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Together We Stand Against Racism

Anti-Racism in Sport Campaign

Did you know that 40% of our population identify as First Nations, Métis, Inuit, Black, or Racialized? While that diversity and multiculturalism has built a strong and resilient city, many Winnipeggers continue to face racism and discrimination in all aspects of their lives, including their participation in sport. The Anti-Racism in Sport Campaign seeks to address, disrupt and eliminate racism and discrimination in sport experienced by First Nations, Métis, Inuit, Black, Racialized, and religious minority communities in Winnipeg.

Winnipeg's Anti-Racism in Sport Campaign is a city-wide anti-racism campaign that will run from April 2021 until March 2022. Funded by the Canadian Heritage, the campaign seeks to disrupt all levels of racism, from micro-aggressions to and systemic racism, through a multifaceted approach.

Together with the Government of Canada, City of Winnipeg, Sport Manitoba and Sail Manitoba, we will support to dissolve racism and discrimination, and promote inclusion and multiculturalism.



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COME TO PLAY

Dauphin, MB | 2024



President's Message

BY RYAN VAN BERKEL

The 2022 sailing season resembled exciting summers of years past, filled with a variety of recreational, club and high-performance activity across Canada. Continuing a positive trend due to the hard work of our partner clubs, sailing activity continues to increase. Thank you to all our hard-working volunteer club leaders for hosting so many opportunities for recreational & competitive sailors. Thank you to all the 'Learn to Sail' coaches that make our introductory and development programming a success, the future is looking bright.

This year was extremely busy for our Sail Manitoba staff, coaches and partner hosts. In early July the national regatta schedule began with the Gimli Yacht Club hosting Sail Canada's 2022 Sail West and ILCA No Coast Masters Championships. After being postponed for two years, the event was a reminder of how well GYC and Sail Manitoba host national events, leading to strong participation, positive feedback, and a great experience for all involved. I would like to thank the Gimli Yacht Club, its many volunteers, and specifically the event leadership Mike Couture and Sheila Bellido.

Following our first major regatta at home, Team Manitoba once again travelled out of province to several notable national events, including CORK and the Canada Summer Games. Under the leadership of our team program coaches Hunter Kristjansson and Anton Tsyhanok, our athletes trained diligently and exceeded expectations, specifically our Canada Summer Games performance which saw our women excel to near podium finishes in 29er and Laser fleets (4th and 5th respectively).

From an organizational perspective, 2022 was another strong year. Our staff and volunteer leadership committees continue to guide Sail Manitoba in the right direction. The executive committee members, led by our secretary Penny Kelly worked for months to review and amend crucial policies. Strong financial planning by Executive Director Sheila Bellido and Treasurer AJ Tooley has led to increased revenue which has supported key investments and ensures the organization's future. I would like to thank our funding partners at Sport Manitoba for their ongoing support in all areas, without primary grant funding we wouldn't have our current capacity. Lastly and as noted in my opening, I would like to recognize our Board of Directors, who's commitment to Sail Manitoba and their home clubs has been vital to our success.





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Note from the Editor

BY SHEILA BELLIDO

Grateful for the 2022 season! Although our spring started with unusual heavy rainfall, raising the water levels in some areas washing out roadways and in some parts of Manitoba, residents were forced to evacuate but overall grateful that by June the ground was able to thaw, and the water levels started to return to some-what normal.

Our 2022 Mobile Sailing School and the CANSail Programs were very well attended. After a couple of long years, it was great to have the MSS finally return to Dryden and a Sailing Camp at Northern Yacht Club. The CANSail Programs awarded over 270 CANSail levels to participants in Manitoba and Ontario. Clubs were creative in their programming which incentive parents, adults, youth and kids in our sport.

Sail Canada’s 2022 Sail West and the ILCA No Coast Masters Championships was a great success! Huge shout out to the athletes, coaches, volunteers and the GYC Team that put this event together. Very well-done. Leading up to Sail West,

Sail Manitoba hosted a training camp, spear headed by Hunter Kristjansson, with coaches: Mariah Millen, Tokyo Olympian from Ontario; Lauri Kalkkinen, Brianna Brand, and Andrew Baird from Alberta; Angela Cromarty and Joe Gerlinsky Saskatchewan; and Hunter Kristjansson and Anton Tsyhanok from Manitoba. What a lineup of great talent! Which the coaching was well received and appreciated by all athletes.

The High-Performance Team, coached by Hunter Kristjansson and Anton Tsyhnok, attended Sail West and selected athletes went to CORK, Canadians, and Canada Games. Hats off to our coaches and athletes! Many of our athlete’s work, study, train and compete. That takes drive and determination. We are proud of you!

Coaches and Instructors remains to be a challenge in our province. With over 15 Clubs in our province, the need for good and available coaches and instructors are high. Sail Manitoba continues to provide online courses, technical courses and assessments were done in person.

We appreciate our Clubs as they continue to be committed to our sport. Supporting and encouraging members to participate in Judges and Officials Programs, Instructor Development, Weekly Club Races, Regattas and Socials, Club Programs, Camps, creating new programs that increase participation and awareness of our sport. This all takes time, volunteers, dedication, and love for our sport. Sail Manitoba appreciates you! Thank you for bringing this together year after year! Moving forward to 2023, planning is well underway, and we are looking forward to a great host of sailing opportunities. If you have an event, advertisement, or an article for the upcoming Spring Porthole, please submit by email to sailing@sportmanitoba.ca before March 1, 2023.

Best wishes to you and may the cold winter months keep you thinking about the warm summer breeze!



Head Coach Update

BY HUNTER KRISTJANSSON

That is a wrap on summer sailing 2022! Sail Manitoba had a great season with lots of excitement yet again. Starting at the beginning of the season with our Instructor Clinic. The Fundamental Program was completed online and in-person over the course of a few days. Leading up to the Technical Clinic we had instructor sailing days at the Winnipeg Sailing Centre to provide an opportunity for new and returning instructors to practice their skills and shake out rust to return to their clubs ready to teach. This is something we will be continuing so stay tuned for the promotions in the Spring! As always, we hit the ground running as soon as summer kicked off and kids were let out of school. With the Canada Games in August, our Provincial Team had their sight set on peak performance in August with excitement to finally host Sail West after the last two false starts.

Sail West was a great event with lots of representation from our neighbouring provinces, Alberta and Saskatchewan. During the training days leading up to the regatta, we had a host of coaches; Lauri Kalkinen and Andrew Baird (Alberta), Angela Cromarty (Saskatchewan), Anton Tsyhanok (Manitoba), coaching the ILCAs. For the 29ers we had Tokyo Olympian, Mariah Millen led the training with Brianna Brand (Alberta). The ILCA fleet competition was good and had more 29ers competing than at Sail East with a total of nine boats. We had three Opti's, one youth from Alberta, another from Winnipeg Sailing Centre and our own Gavin Garabed leading the fleet. Hunter Kristjansson coached them during the training days leading up to Sail West and saw great improvement. With the Optimist being the largest competitive fleet in Canada for Youth Sailors under 15, it is critical that their development is continuously supported in our province and at our Clubs. They learn vital boat handling and fleet racing skills at an early age which gives them an advantage when they move into other classes with hopes of being competitive. We had 7 Opti Sailors at Opti Provincials at the Falcon Sailing Club after Sail West. They were almost all brand-new sailors and had a tonne of fun. We will continue to grow our fleet. Gavin represented our province at Opti CORK and Opti Canadians showing Canada what Manitoba can do! I hope we can send a trailer of Opti's to these events in the not-too-distant future.



Canada Summer Games in Niagara was a lot of fun albeit not very windy... Our ILCA 6 and ILCA 7 sailors spent a lot of time with our new Coach, Anton Tsyhanok, leading up to the games. Armed with Anton's experience and knowledge in Laser sailing, our athletes Evan Owen and Lauren Burns trained diligently together for their results at Canada Summer Games. Lauren placed 5th in the ILCA 6 and Evan placed 6th in ILCA 7. These results do not do their performance justice. The ILCA fleets in Canada are extremely competitive and Manitoba for many of the races was just behind the top boats ready to pick up any pieces they left behind. With barely raceable winds each day, any small mistake was punishing.

The days were long, hot and slow. Our athletes remained focused and resilient, well done. Our 29er teams had a similar story, the camp with Mariah proving to have taught and encouraged our teams. The conditions were still light, shifty and hot. They fought through it all and were right there to pick up the pieces behind the top boats in the country. Our girls placed 4th, and our boys placed 6th with some low-scoring finishes in both fleets, congratulations to our teams on their performances.

After Canada Games, athletes earned some rest and Hunter Kristjansson went on to do some professional development at 49er, 49erFX and Nacra 17 Worlds in Hubbards, Nova Scotia. Hunter coached Nic Tosi and Zoe Roosen in the Nacra 17. As Canada was hosting, Hunter was part of the action and was able to learn more about Nacra Sailing, fleet racing and strategy at the international level. It was a great opportunity to watch the top teams in the world on the racecourse and in the boat park. Italy was noticeably fast. It was exciting to see a competition of this calibre come to Canada, and it would be great to once again see Manitoba Athletes on the water at future world events. To become competitive in this sport, it is important to attend the competition and learn what you need to do to be successful.

Looking forward to another great season next year.



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Stephen Michael Pellerin

July 9, 1962 – Sept. 25, 2022

BY CHARLIE BURNS

It is with our deepest sorrow we mourn the passing of our long-time friend and fellow sailor Steve Pellerin. Growing up on Falcon Lake Steve was introduced to sailing at an early age. His Mom and Dad, Dorothy and Franck were keen Falcon Yacht Club members and avid Fireball sailors who raced their boat all over the province. With these genetics it wasn't surprising that Steve became an accomplished sailor in his own right. Steve campaigned his Laser on the Laser circuit where he was known as "The Great Pellerini", winning the Laser Silver Spike numerous times. Later he became a keen Keelboat racer, sailing with Richard and Pat Walls in numerous LOWISA's and competing in the Canadian Keelboat Championships. While living in Vancouver he owned and raced several Stars sailing from the Kitsilano Yacht Club. Later while living in Newfoundland he sailed to the Magdalen Islands in the Gulf of St Lawrence. He was a leader in our sport and was always willing to see the potential for the sport to grow. Steve was President of the Manitoba Sailing Association, a Director of Sail Canada, a certified judge and certified race management officer, an often time Regatta Chair and an amazing enthusiastic sailor. He new everyone and was incredibly well liked.

Like his dad he wanted to give back to the sport that he felt had given him so much. He served on the board of the Manitoba Sailing Association where he promoted sailing constantly. Nothing was too much. Sailing Schools, Windsurfing Championships, Keelboat Championships, Laser Regattas were all promoted and managed. Under his leadership Sail Manitoba grew from three staff to six. During that time Steve was the regatta chair at numerous events. Steve and great friend Richard Walls constantly lobbied Sail Canada to get more involved outside the major sailing centres. Amongst their may accomplishments they convinced the sailing establishment to host the first ever Canadian Keelboat Championships at the Northern Yacht Club in 1991. In 1992 Steve oversaw the support of Murray McCaig's Olympic Campaign and made sure that the association paid for his coach at the Olympics. In 1994 he again oversaw the hosting of the 1994 IYRU World Boardsailing Championships by backstopping the event for the Gimli Yacht Club. Over \$500,000 was raised and 242 athletes competed in that event making it the 2nd largest windsurfing event ever hosted. Steve was an incredibly successful civil engineer, starting out his career at Dillon Engineering

in Winnipeg in 1984 and opening offices in Vancouver, Calgary and then St. John's Newfoundland. Recently Steve worked in Newfoundland & Labrador in large resource developments and was associated with the Lower Churchill Hydroelectric Project including leading the Environmental Assessment of the Lower Churchill. Steve has three wonderful kids, two daughters, Hannah and Rachel and son Jack. Steve loved his kids and was a devoted proud Dad. His children will miss him dearly. Steve was predeceased only by his mother. He will be missed by his father Franck; his older brother Franck Jr.; his younger brother Marc - niece Lindsay-Matt, nephew Bryce-Danielle; his sister Colette - nephews, Rémy and Michel and their father Michael and by his wonderful children, Hannah, Jack and Rachel.



"We take comfort knowing that somewhere Steve is enjoying the sail of a lifetime, hiked out on a broad-reaching Laser, spray in his face, mainsheet between his teeth and feathering the tiller in his fingertips as his boat dances in the waves...he is grinning from ear to ear and in pain no more."

PELLERIN STEPHEN - Obituaries - The Carillon Passages

Steve was an amazing friend, a great sailor and above all a kind hearted soul. He loved people and was friends with them all. On behalf of all the Sailors in Manitoba our deepest sympathies go out to Hannah, Rachel, Jack, to Franck, Franck Jr., Mark and Collette. Steve will be missed dearly by us all.

FOLLOW THE HERD!

Team Toba is heading to the Canada Summer Games in Niagara this August! Keep up to date on games stories, medal counts, and follow the journies of Manitoba's top athletes and Canada's future Olympians.



2022 Canada Games

Determination in our Sails in Niagara

BY SARAH TONE, COMMUNICATIONS MANAGER, SPORT MANITOBA

Sailing at the 2022 Canada Games has been a unique experience in many ways for our Team Toba athletes. The Niagara region is an exciting place for the sport, and the local club hosting the event is the historic Niagara-On-The-Lake Sailing Club. Located right on the Niagara River and so close to the US border meant the sailors had to carefully navigate the current before hitting the water of Lake Ontario.

The other major challenge this week has been a lack of wind. All of the teams were faced with long delays on shore which meant getting creative to remain entertained – yet focused on the competition. There were yoga and mobility sessions, many pin and clothing trades, card games, music, and even opportunities to swim. During the last morning of the competition, head coach Hunter Kristjansson explained the sport is about more than just going fast. He says sailing requires attention to many details and variables such as wind, waves, and temperature. You then have to learn how to use those factors to your advantage. It is truly a technical and challenging sport.

Kristjansson notes the team displayed perseverance this week as it has been a hot week with slow races and these conditions made it difficult to maintain focus. Through all of that though, our athletes were able to pay attention and keep their heads in the event.

Kristjansson has enjoyed getting to know the team which consists of 6 athletes, 3 female sailors and 3 males. The athletes have all been sailing for years and as their coach, Kristjansson feels he has a lot to offer them on and off the water. Ultimately his goal is to see one of the Manitoba members earn a spot on Team Canada. He encourages kids back home to try the sport at their own pace, and notes it is a late development sport. At the last Olympic Games, a 57-year-old from Argentina won a medal so it's never too late to start sailing.

17-year-old Benjamin Cox, from Pine Falls, has been sailing for 10 years. He is partners with Jonah Friesen from Elgin in the double-handed 29er division. He says even though it's not an exciting spectator sport, it can be very thrilling on the water. Cox describes the boat they sail as a two-sail boat that has a 3rd sail called a spinnaker which can be used on down winds. The boat, known as a skiff, is very tippy as it's quite flat but is also fast. According to Cox, they have been able to sail at a top speed of 18 knots or 34 km/h.



As a first-time Canada Games participant, Ben has enjoyed life on campus at Brock University and being around all of the other competitors. For those heading out to the next Games in PEI, he advises everyone to get out early and start trading pins – and to do it before they discover the value of certain pins – and you'll have a great time meeting people.

Team Manitoba was able to get all races for each category in despite the light wind conditions and wrapped up the event Sunday afternoon.

Team MB Games Results:

- 29er W: 4th Place
Katie Sauer (Falcon Sailing Club) & Kendra Penner (Winnipeg Sailing Centre)
- 29er M: 6th Place
Jonah Friesen (Pelican Lake Yacht Club) & Ben Cox (Victoria Beach Yacht Club)
- ILCA 6: 5th Place
Lauren Burns (Black Sturgeon Sailing Club)
- ILCA 7: 6th Place
Evan Owen (West Hawk Sailing Club)



Leading up to the Games

It was a late start to the season but trained whenever possible. This year Sail Manitoba had two coaches Hunter Kristjansson and Anton Tsyhanok. Anton spent majority of time coaching the laser sailors. Which we benefited greatly. As well, I was able to train with highly competitive athletes at Sail West. Which I placed first. From there, Evan Owen and myself left to train in Kingston, Ontario with the East Coast ILCA team and received coaching from Chris Watters and Rob Lalonde. Evan participated in the Youth Olympic Training Sailing Camp and I competed in the CORK International/ICLA 6 Youth Championships Regatta. I was able to apply the tactics and strategy training I had been working on throughout the summer to a big fleet setting with shifty conditions. We also had the opportunity to sail with other athletes who we later competed against at Canada Games representing Nova Scotia, Ontario, Alberta and PEI; which created some familiarity and friendly competition later. Overall, it was fun working with different coaches and athletes on and off the water. As soon as the week was over, we packed up and drove down to Niagara to prepare for the Canada Summer Games!

Lauren Burns
Sail Manitoba High Performance Athlete

Last year in an Optimist

BY GAVIN GARABED

My name is Gavin Garabed, and I am from Ninette MB, where I learned how to sail at Pelican Yacht Club. I have been sailing 10 years now, and this was my last year in the Optimist Boat Class as I will age out. With that in mind, my last year as an Opti sailor was the best year I have ever had in a sailing!

My year started with lots of training on Pelican Lake at PYC that I attend across the street from my house. I had my sights on 2 major events this year, CORK Optimist Regatta and Canadian Nationals. These were going to be 2 of my main events this year so I knew I was going to have to train hard and spend as much time as possible on the water. As well as training I also assisted with the coaching at the yacht clubs Learn-to-Sail Program.

After lots of training at on my home lake I spent most of July traveling to various events hosted by Sail MB with my first one being Sail West. My result was 1st place for this Regatta, although there was very little competition. This was disappointing as I was hoping to use it as a training event for CORK and Nationals. After this event was over my boat caught a ride to Kingston ON to be there for me when I arrived. I spent the next 2 weeks training on a Opti Team and attended a camp at Phil Burns with my little brother at Black Sturgeon Lake, then some one-on-one trailing with Coach Hunter at RLWYC. After this my dad, and my brother and I headed back to MB to attend Opti Provincials being held at Falcon Lake. I had lots of fun at this event and ended up U15 Optimist Champion. From there, we drove home on the Saturday night, then to head back to Winnipeg the next day to catch an early flight to Ottawa for CORK.

When I arrived at CORK I spent the first couple days training and meeting the kids I was going to sail with. I was able to sail with the RNSYS Optimist team and Coach Maru. Coach Maru is awesome, and I learned so much from her over the short time I spent with her. I made lots of new friendships as well and it was nice to sail with a larger group. The first couple of days racing was not the greatest for

me. The winds were very, very light and we barely got one race in on the first day. The second day again the winds were light, and I had my first UFD as well that day which bumped me to Silver fleet for Championship day. The winds had picked up finally on the Sunday (more to my liking) and I had some great races, a first place, a second place and a fourth-place finishing. My final position was 1st place in the Silver Fleet which I was pleased with. I had a great time at CORK this year and hope to be back again in a laser.

After I went to Kingston I came home, had a week's rest then got back on a plane and headed out to Halifax for Opti Canadians at Lunenburg Yacht Club. My boat was already there as it had got a ride with the RNSYS team. When my Mum and I arrived, we had to find out where the boat was and check into our Airbnb. I spent the first 2 days training with coach Maru again and the rest of the RNSYS team. We sailed our boats over to the Lunenburg Yacht Club on the Friday from a private residence. We had a rest day on Sunday before competition, and we ended up driving over to St Margaret's Bay Yacht Club to check out the Nacra 17 Worlds and the events that were going on. I was even able to get a tour of the boat park to see the boats up close.



We also visited the tall ship Bluenose II and got to walk around on board, it was neat. When competition started on the Monday we were dealing again with light winds. It seemed we were always waiting for the winds to pick up before we launched the entire week. It was my first time sailing on the ocean and in saltwater, but it was a cool experience for me. I had some great races and a few that were not so great. I got a 9th place in one of the races and stayed in top 20s in most of the other races. There were 126 boats total including the Green Fleet and I ended up in a 3-way tie with 23rd place. My goal was to make top 30 and I was very pleased that I was able to reach that goal. I made many new friends this summer and had a lot of fun training with them and learning from them about the ocean and all the differences about sailing in freshwater and sailing in saltwater. It was different sailing, and training with a big Opti fleet since I am one of the only Opti Sailors that sail competitively in Manitoba. I loved traveling to the east coast of Canada and can't wait to do it again in a different boat.



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Sail West

BY MARIAH MILLEN, SAIL CANADA NATIONAL OLYMPIC TEAM ATHLETE



I had the absolute pleasure of coming out to Gimli Manitoba for Sail West. In March Hunter Kristjansson reached out to me to ask if I would be interested in coming to GYC to work with Team Manitoba's 29ers for a training camp and the Sail West Regatta. I had never been to Manitoba let alone Gimli, so I was super excited to have this opportunity. I headed straight from my European flight to Gimli and put my jet lag aside so that I could coach the Sail Manitoba athletes.

I knew that I would receive a kind Prairie welcome, but I don't think I was truly prepared for how warm that welcome would be. Every person I interacted with at Gimli Yacht Club and Sail Manitoba was generous, organized and made sure I was fully settled while coaching.

For the training camp and regatta every aspect of the day was thought out and planned, all the way down to what snacks were

available after being on the water. The volunteers, staff and coaches were incredibly organized, and we were able to get all scheduled races complete for the regatta. I want to make a special shout out to Sheila Bellido and Hunter Kristjansson for the work they do at Sail Manitoba! Sheila works incredibly hard for the organization, and you can see that she really cares for all the staff and athletes in the province and at Gimli Yacht Club. Hunter was a huge help both on and off the water. When both my flights to Manitoba and back were canceled, he stepped in and made sure I had a ride and a place to stay even when it affected his schedule. Thanks for really making me feel a part of the team.

The collaboration between Sail Manitoba, Sail Saskatchewan and Sail Alberta was truly admirable. All the athletes, coaches and organizers were on the same page of working together to build a strong sailing foundation for the provinces. While on the water we had two days of training, and two days of racing. During our camp we shared briefings and debriefs so each athlete and coach could talk about what they saw or something they learned!

I'm incredibly impressed with the athletes I worked with. It can be hard when a new coach comes in and has lots to say or wants teams to make changes. These sailors were truly open to any suggestion I made, they were incredibly punctual for both training and racing and were eager to learn. I was even able to jump in and sail with a team when things got windy on one of our practice days.

I learned a ton from these young athletes and I can only hope that they had as much fun as I did during this event. Thank you again to everyone that made my experience in Gimli possible. This will certainly not be my last visit to GYC. The Sport of sailing looks bright for Sail Manitoba and I can't wait to see the positive growth going forward.

Happy Sailing!



2022 Sail West Regional Championships at Gimli, Manitoba

On July 15 – 17, Sailors from across western Canada and the US gathered at Gimli Yacht Club for the Sail Canada Regional Championships and Masters Titles.

Sail Canada's Regional Championship provides opportunities for sailors to train and compete with high-level sailors. They also assist in developing competitive youth sailors through valuable training & racing experiences.

Gimli Yacht Club (GYC) is no stranger when it comes to hosting big events. As GYC has hosted many regattas since its inception in 1969, most recently the Canada Summer Games sailing in 2017. In 1994, the World Board Sailing championships and two Pan Am Games sailing competitions were also held at Gimli as were many other regional and national events.

Competitors at Sail West primarily sailed the ILCA (International Laser Class Association) 4.7, Radial, and Standard rigs, the 29er, a two-person skiff, and the Optimist dinghy, a boat sailed mostly by younger sailors. Since Sail West was an open regatta other boats like the two-person Club 420, and other dinghies competed as well. The No Coast and Western Canadian Masters Championships are sailed in the ILCA 6 & 7 dinghies.

Congratulations to all the competitors and a huge thank you to all the sponsors and organizers for delivering a safe and a highly competitive regatta.

For competition results: <https://jpvm.org/results/2022/Sailwest/results.html>

Winnipeg Sailing Centre

BY TEUN JAN KEIJZER



This summer, the Winnipeg Sailing Centre hosted various programming to teach Winnipeg how to sail! The summer started early in June with Women in the Wind, where people drove all the way from Steinbach to attend. With a bit of a rocky start, like everyone's first time sailing, the group quickly learned how to tame the raging waters of Fort Whyte Alive.

In addition to Women in the Wind, the Centre had a group of young adults in June who always seemed to get the wild days, which steepened the learning curve. However, because they were a smaller group and were very fearless when it came to stepping in the boat, they were able to learn a lot in a very short time. In June, the centre also hosted some shorter one day courses for a corporate team and for the Navy League Cadets. These days were jam-packed; trying to learn a lot of material in little time, but also trying to fit 20 kids into 5 Optis.



In July, I went back to Black Sturgeon Sailing Club, to help instruct their summer programming, with the Winnipeg Sailing Centre still holding summer day camp every week.

When August rolled around, I went back to the sailing centre to round out the summer. In August, the Centre held summer day camp, and adult lessons in the late evening in addition to the occasional private lesson. The day camps were full of laughter and tennis ball tag, and the adults had a very pleasant time sailing in the sunset, even though sailing that late in the day often meant a lot of rudder pumping to head home.

All in all the summer was very memorable, with many great friendships made, inspiring conversations, and lots and lots of sailing.



Able Sail

BY DOUG LOCKHART

This year I had the pleasure of training new employees at ILRC Able Sail and seeing the program through fresh eyes. It was a great benefit to me as well, as I was able to refine my own sailing abilities (specific to our Martin 16 sailboats) and other skills required for the job. It was interesting to see how different skillsets and personalities can compliment and improve the program.

Summer 2022 was a season for beginning to build our program back up, after two years of the COVID-19 pandemic. In a time of so many changes, we took advantage of some free time to reform and improve how we run ILRC Able Sail. Through maintenance and training, we put ourselves in a position for ILRC Able Sail to flourish in the years to come. In addition, we had a Master of Social Work Student from the University of Manitoba audit our program this year, and we are looking forward to hearing their feedback to better improve ILRC Able Sail.

As for this past season, it was somewhat quieter than years past. However, we received the most positive, wonderful feedback from all our participants. As one of the administrators for Able Sail, I interact with individual consumers and organizations to book their sailing and follow up with them on their experience. It is so lovely to hear what participants think of our program, and to provide a more unique service in Winnipeg. Much of what we hear is that sailing is a liberating, refreshing, and unique experience. Many of our consumers sail multiple times over the summer and return the next year. We are excited to add to this group of returning sailors with new participants next year.






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Black Sturgeon Sailing Club

BY PHIL BURNS

2022 marks the 10th year for the BSSC Sailing School.

Back in 2012, and for the next five or so years we ran only weekend lessons, with the help of the Mobile Sailing School. Now we are running 3 full weeks of lessons and have 4 home grown instructors to run the program. The Club has 6 Optis and 2 420's dedicated to the School. This year we ran just over 40 students through the program with beginners and Level 3 and 4 students. We stole an idea from Falcon Lake and ran a women's only class, which was well received, and we will offer this again next season.

Hunter Kristjansson came out one weekend and ran a mini-Boot Camp for our Opti sailors. It was fun to watch the kids out there in the howling winds and I think they especially appreciated having Pelican Lake's, Provincial Champ, Gavin Garabed out there showing them what an Opti can do in 20 knot winds.

Racing for 2022 was a bit disappointing as we only ran a few races but there seems to be a good group of kids taking interest and we hope to offer junior races regularly next season.

Black Sturgeon's Lauren Burns competed in the Canada Games this summer and we are all proud of her and her placing 5th in the Laser Radial, congratulations Lauren. Not bad for a Prairie girl!

Membership numbers have remained relatively steady over last year, sitting at 58.



Falcon Sailing Club

BY PENNY KELLY

Like many, the Falcon Sailing Club (FSC) got off to a slow start this spring. High water, cool, wet weather, and high winds delayed the start of the Club's usual on-water activities. Even with the weather delays, the FSC kicked off a successful season with two significant events in June. In mid-June, as a pilot project, described in more detail below, the Falcon Beach School participated in a week of sailing lessons. Then, to mark Sail Canada's Let's Sail day, the Club hosted an Open House on June 25. By the end of June activities were in high gear. As the FSC works to grow its learn-to-sail (LTS) program, we once again worked together with the West Hawk Lake Sailing Centre (WHLSC), sharing boats and instructors and coordinating both Clubs' weeks of youth and adult LTS classes. This strategy enabled lake goers the opportunity to take LTS classes throughout most of the summer. Once the weather and high water conditions subsided, classes were well subscribed.

Most notably, in collaboration with Sail Manitoba, the two clubs, piloted a highly successful LTS week with the Falcon Beach School. Even with a power outage and some strong winds, 12 students in grades 7 to 10 learned the basics of sailing and how to skip and/or crew a Zest sailboat. Instructors Evan Owen and Katie Sauer did an excellent job keeping the students engaged and safe on the water. Principal Gillian Imrie was on site for the week and expressed her gratitude to all who helped make the week a positive experience. "Our students really enjoyed themselves and learned/improved a ton throughout the week. A big thank you to all of you for organizing and facilitated this week for us. The kids rated it a 10 out of 10 on the way home and are excited about sailing more in the future!" We all hope to make this an annual part of the Falcon Beach School's physical education programming.



In late-July, the FSC hosted the Opti Provincials, immediately following one of the youth LTS weeks. With a focus on fun, four LTS 'graduates' sailed in the one-day event, which was split into a 'Green' and 'Gold' fleet. Interest in Opti sailing is strong with eight young sailors showing up for a learn-to-race session in late August. Unfortunately, conditions were too windy. It appears there is good potential growth in Opti sailing in the Falcon/West Hawk area. FSC gives a big thank you to Craig and Darcy Baker (FSC) and Paul Krestanowich (WHLSC) for coordinating the Clubs' LTS and for running both Opti events!

The South Whiteshell Women's Sailing League (SWWSL), another collaboration of the FSC and WHLSC, continued to offer LTS and 'mentoring' sessions for women and girls. Our cadre of women sailors has increased dramatically over the past two seasons and several of the 'graduates' have ventured into weekend dinghy racing and membership in the Club.

Weekend dinghy races, a keelboat racing series, BBQ's on the upper Club deck, and just enjoying being around the water with friends rounded out the season. Falcon's membership continues to grow and the Club has built up its fleet of Club owned boats to include four Lasers with Radial, Full, and 4.7 rig options, a Tasar, Laser II, four Optis, and an Invitation for member use. FSC is looking to another Opti for next season. (Please email LTS@falconsailing-club.ca if you are looking to sell and Opti or Pram).

After too short of a summer, in late September the docks were raised and the boats were tucked away for the winter. Club members are already looking forward to another summer of sun and fair breezes.

Gimli Yacht Club

BY ADAM REEDER

The 2022 summer, at the Gimli Yacht Club, was vibrant and engaging. We saw a surge of members, and the public, wanting to ‘get back to normal’, engaging in charity events, regattas and many other social gatherings. We held our normal six weeks of Learn to Sail courses, available mornings or afternoons in July and August. We have classes for sailors as young as seven in the Optimist dinghy, while older or more experienced sailors learn in the Laser. We also held several Discovery Sails for those who are not sure if they are ready for lessons or interested in purchasing their own boat.

GYC delivers the Sail Canada CANSail Program, which was a huge success again this year, with record registration. Visit gimliyachtclub.com/on-the-lake/learn-to-sail for details and registration information.

New for the 2022 season, we delivered a kids club type of offering. This is a joint venture with the help of the Kiwanis Club of Gimli & District, and the Lake Winnipeg Research Consortium. We have called it the Lake Winnipeg Discovery Camp. The intent is to combine a morning of sailing lessons, with an afternoon of learning, teaching kids a bit about the lake, and science being done in and around it. This offering was an outstanding success. All spots, for the weeklong camps (we ran 2 in total), were sold out before spring, and had a waiting list for cancellations. Our plan is to expand this further in 2023.

Gimli Yacht Club is involved in the community and surrounding area. We held a great open house on the Canada Day weekend, which is fast becoming an annual thing. Boat displays, membership info, and participation in the parade, made for a very busy weekend! Especially with our largest event, the Save the Lake fundraiser, falling on the same weekend.

Our annual Save the Lake fundraiser took place Sunday, July 3rd. Organized by GYC and the Kiwanis Club of Gimli & District, this family-friendly fundraising event features education, fun and

food – all in support of a healthy Lake Winnipeg. Net profit raised was donated to the Lake Winnipeg Foundation (LWF) and the Lake Winnipeg Research Consortium (LWRC). The event has so far raised over \$15,000 to promote the health of Lake Winnipeg.

Gimli Yacht Club is actively supporting the Viking Park Connectivity campaign. The project connects the Viking Park with the harbour area via First Avenue and involves tree-lined pathways, improved lighting and sidewalks. GYC has committed to supporting this project in the amount of \$10,000 as a means of demonstrating our community support.

This year featured the 12th edition of the club’s Leukemia Cup Regatta, the first in Canada to raise money for the Leukemia and Lymphoma Society of Canada (LLSC). Over the last decade, we have raised in excess of sixty thousand dollars for research into blood cancers and for patient support in Canada. This year the regatta was on Aug 13th. There was a big social event and awards for the pursuit race held that day. It was a lot of fun and all money raised, including race entry fees, totaled almost \$5,000 for this amazing cause. For the boat owners and their friends there are many opportunities to get involved in the club. If you are a keelboat owner and like to race, we have Wednesday Night Racing, a regatta that runs from June through August. The annual winner takes home a modest brass plaque and bragging rights for the next year. Also, we are always looking for crew, so if you are interested, reach out to manager@gimliyachtclub.com for ways to participate. If you’re not so competitive but would like to give racing a try, then we have several pursuit races for you. They are typically held on weekends and associated with social events at the club. The races can be just as competitive, but you won’t have to worry about crowded start lines and all the “fun” that accompanies a mass start.

For dinghy sailors we had a lot to keep you busy too. This year, we encouraged members to engage in club dinghy races every Sunday afternoon,

designed to provide more opportunities for dinghy sailors to get out on the water with other sailors. Of course, we also have several formal dinghy regattas at the club, including the Manitoba Laser Masters Championships and the 2022 Centennial Open Cup.

Special, for dinghy racers, in 2022 was our hosting of Sail West, the Western Canada sailing championship. GYC hosted one of the most memorable regattas in many years. It was our third attempt at hosting Sail West with the 2020 and 2021 versions being cancelled due to the pandemic. We had 48 boats from as far away as Boston and Denver and great representation from across western Canada. There were multiple fleets on two race courses. Our race committees conducted 42 races! The food was great, the company was great, and the sailing conditions, particularly on Sunday, were spectacular. A huge thanks to everyone who helped. Whether you were on the water, on shore, or

behind the scenes, you are the reason Sail West was such a success. On behalf of the GYC Board, and the Sail West organizing committee, THANK YOU! It seemed that every weekend we had some sort of event or social activity happening. The summer flew by fast, as it always does, and this year really demonstrated how membership goes way beyond use of facilities, but really brings sailors together to share knowledge, stories of lore, and simply enjoying the sense of community.

If you’re looking for opportunities to learn to sail, go sailing, sail competitively, help the community, or just hang out with sailing friends, come join us at the Gimli Yacht Club next year!



Gull Lake Yacht Club

BY J BIGGAR

As I write this, there is a crisp feeling to the air and a stinging coolness to the water, a sure sign that another season of sailing has officially come to an end.

If I had to characterize the summer of 2022 at GLYC, two words come to mind: enthusiasm and growth. For those unaware, Gull Lake is uniquely shaped like a great arena; anywhere on the lake spectators can put a chair on a dock, pull out the binoculars and have a front row seat to the spectacle that is racing on a Saturday afternoon. Even the average cottager at Gull Lake looks forward to “seeing the sailboats” every Saturday. The excitement before a race is palpable for those watching, but even more so for those participating. It is this energy and enthusiasm that has fueled the sailing spirit around the lake and resulted in many saying to themselves: “Why not me?” “Why not my kids?”

Now, the 2022 season began slowly as I’m sure it did for many other clubs around the province. The cool weather and torrential rains extended well into June and several new events that were scheduled had to be cancelled including “Set Up Your Boat Day” and the “Ice-E-Breaker” (E scow race).

However, there is something about Canada Day weekend that signals the real start to the season and this year was no different. Our Summer Series racing got underway on July 2nd with two races held back to back to kick off the season.



The following weekend the annual sailing school was held and we had a record number of participants. This was the perfect opportunity for brand new sailors, or, those who had some experience but were maybe a bit rusty, to get out, receive some fresh coaching and instruction, and build some confidence on the water.

The summer series continued during the weeks from July 16th to August 27th. A total of 12 races were held as part of the Summer Series and we experienced a good mix of conditions including low wind “technical” races all the way up to extreme, gusty, Beaufort 4 winds which always makes for some excitement especially when multiple boats are on their side mid race.

Of course, the climax of the season is always the Annual GLYC Regatta which was held the weekend of August 12th to the 14th, and the 2022 version did not disappoint. Five races over two days, three consecutive days of events beginning with the Skipper’s meeting on Friday night, the GLYC dinner on Saturday night, and the Awards ceremony on Sunday afternoon; it was a jammed packed weekend and it was wonderful to see many new faces participating in these events. Of course, on the water is where all the action was: Race 1 started with almost no wind, it was almost comical to see a parking lot of boats sitting at the start line, Skippers and crew eager to charge from the gate but nobody moving.

Mass confusion ensued on Race 3 where an errant double whistle had many thinking there had been a recall, was it a one boat recall? A general recall? No! Keep racing! The wind was very shifty at the upwind mark and multiple boats failed to round the mark cleanly, some just touching it and others getting hung up on the anchor line with their dagger board. We saw the usual occurrences of “barging the line” at the start during several races and in one instance a skipper was hit with a boom of an offending boat that had overlapped above them and then let off the main sheet a little too much. We had a boat whose scupper broke off just before the start of Race 3 only to be saved by a passing boat who graciously passed some pieces of pool noodle foam to jam in and plug the gaping hole. But, despite all of this, the most memorable moment of the Regatta had to be the capsizing of the mighty 28ft E scow – in slow motion. It was as if time stood still and the race paused for a brief second as this was taking place.

Despite a heroic attempt by the crew to right the great vessel (which included sprinting down the length of the mast to grab the end to prevent turtling), the crew was unsuccessful which forced the safety boat into action to pull the crew from the water and tow the yacht to shore.



The outcome of all of this chaos was a crowning of a new and well deserving champion, Mr. Dan Reinisch. Dan and his Crew were at the top of their game stringing together five impressive finishes of 1st, 1st, 1st, 3rd, and 3rd to claim victory and all of the accolades and glory that go along with such an accomplishment. Congratulations!

I would be remiss if I concluded without thanking our wonderful volunteers. From our Commodore, to our Committee Boat, to our Sailing School Organizer, to our Merchandising/Events Coordinator, to our Trophy (and easel) Craftsman, Safety Boat, Photographer, to every single person who contributed something to this club: you are the ones keeping the GLYC heart beating strong. You are the reason we are seeing more and more sailboats at docks and beaches around the lake. You are the reason for the enthusiasm and growth of sailing at Gull Lake. I know I speak for all of our members when I say: thank you. Here’s to carrying the momentum from 2022 into 2023. I for one can’t wait!



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Pelican Yacht Club

BY DOUG AND LEANNE TRELOAR

Hello fellow sailors! It was so exciting to have a normal summer of sailing and social events during the summer of 2022.

Our Learn to Sail program was great, although perhaps shorter than usual but everyone had a great time and thanks to Lorna Garabed for guiding the fabulous instructors we had this year.

Ben Stephenson, unfortunately, will be moving on and we wish him all the best. Ben was able to come out for 2 weeks and help with the training of our 2 new coaches Jonah Friesen and Gavin Garabed. Our program had many new faces this year along with lots of familiar ones. Jonah was instrumental in the instruction he provided to our adult private lessons and it's great having such a knowledgeable coach part of our club. Little Bird went off with great success with both optis and lasers out on the race course. Again it was fantastic having support from the parents, the club members and Boundary Coop for donating the fabulous ingredients for our pulled pork supper. To continue with tradition the LTS program was wrapped up with a firework display. Looking forward to growing our program next season!

Jonah attended Canada Games
in his 29er Aug 15-19 in Niagara

Gavin Attended Cork Aug 4-7
Kingston On & Opti Canadians
Aug 22-26 Lunenburg NS

Jace & Gavin attended Opti
provincials at Falcon Yacht Club.

Great sailing had by all!!

Pelican Yacht Club continue to be busy submitting grant applications for infrastructure improvements for the club and the harbor. We have set up our new website and continue to complete some of the fine tuning it needs so we are ready for a very robust online process for next year.

The water levels will continue to remain at normal lake levels. Looking forward to a fabulous summer of sailing and our schedule for racing/social events will be amazing.

Cheers from PYC



Royal Lake of the Woods Yacht Club

BY CHRIS RADCLIFFE, REAR COMMODORE



As I'm sure is the story for other clubs, the summer of 2022 will be remembered for its record high water levels that swallowed up the docks within weeks of the ice melting. After a long two years of COVID restrictions and social distancing, we faced a dilemma of how we'd operate the sailing program, whether the floating docks would be enough to create a safe environment and if there would be enough kids coming out to make the program viable...

Well, I'm happy to report that the high-water failed miserably at slowing down the sailors, who brought renewed energy and sailing enthusiasm back to the club docks the moment we opened the sail shed doors in July.

While it was a successful summer, I'd say 2022 was different in many ways. As the weekly sailing lessons started with strong numbers, we experienced a slower start with weekend races as our bigger boats, the Scows, unfortunately had challenges launching. That was frustrating, although it opened the door for a return of the Laser fleet and dinghy racing as many eager and qualified OPTI and Bic sailors transitioned into the age-old classic Laser hull with either a 4.7 and Laser Radial Rig! We were also thrilled to see many new young families introduce their kids to sailing in the Tennis-Sailing Combo classes and Wet Feet OPTI program. Participation also returned to pre-COVID levels for our CANSail Program and we experienced a record year for kids in the Race Team!

We were lucky to also put together the first road trip in a long time with a team of 10 sailors attending Sail West in Gimli. By the way, hats-off to Sail MB, Gimli YC and the event volunteers for creating such an amazing experience!

Overall, I'd say Sailing both survived and thrived in 2022, thanks to the collection of support from volunteers, dedicated maintenance staff who worked tirelessly to keep the docks safe and an awesome team of instructors that constantly adjusted to the bizarre water levels each week.

Thinking back, I'm not sure what the biggest highlight was for me... Catching a glimpse of kids having fun, with big smiles and tons of laughter... Or was it seeing 15+ Laser sails on the start line for the Richardson Regatta? Or maybe it was the downwind drag-racing of the Scow fleet as they risked flying their spinnakers in heavy winds and teetering on the edge of dumping! So many good memories.

LOWISA & Northern Yacht Club

BY STEWARD ANDERSON AND QUINN ANDERSON

LOWISA 56 is now wrapped up for the summer of 2022. LOWISA, Lake of the Woods International Sailing Association, is host to a 7-day regatta on Lake of the Woods ("LOTW") for sailors and cruises alike. Race days are followed by social events, and a layover day mid-week provides an opportunity for rest, repairs and on-shore events.

As the Commodore this year, it became very clear that LOWISA means something different to each participant. Some people love the competitive racing while others focus on the comradery of the event. Each day, people get to share stories with others who have the same passion and love for LOTW.

For some, experiencing the peace and quiet of an early morning swim or paddleboard in a wilderness anchorage is just what the doctor ordered; for others, perhaps a bonfire with friends at night. Everyone can do what they love the most to make LOWISA a memorable and fun experience.

During the race week, several events and contests are held after the finish line at the mooring. These have become infamous amongst the LOWISA fleet, with much advance planning and hype and friendly competition for the coveted title (and prize) winners. Many hours are spent in preparation for the 'Betty Crocker' cooking contest and the entries are amazing, especially considering the facilities and supplies available to each contestant. We also have a cocktail mixing contest, and you quickly learn the depth of knowledge of boaters when it comes to the art of mixology.

Other social activities included a couple of onshore gatherings, at Queen Island and then at 22 Ft Bay. This year the band, 'North of Springsteen' entertained everyone during the layover day dinner and dance at Ash Rapids Lodge.

The LOWISA organization is a strong supporter of the environment especially as it relates to LOTW. To increase sustainability awareness, each boat was judged on its level of sustainability preparedness. Prizes were provided from several sponsors with the primary sponsorship coming from Volvo Cars Winnipeg.

Realizing that not all participants are hard core sailboat racers, for LOWISA 56 we added a Division which we called Leisure Pursuit. This race was a Pursuit style race approximately ½ the distance of the regular courses. It was designed for people that were less experienced, or had less crew, or preferred to wake up later in the morning. The pursuit courses overlapped the regular courses to keep it more entertaining for all.

Commodores, LOWISA 56
www.lowisa.org

Start planning to join this adventure holiday for LOWISA 57 in 2023: the Greatest Fresh Water Regatta in the World!



Race Results:

- Leisure Pursuit 1st Winded, 2nd Amazing Grace, 3rd Wee McGregor
- Non-Flying Sails: 1st AFTICA, 2nd Auberge, 3rd Kapriz
- Flying Sails Division 1: 1st Borderline, 2nd Karma, 3rd Legacy
- Flying Sails Division 2: 1st Nepenthe, 2nd Riddari, 3rd Kite

Other Competitions:

- Betty Crocker Contest: 1st Iceberg, 2nd Micalangelo, 3rd Knockout
- Cocktail Contest: 1st Beagle, 2nd AFTICA, 3rd Blackpearl
- Sustainability Contest: 1st Borderline, 2nd Freedom, 3rd Micalangelo
- Winner of the Grand Prize for a new sail: Grand Cru
- Spirit of LOWISA: Jeff Merchant
- Rookie of the Year: 3-way tie between Micalangelo, Knockout and Obsession
- Sportsperson Award: Paul Gomori
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Silver Harbour Sailing Club

BY KURT JANZEN

Greetings from the Silver Harbour Sailing Club.

It's that sad time of year again when the boats are in the harbor and put away for the winter. Time to start thinking about what you need to do to the boat and where you want to sail next year. Time to reflect on the good sails you had in the past summer.

The past spring weather brought mixed blessings. The big snow melt and spring rains brought the water we needed to bring low water levels back to normal. We went from walking down the ramps at a 45 degree angle, to climbing up the ramps to our docks. And when the wind was strong from the north you would probably get your feet wet getting to the ramp.

Perhaps we didn't quite need all the water that came down the Drunken river to wash out the road beside the Marina. This came on the night of our spring banquet, along with a little detour for the summer. The wet conditions eliminated the smoke from forest fires. Weather keeps life interesting.



Temple Reef Sailing Club

BY ROSS BAILEY

Growth

How do we attract continued interest from the sailing school ranks to help sailing growth? The question is perennial. It's an excellent sentiment and we're all just trying to share the joy of sailing. Huge amounts of effort are given to our several learn to sail programs. The fact the legacy of the lessons continues to need nurturing deserves real contemplation and constructive ideas.

Perhaps one idea has always been available, and with literally no extra effort would be fun for everyone. All the sailing schools and the sailing teams involve many hours of support. Club volunteers organize and keep up the boats, hire staff, take registrations and generally oversee each program. Parents must be very involved with team support, in fact, be pretty well as dedicated as the team members themselves. Yet support seems to be where it ends. Is there a way to recruit all of this help, and the students, to continued sailing without loading even more work on supporting individuals?



Yes there is. Most of those helping with the sailing programs sail. Now certainly each club has its own events to participate in and enjoy. But what if, once each summer, one regatta were designated an overall reward event with all encouraged to attend. Rotate yearly so that we get to visit a new club each year. Bit by bit we'd meet everyone in our far flung sailing community. And, as we all know, in any successful sport, the sport itself is only half of the whole. Almost certainly the more important half is the social side.

We all want more attendance at every regatta. That's a given, so any attendance encouragement is more than welcome. Yes, often the team attends or perhaps the sailing school can participate, but how can we encourage all these potential new sailors to continue sailing after their programs. Of course by inviting them to sail together with existing sailors.



Let's take an example. A young sailor is on the sailing team. A full program keeps both the sailor and the parents busy, but once a year, for a scheduled regatta, they are encouraged to sail together or at least participate in the same event in different boats. Much like skiing as a family.



Perhaps the family does not have a sailboat. A, it's time they bought one. Or B, let the youth sailor sail in the team boat and invite the parents to sail on boats that need crew for the regatta. Boats always need crew. Or C, and probably best, encourage the family to sail together in the same boat. If they don't own a boat, please refer to "A".

And what of sailing school parents who definitely don't have a boat. They obviously see the benefit of their kids learning to sail. Encourage that family to attend the regatta. Perhaps a sailing school boat is available for use. Or perhaps an unused boat can be begged or borrowed to let the whole family sail together. An approach like this just needs encouragement so that bystanders become participants. There's no question that the most successful clubs are those in which families actually sail together.

It makes sense that a "Green Fleet" be introduced to the regatta but otherwise, larger numbers really don't add work to a regatta. If anything they help balance the books. By encouraging the non-sailing and existing sailing support all to attend, we can't help but encourage more participation.

If a non-sailing parent would rather not sail, there's every chance a mark boat needs help or even a spectator boat is available so that they can be out on the water with the rest of their family.

I think we'd all agree a large part of the non-sailor allure is sailing's romantic image. Once a person takes the big step into a boat, on the water, and actually tries sailing, more aspects of the sport open. The relaxation of cruising. The excitement of racing. Just simply day sailing. Let's offer these new sailors and volunteers a way and incentive to continue sailing. Many excellent ideas are already in use. High school sailing. Women's programs. New crew benches. Youth racing teams. Club boat grants. And more. Pretty encouraging. Most of these aim at younger sailors, which should give the best return. Regrettably our retention numbers are low. Encouraging more accessible participation just once a summer offers a bridge that can be part of the solution.

Sailing has a host of support. Inviting that support out onto the water and into a boat would be very appreciated and can't help but stoke sailing. By including their students as well, we'd cement that growth. And what a regatta for the rest of us who already sail!



West Hawk Lake Sailing Club

BY PAUL KRESTANOWICH

That's a wrap on the 2022 West Hawk Lake Sailing Centre season!

Close to 50 sailors took part in our West Hawk sailing lessons and with our partnership with Falcon Sailing Club, Falcon Beach School and the South Whiteshell Women's Sailing League that gave us a combined 100+ kids & adults sailing the summer away. Thank you to all our coaches who came from across the province to help us, Megan Burns, Colette Pellerin & Teun Keijzer (Black Sturgeon), Gabriel Freider & Zach Tellier (Cadets/Sail MB), Aidan Lawton (RLWYC/Sail MB), Katie Sauer & Sara Telles-Langdon (Falcon) and Evan Owen (West Hawk).

We were even able to convince veteran coach Tom Saunders to come out of retirement to look after classes for a couple of days. All this coordination of lessons and coaches would not have been possible without the help of Sheila Bellido (Sail MB), Sharlene Telles-Langdon and Craig & Darcy Baker at Falcon Lake, thanks everyone!



I would be remiss if I didn't thank our volunteers that make the season and lessons run so smoothly year after year, it takes a village!

Cole Anseeuw, Noah Hayden, Aaron & Colin Krestanowich for moving/hauling sailboats almost every week. Kevin Harbottle for looking after our building, grounds, trailers, etc. Derek Hayden for helping us close up and put away boat gear for the season. Nancy Hayden for bunking our instructor at the last second when needed. Scott Whyte for helping us build new Laser spar storage. Tom Saunders, who helped keep our boats in tip top shape. Glen Agar and Brennan Agar for looking after our annual corporate filings and volunteering with the Sail MB board and SWWSL. And finally, my wife Cory Krestanowich who looked after the coaches meals and accommodations too many weeks to mention this summer.

The Provincial Optimist Championships at Falcon Lake and the Canada Games 2022 at Niagara on the Lake made for some additional fun on the water for our local sailors. Congrats to Evan Owen (West Hawk - Laser), Katie Sauer & Kendra Penner (Falcon - 29er) and all their success at the Canada Games. Evan had a third place in one race and Katie & Kendra won a race in their series. Lack of wind most days really hurt our sailors as they thrive on big winds, which unfortunately didn't materialize.

Sadly, the sailboats are put away for the winter and the boat house closed for the fall. It was a fantastic summer of sailing, especially with heavy covid rules looking like a thing of the past. We ran lessons over six weeks using our expanded fleet of boats. Adding two very good used Lasers to our fleet really helped the program.

The long-term fundraising events and goals to finish our deck & railings and add a composting toilet were put on hold this summer due too all the flooding, but these projects will hopefully be completed in 2023. Then we can begin hosting yoga and BOOT camp classes on a regular basis along with sailing from June to September. Look for the announcements in the Spring about a wing night, wine raffle and possibly a 50/50. Proper signage and some finishing touches on the building saluting our donors are in the works.

For those who would like to donate to our upcoming projects please contact us at info@whlyc.ca or 204-479- 7100. Check out our website for regular updates and all the recently downloaded 2022 pictures or follow us on Facebook. www.whlyc.ca <https://www.facebook.com/whlyc/>

Have a great winter, and we'll see you on the water soon!



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Our Services:

- Physician
- Physiotherapy
- X-Ray
- Athletic Therapy
- Chiropractor
- Massage Therapy
- And more...

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