

November 2009

# DHEKELIA SAILING CLUB NEWSLETTER



## *Battleback*

On Thursday 29 October, the club hosted a group of injured soldiers from Headley Court Hospital in the UK. The troops were engaged on "Battleback"

Major Martin Colclough, Officer Commanding 'Battle Back', said: "The principal aim of 'Battle Back' is to use challenging outdoor activities and sports to complement the rehabilitation injured soldiers will have already participated in. "Their upper body also gets a good workout - they are getting to use their muscles in a lot of different ways which they wouldn't normally do. This can bring a lot of benefits that working out in the gym doesn't, it also increases their mental confidence; they know they are doing something that most able-bodied people don't do - giving them an incredible sense of freedom."

The weather was excellent with a constant off shore breeze and plenty of sunshine. The plan had been for the soldiers to be at the club from 10am till mid day and to take a short sail in either a Bosun or to perform duties on the rescue boat, so when the exhausted club members finally persuaded the troops that 2pm was a good time to come off the water and enjoy lunch it was agreed that a good time had been had by all.

On a serious note - all the club members involved with the day agreed that it had been both a privilege and a pleasure to assist in the rehabilitation process of those brave young men.

*Pete Last*

### **Safety Boat Course**

Anyone who has completed a minimum of 25 hours on a powerboat can do the Safety boat course. The more people that are qualified the easier it is for Jim to maintain the duty roster.

I am running a course in **December on the 4<sup>th</sup> & 5<sup>th</sup>**, if anyone is interested please contact me soonest.

**I am running it at a special rate for club members, €30, this is purely to cover books and certificates.**

### **Winter Maintenance**

As we approach the winter, we need to think about boat maintenance, and so that we can continue sailing throughout the winter, all members and sailors need to do their part towards that maintenance.

As of the 1<sup>st</sup> of Dec we will be taking one Albacore, one Bosun and one Laser off the water for maintenance. The intention is to give

them a thorough overhaul so that they will see through next season without too much trouble. Please see Iris or myself to help with these overhauls.

### [Trysail.](#)

We had a very successful trysail for the MRS last week and the RIB have asked if we can run one for them on the 11<sup>th</sup> November. So far I have had only a couple of volunteers who can help so if any of you sailors, that I haven't emailed, are able to help please let me know asap.

**It will be on Wednesday afternoon, so we need to get underway at 13:30 sharp due to the early evenings.**

### [Racing](#)

When you sign on for racing, please enter your full name, ie christian and surname, and boat type, and in the case of the lasers, the type of rig you are using. It is getting very difficult to work out handicaps when there are two Helen's etc. Please remember that the results for the second and third races are corrected after the previous races handicap has been worked out.

We will post the previous weeks result the following Sunday. If you don't give us all the information you will probably not get a result and as we intend running a series of races over a set period where the results will be used to find a winner etc, you could miss out on winning a trophy.

### [OOD duties.](#)

At the end of your duty please ensure that the immersion heaters in the back of the committee room are turned off as well as any lighting around the club.

Happy sailing, don't forget your wetsuits.

*Chris Dodds,  
Rear Commodore.*

### *Club L2k's*

Members will know that the above now have to sail with a masthead flotation device to help prevent the boat inverting should it capsize. This is a sensible rule that enhances the safety of the crew and helps to prevent damage to the mast, especially in shallow water when the boat is leaving and returning to the shore.

There is little doubt, however, that this device has an adverse effect on the performance of the boat but exactly how much is open to debate. The sailing committee has therefore decided that over the coming months information will be gathered comparing the finishing times of private and club L2k's. This will provide a data base which will be used to establish to what extent the club L2k's handicap will need to be adjusted.

Boat handicaps are often the subject of fierce debate but with some statistical evidence we hope to make an equitable decision. My best guess is that it will be around April next year before any changes are made, meantime, those of us who sail club boats will just have to be patient.

*Alan Skitt  
Chief Instructor*

## **CLUB SHOP**

The Shop Officer Willie McAlpine, has found a local company in Larnaca who can supply polo shirts and sweatshirts embroidered with the DSC logo at a cost of €12 per item for polo shirts and €15 per item for sweatshirts. At the moment the supplier can only provide colours which he stocks: Navy Blue, Sky Blue, Green and Red. For any future orders it may be possible to offer a wider choice of colours. The costs quoted are based on a minimum order of 20 items and Willie is in the process of compiling an order which he will submit as soon as he hits the magic number of 20.

So can anyone interested in purchasing one of the tops please contact Willie with their requirements - type of top, size (S, M, L, XL), and colour preference.

E-mail: [wkmcalpine@yahoo.co.uk](mailto:wkmcalpine@yahoo.co.uk) Mobile 99615546

## **Forthcoming Events**

### **Sat 14<sup>th</sup> November - Quiz and Chips**

Fun Quiz followed by fish and chip supper from Lambros.

€2 per person, plus cost of supper - maximum of 4 per team.

**Cash prize for winning team!**

This was a very successful evening last time - please add your names to the list on the notice board or let Sally Higham know.

### **Sat 12<sup>th</sup> December - DSC Christmas Party**

**Meze at Bambos - €13 per person.** Tickets available from Pete Last and Sally Higham.

## **Sat 16<sup>th</sup> January 2010 - Regatta Race Night**

Details to follow.

### **Thanks to....**

Sally and Robert Higham, and their friend Susie, for all their hard work at the recent MRS Trysail and The Halloween party. Both events were a great success. Thanks also to Tango Pete and Trish Last for manning the bar!

### ***Finally...***

This is my last newsletter. Many thanks to all those who have contributed in the past 18 months. Pete Last will be taking over as Publicity Officer.

Email: [editor@dhekeliasailing.com](mailto:editor@dhekeliasailing.com)

***Rachel Gresswell***