



Breaking Wind

The Newsletter of Frensham Pond Sailability

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A Message From The Chairman

Mark Greenwood, FPS Chairman



As the new season approaches, it is worth reflecting that our team of volunteers have had a busy and productive winter 'quiet period' as we continue to develop and improve our Sailability facilities and processes.

Highlights include the provision of additional safe pathways serving additional disabled parking and the 'Jetty 7' project to greatly enhance our hoisting and boat handling facilities. We are about to enjoy a sell-out Fitting Out Supper with another excellent meal provided by Carol and the Galley Team and a talk from Paralympian Megan Pascoe, followed by our first Sailability session of the season this Saturday!

I was joined by members of your Committee at a reception at Loseley House hosted by the Lord Lieutenant of Surrey, Michael Molyneux. The event was attended by the 14 charities that are under consideration for the Queen's Award for Voluntary Service – awarded to a charitable enterprise that demonstrates the best practice in recruiting and developing its volunteers. We will hear if we have been successful in the next 2-4 weeks, as national judging is underway.

In the Forum feedback below, you will find more detailed feedback on your questions at the Forum, in a piece I call the 'you said, we did' format. Thanks to all

for your enthusiasm and questions!! Finally, the Key Themes I mentioned in the last newsletter are progressing well with a particular emphasis on sailor development and maximising potential through our training & development programmes. Fair winds & safe, enjoyable (& sometimes competitive) sailing! ☺.

The 5th Annual Sailability Forum

Michael Buttler, FPS PR & Communications Officer

The 5th Annual Forum held on 26th November was well attended and packed with both people and information. Chairman Mark Greenwood opened the proceedings by summarising the high points of the season and introducing the Sailability Committee. The main achievements are:

- ❖ We have had racing successes by both individuals and teams
- ❖ A development plan has been introduced for sailors
- ❖ The Youth Group has developed well with good coaching, fun events and integration of cadets
- ❖ Membership is 139 including 40 new members
- ❖ 40% of our members are 18 or younger
- ❖ £50,000 has been raised through fundraising for new boats and improved facilities
- ❖ New safety boat "Lionheart 2"
- ❖ 4 new boats – Dennis, Kestrel, Andy the Bear, and Jemima
- ❖ New automatic door into clubhouse
- ❖ 115 helpers
- ❖ Strong accounts and well managed reserves

In his Sailing Report, Richard Smallwood emphasised the importance of safety and made the following pleas:

- ❖ Tell us if your medical condition has changed
- ❖ Ensure you are wearing the correct buoyancy aid or lifejacket
- ❖ Clear the immediate area of the ramps when you have finished sailing
- ❖ Refrain from smoking in the Sailability area
- ❖ Talk to Graham Wheeler about any safety concerns

The sailing achievements of a number of sailors were recognised:

Sailor	April	October
Mark Barber	Basic	Silver
Matt Bolton	Bronze	Silver
Christine David	Gold	Gold
Marilyz Frazier	Gold	Platinum
Colin Freeman	Bronze	Gold
Robert Glen	Bronze	Silver
Kevin Gubbins	Silver	Gold
Andrew Lebec	Bronze	Silver
Anne-Marie Slavin	Gold	Platinum
Jo Stringer	Bronze	Silver

The Membership Survey was reviewed with analysis of the responses to the sailing facilities, the onshore facilities, communications, and experiences of new members on joining. There were a number of detailed comments, and the responses of the Committee come at the end of this article.

The accounts were presented in detail, and the plans for the coming year were announced. These involved improving the help we give to sailors and helpers to develop, nurturing the Youth Group, and making sure we have the resources to expand.

At the end of the meeting special tributes were paid to Terry Teale and Ted Jefferies for everything they have done for Sailability.

The full presentation and a summary of the discussion held at the end is available on the Sailability website in the Documents section.

Survey Follow-up

The Sailability Committee has studied the feedback from the last Sailor Survey and will introduce the following changes:

Wet weather clothing: this is available in the Pavilion for members to borrow and details can be found in the 2016 Membership Pack (downloadable from the website)

Feedback from Buddies: all Buddies will be reminded to give feedback, both on informal occasions and more formally.

Laser Stratos dinghies: we will encourage sailors & helpers to use these more through their training plans

Congestion on the jetties: plans are in place to improve the management of boats returning to the jetties, particularly at peak times.

Inconsistencies in defining sailing preferences and goals: the training programme and log book records

will be extended to more members, particularly those joining during the season.

Problems receiving emails: all email addresses are being checked and confirmed.

Alternative methods of membership payment: the Membership Renewal Form has been redesigned to clarify this.

Confirmation of membership renewal: all membership renewals will now be acknowledged.

Clarify the Programme of Sailability days: The Calendar can be found on the website. If there is no sailing or restricted sailing we will try to send an email to all members. Notices are also posted at the club.

Clarify terminology at presentations: we will minimise the use of jargon and "corporate speak"

Application forms could be clearer: all the Taster, Medical and Application forms have been redesigned and are in the new 2016 Membership Pack.

Fundraising News

Brian Grimwood, FPS Trustee responsible for fundraising



Many thanks once again to all our magnificent supporters. Thanks to them we continue to maintain and upgrade our facilities and the quality of service offered to our sailors. Items of particular note are:

Replacement boats: Two Hansa 2.3s and one Hansa 303W are on order for delivery before or soon after April. Details of the funders will be revealed at the official 'launch' of these boats. However, very many thanks to the 3 'sources' involved (they know who they are!).

Extension to Jetty 7 and the provision of additional personnel hoisting points: Thank you to The Wisley Foundation (which has supported our Youth sailing for the past 3 years) for a magnificent £15,000 grant towards the project. Over the winter, a team led by Tony Machen and Graham Wheeler has been busy measuring up and evaluating the options.



"Tony, are you sure my iPad works underwater?"

A decision on the way forward should have been made by the time of issue of this Newsletter, with a planned completion date by end August. This project will significantly enhance the efficient and safe handling of all sailors into and out of boats, particular those requiring hoisting. Our very considerable thanks to The Wisley Foundation for, in effect, underwriting this £23-25,000 project and to Tony and Graham for leading a very high work load project so efficiently and enthusiastically.

One of our strengths is the wide range of sources of funds. Recent donations received include:

- £3,000 from The Farnham Institute to purchase an additional hoist for the above Jetty 7 project
- £1,000 from the Downing Street Charity Shop
- £654 From the Frensham Village Shop Charity in celebration of their 10th anniversary
- £250 from the Farnham Waitrose Green coin scheme



Lady Tindle presents the cheque to Vicki Hinde & Michael Buttler at the Downing Street Charity Shop

Finally, a very big thank you to FPSC member Simon Bellars who donated the proceeds (£1,800 including Gift Aid recovery) from the sale of his Solo 3928 to Sailability. A big thank you also to Lindsay Burns for her initial contact with Simon and for organising the sale.



Youth Group News

Lisa Skirrow, FPS Youth Group Coordinator



Having enjoyed being part of the Sailability team for two whole seasons without responsibility, I have now taken on the running of the Saturday Youth Group.

Thanks must go to Brian for keeping it all in such good shape last year. Towards the end of last season we ran a mini race series which was enjoyed by 16 youth group members, a fantastic turnout. We had 9 solo sailors in 2.3's and 7 sailors in 303's with buddies.



Harry Kennington won the 2.3 series and Tom Brooker with buddies Francesca and Hattie won the 303 series. Cameron Haire was awarded a prize for having sailed all six races on his own, having only started sailing in the summer.

Parice Smith was awarded the Wisley Endeavour Trophy, which was presented by the Wisley Foundation Trustees Morgan Johnson and Malcolm Stewart-Smith, shown with Parice below.



The last day of the season was Hallowe'en and we had another busy morning with team games followed by a prize giving and Krispy Kreme donuts.



A big thank you to all of the young helpers who come along on Saturday mornings and make all of the youth group activities possible. Many of these young helpers have continued to work in the off season, achieving their Power Boat certificates and dinghy and assistant instructor certificates, which is brilliant.

Farnham Sports Council Awards

The 2015 Farnham Sports Council Awards were held on 19th October at Farnham Rugby Club with the Mayors of Farnham & Waverley in attendance. FPS was well represented at this year's event and awards were presented to three FPS nominees:

Volunteer of the Year - Lisa Skirrow

Outstanding Service to Sport - John Townsley

Senior Disabled Sports Personality of the Year - Paul Phillips

Ted Bonner of FDSAD & FPS was presented with an award in recognition of his outstanding contribution to disability sport. Our congratulations to all, well done!



Paul's award was presented by former FPS sailor and Paralympic Hand-Cycling Gold Medallist Rachel Morris. Rachel has switched sports to rowing and is heading for Rio following her Silver medal winning performance in the Rowing World Championships in September, an amazing performance in a second sport.

The winners of the local awards across the County were then assessed and a shortlist was selected to go forward to the...

Surrey Sports Awards

The 2015 Surrey Sports Awards took place on 2nd December in Woking where FPS sailor and Finance Officer Paul Phillips was awarded the Surrey County Council Disability Sport Award, a great achievement.



Paul won the 2015 Liberty European Championship in his first season of competing in the class. He then followed this up with a fine second place in the UK Nationals.

FPSC Helm Of The Year

Paul's achievements in 2015 were recognised by the award of the FPSC Helm of The Year Trophy. This is the first time this prestigious award has been made to a disabled sailor and it made for a fitting finale to a very successful season.



Farnham Lions Endeavour Trophy

The 2015 Farnham Lions Endeavour Trophy was presented to Kate Hedley by Simon Moran-Smith, President of Farnham Lions.



Kate has made a great impression, since joining FPS a few years ago, participating in both Hansa & 2.4mR events and race coaching sessions.

A fine third place in the 303 solo class at the 2014 Hansa National Championships was followed up in 2015 with third UK competitor in the Hansa European Championships at Rutland and first UK competitor in the Hansa National Championships at Weymouth. Sailing against able-bodied sailors in the 2.4mR Class, results in club racing at Frensham Pond are very encouraging and at events elsewhere 3rd and 5th places have been achieved.

Fitting Out Day

Thursday 24th March was Fitting Out day and a record turnout of almost 50 helpers worked hard in cool and increasingly wet conditions, cleaning and rigging the Sailability fleet, checking the club trailers and tidying the Pavilion and storage sheds in preparation for the start of the new season.



Booms & rudders lined up & ready for fitting



The keel hauling team hard at work



The helpers enjoyed a well-earned lunch in the warm

Carol and her Galley team did us proud as always, cooking & serving up a very welcome and tasty lunch

of bangers cooked in Guinness served with mash & onion gravy. A big thank you to all the helpers and to Carol, Sally, Angela and Denise for feeding us all.

A Star In The Making

Lara Sturgis, FPS Sailor & RYA Contributor

Lara recently interviewed FPS sailor John Brooker for the RYA Sailability website. John is a member of the British Podium Potential Sailing Squad, a group of talented young people aiming to be part of the British Paralympic Team. Now 21 years old, he started sailing at Frensham at the age of seven. John learnt to sail in an Optimist dinghy before moving on to a Cadet and then a Laser 4.7. However, he found it hard to progress in this boat due to his disability.

Four years ago, John joined the Sailability group at Frensham Pond and started to sail in a 2.4mR keelboat. He found it took some time to get used to the boat because it heels over so much, but now it is one of his favourite boats.



L-R: Antonio Squizzato (Silver) Helena Lucas (Gold) & John Brooker (Bronze)

John has done extremely well in 2015 National events with a 4th in the Inland Championship & 2nd in the Tidal Championship, achieving a 3rd place overall. We also talked about whether the 2.4 boats would be included again in the Paralympic squad, possibly for the 2020 Tokyo Games. He felt it was unlikely, but that it was a possibility for 2024, if so he would aim to be there.

Since the 2.4 is a one person boat, only one sailor will be selected. John is very positive about that, he believes he will be training against the best so he will benefit. Some people only do it for the medals, but for John it is about enjoying sailing and doing his best. Of his future aims, John said: "It is an expensive campaign, but I do best when I don't have to worry about the money and can concentrate on the sailing".

Lara's full interview is here:

<http://www.rya.org.uk/programmes/ryasailability/Page/s/a-star-in-the-making.aspx>

Kate Whyatt's Global Adventure

Since the last newsletter FPS Helper Kate and the fleet have completed 5 Legs of the Clipper Round The World Yacht Race. She is now underway on Leg 6 from Qingdao in China across the Pacific to Seattle, and is scheduled to arrive there in mid-April.



You can read Kate's blog, follow her progress and make a donation if you can to her fund raising for FPS and Ocean Stars using the links below:

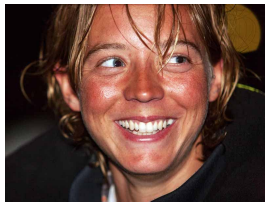
<http://katewhyatt.blogspot.co.uk/>

<https://www.clipperroundtheworld.com/race/standings>

<http://uk.virginmoneygiving.com/KateWhyatt>

Lizzy Foreman's Solo Adventure

Lizzy, daughter of FPS sailor Margaret Foreman, successfully completed the mini-Transat, finishing 31st overall (in a 10 year old boat) a great achievement!



"For the last three months of 2015 this race has been my life. Spending all my time either alone on my tiny boat, or onshore with 'Classe Mini' - one huge extended family of free-spirited, determined and wild solo sailors and a dedicated, hard working race and media organisation – it has been an unforgettable experience."



"Thank you for supporting me throughout my Mini

Transat campaign. It has been an incredible experience from which I have learnt so much!

I am aiming to compete again in the Mini class in the 2016 Les Sables - Azores - Les Sables race and the 2017 Transat, afterwards moving on to a Class 40 for the 2018 Route du Rhum. It will be a busy few months ahead to get a new campaign off the ground". You can follow Lizzy's progress here:

<https://www.facebook.com/LizzyOffshoreRacing>

CALENDAR OF EVENTS APRIL - JULY

APRIL:

- 1ST – FITTING OUT SUPPER ☺
- 2ND – FIRST SAILABILITY SATURDAY SESSION
- 7TH – FIRST SAILABILITY THURSDAY SESSION
- 14TH – FIRST SCHOOLS DAY
- 23RD – NO SAILABILITY – CADET OPEN
- 25TH – HANSA TT BURGHFIELD

MAY:

- 7-8TH – HANSA GRAND PRIX WEYMOUTH
- 21-22ND – 2.4MR FRENTHAM OPEN
- 25TH – WOODLARKS VISIT

JUNE:

- 2-9TH – HANSA WORLD CHAMPIONSHIPS, MEDEMBLIK NL
- 6-14TH – 2.4MR SAIL FOR GOLD WEYMOUTH

JULY:

- 2ND – HANSA TT NEW FOREST
- 7TH – LAST SUMMER TERM SCHOOLS DAY
- 11TH – HANSA TT WEALDEN
- 21ST – THURSDAY PM SUMMER REGATTA & TEA
- 28TH – NO SAILABILITY – RYA TRAINING WEEK

Tail Piece

The Summer newsletter offered a prize to the first FPS sailor who could identify who these legs and feet belong to:



There were no correct answers so the sailors clearly have their attention focused elsewhere. From left to right this supreme collection of athletic limbs belong to Brian G, Shaun L, Ivor B & Shaun D.

Many thanks to everybody for their contributions & photos.