

TAKE A LOOK AT THE 1997 CHRISTMAS SUPPLEMENT

What's Hot!

Cayman's Monthly Magazine

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Cayman Windsurf

Windsurf with Cayman's best

Cayman Islands National Museum

Celebrates it's 7th Anniversary

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- The Links at SafeHaven
- The Turtles of Cayman
- Coconuts Comedy Club
- Mrs. Beverly Banks

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Get blown away!

Windsurf with Cayman best at Cayman Windsurf.

By Sian Jennings

CAYMAN WINDSURFING, based at Morritt's Tortuga Club near East End, is a great place to launch your board, whether you're a complete beginner or an experienced windsurfer. And in addition to windsurfing, they offer a full range of watersports activities, with special packages to attract both the visitor and resident alike.

Rated third in the category "incredible beaches to sail from", and fifth in "places to learn or improve your skills" among 30 centers in the continental U.S., Hawaii and the Caribbean by "Windsurf" magazine, Cayman Windsurfing was established in 1991, and is a BIC watersports center, carrying a complete range of 50 BIC boards for all abilities, as well as ocean kayaks, sunsearcher floats, pedal cats, waverunners and sailing craft.

In addition to equipment rentals, Cayman Windsurfing offers instruction at every level, from complete beginners to advanced pupils. Classes take a maximum of 8 people, and instructor Bruno Schermuly says they guarantee that you will be sailing in both directions after your first lesson on a windsurfer (albeit at beginner's level). Many would-be windsurfers are deterred by the widespread belief that special attributes such as perfect balance or superior upperbody strength are needed. Don't believe it, says Bruno who claims that "if you can walk, we can teach you how to windsurf." Age doesn't have to be a barrier to learning the sport either. Cayman Windsurfing's youngest pupil to date was just five years old, and the oldest a young-at-heart 78!

The seas off Morritt's Tortuga Club Beach are particularly unspoiled and invitingly clear, and conditions for windsurfing there are ideal. The winds are onshore, so you needn't fear being blown out to sea (although you might end up on the beach!) There is plenty of flat, calm water right off the beach, which is conveniently protected by the reef. As for the strength of those onshore breezes, November to March is considered



CYTHINA BEAMAN

Windsurfing is an exciting sport that is perfect for anyone who enjoys the water.

the "windy season", when you can expect 15–20 knots on average four days a week. The stronger the wind, the faster you go, so that's perfect for an exciting sail. The rest of the year brings winds of 5–15 knots, which means the summer months are particularly good for beginners. Many enthusiasts begin taking lessons in the summer, so that they are ready to take advantage of the winter breezes as they arrive.

Complete watersports packages, which

include accommodation and the whole range of Cayman Windsurfing's varied activities, are available through Great Southern Adventures of Jackson, Mississippi, or direct through Cayman Windsurfing. The company also provides a wide range of on-island packages. The 3-day special watersports package gives you the full range of activities for just C\$99.00, and the days don't have to be taken consecutively. The 3-day windsurfer and sail boat packages include unlimited use

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Cayman Windsurf

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of the equipment plus a free introductory lesson.

A new attraction that has just arrived at Cayman Windsurf is an exciting new tri-hull sailboat, the "Windrider". It is an ideal craft for the complete beginner, as it is easy to control (it's actually controlled with the feet!) and it is also untippable. Bruno points out it would normally take a bit of instruction before novice sailors can be allowed out alone in a regular sailing boat such as a Hobbie Cat or Sunfish. In a Windrider, however, anyone over the age of 15 will need just fifteen minutes instruction before taking their first single-handed sail.

Reflecting on the sport of windsurfing, Bruno says that "the longer you do it, the more you improve. People progress individually depending on the amount of time they spend on a board. You reach a peak—there's always more to learn." Perhaps this goes some way to explain its steadily growing popularity as an island sport, a popularity that has led to a successful series of competitions, which are now held throughout the year at various locations.

In addition to the National Championships, held at the Grand

Cayman Sailing Club, Cayman Windsurfing has joined up with two other local operators, Mistral and Sunshine Sports, to organize racing seasons. There are 15 races organized for the 97/98 season, starting on 18th October at Cayman Windsurf and ending 4th April, 1998. Cayman Windsurf and Bic Sport will be giving away a brand new board for a series of six races to be held at East End, plus other great prizes.

Even if you find you don't want to get up on a board yourself, these races can be an exciting spectators sport—nothing short of spectacular if the location and weather conditions are right. Bruno recalls holiday makes on the beach at East End being "totally enthralled" by the dozen or so sailboards swooping by. It's worth watching the local press for details of forthcoming races.

A recent accolade for Cayman Windsurfing came from the publisher of "Windsurf" magazine, Guy Britton, who brought his family to Cayman on a Windsurfing vacation, and subsequently wrote to the head of BIC Sport USA: "The center is perhaps the best facility I've seen for a family windsurfing vacation. The conditions are perfect for the intermediate sailor and improving you skills." Praise indeed for a successful enterprise.

For more information, Call Cayman Windsurfing on 947-7492.

Age and your diet

Do's & Don'ts for improved aging.

By Tara Anderson, Rdt
of World Gym

AGING IS A FACT OF LIFE, but all the symptoms of getting older need not be. Most illnesses today are caused from degenerative diseases like heart attack, cancer, and osteoporosis. The way that you live your life daily greatly impacts your future health scenario. Aging symptoms such as loss of strength, coordination, muscle tone, and the senses like hearing sight and taste, can all be slowed by good nutritional care and exercise. For those who are not content to dismiss the problem of degeneration and body function loss as an inescapable part of aging, here are some helpful tips to follow daily. Heart- Eat a diet rich in red coloured fruits and vegetables, fish, and soy products. Each of these foods add together to combine your best effort against heart disease and cardiovascular ailments. Red wine has been reported to help, this is due to the red colour, choosing the red grapes over the wine would be far more beneficial. Making vegetables and vegetarian proteins such as soy, tofu, beans, legumes, lentils, and some nuts, will decrease the cholesterol in the diet. Cholesterol is only found in intimal products and trading out these foods for vegetable proteins, that are well balanced, will help to decline dietary cholesterol levels. Cancer- Eating five servings of fruits and vegetables per day will begin to ensure that your body is receiving very important plant nourishment. The fruits and vegetables provide an excellent source of fiber, variety, and are low fat, low sodium, and contain no preservatives. It is also important to limit alcohol and cured foods. These guidelines are set down by the National Cancer Institute and the American Cancer Society. There are many theories for why these foods help to protect the body, and many more studies need to be done. Fruits and vegetables are rich in vitamins, minerals, and non-

nutritive compounds that may be responsible for reducing cancer risks. This occurs as cells are made stronger, free radicals are disposed of to stop their potential damage to cells, and transit time through the system is increased to decrease the time carcinogens have to set up illness. Fat is directly proven to be linked to cancer, so an increase in fruits, vegetables, and low fat meats, poultry, and dairy will decrease the fat percentage in the diet. Start to bake, boil, and steam your foods, to further decrease your risk, and avoid overly processed or preserved foods. Osteoporosis- This is a degenerative disease characterized by loss of bone mass. Adequate calcium in the diet alone with weight bearing exercises, will promote bone density. Calcium is found in dairy products, almonds, dark green vegetables, and fortified foods such as some cereals, orange juice, and vegetarian products. High protein diets also require more calcium as extra calcium loss is usual. Eating the minimum recommended daily allowance is generally not enough, so stock up on calcium at each meal possible. Supplementation can be controversial. Some supplements are from unsafe sources, and others such as Tums have calcium in them only to off set the amount of calcium regularly excreted due to the use of the medication. If you wish to supplement speak to your pharmacist or nutritionist for the best option, and of course eat as many calcium sources per day as possible. Like a fine wine your body can, with proper nutritional care, age gracefully and suffer only a slow degeneration and minimal complications with age. Learn to enjoy feeling good with daily health promotional behaviours.