



Signals Newsletter – Manly Sailability

April 2014 - Edition 101

Welcome to the monthly newsletter from Manly Sailability.

“freedom on the water, regardless of ability”

Manly Sailability is part of Sailability NSW which is part of the worldwide Sailability. Our principle aim is to facilitate sailing for people with disabilities, on one of the most spectacular waterways in the world. We sail from East Esplanade, Manly, and use the expanses of Manly Cove and North Harbour, part of the magnificent Sydney Harbour

This newsletter offers updates on our activity and information on ways you can participate and support in our work – we hope you enjoy reading!

This month, updates on our charitable activities:

Manly Fun Run – page 2
Kayak for Kids – page 6

VENUE

Manly Yacht Club
East Esplanade (end of Wood St)
downstairs dockside via accessible ramp

PARKING

Parking permits available and special arrangements for mini-buses and wheelchair lift vans.

WHAT TO BRING?

Sailors and volunteers must bring a hat that stays on, bottled water and apply a good sunscreen. Life-jackets are provided.



The Manly Fun Run & Walk is on again this year on Sunday 18 May 2014 at Manly Beach, raising money for local charities including Sailability Manly. This annual fundraising event is organised by Manly Rotary Club, a long supporter of Sailability Manly and we'd like to support them in their efforts to raise money on our behalf.

For those of you who participated in last year's annual event, you know this is a great way to have some fun and a good opportunity to raise money for Sailability Manly. Last year we were able to raise \$3,000 from this event which is a fantastic result. We are hoping with your help and support to raise \$4,000 this year.

The Manly Fun Run & Walk has three different courses - 2km, 5 km or 10 km - making this an event for all ages and all levels of fitness. Even if you can't run or walk with Team Sailability, you can still participate by sponsoring the team or a friend or relative who will run. Or you can just make a donation.

Help us in this great fundraising event. Get your friends and family together and join in the fun.

To participate or donate go to <http://www.manlyfunrun.org/> and select **Sailability NSW Manly branch**

GO TEAM SAILABILITY!

Sailing Schedule

General Sailing Days

Wed 23 rd April	MAPS St Ives, Achieve, Rec Rend
Sat 26 th April	General, Rap'n'Rave
Sat 10 th May	BIRDS, General, Inala
Wed 14 th May	RFW Verne Barnett, Amaroo
Sat 24 th May	End of Season Regatta
Wed 28 th May	Arranounbai, Sunshine Pymble, SEALS, DYPSC

Special Events

Wednesday 7th May, Volunteer Recognition Evening

Our fantastic volunteers will join us at Manly Yacht Club for an evening of dinner and drinks. This will be a great way for Manly Sailability to thank everyone for their support - now fully booked.

Saturday 24th May, End of season Regatta

This keenly contested regatta goes towards the Wayne Black Trophy, getting special mention at the Manly Yacht Club Awards Presentation Night. Watch out for more information about this Regatta in the March Signals.

For latest updates visit www.mailsailability.com.au

Sailing Report

Wednesday 26th March

A wet and miserable day and another bad weather estimate of the time the rain would hit, but we did get some useful training done. Denis, Rob, Caroline, Jim Y and Jim G, Col, Helen, Terry, John W and John B, Barry, Corey, Bob, Ivan, Kandy, Brian, Peter and his guests John and Pauline, Tony, Tom, Sheila all came down to help because we had three groups booked in for Sailing.



There was a terrible oily slick on the water, so the excitement for the day was the Maritime Water Cleaning boats that arrived with all hoses blaring to try to clear the water before the mess hit the beach. Obviously, some irresponsible boat skipper had released the waste water tank into the harbour, or just outside the heads, causing a shocking stink and pollution over the harbour.

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Visually...beautiful, odourly..... disgusting

The Royal Far West kids arrived before the rain, and stood around for a while while it poured, then eased, and we took them for a sail.



Ali, Erin, 2 Dylans, Maddison, Michael, Tyler, Melissa, Sam, Vanessa, Nicholas donned ponchos and went for a slow float across the bay and back again, or elected to go on Charlie's Chariot for a look at the wet bay.

In the meant time, the other groups had elected not to come, so we finished early and packed away.



Rob managed to get his PBL training finished, so will be able to get his license now. Vince also got some Power Boat training in so that he is now able to take out Charlie's Chariot next Saturday, when the weather will be fine, we'll have lots of sailors, and another qualified driver.

Eli.



Sailing Saturday

Saturday 29th March

A good day of sailing today although we missed Eli's usual fantastic leadership. The wind increased during the morning and all boats went out reefed. Some of our visitors got a bit wet but no-one seemed to mind.



All 19 visitors had a sail and also some of the volunteers. We had five boats out, all 303's. Alan Bimson decided not to go solo and went out in a 303. Mal G and Ralph skippered the Safety Boat without incident.



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The three Duke of Edinburgh boys from MYC did a great job, all skippered and worked well with the clients.



All 5 boats were away by 9.20 and the first was brought in at 11.50, the last at 12.05. All packed up and everyone gone by 12.40.

Other Volunteers who helped were David, Jannie, Mal and Jennie, Tony, Ray, Jerome, Ros, Lianne, Chris, Caroline, Jim, Cathy and Joanne.



Groups who came down today were Rap'nRave, with helper Andrew, and Inala, with helper Barabra. Other participants were; Maurine,

Jonathon, Anna, Kerrie, Grant, Ashley, Craig, Jon, Luca Sam and Vanessa.

Report from Bob, photos from Caroline

Sailing on Ivan's Birthday

Wednesday 9th April

What a lovely Birthday Present this was for Ivan.

Huge thanks to Jude, who has joined us in an interlude on her long holiday to drop in and help in the most practical of ways.



Blue skies, pleasant company, smooth water, but hardly any breeze made the mood of the day. Brian did a fantastic job as Sailing Coordinator, David W was the Boat operations Manager, Peter drove Charlie's Chariot until Barry took over at the finishing off stages, John W was Pontoon Manager,

Helen and Kandy did registrations, Cathy and Sheila managed life-jackets, as well as tidying the life-jacket bins, sailors Ivan, John B, Bob, Rob, Col, Jude, Sam, paddled around on the calm water. Charged with the job of getting Lionheart ready to be delivered to her new home at Gosford were Denis and Michael, helping on Charlie's Chariot were Tom and Corey, on deck we had Phill, Byron and Sue, taking photos on land and sea was Caroline, helping on the pontoon Tony and new volunteer Nicolas, and best of all, students from ICMS Jonna, Jalal, Remi, helped with boat washing and putting away, making sure everyone had a drink, and taking more pictures.



The lucky people who could take advantage of all of this were Gordon and Barry, Jackson, Hayden, Gus, Kayla, Dana and Jared, Damon and Cody from Royal Far West, much luckier than the group that got soaked in the rain a fortnight ago. Lovely helpers for this group were Claire, Anthony and a few Mums.

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Our lovely group from Fisher Rd with helper Trish; Harrison, Jake, Matthew, Zane, Russell, Ella, Ethan and Jarryd were quick to get in the boats and then prompt to get back in the bus to get back to school before 11.00.



David, Ginny, and Donny came down from Sunnyfield for a sail, then Paul, Kris, Nina, Mikey, and Craig from House With No Steps with Helper Liz. Some of these participants are getting so familiar with the boats, they are ready to start steering. Last of all, we had Vanessa, Harry, Luke and Rodney from Sunnyfield, with helpers Jenny and P.J. P.J. is going to learn to sail in his own time so that he can take his own participants sailing at some stage.

Thanks everyone, a truly beautiful day.

Right at the end of the day, when most of the helpers had gone home, leaving just Barry, David, Denis, Michael and Ivan, we welcomed our new boat, EliD delivered from Nowra by Jane from Gosford. EliD was part donated by Manly Rotary

Sunrise from the funds we raised in last year's Fun Run. Thank you so much for this Manly Rotary Sunrise, we will be sending invitations to the launch.

Eli.



Lifestart's Kayak for Kids

Sunday 30th March

Lifestart is an organisation providing early childhood services for children aged from birth to 6 and their families, and services for school aged children, aged 6-18 years who have an intellectual disability, from those more widely known conditions such as Down Syndrome and Autism, to rare genetic disorders, or developmental delay. It was established in 1996 by eight families who wanted to create a service that gave their children, all of whom had special needs, the best possible start in life. It has grown to a flourishing organisation with seven centres across Sydney and a head office at Putney.



The team

Lifestart Kayak for Kids is Sydney's own one-of-a-kind paddling event that attracts competitors and spectators from all over the state to benefit children with a disability or developmental delay. The event is open to all people, Paddlers from as

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young as 8 years to 72 years of age, and some who had never paddled before, enjoyed the harbour and coves of Sydney Harbour from Blues Point to Clontarf in the annual event. This spectacular event was held on Sunday 30th March. Competitors faced the challenge of paddling in a variety of paddle craft in an exciting 17.5km race against the inspiring backdrop of Sydney Harbour, from Blues Point to Clontarf. Over 950 paddlers took to the water on Sunday, 30 March and the fundraising target for 2014 is \$400,000 +.



Paddling across the harbour

Sailability Manly has supported this yearly event since 2008 by supplying our safety boat, Charlie's Chariot. Our involvement with the event starts with our liaison person being sent an e-mail early in December advising the date, the starting point and time, as well as the finishing point. and our tasks are to stop kayakers if necessary to avoid collision with ferries and other traffic and to act as

traffic directors and safety supervisors manning two allocated parts of the course.

This year, in addition to the usual tasks mentioned, we were asked to tow a 3 person kayak from the Opera house to Clifton Garden as shown on the picture below.



Latecoming entrants towed by Charlie's Chariot

The crew on Charlie's Chariot was Helen Hendry, Ray Rampton, John and Pauline Hartley and Peter Singer.

Peter Singer

Letter from Lifestart

To the wonderful Kayak for Kids Water Safety Crew,

Thank you all so much for playing a vital role in the water safety for the 7th Lifestart Kayak for Kids. We have some crew that have been involved since the first event in 2008 as well as new crew that have joined us just this year. We hope that you will all still be involved as we near the 10th anniversary. It is a bit scary really how time has passed!

The water safety for the Lifestart Kayak for Kids event would have to be one of the most comprehensive for paddling races in Australia. Over the 17.5km course we have 26 boat positions covered by 18 safety craft. With such experienced safety crew we can be sure that the paddlers, many first timers, are well looked after and kept as safe as possible in a range of weather and swell conditions. We cannot thank you enough for this support that you provide.

Again we were superbly lucky for another fantastic day with fantastic conditions with calm waters and sunshine. The participation rose slightly and the fundraising is tracking well. For your interest here are some event statistics for 2014:

- Teams provided boats = 92
- Bring Your Own Kayaks = 179
- Total paddlers = 1092
- Fundraising to date: \$230,000

Fundraising continues until the end of April and the Corporate Cup winners will be announced at that time. The Corporate Cup is determined by race result and fund-raising.

Alina McMaster

AROC Sport

on behalf of Lifestart Cooperative

A special Mention

Congratulations to Philip who just received his Bronze Award for Duke of Edinburgh!

As part of the award Philip had to demonstrate a skill which was painting, a sport which was sailing, volunteer and also go on an 'adventure'... five days fishing aboard a boat on the Hawksbury River. All of these achievements took 6 months to complete.

An amazing achievement from an inspirational young man.



Committee Members

President	Brian Guest	9977 2577
Treasurer	Patrick Alexander	9913 9848
Vol/ Sec/SNSW Rep	Eli Demeny	9976 2747
Maintenance/Safety	Barry Newell	0404 470 195
Memberships	Helen Hendry	9949 6667
MYC representative	Jackie Morgan	9949 7847
Social Sec	Sue Gladstone	9938 1391
Race organizer	Helene Francois	9879 7414
Webmaster	Alan Bimson	0400 328 268
Committee	Peter Hamilton	9975 1434
Members.	Ray Rampton	9400 2006
	Peter Singer	9416 8749
	Evelyn Shervington	9976 2134
	Ralph Newman	9451 9462
	Chris McGrory	0450 500768
NSW Rep.	Denis Linney.	9939 0320
Marketing.	Kandy Tagg	9977 1015
Minutes Secretary	Lianne McGrory	0412 007388

Sponsors

- Patron. Jean Hay, Mayor of Manly
- Hugh Treharne Donation: \$2,500
- Manly Yacht Club.
- Manly Council. Maintenance and Fuel for Charlie's Chariot : \$1,000
- Bunnings, Warringah Mall. Regatta Prizes, barbecue.
- Manly Sunrise Rotary: \$3,000 donation.
- Bendigo Bank. Shirts and Brochures.
- Cromer Golf Cub. \$12,000
- Cerno Insurance. New Boat, Black Swan
- Jeff Smit at Premier Automotive, Beacon Hill. Inspection for trailer
- Blackbaud Pacific: \$500

We thank all of our sponsors for their generous support

Do you have an interesting article or update for our newsletter? We'd love to hear from you!
Please contact Lianne McGrory, Signals Editor

LianneMcGrory@gmail.com

0412 007388

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Joke of the Month:

How much did the pirate pay for his piercings?

A buck-an-ear!