

St Mawes Sailing Club – February Bulletin

Evening Talks

Thursday 11th - at 2000 - *SAILADAY OK* - by Richard Lannowe-Hall, Founder and Director of this West Country Charity which provides marine based adventure therapy to help recovery from addiction abuse and other trauma.

Thursday 25th - at 2000 - *BEACHCOMBING* - by Lt Colonel Ewen Southby-Tailyour, well known yachtsman and explorer who spent much of his childhood sailing from St Mawes in the Pilot Cutter *Olga*.

Saturday 27th - *VISIT TO FOWEY GALLANTS* - Fowey Gallants have once again very kindly asked us to send a minibus full of members across for an evening at their Club. Those wishing to attend should contact Christopher Durnford by 20th February.

Catering -

Sunday 7th - Delicious Roast Pork, apple sauce and all the trimmings

Thursday 11th – Chicken, Leak & Mushroom Pie with seasonal vegetables

Sunday 21st – Delicious Roast Beef with all the trimmings

Thursday 25th – Beef Casserole with new potatoes and seasonal vegetables

Please book food via stmsc-bar@live.co.uk

Junior Sail Training

Bookings for 2016 are coming in fast. Don't miss out on any course by leaving booking too late. Visit http://www.stmawessailing.co.uk/sailing/juniors/jst_courses.php?mode=list.

The RS Qubas the club are selling still remain unsold. Remember two of the boats have NEW hulls which have never been on the water, a good buy! Enquiries to Mark Osborn markosborn245@btinternet.com or Mike Croft

Helford River Navigational Aids

The General Committee has agreed to contribute £200 to the Helford River Navigational Aids Committee. Individual contributions are also sought and can be given via these <http://www.stmawessailing.co.uk/downloads/HRNAC1.pdf> and <http://www.stmawessailing.co.uk/downloads/HRNACchart.pdf> which explain in detail the role of this worthwhile voluntary organisation.

Talisker Whisky Challenge – Into the Home Straight

Our Atlantic Castaways, Club member Jack Galsworthy and his fellow rower Freddie Wright, both 21 and university undergraduates, are now within 400 miles of Antigua.

All being well they and their 22ft craft *Blue Steel* are expected to arrive in St Johns harbour by the end of next week (4th or 5th February) and become the youngest crew to row the Atlantic.

Since leaving the Canaries on December 15th they have been rowing continuously in two hour shifts, except for a three day period spent hove to and battened down while an Atlantic storm passed to the north of them giving them gale force winds and 50 ft waves from the west.

Jack and Freddie described being huddled together in their tiny cabin during this storm as being like being in a sauna, in a coffin, in a washing machine! But *Blue Steel* which had been given an extensive pre-race refit by Jonathon Leach at the Freshwater Boatyard, took everything the Atlantic could throw at her.

For the most part they have had good rowing conditions with strong Easterly Tradewinds and current spurring them Westwards and have been receiving very good weather information and daily updates from another club member Simon Rowell. Needless to say they have seen an amazing array of sealife and swum with whales and dolphins etc.

However, they are absolutely knackered and suffering from considerable weight loss and sleep deprivation.....last week Freddie suddenly panicked because he looked over his shoulder and thought he was just about to row into a cliff!

You may ask ...Why on earth are they doing this? Well it is all for **THE BRAIN RESEARCH TRUST** the only general neurological research charity in the UK and so far they have raised nearly £50,000.

Anyone wishing to donate to their charity can do so through their Just Giving Charity page www.justgiving.com/Atlantic-Castaways/

Their progress can be followed on the race website - www.atlanticcampaigns.com under Talisker Whisky Challenge