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# The Right of Way

The official newsletter of the Disabled Sailing Association of Ontario

Get on Board!

June 2005

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Opening Day - May 23rd, 2005

## OPENING DAY

May 23<sup>rd</sup>, 2005

It was a warm and sunny day in May,  
When we touched the ground at DSA  
Snow was melting on the ground  
On FRS we heard the sound  
Of a Sailor...

-Angle of Harlem, U2 (sort of...)

May 23<sup>rd</sup> of 2005 was quite a day! Despite cold and rain in the forecast, more than fifty members and volunteers came out to say, "Hello, we missed you!" Danny McCoy, our Paralympic representative in the 2.4mR in the year 2000, and DSAO's

first President in 1999, did us the honor of stopping by for the afternoon to chat with us and share his knowledge of the sailing world. His regular showmanship kept everyone laughing (and sent some of us running for cover!). Thanks for coming home to see us, Danny!

To everyone's great relief, the sun came out to shine, and lots of new faces felt the wind in their sails for the first time. The food was good, the stories even better, and the sense of excitement and anticipation for the year to come was exhilarating...

Thanks to everyone who worked behind the scenes to get things together for our Opening this year... Well done to the staff, particularly to the rookies, Danielle and Jessica, who slid into their roles as though they've been here for years! Thanks also goes out to all of our Directors who volunteer tirelessly all year round to make sure that we stay on the water...

Our 2005 Directors: Adrian Sivell, Shelley Gautier, Ann Kennedy, Nigist Sewnnet, Jim Prall, Robin Saunders, Leslie Carnegie, Jeff Levine, Brian Monrad, Lorraine Quartaro, Jody Schloss

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## Working at ABYC

Spring 2005

Ashbridges Bay Yacht Club (ABYC) has been a very supportive partner of DSAO for the past four years. This winter, they offered us storage for our two larger keelboat - Victor and Tenacity. So this spring, DSAO volunteers got a sneak peak at the ABYC launch operations. Thanks to Jeff Levine and Jim Prall for giving up so many weekends to get our Keelboats ready for the season, and to Martin Tharrat for all of his maintenance work, and Alan Rocker for braving the flu to help splash the boats!



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**Volunteers like you make our program work...**

**Call us today to Get on Board!**

**416-214-0358**

## Going sailing? Make sure you have everything you need...

- + Arrive early to help rig your boat
- + Make sure you take everything you need for your sail down to the dock the first time
- + Make sure you check in with the staff so they know your ready to go!!!



## Trim Tips...

This month's trim tips brought to you courtesy of Quantum Sail Design Goup. *Mainsail Trim Guide*

The tension required along the luff of the sail is a function of apparent wind velocity. In more wind more tension is needed and vice versa. This means that you need to vary tension not only when the breeze changes velocity, but when you change point of sail. Since there is more apparent wind when you sail upwind you will need more tension than when sailing off the wind. Hoist sail with minimum (hand tight) halyard tension. Sheet the sail appropriately for the point of sail. With the sail now loaded, tension halyard just enough to remove any horizontal wrinkles emanating from the luff. (Wrinkles will be at right angles to the luff.) In light apparent wind velocity you can leave just a hint of wrinkles. As velocity increases, wrinkles will reappear and additional



halyard tension will be needed. Avoid over-tensioning. A vertical wrinkle or "gutter" parallel to the luff is sign of too much halyard tension.

Ease the sheet and boom vang when adding halyard tension. If more luff tension is needed, use the cunningham to pull down and remove horizontal wrinkles. The halyard and cunningham do the same thing, provide luff tension, they just work from opposite directions.

## People in Motion

June 3 & 4, 2005

DSAO again had the privilege to take a boat to Canada's largest accessibility show, called People in Motion held at the CNE. We look forward to seeing all the newest technologies again at next year's show. Thank you to those who volunteered their time for DSAO at the event.

## Upcoming Events

Call to register today 416-214-0358

July 1 - Canada Day Party

July 2 - Volunteer BBQ and Social

July 17 - Easter Seals Regatta

July 16&17 - Whitby Harbour Day

July 17 - Easter Seals Regatta

July 22-24 - Montreal Regatta

July 23 - Volunteer BBQ and Social

July 24 - Sail-around-the-island

### *Next White Sail Course:*

Tuesdays and Thursdays

June 28th - July 21st

6 pm - 9 pm

Mondays and Thursdays

July 25 - August 11, 6 - 9pm

+ Saturday, August 6, 10am - 6pm,

### *Kids' Camp 2005*

Age 6 - 16

Second and Fourth week of July

9:30am - 4pm



HAPPY  
BIRTHDAY  
QQDSP



**Thursday, June 23rd, 2005**

Seven years ago on this date,  
QQDSP opened its doors to the people of  
Toronto in a Grand Opening event...

# Martin 16 in the Paralympics...

Martin 16 fleet starts... On April 18, the International Paralympic Committee announced a new two-person keelboat sailing event will be added to the 2008 Paralympic Games in Beijing. This new event will compliment the current one-person (2.4mR Class) and three-person (Sonar Class) Paralympic events and, for men and women with a Paralympics dream, the two-person event has opened a door for new teams to train and excel.

As the next step, the IFDS Equipment Evaluation Committee has been formed to solicit submissions from all two-person boats, for evaluation. The Martin 16 Class has been developing the two-person sailing format over the past three seasons, gaining vital experience that will support our submission for the Martin 16 as the IFDS "equipment" choice for this new Paralympic event in the 2008 and 2012 Games. The IFDS will announce their decision at the ISAF AGM in Singapore, November 2005.



## Do you have a story to tell?

Make submissions to the DSAO newsletter  
at  
[QQDSP@disabledsailing.on.ca](mailto:QQDSP@disabledsailing.on.ca)

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DSAO WOULD LIKE TO SAY  
A BIG **THANK YOU** TO...

## ABYC One-design Regatta

### Skippers' Plan Cup

May 27<sup>th</sup> – 29<sup>th</sup>

Breaking through the ice, the wind and the waves, ten sailors from Toronto and the surrounding areas took to the water at the Skipper's Plan Cup at the end of May. A small craft wind warning cut our racing day short on Saturday, but on Sunday we were out in full force, challenging the wind to give us her best shot! Congratulations to Cam Perry from Hamilton who took home the gold and to Adrian Sivell who stole a few races of his own to take silver. In the silver fleet, Shelley Gautier had a stellar first place performance, closely followed by Ann Kennedy and Joan Lewis; congratulations to all!

We've been attending this regatta since 2001 when the hosts, the Ashbridges Bay Yacht Club (ABYC), first asked us to participate. This was a major development in the disabled sailing world as it was one of the first major regattas in the world to be truly integrated. DSAO assisted ABYC in their efforts to increase the accessibility of their site, and at the end of May 2001, the Martin 16s were racing J24s, J35s, J105s, Etchells, and Thunderbirds in their first major

### TIM NOURSE

who very generously donated a 4-stroke, 50hp  
Honda motor for our inflatable safety boat!!!



### MOTION SPECIALTIES LTD.

who donated a new electric hoist lift, seat cushions,  
and repaired some equipment pro bono.



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Since then, the Ashbridges Bay Yacht Club have increased their support of our programs, and continue to work on plans for improving the accessibility of their own facilities. We consider them to be part of the DSA family, and we greatly appreciate the welcoming and enthusiastic spirit that they have always demonstrated... Thank you to everyone at ABYC!!!



From Toronto ...



... to Calgary



Mobility Cup 2005 will take place in Calgary this year. This is a fun, social regatta open to sailors at any level of sailing skill. Members new to racing are encouraged to register - it's an experience you will never forget!!!

Talk to the DSAO staff for more details 416-214-0358

Registration deadline - July 31, 2005

## The History of Disabled Sailing Association

At Expo 86, British Prime Minister Margaret Thatcher donated a British made Sunbird sailboat to Rick Hansen in honour of his 'Man in Motion' world tour. In 1988 Rick Hansen presented this boat to Sam Sullivan, who subsequently used it to help found the Disabled Sailing Association of BC.

Sailing a Martin 16 Sam Sullivan became a quadriplegic in a skiing accident in 1979. Sam made the decision to 'reach out'. He wanted to reach out to the community of disabled people to help them take more responsibility for helping themselves. He wanted the general community to know that barriers preventing or limiting full participation in society on the part of people with disabilities could be overcome by reaching out and by taking action.

Today the boat used by disabled sailing programs is the Martin 16 sailboat. The Martin 16 is unsinkable, maneuverable and fast. It can easily be equipped with a 'Sip 'n' Puff' system, that allow even 'high quads', those with little or no upper body mobility, to discover or return to the world of sailing.

In 1991, Sam Sullivan envisioned a sailing regatta in which people would come together to promote public awareness of the capacities of people with disabilities and to provide those with disabilities the opportunity to participate in a world class event. The Mobility Cup is recognized as Canada's International Regatta for Sailors with Disabilities. Through the use of innovative Canadian technology, Canada has become a leader in making sailing accessible to people with severe disabilities. Disabled people from around the world are invited to participate in Mobility Cup.

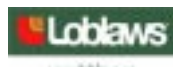
Mobility Cup has become "Canada's Showcase" for the development of sailing programs for people with disabilities. Both local and national media have shown interest in Mobility Cup and the event is well publicized. Mobility Cup is an event the competitors never forget, and they take their experiences home with them and initiate new Disabled Sailing Programs in their province or Country.



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Always wear  
your PFD on the docks

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