



## FROSTBITE NEWS

Feb 2023



Hello Everyone

We have less than ten Sundays left until we finish our racing season at NFSC! Please see the rota on the back page. If you can help to fill the empty slots, contact [norwichfrostbitesc@gmail.com](mailto:norwichfrostbitesc@gmail.com) Thank you in advance.

### DOWN RIVER RACES

For our newer members, the Downriver races are a slightly different format. As OOD you would start the race as normal and follow the boats downriver and finish in a timely manner somewhere on the Yare. The two safety boats on either side of the river form the lines using a scaled down flagpole system. The return leg is started and you return ahead of the boats, back in the box and finish as they cross the line!! If you would like to help with this, now is your chance.

The Galley duties are scaled down somewhat. You turn up around 1000 and prepare the urn and serve refreshments until the start, then it's quiet until the boats return from downriver around 1300. Orders for bacon butties and hot x buns are taken. If you have to leave, then someone will take over. Helping us even for a short time really helps. Let us know if this is for you.

### SOCIAL SATURDAY SAILING

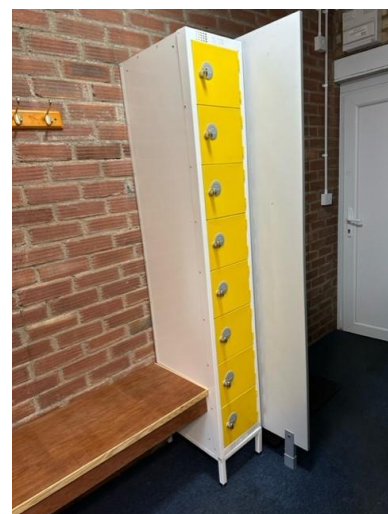
We are hoping to run several **SOCIAL SATURDAY SAILING DAYS** in March and April. Would you like to come along and take part? To help? Just to be there? Our boat sheds are all full, we have the boats, we have club boats to use and we have the sailors to make this happen. Speak with Pat or Sam Archer at the club or reply to [norwichfrostbitesc@gmail.com](mailto:norwichfrostbitesc@gmail.com) for details.

### NEW LADIES' LOCKERS

The Ladies changing room now boasts a smart set of canary yellow lockers.

### KEEP IT GOING GRANT APPROVED

We have been successful in our application for a £300 grant. This will enable us to install CCTV.



### ALAN MITCHELL RIP

We are saddened to hear of the passing of our friend Alan Mitchell on Saturday 18th February 2023 at the Norfolk & Norwich Hospital. Further details will follow shortly but we offer our sincere condolences to Alan's wife Pam, his daughter Anne, son Peter and all the family. Alan had been our Club President since

2006 following the death of his predecessor Jack Parfitt. Alan and Pam joined the Frostbites in the 50's and sailed Norfolk Dinghy B12 "Joy" regularly at Frostbites and Norfolk Broads Yacht Club as well as at many Championship events elsewhere on the Broads.

He served as our Club Commodore in 1970-71 and on our Committee for years and a very valuable member he was too. He was Class Captain of the Norfolk Dinghy Class for many years and he was Commodore of Norfolk Broads Yacht Club when the Princess Royal visited the Club. Having suffered from ill health for some years we have missed him at Frostbites and now are sad for the loss of a good friend and with that the wealth of information and advice he possessed regarding sailing in general and particularly the maintenance of wooden boats. May he rest in peace.

### **BRACONASH CHALLENGE CUP**

Frostbites held the first leg of the team race against Wells Sailing Club for the Braconash Challenge Cup, first awarded in 1952. Sam Woodcock sailing B20 "Kelpie" and crewed by Sam Archer started alongside David Mackley in B6 "Lucifer beyond repair" crewed by Olivia Archer. Woodcock came in first followed 3 minutes later by Mackley. In third place Danny Tyrrell in B53 "Twinkle" crewed by Bruce Thompson finished 2 minutes after Mackley. On handicap Woodcock held his time but in second place it was Sue Grief sailing B47 "Brambling" crewed by Pat Woodcock and third was Stephen Ellingham in B30 "Willa" crewed by Bernie Woodcock and Jet.

The team racing was for 3 boats a side. In the first race the six crews started very closely together. Tim Gibbs for Wells emerged in the lead sailing B20 "Kelpie" crewed by Andrew Cracknell after rounding the mark. In the closing minutes as the leading boats approached the finish line Sam Woodcock for Frostbites suddenly managed to undercut him and cross the line first by just 4 seconds. He was sailing B53 "Twinkle" crewed by Sam Archer. In third place came Danny Tyrrell for Frostbites sailing B6 "Lucifer beyond repair" and crewed by Bruce Thompson. Frostbites took 4th leaving Wells with 5th and 6th meaning that end of that race the penalty points were Frostbites 8, Wells 14.

In the second race Sam Archer for Frostbites sailing B20 "Kelpie" and crewed by Sam Woodcock kept out of trouble and sailed through to leeward to take the lead at the lower mark. On the final beat Painter unfortunately tacked on a header and was left in irons moving from second to fifth. Meanwhile Andrew Cracknell for Wells sailing B6 "Lucifer beyond repair" crewed by Tim Gibbs moved into second place followed very closely by Martin Read also Wells in B15 "Wee Simby" crewed by Richard Mulderij. Stephen Ellingham for Frostbites came through two boats to leeward to take 4th place. Wells took 5th and Frostbites 6th. So in that race Wells won by 1 point.

The overall result for the team race event was Frostbites 19, Wells 24 giving Frostbites a useful 5 point lead to take up to Wells for the second leg in the summer.







## WILLOW COPPICING

Thanks to Stephen, a group from Mainline spent 3 days chain sawing, stacking and chipping the land between Commissioners Cut and our Dyke. The Broads Authority have also done some tree reduction work around the downstream corner. This should help our winds!

## HOW TO DEAL WITH COLD WATER SHOCK

Cold water shock is a danger in water below 15°C, which is the summertime average around the UK coast. Sudden immersion in cold water drastically reduces your ability to hold your breath, from a minute typically down to around 10 seconds. Cold water in your ears can also cause vertigo and disorientation, resulting in failure to differentiate between up and down when submerged.

If you find yourself in the water, the following RNLI advice could help save your life:

- A correctly fitted life jacket will help you remain calm and afloat in the event of falling overboard
- Float for around 60 to 90 seconds – the time it takes for the effects of the cold water shock to pass and for you to regain control of your breathing.
- The recommended floating position is to lean back in the water and keep your airway clear while keeping calm to maintain breathing levels.



As a club we strongly suggest in gusty / strong breeze conditions a reef or two being taken in early to REDUCE the chance of an early swim - it may be considered better to compete only and finish the race poorly rather than fall in and not finish at all.



## SUNDAY 9<sup>TH</sup> APRIL – EASTER SUNDAY, DARTS COMPETITION AFTER SAILING

Our dartboard will be in use and we will be throwing arrows for Easter Eggs and you are invited to come along and join in the fun with family and friends. Everyone a winner for a small entry fee!! A list will be on the noticeboard or you can contact us with numbers at [norwichfrostbitesc@gmail.com](mailto:norwichfrostbitesc@gmail.com)



### NEWSLETTER ARTICLES

We would also be very pleased to receive contributions from club members. Do you have a memory, an interesting experience or useful information to share?

If so, please send your piece to [norwichfrostbitesc@gmail.com](mailto:norwichfrostbitesc@gmail.com) or send it to the Secretary, Sue Grief at 82 Beccles Road, Bungay, NR35 1JA.

### DATES FOR YOUR DIARY

**April** – Volunteers Cocktail Party (Date tba)

**5<sup>th</sup> May** – Prize Giving Supper at The Old Rectory, Crostwick. 7 for 7:30pm

**12<sup>th</sup> May** – AGM



### LAST CALL FOR HELP WITH DUTIES

DATE	OOD	SAFETY BOAT	GALLEY
<b>26<sup>th</sup> Feb</b>	Geoff E + Heather	Dominic H + Julia	Shirley
<b>5<sup>th</sup> March</b>	Paul & Pat	Steven F	Penny T + Carolyn F
<b>12<sup>th</sup> March Power Station</b>	Mike Lees	Mike Redhead	Heather D
<b>19<sup>th</sup> March</b>	Berni + Shirley	Paul A	Karen A
<b>26<sup>th</sup> March Downriver 1</b>			
<b>2<sup>nd</sup> April Downriver 2</b>	David and Julia		
<b>9<sup>th</sup> April Downriver 3 Easter Sunday</b>			
<b>16<sup>th</sup> April Downriver 4</b>			
<b>23<sup>rd</sup> April Long Distance</b>			

# NORWICH FROSTBITE SAILING CLUB