Whilst the rest of us have been sheltering, our powerboat instructors have been out in all weathers running powerboat level 2 and safety boat courses for members in advance of the new Club rules that come into force in March. Of course, it is adverse weather when powerboat skills are typically tested to the full. If you feel you need additional practice, instruction or just advice or would like to take a powerboat course, please do get touch. Hopefully the weather will moderate as the majority of us start to take to the water, but don't forget to check your boat over before you go afloat for the first time after the winter layover. If you are feeling a little rusty or just want to advance your sailing skills, why not have a look at the range of RYA courses on the website? These start with Level 1 during the weekend of 23rd/24th April and there are a week of courses 25th-29th July for both adult and youth sailors. We will also be running 2-day courses for some of the RYA advanced modules this year: Sailing with Spinnakers and Start Racing. All are bookable through WebCollect. If there is a RYA course or skill that we are not listing, please do ask as we can schedule courses if there is sufficient demand. We have a number of boats: Quba, Laser (all rigs), 2000 and Comet Trio that can all be hired by Club members with proven proficiency, if you want to try something different.

I am very pleased to welcome the Sailability activity into the Training section. With a refreshed focus on sailing for the disabled, both for individuals and groups, there is a lot of opportunity for participation either as a sailor, as a volunteer helper, as an organiser, as a buddy sailor or even as an instructor. The majority of the Sailability sessions are held on Wednesdays, but there is a lot of background work to do to support Sailability that can be done at other times. Please talk to any of the Training Team, David Durston, or Tony Wootley if you want to get involved.

The Junior Section will continue to run its busy one day sessions this year offering RYA stage certificates for those aged 8-18 years. There will be additional emphasis on team racing for the most experienced YDS (youth development squad), but also an opportunity for race training in the RS Teras for the younger sailors. All these Junior sessions are run by instructors and helpers who are Club members, many of whom have learnt to both sail and instruct at Whitefriars. If you are interested in becoming an instructor, either as an assistant instructor or as a sailing instructor, please do get in touch.

The new 'Training Barn', once complete, will give us significantly better storage so that we will be able to store the training sails and other training equipment where they are easier to dry and easier to find. It will also provide us with the opportunity to do some training drills and repairs under cover for the first time.

I would also recommend the RYA book "Dinghy Techniques" (G93) if you would like to have a useful reference on sailing – it looks at both single-handed and double-handed recreational sailing techniques, regatta (race) sailing and also high performance boats. This can be found on Amazon or ordered at a discount from the RYA if you are a RYA member.

I will close by saying a huge thank you to all our instructors and those have helped. In particular my thanks go to the rest of the Training Team.

Pete Bone, Chief Sailing Instructor

Andy May, Chief Powerboat Instructor

Rosie Dalton, Administration and Club Safeguarding officer

Sailing **Rear Comm Sailing, Ian Bartlett**



Welcome to the 2016/17 sailing programme at Whitefriars, officially kicking off with the Starting Gun trophy race day on Sunday March 6th. This year we have a very busy programme with the many racing series and trophy days, Juniors, Ladies and Sailability group activities and plenty of opportunities for casual sailing for the non-racers amongst our members, including Friday evening sailing in the summer from June 3rd. See the calendar on the club website (www.whitefriarscc.org) for full details.

We need all members to undertake duties, as set out in the duty rota. It presents much less of a burden to the Membership secretary, and surely offers you more flexibility, if you choose your own duty dates. You can make your selection for up to six months in advance through the online Dutyman facility. The next six month period is now closed and duties have been allocated: these are printed on the front cover of your handbook.

If you are unable to perform an allocated duty on the prescribed date, then please get in touch with other members and swap your duty around. I'd just like to remind you that it is one of the club rules that members are responsible for finding a replacement if they cannot do the duty allocated to them.

OOD?

If you would like to learn what's involved in being the Office of the Day (OOD) I will be running an OOD training day on Sunday 20th March. Please get in touch if you're interested.

Improvers?

If you are looking to start or improve your racing this year watch the website and notice boards for events to support you. I plan to put on an evening event early in the season to help explain the rules and basic tactics, and a series of coaching opportunities on Saturdays and Sundays to provide on the water guidance. There will also be RYA Start Racing and advanced courses such as Sailing with Spinnakers available, so keep an eye on the Training section of the website.

We will be welcoming visitors to our club at open meetings, including the now traditional Whitefriars Warm Up event for the 2000 class on April 9th and 10th, and a Hansa Grand Prix event for disabled sailors on the 16th April. We will need volunteers to support the Hansa event, so please contact David Durston (d.durston@btopenworld.com) if you are able to help. More dates for your diary include the Regatta over the midsummer weekend of 17/18/19th June to include a mixture of fun events, racing, food and music. To show what the club has to offer to potential new members and encourage people into sailing we will be running Try the Sport open days on 15th May and 4th September, the latter in conjunction with our annual 4 hour race.

I wish you all a happy sailing season and look forward to seeing you at the club soon.

Sea Cadets **Jason Gilbert**



Severn District Sea Cadets had another good season last year. Looking forward we are excited to be getting two brand new RS Quests to start replacing our aging Bosun fleet. This will mean that we can start teaching our cadets in new modern boats which include the ability to rig with either symmetric or asymmetric spinnakers. We also now have a formal footing and are calling ourselves the "Severn District Sea Cadets Sailing Centre". This will hopefully mean that we can build on our successes and not only continue to provide sail training for our cadets but also improve on it. We are looking forward to moving in to the new training barn which will again offer our cadets a much improved training environment. The 2016 sailing season is going to be very exciting indeed!

Sailability Group Sailability, David Durston

Sailability@whitefriars - Yes we've changed our name again! In fact there have been quite a few changes since last season. The group will now be run by a Management Team within the Training section of the Club. As a RYA recognised Sailability centre the Club has a responsibility to develop sailors within the constraints of their disability. We will over time replace some of the existing fleet of boats with boats which will enable people to be more involved in sailing them. Key to this goal will be an emphasis on training; giving disabled people a pathway to develop their sailing if this is something that they are interested and able to do.

Volunteers are an essential part of this plan. Help is needed for rigging boats, launching and recovering them, buddy sailing, safety boat cover, first aid, hoisting, preparing sailors, administration, or providing refreshments. We are keen to hear from anybody who is able to give time either occasionally or regularly on Wednesdays.

Training is planned through the season in First Aid, Disability awareness, Moving and handling, and for the Powerboat for those who need it. We are keen to develop volunteer's own sailing skills in order to enable them to be safe as buddy sailors, and if appropriate as instructors.



The season starts on 6th April and we will be hosting the first Hansa Class regatta of the season on Saturday 16th April. This is likely to be well attended because sailors from around the country will be preparing for the World Championships in Medemblik this June: it should be interesting to watch.

On the Club's Push the Boat Out day on 15th May we encourage people with disabilities to take a look and have a go, but people are welcome any Wednesday to have a go as well.

If you are aware of anybody with a disability who might benefit from sailing, please encourage them to give it a go. It is sometimes hard to be motivated when things are more difficult.

We have kept membership costs at £45 this year for Sailability activities, but realise the need for significant fund raising activities to keep this viable, and to achieve our goals. Our Fundraising

Manager will be in touch shortly with a way that you can help simply through buying things online. If you have any other fund raising ideas, or would like to be involved, please get in touch.

For details please contact David Durston: sailability@whitefriarssc.org or 01285 642390



Juniors Junior Chairman, Rupert Whelan

Over the winter months, while all appear quiet with Junior Group, loads has been going on behind the scenes to ensure another great season of sailing.

Some of our instructors have been adding qualifications to be able to give expert tuition and coaching on a wider range of subjects. Our computer experts have been working hard to ensure people are able to join Juniors via Webcollect with the minimum fuss (remember, you need to be a member to take part in sessions) as well as making it clear and easy sign up for sessions. A busy programme has been put together with a mix of learning days, race coaching sessions and a big play weekend in July.

We have also managed some sailing this winter. We invited some South Cerney Cadet sailors over to join in with an introduction to team racing in early January. We get lucky with the weather and had a great day on the water. Our February session was less fortunate, as the gusts were coming through thick and fast, so we didn't venture out. We shall be meeting up on an irregular basis during the season to go and play.



YDS, A. Robinson wins Lightning 368 Junior Inland Champs

Part of our race training programme will be something new. We shall be inviting Younger sailors to join our Tera Squad, to put those stage 2 and 3 skills to the test on the race course. The plan is for it to be short, sharp and fun, taught by some of our younger DIs and racing experts to get the little Teras really exciting at the idea of coming sailing.

The aim of our regular training sessions, teaching the RYA youth syllabus, is for our children to learn in a safe and fun environment. Parental help is vital to achieve this, and I'm really pleased to say that over the winter, several of our parents have become powerboat qualified. This means our instructors can concentrate on teaching, safe in the knowledge that we are being driven by safe, experienced helms.

If you have children aged 7 to 18 who fancy joining in, find our activities on the website.



Ladies Group Coordinator, Val Castell

The Ladies' Group kicked off the season again with a shore-based day in February. The day included some training on OOD duties and running races, basic race rules and basic boat maintenance. In addition, we enjoyed a sharing lunch, making the day as usual a social occasion as well as a learning experience.

We will meet on the following dates for sailing (weather permitting!) days.

19 March	9 April	14 May
25 June	23 July	20 August
10 September	15 October	

We have not yet established a firm programme of what we will be doing in each session this



year but this will be put on the website as soon as it is finalised.

We do know that 10 September will be a day at Dittisham Sailing Club. We enjoyed hosting their ladies last year and look forward to making a return visit. 15 October will be our Ladies Regatta, a day of fun and games on the water with the Cup Cake Trophy awarded to the overall winner.

We are again very grateful to Rosemary Dillworth for taking us in hand and coaching us. She is unfailingly supportive and encouraging, enabling many to find skills they didn't know they possessed! Membership of the Ladies' Group is still only £15. For more information, contact membership secretary Paula Perks 01453 521004 or join online.



Dittisham 2015