



THE ARROW

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Commodores Column

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Commodores Report

October 2005

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We are well into the season and the sailing has been tremendous. The blustery conditions have been testing for the sailors and the support crews.

The working bee on Saturday 3 September was well attended, and the tasks were easily completed in a couple of hours. There is now a new rack to hang up the lifejackets. Thankyou for your efforts.

A special welcome to the new sailors who have joined us. I hope you get as much enjoyment out of sailing as the rest of us. With all these new faces please make an effort to introduce yourself to new members. Often they are only too happy to help, but don't know what the procedure is. Remember what it was like!

Dates to Diary

19-20	November Opti North Is Rotorua	The BBQ after sailing on opening day was popular. There are several planned during the season, and email reminders will be sent out prior to the next BBQ.
3	December ON THE DECK GBC Club dinner	GBC had two members (George Kool and Frankie Lardies) who participated with the New Zealand team at the ASIAN champs. These were held in Port Dickson just south of Kuala Lumpur in Malaysia.
3-7	Jan 2006 Starling Nationals New Plymouth	Best wishes to Paul Nichols who has been selected for the Thailand team. Paul has been training hard including a session with the Argentinian coach Gonzalo.
15-20	January 2006 Noumean Billets	A duty roster and job description has been distributed by email, and a copy is on the notice board at the club. If you did not receive it, please contact David Glen at davidg@epic.co.nz . Starling Opti Open and Opti green parents have been allocated duties while the LTS and LTR parents will be rostered by their respective coaches.
17-20	January 2006 Opti Clinic	The new clubhouse is our major project for next year. We have commissioned Jude Eades a professional fundraiser to manage the grant applications and guide our fundraising events. The recent storm damage to the front ramp and floor of shed highlighted the need to forge ahead with the building programme.

Tom Kool, Commodore

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On The Deck, the GBC dinner.

Please reserve Saturday 3rd December for our annual adult event with a twist. This year it will be cocktail food at 6.30pm followed by a light supper. This is a great way to meet other parents in the club and relax, enjoy the beautiful ambience of the GBC waterfront while the tide is in. Tickets will be \$ 38.00 per head. More details by email to follow. Contact Deb Tyndall Ph 524 0672 if you have any questions.

From the Sailing Master

3 minute start sequences

All GBC races will make use of the 3 minute start sequence. Please note however that BBYC starts will be 5 minute starts.

3 minutes	Class flag up
2 minutes	P flag up
1 minute	P flag down
Start	Class flag down

A sound signal should accompany each of the flag movements but sailors should note that it is the flag movement that signifies each signal.

420 Class opportunity

The 420 Class is an exciting double-handed class that is quickly establishing itself in New Zealand. While an open class (so even old people like those of us who have seen 30 a few times are allowed to sail a 420), it is of particular interest to youth and secondary school sailors.



Length 4.2 m
Beam 1.63 m
Mast 6.26 m
Sails Main 10.25m², Jib 2.8 m², Spinnaker 9 m².
Bare hull weight 80 kg min
Sailing weight 100 kg min
The ideal competitive combined crew weight is 110-145Kg

The breaking news is that in January 2007 the World Championships will be coming to Torbay! This combined with the growth in schools and team racing sailing using 420 boats means that the 420 Class will establish a stronghold in New Zealand for years to come.

For those sailors, and families with young sailors coming through, with an interest in exploring double-handed options, the 420 with its spinnaker and trapeze is potentially a great opportunity.

Website links include:

<http://www.nz420group.co.nz/association.htm>

<http://www.420.yachting.org.au>

<http://www.sailingsource.com/420>

Duties Roster

It is **expected that all adult members and parents participate in and share the race management, support and patrol boat operations, galley operations and clubhouse administration responsibilities on a few occasions during the summer to ensure the efficient running of sailing activities for the benefit of the sailors.** The duty roster for the period up to Xmas 2005 will be completed and circulated by Wednesday, 26 October 2005.

David Glen
Sailing Master

Optimist News

Training started on Wednesday 12th October 2005 with Andrew Brown, coaching. These training sections will really improve your skills and speed and give you an opportunity to get more time on the water each week. As the golfer Lee Trevino said "the more I practice the luckier I get".

So far Club sailing has been held in great conditions and it has been good to see so many sailors making it out on to the water. In the recent Win' Champs regatta Paul Nicholls had a terrific result placing fourth and is well set up for his trip with the New Zealand Representative Team to in Thailand late October early November.

George Kool also sailed very well and would easily have placed in the top four or five had he not missed the first three races. The other exciting news is that George Kool has been selected as the sole NZ Opti sailor to sail in the Bermuda Junior Gold Cup, and leaves for Bermuda on 14th October. You will recall that Frankie Lardies won the same regatta last year. This will be a fantastic and well earned experience for George.

At the end of October Ashleigh Lamberg and Jake Stanley-Harris leave in a NZ Development Team to sail in the New Caledonian Open Regatta in Noumea.

So to all the Opti sailors, you can see that there are some wonderful opportunities ahead of you – lets see if we can get as many of you as possible to the North Island Champs in Rotorua in November!!

Good Sailing, Lloyd Lamberg

Frankie's ASEAN Opti championship report

When we arrived in Kuala Lumpur after our 11 hour flight we were picked up by the president of the Malaysian Opti Association and we were driven to the resort in Port Dickson. The next day we went into town for grocery shopping and we were surprised at the extreme heat we were all struggling to just walk around in. We were given some club boats to train in as the charter boats don't arrive till Friday. We had four days till the start of the event to train and get used to the conditions. We were still struggling with the heat and needed to be refreshed in the pool every five minutes. On Thursday we went sailing and found the 3 knots of wind and 4 knots of tide extremely difficult making transits on start lines, reaches and runs essential.

We went up against the Malaysians and Sri Lankans. Scot, Russell and myself quickly built an easy lead while George and Susannah were just staying in front of the rest of them. On Friday the pool was considered out of bounds except for morning, lunch and afternoon. And in the morning 20 lengths had to be swum. I woke up struggling to move my arm so I didn't sail. The rest of the team went out and raced against the Malaysians and got smashed this time. Monday first day of racing my arm was slightly better but I was struggling to pull the mainsheet but the worst thing was when they started the first race in 1 knot of breeze. Just like all the other days there were holes everywhere and at times it was hard to even move forward against the tide. The second race was extremely bad and the Japanese and Sri Lankans were disqualified for outside help when they were towed to the start line. I protested the race committee because they finished the fleet the wrong way round the mark. Most countries were really happy at my actions.

The second day. The third race was much the same with only 19 boats finishing (Scoty was coming 20!!) with Scot, Russell and myself came DNF. On the teams racing we bet all the other non-asean teams and will race off against Singapore. 2 fleet races were done as well with Scotty only doing 1 as he was feeling sick. There was about 10 knots and we managed to get better results but most of us were still slow. On the lay day we went to a water park in KL. For the second half of the regatta the wind was slightly stronger and the whole team improved on their results. final results: George 17th and first non Asian, Susannah 24th, Russell 26th, Scotty 29th and Frankie 30th. We lost against Singapore in the Team Racing final. At closing ceremony there was a beach party where each country had to do a performance, we decided to do the haka. Overall we were reasonably happy from the event and we learned a lot of things that will definitely help us in the future.

By Francisco Lardies



GBC, SRC exchange

Getting there: Salut. After a 3-hour plane trip we stepped of the plane and the heat wave hit us we were really excited and it felt as if we had left Auckland's winter behind. Our Noumean families were there to greet us we went home to our billets houses for about 3 hours then made our way to the sailing club. We set our sails up then went for a swim. We saw sea snakes and the water was really warm. We had a BBQ we all talked and the adults had plenty to drink – just like a yacht club at home.

By David Collins

The Outing: On the day after we got to Noumea we went out to the country to go kayaking. It was good fun. We drove for about an hour south of Noumea to a lake. It was a valley that had been flooded by a dam in 1959 to generate electric power. Once we arrived we got our kayaks ready and set of down the lake. We turned of a branch to the side of the lake. We paddled for about 2 hours through a sunken forest. All through the lake where we were kayaking there were all these dead trees that were sticking out of the water. These were the trees that had been on the land about fifty years ago when they flooded the area. After two hours of listening to Emily singing and Jake hitting trees we stopped for lunch. We turned around after lunch and headed home. The day was allot of fun but after we were all tired and ready to go to bed.

By Thomas Elmore

The Sailing: Sailing on the first day was good for the light people as it was only about 6 to 10 knots. The second day was much the same. We did some training sessions working on our tacks, gybes and mark roundings. Regatta day was light and we all enjoyed ourselves with some good competition over five races. I finished 2nd overall, with Hamish, Rosie and Thomas all midfleet. Dave and Emily battled it out to tie for 19th place. The day of the Round the Island race surprised us with heavy winds and choppy seas but the stand out sailors were Rosie with 6th (first GBC) and Hamish who was 7th. Overall we had some great racing, learnt a lot and had heaps of fun.

By Jake

The Air Calin Cup: The round the island race was held on our last sailing day. It was a beautiful day, the wind was light in the morning but after lunch and just before the race it picked up and we had a steady breeze throughout the race. There were about 20 optimists on the small start line. Maxime, from New Caledonia took an early lead and maintained this throughout the race going on to win. The lighter sailors were disadvantaged because of the strong winds. All of the Kiwis managed to take on quite a lot of water. I was first kiwi home placed 6th followed by Hamish, then Jake, Emily, Thomas and David were not far behind.

By Rosie Kool

The Speech: Starting with Rosie alternating with Emily the speech was done in French and at the end of every section the other sailors repeated it in English. It was very much appreciated by the SRC.

Bonsoir, le GBC voudrait vous remercier pour votre chaleureuse hospitalité. Nous avons passé un moment fantastique et nous espérons revenir plus tard.

La balade en kayak était le meilleur moyen de nous fatiguer avant de naviguer mais pour quelques-uns d'entre nous, cela nous a aidé plus tard dans la semaine. La régatte était bien et nous étions très impressionnés du très bon niveau.

La balade sur "l'îlot Signal" était très amusante et nous avons tous appris une leçon : NE PAS MARCHER SUR LE CORAIL LES PIEDS NUS !!!!!

Nous étions très contents de savoir que pendant que nous étions entrain de bronzer sous le soleil, en NZ, il faisait froid et neigeait même près de la mer.

Nous voudrions vous remercier encore pour nous avoir pris en charge et nous oublier jamais ce voyage.

Good evening, the GBC would like to thank you for your warm hospitality. We had a fantastic time and to hope come again in the near future.

The Kayaking trip was a great way to tire us out before sailing but some of us came to our senses later on in the week. The sailing was great and we were very impressed with your level of sailing. The trip to Signal Island was



fun and we all learnt a good lesson: NEVER WALK ON CORAL IN BARE FEET!!!!!!!!!!

We were very glad to know that while we were bathing in the sun, in NZ, it was very cold and it was snowing at sea level. We would like to thank you again for having us and we will never forget this trip.

By Emily

The Club: The storage of their boats is in a long shed where they are turned upside down onto racks 3 high. The trailers are left in the aisles. The rigs are left intact and put into holes to keep them upright in another shed. In this shed the rudders and centreboards are also kept in slots on a bench that runs around the wall under the mezzanine floor which is their office and coaches headquarters. Outside there is a strip of concrete with pipe holes for the rigs to be placed as they come in and out of the shed for washing etc. Further along there is a room with trestle tables, blackboard, sinkbench and fridge. This is used for briefings and social occasions. The area is shared with the Province Sud sailing school which when were their was operating a school holiday programme with up to 80 kids from age 4 attending for 4 hours at a time to learn to sail. It is from these sailing schools around Noumea that SRC draws its own sailors.

By Elizabeth and Hamish Andrew

Parent help: I volunteered for the task of going to Noumea with the GBC sailors, partly because I felt I should "do my bit" and partly because I fancied a holiday. Well what an awesome holiday – but I don't intend to bore you with the details. I just want to congratulate our team (Rosie Kool, Emily Martin, Thomas Elmore, David Collins, Hamish Andrew and Jake Stanley-Harris) and explain to other parents the very special relationship Glendowie has with the SRC Club.

The GBC team which went to Noumea were a real credit to GBC and their families. As soon as we arrived at the club they were mixing with old friends and making new ones – they formed a tight group who helped each other with boats and rigging and had a great deal of fun together both on, in and off the water.

The final evening and prize-giving epitomized the camaraderie – the GBC team all stood on the table together. Introductions, thanks and the presentation were given by our sailors in French and then each team member provided a brief summary of daily highlights, (and for those who had not mastered sufficient French, one of the team translated).

The SRC parents were extremely generous to our team, – not only providing great boats, new rigging and paying for absolutely everything from coaching, meals out and leisure activities. This wasn't restricted to those who had billets / children sailing – at one dinner there were at least fourteen couples.

We get the opportunity to return the favour in January when nine SRC sailors come to Auckland for a week from 15 January. (Please see email circulated by Elizabeth Andrew regarding billeting Noumean sailors for the Opti Clinic).

Sailors will attend Optisail Clinic. On Saturday the 15th we have the Browns Island race, where we compete for the Air Calin Cup – which we won last year.

I would encourage all GBC parents with Opti sailors to take an interest as our unique relationship with SRC offers a very special opportunity for our children.

By Nick Collins

Ashleigh's Japan report

I was fortunate to be selected in a team of five youth sailors to travel to Japan and sail in the All Japan Junior Regatta. The team comprised three twelve year-old Opti sailors and two fifteen year old sailors who sailed Sea Hoppers (a small laser).

The regatta was held at the Gamagori Yacht Club (two hours south of Tokyo by train). The first couple of days were a mix of sightseeing, traveling and registration with one short training sail before the two day regatta.

Sailors came from 6 different countries and there were also teams representing yacht clubs from throughout Japan. There were 94 boats in the Opti fleet.

Unfortunately sailing conditions were not ideal with little wind and a constant slop from commercial harbour traffic. The Optis only managed four races.

The heat was at times unbearable with extreme humidity and it was easy to become dehydrated. Our Japanese hosts were very hospitable and our Managers Bruce Tantrum and Stephen Wagstaff did a great job .

It was a fantastic trip and I would recommend all twelve year-olds sailing in the next Nationals to aim for a top three age group placing and hopefully be invited to the same regatta.

By Ashleigh Lamberg

LTS Report

We have a full and promising LTS squad. It is again pleasing to see a good mix of existing member siblings and new Club members involved in our 2005 / 06 LTS programme.

The LTS squad of 12 includes:

Logan Watson, George Novis, Laura Hadfield, Simon Powell, Tim Kralj, Russell Watson, Taylor Knight, Niklas Erikson, Katie Rae, Tom Dargaville and Brittany Chamberlain.

We enjoyed a great day sailing last Sunday, 16 October, and all those in attendance did very well – all in their own boats ! Some were quite competent and showed signs of some past experience while others who were new to sailing showed great confidence and commitment. All and all, it was an excellent start to the season.

David Glen LTS Coach

Starlings

The Starling fleet has had a good start to the season with a pre-season warm-up before opening day. We have also had a couple of good days sailing since, with a mix of both old hands and some welcome new faces from the Opti fleet. Andrew Slane, Emily Martin and Dave Collins have all started sailing glass boats from within the club fleet and Hamish Wilson has bought the wooden Glenn boat. Paul Nichols has purchased an almost new Christchurch built boat, however is still suffering Opti withdrawal symptoms, so we may not see him until further into the season.

Wednesday evening coaching has also started with Greta Hollies. Greta is a former Starling sailor and a graduate from the RNZYS youth sailing programme. She has extensive coaching experience, including coaching in California, however so far she has been polite

enough not to comment on the comparative merits of Glendowie mud at low tide to the sand of Newport Beach.

Ben, Vinnie, Josh, Lauren, Danielle and Emma trekked south to New Plymouth over Labour weekend for the North Island Champs. Racing for the 103 entrants was initially delayed due to strong winds and only one race could be sailed on the first day. Fortunately the wind dropped for Sunday and Monday, so in the end six races were completed. This was a very successful regatta for our team with Ben our top performer, having a



very consistent series to finish 14th. Vinnie shook the fleet tree by steadily improving through the series, culminating by winning the last race (well done!!!) and finishing 21st overall. Josh constantly improved as the series progressed and finished with a solid 29th, showing one of the best form improvements. Lauren was 53rd consistently placing in the middle of the fleet. Danielle showed flashes of her usual speed in a couple of races to finish with 63rd. Emma had a series best, steadily improving through the series with a strong last race, finishing 77th overall. These results were due to the commitment of Team Campaign Manager and support person, Simon (peg-leg) Stanley-Harris who struggled at times to keep the team in order. This was a great regatta with all of our team improving as the series progressed. The Nationals at New Plymouth in January promises to be an interesting time for our intrepid troupe.

Brian Peet

ARROWS

A belated welcome back to the club to what has been a fantastic winter of good weather. As you would expect the minute we get back onto the water the rain and wind arrives. There have been a number of boats change hands since last summer. David Staples has bought Alibi from Gary Bowers, Nik Novis has upgraded to Nanda's boat Auklet which has made way for Maja Kralj to purchase Avanti. Former member Ian Mc Dougall had his eyes set on Arawa which he fondly remembered from his early days at the club and convinced Chris Field to sell. So welcome to the new Arrow owners.

Having been away with work commitments I managed to get down to the club for the first time 2 weeks ago. Some regulars were wondering who I was! I am looking forward to beng down there more regularly as the season progresses.

Former Opti sailors Alice Rasmussen and Analeisha Rae took Amazon for a test sail and as expected thoroughly enjoyed themselves. The next step is to encourage them to become regular Arrow sailors. As discussed last season I would like to arrange some training days to assist Arrow owners to become more Proficient and therefore enjoying their sailing more. More to follow by email....

Please advise me if you require a forward hand as I have been approached by some keen young sailors. We also have a couple of people interested in purchasing Arrows and I do not have an up to date list with relevant information on which boats are for sail.

There are a few sailing days in the early part of the season where Arrows are not sailing. Please check the sailing programme and if you have mislaid it remember to check the GBC website www.gbcyachting.org.nz

John Woodyear-Smith
Arrow Convenor

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