



Do you have an idea for an article? A regular feature section? This newsletter is for the Alberta Sailing community, we would love to know what you want to read about. Please contact the Editor with any and all ideas: editor@albertasailing.com

– HAPPY SAILING in 2018 from your ASA Elected Board –

The ASA 2018 Elected Board

President – Tim Griggs (GSC)
Secretary – Phil Paxton (CYC)
Treasurer – Stacey Gibb (WSC)
Director – John Cormack (NSC)
Director – Mark Lambert (DSAA)
Director – Michelle Radostits (Ma-Me-O Beach)
Director – KJ Lummis (WSC)

Alberta Sailing Director

The ASA Board recently adopted a new staffing plan

With the implementation of the newly Elected ASA Board, a new staffing plan was adopted which will see a 'Sailing Director' heading the program (Lauri Kalkkinen has already signed a 10-month contract to start in January 2018); a Summer Coach and a Summer Director (located in the opposite city to the Sailing Director – either Edmonton or Calgary); MOSS instructors; and contract coaches when required.

Alberta Series

The Series – Bios on some of the Champions

Adam Chan (CYC) – Optimist (Male) Alberta Series Champion

Avast me hearties, 'tis I Captain Adam Chan, and I'm here to tell you the tale of my sailing adventures. It all started four and a half years ago during the summer of 2013 when I was eight. One day my mother told me she had signed me up for a week-long sailing camp. My first thought was: sailing in Alberta! Where would I be able to do that? My second thought was, isn't sailing a thing only adults do?



The following week I found myself walking through the gates of the Calgary Yacht Club, for my first day of sailing school. I was pretty hesitant about sailing after my first day, but I figured I'd give it a try. In the first week, I learn the basics of sailing an Opti. I learned how to tie many of the basic knots and I tied my first figure eight knot. I learned all about the parts of the boat and boat safety. It was great to try something new and gain new skills. So, when my mom asked me if I wanted to do it again next year, of course I said yes. Let's jump to the end of my second year of sail camp in the summer of 2014. At the end of the camp I was so disappointed that my sailing was over, so I thought... We asked if there were any more camps but they were all full. My coach, David Cormack, suggested that I should join the race team. My dad said "Are you sure about that, I mean he's only been sailing for two weeks, is he good enough?". Cormack explained how there were already people on the race team who were in the same camp as me and how I was going faster than them. He encouraged me to join the race team and said I had potential to become a good racer. On the following Wednesday night my father dropped me off at CYC. I met the coaches and race team members. We rigged our boats and trained together that evening and this is how I joined the race team and jump started my racing career.

Within two weeks, I found myself at the Opti Provincial regatta. This was my first regatta at the Glenmore Sailing Club. Although, I didn't take home a medal, I did come in fifth place. It felt great! I had a blast racing against the other competitors and sailing on new waters. The regatta was my first experience I'd ever had racing against other people in a competitive format. After the Provincial regatta, there were no more events in Alberta. I trained on Wednesday and raced on Thursday nights and honed my sailing skills for the rest of the season. The following year, I was an official member of Calgary Yacht Club's race team.

In 2015, I started to go to all the training days, Thursday night races, and I went to most regattas. Some of the regattas I went to were Sail West at Comox, Prairie Winds at Lake Newell and Founders at Wabamun Lake. Once again, another wonderful season came to a close and a new one began. The following year, was a good year because I started to get more into tactics of sailing and the science behind the boat. I also started to make some progress on the leaderboard. I went to Sail West at Gimli Manitoba, Pumpkin Bowl at Vancouver and did all of the regattas in Alberta. This current season, I went to Portland, Oregon for the 2017 Youth Winds regatta, where I got 7th place. I attended and took home first place at all the regattas in Alberta and won the Albertan Series. To wrap up the season, I'm looking forward to Pumpkin Bowl my last regatta of the year at Vancouver. What a great year it has been!

So that has been a brief summary of my adventures in sailing so far. I hope to have many more adventures and make more memories that I can share with you. When I do, rest assured that I will share them with you in exchange for your tales of bravery and adventures. 'Til the next time, me hearty crew.

Lesley Reichenfeld (CYC) – Radial Laser (Female) Alberta Series Champion

I started sailing when I was 11. My first experience was 2 weeks of summer sailing camp in a Mirror dingy on a small lake in Ontario. I moved from that to a Sailfish. I was so light that my younger brother and I could sail it together. In strong winds, we were both in the boat to keep it up-right and going forward, me clutching the rail and tiller, my brother clutching the rail and main sheet. My first win was managed this way in a windy midsummer regatta in 1967.



I started windsurfing in Alberta in 1979 on Chestermere Lake. By 1983 I had mastered the art of staying on the board along with some basic racing rules and came 3rd in the Women's Alberta Windsurfer Championship. In 1985, I came 1st in the Women's Alberta Mistral board Championship and again

in the Women's Alberta Windsurfer Championship and went on to be 3rd in the Women's Canadian Windsurfer Championship held in Hull Quebec that same year. Then it was back into the water to learn to short board sail in strong winds and waves for the next 6 years.

After a 10-year break to raise little sailors, in 2003, I was back in the water, literally, as I learned to sail a Laser. In 2009, I sailed in my first Laser Masters World Championship in Nova Scotia and came second last. After a summer of strong winds in 2010 I was 1st Woman at the Laser Masters PCC's held in Oregon. 2011 and another great summer of strong winds, masters spring training in Mexico, and early retirement – I was Laser Radial Women's Grand Master Winner at the Laser Masters World Championships in San Francisco. I have also sailed in the Laser Masters Worlds in Australia, France, and most recently Croatia. In 2017 age defied youth and I was 1st Woman in the Canadian Laser Masters held on Wabamun Lake.

Nothing beats a day on the water, the wind in my hair, and other sailors to share it with.

Stephen Reichenfeld (CYC) – Radial Laser (Male) Alberta Series Champion



I started sailing at age 14 in a Mirror Dinghy on Fanshawe Lake near London Ontario. At 15 I spent the summer in Ireland where my brother in law introduced me to sailing on a keel boat out of the Royal St. George YC in Dun Laoghaire. The summer left a great impression on me and when I returned to Canada I crewed extensively on keel boats on the Great Lakes. Windsurfing was just getting started so that was the next step for me and when I came to Alberta I started the Tuesday night racing at CYC for windsurfers. After attending U of C, I got to know the marine industry by selling Laser, Hobie, Zodiac and windsurfing equipment.

Dial ahead a whole bunch of years and I inherited an old lime green Laser from the family cottage so at the age of about 40 I returned to sailing. A bunch of us from around Alberta had the delusion that we were reasonably good, so in 2002 we headed to the Laser Masters World Championships in Hyannisport, Mass. (Cape Cod). We got thoroughly spanked by those that really knew how to sail in some big wind and real waves, but I was hooked and have since attended numerous Laser Masters events in Mexico, Australia, Spain, France, Nova Scotia, Croatia and the USA.

I have the occasional good result, and lots in the middle of the pack, but there is little glory in all this. It is really the camaraderie, the travel to interesting places and the challenge to improve that keeps me going, as well as the example set by some of the "Legends" that continue to compete well into and even past their 70's. The next Laser Masters Worlds is being hosted by the Royal St. George YC in Dun Laoghaire so you can be sure to see me on the start line during the day and enjoying some good craic and a jar of the finest Guinness after we come ashore.

Remember; You don't stop sailing because you get old, You get old because you stop sailing.

**[Lesley & Stephen's images were taken by John Santos at the Alberta Provincial Championship held at the Edmonton Yacht Club in 2017]

Where in the World are our Members?

The Alberta Sailing community would love to know and share where our members are travelling to for regattas, be it racing, training, race committee, judging and/or spectating – let us know (editor@albertasailing.com), please.

The Bluewater Cruising Association

Alberta Sailors – Sailing the World – Calgary Chapter

Visit their website – bluewatercruising.site-ym.com [click on Chapters (Calgary) for further information in Alberta].



The meetings are held at:

HMCS Tecumseh, 1820 24 St SW, Calgary, AB T2T 0G6
 With doors opening at 7:00pm and meeting and presentation beginning at 7:30pm
 BCA Members - \$5.00; Non-members - \$10.00

The Winter routine

From our newly contracted ASA Sailing Director – Lauri Kalkkinen

The winter season, of plenty of great food during the Christmas and New Year celebrations/libations, plus the cold snap in our province, it is not always conducive to keeping in shape. In addition, with winter and the limited opportunities of “on the water” training (the lakes are frozen... unless you are iceboating), you are still privy to a very good opportunity to get in shape for the next season.

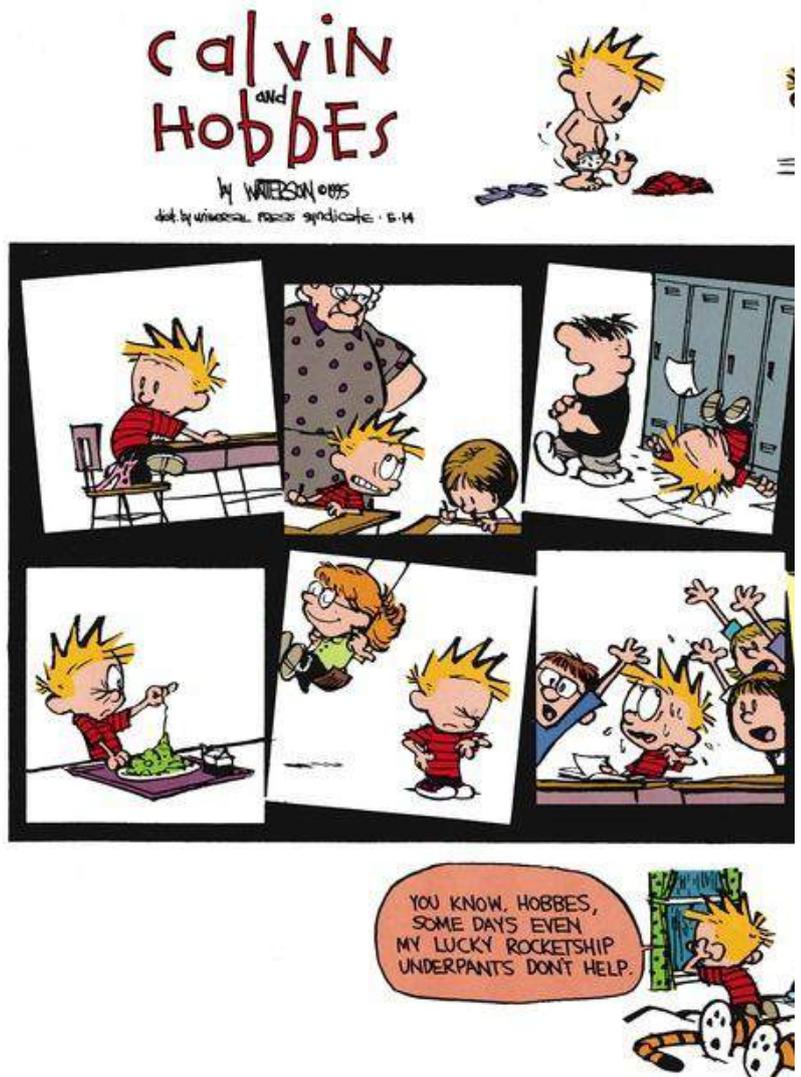
I know running or biking in -30°C temperatures is not overly comfortable, for everyone, so what can you do?

– Set up a routine –

By setting a routine, you will have a better training output than if you are training randomly, whenever you “feel like it”.

Therefore, set a goal for either: when you wake up, when you come back from school or work, *etc.* – and it will become an invigorating habit.

See following page for a single print-up page to start your journey and hopefully your lucky underwear will not fail you....



15 minutes – Basic Workout

<p>2 min warm up</p>	<p>1 min Bird dog</p>  <p>30" each side repetition</p>	<p>2 min plank</p>  <p>15" active 15" rest (increase active if too easy)</p>
<p>2 min Side plank</p>  <p>side plank 15" active 15" rest (increase if too easy)</p>	<p>1 min Bridge glutes</p>  <p>Up down rep for 30" rest for 30" (Leg extended for more difficulty)</p>	<p>1 min leg raise</p>  <p>Raise your legs to an L shape Bring legs down without touching the floor</p>
<p>1 min Seated/Russian twist</p>  <p>45" rest for 15" don't twist too fast Twist your torso to the right side until your arms are parallel with the floor hold for one second Alternate right & left</p>	<p>1 min heel touch</p>  <p>Lie on your back with the knees bent and the feet on the floor, crunch upper body up 3-4" to the right side and touch your right heel as you hold the contraction for a second Alternate right and left</p>	<p>1 min Windshield wipers</p>  <p>Lie on your back and raise your legs 90° Spread arms out for support Start with 5 reps & increase</p>
<p>1 min Superman:</p>  <p>15" work; 15" rest; 2 repetitions</p>	<p>1 min seated torso twist</p>  <p>30" each side</p>	<p>1 min Lying torso rotation</p>  <p>30" each side</p>

Editorial

Wishing everyone a wonderful 2018 sailing season!!

I am a little lost for words even though it has been awhile since the previous newsletter, my sincere apologies! I will just leave you with some images from the 2017 season, that I experienced...



Alberta Sailing Association

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