

COMMODORE'S RAMBLINGS



Last night (7th March) we had the last of the Winter Socials, a slide-show by **Tim Bowden** who had sailed his *Mirror* around Ynys Mon and rowed/sailed from Shrewsbury to Porthcawl (down the river Severn). I think his enthusiasm captured everyone's imagination. Completely different in content and presentation to the other two excellent presentations (The Mini Transat and 'Stad Amsterdam' - the tall- ship), I hope that there has been something to suit everyone's taste. The turnout to the socials has been good and looking around last night it was encouraging to see such a broad range of ages of those attending - from those still 'in-utero', a baby, youth members and slightly older members as well! Going on at the same time was a meeting of the Regional WYA Committee, who were using our newly decorated training-room upstairs. Thanks to those members who have helped during the working parties and in particular to **Geoff Drake** for improving the car-park with his JCB.

Don't forget the sailing season starts on March 24th followed by the Fitting-Out Supper and Auction of surplus equipment.

We are planning a special 60th Anniversary Celebration during the summer. Isn't it amazing how time flies, can you believe it will be 10years since the 50th Anniversary!

Cheers, Rhys

PRIMO CUP - MONACO

Who ever knows Nigel Biggs will agree with me that he's a great man and sailor!

He had work commitments 3 + 4 Feb so he flew me and Elaine out to Monaco Friday night (2 feb) to step into his Dubarry's to helm his SB3 at the Primo Cup and Elaine to take some pictures! (See: www.fotoboat.com)

We arrived at the (very posh) Monaco YC at about 2130 on Friday night, wheeling our cheap and nasty wheels and everything Tesco cases! Met the boys I was sailing with, Chris Blackburn and George Rice (ex Bangor Uni 1997-2000?) and proceeded immediately to the nearest waterside Night Club (still with the wheels and everything)

Very enjoyable night and even more memorable walk back to the hotel trying to keep Dave Jones out of Strip Bars, Monaco' Casino fountain etc etc etc!



A great day's racing followed on Saturday with shorts and T-shirt sunshine (no bull), SW F 3-4 and 3 races. We were pleased with our performance too considering the late night antics! Posting an 8, 6 and 5th out of 30 SB3's

Saturday night's social was a dream come true... free dinner, champagne, wine, beer, women etc until it all ran out or got tired! A truly far better night than £3 Guinness' at the GF!

Sunday morning we were blessed with F5-6, sun again, and due to wind coming from a Sardinia direction, huge waves (10-15 feetish) and absolutely fantastic SB3 asymmetric downwind weather!

Results weren't too bad either posting 11, 3 and 5th. Some of the best downwind surfing conditions I have ever sailed in!

On to prize giving...Fantastic due to Credit Suisse and Slam (the sponsors) providing 5 fit models to present and kiss the glassware collectors!

We finished 7th on 50 points and 4th were only 3 points ahead, so racing was very competitive and close.

Who's up for a 3rd share of an SB3? Primo Cup, Monaco 08? (See me at the club)!

Dave Jones

HANDY HINTS & TOP TIPS

PRE - SEASON PREPARATION

It's coming up to that time of year again, when we're off down the slipway ready to go racing like eager beavers!!

Dressed in our dry/wetsuits, the sails go up, rudders go on & the boats feel the kiss of the salty strait water for the first time this year. All is going well as we're chasing round the course with the rest of the little ferrets when it all goes Pete Tong.



Something breaks and as we limp back ashore & drag our sorry selves back up the slipway we try hard not to look like we feel - Lemons!!

Here's a quick 5-point guide to help prevent that situation where you're dragging the boat back for an early shower:

- (1) **Dents & Scrapes** - We all know we do it (some more than others not mentioning the two clowns that wrote this piece) - have a knock at some point in the season and fix it with electrical tape. **NOW'S** the time that repair done properly (this includes your foils). If you can't fix it call our resident repair workshop *Classic Sailboats*.
- (2) **Rigging** - Admittedly it's not commonplace to see a mast come down at PDSC but it's worth checking. Things to look for are rust on any connections on the wires and make sure they are not frayed.
- (3) **Sails** - Clear it with the husband, wife, parents or whoever owns the house and move all the furniture in the biggest room and unroll the sails. You're looking for stitching coming loose or undone around the leach, batten pockets and windows (if you have any). Important health warning to husbands: - Do NOT attempt this check without prior consent from wife!!

- (4) **Ropes** - Check them **all**, sheets and halyards. Make sure they are not worn or frayed anywhere. Check your whipping. The majority of rope problems can be avoided easily.
- (5) **Fittings** - For this you'll need a screwdriver. Go over the whole boat, starting from the bow on the Port side, down to the stern and round to the Starboard side up to the bow. Tighten every single screw and check that no bolts can turn. Everything should be checked but the essential fittings to check are the rudder pintels, jib blocks/ fairleads, shroud plates, bow fittings and toe straps.

Now that you're ready and rearing to go hopefully you'll avoid going for the early bath.

Mark & Josh

SOME CYCLING SUGGESTIONS

In order to tone up the legs for the sailing season, a few members have been cycling around the area each weekend. These are two of the rides we have done which seemed to be enjoyed by all who have been taking part. (John, Nina, Karen, Lindsay, Ian, Lis, Ken, Lou, Andy, Mark & June)

1) Holyhead to PD

This ride basically follows the National Cycle Route 8, which is signposted and leads from Holyhead to (eventually) Cardiff. This section is about 35 miles long and took us 5 hours altogether. Although it is entirely on the road, most of the lanes are very quiet and traffic free.



Park near Penrhos Nature reserve (we parked by the ambulance station) and you can pick up the signs straightaway. The route leads you through

Trearddur Bay, over Four-Mile Bridge, through Llanfihangel, Engedi, Dothan and to Bethel. At this point we left the route to visit Malltraeth and a lunch stop in the Joiners' Arms.

Taking the lane alongside the Cefni River allows you to rejoin the route without backtracking. Then, onwards and upwards to Llangaffo (the only really steep bit), through Llanddaniel and cross the old A5 at Star (by Dick's Discount Shoes).

Once again, we left the route here and followed the old A5 through Llanfairpg, over Britannia Bridge and back to PD through the Vaynol Estate for a well earned beer in the Garddfon. The proper route also arrives in PD, but by way of the Menai Bridge (I think). If anyone does it I would love to know!

2) A circular ride

This ride is mostly on tracks rather than on the road, is 29 miles long and only has one really big climb. It took us about 4 hours in all.

From PD, follow the National Cycle Route 8 to Penygroes. Leave the track there, and follow the B4418 towards Rhyd Ddu. After a mile or so, you leave the main road, and cycle along the old road alongside. Keep straight on all the way through Talysarn village, until you reach a small roundabout at the end of the village (Grid ref 494 533). Straight across leads you onto a track through Dorothea quarry. This track continues through the quarry and rejoins the road to Rhyd Ddu. After another mile or so on the main road, turn left up a wide track opposite the start of a terrace of houses called Tai Victoria (Grid ref 515 534).

Take this muddy track up (it is steep and more pushing than riding), keep left at the

fork, down and through the little ford, back up the other side and eventually reach the end of a tarmac lane at Grid ref 513 544.

Now, take this lane to Fron village, ignore the first "hairpin" right, and take the more obvious right turn at the end of the village. Follow this road to Rhosgadfan, and take the right turn for Waunfawr. Whizz down this long twisty downhill lane, and emerge onto the A4085 (Caernarfon to Beddgelert) opposite the Waunfawr railway station (Grid ref 527 586). The pub here makes a good lunch stop (we did).

Then, cycle through the village of Waunfawr, turning left onto the signposted "Lon Gwyrfaï" cycle route at the end of the village (Grid ref 516 601). Follow this down to Caernarfon (a pint in the Black Boy slipped down very nicely), then take the cycle track back to PD.

Andy

MACHU PICCHU INCA TRAIL

So, I was sitting in the living room relaxing after coming back from a Christmas jaunt, when my mother steps in and announces that she is going to do the Inca Trail. At this, Corrie was forgotten and the room erupted in laughter. How ridiculous we thought, she's fifty bloody odd! We just assumed that would be the end of it, but oh no, one should never underestimate the determination in this woman.

Not only did she keep talking about it, giving us slight concern that this wasn't a pipe dream, she was looking to do this on her own. Since her sole mate, my father, seemed set to let her down, who else could she turn to to complete her greatest ambition & walk the Inca trail?

I started to think that maybe she is onto something; this could be an experience of a lifetime. But first there were some questions

to answer, such as why now, at this age? The chance to get a couple of weeks off work & visit the "lost" temple was enough to swing it. Not to mention the good work and help we would give to the 'Touching Tiny Lives Campaign' by raising over £3,000.00 for the



premature baby charity.

After being given the all clear by the doctor on our fitness it's on to the tough bit. We've been sent the information on where we are going, how we are getting there and what we need to do to get there. Wow all of this is going to take some doing....

Firstly

We have to raise a minimum of £2750 each in sponsorship and £1326 of that would be towards the cost of the trip each so as we are doing this together it will be £5000. This is the minimum that we need, so we want to raise more than this and possibly with your help raise about £7000.

Secondly

We have to be fit fit fit! The trail is set among the Andean mountain range with steep inclines and declines. We will be climbing over 9500 steps of varying sizes to reach the Sun Gate. The going is uneven and requires a fit body and a focused mind to calculate your step. I'm just glad we each get allocated our own little Peruvian boy to carry the essential luggage, hair strengtheners, high heel boots and lip stick, lucky for them. We will be walking approximately 6 hours a day for 4 days. Dave is very pleased that he is not coming because the amount of "my legs are hurting, are we nearly there yet, how much

further and can we stop yet" is going to be enormous.

Thirdly

Camping, those of you who know me well will know that camping and Elaine do not mix. I have often shuddered at the thought of staying any where other than a good bed and an on suite shower with TV and coffee making facilities. Camping for 4 nights in the jungle half way up a mountain is something I would never have dreamed about. Then I was kindly told about the bugs, spiders and scorpions (not the boat) would be sleeping with me instead of Dave. Maybe in that case I might finally get a decent night sleep. With this in mind I reconsidered my decision to take the time off work, but then the BBC broadcast the item about the extremely premature baby in America and the challenge was back on. This made me aware of everything that I need to do, so please help me.

This is going to be the most fulfilling challenge of our lives and I can't wait to come back and tell you all about it.

I'll keep you all posted over our fitness progress and how much money we have raised.

So please help me raise more money for "the touching tiny lives campaign" online at

<http://www.action.org.uk/~emarsh>

OTHER BUSINESS

CONGRATULATIONS to Josh Metcalfe for recently being awarded the RYA Under 21 Youth Coach of the year. (You may have heard of him off of the radio).....

CONGRATULATIONS to James Bibby for making it into the British Optimist Squad 2007!! Great work James and hope you enjoy the year

If anyone has any suggestions for ways to improve the already wonderful service provided by Sarah in the **GALLEY** please don't be shy. Sarah will welcome any thoughts

Don't forget **SAILING STARTS** on the 24th March make sure you're there.

FITTING OUT supper will be held after racing on the 24th. All are welcome and alcohol is served with the food!! Don't miss out.

READERS' PROBLEMS

Dear Aunty Lou,

I am confused - Chris Gowers and Josh Metcalfe have won some awards for coaching and as far as I know neither of them have ever driven a bus. Also people say Chris Gowers won the Mussolini medal - is he a fascist dictator and do you get a medal for it nowadays? It's all Greek to me.

HRH Duke of Edinburgh

Dear Phil,

You are Greek. Try turning up your hearing aid and keep taking the pills!

Dear Aunty Lou,

I sailed with my father last year, but he is completely impossible. He even threw me out of the boat. What should I do?

Ann Onymous

Dear Ffion

Check your DNA - he might not be your father!

Dear Aunty Lou,

I sailed with my daughter last year, but she is completely impossible. I even threw her out of the boat to cool her off. What should I do?

"John Jones" (obviously not his real name)

Dear "John"

Obviously not cool enough - you could try hosing her down before sailing!