



Signals from

Sailability Manly

July 2017 Edition 140

www.manlysailability.com.au

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Diary Dates: Don't miss these:

Membership payments now due for 2017 – 2018 season. Membership Forms available on Web-site www.manlysailability.com.au Click on Membership on top line. Direct Debit payment welcome.

Saturday 12 August Launch of new 2.3, Ralph Newman

AGM Monday 14 August, Manly Yacht Club (upstairs), 6:30 pm

Training Day Saturday 2 September

Message from the editor

Hi everyone, this edition of Signals is being compiled on the good ship Ruby, currently in Mooloolaba. I am cruising with my husband for the next few months aboard Ruby, a DuFour 410, mono hull yacht. This morning I chanced upon *Sailability Mooloolaba* and dropped in to say hi – and took a picture. I will be somewhere further north next month – I'll let you know where and I'll include a pic! Thanks to Eli for her reliable emails; let's hope that technology will allow me to continue my remote editorship! Cheers, Jennie



Sailing Schedule:

Day	Date	Groups
Saturday	12 August	Balmoral, Rap'n'Rave, Young Sailors, Lorikeets, Creativity Inc
Wednesday	23 August	RFW, Verne Barnett, Fisher Rd, Sunshine Pymble.
Monday	28 August	BIRDS, Freshwater High
Saturday	2 September	Training Day for Volunteers
Wednesday	6 September	Choosing Connect, Sunshine Fr Forest, SEALS, Sunnyfield, Fr Forest
Weekend	8/9/10 September	Conference at Belmont

Saturday	16 September	Balmoral, Housing Connection, Rap'n'Rave, Waitara AH
Wednesday	20 September	RFW, Achieve, Arranounbai, AFFORD
Monday	25 September	BIRDS, SEALS
Saturday	30 September	Creativity Inc, Freshtracks, Kookaburras/Lorikeets
Wednesday	4 October	Choosing Connect, Sunshine Fr Forest, HWNS, Sunshine St Ives, Sunshine Pymble
Saturday	14 October	Balmoral, Housing Connection, Rap'n'Rave, Waitara A.H
Wednesday	18 October	RFW, Forest High, Fisher Rd, SEALS, Sunnyfield French's Forest
Saturday	28 October	Creativity Inc, Freshtracks, Kookaburras/Lorikeets
Monday	30 October	BIRDS, Freshwater High

Launching of new 2.3

Our new 2.3, sail number 146 will be launched on
Saturday, 12th August, 2017

The name of the new boat is Ralph Newman
In honour of, and as a memorial to our old mate

Ralph Newman

who left us in March, 2016.

Ralph's family will be in attendance.
Please join us at 9.00 a.m. for this important occasion.

2016-2017 AGM

Have you ever had thoughts about how Sailability Manly operates?
Would you like to see some changes?
Is being a member of committee your cup-of-tea?
Or even if you are interested in the ins and outs of how our club works:

If any of the above describes you, please join us for our AGM on
Monday, 14th August, 6.30 p.m. at Manly Yacht Club (Upstairs)

After the AGM has been completed, our regular monthly committee Meeting will be held.
There will be light refreshments at this meeting.

2017-2018 program commences Saturday, 2nd September

The first date in the new season is Saturday, 2nd September, 2017. This is a date we set aside each year for our annual training day. This year, we are going to run a sail training day for our volunteers. The first part of the session will be run by Denis "How to rig the boats correctly."

This will be followed by a training session on the water. Our 2 new sailing instructors will be on the water helping us to get the best out of the boats.

We will finish with a demonstration of putting the boats and all gear away neatly, and then our usual lunchtime barbecue.

First Aid Course for 5 Sailability Branches at Manly Yacht Club

Sunday, 2nd July was the date set aside for Sailability NSW volunteers to attend our tri-ennial First Aid Course.

5 branches were included among the students: Manly, Pittwater, Crystal Bay, Yarranabee, and Middle Harbour volunteers, mainly people who were updating their skills from yesteryear.

Our trainers were Maz and Gary from First Aid Plus. The students had 6 weeks to work on their Course Information Book, learning the skills necessary, and answering a range of questions to cover the course in their Work-books, which needed to be handed in on the morning of the course. Once the course got going, it was non-stop from early in the morning to late in the afternoon. We practised bandaging and use of slings, CPR on mannequins, the legal aspects of being a First Aider, treatment of bites and stings. Then came care of a person who looks as if he is having a stroke, a heart attack, an anaphylactic episode, etc.

Just as we were about to feel too exhausted to go any further, there was a practical session to check our use of the defibrillator and CPR, and finally, a short but very perceptive exam, using multiple choice questions to examine our knowledge. It was an extremely exhausting and busy day, but ended with wonderful results for everyone.

A Winter Saturday 8 July 2017

This Winter sailing is fantastic!!!! The weather was gorgeous, and our team of volunteers fantastic.



Volunteers ready to start sailing

Once the morning chill wore off, it was off with the heavy jackets, and delightful in the full sunshine. The wind was a variable westerly, but stayed fairly steady around 7 knots, giving wonderful practice to our sailors, and enabling some of our more regular participants to take the helm, especially on the coming home run.

Our team for today was:

Ray, the Time keeper,
Helen, the chef and registrar,
Wilma on Life-jackets,
Sailing Coordinator; Crosbie.
Pontoon Manager, David G then Kevin and

various others.

Our Support Boat Driver was David W, observer: Lyn, Photographer, Ken then Lyn.

Sailors were Helene, Ivan, Michael, Denis, Mal, David G, Cathy.

New volunteers this morning (having a ball) John, Penny, Val were fabulous. Tony helping everywhere he could was carrying out some amazing tasks.

What a team!!!!



Sam sitting up in the boat with his carer watching closely.



Ivan and Jake in Black Swan

We were lucky to have such a great team, because we had lots of participants!

Our regulars Ollie, Judy and Sid had a great time.

Our new groups for this morning; Lorikeets and Kookaburras came down in force:

Saskia, Arun, Zac, Michael, Jake, Jamie, Matthieu, Monty, Gorad, Paul M, Paul T, Oscar and Bart all had a wonderful morning, enjoying the fresh air, the scenery, the sailing boats as well as the support boat from some of them. Thanks so much to their wonderful carers who kept a sharp eye out, and helped with the waiting times, the morning teas and lunches.

Daniel came down with his wonderful news of his smoking ban. He definitely looks a lot better without the smoke wreathing around him.

Sam came with his mum, Kate. What a difference in his condition in the 6 weeks since we saw him last. He is sitting up in the boat, enjoying his surroundings, voicing words, and showing enjoyment with his intuitive signing, Hi Five and Wow. Thanks also to his carer in the Support Boat, Alex, who always keeps a careful eye on her charge.

Jackie and Duncan arrived with helper Kundan and managed a turn at sailing as well as on the Support Boat.

One of the duties of the Support Boat this morning was the rescue of a mooring buoy, which was determined to be kidnapped and tangled up by one of our sailing boats. But all ended well, the main-sheet disentangled, and the mooring successfully freed, no damage done.

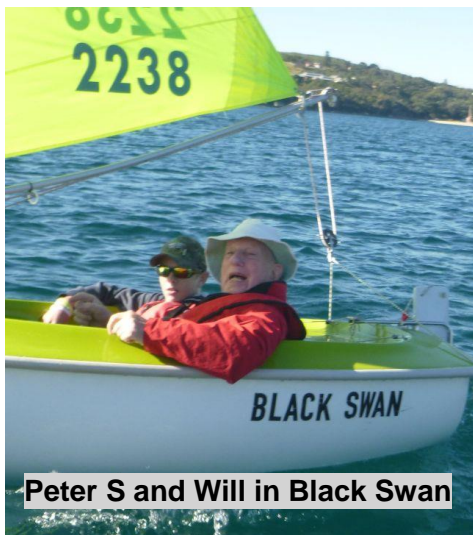


Bart, Mattie and helper in the support boat

After this came the inevitable washing down of boats and putting away which was done with wonderful good spirits, making the task a whole lot easier.

Cathy, I do hope you managed to get that splinter out before you went home, that looked extremely painful.

A worrying windy Wednesday 19 July 2017



Peter S and Will in Black Swan

The forecast weather seemed OK if all worked the way it was suggested. Unfortunately, we had just got our Royal Far West Students, Ryan, Liana, and Will out on the water when the gusty winds became more than our little boats feel comfortable in. At the same time, the students from Dee Why Primary Special Group arrived.

They decided to sit in the sun for morning tea while we waited out the wind.

It did seem that there was a settling down of the breeze, and after discussions with our very skilful sailors, we decided to go ahead with these students.

It didn't last long though, and we had to abandon sailing after a couple of small incidents when the gusts caused one boat

to race into shallow water, and another to come so close to the moored boats that the main sheet became caught around the stern of a boat. We handled both of these incidents fine, with lots of input from Peter, who single-handedly saved the day, standing on the skiff club ramp and using the rope to move the boat to safety, then calling for the Support Boat to help with Woody, caught on the stern of a moored boat.

We were disappointed that we were forced to abandon sailing before everyone had had their turn, but these things happen, and it is preferable to be safe rather than sorry.

Crew for today:

Excellent Sailing Coordination and brilliant leadership:
Col

Support Boat Driver: Warwick

Observer: Corey Photographer: Jim

Registrar: Helen

Life-jackets: Eli

Pontoon Manager: Malcolm

Sailors: Denis, Rob, Peter, David, Michael

Time Keeper: Ray

Extra helpers: John P, Marc, Ivan, Tony, Bob, Steven



Ryan and Rob in ING

Thank you so much to our sponsors:

• Patron: Jean Hay, Mayor of Manly
• Premier Automotive, Jeff Smit, Boat trailer inspection for registration.
• Manly Yacht Club
• Manly Council \$1,250 Charlie's Chariot Maintenance.
• Warringah Mall Community Club \$500
• Balgowlah Masonic Lodge: Donation \$3,000
• Bendigo Bank: PFD's, part of the Defibrillator.
• Cromer Golf Club: Hansa 303 Black Swan
• Cerno Insurance: Hansa 303 Vin
• Alice Cleary's Running Team, Membership for BIRDS and Royal Far West.
• Total Physiotherapy Sponsorship for Signals.
• David Webb Donation of \$1,000 towards much needed equipment.
• Lynette Gould Painting for Raffle brought in \$2,000

The Committee of Sailability Manly

President: Rob Southam	NSW rep: Denis Linney
Secretary: Eli Demeny	Minutes Secretary: Rob Southam
Vice President: David Webb	Race Organiser: Caroline Holdstock
Treasurer: Patrick Alexander	Committee Members: Ken Boyes
Membership: Helen Hendry	Ray Rampton
Webmaster: Alan Bimson	Col Gregan
Maintenance: Denis Linney+committee	Warwick McKenzie
MYC rep: Jackie Morgan	

About Manly Sailability

Venue: Manly Yacht Club, East Esplanade (end of Wood St) downstairs dockside

Visitors are always welcome to try us out for \$5.

Annual membership is \$30 and includes unlimited sailing for. Please call **Eli (ph. 9976 2747)** a day ahead to ensure you get a sail.

Sailing starts from 9.30 am.

Parking: We have parking permits for your car, if you don't already have a disability parking permit,
Extras to bring: All sailors and volunteers must bring a hat that stays on. We supply cool water, sun-screen and life-jackets.

Volunteers: Please be at the **Manly Yacht Club pontoon by 8.30am. We finish at approx 1.00 pm** If your name appears on the roster, and **you are not available**, please let the Sailing Coordinator of the day know. If you're not rostered on, please turn up anyway – we'd love to see you.

We don't sail if the wind is over 12 knots or if it is heavy rain. Call 9976 2747 to check that sailing is on.

31.7.17 The Last Monday in July, a Miracle of a Monday.

What a wonderful Monday today turned out to be. Our very keen but limited team of volunteers arrived to rig 6 boats, to furnish our 5 students from Freshwater High, our BIRDS group, an new sailor from Royal Rehab, and a new helpers, Susan, who is one of our former participants. Susan used to come down to Manly to sail, now she is attending with her carer, so that she can give us a hand washing the new cups. We decided to buy these firm, re-usable washable plastic cups to save the environment, as they are not throwaways.

Today's Team: David W, Warwick, Ken, Jay, Helen, John, David G, Corey, Ivan, Peter, Col, Malcolm, John G, Denis.

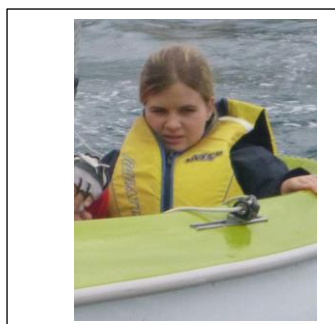
Our wonderful participants today were: Lucy, Leah, Steven, Danny, Marlena.

Blair came down for the first time today. What an enthusiastic, willing participant he is, and with his helper sailor, John, they carved up Manly Cove with a radiant smile on Blair's face. It looks as if, just a few turns at Sailability will turn him into the complete sailor. Thanks to helper Kel for bringing him down.

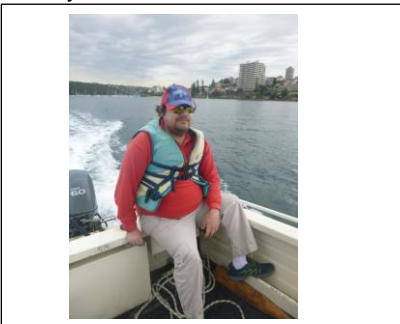
Then BIRDS arrived: Steve, Stuart, Denise, who watched only and did not sail, James, May, Brad, Peter (did not sail) , Kris, another James, Katherine and Patrick.

A really lovely morning, with not quite enough wind most of the time, but plenty of good spirits to make up for it.

Marlena in Black Swan



Corey in Charlie's Chariot



Blair and Peter in Black Swan

