



FANSHAWE YACHT CLUB

DOCKSIDE SCUTTLEBUTT

OCTOBER 2011

VOL 11 ISSUE 05

Sadly the Sailing and Paddling Season Ends

However... all FYC members (sailors and paddlers) are welcome to attend winter social events and FYC organizational meetings!!



2011 Club Championships

Photo by Bob Magill

Fanshawe Yacht Club & Sailing School, London Ontario Canada

Visit us online at www.fyc.on.ca

THE ANNUAL 2011 FYC BANQUET

Forest City National Golf Club

Saturday November 12, 2011

Cocktails at 5:30 PM

(Cash bar)

Dinner at 6:30 PM

Program and Entertainment to follow

Tickets: EARLY BIRD \$28.50 until the last fall work party on Oct 22.
From Oct 22 on the price will be \$32

The tickets will be available at the Pumpkin Regatta and the three fall work party weekends as well as by phone or mail. All Paddlers, sailors, family, friends, past members, sailing school students-- welcome!! Look for Sharon Biskaborn, Lori or Paul Chesman, Sharon Biskaborn, Sue Goldt, Betty Dietrich for tickets.

You are also welcome to mail, email or phone in a request for tickets to Betty or Sue We will be in touch about payment and delivering the tickets. Checks are to be made out to **Fanshawe Yacht Club**.

S. Goldt

480 Sherene Terr

London, on N6H3J3

rgoldt0228@rogers.com

519-473-1966

B. Dietrich

32 Redford Rd

London on N5X3V6

betty.dietrich@sympatico.ca

519-660-1354

Dinner Menu- buffet with two choices of meat entrée -roast sirloin and roast turkey, vegetarian catelloni, vegetables, roast potatoes, salad. Dessert and coffee/ tea will be served to your table after the main meal (cake or fruit cup)

Door Prizes If you wish, you are welcome to donate a door prize as a business promotion or as an individual

Special Diet Needs; If you have special needs in diet, please let Betty or I know so that we may talk to the chef in advance.

See following map for directions to the banquet-----



'A' marks the location of Forest City National Golf Club—Huron St E toward the airport, Left on Robin Hill Road, Left on gravel road with sign for golf club. Crosses over railroad tracks



Commodore Paul Chesman's hand in his cell photo! Fall's here!!!

FYC Fall Work Parties

First Sailing School Work Party- Sept 10

Thanks to all the volunteers who were out to partially close down the sailing school on this date. A number of sailing school students attended as well to help haul boats out of the water and de-rig them. The plan was not to leave a lot of boats on the lawns but it seemed that the boats were stored well upside down on sawhorses and rails in an orderly fashion.

As well, a seminar was held for 7-8 yacht club members to **learn how to do fiberglass and gelcoat repairs** on their boats with the capable instruction of Jim Mackenzie and

Rick Goldt. The hope was to increase the member pool available to do these repairs on the sailing school boats as well (a tad sneaky but provides practice!). Some members did continue on to make repairs and this was greatly appreciated.

Second Sailing School Work Party- Oct 8

A small work party was held on October 8th to remove the new sailing school docks. Over the summer, Hans Schaffner, Fleet Captain, had the club trailer upgraded to ease removal of club equipment on the water and it worked very well. Six men

removed the dock system in about 2 hours compared with a dozen men taking most of a day in the past.

This summer, half of the new modular dock system was purchased to ensure that it did work well for the school. The result was a resounding aye (sailor speak)! So the rest of the system will be purchased in the spring. Jose Scarlet would have been pleased with this use of her bequeahment to the FYC Sailing School (Photos by R Goldt)



TOOLS FOR DISMANTLING NEW DOCKS ON RIGHT AND SEPARATING DOCKS ABOVE



JIM MACKENZIE, BRIAN PERRY, DAVE THOMPSON DISSASSEMBLING THE DOCKS. NEWLY OUTFITTED TRAILER



JIM MACKENZIE, BRIAN PERRY AND DAVE HOMPSON LOAD DOCKS OMTO TRAILER AND STOW LINES IN BINS. NO JIM IS NOT SITTING IN THE BARREL



SAIL SCHOOL CL'S WERE HAULED OUT. THANKS TO ALL THE HELP AND SPECIAL MENTION TO THE SAILING SCHOOL STUDENTS WHO HELPED!!



READY TO STOW DOCKS



STOWED AT END OF THE SOUTH PARKING LOT

So easy!!!!!! Now to work out a good anchoring system for the entire new floating docks in the spring -----

The First Regular Work Party- Oct. 15th

For this work party, we need the usual items, such as some hand tools to dismantle the old school docks, and to remove carpet and tires from the main docks. All club equipment will be removed from the water—moorings, race marks, tenders, safety boats, barge etc. Buildings will be cleaned and prepared to close for the winter.

Re the club grounds, it was suggested that leaf raking be left to the spring as most leaves have not fallen. However, overgrown shrubs, trees limbs and deadwood could be trimmed. Saws (hand and chain) and clips are needed for these tasks.

The work party begins at 9 AM at the chalet. Please sign in for your volunteer hours and join a work group. If you are unsure where to help, ask anyone and they can direct you. Lunch will be served to volunteers.

NOTE: Please have all boats off the moorings before this weekend!!! As well, please do not work on your own personal equipment on the dates of the work parties...Sat Oct 15 and 22. The ramps will be needed for club equipment removal.

NOTE: The Fanshawe Conservation area closes for the season on Sun Oct 16 and access to the club grounds will be restricted. **IF** a work party is needed on Sat Oct 22, please enter the park through the North Gate (on Fanshawe Road east of Clark Road). The smaller club key will open the lock on that gate on that day.

FYC Winter Dinners – a monthly dinner out with club members

The current plan is to start the FYC night out at **Johnnies Restaurant, on Wednesday January 11 at 6PM**. Johnnies is located at Highbury and Fanshawe Park Rd. All sailors and paddlers are welcome. In the past, there have been 20-25 members attending to fend off the winter. More information will follow in the December Scuttlebutt. If anyone would like to try a new venue, please contact Suzanne Goldt and the information will be passed on!!

Thanks again to Mike Morris for organizing these evenings



Around the Club

1. Boat and Trailer Storage – These items may not be stored on the club grounds. The UTRCA offers winter storage in the lot behind their workshop. Bear in mind that this is to be used at your own risk. The fee is \$150.00 for the off season only.

A second option has been presented by a sailor Jim---\$150 for indoor boat storage in Seaforth

Contact Jim Mackenzie 519 474 9164 or Bill Scott 519 527 2408

Convoy leaving Elginfield & Richmond-- Oct 23 9:00 AM!!!

2. Woman's Washroom Renovation –A huge undertaking by Roy Elworthy and a crew of volunteers has been underway since Oct 3. For the duration of the work, the men's washroom will serve as a unisex loo ---so knock or deal with the consequences! Mildew was found behind the walls in the ladies washroom triggering the renovation before matters got worse. Upgrading plumbing and installing a stall for handicapped persons was included since the work was to be done.

3. West Nile Virus- The Middlesex-London Health Unit has recently found adult mosquitoes carrying the West Nile Virus on UTRCA property (Media Release **Aug 31** MLHU). This is the first positive finding in birds and mosquitoes at Fanshawe Lake
To protect against West Nile Virus:

Q. What is the best way to avoid mosquitoes? Is it true that soap and perfume excite them?

A. Well, the *best* way to avoid mosquitoes would be to stay indoors between May and September, but we assume you don't want to do that. And yes, it's true that strong-smelling soaps, lotions, hair products, deodorants, and perfumes attract them. Along with nixing these products while in mosquito country, you can: Cover up—wear light-coloured, long-sleeved clothing and mosquito netting; avoid hanging around standing water and empty containers with standing water, where mosquitoes breed; fire up the citronella candles when you're on the dock or deck (but keep in mind that, according to Ontario's Ministry of Health and Long-Term Care, these candles only ward off mosquitoes at very close range); and wear your DEET. Bug repellents with DEET are still considered more effective than any natural products; in one comparison study, the bug spray with a DEET concentration of 24 per cent repelled mosquitos for five hours. Most plant-derived repellents, on the other hand, worked for only 20 minutes. In general, the higher the DEET concentration, the more, well, repulsive—but according to the Centers for Disease Control and Prevention in the US, DEET's effectiveness plateaus at a concentration of about 50 per cent.

One more tip: Consuming (or steering clear of) certain foods won't attract or deter mosquitoes, so there's no sense in scarfing garlic before your next sail or paddle!



2011 Cruising the North Channel

Photo by Rick Goldt

FYC - Come Cruise with Us! Join the Adventurers!

A Report on the Put in Bay Cruise –June 30 to July 1st 2011

This year's Put in Bay Cruise began on the Morning of Thursday June 30th. A total of two boats participated this year, The Hurst Family on their Schock 23 "Top Gun" and the Klausnitzer's on their Tanzer 22 "Edelweiss".

We left the Leamington Marina at 9:30 am with high hopes of a good sail. The Winds were light and the GPS indicated an ETA of 1:30 am (Friday) so we fired up the noisemaker and motor sailed to Ohio. We arrived just after three and tied up to a couple of moorings.

The water taxi came and picked us up and we proceeded in to shore to check in at customs on the video phone. Luckily none of us were on their watch list so they let us stay.



Antiques) and enjoyed the island sights.

Jennifer and her sister were staying at a local resort (no cramped V berth for them), so we waited for them to check in and then had supper at the Chicken Grill. After a feed of chicken and corn we toured the shops and returned to the boats about 8pm.

On Friday we rented 8 passenger golf cart (golfer's stretch limo) and toured the island. We stopped at the usual tourist spots (Perry's Cave, Perry's Monument, and Cargo Net

Henry and I took on the kids in a game of laser tag (high tech paintball). Somehow the kids managed to beat us soundly, I'm sure it was because I presented such a large target.



Another new feature on the island was the mechanical Bull at the arcade. After embarrassing ourselves at that we raced the go-carts. A lot of fun.

That evening we were treated to nature's own fireworks as we watch a storm pass to the North of the island. Lots of thunder and lightning and some high winds. Thankfully the bay is sheltered and the boats didn't rock much.

Saturday brought more shopping eating and touring. We visited an island heritage site (The Dollar Mansion) which included a wine tasting tour. During the tour the guide mentioned that the house was haunted and that they often saw evidence of Ghosts! There was also an old Ice storage building and an antique ice boat. Fascinating stuff and the wine was great.

We headed back on July third with no wind and another motor sail.

Plans for next year are already under way, with the possibility of adding 2 more Islands. I would like to include Pelee Island and Kelly's island to the tour. Hopefully with more sailing and less motoring. By Brian Hurst

Anyone interested in joining us should call Nath or I at 657-2773 or e-mail us at hursthome@sympatico.ca.

Cruising with FYC—2012 Adventure Planning

Now is the time to reserve dates on your calendar for the 2012 cruises. These dates depend on interested cruisers so may be subject to change, but do represent the expected time periods. New cruisers will be welcome and will be able to learn more about what is needed for cruising from food to safety to navigation equipment. Come on one or all three...all are very different!

The North Channel Cruise- Georgian Bay

The Fanshawe yearly week in the North Channel would be July 20 to July 28 in 2012. Sail in the beautiful Islands north of Manitoulin Island and anchor in beautiful bays. Lots of places to explore.

[If you would like to join this cruise, contact Mike Morris](#)

The Thousand Island Cruise-St Lawrence Seaway

The Thousand Islands cruise week would be June 22 to 30th. Sail through the Thousand Islands with anchorage or docking at the many ports and parklands along the shoreline and on islands.

If you would like to join this cruise, contact Mike Morris

The PUT-In Bay Weekend Cruise-Lake Erie

This cruise is generally on the July 1st weekend. Plans for next year are already under way, with the possibility of adding 2 more Islands. I would like to include Pelee Island and Kelly's island to the tour. Hopefully with more sailing and less motoring

Anyone interested in joining us should call Nath or I at 657-2773 or e-mail us at hursthome@sympatico.ca

2011 FYC Father's day breakfast and Poker Run

Attendance for this year's "Father's day breakfast and Poker Run" was down but the weather and sailing was great. A total of 10 boats participated. Sailors rounded the marks and made drawings of the pictures bungeed to each of them. A total of 6 marks were identified and each correct picture earned a playing card. As a result of the low attendance all the sailors left with gifts. The best hat contest was won by Nicholas Callender. By B. Hurst



Best hat award

Off on the poker cruise



2011 Club Champs Regatta-Laser II –Kevin Biskaborn and Nikki Quinn

FYC Racing-the Thrill of Competition--- And Best Way to Learn Boat-Handling and Rigging!

Since the last newsletter, there have been two club regattas—the Club Championships and the ever popular Pumpkin Regatta. The Pumpkin has always been well attended by out of town racers! Read on to re-live these two events!

A Tale of Two Regattas

The end of the late-starting 2011 summer has been marked by two successful regattas, the Club Championship and the Pumpkin. They were as different as two series of races could be, in many aspects.

The **Club championship** was started in bright sunshine on Saturday, 27 August, in almost calm conditions, with several boats not being able to cross the start line within the 5-minute limit imposed by Racing Rules. Things were so quiet that we managed only one race before lunch and two more calm races in the afternoon. The races were almost sedate from the vantage point of the Race Committee barge, but hot enough to bring on a danger of dehydration. A balanced mix of Laser, Laser Radial, Wayfarer, CS-22 and Open fleets vied to wring the last nano-knot out of the thin winds. This series, with eight mixed hulls, saw the largest Open fleet in a few years vying for the Champion of Champions title.


Sunday picked up dramatically, with winds around 9 knots. Racing became more competitive. We also saw our worst accident in some years, as a windward boat collided with a tacking boat near the east shore of the lake. The Racing Committee is considering a rules refresher seminar for the winter, as a result. Conditions built to the point where many smaller boats were sailing on their rub-rails, and the RC was able to observe hiking of the highest calibre as crews struggled to stay dry.


The last race of the day was, of course, the runoff between a Laser, a Radial, a Wayfarer and a Laser II for a very brisk two laps on a triangular course in mid-lake, under bright sun and 12 knot winds. Brad Biskaborn was able to claim Club Champion with a corrected time 0:52 ahead of his parents and brother Kevin sailing with Nikki Quinn. Close, but not as close as last year's 0:28 margin.


My Favourite quote this summer!!!


Following a cold blustery miserable (weather wise) Pumpkin Regatta, 'Uncle Al' Schonborn (racing in the Wayfarer class from Toronto's TSCC) had this to say at the awards presentation


"This is the first time I am not consumed with sadness that the sailing season is over. All I can say is 'Thank God!' "


 TANZER 22 Entries: 2 Races: 6 Sailors: 2 Drops: 1										
Place	Skipper	Sail No	Club	Points	R1	R2	R3	R4	R5	R6
1	Hans Schaffner	1305	FYC	5	1	1	1	1	1	1
2	Henry Klausnitzer	642	FYC	10	2	2	2	DNS3	2	2

 PACESHIP 16 Entries: 2 Races: 6 Sailors: 3 Drops: 1											
Place	Skipper	Crew	Sail No	Club	Points	R1	R2	R3	R4	R5	R6
1	Jack Blocker		Falcon	FYC	15	DNS3	DNS3	DNS3	DNS3	DNF3	DNS3
2	Ron Weick	Jenna Weick	/	FYC	15	DNS3	DNS3	DNS3	DNS3	DNS3	DNS3

 TANZER 22 Entries: 2 Races: 6 Sailors: 2 Drops: 1										
Place	Skipper	Sail No	Club	Points	R1	R2	R3	R4	R5	R6
1	Hans Schaffner	1305	FYC	5	1	1	1	1	1	1
2	Henry Klausnitzer	642	FYC	10	2	2	2	DNS3	2	2

 PACESHIP 16 Entries: 2 Races: 6 Sailors: 3 Drops: 1											
Place	Skipper	Crew	Sail No	Club	Points	R1	R2	R3	R4	R5	R6
1	Jack Blocker		Falcon	FYC	15	DNS3	DNS3	DNS3	DNS3	DNF3	DNS3
2	Ron Weick	Jenna Weick	/	FYC	15	DNS3	DNS3	DNS3	DNS3	DNS3	DNS3

 WAYFARER Entries: 8 Races: 6 Sailors: 16 Drops: 1											
Place	Skipper	Crew	Sail No	Club	Points	R1	R2	R3	R4	R5	R6
1	Al Schonborn	Robert Mosher	3854	TSCC	5	1	1	1	1	1	4
2	Sue Pilling	Steph Romaniuk	397	PSYC	12	4	DNF9	2	2	2	2
3	Mike Codd	Kirk Iredale	4604	TSCC	17	2	2	DNS9	DNS9	3	1
4	John de Boer	Ross Jamieson	7351		22	3	3	DNS9	DNS9	4	3
5	Scott Ramsay	Leo Van Kampen	8263	CSC	30	5	4	DNS9	DNS9	6	6
6	Nick Seraphinoff	Nikos Damiskino	10864		32	6	5	3	DNF9	DNS9	DNS9
7	Jeff Eames	Vera Eames	7220	FYC	37	DNS9	DNS9	DNS9	DNS9	5	5
8	Chip Cunningham	Sky Minkinak	1321		45	DNS9	DNS9	DNS9	DNS9	DNS9	DNS9

 OPEN Entries: 4 Races: 6 Sailors: 8 Drops: 1											
Place	Skipper	Crew	Sail No	Club	Points	R1	R2	R3	R4	R5	R6
1	Brian Hurst	Elayna Hurst	54262	FYC	7	2	2	1	1	2	1
2	Mark Anderson	Doug Krestick	384	FYC	12	3	3	2	2	3	2
3	Phoebe Hill	Alanna Ticknor	8		13	1	1	DNS5	DNS5	1	DNS5
4	Gary Benjaminsen	Chad Moore	4700	FYC	25	DNS5	DNS5	DNS5	DNS5	DNS5	DNS5

Volunteers for the Pumpkin Regatta

Publicity: Sue Goldt, FYC Communications, Kevin Biskaborn, FYC website master
Registration: Mary Jane Walzak
Safety Boats: Bob Magill (also the main mark layer), Mike Morris, Steve Currie

Roy Elworthy, Mark Van Den Bossche, Mark Fenton *, Gabe Kokas *Chris Gougoulas *
 * are courtesy of St. John Ambulance Search and Rescue (SAR) unit
Kitchen - Lunch: Anita Elworthy, Roy Elworthy *, Colleen Ellison-Wareing, Brooke Wareing * Roy also loaned us a compressor for mark inflation
Kitchen - Turkey Dinner and Leftovers: Nathalie Hurst assisted by Carlene Hone, Amanda Collin, Elayna Hurst, Robin Gruninger
Cleanup and Fuel Maintenance: Bob Magill, Jim Mackenzie
Race Officers: John Kabel, PRO, Mary Watson, ARO

Thirty-seven skippers and crew registered for the event, and full race results are now posted on the FYC website at fyc.on.ca.

A hearty thanks to this group for supporting the very cold and wind-blown racers and on-water officials. We had no major incidents during this weekend beyond the many capsizes in the Laser, Radial and centreboard classes. No accidents, no protests, smooth race management (from the barge POV).

Club championship photos---by Bob Magill



Seems to be asleep



The Hurst Family---comfy



Mark Anderson working hard in a breeze



and then not.....



Szymom Kornobis—demasted in a racing encounter



Hi!

Pumpkin Regatta Photos by Julia Schonborn and Dolores DeBoer



Vera and Jeff Eames -bundled



Nick Seraphinoff from Michigan and Uncle Al from Toronto battle with splash over the rail



Laser Down!



Rigging brrrrr



War of 1812 during regatta- time warp?



Cool! A death roll!



PHOTO BY EMILY DURWARD AND NIKKI QUINN

From the Sailing School....by Vera Eames

Another season over and the ideas for improvement for next year are coming in. Below are the final statistics for registration numbers:

	2011	2010	2011 budget
Youth White Sail	52	46	48
Youth Bronze Sail	16	14	16
Race Team	3	5	5
Skills Week	3	1	
Adult	46	55	48

However, these statistics only tell a small part of the story.

As I believe you will see in another article in this newsletter, a lot of effort has been put into encouraging our students to join us for regattas and other member events. As a result, we had our entire race team (Thomas Johnstone, Brooke Wareing and Laura Ries); and one Bronze level student (Jacob Beukeboom) participate in the club championships. Thomas and Brooke also came to the Pumpkin Regatta but were not able to finish any races because of the weather conditions. For anyone who was there, this was understandable. They were in the company of many others who chose not to race. Even so, one adult student graduate, Douglas Krestick, was given the opportunity to crew with Mark Anderson and came away with his first FYC burgee – the first of many to come, I hope.

We had a good turnout for both the Student Regatta and the Student Banquet. Nice to hear so many say they will be back next year and some have convinced their families to become members next year!

Our race team will not be attaining their CYA Silver and Gold certificates this year, but the assessor who evaluated them was very positive and encouraging. Hopefully they will achieve their goals with another season of hard work and racing experience.

We are very grateful to Henry Klausnitzer who agreed to do some diving in the murky waters off the end of the docks and recovered 3 CL rudders, 2 Laser rudders, 3 tillers, a motor cover, a sail and various other bits of hardware. Even a car door (which was left at the bottom of the lake)! Definitely a worthwhile afternoon of treasure hunting!



Henry Klausnitzer prepares to 'fish' for prizes around the south docks



Some of the prizes---rudder and to right, an almost unrecognizable sail!

Several members have been involved with working on various repair jobs for the boats before putting them away. Discussions are under way as to what worked and what to do differently next year. One of the changes we are investigating is in the way the school is managed and we will be looking for someone who can take on a greater responsibility of running the school and take some of the pressure off the volunteers. We will soon be advertising for all the paid positions for the school next season, but if you know of anyone, or you would like to spend your summer being paid to be at the lake and play a big part in providing an opportunity for people to learn to sail, please let me know!

Throughout this season we have held a number of activities inviting Adults to sail on the 'bigger boats', learn how to rig the Paceship, and learn how to repair boats. Many thanks to the following club members who were key to this success: Gord McKinstry, Bob Magill, Gary Benjaminsen, Henry Klausnitzer, Ross Green, Allan Elliott, Jeff Eames, John Kabel, Rick Goldt and Jim MacKenzie.

FYC Sailing School Adult Student Activities:

Adults students were invited to participate in a "Wednesday night:" type regatta on Saturday August 20th. What a Hoot! We will definitely be doing this again next year.

While the turnout was small, the competitive spirit was mighty and fun was had by all.



The **winners** were:
Douglas Krestick and Mike VanWiechen
(left)



In the **second place** we had:
Ron Weick and Laura Chamorro
(right)

With myself as Race Officer and with Assistant Race Officers: Julie and Rachael Krestick

We got the race in nicely ahead of the nasty weather.

The adults have complimented us on how friendly our club members are and how nice it is to be included in activities to further their sailing. Mary Watson



Wow, what a year! Our last paddle was yesterday (Saturday Oct 8) with an early morning sunrise paddle, followed by two hours of paddling while our new steers people got expert instruction and our seasoned ones got their certification. You couldn't have asked for nicer weather in October!



Sunrise training for LDBC at FYC--where are all the sailors?



Training steersmen

There has been lots of paddling in the last month! The Waves of Fury entered the River Run 27km paddle along the Grand River on October 1. Although it was not the nicest weather that day, they had a great time paddling! A few of our club's paddlers competed the same day with a Stratford team in Philadelphia. Both of our teams enjoyed a good day racing in Stratford on September 17. This time it was the Pendragon's turn to bring home a silver medal. Next weekend, some of our members will be joining with Rowbust to compete in Orlando, Florida this coming weekend. Have fun in Disney!



As we finish the season, I'd like to give thanks to those who have helped our club this year: First our paddlers who are our biggest asset, you are an amazing group of people! Our captains, coaches and steers people take charge and give us direction. Your board of directors who work behind the scenes. Our friends Rowbust who give us so much help and encouragement. The many Yacht Club members who support us and graciously allow us to share the club with them. Dragon Boat Canada and the Trillium Foundation for selecting our club to receive a new boat. And lastly, to our family members for their understanding when we spend so much time away from them with our paddling family. Thank you all!

Heather Peel, London Dragon Boat Club President (Photos by Benda Pentland)



Sunrise at FYC—looks like a photo for a vacation destination!

Photo by Benda Pentland



The Chronicle

By Nick Lypaczewski, QMI Agency

When breast cancer survivor Marita DeVries, is out on a dragon boat with friends, she understands the comparisons between her sport of choice and her battle with one of North America's most devastating diseases.

"You're trying to improve your physique, you're competing, making yourself better and I think that's so in keeping with the cancer journey," she said.

"You've got cancer...you feel terrible when you're going through it but you just keep pushing...and it's the same thing for (paddling)...You set yourself those personal goals and you just keep striving for them. I'm going to get better I'm going to get stronger, this isn't going to take me down."

DeVries, along with other 60-plus other cancer survivors, make up the Rowbust team. Rowbust is a club that competes competitively in dragon boat racing. The team is composed of St. Thomas, London, Middlesex, Elgin, Oxford and West Lorne residents.

The team competed and won gold in the breast cancer survivors division of the Canadian National Dragon Boat Championships in Welland, Ont. over this year's Canada Day weekend. It was their second straight year taking home gold.

They won gold in last year's cancer survivor's division of the national competition in Windsor. It was the first time the division was included in the annual event.

In this year's competition, the team won the preliminary and final 500-metre race, the two kilometre race and placed second in the 200-metre preliminary and final races. Their point total from the five events put them ahead of teams from Toronto and Hamilton for the top spot.

Even though it was only their second year at the Canadian National Dragon Boat Championships, they've competed in other Canadian competitions. They did, however, begin as a strictly recreational activity for breast cancer victims.

DeVries joined Rowbust in November 2010, about a year after being diagnosed with breast cancer in 2009. Her doctor, Dr. Annette Richard, founded the club in 2000 and asked if she wanted to join.

"I was not a paddler. I was always very athletic growing up but you get busy in life ...and then I had the cancer trip and this was great way to get back into that athletic mode, get back into shape," she said.

At first, DeVries declined the invitation but Linda Kuska, one of the team's original 25 members eventually swayed her.

"I've always been interested in watching the dragon boats, I didn't know anything about dragon boating and I said I think I'm pretty strong...I could do this and the rest, they say, is history," DeVries said on her reconsideration.

Since then, she's only missed one team workout and says paddling has even sped up her recovery.

"I've had lymph-nodes taken out from under my arm which was challenging because I couldn't lift my arm up over my head. I can now because of the paddling and all the exercise I do."

DeVries wasn't the only member who started out with no paddling experience. Kuska recalls with a laugh her first time paddling with the team on Fanshawe Lake two decades ago.

"There were all of these Olympic rowers out there and here's a bunch of us non-paddlers getting in a boat, had absolutely no idea what we were doing, so they made their way off Fanshawe once they found out what we were doing out there.

"(Our coaches) just kind of brought us up by baby steps."

Since then, she says the team has become a group of full-fledged athletes, ranging in age from 35 to 74. They train three days a week for six months of the year working on paddling technique and doing weight, aerobic and cardiovascular training.

"You do that enough and you can't help but get fitter," she adds.

"So you're not only more fit physically, you're more fit mentally as well so it all works in conjunction with each other."

The team was originally coached by Orlando Tatone who left the team in 2008. Before he left, he approached Cheryl McLachlan to replace him, a former Canadian National Dragon Boat Team paddler who had just recently retired from the circuit.

The team is also coached by fellow volunteer and former national dragon boat team member Sarah Shellard.

McLachlan says, since she began coaching the team, she's tried to treat them as she would any other athletes as opposed to focusing on how the disease limits them. She says the fact that she'd had no experience with cancer in her family led to that approach. Her lack of preconceived notions and ideas created the strategy and the team bought in.

"We're responsible, as in any sport, for teaching them the mental side, physical side, the technique, how to work as a team, how to push the envelope how to improve their own individual health and fitness and become fitter and healthier people," she said.

"Even though they've already fought the biggest battle of their lives."

However, just last year McLachlan's niece was diagnosed with inoperable brain cancer. She says the help she's gotten from her team since that time has been substantial.

"I would have to say everything happens for a reason. If you believe in something beyond, then there's a definite reason why I took the coaching job with Rowbust. They, too, became my family and my family's extended family to pull us through," she said.

The team is not just composed of paddlers who are 100 per cent cancer free. Two members are currently battling reoccurrence and two other members have passed away since winter.

The Breast Cancer Society of Canada reports 5,100 Canadian women die from breast cancer annually.

Next year's Canadian National Dragon Boat Championships are in Montreal but the team hopes to make a trip to Hong Kong that same year to compete in the International Dragon Boat Festival.



Rowbust Dragonboat Racing Team Wins Nationals!

Congratulations to Rowbust, London's Breast Cancer Survivor Dragonboat racing team who defended their title National title and brought gold home to London! Rowbust is comprised of over 60 members, most of whom are paddlers, a few are associates and all are breast cancer survivors. This dynamic team, coached by Cheryl McLachlan and Sarah Shellard, has proven once again that the spirit knows no boundaries.



Classifieds

Nash 20 - (LisaBeth)--asking. \$2500.00

Main sail, Furling jib, 6 hp motor, Swing keel, Tandem trailer

Contact: Paul Chesman

2004 Luger 257 Motor Sailer – (About Time) - Take it all for \$11,000.00

Ready to go with 15HP Johnson 4 stroke engine, Vhf radio with remote mike in the cockpit, 2 anchors, dock bumpers and lines, depth sounder/fish finder, sleeps 4 ,built in Ice box, fold away sink, porta pottie with pump out. Trailer with recent brakes, good tires, keel guides. Mast raising system. This boat can be sailed, launched and retrieved by one person. For 8 seasons this has proven to be a safe and comfortable cruising sail boat.

Contact: mike morris

a nice 12 ft, hand crafted wooden sailboat with a main and a jib plus a trailer, all in excellent condition. Everything included, just add water and wind. Tom
Contact; Tom Prout, General Manager, Secretary-Treasurer, Ausable Bayfield Conservation Authority - 519-235-2610 www.abca.on.ca

FOR SALE: Our 1/2 of well built, Shoreline Dock
Contact Nico or Alice Jukema 519-290-2104

1985 Wayfarer. - \$3,500.00

New in 1985. I am the second owner. Used very little, so in excellent condition. Stored inside October to June. To be sold complete with trailer, jib and main sails. Can be seen at Ipperwash Beach on Lake Huron. -
Contact: Call 519 432-2988.....ask for Glenn



FYC SCHEDULE FOR 2011

For more information view our website – www.fyc.on.ca
 Find updated notices, downloads, photos, contact information and more

FYC Meetings

FYC Executive Meetings- first Monday of each month
FYC General Meetings - All members (Sailors, paddlers) are welcome to attend. Dates will be confirmed in the next newsletter but the meetings generally fall around the 3rd Thursday of the month.
Agenda Items – submit any agenda requests to the Club Secretary, Jack Blocker prior to the date of the meeting

Club Events, Regattas, Work parties, Social Events

OCT	12/13	informal racing at 6 PM
	15	Fall Work Party #1
	16	Fanshawe CA closes for the season
	22	Fall Work Party #2
NOV	12	FYC Banquet – year end event Forest City National Golf Club
	17	Annual Budget Meeting HMCS Prevost 19 Becher St 7-9 PM

Johnny's 2011 WINTER WEDNESDAY DINNERS OUT SOCIAL EVENING

All club members (paddlers and sailors, family and friends) are welcome to attend.

January 16, 2011 First one!
 Johnny's Restaurant

The north east corner of Fanshawe Park Rd and Highbury Ave
 Dinner is set for 6PM. Please arrive a bit earlier to be sure that everyone can be seated together.

FANSHAWE YACHT CLUB AND SAILING SCHOOL

FYC SHOP 2011 Spring/Summer

Positive Identity Sportswear LORICHESMAN 519- 659-4633

Limited qty FYC Burgees \$21.00

Ladies' Golf Shirt Moisture wicking textured polo.
 S - 2XL: \$36.00 Colour: Red, White and Navy

Men's Golf Shirt Moisture wicking textured polo. *LEFT CHEST EMBROIDERED DESIGNS*
 S - 2XL: \$36.00 Colour: Red, White and Navy

Short Sleeve T-shirt 100% cotton preshrunk jersey, double stitched sleeve and waist hems.
 S - X: \$13.00 XXL: \$15.00 Colours: Red, Sport Grey or Navy

Short Sleeve Henley Shirt 100% carded open-end cotton 3 wood tone buttons
 S - XL: \$29.00 XXL: \$32.00 Colours: Navy or Sports Grey

Crew Neck Sweatshirt 17oz 09/10 cotton/polyester
 S - XL: \$30.00 XXL: \$32.00
 Colours: Light Steel, Deep Red, And Navy

Short Sleeve T-Shirt-Youth 100% cotton preshrunk jersey double stitched sleeve and waist hems.
 S - L: \$12.00 Colours: Red, Sport Grey or Navy

Men' & Ladies' Coal Harbour Polar Fleece Vest 100% anti pill polyester fleece
 S - 4XL: \$32.00 Colours: Navy or Red

Brushed Cotton Cap Tri-coloured cap, structured low profile, pre-curved peak, fabric strap with buckle.
 ONE SIZE: \$13.00 Colour: Navy with Red/White

Brushed Cotton Hat Tri-coloured cap, structured low profile, pre-curved peak, fabric covered short touch strap.
 ONE SIZE: \$13.00 Colour: Navy with Red Peak

Sport Bag U-shaped zipper, gusseted end pockets with vent holes, zipped down side pocket
 25.5"W x 11.5"H x 10"D: \$39.00
 Colour: Red/Black/White and Navy/Black/White

FORMS ARE IN THE CHALET OR UNDER DOWNLOADS AT www.fyc.on.ca

Don't store the boat just yet—follow these 8 steps to winterize your outboard first

By David Harris

Think the procedure through: End-of-season tasks should be done in a specific order.

1. Add fuel stabilizer to the fuel tank

Run the engine for a few minutes to circulate the stabilizer.

2. Change the oil and filter in four-stroke engines

An oil change can be done with the engine still mounted to the boat in the water; however, it is easier and tidier if you do the job out of the water. Not only will you save your back, you'll eliminate the risk of dropping tools or spilling oil into the lake.

Out of the water, warm up the engine to operating temperature so that the oil will drain well. In this instance, you'll need to provide a cooling water supply using rubber " earmuffs," a device that clamps around the lower unit and attaches to a garden hose, allowing you to run the engine out of the water (above, left). Earmuffs are widely available and worth the moderate investment). Once the engine is up to temperature (hot to the touch), shut it down, then remove the drain plug — careful not to lose it. The oil will be hot, so collect it by funnelling it into a sealable container. When the oil stops dripping, replace the drain plug and remove the oil filter. Be sure to catch the drips. Replace the filter before refilling the engine with new oil, as per the manual. Run the engine for a few minutes, then recheck the level at the dipstick.

3. Fog the engine

Engine storage spray is a rust-inhibiting preservative that coats the internal components from the air intake through the combustion chamber and the exhaust. With the engine running at a quick idle, squirt the spray into the air intakes (right) as per instructions on the can or until a "fog" comes out the exhaust, then shut the engine off.

4. Drain the engine of water

Set the engine up on a stand so it's vertical and stable. Gravity will do most of the work and water will drain out of the lower unit. It helps to turn the motor over by hand: Remove the spark plugs, then pull the start cord gently to eject the last drops.

5. Drain the carburetors (for engines without fuel injection)

A small drain screw is usually located on the bottom of the fuel bowl. Remove it and collect the small amount of gas that drains out, then replace the screw.

6. Drain and replace the lower-unit gear oil

Milky gear oil means water has got in through the prop shaft seals, which should be replaced. If water is getting in, oil is getting out — time for a visit to your marine mechanic, as failure of the gears is not a cheap prospect. First, remove the upper vent

screw, then remove the drain/fill screw, allowing gear oil to drain into your container. Refill at the fill hole with the proper grade of gear oil until it flows out of the upper vent hole. Install the upper vent screw (three hands help here). Quickly remove the bottle and install the drain/fill screw. Note there should be a nylon washer on each of these screws to prevent leaks.

7. Lubricate any moving parts

(See spring maintenance) It is best to store the engine in an upright position. If the engine must lie down, check your manual; some four-strokes can only be stored on one side, otherwise engine oil will drain out over the winter. Yuck.

8. Remove, store, and charge battery

A well-maintained battery should see you through five or six seasons.

Reprint from **Winter outboard maintenance cottage life**

