

# Bankside Friends

South Cerney Angling Club has had a long association with Lake 26, Whitefriars Lake, which featured regularly in its club competition calendar. It was claimed to be one of the best competition waters in the area, and for its reputation hosted the Ladies National Angling Championship. It was also very popular with the pleasure angler for its Bream fishing, attracting anglers from across the country, hence it was known then as the Bream Pit. In recent times Angling has changed, with specimen angling; fishing for the larger species of fish, becoming more and more popular. Anglers now will not only fish for a day, but may spend a weekend, or even a week trying to catch 'the big one'. Some of the anglers are quite fanatical, and will be on the lake most weekends. In some ways it can be a good thing, as there are eyes on the lake, its environment, and on the sailing club 24 hours a day. Also what seems to have happened on the lake is that now Camas is not washing its gravel as it used to, the water has become clear which has promoted weed growth now that the sunlight can reach the bottom of the lake. Weed isn't so much of a problem with the heavier duty equipment used by the specimen angler, but it can make fishing more difficult for the traditional float and leger angler's finer fishing lines and hooks. It has also become known that better catches are caught during the dark hours than fishing during the day because of the clarity of the water.

Carp are mainly the target species these days, especially during the warmer months, when the fish are more active and need to feed more. Fish in excess of 40lb have been caught, but there's always rumours of much bigger fish, and when a big fish is caught, its capture is usually kept a secret amongst close friends of the lucky angler.

Many of these carp can be seen in the shallower waters at the North end of the lake later in the month of June and early July, as this is where many of them seem to go to spawn. They will still visit this area after spawning and will feed on the bugs that they'll find amongst the pond life and silt. You will also see them right across the lake during high temperatures, with their dorsal fins breaking the surface of the water especially before dawn breaks as this when a lake's oxygen levels are at its lowest. Often fish are seen rising behind a passing boat, maybe for the oxygen that is created.



Neil Willott with a Common Carp of 38lb 8oz

the local fishmongers or tackle shop. As with carp fishing, multiple rod setups are used as captures are not normally that frequent.

Lake 26 will always be popular with South Cerney Angling Club members, as it offers something for them all, with the added attraction of stories of some mythical monsters, and also a nice place to be. **Craig Hunt, SCAC**

## Commodore's Report



"Water, water, everywhere..." so the Rime of the Ancient Mariner goes. Those of you who have been at the Club or viewed the webcam will know that the water levels on the Lake have been extremely high despite the sluices working overtime, yet Whitefriars sailing, training and racing continues. So please spare a thought for our neighbouring river-based clubs, namely Tewkesbury and Chippenham who they have seen their sailing programmes significantly impacted by the rivers in both flood and when low. We are lucky that little prevents us from sailing and taking whatever opportunity we can to do so. We are also fortunate to own the lake and the surroundings, unlike many other lake clubs, so that we control our own destiny, but with that comes a responsibility on the membership to help maintain the environs. If you were not able to attend the work party day on March 8th, then please contact Simon Clark to see if he needs help with ongoing tasks in and around the club. Are you wondering where to go next with your sailing? Are you enjoying cruising the lake with friends and family, but not really wanting to get into the racing scene, though feel you are not progressing? If you're a bit rusty on your skills then we have Sail Coaching ABC days: perfect to regain your confidence on the water this year. For the adventurous we have RYA Advanced courses in Seamanship, Spinnaker Sailing... right through to Instructor levels. Talk to Pete Bone, our training principal or any committee member.

From personal experience, training as a Dinghy Instructor has reinvigorated my sailing, increased my enjoyment of sailing and has given me the opportunity to help train the next generation of sailors. It's a great experience to be involved with and watch Junior members make rapid progress (though sometimes it can feel a bit like herding cats!). I would recommend you consider becoming either an Assistant Instructor (AI) or DI. A number of parents are already on this path, starting with a two day AI course for helping on Juniors sessions, but there are other opportunities for instructing in the main Training sessions, with the Sailability and Ladies groups as well.

A warm welcome if you are new to the club: enjoy it's opportunities and whatever the weather throws at us this year, I look forward to seeing you on the water and around the Club.

Happy Sailing  
**Tim Hopes**  
**Commodore**

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Make a date in your diaries for some great events coming up: Bring a Buddy; Open Days; Regatta Weekend; Summer will happen!

# House - Spring Plans

Rear Commodore (House) - Simon Clark



After a very busy first year the works continue.

The Spring work party will have been completed by the time you read this and my thanks to all who helped on the day and to Steve James for his wonderful food. There are a number of jobs remaining when the weather is a little warmer and the water level returned to normal, so if you missed the fun please get in contact with me.

Over the winter, heating has been extended into the newly re-roofed Blue room and the Gents changing room redecorated. Further improvements are planned in and around the club but additional suggestions are always welcomed.

Last summer a large tree suddenly fell down. This was initially thought to have been a rare Black Poplar however after some further studying it was found to be a Crack Willow. However the 2 large trees left on the south bank (near 2) are Black Poplars, these are fascinating and rare. Cuttings have been taken for planting elsewhere within the Water Park and works have been carried out to prolong the life of the remaining two. Other tree works are planned during the Spring.

The development plan was published last year and contains a number of projects to improve the facilities we all enjoy. The plan includes construction of a training barn and further details will be published on the website and at the club shortly. If you would like to get involved in progressing these projects please get in touch.

## Editorial

You'll often hear plaintive cries from the club asking for extra help and volunteers and if you follow the old army adage "never volunteer for anything" you might have a quieter life but you might also miss out on a good deal of enjoyment too. That enjoyment can take many forms: it could be meeting and greeting visitors on an Open Day; helping to right a capsized dinghy; perhaps writing a race report or serving lunch to hungry sailors? If you aspire to greater things, what about being involved in designing the new training barn and seeing it through from grant application to topping out? These activities are surely outside the humdrum of every day life and when you go back home, you do so feeling you've done something positive and satisfying. What never happens is that you're left 'holding the baby' because there are plenty of like-minded people happy to lend a hand - but we do need more of them! The more, the merrier.

There are some positive changes afoot for 2014: Regatta Day has become a weekend to include racing on three days, a BBQ one evening and caterers on another, followed by live music and the usual fun and games. Training are running Sailing ABCs days to help less confident sailors brush up on basic sailing skills, boat rigging and making sure you can take to the water again. Juniors are running a pagan ritual in the camping field at the summer solstice and the Ladies are running away to sea with a weekend in Chichester. It's all go!

As editor, I am again indebted to the contributors for their time and words and I can only apologise there are not more photographs this time, but we've seen enough puddles for one winter and hardly need reminding! Remember droughts?

### Contacting the Editor

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boat and must keep clear of blue. *Why is this? Because the upwind boat adversely affects the speed and thus the manoeuvrability of the boat downwind hence the expression "You've stolen my wind".* The windward boat always has a natural advantage and is obliged to stay clear.

### Leeward overtake

This time yellow decides to go deep to leeward, below blue's wind shadow (2). Blue sees this and sails deeper too, trying to block yellow and keep him in the his wind shadow. As they approach the mark (4) both boats must harden up to windward and this increases their speed: yellow hopes to take advantage of this by going faster, gain an overlap on yellow and so take the inside line to the mark.

Providing the boat on the inside keeps his cool he will always be faster at the turn and ahead on the next leg of the race. At the mark the outer boat(s) must give 'mark room' or room to manoeuvre as thus take a wider turn at the mark.

Nice going yellow but watch the rules! Having chosen leeward if you gain the overlap to leeward: from astern and within 2 boat lengths of the windward boat, then you are not allowed to sail above your proper course unless you go astern of the other boat. But it's *your* proper course that matters. So if blue is an assymmetric and he wants to bear away, tell him that he can't. He's the windward boat and must keep clear. But if yellow is astern and aiming to sail to leeward, as long as he's not overlapped, blue may bear away to discourage him, which is what blues does here.

Blocking moves can be useful if conditions are such that boat speeds are similar: it is often better to allow a faster boat through allowing you to keep to your (faster) rhumb line. If the blocking game is played to either windward or leeward by several boats it can sometimes create an opportunity for a following, sharp eyed helm and here the red boat sails the rhumb line unimpeded by the shananigans and beats them both to the mark!

## Sea Cadets Jason Gilbert



The Sea Cadets from Severn District have been an affiliated group at Whitefriars Sailing Club for some years now and we are going from strength to strength.

The Sea Cadets has been helping young people gain vital skills for over 156 years. We help young people build confidence in their own abilities as they learn to work as part of a team. Our qualified instructors guide them so that they can flourish in challenging environments safely.

We support young people between the ages of 10 – 18 in challenging themselves and developing new skills like sailing.

In the Severn district, some 270 adult volunteers support approximately 440 Sea Cadets from Cheltenham, Forest Of Dean, Gloucester, Hereford, Malvern, Pershore, Ross-on-Wye and Monmouth, Stroud, Tewkesbury, Thornbury and Worcester.

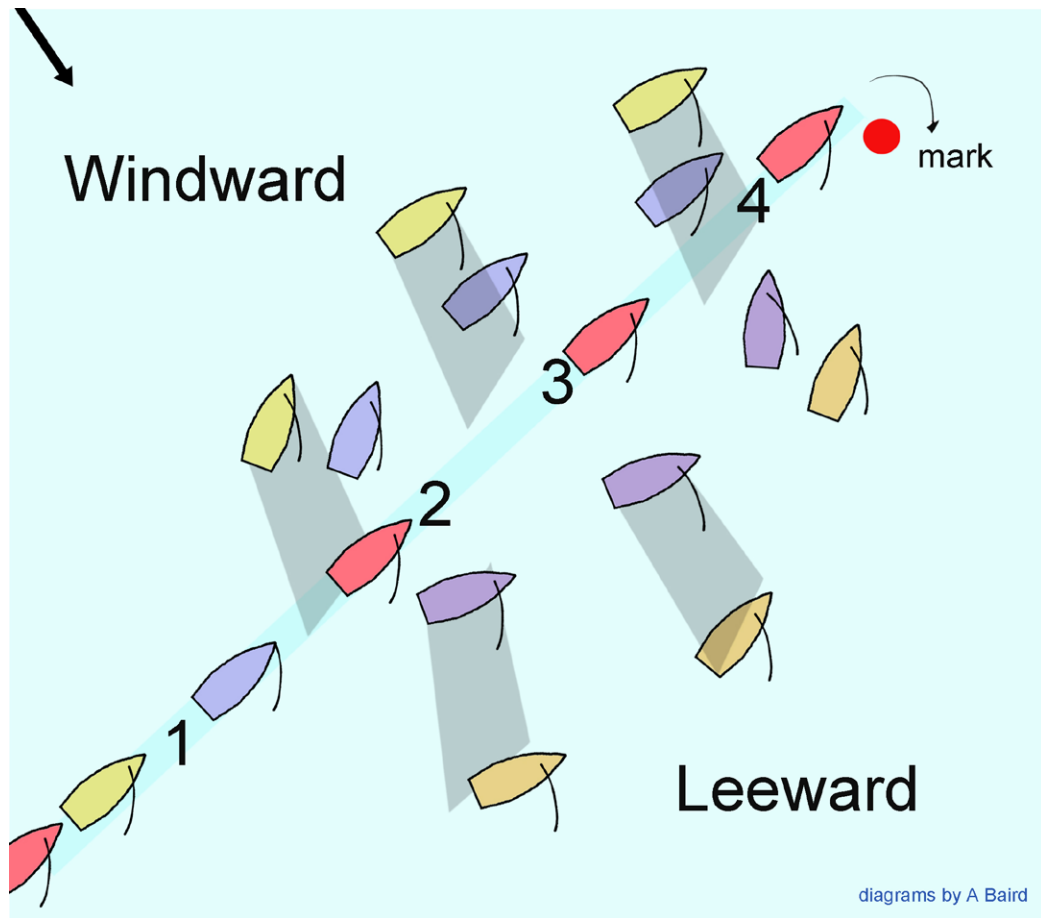
Our RYA qualified staff provide instruction in sailing and power boating and also work alongside the club in supporting instruction to club members.

We train our cadets to race and hold our District Regatta on an annual basis at Whitefriars. Last year we achieved a 1st, 2 x 3rd places and a 5th place at the Area regatta held at Portsmouth.

We rely heavily on charitable donations to keep our boats and equipment in good condition and all our staff give their time on a voluntary basis.

Next time you see us, come and say hello. We are always looking for new Cadets and staff and can provide information on how to join the Sea Cadets should you be interested.





diagrams by A Baird

## The Reach

Ivor Keates continues his sailing tips

Having rounded the windward mark, the next leg will almost certainly be a reach or a run. If it's the former you will have to make a choice: sail directly for the next mark (the rhumb line), sail high (to windward of the rhumb line) or sail low (to leeward of the rhumb line). Which one you choose will probably be dictated by the position of other boats relative to you. If you are in clear air with no other boats nearby then go direct, but in these examples yellow shows a couple of ways to try to defend against an overtaking move by blue.

### Windward route

At position (2) yellow shows his hand by sailing to windward and beginning to blanket blue with his wind shadow to slow him down. Blue responds by turning upwind, forcing yellow to take a longer route, but yellow is in clean air and edges ahead. By position (3) blue might do better to bear away from the windward yellow and avoid its wind shadow, but instead sticks to his plan in the hope of taking the favourable inside line at the mark. On a short leg this might work, but if there is time, yellow is going to get to the mark first. Remember that yellow is the windward



## Marketing

The club has a clear need for marketing and at this time of year plans are under way to ensure our public events are well publicised. Last year Jane Lawrence focussed on pushing sailing articles to local newspapers and this year the marketing team, that includes Pat Green and Alistair Baird, was joined by Dave Durston. If you have any club news stories and/or photos you think the papers would publish do let us know. Papers are always keen for local news!



Jane Lawrence



Dave Durston

This year we have two Open Days and we need leaflets distributed to local sites: pubs, leisure centres etc. We are compiling a list of addresses but really need more, so again please drop us an email with those details, as our knowledge is limited. A comprehensive list will mean we can ask for volunteers to drop them off - your help will be much appreciated. We're hoping to organise volunteers to attend local fetes with a couple of boats so if you know your village has an event, please let us know! As you can see, we need your knowledge! If you've been wondering how membership stands, the latest figures are still being analysed ( because Pat Green is **still** waiting for a few membership forms and payments to be returned ) but the general picture is about average, with some not renewing but we've had enquiries for membership over the winter.

If you'd like to help on marketing, whether to help with leaflet distribution or help with one of the fetes, then do get in touch. More than anything though - be our eyes and ears - we need news!

## Training

The training program this year reflects a further refinement in fulfilling the needs of the club at every level. It is only right that the ambitions of aspiring racers and instructors are met through the RYA syllabus and this year we have three Sailing L1/L2 courses as well as Level 3, which offers a selection of advanced courses from which the applicant can choose. If you'd like to get into club racing then we're offering Pre-Race Coaching to get you started. There is RYA Safety boat course that provides an internationally recognised certificate as do the Powerboat L1/L2 courses later this year.



The club recognises not everyone has an opportunity to sail regularly to maintain your skills. Arriving at your dinghy with a head full of good intentions can end up a frustrating and dispiriting experience if you've simply forgotten how to rig your sails. It might only take a couple of hours of one-to-one coaching to help you refresh your memory and then have someone provide some further supervision and tips. There is no shame in forgetting how your rudder is fitted but it is a crying shame if your boat is lying unused when help is at hand! Training is running Sail Coaching ABC's to meet that need with three dates in the calendar. The nature of Whitefriars means there is always someone happy to help and look out for plans that intend to make helpers more visible within the club.

All of our courses are fun in themselves but will definitely mean you'll enjoy your sailing with greater confidence and knowledge. Have a look at the two Training pages on the website and contact

Peter Bone: E: peterbone@btinternet.com

Rosie Dalton: E: rosiedalton@btinternet.com

## Sailability Group

Whitefriars Sailability Group are gearing up for their second season in operation. They have applied for a large grant from "Awards for all" to help with marketing the group, training, and to help with the cost of running taster days. It is sometimes difficult to motivate people with physical difficulties to try sailing, for fear of getting cold and wet, or just the fear of danger. The group are trying a new marketing approach with the strapline "Thought you couldn't sail?...Think again!". The imagery shows people in wheelchairs getting ready to sail, and will hopefully make people aware that sailing really is accessible to people who aren't as nimble as they once were, and to people with the most profound disabilities. This will appear in local newsletters, and it is envisaged that flyers could be placed under the windscreen wipers of cars parked in disabled spaces. They have also approached local U3A groups in an attempt to reactivate lapsed sailors who thought that their sailing days were over. The boats and facilities used by the Sailability group offer great opportunities for older sailors, and for training, because there is no risk of capsizing, and no need to leap from side to side. So if you know of anybody who would benefit from this, please let them know.



To kick off the season, Whitefriars are hosting the Hansa Class (formerly the Access Class) Traveller Trophy event on May 14th. This is slightly later than last year because poor weather



put people off travelling to the event last year. The group would welcome more volunteers from the club to help in whatever capacity they can: boat rigging, launching, catering, hoisting, safety boats, meeting and greeting, registering etc. Apart from this event the group are always pleased to welcome new volunteers for their Wednesday sessions throughout the season. If you can give up some time, the group would be very grateful. **WSG Group Chairman: Chris Stout** tel 01242820356 mob 07951 468934

## Ladies Membership Secretary, Hazel Parks

The Ladies' Group is offering a varied programme this year, including some level 2 revision, some more advanced coaching and some racing. We are also reintroducing 'Bring a Friend Day' in August, so if anyone has thought about joining but wants to give it a try first, make friends with a member! Although actually this isn't really necessary as we are always pleased to welcome club members to a trial session. In September we are going 'abroad' which is an exciting innovation suggested by Rosemary. A day sail in Chichester, taking a picnic lunch to eat on foreign shores! We are again very grateful to Jen Miller and Rosemary Dillworth for their help and support. The programme will be as follows, weather permitting:

**March 22nd:** Get on the water. Basic sailing techniques –afternoon something more advanced or consolidate morning skills if you prefer.

**April 12th:** Continue level 2 skills – something more advanced in the afternoon or practise



## Juniors Junior Chairman, Rupert Whelan

Following a wonderful, sunny, fun year in 2013, Junior Group is looking good for 2014.

Plans for the season are coming on apace. Everybody should have had an All Day Session booking form through in their membership pack, but if yours is lost, a new one can be downloaded from the WSC website.

To get the discounted rate for sessions, they must be booked and paid for by the end of March.

Our 1st session runs along side a Feva training day for more experienced Juniors, where they get a chance to learn new techniques from an experienced coach direct from RS Sailing. The Juniors not involved with the Feva training will be taught as usual by our enthusiastic home-grown instructor/parents, 5 of whom have recently completed their Assistant Instructor course, and are on their way to becoming full Dinghy Instructors. If anyone else is interested in taking AI or DI courses, please come and have a chat with Rupert Whelan or Pete Bone.

Something new for 2014 is our Midsummer Madness weekend, on 21/22 June. To celebrate the longest day, we are having a Junior Camping Weekend at the club. Saturday will be a normal coaching day, but after that officially finishes at about 4pm, the boats will all be available for an evening of sailing, complete with Barbeque, and maybe a bit of a party to follow?! Sunday will be our Adventure Day. We will need lots of parent help for this, both on the day and at the planning stages. As well as a repeat of the hugely successful Biathlon for the Prizegiving Party ( and, I'm sure, a repeat of the hide and seek! ) we shall be sending exploration parties over to the woods and meadows on the far side of the lake, with games and fun. Any good ideas are welcome - please come and see either Rupert Whelan or Steve Treharne.

Once we come back from our summer break, we will have our away weekend to look forward to. Last year we went to Weymouth and Portland Sailing Academy, which was a huge success. We plan to build on that, making 2014 an even better outing - complete with Skittles if we can!

We are really looking forward to the Junior Season kicking off. Some of our members have been lucky enough to have been bought new boats, and sailed them since January - you have to bea keen for that! Don't forget, you can contact the committee and arrange to borrow a Junior boat at any time to get practice in between sessions.



morning skills

**May 17th:** Helming for all! All members in own or club single handers – continue level 2 – afternoon for consolidation or more advanced skills

**June 14th:** All members in own or club single handers – continue level 2 – as before something more advanced in the afternoon or consolidate skills

**July 12th:** Continue level 2 – including start racing. Afternoon race.

**August 16th:** Bring a friend day. Social sailing and possibly an afternoon race with your friend  
**September 20th:** Day Sail in Chichester (If there are several people not going to Chichester, there is no reason why they shouldn't do a day at the club as well)

**October 18th:** End of season Cup Cake series – brief training session on racing + 3 races. This is intended to be a fun day with some less than serious moments – fishing for rubber ducks, hoopla the buoy – it's in the planning stage.

Membership of the Ladies' Group is only £15. For more information, contact Hazel Parks 01225 329598, or Celia Moule, 01285 770134