



TELLTALES

The Journal of Priory Sailing Club
June 2009

www.priorysc.org.uk

A PARTY!

Priory Sailing Club was formed on the 3rd July 1979, which makes the Club thirty years old this coming July. To celebrate the club's thirtieth anniversary a **BBQ party has been arranged for Friday 3rd July at 6.00 pm at the Clubhouse.**

Do come along and swap tales of your early memories of your involvement with the club. Did you know that when the first discussions about forming a club took place there was no lake on which to sail? So come along and join the party and see what other snippets of history you can pick up. Oh, please bring your food to be "roasted" on the BBQ, with maybe some salad, and your favourite liquid to wash it down.

Inside this issue: -

- The Commodore's Column
- Thanks for your help
- Open days taster sessions
- Frostbite Series results
- Icicle Series results
- Postponed Icicle Race results & All-fools Races
- Spring Training courses
- Club fun evening and BBQ
- Club lunch
- Juniors Dinghy Sailing Course
- Topper Open Meeting
- Buccaneers Heron training day
- Heron National Championship
- Autumn Buccaneers Sessions
- Junior Regatta & BBQ

DATES FOR YOUR DIARY

Sunday 7 June	Summer Series races 7, 8 & 9
13 & 14 June	Open day — taster sessions for the public 10.00 - 16.00
Saturday 20 June	First of six Pirates (beginners) sessions on consecutive Saturdays from 13.30
Sunday 21 June	RLNI Regatta, the first of three races starting 11.00
Saturday 27 June	Club's fun evening including sailing and BBQ from 16.00
Sunday 28 June	10.00 Olympic Series races 3 & 4 and 14.00 Lazy Sunday races 5 & 6
Friday 3 July	Club's thirtieth anniversary party at Club House, BBQ at 18.00
Saturday 18 July	Club lunch 12.45
Saturday 1 August	First of four Extra Pirates sessions 14.00
Sunday 9 August	First race in the Autumn Series 10.00
Monday 10 August to Friday 14 August	PSC Dinghy Junior Course 10.00 to 16.00 Monday to Friday
Saturday 22 August	Topper Open Meeting - first race 11.00
Sunday 30 August	14.00 Buccaneers session - Heron training day for the Heron National
Saturday 5 September	Heron National Championship for crewed boats - first race 11.00
Sunday 6 September	First of the Autumn Buccaneers sessions 14.00
Sunday 13 September	Junior Regatta 14.00 followed by BBQ from 16.00
Sunday 27 September	First races in the Frostbite Series 10.30 and last of the Lazy Sunday Races 14.00
Tuesday 13 October	Priory Water Sports Association Annual General Meeting 20.00
Sunday 18 October	Last of the Autumn Buccaneers sessions 14.00

COMMODORE'S COLUMN

It has been a busy start to the season with many members on the water over the last month or so, now that the temperature has begun to rise. Our Buccaneers and Pirates are in action again and the RYA funded courses have proved to be popular and most successful in 'upskilling' our team of volunteers who deliver coaching at PSC. We have also had several local schools new to our club participating in after school sailing sessions.

Our Sunday morning races have enjoyed some particularly windy days, giving the Commodore the opportunity to demonstrate that he knows how to right a capsized dinghy! The first Lazy Sunday Afternoon races of the season were well supported with adults and younger sailors alike racing around an uncomplicated course, with helpful briefings and an inclusive and encouraging atmosphere. Remember that these take place on the last Sunday of every month, so if you always wondered what it's like to sail with a purpose around the buoys do come and try it out – this really is all about the taking part and having fun.

We have a busy schedule of events over the coming weeks, on and off the water, details elsewhere in Telltales. Do come and join in, and thanks as always to the many volunteers who make these events possible.

Tim Hewett

THANKS FOR YOUR HELP

The club and grounds, including the island, are looking very shipshape after many members responded to the appeal to help on the workdays last February and March.

OPEN DAYS – YOUR CLUB NEEDS YOU AGAIN!

This year the Club's **Open Days are on 13th and 14th June**, when members of the public are invited to come and try their hand at sailing, windsurfing and canoeing, and if they like it, join a course or join the club.

The club needs your help with various tasks, such as booking visitors into sailing sessions, ensuring that their buoyancy aid is correctly fitted and guiding them to the right craft, as well as showing people around - or to just spend the day sailing one of the club's boats with the visitors as "crew". Spend an hour, or the whole day, it is up to you. The idea is to show what the club can offer and encourage potential members to join. If you want to volunteer contact Brian Stanbridge, otherwise just turn up on the day.

FROSTBITE SERIES 2008

Fifty-two dinghies entered a race during the Series but many did not complete the six races to gain a placing. Of those that did the following gained the awards: -

Helm	Class	Total Pts	Position
Andrew Wilson	Streaker	6	1
Peter Barton	Solo	10	2
Tony Ogborn	Heron	10	3
Caroline Bennett	Heron	36	1 st Adult Novice
James Pyrah	Laser Radial	34	1 st U 17

ICICLE SERIES 2009

Twenty-two dinghies entered a race but less than half completed the four races to obtain a placing in the Series. The award winners were: -

Helm	Class	Total Pts	Position
Andrew Wilson	Streaker	4	1
Toy Ogborn	Heron	5	2
Paul Williams	Laser	8	3
Richard Bend	Wanderer	17	1 st Novice
James Pyrah	Laser Radial		Best* U 17

** In the tables above and over page, 1st for Novices and Young Helms is used when they had sailed the required minimum number of races to gain a placing in the series and they were first in their classification, and Best is used when no one in their classification had completed the required minimum number but they had the best performance.*

PSC Committee 2009

Flag Officers

Commodore	Tim Hewett	01234 319827
Vice Commodore	Glyn Powell	01234 349001
Rear Commodore	Gordon de Sousa	01462 451031

Officers

Hon Treasurer	Peter Barton	01234 871237
Hon Secretary	Sue Baker	01933 412083
Hon Membership Secretary	Tony Ogborn	01234 708010

Members

Member	Mark Ingledew	01234 406386
Member	Chris Jennings	01234 855249
Member	John Morrow	01525 405323
Member	Mark Roe	01767 317761
Member	Paul Williams	01234 325449
Member	Guy Steel Jessop	01234 344384
Junior Representative	Marzio Barberio	—
RYA Principal	Brian Stanbridge	01234 403933 or 07867 531400
BCA Representative	Brian Stanbridge	01234 403933 or 07867 531400

POSTPONED ICICLE RACE & ALL-FOOLS RACES

29th March 2009

The day dawned still and frosty. When the regular Sunday morning sailors arrived at 10.00 am for the postponed Icicle race there was no wind and the air temperature was 4^oC. Tempted by the forecast of 8^oC, sunshine and light winds the boats were launched and the forecast conditions arrived.

The morning's race officers Andrew Blunt, Andrew Davies and Tom Droscher were novice race officers but did an excellent job.

Hérons were likely to do well in the light winds, and the blue and white sails of Rupert Keep and Darren Spavins produced some bursts of speed, but gradually the experience of Tony Ogborn and Mark Roe prevailed. Peter Barton (Solo) had led the fleet on the water, but who had won after the boats' finishing times had been corrected with the yardstick numbers? You can see the winners in the table below.

Lunch followed, which was terrific with delicious home cooked vegetable and meat chilli prepared by Tim and Pascale and no doubt Lucie Hewett. Not only were there jacket potatoes but a rice alternative, followed by chocolate and cheesecake dessert. Much hard work had been put into the catering and it was truly appreciated by all.

The All-fools races in the afternoon attracted more boats and lots of juniors who felt really competitive, and because of the mix of boats the results were difficult to predict from the on-the-water struggles.

Glyn Powell sailed the Omega into 3rd Place without raising its spinnaker once. Tony Ogborn flashed his new blue and white spinnaker a couple of times but it did not seem to make the boat go faster. All of the results can be seen in the table below.

Tea was not forgotten with Karen Powell laying everything out very attractively for the second feast of the day with hot cross buns and chocolate and other cakes.

There was just time for our Vice Commodore Glyn Powell to congratulate the participants on some competitive sailing and to hope for lots more in the warmer weather to come. He presented the trophies for the Frostbite and Icicle Series and the fun prizes for the day, which were spanners, screwdrivers and clamps. The end result was an enjoyable and happy occasion for all, whether they actually sailed or not.

Tony and Monica Ogborn

POSTPONED ICICLE RACE			ALL-FOOLS RACES		
1 st	Tony Ogborn	Heron	1 st	Tony Ogborn	Heron
2 nd	Mark Roe	Heron	2 nd	Peter Barton	Solo
3 rd	Peter Barton	Solo	3 rd	Glyn Powell	Omega
1 st Novice	Rupert Keep & Darren Spavins	Heron	1 st Novice	Rupert Keep & Darren Spavins	Heron
1 st U 17	Guy Davis	Topper	Best* U17	James Pyrah	Magno

PSC SPRING TRAINING COURSES

RYA training courses have been a special feature of Spring 2009 at PSC as our volunteers hone their sailing and training skills to the level necessary for teaching sailing to our members.

PSC's policy is to follow RYA guidance for all training courses as closely as possible. During this year there have been free courses for members as part of a national initiative to increase participation in sport. We participated in the RYA's On Board Scheme and have Volvo Champion Club Status; hence the monies flowing from the RYA and the

presence of experienced tutors from other sailing clubs.

The Courses held at PSC so far have been:

- RYA Advanced Sailing Module Sailing with Spinnakers
- RYA Race Coach (Level 2)
- RYA Powerboat (Level 2)
- RYA Safety Boat update
- Training for the RYA Instructors sailing proficiency test called the "Pre-assessment".

(Continued on page 4)

(Continued from page 3)

A Dinghy Sailing Instructor must pass the pre-assessment and the 5-day sailing instructor course. Then all that is needed is Powerboat Level 2, the RYA First Aid Certificate and the Criminal Records Bureau check. Then and only then are you allowed to take responsibility for teaching sailing to a group of adults or children. All instructors have to work under the supervision of a Senior Instructor at an RYA approved training centre, which is inspected annually. The Level 2 Coach must also have passed the same Powerboat Level 2, First Aid and CRB check and have passed an RYA advanced sailing module. They are then allowed to take responsibility for coaching those that have learnt to sail how to race by running the two day RYA Start Racing Module, or coaching sessions. Instructors and coaches must be over 16 but cannot have sole responsibility for a group until the age of 18.

The first step on this path is often to become an assistant instructor by doing on the job training with Pirates or Buccaneers, or on the Summer Holiday Sailing Courses at PSC run by Brian Stanbridge.

The club's two longstanding assistant instructors are Sarah Poxton and Alex Kirk.

Congratulations to this year's new Assistant Instructors listed below. Brian Stanbridge is about to send you your certificates. They are:

Carole Bennett
Dick Knowles
Gordon de Souza,

and our under 18s are:

Marzio Barberio
Charles Copper
Shevaun Davis
Richard Hopher
Jonathon Powell
Samantha Theobald Roe.

All attended a 3-hour child protection seminar held at PSC earlier this year, demonstrating that this aspect of training has been appropriately studied.

Congratulations also to Dick Knowles, Alex Kirk, William Armitage and Tim Hewett who have now become Race Coaches.

The club's RYA Principal and Senior Instructor is Brian Stanbridge, who makes sure all training is up to standard and welcomes the inspectors from the RYA and the Health & Safety Executive (formerly ALAA).

The club's Dinghy Sailing Instructors, who are also Club Racing Coaches, are:

Alan Baker
Peter Barton
Roy Beard
Tim Hewett
Tony Ogborn
Nick Stamp.

Sue Baker is a Club Racing Coach and First Aid Instructor.

It is anticipated that these lists will be much longer by the end of the year after some more training courses and an RYA Instructor course, possibly over two or three weekends.

Tony Ogborn

CLUB FUN EVENING

Saturday 27th June is the date for this year's fun evening. The BBQ will be lit about 4.30, so should be ready about 5. Just bring your food to be "roasted" with maybe some salad, and don't forget your favourite liquid with which to wash it down. For the younger members (and the older ones if they wish) there will be the opportunity to sail the club boats - maybe even trapeze on the Vibe (dependent upon conditions), try windsurfing, or even use an old windsurf board to simply paddle around the lake!

CLUB LUNCH

All members and their guests are invited to a light lunch in the clubhouse on **Saturday 18th July**. The lunch will be free of charge to members and visitors. Invitations are extended to the parents and the children who have attended the Pirates courses and to Buccaneers and their parents, and others who have shown an interest in PSC and wish to learn more.

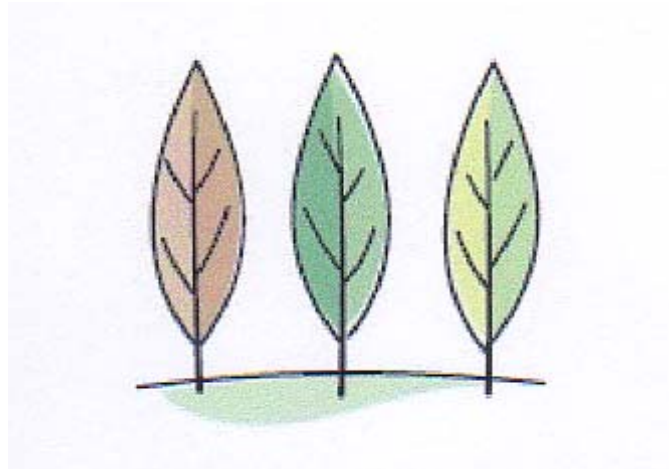
Committee members will be present to provide information about the club and its activities to guests who are interested in taking a sailing course, or in club membership.

Club lunches are planned to be an enjoyable social occasion to meet members and potential members and to promote the club to our guests. Please come in sailing gear or dress down or up as you wish.

It is always helpful if you can tell Tim Hewett on 01234 319827 if you are coming and how many guests you wish to bring. Children welcome.

We look forward to seeing you.

**Ask us the big questions
We'll take care of the small details**



Park Woodfine Heald Mellows LLP

Solicitors

- Commercial law
- Charity law
- Personal Injury law
- Wills, Trusts and Probate law
- Family law
- Property law
- Medical Accident law

Your partners in all your legal matters

Bedford	Northampton	Rushden	www.pwhmlp.com
1 Lurke Street	4 Billing Road	16 High Street	
Bedford	Northampton	Rushden	
MK40 3TU	NN1 5QB	NN10 0PR	
T: 01234 400000	T: 01604 233200	T: 01933 397000	We are here to help

JUNIORS DINGHY SAILING COURSE

The Juniors Dinghy Sailing Course run by Priory Sailing Club instructors and coaches is for club members' children between 8 and 18 years and costs £10 (£5 to cover safety boats, fuel and breakages and £5 for certificate and log book). Non-members can participate if places are available at a cost of joining as a junior member - £30 plus the £10 fee. Please let Tony Ogborn know (01234 708010) if you want to come. The course will include the chance to gain RYA awards Stage 2 and 3 and the Start Racing Module. If you are coming please let Tony know which of these awards you will be aiming to achieve. The course is from 10.00 to 16.00 on Monday to Friday, 10th to 14th August.

TOPPER OPEN SATURDAY 22nd AUGUST

This year sees Priory host its sixth Topper Open on Saturday August 22nd, which comes a week after the end of the Junior Dinghy weeklong course. For those who attended the course it is an ideal event for you to practise all the skills you will have learnt, and for all the instructors to marvel at your quick learning! Even if you did not attend the Junior Dinghy course, or if you think you are not good enough and therefore shouldn't compete, think again! The Open is still a great experience - as anyone who has competed in a previous Open will almost certainly tell you! It is also a good experience if you are thinking of going to other Topper Open meetings hosted by other clubs.

It is an all-day event, so make sure you are available! There will be an entry fee and a charge for lunch. For anybody wishing to compete using a club boat, don't worry - there are 22 club Toppers available. Boats will be allocated at the end of the Junior Dinghy Sailing Week, so please let Tony know if you want to sail a club boat. Hope to see you all there!

BUCCANEERS' PREPARATION FOR THE HERON NATIONAL CHAMPIONSHIP

A Heron training session for Buccaneers and any other members who wish to sail in the Heron National Championship is to be held on Sunday 30th August starting about 2 pm.

As the notice below shows, the Heron National Championship is on the following Saturday 6th September at Priory. It is for crewed boats; so if you feel you do not want to helm, see if someone needs a crew. This is a great way to experience racing against some of the country's best Heron sailors. There are three races, the first one starts at 11.00.

HERON NATIONAL CHAMPIONSHIP

PSC is hosting the Heron National Championship for crewed boats on Saturday 5th September. There are three races, the first starts at 11.00. If you are not helming a Heron in this event have you considered going as a crewmember? This may be particularly appealing to our junior sailors as it offers an excellent introduction to racing in a national event competing against the best helms in the country. There is a junior training day for this on 30th August - see above.

If you are not racing you can still take part! This event requires a large race management team and safety boat crews, so if you would like to be part of our team for the morning or afternoon only, or all day (and there are many jobs to be filled) then please contact Andrew Wilson on 01525 712648 or andrewsuph@tiscali.co.uk - go on, do it right now, he will be pleased to hear from you.

AUTUMN BUCCANEERS' SESSIONS

The first of seven sessions for Buccaneers is on Sunday 6th September at 14.00 and the other six are on every following Sunday, except 13th September (which is the date for the Junior Regatta) to 18th October. This will provide the opportunity for the Buccaneers to consolidate and advance their sailing skills in preparation for the Junior Regatta and in readiness for the racing events in 2010.

JUNIOR REGATTA

On the 13th September we have our own club Junior Regatta - now this is a must for all of the Priory Juniors. Although many of you will be sailing Toppers, it is open to any class of boat, single handed or crewed. The first race is at 2.00 pm, and there is a barbeque to follow around 4 pm. Hope to see you all there.