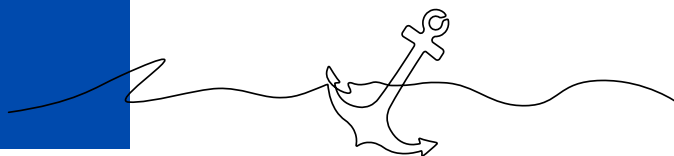




VOL
02
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April 2024

THE CYC NEWSLETTER



Hello Members,

Welcome to the April edition of the CYC Newsletter! Once again, we have plenty of interesting articles from our group of faithful contributors.

As always, the SheSails team are leading the way with a plethora of land and water-based events. Be sure to have a read of both the SheSails articles to hear all about them and to answer the question, "Why SheSails?".

As some of you may or may not be aware, we have recently added two MASRM 720s to our keelboat fleet. One is, "*Monkey Business*", but the other is yet to be officially named. We would like to hear your suggestions for a new name. If you have some suggestions, please send them through to my email below.



Finally, the executive committee would like to welcome Tess Cooper to the team, taking a position as a general committee member. We look forward to working with you!

As always, thank you to all of this month's contributors, and if you would like to contribute, please send anything you'd like to share to: secretary@cairnsyachtclub.com

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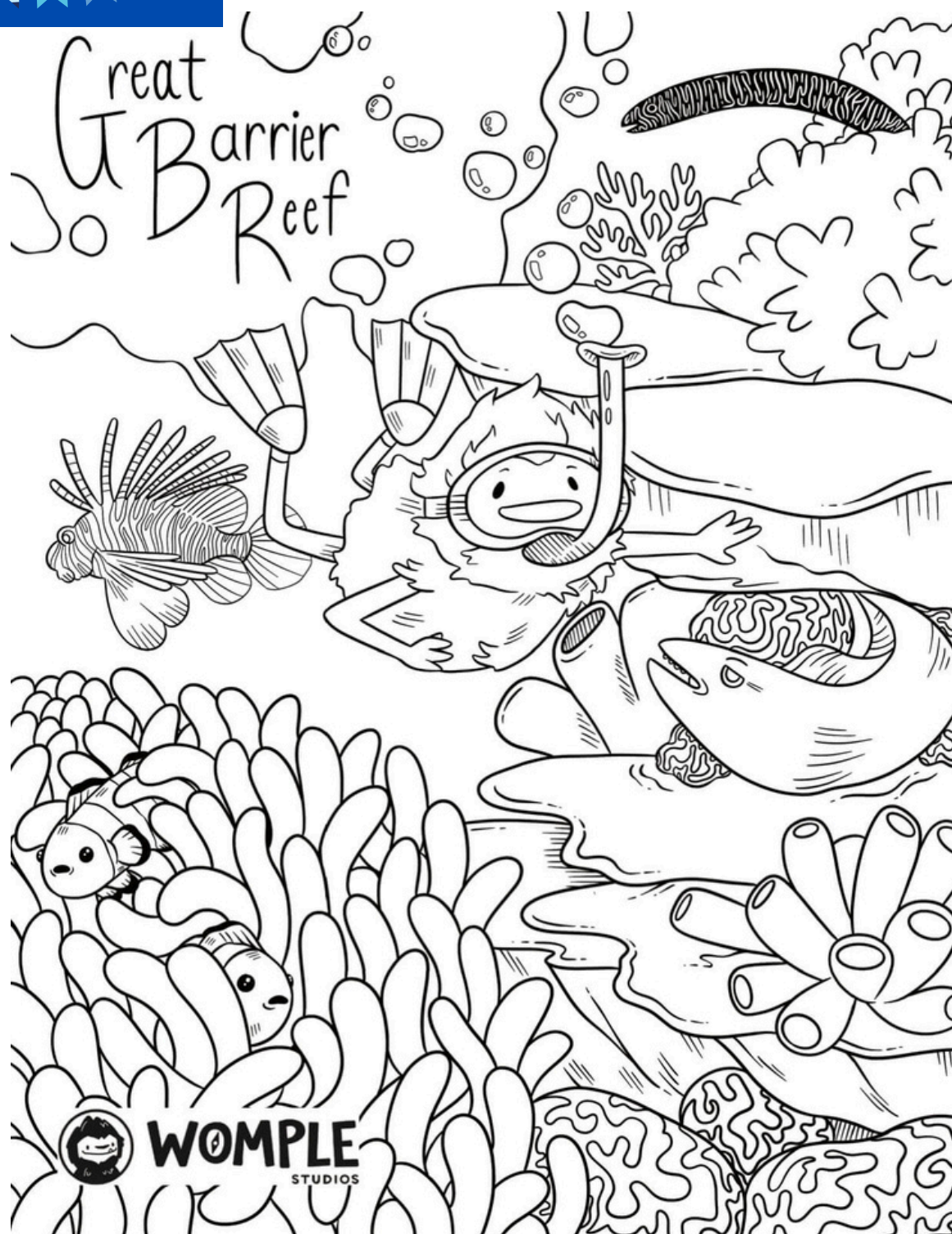
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Editor: Kyall Forster



Fun (sad) Facts!

- When corals are under stress, they expel the microscopic algae that live in their tissues. Without these algae, corals' tissues become transparent, exposing their white skeleton. This is called coral bleaching.
- Bleached corals are not dead but are more at risk of starvation and disease.
- A primary cause of coral bleaching on the Great Barrier Reef during summer is heat stress from raised water temperatures and increased UV radiation. A temperature increase of just one degree Celsius for only four weeks can trigger bleaching.

From the Commodore

By Scott Davis



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Greetings from Port Macquarie!

Following the recent strategy planning session facilitated by CYC Tracy Benson there has been lots of positive activity within the club.

The SheSails program continues to power along especially now we have two additional training vessels join the club (a big thanks to everyone involved in getting them to Cairns and ready to sail- a massive effort).

Tackers and Saturday morning junior sailing is kicking off again this week under the leadership of Alana (Tackers) and James (Saturday junior sailing).

These programs continue to be in demand as we grow, and it is very exciting that Ellis beach recovery continues to make gains. We can't wait to get activity happening out there soon under the guidance of Rob Lattimore.

All clubs are dependent on the contributions of their volunteers and while often we hear people commenting we should do more or do better; it takes everyone's help to make our club successful. If you have time and/or skills to contribute, please let us know at: **admin@cairnsyachtclub.com**

Thanks to everyone for their ongoing contributions!



The Voyage of *More Magic*, Part 3

By Hew Mills



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DAY FOUR

43 miles to Orpheus Island today so we'd better get an early start. The wind has more southerly in it today which will take us past the spectacular Hinchinbrook Island after passing through the Family Isles just south of Dunk. The anchor chain grinds in, then stops. Are we caught on a rock? We motor forward then back, the chain comes taught and the bow dips down under the load. The anchor is stuck fast. Odd because there is a lot of chain still out? It's impossible to see through the five meters of water under the boat to figure out a way to free 'More Magic'. The normal solution is to get out the bolt cutters and sacrifice the anchor and chain. Dreading the loss of valuable equipment, Bec dons her underwater equipment to have a look. A couple of flips with her fins and she disappears into the green pulling herself down the anchor chain. She's gone for what seems like an age, we have four meters of water under the keel. At last, breaching like an agile whale with lungs bursting the skipper surfaces. "The chain is caught around a bommie". The boat has swung through 360° during the night wrapping the anchor chain around the underwater pillar. Down she goes again, five meters from the surface, and in several exhausting dives lifts the chain over the outcrop. Not one to let an opportunity slip by, Bec examines the keel of her precious yacht. Last night's grounding just scraped some barnacles off, the skipper is relieved.

With the commander safely on board again we head out past the Dunk sand bar and head south-east for Hinchinbrook. The breeze weakly filled from the south-west giving us a beam reach, a perfect wind for a bit of real sailing. With light air we roll up the headsail and launch the magnificent asymmetric spinnaker. Its enormous blue belly fills sweetly as its sock is pulled up. This is the true beauty of sailing, the confluence of art and science. The luff of this enormous sail cuts the airstream in two. The flow around the bulging lee of the sail speeds up as compared the the air on the inside and creates a low pressure pulling the boat sideways. The keel defies this sideways movement through the water so the boat progresses largely pulled by the sheet line leading aft. In this configuration and in a light enough boat it is possible to sail faster than the wind. Alas, "More Magic" is pretty heavy but, in our case the apparent wind dropped to four knots, even so "More Magic" was easily sliding through the blue water at three knots.

As the day progressed the wind freshened and we were able to maintain up to 6 knots for several hours. The wind held a steady direction with the auto helm holding a steady course. This was the best sailing conditions and 'More Magic' was loving it. Her crew too!



The Voyage of *More Magic*, Part 3

By Hew Mills



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We picked up a mooring in Pioneer Bay, Orpheus Island, at 5pm and Bec was soon in the water again to inspect the coral. The dinghy boy (me) launched and, with the tiny outboard assisting, transported the black skinned otter-like creature draped on the bow to the next dive location. In this way we could travers the bay a little quicker than swimming. Apparently, there was a giant clam farm established here and they did particularly well. Unfortunately, after searching around a mile from “More Magic” Bec couldn’t find it. Retrieving my favourite otter, I gunned the little motor and headed back. Around halfway back the trusty outboard died through fuel exhaustion. The dinghy boy should have checked that?

Rubber dinghies are about the worst rowing boat you can imagine. Their directional stability is on a par with a loaded shopping trolley on a hill, the bulbous bow and side tanks are particularly well designed to catch any breeze blowing the wrong way. The oars, attached to the springy tanks are too short to reach effectively into the water to provide the leverage to propel the craft forward. Short jerky jabs at the water is the best that can be achieved. It’s exhausting. Filling the petrol tank is a pretty simple solution.

We reached More Magic as the sun dipped behind distant thunder storms. The last rays of the sun projected as golden fingers across the dusk. Tropical sailing, the best outdoor experience ever!

To Be Continued...



SheSails Update

By Lisa Christensen



P.6

Here's a recap from this month's activities and the exciting land and water events on the horizon for the SheSails community- all designed to kindle and continue a female-focussed passion for sailing.

1.Events Recap:

Water Event:

We had an afternoon sail event scheduled for Saturday 23 March however unfortunately we had to cancel this due to weather.

Land Event:

SheTales – 4 April 2024:

Humans have gathered around fires for millennia and inevitably whenever humans gather, stories are shared. It was in this tradition-albeit with electric candles instead of fire- that we came together for a very special SheSails land event, SheTales.

With the lights dimmed, cradling the new CYC cocktail- the Grace O'Malley, we were soon sharing stories of sailing adventures and mishaps.

Covering all manner of topics and themes - from surfing 40-foot waves, living aboard with children, dolphins and whales, encounters with pirates and periscopes, rogue waves, masts crashing over decks, to insane seasickness, it was wonderful to hear so many stories from many different women with all different levels of experience! A great impromptu Q&A developed and there were many moments of awe and laughter.

It turns out, there are as many adventure stories as there are adventurers!

Having piloted this fun and super interactive event we would love to roll it out to a broader group- so watch this newsletter space!



SheSails Update

By Lisa Christensen



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2.Upcoming Events:

Water Event:

Upskilling: tentatively Thursday 25 April 2-5pm

This event will be entirely weather dependant so please keep an eye on socials/the website for updates. This water event will offer the opportunity to once again hit the waves and indulge in your love for sailing.

We are super excited to be bringing out the new CYC club keelboats.

Land event:

Weather Wind and Tide: Thursday 2 May

Weather, wind and tides have a massive impact on sailing but there's so much to learn! This session will explore the basics, the interactivity of it all and hopefully provide the a-ha moments that can make all the difference to understanding something that can be quite complex.

We'll explore the functionalities of the Windy app, providing valuable insights for enhancing your sailing adventures. As usual, bookings are essential so we know numbers.

3. There will be **other Australian Sailing courses** coming up soon available to SheSails members and general CYC members as well as general public. Please check the CYC website for more details and to register interest.



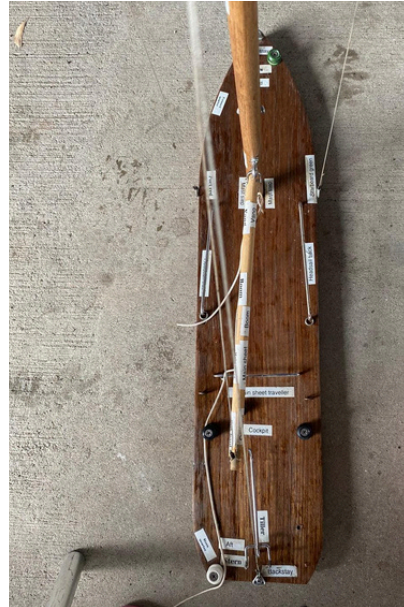
SheSails Update

By Lisa Christensen



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4. We were totally stoked to get a fantastic model boat crafted by Johnny Poole for SheSails with special thanks to Tracy for making the sails. This will be an absolutely awesome tool for women to learn the name of everything on a boat and other aspects of theory, before or in conjunction with stepping aboard. Thanks, Johnny!



As always, we encourage active participation and value feedback in shaping the SheSails experience. Whether you're a seasoned sailor or just dipping your toes in, SheSails offers a welcoming, supportive community for women to learn, grow and forge lasting connections- to the wonderful world of sailing and fellow sailors.

CYC SheSails Objective- Encouraging and building capacity and skills for women of all ages to enjoy sailing through organised activities.

CYC SheSails Values- Respect, Empowerment, Community, Safety, Accountability.

Thanks to all the support and energy in helping us make this a success. We are female-focussed to nurture the confidence of girls and women towards full sailing competency but wouldn't be able to do it without the goodwill and assistance of so many fellas! Kind of like life really... 🤔

Please stay tuned for further details on upcoming events through our newsletter and social media channels including our Facebook group.

Warm regards,

CYC SheSails Sub Committee:

Tracy Benson, Fiona Jeffrey, James Wighton, Frances Westley, Mathilde Gordon, Shari Essex, Sharon Wilesmith, Tess Cooper, Lisa Christensen & Donna Lowden.

Why SheSails?

By Lisa Christensen



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Members will have noticed SheSails events and news appearing for a while now and may be wondering what it's all about and especially what's the point of it? Surely, we should be encouraging everybody in sailing, not just women? Why do we need to have a separate thing for women?

So, in an attempt to answer that I tapped the wonderful, dedicated women on the SheSails committee...

One of the founding members Tracy Benson provided the backstory.

"SheSails was started after conversations with women who shared that they often felt reluctant to ask questions about sailing which was limiting their learning curve. They enthused on how good it would be if we had woman sailors mentoring & supporting other women to help build their sailing skills. We thought that wouldn't be so hard to do as we have some awesome female sailors at CYC who would be happy to help other women fall in love with sailing too."

Mathilde Gordon, encapsulated what gender specific development activities offer women.

"I'll forever be grateful to the knowledge and experience that the whole sailing community provides, regardless of gender. However, in a room or on a boat with other women is where I learn the most and feel the most confident to expand my horizons. I find myself more comfortable to be vulnerable and address my weaknesses, ask more questions and share mistakes. I think it's important for young women and girls to see others overcome barriers, set the sails, be inspired and equally inspire those around them."

Shari Essex said- "If you can see it, you can be it! It's important to see women being capable in all aspects of sailing. Seeing women on the helm and crewing with confidence is inspiring. It makes us realise that of course we can sail a boat with some positive encouragement and mentoring from women who know how daunting it can seem at first."



Why SheSails?

By Lisa Christensen



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Donna Lowden, offered that some women find it hard to branch out and go do those things. "SheSails provides a welcoming and learning space that might be all the difference between a vague interest becoming a pursuit."

"Sailing is one of the best ways to have fun in life!" Francis Westley declared. "SheSails is an excellent introduction to sailing because women enjoy each other's company and have respect for each other. There is so much knowledge to be passed on and learnt in a nurturing environment."

Women have been part of sailing throughout history yet it's still a largely male domain. It takes a certain resilience and gungho-ness to step up for crewing on a boat as a woman. Women who have grown up with many men around may feel comfortable in a majority-men space. Some of us grew with big brothers or strong male role models and personally have no problem with holding our own in the midst of male bravado or the stress that can sometimes be on the water, particularly when racing; but that's certainly not the same for all women.

Some women, who may lack confidence, will defer to the men on board and I've heard all-manner of concerning stories from women, ranging from only being seen as eye-candy for the captain to having their hands being pushed off a winch to being entirely disregarded for any crew decisions.

People who are not as confident or hesitant on a boat don't make good crew members. Sometimes conditions can get hairy rapidly and it can literally be a safety problem for everyone on board if a crew member doesn't do what needs to happen at that moment.

Recognising that women might need nurturing in this space is the underpinning motivation for SheSails. Helping develop the competence to make them more confident on- and off!- the water benefits everyone and in turn will help nurture in them the same strong passion for sailing that binds us all.





For those of you who may wish to know who represents the club on the executive committee, below is the list of our members and their respective roles. The fleet captains have also been listed, for your information.

Executive Committee

Commodore: Scott Davis

Vice Commodore: James Wighton

Rear Commodore: Simon Overton

Treasurer: Hew Mills

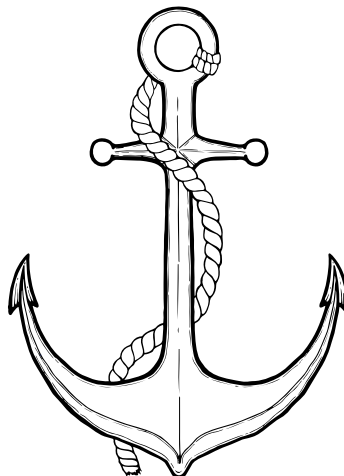
Secretary: Kyall Forster

Committee Members: John Pool, Tracy Benson, Tess Cooper & Shari Essex

Fleet Captains

Yacht Fleet :Greg Joice,

Ellis Beach: Rob Lattimore





Ellis Beach 2024 Calendar

Date	Event
2nd - 3rd March	Ellis Opening regatta
17th March	Ellis Club Racing
29th March - 1st April	Airlie Regatta / Nacra State Titles TBC
April 7th	Ellis Club Racing
April 21st	Ellis Club Racing
4th - 6th May	Tinaroo Mayday Regatta
May 19th	Ellis Club Racing
June 16th	Ellis Club Racing
July 14th	Ellis Club Racing
July 27th - 28th	Ellis Beach Annual Regatta
18th August	Ellis Club Racing
1st September	Ellis Club Racing
22nd September	Ellis Club Racing
5th - 7th October	Townsville Sprints Regatta
13th October	Ellis Club Racing
19th - 20th October	Mission Beach Regatta
2nd - 3rd November	Sail Bowen
10th November	Ellis Club Racing
16th - 17th November	Ellis Club Racing / End of year party



UPCOMING EVENTS

CYC SAILING CALENDAR 2024

MARCH

SUN 10
SPLISH SPLASH
SWIMWEAR LADIES
SKIPPER SERIES
TROPHY
SUN 17
SAM CADMAN
SERIES TROPHY

APRIL

SUN 7
ELLIS BEACH CLUB
DAY
SUN 21
ELLIS BEACH CLUB
DAY
SUN 21
COMMODORE'S CUP

MAY

SUN 12
CAIRNS - PORT
DOUGLAS TROPHY
SUN 19
ELLIS BEACH CLUB
DAY

JUNE

SUN 2
SAM CADMAN
SERIES TROPHY

JULY

SUN 7
ROBERT LEITNER
MEMORIAL TROPHY
SUN 14
ELLIS BEACH CLUB
DAY
SUN 21
ANNIVERSARY TROPHY
SAT 27- SUN 28
ELLIS BEACH ANNUAL
REGATTA

AUGUST

SUN 18
ELLIS BEACH CLUB
DAY

SEPTEMBER

SUN 1
ELLIS BEACH CLUB
DAY
SUN 15
TWO ISLANDS TROPHY
SUN 22
ELLIS BEACH CLUB
DAY
SAT 28- SUN 28
MAYOR'S REGATTA
TROPHY

OCTOBER

SUN 13
ELLIS BEACH CLUB
DAY
SUN 13
SAM CADMAN SERIES
TROPHY
SAT 25-SUN 27
FITZROY REGATTA
TROPHY

NOVEMBER

SUN 10
SPLISH SPLASH
SWIMWEAR LADIES
SKIPPER SERIES TROPHY
SUN 10
ELLIS BEACH CLUB
RACING
SAT 16 SUN 17
ELLIS BEACH CLUB
RACING/END OF YEAR
PARTY
SAT 23
AGM AND AWARDS NIGHT

DECEMBER

SUN 1
GREEN ISLAND
TROPHY

**CAIRNS
YACHT
CLUB**



**DON'T
FORGET!**

***WAGS racing every Wednesday, 12pm at
the Boat Shed (Weather Permitting)***

Our Fabulous Sponsors!



P.14

Thank you!

A massive thank you to our past & present sponsors for their amazing support! Where possible, please return the favour by utilising their services.



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