

IN THIS ISSUE

Welcome aboard the new issue of *starboard* and on behalf of us all I would like to wish you all New Year Greetings and fair winds for the coming season.

The more astute of you will have noticed the passage of time since the last issue. For various reasons, personal, charitable and not so charitable it has been over twelve months since the last edition. Never mind *starboard* is back!

This issue is slightly different to previous ones in that inside you will find stories from six individuals each of whom makes a significant contribution to the world of "sailing for the disabled", or "disability sailing" or "all ability sailing". Maybe we should run a competition!



Each of the stories is different but they have one common thread. They all reflect the community and camaraderie without which our sport would be much, much poorer.

That said as this issue was being prepared our community was deeply saddened by the news that Graham Ritchie had passed away. Our thoughts and those of all our community are with Ann and Ronnie at this time. Graham was a true character and together with his mother Ann as pillion, dominated the Bronze Fleet not just in Scotland but also in regattas elsewhere in the UK.

We hope to have a full appreciation of Graham in our next issue.



Photo cty J Mc Partlin



Gary Phillips
Editor

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GOINGS AND COMINGS

It has been an interesting and challenging year to say the least for the Executive as it steered the ship through sometimes stormy or at least confused waters. Not all the crew survived!

This, by the way, is part of a natural process and nothing to do with the way this Charity functions - at least I hope not. It would appear that getting people to volunteer is getting harder and harder and the sector as a whole is running short.

We like every other Charity ask our volunteers to give of their time freely. We make no demands on them beyond the work they have agreed to do and we are grateful for their contributions whether great or small. It makes no difference. They have volunteered to help.

Sadly, both John Cameron and Becci Oosterhuisen stood down this year for family reasons and we would like to thank them for their individual contributions and their time. We wish them both well.

Merrick Yates stood down from the Chair of RYA Sailability Scotland on being given the responsibility of reviving Fife Sailability, his role being to impart guidance and advice on behalf of RYASS to the "new" group. For whatever reason Merrick decided that the best way for him to impart knowledge was to be the Chair of Fife Sailability, a move which created a conflict of interest and led to his resignation from the Executive. We wish Fife Sailability, and its new Chair, all the best for the coming season.

There have though been positives. We have been able to recruit Paul Margerison who will be responsible for our fund raising initiatives and our social media communications. Paul by his own admission is a businessman who thrives on helping others to succeed. We also welcome Duncan Greenhalgh who has volunteered to accept the Trustee position vacated by John Cameron. We wish our new recruits well.

The search for new blood is not over. The other Trustees, Neil Morris and your editor are undertaking dual roles with Neil acting as Chair and your editor doing the administration and finance. We are still looking for volunteers to act as Chair and Treasurer and we would also like someone to take on the role of Membership Secretary.

If you are willing or know someone who may be then please make contact with any member of the Executive.

GETTING STARTED - THE SAILORS STORY

If you want to take part or be successful in sailing, then having a disability is no obstacle. Sailing is one of the most accessible sports for disabled people to participate in and is also one of the only sports where people with disabilities can participate on equal terms with able bodied people.

After years of running past Findhorn, training for his mountain rescue job in the RAF, Don Ferguson had never given sailing a thought. However, following a road traffic accident in 1987 Don was forced to re-learn everything and in 2012 he began to learn something completely new - sailing.

I started sailing back in May this year when I heard about a 'Sailability open day' being held at Findhorn Marina on the Moray Firth. I'd never been in a boat, well apart from a ferry over to Europe, so this was going to be something completely different!

The event was organised by David Hill the RYA Sailability Regional Organiser for Scotland along with Simon Patterson who runs the marina and training centre there.

Although I was a bit nervous I went along and straight away was made to feel very welcome. In the bay I noticed one of the boats being vacated, it was a 'Challenger'. Neil Morris, from RYA Sailability Scotland, introduced himself and commented: "You'll be sailing the Challenger by the end of the day". I thought, nah, but I was keen to try it!

As David was to be in the safety boat I needed someone show me the ropes. "We'll get you a nice young lady to show you what to do" commented David, and that's when I met my instructor Rebecca Bowen. We got strapped in, as it were, and with Rebecca on the back of the 'Challenger' we set off. Wow I thought; this is great. We went round the bay a couple of times and on the last round I was given control. It felt amazing. Rebecca was constantly saying what I needed to do, and there and then I found I had another love; sailing!

At this stage I didn't really know what I was doing but I knew I wanted to learn more! Neil told me that a basic sailing course would be the best way to go. Four weeks later I contacted Neil and heard that a basic Sailing Course would be starting soon at Loch Earn Sailing Club. If I was interested he would send me the details.



Photo: cty N Morris

I duly signed up and went all the way to Loch Earn, booking accommodation at the Killin Hotel. I arrived at the sailing club the next morning, and was so excited. Being away to learn something new that I had only tried a few weeks earlier was really fantastic. After meeting Neil again and being introduced to Steph, Neil's daughter, who was to be my instructor for the week, I realised how tense I'd been. As the relief washed over me, I looked forward to starting my training.

There was a 'buddy' seat attached to one side of the Challenger. It looked great, and my excitement heightened. Steph climbed aboard as did I and we went out onto the loch. Steph guided me through what I needed to do and let me have a go, and with gentle instructions such as loosen the sail or pull in, I was soon sailing.

We went round the loch a couple of times, and I was gaining in confidence, but not too confident as I realise the water is the boss really.

Back ashore Steph announced "Well I reckon tomorrow you're on your own". I was shocked, but secretly pleased. Wow, I was going out to be going out on my own; as you can probably guess not much sleep was had that night!

When I awoke to another bonnie morning, I found I was more aware of the 'wind' than before, and I'd only been out once! Back at the sailing club Steph was there but the 'buddy seat' was absent, "Gosh" I thought "she wasn't joking."

True enough, I was on my own although Steph was keeping a careful watch on me from another boat to ensure I was safe.

So after a couple of days I had earned my RYA Level 2

certificate, much joy all around.

Since then I have become pretty active in sailing at Findhorn with Simon and the gang helping me to get out in a variety of sailing dinghies and now powerboats too.

I was down at the Duncan's Regatta held at Clyde Cruising Club at Bardowie Loch where I met up with David Hill again and we had a good chat about the future of my sailing career. Even better I won a bronze medal in the racing at Bardowie which came as a bit of a shock as I was still so new to it all.

So what's next? Well David keeps on at me about getting into racing in a big way and learning as much as I can about rules and regulations and sail settings and all sorts of stuff over the winter. I have also been in touch with Matt Grier, the RYA's Disability Racing Development Coach, who is helping me do some sailing at Rutland so I can practice racing, as well as looking for a bit of funding to help all this happen.

Apparently a mysterious thing called a 2.4mR is going to feature in my life a lot next year, David keeps telling me how cool they are, he has one where he works and I have a standing invite to turn up any time and sail it.

It's amazing to think it was only in May that I first found sailing through an open day. It's been quite a ride so far and I owe a lot of thanks to all the people who have helped out on the journey so far. Sailing has given me such a buzz; I just wish I'd tried it years ago.



Photo: cty N Morris

Don Ferguson

JAMIE'S STORY

Jamie discovered sailing about 10 years ago. We were on holiday and saw a flyer for an open day at Rudyard Lake, Staffordshire. There were various groups showing what went on around the lake, from kayaking to model boating. One group was the local Sailability group who were giving people 10-minute trips. Jamie decided that he would like a go and 2 hours later he returned! The Sailability skipper reckoned that Jamie could make a sailor.

Back home we contacted RYA Sailability Scotland who put us in touch with a local club where Jamie sat the RYA 1& 2, in a Wayfarer dinghy. Later Jamie tried a Challenger trimaran, and he started sailing in the Traveller series of regattas. (Alex Richardson who is still sailing Challengers in his 90's encouraged Jamie!)

Our home club is Loch Venachar, near Callander, which is the most beautiful place in the Trossachs and the friendliest!

Jamie likes the teamwork involved in the Traveller series, breaking the boat up ready for transporting, the building up of the boat when we arrive at the host club and of course the sailing.

Jamie sails in the Bronze Fleet with his buddy Keith, both of them are competitive and don't like to be beaten. Buddies are helpers who are there to make sure that the sailing is safe. Travellers are not just about sailing, it is social event as well. Jamie enjoys meeting up with friends and acquaintances to have a bit of banter after the sailing is finished.

Last year Jamie won 2 events of the Traveller series, to add to the host of cups and trophies that he has won from previous years. Jamie enjoys his sailing, particularly when the weather is quite strong; it is a way of getting out in the fresh air and getting some exercise at the same time.

Sailing tends to be an element of self-help, so I help support Jamie and after he has a sail I can have a sail!

As Jamie's parent I can see that sailing, has given him confidence, an identity, something to look forward to from the winter months. So many people who don't have something to participate in are stuck at home watching the box!!

I suppose that chap at Rudyard Lake had seen something in the way Jamie sailed all those years ago!

Robin Scott

FIONA'S TALE

I started off sailing in an Access Dinghy and did my Level One and Two and then started sailing Challengers, and took part in the Traveler series, with Sailability Scotland. We travelled round various parts of Scotland and England taking part in racing. It was a great experience taking part, competitive on the water, but wonderful friends off the water, like a big happy family.



I then bought my own yacht, a 2.4mR, which is one of the paralympic boats. I named her Saorsa, which is Gaelic for freedom, as she gives me the freedom of the sea. I sail on the West Coast of Scotland, a lot on my own and set her up as a cruiser, putting a furling jib on her and reefs in the main. I have had many wonderful sails in her, highlights being sailing through the Cuan Sound, the Dorus Mor and going for picnics in her in various bays and various islands. I sail sometimes with a bigger boat and tie off her and have picnics and barbecues. Sometimes we have special "friends" sailing with us; dolphins!



I did my Day Skipper and Yachtmaster exams and sailed with people on their bigger boats, 27 foot and 32 foot yachts. We sailed to Norway and to the

Western Isles and to lots of lovely islands and bays up the West Coast.

I now have my own big boat, an Arden 4, 23 ½ foot! I named this one Free Spirit and I am getting her geared up for single handed sailing. I have many adventures planned in her. She is a good cruising boat and I plan to go far afield in her. My five year plan is to get to the Shetlands, Fair Isle and the Faeroes.



Who says having a disability should hamper your ambitions in life? Boats can be adapted to make it easier for someone with a disability to sail. All you need is the vision and passion to do it, (and the right friends!) to make your dreams come true.

I also joined RYA Sailability Scotland as a member and later on became Secretary and Trustee. I introduced a cruising weekend so people could sample how wonderful cruising is as well as racing. We took the Challengers round the Isle of Shuna and landed on a beach on the Isle of Luing for a picnic. I also arranged race training at Bardowie, which was enjoyed by us all and was also responsible for bringing in some different venues for the Travellers.



Fiona Morrison

PAUL'S REALITY (OR HOW TO SAIL ROUND AN ISLAND IN A CHALLENGER)

I had an idea about raising money for Sailability Scotland. This is how it turned out!

The weekend started for me on the Friday and I promised myself I would have everything ready for an early start on the Saturday morning. As it happened it took me a wee while longer to get ready which turned out to be a blessing in disguise as I heard on the radio that there had been an accident between the Connell Bridge and Oban.

I met up with Neil and Jack at Loch Earn SC and we made plans to head north. At Dalmally we stopped to discuss the alternative route and incurred the wrath of a "Truckie" who decided that we were in his parking spot! A bit of colourful banter and we moved to the railway station where it was felt that the trailer Neil was towing needed its tyres blowing up. Anyway we arrived safely at Croabh Haven Watersports via the "Rest and Be Thankful (that's one off the Bucket Kist!) and the lunar landscape of a road down to the marina.

First we sat down for some lunch (priorities!) with Neil and Jack playing mum and dad and making sandwiches and coffee. After about an hour we started to build the boats and the tents before Keith arrived with the boats from Loch Venachar. I was happy to see Keith as he was the one who introduced me to Challengers in the first place.

We had a spare Challenger. Neil was adamant he was not going to sail as he was sure he could raise £300 in the pub on Saturday night. We had a great night chatting to people, the meal and the atmosphere was good and great fun was had by all but no £300.

I promised everyone I would be back by 0800, but I came across a young lad who had apparently been abandoned by his "mates" in Oban the night before. He had walked all night so I took pity on him and gave him a lift to Ford which is about 8 miles from Craobh. When I finally arrived back everyone was still asleep!!!!, They eventually emerged after Helen, the owner's partner, had made breakfast. I still had to wake Keith!

A wee while later it was decided that Jack and I would go to the briefing. We ended up having our briefing early giving us time to get back to our Challengers and get to the start line on time. When we arrived back I give everyone a briefing and I thanked everyone for taking part.

I also wished everyone a successful and safe race.

So we set off on our challenge. Keith had problems with his centreboard, had one of his famous rants, sorted himself out and off we all sailed. Dorothy Bennett did her own thing and was towed out of the main marina. As our time slot of 1115 draw ever nearer, Fiona set off in her 2.4mR and we all watched her sailing away into the distance. When it was our turn Keith and Alison took off like rockets leaving the rest of us sailing our own race. Jack then sailed off into the distance. Half way down the first leg Dorothy passed me by but my good auld friend Neil was sailing along side me. Around the first mark Keith just disappeared, I could just see Alison, Jack. Dorothy was still in my sights and Neil was now behind me. So was Fiona in her 2.4mR.



Sailing down to the second mark was quiet uneventful, the only challenger I could see being Neil in Wee Scot to starboard sailing along the side of Shuna. I followed the other boats that had caught up with me, mainly Flying Fifteens. As I was sailing and enjoying the moment I suddenly heard what I thought was the sound of a freight train. I turned around and saw to my amazement a huge 50ft yacht as it screamed past me to the amazement of the crew. There were yachts everywhere I was having a great time dodging them and enjoying the banter with the crews, though to be honest I was concerned about being run over than I was about getting to the finish line



Neil finished before me, as I passed the finish line I felt sad that the race had finished. Keith was the first Challenger home with Dorothy second ahead of Alison. I collected the wooden spoon but to my mind I

won the best prize of all because when I finally arrived back I witnessed the smiles on all the sailors' faces. That was my real prize.

Back at Craobh there was a huge pot of soup, crusty French bread and big pots of tea and coffee for everyone. Fiona joined us and everyone wanted to know why I was taking so long. "I was enjoying the view" was my reply.

Then it was time for the prize giving. Keith came 8th overall. We were given a warm welcome by all the sailors gathered in the Lord of the Isles. With that in mind and everyone in high spirits Neil went around with a collection bucket and raised £110 - fantastic!!!



Finally it was photograph time. Neil and I had a few words with the local reporter then it was time to dismantle the boats, say our "thankyous" particularly to Mark and Helen, and head for home.

To summarise we achieved what we set out to do raise some money for the charity. We raised some £1700. We raised the awareness for RYA Sailability Scotland and we made friends in the sailing community. As a result we have been asked back this year. The kindness, help, comradeship and enthusiasm shown to us was fantastic.

I would like to end on a personal note. Thanks to all of those who took part and to those who doubted this event would happen, YOU ALL MISSED a great days sailing!

Aye!

Paul

GREETINGS FROM THE TROSSACHS

Welcome to 2013 from the Loch Venachar Sailing Group for People with a Disability or as we prefer to be known, Loch Venachar Sailability.

My name is Keith Wilson and for the last couple of years I have been honoured with the Chair of this erstwhile Group. Standing on the shoulders of giants, hoping my predecessors excuse the reference to their size. As usual in any exercise in communication, the hardest part is to distil the already known from the need to know and ensure that all get what is needed. But when we all need something different, things can get tricky as I am still learning after ten years involvement with "disabled" or preferably "all ability" sailing.

First of all let me start with some general background. Loch Venachar lies some three miles west of Callander in the Trossachs area of central Scotland. The Sailing Club is situated on the south shore and offers some 3 x 0.4 miles of some of the finest inland sailing waters in Scotland, which is shared with traditional fishing interests and of course the wildlife. Ospreys plucking fish from between racing boats is something very special. Established in the 1960's the club has always had a reputation not just for friendship but also for organisation, so that it is now a well renowned venue for Travellers, Regional events, Scottish and UK championships.



Loch Venachar itself is a working reservoir* helping to control the river levels of the Forth catchment, so despite being inland we do have a substantial, albeit slow "tidal" flow. The water level is controlled by a dam at the eastern end. Shingle beach and slipway launching is our way. The Club is a thriving Training Centre (non commercial) and this combined with the interest of members has over the years ensured that we have the skills and expertise to deliver, especially. The club has had two Challenger trimarans on loan from RYA Sailability Scotland for over ten years now.

The Challenger was specifically designed for use by sailors of all physical ability, with the ambition to produce an even playing field. The Club has recently taken on a third boat from RYA Sailability Scotland and together with a privately owned boat brings our fleet to four. Venachar boats and sailors consistently compete at National level events with great enjoyment and success, something which we look to continue into the future.



What I am most proud of in all of this is, at our club a very minor thing barely worth mentioning, as far as I can see a bit of a beacon - All Abilities. Since 2010 the Challenger has been an open class and as such is welcomed, whoever is sailing it, into the mainstream sailing activity of the club

At the end of the day, what else do we want?

Keith

*Historical Civil Engineering Note:

In drawing water from Loch Katrine for the supply of Glasgow, compensation water had to be provided to the River Teith, and 40.5mgd was required. This was obtained by storing water in Loch Venachar and Loch Drunkie. A dam at Loch Venachar raised its water surface 5 ft 8 in. above the normal summer level and authority was obtained to draw down 6 ft below that level. Loch Drunkie was raised 20 ft and its water conveyed to Loch Venachar. The dam at Loch Venachar had a fish ladder provided to allow the passage of salmon. These works had to be implemented before any water could be drawn from Loch Katrine, and were carried out from 1855-59. The engineer was J. F. Bateman.



Photo RCAHMS

FOLLOWING THE PARALYMPIC FLAME

The Scottish Paralympic Flame was ignited on the summit of Ben Nevis by scouts striking a flint against steel and brought back to Edinburgh. I went and saw the flame carried by torchbearers to the cauldron in Edinburgh.



I have to say the Paralympic flame festival in Edinburgh was appalling and looked on those with a disability as underdogs. Although quite a few disabled people were there at the beginning, then they seemed to go away. For quite a few hours they were repeats of the Channel 4 paralympic adverts (which I had seen before) and "Mandeville" going up and down the soon diminishing crowds hugging little children! Eventually, it was live performers on, all apart from 2, non-disabled people and the lead performer kept going on repeatedly about "brave" disabled people and "inspiring" disabled people and it made me want to weep with frustration. So, I had a sleepless night and very reluctantly set off early the next morning on the train to London.

London, it was amazing! Big smiles for strangers whether it was on the underground or walking by the Thames. When I came to steps, a lot of people helped me with my luggage, small though it was. London was extremely friendly. (I stayed near London when I was a child and, in those days, it was unfriendly and go-getting with ruthless people.) Long may it continue! I went off to a hotel near St Paul's underground station to pick up the "free" Paralympic Opening Ceremony tickets and there were loads of smiling Gamesmakers outside and inside.

Since it was so early and the Docklands Travelodge was not open, I walked down by the River Thames. "Mandeville" is slightly scary, so I was pleased when I saw the nicest Mandeville statue in a park. There was a lot of historical interest such as St Paul's Cathedral, the Monument (to the Great Fire of London), Tower Bridge, London Bridge, the Houses of Parliament, etc.

The next day I had the morning to walk around Docklands. So I went to find the river and find the Lee Valley Path, but it was diverted. After reading the diversion notice, I looked up saw an old building which had flowers and plants up the side of it. Was it Modern Art or was it just blowing in from the river?

I continued on to see the wharves, there was one called Trinity Buoy Wharf and suddenly I realised that the Society of Trinity House lighthouse keepers' used to be there. It was fascinating, there was a lighthouse museum, a few lightships, a moon and tide clock, a time and tide bell, containers housing people, Bow Creek Lighthouse exhibiting Faraday's instruments, and a lot of small companies. I was the only person wondering about and, over the other side of the river, there was the O2 stadium. Not bad!

I had my lunch there, but then set off back to the hotel. I had to be in Pound Lane in Brent at 5am the next morning and the underground or buses did not start until later, so I must walk from another hostel. The Paralympics torch relay only told me about 10 days before where I would be!

I found the hostel and practised my route in Pound Lane and, it was going to be night-time, so I found my way to the meeting point and, you cannot take anything like a map, with you so I did it twice!

The hostel was very nice until it got to midnight, then the drunken parties, inside and out, started. I got one hour of sleep so I looked terrible in the early hours of the morning and I had to wear my snow white Paralympic torch bearer's outfit outside and walk about 2 miles. Luckily there was no-one around! At the meeting place, in Willesden Green Sports Centre, I found out who I was going to be with. The torchbearers were a former Chairman of Samsung(!); Helen Hynd, mother of the Hyde brothers (swimming); a German rowing coach and a 12 years' old basketball player from Catalonia! Then I got another shock as the next team we would pass the flame on to were all Milton Keynes Sailability, sponsored by BT, and I knew one of them!

We waited for 2 hours and then another 2 hours. Suddenly, we were off to the minibus and stood waiting again. Outside there were crowds of people all wanting photographs of their kids holding the torch and it was quite scary with no police around! We were outside a big yoga place with all sorts of people from all over the world and that was very interesting.

Finally the police arrived and I got extremely nervous and then we were off with the crowds smiling and clapping.



Then, suddenly, it was all over with another set of torch bearers continuing on. We got back into a different minibus and followed the torch bearers. Later, on the walk back to the hostel with the now defunct torch, I found it quite difficult not to be mobbed by all the crowds and I was very thankful that one of the Milton Keynes people spotted me and gave me a lift!



Finally I got back to my Docklands Travelodge and collapsed in relief before watching the torch relay on television. A couple of hours later, I was going to go to the Paralympics Opening Ceremony so I took the new DLR underground (or it was more like a skytrain) to Stratford.

In through the smiling security guards and the excited gamesmakers, the whole stadium was absolutely enormous and I settled to eat my tea looking at Anish Kapoor's orbit tower which I more and more liked. I then went to the wildflower garden which was also impressive.

Then I had to go the stadium picking up on the way an apple which was going to be part of the act! The stadium was massive, but very well designed, and I went to my seat almost to the top. Before the event, there were a lot of Mexican waves with all the people standing up in rows and it was terribly happy. When the opening ceremony started, it was extremely well designed and artistic and they was even a boat!



My highlight was seeing the finishing torch relay at the end and seeing the Paralympic countries petals with the flames individually lit. Fireworks ended the opening ceremony.



I came back to Edinburgh the next morning by train having had a fantastic, magic 3 days in London. Now reality swept in!

I want to give a really big thank you to RYA Sailability Scotland and the Challenger Class Association for nominating me and the International Paralympic Committee for actually holding my Paralympic torch! An enormous thank you goes to everyone behind the scenes for organised the Olympics and the Paralympics so incredibly well. Thank you!

Liz Eaton

LIZ'S LONDON IN PICTURES



Mandeville



Living Wall



Moon & Tide



Anish Kapoor

DATES FOR YOUR DIARY

RYA SAILABILITY SCOTLAND

AGM 2013

The AGM will be held on Saturday 16th February 2013 at the Cramond Boat Club, Cramond.

RYA SCOTLAND BIG WEEKEND

23rd/24th February 2013 - Largs

SCOTTISH CHALLENGER TRAVELLER SERIES

13th/14th April - Loch Insh Watersports, Kincaig.

GOT SOMETHING TO SAY?

Please contribute to the next newsletter. Share your sailing adventures; write about why sailing is so important to you. Are we getting it right?

Contributions (in Word format) should be between 500 and 1000 words and be submitted to the Editor by the copy date shown on this page. Photographs should be supplied in jpeg format.

Articles are submitted on the understanding that *starboard* will be published on the RYA Scotland website (www.ryascotland.org.uk\sailability).

A contribution is accepted on the basis that its author is responsible for the opinions expressed in it and such opinions are not necessarily those of RYA Sailability Scotland. The Editor reserves the right to modify any article to meet space restrictions.

Articles should be sent to the Editor at sailability.scotland@tiscali.co.uk

MEMBERSHIP

Membership of RYA Sailability Scotland is open to all properly constituted clubs or groups providing sailing exclusively for people with a disability, any sailing club or group that accepts people who are disabled into membership and any individual who is interested in what we do.

For further details see our website or contact:

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Hon Secretary

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<http://sailabilityscotland.blogspot.co.uk>

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