

# ALBERTA SAILING ASSOCIATION



## CYC ICE BREAKER

*Interview with winners Lesley Reichenfeld and Isaac Bussin*

Lesley Reichenfeld (CYC) first in Laser Radial/Laser and Isaac Bussin (CYC) first in Laser (Int.).

### *How did you prepare for the race?*

Lesley and Isaac emphasized their fitness training as being pertinent to their preparation for their races. Lesley credited her increased strength as a key component of her fitness preparation that lead to her success despite shifty winds, agile competitors and her own physical and mental challenges. Isaac attended a training camp in Mexico and general fitness classes to stay in shape for upcoming sailing event. Both athletes stressed the capacity to maintain focus as pushing them to first (cont'd p 4...)

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Ice Breaker Regatta at Calgary Yacht Club

## MOSS: Mobile Optimist Sailing School

What separates the MOSS program from a traditional sailing school or learn to sail program is the “M” of MOSS; this program is mobile. The mobile nature of the program allows ASA, as a provincial association, to bring nationally certified sailing instructors and all of our equipment to more communities throughout Alberta and the Northwest Territories.

The MOSS program aims to meet the specific needs of each community through the delivery of 3 different programs from which to choose. Refer to the full program information package for an application form and a complete list of steps to be successful in having the ASA MOSS program come to your facility this summer! Please contact us with any questions.

## ASA members at Springtime Regatta in the Okanagan!

Our members raced in the Springtime Regatta hosted by the Central Okanagan Sailing Association at the Kelowna Yacht Club from May 19-20.

Ian Hern (CYC) placed 3rd in Laser Full Rig followed by Stephen Reichenfeld (CYC) in 4th, Buitenwerf (Glenmore) in 5th and Lesley Reichenfeld (CYC) in 7th place.

In X-Class Debbie Kirby and Gregg Ferguson (Glenmore) placed 2nd. Hamish Ferguson and Nicole Stevens (Glenmore) came in 5th followed by Liz Brennan and Iker Bizcarguenaga (Glenmore) in 6th place.

Congratulations to these Alberta Sailing Association members!



**Volunteer for our Casino  
Fundraiser in Calgary  
Nov 9-10!**

*Contact [office@albertasailing.com](mailto:office@albertasailing.com)*



Spring Training Clinic sponsored by ASA at Calgary Yacht Club and Wabamun Sailing Club



# Club Spotlight: St. Mary's Sailing Club

## Sailing Through Floods and Droughts

Travelling northwards on Range Road 244 from Highway 5, you will end up on a 2-track trail. It will take you over a creek, past a honey bee colony, through a herd of sheep, to the end of a peninsula that juts out along the southern shore of St. Mary Reservoir. You'll see two clusters of sailboats, one near a clubhouse at the original club site, and one at the "upper" club.

You are at St. Mary's Sailing Club, established in 1955 by a group comprised mainly of English expat Enterprise sailors. They and other prairie sailors thrived through the eras of Elvis, the Beatles, Disco, and New Wave. But all the sailing fun was grounded in the late 1990's when a multi-year drought almost ended St. Mary's Sailing Club. First there was the immediate effect of not being able to sail for 3 years because of the water being severely drawn down to meet irrigation needs. Many club members left. Second was a delayed effect caused by Alberta Environment doing repairs during the drought period to repair and upgrade the dam to hold more water. By 2001 the drought had ended and the water came back, Wow, did it come back – all the way onto the club grounds! By 2005 it was obvious the reservoir management strategy was to hold water at a higher level than members had ever experienced. Since 2005 the managed floods have been every year, with the traditional club grounds being completely underwater for several weeks in June and sometimes into July. In recent years, the annual



Facebook: @stmarysailingclub

floods have been followed by severe drawdowns of 8-12 metres by late summer. Club members sail through the floods, and the "upper club" was developed to use when the rest of the grounds and clubhouse are submerged.

However when the severe drawdowns occur the sailing ends early. Recent years have given us wildly variable mountain snow packs, extreme droughts, and extremely wet periods as early as May and as late as October, all contributing to lack of predictability of the floods and reservoir drawdowns.

Why sail in such challenging conditions? To experience the feeling of being on crystal mountain runoff water with a backdrop of Chief Mountain and Waterton. To sail on a large body of water. To quench appetites for sailing in

Alberta's most dependable winds. And to help dried-out overheated prairie people get cold and wet while doing their favourite sport.

St. Mary's is a casual club. There are few formal activities, and scheduling invitational events is risky, as demonstrated by the fact that 2 of the last 4 scheduled regattas had to be cancelled due to floods. Though St. Mary's sailors are adaptable and resilient. The club is experiencing new growth and a generational change in membership. There are new things happening like collaborations with cadet and scout groups, and a Wednesday evening racing series.

Come for a visit to meet Alberta's most southerly sailing club, but close the gate so the sheep do not follow you in!

Richard Quinlan

## Keep Reading: ICE BREAKER REGATTA

in their respective categories, and when you do not tire as quickly, you can stay focused longer, says Lesley. Fitness was a key component of race preparation for both sailors to train not only the body, but the mind as well.

### ***What challenges did you encounter?***

Isaac commented on the interesting nature of the frequently shifting Calgary winds. The stronger wind helped to counterbalance Lesley's physical challenge posed by her lower back because she was able to elongate and stretch her body while

hiking out. By asking herself "what are the things I can do to not make this worse," Lesley was able to work within the limits posed by her physical limitations, as well as the mental distractions that are thrown her way as Commodore of the host club.

### ***When things were not going so well how did you regroup?***

Lesley and Isaac echoed a persistent mentality when things were not going well: When you are at the back, says Lesley, your goal comes out of the question "how can I move up at least one position?". Similarly, Isaac asked himself "how can I make my boat go faster?". The attainability of this type of goal, when things were not going as well, allowed the athletes to keep their heads out of the boat and stay in the race. This one-step-at-a-time attitude allowed Lesley to calm her way back up the fleet and gain a decent position even after a difficult start with many mistakes. An important attribute of their winning mindsets is a refusal to quit even when you have fallen behind - instead, try something new, and aim to pass just one more person.

### ***How has the Alberta Series changed how you look at the regatta schedule?***

Both athletes spoke positively of the new schedule and think that it reflects the needs of the sailing community. As competitive people, the schedule is stimulating and both sailors hope to make it out to as many events as possible.



## Coming Up...

### Waves

June 29 - July 1

Royal Vancouver Yacht Club

### BC Championships

July 7- July 8

Squamish Yacht Club

### Old Man Marathon

July 7

Old Man Reservoir

Find more about upcoming events on our website!

## WSC Founder's Regatta

June 9-10



View results on our website at the link below:  
<http://albertasailing.com/news/wsc-founders-results/>

## Want to be featured?

*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](mailto:editor@albertasailing.com)



### SAILING DIRECTOR

[info@albertasailing.com](mailto:info@albertasailing.com)

### PRESIDENT

[president@albertasailing.com](mailto:president@albertasailing.com)



Photos above by Andrew Madding at Bowshots Productions of Spring Dinghy Regatta 2018 in Victoria, BC.