

Commodore's Log

Hi PCYC friends,

As I reach the end of my commodore-ship, I have been reflecting on this year's events.



It's been a very busy and exciting year! It's hard to take our minds back to the beginning of the year, when we held the Round the Island Race in collaboration with Grenada Sailing Week. It was a lot of work, but a lot of fun, too. The Carriacou to Grenada format was so popular with sailors that GSW has now adopted it for its full regatta in 2023. Thanks to the whole team who all worked hard to make it a success.

The J24 Racing Series culminated on Nov. 5 and the highlight has been seeing our juniors come on so well on a keel boat. At the final regatta, the top three boats overall were all crewed by our juniors! Many thanks to our junior instructors and other race participants for leading those teams to victory.

Monthly Hobie Match Racing also has been consistently well attended and it was great to have our first women's event at the end of September.

The junior programme continues to grow, so much so that the Saturday semi-private lessons have now had to limit the number of participants, as demand is so high. In August, the Grenada Sailing Association brought in a World Sailing Association instructor for a week-long coaching session. As a result, PCYC now has five new assistant coaches to support Junior Instructor Noah Bullen.

The junior sailors also attended their first inter-club regatta in Gouyave in October, and PCYC will host a return match in December. Along with two other clubs on island, the juniors also

participated in the time trials for the Pan Am Junior Development Program and secured four wins! Many thanks to former commodore John Whitsett for his tireless efforts with our juniors.

This season also highlighted the generosity and camaraderie of our community. The three dinghy poker runs were very well attended and the blind dinghy race was a big hit.

In May, PCYC participated in the Fun Day in partnership with the J.J. Robinson Trust and Get Grenada Swimming. Kids from all groups came together at Le Phare Bleu for swimming, sailing and lawn games, and we hope to host another fun day before the close of the calendar year.

In addition, thanks to so many generous donations throughout the year, PCYC was able to purchase the J24, *Frigate*. We have also been donated two O'pen Bics from Island Water World and Turbulence, a Laser from Robbie Yearwood, a Pico from club member Colleen Harrington, a dinghy from Sea Safety for use as a safety boat, and four new sails from Turbulence for the Optis.

In addition, we received a substantial donation from Budget Marine toward our junior programme that allowed us to build a shed to securely store our boats, and to increase the number of life jackets. We are extremely grateful for these additions to our fleet and appreciate the support from the wider marine community.

It's been an amazing season and an incredible year! I have enjoyed it immensely and I have been proud to be commodore for the last two years. Many thanks to the team for their hard work in keeping this club the most active, successful sailing club in Grenada.

Carol Gorvett
PCYC Commodore

Club Soundings

Women's Hobie Racing and Team Blindfolded Dingy Racing Make for a Super Sunday



The Sep. 11 Women's Open Invitation Hobie Cat Racing was a big success, with Juniors Assistant Coach Karina Benjamin taking home the first for both the singles and

doubles (with Zeana) competitions. The morning was followed by the Bart's Bash Blindfolded Dinghy Rowing Race. Hilarity of course ensued and \$600 xcd was raised for the junior sailing programme.

GSA Brings in WSA Coach to Lead One-Week Training Course

At the end of August, the Grenada Sailing Association, in partnership with the Grenada Olympic Committee, brought in Mr. Rob Holden, a World Sailing Training Instructor from the World Sailing Association. Holden led more than 10 junior sailors from around the island through the one-week course, which took place at Le Phare Bleu Marina. As a result, PCYC was able to welcome five new assistant coaches for the junior sailing programme.



Round Grenada Race Cancelled

Unfortunately, the weather gods were not in our favor this season, flopping back and forth between tropical waves and days with no wind.

After an initial postponement from late August to mid-September, the regatta was ultimately called off, to be resumed next season.

GSA Holds the First Junior Laser Time Trials in Grenada

On a sunny Saturday in early October, the Grenada Sailing Association ran the first Junior Laser Time Trials at Le Phare Bleu Marina to determine eligibility for inclusion in the Pan Am Games training program. Young sailors from the Woburn Wind Warriors and the Gouyave Sailing School participated in the intense nine-race series. Four of the Woburn Wind Warriors were selected for the Pan Am Program.



Full House for Dingy Poker Run



The final dingy poker run of the season, held at the end of September, was another resounding success! Fourteen winning hands were awarded, and Patrick, the grand prize winner, made a generous contribution to the final kitty.

A huge thank you to our many sponsors and volunteers, as well as the participants, whose contributions totaled just less than \$2,000 xcd!

Women Sailors Gain Confidence and Make Their Mark on the Water

PCYC tackled important initiatives this year, one of which was expanding the junior sailing programme. As the season progressed, the efforts of general members, committee members, volunteers and sponsors culminated in a banner year of growth.

Another goal this season was one that was not particular to the Club, or even to Grenada, but to sailing as a whole – getting more women out on the water, with confidence, and in leadership roles.

Sailing has historically been a male-dominated sport, but women are continuing to push through barriers and assert their place. Hopefully, more of those barriers are falling away – especially here in Grenada, due to the efforts of girls and women alike.

Anita and Mark Sutton, PCYC members and owners and directors of local marine services company Island Dreams sailed to Grenada from the UK in 1999 and have been involved in youth sailing here since the early 2000s. They watched the Woburn Junior Sailing Programme move from Clark's Court to Benji Bay before the Woburn Wind Warriors developed a partnership with PCYC.



Anita supports the juniors at a J24 regatta.

While growing up in the UK, Anita tried various types of sailing. Unfortunately, the woman's "role" on board was made clear when she visited a local yacht club on an inland lake.

"They were very welcoming and steered me firmly over to the tea-making area in the clubhouse to help the 'other ladies,' and there was no suggestion that I would ever get near a boat," she said. But in her early twenties, she spent a week on the *STS Lord Nelson* – a UK-based tallship run by the Jubilee Sailing Trust. This was when she developed her love for the sport.

"The *Lord Nelson* was open to all and many of the times I sailed, most of the professional permanent crew, including the captain, were female."

PCYC Commodore Carol Gorvett started sailing in her 50s on a 26-foot Westerly in Chichester Harbor in southern England. She immediately loved it and signed up for a Competent Crew Course through the Royal Yachting Association (RYA). "The weather was foul, but I had a smile on my face the whole week," Carol said. "I couldn't believe how exhilarating it was."

Her passion grew as she pursued her RYA exams and became a yachtmaster. She also met her husband and when they retired, they set sail for the Caribbean, eventually settling in Grenada. Life afloat gave way to land adventures, but with sailing firmly in her bones, Carol joined PCYC, ultimately assuming the role of commodore.

While Carol has witnessed the junior sailing initiative grow considerably, getting girls confidently out on the water is still a challenge.

"Sailing is still a very male-dominated sport," she said. "Most female cruisers who arrive in Grenada are first mates or crew. There are very few female skippers."

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Women Sailors, Continued

To increase female participation, PCYC hosted its first women-only Hobie Match Racing at the end of September, to a great turnout. The racers learned, had fun, and supported each other.



PCYC Commodore Carol Gorvett

The J24 Series also welcomed an all-women team, and the number of girls in the junior programme grew this year, though overall, there were three girls out of 20 participants. “The reasons for this are wide ranging, from cultural to practical, but we hope to improve the balance as we go forward,” Carol says.

Karina Benjamin, 15, a senior in the PCYC Junior Sailing Programme, first got her sea legs on cruise ships, where her father worked, and on fishing boats and other small vessels in Grenada, where her mother worked as a seamstress. When she was 11, her mother encouraged her to join the PCYC youth program and try sailing.

Karina’s first sail was in an Optimist (Opti) in heavy breeze. “Obviously, I was panicking, but it was fun,” she said. “I was flying!”

Thanks to the kindness and encouragement from club members, Karina returned every Saturday, first getting confident with the Optis before switching over to the Hobie Cats. That’s when she really started to enjoy being out on the water. Karina started racing the Hobies three months later. “At first, I was nervous to go by myself, seeing everyone flipping, but I just thought, if they can do it, I can do it!”

With prompting from PCYC members, Karina and fellow senior Azalia Renaud participated in the World Sailing Association coach training course this summer and are now regularly teaching the younger juniors.

“Once girls see other girls on the water, it should give them the confidence to try,” Carol said, “and hopefully will help change the boys’ perception of female sailors.”

Anita noted that other successful youth initiatives, such as the swimming programs, are opening doors for girls in Grenada – not to mention helping to train them as competent swimmers, which is key for the sailing program. Ensuring that the girls have separate changing rooms and bathrooms is also important, as is a positive and encouraging atmosphere.

For the scales to tip in a meaningful way, support is needed from other organizations on island, and this shared mission is starting to come to fruition. The Olympic Committee is keen to encourage girls in sport, and Carol, who is now vice president of the Grenada Sailing Association, hopes to spread the PCYC efforts to other junior programmes around the island.



Karina assists some younger juniors.

An atmosphere of acceptance and encouragement is one of the key steps in fostering a more inclusive sport.

“[The PCYC Members] really encouraged me to lead, and I thought, this could really take me somewhere,” said Karina, who now has goals to become a skipper. 🛥️

Light Winds Made for Challenging Sailing During the J24 Series Finale

After initially postponing the regatta for three weeks due to light winds, PCYC was determined to hold the J24 Grand Finale, to heck with the weather!

Shortened from two days to one, the race was held on Saturday, Nov. 5, with eight teams rounding the marks in Woburn Bay. The steady breeze in the morning gave way to spotty puffs in the afternoon. Close racing kept the excitement flowing and required impressive tactical maneuvering, culminating in the day's winners, as well as the winners of the overall J24 series. A feather in the cap: The top four boats were crewed by junior sailors!



As the sun set, the day concluded with festive prizegivings and general camaraderie among the teams, supporters, sponsors and volunteers who all helped to make this day possible.

A special thanks to Race Officer James Benoit, who kept things moving in an orderly fashion. In addition, former Club Commodore John Whitsett donated a regal compass, rescued from his classic yacht *Rain Dancer*, that will

serve as the perpetual overall trophy for the J24 Series moving forward.



Regatta Winners: Palm Tree Marine Juniors

As always, many thanks to our hosts, Cruiser's Galley and Clarke's Court Marina and Boatyard, as well as our sponsors, Mount Gay Rum, Doyle Guides, Driftwood, Island Water World, Palm Tree Marine Yacht Services, and the volunteers who all made this series a highlight of the season!



Overall Series Winners: Woburn Wind Warriors

Final Standings

Nov. 5 Regatta Winners

- | | |
|-----|--------------------------|
| 1st | Palm Tree Marine Juniors |
| 2nd | Island Dreams Team |
| 3rd | PCYC A Team |

Overall J24 Series Winners

- | | |
|-----|--------------------------|
| 1st | Woburn Wind Warriors |
| 2nd | Palm Tree Marine Juniors |
| 3rd | PCYC A Team |

Upcoming Events

November

25th – Friday Lime, Venue TBD

27th – Hobie Cat Match Racing at LPB

December

9th – Members-Only Holiday Dinner at LPB

18th – “Yay Ray” Racing at LPB

20th – Holiday Quiz Night at LPB

Ongoing

Fridays, 2-4 p.m. – Semi-Private Junior Sailing Lessons

Saturdays, 10 a.m.-12 p.m. – Junior Sailing Programme, 5-11 Years

1-3:30 p.m. – Junior Sailing Programme, 11-17 Years



Last Call! Island Fever's Sorrel Spritzer

The holidays in the islands, especially in Grenada, call for sorrel! Also known as hibiscus, sorrel pairs beautifully with local spices and lends a rich and luscious magenta hue when steeped. Add a splash of Prosecco and you're ready to celebrate!

Ingredients:

1 bag sorrel found at most any island market

4-5 liters of water

1 cup sugar, more to taste

2 cloves

3 allspice berries

1 cinnamon stick

A thumb of ginger

Boil all ingredients in a large pot until the sorrel juices are fully extracted. Strain and fully chill the liquid. When ready to serve, fill glass with 2-3oz of sorrel and top with a splash of Prosecco.

